

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!



*“America is a tune. It must be sung together.”
~ Gerald Stanley Lee*

Director's CORNER

The Heat of Summer can cause many problems

Did you know that people 60 years and older are more prone to heat stresses (heat-stroke & heat exhaustion) than younger people?

There can be many reasons why, but two of the most common are that they are more likely to have chronic medical conditions that change the body's normal heat response and they are more likely to take medications the impair the body's ability to regulate its temperature.

Heat Stroke is when the-body become unable to control its temperature. The body temperature rises rapidly, and the body loses its ability to seat and is unable to cool down.

Heat exhaustion is a mild-erform of heat-related illness that can occur after several days of being exposed to high temperatures along with inadequate of unbalanced replacement of fluids.

The signs and symptoms of heat stroke are: An extremely high body temperature (above 103 degrees F); red, hot and dry skin with no sweating; rapid, strong pulse; throbbing headache; dizziness; and nausea.

Heat exhaustion can also be a sign or symptom of on coming heat stroke. The signs and symptoms for heat exhaustion are: Heavy sweating; paleness; muscle cramps; tiredness; weakness; dizziness; headache; nausea or vomiting; fainting; breathing fast and shallow; fast and weak pulse and the skin may be cool and moist.

Using fans during very high temperatures can also exacerbate the heat stress problems as they just move hot air around and do not offer any cooling relief.

Protect yourself by drinking cool, nonalcoholic beverages; rest; take cool showers or baths; seek an air-conditioned environment; wear lightweight clothing; remain indoors in the heat of the day



and do not engage in strenuous activities.

If your doctor limits the amount of fluid you drink, ask them how much you should drink when it is hot.

Protect others by checking at risk adults a couple of times a day and watch them for signs of heat stress; encourage fluid intake and take them to air-conditioned locations.

Our Senior Centers are open and air conditioned. These centers are also considered Cooling Centers for the community when they are open. Unfortunately not pets are allowed.

Being self aware is your greatest guarantee of getting help when you need it before it escalates to something more serious.

Your pets also can suffer from heat stresses and they do not show it in a way that is easy to identify.

Signs your pet is in heat stress

Respiratory Changes: Excessive panting, open-mouth breathing, tongue protrusion, or a rapidly elevated breathing rate.

Physical & Secretory Signs: Heavy drooling, slobbering, foaming at the mouth, or profuse sweating (in species that can sweat, like horses).

Behavioral Shifts: Lethargy, restlessness, weakness, or a dazed expression.

Resource Seeking:

Crowding around water troughs, seeking shade, or bunching tightly together.

Consumption Changes: Increased water intake paired with a significant loss of appetite (reduced feed intake).

Severe/Advanced Symptoms: Lack of coordination, trembling, vomiting, diarrhea, or complete collapse.

We are here for you, just reach out and get to know all we have to offer.

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!

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

Boyne Area Senior Center:
Open M-F 8a-4p
Krista Goldsmith, Site Coordinator
Diane, Sydney, ?, 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

