

**MENOMINEE DELTA SCHOOLCRAFT
COMMUNITY ACTION AGENCY**

Senior Services

VISIT OUR WEBSITE AT MDSCAA.ORG

CHECK US OUT ON FACEBOOK

**MONTHLY NEWSLETTER
JANUARY, 2025 Vol. 12 No. 1**



**THIS MONTH'S MENU FOR ALL
SENIOR CENTER IS ON PAGE 11.**

ESCANABA (p. 2-5)

225 N. 21st St.
Escanaba, MI 49829
Phone: (906) 786-8850
Hours: M-F 8-3

HERMANVILLE (p. 12-13)

W5480 1st St.
Hermansville, MI 49847
Phone: (906) 498-7735
Hours: M-F 9-3

MID-COUNTY (p. 14-15)

202 S. US 41
Daggett, MI 49821
Phone: (906) 753-6986
Hours: M-F 8-3

GLADSTONE (p. 8-9)

303 N. 8th St.
Gladstone, MI 49837
Phone: (906) 428-2201
Hours: M-F 8:30-3:30

MENOMINEE (p. 6-7)

905 10th St.
Menominee, MI 49858
Phone: (906) 863-3256
Hours: M-F 8-3

ROCK AREA (p. 10-11)

3892 W Maple Ridge 37th Rd
Rock, MI 49880
Phone: (906) 356-6420
Hours: MWTh 8-3 Tu 11-7

HARBORS
RETIREMENT COMMUNITY

*Excellence in Senior Living
at Affordable Prices*

Apartments Available!
www.harborcommunity.com
906.863.3300

**NORTHWOODS
REHABILITATION**

The Choice is Yours.

2 Convenient Locations
Escanaba 789-2404
Gladstone 428-3085

um UPPERMICHIGANLAW.COM

JESSICA BRAY, GABE CAMERON, SAM LARRABEE, KATIE CLARK

**FIGHT BACK WITH THE RIGHT PROTECTION
CALL (906) PROTECT**

Garceau
INSURANCE AGENCY

"Customer Service is Our Most Important Policy"

**MEDICARE
ANNUAL ELECTION PERIOD
October 15 thru December 7**

Call Margo
906-789-0900

**Harbor
Towers**

Seniors (62 & Older) go to the top of the waiting list. Placement for Seniors should be very quick.

Safe and Secure building.
**Call with questions.
906-786-6229**

**NORTHLAND LUTHERAN
RETIREMENT COMMUNITY, INC**

LUTHER MANOR

Assisted living offering three meals per day, personal care, medication management, activities, private rooms with private baths and spacious 2 room suites in a safe and secure environment.

Our excellent **Staff Members** can offer you the care you need and the independence you desire.

MARINETTE, WI
715-732-5800
www.northlandlutheranwi.com

Bishop Noa Home
Sisters of St. Paul de Chartres

2900 3rd Avenue South, Escanaba, MI
tel: (906) 786-5810 • fax: (906) 786-5372
www.bishopnoahome.com

Crawford
FUNERAL HOMES

Escanaba (906) 786-0074
Bark River (906) 466-2211
www.crawfordfuneralhomes.net

DIRECTORS
JAMES D. CRAWFORD
CAREN L. CRAWFORD
DONALD J. CRAWFORD

Community Action Agency Services

Do you know what Community Action Agency does?

Community Action Agency is Head Start and Human Resources Authority, Inc together. Community Action Agency employees approximately 230 people. Listed below are the departments and services offered to people in Delta, Menominee, Schoolcraft counties.

Adult Day Services — 2635 1st Ave S, Escanaba, 906-789-2886 is geared to meet the needs of those with Alzheimer's disease and related dementias.

Client Services — Client Service Centers are available in Menominee, Delta and Schoolcraft Counties to assist people who are struggling financially due to unexpected circumstances like shut offs for heat or water. Information and referral to other services and budgeting.

CSFP / TEFAP — Throughout the year Senior Services provides two food distribution programs — the Commodity Supplemental Food Program (CSFP) and The Emergency Food Assistance Program (TEFAP). Eligibility for both programs is based on household income. Call your local Senior Center.

