

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

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



"A Kind Word Never Broke Anyones Mouth." ~ Irish Proverb

Director's CORNER



The Brain and Isolation and Loneliness

More and more evidence is emerging about the array of negative impacts of loneliness on health. In fact, about 1 in 3 adults in the U.S. report feeling lonely and 1 in 4 adults report a lack of social and emotional support.

As a result, concerted efforts have emerged to address the situation. The U.S. Surgeon General declared an epidemic of loneliness and social isolation and in 2023, released an advisory in response to the epidemic.

Often used interchangeably, loneliness and social isolation are related but distinct terms. Loneliness is defined as the unpleasant subjective perception arising from the discrepancy between an individual's desired and actual level of social connection. Social isolation is a state in which an individual has objectively few social relationships or roles, and infrequent social contact.

The effects of loneliness on our health

From health challenges like chronic conditions, behavioral health conditions and disability, living in a rural area and lack of transportation, risk factors for social isolation and loneliness come in many forms and impact people of all ages.

Both can have a significant impact on our health, affecting both mental and physical well-being. According to the CDC, negative health impacts may include:

- 50% increased risk of dementia & 32% increased of stroke and 29% increased risk of heart disease
- Higher rates of mental health conditions like depression, anxiety and suicide and an increased risk of premature death
- And, lack of social connection increases mortality

risk, similar to the effects of smoking 15 cigarettes per day, obesity and physical inactivity

The power of social connection on brain health

Healthy social connections are increasingly linked to both general health and brain health. Social interactions play a role in memory, cognition and emotional regulation. Meaningful social interactions also contribute to cognitive reserve, which acts as a buffer against brain-damaging effects of stress. There is even a scientific correlation between more social engagement and a lower risk of dementia and depression.

A few proven tactics include:

- Prioritizing Relationships: Value your connections. Reach out to old friends, meet new ones, and create meaningful bonds and appreciate the connections you have, even small ones.
- Engaging Actively: Participate in social activities, clubs, or community events.
- Exploring New Hobbies: Trying something new can lead to meeting new people.
- Volunteering: Volunteering provides a sense of purpose and connects you with like-minded people.
- Digital Balance: Use social media mindfully. Balance online interactions with face-to-face conversations.
- Practicing Empathy: Understand others' feelings and build stronger connections, but also remember to be kind to yourself and practice self-compassion.

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

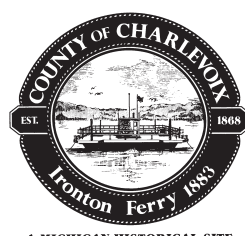
COA Advisory Committee

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!

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

We are changing what aging looks like and feels like in Charlevoix County!



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

MARCH 2026 NOTABLE DATES

- 1 Compliment Day
- 2 Fun Facts About Names Day
- 3 Soup it Forward Day
- 4 Dance the Waltz Day
- 5 Cheese Doodle Day
- 6 Oreo Cookie Day
- 7 Flapjack Day
- 8 Daylight Saving Time Begins!
- 9 Get Over It Day
- 10 Day of Awesomeness
- 11 Dream Day
- 12 Plant a Flower Day
- 13 Good Samaritan Day
- 14 Potato Chip Day
- 15 Everything You Think is Wrong Day
- 16 Everything You Do is Right Day
- 17 St. Patrick's Day
- 18 Sloppy Joe Day
- 19 Let's Laugh Day
- 20 Spring Begins!
- 21 Flower Day
- 22 As Young as You Feel Day
- 23 OK Day
- 24 Cocktail Day
- 25 Medal of Honor Day
- 26 Live Long and Prosper Day
- 27 "Joe" Day
- 28 Black Forest Cake Day
- 29 Smoke & Mirrors Day
- 30 Take a Walk in the Park Day
- 31 Crayola Crayon Day

