

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!



*Sunflowers are a reminder to be strong, stand tall and
always find the light.*

Director's CORNER

Common Foot Problems in
Older Adults

Aging causes the body to
undergo changes, and the
feet are no exception. Seniors
are a group with some of the
highest cases of foot issues.
Age-related foot issues can
significantly impact your
mobility and independence,
especially when not managed
well. Due to this, senior foot
care is very important.

Below are foot issues that
tend to become more com-
mon with age:

#1 Cracked Heels: Mature
skin produces less oil and
elastin, leading to dry, cracked
skin on the heel. Gently exfo-
liating and moisturizing the
feet can help keep cracked
heel problems at bay.

#2 Fat Pad Atrophy: Fat pad
atrophy refers to the thinning
of the protective fatty pad-
ding on the soles of the feet.
While age-related fat pad
atrophy cannot be controlled,
supportive shoes with cush-
ioned insoles can help allevi-
ate painful symptoms.

#3 Corns and Calluses: Corns
and calluses are thickened
areas of skin that develop
due to repetitive friction or
pressure on the feet. Wearing
footwear that does not cause
friction on the toes and using
moisturizers can help prevent
these from forming.

#4 Ingrown Toenails: An
ingrown toenail is a result
of a nail growing into the
surrounding skin. If you are a
senior or belong to a high risk
group, entrust the trimming
of toenails to a podiatrist or
foot and ankle doctor.

#5 Bunions: Bunions form at
the base of the big toe. They
can cause pain, swelling, and
difficulty in finding comfort-
able footwear. Wearing shoes
with a wide toe box and using
foot padding can provide
relief from bunion discomfort.

#6 Hammertoe: Hammertoe
is a condition characterized
by an abnormal bend in one
or more toes, causing them to
appear bent or curled. Wear-
ing wider shoes and using or-
thotic inserts can help prevent
and manage this issue.

#7 Plantar Fasciitis: Plantar



fasciitis is the inflama-
tion of the thick band
of tissue that runs along
the bottom of the foot.
Stretching exercises and
the use of orthotic inserts
can help relieve symp-
toms.

#8 Arthritis: Arthritis
causes the joints in the
foot to become inflamed,
causing pain and stiffness.
Foot arthritis or ankle
arthritis require specialized
care, which may involve
bracing and corticosteroids
to make symptoms man-
ageable.

#9 Diabetic Foot Ulcer:
Diabetic foot ulcers are
open sores or wounds that
commonly occur in indi-
viduals with diabetes, a
condition which becomes
more common with age.
Controlling diabetes and
diabetic foot management
can help minimize serious
risks from diabetes-related
foot ulcers.

#10 Neuroma: Neuroma,
specifically Morton's neu-
roma, is a painful condition
that affects the nerves be-
tween the metatarsal bones
in the foot. Ice can help
ease symptoms of neuro-
ma, but surgery is often the
most reliable treatment for
it.

#11 Fallen Arches: Aging
can contribute to fallen
arches, often caused by
common age-related
conditions like arthritis and
a compromised posteri-
or tibial tendon, which is
what supports the arches.
Stretching and arch sup-
ports can help alleviate
symptoms.

Seniors should be pro-
active about their foot
health. Get Regular Foot
Exams, Practice Proper Foot
Hygiene, Wear Appropriate
Footwear, Do Foot Exercises,
Get a Foot Massage, and
Seek Prompt Treatment.

Also, we have foot clinics
to be utilized proventatively.

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](http://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

JUNE 2026 NOTABLE DATES

- | | |
|----|---|
| 1 | <i>Flip a Coin Day</i> |
| 2 | <i>Leave the Office Early Day</i> |
| 3 | <i>Repeat Day (I said “Repeat Day”)</i> |
| 4 | <i>Do Dah Day</i> |
| 5 | <i>Doughnut Day</i> |
| 6 | <i>Play Outside Day</i> |
| 7 | <i>Chocolate Ice Cream Day</i> |
| 8 | <i>Best Friends Day</i> |
| 9 | <i>Strawberry-Rhubarb Pie Day</i> |
| 10 | <i>Iced Tea Day</i> |
| 11 | <i>Say “Hi” Day</i> |
| 12 | <i>Peanut Butter Cookie Day</i> |
| 13 | <i>Weed Your Garden Day</i> |
| 14 | <i>Flag Day</i> |
| 15 | <i>Smile Power Day</i> |
| 16 | <i>Fudge Day</i> |
| 17 | <i>Root Beer Day</i> |
| 18 | <i>Picnic Day</i> |
| 19 | <i>Juneteenth</i> |
| 20 | <i>Vanilla Milkshake Day</i> |
| 21 | <i>Father’s Day / Summer Begins!!</i> |
| 22 | <i>Being You Day</i> |
| 23 | <i>Pink Flamingo Day</i> |
| 24 | <i>Swim a Lap Day</i> |
| 25 | <i>Handshake Day</i> |
| 26 | <i>Chocolate Pudding Day</i> |
| 27 | <i>Sunglasses Day</i> |
| 28 | <i>Log Cabin Day</i> |
| 29 | <i>Camera Day</i> |
| 30 | <i>Outfit of the Day</i> |