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

JULY 2026 NOTABLE DATES

- 1 Ice Cream Flavors Day
- 2 I Forgot Day
- 3 Stay Out of the Sun Day
- 4 Independence Day
- 5 Bikini Day
- 6 Fried Chicken Day
- 7 Strawberry Sundae Day
- 8 Video Games Day
- 9 Sugar Cookie Day
- 10 Pina Colada Day
- 11 Slurpee Day
- 12 Etch A Sketch Day
- 13 Fool's Paradise Day
- 14 Mac and Cheese Day
- 15 Be a Dork Day
- 16 Cherry Day
- 17 Tattoo Day
- 18 Woody Wagon Day
- 19 Ice Cream Day
- 20 Ugly Truck Day
- 21 Junk Food Day
- 22 Hammock Day
- 23 Refreshment Day
- 24 Tell an Old Joke Day
- 25 Water Gun Fight Day
- 26 All or Nothing Day
- 27 Walk on Stilts Day
- 28 Waterpark Day
- 29 Lasagna Day
- 30 Share a Hug Day
- 31 Get Gnarly 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 JULY 2026-KRISTA @ (231)582-6682				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THE BASC IS OPEN FULL-TIME 8am-4pm M, T, TH, F & WED 11am-7pm with activities all day long! Exercise Room is also open on these days & times	FOOT CLINIC DATES: THURSDAY 7/2/26 FRIDAY 7/10/26 TUESDAY 7/21/26 THURSDAY 7/30/26	1. WEDNESDAY NIGHT DINNER: INDEPENDENCE DAY CELEBRATION, MEAL SERVED 4:30pm-5:30pm , 4pm LIVE MUSIC BY \$ IN A JUKEBOX	2. 10am MINDFUL MEDITATION , 10:30am COFFEE & VINYL ON THE PATIO , 12:30pm BINGO , 1pm MUSICIAN'S JAM CIRCLE	3. ALL COA CENTERS ARE CLOSED
6. 10am MINDFUL MEDITATION , 10:30am BEACHBALL KICKER EXERCISE CLASS , 10:45am ROLL-OUT CLASS , 12:30pm CARD BINGO , 1:30pm MIX IT UP EXERCISE HOUR	7. 10am MINDFUL MEDITATION , 10:30am COFFEE & VINYL ON THE PATIO , 11:15am DROP N' SHOP, 12:30pm CARD BINGO , 1:30pm POPCORN & A MOVIE "THAT THING YOU DO" IN HONOR OF NATIONAL DAY OF ROCK & ROLL	8. WEDNESDAY NIGHT DINNER: MON CHERI NIGHT (CHERRY THEME), MEAL SERVED 4:30pm- 5:30pm , 4pm LIVE MUSIC BY GAEYLE GERRIE-BOSS OF THE BOYNE ARTS CENTER	9. 10am MINDFUL MEDITATION , 10:30am COFFEE & VINYL ON THE PATIO , 11:30am SOURDOUGH POP- UP SHOP W/CRAFTED BY ALLYSA, 12:30pm BINGO , 1pm FOOTLOOSE & VITAMIN D THERAPY CLASS	10. 10am MINDFUL MEDITATION , 10am- 3pm MOBILE SECRETARY OF STATE 10:30am BEACHBALL KICKER EXERCISE CLASS , 10:45am ROLL-OUT CLASS , 11:30am LIVE MUSIC BY VINTAGE, 12:30pm BINGO , 1pm CHRONIC DISEASE AWARENESS DAY PRESENTATION