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 March 2026—Krista @ 231-582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
2. 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 11a 3rd Annual Peanut Butter Pong Contest, 12:30p Card BINGO, 1:30p Boyne Town Follies Rehearsal	3. 10a Mindful Meditation, 11a Drop N' Shop, 12:30p Card BINGO, 1:30p Spring Planning Vision Board Activity, Foot Clinic	4. 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 11a Live Music by MI Sands, 11:30p Information Table for Deep Vein Thrombosis Awareness Month, 12:30p BINGO, 1p Mystery Bingo	5. 10a Mindful Meditation, 11a Hearing Aid Cleanings & Checks by Audio Nova, 12:30p BINGO, 1p Leprechaun Hat Craft	6. 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 11a Sourdough Pop-Up Shop w/ Crafted by Allysa, 11:30a Live Music \$1 in a Juke Box, 12:30p BINGO, 1p Musicians Jam Circle
9. 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 11a Leprechaun Trivia w/ prizes! 12:30p Card BINGO, 1:30p Boyne Town Follies Rehearsal	10. 10a Mindful Meditation, 11:45a Special Snack for National Ranch Day, 12:30p Card BINGO, 1:30p Sleep Awareness Webinar	11. 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 11a Live Music by Paul Ferris, 12:30p BINGO, 1p Irish Potato Candy Making Class	12. 10a Mindful Meditation, 11a Mission Six Service Dogs Presentation for National K9 Veteran's Day, 12:30p BINGO, 1p Popcorn & a Movie "Far & Away", Foot Clinic	13. 10a Mindful Meditation, 10a Tech Support w/ Nick, 10:30a Beachball Kicker Exercise Class, 11a Live Music by Vintage, 12:30p BINGO, 1p Craft for International Fanny Pack Day
16. 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 11a Drop N' Shop, 12:30p Card BINGO, 1:30p Boyne Town Follies Rehearsal	17. St Patrick's Day Lunch, 10a Mindful Meditation, 11a Live Music by Gaeyle Gerrie-Boss of the Boyne Arts Center, 11:30a Blood Pressure Clinic, 11:45a Leprechaun Scavenger Hunt, 12:30p Card BINGO, 1:30p St Patrick's Day Bingo w/prizes!	18. 11a Live Music by Lucky Stars, 12:30p BINGO, 1p Craft for National Poultry Day	19. 10a Mindful Meditation, 11a Hand Massages by Thriving Radiance, 12:30p BINGO, 1p Popcorn & a Movie "Armageddon" in honor of Bruce Willis' Birthday	20. 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 11a Live Music by OJ Adkins, 12:30p BINGO, 1p Spring Decorative Umbrella Activity, Foot Clinic
23. 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 11a Spring Cleaning Activity Table for National Cleaning Week, 12:30p Card BINGO, 1:30p Boyne Town Follies Rehearsal	24. 9:30a Veteran's Social, 10a Mindful Meditation, 12:30p Card BINGO, 1:30p Popcorn & a Movie "The Illusionist" in honor of Harry Houdini's Birthday, Foot Clinic	25. 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 11a TBD Live Music, 12:30p BINGO, 1p Mystery Bingo	26. Wear Purple Day, 10a Mindful Meditation, 11a Epilepsy Information Table, 12:30p BINGO, 1p Easter Bunny Mason Jar Craft	27. 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 11a Live Music by Vintage, 12:30p BINGO, 1p Bunny Bag Craft
30. 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 12:30p Card BINGO, 1:30p Easter Craft w/ The Boyne Arts Center	31. 10a Mindful Meditation, 10a -3pm Mobile Secretary of State, 11a Drop N' Shop, 12:30p Card Bingo, 1:30p Boyne Town Follies Rehearsal		Boyerne Area Senior Center 411 E. Division St, Boyne 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 March 2026 Brenda 231-536-7831

