

**MENOMINEE DELTA SCHOOLCRAFT  
COMMUNITY ACTION AGENCY**

# Senior Services

**VISIT OUR WEBSITE AT [MDSCAA.ORG](http://MDSCAA.ORG)**

**CHECK US OUT ON FACEBOOK**

**MONTHLY NEWSLETTER**  
2024 Vol. 11 No. 9



**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

**HERMANSVILLE (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.harborscommunity.com](http://www.harborscommunity.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](http://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](http://www.bishopnoahome.com)

**Crawford**  
FUNERAL HOMES

Escanaba (906) 786-0074  
Bark River (906) 466-2211  
[www.crawfordfuneralhomes.net](http://www.crawfordfuneralhomes.net)

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

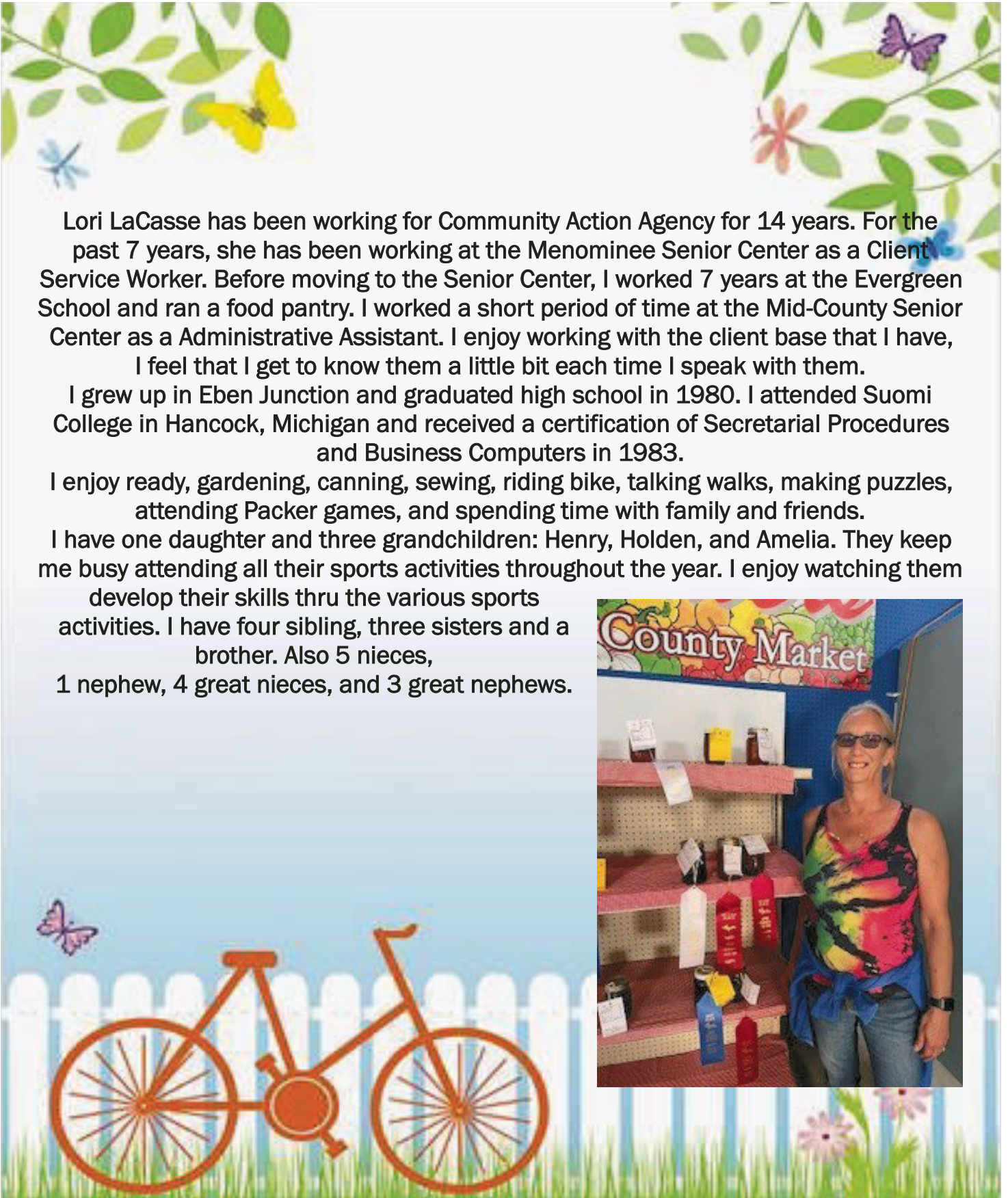
## Community Action Agency Services

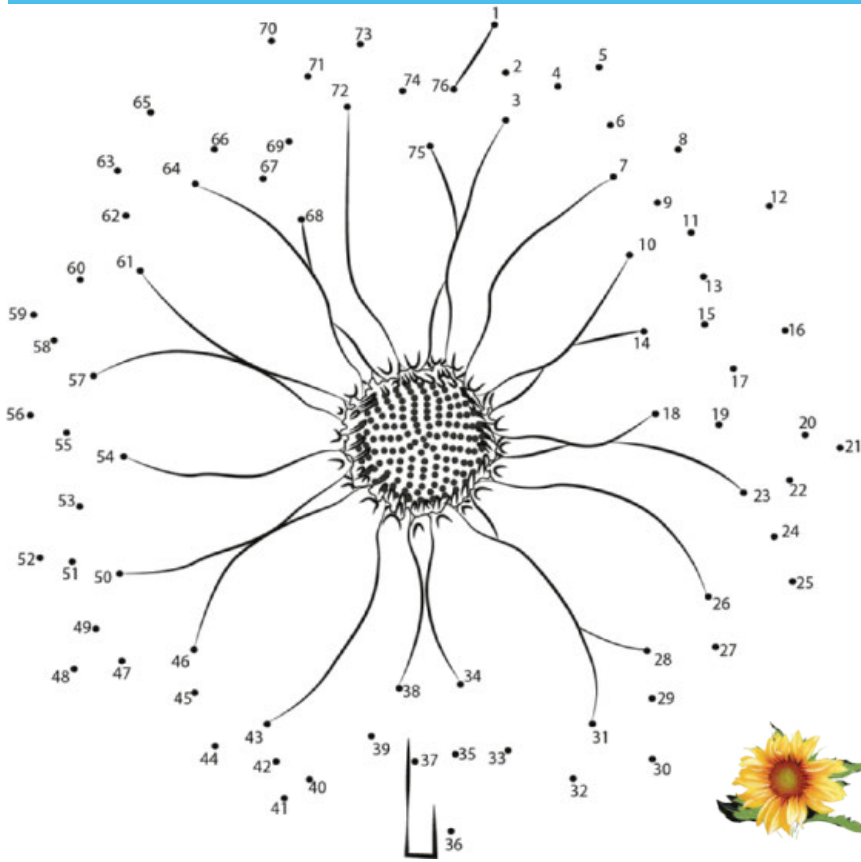
Lori LaCasse has been working for Community Action Agency for 14 years. For the past 7 years, she has been working at the Menominee Senior Center as a Client Service Worker. Before moving to the Senior Center, I worked 7 years at the Evergreen School and ran a food pantry. I worked a short period of time at the Mid-County Senior Center as a Administrative Assistant. I enjoy working with the client base that I have, I feel that I get to know them a little bit each time I speak with them.

I grew up in Eben Junction and graduated high school in 1980. I attended Suomi College in Hancock, Michigan and received a certification of Secretarial Procedures and Business Computers in 1983.

I enjoy ready, gardening, canning, sewing, riding bike, talking walks, making puzzles, attending Packer games, and spending time with family and friends.

I have one daughter and three grandchildren: Henry, Holden, and Amelia. They keep me busy attending all their sports activities throughout the year. I enjoy watching them develop their skills thru the various sports activities. I have four sibling, three sisters and a brother. Also 5 nieces, 1 nephew, 4 great nieces, and 3 great nephews.





