

SENIOR SERVICES

See page 11 for menu for
ALL Senior Centers



October, 2026 Vol. 13 No. 10
www.mdscaa.org

Escanaba Center

225 N. 21st Street
Escanaba, MI 49829
906-786-8850
Pages 2-5
Open Monday-Thursday
8:00am-3:00pm

Gladstone Center

303 N. 8th Street
Gladstone, MI 49837
906-428-2201
Pages 8-9
Open Monday-Thursday
8:30am-3:30pm

Hermansville Center

W5480 1st Street
Hermansville, MI 49847
906-498-7735
Pages 12-13
Open Monday-Thursday
8:00am-3:00pm

Menominee Center

905 10th Street
Menominee, MI 49858
908-863-3256
Pages 6-7
Open Monday-Thursday
8:00am-3:00pm

Mid-County Center

292 S. US 41
Daggett, MI 49821
906-753-6986
Pages 14-15
Open Monday-Thursday
8:00am-3:00pm

Rock Area Center

3892 W. Maple Ridge 37th Rd
Rock, MI 49880
906-356-6420
Pages 10-11
Open Monday-Thursday
8:00am-3:00pm

HARBORS
RETIREMENT COMMUNITY
Excellence in Senior Living
at Affordable Prices
Apartments Available!
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REHABILITATION
The Choice is Yours.
2 Convenient Locations
Escanaba 789-2404
Gladstone 428-3085

um UPPERMICHIGANLAW.COM



FIGHT BACK WITH THE RIGHT PROTECTION
CALL (906) PROTECT

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
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.
.....

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www.northlandlutheranwi.com

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tel: (906) 786-5810 • fax: (906) 786-5372
www.bishopnoahome.com

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

We are exploring the addition of a new **CHORE SERVICE** designed to help individuals maintain a safe, comfortable, and well-managed home environment.

Services would be offered on a private pay basis at \$25/hour or at a pre-determined agreed upon service rate, depending on the type of service needed.

Possible services may include:

- Routine housework
- General cleaning and organizing
- Yard work and lawn care
- Gardening and raking
- Garage clean-outs
- Meal prep or meal setup
- Occasional errand runs
- Non-emergency local medical transportation
- Wellness reporting/check-ins

Please note: these services are still being evaluated and nothing is set in stone at this time.

If you or someone you know may be interested, please call our office to be added to our interest/waitlist.

We look forward to hearing from you!

MDSCAA
507 1st Ave N.
Escanaba, MI 49829
906-786-7080 ext. 150
emcknight@mdscaa.org



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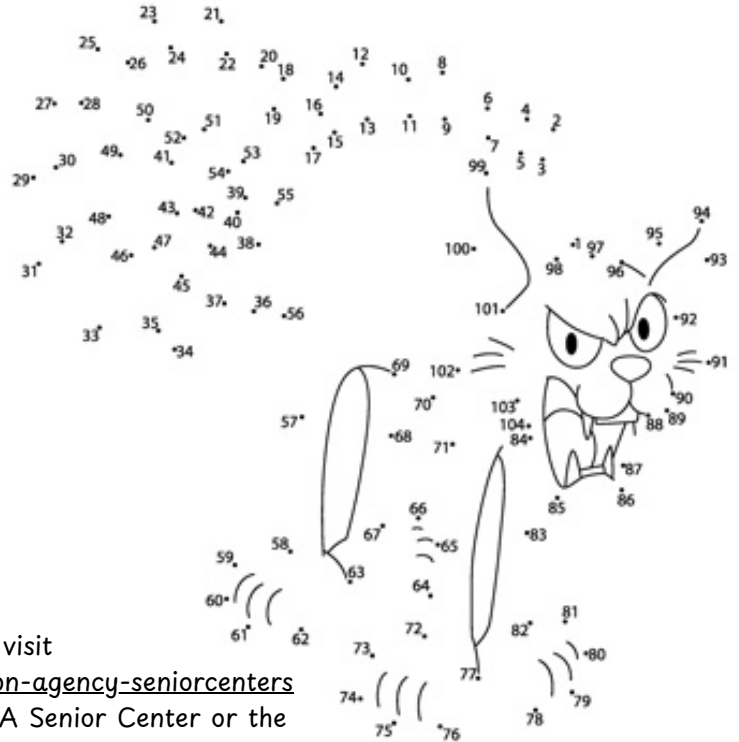


