

Senior Hi-Lites

Charlevoix County Commission on Aging Newsletter

Funding for Charlevoix County Commission on Aging is provided by: Charlevoix County Senior Millage; Michigan Aging & Adult Services Agency; Area Agency on Aging of Northwest MI

Area happenings

For more information:

Beaver Island Chamber
(231) 448-2022
Main Street
Beaver Island, MI 49782
beaverislandcommunitycenter.org

Boyne Area Chamber
(231) 582-6222
115 S. Lake St., Suite A,
Boyne City, MI 49712
boynechamber.com

Charlevoix Chamber
(231) 547-2101
109 Mason Street
Charlevoix, MI 49720
charlevoix.org

East Jordan Chamber
(231) 536-7351
100 Main Street, Suite B
East Jordan, MI 49727
ejchamber.org

WE ARE SENIORS, WE ARE 2 MILLION STRONG & OUR NUMBERS ARE GROWING, WE ADVOCATE AND WE VOTE!



"Every morning we are born again. What we do today is what matters most." ~ Buddha

Director's CORNER

How our idea of love changes as we get older

The qualities we value in a partner when we are young often change as we grow older, writes Kate Burke.

ROMANTIC LOVE HAS been described as 'a human universal, or near universal' and is associated with intense emotional experiences such as increased energy, euphoria, obsessive thinking about the loved one, feelings of dependency and craving. When people are 'in love' they may feel as if they have uncovered the meaning of life. One feels complete and life feels whole.

Good quality relationships of all kinds, but specifically romantic relationships, are associated with psychological well-being, good health and happiness.

The top-five most highly rated elements of successful romantic relationships for the older adults were honesty, communication, companionship, respect, and positive attitude, whereas as the top-five-most highly rated elements of romantic relationship success for younger adults were love, communication, trust, attraction and compatibility.

Notably, honesty was the most highly rated relationship success factor in the older adult group, but was not identified by the younger adult group. Older adults defined honesty as being 'able to confide in one another in a truthful way'. Honesty is an interesting concept as it involves self disclosure and risks putting an individual in a vulnerable position, and yet the ability to disclose honestly in a mindful, trusting and sensitive fashion can facilitate a deeper level of intimacy in the relationship. Furthermore, research has suggested that self ac-



ceptance increases with age and that with age, people have a stronger sense of their true self. It is possible that the older adult group were able to draw on their broad experience and have come to recognise honesty as critical to the long-term success of romantic relationships.

Younger adults defined trust as being 'able to rely on and be supportive of one another' and 'to be faithful to one another'.

Socialising was also highlighted as an important factor by the older adults. During the group session, older adults highlighted that socialising encapsulated going out as a couple, but also individually. During later life, ones social network may narrow, but within this context older adults often enjoy increased frequency of socialising with friends and neighbors, religious participation and volunteering, and this pattern of increased socialising may facilitate romantic relationships as it stimulates intimacy and communication amongst older lovers.

Older adults emphasised socialising, trust and respect over attraction and may thus drop elements such as attraction from their representations of romantic relationship success as they develop a more mature understanding of relationship success over time.

We are changing what aging looks & feels like!

COA Information

COA Office
13513 Division Ave.,
Charlevoix, MI 49720
231-237-0103
Toll Free: 866-428-5185
Fax: 231-237-0105
Office open M-F 7:30am-4:30pm

Main Office Staff:
Amy Wieland, Executive Director
Sheri Shepard, Assistant Director
Theresa Graham, Office Manager
Sally Nye, Database Coordinator
Paul Tate, Food Service Manager
Tara Palmer Pop, Senior Program Facilitator

Health Care Services:
Tracey Rupinski, RN, Director of Health Care Services
Kimberly Langerman, Health Care Services Coordinator
Arlene Wilson, CNA
Kim Crandell, Homemaker
Rhonda Whiteford, Homemaker

COA Advisory Committee
Wanda Carr - Chair; James Clark, Cathy Kessler, - Vice Chair, Open, Janet Kalbfell;
Board Liaison Josh Chamberlain

Many wonderful Volunteers in all aspects of our services!

