

**The Home  
Weatherization Program**

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Call Ella Mohera  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
(800) 786-7000 Ext. 140

Daily Press  
3/2/26

**DANCE IN ROCK  
ROCK** — A dance will be held at the Rock Community/Senior Center, located at 3892 W. Mapperidge Road, on Sunday, March 8 from 1 to 4 p.m. Live music will be performed by Red River Band.

There is a cost at the door and a free-will donation lunch will be available.

All proceeds benefit the senior corporation. For more information, call Lucy at 906-356-6459.

**PARKINSON  
SUPPORT GROUP TO  
MEET**

ESCANABA — The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets the second Tuesday of each month at 1:00 p.m. The group will meet Tuesday, March 10 at the Community Action Agency, 507 1st Ave. North in Escanaba.

Everyone is welcome to attend — people with Parkinson's, their families and caregivers.

For more information call Debra Martin at 906-420-2871 or Dianna Lawson at 906-399-3706.

Daily Press  
3/2/26

# Community Action Agency Senior Nutrition Program

## March 2026

### Home Delivered Meals Monthly Menu

### SENIOR CENTER DINING

or

### HOME DELIVERY PROGRAM



All meals also come with Bread, Milk, and Margarine. Lunch reservations must be called in the day before by calling from 8:00am-2:30pm at your area local number. Menu modifications may be necessary at times.

**Suggested meal donation is \$4.50**

Daily Press  
3/2/26

Mon, 03/02/26	Tue, 03/03/26	Wed, 03/04/26	Thu, 03/05/26
Sweet N Sour Meatballs Brown Rice Prince Charles Veg Peas Pineapple/Orange Mix Milk, 2%	Chicken Stroganoff Scandinavian Veg Brussel Sprouts Diced Pears Bread, WW Milk, 2%	Beefy Tater Tot Casserole Corn Warm Cin Peaches (FR) Bread, WW Milk, 2%	Salmon Croquette (Brd) Garlic Mashed Potatoes Diced Carrots Chef's Choice Fruit Cup Bread, WW Milk, 2%
Mon, 03/09/26	Tue, 03/10/26	Wed, 03/11/26	Thu, 03/12/26
Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Diced Peaches Bread, WW Milk, 2%	Meatloaf w/Ketchup Glaze Boiled Red Potatoes Diced Carrots Fruit Cocktail Bread, WW Milk, 2%	Chicken Chili Side Salad w/Chz & TOM Garlic Breadstick Pineapple Tidbits Milk, 2%	Tortellini Alfredo w/Peas & Mushroom Corn Root Veg Blend Chef's Choice Fruit Cup Breadstick, WW Milk, 2%
Mon, 03/16/26	Tue, 03/17/26	Wed, 03/18/26	Thu, 03/19/26
Pork Chop Suey Brown Rice Oriental Veg Oriental Salad Warm Cinn Pears (FR) Milk, 2%	<b>LIMIT 1</b> Corned Beef Casserole Diced Carrots Boiled Yellow Potatoes Apple Slices Bread, WW Milk, 2% Pistachio Dessert <b>Happy St. Patrick's Day</b>	Swiss Steak Egg Noodles Wax Beans Chef's Choice Veg Fruit Cocktail Bread, WW Milk, 2%	Herb Baked Fish Garlic Mashed Potatoes Corn Chef's Choice Fruit Cup Bread, WW Milk, 2%
Mon, 03/23/26	Tue, 03/24/26	Wed, 03/25/26	Thu, 03/26/26
Turkey Gravy over Mashed Potatoes Broccoli Diced Pears Bread, WW Milk, 2%	Polish Sausage Casse- role Green Beans Warm Applesauce (FR) Bread, WW Milk, 2%	<b>LIMIT 1</b> Herb Roasted Chicken Loaded Mashed Potatoes Chef's Choice Veg Sunshine Cake (FR) Dinner Roll, WW Milk, 2% <b>Birthday Party</b>	Vegetarian Burger American Cheese Hamburger Bun, WW Oven Potatoes Corn Chef's Choice Fruit Cup Milk, 2%
Mon, 03/30/26	Tue, 03/31/26	<p><b>HAPPY ST. PATRICK'S DAY</b></p>	
BBQ Pork Chop Sour Cream & Chive Mashed Potatoes Peas & Onions Fruit Cocktail Bread, WW Milk, 2%	<b>LIMIT 1</b> Chicken Broccoli Casse- role Root Veg Blend Stewed Apples (FR) Side Salad w/Chz & TOM Bread, WW Milk, 2%		

MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE

Gladstone and Rapid River Area Call 428-2201 • Rock Area Call 356-6420  
Escanaba Area Call 786-8850 • Hermansville Area Call 498-7736 • Manistique Area Call 341-5085

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Daily Press

3/13/26

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~~Call Eric Johnson~~  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
(906) 786-7080 Ext. 148

Daily Press  
3/3/26

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Daily Press  
3/4/26

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Daily Press

3/4/26

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Daily Press

3/5/26

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Call **Ellie Mcberg**  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
**(906) 786-7080 Ext. 148**

Daily Press  
3/5/26

# Senior Citizen News

**Community Action  
Agency/Mid-County  
Senior Center**  
P.O. Box 102,  
Daggett, MI 49821  
906-753-6986  
**BECKY THOUNE**

## SIX KEYS TO HAPPY, HEALTHY AGING FOR SENIORS

It's time to stop worrying about getting older and start enjoying it. Some people are under the assumption that when you age it's time to slow down. Research shows that staying active can help you stay healthier and happier.

Here are six ways to ensure you age with grace and a smile on your face.

**1. Volunteering for a worthy cause.** Volunteering is a way of connecting. Volunteering creates bridges. It's a way of meeting other people. Even a brief encounter has the power to change the way a person thinks and feels on any given day. Anyone can volunteer. It is heartwarming to realize it's quite simple to give a couple hours of your

time, and you're giving so much, but you're getting even more back in return.

**2. Take up Dancing. Always wanted to take up Ballroom Dancing?** Well, age shouldn't stand in your way. Dancing is a low impact way to stay active, while getting your heart pumping and circulation flowing.

**3. Go back to school.** When you're younger, you learn about subjects that may not be of interest to you but are still essential to your success during your working life. However, you might have always wanted to take that philosophy, painting, pottery or art history class that didn't seem practical at the time.