DAILY PRESS
 Your Local News Leader

906-786-2021 Option 2



Find 12 objects in the picture



To receive this newsletter by email, visit mycommunityonline.com/organizations/community-action-agency-seniorcenters to subscribe. You can also pick one up at any MDSCAA Senior Center or the Administrative Office.



IF YOU HAVE MEDICARE & MEDICAID

... you may qualify
for additional benefits.



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

212 S 14th St • Escanaba, MI 49829

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.

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.

October Birthday

Join us to celebrate October Birthdays on Wednesday, October 21 at 12 Noon.

You can dine in or pick up your lunch.

We are serving Roast Pork with Gravy, Loaded Mashed Potatoes, Key West Vegetables, Pineapple Tidbits, Dinner Roll, and Carrot Cake.

If you have a birthday in October 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 October with a gift inside. Please wear your favorite Halloween costume!

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 per meal, with a limit of one per person.

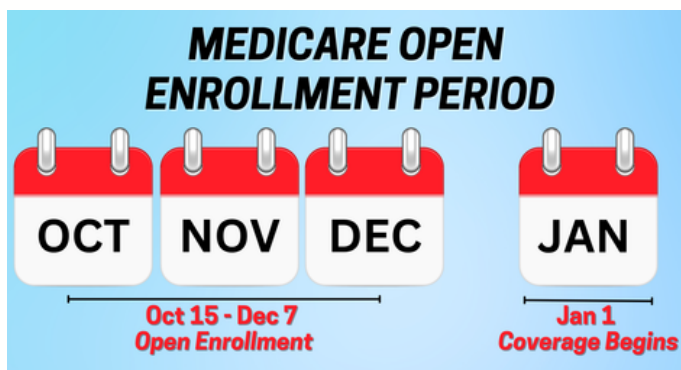
Call the center to reserve a meal before October 26.

906-786-8850

Watch your mail for your 2027 Medicare Advantage Plan or Part D information! By law they need to send this.



Call the Escanaba Senior Center for an appointment about your upcoming Medicare decisions for 2027.



Medicare Assistance

- Are you confused with Medicare?
- Do you know someone turning 65 this year?
- Do you need help with your Part D drug plan?
- Do you know someone in a different state who needs help?
- See if you qualify for "extra help" with your medications and Part B premium.
- Let us educate you on how Medicare works for you.
- We can also help with Medicaid applications and redeterminations.
- Call for an appointment at 906-786-8850.

Weekly Activities at the Center



DINE IN MEALS - Monday-Thursday at 11:45 a.m. in dining room.

SIT N Fit - August 31 & September 2 at 10:30-11:15 a.m.

LINE DANCING - Monday & Thursdays at 1:00-2:30pm.

BINGO - Tuesday at 1:00-3:00pm. \$2.50 per card for 10 games.

'500' CARDS - Wednesday at 12:30-3:00pm

Toe Nail Clinic

The Northwoods Home Health Nurses will be at the Escanaba Senior Center on Thursday, October 1 & November 5 from 1:00pm - 3:00pm

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

The Emergency Food Assistance Program (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 300% of the Federal Poverty Income Guidelines. Current participants of SNAP, WIC, FPDIR, and SSI automatically qualify.

All income is self declared at each visit in writing or verbally. You can visit once per calendar month.

This institution is an equal opportunity provider.



Halloween Celebration

Come and celebrate Halloween on Wednesday, October 28 at 12 noon.

We will be serving:
BBQ BOO Meatballs
Vampire Repellent Mashed Potatoes
Graveyard Harvest Succotash
Witches Broomstick
Frankenstein's Monster Fluff
Full Moon Elixir



There will be door prizes given away and many laughs. Please wear your favorite Halloween attire!

