

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!



***“You may have to fight a battle more than once to win it.”
~Margaret Thatcher***

Director's CORNER

We are getting ready to begin another year of planning and budgeting for the seniors in Charlevoix County. On Wednesday, September 9, 2026, the Charlevoix County Commissioners unanimously approved the Commission on Aging's budget and fiscal plans for the 2026-2027 year.

As there will be changes for both the mainland seniors and the Beaver Island seniors this year, I hope to assist you in a clear understanding of these changes and plans for the upcoming year. No one likes change, it is not convenient for anyone but necessary for the greater good.

Change Letters are available on the Mainland at the Senior Centers.

Brief Summary:
Mainland Nutritional Program:

- \$5.00 per meal voluntary contribution per senior. This request has not changed in over 10 years and the rising costs of everything drives this.
- Pre Purchase Punch Cards are available for senior meals, contact your site coordinator for how this program works.
- We are increasing the Pay for Service rates in our In-Home Care Division that seniors pay for.
- We are going to still provide FREE produce and shelf stable foods. This will happen once a month during the Special Congregate Meals. Throughout the winter we will monitor the needs for this program and if the needs are greater than what we can do once a month, we may begin weekly distribution in May or June 2027.
- No changes with the Senior Snow Removal Program.
- No changes to the Cool Care Program.

Change Letters have been mailed to the 100 participants directly on Beaver Island.

Brief Summary:
Beaver Islands Nutritional Program:

- Increase the Nutritional Program Vouchers to \$5.00. This price has not changed in over 10 years and the rising



costs of everything drives this. Vouchers will expire annually in the COA's fiscal year. This year if purchases are made October 1, 2026, or later they will expire on September 30, 2027. Seniors can NOT exchange expired vouchers nor will they be refunded. Any lost or stolen vouchers will not be replaced.

- We will still provide up to 7 Special Congregate Meals October, November, December, January, February, March, April. Weather dependent.
- To Go Meals from the mainland can now be scheduled to be picked up at either airport. Pick the one closest to you!
- No changes with the Beaver Island In Home Care Homemaking Support Program.
- No changes in the Beaver Island Wellness Check Program.

Other Changes:

- We are once again working with the school to provide the BI Fit program for seniors. This year we are adding indoor Pickleball to the BI Fit schedule, and the school is interested in hosting tournaments.
- We are going to still provide FREE produce and shelf stable foods. This will happen once a month during the Special Congregate Meals. Throughout the winter we will monitor the needs for this program and if the needs are greater than what we can do once a month, we may begin weekly distribution in May or June 2027.

Don't forget that we can connect you with resources. Our NEW Charlevoix County Commission on Aging Senior Resources Directory is available online. These can be emailed to you by your request. You can even print them out if you need to.

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:
M-F 8a-4p Please Call First
- 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, Maria, 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”

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

OCTOBER 2026 NOTABLE DATES

- 1 **Homemade Cookies Day**
- 2 **Smile Day**
- 3 **Frugal Fun Day**
- 4 **Good Buddy Day**
- 5 **Do Something Nice Day**
- 6 **Come and Take It Day**
- 7 **Forgiveness Day**
- 8 **Face Your Fears Day**
- 9 **Beer and Pizza Day**
- 10 **Walk to a Park Day**
- 11 **“You Go Girl” Day**
- 12 **Movement of Frustration Scream Day**
- 13 **M&M Day**
- 14 **Dessert Day**
- 15 **Spirit Day**
- 16 **Food Day**
- 17 **Wear Something Gaudy Day**
- 18 **Chocolate Cupcake Day**
- 19 **Dress Like a Dork Day**
- 20 **Chefs Day**
- 21 **Babbling Day**
- 22 **Smart is Cool**
- 23 **TV Talk Show Host Day**
- 24 **Make a Difference Day**
- 25 **Pasta Day**
- 26 **Howl at the Moon Night**
- 27 **Black Cat Day**
- 28 **Champagne Day**
- 29 **Internet Day**
- 30 **Mischief Night**
- 31 **Halloween**

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.

