November 2026

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!



...and I have never once run out of anything to be thankful for.

Director's CORNER



Gratitude is getting a lot of attention these days—and for good reason!

The upsides to expressing gratitude are many. Research has consistently shown that gratitude has a uniquely powerful relationship with our overall happiness, and it can even improve our health.

What is gratitude?

Gratitude encourages us to focus on what is, rather than what is not. It asks us to think carefully about what we have and can be thankful for, rather than what we don't have (and maybe do not even need). In this way, gratitude is closely associated with mindfulness.

When things are going well in our lives, it can be relatively easy to express gratitude. But what happens when things are not going so well? It's at these moments when we need gratitude the most.

By practicing gratitude over time, we can learn to notice and appreciate not only the positives, but also develop better attitudes about the negatives—the challenges, losses, and frustrations we all face as we age. Adopting an "attitude of gratitude" means tackling the negative things and challenging ourselves to find ways to be grateful for them.

What are the health benefits of gratitude?

When you embrace a sense of gratitude, this triggers a release of serotonin and dopamine—two chemicals in the human brain that are linked with pleasure and a positive mood. This flood of feel-good chemicals sets the stage for a happier, healthier you.

Specifically, the benefits of gratitude include:

Improved sleep: Practicing gratitude each day can lower your stress and anxiety levels, which can make it easier to fall (and stay) asleep at night. Focusing on happy thoughts right before bedtime is another way to foster sound, restful slumber.

Reduced depression: There's a growing body of evidence that gratitude can improve symptoms of depression and help people feel more optimistic about their lives and future. Shifting your focus to the positive aspects of your life (such as a loving partner or a job you enjoy) can strengthen your emotional resilience in the face of challenges.

Less stress and anxiety: You know that "fight or flight" feeling when your heart is beating fast and your muscles are tense? Expressing gratitude can help calm your overactive nervous system by reducing your heart rate and blood pressure and slowing your breathing.

Enhanced self-esteem: When you look at the life you've built and all you've accomplished over the years—instead of focusing on where you've fallen short—it can help boost your confidence and self-worth. Being thankful for the relationships you have can help you realize the important role you play in the lives of others.

Better heart health: According to the American Heart Association, incorporating gratitude into our daily routine can lower our blood pressure—a vital part of protecting our heart health as we age. It can also improve the body's ability to fight off illness.

How can I practice gratitude in my daily life?

Cultivating an attitude of gratitude isn't difficult, but it does require a commitment of time and effort. The best way to practice gratitude is to build it into your daily routine, just like brushing your teeth.

Over time, this practice not only shifts your mindset to focus on the positive, but also helps you recognize and celebrate the good in your life more easily.

~National Council on Aging.

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!

A MICHIGAN HISTORICAL SITE

Commission on Aging
Serving Seniors 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

NOVEMBER 2026 NOTABLE DATES

1 Daylight Saving Time Ends
2 Look for Circles Day
3 Sandwich Day
4 Use Your Common Sense Day
5 Men Make Dinner Day
6 Nachos Day
7 Book Lovers Day
8 Tongue Twister Day
9 Chaos Never Dies Day
10 Forget-Me-Not Day
11 Veterans Day
12 Happy Hour Day
13 Kindness Day
14 Loosen Up, Lighten Up Day
15 America Recycles Day
16 Fast Food Day
17 Take a Hike Day
18 Push-Button Phone Day
19 Use Less Stuff Day
20 Absurdity Day
21 Pumpkin Pie Day
22 Go For a Ride Day
23 Eat a Cranberry Day
24 Celebrate Your Unique Talent Day
25 Eat with a Friend Day
26 Thanksgiving Day
27 Black Friday
28 Small Business Satur day
29 Square Dancing Day
30 Cyber Monday

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 NOVEMBER 2026-KRISTA @ (231)582-6682