Monday	Tuesday	Wednesday	Thursday	Friday
2. Coffee Hour 9:30 Exercise /Lisa 10:45-11:45 Sewing Repairs 10-11:30 12:30 Play POOL Mexican Poker 12-11:30	3. B/P CLINIC Coffee Hour 9:30 Knit & Crochet 10 Lunch 11:30-12:30 Euchre 12:30 Open Pickleball 8:30-10:00	4. Coffee Hour 9:30 12:30-1:30 Card Bingo	5. Hair Cuts Lunch 11:30-12:30 Texas Hold-em 12:15 10:30 Cardio Drumming	6. 11:30am Barry Loper Ice cream Social 12:30-1:30 Card Bingo 50/50 Drawing
9. Dress for dream vacation Coffee Hour 9:30 Exercise /Lisa 10:45-11:45 Sewing Repairs 10-11:30 12:30 Play POOL Mexican Poker 12-11:30	10. Wear your favorite socks Coffee Hour 9:30 Knit & Crochet 10 Lunch 11:30-12:30 Euchre 12:30 Open Pickleball 8:30-10:00 Foot Clinic	11. Tie dye day! Coffee Hour 9:30 12:30-1:30 Card Bingo 11:15 Tech Help	12. Wear Yellow today Lunch 11:30-12:30 Texas Hold-em 12:15 10:30 Cardio Drumming 10am Board meeting Chamber Chat/ Mary	13. Wear GOLD for good luck! 11:30am 2 Beats 12:30-1:30 Card Bingo 50/50 Drawing
16. Coffee Hour 9:30 Exercise /Lisa 10:45-11:45 Sewing Repairs 10-11:30 12:30 Play POOL Mexican Poker 12-11:30 March Madness	17. St. Pat's day!! Coffee Hour 9:30 Knit & Crochet 10 Lunch 11:30-12:30 Euchre 12:30 10 am Vet Social/lunch Open Pickleball 8:30-10:00	18. Coffee Hour 9:30 12:30-1:30 Card Bingo	19. Foot Clinic Lunch 11:30-12:30 Texas Hold-em 12:15 10:30 Cardio Drumming	20. 11:30am \$ in a juke box 12:30-1:30 Card Bingo 50/50 Drawing
23. Coffee Hour 9:30 Exercise /Lisa 10:45-11:45 Sewing Repairs 10-11:30 12:30 Play POOL Mexican Poker 12-11:30	24. B/P Clinic Coffee Hour 9:30 Knit & Crochet 10 Lunch 11:30-12:30 Euchre 12:30 Open Pickleball 8:30-10:00	25. Coffee Hour 9:30 12:30-1:30 Card Bingo	26. Lunch 11:30-12:30 Texas Hold-em 12:15 10:30 Cardio Drumming	27. 11:30am Charlie 12:30-1:30 Card Bingo 50/50 Drawing
30. Coffee Hour 9:30 Exercise /Lisa 10:45-11:45 Sewing Repairs 10-11:30 12:30 Play POOL Mexican Poker 12-11:30	31. Foot Clinic Coffee Hour 9:30 Knit & Crochet 10 Lunch 11:30-12:30 Euchre 12:30 Open Pickleball 8:30-10:00	Day light savings Sun. 8th SPRING BEGINS 20TH!	Spirit Week 9-13	

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu March 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
2. Hot Beef & Cheddar, Onion Roll, Tater Tots, Garden Vegetable, Fruit, Soup du Jour Alternative Meal for Week: Turkey, Ranch Bacon Wrap	3. Polish Sausage & Sauerkraut, Rosemary Potatoes, Round Carrots, Fruit	4. BBQ Chicken Drumsticks, Scalloped Potatoes, Mixed Vegetable, Vegetable Soup, Fruit	5. State Plate: Colorado Denver Omelet Casserole, Diced Ham, Green Pepper, Onion, Cheese, Red Potatoes, Warm Cinnamon Applesauce	6. Vegetable Lasagna w/ Carrots & Spinach, Garlic Biscuit, Steamed Broccoli, Soup Du Jour, Fruit
9. Vacation Attire Day Warm Cuban Sandwich, Pulled Pork, Sliced Ham, Swiss Cheese, Pickles, Curley Fries, Vegetable, Soup du Jour, Fruit, Key Lime Pie Alternative Meal for Week: Shrimp Pasta Salad	10. Sock-it to Winter Day Beef Stew, Stewed Vegetables, Diced Potatoes, Breadstick, Fruit	11. Dye-Ve Into Spring Day Maurice Salad, Turkey, Ham, Swiss, Green Olives, Gherkins, Homemade Dressing, Cream of Vegetable Soup, Fruit	12. Time to Shine Day Honey Mustard Chicken, Rosemary Potatoes, Vegetable Medley, Corn Bread, Soup Du Jour, Fruit	13. Wear Gold for Luck Day Spaghetti & Meat Sauce, Garlic Bread, Green Beans, Soup Du Jour, Fruit
16. Garlic Parmesan Wings, Ranch Wedge Fries, Mixed Vegetables, Soup du Jour, Fruit Alternative Meal for Week: Chef Salad	17. St. Patrick's Day Celebration Corned Beef & Cabbage, Boiled Potatoes & Carrots, Fruit, Green Dessert	18. Breaded Chicken Breast w/ Country Gravy, Scalloped Potatoes, Mixed Vegetables, Vegetable Soup, Fruit	19. Let's Laugh Day Ground Sirloin, Mushroom Gravy, Mashed Potatoes, Green Beans, Fruit	20. Spring Begins Cooks Choice or Seafood Selection, Potato, Vegetable, Soup Du Jour, Fruit
23. Swiss Mushroom Burger, Bun, Tater Tots, Vegetable Medley, Soup du Jour, Fruit Alternative Meal for Week: Ham & Green Onion Cream Cheese Pinwheel	24. Cocktail Day Pepper Steak, Colored Peppers & Onions, Seasoned Rice, Oriental Vegetables, Fruit	25. Chicken Nachos, Seasoned Shredded Chicken, Rice & Corn Mix, Cheese Sauce, Tortilla Chips & Salsa, Vegetable Soup, Fruit	26. Live Long & Prosper Day Mom's Meatloaf, Mashed Potatoes & Gravy, Fresh Vegetables, Fruit	27. "Joe" Day Salmon Patty w/ Alfredo Sauce, Seasoned Rice, Mixed Vegetable, Soup Du Jour, Fruit
30. Open Faced Turkey Rueben w/ Sauerkraut, Waffle Fries, Garden Vegetable, Soup Du Jour, Fruit Alternative Meal for Week: Roast Beef & Cheddar Wrap	31. Crayola Crayon Day Ham & Pineapple, Sweet Potatoes w/ Marshmallow Topping, Vegetable Medley, Fruit	ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE	Soups are available on Mondays, Wednesday & Fridays Again. Think Spring Spirit Week is 3/9—3/13	We are trying some New Menu Items as we start a New Year! Our State Plate is so fun & different each month.