### Sunflower Facts



- \* Sunflower seeds are rich in protein, calcium, iron, copper, magnesium, Vitamin E & B12.
- \* Sunflowers are one of the fastest growing plants.
- \* There are more than 60 different kinds of sunflowers growing in the US, Europe, Asia, and Russia.
- \* Native American cultivated sunflowers over 1,000 years ago.
- \* Sunflowers are great attractors of pollinators, such as birds and bees.
- \* A single sunflower can host 1,000–2,000 seeds per head, each making a sunflower seed.

# 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

September 25 at 12 noon

Join us to celebrate the September birthdays by dining in or pick up a lunch of Monterey Chicken, Smashed Red Potatoes, Mixed Vegetables, Dinner Roll, and Pineapple Upside Down Cake.

If you have a birthday in September 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 September with a meal coupon 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 for the meal.

**Call the center to reserve a meal before September 24.**

# 786-8850

## Toe Nail Clinic

The North Woods Home Health Nurses will be at the Escanaba Senior Center on Thursday, September 12 & October 3 from 1:00–3:00 p.m. Schedule your appointment by calling 786-8850. Cost is \$22 and bring your own bath towel.



## Easy Marinated Tomatoes

- 1 pound ripe tomatoes
- ½ white onion sliced
- ¼ cup olive oil
- 2 tablespoons red wine vinegar
- 1 clove garlic sliced
- 1 teaspoon fresh parsley
- 1 teaspoon fresh basil
- ½ teaspoon salt or to taste
- ½ teaspoon black pepper or to taste



Wash tomatoes and slice 1/4" thick add onions. Whisk the remaining ingredients and pour over tomatoes and onions. Marinate at least 2 hours or up to 2 days. Discard garlic before serving.

## Medicare Information

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.

**Let me help you navigate Medicare**

**M MAP**

MICHIGAN MEDICARE/MEDICAID ASSISTANCE PROGRAM

Navigating Medicare

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

## 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, September 19** 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.*

**Senior**  
Project FRESH  
Market Fresh Food



Now is the time to use your Project Fresh Coupons.

They are good until October 31, 2024!

**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. For people 18+ years old.

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

*This institution is an equal opportunity provider.*

# July 4th Winners



July 4th winners were left to right: Gary J & Roland J won Menards gift cards, and Marc T. won the dish towel, but Maggie accepted towel for Marc.



## Fall Jokes

Why was the robot couple's anniversary in the fall?  
"They were autumn mated."

Why did the scarecrow win the Nobel Prize?  
"He was out-standing in his field."

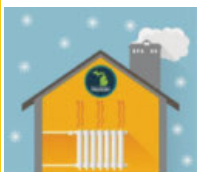
What month does every tree dread?  
"Sept-timberrrrrrrrrrr."

**Laughing for one minute per day eases stress, pain and lowers blood pressure!**



## 2023 Home Heating Credits — Last Chance

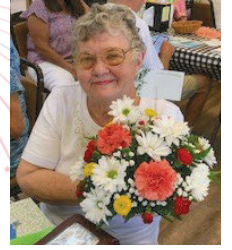
You may qualify for a tax credit, even if you rent your home or apartment. Call 906-786-8850 to see if you qualify for money back!



**Ends September 30.**

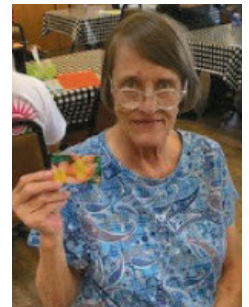
## Congregate "July" Birthdays

Gayle S. won the flower arrangement from Wickert Floral. Also happy birthday this month to Rod C., Leanne C., Winnie L., Bill, N., Bev N., Lillian P., Larry S., Steve S., and Jack W.



## Congratulations Birthday Party Winners!

Winners of the July birthday drawing for a gift card to were Don L. and  
*Congratulations to you both!*



Towel winner was Sandra P. but she got away from me before I could take her picture.  
Thank you Gayle S. for your handmade towel donations.

**CAMERA**



**SHY**



Go to EscanabaSeniorCenter on Facebook for up to date information and more pictures.





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.