**4. Join a social club.** Spending time on your own is okay now and then, but there are health benefits to remaining connected to others. Socializing can help stimulate the mind and ward off degenerative conditions such as dementia as well as depression. You can join a senior center, play cards, discuss a book or movies, hike, cycle, or

even join a gardening club. Whatever it is you want to do, being with like-minded people can make you happier and more focused.

**5. Take up a new hobby.** It's never too late to pick up a camera and start learning the technical side of the craft, learn how to play a new instrument, knitting or even mastering cooking skills to wow your guests.

**6. Adopt a pet.** Owning a pet can lower your blood pressure and reduce stress. A loyal pet can also reduce feelings of loneliness, and they give unconditional love.

"Your attitude is the primary secret to aging gracefully"- unknown.

## SENIOR CITIZEN ACTIVITIES

March 10 - Secretary of State mobile visit from 9 - 10:30 a.m. You can renew your vehicle registration, license or state ID, register to vote, change your address or join the organ donor registry and more. Call the center at 753-6986 to schedule an appointment.

March 11 - Craft class beginning at 1 p.m. 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, carrot, 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 a meal reservation so we can honor you.

## March exercise dates and times

March 11 at 11 a.m.

March 18 at 11 a.m.

March 23 at 10 a.m.

Coffee and social time to follow.

## Nutrition Menu

March 9 - Country fried steak w/gravy, mashed potatoes, green beans, diced peaches.

March 10 - Meatloaf w/ ketchup glaze, boiled red potatoes, diced carrots, fruit cocktail.

March 11 - Chicken Chili, side salad w/tomato and cheese, garlic breadstick, pineapple tidbits.

March 12 - Tortellini Alfredo w/peas and mushrooms, corn, root vegetable blend, whole wheat breadstick.

All meals are served with bread; margarine and two percent milk. Bread will not be served with rice or noodles. Meal reservations and cancellations must be made by 1 p.m. the previous day. Menu modifications may be necessary at times.

## HERMANSVILLE SENIOR CITIZEN MENU WEEK OF MARCH 9

Monday - Country fried steak with gravy, mashed potatoes, green beans, diced peaches, whole wheat bread.

Tuesday - Meatloaf with ketchup glaze, boiled red potatoes, diced carrots, fruit cocktail, whole wheat bread.

Wednesday - Chicken chili, side salad with cheese and tomatoes, garlic breadstick, pineapple tidbits.

Thursday - Tortellini Alfredo with peas and mushrooms, corn, root vegetable blend, chef's choice fruit cup, whole wheat breadstick.

Friday -

The Hermansville Senior Center can be reached at 906-498-7735.

Menominee  
County Journal  
3/5/26

# Heather Tyner, Activities Director



FootCare for the month of March will take place on Wednesdays, March 11 and March 25. FootCare appointments can be made by calling our office at (906) 341-5923. They take place between 12:30-2:30 p.m., and cost \$22.

We have two changes to our March schedule. The first change is Hand, Knee & Foot will start 30 minutes earlier, now at 11:30 a.m., on their normally scheduled days of the first and third Mondays of the month. The second change to our calendar is our 500 card players will be starting 30 minutes later, now at 12:30 p.m., on their normally scheduled days, which is every Friday. We have a long list of games for you to come enjoy with our fabulous seniors; Hand, Knee & Foot, Dup Bridge, Bingo, Hand & Foot, Mah Jongg, Euchre, Mexican Train Dominoes, Yahtzee!, 500, Bridge and Cribbage. If you would like to join the fun, please do. All of our groups enjoy having new players.

We have Steps That Support You coming up next Thursday, on March 12. It is a fall prevention class that will help you prevent falls, stay active and stay independent. The objectives of the class are to spot slip, trip and fall hazards, learn how to avoid injury and stay moving, review medications that increase fall risk and to understand the importance of regular eye exams. This is a free event and brought to you by Schoolcraft Memorial Hospital and Southwest Texas Regional Advisory Council. You will need to register for the class by calling (906) 341-3758. Steps That Support You is Thursday, March 12, from 10:30 a.m. to noon.

The Secretary of State Mobile Office is coming this month on Tuesday, March 17, from 11 a.m. to 1 p.m. The Secretary of State Mobile Office offers a variety of vital services, including processing driver's license and state ID applications, corrections and renewals, disability parking placard applications,

nia meeting. Project Petunia is a completely volunteer organization that depends on the generosity of businesses and individuals in the community to help fund their hanging baskets and flats of annuals. They are always looking for new gardeners. If you would like to help make our community a little more beautiful and join Project Petunia, please attend the meeting at our Center on Tuesday, March 17, from 3-4 p.m.

Writing of getting our hands dirty our new Garden Group starts on Thursday, March 19, from 10-11 a.m. and will continue to meet every Thursday after that. The Manistique Community Garden growers will also be joining us at our meetings. We have a special guest, Abbey Palmer, speaking at our first meeting. Abbey is from Michigan State University Extension office in Chatham. Abbey is one of MSU's Community Food Systems Educators and has worked in food systems since 2011. She coordinates educational activities for people of all ages at MSU Upper Peninsula Research and Extension Center. Her areas of focus include land-based learning for K-14 students and their teachers, farm to institution, and small-scale seed system resilience.

Thursday, March 19, we also have Movie Day and Dinner Out. Our movie this month is a 2025 American comedy-drama film starring June Squibb, directed by Scarlett Johansson and written by Tory Kamen. Its plot follows Eleanor Morgenstein, a 94-year-old woman, who strikes up an unlikely friendship with a 19-year-old student in New York City. Always free popcorn on Movie Day. For Dinner Out we will be meeting at Wheaty's at 5 p.m. You will need to pur-

Pioneer Tribune  
3/5/26

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Call Elmo Rodriguez  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
(908) 766-7000 Ext. 148

Daily Press

3/6/26

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Daily Press  
3/7/26

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Carl Etta Moberg  
MDS CAA-HRA Weatherization Intake  
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Escanaba, MI 49829  
(906) 784-7000 Ext. 148

Daily Press  
3/9/26

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Daily Press  
3/9/26

# Community Action Agency Senior Nutrition Program

## March 2026

Home Delivered Meals Monthly Menu  
**SENIOR CENTER DINING**  
 OR  
**HOME DELIVERY PROGRAM**



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Daily Press  
3/10/26

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(906) 756-7000 Ext. 146

Daily Press  
3/11/26

# Norma Jane Yoder

ESCANABA - Norma Jane Yoder, age 85, of Escanaba, passed away peacefully on Monday, March 9, 2026, at Christian Park Healthcare Center in Escanaba. She was born on January 2, 1941, in Pretty Prairie, Kansas, to Willard and Linda Graber.