Charlevoix Activity Calendar

Charlevoix Senior Center Activities for March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2. 8:30a Coffee Talk, Walkers, 8a-9:45a Pickleball, 10a Cardio Drumming, 12:30p Cardio Drumming, 1p Games/Puzzles/Cards, 2:00p Pickleball	3. 8-9a Free Breakfast-Safe Haven, 8:30a Coffee Talk, Walkers, 12:30-2p Veteran's Social & Free Lunch @ 11:30AM, 10:45a-11:15a Beach Ball Kicker Exercise, 12:45p Movie Day @ Center, 1p Games/Puzzles/Cards/Euchre, 2:00p 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 Pickleball	5. 8:30a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Games/Puzzles/Cards/Euchre, 2:00p Pickleball, Movie Day @ Charlevoix Cinema- Matinee FOOT CLINIC	6. 8-9a Free Breakfast-Safe Haven, 8:30a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles/Cards/Euchre, 12:30p Cardio Drumming, 2:00p Pickleball
9. 8:30a Coffee Talk, Walkers, 8a-9:45a Advanced Pickleball, 10a Cardio Drumming, 12:30p Cardio Drumming, 1p Games/Puzzles/Cards, 2:00p Beginners Pickleball	10. 8-9a Free Breakfast-Safe Haven, 8:30a Coffee Talk, Walkers, 10:45a-11:15a Beach Ball Kicker Exercise, 12:45p Movie Day @ Center, 1p Games/Puzzles/Cards/Euchre, 2:00p Pickleball, 4p Yoga	11. 8:30a Coffee Talk, Walkers, 10a Cardio Drumming, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Cards/Euchre, 2:00p Pickleball	12. 8:30a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 11a Hand Massages by Ruth from Compassus, 1p Games/Puzzles/Cards/Euchre, 2:00p Pickleball, Movie Day @ Charlevoix Cinema- Matinee	13. 8-9 a Free Breakfast-Safe Haven, 8:30a Coffee Talk, Walkers, 10a Crafts, 11a-1p NoMich Sourdough-Pop-Up Shop, 1p Games/Puzzles/Cards/Euchre, 12:30p Cardio Drumming, 2:00p Pickleball
16. 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	17. 8-9a Free Breakfast-Safe Haven, 8:30a Coffee Talk, Walkers, 12:30 Crafts with Ruth from Compass, 10:45a-11:15a Beach Ball Kickers Exercise, 12:45p Movie Day @ Center, 1p Games/Puzzles/Cards/Euchre, 2:00p Pickleball, 4p Yoga, FOOT CLINIC	18. 8:30a Coffee Talk, Walkers, 10a Cardio Drumming, 12:30p Cardio Drumming, 1p Games/Puzzles/Cards/Euchre, 2:00p Pickleball	19. 8:30a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Games/Puzzles/Cards/Euchre, 2:00p Pickleball, Movie Day @ Charlevoix Cinema- Matinee	20. 8-9 a Free Breakfast-Safe Haven, 8:30a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Cards/Euchre, 2:00p Pickleball
23. 8:30a Coffee Talk, Walkers, 8a-9:45a Advanced Pickleball, 10a Cardio Drumming, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 2:00p Beginners Pickleball	24. 8-9a Free Breakfast-Safe Haven, 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	25. 8:30a Coffee Talk, Walkers, 10a Cardio Drumming, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Cards/Euchre, 2:00p Pickleball	26. 8:30a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Games/Puzzles/Cards/Euchre, 2:00p Pickleball, Movie Day @ Charlevoix Cinema- Matinee, FOOT CLINIC	27. 8-9 a Free Breakfast-Safe Haven, 8:30a Coffee Talk, Walkers, 10a Crafts, 11:45a Chris w/McLaren-Navigating Healthcare, 12:30p Cardio Drumming, 1p Games/Puzzles/Cards/Euchre, 2:00p Pickleball
30. 8:30a Coffee Talk, Walkers, 8a-9:45a Advanced Pickleball, 9:30a Exercise Class w/Becky from Munson, 10a Cardio Drumming, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 2:00p Beginners Pickleball	31. 8-9a Free Breakfast-Safe Haven, 8:30a Coffee Talk, Walkers, 11:00a Last Travel Presentation for Ireland, 12:30p Matter of Balane Class Information, 10:45a-11:15a Beach Ball Kicker Exercise, 12:45p Movie Day @ Center, 1p Games/Puzzles/Cards, Euchre, 2:00p Pickleball, 4p Yoga			