Limit one meal per person with a suggested donation of \$4.50 per meal.

Please reserve your meal by calling the center before October 26. 906-786-8850

H A L L O W E E N

Congregate "August" Birthdays

Barb C. won the flower arrangement from Wickert Floral. Happy birthday to others with a birthday in August!



Congratulations Birthday Party Winners!

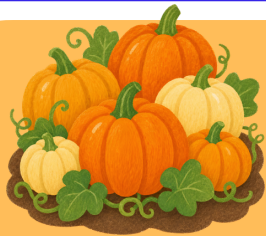
Winners of the August birthday drawing for a gift card to Walmart were Judy L. and Lillian P. (left to right).



Dish towels were won by Cookie G. and Corrie K. (below-left to right). Thank you Gayle S. for your donation.



Join us on Facebook for up-to-date news, videos, and pictures.



CAA/Menominee Senior Center
business hours:

Monday through Thursday
8 a.m. - 3 p.m.

Please call at least a day in
advance to schedule your bus ride, or
to reserve a meal.

Craft Class:
October 22nd
at 1:00pm



Come join us for lunch and then stay for
an afternoon of fun and creativity. All
supplies will be provided. Please sign-up at
least a day in advance to ensure we have
enough supplies for all.

October Trivia Question:



Famous horror writer
Stephen King wrote "The
Shining" after a visit to this
real-life remote Colorado
hotel. This hotel claims to
have many ghostly
apparitions.
Name this hotel.

Menominee Senior Center

905 10th Street,
Menominee

906-863-2158

Find us on Facebook!
search for Menominee Senior Center



DID YOU KNOW???:

We serve dine-in meals Monday through Thursday
at approximately noon. Meals are a suggested
donation of \$4.50 for seniors age 60 & older, or the
spouse of a senior age 60 or older. Guests under
60 are asked to pay \$7.50 per meal.

Our transportation services run Monday through
Thursday from 8am until 3pm. Please call at least a
day in advance to schedule your ride. Rides must
originate in Michigan. Fares start at \$1.25 one way
within the city of Menominee. Fares are doubled
when going to Marinette or outside the city limits.

September Trivia Question/Answer

**Name the president who signed "Labor
Day" holiday into law in 1894.**

**ANSWER: President Grover Cleveland
signed into law on June 28, 1894.**

October 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 Senior 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.

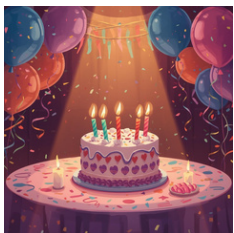
MMAP Counselors are located at most of our Senior Centers in the U.P. and lower Michigan.

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

MEDICARE OPEN ENROLLMENT SEASON: OCTOBER 15-DECEMBER 7

The Annual Medicare Open enrollment season will be starting on October 15. We will be taking appointments for in-person meetings after October 15th, but may not meet with people immediately. In the meantime, you can get ready by collecting your most recent list of medications and gather your insurance cards. You will have until December 7th to make changes that will affect your Medicare costs in 2027. Those who have a Medicare Advantage Plan or Part D Drug plan should really use this time to compare coverage for 2027. If you are thinking of changing how you receive your Medicare, this is the time to do your research to make an informed decision. This service is provided free from the CAA/Menominee Senior Center by trained counselors.

Note: October Monthly Birthday Party and the Halloween Party will be separate this month!
Twice the fun!



Happy BIRTHDAY

Our monthly birthday party for October is on October 21. The party begins at noon.

For anyone celebrating their October birthday with us, you will receive a small gift, and a free meal certificate. You will have the option to have your photo taken too. Birthday people dining in or taking meals out will also be entered into a drawing for a bouquet of flowers.

See menu for meal details.

Please remember to call in your reservation no later than the day before. Mention you have a birthday if this is your birthday month too so we can celebrate you.