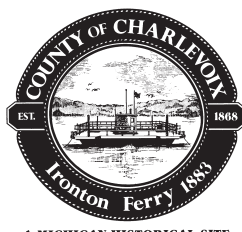
Beaver Island COA Office:
Open M-F Hours change daily - Please see the Calendar
Dawn George, BI County Building & COA Site Coordinator
26466 Donegal Bay Road
Beaver Island, MI 49782
231-448-2124

Boyne Area Senior Center:
Open M-F 8a-4p
Krista Goldsmith, Site Coordinator
Diane, Sydney, James, Food Service & HD Meals
411 E. Division, PO Box 964
Boyne City, MI 49712
231-582-6682

Charlevoix Senior Center:
Open M-F 8a-4p
Vikki Pearsall, Northside Building and COA Site Coordinator, Zack, Mary, Beth & Cathy Food Service & HD Meals
13513 Division Street
Charlevoix, MI 49720
231-547-3844

East Jordan Senior Center:
Open M-F 9a-2p
Brenda Skop, Site Coordinator
Kelly, Star, Paul H, Food Service & HD Meals
951 Mill Street, East Jordan, MI 49727
231-536-7831

Visit our Website: www.charlevoixcounty.org/Commission_on_Aging or our Facebook page **"Charlevoix County Commission on Aging"**



FEBRUARY 2026 NOTABLE DATES

- 1 Spunky Old Broads Day
- 2 Groundhog Day
- 3 Take a Cruise Day
- 4 Homemade Soup Day
- 5 Chocolate Fondue Day
- 6 Pay a Compliment Day
- 7 Eat Ice Cream for Breakfast Day
- 8 Laugh and Get Rich Day
- 9 Football Hangover Day
- 10 Flannel Day
- 11 Don't Cry Over Spilled Milk Day
- 12 Giving Hearts Day
- 13 Blame Someone Else Day
- 14 Valentine's Day
- 15 Gumdrop Day
- 16 Do a Grouch a Favor Day
- 17 My Way Day
- 18 Drink Wine Day
- 19 Chocolate Mint Day
- 20 Love Your Pet Day
- 21 Sticky Bun Day
- 22 Be Humble Day
- 23 Banana Bread Day
- 24 Tortilla Chip Day
- 25 Quiet Day
- 26 For Pete's Sake Day
- 27 No Brainer Day
- 28 Open That Bottle Night

For more detailed information on things going on at our Senior Centers:

Please call and speak with the Site Coordinator directly or call the COA Office.

