

# 250 SENIOR SERVICES 250

See page 11 for menu for  
**ALL Senior Centers**



July, 2026 Vol. 13 No. 7  
[www.mdscaa.org](http://www.mdscaa.org)

## Escanaba Center

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

## Hermansville Center

W5480 1<sup>st</sup> Street  
Hermansville, MI 49847  
906-498-7735  
Pages 12-13  
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

## Gladstone Center

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

## Menominee Center

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

## Rock Area Center

3892 W. Maple Ridge 37<sup>th</sup> 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!  
[www.harborcommunity.com](http://www.harborcommunity.com)  
906.863.3300

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**REHABILITATION**  
*The Choice is Yours.*  
**2 Convenient Locations**  
Escanaba 789-2404  
Gladstone 428-3085

**um UPPERMICHIGANLAW.COM**  
JESSICA BRAY GABE CAMERON SAM LARRABEE KATIE CLARK  
FIGHT BACK WITH THE RIGHT PROTECTION  
CALL (906) PROTECT

**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.  
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**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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**715-732-5800**  
[www.northlandlutheranwi.com](http://www.northlandlutheranwi.com)



# United States of America Facts



Minnesota is known as the "Land of 10,000" it actually has over 11,000 lakes.

Route 66, one of the most famous highways in the U.S., originally ran from Chicago to Los Angeles, covering a total of 2,448 miles.

Mount Rushmore in South Dakota features the faces of four U.S. presidents: George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln.

Alaska is the largest state in the U.S. by land area, more than twice the size of Texas.

Delaware is known as the "First State" because it was the first to ratify the U.S. Constitution on December 7, 1787.

The U.S. has 63 national parks, with the oldest being Yellowstone, established in 1872.

The American flag is often called "Old Glory," a name coined by sea captain William Driver in 1831.

Niagara Falls, located on the border between New York and Canada, is one of the most famous waterfalls in the world, with more than 6 million cubic feet of water flowing over the falls every minute.

The continental U.S. spans four time zones: Eastern, Central, Mountain, and Pacific.

Michigan known as the "Great Lakes State" and the "Wolverine State", it is the only state in the country made up of two peninsulas (the Upper and Lower Peninsulas). It boasts the longest freshwater coastline in the U.S. at 3,228 miles.



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Your Local News Leader

**906-786-2021 Option 2**

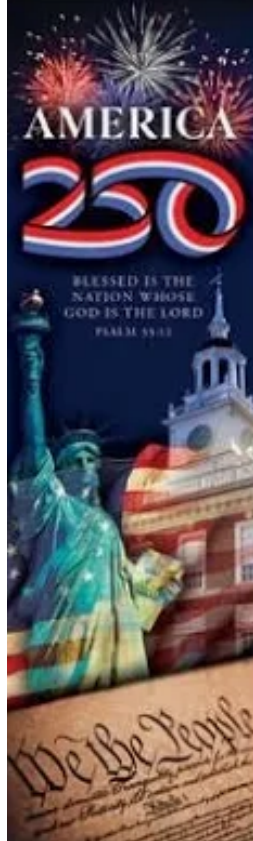
What did one American flag say to the other flag?  
Nothing. It just waved.



Why did the tomato turn red on the Fourth of July?  
Because it saw the salad dressing!

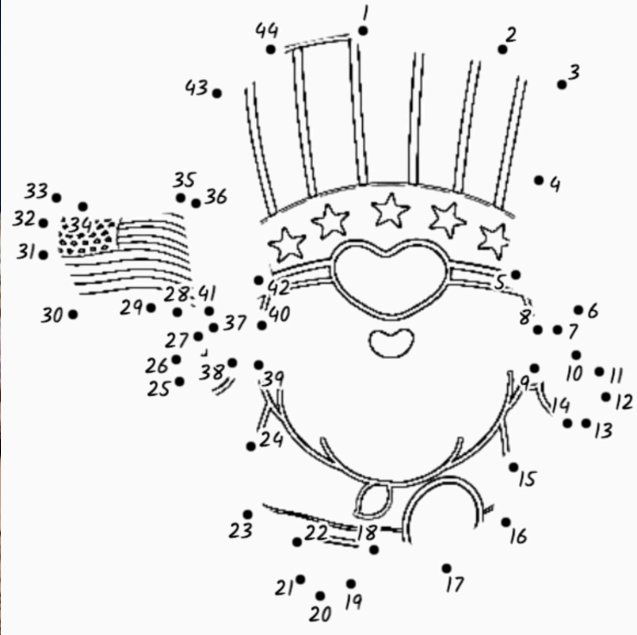


If you want to receive this newsletter by email, please go to <https://mycommunityonline.com/organizations/community-action-agency-seniorcenters> and subscribe. You can also pick one up in person at any of the MDS CAA Senior Centers or the Administrative Office.