13. 10am MINDFUL MEDITATION , 10:30am BEACHBALL KICKER EXERCISE CLASS , 10:45am ROLL-OUT CLASS , 11:30am LIVE MUSIC BY PAUL FERRIS, 12:30pm CARD BINGO , 1:30pm MIX IT UP EXERCISE HOUR	14. 10am MINDFUL MEDITATION , 10:30am COFFEE & VINYL ON THE PATIO , 12:30pm CARD BINGO , 1:30pm POPCORN & A MOVIE "TWISTER"	15. WEDNESDAY NIGHT DINNER: THE GREAT PIE SWAP NIGHT, MEAL SERVED 4:30pm-5:30pm , 4pm LIVE MUSIC BY LUCKY STARS	16. 10am MINDFUL MEDITATION , 10:30am COFFEE & VINYL ON THE PATIO , 11:45am SPECIAL TREAT FOR PEANUT BUTTER & CHOCOLATE DAY, 12:30pm BINGO , 1pm MYSTERY BINGO	17. 10am MINDFUL MEDITATION , 10am-12pm TECH SUPPORT W/NICK, 10:30am BEACHBALL KICKER EXERCISE CLASS , 10:45am ROLL-OUT CLASS , 11am LIVE MUSIC BY OJ ADKINS, 1pm WATER & SOUND THERAPY PRESENTATION
20. 10am MINDFUL MEDITATION , 10:30am BEACHBALL KICKER EXERCISE CLASS , 10:45am ROLL-OUT CLASS , 12:30pm CARD BINGO , 1:30pm MIX IT UP EXERCISE HOUR	21. 10am MINDFUL MEDITATION , 10:30am COFFEE & VINYL ON THE PATIO , 11:30am BLOOD PRESSURE CLINIC , 11:15am DROP N'SHOP, 12:30pm CARD BINGO , 1:30pm POPCORN & A MOVIE "FLY ME TO THE MOON" IN HONOR OF SPACE EXPLORATION DAY	22. WEDNESDAY NIGHT DINNER: SPAGHETTI WESTERN NIGHT, MEAL SERVED 4:30pm-5:30pm , 4pm LIVE MUSIC BY MICHIGAN SANDS	23. 10am MINDFUL MEDITATION , 10:30am COFFEE & VINYL ON THE PATIO , 11:30am SOURDOUGH POP- UP SHOP W/CRAFTED BY ALLYSA, 12:30pm BINGO , 1pm FOOTLOOSE & VITAMIN D THERAPY CLASS	24. 10am MINDFUL MEDITATION , 10:30am BEACHBALL KICKER EXERCISE CLASS , 10:45am ROLL-OUT CLASS , 11:30am LIVE MUSIC BY VINTAGE, 12:30pm BINGO , 1pm HOLISTIC THERAPY DAY PRESENTATION
27. 10am MINDFUL MEDITATION , 10:30am BEACHBALL KICKER EXERCISE CLASS , 10:45am ROLL-OUT CLASS , 12:30pm CARD BINGO , 1:30pm MIX IT UP EXERCISE HOUR	28. 9:30am VETERAN'S SOCIAL , 10am MINDFUL MEDITATION , 10:30am COFFEE & VINYL ON THE PATIO , 11am BLOOD PRESSURE CLINIC , 12:30pm CARD BINGO , 1:30pm POPCORN & A MOVIE "WE BOUGHT A ZOO" IN HONOR OF WORLD NATURE CONSERVATION DAY	29. WEDNESDAY NIGHT DINNER: OLD HOLLYWOOD GLAMOUR NIGHT, MEAL SERVED 4:30pm- 5:30pm , 4pm LIVE MUSIC BY OJ ADKINS	30. 10am MINDFUL MEDITATION , 10:30am COFFEE & VINYL ON THE PATIO , 12:30pm BINGO , 1pm FOOTLOOSE & VITAMIN D THERAPY CLASS	31. 10am MINDFUL MEDITATION , 10:30am BEACHBALL KICKER EXERCISE CLASS , 10:45am ROLL-OUT CLASS , 11:30am LIVE MUSIC BY MICHIGAN SANDS, 12:30pm BINGO , 1pm SUPERFOODS & YOU PRESENTATION FOR NATIONAL AVOCADO DAY

