

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!



"The sun is warm but the wind has chill. You know how it is with an April Day." ~ Robert Frost

Director's CORNER

Nearly 1 million adults aged 65 and older live with a substance use disorder. Older adults typically metabolize substances more slowly and their brains can be more sensitive to drugs. Many experts say that addiction is a disease of isolation. In addition, this increase in vulnerability due to chronic pain, memory issues, multiple conditions that need to be treated by taking multiple drugs together, mood disorders and lung and heart problems of our aging adults could lead to accidental substance misuse. Older adults are more likely to unintentionally misuse medicines by forgetting to take their medicine, taking it too often or taking the wrong amount.

Since the pandemic, it has been especially dangerous for those using opioids or who have an opioid use disorder, particularly for those with chronic pain conditions. Overdoses can happen more often as many of these individuals have been alone and there is nobody around to call 911 or assist in reversing the overdoes.

Alcohol is the most used drug among older adults. Some people also respond to stress and social isolation by drinking more. This can intensify a longtime alcohol dependency and is the coping mechanism and can lead to an alcohol disorder. Those who are already vulnerable are engaging in alcohol to cope with the social isolation. In addition, mixing drugs and alcohol is very dangerous.

The national public health group Well Being Trust predicted the pan-



demic has contributed to as many as 75,000 deaths related to drug and alcohol misuse and suicide in the U.S.

Even those who are in recovery are at a higher risk currently as stress of illness, social isolation, and un/underemployment are all significant triggers to relapse. For some staying sober became tougher, with routines disrupted, in-person therapy either cancelled or done virtually, and in many cases the loss of or less face to face interactions with supportive friends and family.

Start the conversation to protect yourself and those you care about. Talk with your doctor, ask about nonopioid pain management options, addiction, and overdose risks. Talk to your loved ones about your concerns for misuse or addiction and be sure that they feel heard and valued. Lastly, encourage getting help and treatment as it is a disease of this pandemic.

Reduce the risk by only taking prescription medication that is prescribed to you and take those medications as prescribed. Do not take greater amounts, more often or longer than prescribed. Keep medication in a safe & secure place so that it does not end up in the hands of others. Dispose of expired or unused prescription medications.

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; Harry Wilson, Cathy Kessler, Vice Chair, Catherine Meints, 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
Christopher, Maria, Paul 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, Amy Food Service & HD Meals
951 Mill Street, East Jordan, MI 49727
231-536-7831