**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 June 2026-Krista @ (231)582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
1. 10a Mindful Meditation, 10:30a Beachball Kickier Class, 10:45a Roll Out Class, 11a Price Is Right Game, 12:30p Card Bingo, 1:30p Mystery Bingo	2. 10a Mindful Meditation, 10:30a Coffee & Vinyl on the patio, 11a Info Table for Insect Repellant Awareness Day, 12:30p Card Bingo, 1:30p Summer Writing Workshop	3. Wednesday Night Dinner: Under the Sea Senior Prom: Meal Served 4:30p-5:30p, 4p Live Music by Michigan Sands	4. 10a Mindful Meditation, 10:30a Coffee & Vinyl on the patio, 11:45a Presentation for Alzheimer's & Brain Awareness Month, 12:30p Bingo, 1p Nature Scavenger Hunt w/ Prizes for Nat'l Great Outdoors Month	5. 10a Mindful Meditation, 10:30a Beachball Kicker Class, 10:45a Roll Out Class, 11:45a Native Plant Presentation by Skylar MacNaughton, 11:30a Live Music by \$ in a Juke Box, 12:30p Card Bingo, 1:30p Musician's Jam Circle
8. 10a Mindful Meditation, 10:30a Beachball Kickier Class, 10:45a Roll Out Class, 11:45a Presentation for Loneliness Awareness Week, Special Treat, 12:30p Card Bingo, 1:30p BASC Birdhouse Decorating Class	9. 10a Mindful Meditation, 10:30a Coffee & Vinyl on the patio, 11:15a Drop N' Shop, 11a Blood Pressure Clinic, 12:30p Card Bingo, 1:30p Summer Writing Workshop	10. Wednesday Night Dinner: Jartie Party (Jeans Night): Meal Served 4:30p-5:30p, 4p Live Music by OJ Adkins	11. 10a Mindful Meditation, 10:30a Coffee & Vinyl on the patio, 11:30a Sourdough Pop Up Shop w/ Crafted by Allysa, 11:45a Herbs & Spices Presentation by the Spice & Tea Exchange of Bellaire, 12:30p Bingo, 1p Popcorn & a Movie "Short Circuit"	12. 10a Mindful Meditation, 10a Tech Support w/ Nick, 10:30a Beachball Kicker Exercise Class, 10:45a Roll Out Class, 11:30a Live Music by Vintage, 12:30p Bingo, 1p Summer Seashell Initial Craft
15. 10a Mindful Meditation, 10:30a Beachball Kicker Class, 10:45a Roll Out Class, 11:30a Music Paul Harris, 12:30p Card Bingo, 1:30p Summer Button/Painting Craft	16. 10a Mindful Meditation, 10:30a Coffee & Vinyl on the patio, 11a Special Treat for Fresh Veggies Day, 12:30p Card Bingo, 1:30p Summer Writing Workshop	17. Wednesday Night Dinner: Father's Day Celebration: Meal Served 4:30p-5:30p, 4p Live Music Michigan Sands	18. 10a Mindful Meditation, 10a-12p Dockside Books Pop Up Shop, 10:30a Coffee & Vinyl on the Patio, 11a Skegemog Raptor Center Presentation, 12:30p Bingo, 1p Bubble Party for Aging without Apologies Month	19. All COA Centers are CLOSED.
22. Celebration Day, 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 10:45a Roll Out Class, 12:30p Card Bingo, 1:30p Craft for Pink Flamingo Day	23. 9:30a Veteran Social, 10a Mindful Meditation, 10:30a Coffee & Vinyl on the patio, 11:15a Drop N' Shop, 12:30p Card Bingo, 1:30p Summer Writing Workshop	24. Wednesday Night Dinner: Alice in Wonderland: Meal Served 4:30p-5:30p, 4p Live Music Gaeyle Gerrie-Baoss of the Boyne Arts Center	25. 10a Mindful Meditation, 10:30a Coffee & Vinyl on the patio, 11a BASC Yard Sale Activity for Nat'l Upcycling Day, 12:30p Bingo, 1p Popcorn & a Movie "Ricki & the Flash".	26. 10a Mindful Meditation, 10:30a Beachball Kicker Exercise Class, 10:45a Roll Out Class, 11a Live Music by Vintage, 12:30p Bingo, 1p Creamy Lemonade Recipe Workshop for Nat'l Lemon Month
29. 10a Mindful Meditation, 10:30a Beachball Kickier Class, 10:45a Roll Out Class, 11a Info Table Nat'l Migraine & Headache Awareness, 11a Lucky Stars 12:30p Card Bingo, 1:30p Mystery Bingo	30. 10a Mindful Meditation, 10:30a Coffee & Vinyl on the patio, 11a Blood Pressure Clinic, 11a Special Treat for Nat'l Cucumber Month, 12:30p Card Bingo, 1:30p Summer Writing Workshop	Wednesday Nights Dinners are Back! Call BASC for Haircut Appt's w/ EnVogue Salon	Foot Clinic Dates: Tuesday 6/2/26 Monday 6/15/26 Wednesday 6/24/26	The BASC is OPEN FULL- TIME 8a-4pMon-Fri with activities all day long! Exercise Room is open all day everyday Mon-Fri, 8a-4p

