
BRIEFS

MICHIGAN PARKINSON FOUNDATION MEETINGS

ESCANABA — The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets the second Tuesday of each month at 1 p.m. The next meeting is Tuesday, Aug. 11 at 1 p.m. at the Community Action Agency, 507 1st Ave. North, Escanaba. Everyone is welcome to attend -- people with Parkinson's, their families, and caregivers. For more information call Dianna Lawson at 906-399-3706 or Debra Martin at 906-420-2871.

Daily Press

8/1/26

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Daily Press

8/4/26

Briefs

SENIOR CENTER DANCE

ROCK — A dance will be held at the Rock Area Senior Citizen Center at 3892 W. Maple Ridge 37 Rd. on Sunday, Aug. 9 from 1 to 4 p.m. The Red River Band will be playing, and lunch will be served. There is a small cost, with all proceeds to benefit the Senior Corp.

For more info, call Lucy at 906-356-6459.

Daily Press

8/4/26

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Daily Press

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Daily Press

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Daily Press

8/6/26

Senior Citizen News

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

HEALTHY AGING TIPS FOR THE OLDER ADULTS IN YOUR LIFE

If you have older family members or loved ones, you may worry about their health as they age. Aging increases the risk of chronic diseases such as heart disease, type 2 diabetes, arthritis, cancer and dementia. The good news is that adopting and maintaining a few key behaviors can help older adults live longer, healthier lives. As a family member, it's important to encourage healthy lifestyle behaviors in your loved ones, it's never too late to start!

Healthy behavior changes can help older adults live more independently later in life. That's important both for their quality of life and for yours. If a family member loses independence, whether it's due to disability or chronic disease, you may find yourself in a care-giving role earlier than expected, which can affect family dynamics as well as finances.

So, what can you do to help the older adults in your life manage their health, live as independently as possible, and maintain quality of life as they age? Read on to learn about four ways to help support and promote healthy habits in your older loved one's lives.

Prevent isolation and loneliness

As people age, they often find themselves spending more time alone. Poor health, the death of a partner, caring for a loved one, and other situations that are more likely as people age can all lead to being socially isolated or feeling lonely. Although they sound familiar, social isolation and loneliness are different. Loneliness is the distressing feeling of being alone or separated, while social isolation is the lack of social contacts and having few people to interact with regularly. Increased social isolation and loneliness are associated with higher risks for health problems, such as depression, heart disease, and cognitive decline, which is a decrease in the ability to think, learn and remember.

As a family member, you can play an important role in helping the older adults in your life to stay socially connected. Here are some ways you can help:

Schedule daily, weekly or biweekly phone calls or video chats.

Encourage them to seek out others with shared interests, such as through a garden club, volunteer organization or walking group.

Promote physical activity

There are lot of reasons to make physical activity a part of daily life. Exercise can help reduce levels of stress and anxiety, improve balance and lower risk of falls, enhance sleep and decrease feelings of depression. Most importantly, people who exercise regularly not only live

longer, but also may live better, meaning they enjoy more years of life with less pain or disability. On the other hand, lack of physical activity can lead to increased visits to the doctor, more hospitalizations and increased risk of certain chronic conditions.

Encouraging older adults in your life to exercise may not be easy, it can be difficult to get someone to start a new activity, but the rewards are worth the effort. Following are some suggestions to help encourage exercise and other daily movement:

Help your loved ones aim for a mix of activities, including aerobics, strength training, balance and flexibility. This could include walking around the neighborhood, lifting weights, gardening and stretching.

Discuss how much activity is recommended and brainstorm ways to work it into their daily lives. Experts recommend at least 150 minutes per week of moderate aerobic exercise, and muscle strengthening activities at least 2 days per week.

Help them shop for appropriate clothing and equipment for their exercise activities. Remember, many activities don't require expensive equipment. For example, they can use filled water bottles as weights for strength training or walking outside or at the mall rather than on a treadmill.

Share your favorite activities that get you moving. Is there anything you could do together? If so, that's a bonus because you're not only helping promote physical activity but also helping to prevent loneliness and social isolation.

with the noon meal for those who dine in today. Beat the heat with a sweet treat! Please call in your meal reservation by 1 p.m. the previous day.

