

**MENOMINEE DELTA SCHOOLCRAFT
COMMUNITY ACTION AGENCY**

Senior Services

VISIT OUR WEBSITE AT MDSCAA.ORG

CHECK US OUT ON FACEBOOK

**MONTHLY NEWSLETTER
NOVEMBER 2025 Vol. 12 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

GLADSTONE (p. 8-9)

303 N. 8th St.
Gladstone, MI 49837

Phone: (906) 428-2201

Hours: M-F 8:30-3:30

HERMANSVILLE (p. 12-13)

W5480 1st St.
Hermansville, MI 49847

Phone: (906) 498-7735

Hours: M-F 9-3

MENOMINEE (p. 6-7)

905 10th St.
Menominee, MI 49858

Phone: (906) 863-3256

Hours: M-F 8-3

MID-COUNTY (p. 14-15)

292 S. US 41
Daggett, MI 49821

Phone: (906) 753-6986

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



*Excellence in Senior Living
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**Escanaba 789-2404
Gladstone 428-3085**

um UPPERMICHIGANLAW.COM



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



"Customer Service is Our Most Important Policy"

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

Call Margo

906-789-0900



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



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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tel: (906) 786-5810 • fax: (906) 786-5372

www.bishopnoahome.com



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Bark River
(906) 466-2211

www.crawfordfuneralhomes.net

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



For ad info. call 1-800-950-9952 • www.lpcommunities.com

MDS Community Action Agency, Escanaba, MI

A 4C 01-1371

Due to rising postage costs, we will no longer be mailing future newsletters to you.

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

Contact Lydia or Donna

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

Contact Lisa or Ann

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

Contact Renelle or Kathy

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

Contact Becky or Linda

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

Contact Barb or Joan

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

Contact Becky

Are you winter ready?



Furnace Inspection

A routine maintenance check each fall will ensure your furnace will run properly during the winter months. It's also a good idea to stock up on furnace filters and change them monthly.

Inspect Windows and Doors for Leaks

Checking and replace if needed, the weather-stripping around the windows and door frames will help prevent heat loss.



Inspect Roof, Gutters, and Downspouts

Inspect roof for any damaged or missing shingles. Make sure your gutters are free of leaves, dirt and sticks. Check the downspouts are extended to prevent potential water damage.

Get the Fireplace Ready

Call a chimney sweep to clean and remove soot and other accumulations. Inspect the fireplace damper for proper opening and closing.



Prepare an Emergency Kit

Buy indoor candles and a lighter for use during a power outage. Store extra bottled water and nonperishable food supplies, blankets, and a first-aid kit in a dry and easy-to-access location.



Prevent Plumbing Freezes

Drain all garden hoses. Insulate exposed plumbing pipes. Drain air conditioner pipes, and if your AC has a water shut-off valve, turn it off. Undrained water can freeze and may cause pipes to burst.



NOVEMBER WORD SEARCH

APPLE
BISCUITS
BREAD
CAKE
CARROT
CORNUCOPIA
CRANBERRY
DINNER
GRAVY
HAM
HARVEST
PIE
POTATO
PUMPKIN
ROLLS
SALAD
SQUASH
STUFFING
TURKEY
YAMS

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

THANKSGIVING TRIVIA

- Q.1. What is the day after Thanksgiving known as?
- Q.2. When did the first national Thanksgiving Day take place?
- Q.3. Which German holiday closely resembles Thanksgiving?
- Q.4. When was the first Macy's Thanksgiving Day parade?
- Q.5. Who is the Greek goddess of the harvest?
- Q.6. When is Thanksgiving celebrated in Canada?
- Q.7. How many days did the first Thanksgiving last?
- Q.8. Which U.S state consumes the most Turkey?
- Q.9. How many pilgrim's traveled to America in Mayflower?
- Q.10. Which Indian tribe helped the pilgrims?
- Q.11. What product owes its existence to Thanksgiving?
- Q.12. What is the weight of the largest Turkey?
- Q.13. What is a group of domesticated turkeys called?
- Q.14. How many NFL games are played on Thanksgiving?
- Q.15. How many different varieties of pumpkins are there?

