

**MENOMINEE DELTA SCHOOLCRAFT  
COMMUNITY ACTION AGENCY**

# Senior Services

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

**CHECK US OUT ON FACEBOOK**

**MONTHLY NEWSLETTER  
NOVEMBER, 2024 Vol. 11 No. 11**



**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](http://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

**Christie Uecke has been our Menominee Senior Center Aide since April of 2023.**

**If you recognize her, she handles our take out meals. Folks love to see her as she is always bubbly and sincere.**

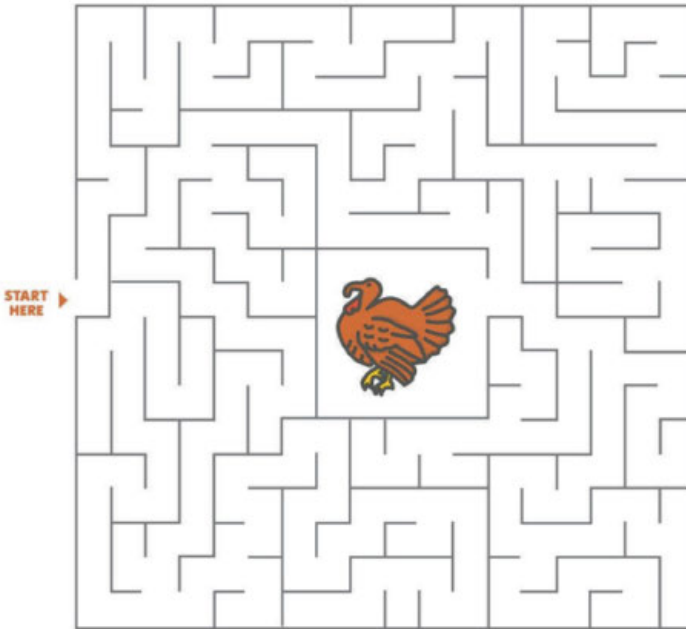
**Christie was a nurse for most of her career. She also holds a degree in Psychology/Behavioral Analysis. Christie has been married to her husband Bob for over 30 years. She enjoys going to Mackinac Island. Christie also enjoys walking at the recreation center, and spending time with her family.**

**Christie says her job is rewarding as she gets to see seniors and joke with them, and also because she works with a great staff.**

**Thank you Christie for all you do!**



Happy Thanksgiving!



## Community Thanksgiving Dinner

Please join us for a sit down dinner on Thursday, November 28 at the Escanaba Senior High School Commons Area. Serving times are from 11:30—1:30 p.m. Please call 906-786-8850 to reserve your dine in or carry out meal by Friday, November 15th.

Brought to you by the Community Thanksgiving Dinner Committee. A non-profit organization.



## Thanksgiving Facts

Minnesota raises over 40 million turkeys each year.

There are 350 calories in 6.5 ounces of turkey.

150 calories in 1/2 cup of mashed potatoes.

200 calories in 1/2 cup of cranberries.

150 calories in 1/2 cup of green bean casserole.

180 calories in 1/12 piece of pumpkin pie.

The average American consumes 15,000 calories during the Thanksgiving weekend. Enough to gain 3 pounds.

Turkey does make you tired. It is the tryptophan that causes the “dinner coma.”

# 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

**November 20 at 12 noon**

Join us to celebrate the November birthdays by dining in or pick up a lunch of Pork Chop w/Cranberry Sauce, Boiled Potatoes, Country Trio Vegetables, Dinner Roll, and Pineapple Upside Down Cake.

If you have a birthday in November 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 November 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 \$4.50 for the meal. Limit 1 per person.

**Call the center to reserve a meal before November 18.**

**906-786-8850**

## Toe Nail Clinic



The North Woods Home Health Nurses will be at the Escanaba Senior Center on November 7 & December 5 from 1:00–3:00 p.m.

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

The suggested donation for Home Delivered Meals and Congregate Meals have been raised to \$4.50 for seniors 60 and older. Guests under 60 years old the cost is \$7.50 and due at time of the meals.