### 4th Of July Connect The Dots

Connect the dots to discover the final image.



# 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.



## July Birthday Celebration

Join us to celebrate July birthdays on  
Wednesday, July 29 at 12 Noon.

You can dine in or pick up your lunch.

We are serving Parmesan Crusted Chicken,  
Garlic Mashed Potatoes, Candied Carrots,  
Diced Peaches, Dinner Roll, and Cake.

If you have a birthday in July 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 July 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 per meal,  
with a limit of one per person.

Call the center to reserve a meal before  
July 27.

**906-786-8850**

### 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.*

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

## 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

**CONGREGATE MEALS** - Monday-Thursday at  
11:45 a.m. Must call for reservation.

**SIT N Fit** - July 27 and 29 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

**CHAIR YOGA** - Thursday at 2:30-3:00pm \$5.



## TOE NAIL CLINIC

The Northwoods Home Health Nurses  
will be at the Escanaba Senior Center on

**Thursday, July 9 & August 6**

from 1:00pm - 3:00pm

Schedule your appointment by calling  
906-786-8850. Cost is \$22.

PLEASE bring your own bath towel.

# Celebration of USA's 250th Birthday!

Come and celebrate America's 250<sup>th</sup> Birthday on Wednesday, July 1 @ 12 Noon.

We will be serving: BBQ Baked Chicken, Boiled Red Potatoes, Creamed Corn, Fruited Pudding.

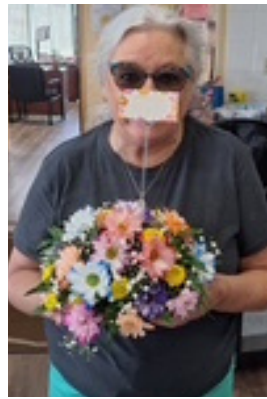
There will be door prizes given away and many laughs. Suggested donation is \$4.50 per meal with a limit of one meal per person.

Door Prizes will be given out!

Reserve your meal by calling 906-786-8850 by June 29.

## Congregate "May" Birthdays

Andrea S. won the birthday flower arrangement from Wickert Floral. Happy birthday to

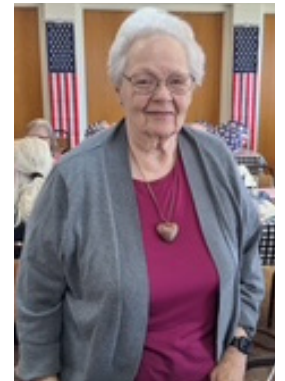


Evonne B., David G., Gary J., James B., Len K., Dan S., Deb S. from Escanaba Senior Center.

Also, Hank M., Dale D., Colleen K., David P., Carl S., and Dawn G. from Bark River Senior Center.

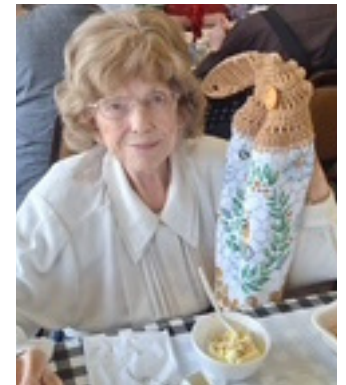
## Congratulations Birthday Party Winners!

Winners of the May birthday drawing for a gift card to Menards were Celeste S. and Karen H. (left to right).



Dish towels were won by Del K. and Ruth C. (below-left to right).

Thank you Gayle S. for your donation.



## Mother's Day Celebration

We celebrated 'Mothers' on May 6 by giving everyone a carnation.

Several door prizes were also given away.

From left to right Judy L. and Barb C won gift cards to Walmart. Sandy P and Pat J. won dish towels too!



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





Menominee Senior Center  
905 10<sup>th</sup> Street,  
Menominee  
906-863-2158

Find us on Facebook!  
search for Menominee Senior Center  
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.



**June Trivia Question/Answer:**

The first full moon of June is also known as  
this type of moon. Name it's nickname.