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

APRIL 2025 NOTABLE DATES

1 April Fool's Day

2 Walking Day

3 Don't Go to Work Unless It's Fun Day

4 Walk to Work Day

5 Handmade Day

6 Sorry Charlie Day

7 No Housework Day

8 All is Ours Day

9 Cherish an Antique Day

10 Siblings Day

11 Pet Day

12 Grilled Cheese Sandwich Day

13 Scrabble Day

14 Moment of Laughter Day

15 Income Taxes Due Day

16 Stress Awareness Day

17 Blah! Blah! Blah! Day

18 Good Friday

19 Hanging Out Day

20 Easter Sunday

21 Tea Day

22 Earth Day

23 Take a Chance Day

24 Pigs-In-A-Blanket Day

25 Mani-pedi Day

26 Pretzel Day

27 Tell A Story Day

28 Kiss Your Mate Day

29 Zipper Day

30 Honesty 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.



Boyne Area Activity Calendar

Boyne Area Senior Center Activities for April 2025 —Krista @ 231-582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The BASC is OPEN FULL TIME 8a-4p Mon-Fri with activities all day long!</p> <p>Exercise Room open all day everyday M-F.</p> <p>Boyne Area Center 411 East Division St, Boyne City</p>	<p>1. April Fools Celebration 10:30a Mindful Meditation, 11a Drop N' Shop, 12:30p Card BINGO, 1p Detox, Heal & Live Class, 2p Cards/Table Games, Foot Clinic</p>	<p>2. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Music by Gayle Gerrie-Boss of the Boyne Arts Center, 12p Red Flags of Fraud, 12:30p BINGO, 1p Easter Wreath Making Craft, 2p Cards/Table Games</p>	<p>3. Blood Pressure Clinic, 10:30a Mindful Meditation, 12:30p BINGO, 1p Pretzel Presentation by NoMich Sourdough Co for Nat'l Pretzel Month, 2p Cards/Table Games</p>	<p>4. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11:30a Music by \$1 in a Juke Box, 12:30p BINGO, 1p Karaoke, 2p Cards & Games</p>
<p>7. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 12:30p Card BINGO, 1p Easter Craft w/ Boyne Arts Center, 2p Cards/Table Games</p>	<p>8. 10:30a Mindful Meditation, 11:30a Boyne District Library Presentation/Book mobile on site for Book mobile day, 12:30p Card BINGO, 1p Pause, Breathe, Proceed-Reducing Stress & Anxiety w/ Karen Wright, 2p Cards/Table Games</p>	<p>9. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Special Treat for Nat'l Unicorn Day, 11a Live Music by Lucky Stars, 12:30p BINGO, 1p Herb Garden Seed Starting Class, 2p Cards/Table Games</p>	<p>10. 10:30a Mindful Meditation, 11a Pictures w/ The Easter Bunny, 12:30p BINGO, 1p Popcorn & a Movie "The Legend of Baggervance" for Golfers Day, 2p Cards/Table Games</p>	<p>11. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Live Music by Vintage, 11:30a Premier Hobbies meet & Greet w/Terry & Charlynn McBee, 12:30p BINGO, 1p Karaoke, 2p Cards & Games</p>
<p>14. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11:45a Speaker Jim Bauman from the Boyne Citizen for Newspaper Columnists Day, 12:30p Card BINGO, 1p Detox, Heal & Live Class, 2p Cards/Table Games</p>	<p>15. 10:30a Mindful Meditation, 11a Drop N' Shop, 12:30p Card BINGO, 1p Cards for a Cause Craft, 2p Cards/Table Games</p>	<p>16. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Live Music by Michigan Sands, 11a Chef's Table Gathering, 12:30p BINGO, 1p Rabbit Races, 2p Cards/Table Games</p>	<p>17. Easter Celebration, 10:30a Mindful Meditation, 11a Easter Pop-up Shop w/ Upsy-Daisy Floral, 11a Live Music by OJ Adkins, 11:45a Easter Egg Hunt, 12:30p BINGO, 2p Cards/Table Games, Foot Clinic</p>	<p>18. All COA Officers and Senior Centers are CLOSED.</p>
<p>21. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Cell Phone Tech Support w/Dylan, 10:30a Mindful Meditation, 11a BASC Yard Sale, 12:30p Card BINGO, 1p "Your Story" Memoir Writing Class, 2p Cards/Table Games</p>	<p>22. 9:30a Veteran Social, 10:30a Mindful Meditation, 11a Pop Up Shop w/NoMich Sourdough Co LLC, 12:30p Card BINGO, 1p Rock Painting w/ Dave West, 2p Cards/Table Games</p>	<p>23. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Live Music by Michigan Sands, 12:30p BINGO, 1p Craft for Nat'l Bucket List Day, 2p Cards/Table Games</p>	<p>24. Volunteer Appreciation Day!, Blood Pressure Clinic, 10:30a Mindful Meditation, 11:30a Volunteer Recognition/Awards Ceremony, 12:30p BINGO, 1p Popcorn & a Movie "Earth" in Honor of Earth Day, 2p Cards/Table Games</p>	<p>25. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a BASC Yard Sale, 11a Live Music by Vintage, 12:30p BINGO, 1p Karaoke, 2p Cards & Games, Foot Clinic</p>
<p>28. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11:30a Haircuts w/ Nicole, 12:30p Card BINGO, 1p Detox, Heal & Live Class, 2p Cards/Table Games, Foot Clinic</p>	<p>29. 10:30a Mindful Meditation, 11a Drop N' Shop, 12:30p Card BINGO, 1p Kentucky Derby Hat Decorating Class, 2p Cards/Table Games</p>	<p>30. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Live Music by Lucky Stars, 12:30p BINGO, 1p "Your Story" Memoir Writing Class, 2p Cards/Table Games</p>		<p>Please call the office to sign up for Cell Phone Tech Support w/Dylan</p>

East Jordan Activity Calendar

East Jordan Senior Center Location Activities for April 2025 — Brenda @ 231-536-7831