You will see the reflection on your donation summary. Thank you.



## Medicare Open Enrollment

**Now is the time to look at your Medicare Advantage Plan OR Part D Drug Plan for 2025!**

Look at the paperwork your insurance sent you for rates, deductibles, and co-pays for 2025.

If you want something less expensive please call 906-786-8850 and we can look at plans together! I will need to see your list of prescriptions and Medicare card.

**MMAP**  
MICHIGAN MEDICARE/MEDICAID  
ASSISTANCE PROGRAM  
Navigating Medicare



## 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, November 21 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.*



Thank you to Nicolet Bank for their presentation on Fraud and Scams.

Please be careful who you trust with your personal information!

### 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.*

### Congregate “September” Birthdays

Donna F. won the flower arrangement from Wickert Floral. Also happy birthday to Jim C., David F., Alice J., Joanne S., & Edith W.



### 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.**

**KEEP YOUR MIND ACTIVE!**



### Congratulations Birthday Party Winners!

Winners of the September birthday drawing for a Marshalls gift card to were and Len K. & Lois W.

*Congratulations to you both!*



Towel winners were Dan A., & James B. (left to right)

Thank you Gayle S. for your handmade towel donations.

### Thanksgiving Luncheon

Come and celebrate Thanksgiving with us on Wednesday, November 13 at 12 noon.

We will be serving:

- Turkey Slice, Stuffing
- Mashed Potatoes w/Gravy
- Green Beans, Cranberries
- WW Dinner Roll, and Pumpkin Bar



There will be gift cards and dish towels given away, and you won’t go away hungry!

Suggested donation per meal is \$4.50 with a limit of one meal per person. You can also carry out your meal, but you need to reserve your meal before November 11.

# 906-786-8860



We will honor our Veterans with a free meal at the Escanaba Senior Center on November 11th.

**THANK YOU FOR YOUR SERVICE**



**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.

Thanksgiving Holiday Closure: We will be closed on November 28 & November 29 for the Thanksgiving holiday. If you need meals for those days that we will not be delivering, please order extras in advance, or request frozen meals before November 27. Ordering an extra meal of something you like and putting in the freezer until you need them is an excellent way of having a meal you like when you need it most. This works for holiday weekends, upcoming snow storms, and more.

Thanksgiving Dinner Party:  
**November 13**

We are going to celebrate Thanksgiving just a few weeks early so you won't miss out due to other holiday activities. We hope you can join us for a lovely "Friendsgiving" turkey dinner. There will be door prizes and a "share the wealth" raffle following lunch. Please sign up no later than November 12 so we can make room for you at our table.



November Birthday Party:  
**November 20**



Due to the Thanksgiving holiday being so close to the usual party date, we are celebrating our November Monthly Birthday party a week earlier on November 20. Party starts after 12 noon. If you have a birthday in the month of November, 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: Pork Chop with cranberry sauce, boiled potatoes, country trio veggies, dinner roll, and pineapple upside down cake. Please register at least a day in advance or more for your meal.

November Trivia Question:

75 million cans of this per year are sold-with 85% of these canned creations sold during the Thanksgiving and Christmas season. Which colorful canned item is so popular during the holiday season?

- A) Canned Ham
- B) Green Beans
- C) Jellied Cranberry Sauce



**ANSWER to OCTOBER TRIVIA QUESTION**

*This is a 2-part question/answer*

1.) How many bones total does a human skeleton have? **ANSWER: 206 bones**

2.) What is the largest bone in the human body? (Multiple choice) **ANSWER: C.) Femur**



November 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 OPEN ENROLLMENT SEASON:

The Medicare annual Open Enrollment season is upon us! From October 15th through December 7th, this period is for folks looking to compare drug plans, and Medicare Advantage plans and make changes for 2025. The changes that you make during this period will take effect on January 1, 2025.