**ANSWER: Strawberry Moon.**



July Trivia Question:  
How many colonies  
signed the Declaration  
of Independence?

**MSC Hosts**

**America's 250th Birthday Party**  
**July 1**

Come celebrate American's 250th Birthday  
with us on July 1<sup>st</sup> at noon.

We are going to party like it is 1776!  
We will have party favors, door prizes, and  
Bingo following a delicious lunch. Lunch menu:  
BBQ Baked Chicken (dark meat), creamed  
corn, boiled red potatoes, fruited pudding,  
bread & milk.

Please call and reserve your meal  
by June 30<sup>th</sup>

Come dressed in your best patriotic apparel to  
be entered into a special prize drawing.

**Senior Craft & Bingo Day**

This month's Senior Crafts & Bingo Day will be on  
July 9 at 1pm here at the center. The Menominee  
Recreation Department will be here to  
help with crafts and to play Prize  
Bingo after. All are welcome to  
attend. Please call to resister at  
the center so we can ensure  
enough supplies for all.



**July 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

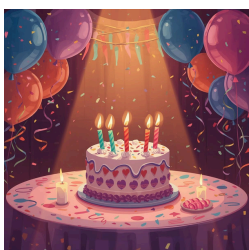
MMAP Counselors can assist you with a variety of Medicare or Medicaid issues.

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.**



**Let's party!**

### JULY BIRTHDAY PARTY

Our monthly birthday party for July is on **July 29**. The party begins at noon. For anyone celebrating their July 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 at least a day in advance. Mention you have a birthday if this is your birthday month too so we can celebrate you.

### Senior Picnic Time!



We are hosting our annual summer picnic on July 23

Registration begins about 11am, lunch will be served at noon.

We are hosting it at Henes Park in pavillion #3.

Depending on the construction at the new building, we may be hosting a "sneak peek" of the new center after lunch.

(We will need to play it by ear for now.)



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



### Corporation Corner

On July 4, 2026 our country is commemorating the 250<sup>th</sup> anniversary of it's Declaration of Independence, a milestone event which offers a chance to reflect on the nation's past and future. Take the opportunity to partake or observe the many local and National celebrations being offered during this time; and perhaps take pictures or videos and gather items during this celebration to put into a time capsule to be shared in the future with family and community. We invite you to visit the Gladstone Senior Center during our country's milestone and connect with old friends and make new friends, and to share your stories.

Lunch is served Monday-Thursday at 11:30 a.m.

### 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: July 16  
Time: 1:00-3:00 p.m.  
Cost: \$22.00  
Bring your own towel  
Call Center 428-2201 for Appointment



### Craft Day

The Center will not have crafts in July or August  
We will resume again in September.

We look forward to see you all then!

### Ice Cream Social

Every other Thursday at 12:00 p.m.

July 9 & July 23  
Build you own for \$2.00  
Come and have a cold sweet treat!



Find us on Facebook Search Gladstone Senior Center  
or visit MDSCAA.org to find all the services available through Community Action Agency



### July Birthday Lunch

Wednesday July 29  
Pamesan Crusted Chicken  
Garlic Mashed Potatoes  
Candied Carrots  
Dinner Roll  
Diced Peaches, milk  
Chef's Choice Cake

Call 428-2201 to reserve a spot by July 27

### MICHIGAN SECRETARY OF STATE MOBILE OFFICE IS COMING

To Provide Services  
at the Gladstone Senior Center

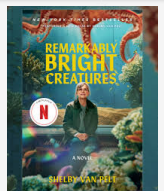
July 22 from  
10:00 a.m. to 12:00 p.m.



### Movie Day

"Remarkably Bright Creatures"  
Wednesday July 22

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



# 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.

Line Dancing  
Thursdays  
10:00 a.m.-11:00 a.m.



Come join in on the fun!

Line Dancing



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

## We are offering Breakfast!!!

Tuesday July 14 7:00 a.m.-9:00 p.m.  
Served buffet style



Western egg bake  
Hashbrowns, Sausage  
Cinnamon roll, Fruit  
Bread/toast  
Milk/coffee/juice

60 and over \$4.50 under 60 \$7.50  
Please call 428-2201 to sign up!

## May Special Lunches

### Mother's day Lunch

Patricia L



Rose A



Ann L Mother's Day  
50/50 Winner



Marlene L



Tonya T



Peggy S birthday month  
gift card winner



Kathy S



Carol S



Lynn B Birthday  
50/50 winner



Bonnie A



Karen T



### Birthday Lunch

The Senior Swingers from Manistique played music for us. They were great!