- | | | |
|--------------------|----------------|-----------------------|
| 10). The Wampanoag | 6). October | 8). California |
| 1). Black Friday | 11). TV Dinner | 2). November 26, 1789 |
| 14). 2 | 7). 3 Days | 4). 1924 |
| 3). Erntedankfest | 15). 45 | 5). Demeter |

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
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**Call me, Margie
The Insurance Gal at:**
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mprestonlyon@myhst.com

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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 19 at 12 noon

Join us to celebrate the November birthdays by dining in or pick up a lunch of Pork Roast, Loaded Mashed Potatoes, Green Beans, Dinner Roll and Autumn Fruit Crumble.

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 gift inside.

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

Call the center to reserve a meal before November 17

906-786-8850



Toe Nail Clinic

The North Woods Home Health Nurses will be at the Escanaba Senior Center on **November 6 & December 4** from 1:00–3:00 p.m.

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

Thanksgiving meal at the Escanaba High School Common Area on Thursday, November 27.

Please call 906-786-8850 for dine-in reservation or a drive thru reservation.

Free/Donation accepted 11:30-1:30 p.m.

Sponsored by the Community Thanksgiving Committee.

The MDS CAA offices will be closed on Thursday, November 27 and Friday, November 28 for the Thanksgiving holiday.

Remember to order extra meals during the week.

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

Commodities Distribution Dates

CSFP commodities—for Seniors 60+ who prequalify by household income.
One set per household—every other month.

New income guidelines. Call to see if you qualify! 906-786-8850

Correction

The next distribution is November 13

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.



Medicare Open Enrollment

Remember to watch the mail for your Advantage Plan, Medigap and Part D plans changes!

If you want to change for 2026

NOW IS THE TIME!

October 15–December 7 is when you need to decide for January 1, 2026.

If you have questions, please call the Escanaba Senior Center and get free unbiased help. Call 906-786-8850

Thanksgiving Party



Thursday, November 12
at 12 noon

Come celebrate Thanksgiving with us by dining in
or using our carry out meal program.

We will be serving:

Roasted Turkey with Gravy, Mashed Potatoes with
Gravy, Herb Stuffing, Green Bean Casserole,
Dinner Roll, Cranberry Sauce, and Pumpkin Pie
Pudding.

Everyone who has a meal reservation at the
Senior Center 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 and reserve your meal
before November 10.

Congregate "September" Birthdays

LeeAnn O. won the flower arrangement from
Wickert Floral. Also happy birthday to James C.,
David F., Alice J., Joann S., and Donna F.



Congratulations Birthday Party Winners!



Oops forgot to
take a picture.



Winners of the September birthday drawing
for a gift card to Dollar Tree were Diane S.
and Michael V. (not pictured)
(above-left to right) Congratulations!



Towel winners were Lois W. and Elaine O.
(left to right) Thank you Gayle S. for your
handmade towel donations.

Weekly Activities at the Center



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

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

BINGO — Tuesday's from 1—3 p.m.
25 cents per card / per game.

'500' CARDS — Wednesday's from 2:30—3 p.m.
Join us for some activities!

Thank you Veterans!

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.



**Remember Medicare Open
enrollment is
October 15—December 7
to make changes for 2026.**

No exceptions! Call 906-786-8850

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 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.

Extra Meals During Holiday Closures:

The center will be closed around the holidays here and there, making your weekly delivery days shorter. Your menu shows the closed dates. If you think you will need meals to hold you over for the days we are closed, you have 2 options to have meals on hand when you need them.

1.) You can double-up on something you like during the week or so before and put one tray in the freezer to use when you need it. This way, you have a meal you want.

2.) You can also order frozen meals to be delivered on the last day before the closure to ensure you have meals ready for the days we do not deliver.