**Why look into it?** Well, each year drug plans can make changes to their formularies, prices, preferred pharmacies etc. even change hands-thus discontinuing their plans. So, pay attention to any mailings you receive from your current health and drug plans. Medicare Advantage plans may change their drug coverage, and also health care coverage prices. They can also add little bonus features that are not included in regular Medicare that may be worth looking into. We give you the information to make an informed decision for yourself.

We will be taking appointments starting in late October into November to help folks with their comparisons. If you wish to make an appointment, call our center. In certain cases, we can do a quick review over the phone too to see if it will warrant an in-person appointment.

**What we will need to help you:** Your Medicare cards for your health and or drug plans. We will also need a most recent list of your medications to compare for 2025. If you have created a Medicare.gov account on your own already, you can bring in your username and password and we can help you through that portal. This is free & independent Medicare counseling from MMAP certified counselors.

### Holiday Craft Day: November 7

Come join us in making a Thanksgiving and Christmas craft here at the center on November 7 at 1pm. We will supply all craft items. All we need is your imagination and friendship. There is no cost for this event. Please let us know if you would like to participate by November 6 so we have enough supplies for all. A light refreshment will be served.

### Foot Clinic: November 15

The next foot clinic will be on November 15 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!



**Movie Day Returns!** November 26 at 1pm. We will show the movie "IF". Rated PG. A story about a girl with the gift to see everyone's imaginary friends.

Free popcorn, soda and snacks will be provided. All are welcome to attend.



### 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, November 19.** 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**  
Gladstone Senior Citizens Non-Profit

Just a reminder to turn your clocks BACK an hour on Sunday, November 3rd. Have you already mailed in your absentee voting ballot? Please exercise your important right-to-vote on Tuesday, NOVEMBER 5th.

We are still awaiting building plans for the remodeling of our Senior Center building, and will keep you updated as soon as we have information to share.

Please gather with us for our special Thanksgiving luncheon this month , and "Count your blessings--a grateful heart attracts more joy, love, and prosperity."

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: November 14  
Time: 1:00 - 3:00 p.m.  
Cost: \$22.00



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

**Birthday Lunch**

Wednesday, November 20  
Pork Chop with Cranberry Sauce  
Boiled Potatoes  
Country Trio Veggies  
Dinner Roll  
Pineapple Up Side Down Cake  
Call 428-2201 by November 18th

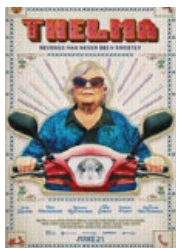


**Movie Day**

"Thelma"  
Friday November 15  
12:00 p.m.



Popcorn and snacks will be provided

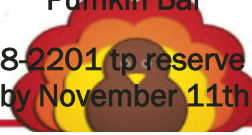


**Thanksgiving Dinner**

Wednesday November 13

Sliced Turkey  
Mashed Potatoes w/gravy  
Stuffing, Cranberry Sauce,  
Green Beans, Dinner Roll  
Pumkin Bar

Call 428-2201 to reserve a meal  
by November 11th



**MEDICARE OPEN ENROLLMENT PERIOD**



October 15th through  
December 7th



Coverage  
begins  
January 1st

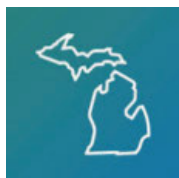
**Craft Day**

Tuesday November 12  
From 12:30-2:30 p.m.  
Call center 428-2201 to sign up



**Mobile Secretary of State**

December 3  
11:00-3:00 p.m.  
Call 428-2201  
to set up appointment



**TUESDAY, NOV. 5:  
ELECTION DAY**





The center will be closed in observance of Thanksgiving . No HDM, Center or Pick-up meals on those days. Please order extra if you will need meals on those days.