Senior Swingers



Patty S



Donna F



Rita S



Arlene B



Karen L



July is here and time to celebrate our nation's 250<sup>th</sup> birthday!!  
 I hope you all are ready for some fun happenings at your Senior Center! Check out our activities below and come join us!  
 Join us for a meal, some fun or just some coffee and a chat!

Becky




USA 250 Celebration!  
 Wednesday, July 1st!  
 Starts at 11:15 with games!



Sit & Fit Classes  
in July!  
10AM on  
July 20<sup>th</sup> and 22<sup>nd</sup>!



Book Mobile Visit!  
 Wednesday, July 29<sup>th</sup>  
 at 1 pm.  
 You can get a library card right on the spot.




**Book Club!**  
**Monday, July 13<sup>th</sup>**  
**9:30!**



**BIRTHDAY PARTY!**

Wednesday, July 29<sup>th</sup>  
 Salad Bar starts at 11:30!

- July Events
- WED 7/1 250<sup>th</sup> Celebration!
  - SUN 7/12 Corporation Dance
  - MON 7/13 Book Club at 9:30
  - THU 7/16 Prize Bingo starts at 11:15 AM
  - TUES 7/21 Crafts
  - MON & WED 7/20 \$7/22 Sit & Fit at 10AM
  - WED 7/29 Birthday Celebration! and Bookmobile!

Interested in exercise classes?  
 We want to hear from you!



Prize Bingo Day!  
 Thursday, July 16<sup>th</sup>

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



Corporation Dance!  
 Sunday July 12<sup>th</sup>  
 1-4pm  
 featuring Brad Pepin & Country Express!



Craft Class!  
 Tuesday, July 21<sup>st</sup>  
 after lunch!



Some of our recent activities!  
 Clockwise from top left: Jim & Monica demonstrate cheesemaking, some smiley crafters, RSVP Coffee, Doughnuts & a chat with Lisa and our HUGE party day!



| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
|  | <p><i>Menu subject to change.</i><br/> <b>2% Milk served each day.</b></p>  | <p><b>1</b> USA 250<sup>th</sup> Celebration<br/> <b>Limit 1 per person</b><br/>                     BBQ Baked Chicken<br/>                     Boiled Red Potatoes<br/>                     Creamed Corn<br/>                     Fruited Pudding<br/>                     Bread</p> | <p><b>2</b><br/>                     Dinner Beef Frank w/Bun<br/>                     Oven Potatoes<br/>                     Coleslaw<br/>                     Warm Applesauce</p>                      | <p><b>3</b> CLOSED<br/>                     Order an extra meal ahead of time</p>  |
| <p><b>6</b><br/>                     Swiss Steak<br/>                     Brown Rice<br/>                     Oriental Vegetable<br/>                     Warm Cinnamon Pears<br/>                     Oriental Salad</p>                                      | <p><b>7</b><br/>                     Chicken Stroganoff<br/>                     Root Vegetable Blend<br/>                     Diced Beets<br/>                     Chef's Choice Fruit Cup<br/>                     Bread</p>                | <p><b>8</b><br/>                     Meatloaf w/Ketchup Glaze<br/>                     Mashed Potatoes/Gravy<br/>                     Chef's Choice Vegetable<br/>                     Apple Slices<br/>                     Bread</p>  | <p><b>9</b><br/>                     Grilled Chicken Salad<br/>                     Tomato Basil Soup<br/>                     Zee Zee Wheat Crackers<br/>                     Pineapple/Orange Cup</p> | <p><b>10</b> CLOSED<br/>                     Order an extra meal ahead of time</p> |
| <p><b>13</b><br/>                     Country Fried Steak/Gravy<br/>                     Mashed Potatoes/Gravy<br/>                     Peas &amp; Carrots<br/>                     Apple Slices<br/>                     Bread</p>                            | <p><b>14</b><br/>                     Creamy Turkey &amp; Mushrooms<br/>                     Brown Rice; Green Beans<br/>                     Root Vegetable Blend<br/>                     Fruit Cocktail<br/>                     Bread</p> | <p><b>15</b><br/>                     Chicken Breast w/Gravy<br/>                     Boiled Red Potatoes<br/>                     Chef's Choice Vegetable<br/>                     Diced Peaches<br/>                     Bread</p>  | <p><b>16</b><br/>                     Beef Taco Salad<br/>                     Corn &amp; Black Beans<br/>                     Chef's Choice Fruit Cup<br/>                     Cornbread</p>           | <p><b>17</b> CLOSED<br/>                     Order an extra meal ahead of time</p> |
| <p><b>20</b><br/>                     Western Egg Bake<br/>                     Oven Potatoes<br/>                     Stewed Tomatoes<br/>                     Fresh Fruit<br/>                     Bread</p>   | <p><b>21</b><br/>                     Turkey Gravy over Mashed Potatoes<br/>                     Chef's Choice Vegetable<br/>                     Chef's Choice Fruit Cup<br/>                     Bread</p>                                  | <p><b>22</b><br/>                     Smothered Pork Chop<br/>                     Boiled Red Potatoes<br/>                     Brussels Sprouts<br/>                     Diced Pears<br/>                     Bread</p>  | <p><b>23</b><br/>                     Cheeseburger w/Bun<br/>                     Creamed Corn<br/>                     Potato Salad<br/>                     Warm Applesauce</p>                       | <p><b>24</b> CLOSED<br/>                     Order an extra meal ahead of time</p> |
| <p><b>27</b><br/>                     Tortellini Alfredo W/Peas &amp; Mushrooms<br/>                     Chef's Choice Vegetable<br/>                     Green Beans<br/>                     Chef's Choice Fruit Cup<br/>                     Breadstick</p> | <p><b>28</b><br/>                     Sweet &amp; Sour Meatballs<br/>                     Brown Rice<br/>                     Oriental Vegetable<br/>                     Corn<br/>                     Tropical Fruit</p>                    | <p><b>29</b> Birthday Party<br/> <b>Limit 1 per person</b><br/>                     Parmesan Crusted Chicken<br/>                     Garlic Mashed Potatoes<br/>                     Candied Carrots; Diced Peaches; Dinner Roll<br/>                     Cake</p>                   | <p><b>30</b><br/>                     California Cobb Salad<br/>                     Sweet Potato Soup<br/>                     Zee Zee Wheat Crackers<br/>                     Fruit Ambrosia</p>      | <p><b>31</b> CLOSED<br/>                     Order an extra meal ahead of time</p> |