Boyne Area Activity Calendar

BOYNE AREA SENIOR CENTER ACTIVITIES FOR OCTOBER 2026-KRISTA @ (231)582-6682				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THE BASC IS OPEN FULL-TIME 8am-4pm M-F with activities all day long! Exercise Room is also open on these days & times	FOOT CLINIC DATES: THURSDAY 10/1/2026 TUESDAY 10/13/2026 THURSDAY10/22/2026		1. 10am MINDFUL MEDITATION, 10:30am BEACHBALL KICKER EXERCISE CLASS, 11:30am CRAFTED BY ALLYSA SOURDOUGH POP-UP SHOP, 11:45am THURSDAY SHENANIGANS, 12:30pm BINGO, 1pm MUSICIAN'S JAM CIRCLE	2. OCTOBERFEST, 10A MINDFUL MEDITATION, 11am LIVE MUSIC BY \$ IN A JUKEBOX, 11:45am ROOTBEER RINGTOSS W/PRIZES!, 12:30P BINGO, 1pm MIX IT UP EXERCISE HOUR
5. 8am -4p Medicare Open Enrollment W/DALE BOEHM, 10am MINDFUL MEDITATION, 10:30am LIFE IS ALOT SUPPORT GROUP, 11am AUTUMN BEVERAGE BAR, 12:30pm CARD BINGO, 1:30pm MIX IT UP EXERCISE HOUR	6. 10am MINDFUL MEDITATION, 10:30am BEACHBALL KICKER EXERCISE CLASS, 11:30am LIVE MUSIC BY PAUL FERRIS, 12:30pm CARD BINGO, 1:30pm SONGWRITER'S WORKSHOP	7. 10a MINDFUL MEDITATION, 10:30am NATIONAL COFFEE W/ A COP DAY-CHVX COUNTY, 11:45am FIRE PREVENTION WEEK PRESENTATION W/ NORTHWEST FIRE, 12:30pm BINGO, 1:30pm POPCORN & A MOVIE "OCTOBER SKY" FOR WORLD SPACE WEEK	8.10am MINDFUL MEDITATION, 10:30am BEACHBALL KICKER EXERCISE CLASS, 11:45am THURSDAY SHENANIGANS, 12:30pm BINGO, 1pm SLEEP HEALTH PRESENTATION PART 2	9. 10am MINDFUL MEDITATION, 11:30am LIVE MUSIC BY VINTGAGE, 12:30pm BINGO, 1pm MIX IT UP EXERCISE HOUR
12. 10am MINDFUL MEDITATION, 10:30am LIFE IS ALOT SUPPORT GROUP, 11am AUTUMN BEVERAGE BAR, 11:45am SWEET SENDS ORDERING, 12:30pm CARD BINGO, 1:30pm MIX IT UP EXERCISE HOUR	13. 10am MINDFUL MEDITATION, 10:30am BEACHBALL KICKER EXERCISE CLASS, 11:15am DROP N' SHOP, 11:30am BLOOD PRESSURE CLINIC, 12:30pm CARD BINGO, 1:30pm PUMPKIN PAINTING	14. 10am MINDFUL MEDITATION, 10:30am LIFE IS ALOT SUPPORT GROUP, 11am LIVE MUSIC BY MICHIGAN SANDS, 11:45am SMORE'S ON THE PATIO, 12:30pm BINGO, 1:30pm MYSTERY BINGO	15. 