REMINDER: We are on CLOSED SEPTEMBER 2nd for the Labor Day holiday. Have a safe & fun holiday weekend!



FRIDAY THE 13th: Spooky Crafts Day

The center will be hosting a fall craft day at 1pm on the dreaded "Friday the 13th".

We will be making fall crafts (one cute, one spooky). We will also serve fall-themed refreshments. So, grab a friend, and come on down for an afternoon of fall fun. Please call and let us know if you will be joining us so we have enough supplies and snacks for all. Call the center at (906)863-2158 no later than September 12th if you can.

"By all these lovely tokens, September days are here. With summer's best of weather, and autumn's best of cheer."

-Helen Hunt Jackson

SEPTEMBER TRIVIA QUESTION:

One of this band's first big hits was a cover of the Tempo's song "See You In September". This band's version came out in 1966. Lead singer Bob



Miranda is the only one left of this band. Name this band.

- A. Gary Lewis & the Playboys B. Earth, Wind & Fire C. The Happenings



BACK TO SCHOOL PARTY SEPTEMBER 19

We will be hosting a "Back to School Party". At this school house themed party, we will share our stories of being in school. Your teacher is Mrs. Better and she will bring fun and learning into this party. Bring in one of your school photos for "show and tell" and be entered in a special drawing to win a gift card. It can be from any grade-or even graduation. Hope you can attend. Please call and sign up for this party no later than September 18. Party starts at noon.

LAST CALL FOR HOME HEATING CREDIT

You have until September 30th to file your 2023 Home Heating Credit. If you didn't do it in the early part of the year, there is still time. Please call the center to know what to bring to the tax credit appointment. There is no fee for this service.

September Trivia Answer Entry: ANSWER: Name: Phone: One entry per person. Return to Menominee Senior Center.

August Trivia Question/Answer

Michigan's 4-H Clubs have been around since 1908. What do the 4-H's symbolize in the clover?

C.) Head, Heart, Hands, Health





**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.*

**Foot Clinic: September 30**

The next foot clinic will be on September 30 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.

Call the center to reserve your spot.

Spots fill up quickly!



**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 am-noon on Tuesday, September 17 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.*



**September Birthday Party:**

**September 25**

We will be celebrating September birthdays on September 25 starting after 12 noon. If you have a birthday in the month of September, 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. *Please register at least a day in advance or more for your meal.*

**FALL FRUIT SALAD**

**Ingredients:**

- 1 orange
- 2 Tbsp. maple syrup
- 3/4 tsp. ground cinnamon
- 16oz red seedless grapes
- 12oz blackberries
- 1 cup chopped pecans
- 2 large sweet apples (Honeycrisp, Fuji or Gala)



**Dressing:** In a small bowl, add the zest and the juice of one orange (about 1/4 cup) to the 2 tablespoons of maple syrup and cinnamon to complete the dressing. Set aside.

**Fruit Salad:** In a large bowl, add the blackberries, seedless grapes and pecans together. Cube the apples into bite-sized pieces and add to this fruit mixture. Immediately toss the fruit with the dressing so the apples do not brown. Keep refrigerated until ready to serve.

*Calories:202, Carbs:29g, Protein:3g, Saturated Fat:10g, Sodium:3g, Potassium:334mg, Fiber:6g, Sugar:22g, Vitamin A:204iu, Vitamin C:22mg, Calcium:45mg, Iron:1mg  
(Recipe from the toastykitchen.com)*

**CORPORATION CORNER**  
Gladstone Senior Citizens Non-Profit

We are excited to announce that the Gladstone Senior Citizens NP Corp. has been awarded monies through the State of Michigan for the purpose of providing much needed improvements to the Gladstone Senior Center building. This was accomplished through the efforts of our State Representative R, David Prestin and R, Ed McBroom. Some of the major projects being planned are a new roof and furnace; replacement of the existing restrooms; new doors and windows; and other improvements that will upgrade the safety, and that of the buildings aesthetics, for the benefit of the seniors of our community. These are major, projects, so stay tuned for future updates.

Gladstone Senior Citizens NP Corp, P.O. Box 211, Gladstone, MI 49837.  
Please contact Carol at 906-553-1747 or Bonnie at 906-241-8755 for more information.

