

**MENOMINEE DELTA SCHOOLCRAFT
COMMUNITY ACTION AGENCY**

Senior Services

VISIT OUR WEBSITE AT MDSCAA.ORG

CHECK US OUT ON FACEBOOK

**MONTHLY NEWSLETTER
MARCH 2026 Vol. 13 No. 3**



**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-Th 8-3pm

HERMANSVILLE (p. 12-13)

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

MID-COUNTY (p. 14-15)

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

GLADSTONE (p. 8-9)

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

MENOMINEE (p. 6-7)

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

ROCK AREA (p. 10-11)

3892 W Maple Ridge 37th Rd
Rock, MI 49880
Phone: (906) 356-6420
Hours: M-Th 8-3pm

HARBORS
RETIREMENT COMMUNITY
*Excellence in Senior Living
at Affordable Prices*
Apartments Available!
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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

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RETIREMENT COMMUNITY, INC**
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personal care, medication management, activities,
private rooms with private baths and spacious 2
room suites in a safe and secure environment.*
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you need and the independence you desire.*
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www.northlandlutheranwi.com

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

Crawford
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Escanaba (906) 786-0074
Bark River (906) 466-2211
DIRECTORS
JAMES D. CRAWFORD
CAREN L. CRAWFORD
DONALD J. CRAWFORD
www.crawfordfuneralhomes.net



Moonlight and Memories

A 55+ SENIOR PROM NIGHT

March 19, 2026 • Highland Golf Club

5-8 pm EST • Doors open at 4:30 pm

A Prom Night just for Senior Citizens.

Filled with fun and memories waiting to be made!

Dancing - snacks - drinks - photos - and more!

GET YOUR TICKETS TODAY!

Tickets include a ride to and from the event by DATA bus.

Pick up at 4pm and Drop off after the event at

Gladstone and Escanaba Senior Centers..

Tickets are only \$20 each! LIMITED AVAILABILITY

Fill out and return this form to The Daily Press by March 6th.

YES! I WANT MY PROM TICKETS!

Name: _____

Address: _____

City _____ State _____ Zip _____

Phone number: _____

I would like _____ # of tickets @ \$20 each for a total of \$ _____

My check is included Run my credit or debit card

Card # _____

Expiration _____ CVC _____

Mail or drop this form off to The Daily Press 600 Ludington Street
Escanaba, MI 49829. If you mail the form in, we will call you to find out
how you would like to receive your tickets.

Pick me up at the Escanaba Senior Center Gladstone Senior Center
I do NOT need to be picked up:

Call 906-786-2021 Ext. 101 if you have any questions.



If you wish to receive the newsletter, please sign up to receive by email at
<https://mycommunityonline.com/organization/community-action-agency-senior-centers> and
subscribe to receive the newsletter.

Or you can pick up the newsletter at your nearest Senior Center or at the Administrative Office,
or ask your meal driver to bring you one.

Administrative Office 507 1st Ave N, Escanaba, MI 906-786-7080

Escanaba Senior Center 225 N. 21st Street, Escanaba, MI 906-786-8850

Gladstone Senior Center 303 N. 8th Street, Gladstone, MI 906-428-2201

Menominee Senior Center 905 10th Street, Menominee, MI 906-863-3256

Mid-County Senior Center 292 S. US 41, Daggett, MI 906-753-6986

Hermansville Senior Center W5480 1st Street, Hermansville, MI 906-498-7735

Rock Area Senior Center 3892 W. Maple Ridge 37th Road, Rock, MI 906-356-6420

St. Patrick's Day Word Search

Search for the words hidden up, down, left and right.