Either option ensures you will have a meal on hand to reheat when you need. It. Please call the center if you would like to do either of these options at least a day or more in advance.



October Trivia Question/Answer:

In what town did the "Headless Horseman" bring fear to?

Answer: Sleepy Hollow



NOVEMBER TRIVIA QUESTION:

What is a baby turkey called?

(There are 3 acceptable names-just name one.)



Join us for our Thanksgiving Dinner!

November 12 @ 12pm

We will be serving up our delicious Thanksgiving dinner with all the fixings. Stay and play bingo afterwards. All are welcome to attend.

Please call before 3 pm November 17th to register so we have enough food to pass.

Family Favorite Recipe Contest:

Do you have a recipe that the whole family loves? That they just can't wait for you to make for the holidays? We would love to hear from you.

We would like to feature your recipe in a future newsletter. One lucky person will win a gift card to a local grocery store.

To enter, simply submit your recipe along with your name and phone number on the back. We will have an independent panel draw from the entries to choose the top recipe. Who knows? Your recipe could become someone else's favorite recipe.

The deadline to enter is November 26th.



Craft Day: November 20

The center is hosting a craft day on November 20 at 1 pm. We will supply all the crafts, and all you need to do is bring your creativity. It is always a fun afternoon with us. We would appreciate you letting us know if you plan to attend so we may have enough supplies for all by calling the center before 3pm on November 18.

November 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 OPEN ENROLLMENT SEASON:

Open enrollment season is here. Starting October 15th through December 7th is the time of year to compare your Medicare coverage and change your drug plans, and Medicare Advantage plans for 2026 coverage. This usually takes a few days before the plan finder is 100% accurate, so it will be the following week before we start making appointments for folks who wish to compare plans for 2026.

Each year, drug plans and Medicare Advantage plans can change their coverage, price and more. It is always a good idea to take a look and see if your plan right now will be the best for you in 2026. It is free, and only takes a little time to complete. You will meet with a trained counselor who can assist you with explaining your Medicare options.

We know you get a lot of junk mail, but pay special attention to your mail in the next few months. If it is from your current health insurance company make sure you read it over. They are required to send you notice of the changes to your plan.

Gather together your list of your current medications, and your Medicare cards. If you have mail that you need help understanding, bring that too. This will help us compare for 2026. Then, call the center and schedule an appointment. We will meet one-on-one and give you the tools to make informed decisions regarding your Medicare coverage.



November Birthday Party: November 19

We will be celebrating October birthdays on November 19. 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 menu details.

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

Foot Clinic Update:

***Our foot clinic is already full for September.
We hope to have a clinic in October
We apologize for the inconvenience.***

Call and be put on a cancellation/call list.



Menominee CSFP Program

CSFP commodity distribution takes place bi-monthly in Menominee County every third Tuesday. The next distribution for Menominee Senior Center is set for **11:30am-12:30 pm on Tuesday, November 18.**

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

This is a drive-up distribution.

(If inclement weather happens, please call the center for updated distribution details)

(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
Happy Thanksgiving to all!

November is known as National Gratitude Month, and we want to express our gratitude to the great staff at our Center. Lisa, Annie, and Amy have served our seniors above and beyond their normal duties during the many hectic day of the in-house remodeling projects; and we appreciate their hanging in there through which must have been some hair pulling days. It proves just how much they care about our seniors. We remind you to turn your clocks back an hour on Sunday, November 2nd, at 2:00 a.m. (if you're still up that late) And, as always, we honor and remember all of our Veterans this November 11th.

NOTE: Membership is not required to obtain any service and or participate in any activities that are provided week day 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



Birthday Lunch

Wednesday, November 19

Pork Roast,
 Loaded Mashed Potatoes
 Green Beans, Dinner Roll
 Autumn Fruit Crumble
 Call 428-2201 by November 10



Foot Clinic Northwood Nursing

When: November 20
 Time: 1:00 - 3:00 p.m.
 Cost: \$22.00
 Bring your own towel
 Call Center at 428-2201 for an appointment



Thanksgiving Lunch

Wednesday November 12

Roast Turkey with Gravy
 Mashed Potatoes with Gravy
 Green Bean Casserole
 Herb Stuffing
 Cranberry Sauce, Dinner Roll
 Pumpkin Pie Pudding



Movie Day

"Batteries Not Included"
 Friday, November 21 @ 12:00 p.m.
 Popcorn and snacks will be provided
 call 428-2201 to sign up.