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. 10am MINDFULMEDITATION, 10:30am BEACHBALL KICKER EXERCISE CLASS, 11am 3RD ANNUAL TURKEY TROT REGISTRATION, 12:30pm CARD BINGO, 1:30pm MIX IT UP EXERCISE HOUR	3. 10am MINDFUL MEDITATION, 10:30am-11am TURKEY TROT WALKING, 11:30am BLOOD PRESSURE CLINIC, 12:30pm CARD BINGO, 1:30pm HARVEST WREATH CRAFT	4. 10am MINDFULMEDITATION, 10:30am BEACHBALL KICKER EXERCISE CLASS, 11am LIVE MUSIC BY LUCKY STARS, 12:30pm CARD BINGO, 1:30pm NATIONAL CHICKEN LADY DAY ACTIVITY	5.10am MINDFUL MEDITATION, 10:30am-11am TURKEY TROT WALKING, 12:30pm BINGO, 1pm COZY FALL OWL CRAFT	6.VETERAN'S DAY LUNCH, 10am MINDFUL MEDITATION, 11am LIVE MUSIC BY $ IN A JUKEBOX, 12:30pm BINGO, 1pm MIX IT UP EXERCISE HOUR
9.8am-4pm MEDICARE ENROLLMENT W/DALE BOEHM, 10am MINDFUL MEDITATION, 10:30am BEACHBALL KICKER EXERCISE CLASS, 11am TURKEY TROT WALKING, 11:15am DROP N' SHOP, 12:30pm CARD BINGO, 1:30pm MIX IT UP EXERCISE HOUR	10. 10am MINDFUL MEDITATION, 10:30am-11am TURKEY TROT WALKING, 11:45am SENIOR EMPOWERMENT PRESENTATION W/ KIM GILHULY, 12:30pm CARD BINGO, 1:30pm EDMUND FITZGERALD: THE FULL STORY DOCUMENTARY BY PART-TIME EXPLORER	11.ALL COA CENTERS ARE CLOSED 	12.10am MINDFUL MEDITATION, 10:30am-11am TURKEY TROT WALKING, 11:30am CRAFTED BY ALLYSA SOURDOUGH POP-UP SHOP, 12:30pm BINGO, 1pm MUSICIAN'S JAM CIRCLE	13.SPORTSMAN'S LUNCH, 10am MINDFUL MEDITATION, 11am ANTLER RINGTOSS W/PRIZES!, 11:30am LIVE MUSIC BY VINTAGE, 11:45am "DEER SHOOT" W/PRIZES!, 12:30pm BINGO, 1pm MIX IT UP EXERCISE HOUR
16.CELEBRATION DAY! 10am MINDFUL MEDITATION, 10am-3pm MOBILE SOS, 10:30am BEACHBALL KICKER EXERCISE CLASS, 11am TURKEY TROT WALKING, 12:30pm CARD BINGO, 1:30pm MIX IT UP EXERCISE HOUR	17. 10am MINDFUL MEDITATION, 10:30am-11am TURKEY TROT WALKING, 12:30pm CARD BINGO, 1:30pm GAME CLUB PREMIERE	18. 10am MINDFUL MEDITATION, 10:30am BEACHBALL KICKER EXERCISE CLASS, 11am TBD LIVE MUSIC, 12:30pm CARD BINGO, 1:30pm MYSTERY BINGO	19. 10am MINDFUL MEDITATION, 10:30am-11am TURKEY TROT WALKING, 12:30pm BINGO, 1pm BLESSING BAGS ACTIVITY	20.THANKSGIVING LUNCH, 10am MINDFUL MEDITATION, 11am LIVE MUSIC BY OJ ADKINS, 11am THANKFUL & BLESSED DRAWINGS, 11:45am 3RD ANNUAL TURKEY CALL CONTEST/2026 TURKEY PARDONING, 12:30pm BINGO, 1pm MIX IT UP EXERCISE HOUR
23.10am MINDFUL MEDITATION, 10:30am BEACHBALL KICKER EXERCISE CLASS, 11am TURKEY TROT WALKING, 11:30am CRAFTED BY ALLYSA SOURDOUGH POP-UP SHOP, 12:30pm CARD BINGO, 1:30pm MIX IT UP EXERCISE HOUR	24.9:30am VETERAN'S SOCIAL, 10am MINDFUL MEDITATION, 10:30am-11am TURKEY TROT WALKING, 11:15am DROP N' SHOP, 11:30am BLOOD PRESSURE CLINIC, 12:30pm CARD BINGO, 1:30pm THANKSGIVING CENTERPIECE CLASS W/SYDNEY	25. 10am MINDFUL MEDITATION, 10:30am BEACHBALL KICKER EXERCISE CLASS, 11am LIVE MUSIC BY LUCKY STARS, 11:45am TURKEY TROT CEREMONY, 12:30pm CARD BINGO, 1:30pm TURKEY PARTY PLATTER ACTIVITY	26. ALL COA CENTERS ARE CLOSED	27. ALL COA CENTERS ARE CLOSED
30.10am MINDFUL MEDITATION, 10:30am BEACHBALL KICKER EXERCISE CLASS, 11am HOT COCOA BAR, 12:30pm CARD BINGO, 1:30pm MIX IT UP EXERCISE HOUR	FOOT CLINIC DATES: Tuesday 11/3/2026 Thursday 11/12/2026 Friday 11/20/2026 Monday 11/30/2026	THE BASC IS OPEN FULL-TIME 8am-4pm M-F with activities all day long! Exercise Room is also open on these days & times		