Aug. 19 - Senior Day at the U.P. State fair in Escanaba. Wellness fair, box lunch and more for a fun filled day.

Aug. 24 - Foot clinic, by appointment only. The clinics fill up fast, call the center for more information or to be placed on a cancellation list if an appointment becomes available.

Aug. 26 - Monthly birthday party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo after lunch. Are you celebrating your birthday this month? We want to honor you! Please mention it's your birthday month when calling in your meal reservation.

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

Nutrition Menu

Aug. 10 - Bratwurst/whole wheat hot dog bun, oven potatoes, corn, fruit cocktail.

Aug. 11 - Mild orange chicken, brown rice, oriental vegetables, diced carrots, diced peaches.

Aug. 12 - Meatloaf w/ketchup glaze, mashed potatoes/gravy, green beans, chefs' choice fruit cup.

Aug. 13 - Bologna salad spread, cucumber and tomato salad, fruited yogurt, Zee Zee wheat crackers, vegetable fruit box.

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.

HERMANVILLE SENIOR CITIZEN MENU WEEK OF AUG. 10

Monday - Bratwurst, whole wheat hot dog bun, oven potatoes, corn, fruit cocktail.

Tuesday - Mild orange chicken, brown rice, Oriental vegetables, diced carrots, diced peaches.

Wednesday - Meatloaf with ketchup glaze, mashed potatoes with gravy, green beans,

August exercise dates

Aug. 11 at 8:45 a.m.

Aug. 13 at 8:45 a.m.

Aug. 19 at 11 a.m.

Aug. 24 at 10 a.m.

SENIOR CITIZEN ACTIVITIES

Aug. 11 - The mobile Secretary of State unit will be at the senior center on this day from 9 - 10 a.m. for all your SOS needs. Appointments are encouraged; call the senior center to schedule. Anything

Menominee County
Journal

8/6/26

Manistique Senior Center

Heather Tyner, Activities Director



Courtesy photos

Brunch Potluck crowd enjoying the music, conversation and shared dishes.



Brunch Potluck kitchen helpers Don Erickson, Robbie Boyd and Kathy Miller.



The Manistiquelele band played for the first Brunch Potluck on Friday, July 31. Pictured from left to right are Dan Williams, Gwen Foor, Pattie Fialcowitz, Carol Wiater and Scott Thomasma.

Our First Brunch Potluck was a wonderful success. The Manistiquelele played beautifully and the food was delicious. We will definitely continue our Brunch Potlucks. They will be on the last Fridays of every month, from 11:30 a.m. to 12:30 p.m. Thank you kindly to our Manistiquelele group, to the Drum Aerobics ladies for helping to set-up, to Robbie Boyd and Kathy Miller for helping out in the kitchen, and to all who brought dishes to share.

For the month of August there will be no Qigong or Chair Qigong, which normally takes place every Monday. This is quite a popular activity, so I am happy to write that Linda Chandanais, who leads Qigong, will be back to her normal schedule in September.

We have one week remaining for Limestone Financial Credit Union's SAFE Presentation. The last presentation will go over Digital Legacy & Family Communication and will take place on both Wednesday, Aug. 12, and Thursday, Aug. 13. The presentations start at 11 a.m., are free and you do not need to RSVP. If you have any questions, please call Kiarra Herson, Limestone's Member Education Coordinator, at (906) 341-3118, extension 1247.

I was unable to set the date of our Night Out at the Movies before our August Newsletter was sent to the printers. I now have a date and time; our Night Out at the Movies will be on Wednesday, Aug. 12, for the 7:30 p.m. showing of Spider-Man: Brand New Day. The 2026 Spider-Man movie stars Tom Holland, Zendaya and Jacob Batalon. It follows Peter Parker after the events of the last Spider-Man movie, No Way Home. You will be responsible for your own movie ticket, \$8, and snacks. We will see you at Cedar Street Cinema.



Our Line Dancing classes have seen quite an increase in participants the last few months. Line Dancing is a fun way to get moving, get your daily steps in and strengthen your leg muscles. It also improves your balance and boosts your heart health.

and challenges your memory. In the last four weeks we have learned the Electric Slide, The Hustle, Boot Scootin' Bogie, Wagon Wheel, the Cowboy Boogie, Cooperhead Road, Cupid Shuffle and Papa Loves Mambo. We end every line dance class with Old Bones. It can be a challenge to remember which steps go with what dance, but it does allow for some laughter. No RSVP required, and it is a free class. Line Dancing takes place every Monday and Thursday, except for the third Thursday of the month from 12:30-1:30 p.m. You will want to wear your dancing shoes.