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mon-Fri Open Gym Walking 9a-1:30p. Exercise Room open all day</p>	<p>1. Open Pickleball 9a- 11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre</p>	<p>2. 9:30a Coffee Hour, 12:30p Card Bingo</p>	<p>3. Hair Cuts \$\$\$, Open Pickleball 9a- 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:30p Texas Hold-em or Cards</p>	<p>4. Celebration Day Ice Cream Social, 10:30a Chair Exercise, 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing</p>
<p>7. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table</p>	<p>8. Open Pickleball 9a- 11a, 9:30a Coffee Hour, 10a Knit & 12:30p Euchre</p>	<p>9. 9:30a Coffee Hour, 10a Jewelry Sale, 12:30p Card Bingo</p>	<p>10. Open Pickleball 9a- 11a, 9:30a Coffee Hour, 10a EJSC Advisory Board, 10a-3p Secretary of State, 10:30a Cardio Drumming, 11:30a Chamber Chat with Mary, 12:30p Texas Hold-em or Cards, Blood Pressure Clinic</p>	<p>11. St Paddy's Day Celebration 10:30a Chair Exercise, 11:30a Music OJ Adkins Box, 12:30p Card BINGO, 50/50 Drawing</p>
<p>14. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table</p>	<p>15. 10a Veteran Social & Lunch, Open Pickleball 9a- 11a, 9:30a Coffee Hour, 10a Knit & 12:30p Euchre, Foot Clinic</p>	<p>16. 9:30a Coffee Hour, 11:30a Red Flags of Fraud Presentation, 12:30p Card Bingo</p>	<p>17. Easter Celebration Open Pickleball 9a- 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:30p Texas Hold-em or Cards</p>	<p>18. All COA Offices and Senior Centers are CLOSED!</p>
<p>21. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table</p>	<p>22. Open Pickleball 9a- 11a, 9:30a Coffee Hour, 10a Knit & 12:30p Euchre</p>	<p>23. 9:30a Coffee Hour, 12:30p Card Bingo</p>	<p>24. Open Pickleball 9a- 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, Hand Massages with Shauna, 12:30p Texas Hold-em or Cards, Foot Clinic</p>	<p>25. 10:30a Chair Exercise, 11:30a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing</p>
<p>28. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table</p>	<p>29. Open Pickleball 9a- 11a, 9:30a Coffee Hour, 10a Knit & 12:30p Euchre, Foot Clinic</p>	<p>30. 9:30a Coffee Hour, 12:30p Card Bingo</p>	<p>ACTIVITIES ARE SUBJECT TO CHANGE Frozen Meals are available to take home \$3.00.</p>	<p>East Jordan Center 951 Mill St., East Jordan</p>

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu April 2025 (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
Soups: Monday, Wednesday & Friday Alternative Meal for Week: Roast Beef Wrap	1. April Fools Day! Eye Ball Nachos, Taco Meat, Tortilla Chips, Cheese, Roasted Corn, Fruit	2. Walking Day Roasted Pork Loin, Pork Gravy, Sweet Potatoes, Mixed Vegetables, Fruit, Vegetable Soup	3. Baked Garlic Seasoned Bone in Chicken Drumsticks, Mashed Potatoes & Gravy, Fresh Vegetable, Fruit	4. Walk to Work Day Cooks Choice or Seafood Selection, Potato, Vegetable, Fruit, Soup Du Jour
7. Tater Tot Casserole, Ground Beef, Cream of Mushroom Sour, Vegetable, Fruit, Soup Du Jour Alternative Meal for Week: Chef Salad	8. All is Ours Day Chicken Alfredo, Pasta, Fresh Broccoli, Garlic Bread, Fruit	9. Liver & Onions or Chef Salad , Mashed Potatoes & Gravy, Garden Vegetable, Fruit, Vegetable Soup	10. Sibling Day Chicken Stew, Stew Vegetables, Diced Potatoes, Breadstick, Fruit	11. BBQ Salmon, Seasoned Rice, Mixed Vegetables, Fruit, Soup Du Jour,
14. Baked Ziti, Tomato Sauce, Mozzarella Cheese, Garlic Bread, Garden Vegetable, Fruit, Soup Du Jour Alternative Meal for Week: Egg Salad Croissant	15. Income Taxes Due Day Sweet & Sour Chicken, Oriental Vegetables, Seasoned Rice, Mini Egg Rolls, Fruit, Soup Du Jour	16. Stress Awareness Day Country Fried Steak, Mashed Potatoes & Country Gravy, Green Beans, Fruit, Vegetable Soup	17. Blah! Blah! Blah! Day Honey Glazed Ham, Au Gratin Potatoes, Asparagus, Fruit, Coconut Dessert	18. All COA Offices and Senior Centers are CLOSED.
21. Mushroom & Swiss Burger, Ranch Wedge Fries, Vegetable Medley, Fruit Alternative Meal for Week: Tuna Pasta Salad	22. Breakfast for Lunch Breakfast Casserole, Sausage, Diced Potatoes, Cheddar Cheese, Yogurt & Fresh Strawberry Parfait	23. Take a Chance Day Teriyaki Marinated Bone-in Pork Chop, Scalloped Potatoes, Vegetable Medley, Fruit, Vegetable Soup	24. Volunteer Appreciation Day! Chicken Parmesan, Pasta Marinara, Garden Vegetable, Fruit, Special Dessert	25. Mani-Pedi Day Pepper Steak, Colored Peppers & Onions, Seasoned Rice, Fruit, Soup Du Jour
28. Grilled Chicken Sandwich with Cheddar, Tater Tots, Vegetable, Fruit, Soup Du Jour Alternative Meal for Week: Chicken Salad	29. Zipper Day Hamburger & Onion Stroganoff, Buttered Noodles, Mixed Vegetable, Fruit	30. Honesty Day Cream of Broccoli Soup, Turkey BLT Salad, Homemade Ranch Dressing, Fruit, Vegetable Soup		ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE

Charlevoix Activity Calendar

Charlevoix Senior Center Activities for April 2025—Vikki @ 231-547-3844

Monday	Tuesday	Wednesday	Thursday	Friday
Charlevoix Center 13513 Division Ave, Charlevoix Activities are subject to change	1. 8-9a Safe Haven Free Breakfast Club, 8:30a Coffee Talk, Walkers, 10a Line Dancing, 12:30p Veteran's Day & Free Lunch, 12:30p COA Movie "A Touch of Matter" w/Popcorn, 1p Games/Puzzles/Euchre, 4p Yoga	2. 8:30a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre	3. 8:30a Coffee Talk, Walkers, 9a Yoga, 9:30a Tai Chi, 10:15a Chair Yoga, 1p Games/Puzzles/Euchre, COA Movie Day See Schedule Matinee @ Cinema, Foot Clinic	4. 8-9a Safe Haven Free Breakfast Club, 8:30a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre
7. 8:30a Coffee Talk, Walkers, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre	8. 8-9a Safe Haven Free Breakfast Club, 8:30a Coffee Talk, Walkers, 10a Line Dancing, 12:30p COA Movie "Shot Gun Wedding" w/Popcorn, 1p Games/Puzzles/Euchre, 4p Yoga,	9. 8:30a Coffee Talk, Walkers, 12p Randy Travis—Better Presentation of Business Bureau, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre	10. 8:30a Coffee Talk, Walkers, 9a Yoga, 9:30a Tai Chi, 10:15a Chair Yoga, 1p Games/Puzzles/Euchre, COA Movie Day See Schedule Matinee @ Cinema,	11. Celebration Day Ice Cream Social, 8-9a Safe Haven Free Breakfast Club, 8:30a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre
14. 8:30a Coffee Talk, Walkers, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre,	15. 8-9a Safe Haven Free Breakfast Club, 8:30a Coffee Talk, Walkers, 10a Line Dancing, 12:30p COA Movie "Love Accidentally" w/Popcorn, 1p Games/Puzzles/Euchre, 4p Yoga	16. 8:30a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre	17. 8:30a Coffee Talk, Walkers, 9a Yoga, 9:30a Tai Chi, 10:15a Chair Yoga, 1p Games/Puzzles/Euchre/1:30p Advanced Pickleball, COA Movie Day See Schedule Matinee @ Cinema Blood Pressure Clinic	18. ALL COA OFFICES & Senior Centers are CLOSED today.
21. 8:30a Coffee Talk, Walkers, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre	22. 8-9a Safe Haven Free Breakfast Club, 8:30a Coffee Talk, Walkers, 12:30p COA Movie "The Art of McCartney" w/Popcorn, 1p Games/Puzzles/Euchre, 4p Yoga, Foot Clinic	23. 8:30a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre	24. 8:30a Coffee Talk, Walkers, 9a Yoga, 9:30a Tai Chi, 10:15a Chair Yoga, 1p Games/Puzzles/Euchre/1:30p Advanced Pickleball, COA Movie Day See Schedule Matinee @ Cinema	25. 8-9a Safe Haven Free Breakfast Club, 8:30a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre
28. 8:30a Coffee Talk, Walkers, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre	29. 8-9a Safe Haven Free Breakfast Club, 8:30a Coffee Talk, Walkers, 12:30p COA Movie "The New Royals" w/Popcorn, 1p Games/Puzzles/Euchre, 4p Yoga,	30. 8:30a Coffee Talk, Walkers, 12p Bill Miro—Introducing Technology Tuesdays 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre		Pickleball will TENTATIVELY be back beginning 5/1/25. This all depends on construction. Please check with Vikki to confirm closer to the 1st!