Boyerne Area Activity Calendar

Boyerne Area Senior Center Activities for February 2026—Krista @ 231-582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
2. Groundhog Day Lunch, 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 11:45a Pass the Punxsatawney Game w/ prizes!, 12:30p Card BINGO, 1:30p Valentine's Day Heart Ornament Craft	3. 10a Mindful Meditation, 10:30a Tuesday Tea Club, 11a Drop N' Shop, 11:30a Blood Pressure Clinic, 12:30p Card BINGO, 1:30p Feed the Birds Day Activity, Foot Clinic	4. 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 11a Live Music by MI Sands, 12:30p BINGO, 1p Crystallized Heart Craft	5. 10a Mindful Meditation, 10:30a Thursday Tea Club, 11a Famous Couples Match Game w/prizes!, 12:30p BINGO, 1p Popcorn & a Movie "Bessie"	6. "Souper" Bowl LX Lunch, National Wear Red Day, 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 11:30a Live Music \$1 in a Juke Box, 12:30p BINGO, 1p Arts for Hearts Class
9. 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 11a Valentine-gram Preorders, 12:30p Card BINGO, 1:30p Valentine's Card Making Class	10. National Flannel Day, 10a Mindful Meditation, 10:30a Tuesday Tea Club, 11a Lumberjack Axe Throwing Game w/prizes!, 12:30p Card BINGO, 1:30p Valentine's Bingo w/ prizes!	11. 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 11a Live Music by Lucky Stars, 11a Valentine's Pop-Up Shop w/ Upsy-Daisy Floral, 12:30p BINGO, 1p National Get Out Your Guitar Day Jam Circle	12. 10a Mindful Meditation, 10:30a Thursday Tea Club, 11a Galentine's Pop-Up Shop, 12:30p BINGO, 1p Popcorn & a Movie "Cadillac Records", Foot Clinic	13. Valentine's Day Lunch, 10a Mindful Meditation, 11a Live Music by Vintage, 12:30p BINGO, 1p Arts for Hearts Class
16. All COA Centers are CLOSED.	17. Mardi Gras Lunch, 10a Mindful Meditation, 10:30a Tuesday Tea Club, 11a Drop N' Shop, 11a Live Music by MI Sands, 12:30p Card BINGO, 1:30p Mardi Gras Bingo w/ prizes!	18. 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 11a Live Music by Paul Ferris, 12:30p BINGO, 1p Embroidery Craft Class	19. 10a Mindful Meditation, 10:30a Thursday Tea Club, 11a Information Table for Low Vision Awareness Month, 12:30p BINGO, 1p Popcorn & a Movie "Free State of Jones"	20. 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 11a Live Music by OJ Adkins, 12:30p BINGO, 1p Arts for Hearts Class, Foot Clinic
23. 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 11a Information Table for Cancer Prevention Month, 12:30p Card BINGO, 130p Introduction to Keto Class	24. 9:30a Veteran's Social, 10a Mindful Meditation, 10:30a Tuesday Tea Club, 11:30a Blood Pressure Clinic, 12:30p Card BINGO, 130p National Care About Your Indoor Air Month Activity	25. 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 11a Live Music by Gaeyle & Nancy of the BAC, 12:30p BINGO, 1p Healthy Snack Class for National Snack Food Month	26. 10a Mindful Meditation, 10:30a Thursday Tea Club, 11:45a International Tongue Twister Contest Day Game w/ prizes!, 12:30p BINGO, 1p Popcorn & a Movie "Harriet"	27. 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 11a Live Music by Vintage, 12:30p BINGO, 1p Arts for Hearts Class
Boyerne Area Senior Center 411 E. Division St, Boyerne City Activities are subject to change.	The BASC is OPEN FULL-TIME 8a-4p, Monday thru Friday with activities all day long! Exercise room open 8a-4p, Monday thru Friday			

East Jordan Activity Calendar

East Jordan Senior Center Location Activities for February 2026 — Brenda @ 231-536-7831

Monday	Tuesday	Wednesday	Thursday	Friday
East Jordan Center 951 Mill St., East Jordan Mon—Fri Open Gym Walking 8a-10a. Exercise Room open all day	ACTIVITIES ARE SUBJECT TO CHANGE Frozen Meals are available to take home \$3.00.			
2. Groundhogs Celebration 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	3. Open Pickleball 8:30a- 10a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	4. 9:30a Coffee Hour, 12:30p Card Bingo	5. Hair Cutts \$\$\$, 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:15p Texas Hold-em or Cards	6. Souperbowl Celebration Ice Cream Social 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing
9. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	Open Pickleball 8:30a-10a, 10. 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre, Blood Pressure Clinic, Foot Clinic	11. 9:30a Coffee Hour, 11:15a Tech Help, 12:30p Card Bingo	12. 9:30a Coffee Hour, 10a EJSC Advisory Board, 10a Chamber Chat with Mary, 10:30a Cardio Drumming, 12:15p Texas Hold-em or Cards	13. Valentine's Celebration 11:30a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing
16. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED	17. Mardi Gras Celebration Open Pickleball 8:30a-10a, 9:30a Coffee Hour, 10a Veteran Social & Lunch, 10a Knit & Crochet, 12:30p Euchre	18. 9:30a Coffee Hour, 11:15a Tech Help, 12:30p Card Bingo	19. 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:15p Texas Hold-em or Cards, Foot Clinic	20. 11:30a Music \$1 in a Juke Box, 12:30p Card BINGO, 50/50 Drawing
23. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	24. Open Pickleball 8:30a- 10a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre, Blood Pressure Clinic, Foot Clinic	25. 9:30a Coffee Hour, 12:30p Card Bingo	26. 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:15p Texas Hold-em or Cards, Foot Clinic	27. 11:30a Music Charlie, 12:30p Card BINGO, 50/50 Drawing,

