

SERVICES AND
ACTIVITIES OFFERED:

Lunch, Meals on Wheels, Food Commodities, help with tax credits, craft class, computer lab, bingo, cards, exercise, library, birthday/holiday celebrations.



MISSION STATEMENT:

Providing opportunities for seniors of all means to improve their quality of life through advocacy, education, housing, nutrition, volunteerism and support services



The Menominee-Delta-Schoolcraft Community Action Agency, with both public and private funding sources, has been offering a myriad of services since 1965 to help people of all means improve their quality of life. These times continue to demonstrate the need for the Community Action Agency and its programs:

- ▶ Early Childhood Education (including Head Start)
- ▶ Weatherization and Energy Education.
- ▶ Heat and other emergency assistance.
- ▶ Commodity Food Programs.
- ▶ Senior Services (including home delivered meals, in-home senior services, Medicare/Medicaid assistance, tax credit assistance).
- ▶ Volunteer opportunities through the Retired and Senior Volunteer Program, Foster Grandparent Program and Senior Companion Program are needed now more than ever.

Escanaba Senior Center

Helping seniors meet their social, nutritional and health needs



**Menominee-Delta-Schoolcraft CAA
Escanaba Senior Center**
225 N. 21st St. (Bonifas Civic Center)
Escanaba, MI 49829
Lydia LaPalm, Center Administrator
Center Hours..... Mon.-Fri., 8-3
Phone (906) 786-8850
Fax (906) 786-0974
Email llapalm@mdscaa.org

**Sally Kidd, Senior Services
Program Director, (906) 786-7080**



CAA is an equal opportunity provider and employer.

Revised January 2017

ESCANABA SENIOR CENTER SERVICES AND ACTIVITIES

Congregate Meals

Noon meals are served Mondays through Fridays at the Center. Holidays and birthdays are celebrated with a lunch party. Seniors love this opportunity to get together, enjoy a delicious lunch and socialize. Suggested donation is \$3. Coupon books are available.

Home Delivered Meals

The Home Delivered Meal Program is designed to assist homebound seniors with their dietary needs. The meals are a blend of good taste and balanced nutrition. They are delivered to the homes of seniors who are not able to attend Congregate Meal Sites.

The Home Delivered Meal Program provides meals each day of the week, if necessary. Normally, hot meals are delivered Monday through Friday with frozen dinners available for the weekend. Meals are delivered to the homes of eligible participants by trained staff.

Suggested donation per meal is \$3. Bridge Card is accepted.



Food Assistance

The Community Action Agency provides two commodity food programs – one offered monthly and the other quarterly. Call the center for income guidelines or to make an appointment to apply for the program.

Medicare/Medicaid Assistance

The Medicaid/Medicare Assistance Program (MMAP) provides accurate, objective information and valuable assistance that will help Medicare recipients better understand benefits and how to access them.

Help With Applications, Forms

Assistance with completing various tax forms, including homestead property and home heating tax credit, Bridge Card, etc. **Provided by appointment only.**

Activities

(See center calendar for specific days and times.)

EXERCISE: Many different exercise programs take place at the center, such as line dancing and Sit and Be Fit. A treadmill and exercise bike are located in the center library.

LIBRARY: It's filled with lots of books and puzzles for all to enjoy. This is a "free-lending" library ... books can be donated as well as taken out for a good read.

COMPUTER LAB: Internet and e-mail available during regular office hours. Scheduled assistance available. Call for dates or times or check the center's monthly newsletter. Remember to visit www.mdscaa.org.

CRAFT CLASS: Meets once a month. Call for dates or times or check the center's monthly newsletter.

BINGO & CARDS: Bingo 1 p.m. Tuesdays. Card players meet in the center dining room. Also check center monthly calendar for more dates and times.