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

Monday	Tuesday	Wednesday	Thursday	Friday
2. 9a-9:30a COA Office Hours, 10A Cardio Drumming. 11am Art Therapy 2, Nature @ 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 hrs. 3-5pm. Art Therapy 2, Nature, Games @ Peaine Township Hall	5. 9a-9:30a COA Office Hours, 10A Cardio Drumming. 11am Art Therapy 2, Nature, Games @ Peaine Township Hall. 12p-2p COA Ofc 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 2, Nature @ 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 hrs. 3-5pm. Art Therapy 2, Nature, Games @ Peaine Township Hall	12. 9a-9:30a COA Office Hours, 10A Cardio Drumming. 11am Art Therapy 2, Nature & Games @ Peaine Township Hall. 12p-2p COA Ofc Hrs.	13. 9a-10a COA Office Hours, 10:00a to 12:00– Office Closed For staff Work. 12p-2p COA Office Hours.
16. 9a-9:30a COA Office Hours, 10A Cardio Drumming. 11am Art Therapy 2, Nature @ Peaine Township Hall. 12p-2p COA Ofc Hrs.	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 hrs. 3-5pm. Art Therapy 2, Nature, Games @ Peaine Township Hall	19. 9a-9:30a COA Office Hours, 10A Cardio Drumming. 11am Art Therapy 2, Nature, Games @ Peaine Township Hall. 12p-2p COA Ofc Hrs.	20. Congregate Luncheon 11:30 am- 12:30 pm at Peaine Township Hall OFFICE CLOSED
23. 9a-9:30a COA Office Hours, 10A Cardio Drumming. 11am Art Therapy 2, Nature @ Peaine Township Hall. 12p-2p COA Ofc 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 hrs. 3-5pm. Art Therapy 2, Nature, Games @ Peaine Township Hall	26. 9a-9:30a COA Office Hours, 10A Cardio Drumming. 11am Art Therapy 2, Nature, Games @ Peaine Township Hall. 12p-2p COA Ofc Hrs.	27. 9a-10a COA Office Hours, 10:00a to 12:00– Office Closed For staff Work. 12p-2p COA Office Hours.
30. 9a-9:30a COA Office Hours, 10A Cardio Drumming. 11am Art Therapy 2, Nature @ Peaine Township Hall. 12p-2p COA Ofc Hrs.	31. 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 March 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

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

Just for fun

Name: _____ Date: _____

MARCH

Word Search

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.

R N O I L K C I R T A P T S R C	BASKET
K W N S G N I V A S X S L E M R	BLOOM
Y B U T T E R F L Y E A W R F O	BUTTERFLY
Q D T K G N R X T N M O T H G C	CHICK
N J N G R E E N E B L H N N D U	CROCUS
N O N I N X R L K F N G I A X S	DAFFODIL
B Y S E W R X P S L P R F H T L	DAYLIGHT
M F W A M T E V A D P F K C R X	EASTER
X A T O E D R T B S O K C R E O	EQUINOX
L I O H T S J A S D M I O A B N	FLOWER
H L R Y K K W N I A K T R M I I	GREEN
B L C I K P H L X N E E M Y R U	HATCHING
D J K H S C T H G I L Y A D T Q	IRISH
V Z D F I H U C M Q P Z H V H E	KITE
P D G W M C H L E N I H S N U S	LAMB
X T U L I P K B H A T C H I N G	LION

SAVINGS	LUCKY
SEASON	MARCH
SHAMROCK	NEST
SPRING	RAIN
	REBIRTH
	RENEWAL

ST. PATRICK

SUNSHINE

TULIP

WINDY

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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.