East Jordan Activity Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
Wednesday Night Dinners are now served from 4:30p-5:30p.	Foot Clinic Dates: Wednesday 7/8/26 Thursday 7/18/26 Tuesday 7/28/26	1. 4:30p Wednesday Night Dinner - Independence Day , 4:30p Barry Loper , 5:30p Card Bingo	2. 8a-10a Walking , 9a \$\$\$ Hair Cuts , 10:30a Cardio Drumming , 12:15 Texas Hold'em	3. All COA Centers are CLOSED.
6. 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	7. 8a-10a Walking , 8:30a-10a Open Pickleball , 9:30a Coffee Hour , 10a Knit & Crochet , 11a Blood Pressure Clinic , 12:30 Euchre	8. 4:30p Wednesday Night Dinner - Mon Cheri , 4:30p 2 Beats , 5:30p Card Bingo	9. 8a-10a Walking , 10a Board Meeting , 10a Chamber Chat w/ Mary , 10:30a Cardio Drumming , 12:15 Texas Hold'em	10. 8a-10a Walking , 11:30a Live Music by 2 Beats , 12:30p Card Bingo , Mexican Poker after Cards, 50/50 Drawing
13. 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	14. 8a-10a Walking , 8:30a-10a Open Pickleball , 9:30a Coffee Hour , 10a Veteran Social , 10a Knit & Crochet , 12:30 Euchre	15. 4:30p Wednesday Night Dinner - Great Pie Swap , 4:30p Tim & Lisa , 5:30p Card Bingo	16. 8a-10a Walking , 10:30a Cardio Drumming , 11a Human Trafficking Presentation , 12:15 Texas Hold'em	17. 8a-10a Walking , 11:30a Live Music by \$ in a Juke Box , 12:30p Card Bingo , Mexican Poker after Cards, 50/50 Drawing
20. 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	21. 8a-10a Walking , 8:30a-10a Open Pickleball , 9:30a Coffee Hour , 10a Knit & Crochet , Mobile Secretary of State , 12:30 Euchre	22. 4:30p Wednesday Night Dinner - Spaghetti Western , 4:30p Charlie , 5:30p Card Bingo	23. 8a-10a Walking , 10:30a Cardio Drumming , 12:15 Texas Hold'em	24. 8a-10a Walking , 11:30a Live Music by Charlie , 12:30p Card Bingo , Mexican Poker after Cards, 50/50 Drawing
27. 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	28. 8a-10a Walking , 8:30a-10a Open Pickleball , 9:30a Coffee Hour , Veteran Social , 10a Knit & Crochet , 12:30 Euchre	29. 4:30p Wednesday Night Dinner - Old Hollywood Galmor , 4:30p Charlie , 5:30p Card Bingo	30. 8a-10a Walking , 10:30a Cardio Drumming , 12:15 Texas Hold'em	31. 8a-10a Walking , Manna Food Truck , 11:30a Live Music , 12:30p Card Bingo , Mexican Poker after Cards, 50/50 Drawing