Early Childhood Program — The Early Childhood Program is dedicated to providing comprehensive services that support the healthy development of young children and their families. The program primarily serves low income families with children from birth to age 5 and pregnant women within Menominee, Delta and Schoolcraft Counties through Head Start, Early Head Start and Michigan Department of Education funding.

Foster Grandparent Program — Help guide students to higher academic achievement. Mentor children who need a little help. The Foster Grandparent program connects role models like you with young people with exceptional needs.

Homeless Assistance — The housing staff work with any individuals or families who are literally homeless or at imminent risk of homelessness at the time of entry and help people stabilize their housing needs by providing them with resources and access to housing programs.

In-Home Services — In-Home Services includes homemaker aide services (light housekeeping), respite care (provides companionship and supervision in relief of the primary caregiver), and home care assistance (assistance with activities of daily living).

Nutrition Services — The Congregate Meals Program is designed for the 60+ population. It provides an opportunity for people to come together for lunch in a group setting at one of our senior centers or carry out at this time. The Home Delivered Meal Program assists homebound seniors with their dietary needs. Hot meals are available Monday through Friday with frozen dinners available for the weekend.

Retired & Senior Volunteer Program — The largest volunteer network in the nation for people 55 and over. You can use the skills and talents you've learned over the years, or develop new ones while serving in a variety of volunteer activities within your community.

Senior Centers — The centers serve as community focal points, providing a wide range of activities and services for 60+ population, including congregate meals, games, dancing, exercise and informational presentations.

Senior Companion Program — Senior Companion volunteers add richness to the lives of their clients, while providing access to the community, including grocery shopping, transportation to medical appointments and opportunities for socialization.

Weatherization/Energy Services — The Weatherization Program provides free energy conservation services for eligible low-income households. The local agency determines applicant eligibility, performs the necessary inspections and contracts with qualified, licensed and insured private contractors to complete the work.

Welcome Newborns — Welcome Newborns mission is to promote the well being of children, improve parent-child relations and prevent child abuse and neglect.

**Call 906-786-7080 for more information about the above services with
Community Action Agency!**

NEW YEAR'S EVE WORD SCRAMBLE

utwdcnono _____
 ebeltreca _____
 idgitmhn _____
 ecfotitn _____
 hserec _____
 sinoerustol _____
 rpyta _____
 apelsrkr _____
 kinsamereo _____
 nlaboslo _____
 sogla _____
 rkwesifro _____
 aajrnyu _____
 uemtrieasqs _____
 eirmsome _____

New Year's Facts

Over 1 million people are at the NYC ball drop each year. The ball that is dropped in NYC is made from Waterford Crystal and weighs slightly more than a half a ton. **Julius Ceasar ruled the new year to begin on January 1.** The first New Year's celebrations date back 4,000 years. **Approximately 40-45% of Americans make a new year's resolution.**

The most popular resolutions are to exercise, eat healthy, save money, and spend time with family. **New year's resolutions typically last an average of 6 weeks.**

"Auld Lang Syne" is a traditional Scottish folk song that has become synonymous with New Year's celebrations around the world. The song reflects on the passing of time and the importance of cherishing old friendships and memories.

"Auld Lang Syne" translates to "old long since" or "days gone by".

IF YOU HAVE MEDICARE & MEDICAID

... you may qualify
for additional benefits.

As an experienced **local** independent agent, I work for you. Contact me if you'd like to set up an appointment to learn more about your specific Medicare health plan options.



Healthcare Solutions Team®
A Plan for Everyone



**Call me, Margie
The Insurance Gal at:
906-553-8684
mprestonlyon@myhst.com**

212 S 14th St • Escanaba, MI 49829

Not connected with the Federal Medicare program. This is an advertisement for insurance. We do not offer every plan available in your area. Any information provided is limited to those plans offered in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.



Birthday Celebration

January 29 at 12 noon

Join us to celebrate the January birthdays by dining in or pick up a lunch of **Pork Roast, Boiled Potatoes, Carrots, Dinner Roll, Fruit Cocktail, and Birthday Cake.**

If you have a birthday in January and a congregate meal reservation, we will put you in a birthday flower arrangement drawing. A card is given to those with a birthday in January with a gift inside.

Everyone who has a congregate meal reservation will be entered into a drawing for one of two \$10 gift cards from a local business. Suggested donation is \$4.50 for the meal. Limit 1 per person.