10am MINDFUL MEDITATION, 10:30am BEACHBALL KICKER EXERCISE CLASS, 11:45am 4FRONT CREDIT UNION PRESENTATION FOR INTERNATIONAL CREDIT UNION DAY, 12:30pm BINGO, 1pm FALL CHARCUTERIE ACTIVITY	16.SWEETEST DAY LUNCH, 10am MINDFUL MEDITATION, 11am LIVE MUSIC BY OJ ADKINS, 11:45am SWEET SENDS DELIVERIES, 12pm VOTING FOR MR. & MRS. SWEETEST, 12:30pm BINGO, 1pm MIX IT UP EXERCISE HOUR
19.8am-4pm MEDICARE ENROLLMENT W/DALE BOEHM, 10am MINDFUL MEDITATION, 10:30am LIFE IS ALOT SUPPORT GROUP, 11am AUTUMN BEVERAGE BAR, 12:30pm CARD BINGO, 1:30pm MIX IT UP EXERCISE HOUR	20. MONARCH APPRECIATION DAY 10am MINDFUL MEDITATION, 10:30am BEACHBALL KICKER EXERCISE CLASS, 12:30pm CARD BINGO, 1:30pm SONGWRITER'S WORKSHOP	21. 10am MINDFUL MEDITATION, 10:30am LIFE IS ALOT SUPPORT GROUP, 11am LIVE MUSIC BY LUCKY STARS, 1:30pm SPICED AUTUMN BUTTERFLY CRAFT, 2:30 BINGO	22. 10am MINDFUL MEDITATION, 10:30am BEACHBALL KICKER EXERCISE CLASS, 11am PUMPKIN BOWLING W/PRIZES, 12:30pm BINGO, 1pm BOO BAG ACTIVITY	23.10amMINDFULMEDITATION, 10am-12pm CHARLEVOIX COUNTYTECH SUPPORT,11:30am LIVE MUSIC BY VINTAGE,12:30pm BINGO, 1pm MIX IT UPEXERCISEHOUR
26. 10am MINDFUL MEDITATION, 10:30am LIFE IS ALOT SUPPORT GROUP, 11am AUTUMN BEVERAGE BAR, 12:30pm CARD BINGO, 1:30pm MIX IT UP EXERCISE HOUR	27. 9:30am VETERAN'S SOCIAL, 10am MINDFUL MEDITATION, 10:30am BEACHBALL KICKER EXERCISE CLASS, 11:15am DROP N' SHOP, 12:30pm CARD BINGO, 1:30pm MASON JAR SPOOKS CRAFT	28. 10am MINDFUL MEDITATION, 10:30am LIFE IS ALOT SUPPORT GROUP, 11am CARAMEL APPLE BAR, 12:30pm BINGO, 1:30pm MYSTERY BINGO	29.10am MINDFUL MEDITATION, 10:30am BEACHBALL KICKER EXERCISE CLASS, 11:30am CRAFTED BY ALLYSA SOURDOUGH POP-UP SHOP, 11:45am THURSDAY SHENANIGANS, 12:30pm BINGO, 1pm SPOOKY SNACK & A MOVIE-TBD	30.HALLOWEEN LUNCH, 10am MINDFUL MEDITATION, 11:30am LIVE MUSIC BY MICHIGAN SANDS, 11:45am COSTUME CONTEST W/ PRIZES!, 12:15pm BC KINDERGARTEN TRICK OR TREAT, 1pm BINGO