Norma graduated from Halstead High School in Halstead, Kansas, in 1959. She continued her education at Bethel College in Newton, Kansas, where she earned her bachelor's degree in education in 1963. On June 18, 1967, she married Warren Glen Yoder in Marquette, Michigan, beginning a loving partnership that would span many decades.

Education and service to others were at the heart of Norma's life. She taught elementary school in Denver, Colorado, Marquette, Michigan, and Frederic, Michigan, sharing her patience, encouragement, and love of learning with countless students. In 1978, she began working with MDS/CAA Head Start in Manistique, where she continued to advocate for young learners and their families. Through her dedication and leadership, she eventually became Head Start Director, a position she held until her retirement in 2000.

Norma found happiness in life's simple pleasures. She enjoyed playing board games and could often be found happily working through crossword puzzles for hours. She was also a frequent visitor to the local library, always eager to discover a new book. Norma cherished time spent with her family and friends. Her home

and caring heart will be deeply missed and lovingly remembered.

She is survived by her loving husband, Warren; her son, Jeffrey (Alissa) Yoder of Midland, Michigan; and her beloved grandchildren, Emily and Sam (Lexi) Yoder. She is also survived by her sister, Elaine Dean of Hutto, Texas, and brother-in-law Wayne Gregg of Green Valley, Arizona; sister-in-law, Kay Graber of Halstead, Kansas; as well as several nieces and nephews.

Norma was preceded in death by her parents, her daughter, Susan Yoder, sister Rosetta Gregg, brother Leland Graber and brother-in-law, Merlin Dean.

Visitation will be held on Saturday, March 21, 2026, from 10:00 to 11:00 a.m. at First United Methodist Church in Escanaba. A funeral service will follow at 11:00 a.m. at the church with Rev. Erin Totten-Jones officiating. A luncheon will be held in the church fellowship hall immediately following the service.

The Anderson Funeral Home is assisting the Yoder family. Online condolences may be shared at [www.andersonfuneral-homes.net](http://www.andersonfuneral-homes.net).

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3/12/26

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# Senior Citizen News

**Community Action  
Agency/Mid-County  
Senior Center  
Daggett, MI 49821  
906-753-6986  
BECKY THOUNE**

## WHAT IS MEDIGAP?

Medigaps are health insurance policies that offer standardized benefits and work with original Medicare (not with Medicare Advantage). They are sold by private insurance companies. You may also hear Medigaps referred to as Medicare Supplement Insurance or Supplements. If you have a Medigap, it pays part or all certain remaining costs after Original Medicare pays first. Medigaps are designed to cover deductibles, coinsurance, and copayments. People often refer to these charges as the "gaps" in Original Medicare's coverage, hence the term "Medigap". Medigaps may also cover health care costs that Medicare does not cover at all, like care received when traveling abroad. Remember, Medigaps only work with Original Medicare. If you have a Medicare Advantage plan, you cannot purchase a Medigap.

Depending on where you live and when you became eligible for Medicare, you have up to 10 different Medigap policies to choose from: A, B, C, D, F, G, K, L, M & N (policies in Wisconsin have different names). Each policy offers a different set of standardized benefits, meaning that all policies with the same letter name offer the same benefits. However, premiums can vary from company to company.

**What costs do Medigaps cover?** Some costs are cov-

ered by all Medigaps. These include:

**Part A hospital insurance.** All Medigap policies pay for the Part A hospital daily coinsurance charge for days 61 through 90 (in 2026 the coinsurance for days 61-90 is \$434 per day) that you spend as a hospital inpatient during a benefit period, as well as the daily coinsurance charge for up to 60 inpatient hospital lifetime reserve days (in 2026 the coinsurance for lifetime reserve days is \$868 per day). All Medigap policies also cover the full cost of 365 additional hospital days during your lifetime.

A benefit period is the way that Original Medicare measures your use of inpatient hospital and skilled nursing facility (SNF) services. Your benefit period begins the day you are admitted to the hospital as an inpatient and ends when you have been out of a hospital or SNF for more than 60 consecutive days.

**Part B coinsurance.** All medigaps pay toward the 20 percent coinsurance for Medicare covered outpatient medical services, like x-rays, durable medical equipment, and doctors' visits. All medigaps cover at least part of the Part B coinsurance, and they will cover the full Part B coinsurance for certain preventative services.

**First 3 pints of blood.** All Medigaps pay for part or all the cost of your first three pints of blood. If you are hospitalized and the hospital needs blood for a medical procedure or blood transfusion, then your Medigap will pay for the first three pints. If you

do not have a Medigap, you will be responsible for this cost.

**Part A hospice care coinsurance or copay.** All Medigaps cover the full cost of hospice coinsurance charges and copays for hospice related drugs and respite care, if the Medigap was purchased on or after June 1, 2010. Respite care is care you receive as a hospice inpatient while your usual caregiver rests.

Some Medigaps cover all or part of the following costs:

**Part A skilled nursing facility (SNF) coinsurance.** Some Medigaps pay for your SNF coinsurance charge for all your covered days in a benefit period (the coinsurance for days 21-100 is \$217 per day in 2026).

**Part A deductible.** Some medigaps pay for your Part A deductible, which is the amount you owe out of pocket at the beginning of a hospital inpatient stay (the Part A deductible in 2026 is \$1,736 per benefit period).

**Part B deductible.** Part B deductible is the amount you owe out of pocket before Part B begins to cover the cost of your outpatient care (the annual Part B deductible in 2026 is \$283). Note: people newly eligible for Medicare on or after Jan. 1, 2020, cannot purchase Medigaps that pay for the Part B deductible. This includes Plan C and Plan F. If you become Medicare eligible before this date, you will still be able to purchase Plan C or Plan F.

**Part B excess charges.** Excess charges may only be charged by non-participating Medicare providers. These providers do not take assignment in all cases, which means they do not agree to accept the Medicare approved amount for services as payment in full. Non-participating providers can charge up to 15 percent more than the Medicare approved cost for services (this limit only applies to certain Medicare covered services and doesn't apply to some supplies and durable medical equipment). If you have a Medigap that covers excess charges you will not have to pay the extra 15 percent that a non-participating provider may charge.