Our Monthly Hike with Deb is coming up Saturday, Aug. 12, to Grand Island National Recreation Area. We will be taking the 10 a.m. ferry over to the island. Deb is guessing that we will be taking the 3 p.m. ferry back to the mainland. You can meet us at the dock at 9:30 a.m. or if you would like to carpool; meet at 437/Stueben & M94 Intersection at 8:45 a.m., which is close to 3 miles past Jack Pine Lodge on the right-hand side. Our Center will pay for the round-trip ferry ride. You may want to take a water bottle, sack lunch, bug repellent and a head-net. No RSVPs needed for Our Monthly Hikes with Deb.

Chair Yoga will be held on two Wednesdays during the month of August, with the remaining date for this month being Wednesday, Aug. 25. Chair Yoga, which is another one of our popular activities, will also be back to its normal schedule in September. Welcome back, Ilana Minor. You have been greatly missed.

Pioneer Tribune
8/6/26

Mid-County Senior Center Birthdays



Several Mid-County Senior Citizen members were honored for their July birthdays at the Center July 26. Front row from left, Helen

Raboin, Jean Sundquist and Shelby Jarden. Back row from left, Tim Johnson, Mike Pollard, Wayne Salo and Bill Rivard.

Menominee County
Journal

8/6/2026

BRIEFS

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For more info, call Lucy at 906-356-6459.

Daily Press

8/7/26

Briefs

MICHIGAN PARKINSON

FOUNDATION MEETINGS

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Daily Press

8/8/26

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Daily Press

8/10/26

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Daily Press

8/11/26

Manistique Senior Center

Heather Tyner, Activities Director



Our hike to Grand Island National Recreation Area is this Saturday, Aug. 15. The Grand Island Ferry will be dropping us off at Murry Bay Beach. On our hike, Deb LeBlanc will show us one of the oldest cemeteries in the U.P., take us to past archaeological dig sites, the Stone Quarry Cabin that contains graffiti from the 1800s, caves that were formed over 10,000 years ago, show us rare ferns, the Ferrell Cottage, homes that were built by Abraham Williams and by William G. Mather and finally to Agate Beach, where we will be able to look for agates. The hike in total will be 2.25 miles. For Our Monthly Hike with Deb, you can meet us at the Grand Island Ferry around 9:30 a.m. for the 10 a.m. ferry or if you would like to carpool, please meet at 437/Stueben and M94 Intersection at 8:45 a.m., which is close to three miles past Jack Pine Lodge on the right-hand side. Our Center will pay for the round-trip ferry ride. You may want to take a water bottle, a sack lunch, bug repellent and a head-net. No RSVPs needed for Our Monthly Hikes with Deb.

On Monday, Aug. 17, starting at 11:30 a.m. we have our ladies that went to Italy this past March telling us of their trip, and their experience with Collette and Blue Diamond Travel Agency. After listening to the trip goers and their unique experiences Jerard Welch, from Collette, and Brandi Minor, from Blue Diamond Travel Agency, will present the upcoming trips for 2027 and 2028; the Painted Canyons of the West and the Shades of Ireland tour. Both of these trips are a few of Collette's best sellers. There are hard copies of the 2027 and 2028 trips available at our Center.

Movie Day for the month of August is coming up this month on Thursday, Aug. 20. The movie stars Ryan Renyolds, Walker Scobell, Mark Ruffalo, Jennifer Garner, Cath-

erine Keener, and Zoe Saldana. Ryan Renyolds' character is a time-traveling pilot who crash-lands in 2022 and teams up with his 12-year-old self for a mission that could save the future.

The movie is filled with heartfelt moments and witty banter. Movie Day is free, begins at 1 p.m., no RSVP required and there is always free popcorn on Movie Day.