### 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: September 19  
Time: 1:00 - 3:00 p.m.  
Cost: \$22.00



Bring your own towel Call Center at 428-2201

### Birthday Lunch

Wednesday, September 25  
Monterey Chicken  
Smashed Red Potatoes  
Mixed Vegetables  
Dinner Roll  
Pineapple Upside Down Cake  
Call 428-2201 by September 23  
to reserve a spot.

### Mobil Secretary of State

Gladstone Senior Center  
Tuesday, September 3  
10:00 a.m.-3:00 p.m.



You won't have to go the office they  
are coming to you!!  
Call 428-2201 for more information  
or to make an appointment.



Movie Day  
"Twister"  
Friday September 20  
12:00 p.m.



Popcorn and snacks  
will be provided

September 4

9:00-9:30 a.m.



**Commodity  
Supplemental  
Food Program**  
a Senior Food Assistance Program



Presented by DTE & UPPCO

When: Wednesday, September 25  
Time: 10:45 a.m.

The presentation covers where energy comes from in Michigan, how it is used in a typical Michigan home, and ways to be more energy efficient.





# 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!

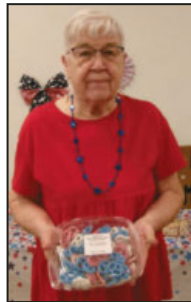
## July Special Lunches

### July 4th

Diane H



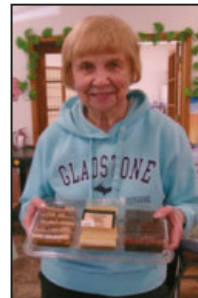
Donna A



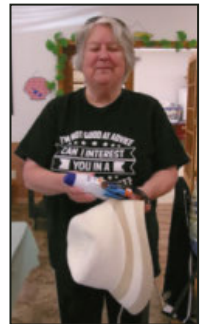
Cheryl W  
4th 50/50



Bonnie A



Cathy C



Evelyn A



Jim K



Lee A  
B-day 50/50



Ellen C



Ruth C



Judy B



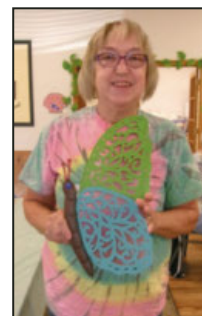
Cathy G



Marlene S  
B-day month  
gift card



Nancy L



Judy F





Can September really be right around the corner? Where did the summer go? We have had a crazy summer here at the Rock Center, finished off as always, with our Annual Rummage Sale! As always, lots of fun, food and more to come! Never fear, the coffee is always on! Come join us soon— Becky 356-6420 is our number!

**SEPTEMBER EVENTS**

- SAT 8/31 RUMMAGE SALE! 9-2PM
  - MON 9/2 CENTER CLOSED
  - WED 9/4 CSFP Senior Commodities Distribution
  - SUN 9/8 Corporation Dance 1-4pm
  - TUES 9/17 Crafts after lunch!
  - WED 9/18 Book mobile & SOS Mobile Unit at the Center
  - WED 9/25 Birthday Party
- This month we have a visit from the Secretary of State's Mobile Unit! We are excited to try this new service quarterly—so please plan to make use of this awesome service while it is in town!

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!

Exercise Class  
every Tuesday & Thursday at  
9:30 a.m.  
A mile walk and  
gentle Tai Chi warm up exercises!  
All welcome!



ESKY LIBRARY  
BOOKMOBILE!!  
1 p.m. on Wednesday  
SEPTEMBER 18  
Note different day  
this month!

Secretary of State Mobile Unit Visit!  
**Wednesday, September 18!**  
Get all your usual licenses, tags, etc., done  
near home!  
Tentative time is 10am to 3PM  
Call center for details!

**STILL CALLING!**  
*New Card Clubs Forming!*  
*Cribbage and Poker!*  
*Call the Center for more details!*  
*Cribbage weekly & poker once a month!*

**September Craft Day!**  
Tuesday, September 17  
after lunch!  
Be sure to call in and reserve your spot!  
Check out July's cool craft below!