**Foreign travel.** Medicare

lifetime limit of \$50,000, after you meet a deductible.

## SENIOR CITIZEN ACTIVITIES

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, carrot, 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 a meal reservation so we can honor you.

## March exercise dates and times

March 18 at 11 a.m.

March 23 at 10 a.m.

Coffee and social time to follow.

## Nutrition Menu

March 16 - Pork chop suey, brown rice, Oriental vegetables, Oriental salad, warm cinnamon pears.

March 17 - Corned beef casserole, diced carrots, boiled yellow potatoes, apple slices, pistachio dessert (St. Patrick's Day Party).

March 18 - Swiss steak, egg noodles, wax beans, chef's choice vegetables, fruit cocktail.

March 19 - Herb baked fish, garlic mashed potatoes, corn, chef's choice fruit cup.

All meals are served with bread; margarine and two percent milk. Bread will not be served with rice or noodles. Meal reservations and cancellations must be made by 1 p.m. the previous day. Menu modifications may be necessary at times.

## HERMANSVILLE SENIOR CITIZEN MENU WEEK OF MARCH 16

Monday - Pork chop suey, brown rice, Oriental vegetables, Oriental salad, warm cinnamon pears.

Tuesday - Corned beef casserole, diced carrots, boiled yellow potatoes, apple slices, whole wheat bread, pistachio dessert.

Wednesday - Swiss steak, egg noodles, wax beans, chef's choice vegetable, fruit

Menominee  
County Journal

3/12/26

## Heather Tyner, Activities Director



Tori Shortridge and Carol Stevens each won \$500 at our last Bingo game. Tori won the progressive pot from Lucky Seven and Carol won Inside Square's progressive pot. Congratulations ladies, way to play those numbers!

We play Bingo every Tuesday and you only need to be 18 years young to play. Bingo cards are sold 12:30 to 1 p.m., with Bingo games starting at 1 p.m. To play all of our Bingo games starting cost is around \$8. We do sell dabbers and also have wands and chips to borrow. Join us for an afternoon of Bingo!

Tech Help with Steve is on Monday, March 16. If you have any technology questions, Steve is your guy, you only need to stop in between 12:30 - 1:30 p.m.

Tuesday, March 17, will be a busy day: Drum Aerobics with HBH, 10:30-11 a.m., Secretary of State Mobile Office from 11 a.m. to 1 p.m., our Monthly Meal with Don, Karen & Heather at noon, Bingo starting at 12:30 p.m. and we end with Project Petunia, 3-4 p.m. Drum Aerobics with HBH is a gentler drum aerobics done from a chair. For the SOS Mobile Office, we ask that you call our office for an appointment at (906) 341-5923. If you would like to join us for our Monthly Meal, please call the Community Action Agency ladies by 8 a.m. at (906) 341-5085. The ladies are cooking a St. Patrick's Day meal of corned beef casserole, boiled yellow potatoes, diced carrots and pistachio dessert, served with apple slices, a slice of whole wheat bread and a carton of 2% milk. Lunches are done on a donation basis.

You can start signing up for the Fall Bus Trip on Wednesday, March 18. You will need to place a \$75 deposit to reserve your seat. Please make the check payable to Diamond Tours. The Fall Bus Trip is 9 days and 8 nights to New York City and the Statue of Liberty. The trip will take place Wednesday, Oct. 7, through Thursday, Oct. 15. For a double occupancy the cost is \$1,229. For more details, please check out our Facebook page, our monthly Newsletter or call our office.

We also have quite a bit to do on Thursday, March 19. Our Cross-Country Ski Club will start our day off at 9 a.m. If you would like to join us, please call our office on Wednesday, the 18th. Then we have our first Garden

Club meeting, 10-11 a.m. Our movie for Movie Day will begin at 1 p.m., and there is always free popcorn on Movie Day. There is also Euchre at 1 p.m., Craft Class from 2:30-3:30 p.m. and we will meet for Dinner Out at 5 p.m. at Marley's Irish Pub. We always have a wonderful turnout for Dinners Out and we would love for you to join us as well. You will need to purchase your own meal. We throw in the fun for free.

Our Easter Egg Hunt will take place again this year. It will start Monday, April 5, at 8 a.m. and end Friday, April 10, at 4 p.m. To find an egg you must be a senior, 55 years young and up. You will only be allowed to find one egg a day and four eggs total for the week. 15 plastic Easter eggs will be hidden throughout our Center each day of the hunt. There will be no eggs hidden in Gift Shoppe items, in our offices, the kitchen, loan closet or bathrooms. For each egg there will be a prize associated with it. The prizes will be from our kind local businesses, a Saykly's milk chocolate bar or Easter candy. Please be warned you will actually need to look for the eggs. Three weeks ago, our last Easter egg from our previous hunt was finally found. No egg-perience necessary and you will want to hop to it.

We have another Cooking For One cooking class coming to our Center. It is a 6-week class and will take place Wednesday, April 8, until Wednesday, May 13. The classes will take place every Wednesday and will be 10-11:30 a.m. This cooking class is sponsored by Schoolcraft Memorial Hospital and taught by Denise Graft. We do ask that you rsvp to our Cooking For One, by either email or calling our office at (906) 341-5923. We can only take 10-12 people, and our last cooking class did fill up quickly.

Pioneer  
Tribune

3/12/26

**The Home  
Weatherization Program**

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Call Eric Roberts  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
(906) 786-7080 Ext. 148

Daily Press  
3/13/26

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**Call Elita Moberg**  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
**(906) 756-7060 Ext. 146**

Daily Press  
3/14/26

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**Call Mike Johnson**  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
**(800) 722-7880 Ext. 148**

Daily Press

3/18/26

# Manistique Senior Center

Heather Tyner, Activities Director

Pioneer  
Tribune  
3/19/26



On Monday, March 23, we have Dup Bridge that starts at noon, Line Dancing, 12:30-1:30 p.m., Painting Class at 2 p.m. and Qigong, from 3:30-4 p.m. Tai Chi has been cancelled for Monday, March 23.

On Tuesday we have Drum Aerobics with HBH, 10:30-11 a.m., Ukulele Lessons with Gwen, from 10:30-12 p.m., and Bingo cards start selling at 12:30 p.m.