Craft Day

Tuesday, November 11
 12:15- 2:00 p.m.

Call 428-2201 to reserve a spot



Find us on Facebook search
 Gladstone Senior center.



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

The Center will be closed for
 Thanksgiving

Thursday November 27th
 and Friday November 28th



MEDICARE OPEN ENROLLMENT PERIOD



October 15th through
 December 7th



Coverage
 begins
 January 1st

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!**

Wednesday
November 5

9:00 a.m.-
9:30 a.m.



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



Painting is underway in office area and cabinets have been removed to open up the space.



Library is getting ceiling repaired and walls painted for a fresh look.

Women's bathroom has been torn apart and is being enlarged for 1 handicap and regular stall to be put in!



Dinning area getting a full make over with ceiling and walls being patched and plastered and painted. It will look fresh and new!





November is here and it's time to say "thanks!" We are so fortunate to have all the wonderful people we have that share a part of their day with the center. We are so grateful for you! Come join us for some good times in November—all our usual activities plus a few new ones! Please come along for some fun—and never fear, the coffee is always on! Come join us soon— Becky 906-356-6420 is our number!

NOVEMBER EVENTS

SUN 11/9 Corporation Dance! 1-4 pm
 TUES 11/11 Crafts after Lunch
 WED 11/12 Thanksgiving Lunch!
 WED 11/19 Birthday Party & Bookmobile!
 THUR 11/27 Closed for the holiday!

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!

Thanksgiving Dates to Remember!
 Meal—11/12/25 at 11:30AM
 Closed on 11/27/25

November Craft Day!

Tuesday,
 Nov. 11th
 after lunch!
 Call & reserve a spot!!

BOOK MOBILE VISIT!!

Wednesday
 Nov, 19th
 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



Chair
 Yoga
 Mondays
 &
 Wednesdays
 9:30-10 am

Our Christmas Silent Auction is here again!

Shop for Christmas and help out the Center at the same time!
 Check out a few of the items for auction below and be sure to follow the auction Facebook Page:

Rock Senior Center and Friends
 Online Auction

And the Center page too!:
 Rock Area Senior Center

Happy viewing!



Just a few of our items in the Christmas Silent Auction!



Check out the Cornell Senior Group's Facebook Page for pictures and info!
 "Cornell Senior Center"



Free Black Jack Game after the Birthday Party!!
 Join in and Bob takes care of the rest!!
 So much fun!



Center Closed on Thanksgiving
 have a wonderful holiday!





Bonnie was our birthday flower girl at our hopping birthday party in September!
(below right)

Our craft classes keep on being fun and making some really cute projects!
Come join us! Give us a call to sign up!