East Jordan Activity Calendar

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

Monday	Tuesday		Thursday	Friday
1. 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	2. 8a-10a Walking, 8:30a-10a Open Pickleball, 9:30a Coffee Hour, 10a Knit & Crochet, 11a Blood Pressure Clinic, 12:30 Euchre	6. 4:30p Wednesday Night Dinner - Senior Prom, 4:30p Barry Loper, 5:30p Card Bingo	4. \$\$\$ Hair Cuts, 8a-10a Walking, 10:30a Cardio Drumming, 12:15 Texas Hold'em	5. Celebration Day/Ice Cream, 8a-10a Walking, 11:30a Live Music by Barry Loper, 12:30p Card Bingo, Mexican Poker after Cards, 50/50 Drawing
8. 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	9. 8a-10a Walking, 8:30a-10a Open Pickleball, 9:30a Coffee Hour, 10a Knit & Crochet, 11a Blood Pressure Clinic, 12:30 Euchre	10. 4:30p Wednesday Night Dinner - Jartie Party, 4:30p 2 Beats, 5:30p Card Bingo	11. 8a-10a Walking, 10a Board Meeting, 10a Chamber Chat w/ Mary, 10:30a Cardio Drumming, 12:15 Texas Hold'em	12. 8a-10a Walking, 11:30a Live Music by 2 Beats, 12:30p Card Bingo, Mexican Poker after Cards, 50/50 Drawing
15. 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	16. 8a-10a Walking, 8:30a-10a Open Pickleball, 9:30a Coffee Hour, 10a Veteran Social, 10a Knit & Crochet, 12:30 Euchre	17. 4:30p Wednesday Night Dinner - Father's Day Celebration, 4:30p Tim & Lisa, 5:30p Card Bingo	18. 8a-10a Walking, 10:30a Cardio Drumming, 12:15 Texas Hold'em	19. All COA Centers are CLOSED.
22. 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	23. 8a-10a Walking, 8:30a-10a Open Pickleball, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30 Euchre	24. 4:30p Wednesday Night Dinner - Alice in Wonderland, 4:30p Charlie, 5:30p Card Bingo	25. 8a-10a Walking, 10:30a Cardio Drumming, 12:15 Texas Hold'em	22. 8a-10a Walking, 11:30a Live Music by Charlie, 12:30p Card Bingo, Mexican Poker after Cards, 50/50 Drawing
29. 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	30. 8a-10a Walking, 8:30a-10a Open Pickleball, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30 Euchre	Wednesday Night Dinners are now served from 4:30p-5:30p.	Foot Clinic Dates: Friday 6/5/26 Thursday 6/18/26 Tuesday 6/30/26	