Corporation Dance is September 8  
1 to 4 p.m.  
Featuring music by Country Express

A crew  
playing  
Blackjack  
with  
dealer,  
Bob King!  
What a  
great time!  
Join us for  
a round of  
fun!



CSFP Senior Commodities Distribution is Wednesday, September 4!  
11AM  
Straight off the truck!

Don't get these commodities? Call the center and see if you qualify!



Our Awesome Annual Rummage Sale is: Saturday, August 31st 9AM till 2PM

Center closed on Monday, Sept. 2 for Labor Day!



Quick shot of our busy birthday party for July! We love having our summer visitors back!

More Choices for you and Looking Ahead...

Trips! - contact the center to hear about possible trips this summer! Vote on your favorite!

Online Classes—we have a few subjects to choose to learn during our new once a week class!

Pasty Sale in November!  
The return of Tuesday night meals?  
An Awesome Fall Tea Party?  
Stay tuned and stop by to find out more!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p>	<p><b>3</b></p> <p>Bratwurst w/Bun Green Beans Oven Potatoes Mixed Fruit Cup</p>	<p><b>4</b></p> <p>Country Fried Steak Mashed Potatoes w/Gravy Peas &amp; Onions Fruit Cocktail Bread</p>	<p><b>5</b></p> <p>BBQ Pulled Pork w/Bun Oven Potatoes Carrots Fresh Fruit</p>	<p><b>6</b></p> <p>Beef Steak over Rice Mixed Vegetable Brussel Sprouts Fruited Yogurt Bread</p>
<p><b>9</b></p> <p>Breaded Chicken Breast Hamburger Bun Potato Wedges Prince Wm. Vegetables Peach Cup</p>	<p><b>10</b></p> <p>Swedish Meatballs Over Noodles Diced Beets CA Blend Vegetables Applesauce</p>	<p><b>11</b></p> <p>Taco Salad w/Meat, Salsa, Lettuce, Tomato, Olives, Onion, Sr Cream, Tortilla Chips Tropical Fruit</p>	<p><b>12</b></p> <p>Polish Sausage Sauerkraut Boiled Potato Corn; Pear Cup Bread</p>	<p><b>13</b></p> <p>Cream of Potato Soup Egg Salad Sandwich Bread Three Bean Salad Fruit Cocktail</p>
<p><b>16</b></p> <p>Sweet N Sour Chicken Rice Oriental Vegetables Wax Beans Tropical Fruit</p>	<p><b>17</b></p> <p>Meatloaf Boiled Potatoes Pean &amp; Carrots Mixed Fruit Cup Bread</p>	<p><b>18</b></p> <p>Beef &amp; Bean Enchilada Fiesta Potatoes Mexicorn Pineapple Tidbits</p>	<p><b>19</b></p> <p>Scalloped Potatoes &amp; Ham Winter Blend Vegetables Mixed Fruit Cup Bread</p>	<p><b>20</b></p> <p>Chef Salad w/tomatoes, hard-boiled egg, cubes of meat, &amp; cheese Muffin Fruit Ambrosia</p>
<p><b>23</b></p> <p>Swiss Steak over Rice Stewed Tomatoes Far East Veggie Blend Yogurt w/Fruit</p>	<p><b>24</b></p> <p>Cheese Tortellini Spaghetti Sauce Country Trio Vegetables Side Salad Pear Cup</p>	<p><b>25</b> <small>Birthday Party Limit 1 per person</small></p> <p>Monterey Chicken Smashed Red Potatoes Mixed Vegetables Dinner Roll: Pineapple Upside Down Cake</p>	<p><b>26</b></p> <p>Mushroom Swiss Burger Hamburger Bun Oven Potatoes Carrots Fruit Cocktail</p>	<p><b>27</b></p> <p>Pollock Fish Baked Potato Peas &amp; Onions Mixed Fruit Cup Bread</p>
<p><b>30</b></p> <p>Pork Cutlet Sr Cream &amp; Chive Potatoes Green Beans Applesauce; Bread</p>			<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>

INTRODUCING  
 MICHIGAN  
 SECRETARY OF STATE  
 MOBILE OFFICE  
 COMING TO YOU AT THE HER-  
 MANSVILLE SENIOR CENTER  
 MONDAY, SEPTEMBER 9  
 @ 11:30 TO 2:30 CDT.