ALL Charlevoix County Senior Center Menus

July Menu

Charlevoix County Senior Centers

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKLY ALTERNATIVE: Roast Beef Wrap	Wednesday Night Dinners are BACK! We have more Summer fun planned on these days so stop by for the fun	01Independence Day: ½ Slab BBQ Ribs, Mac & Cheese, Round Carrots, Cole Slaw, Side Salad, Strawberry Short Cake	02Breakfast for Lunch: Biscuits & Sausage Gravy, Scrambled Eggs, Warm Appplesauce, OJ, Strawberry Yogurt	03All Senior Centers and COA Offices are CLOSED.
06Grilled Chicken Breast Cordon Blue, Slice Ham & Swiss, Tater Tots, Vegetable, Fruit. WEEKLY ALTERNATIVE: Corned Beef Sandwich	07Baked Boneless Pork Chop w/ Sauerkraut, Garlic Mashed Potatotes, Vegetables, Fruit.	08Mon Cheri Night: Beef Burgundy, Fresh Mushrooms & Onions, Garlic Buttered Noodles, Side Salad, Cheese Cake w/ Cherries.	09BBQ Chicken Breast, Scalloped Potatoes, Vegetable, Fruit.	10Sweet & Sour Chicken, Popcorn Chicken, Seasoned Rice, Mini Eggrolls, Oriental Vegetable, Fruit.
13Sloppy Joes w/ Cheddar Cheese, Ranch Wedge Fries, Vegetable, Fruit WEEKLY ALTERNATIVE: Turkey, Bacon, Ranch Wrap	14Chicken Supreme, Diced Potatoes w/ Green Onions, Vegetable, Fruit.	15The Great Pie Swap: Swiss Steak, Beef gravy w/Tomatoes, Mashed Potatoes, Green Bean Almondine, Side Cesar Salad, Peach Cobbler	16Spinich Salad w/ Sliced Chicken Breast, Freash Strawberries, Walnuts, Red Onion, Feta Cheese, Raspbery Vinegrette,Fruit.	17COOKS CHOICE Potato, Vegetable, Fruit
20Garlic Parmesan Chicken Wings, Cheesy Tater Tots, Vegetable, Fruit. WEEKLY ALTERNATIVE: Chef Salad	21Sliced Ham w/ Pineapple, Au Gratin Potatoes, Vegetable, Fruit.	22Spaghetti Western: Baked Cowboy Spaghetti, Ground Beef & Diced Bacon, Corn Bread, Stamed Broccoli, Side Salad, No Bake Cookies	23Breaded Pork Fritter, Mashed Potatoes & Gravy, Vegetable, Fruit	24Cheesy Chicken Broccoli Rice Casserole, Breadstick, Ice Cream w/ Hot Fudge
27Hot Roast Beef & Cheddar on Onion Roll, Waffle Fries, Mayo Packet, Vegetable, Fruit. WEEKLY ALTERNATIVE: Chicken Salad Crossiant	28Chicken Lasagna, Garlic Bread, Vegetable, Fruit	29Old Hollywood Galmour: Swedish Meatballs, Mushroom Gravy, ½ Baked Potato, Brussle Sprouts, Sour Cream Cup, Side Salad, Pineapple Upside Down Cake	30BChili Cheese Dog, Soft Bun, Ranch Wedge Fries, Mustard, Diced Onion, Vegetable, Fruit	31Georgia-Other States Day Fried Chicken, Mashed Sweet Potatoes, Vegetable, Georgia Peach, Corn Bread