ALL Charlevoix County Senior Center Menus

Charlevoix County Senior Centers

June Menu

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Roast Beef & Cheddar on an Onion Roll, Ranch Wedge Fries, Vegetable, Fruit. WEEKLY ALTERNATIVE: Chicken Ceaser Kit	02 Broccoli & Cheddar Stuffed Chicken Topped with Alfredo Sauce, Diced Potatoes w/ green onions, Vegetable, Fruit.	03 Senior Prom: Roast Turkey & Stuffing, Mashed Potatoes & Gravy, Round Carrots, Side Salad, Fruit, White Cake	04 Ham & Cheese Stromboli, Side of pasta alfredo, Vegetable, Fruit.	05 Pepper Steak, Mixed Peppers & Onions, Seasoned Rice, Spring Rolls, Fruit
08 Breaded Chicken Breast w/ Country Gravy, Au Gratin Potatoes, Vegetable, Fruit. WEEKLY ALTERNATIVE: Italian Sub Sandwich	09 Turkey Rachel Rueben, Coleslaw, Swiss Cheese, 1000 Island Dressing, Waffle Fries, Bag of Chips, Vegetables, Fruit.	10 Jartie Party: Mom’s Meatloaf, Mashed Potatoes, Gravy, Side Salad, Vegetable, Fruit, Ice Cream Sundaes.	11 Chicken Stew, Stewed Vegetables, Diced Potatoes, Served over a biscuit, Fruit.	12 Cuban Sandwich, Pulled Pork, Sliced Ham, Pickles, Swiss, Ranch Wedge Fries, Vegetable, Fresh Diced Pineapple
15 Parmesan crusted Tilapia, Serasoned Rice, Vegetable, Fruit WEEKLY ALTERNATIVE: Chef Salad	16 Smothered Pork Chop, Creamy Mushroom Gravy, Au Gratin Potatoes, Vegetable, Fruit.	17 Father’s Day Dinner: Roast Beef, Mashed Potatoes & Gravy, Green Beans, Cole Slaw, Chocolate Cake	18 Bacon Cheese Burger, Ranch Wedge Fries, Vegetable, Fruit.	19 All Senior Centers and COA Offices are CLOSED.
22 Polish Sausage & Sauerkraut on Bun, Tater Tots, Vegetable, Fruit. WEEKLY ALTERNATIVE: Ham Pinwheel	23 Large Turkey Meatball, Onion Gravy, Mashed Potatoes, Vegetable, Fruit.	24 Alice in Wonderland: Dodo Legs (chicken drumsticks), Scalloped Potatoes, Bread Stick, Side of Pasta Salad Vegetable, Fruit, Cupcake	25 Vegetable Lasagna, Carrot & Spinich, Garlic Cheese Biscuit, Vegetable, Fruit	26 Nacho Day: Taco Meat, Cheese Sauce, Rice & Corn Fiesta Mix, Tortilla Chips & Salsa, Fruit
29 COOKS CHOICE Potato, Vegetable, Fruit WEEKLY ALTERNATIVE: Roast Beef Wrap	30 Cold Seafood Pasta Salad, Tomato & Cucmber Salad, Broccoli Slaw, Fruit	Wednesday Night Dinners are BACK! We have more Summer fun planned on these days so stop by for the fun		

- 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!!!!