East Jordan Activity Calendar

East Jordan Senior Center Activities for October 2026-Brenda @ (231)536-7831				
Foot Clinic Dates: Thursday 10/8/26 Tuesday 10/20/26 Thursday 10/29/26			1. 8a-10a Walking, 9a Haircuts \$\$, 10:30a Cardio Drumming, 12:15 Texas Hold'em	2. Octoberfest Celebration, 8a-10a Walking, 11:30a Live Music byBarry Loper, 12:30p Card Bingo, Mexican Poker after Cards, 50/50 Drawing
5. 8a-10a Walking, 9:30a Coffee Hour, 10a Sewing Repairs, 10:45a Exercise w/Lisa, 12:15p Texas Hold-em, 12:30p Open Pool Game	6. 8a-10a Walking, 8:30a-10a Open Pickleball, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	7. 9:30a Coffee Hour, 12:30p Card Bingo	8. 8a-10a Walking, 10a Board Meeting, 10a Chamber Chat w/ Mary, 10:30a Cardio Drumming, 10:45a Medicare Scams, 12:15 Texas Hold'em	9. 8a-10a Walking, 11:30a Live Music by 2 Beats, 12:30p Card Bingo, Mexican Poker after Cards, 50/50 Drawing
12. 8a-10a Walking, 9:30a Coffee Hour, 10a Sewing Repairs, 10:45a Exercise w/Lisa, 12:15p Texas Hold-em, 12:30p Open Pool Game	13. 8a-10a Walking, 8:30a-10a Open Pickleball, 9:30a Coffee Hour, 10a Medicare with Dale, 10a Knit & Crochet, 12:30 Euchre	14. Tech Help, 9:30a Coffee Hour, Live Music by 3 Crooked Pegs, 12:30p Card Bingo	15. 8a-10a Walking, 10:30a Cardio Drumming, 12:15 Texas Hold'em	16. 8a-10a Walking, 11:30a Live Music by \$ in a Juke Box, 12:30p Card Bingo, Mexican Poker after Cards, 50/50 Drawing
19. 8a-10a Walking, 9:30a Coffee Hour, 10a Sewing Repairs, 10:45a Exercise w/Lisa, 12:15p Texas Hold-em, 12:30p Open Pool Game	20. 8a-10a Walking, 8:30a-10a Open Pickleball, 9:30a Coffee Hour, 10a Veteran Social, 10a Medicare with Dale, 10a Knit & Crochet, 10a Blood Pressure Check, 12:30 Euchre	21. 9:30a Coffee Hour, 12:30p Card Bingo	22. 8a-10a Walking, 10:30a Cardio Drumming, 12:15 Texas Hold'em	23. Variety Show, 8a-10a Walking, 11:30a Live Music by Charlie, 12:30p Card Bingo, Mexican Poker after Cards, 50/50 Drawing
26. 8a-10a Walking, 9:30a Coffee Hour, 10a Sewing Repairs, 10:45a Exercise w/Lisa, 12:15p Texas Hold-em, 12:30p Open Pool Game	27. 8a-10a Walking, 8:30a-10a Open Pickleball, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	28. 9:30a Coffee Hour, 12:30p Card Bingo	29. 8a-10a Walking, 9a Haircuts \$\$, 10:30a Cardio Drumming, 12:15 Texas Hold'em	30. Halloween Celebration, 8a-10a Walking, 11:30a Live Music by Rob & Deb, 12:30p Card Bingo, Mexican Poker after Cards, 50/50 Drawing