C	K	X	K	W	L	D	C	S	H	F	U	D	D	N	T
N	X	G	M	D	W	S	L	E	T	L	V	D	G	J	W
U	T	F	X	O	U	K	M	V	H	S	I	R	I	B	L
M	U	S	I	C	L	O	V	E	R	K	H	C	E	T	W
T	L	Z	A	Z	G	L	K	N	X	H	G	Y	X	U	Q
W	R	N	D	H	D	G	X	T	H	D	T	K	H	S	G
Y	V	U	Y	X	S	G	C	E	D	Y	H	C	R	A	M
B	Q	M	D	G	R	C	L	E	H	A	V	O	C	L	X
J	K	W	L	U	C	K	C	N	Y	P	G	R	Y	U	A
D	K	C	I	R	T	A	P	T	F	N	I	M	I	D	X
E	W	B	O	V	X	D	S	H	A	E	J	A	I	M	Z
S	U	Q	P	K	P	L	E	P	R	E	C	H	A	U	N
K	T	W	B	Y	F	O	R	J	J	R	U	S	Q	T	W
I	F	C	I	O	F	A	I	R	Y	G	Q	W	A	K	O
J	Q	T	W	G	Y	K	Z	I	G	D	X	T	P	P	I
X	C	Z	N	J	O	F	A	N	H	K	L	I	S	J	A

CLOVER	FAIRY	GREEN
IRISH	JIG	LEPRECHAUN
LUCK	MARCH	MUSIC
PATRICK	SEVENTEENTH	SHAMROCK

St. Patrick's Day

FACTS

- SAINT PATRICK'S REAL NAME WAS MAEWYN SUCCAT. HE CHANGED HIS NAME TO PATRICK AFTER BECOMING A PRIEST.**
- ST. PATRICK'S DAY PARADES STARTED IN AMERICA, NOT IN IRELAND.**
- THE ROMAN COLOSSEUM, LEANING TOWER OF PISA, SYDNEY OPERA HOUSE AND THE BURJ AL ARAB IN DUBAI LIGHT UP GREEN ON ST. PATRICK'S DAY!**
- PADDY DAY WAS INITIALLY A DRY DAY, OWING TO ITS RELIGIOUS SIGNIFICANCE.**
- ST. PATRICK'S DAY WAS OFFICIALLY DECLARED A RELIGIOUS HOLIDAY ON 17 MARCH 1631 BY THE CATHOLIC CHURCH.**
- OUT OF 46 AMERICAN PRESIDENTS, 23 PRESIDENTS INCLUDING THE CURRENT PRESIDENT JOE BIDEN, HAVE IRISH ROOTS.**
- THE CHICAGO RIVER IS DYED GREEN EVERY YEAR AS PART OF ST. PATRICK'S DAY CELEBRATION.**
- BEER IS THE MOST POPULAR DRINK FOR ST. PATRICK'S DAY WITH GUINNESS SELLING NEARLY 13 MILLION PINTS WORLDWIDE!**
- THE ODDS OF FINDING A FOUR-LEAF CLOVER ARE ABOUT 1 IN 10,000. CONSIDER YOURSELF VERY LUCKY IF YOU DO FIND ONE!**

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.

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.

March Birthday Celebration

March 25 at 12 noon

Join us to celebrate the March birthdays by dining in or picking up a lunch of:
Herb Roasted Chicken, Loaded Mashed Potatoes, Chef's Choice Vegetables, Dinner Roll, and Sunshine Cake.

If you have a birthday in March 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 March with a gift inside.

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

Call the center to reserve a meal before March 23

906-786-8850

Medicare Assistance

- ⇒ 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.



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

Weekly Activities at the Center

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

BINGO — Tuesday from 1—3 p.m.
\$2.50 per card for 10 games.

'500' CARDS — Wednesday
from 12:30—3 p.m.

CHAIR YOGA — Thursday at
2:30—3:00 p.m. \$5



Join us for some activities!



LUCKY LUCKY LUCKY LUCKY



Toe Nail Clinic

The North Woods Home Health Nurses will be at the Escanaba Senior Center on
March 5 & April 2
from 1:00—3:00 p.m.

Schedule your appointment by calling 906-786-8850. Cost is \$22 and please bring your own bath towel.

WHY CAN'T YOU
BORROW MONEY
FROM LEPRECHAUNS?



BECAUSE THEY
ARE ALWAYS A
LITTLE SHORT.

How old are
leprechauns?

So old that they
can remember when
rainbows were
black and white

TEFAP — USDA 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 300% 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. You can visit once per calendar month.

This institution is an equal opportunity provider.

The bi-monthly boxed CSFP food commodity at the Fairgrounds is no longer available.

Tax Credit Time 2025!



Most seniors qualify for the 2 tax credits offered by the State of Michigan. The Homestead Property Tax Credit and/or the Home Heating Tax Credit.