Halloween Party! October 28th



Come and join us for a fun Halloween Party on October 28 at noon. Perhaps a few tricks but mostly treats will be had. We will share ghost stories. If you have one to share, please do! Anyone in costume can be placed in a drawing to win \$10. There will be games and door prizes too. Please register at least a day in advance for your meal.



Our monthly foot clinics fill up fast. Please call to check our dates and to schedule your appointment.

Corporation Corner

“A CALL TO EXERCISE” --This Fall, we are continuing the Monday and Wednesday morning exercise classes at the Gladstone Senior Center from 10:30 a.m. to 11:15 a.m. As in the past, these sessions are conducted by trained personnel from the YMCA who will be teaching exercises that increase body strength and mobility for both beginners and for those looking to increase or meet their own personal goals. You are invited to participate by **JUST SHOWING UP** at the above mentioned days and times. you can also sign up to stay in-house for a nutritious lunch by calling 428-2201 one day ahead of time.

TEFAP Food Distribution

Every Tuesday from 1:00 p.m. - 3:00 p.m. at the Gladstone or Rapid River Senior Center.
Income based for people 18+ year old.
300% below Federal Poverty Income.
You can visit once per month.
This is an equal opportunity provider

Foot Clinic Northwood Nursing

When: October 15
Time: 1:00-3:00 p.m.
Cost \$22.00
Bring your own towel
Call Center 428-2201 for Appointment



Craft Day

Wednesday
October 14
at 12:15 p.m.

Call 428-2201 to sign up

**Secretary of State
Mobile Office**

Is coming to the Gladstone Senior
Center

October 19, 2026
10:00 -12:00 p.m.

Call 428-2201 for more information.



Birthday Lunch

Wednesday October 21

Roast Pork w/Gravy

Mashed Potatoes, Key West Veggies

Dinner Roll,

Pineapple Tidbits, Carrot Cake

Call 428-2201 by Oct 19 to reserve a meal



Halloween Lunch

Wednesday October 28

BBQ BOO Meatballs, Vampire Repellent

Mashed Potatoes

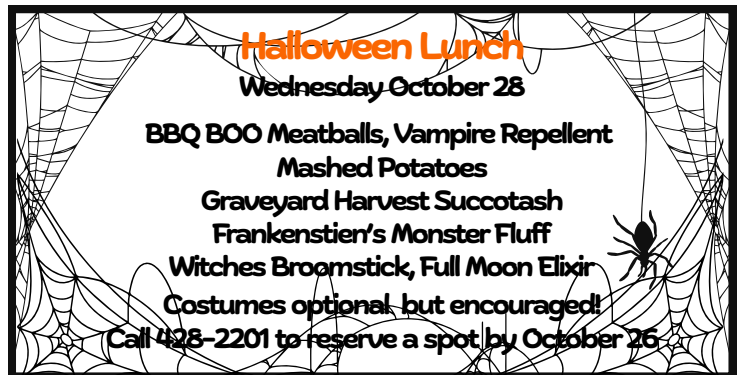
Graveyard Harvest Succotash

Frankenstein's Monster Fluff

Witches Broomstick, Full Moon Elixir

Costumes optional but encouraged!

Call 428-2201 to reserve a spot by October 26



**A MATTER OF
BALANCE**



a 4 week Matter of balance class.

Where: At the Gladstone Senior Center

When: Oct 26-Nov. 18 , 2026

Monday and Wednesday

Time: 12:30-2:30 p.m.

Call 428-2201 to reserve a spot.

Movie Day

“The Ghost and Mr. Chicken”

Wednesday October 23

Right after lunch / Popcorn and snacks
provided / Call 428-2201 to sign up





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.



YMCA Sit and be Fit
Monday and Wednesday
10:30 a.m. -11:15 a.m.

Line Dancing
Thursdays
10:00 a.m.-11:00 a.m.
Come join in on the fun!



August Special Meals

Breakfast is served

A few photos from our breakfast in August. We had a about 30 people that we served during 7:00 a.m.-9:00 a.m. buffet. We are looking forward to doing this again next spring, summer and fall!