Call the center to reserve a meal before January 27.

906-786-8850

Medicare Open Enrollment

Not happy with your Medicare Advantage Plan for 2025 — You can change it until March 31

- ⇒ Are you confused with Medicare?
- ⇒ Do you know someone turning 65 this year?
- ⇒ Do you need help with your drug plan?
- ⇒ Do you know someone in a different state who needs help? I can give them their states info.
- ⇒ See if you qualify for “extra help” with your medications and Part B premiums.
- ⇒ Let us educate you on how Medicare works for you.
- ⇒ We can also help with Medicaid applications and redeterminations.

MMAP
MICHIGAN MEDICARE/MEDICAID
ASSISTANCE PROGRAM
Navigating Medicare

Call for an appointment
Escanaba Senior Center
906-786-8850

Toe Nail Clinic



The North Woods Home Health Nurses will be at the Escanaba Senior Center on January 9 & February 6 from 1:00–3:00 p.m.

Schedule your appointment by calling 786-8850. Cost is \$22 and bring your own bath towel.

Commodities Distribution Dates

CSFP commodities—for Seniors 60+ who prequalify by household income.

One set per household—every other month.

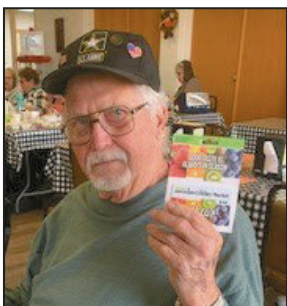


The next distribution is **Thursday, January 16** at 10 – 11 a.m. at the U.P. State Fairgrounds

DATA Bus will deliver CSFP monthly commodity boxes for seniors. Cost \$1 per box, paid to driver at delivery. Escanaba city limits only.

Call Senior Center at 786-8850 to get on this list. *This is an equal opportunity provider.*

Our Thanksgiving winners were: left to right - Marv K. and Mike V. won gift cards to Elmer's County Market. Winnie L. won 50/50, and Lois E. and Karen H. won dish towels. We ate a traditional turkey meal and were stuffed! Congratulation to you all!



TEFAP Food Distribution

Every Tuesday from 1–3 p.m. at the Escanaba Senior Center.



You will be required to provide your name address, household size, and how you are eligible. Participants must fall at or under 200% of the Federal poverty income guidelines. Current participants of SNAP, WIC, CSFP, FPDIR, and SSI automatically qualify. All income is self declared and must be self declared at each distribution in writing or verbally.

Call office for income guidelines.
You can visit once per calendar month.

This institution is an equal opportunity provider.



Congregate
“ **November** ”
Birthdays

Celeste S. won the flower arrangement from Wickert Floral.
Also happy birthday to Doug G., & Sherman M.



Congratulations Birthday Party Winners!



Winners of the November birthday drawing for a gift card to Harbor Freight were Dan R. and Dennis K. (left to right) *Congratulations!*



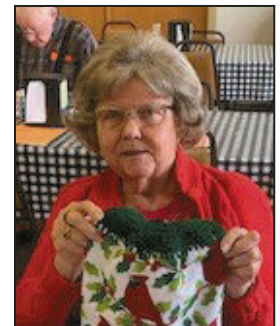
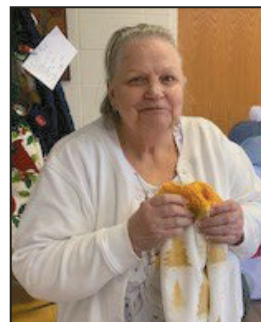
Weekly Activities

BINGO – Tuesday’s from 1–3 p.m.
25 cents per card / per game.

LINE DANCING – Monday & Thursday
from 1-2:30 p.m.

‘500’ CARDS – Wednesday’s
from 12:30–3 p.m.

A New Year A New You.
Get out and do something new this year!
Join us for some activities!



Towel winners were Pam B. and Lillian P. (left to right) Thank you Gayle S. for your handmade towel donations.

Start looking at your mail for the year end Social Security Statements. You will need this statement for Home Heating Credits, Homestead Property Tax Credits, and any other income tax related forms you file. Put in a safe place until tax season!