ALL Charlevoix County Senior Center Menus

Charlevoix County Senior Centers

October Menu

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKLY ALTERNATIVE: Italian Sub Sandwich	Senior Donation = \$5. 59 & Under Pay = \$10. Actual average cost of the meal is \$16.75	Check out our new Punch Card System!	01 Cooks Choice, Starch, Vegetable, Fruit	02 Octoberfest Celebration Bratwurst & Sauerkraut, Diced Redskin Potatoes w/chives, Mixed Vegetable, Fruit.
05 Grilled Chicken Breast Sandwich w/ Honey Mustard,Ranch Wedge Fries, Vegetable, Fruit. WEEKLY ALTERNATIVE: Roast Beef Wrap	06Taco Tuesday: Taco Kit, Seasoned Taco Meat, Lettuce & Tomato, Flour Tortilla, Mexican Rice, Roasted Corn, Fruit.	07Butternut Squash Soup, ½ Grilled Cheese on Texas Toast w/ Tomato, Roasted Redskin Potatoes, Vegetable, Cottage Cheese, Fruit	08 Maple Glazed Salmon, Rice Pilaf, Sauteed Spinach, Fruit.	09Chicken Supreme, Mashed Potatoes & Gravy, Vegetables, Fruit
12 Chicken or Veal Parmesan, Pasta Marinara, Vegetable, Fruit WEEKLY ALTERNATIVE: Chicken Salad Crossiant	13 Ground Sirloin Patty, Beef Gravy, Redskin Potato Wedges, Vegetable, Fruit.	14 Sweet & Sour Pork & Vegetables, Rice, Egg Roll, Fruit.	15 Three Cheese Macaroni & Cheese, Stewed Tomatoes, Vegetable, Fruit.	16Sweetest Day Celebration Roast Beef Dinner, Mashed Potatoes & Gravy, Green Beans, Fruit, Red Velvet Cake
19 Sloppy Joe W/ Cheese on a bun, Ranch Wedge Fries, Vegetable, Fruit WEEKLY ALTERNATIVE: Chef Salad	20 Chicken Pot Pie, Diced Chicken, Gravy, Stew Vegetables, Phyllo Topper, Fruit.	21 State Plate: Idaho Baked Seasoned Trout, French Fries with Fry Sauce, Vegetables, Fruit.	22 Ham & Pineapple, Sweet Potatoes, Vegetable, Fruit.	23 BBQ Chicken Thighs, ½ Baked Potato, Sour Cream Cup, Vegetables, Fruit.
26 Chicken Tenders w/ Buffalo Ranch Dip, Tater Tots, Vegetable, Fruit. WEEKLY ALTERNATIVE: Egg Salad & Sliced Tomatoes	27 Pepper Steak, Colored Peppers & Onions, Seasoned Rice, Fruit.	28 Apple Walnut Salad w/ Grilled Chicken Breast, Poppy Seed Dressing, Soup Du Jour	29 Mom’s Meatloaf, Mashed Potatoes & Gravy, Vegetables, Fruit	30 Halloween Celebration Gooul-lash w/ Ground Beef & Diced Tomatoes, Vampire Garlic Bread, Graveyard Vegetables, Spooktacular Dessert

- NOTES:
- ALL OUR MEALS ARE REVIEWED & APPROVED BY A REGISTERED DIETITIAN & CONTAIN 33.3% OF YOUR DAILY NUTRITIONAL REQUIREMENTS.
 - ALL MEALS INCLUDE 1 MILK, 1 BREAD, 2 VEGGIES AND 1 FRUIT.
 - ALL MEALS ARE SUBJECT TO CHANGE.

SPECIAL ANNOUNCEMENTS:

OCTOBERFEST CELEBRATION - OCTOBER 2, 2026

SWEETEST DAY CELEBRATION - OCTOBER 16, 2026

STATE PLATE IS IDAHO

HALLOWEEN CELEBRATION - OCTOBER 30, 2026

Charlevoix Activity Calendar

Charlevoix Senior Center Activities for October 2026-Vikki @ (231)547-3844

Foot Clinic Dates: Tuesday 10/6/26 Monday 10/12/26 Thursday 10/15/26 Tuesday 10/27/26	Safe Haven Free Breakfasts are Tuesdays & Fridays from 8a-9a.	Thursdays are Movie Day @ Charlevoix Cinema- Matinee Only (Check Times) \$6-\$10	1. 8a Coffee Talk, Walkers, 8a- 3:30p Dale Medicare, 9a Yoga, 9:30a Tai Chi, 10:15a Chair Yoga, 1p Games /Puzzles /Cards /Euchre, 2p Pickleball	2. 8a Coffee Talk, Walkers, 8a - 12p Open Exercise, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Cards /Puzzles/Euchre, 2p Pickleball
5. 8a Coffee Talk, Walkers, 8- 9a Pickleball, 9:30a Fit & Balance w/ Becki, 12:30p Cardio Drumming, 1p Games /Puzzles/Cards/ Euchre, 2p Pickleball	6. 8a Coffee Talk, Walkers, 10a Line Dancing, 10:45a Beach Ball Kicker Exercise, Blood Pressure Check, 12:30p Veteran’s Social, 12:45p Movie Day @ Center, 1p Cheerful Chatter & Coffee, 1p Games +, 2p Pickleball, 4p Yoga	7. 8a Coffee Talk, Walkers, 11:45a 3 rd Act of Retirement w/Heather, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games /Puzzles/Cards/Euchre, 2p Pickleball	8. 8a Coffee Talk, Walkers, 9a Yoga, 9:30a Tai Chi, 10:15a Chair Yoga, 11a Hand Massages w/Ruth, 1p Games /Puzzles /Cards /Euchre, 2p Pickleball	9. 8a Coffee Talk, Walkers, 8a - 12p Open Exercise, 10a Crafts, 11a N.Mi Sourdough, 12:30p Cardio Drumming, 12:30p Grief Group, 1p Games/Cards /Puzzles/Euchre, 2p Pickleball
12. 8a Coffee Talk, Walkers, 8-9a Pickleball, 8a-3:30p Dale Medicare, 9:30a Fit & Balance w/ Becki, 12:30p Cardio Drumming, 1p Games /Puzzles/Cards/ Euchre, 2p Pickleball	13. 8a Coffee Talk, Walkers, 10a Line Dancing, 10:45a Beach Ball Kicker Exercise, 12:45p Movie Day @ Center, 1p Cheerful Chatter & Coffee, 1p Games +, 2p Pickleball, 4p Yoga	14. 8a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games /Puzzles/Cards/Euchre, 2p Pickleball	15. 8a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Games /Puzzles /Cards /Euchre, 2p Pickleball	16. 8a Coffee Talk, Walkers, 8a - 12p Open Exercise, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Cards /Puzzles/Euchre, 2p Pickleball
19. 8a Coffee Talk, Walkers, 8-9a Pickleball, 9:30a Fit & Balance w/ Becki, 12:30p Cardio Drumming, 1p Games /Puzzles/Cards/ Euchre, 2p Pickleball	20. 8a Coffee Talk, Walkers, 10a Line Dancing, 10:45a Beach Ball Kicker Exercise, 12:45p Movie Day @ Center, 1p Cheerful Chatter & Coffee, 1p Games +, 2p Pickleball, 4p Yoga	21. 8a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games /Puzzles/Cards/Euchre, 2p Pickleball	22. 8a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Games /Puzzles /Cards /Euchre, 2p Pickleball	23. 8a Coffee Talk, Walkers, 8a - 12p Open Exercise, 10a Crafts, 12:30p Cardio Drumming, 12:30p Grief Group, 1p Games/Cards /Puzzles/Euchre, 2p Pickleball
26. 8a Coffee Talk, Walkers, 8-9a Pickleball, 9:30a Fit & Balance w/ Becki, 12:30p Cardio Drumming, 1p Games /Puzzles/Cards/ Euchre, 2p Pickleball	27. 8a Coffee Talk, Walkers, 10a Line Dancing, 10:45a Beach Ball Kicker Exercise, Blood Pressure Check, 12:45p Movie Day @ Center, 1p Cheerful Chatter & Coffee, 1p Games +, 2p Pickleball, 4p Yoga	28. 8a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p-4p Flu Clinic, 1p Games/puzzles/Cards /Euchre, 2p Pickleball	29. 8a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Games /Puzzles /Cards /Euchre, 2p Pickleball	30. 8a Coffee Talk, Walkers, 8a - 12p Open Exercise, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Cards /Puzzles/Euchre, 2p Pickleball

CHARLEVOIX COUNTY
COMMISSION ON AGING

SNOW REMOVAL PROGRAM

INCOME QUALIFYING VOUCHER
PROGRAM ASSISTS WITH COSTS FOR
SNOW REMOVAL SERVICES SUCH AS
PLOWING, SHOVEL AND
SNOWBLOWING.