Later that day, Thursday, Aug. 20, from 4-6 p.m. we have our Manistiquelele Potluck. Our Manistiquelele band is newly formed from Ukulele Lessons with Gwen. Gwen Foor taught them all so well that the next step was to name the band and start taking gigs. Manistiquelele will be strumming and singing from 4-5 p.m. and our potluck portion of the evening will begin at 5 p.m. Please bring a dish to share and be ready to enjoy an evening of music, wonderful food and excellent camaraderie.

Normally on the fourth Saturday of even months, we have Saturday Night at the Center. For the month of August, we will not be having the dance. Instead, our Garden Group cordially invites you to come and help us celebrate our new garden! The Tuesday Night Jam Band will be playing, and we will have appetizers and lemonade available. Please bring a lawn chair. You can social district if you would like. We will have our Garden Party rain or shine. Our Garden Party will be Saturday, Aug. 22, from 6-8 p.m., and we will be outside, unless raining, by our beautiful new garden.

We have a renewed interest in getting a pickleball league started for our Center. It doesn't matter if you have never played before and would like to learn, or have played and are thinking of going pro, if you would like to play, please call our office at (906) 341-5923 and let us know. Our Center is open Monday through Friday, 8 a.m. until 4 p.m.

Daily Press

8/13/26

Senior Citizen News

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

FIVE TOP FOODS FOR EYE HEALTH

Do your eyes have all the nutrients they need to help lower cataracts, macular degeneration, glaucoma and other sight woes? Read on to learn about the top foods for eye health.

Kale: See the Light. This leafy green is a rich source of lutein and zeaxanthin, which are related to vitamin A and beta-carotene, and are believed to protect eye tissues from sunlight damage and reduce the risk of cataracts and macular degeneration. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens and spinach, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, mangoes and honeydew melons. Your body needs fat to absorb lutein and zeaxanthin, so be sure

to eat them with a bit of healthy fat such as a drizzle of olive oil. And kale isn't just a one-note food; it contains vitamin C and beta-carotene, other eye friendly nutrients.

Sweet Potatoes: The Color of Health. These orange tubers are a good source of beta carotene, which may slow progress of macular degeneration. Your body converts beta carotene to vitamin A, a nutrient that helps prevent dry eyes and night blindness. Beta carotene and vitamin A also help reduce the risk of eye infections. Are sweet potatoes not your favorite? For beta carotene, try other deep orange foods, which include carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk and eggs are other great sources of vitamin A.

But don't count on popping a pill to get these nutrients, your best source of vitamins and antioxidants are from whole foods, since it may be a foods combination of nutrients that have a synergistic healing effect. And, similar to lutein and zeaxanthin, beta carotene

and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.

Strawberries: Help you "C" better. Fresh, juicy strawberries are a good thing for your eyes and contain plenty of vitamin C which is an antioxidant that can help lower your risk of cataracts. Also, be sure to load up your plate with other rich vitamin C foods including bell peppers, broccoli, citrus (such as orange and grapefruit) and cantaloupe.

Salmon: Goodbye, Dry eyes. Dry eyes? Eating enough omega-3 fatty acids can help alleviate the problem. Get some healthy fats every day in the form of salmon or other types of fish (2-3 times per week), walnuts (which also contain eye-healthy vitamin E), flax and chia seeds. Salmon also is a good source of vitamin D, which helps protect against macular degeneration. You can also get vitamin D by downing sardines, mackerel, milk and orange juice fortified with vitamin D.

Green Tea: Antioxidant Powerhouse. A cup of green tea is more than relaxing and delicious; its antioxidants may help lower risk of developing cataracts and macular degeneration. Green tea contains healthful substances called catechins, which are responsible for its anti-inflammatory and antioxidant properties. Other foods that are high in catechins include red wine, chocolate, berries and apples. Black tea also boasts catechins, but in lower amounts than its green cousin.

August exercise dates
August 13 at 8:45 a.m.
August 19 at 11 a.m.
August 24 at 10 a.m.

SENIOR CITIZEN ACTIVITIES

Aug. 19 - Senior Day at the U.P. State fair in Escanaba. Wellness fair, box lunch and more for a fun filled day.

Aug. 24 - Foot clinic, by appointment only. The clinics fill up fast, call the center for more information or

to be placed on a cancellation list if an appointment becomes available.

Aug. 26 - Monthly birthday party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo after lunch. Are you celebrating your birthday this month? We want to honor you. Please mention it's your birthday month when calling in your meal reservation.