On Wednesday, March 25, the morning starts off with Drum Aerobics at 9 a.m. Then, Hand & Foot starts their cardplaying at noon, and North Woods Home Health will be at our Center from 12:30-2:30 p.m. for FootCare.

Appointments can be made by calling our office and the cost is \$22. Page Turners Book Club is 2-3 p.m. They will be discussing 'The First Ladies' written by Marie Benedict and Victoria Christopher Murray. If you would like to join the lively and thoughtful conversation, please do. Our Center purchases the books for the book club. At 4:30 Chair Yoga starts, as does Bowling at Ten Pin Alley. If you would like to join Chair Yoga first, then join us for bowling, please do.

That evening is our Night Out at the Movies. We will be going to see Project Hail Mary for the 7 p.m. showing. Project Hail Mary stars Ryan Gosling as a lone astronaut who wakes up with amnesia on a mission to save Earth. For both the bowling, \$2 shoes and \$4 games, and the movie, \$8 for a ticket, you will be responsible to pay for yourself.

Thursday, March 26, if the weather permits, we will go cross-country skiing in the morning at 9 a.m. Please call our office at (906) 341-5923 on Wednesday if you are interested in going with us. At 10 a.m. that morning we will have our second Garden Group meeting. IIP SAIL.

Also on Thursday, March 26, is Line Dancing from 12:30-1:30 p.m., Euchre starts at 1 p.m., Mah Jongg at 1:30 p.m. and Craft Class, from 2-3:30 p.m. To end out our day we have Music with Gwen, 4-5 p.m. Music with Gwen is filled with entertaining stories and beautiful music.

Coffee Hour with Don & Karen is on Friday, March 27. They will meet you at Big Boy at 9 a.m. You will need to purchase your own beverage. The rest of Friday is Drum Aerobics, 10:30-11 a.m., the Blood Pressure Clinic, 11:30-12:30 p.m., Bridge starts at noon, 500 starts at 12:30 and Cribbage begins at 1 p.m.

We are inching our way towards April which brings back our Senior Swingers. They will be practicing the first and third Wednesdays of the month, from 3-4 p.m. If you would like to join our Senior Swingers band, please do. You can bring your own instrument, or we have one for you.

April also brings us our Spring Paint & Social District Sip. Shannon Hider will be leading our class again, and this time she is bringing us a crushed glass project, a suncatcher. There are six suncatchers to choose from and they are close to eight inches in length. The suncatchers are pictured on our Facebook page, Manistique Senior Citizen Center, or we have a picture of them in our office. You will need to rsvp and pay before April 7, by 4 p.m., 21 years young and up are welcome. The cost is \$30 for one suncatcher or \$55 for two. Our Suncatcher & Social District Sip is on Monday, April 13, from 5:30-7:30 pm. If you would like you can meet me at Wheat's at

# Senior Citizen News

**Community Action  
Agency/Mid-County  
Senior Center  
P.O. Box 102,  
Daggett, MI 49821  
906-753-6986  
BECKY THOUNE**

## WHAT IS MEDIGAP?

**How does a Medigap work with Original Medicare?** Medigaps pay after Original Medicare does not pay. If you have Original Medicare and a Medigap, and you receive a Medicare covered service, Medicare pays first and the Medigap pays second.

Let's say you have Original Medicare and a Medigap and you go to a nearby outpatient clinic to get a medically necessary chest x-ray. First, original Medicare pays 80 percent of the Medicare approved amount for your chest x-ray. Then the Medigap covers part or all the remaining 20 percent coinsurance. If you did not have a Medigap, you would have to pay the coinsurance out of pocket.

A Medigap is not like other types of secondary insurance. When you have secondary insurance, such as

retiree coverage, the retiree plan makes decisions about whether it will pay for a service after Medicare pays. That decision is separate from Medicare's decision on the claim. Even though Medigaps are offered through private insurance companies, they do not make their own coverage decisions. Using the x-ray example from before, this means that because Medicare covered the x-ray, the Medigap cannot deny payment for part or all the remaining 20 percent coinsurance.

### What is the difference between having a Medicare Advantage plan and having Original Medicare with a Medigap?

Having Original Medicare and a Medigap allows you to see any provider and use any facility that accepts Medicare; while having a Medicare Advantage plan typically means you can only see in network providers, or you may have to pay more to see out of network providers.

Therefore, if you have Original Medicare and a Medigap, you can receive covered care anywhere in the country (if the care is from a provider or facility that accepts Medicare).

In contrast, if you have a Medicare Advantage plan you may be out of your plans service area while in other parts of the country. In addition, if you have Original Medicare and a Medigap you do not need a referral from a primary care provider to see a specialist, while having a Medicare Advantage plan may mean you do need a referral to see a specialist. This means that you will generally have greater provider access if you have Original Medicare and a Medigap. You will also likely have fewer out of pocket costs than you would with a Medicare Advantage plan, as Medigaps are designed to cover deductibles, coinsurance and copayments. While you would have to pay an additional monthly premium for your Medigap, your out-of-pocket costs for the care you receive are greatly limited. This means Original Medicare and a Medigap; may be a more affordable option for you if you have more health needs and receive more costly medical care throughout the year.

On the other hand, if you have a Medicare Advantage plan, you will owe out of pocket costs like co-pays, which may be more affordable if you do not have many health needs and do not receive much medical care throughout the year. While Medicare Advantage plans may charge a monthly premium in addition to the Part B premium, this additional monthly premium is likely less expensive than the monthly premium for many Medigaps. Additionally, Medicare Advantage Plans may cover extra services that are not covered by Original Medicare and not covered by most Medigaps such as vision, hearing, and dental care. Medicare Advantage plans are a way to receive Part A, B and D benefits in one plan, whereas those with Original Medicare and a Medigap likely must enroll in a stand one Part D plan to receive Medicare prescription drug coverage.

## SENIOR CITIZEN ACTIVITIES

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 a meal reservation so we can honor you.

### March exercise dates and times

March 23 at 10 a.m.  
Coffee and social time to follow.

### Nutrition Menu

March 23 - Turkey gravy over mashed potatoes, broccoli, diced pears.

March 24 - Polish sausage casserole, green beans, warm applesauce.

March 25 - Herb roasted chicken, loaded mashed potatoes, chef's choice vegetable, sunshine cake, dinner roll (Birthday Party Dinner).