Thank you Aggie K. for taking care of the flower bed and entrance.



Call ahead to apply or renew a disability placard as you will need a doctors signature. Renew or apply for driver's license. Transfer or apply for title's.

AT: W5480 FIRST STREET  
 HERMANSVILLE, MI  
 WE ARE HANDICAPE ACCESIBLE



HAPPY LABOR DAY  
 ★ ★ ★

Happy Labor Day ! Sept. 2nd  
 We will be CLOSED Monday

Pictures from our July class.  
 Thanks again Pat H. for teaching the class. The participants had a lot of FUN! This class was a landscape, next class will be a fall & pumpkin painting

Our next painting class will be: Wednesday, September 4 at 10 a.m.—1:30 p.m. \$5.00 reservation and 12 seats are available. Call the Center to reserve your spot.

906-498-7735





**Welcome Joan!**

WE WOULD LIKE TO WELCOME JOAN OJA AS OUR NEW SENIOR CENTER ASSISTANT. FEEL FREE TO REACH OUT TO JOAN FOR HELP WITH ANY OF OUR SENIOR CENTER PROGRAMS AND ACTIVITIES.  
906-498-7735

SIT & FIT CLASS WILL BEGIN THIS OCTOBER. WATCH NEXT MONTHS NEWSLETTER FOR STARTING DATE. THE DAYS AGAIN WILL BE TUESDAYS AND THURSDAYS. THANK YOU PATTI MOUFORD FOR PROVIDING THIS SERVICE.



**Life-Focused Estate Planning**

- Estate Planning
- Elder Law
- Nursing Home Planning
- Wills & Trusts
- Probate Administration

**BROGAN & YONKERS, P.C.**  
*Estate Planning & Elder Law*

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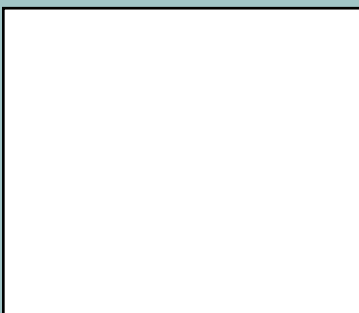
[www.upelderlaw.com](http://www.upelderlaw.com)

**North Woods Place**  
Senior Living

Enjoy easy living at our welcoming assisted living community in Escanaba.

[enlivant.com](http://enlivant.com)

Call us today at 906-789-2268 to schedule a personalized tour.



**Renaissance by Rennes**  
Assisted Living Apartment Community

**Celebrating 25 Years of Compassionate Care**

The care team at Renaissance by Rennes Assisted Living in Marinette is honored to celebrate 25 years caring for local families. We invite you to stop by for a tour anytime. Enjoy an online tour by scanning the QR code below. Ask about our winter special today!

- Individual Private Apartments
- Medication Monitoring
- Transportation & Outings
- Weekly Housekeeping
- 24-Hour Care Team
- Engaging Daily Activities
- Beauty Salon/Barber Shop & Spa

SCAN ME

[www.rennesgroup.com](http://www.rennesgroup.com)

Transportation is available Monday through Friday from 8am - 3pm with a 24 hour advance notice required.

Need a ride to the Doctor? Dentist? Have a hair appointment? Need to go shopping?  
Give us a call at 753-6986  
We are here to help you.  
Reasonable rates apply

\*We currently have one transportation vehicle available & transportation is limited at this time. We will do our best to accommodate all requests\*



**WE WILL BE  
CLOSED  
LABOR DAY**

*Don't forget to use  
your Senior Project  
Fresh coupons by  
October 31st*

September 2024 Activities

September 12– Secretary of State mobile office will be here from 9-2p. See this newsletter for more information.

September 16– Foot clinic, by appointment only, beginning at 8am.