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

Nutrition Menu

Aug. 17 - BBQ pulled pork/whole wheat bun, oven potatoes, green beans, pineapple tidbits.

Aug. 18 - Meatballs in gravy, mashed potatoes/gravy, chef's choice vegetables, diced pears.

Aug. 19 - Chicken taco salad, corn and black beans, fruited pudding.

Aug. 20 - Tortellini in red sauce, Sicilian vegetable blend, peas, whole wheat breadstick, 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 AUG. 17

Monday - BBQ pulled pork, whole wheat hamburger bun, oven potatoes, green beans, pineapple tidbits.

Tuesday - Meatballs in gravy, mashed potatoes with gravy, chef's choice vegetable, diced pears, whole wheat bread.

Wednesday - Chicken taco salad, corn and black beans, fruited pudding.

Thursday - Tortellini in red sauce, Sicilian vegetable blend, peas, chef's choice fruit cup, whole wheat breadstick.

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

Menominee
County
Journal

8/13/26

Free early education pilot program coming to Delta County

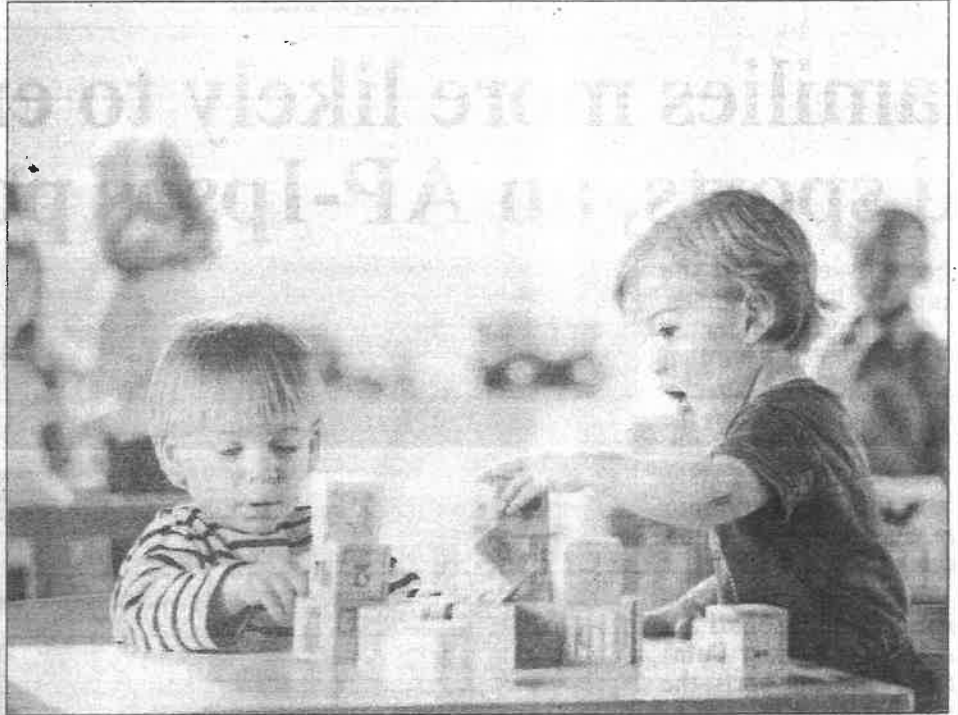
By SOPHIE
VOGELMANN

Staff Writer

ESCANABA — A new partnership is bringing Strong Beginnings, a state-funded pilot program offering free, play-based early education, to three-year-olds in Delta County for the 2026-28 school years.

The Delta Schoolcraft Intermediate School District (DSISD) and Menominee Delta Schoolcraft Community Action Agency (MDSCAA) Early Childhood Program were selected to participate as Michigan expands Strong Beginnings from 19 to 31 intermediate school districts statewide.

See PROGRAM, A3



Courtesy photo

Delta County's Strong Beginnings classroom will be located at the MDSCAA in Escanaba, 507 1st Ave N, and serve up to 15 three-year-olds residing in Delta County beginning this fall.

PROGRAM

Cont. from A1

The program aims to provide developmentally appropriate, play-based learning experiences that help children build social-emotional, language, literacy and early learning skills before entering kindergarten while building on Michigan's PreK for All strategy.