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:
WEDNESDAY NIGHT DINNERS ARE BACK!!!!
ALL SENIOR CENTERS & COA OFFICES - CLOSED FRIDAY 7/3

Charlevoix Activity Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
Foot Clinic Dates: Monday 7/6/26 Tuesday 7/14/26 Thursday 7/23/26	Wednesday Night Dinners begin 6/3/26. Dinner is served from 5p - 6p.	1. 8a Coffee Talk, Walkers, 10a Cardio Drumming, 12:30p Bridge, 12:30p Cardio Drumming, 1p Cheerful Chatter & Coffee, 1p Games /Puzzles /Cards/Euchre, 2p Pickleball, 5p-6p Wed Dinner - Independence Day - DJ Kevin H.	2. 8a Coffee Talk, Walkers, 9:30a Tai Chi, 1p Cheerful Chatter & Coffee, 1p Games /Puzzles /Cards/Euchre, 2p Pickleball, Matinee Discount at Charlevoix Cinema for Seniors	3. All COA Centers & Offices are CLOSED.
6. 8a Coffee Talk, Walkers, 8-9:45a Advanced Pickleball, 9:30a Fit & Balance w/ Becki, 10p Cardio Drumming, 12:30p Cardio Drumming, 1p Cheerful Chatter & Coffee, 1p Games /Puzzles/Cards/ Euchre, 2p Beginners Pickleball	7. 8a Coffee Talk, Walkers, 10a Line Dancing, 10:45a Beach Ball Kicker Exercise, 11a-1p Bill M-Tech Tuesday, 12:30p Veteran’s Social, 12:45p Movie Day @ Center, 1p Cheerful Chatter & Coffee, 1p Games +, 2p Beginners Pickleball	8. 8a Coffee Talk, Walkers, 10a Cardio Drumming, 12:30p Bridge, 12:30p Cardio Drumming, 1p Cheerful Chatter & Coffee, 1p Games /Puzzles /Cards/Euchre, 2p Pickleball, 4p - Senior Smiles, 5p-6p Wed Dinner - Mon Cheri	9. 8a Coffee Talk, Walkers, 9:30p Tai Chi, 11a Hand Massages w/ Ruth from Compassus, 1p Cheerful Chatter & Coffee, 1p Games /Puzzles /Cards/Euchre, 2p Pickleball, Matinee Discount at Charlevoix Cinema for Seniors	10. 8a Coffee Talk, Walkers, 8a - 12p Open Exercise, 10a Crafts, 11a NoMich Sourdough Pop Up Shop, 12:30p Cardio Drumming, 12:30p Grief Support Group, 1p Cheerful Chatter & Coffee, 1p Games/Puzzles /Cards/Euchre, 2p Pickleball
13. 8a Coffee Talk, Walkers, 8-9:45a Advanced Pickleball, 9:30a Fit & Balance w/ Becki, 10p Cardio Drumming, 12:30p Cardio Drumming, 1p Cheerful Chatter & Coffee, 1p Games /Puzzles/Cards/ Euchre, 2p Beginners Pickleball	14. 8a Coffee Talk, Walkers, 10a Line Dancing, 10:45a Beach Ball Kicker Exercise, 12:45p Movie Day @ Center, 12:30p Cardio Drumming, 1p Cheerful Chatter & Coffee, 1p Games /Puzzles /Cards/Euchre, 2p Beginners Pickleball	15. 8a Coffee Talk, Walkers, 10a Cardio Drumming, 12:30p Cardio Drumming, 1p Cheerful Chatter & Coffee, 1p Games /Puzzles/Cards /Euchre, 2p Pickleball, 4p Krazy Kakeaholic Pop Up Shop, 5p-6p Wed Dinner -Great Pie Swap - Music Ken D	16. 8a Coffee Talk, Walkers, 9:30a Tai Chi, 1p Cheerful Chatter & Coffee, 1p Games /Puzzles /Cards/Euchre, 2p Pickleball, Matinee Discount at Charlevoix Cinema for Seniors	17. 8a Coffee Talk, Walkers, 8a - 12p Open Exercise, 10a Crafts, 12:30p Cardio Drumming, 12:30p Grief Support Group, 1p Cheerful Chatter & Coffee, 1p Games/Puzzles/Cards /Euchre, 2p Pickleball
20. 8a Coffee Talk, Walkers, 8-9:45a Advanced Pickleball, 9:30a Fit & Balance w/ Becki, 10p Cardio Drumming, 12:30p Cardio Drumming, 1p Cheerful Chatter & Coffee, 1p Games /Puzzles/Cards/ Euchre, 2p Beginners Pickleball	21. 8a Coffee Talk, Walkers, 10a Line Dancing, 10:45a Beach Ball Kicker Exercise, 11a-1p Bill M-Tech Tuesday, 12:45p Movie Day @ Center, 12:30p Cardio Drumming, 1p Cheerful Chatter & Coffee, 1p Games +, 2p Beginners Pickleball	22. 8a Coffee Talk, Walkers, 10a Cardio Drumming, 12:30p Cardio Drumming, 1p Cheerful Chatter & Coffee, 1p Games /Puzzles /Cards/Euchre, 2p Pickleball, 5p-6p Wed Dinner -Spaghetti Western	23. 8a Coffee Talk, Walkers, 9:30a Tai Chi, 1p Cheerfull Chatter & Coffee, 1p Games /Puzzles /Cards/Euchre, 2p Pickleball, Matinee Discount at Charlevoix Cinema for Seniors	24. 8a Coffee Talk, Walkers, 8a - 12p Open Exercise, 10a Crafts, 12:30p Cardio Drumming, 12:30p Grief Support Group, 1p Cheerful Chatter & Coffee, 1p Games/Puzzles/ Cards/Euchre, 2p Pickleball
27. 8a Coffee Talk, Walkers, 8-9:45a Advanced Pickleball, 9:30a Fit & Balance w/ Becki, 10p Cardio Drumming, 12:30p Cardio Drumming, 1p Cheerful Chatter & Coffee, 1p Games /Puzzles/Cards/ Euchre, 2p Beginners Pickleball	28. 8a Coffee Talk, Walkers, 10a Line Dancing, 10:45a Beach Ball Kicker Class, 12:45p Movie Day at the Center, 1p Cheerful Chatter & Coffee, 1p Games /Puzzles /Cards/Euchre, 2p Beginners Pickleball	29. 8a Coffee Talk, Walkers, 10a Cardio Drumming, 12:30p Cardio Drumming, 1p Cheerful Chatter & Coffee, 1p Games /Puzzles/Cards /Euchre, 2p Pickleball, 5p-6p Wed Dinner -Old Hollywood Galmour - Music Ken D	30. 8a Coffee Talk, Walkers, 9:30a Tai Chi, 1p Cheerfull Chatter & Coffee, 1p Games /Puzzles /Cards/Euchre, 2p Pickleball, Matinee Discount at Charlevoix Cinema for Seniors	31. 8a Coffee Talk, Walkers, 8a - 12p Open Exercise, 10a Crafts, 12:30p Cardio Drumming, 12:30p Grief Support Group, 1p Cheerful Chatter & Coffee, 1p Games/Puzzles /Cards/Euchre, 2p Pickleball