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Fried Steak/Gravy Boiled Red Potatoes Chef's Choice Vegetable Diced Pears, WW Bread	4 Beef Pasty Green Beans Apple Slices	5 Meatloaf w/Ketchup Glaze Mashed Potatoes w/Gravy Corn Apple Slices WW Bread	6 White Chicken Chili Side Salad w/Cheese/Tom Cornbread Chef's Choice Fruit Cup	7 Turkey, Broccoli & Rice Casserole Root Vegetable Blend Chef's Choice Fruit Cup
10 Smothered Chicken Cheese Hashbrowns Diced Carrots Pineapple/Orange Mix WW Bread	11 Pork Chop Suey Brown Rice Oriental Vegetables Oriental Coleslaw Pineapple/Orange Mix	12 Thanksgiving Meal Limit 1 per person Roasted Turkey w/Gravy Mashed Potatoes w/Gravy Green Bean Casserole Herb Stuffing, Dinner Roll Pumpkin Pie Pudding	13 Stuffed Shells w/Marinara Brussel Sprouts Diced Carrots Tropical Fruit	14 Polish Sausage Casserole Green Beans Warm Applesauce WW Bread
17 Sweet & Sour Meatballs Brown Rice Diced Carrots Chef's Choice Vegetable Tropical Fruit	18 Chicken Stroganoff Diced Beets Peas with Pearl Onions Pineapple Tidbits WW Bread	19 Congregate Birthday Limit 1 per person Pork Roast Loaded Mashed Potatoes Green Beans Dinner Roll Autumn Fruit Crumble	20 Cream of Carrot Soup Chicken Salad Sandwich Side Salad w/Cheese/Tom Mixed Fruit Cup	21 Swiss Steak Garlic Mashed Potatoes Corn Chef's Choice Fruit Cup WW Bread
24 Tortellini Alfredo w/Peas & Mushrooms Diced Carrots Chef's Choice Fruit Cup WW Breadstick	25 Western Egg Bake Oven Potatoes Warm Fruit Crisp Fruit Jucei WW Bread	26 Hamburger Gravy Mashed Potatoes Corn Chef's Choice Fruit Cup WW Bread	27 CLOSED 	28 CLOSED
		Order an extra meal ahead of time for the closed days.		Menu subject to change 2% Milk served each day. This menu is for all our senior centers. Call your senior center with questions/comments.



The Center will be closed Thursday November 27th for Thanksgiving and Friday November 28th the day after. Please order extra meals the three previous days if you need meals through the holiday.

JOIN THE FUN.....

Sit & Fit

Exercise class is back!
@ 10:00 am CST till 11:15 cool down
Tuesdays & Thursdays.
Class will continue through early
Spring every Tuesday & Thursday at
that time. Join Patti Mouford
certified instructor and the group.
Welcome you!



No cost unless you would like to donate. Must sign a waiver.

CALL 906-498-7735
WE STILL HAVE GYM WALKING!

THANKSGIVING MEAL
WEDNESDAY NOVEMBER
12TH AT THE SENIOR
CENTER 11:30 CST
TURKEY & STUFFING AND
ALL THE WONDERFUL
EXTRAS THAT GO WITH IT.
GAMES AND PRIZES ALSO!



Put away your phones and join us
for Thanksgiving dinner!



A very big thank you goes out to Heather and Ann of the MENOMINEE COUNTY LIBRARY for having an automatic door opener installed with a grant they received.



This will benefit all clients that visit the Frank Rodman Community Center
Thank You!



WEDNESDAY MATINEE

AFTER THE BIRTHDAY PARTY
WEDNESDAY

NOVEMBER 19TH
AT 12:30 PM FEATURING:

FLY AWAY HOME

WITH JEFF DAINELS

STAY FOR THE MOVIE AFTER THE MEAL
OF PORK ROAST AND ALL
THE FIXINGS!





FOOD PANTRY HOURS:
COMMUNITY PANTRY 9 am-2pm
MONDAYS AND THURSDAYS
ONCE A MONTH VISIT
15 ITEMS A TRIP

The Emergency Food Assistance Program

TEFAP USDA FOOD DISTRIBUTION:
TUESDAYS 1–3 pm CST
ONCE A MONTH VISIT



COME PAINT WITH US!
CLASS STARTS AT 10:00 AM CST
\$5.00 SUPPLIES PROVIDED
CALL EARLY TO RESERVE.

This institution is an equal opportunity provider.

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- Elder Law
- Nursing Home Planning
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careers@4lpi.com or
www.4lpi.com/careers

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!