Small class sizes, certified early childhood educators, family engagement supports and strong connections to community resources are also key components of the learning model.

Delta County's Strong Beginnings classroom will be located at the MDSCAA in Escanaba, 507 1st Ave N, and serve up to 15 three-year-olds residing in Delta County beginning this fall.

Myra Smeester, MDSCAA deputy director and Early Childhood Program director, said the organization is excited to partner with the DSISD on the Strong Beginnings program.

"As a program that prepares children for school, we know that starts at birth. We serve prenatal to five-year-olds and are happy to include Strong Beginnings in our list of programming," Smeester said.

DSISD Early Childhood Director Mallory Clickner also commented on the importance of early, high-quality education for local children.

"We know how important the early years are in building a strong foundation for every child, and we're incredibly excited to expand access to high-quality early learning opportunities for three-year-olds in our community," said Clickner. "This partnership is a wonderful example of what can happen when schools, community organizations and families come together with a shared commitment to our youngest learners."

Coordinated in partnership with the Clinton County Regional Educational Service Agency (CCRESA), the program serves children from families with incomes up to 250% of the federal poverty level, which is approximately \$82,500 annually for a family of four, as well as children who may benefit from additional early learning supports.

Daily Press

8/14/26

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The expansion is expected to increase the program's reach from 476 children across 34 classrooms during the 2025-26 school year to approximately 750 children across 50 classrooms during the 2026-27 school year — an estimated 58% increase in children served.

Clickner added, "This partnership is a wonderful example of what can happen when schools, community organizations and families come together with a shared commitment to our youngest learners. At the DSISD, we're proud to be part of this work and to continue championing the importance of early education for children and families."

Along with Delta County, new classrooms implanting Strong Beginnings will open in Allegan, Clare, Clinton, Genesee, Huron, Jackson, Macomb, Marquette, Montcalm, Ottawa, Saginaw, Sanilac, Shiawassee, St. Joseph, Washtenaw and Wexford counties.

"The DSISD is thrilled to be a part of the Strong Beginnings pilot in partnership with MDSCAA," DSISD Superintendent Kristina Hansen said. "Early education is critical for all students. The opportunity to expand options to include three-year-olds is remarkable for the children, families and this community."

Initially launched in 2020 with support through federal Race to the Top-Early Learning Challenge funding, the program has continued to grow thanks to bipartisan state and federal early childhood investments.

According to the Michigan Department of Lifelong Education, Advancement and Potential (MiLEAP), families with children in three-year-old programs save an average of nearly \$16,000 per year per child on early learning costs.

Nearly 90% of participating families also said the Strong Beginnings program helped them work more hours, look for employment, improve their health or pursue education and career training opportunities.

"Every child deserves a strong start, and we know that high-quality early learning experiences can have a lasting impact on a child's future success," said Beverly Walker-Griffiea, director of MiLEAP. "By expanding Strong Beginnings to additional communities, Michigan is helping more children build the foundational skills they need to thrive in school while providing families with valuable support during a critical stage of development."

Smeester said the best way to find out if a family qualifies is to apply. Families who are enrolled in the food assistance program or cash program through the Michigan Department of Health and Human Services are automatically eligible, as are families who are experiencing homelessness or children in foster care.

Families may still qualify based on other circumstances, such as a child's developmental needs or other factors that may affect their readiness for school.

"If you're not sure where you stand, don't count yourselves out — give us a call and we'll walk you through it together," Smeester said.

The program features rolling admission, meaning there is no deadline to apply. Space in the program is currently available.

To learn more about Strong Beginnings or apply call MDSCAA at 906-786-7080 or visit dspreschool.org.

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8/14/26

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Senior Citizen News

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

TOP 10 CONSUMER TIPS

1. Become informed. Educate yourself about scams. Informed consumers are smart consumers. Check the Attorney Generals website (mi.gov/ag) and review comprehensive consumer alerts.

2. Talk to your doctor before purchasing health products or treatments. Be sure to check out any health care provider who offers services or medical equipment. Be wary of "free" services or products. Buy prescription drugs only from licensed U.S. pharmacies. Otherwise, you could end up with drugs that may be dangerous because they are fake, expired or mis-

labeled. Visit the Federal Trade Commission's website (ftc.gov/health) for more information.