Everyone at the party got to spin the prize wheel and walked away with a prize some big some small!



Cheryl W won the 50/50



Kathleen S won the B-day month gift card



Birthday Lunch



Donna F & Nancy L try their Luck spinning the prize wheel



Oldela A



Ellen S



Ann L



Jody J



Rachel A



Sharon B





Spooky October is here!
Cooler days mean you
should come along and see
your friends at the center!
Try the Book Club or a craft!
Sign up for our Extract Class
or have some fun with
Ingredient Day!
Join us for a meal, some fun
or just some coffee and a
chat!

Becky



**Costume and Fancy Dress
Tea Party!**
Thursday, 10/22

10AM

**Wear fancy dress or a
Halloween Costume
to this one of a kind
tea party!**

**Prizes, yummy foods a
& lots of tea & coffee!**

Please RSVP by 10/19!

PUMPKIN DAY!

Our first Ingredient Day!

**Come join us for some fun!
Make a dish, dessert or
whatever you want using
this month's ingredient!
PUMPKIN!!**

**Be sure to bring the recipe
to share too!**

**Wednesday,
October 14th
Lunch time!**

BOOK CLUB!!

**Monday
October 12th
9:30**

**Call to join and get a
reading list!!**

Book Mobile Visit!

Wednesday, 10/28/26
at 1 p.m.
You can get a library card right on
the spot.



Extract Class!

**Wed. 10/7
12:30**

**Come learn how to
make a flavored
extract!
All supplies
provided!**



Prize Bingo Day!
Thursday
10/8/26

A few games
before lunch and
more after!
Fabulous prizes to
be won!



Craft Class!

**Tuesday,
10/20/26**

after lunch!

Halloween and
Birthday party!

Wednesday,
October 28th

Bookmobile too!



THANK YOU!

Thanks to
everyone for a
terrific
rummage and
bake sale!



And Mary is wearing that hat!

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Menu subject to change.</i> ◆◆◆◆◆◆◆◆ <i>2% Milk served each day.</i>			1 Minestrone Soup Turkey & Swiss Sandwich Broccoli Coleslaw Fruited Pudding	2 CLOSED Order an extra meal ahead of time
5 Beef Steak w/ Onion Gravy Au Gratin Potatoes Chef's Choice Vegetable Chef's Choice Fruit Cup	6 Bourbon Chicken Brown Rice California Vegetables Peas	7 Pork Chop w/Gravy Smashed Red Potatoes Green Beans Fresh Fruit Bread	8 Beef Chili Corn & Black Beans Corn Chips Tropical/Mandarin Fruit Cup	9 CLOSED Order an extra meal ahead of time
12 Sloppy Joe w/Bun Oven Potatoes Baked Beans Chef's Choice Fruit Cup	13 Chicken Pot Pie Root Vegetable Blend Warm Fruit Compote	14 Meatloaf w/Ketchup Glaze Mashed Potatoes w/Gravy Peas Applesauce Bread	15 Cream of Potato Soup Turkey, Ham & Swiss Sandwich Copper Penny Salad Amobrosia	16 CLOSED Order an extra meal ahead of time
19 Hobo Dinner w/Carrots & Potatoes Chef's Choice Vegetable Warm Vanilla Pears Bread	20 Spaghetti W/Meat Sauce Winter Vegetable Blend Corn Fruit Cocktail	21 <i>Birthday Party</i> <i>Limit 1 per person</i> Roast Pork w/Gravy Loaded Mashed Potatoes Key West Vegetables Dinner Roll; Pineapple Carrot Cake	22 Chicken Stew Breadstick Creamy Coleslaw Mandarin Beet Salad Fruited Jell-O	23 CLOSED Order an extra meal ahead of time
26 Swiss Chicken Brown Rice Green Beans Chef's Choice Vegetable Diced Pears	27 Diced Ham Scalloped Potatoes Green Beans Warm Applesauce Bread	28 <i>Halloween Party</i> <i>Limit 1 per person</i> BBQ BOO Meatballs Vampire Mashed Potatoes Graveyard Succotash Witches Broomstick Frankenstein's Fluff	29 Goulash Corn Stewed Apples Bread	30 CLOSED Order an extra meal ahead of time