You need to have your 1099 Social Security Statement for 2025, interest and dividend income for 2025, retirement pension, annuity and IRA benefits for 2025. If you have SSI benefits you will need the statement for 2025. Also bring along summer and winter property tax statements or rental receipts. Also a printout from your fuel provider for fuel purchase between November 1, 2024 through October 31, 2025.

If you have supplemental health and Part D insurance policies bring along the premiums you paid in 2025. This may be written off your income.

Not all the above statements may pertain to you.

Call for drop off times. 906-786-8850

Congregate "January" Birthdays

Sandy P. won the flower arrangement from Wickert Floral for her birthday in January.

Also happy birthday to Karl B., David B., Marilyn C., Vern D., Lois E., Patricia J., Marv K., Patricia R., and Richard S.



Congratulations Birthday Party Winners!



Winners of the January birthday drawing for a gift card to Menards were Patricia J. and Bonny B. (above-left to right) Congratulations!

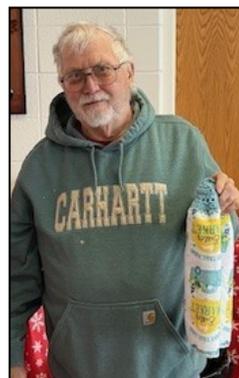
St. Patrick's Day Lunch

Come celebrate St. Patrick's Day on Tuesday, March 17 at 12 noon.

We are serving Corned Beef Casserole, Boiled Yellow Potatoes, Diced Carrots Apple Slices, Bread, and Pistachio Dessert.

There will be door prizes given away and many laughs.

Suggested donation is \$4.50 and limit one meal per person. Reserve your meal by calling 906-786-8850 by March 12.



Dish towels were won by Marv K. and Ruth C. Thank you Gayle S. for your handmade donations.

Join us on Facebook for the up-to-date news, videos, and pictures. Search for Escanaba Senior Center.





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 Thursday 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.

TAX CREDIT SEASON HAS STARTED:

In January, you should have received your Social Security statements. You should have received a 2026 statement showing increases, Medicare premium, etc., and also a 1099 from last year 2025 total income. These 1099 forms are crucial to helping you during tax season. You can also call and get your print out from your heating provider. For taxes, we need to know how much you were billed for heat from 11/1/2024 through 10/31/2025. Also, if you paid summer and winter taxes in 2025, and can file for that credit, gather those together too. So, start a folder, or a safe place to hold these items until your tax credit appointment.

We can help with Homestead and Home Heating Credits only-not full state or federal taxes. Please call the center to make your appointment for tax credit assistance.



March Trivia Question:

National Cereal Day is March 7. What is the name of the rooster mascot for Corn Flakes cereal?



- A. Cock-a-doodle
- B. Charlie
- C. Cornelius

If you think you know, turn in the March entry for your chance to win 2 free meal tickets!

IMPORTANT Senior Advisory Council Meeting



We are hosting a Senior Advisory Council meeting and we are looking for seniors who want to help us grow our center and become council members. This meeting will discuss the daily business of the center, and also to prepare for the upcoming move to our new building. We encourage all interested seniors in our community to attend. Please RSVP by calling the center if you are coming to ensure we have enough meeting space for all to attend. Light refreshments will be served.

WE ARE KEEN ON GREEN- St. Patrick's Day Party!



Join us for food, fun and some shenigans at our St. Patrick's Day Party on March 17th. The party begins at noon with a delicious Irish-themed dinner. Bring a little coin as we will have a "share the wealth" raffle. We will also play bingo after the luncheon. Wear green for a chance to win some green. Please call to reserve your seat before March 16th.

February Trivia Question:/Answer



National Cherry Pie Day is February 20. What county in Wisconsin is the leading cherry producer in the state?
Answer: **DOOR COUNTY**

March Trivia Answer Entry:

ANSWER: _____

Your Name: _____

Phone: _____

Winner receives 2 free meal tickets!
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.

Note: MMAP counselors are available year round to help you with your Medicare/Medicaid issues.