East Jordan Activity Calendar

East Jordan Senior Center Activities for November 2026-Brenda @ (231)536-7831

Monday	Tuesday	Wednesday	Thursday	Friday
2. 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	3. 8a-10a Walking, 8:30a-10a Open Pickleball, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	4. 9:30a Coffee Hour, 12:30p Card Bingo	5. Leadership Charlevoix County Day! 8a-10a Walking, 10:30a Cardio Drumming, 12:15 Texas Hold'em	6. Veteran's Day Celebration, 8a-10a Walking, 11:30a Live Music by Barry Loper, 12:30p Card Bingo, Mexican Poker after Cards, 50/50 Drawing
9. 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	10. 8a-10a Walking, 8:30a-10a Open Pickleball, 9:30a Coffee Hour, 10a Knit & Crochet, 11a Blood Pressure Checks, 12:30p Euchre	11. All COA Senior Centers and Offices are Closed.	12. 8a-10a Walking, 10a Board Meeting, 10a Chamber Chat w/ Mary, 10:30a Cardio Drumming, 12:15 Texas Hold'em	13. 8a-10a Walking, 10a Avon +, 11:30a Live Music by 2 Beats, 12:30p Card Bingo, Mexican Poker after Cards, 50/50 Drawing
16. 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	17. 8a-10a Walking, 8:30a-10a Open Pickleball, 9:30a Coffee Hour, 10a Veteran Social, 10a Medicare with Dale, 10a Knit & Crochet, 12:30 Euchre	18. 9:30a Coffee Hour, 12:30p Card Bingo	19. 8a-10a Walking, 10:30a Cardio Drumming, FREE SENIOR LUNCH Courtesy of The Insurance Shop, 12:15 Texas Hold'em	20. 8a-10a Walking, 11:30a Live Music by $ in a Juke Box, 12:30p Card Bingo, Mexican Poker after Cards, 50/50 Drawing
23. 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	24. 8a-10a Walking, 8:30a-10a Open Pickleball, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30 Euchre	25. 9:30a Coffee Hour, 12:30p Card Bingo	26. All COA Senior Centers and Offices are Closed.	27. All COA Senior Centers and Offices are Closed.
30. 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	Foot Clinic Dates: Tuesday 11/10/26 Wednesday 11/18/26 Tuesday 11/24/26	November 1st Reminder: Turn your clocks back 1 hour.		

ALL Charlevoix County Senior Center Menus

Charlevoix County Senior Centers

November Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Garlic Parmesan Drumsticks, Scalloped Potatoes, Vegetable, Fruit WEEKLY ALTERNATIVE: Turkey BLT Wrap	3 Tuna Noodle Casserole, Fried Onions, Green Peas, Fruit	4 Open Faced Corned Beef Rueben, Sauerkraut & Swiss, Tater Tots, Vegetable, Fruit	5 Roasted Pork Loin, Au Gratin Potatoes, Pork Gravy, Vegetable, Fruit	6 **Veteran's Day Celebration** Chicken Florentine, Creamy Spiach & Mushrooms, Mashed Potatoes, Carrots, Chocolate Brownie, Fruit.
9 Breaded Chicken Sandwich, w/ Bacon & Cheese, Ranch Wedge Fries, Vegetable, Fruit. WEEKLY ALTERNATIVE: Chef Salad	10 Beef Lasagna, Garlic Toast, Vegetable, Fruit.	11 ALL Senior Centers and the COA Office is CLOSED.	12 Fried Chicken, ½ Baked Potato, Sour Cream Cup, Vegetable, Fruit.	13 **State Plate: Illinois** Italian Beef Sandwich, Slow Roasted Beef w/ Peppers, Onions, Provolone, Ranch Wedge Fries, Vegetables, Fruit
16 Battered Haddock, Seasoned Rice, Tartar Sauce Cup, Vegetable, Fruit WEEKLY ALTERNATIVE: Chicken Salad Crossiant	17 Hamburger Stroganoff, Buttered Noodles, Garlic Biscuit, Vegetable, Fruit.	18 Breakfast Casserole, Green peppers, Onions, Sausage, & Tater Tots, English Muffin & PB Cup, Apple Juice	19 Stuffed Chicken w/ Broccoli & Cheddar, Rosemary Potatoes, Vegetable, Fruit.	20 **Thanksgiving Celebration** Roast Turkey, Stuffing, Gravy, Mashed Potatoes, Green Bean Casserole, Homemade Cranberry, Pumpkin Dessert
23 Spaghetti w/ Marinara Meat Sauce, Garlic Bread, Vegetable, Fruit WEEKLY ALTERNATIVE: Ham & Cheese Wrap	24 Chicken Stew, Diced Potatoes, Stew Vegetables, Buttermilk Biscuit, Vegetable, Fruit.	25 Teriyaki Beef Strips, Seasoned Rice, Oriental Vegetables, Mini Spring Rolls, Sweet & Sour Dipping Cup, Fruit.	26 ALL Senior Centers and the COA Office is CLOSED.	27 ALL Senior Centers and the COA Office is CLOSED.
26 Cooks Choice, Potato, Vegetable, Fruit. WEEKLY ALTERNATIVE: Roast Beef Wrap	**Senior Donation = $5. 59 & Under Pay = $10. Actual average cost of the meal is $16.75**	**Check out our new Punch Card System!**		