March 26 - Vegetarian burger/ American cheese/ hamburger bun, oven potatoes, corn, chef's choice fruit cup.

All meals are served with bread; margarine and two percent milk. Bread will not be served with rice or noodles. Meal reservations and cancellations must be made by 1 p.m. the previous day. Menu modifications may be necessary at times.

## HERMANSVILLE SENIOR CITIZEN MENU WEEK OF MARCH 23

Monday - Turkey gravy over mashed potatoes, broccoli, diced pears, whole wheat bread.

Tuesday - Polish sausage casserole, green beans, warm applesauce, whole wheat bread.

Wednesday - Herb roasted chicken, loaded mashed potatoes, chef's choice vegetable, sunshine cake, whole wheat dinner roll.

Thursday - Vegetarian burger, American cheese, whole wheat hamburger bun, oven potatoes, corn, chef's choice fruit cup.

The Hermansville Senior Center can be reached at 906-498-7735.

Menominee County

Journal

3/14/26

**The Home  
Weatherization Program**

is a service funded by the Federal Department of Energy (DOE) to low-income households. The program provides energy conservation services for eligible low-income households. If eligible, our agency performs the necessary inspections and contracts with qualified, licensed and insured private contractors to complete the work. These services reduce energy use and lower utility bills, thus creating more self-sufficient households.



Call Ellie Moberg  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
(906) 765-7060 Ext. 148

Daily Press  
3/19/26

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Call Eileen Kiebert  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
(906) 786-7080 Ext. 148

Daily Press

3/20/26

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**Call Elita Moberg**  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
**(906) 736-7886 Ext. 148**

Daily Press  
3/21/26

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Call Gita Moberg  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
(906) 785-7000 Ext. 148

Daily Press  
3/23/26

# Community Action Agency Senior Nutrition Program

## March 2026

Home Delivered Meals Monthly Menu  
**SENIOR CENTER DINING**  
 or  
**HOME DELIVERY PROGRAM**



All meals also come with Bread, Milk, and Margarine. Lunch reservations must be called in the day before by calling from 8:00am-2:30pm at your area local number. Menu modifications may be necessary at times.

Suggested meal donation is \$4.50

Daily Press  
3/23/26

Mon, 03/02/26	Tue, 03/03/26	Wed, 03/04/26	Thu, 03/05/26
Sweet N Sour Meatballs Brown Rice Prince Charles Veg Peas Pineapple/Orange Mix Milk, 2%	Chicken Stroganoff Scandinavian Veg Brussel Sprouts Diced Pears Bread, WW Milk, 2%	Beefy Tater Tot Casserole Corn Warm Cin Peaches (FR) Bread, WW Milk, 2%	Salmon Croquette (Brd) Garlic Mashed Potatoes Diced Carrots Chef's Choice Fruit Cup Bread, WW Milk, 2%
Mon, 03/09/26	Tue, 03/10/26	Wed, 03/11/26	Thu, 03/12/26
Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Diced Peaches Bread, WW Milk, 2%	Meatloaf w/Ketchup Glaze Boiled Red Potatoes Diced Carrots Fruit Cocktail Bread, WW Milk, 2%	Chicken Chili Side Salad w/Chz & TOM Garlic Breadstick Pineapple Tidbits Milk, 2%	Tortellini Alfredo w/Peas & Mushroom Corn Root Veg Blend Chef's Choice Fruit Cup Breadstick, WW Milk, 2%
Mon, 03/16/26	Tue, 03/17/26	Wed, 03/18/26	Thu, 03/19/26
Pork Chop Suey Brown Rice Oriental Veg Oriental Salad Warm Cinn Pears (FR) Milk, 2%	<b>LIMIT 1</b> Corned Beef Casserole Diced Carrots Boiled Yellow Potatoes Apple Slices Bread, WW Milk, 2% Pistachio Dessert <b>Happy St. Patrick's Day</b>	Swiss Steak Egg Noodles Wax Beans Chef's Choice Veg Fruit Cocktail Bread, WW Milk, 2%	Herb Baked Fish Garlic Mashed Potatoes Corn Chef's Choice Fruit Cup Bread, WW Milk, 2%
Mon, 03/23/26	Tue, 03/24/26	Wed, 03/25/26	Thu, 03/26/26
Turkey Gravy over Mashed Potatoes Broccoli Diced Pears Bread, WW Milk, 2%	Polish Sausage Casse- role Green Beans Warm Applesauce (FR) Bread, WW Milk, 2%	<b>LIMIT 1</b> Herb Roasted Chicken Loaded Mashed Potatoes Chef's Choice Veg Sunshine Cake (FR) Dinner Roll, WW Milk, 2% <b>Birthday Party</b>	Vegetarian Burger American Cheese Hamburger Bun, WW Oven Potatoes Corn Chef's Choice Fruit Cup Milk, 2%
Mon, 03/30/26	Tue, 03/31/26	<p><b>HAPPY ST. PATRICK'S DAY</b></p>	
BBQ Pork Chop Sour Cream & Chive Mashed Potatoes Peas & Onions Fruit Cocktail Bread, WW Milk, 2%	<b>LIMIT 1</b> Chicken Broccoli Casse- role Root Veg Blend Stewed Apples (FR) Side Salad w/Chz & TOM Bread, WW Milk, 2%		

MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE

Gladstone and Rapid River Area Call 428-2201 • Rock Area Call 356-6420  
 Escanaba Area Call 786-8850 • Hermansville Area Call 498-7726 • Monticello Area Call 528-5222

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Call Rita Roberts  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
(906) 726-7000 Ext. 143

Daily Press

3/24/26

**The Home Weatherization Program**

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Call Elise Moberg  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
(908) 788-7080 Ext. 148

Daily Press  
3/25/26

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Call Ellen Moberg  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
(900) 746-7000 Ext. 148

Daily Press

3/26/26

# Senior Citizen News

Community Action  
Agency/Mid-County  
Senior Center  
P.O. Box 102,  
Daggett, MI 49821  
906-753-6986  
BECKY THOUNE

## WHAT IS MEDIGAP?

**How much do Medigaps cost?** When you are choosing a Medigap policy, it is best to look at policies from a range of insurance companies, especially if you've already decided on a particular standardized policy. Policies with the same letter name offer the same benefits, but premiums vary from company to company. For example, Policy A bought from company 1 has the same benefits as Policy A bought from company 2, but company 1 and company 2 can charge different rates.