# 4<sup>TH</sup> OF JULY



## HAPPY 250<sup>TH</sup> BIRTHDAY AMERICA!

Our celebration will be on **JULY 1st** starting with a meal at **11:30** (please call by **11:15** the day before to reserve your dinner.)

On the menu is: **Chicken BBQ**  
**Boiled Red Potatoes**  
**Creamed Corn**  
**Dinner Roll**  
**Fruited Pudding**  
**Bread, Milk and Butter.**

There will be a party with games and prizes after lunch. Also photo opps with Uncle Sam!

## Independence Day Celebration In Hermansville Michigan Saturday July 4th

- Kids Parade at 11:00/Parade at 11:15
- Car show on Museum Grounds 9-2 pm
- IXL Museum dedication /Newly Painted with speaker at 11:45
- Food and Vendors at IXL & Lake Park
- Live music by Lake at Noon
- Hermansville Mud Runs at Noon
- Beer Tent and Ice Cream Truck
- Fire works at Dusk
- Bring a Law Chair!!

No Movies for the summer with nice weather finally here, we are going to put the movies on hold until October.



RESERVE THE BUS FOR YOUR NEEDS SHOPPING APPOINTMENTS COME TO CENTER HEALTH NEEDS Reserve for picnic July 23rd



**No Painting Class in July. We will resume in August**

Above are pictures from our last class!



Birthday Party  
Wednesday July 29<sup>th</sup>  
11:30 am  
Parmesan Crusted Chicken w/ Garlic Mashed Potato  
Candied Carrots!




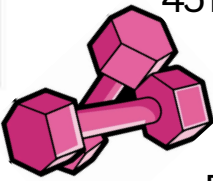


SAVE THE DATE  
Michigan Secretary of State  
Mobile office will be at  
Hermansville Senior Center  
On Tuesday August 11th  
In the afternoon  
Renew your license  
Register a vehicle  
Disability Placards  
Call 906-498-7735  
for appointments & hours

**MENOMINEE COUNTY  
SENIOR CENTERS PICNIC**

**THURSDAY JULY 23RD  
AT JOHN HENES PARK  
MENOMINEE PAVILION #3  
STARTING AT 11 AM CDT**

**WITH:**  
**CHEESEBURGER/BUN  
OVEN POTATOES, BAKED BEANS  
AND AN APPLE DESSERT  
DRESS PATRIOTIC AS WE  
ARE AMERICA 250 THEMED!**

Northern Lights YMCA-Delta  
Sit and Get Fit Senior Strong Class  
45 minute Light Strength Training  
Monday July 13<sup>th</sup>  
Wednesday July 15<sup>th</sup>  
From 9:00 to 9:45  
Frank Rodman Community  
Club Gymnasium

Does your organization need a newsletter?  
We'll cover the printing costs!