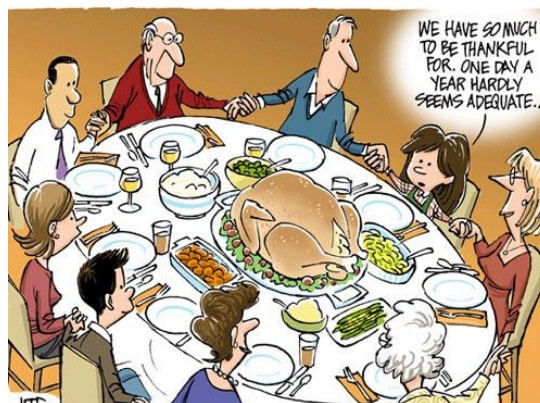
- Individual Private Apartments
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- Transportation & Outings
- Weekly Housekeeping
- 24-Hour Care Team
- Engaging Daily Activities
- Beauty Salon/Barber Shop & Spa

www.rennesgroup.com

SCAN ME

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

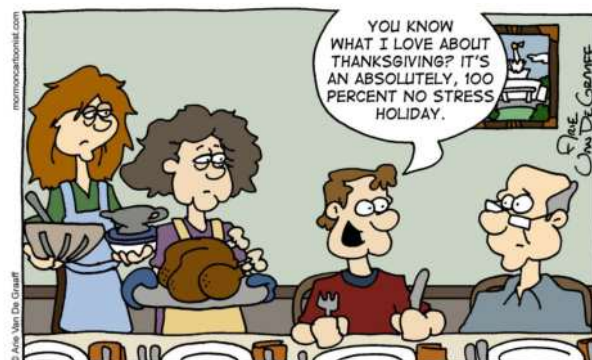
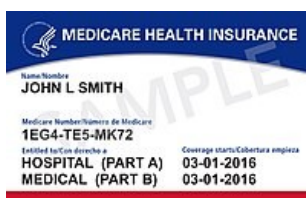


We
all
need
to
remember
this!

Don't forget that Medicare Open Enrollment runs from October 15th through December 7th.

We are here to help beneficiaries during that time.

Call the senior center for an appointment for personalized service.



I think most females can relate to this, HA HA!

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THANK YOU

- Stephenson High School Class of 1961 for their donation to the senior center
- Harlan & Judy Anderson and Lynda Keller for their door prize donations for the September Birthday Party dinner

We appreciate your support!



Have you noticed the new fence at the center? Special thanks to my son Matthew Thoun and my grandsons Kolby & Kasen for all their hard work donating the installation of the fence and removing the old fence. And to Don Machalk Jr. for donating the materials.



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



November Exercise Dates

Wednesday November 5 @ 11 am

Monday November 10 @ 10 am

Monday November 17 @ 10 am

Wednesday November 26 @ 11 am

Everyone is welcome to participate in this low impact class

Coffee and social time to follow



November 2025 Activities

Nov 3 & 24– Foot clinics; unfortunately, both these clinics are full. Please call the center to be placed on the waiting list in case a appointment becomes available.

Nov 10– Craft class at 11 am. Call the center if you would like to participate. We'd love to have you join us!

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. The meal today is Pork Chop Suey w/Brown Rice.

Nov 12– Thanksgiving Party Dinner w/ turkey and all the trimmings, 50/50 raffle, door prizes & bingo. Meal reservations must be made by 1pm the previous day.

Nov 18– CSFP distribution from 9-10a only. Please do NOT bring your empty boxes back to the center until the next distribution. We do not have adequate storage space to house boxes for 2 months. Thank you!

Nov 19– Monthly Birthday Party Dinner with 50/50 raffle, door prizes and bingo. Are you celebrating your birthday in November? Notify the staff when making your meal reservation so we may honor you this day.

Nov 27 & 28– 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 Monday December 1.

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



Remember to "fall back" before going to bed on **Saturday November 1**





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receive this newsletter,
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Remember to vote on November 4



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MONTHLY NEWSLETTER
November, 2025 Vol. 12 No. 11

Daylight Saving
Time Ends. Turn
your clock back
on Nov 2.



MDS CAA offices, Home
Delivered Meals and Senior
Centers will be closed
November 27 & 28. We will
return on December 1.

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



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