When choosing a Medigap, ask what factors the Medigap insurance company uses to set your premium. The following factors may affect the cost of your Medigap:

- Where you live.
- Your age.
- Your health status.
- Your gender.
- If you smoke.
- If you are married.

It is smart to buy your Medigap policy during your open enrollment period or when you have the guaranteed issue right because your premium cannot increase based on your health status at

those times.

Be aware of how Medigap companies use age when setting premiums. In some states, companies are only allowed to use age to set premiums in certain ways. Depending on your state, premiums may be:

**Community rated:** Premiums are the same for everyone living in a specific area, regardless of age. These are generally the least expensive over your lifetime.

**Issue age rated:** Premiums are based on the age when you first bought the policy. The younger you are when you purchase a Medigap, the cheaper the premium. Note: premiums will still increase over time due to inflation, but not due to age.

**Attained age rated:** Premiums are initially based on your age when you purchase a policy, and they increase as you get older (meaning you pay a different price at age 65 than you do at age 70). These premiums may be the lowest when you first purchase them, but they are generally the most expensive over your lifetime.

**When can I purchase a Medigap?** If you wish to purchase a Medigap policy, you need to find out the best time to buy one in your state. In most states, insurance companies must sell you a policy only at certain times and if you meet certain requirements. If you miss your window of opportunity to

buy a Medigap, your costs may go up, your options may be limited, or you may not be able to buy a Medigap at all depending on your health status.

Under federal law, you have the right to buy a Medigap policy if you:

Are 65 and enrolled in Medicare.

And you buy your policy during a protected enrollment period.

At times when you have the right to buy a Medigap policy, an insurance company cannot:

Deny you Medigap coverage.

Or charge you more for a policy because of past or present health problems.

**When are the protected times to buy a Medigap?** It is important to know about protected times to purchase a Medigap so you can time your enrollment wisely. Here we talk about federally protected times to purchase a Medigap. Be aware that this information only pertains to protections that apply nationwide. Some states have other protections that give their residents additional opportunities to enroll in a Medigap.

### Open Enrollment Period

Generally, the best time to enroll in a Medigap open enrollment period. Under federal law, you have a six month open enrollment period that begins the month you are 65 or older and enrolled in Medicare Part B. During your open enrollment period, Medigap companies must sell you a policy at the best available rate regardless of your health status, and they cannot deny you coverage. The best available rate may depend on several factors, including your age, gender, whether you smoke, your marital status, and where you live. If you purchase a Medigap during your open enrollment period, policies are limited in their ability to exclude coverage for pre-existing conditions, meaning conditions you had before you enrolled.

### SENIOR CITIZEN ACTIVITIES

April 1 - Easter celebration with door prizes, 50/50 raffle

April 15 - Craft class begins at 1 p.m. to create a Spring craft. Please RSVP the center if you would like to participate so we have enough materials for everyone.

April 29 - Monthly birthday party dinner with door prizes, 50/50 raffle, cake, ice cream and bingo after lunch. Please notify the staff if you're celebrating your birthday this month when making your meal reservations, so we may honor you.

Join us at the senior center; it's a great place to be.

### April exercise dates and times

March 30 at 10 a.m.

April 8 at 11 a.m.

April 15 at 11 a.m.

April 22 at 11 a.m.

April 27 at 10 a.m.

Coffee and social time to follow.

### Nutrition Menu

March 30 - BBQ pork chop, sour cream and chive mashed potatoes, peas and onions, fruit cocktail.

March 31 - Chicken broccoli casserole, root vegetable blend, stewed apples, side salad w/tomato and cheese.

April 1 - Ham w/pineapple, mashed sweet potatoes, green beans, dinner roll, pineapple orange mix, carrot cake.

April 2 - Tuna noodle casserole, winter vegetable blend, diced beets, chef's choice fruit cup.

All meals are served with bread; margarine and two percent milk. Bread will not be served with rice or noodles. Meal reservations and cancellations must be made by 1 p.m. the previous day. Menu modifications may be necessary at times.

### HERMANSVILLE SENIOR CITIZEN MENU WEEK OF MARCH 30

Monday - BBQ pork chop, sour cream and chive mashed potatoes, peas and onions, fruit cocktail, whole wheat bread.

Tuesday - Chicken broccoli casserole, root vegetable blend, stewed apples, side salad with cheese and tomatoes, whole wheat bread.

Wednesday - Ham with pineapple, mashed sweet potatoes, green beans, pineapple/orange mix, whole wheat

Menominee County

Journal

3/26/26

# Manistique Senior Center

Heather Tyner, Activities Director

Our Garden Group had our first meeting on Thursday, March 19. Abbey Palmer was our guest speaker and is the Michigan State University Extension Educator out at the Chatham farm location. Abbey helped us decide not only what we would like to grow, but what veggies, fruits and herbs should be grown together in our eight raised garden beds. She also taught us how to take advantage of every square inch of planting. The eight raised garden beds are thanks to the grant from Schoolcraft County Community Foundation. Abbey also gifted us a Square Planting Guide, our first set of gardening tools and the Extension Farm will be giving our Garden Group transplants to start our first planting season. We will be taking a field trip to Chatham on Thursday, May 21. We will be taking a tour and learning a little bit more about gardening. Abbey also helped us to come up with some fun future class; dilly bean making, learning how to dry herbs and how to make sauerkraut. We are hoping to do each class with produce from our Center's gardens. If you would like to join our Garden Group, please do. We meet every Thursday morning, from 10-11 a.m.

Coffee Hour with Don & Karen takes place this Friday, March 27. They will be taking their coffee this month at Big Boy, and what a wonderful way to start your day. These two always start off my day with a smile and a chuckle



or two. You will need to purchase your own beverage. Coffee Hour with Don & Karen is 9-10 a.m.

Puzzles & Punch jigsaw puzzle competition is this Saturday, March 28, 2-5 p.m. We had four groups competing at our last Puzzles & Punch in January. Our Center supplies the puzzles, punch and prizes. You can grab a few friends or come by yourself and meet a few new ones and please bring a snack to share. We will puzzle for an hour, take a 15-20 minute break and puzzle for another hour. We then count the individual puzzle pieces left to award our 1st, 2nd and 3rd place winners. Our Puzzles & Punch is a free event and no need to RSVP.