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu February 2026 (Lunch 11:30a—12:30p)

Commission On Aging Phone: 237-0103

Charlevoix Senior Center: 547-5361

East Jordan Senior Center: 536-7831

Boyne Area Senior Center: 582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE	Soups are available on Mondays, Wednesday & Fridays Again.	We are trying some New Menu Items as we start a New Year! Our State Plate is so fun & different each month.		
2. Groundhogs Day Celebration Ham, Swiss & Spinach Quiche, Rosemary Potatoes, Warm Applesauce, Blueberry Muffin, Soup du Jour Alternative Meal for Week: Roast Beef Wrap	3. Take a Cruise Day BBQ Chicken Drumsticks, Scalloped Potatoes, Vegetable Medley, Fruit	4. Apple & Sage Pork Sausage, Stuffing, Pork Gravy, Fresh Vegetables, Vegetable Soup, Fruit	5. State Plate: California Chicken Cobb Salad, Homemade Ranch Dressing, Sliced Sourdough Bread, Fortune Cookie, Vegetables, Fruit	6. Souper Bowl Celebration Soups & Sandwich Day, Toasted Ham & Cheese Sub, Cream of Broccoli, Beef Barley, Great Lakes Chips, Fruit
9. Football Hangover Day Sloppy Joe w/ Cheese, Soft Bun, Ranch Wedges, Vegetables, Soup du Jour, Fruit Alternative Meal for Week: Chicken BLT Wrap	10. Flannel Day Teriyaki Glazed Chicken, Peppers & Onions, Rice, Mini Spring Rolls	11. Roasted Pork Loin, Au Gratin Potatoes, Pork Gravy Steamed Broccoli, Vegetable Soup, Fruit	12. Giving Hearts Day Hamburger & Onion Stroganoff, Buttered Noodles, Mixed Vegetables, Soup Du Jour, Fruit	13. Valentine's Day Celebration Open Faced Roasted Turkey w/Texas Toast & Gravy, Mashed Potatoes, Garden Vegetables, Soup Du Jour, Fruit, Special Dessert
16. ALL COA Offices and Senior Centers are CLOSED. Alternative Meal for Week: Chef Salad	17. Mardi Gras Celebration, Smoked Sausage, Pasta Alfredo, Cornbread, Fresh Vegetables, Fruit, Raspberry Paczki	18. Drink Wine Day Popcorn Chicken Bowl, Mashed Potatoes, Country Gravy, Seasoned Corn, Vegetable Soup, Fruit	19. Chocolate Mint Day Beef Lasagna, Garlic Bread, Garden Vegetable, Tossed Salad, Fruit	20. Love your pet day Cooks Choice, Potato, Vegetable, Soup Du Jour, Fruit
23. Bacon Cheeseburger, Tater Tots, Mixed Vegetable, Soup du Jour, Fruit Alternative Meal for Week: Chicken Salad Croissant	24. Liver & Onions or Country Fried Steak, Mashed Potatoes & Gravy, Fresh Vegetable, Fruit	25. Quiet Day Chicken & Broccoli Cheesy Rice Casserole, Breadstick, Vegetable Soup, Fruit	26. For Pete's Sake Day Baked Potato & Chili Bar, Cheese, Sour Cream, Green Onion, Diced Tomato, Fruit	27. Pecan Crusted Tilapia , Seasoned Rice, Fresh Vegetable, Fruit, Clam Chowder Soup