**Closed**  
Thurs. Nov. 28th & Fri. Nov. 29th




November 6 at 9:00-9:30 am  
**Commodity Supplemental Food Program**  
a Senior Food Assistance Program

## September Birthday & Smart Energy Presentation

Arlene B



Betty T



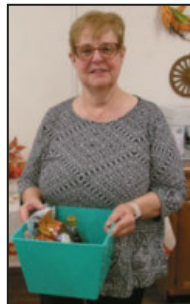
Energy Smart Senior Presentation



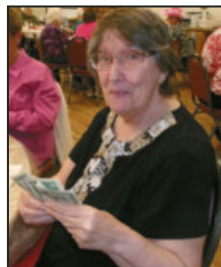
John L



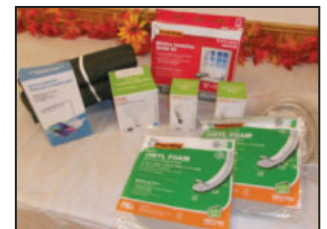
Cindy H



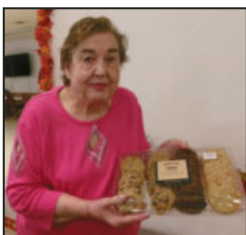
Sharon 50/50 winner



Energy kits from UPPCO and DTE



Marilyn C



Chris J



Cathy G



Maria L



Nancy L



Christine V



Marlene S



Pamela T



Sharon B



Western Decorations





November is our chance to say thanks to all the fabulous people in our lives and the life of the center. We are so lucky to have a great base of friends who come to the center and make it the special place it is. Thanks to all our wonderful people- I hope you know who you are! Join us for lots of fun, food and this month! And never fear, the coffee is always on! Come join us soon- Becky 906-356-6420 is our number!



*Happy Thanksgiving to all our wonderful people!!*



Center Closures in November

Tuesday, Nov. 5th  
Thursday, Nov. 28th

**NOVEMBER EVENTS**

- TUES 11/5 Center Closed for Election
- THU 11/7 Cornell Crew meets
- SUN 11/10 Corporation Dance 1-4pm
- WED 11/13 Thanksgiving meal!
- MON 11/18 Blackjack at 9:30!
- TUES 11/19 Crafts after lunch!
- WED 11/20 Birthday Party & Book Mobile!
- THU 11/28 Center Closed for Thanksgiving

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!

**November Craft Day!**

Tuesday, November 19th  
after lunch!

Be sure to call in and reserve your spot!  
Check out July's cool craft below!

Corporation Dance is Nov. 10th  
1 to 4 p.m.  
Featuring music by Old Friends



Don't forget we have bingo every Monday! Open to all ages as you can see! Stella's grandkids are enjoying themselves!



**Thanksgiving Meal**  
Wednesday  
Nov. 13th!

Join us!!

RIGHT: Gerry S. and Russ D. stopped by with an amazing donation for the Center from their friend, Roger Ramseth. Roger got these pictures from the old Larson Store and wanted them to be given to some place where a lot of people could enjoy them. The picture on the right was displayed by the butcher's counter and then the one on the left was back a bit! Do you remember them?

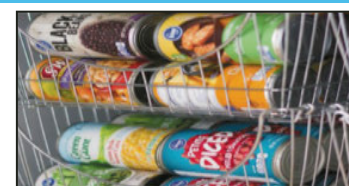




**FUN AROUND THE CENTER!!**  
 Birthdays and Crafts are always big days at the Center! And having the Bookmobile on party day is always awesome!!