- ✓ Choose your own contractor
- ✓ Vouchers valued at \$40 each
- ✓ Households may receive 1–5 vouchers
- ✓ Must be 60+ and full time Charlevoix County residents

PROGRAM APPLICATIONS AVAILABLE FROM YOUR SITE COORDINATOR
OR CONTACT US AT:

231-237-0103
popt@charlevoixcounty.org

OCTOBER 2026

FREE FOR THE COMMUNITY FOR DINE IN OR TAKE OUT
AVAILABLE ONLY WHEN THE CHARLEVOIX SENIOR CENTER IS OPEN

SAFE HAVEN BREAKFAST CLUB MENU

TUESDAYS & FRIDAYS ONLY FROM 8A - 9A
CHARLEVOIX SENIOR CENTER ONLY

OCT 2

FRI

2 Pancakes, 2 Sausage Links,
Scrambled Eggs, Homemade Fresh
Fried Diced Potatoes with Onions
All Breakfasts include Fresh Fruit,
Maple Syrup & OJ

OCT 6

TUES

Breakfast Burrito: Eggs, Sausage,
Cheese, Pico De Gallo & Cheesy
Tater Tots
All Breakfasts include Yogurt &
Orange Juice

OCT 9

FRI

2 Pancakes, 2 Sausage Links,
Scrambled Eggs, Homemade Fresh
Fried Diced Potatoes with Onions
All Breakfasts include Fresh Fruit,
Maple Syrup & OJ

OCT 13

TUES

Biscuits & Gravy, 1 Oven Baked Egg,
Warm Applesauce
All Breakfasts include Yogurt &
Orange Juice

OCT 16

FRI

2 Pancakes, 2 Sausage Links,
Scrambled Eggs, Homemade Fresh
Fried Diced Potatoes with Onions
All Breakfasts include Fresh Fruit,
Maple Syrup & OJ

OCT 20

TUES

2 Sausage Links, Scrambled Eggs,
Homemade Fresh Fried Diced
Potatoes with Onions
All Breakfasts include Yogurt,
Maple Syrup & Orange Juice

OCT 23

FRI

2 Pancakes, 2 Sausage Links,
Scrambled Eggs, Homemade Fresh
Fried Diced Potatoes with Onions
All Breakfasts include Fresh Fruit,
Maple Syrup & OJ

OCT 27

TUES

Breakfast Casserole: Eggs,
Sausage, Cheese, Potatoes,
Peppers & Onions
All Breakfasts include Yogurt &
Orange Juice

OCT 30

FRI

2 Pancakes, 2 Sausage Links,
Scrambled Eggs, Homemade Fresh
Fried Diced Potatoes with Onions
All Breakfasts include Fresh Fruit,
Maple Syrup & OJ

Beaver Island Meal Options October 2026

Cold Alternative Meals

Week of:

September 28~Paul's Michigan Italian Sub
October 5~Roast Beef Wrap
October 12~Chicken Salad Croissant
October 19~Chef Salad
October 26~Egg Salad & Sliced Tomatoes

\$5 Per meal

BI VOUCHER PROGRAM:

Beaver Island residents aged 60 & over may
purchase up to 20 Beaver Island Food
Vouchers* per month from the Charlevoix
County Commission on Aging Office
by calling 231-448-2124
or emailing bimeals@charlevoixcounty.org
to use at the Shamrock, Beachcomber or BI
School at a cost of \$5 each. *One voucher may
be used per day per registered resident.

Join us for a meal if you are on the Mainland:

Boyer Area Center (BASC)~411 E Division St

Charlevoix Center (CSC)~13513 Division St

East Jordan Center (EJSC)~951 Mill St

September-May

Lunch Served, Monday-Friday, 11:30AM-12:30PM

The Beaver Island
Charlevoix County
Commission on
Aging Office
located at
26466 Donegal Bay Rd
will be closed. Beaver
Island services will be
available by calling
231-448-2124



ATTENTION PLEASE!