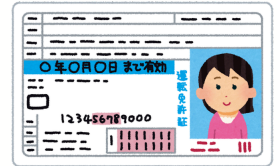


Happy Halloween



Birthday Party
for October will be on Wednesday
the 21st at 11:30 am CST
Because of the Halloween Party
on the 28th
Pork Roast w/Carvy
Loaded Mashed Potatoes
Key West Veggies
Pineapple Tidbits & Carrot Cake
WW Dinner Roll

SAVE THE DATE
MOBILE S.O.S. OFFICES
WILL BE AT THE CENTER
ON 11/5/26 THURSDAY
11:30 am - 12:30 pm CST



906-498-7735

Halloween Party

Wednesday October 28th
Starting at 11:30 am CST
Wear a mask, hat or t-shirt
as a comfortable costume
Trick or Treaters will be
coming through in the afternoon
for our seniors to hand out goodies.
Check the Halloween menu on
page 11 for our
Goolish menu for that day!



SENIOR STRONG
EXERCISE CLASSES
WITH PATTI ARE BACK!
Starting Tuesday
October 13th at 10:00
CST in the gymnasium.
Exercise at your own
pace and ability. No cost
Just a whole lot of FUN &
great company. Certified
instructor. 10-11:20 am
Tuesday & Thursday
weekly!



October Painting Class!
Come paint with Patricia H. and friends
\$5 for small canvas \$10 for large
Monday October 19th at 10:00 am
a luncheon will be served.
All supplies are furnished.
Great social opportunity
Learn a new skill.
FALL Theme.



Northern Lights YMCA
Delta Sit & Get Fit
Senior Class
October 26th & 28th
9:00-9:45 CDT
45 minute light strength
training class
LOW IMPACT



The **E**mergency **F**ood Assistance Program **TEFAP** is available for pick-up once a calendar month on Tuesdays from 1 pm to 3pm CST or by appointment if you can't come on a Tuesday. You must be 18 years of age or older and a resident of Menominee County. If you qualify for **SNAP** or **WIC** or similar programs you will qualify for this.

At this time of year we often have local farmers dropping off items from their harvest to share with the community. Stop on down at the Senior Center and see what we might have and enjoy a cup of coffee.



Scam Prevention Presentation October 15th Thursday at 2:15 after Bingo given by: Heather Weber of Nicolet National Bank Stephenson Branch On how to avoid being scammed! snacks provided



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October Birthday's

Jeanette D. October 03
Donna T. October 27



IN LOVING
Memory

On August 26, Robert "Buck" Winkler passed away. Buck dedicated many years of his life to CAA as a transportation driver at Mid County Senior Center. His love for people, his kindness, and the legacy he leaves behind will endure forever.

October 2026 Activities

Oct 5 & 26– Foot clinic, by appointment only. Call the center for availability. These clinics fill up quickly.

Oct 14– Craft Class at 1 PM. Call the center if you're interested in participating.

Oct 21– Birthday Party dinner with door prizes, favors, 50/50 raffle, cake, ice cream & bingo after lunch. If you're celebrating your birthday in October, we want to know so we can celebrate you!

Oct 28– Halloween Party dinner with favors, door prizes, 50/50 raffle & bingo after lunch. Prize for best costume!

Looking for card players for the cooler months;
Contact the senior center for more information!




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906-786-0408

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- Fire Safety
- Flood Detection
- Carbon Monoxide

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Need a ride?

If you're looking for convenient and reliable transportation options, look no further! Our service is available from Monday through Thursday, between 8 a.m. and 3 p.m., requiring just a 24-hour notice to secure your ride.