Monday	Tuesday	Wednesday	Thursday	Friday
<i>Menu subject to change</i>			This menu is for all our senior centers. Call your senior center with questions/comments.	<b>1</b> Hamburger Gravy over Mashed Potatoes Corn Fruit Cocktail WW Bread
<b>4</b> Salisbury Steak Red Smashed Potatoes Green Beans Topical Fruit WW Bread	<b>5</b> Chicken Alfredo Lasagna Brussel Sprouts Corn Warm Peaches Breadstick	<b>6</b> Meatloaf Mashed Potatoes w/Gravy Green Beans Diced Peaches WW Bread	<b>7</b> Broccoli Turkey Casserole w/Cheese Zucchini Diced Pears	<b>8</b> Chili Baked Potato Cornbread Cooked Apples
<b>11</b> Swiss Chicken w/Mushroom Over Rice Cook's Choice Vegetable Corn Fruit Cup	<b>12</b> Tasty Hamburger Casserole 7-Way Mixed Vegetable Corn Tropical Fruit WW Bread	<b>13 Thanksgiving</b> <b>Limit 1 per person</b> Turkey Slice, Stuffing Mashed Potatoes w/Gravy Green Beans, Cranberries WW Roll, Pumpkin Bar	<b>14</b> Western Egg Bake Red Oven Potatoes Muffin Fresh Fruit	<b>15</b> Beef Stew Biscuit Sweet Potato Wedges Applesauce
<b>18</b> Spaghetti w/Meat Sauce Brussel Sprouts Italian Blend Vegetable Garlic Bread Pineapple Tidbits	<b>19</b> Chop Suey w/Pork Rice Oriental Vegetables Oriental Coleslaw Mandarin Oranges	<b>20 Birthday Party</b> <b>Limit 1 per person</b> Pork Chop w/Cranberry Boiled Potatoes Country Trio Vegetables Dinner Roll; Pineapple Upside Down Cake	<b>21</b> California Medley Soup Pickled Bologna w/Lettuce Sandwich Bread Celery & Carrot Sticks Pear Cup	<b>22</b> Chicken Alfredo Mixed Vegetables Salad Cook's Choice Fruit Cup WW Bread
<b>25</b> Bourbon Steak Rice Waxed Beans Carrots Fruited Yogurt	<b>26</b> Baked Ham Sweet Potatoes Prince William Vegetables WW Bread Cook's Choice Fruit Cup	<b>27</b> Swedish Meatballs w/ Noodles Beets; Peas & Carrots Fruit Cocktail WW Bread	<b>28</b>  MDSCAA is CLOSED. Order extra meals ahead of time so you have enough food.	<b>29</b>



The Hermansville Food Pantry is very much in need of donations. Either monetary or canned/dry goods would be greatly appreciated!  
 THANK YOU...  
 To the many organizations that have been loyal to our pantry through the years And we welcome any others that are looking for a CAUSE this giving season. It's a great feeling to know you are helping others in your own community.

THE HERMANSVILE SENIOR CENTER WILL BE CLOSED FOR: THANKSGIVING 11/28/24 AND ON FRIDAY 11/29/24 FOR THE HOLIDAY. PLEASE REMEMBER TO ORDER EXTRA MEALS IN THE BEGINNING OF THE WEEK TO HOLD YOU OVER WHEN CLOSED DAYS!



**The Holiday Meal is Wednesday Nov. 20th @ 11:30 am Turkey, Stuffing, Mashed Potato & Gravy, Green Beans, Cranberry Sauce, Dinner Roll & Pumpkin Bar! Call the day before by noon to reserve.**



**SIT AND FIT EXERCISE CLASS**  
 NOVEMBER, 2024 - MAY 2025  
 TUESDAYS AND THURSDAYS IN THE GYM  
 10 AM TO 11 AM CST  
 PATTI MOUFORD, Certified Instructor  
 Must sign a Liability Waiver





We are very grateful to all the local farmers and gardeners who donated fresh veggies and produce to the Senior Center during the recent harvest season. Here's Phyllis J. helping herself to some fresh plums.

**BINGO THURSDAYS 12:30–2:00 CST**  
**TEFAP PANTRY TUESDAYS 1:00–3:00**  
**COMMUNITY FOOD PANTRY 9:00–3:00**  
**ON MONDAYS AND THURSDAYS**  
**SIT & FIT CLASSES 10:00–11:15**  
**ON TUESDAYS AND THURSDAYS**  
**CARDS, DOMINOS & CRAFT ANYTIME**  
**DINE-IN (CALL AHEAD) 11:30 906-498-7735**



**BY**  
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**Life-Focused Estate Planning**

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**906-228-6212**

[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

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

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

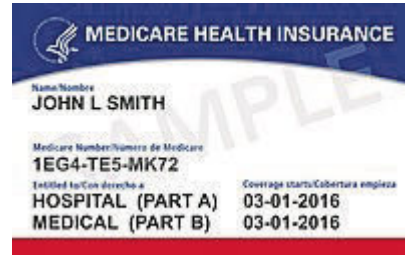
Need a ride to the Doctor? Dentist? Have a hair appointment? Need to go shopping? Give us a call at 753-6986 We are here to help you. Reasonable rates apply

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



These fabric pumpkins will be our November 18th craft class project. Sign up today!