Beaver Island COA Activities for July 2026 - Dawn @ (231)448-2124

Monday	Tuesday	Wednesday	Thursday	Friday
Vouchers are sold at the COA BI Office during COA Office Hours and at Activities by COA Staff. Vouchers can also be purchased through the mainland COA Office.	ALL Activities are held at the Peaine Township Hall unless otherwise noted.	1. 12:30p - 2:30p Office Hours, 3p-4p Beachball Kicker Exercise, 4p-5p Golden Picklers-Pickleball	2. 9a-9:30a Office Hours, 10a Cardio Drumming, 11a Art Therapy Social, 12p- 2p Office Hours	3. All COA Centers & Offices are CLOSED.
6. 9a-9:30a Office Hours, 10a Cardio Drumming, 11a Art Therapy Social, 12p- 2p Office Hours	7. 9a-2p Office Hours	8. 12:30p - 2:30p Office Hours, 3p-4p Beachball Kicker Exercise, 4p-5p Golden Picklers-Pickleball	9. 9a-9:30a Office Hours, 10a Cardio Drumming, 11a Art Therapy Social, 12p- 2p Office Hours	10. 9a-2p Office Hours
13. 9a-9:30a Office Hours, 10a Cardio Drumming, 11a Art Therapy Social, 12p- 2p Office Hours	14. 9a-2p Office Hours	15. 12:30p - 2:30p Office Hours, 3p-4p Beachball Kicker Exercise, 4p-5p Golden Picklers-Pickleball	18. 9a-9:30a Office Hours, 10a Cardio Drumming, 11a Art Therapy Social, 12p- 2p Office Hours	17. 9a-2p Office Hours
20. 9a-9:30a Office Hours, 10a Cardio Drumming, 11a Art Therapy Social, 12p- 2p Office Hours	21. 9a-2p Office Hours	22. 12:30p - 2:30p Office Hours, 3p-4p Beachball Kicker Exercise, 4p-5p Golden Picklers-Pickleball	23. 9a-9:30a Office Hours, 10a Cardio Drumming, 11a Art Therapy Social, 12p- 2p Office Hours	24. 9a-2p Office Hours
27. 9a-9:30a Office Hours, 10a Cardio Drumming, 11a Art Therapy Social, 12p- 2p Office Hours	28. 9a-2p Office Hours	29. 12:30p - 2:30p Office Hours, 3p-4p Beachball Kicker Exercise, 4p-5p Golden Picklers-Pickleball	30. 9a-9:30a Office Hours, 10a Cardio Drumming, 11a Art Therapy Social, 12p- 2p Office Hours	31. 9a-2p Office Hours

There are many senior program opportunities on Beaver Island, and not all are through the COA. Please check other organization’s calendars for information.

JULY 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

JULY 7 TUES 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions All Breakfasts include Yogurt, Maple Syrup & OJ	JULY 3 FRI All Charlevoix County Senior Centers and Offices are CLOSED. NO Breakfast
JULY 14 TUES Biscuits & Gravy, 1 Oven Baked Egg, Warm Applesauce All Breakfasts include Yogurt & Orange Juice	JULY 10 FRI 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions All Breakfasts include Fresh Fruit, Maple Syrup & OJ
JULY 21 TUES 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions All Breakfasts include Yogurt, Maple Syrup & Orange Juice	JULY 17 FRI 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions All Breakfasts include Fresh Fruit, Maple Syrup & OJ
JULY 28 TUES Breakfast Casserole: Eggs, Sausage, Cheese, Potatoes, Peppers & Onions All Breakfasts include Yogurt & Orange Juice	JULY 24 FRI 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions All Breakfasts include Fresh Fruit, Maple Syrup & OJ
JULY 31 FRI	2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions All Breakfasts include Fresh Fruit, Maple Syrup & OJ

Just for fun

Aging seems to be the only available way to live a long life.”

~Kitty O’Neill Collins

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:
Pickleball/ Crafter’s Social / Fun and Games/ Walkercize, Special Congreate Meals and a local Travel Club

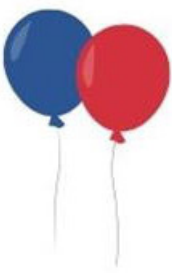
Beaver Island TO GO Meals
Beaver Island Senior’s 60 years old and older can order up to 20 cold or frozen meals a month from the mainland. These meals cost \$3.00 each. A NAPIS form and COA Code of Conduct must be completed by participants 60 years old and their spouse if 59 years old and under before 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 Shamrock, The Beachcomber & 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.

4th of July Word Search

F O U R T H A U N I T E D S O
R R E F I R E W O R K S Y B D
E I E P A R A D E R W H I R A
E B E V A S F L A T G A T I T
N B L E O L U L I B E R E T H
A S D E C L A R A T I O N A I
T A U C D J U L Y G J U E I R
I M E M R E O T O A N M A N T
O I F A M A M R I G H T S T E
N C R C A E R A D O S O T H E
W J E R I G R E D A N S A I N
H U E A L I B E R T Y R T L I
I N D E P E N D E N C E E R B
T D O M E T A C P A T R S T Y
E A M E R I C A N B L U E W I



- AMERICA
BLUE
BRITAIN
DECLARATION
FIREWORKS
FLAG
FOURTH
- FREEDOM
INDEPENDENCE
JULY
LIBERTY
NATION
PARADE
RED
- REVOLUTION
RIGHTS
STATES
SUMMER
THIRTEEN
UNITED
WHITE