Beaver Island COA Senior Activities for April 2025 — 231-448-2124 Welcome to

Monday	Tuesday	Wednesday	Thursday	Friday
Welcome to our new Site Coordinator Dawn George!	1. 9a-10a COA Office Hours, 10:30a Arthritis Foundation Exercise @ BIC Center, 11:30a Tai Chi @ BIC Center, 1p-2p COA Office Hours.	2. 1p BINGO @ BIC by COA Advisory Committee, 12:30p-4:30p COA Office Hours, 5p Crafting Class @ BIC	3. 9a-10a COA Office Hours, 10a Chair Yoga @ BIC, 11a Cardio Drumming @ BIC, 1p-2p COA Office Hours.	4. 8:30a Veteran/Senior Coffee & Donuts, 10:30a Arthritis Foundation Exercise @ BIC Center, 12:15p-2p COA Office Hours.
7. 9a-9:30a COA Office Hours, 10a Cardio Drumming @ BIC Center, 12p-2p COA Office Hours.	8. 9a-10a COA Office Hours, 10:30a Arthritis Foundation Exercise @ BIC Center, 11:30a Tai Chi @ BIC Center, 1p-2p COA Office Hours.	9. 1p BINGO @ BIC by COA Advisory Committee, 12:30p-4:30p COA Office Hours, 5p Crafting Class @ BIC	10. 9a-10a COA Office Hours, 10a Chair Yoga @ BIC, 11a Cardio Drumming @ BIC, 1p-2p COA Office Hours.	11. 8:30a Veteran/Senior Coffee & Donuts, 10:30a Arthritis Foundation Exercise @ BIC Center, 12:15p-2p COA Office Hours.
14. 9a-9:30a COA Office Hours, 10a Cardio Drumming @ BIC Center, 12p-2p COA Office Hours.	15. 9a-10a COA Office Hours, 10:30a Arthritis Foundation Exercise @ BIC Center, 11:30a Tai Chi @ BIC Center, 1p-2p COA Office Hours.	16. 1p BINGO @ BIC by COA Advisory Committee, 12:30p-4:30p COA Office Hours, 5p Crafting Class @ BIC	17. 9a-10a COA Office Hours, 10a Chair Yoga @ BIC, 11a-1p Volunteer Appreciation & Spring Celebration Activities & Congregate Meal by Bodega Catering @ Beaver Island Community Center sign up by calling the BI COA Office.	18. All COA Offices & Senior Centers are CLOSED. 8:30a Veteran/Senior Coffee & Donuts, 10:30a Arthritis Foundation Exercise @ BIC Center.
21. 9a-9:30a COA Office Hours, 10a Cardio Drumming @ BIC Center, 12p-2p COA Office Hours.	22. 9a-10a COA Office Hours, 10:30a Arthritis Foundation Exercise @ BIC Center, 11:30a Tai Chi @ BIC Center, 1p-2p COA Office Hours.	23. 1p BINGO @ BIC by COA Advisory Committee, 12:30p-4:30p COA Office Hours, 5p Crafting Class @ BIC	24. 9a-10a COA Office Hours, 10a Chair Yoga @ BIC, 11a Cardio Drumming @ BIC, 1p-2p COA Office Hours.	25. 8:30a Veteran/Senior Coffee & Donuts, 10:30a Arthritis Foundation Exercise @ BIC Center, 12:15p-2p COA Office Hours.
28. 9a-9:30a COA Office Hours, 10a Cardio Drumming @ BIC Center, 12p-2p COA Office Hours.	29. 9a-10a COA Office Hours, 10:30a Arthritis Foundation Exercise @ BIC Center, 11:30a Tai Chi @ BIC Center, 1p-2p COA Office Hours.	30. 1p BINGO @ BIC by COA Advisory Committee, 12:30p-4:30p COA Office Hours, 5p Crafting Class @ BIC	Vouchers are sold at the COA BI Office during scheduled COA office hours. COA Meal Vouchers will be sold by a COA Staff member during activities when able.	Arthritis Foundation and Tai Chi are done with a video. Cardio Drumming, Chair Yoga, BINGO and the Crafting Class are done with COA Staff and Volunteers.