Don't forget that Medicare Open Enrollment runs from October 15th through December 7th. We are here to help beneficiaries during that time. Call your local senior center for assistance.



Turn your clocks back 1 hour before heading to bed on November 2nd

We will be closed November 28 & 29 for Thanksgiving



# Holy Cross Headstones/Markers



Call 906-786-4685 today and see how easy and affordable getting a great headstone can be! 3026 Lake Shore Dr., Escanaba, MI 49829 Get a free design and quote. 10% off with this ad!

## CHRISTIAN PARK HEALTHCARE CENTER & VILLAGE

TWO HOMES • ONE HEART

Specializing in Short-term Rehabilitation and Long-term Care

Hiring with sign on bonuses for:

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When you choose our facilities for your healthcare needs, you are more than a "customer" to us... you are a member of our close knit "family"!



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2015 1st Avenue N. Escanaba Call Judy Owens: 906-786-1308 Bringing People & Places Together



FREE AD DESIGN with purchase of this space

CALL 800-950-9952

September Birthday Party Winners



Wally O won a portion of the 50/50!



Jan S did too!



John & Jan T display their winnings!



**THANK YOU**

- Lynda Keller for donating door prizes
- Harlan & Judy Anderson for donating coffee to the center & for door prizes
- John & Jan Thoun for purchasing materials & redoing our bulletin board

*We appreciate your generosity and support of the senior center*

**NOVEMBER EXERCISE DATES**

Wednesday November 6 at 11am  
 Monday November 11 at 10am  
 Monday November 18 at 10am  
 Wednesday November 27 at 11am  
 Coffee & snack served afterwards



HAPPY BIRTHDAY WISHES TO  
 SUE M. WHO CELEBRATES  
 HER BIRTHDAY ON NOVEMBER 12



Foot Clinic Date  
 November 25  
 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

**November 2024 Activities**

**Nov 11**– In honor of Veteran’s Day, the senior center will be providing a nutrition meal for veterans at no charge. Please call the center at 753-6986 to reserve a meal.

**Nov 13**– Thanksgiving Party Dinner with turkey and all the trimmings; 50/50 raffle, door prizes & bingo. Meal reservations must be made by 1pm no later than November 12th.

**Nov 18**– Craft class beginning at 11am. Please call the center to let us know if you would like to participate so we have enough materials for everyone. If you would like to stay for lunch after class, mention that too.

**Nov 19**– CSFP distribution from 9-10am only. Please do NOT bring your empty boxes back to the center until distribution day. We do not have adequate storage space to house these for 2 months.

**Nov 20**– Birthday party dinner with 50/50 raffle, door prizes & bingo. Are you celebrating your birthday in November? Notify the staff when making your meal reservation so we may honor you this day.

**Nov 28 & 29**– The center will be closed in observance of Thanksgiving. No home delivered or congregate meals served on these days. We will reopen at 8am on December 2nd.

**Join us at the senior center, it's a great place to be!**



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.



## MEDICARE OPEN ENROLLMENT



October 15<sup>th</sup> through  
December 7<sup>th</sup>

Coverage  
begins  
January 1<sup>st</sup>

NONPROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
PERMIT #19  
ESCANABA, MI  
49829

Menominee | Delta | Schoolcraft

# Senior Services

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

CAA is an equal opportunity  
provider and employer.



OR CURRENT RESIDENT

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



### MONTHLY NEWSLETTER NOVEMBER, 2024 Vol. 11 No. 11

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

All MDSCAA Offices, Senior Centers,  
and Head Start will be **closed** on  
November 28 & 29. No meals will be delivered.  
See you back on December 2.

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emailed to you.



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