Visit us on Facebook for up-to-date information and more pictures.



Stop winter falls!
Walk like a penguin!
knees relaxed, toes pointing out, short steps, slow and deliberate, and hands free.



CAA Menominee Senior Center

905 10th St., Menominee
Phone: (906) 863-2158

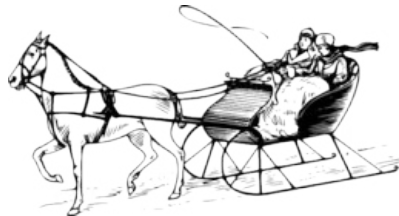
*Find us on Facebook!
(search for Menominee Senior Center)*

CAA/Menominee Senior Center business hours:

Monday through Friday 8:00 a.m. to 3:00 p.m.
Please call at least a day in advance to schedule your bus ride, or to reserve a meal.

December Trivia Question:/Answer:

In the song lyrics “Jingle Bells”, who was seated by his side on this sleigh ride?



ANSWER:
Miss Fanny Bright



Winter Weather Woes:

With winter weather usually getting worse about this time of year, please remember that if we cancel services due to the weather, all our cancellations are sent for announcement on local radio stations first. Then, we have connections to local TV stations too. Sometimes, it takes a little while to get our listing on the TV. We also make every effort to call our clients or their caregivers to make them aware.

JANUARY TRIVIA QUESTION:
January 15 is “National Hat Day”

“Does the Pope wear a funny hat? Yes, he does wear a few interesting hats. What is the name of the tall hat that is worn for ceremonial purposes? The one I am referring to is tall and more of a pointy egg shape? (See image to right for example)



- A.) Saturno
- B.) Yamaka
- C.) Mitre



HOLIDAY CLOSURE REMINDERS:
The center will be closed for the New Year holiday on these dates:
December 31 & January 1

GAME DAY: January 9

Winter is long and boring, and can be lonely. If you are looking for something to do, come on down and play games with us on Game Day on January 9th at 1pm. We have a variety of physical games, card-style games and more. Bring a friend, or make a new one here. Come down for lunch, and stay for game day. Or just join us for game day, and we will have some light refreshments in the afternoon. All are welcome to attend.



CRAFT DAY: JANUARY 15: The center will sponsor a craft day on January 15 at 1pm at the center. All are welcome to attend. We will supply the crafts, you bring your imagination. There is no cost, and light refreshments will be provided. Please call and let us know if you would like to attend to ensure we have enough for everyone.



HOT COCOA BAR: JANUARY 31

January 31 is “National Hot Chocolate Day”. Stop by our center and create your own cocoa confection at our “Hot Cocoa Bar”.

No cost-how sweet is that?



January Trivia Answer Entry:

ANSWER: _____

Your Name: _____

Phone: _____

One entry per person.
Return to Menominee Senior Center.



Medicare Minutes

*By Renelle Betters
MMAP Counselor
CAA/Menominee Sr. Center*

MMAP counselors can assist you with a variety of Medicare or Medicaid issues. Some examples are:

- *Explain insurance coverage in simple terms.
- *Assist with appeals when there are issues with billing or claims.
- *Help apply for assistance for Medicaid or low-income subsidy programs.
- *Help finding patient assistance programs.

MMAP Counselors are located at most of our Senior Centers in the U.P. and lower Michigan.

MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD: JANUARY 1-MARCH 31, 2025

The Medicare fall open enrollment period ended on December 7, 2024. For those who made changes, their new coverage began on January 1, 2025.

For those who were enrolled in a Medicare Advantage Plan prior to December 31, 2024, and didn't do any changing or comparing before December 7, this is another window to review/change.

In this timeframe, you are eligible to look at and compare Medicare Advantage plans, and find a different one of the same level (meaning including a drug plan etc.) to change. You could also drop your Medicare Advantage plan, and return to original Medicare and pick up a stand-alone drug plan. Each decision should be reviewed carefully so that you understand your coverage.

For example: If you are looking to return to original Medicare, pick up a stand-alone drug plan, and pick up a Medigap supplemental insurance plan, know that outside of your initial enrollment window, or new to Medicare Advantage window, the Medigap insurance companies will ask health questions, and depending on your health status could deny you coverage. It may also take a little time for an agent to get back to you, so don't wait until the last minute.