FATHER’S DAY CELEBRATION: WEDNESDAY 6/17

STATE PLATE DAY: FRIDAY 6/12 - FLORIDA

ALL SENIOR CENTERS & COA OFFICES - CLOSED FRIDAY 6/19

Charlevoix Activity Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
1. 8a Coffee Talk, Walkers, 8-9:45a Advanced Pickleball, 9:30a Fit & Balance w/ Becki, 10p Cardio Drumming, 12:30p Cardio Drumming, 1p Games /Puzzles /Cards/Euchre, 2p Beginners Pickleball	2. 8a Coffee Talk, Walkers, 10a Line Dancing, 10:45a Beach Ball Kicker Exercise, 11:45a AAANM Presentation, 12:30p Veteran’s Social, 12:30p Cardio Drumming, 1p Games /Puzzles /Cards/Euchre, 2p Beginners Pickleball	3. 8a Coffee Talk, Walkers, 10a Cardio Drumming, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games /Puzzles /Cards/Euchre, 2p Pickleball, 5p-6p Wed Night Dinner - Senior Prom - DJ Kevin Henderson	4. 8a Coffee Talk, Walkers, 1p Games /Puzzles /Cards/Euchre, 2p Pickleball, Matinee Discount at Charlevoix Cinema for Seniors	5. 8a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games /Puzzles /Cards/Euchre, 2p Pickleball
8. 8a Coffee Talk, Walkers, 8-9:45a Advanced Pickleball, 9:30a Fit & Balance w/ Becki, 10p Cardio Drumming, 10a-3p AARP Driving Class, 12:30p Cardio Drumming, 1p Games /Puzzles /Cards/Euchre, 2p Beginners Pickleball	9. 8a Coffee Talk, Walkers, 10a Line Dancing, 10:45a Beach Ball Kicker Exercise, 12:45p Movie Day @ Center, 1p Games /Puzzles /Cards/Euchre, 2p Beginners Pickleball	10. 8a Coffee Talk, Walkers, 10a Cardio Drumming, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games /Puzzles /Cards/Euchre, 2p Pickleball, 5p-6p Wed Night Dinner - Jartie Party - Jeans Night	11. 8a Coffee Talk, Walkers, 12:30p Human Trafficking Presentation, 1p Games /Puzzles /Cards/Euchre, 2p Pickleball, Matinee Discount at Charlevoix Cinema for Seniors	12. 8a Coffee Talk, Walkers, 10a Crafts, 11a NoMich Sourdough Pop Up Shop, 12:30p Cardio Drumming, 12:30p Grief Support Group, 1p Games /Puzzles /Cards/Euchre, 2p Pickleball
15. 8a Coffee Talk, Walkers, 8-9:45a Advanced Pickleball, 9:30a Fit & Balance w/Becki, 10a Cardio Drumming, 12:30p Cardio Drumming, 1p Games /Puzzles /Cards/Euchre, 2p Beginners Pickleball	16. 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 Games /Puzzles /Cards/Euchre, 2p Beginners Pickleball	17. 8a Coffee Talk, Walkers, 10a Cardio Drumming, 12:30p Cardio Drumming, 1p Games /Puzzles /Cards/Euchre, 2p Pickleball, 4p Crazy Kakeaholic Pop Up Shop, 5p-6p Wed Night Dinner - Father’s Day Celebration - Music Ken Dinkins	18. 8a Coffee Talk, Walkers, 11a Hand Massages w/ Ruth from Compasses, 1p Games /Puzzles /Cards/Euchre, 2p Pickleball, Matinee Discount at Charlevoix Cinema for Seniors	19. All COA Centers & Offices are CLOSED.
22. 8a Coffee Talk, Walkers, 8-9:45a Advanced Pickleball, 9:30a Fit & Balance w/Becki, 10a Cardio Drumming, 12:30p Cardio Drumming, 1p Games /Puzzles /Cards/Euchre, 2p Beginners Pickleball	23. 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 Games /Puzzles /Cards/Euchre, 2p Beginners Pickleball	24. 8a Coffee Talk, Walkers, 10a Cardio Drumming, 12:30p Cardio Drumming, 1p Games /Puzzles /Cards/Euchre, 2p Pickleball, 5p-6p Wed Night Dinner - Alice in Wonderland	25. 8a Coffee Talk, Walkers, 1p Games /Puzzles /Cards/Euchre, 2p Pickleball, Matinee Discount at Charlevoix Cinema for Seniors	26. 8a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 12:30p Grief Support Group, 1p Games /Puzzles /Cards/Euchre, 2p Pickleball
29. 8a Coffee Talk, Walkers, 8-9:45a Advanced Pickleball, 9:30a Fit & Balance w/Becki, 10a Cardio Drumming, 12:30p Cardio Drumming, 1p Games /Puzzles /Cards/Euchre, 2p Beginners Pickleball	30. 8a Coffee Talk, Walkers, 10a Line Dancing, 10:45a Beach Ball Kicker Class, 12:45p Movie Day at the Center, 1p Games /Puzzles /Cards/Euchre, 2p Beginners Pickleball, 4p Yoga	Wednesday Night Dinners begin 6/3/26. Dinner is served from 5p - 6p.	Safe Havens’ Free Breakfast Club is every Tuesday and Friday from 8a- 9a on the days the Center is open.	Foot Clinic Dates: Thursday, 6/4/26 Wednesday 6/17/26 Monday 6/22/26 Monday 6/29/26