MEDICARE CHANGES AND MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD:

There were a lot of changes that happened in the Medicare scene at the end of 2025. UHP Dual Eligible plan ended for some of the counties in the U.P. – Menominee County being one of them. Also some other Medicare Advantage plans ended their coverage, and some drug plans changed names, or ended completely. We hope you aren't one of those who did not act upon the warnings about coverage changes and are now having troubles with your prescriptions at the pharmacy.

If you are, there may be something to do about it depending on the situation. You may be safe, and just not understand your coverage either.

If this is the case, you can make an appointment with a SHIP (State Health Insurance Provider) Counselor and we can try to navigate the Medicare situation to see if there are ways to help.

For those in Medicare Advantage plans prior to January 1, 2026, this period is also the time to change your Medicare Advantage back to Original Medicare and a Drug plan. So, if you have remorse, you can still fix that too. This period expires on March 31, 2026. There are pitfalls to all the changes that Medicare has. It is hard to understand, so let someone help you.

Call your local senior center to see if they have a SHIP counselor to assist you. At the CAA/Menominee Senior Center it is Renelle Betters.



March Birthday Party:

We will be celebrating March birthdays on March 25. If you have a birthday in the month of March 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 menu details. *Please register at least a day in advance or more for your meal.*

Senior Craft Day:

The senior center will host a “Senior Craft Day” on March 26 at 1pm. We will be making a spring craft. Light refreshments will be served. If you would like to attend, please call the center to let us know so we have enough supplies for all. No cost, and all are welcome.



Senior Prom Event In Escanaba

There will be a “Senior Prom Night” at the Highland Golf Club just outside of Escanaba on March 19 from 5-8pm Eastern Time (4-7 Central Time). Tickets are \$20 each.

The center here has registration forms but they will need to be returned to the Daily Press in Escanaba as they are handling the registration. The deadline to register for the event is March 6th. If you are attending from our center area and need to inquire about transportation, please call us as soon as possible to see if we will be offering a shuttle. Shuttle service may be limited in seating. *Check our Facebook page for the registration form & details.*

Foot Clinic Update:

Please call the center to check appointment availability. We fill up fast. We apologize for the inconvenience.

You can also call and be put on a cancellation/call list.

CORPORATION CORNER

The Gladstone Senior Citizens Non-Profit Corporation's mission is to raise funds for the operational expenses and upkeep of the Gladstone Senior Center building in which services and activities are provided for our senior citizens. The volunteer Board of Directors supports this mission through the membership drive and donations that it receives. The annual membership fee stays at \$10.00 per person for 2026, and we hope that you will consider supporting your Center. Members are also offered rentals of the building on weeknights and weekends at a reduced rate for social events such as birthday parties, wedding or baby showers, and funeral luncheons. Please consider joining for 2026 by filling out the following information and dropping the form and payment off at the Center or mailing it to: Gladstone Senior Citizens NP Corp, P.O. Box 211, Gladstone MI 49837

NAME(s) _____ / _____

ADDRESS _____ /PHONE# _____

EMAIL _____ CHECK# _____ CASH _____

MEMBERSHIP AMOUNT \$ _____ and/or Donation \$ _____

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

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.
300% below Federal Poverty Income
You can visit once per month.

This is an equal opportunity provider

Foot Clinic Northwood Nursing

When: March 19
Time: 1:00 - 3:00 p.m.
Cost: \$22.00
Bring your own towel

Call Center at 428-2201 for an appointment



Movie Day

"The Thursday Murder Club"
Wednesday March 25

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



Craft Day

Tuesday, March 10
12:15- 2:00 p.m.

Call 428-2201 to reserve a spot

March Birthday
Lunch

Wednesday March 25

Herb Roasted Chicken
Loaded Mashed Potatoes
Chef's Choice Vegetable
Dinner Roll
Sunshine Cake

Call 428-2201 to reserve a spot
by March 23rd

St. Patrick's Day Lunch
Tuesday March 17th

Corned Beef Casserole
Boiled Yellow Potatoes
Diced Carrots
Diced Peaches
Apple Slices, Bread
Pistachio Dessert.

Call 428-2201 by
March 12th to reserve a spot .

BINGO

Public bingo is available Thursday afternoons at the Gladstone Senior Center to benefit center activities.

It is open to all over 18 years old.

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 some fun and you may even win some money for yourself! Hope to see you!