So, before you change totally, do your research, or make an appointment with a MMAP counselor to help you understand changes you may want to make to your Medicare coverage.

Upcoming Foot Clinics: January 3 and February 10

The next foot clinic will be on January 3, and the next will be on February 10. Both clinics are by appointment only. A licensed nail tech will be here for your foot health. Visit includes: trimming of toenails, thinning of thickening toenails and debridement (if necessary), and finishes off with a mini foot massage.

Cost is \$22 and please bring your own bath towel. Appointments are necessary, and fill up fast. Call the center to reserve your spot. Spots fill up quickly!



January Birthday Party: January 29

We will be celebrating January birthdays on January 29. If you have a birthday in the month of January, and pick-up a meal or dine-in at the center, you have the option of having your picture taken, and will also receive a small gift from us. Please let us know if you have a birthday when you make your reservation.

Also, please let us know if you will be dining in or taking one out. See our menu for the birthday meal details. This month's menu is: BBQ baked chicken, twice baked potatoes, Key Largo veggies, dinner roll, tropical fruit, and birthday cake.

Please register at least a day in advance or more for your meal.



Menominee CSFP Program

CSFP commodity distribution takes place bi-monthly in Menominee County every third Tuesday. The next distribution for Menominee Senior Center is set for **11:30am-12:30pm on Tuesday, January 21.**

This will take place in the parking lot on 11th Avenue behind the Holy Spirit Church.

This is a drive-up distribution.

(For CSFP, you must be age 60 and over and within income guidelines. You will need to certify with the center in advance to qualify.)

Note: Each center has its own dates/times for CSFP distribution. Contact your local center for more details about the CSFP program.

This institution is an equal opportunity provider.

CORPORATION CORNER

Wishing a **HAPPY & HEALTHY NEW YEAR** to all of our senior friends. During this new year we invite you to take part in the many social and healthy activities, informational services, food distributions, and the meals-on-wheels program provided by the staff of MDS Community Action Agency at our Gladstone Senior Center. Our nonprofit organization also offers rentals of the Center during evenings and weekends for events such as birthdays, baby and wedding showers, funeral lunches and small gatherings. Please stop in to check us out, and meet up with old friends along with making new friends. You'll be happy you did!

***NOTE:** Membership is not required to obtain any services and/or participate in any activities that are provided week days at the Center by the Menominee, Delta, Schoolcraft Community Action Agency.

Gladstone Senior Citizens NP Corp, P.O. Box 211, Gladstone, MI 49837. We currently have openings for board members that meet the second Tuesday each month at 10:00 a.m.

For more information, please call Carol at 906-553-1747, or Bonnie, 906-241-8755

TEFAP Food Distribution

Every Tuesday from 1:00 p.m. – 3:00 p.m. at the Gladstone Senior Center

Income based for people 18+ years old.
You can visit once per month.



This is an equal opportunity provider

Foot Clinic Northwood Nursing

When: January 16
Time: 1:00 - 3:00 p.m.
Cost: \$22.00



Bring your own towel
Call Center at 428-2201 For an appointment

Movie Day
"Snow Dogs"
Friday January 17
12:00 p.m.



Popcorn and snacks will be provided
call 428-2201 to sign up.

Craft Day

Tuesday January 14, 2025
12:00– 2:00 p.m.

Call 428-2201 to reserve a spot

Birthday Lunch

Wednesday, January 29

- BBQ Baked Chicken
- Twice backed Potatoes
- Key Largo Veggies
- Dinner Roll
- Tropical Fruit
- Birthday Cake

Call 428-2201 by January 24

January 8

9:00-9:30 a.m.

Commodity Supplemental Food Program

a Senior Food Assistance Program

Find us on Facebook search Gladstone Senior center.

Or visit MDSCAA.ORG to find all the services available through Community Action Agency

BINGO

Public bingo is available Thursday afternoons at the Gladstone Senior Center to benefit center activities. It is open to all over 18.

Ball tickets go on sale at 12:05 p.m. and Early Birds start at 1 p.m. All funds raised help purchase items for the center. Plan on coming and joining in on some fun and you may even win some money for yourself!

Hope to see you!