Charlevoix Activity Calendar

Charlevoix Senior Center Activities for February 2026—Vikki @ 231-547-3844

Monday	Tuesday	Wednesday	Thursday	Friday
2. 8:30a Coffee Talk, Walkers, 8a-9:15a Advanced Pickleball, 10a Cardio Drumming, 12:30p Cardio Drumming, 1p Games/Puzzles/Cards, 2:00p Beginners Pickleball	3. 8-9a Free Breakfast-Safe Haven Ministries, 8:30a Coffee Talk, Walkers, 12:30-2p Veteran's Social & Free Lunch @ 11:30AM, 12:45-1:15p Beach Ball Kickers Exercise, 12:45p Movie Day @ Center, 1p Games/Puzzles/Cards/Euchre, 2:00p Advanced Pickleball, 4p Yoga	4. 8:30a Coffee Talk, Walkers, 10a Cardio Drumming, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Cards/Euchre, 2:00p Beginners Pickleball	5. 8:30a Coffee Talk, Walkers, 9a Yoga, 9:30a Tai Chi, 10:15a Chair Yoga, 11a Hand Massages by Ruth from Compassus, 1p Games/Puzzles/Cards/Euchre, 2:00p Advanced Pickleball, Movie Day @ Charlevoix Cinema-Matinee Only (Check Times) Foot Clinic	6. 8-9 a Free Breakfast-Safe Haven Ministries, 8:30a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles/Cards/Euchre, 12:30p Cardio Drumming, 2:00p Open Pickleball
9. 8:30a Coffee Talk, Walkers, 8a-9:15a Advanced Pickleball, 10a Cardio Drumming, 12:30p Cardio Drumming, 1p Games/Puzzles/Cards, 2:00p Beginners Pickleball	10. 8-9a Free Breakfast-Safe Haven Ministries, 8:30a Coffee Talk, Walkers, 12:45-1:15p Beach Ball Kickers Exercise, 12:45p Movie Day @ Center, 1p Games/Puzzles/Cards/Euchre, 2:00p Advanced Pickleball, 4p Yoga	11. 8:30a Coffee Talk, Walkers, 10a Cardio Drumming, 12:30p Cardio Drumming, 1p Games/Puzzles/Cards/Euchre, 2:00p Beginners Pickleball	12. 8:30a Coffee Talk, Walkers, 9a Yoga, 9:30a Tai Chi, 10:15a Chair Yoga, 11a Hand Massages by Ruth from Compassus, 1p Games/Puzzles/Cards/Euchre, 2:00p Advanced Pickleball, Movie Day @ Charlevoix Cinema- Matinee Only (Check Times), Foot Clinic	13. 8-9 a Free Breakfast-Safe Haven Ministries, 8:30a Coffee Talk, Walkers, 10a Crafts, 11a-1p NoMich SourdoughPop-Up Shop, 12:30p Cardio Drumming, 1p Games/Puzzles/Cards/Euchre, 2:00p Open Pickleball
16. ALL COA AND SENIOR CENTERS ARE CLOSED	17. 8-9a Free Breakfast-Safe Haven Ministries, 8:30a Coffee Talk, Walkers, 12:30p Crafts with Ruth from Compass, 12:45-1:15p Beach Ball Kickers Exercise, 12:45p Movie Day @ Center, 1p Games/Puzzles/Cards/Euchre, 2:00p Advanced Pickleball, 4p Yoga, Foot Clinic	18. 8:30a Coffee Talk, Walkers, 10a Cardio Drumming, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Cards/Euchre, 2:00p Beginners Pickleball	19. 8:30a Coffee Talk, Walkers, 9a Yoga, 9:30a Tai Chi, 10:15a Chair Yoga, 1p Games/Puzzles/Cards/Euchre, 2:00p Advanced Pickleball, Movie Day @ Charlevoix Cinema- Matinee Only (Check Times)	20. 8-9a Free Breakfast-Safe Haven Ministries, 8:30a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Cards/Euchre, 2:00p Open Pickleball
23. 8:30a Coffee Talk, Walkers, 8a-9:15a Advanced Pickleball, 9:30a Exercise Class w/Becky from Munson, 10a Cardio Drumming, 12:30p Cardio Drumming, 1p Games/Puzzles/Cards, 2:00p Beginners Pickleball	24. 8-9a Free Breakfast-Safe Haven Ministries, 8:30a Coffee Talk, Walkers, 12:45-1:15p Beach Ball Kickers Exercise, 12:45p Movie Day @ Center, 1:00p Games/Puzzles/Cards/Euchre, 2:00p Advanced Pickleball, 4p Yoga, Foot Clinic	25. 8:30a Coffee Talk, Walkers, 10a Cardio Drumming, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Cards/Euchre, 2:00p Beginners Pickleball	26. 8:30a Coffee Talk, Walkers, 9a Yoga, 9:30a Tai Chi, 10:15a Chair Yoga, 1p Games/Puzzles/Euchre, Movie Day @ Charlevoix Cinema- Matinee Only (Check Times)	27. 8-9 Free Breakfast-Safe Haven Ministries, 8:30a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Cards/Euchre, 2:00p Open Pickleball