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:
VETERAN'S DAY CELEBRATION - NOVEMBER 6, 2026
STATE PLATE IS ILLINOIS - NOVEMBER 13, 2026
THANKSGIVING CELEBRATION - NOVEMBER 20, 2026

Charlevoix Activity Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
2. 8a Coffee Talk, Walkers, 8-9a Pickleball, 10a Fit & Balance w/ Becki, 12:30p Cardio Drumming, 1p Games /Puzzles/Cards/ Euchre, 2p Pickleball	3. 8a Coffee Talk, Walkers, 10a Line Dancing, 10:45a Beach Ball Kicker Exercise, 12:30p Veteran's Social, 12:45p Movie Day @ Center, 1p Cheerful Chatter & Coffee, 1p Games +, 2p Pickleball, 4p Yoga	4. 8a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games /Puzzles/Cards/Euchre, 2p Pickleball	5. 8a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 11:45a Chx Township Fire Dept Fire Extinguishers, 1p Games /Puzzles /Cards /Euchre, 2p Pickleball	6. 8a Coffee Talk, Walkers, 8a - 12p Open Exercise, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Cards /Puzzles/Euchre, 2p Pickleball
9. 8a Coffee Talk, Walkers, 8-9a Pickleball, 10a 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, 12:45p Movie Day @ Center, 1p Cheerful Chatter & Coffee, 1p Games +, 2p Pickleball, 4p Yoga	11. ALL COA Senior Centers and Offices are CLOSED	12. 8a Coffee Talk, Walkers, 9a Yoga, 15a Chair Yoga, 11a Hand Massages w/Ruth, 1p Games /Puzzles /Cards /Euchre, 2p Pickleball	13. 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
16. 8a Coffee Talk, Walkers, 8-9a Pickleball, 10a Fit & Balance w/ Becki, 12:30p Cardio Drumming, 1p Games /Puzzles/Cards/ Euchre, 2p Pickleball	17. 8a Coffee Talk, Walkers, 10a Line Dancing, 10:45a Beach Ball Kicker Exercise, 11a Blood Pressure Clinic, 12:45p Movie Day @ Center, 1p Cheerful Chatter & Coffee, 1p Games +, 2p Pickleball, 4p Yoga	18. 8a Coffee Talk, Walkers, 11:45a Kim Gihuly - 1 Million Care Conversations, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games +, 2p Pickleball	19. 8a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Games /Puzzles /Cards /Euchre, 2p Pickleball	20. 8a Coffee Talk, Walkers, 8a - 12p Open Exercise, 10a Crafts, 11a Chris Hurley McLaren - Fall Prevention, 12:30p Cardio Drumming, 1p Games/Cards /Puzzles/Euchre, 2p Pickleball
23. 8a Coffee Talk, Walkers, 8-9a Pickleball, 10a Fit & Balance w/ Becki, 12:30p Cardio Drumming, 1p Games /Puzzles/Cards/ Euchre, 2p Pickleball	24. 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	25. 8a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games /Puzzles/Cards/Euchre, 2p Pickleball	26. ALL COA Senior Centers and Offices are CLOSED	27. ALL COA Senior Centers and Offices are CLOSED
30. 8a Coffee Talk, Walkers, 8-9a Pickleball, 10a Fit & Balance w/ Becki, 12:30p Cardio Drumming, 1p Games /Puzzles/Cards/ Euchre, 2p Pickleball	Safe Haven Free Breakfasts are Tuesdays & Fridays from 8a-9a.	Foot Clinic Dates: Thursday 11/5/26 Monday 11/16/26 Monday 11/23/26	Thursdays are Movie Day @ Charlevoix Cinema- Matinee Only (Check Times) $6-$10	



CHARLEVOIX COUNTY COMMISSION ON AGING

SNOW REMOVAL PROGRAM



INCOME QUALIFYING VOUCHER PROGRAM ASSITS 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

CHARLEVOIX COUNTY COMMISSION ON AGING

THANK YOU VETERANS

EVERYONE is welcome here!