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

Monday	Tuesday	Wednesday	Thursday	Friday
1. 9a-9:30a Office Hours, 10a Cardio Drumming, 11a Art Therapy 2 - Nature, 12:30p- 2p Office Hours	2. 9a-2p Office Hours	24. 12:30p - 2:30p Office Hours, 3p-4p Beachball Kicker Exercise, 4p-5p Golden Picklers-Pickleball	4. 9a-9:30a Office Hours, 10a Cardio Drumming, 11a Art Therapy 2 - Nature, 12p- 2p Office Hours	5. 9a-2p Office Hours
8. 9a-9:30a Office Hours, 10a Cardio Drumming, 11a Art Therapy 2 - Nature, 12:30p- 2p Office Hours	9. 9a-2p Office Hours	24. 12:30p - 2:30p Office Hours, 3p-4p Beachball Kicker Exercise, 4p-5p Golden Picklers-Pickleball	11. 9a-9:30a Office Hours, 10a Cardio Drumming, 11a Art Therapy 2 - Nature, 12p- 2p Office Hours	12. 9a-2p Office Hours
15. 9a-9:30a Office Hours, 10a Cardio Drumming, 11a Art Therapy 2 - Nature, 12:30p- 2p Office Hours	16. 9a-2p Office Hours	24. 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 2 - Nature, 12p- 2p Office Hours	19. All COA Centers & Offices are CLOSED.
22. 9a-9:30a Office Hours, 10a Cardio Drumming, 11a Art Therapy 2 - Nature, 12:30p- 2p Office Hours	23. 9a-2p Office Hours	24. 12:30p - 2:30p Office Hours, 3p-4p Beachball Kicker Exercise, 4p-5p Golden Picklers-Pickleball	25. 9a-9:30a Office Hours, 10a Cardio Drumming, 11a Art Therapy 2 - Nature, 12p- 2p Office Hours	26. 9a - 12p Office Hours, 1p Senior Hawaiian Dessert Social & BINGO @ Peaine Township Hall with Prizes
29. 9a-9:30a Office Hours, 10a Cardio Drumming, 11a Art Therapy 2 - Nature, 12:30p- 2p Office Hours	30. 9a-2p Office Hours	ALL Activities are held at the Peaine Township Hall unless otherwise noted.		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.

JUNE

June national days word search printable from Always the Holidays

G O F I S H I N G D A Y Y A D

E L P O C Y T E G G D A Y L Y

Y Y S Y O H A N D E D D E K O

E A A A Y D E D E V I M I S Y

W D F D R A T E T E C A N A O

E S E T I N D R S A T R D P D

A R D U R N O E U E E D O A

R E A N K L I M V C D P N A Y

D H Y O O A K T Y I K A E U Y

A T R C L E G A R H L D Y R J

Y A D O H I D P S A G O A M K

E F S C N O T D A Y M T S Y A

G I M D F B S E L F I E D A Y

A L A U G A Y A D S W O D I W

P Y B L O O D D O N O R D A Y

COCONUT DAY
JUNETEENTH
LGBT PRIDE DAY
GO FISHING DAY
VCR DAY
COLOR TV DAY
MARTINI DAY

SELFIE DAY
EYEWEAR DAY
YOYO DAY
REPEAT DAY
UFO DAY
BLOOD DONOR DAY
GIN DAY

FOOD TRUCK DAY
FATHERS DAY
EGG DAY
WIDOWS DAY
CHEESE DAY
OLIVE DAY
SAFE DAY



Just for fun

Why age gracefully when you can age like an old cheese – full of character and slightly offensive.

JUNE 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	
JUNE 2 TUES Breakfast Burrito: Eggs, Sausage, Cheese, Pico De Gallo & Cheesy Tater Tots All Breakfasts include Yogurt & Orange Juice	JUNE 5 FRI 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions All Breakfasts include Fresh Fruit, Maple Syrup & OJ
JUNE 9 TUES Biscuits & Gravy, 1 Oven Baked Egg, Warm Applesauce All Breakfasts include Yogurt & Orange Juice	JUNE 12 FRI 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions All Breakfasts include Fresh Fruit, Maple Syrup & OJ
JUNE 16 TUES 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions All Breakfasts include Yogurt & Orange Juice	JUNE 19 FRI All Charlevoix County Senior Centers and Offices are CLOSED. NO Breakfast
JUNE 23 TUES Breakfast Casserole: Eggs, Sausage, Cheese, Potatoes, Peppers & Onions All Breakfasts include Yogurt & Orange Juice	JUNE 26 FRI 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions All Breakfasts include Fresh Fruit, Maple Syrup & OJ
JUNE 30 TUES 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions All Breakfasts include Fresh Fruit, Maple Syrup & OJ	

Beaver Island Activities and Update
Contact the BI COA for more information at (231) 448-2124 or The COA Main Office at 231-237-0103

The COA Office Hours and Activities will be on the COA Facebook Page and the COA Website. You can also get a calendar at either the BI COA Office or from the Mainland COA Office.

We have added the following activities like the mainland centers:
Crafter’s Social /Fun and Games /Walkercize, Special 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.