Charlevoix County
Commission on Aging
Office & Sites will be
CLOSED

Wednesday, November 11
Thursday, November 26
Friday, November 27

ORDERING MEALS:

To order a combination of fresh & frozen
meals (up to 10 per month per individual
registered BI resident) please call by
Friday at 10AM. Meals delivered to Island
Air or Fresh Air the following Tuesday
morning on the 10:30AM Flight
(Weather-Dependent)

Call 231-448-2124 or email us at
bimeals@charlevoixcounty.org

Pick-Up My Fresh Cold Alternative or Frozen MEALS:

The meals ordered will be available
for pick-up at Island Airways or
Fresh Air Tuesdays by 11:30AM.
The delivery of meals is weather
dependent. Delays possible with
inclement weather.

Need Assistance?

Call the
Charlevoix County
Commission on Aging Office
at
231-448-2124

CHARLEVOIX COUNTY COMMISSION ON AGING



EVERYONE
is welcome here!

SALUTE TO OUR VETERANS

IN OCTOBER 2026, WE WILL HOST A VETERANS SOCIAL AND OFFER
REFRESHMENTS ALONG WITH ONE FREE LUNCH* TO OUR CHARLEVOIX
COUNTY VETERANS AT THE FOLLOWING LOCATIONS AND DAYS:

TUESDAY, OCTOBER 6-CHARLEVOIX SENIOR CENTER
13513 DIVISION STREET, CHARLEVOIX
547-3844 - EVERY 1ST TUESDAY OF THE MONTH
12:30PM-2PM

FRIDAY, OCTOBER 23-BEAVER ISLAND
26466 DONEGAL BAY RD 231-448-2124
*ONE FREE MEAL VOUCHER PER BEAVER ISLAND VETERAN PER MONTH
PICK UP YOUR FREE VOUCHER AT THE PEAINE TWP HALL 11AM-2PM

TUESDAY, OCTOBER 20-EAST JORDAN SENIOR CENTER
951 MILL STREET, EAST JORDAN
536-7831 - EVERY 3RD TUESDAY OF THE MONTH
9:30AM-11AM

TUESDAY, OCTOBER 27-BOYNE AREA SENIOR CENTER
411 E. DIVISION, BOYNE CITY
582-6682 - EVERY 4TH TUESDAY OF THE MONTH
9:30AM-11AM



VETERAN SOCIALS ARE A GREAT WAY TO SHARE
EXPERIENCES WITH OTHER VETERANS, LEARN
ABOUT SERVICES/BENEFITS FOR VETERANS,
CONNECT WITH CHARLEVOIX COUNTY VETERANS
AFFAIRS SERVICE OFFICERS,
AND MEET NEW PEOPLE.

CHARLEVOIX COUNTY
RESIDENTS
AGED 60 AND OVER

Charlevoix
County
Commission
on
Aging

FREE RIDES ON CHARLEVOIX COUNTY TRANSIT

Monday-Friday
Rides
7:30AM-
4:30PM

CHARLEVOIX COUNTY COMMISSION ON AGING
COVERS THE COST OF RIDES FOR RESIDENTS
AGE 60 & OVER ON CHARLEVOIX COUNTY
TRANSIT, INCLUDING BEAVER ISLAND

ALSO AVAILABLE-RIDES TO MEDICAL
APPOINTMENTS IN PETOSKEY,
GAYLORD & TRAVERSE CITY AND
GROCERY/PHARMACY DELIVERY



GRIEF SUPPORT GROUP



Join us every second and fourth
Friday of each month
at 12:30PM
All Welcome

CHARLEVOIX SENIOR CENTER
13513 DIVISION ST., CHARLEVOIX
CONFERENCE ROOM

GROUP IS FACILITATED BY
DAVID JOHNSON
OFFERED BY
MCLAREN HEALTH MANAGEMENT GROUP

MORE INFORMATION-231-237-0103