SALUTE TO OUR

VETERANS

IN NOVEMBER 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, NOVEMBER 3-CHARLEVOIX SENIOR CENTER
13513 DIVISION STREET, CHARLEVOIX
547-3844 - EVERY 1ST TUESDAY OF THE MONTH
12:30PM-2PM

FRIDAY, NOVEMBER 6-BEAVER ISLAND
BIMEALS@CHARLEVOIXCOUNTY.ORG 231-448-2124
*ONE FREE MEAL VOUCHER PER BEAVER ISLAND VETERAN PER MONTH
PICK UP YOUR FREE VOUCHER AT FRESH AIR, 11:30AM-12:30PM

TUESDAY, NOVEMBER 17-EAST JORDAN SENIOR CENTER
951 MILL STREET, EAST JORDAN
536-7831 - EVERY 3RD TUESDAY OF THE MONTH
9:30AM–11AM

TUESDAY, NOVEMBER 24-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.

NOVEMBER 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

NOVEMBER 3 – TUES
2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions

All Breakfasts include Yogurt & Orance Juice

NOVEMBER 6 – FRI
2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions

All Breakfasts include Fresh Fruit, Maple Syrup & OJ

NOVEMBER 10 – TUES
Biscuits & Gravy, 1 Oven Baked Egg, Warm Applesauce

All Breakfasts include Yogurt & Orange Juice

NOVEMBER 13 – FRI
2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions

All Breakfasts include Fresh Fruit, Maple Syrup & OJ

NOVEMBER 17 – TUES
2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions

All Breakfasts include Yogurt, Maple Syrup & Orange Juice

NOVEMBER 20 – FRI
2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions

All Breakfasts include Fresh Fruit, Maple Syrup & OJ

NOVEMBER 24 – TUES
Breakfast Casserole: Eggs, Sausage, Cheese, Potatoes, Peppers & Onions

All Breakfasts include Yogurt & Orange Juice

NOVEMBER 27 – FRI
NO Breakfast as the Charlevoix Senior Center is Closed

Charlevoix County Commission on Aging

Boyne Area Senior Center
411 E Division St, Boyne City

Charlevoix Senior Center
13513 Division St, Charlevoix

East Jordan Senior Center
951 Mill St, East Jordan

On Beaver Island-
11:30AM
Friday, Nov 6
at
Drive Thru Meal
Pick-Up at
Fresh Air-
One Meal per Veteran

Friday, November 6

VETERANS DAY

HONORING ALL WHO SERVED

Luncheon

11:30AM-12:30PM

Veterans Eat Free

THANK YOU

*Chicken Florentine
*Mashed Potatoes
*Carrot Rounds
*Brownies

Charlevoix County Commission on Aging

FREE SHELF STABLE FOODS
ON BEAVER ISLAND
FRIDAY, OCTOBER 23
10:30AM-2:30PM
PEAINE TOWNSHIP HALL

We are pleased to continue this program through the fall & winter season. Feel free to take what you need and leave the rest for the next person. Help us keep this initiative going by only taking what you need and leave some for your friends and neighbors.

Thank you to Manna for supporting us in keeping this program going!

Future Giveaway Dates on BI:
Friday, November 20, 2026
Friday, December 18, 2026
Friday, January 29, 2027
Friday, February 26, 2027
Friday, March 26, 2027

Items Available on 10.23.2026:
Butter,Cream of Mushroom Soup, Tomato Soup, Apricots, Spaghetti, Spaghetti Sauce, Cranberries, Mac N Cheese, Potato Flakes, Peanut Butter

SS-10.12.2026

Beaver Island Meal Options November 2026

Cold Alternative Meals
Week of:
November 2~Turkey BLT Wrap
November 9~Chef Salad
November 16~Chicken Salad Croissant
November 23~Ham & Cheese Wrap
November 30~Roast Beef Wrap
$5 Per meal

BEAVER ISLAND RESTAURANT PARTNER PROGRAM:
Beaver Island residents aged 60 & over may purchase up to 20 Beaver Island Food Vouchers/Credits* 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, Wild Strawberry Cafe 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:
Boyne 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

JOIN US

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, Novermber 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