Beaver Island COA Senior Activities for February 2026 — 231-448-2124

Monday	Tuesday	Wednesday	Thursday	Friday
2. 9a-9:30a COA Office Hours, 10A Cardio Drumming, 11am Art Therapy & Games/Cards Social @ Peaine Township Hall 12p-2p, COA Ofc Hrs.	3. 9a-10a COA Office Hours, 10:00a to 12:00– Office Closed For staff Work. 12p-2p COA Office Hours.	4. 12p –2:30 Office Hours, Art Therapy 1- Mixed Media & Games/ Cards 3-5pm @ Peaine Township Hall	5. 9a-9:30a COA Office Hours, 10A Cardio Drumming, 11am Art Therapy 1 Mixed Media & Games/ Cards Social @ Peaine Township Hall, 12p-2p COA Office Hrs	6. 9a-10a COA Office Hours, 10:00a to 12:00– Office Closed For staff Work. 12p-2p COA Office Hours.
9. 9a-9:30a COA Office Hours, 10A Cardio Drumming, 11am Art Therapy & Games/Cards Social @ Peaine Township Hall, 12p-2p COA Ofc Hrs.	10. 9a-10a COA Office Hours, 10:00a to 12:00– Office Closed For staff Work. 12p-2p COA Office Hours.	11. 12p –2:30 Office Hours, Art Therapy 1- Mixed Media & Games/ Cards 3-5pm @ Peaine Township Hall	12. 9a-9:30a COA Office Hours, 10A Cardio Drumming, 11am Art Therapy & Games/Cards Social @ Peaine Township Hall, 12p-2p COA Office Hrs	13. 9a-10a COA Office Hours, 10:00a to 12:00– Office Closed For staff Work. 12p-2p COA Office Hours.
16. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED	17. 9a-10a COA Office Hours, 10:00a to 12:00– Office Closed For staff Work. 12p-2p COA Office Hours.	18. 12p –2:30 Office Hours, Art Therapy 1- Mixed Media & Games/ Cards 3-5pm @ Peaine Township Hall	19. 9a-10a COA Office Hours, 10A Cardio Drumming ,11am Art Therapy & Games/Cards Social @ Peaine Township Hall, 12p-2p COA Office Hrs.	20. Congregate Luncheon @ Peaine Township Hall, 11:30am to 12:30pm BI COA Office is CLOSED & NO Activities.
23. 9a-9:30a COA Office Hours, 10A Cardio Drumming, 11am Art Therapy & Games/Cards Social @ Peaine Township Hall, 12p-2p COA Office Hrs	24. 9a-10a COA Office Hours, 10:00a to 12:00– Office Closed For staff Work. 12p-2p COA Office Hours.	25. 12p –2:30 Office Hours, Art Therapy 1- Mixed Media & Games/ Cards 3-5pm @ Peaine Township Hall	26. 9a-10a COA Office Hours, 10A Cardio Drumming, 11am Art Therapy & Games/Cards Social @ Peaine Township Hall, 12p-2p COA Office Hrs.	27. 9a-10a COA Office Hours, 10:00a to 12:00– Office Closed For staff Work. 12p-2p COA Office Hours.
			Vouchers are sold at the COA BI Office during COA office hours. COA Meal Vouchers will be sold by a COA Staff member during activities when able.	Cardio Drumming, Art Therapy & Games/Cards Social @ Peaine Township Hall and Walkercise are done with COA Staff and Volunteers