We have had to reschedule two events that were on our calendar during our closures due to the amazing amount of snow that we received. One of the events is Project Petunia and the second is the Secretary of State Mobile Office. The meeting for Project Petunia is now scheduled for Wednesday,

April 8, from 3-4 p.m. Project Petunia relies solely on volunteers, and they are always looking for new gardeners. The SOS Mobile Office has been rescheduled for Tuesday, May 26, from 11 a.m. to 1 p.m. The Mobile Office offers a variety of vital services. To make an appointment for the Mobile Office, please call our Center at (906) 341-5923.

I have been hopping around to local businesses and asking for donations for our second annual Easter Egg Hunt. Manistique not only has the best Senior Center, but we also have the best businesses and restaurants as well, and they have been rather kind in their donations. I would like to kindly thank the following businesses in making our Easter Egg Hunt egg-tra egg-citing: Clyde's Drive-In, Zephyr, Flowers by Jodi, Drift Alchemy, Cedar Street Cafe, The Mill, The Cutting Crew, Big Boy, Lake Effect Community Arts Center, Camp & Coastal Design Co., Emerald City Tacos, Ben Franklin, The Mustard Seed, Main Street Pizza, Bostique, Hardee's, Mindy Asp, The Apple Barrel, Wheaty's Pub, The Hive, The Grind Coffee House, Marley's Irish Pub, Corner Cutz Salon, Ace Hardware, TAP21, elle jay, Michigan Made, Yooper Fitness, McDonalds and Cedar Street Cinema. Our Easter Egg Hunt will take place Monday, April 6, to Friday, April 10. You will want to hop to it.

Pioneer Tribune

3/26/26

**The Home  
Weatherization Program**

is a service funded by the Federal Department of Energy (DOE) to low-income households. The program provides energy conservation services for eligible low-income households. If eligible, our agency performs the necessary inspections and contracts with qualified, licensed and insured private contractors to complete the work. These services reduce energy use and lower utility bills, thus creating more self-sufficient households.



Call Eric Mohr  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
**(906) 786-7080 Ext. 148**

Daily Press  
3/27/26

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Call Mike Aberg  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
(906) 785-7000 Ext. 148

Daily Press  
3/28/26

**DANCE IN ROCK**

**ROCK** — A dance will be held at the Rock Community/Senior Center, located at 3892 West Mapleridge Road, on April 12 from 1 p.m. to 4 p.m. Live music will be performed by Ron Jay and the Country Strangers. For more information, call Lucy at 356-6459.

Daily Press

3/28/26

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Daily Press  
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**Carl Ellis Moberg**  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
**(906) 786-7000 Ext. 148**

Daily Press

3/30/26

# Community Action Agency Senior Nutrition Program

## March 2026

### Home Delivered Meals Monthly Menu SENIOR CENTER DINING OR HOME DELIVERY PROGRAM



All meals also come with Bread, Milk, and Margarine. Lunch reservations must be called in the day before by calling from 8:00am-2:30pm at your area local number. Menu modifications may be necessary at times.

Suggested meal donation is \$4.50

Mon, 03/02/26	Tue, 03/03/26	Wed, 03/04/26	Thu, 03/05/26
Sweet N Sour Meatballs Brown Rice Prince Charles Veg Peas Pineapple/Orange Mix Milk, 2%	Chicken Stroganoff Scandinavian Veg Brussel Sprouts Diced Pears Bread, WW Milk, 2%	Beefy Tater Tot Casserole Corn Warm Cin Peaches (FR) Bread, WW Milk, 2%	Salmon Croquette (Brd) Garlic Mashed Potatoes Diced Carrots Chef's Choice Fruit Cup Bread, WW Milk, 2%
Mon, 03/09/26	Tue, 03/10/26	Wed, 03/11/26	Thu, 03/12/26
Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Diced Peaches Bread, WW Milk, 2%	Meatloaf w/Ketchup Glaze Boiled Red Potatoes Diced Carrots Fruit Cocktail Bread, WW Milk, 2%	Chicken Chili Side Salad w/Chz & TOM Garlic Breadstick Pineapple Tidbits Milk, 2%	Tortellini Alfredo w/Peas & Mushroom Corn Root Veg Blend Chef's Choice Fruit Cup Breadstick, WW Milk, 2%
Mon, 03/16/26	Tue, 03/17/26	Wed, 03/18/26	Thu, 03/19/26
Pork Chop Suey Brown Rice Oriental Veg Oriental Salad Warm Cinn Pears (FR) Milk, 2%	<b>LIMIT 1</b> Corned Beef Casserole Diced Carrots Boiled Yellow Potatoes Apple Slices Bread, WW Milk, 2% Pistachio Dessert <b>Happy St. Patrick's Day</b>	Swiss Steak Egg Noodles Wax Beans Chef's Choice Veg Fruit Cocktail Bread, WW Milk, 2%	Herb Baked Fish Garlic Mashed Potatoes Corn Chef's Choice Fruit Cup Bread, WW Milk, 2%
Mon, 03/23/26	Tue, 03/24/26	Wed, 03/25/26	Thu, 03/26/26
Turkey Gravy over Mashed Potatoes Broccoli Diced Pears Bread, WW Milk, 2%	Polish Sausage Casse- role Green Beans Warm Applesauce (FR) Bread, WW Milk, 2%	<b>LIMIT 1</b> Herb Roasted Chicken Loaded Mashed Potatoes Chef's Choice Veg Sunshine Cake (FR) Dinner Roll, WW Milk, 2% <b>Birthday Party</b>	Vegetarian Burger American Cheese Hamburger Bun, WW Oven Potatoes Corn Chef's Choice Fruit Cup Milk, 2%
Mon, 03/30/26	Tue, 03/31/26	<b>HAPPY ST. PATRICK'S DAY</b>	
BBQ Pork Chop Sour Cream & Chive Mashed Potatoes Peas & Onions Fruit Cocktail Bread, WW Milk, 2%	<b>LIMIT 1</b> Chicken Broccoli Casse- role Root Veg Blend Stewed Apples (FR) Side Salad w/Chz & TOM Bread, WW Milk, 2%		

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MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE

Gladstone and Rapid River Area Call 428-2201 • Rock Area Call 356-6420  
Escanaba Area Call 786-8850 • Hermansville Area Call 498-7736 • Manistique Area Call 341-5085

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Chris Ellis Weberg  
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3/31/26