Thanksgiving Lunch

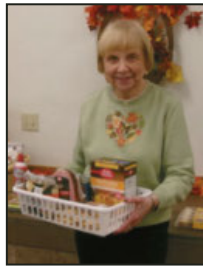
Barb P had a double win 50/50 and B-day month gift cert.

Birthday Lunch

Beverly M



Bonnie A



John T



Cheryl W



Kathy S



Evelyn A



Chris J



Maria L



Joan L

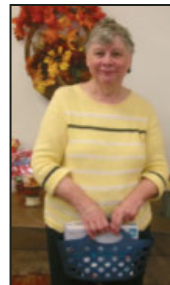
Ray B thanksgiving 50/50

Judy F

Lee A



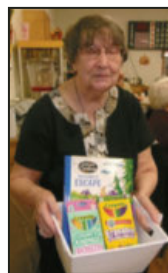
Trudy B



James K



John L

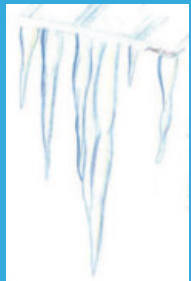


Sharon B



Nancy L





2025 is here! The new year is upon us! Wow! We are looking forward to 2025 and hope you are too! Please come along for some new year's fun—and never fear, the coffee is always on!

Come join us soon— Becky 906-356-6420 is our number!

Center Holiday Closures

Wednesday, January 1.



Exercise Class every Tuesday & Thursday at 9:30 a.m.

JANUARY EVENTS

- WED 1/1 Center Closed for New Year's!
 - WED 1/8 CSFP Commodities
 - THURS 1/9 Movie Day after lunch!
 - SUN 1/12 Corporation Dance!
 - TUES 1/14 Birdwatching Class begins
 - TUES 1/21 Crafts after lunch!
 - WED 1/29 Birthday Party & Bookmobile!
- Bingo on Mondays! Exercise on Tuesdays & Thursdays!

Please come join us for a dine in or drive thru any day! We are open Monday—Thursday! Call 356-6420 to sign up for a meal or more information!

January Craft Day!



Tuesday, January 21! after lunch!

Senior Corporation Dance!
Sunday, January 12
Featuring "Crossfire"!!

Movie Day in January!
 Thursday, January 9 after lunch!
 Choose from a new movie or a classic!
 Popcorn & candy provided!



Senior Commodities are back on January 8th!
 11:00 to 11:15
 Live pick up off the truck!



Online Birdwatching Class to begin in January!
 Tuesday, January 14 after lunch!
 Laid back learning with friends!

Party time at the Senior Center!
 Pictured to the right.

We always enjoy getting a bunch of folks together!


Long may it continue!





Crafters on the left and "12 plus 1 Days of Christmas" winners on the right! What a crew!



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Menu subject to change</i></p> <p>This menu is for all our senior centers. Call your senior center with questions/comments.</p>		<p>1 CLOSED</p> 	<p>2 Chicken Parmesan over Pasta Italian Blend Vegetable Green Beans Fruit Cocktail, Bread</p>	<p>3 Turkey a la King over Mashed Potatoes w/Gravy Key Largo Vegetable Tropical Fruit, WW Bread</p>
<p>6 Bratwurst w/Bun Carrots Oven Potatoes Diced Pears</p>	<p>7 Pizza Casserole Brussel Sprouts Peas Applesauce WW Bread</p>	<p>8 BBQ Hamballs over Rice Corn Capri Blend Vegetable Mandarin Oranges WW Bread</p>	<p>9 Beef Pasty Broccoli Cauliflower Peaches</p>	<p>10 Beef Steak w/Onions Mashed Potatoes w/Gravy Mixed Vegetable Mixed Fruit WW Bread</p>
<p>13 Turkey Gravy o/Mashed Potatoes California Blend Vegetable Pineapple Tidbits WW Bread</p>	<p>14 Chicken Cacciatore Over Noodles Country Trio Vegetables Wax Beans, Fruit Cocktail WW Bread</p>	<p>15 Meatloaf Boiled Potatoes Far East Vegetables Applesauce WW Bread</p>	<p>16 Boneless Pork Chop AuGratin Potatoes Mixed Vegetable Tropical Fruit WW Bread</p>	<p>17 Tomato Basil Soup Ham & Swiss Sandwich WW Bread Three Bean Salad Mixed Fruit</p>
<p>20 Chicken Alfredo Brussel Sprouts Carrots WW Bread Fruit Cocktail</p>	<p>21 Tater Tot Casserole 7-Way Mixed Vegetables Warm Peaches WW Bread</p>	<p>22 Swedish Meatballs over Mashed Potatoes w/Gravy Peas & Onions Mixed Fruit</p>	<p>23 Tahitian Chicken Brown Rice Broccoli Capri Blend Vegetables Pineapple Tidbits</p>	<p>24 Goulash Corn Green Beans Fruit Crisp WW Bread</p>
<p>27 Salisbury Steak Mashed Potatoes w/Gravy Peas & Carrots Mandarin Oranges WW Bread</p>	<p>28 Baked Ham Sweet Potatoes California Blend Vegetables Sliced Apples WW Bread</p>	<p>29 Congregate Birthday BBQ Baked Chicken Twice Baked Potatoes Key Largo Vegetables Dinner Roll, Tropical Fruit Birthday Cake Limit 1</p>	<p>30 Polish Sausage w/ Sauerkraut Boiled Potatoes Mixed Vegetables Diced Pears, WW Bread</p>	<p>31 Breaded Pollock Red Oven Potatoes Baked Beans Mixed Fruit WW Bread</p>