Safe Haven Sponsored Breakfast Club Menu February 2026 (8a—9a) Menu Subject to Change
TUESDAYS & FRIDAYS ONLY—IN CHARLEVOIX ONLY
 (Available only when the Charlevoix Senior Center is OPEN)
 Charlevoix Senior Center: 547-5361
FREE TO THE COMMUNITY FOR DINE IN & TAKE OUT

Safe Haven Breakfast Club Menu

<p>3. Hot Breakfast: Breakfast Burrito: Eggs, Sausage, Cheese, Pico De Gallo & Cheesy Tater Tots</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>6. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup & OJ</i></p>
<p>10. Hot Breakfast: Biscuits, Sausage & Gravy, 1 Oven Baked Egg, Warm Applesauce</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>13. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup & OJ</i></p>
<p>17. Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, & Milk</i></p>	<p>20. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, OJ</i></p>
<p>24. Hot Breakfast: Breakfast Casserole: Eggs, Cheese, Sausage, Potatoes, Peppers & Onions</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>27. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, OJ</i></p>

Just for fun

Name: _____ Date: _____

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.



AFFECTION	W T K Z A Q U A R I U S N M M P M J	
AMETHYST	K L O V E W T N E D I S E R P M R F	
AQUARIUS	L V K Z S V D L D T R K C C W H V K	
BIRTHDAY	G B H L H S E M M R G U H A G X P Z	
CANDLELIGHT	V R I E N C I T H X C N P N N L P N	
CARD	T A A R N T S K R A K P N D O R M G	
CHOCOLATE	Y R L A T Y R E R P N L J L T A A R	
CUPID	T L M E H H N D I N O R K E G E R O	
DATE	F O A T N N D S L C I V X L N Y R U	
DINNER	R L E S I T C A N N T X K I I P I N	
ENGAGEMENT	G M O D O E I I Y N C G H G H A A D	
FLOWERS	A M K W S P L N W P E X N H S E G H	
GROUNDHOG	L D R V E K O C E M F F C T A L E O	
HEART	M Y I W M R N R X X F D K T W D E G	
HUG	T R P P Y X S F P C A R O S E S T Z	
KISS	D Y C I U F E T A L O C O H C W A W	
LEAP YEAR	E D L M N C E N G A G E M E N T D R	
LINCOLN	R T M H K K V T R A E H T E E W S K	
LOVE		PRESIDENT
MARRIAGE		PROPOSAL
PINK		RED
PISCES		ROMANCE
		ROSES
		SWEETHEART
		VALENTINE
		WASHINGTON




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Beaver Island Activities and Update
 Contact the BI COA for more information at (231) 448-2124 or The COA Main Office at 231-237-0103

The COA Office Hours and Activities will be on the COA Facebook Page and the COA Website. You can also get a calendar at either the BI COA Office or from the Mainland COA Office.

We have added the following activities like the mainland centers:
 Crafter's Social /Fun and Games /Walkercize, Special Congregate Meals and a local Travel Club

Beaver Island TO GO Meals
 Beaver Island Senior's 60 years old and older can order up to 20 cold or frozen meals a month from the mainland. These meals cost \$3.00 each. A NAPIS form and COA Code of Conduct must be completed by participants 60 years old and their spouse if 59 years old and under before the Cold or Frozen Meals can be ordered – this only needs to be completed once a year for the Nutritional Program so if it has already been completed for the year due to participation in Home Delivered Meals, the Meal Voucher Program or the Special Congregate Meal Program, they do not need to complete another one.

Voucher Meal Program
 Are available at The BI School, The Shamrock & the Wild Strawberry Cafe.

Vouchers can be purchased at the BI COA Office, from the Mainland COA Office. Currently, Vouchers can be purchased individually as you need them or up to 10 in bulk. Once you use the initial 10, an additional 10 are available to purchase. Vouchers expire on 9/31/26. There is NO reimbursement for any unused, lost or stolen vouchers. The BI Meal Voucher Program is for Charlevoix County Tax Paying Seniors, 60 years old and older.