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### July Birthday's

|              |         |
|--------------|---------|
| Shelby J.    | July 8  |
| Bill R.      | July 8  |
| Priscilla S. | July 10 |
| Jean S.      | July 15 |
| Tim J.       | July 23 |
| Helen R.     | July 24 |
| Mike P.      | July 26 |
| Wayne S.     | July 29 |

Rayne Grondine from Nicolet Bank will be our guest speaker on July 29 at 11 AM. Rayne will be speaking on Scams.

Please arrive by 10:45 AM on Birthday party day to be seated to hear Rayne's presentation.



### July 2026 Activities

July 1- Celebrate America 250 Independence Day party dinner with favors, door prizes, 50/50 raffle, ice cream sundae bar & contest for best dressed patriotic peep!

July 14- Foot Clinic, by appointment only. The clinic is currently full, but you can call to have your name placed on the cancellation list.

July 15- Craft class beginning at 1 PM; craft to be determined

July 23- Menominee County picnic; check with the senior center for updated information

July 29- Monthly Birthday party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo after lunch. Celebrating your birthday this month? Notify the staff when making your meal reservation so we can honor you!

July 30- Spend the day with us in Iron Mountain for concert in the park from 11:45-1:15 PM. Safe Sax will be the featured entertainment along with the Curious Pig BBQ food truck and 906 Pop Culture featuring assorted drinks to purchase. Bring your lawn chair too. Cost for the ride is \$5



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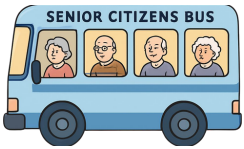
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Celebrate America's 250th Birthday!

Join us for a delightful Build Your Own Ice Cream Sundae Bar at our Independence Day Party on July 1!

Additionally, there will be a contest for the most patriotic outfit at the event. Dust off your red, white, and blue attire, and we look forward to seeing you at the celebration!

Please make your meal reservations by 1 PM on Tuesday, June 30th

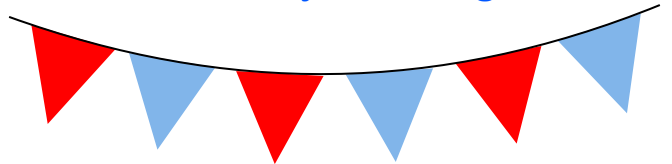
## Exercise Dates



Tuesday July 7 @ 8:45 AM\*  
 Thursday July 9 @ 8:45 AM\*  
 Wednesday July 15 @ 11 AM  
 Wednesday July 22 @ 11 AM  
 Monday July 27 @ 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\*



The Michigan Secretary of State Mobile office travels statewide to provide branch services, such as license renewals, state ID issuance and title transfers. They will be at the Mid County Senior Center on Tuesday August 11



Smiles on Wheels is a non-profit mobile hygiene program They will be visiting the senior center on Wednesday August 26 beginning at 10:30 AM This is a GREAT program Call the senior center to schedule an appointment





This monthly newsletter is published once a month at 507 1<sup>st</sup> Ave. N., Escanaba, MI 49829  
 906-786-7080  
 MDSCAA is an equal opportunity provider and employer.

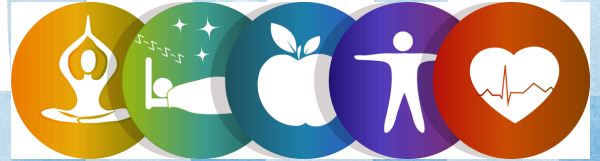
## Wellness Fair

August 19<sup>th</sup>

at U.P State Fairgrounds  
 from 11:00 a.m. - 2:00 p.m.  
 under the Grandstands.

We will be serving a cold lunch there also. See August Newsletter for more information.

Door prizes given away to those who visit our vendors.



4<sup>th</sup> JULY HAPPY INDEPENDENCE DAY

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Wednesdays

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