3. Order your free annual credit report. The only true free credit report website is annualcreditreport.com and the toll-free number to order a free report is 877-322-8228. It allows you to order a free credit report from each of the three different credit reporting companies: Equifax, Experian, and TransUnion. To maximize your protection, order one report from a different credit reporting company every fourth month and review it for errors. Please note: these systems are automated, and you will be asked to provide your social security number.

4. Pay attention at the checkout. To prevent overcharges, make sure the items you purchase scan at the price displayed at the store. If you are charged more than the displayed price, notify the seller im-

mediately. Michigan law provides that the seller must refund the difference plus a bonus of 10 times the difference, with a minimum of \$1 and a maximum of \$5, if the transaction was completed and receipted.

5. Always read the fine print. Read all contracts in full before you sign and make sure there are no blank spaces that could be filled in after you sign. Ask questions and be suspicious of representations or assurances made by salespeople that differ from the written terms of a contract.

6. Read your bills and monthly statements regularly, on paper and online. Scammers steal account information and then run up charges or commit crimes in your name. Dishonest merchants may bill you for monthly "membership fees" and other goods or services you didn't authorize. Regular review of your statements is the fastest way to spot unauthorized charges. If you see charges, you don't recognize or didn't okay, contact your bank, card issuer, or other creditor immediately.

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

Nutrition Menu

Aug. 24 - Beef pepper steak, brown rice, chef's choice vegetable, peaches.

Aug. 25 - Swedish turkey meatballs, egg noodles, winter blend vegetables, succotash vegetables, fruit cocktail.

Aug. 26 - Chicken fettuccini alfredo, Prince Charles vegetables, candied carrots, whole wheat breadstick, sunshine cake (Birthday Party Dinner).

Aug. 27 - Chef's choice meat, whole wheat sandwich bread, cream of broccoli soup, copper penny salad, chefs' choice fruit.

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 AUG. 24

Monday - Beef pepper steak, brown rice, Oriental vegetables, warm cinnamon peaches, Oriental coleslaw.

Tuesday - Swedish turkey meatballs, egg noodles, winter vegetable blend, succotash vegetable, fruit cocktail.

Wednesday - Chicken fettuccini alfredo, Prince Charles vegetable, candied carrots, sunshine cake, whole wheat breadstick.

Thursday - Chef's choice meat, whole wheat sandwich bread, cream of broccoli soup, copper penny salad, chef's choice fruit.

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

August exercise dates

Aug. 19 at 11 a.m.

Aug. 24 at 10 a.m.

SENIOR CITIZEN ACTIVITIES

Aug. 24 - Foot clinic, by appointment only. The clinics fill up fast, call the center for more information or to be placed on a cancellation list if an appointment becomes available.

Aug. 26 - Monthly birthday party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo after lunch. Are you celebrating your birthday this month? We want to honor you. Please mention it's your birthday month when calling in your meal reservation.

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8/20/26

One of our Grand Island National Recreation Area hikers said, "It was a perfect day," and I thoroughly agreed. Our hike took place on Saturday, Aug. 15, and not only was the weather beautiful, but the island's history was fascinating and its landscape breathtaking. Deb LeBlanc planned our hike and did an amazing job. Deb knew the history of the island, its terrain, its native plants and Deb even had a few stories of being part of island's history. We owe a big thank you to Deb, and to Dean Seaberg, owner of the Grand Island Ferry. There were 34 of us that enjoyed our day on Grand Island and because there were so many of us Dean had to make two trips to get us to the island and then bused us to Murry Bay so that our hike would only be 2.25 miles in length. Thank you kindly, Deb LeBlanc and Dean Seaberg. We will be heading over to Grand Island National Recreation Area next year. Our next hike with Deb is Saturday, Sept. 12, along the Manistique Boardwalk from 1-3 p.m.

Our Center and Bridge would like to thank Chris Orr for the purchase and donation of Bridge Bidding Boxes. Bridge Bidding Boxes are used for silent, clear, and fair bidding in bridge. They replace verbal calls with physical cards, ensuring that all players see the same information and that no unintended signals are passed, so they are wonderful for players that are hard of hearing as well. Thank you kindly, Chris.