- We would like to introduce more craft projects or movie days
- More group bus trips to interesting places, casino and color rides
- Please join in for congregate and group lunch, visit with your friends with a cup of coffee!
- Call the Center please with any additional ideas and thoughts
- Lets make 2025 lots of FUN!

Hermansville Senior Center Transportation Services
Inexpensive Ride is Just a Phone Call Away

To Bark River or Norway (round trip).....	\$8
To Powers (round trip).....	\$5
To Carney (round trip).....	\$6
To Escanaba or Iron Mountain (if 1 passenger).....	\$16
To Escanaba or Iron Mountain (two or more passengers).....	\$8
To Marinette / Menominee for Apt/Shop	\$25
Please call ahead for confirmation of date.....	And Fare

Wheelchair access is provided
If you would like a ride anytime Monday through Friday from 9:00 AM to 3:00 PM, or you want to be part of weekly shopping trips,
Call at least one BUSINESS day in advance
(906) 498-7735 W5840 1st Street

Thank You Pat!
Coming in with your broken arm to teach our class!
January & February classes are all filled up! Please call the office to register for our March class.
906.498.7735



WE WILL BE CLOSED ON NEW YEARS DAY!
OUR BIRTHDAY DINNER OF BBQ BAKED CHICKEN, TWICE BAKED POTATO, KEY LARGO VEGGIES & CAKE WILL BE SERVED ON JANUARY 29 AT 11:30 AM CDT
DON'T FORGET BINGO ON THURSDAYS!



**SENIOR COMMODITY FOOD BOX
CSFP - 2024**

Commodity Supplement Food Program

For pre-certified Senior Citizens 60+ years old.
Based on 130 % of Federal Poverty Level

PICK UP AT: Hermansville Senior Center
Monday from 9 – 10 a.m. CST

NOTE: All distributions will be DOUBLE BOXES

February 17, 2025

April 21, 2025

June 23, 2025

August 18, 2025

October 20, 2025

December 15, 2025

*This institution is an equal
opportunity provider.*

Questions call Hermansville Senior Center
at 906-498-7735



**CONGRATULATIONS
TO GARY OUR FORMER
FEEDING AMERICA DRIVER
ON HIS RETIREMENT!
WE WILL MISS OUR MONTHLY
CONVERSATIONS.**

**AND WELCOME TO BOB
OUR NEW FEEDING AMERICA
DRIVER PICTURED BELOW**
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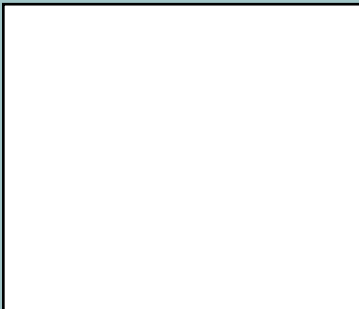
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We are here to help you.