Safe Haven Sponsored Breakfast Club Menu April 2025 (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

1. Hot Breakfast: 2 Pancakes, Sausage Patty, Scrambled Eggs, served with Hashbrowns <i>All Breakfasts include Yogurt & Orange Juice</i>	4. 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>
8. Hot Breakfast: Biscuits, Sausage & Gravy, 1 Oven Baked Egg, Warm Applesauce <i>All Breakfasts include Yogurt & Orange Juice</i>	11. 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>
15. Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions <i>All Breakfasts include Fresh Fruit, Maple Syrup, & Milk</i>	18. NO Breakfast as COA Offices and Senior Centers are CLOSED.
22. Hot Breakfast: Breakfast Casserole: Eggs, Cheese, Sausage, Potatoes, Peppers & Onions <i>All Breakfasts include Yogurt & Orange Juice</i>	25. 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>
29. Hot Breakfast: 2 Pancakes, Sausage Patty, Scrambled Eggs, served with Hashbrowns <i>All Breakfasts include Yogurt & Orange Juice</i>	

Just for fun

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

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.

APRIL	H T J N I B O R K F C K K K M M L L E A S T E R Y X I J S C M K S L R D P E R S A E N R P R I E T I V L C J N D R C T R H O L E H L D L T D N R I I E I I W D D Z R C O P H T O H P H N W H K L M A G J F K U B Q X F G S T O I R I R B P F L R D K F N L R N N H N A U I V A A M G D J B A O G U B S T L R Q D W X A L L E L S W O S T U Q L R A K V R I W E B O W E E T P O N D L T K D R V L U T S R R B L O O M L U M E P B M N J F S H S Z M D Y E O R N A L X N L K M O M V N U R R R A L K Z P Y D M K R M L V M N B P I M B R A L L I P R E T A C C M S N G H G H D R G N I H C T A H U																				
ARBOR DAY	BLOOM	BLOSSOM	BUNNY	BUTTERFLY	CATERPILLAR	CHICK	DAFFODIL	EARTHWORM	EASTER	FLOWERS	GARDEN	GRASS	HATCHING	KITE	MUD	PICNIC	POND	PUDDLE	RAIN	RAINBOW	
SEEDLINGS	SHOWERS	SPRING	ROBIN	SPROUT	SUNSHINE	TULIP	UMBRELLA														


Word Search



© 2024 WordsAreFun.com, All Rights Reserved.

Please Warmly Welcome Dawn George Back to the COA as our Part-Time BI Site Coordinator!!!
COA Office Hours and Activities will be on the Community Center Calendar Page, the COA Facebook Page and the COA Website. You can also get a calendar at the COA Office.

Beaver Island Senior Center Advisory Committee
Members are: Catherine Meintsam (co-chair), Joe Callian (co-chair), Lisa Franz, Andy Stebbins, and Audry VanDyke. Also involved with this group is the Beaver Island Senior Leadership Team: Paul Cole, Bobbi Welke, Lori Taylor-Blitz and Kevin Boyle. This committee will bring your thoughts, ideas and concerns to our meetings.

Voucher Meal Program
Available at The BI School, Shamrock, Beachcomber & the Wild Strawberry Cafe. April's Special Meal is in the planning stage but is scheduled for Thursday, April 17, 2025 and will again be catered by Vicky Fingeroot - Bodega Catering. Tara from our office will be coordinating Volunteers for this Congregate meal, this time held at the BI Community Center.

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 9/31/25. There is NO reimbursement for any unused, lost or stolen vouchers.

Reminder: The BI Meal Voucher Program is for Charlevoix County Tax Paying Seniors, 60 years old and older.