September 17– CSFP distribution from 9-10a only. Please arrive **before** 10a as the truck leaves promptly at that time! We do not have adequate storage space available to house empty boxes. Please do **not** bring them back until the next distribution in November. Thank you!

September 23– Craft class beginning at 1p; please let the office know if you will be participating so we have enough materials for everyone. If you would like to have lunch before the craft class, mention that too.

September 25– Monthly Birthday party dinner with 50/50 raffle, door prizes and bingo. Are you celebrating your birthday in September? Let the office staff know so we may honor you!

*Join us, the senior center is a great place to be!*

**Holy Cross  
Headstones/Markers**



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getting a great headstone can be!*  
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are more than a "customer" to us...  
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Call Judy Owens: 906-786-1308  
*Bringing People & Places Together*



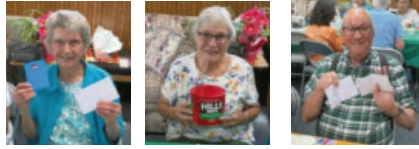
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of this space

**CALL 800-950-9952**

**August Birthday Party**



Andrew from Nicolet Bank was our guest speaker in August. He gave great information about avoiding scams.



Helen R, Barb E & Cliff B were all winners last month



Michigan Secretary of State mobile office is slated to visit the Mid County Senior Center on September 12 from 9a-2p.

**What can be done at a mobile office?** Processing drivers licenses & state ID applications, disability placard applications, renewals & replacements, vehicle titles and registration transactions.

**THANK YOU**

- Alice Frederiksen, Gladys Hornung & Helen Raboin for donating funds to purchase a new bingo cage set
- Lynda Keller for donating Independence Day party door prizes
- Harlan & Judy Anderson for donating coffee to the center & for door prizes



We celebrated our 25th anniversary at our Daggett location with cake & ice cream on July 25th. Thanks to all who attended and for the well wishes.

**SEPTEMBER BIRTHDAYS**

Doris C.	September 5
Keith O.	September 12
Elaine M.	September 13
John T.	September 19
Edna P.	September 22
Alice F.	September 25



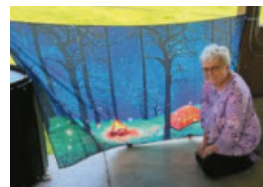
Foot Clinic Date  
September 16



**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

**Henes Park Senior Picnic  
July 11, 2024**



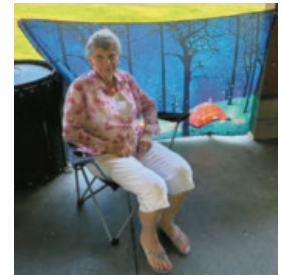
*Jan S by the campfire*



*Mid County crew enjoying the picnic*

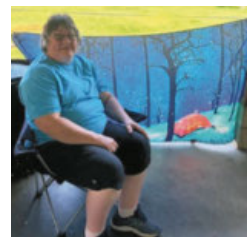


*Priscilla & Bill S*



*Arlene E*

*A good time was had by all at the Senior picnic held on July 11 at Henes Park in Menominee. We had a picnic lunch, games and ended the day with ice cream!*

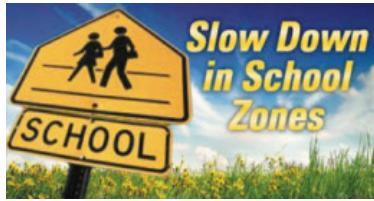


*Jan T*

**SEPTEMBER EXERCISE DATES**

Wednesday September 4 at 11am  
Wednesday September 11 at 11am  
Wednesday September 18 at 11am  
Monday September 23 at 10am  
Coffee and snack served after  
All are welcome to participate in this low impact class





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# Senior Services

[www.mdscaa.org](http://www.mdscaa.org)

CAA is an equal opportunity provider and employer.

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**MONTHLY NEWSLETTER  
SEPTEMBER 2024 Vol. 11 No. 9**

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

**All Offices and Senior Centers will be closed for Labor Day on September 2. No meals will be delivered. See you back on September 3.**



OR CURRENT RESIDENT

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Have our newsletter emailed to you.



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