Reasonable rates apply

We are in the process of hiring an additional transportation driver and obtaining another transportation vehicle.

Stay tuned for more details!!



January 2025 Activities

January 1 – The center will be closed for New Year’s Day. No home delivered or congregate meals served. We will reopen at 8am on January 2nd.

January 16 – Mystery lunch trip. The bus will leave the center at 10:30am and travel to a mystery destination for a Dutch treat lunch. Cost for the bus ride is \$4 per person.

January 20 – Craft class at 11am. The group will be making wooden serving trays. Please call the center if you would like to participate so we have enough material for everyone. Would you like to join us for lunch after? Mention that too.

January 29 – Monthly Birthday party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo. Are you celebrating your birthday in January? Please notify the staff when making your meal reservation so we may honor you!



If you are filing a Homestead or Home Heating tax credit in 2025, these documents will begin arriving in the mail this month. Organizing them in a large manilla envelope will help keep all documents in one place when needed!

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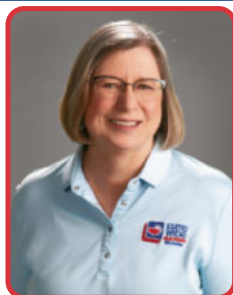
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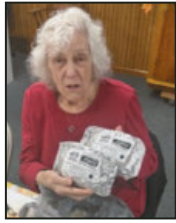
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November Birthday winners!



Betty P was a pasty winner



Phyllis V went home with pasties



Helen R was a winner



Cliff B won a portion of the 50/50



Alice F won a wooden turkey & some cash



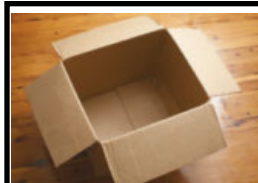
Our craft group, Shelby J., Lynda K., John & Jan T, and Arlene E, made these wreaths out of Christmas ornaments! They also made favors for the homebound & congregate folks.

Thank You!

We have free hearing life hearing aide batteries available! They are #312. STOP AT THE CENTER IF YOU'RE INTERESTED!



"Hurry! Our New Year's resolutions start in ten minutes."



CSFP commodities will be held on Tuesday January 21, from 9-10am only. Please bring your 2 empty boxes back at this time and not before. We do not have adequate storage space to house that many empty boxes. Please arrive before 10am as the truck leaves promptly at this time.

JANUARY EXERCISE DATES
Wednesday January 8 at 11am
Wednesday January 15 at 11am
Wednesday January 22 at 11am
Monday January 27 at 10am
Coffee & snack served afterwards

JANUARY BIRTHDAY WISHES
Cliff B January 25
Gladys H January 27
Belated wishes to Wayne T who celebrated on December 8th!

THANK YOU
Christa Rivard for donating a beautiful fresh ornamental swag that was given away at the December birthday party
Shelby Jardeen, John & Jan Thorne for decorating the center for Christmas



Foot Clinic Date
January 13
BY APPOINTMENT ONLY
Cost is \$22 which includes toenail trim by Christa Rivard, certified nail tech
Call 753-6986 to schedule an appointment
Finger nail trim available for an additional \$5

Reminder!
Membership dues are now being accepted for the upcoming fiscal year at the Mid County Senior Center. Dues are \$10 per person. Dues funds are used to help purchase all the little extras we are able to provide for parties.



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The Monthly Newsletter is published once a month at
507 1st Ave N. Escanaba, Michigan 49829

MONTHLY NEWSLETTER
JANUARY, 2025 Vol. 12 No. 1

OR CURRENT RESIDENT

This month's menu for all senior centers is on **PAGE 11**

All MDSCAA Offices, Senior Centers, and Head Start will be closed on January 1. Happy New Year!

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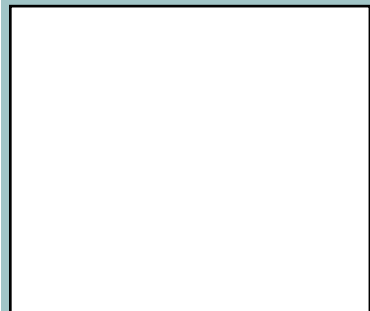


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Broker, ABR, PSA, RENE
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