YMCA Sit and be Fit

Monday and Wednesday

10:30 a.m. -11:15 a.m.

Come get your fit on!

You can also join us for lunch at 11:30.

Call 428-2201 to reserve a meal!



January Birthday



Beverly M



Cheryl W



Ray B
birthday month
Gift Certificate



Joan L



Nancy L



William B



Ellen S



Peggy S
50/50 winner



Sharon B



Trudy B



Cathy G



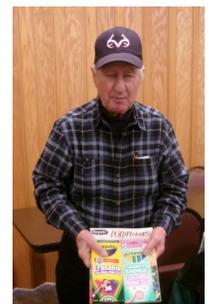
Jane S



Karen T



Ray B





March is here and that means Spring is here too! We are ready for some green around here! Don't forget this month has our wonderful St. Urho's and St. Patrick's Day party! Oooh- the food and fun!

Come along and join your friends at the Center for a great time and great fellowship! We have crafts, exercise, prize bingo and more! And the coffee is always on! Come join us soon—Becky 906-356-6420 is our number!

Secretary of State Portable Office

will be here

on Wednesday, March 25th at 10AM!
Talk about convenient! Everything you can do at their Esky office available right here in Rock!



Corporation Dances are back in 2026!

Sunday, March 8th at 1-4 pm

This month: Red River Band

MARCH EVENTS

- SUN 3/8 Corporation Dance!
- TUES 3/10 Crafts after lunch
- TUES 3/17 St Pat's & St. Urho's Party
- THU 3/19 Prize Bingo Day at 11AM and Moonlight & Memories Prom in the evening
- WED 3/25 Birthday Party and Secretary of State Office visit and Esky Bookmobile!

Chair yoga on Mondays & Wednesdays!
Exercise on Tuesdays & Thursdays! All at 9:30 am
Free Black Jack after the Birthday party!
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!

BOOK MOBILE VISIT!!

Wednesday
March 25th
at 1 pm!!



You can get a library card right on the spot!

Walking Inside Class
(Leslie Sansone)

Every Tuesday & Thursday at 9:30 am

March Craft Day!

Tuesday,
March 10th
after lunch!
Call & reserve a spot!!



St. Patrick's and St. Urho's Day Party!

Tuesday, March 17th—11:30

Come and get your Finn on!!

Lots of fun Finnish foods and some games too!

And some good ol' Irish fare too!



PRIZE BINGO!
Thursday, Feb. 19th at 11:00 am and then after lunch.
No charge! Fun Prizes to be won!
Come try it out!!!

Free Black Jack Game after the Birthday Party!!



Join in and Bob takes care of the rest!!

Chair Yoga
Mondays & Wednesdays



9:30-10 am

Senior Citizens Corporation Can Drive for the whole month of March!

Drop your empties at the Center and help keep the dances going in Rock!

Moonlight & Memories
A 55 plus Senior Prom!
March 19th
at the Highland Golf Club
5-8pm



Call for more info or stop by for a flyer!

Reservations due by MARCH 6th!



Bonnie won the plate drawing contest and her husband Darryl got the prize!!

Plate Drawing on your head at the birthday party!