Whether you have a doctor's appointment, a dental check-up, a hair appointment, or simply need to go shopping, we are here to make your travel hassle-free. With reasonable rates, our friendly and professional team is dedicated to getting you where you need to go. Don't hesitate to reach out to us at 753-6986 to book your ride today. Let us help you stay connected and mobile!



MICHIGAN SECRETARY OF STATE
MOBILE OFFICE
IS COMING TO YOU!



THE SECRETARY OF STATE
MOBILE OFFICE WILL BE
VISITING

MID COUNTY SENIOR CENTER
DATE: NOVEMBER 5
TIME: 9:00AM-10:00AM
YOU CAN:

- *RENEW DRIVERS LICENSE OR ID
- *APPLY FOR OR RENEW DISABILITY PLACARD
- *APPLY FOR A FIRST TIME MICHIGAN ID
- *VEHICLE SERVICES
- BOOK A VISIT TO COMPLETE YOUR TRANSACTIONS
- CALL 906.753.6986 TO SCHEDULE AN APPOINTMENT
- WALK-INS ARE WELCOME

MEDICARE HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)	
NAME OF BENEFICIARY	JOHN DOE
MEDICARE CLAIM NUMBER	000-00-0000-A
SEX	MALE
IS ENTITLED TO	EFFECTIVE DATE
HOSPITAL (PART A)	01-01-2007
MEDICAL (PART B)	01-01-2007
SIGN HERE →	

Medicare Open Enrollment
October 15-December 7

This is the time to review your Medicare Part C & D plans

thank you!

We extend our heartfelt thanks to everyone who generously donated surplus garden produce to the senior center this summer.

Your kindness is truly appreciated!

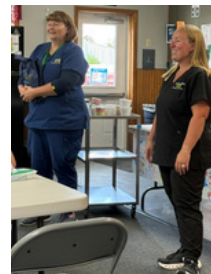


Exercise Dates

Wednesday October 7 @ 11 AM
Wednesday October 14 @ 11 AM
Tuesday October 20 @ 8:45 AM
Thursday October 22 @ 8:45 AM
Monday October 26 @ 10 AM

All are welcome to participate in this low impact class. Coffee and social time to follow
Tuesday & Thursday class will be taught by Northern Lights YMCA

Dates subject to change



MARIA & KATIE

On August 26, the Smiles on Wheels mobile dental clinic made a stop at the Mid County Senior Center to offer complimentary dental screenings. Following lunch, Maria and Katie presented a short talk, and our participants had a great time playing Bingo, with three fortunate attendees winning a goodie bag!



BARB H.



BILL R.

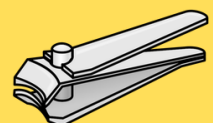


DONNA T.



Yearly Membership Dues Now Accepted
We are now accepting annual membership dues, which are set at \$10 per person. These dues contribute to funding all the wonderful "extras" we can offer for our events and parties.

If you're looking to maintain the health and appearance of your toenails, consider attending the monthly toenail clinics led by Christa Rivard, a certified nail technician. For just \$27, you can benefit from Christa's expertise and personalized care. These clinics are popular and spots fill up fast, so don't miss the opportunity to give your toenails the attention they deserve. Ensure you reserve your spot by calling the senior center at 753-6986





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once a month at 507 1st Ave. N.,
Escanaba, MI 49829
906-786-7080
MDSCAA is an equal opportunity
provider and employer.



We had over 250 people attend the MDS CAA
Wellness Fair on August 19 at the UP State Fair.
Many organizations attended to share their
information with you.

Wellness Fair Winner



Congratulations to Pat K. for
winning the bike at the 2026 MDS CAA
Wellness Fair at the U.P. State Fair.
Remember next year to come and join us for
a nutritious meal under the Grandstands at
the 2027 Wellness Fair and you could win a
special prize!

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tsweeney@4LPi.com
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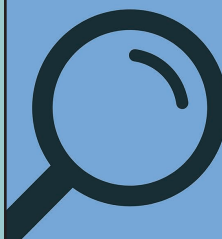


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