Crafters at work again!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Sweet & Sour Meatballs Brown Rice Prince William Vegetables Peas Pineapple/Orange Fruit Cup</p>	<p>3 Chicken Stroganoff Scandinavian Vegetables Brussel Sprouts Diced Pears Bread</p>	<p>4 Beefy Tater Tot Casserole Corn Warm Cinnamon Peaches Bread</p>	<p>5 Salmon Croquette Garlic Mashed Potatoes Diced Carrots Chef's Choice Fruit Cup Bread</p>	<p>6 CLOSED Order an extra meal ahead of time.</p> 
<p>9 Country Fried Steak/Gravy Mashed Potatoes Green Beans Diced Peaches Bread</p>	<p>10 Meatloaf w/Ketchup Glaze Boiled Red Potatoes Diced Carrots Fruit Cocktail Bread</p>	<p>11 Chicken Chili Side Salad w/Cheese/tom Pineapple Tidbits Garlic Breadstick</p>	<p>12 Tortellini Alfredo w/Peas & Mushrooms Corn; Root Vegetables Chef's Choice Fruit Cup Breadstick</p>	<p>13 CLOSED Order an extra meal ahead of time.</p> 
<p>16 Pork Chop Suey Brown Rice Oriental Vegetables Oriental Salad Warm Cinnamon Pears</p>	<p>17  St. Patrick's Day Limit 1 per person Corned Beef Casserole Boiled Yellow Potatoes, Diced Carrots; Apple Slices Bread Pistachio Dessert</p>	<p>18 Swiss Steak w/ Egg Noodles Wax Beans Chef's Choice Vegetable Fruit Cocktail Bread</p>	<p>19 Herb Baked Fish Garlic Mashed Potatoes Corn Chef's Choice Fruit Cup Bread</p>	<p>20 CLOSED Order an extra meal ahead of time.</p> 
<p>23 Turkey Gravy over Mashed Potatoes Broccoli Diced Pears Bread</p>	<p>24 Polish Sausage Casserole Green Beans Warm Applesauce Bread</p>	<p>25 Congregate Birthday Limit 1 per person Herb Roasted Chicken Loaded Mashed Potatoes Chef's Choice Vegetable Dinner Roll Sunshine Cake</p>	<p>26 Vegetarian Burger w/Bun American Cheese Oven Potatoes Corn Chef's Choice Fruit Cup</p>	<p>27 CLOSED Order an extra meal ahead of time.</p> 
<p>30 BBQ Pork Chop Sour Cream/Chive Potatoes Pears & Onions Fruit Cocktail Bread</p>	<p>31 Chicken Broccoli Casserole Root Vegetable Blend Side Salad w/Ch & Tomato Stewed Apples Bread</p>			<p><i>Menu subject to change 2% Milk served each day.</i></p> <p>This menu is for all our senior centers. Call your senior center with questions/comments.</p>

St. Paddy's Day meal is on Tuesday, March 17th at 11:30 with a menu of Corned Beef Casserole, Cabbage & Carrots, Boiled Potatoes, Diced Peaches, Bread, Pistachio Dessert and Milk.

Call by 11:15am the day before for meal.



Think Spring
First day of Spring is March 20th.



Movie Day will be Monday, March 23rd at 12:30pm. Snacks and a spring theme movie!



Come Join us on Prom Night!!

See info below.

We also have sign-up forms at the Center and will have the bus available for rides to & from Prom
Call 906-498-7735.



SPECIAL BINGO
Thursday March 5th with prizes.
25 cents for 3 cards each game, or 10 cents a card.
Total pay back to winner.

Moonlight and Memories
A 55+ SENIOR PROM NIGHT
March 19, 2026 • Highland Golf Club
5-8 pm EST • Doors open at 4:30 pm
A Prom Night just for Senior Citizens.
Filled with fun and memories waiting to be made!
Dancing - snacks - drinks - photos - and more!
GET YOUR TICKETS TODAY!
Tickets include a ride to and from the event by DATA bus.
Pickup/drop off at Gladstone and Escanaba Senior Centers.
Tickets are only \$20 each! LIMITED AVAILABILITY
by March 6th.

DAILY PRESS Your Local News Leader
community Action Helping People. Changing Lives. Agency

DON'T FORGET TO TURN YOUR CLOCKS AHEAD 1 HOUR ON SUNDAY MARCH 8TH!

Tonight we move the clocks ahead one hour and spring forward.

3/8/2026

After the winter we've had, I'm all for anything with the word "spring" in it!



DAY LIGHT SAVINGS TIME STARTS ON MARCH 8 AND WILL CONTINUE THROUGH NOVEMBER 1ST WHEN IT ENDS! THINK SUNSHINE!



Thank You Vicki C. (below) for decorating our Valentine tree. Great Job! In January we did a snowflake theme.



We decided to keep the new “happy tree” that Sue Z. donated going again all year. March will be Shamrocks!

As you start planning for your spring planting, think about sharing ideas at the Center. If you have extra seedling or too many plants, bring them down. As produce starts to grow and you have enough to share, we welcome it at the Pantry!





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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!

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Transportation is available Monday through Thursday 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



What do you call an Irish spider? Paddy long legs



MARCH ACTIVITIES



MARCH 10- Secretary of State visit from 9-10:30a. Check this newsletter for more information.

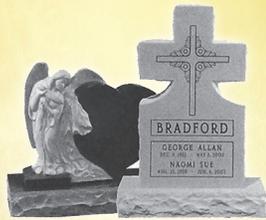
MARCH 11- Craft class beginning at 1pm. If you would like to have lunch beforehand, please call the center to reserve a meal. Please RSVP too! Craft to be determined.

MARCH 17- St. Patrick's Day Party Dinner with green punch, 50/50 raffle, door prizes and bingo after lunch. Menu will be corned beef casserole, cabbage, carrots, boiled potatoes, diced peaches and pistachio dessert. Please call in your meal reservation no later than noon on March 16.

MARCH 25- Monthly Birthday Party Dinner with 50/50 raffle, door prizes, cake, ice cream and bingo. Is it your birthday in March? Please inform us when making your meal reservation so we may honor you!



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TAX TIME IS HERE!

Most seniors qualify for 2 tax credits offered by the State of Michigan. They are the Homestead Property Tax Credit and the Home Heating Tax Credit. Certain documents are needed to file these credits. These include:

- ◇ 1099 Social Security statement for 2025
 - ◇ Interest and dividend income for 2025
 - ◇ Retirement pension, annuity and IRA benefits for 2025
 - ◇ SSI benefits for 2025
 - ◇ Summer & winter property tax statements for 2025 OR rental receipts
 - ◇ A printout from your fuel provider showing how much you were billed for fuel from November 1, 2024 through October 31, 2025
- If you have a supplemental health insurance policy besides Medicare, include proof showing how much you paid for that policy in 2025. Dental, vision, and prescription drug premiums may also be claimed. Not all of these documents will pertain to you. Call the center for an appointment in early February. As a reminder, I do NOT prepare federal or state income tax returns.



**We're having a Spring Rummage Sale!
June 4 & 5**

Clean out those closets and basements and donate your usable items to the Mid County Senior Center. If you would like to help or have items to donate, please contact Jan Thoune, Arlene Engel or Judy Francour. Items need to be clean and in good condition. No large items, please. All proceeds will benefit the Mid County Senior Center



Remember to *SPRING* forward
Saturday March 7 when going
to bed!



SPRING FORWARD
SET YOUR CLOCKS AHEAD AN HOUR

Foot Clinic Date's

Monday March 9 & 30

Both clinics are currently full, but you can call the office at 753-6986 to be placed on a waiting list if an opening becomes available.



Cost is \$27 which includes toenail trim by Christa Rivard, certified nail tech.



Special thanks to Mary G. for her generous monetary donation to our home delivered meal program

Michigan Secretary of State Mobile unit will

be at the Mid County Senior Center on

Tuesday March 10 from 9-10:30 am CST

You can renew your vehicle registration, license or state ID; register to vote; change your address; join the organ donor registry and more! Call the center at 753-6986 to schedule your appointment



March Exercise Dates

- Wednesday March 4 @ 11 am
- Wednesday March 11 @ 11 am
- Wednesday March 18 @ 11 am
- Monday March 23 @ 10 am



All are welcome to participate in this low impact class. Coffee and social time to follow

***Dates subject to change ***



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Senior Services

www.mdscaa.org

MDS CAA is an equal opportunity provider and employer.

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

MONTHLY NEWSLETTER

March, 2026 Vol. 13 No. 3



Daylight Saving Time begins March 8.

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



Adult Day Services, a program of MDS CAA, offers respite for caregivers of loved ones diagnosed with any type of Dementia, including but not limited to Alzheimer's, Lewy Body Dementia, Vascular Dementia and Frontotemporal Dementia. The program is located at 225 N. 21st Street, Room 115 at the Catherine Bonifas Civic Center/Senior Center. The program offers services Monday–Friday with current hours of 8:30am–4pm.

Participants enjoy a family like environment; lunch thru Meals on Wheels and a variety of different activities.

Activities include arts and crafts, dice games, TV programs, movies, conversation, exercise, and use of the Civic Center game room. Monthly visits to the Bonifas Art Center and visits by the Snuggles for Seniors offered by Delta County Animal Shelter.

Adult Day Services currently has availability. For more information, please call Cherish or Annie at 906-789-2886.

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