Our Pickleball League is up and playing every Tuesday and Thursday at 10 a.m. and Wednesdays at 3 p.m. We do have a Pickleball League text group going and already we have 18 people on it and are adding more every day. If you would like to be added, please call our office at (906) 341-5923. We do have a young man, Danny Chen, who has been giving free pickleball lessons. We can get in touch with him for you or he also has a Facebook page, Manistique Central Park Pickleball Court, that you can reach out to him through. Our Center does have pickleball equipment for loan. Let's play (pickle)ball!



Starting the week of Aug. 24 Drum Aerobics time will change. The time will be 9:30-10 a.m. for Monday, Wednesday and Friday classes. This will give a consistent time for the classes throughout the week, and it will allow me to add a new activity that will start in September. If you

would like to try Drum Aerobics, please do. No RSVP required and we have the equipment needed.

Our new activity in September is The Curiosity Club. The Curiosity Club will meet every Friday, from 10:30-11:30 a.m. and we will learn, and discuss, interesting educational topics: history, science, music appreciation, geography, international cultures, technology, health & wellness, psychology and I have asked Deb LeBlanc to grace us with a Botany class or two. This is an activity that Don Erickson, our Executive Director, has been wanting to try, and one that certainly piqued my interest. Don will be teaching a history lesson the second Fridays of every month, with his topic for the month of September Lincoln's assassination. If there is a topic that you would like to learn about, or would like to teach, please let me know. Learning is a powerful, and fun, way to maintain and even

improve brain health.

Our Garden Group hopes to see you this Saturday, Aug. 22, from 6-8 p.m. for our Garden Party. We are celebrating our new garden and those that helped to make it happen. The Tuesday Night Jam Band will be playing, and we will have appetizers and lemonade available. Please bring a lawn chair and you can social district if you would like. We will have our Garden Party rain or shine.

On Wednesday, Aug. 26, at noon is our Monthly Meal with Don, Karen and me. The Community Action Agency will be cooking up chicken Fettuccini Alfredo, Prince Charles vegetables, candied carrots, sunshine cake and a whole wheat breadstick, served with carton of 2% milk. Please Call the Kitchen by 8 a.m. that morning to let them know you will be dining with us at (906) 341-5085. Lunches are done on a donation basis. Suggested donation for 60 and up is \$4.50 and under 60, \$7. We always have a wonderful turnout for our Monthly Meals, and we hope that you join us as well.

The last Friday of the month is coming up quickly and with it our Brunch Potluck. Our Brunch Potluck will take place from 11:30 a.m. to 12:30 p.m. Our Manistiqueelele will play for us once again and we ask that you bring a dish to share. It is a harmonious, delicious and fun way to start your Friday.



Courtesy photo

Hikers heading over to Grand Island National Recreation Area, with thanks to Dean Seaberg, owner of the Grand Island Ferry.

Pioneer Tribune
8/20/26

Senior Citizen News

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

UNDERSTANDING MEDICARE'S PART D LOW INCOME SUBSIDY

Medicare's Part D Low Income Subsidy (also called LIS, or "Extra Help") helps enrollees pay for their prescription drug costs.

People with incomes of up to 150 percent of the Federal Poverty Level (FPL) are eligible for LIS/Extra Help.

Learn how the LIS/Extra Help program works, who can get this benefit, and how to enroll.

Do you need help paying for your prescription medications? Wondering if there are programs out there that can provide relief? You should know about the Medicare Part D Low Income Subsidy (LIS, or Extra Help).

What is Part D LIS/Extra Help? Medicare Part D Extra Help is a program that covers some of the Part D prescription drug plan costs, including Part D premiums, deductibles, and copayments. The Social Security Administration (SSA) and Centers for Medicare and Medicaid Services (CMS) work together to administer LIS/Extra Help. Its estimated average annual value is \$5,700 per person.

What are the benefits of LIS/Extra Help?

This program provides key benefits:

Access to prescription drug coverage.

Waiver for the Part D late enrollment penalty.

Eligibility for a Special Enrollment Period (SEP) once during each of the first three quarters and again during the annual Medicare Open Enrollment Period (Oct. 15 - Dec. 7). An SEP allows you to enroll in a Part D plan or change your coverage.

Potential auto enrollment in Medicare Savings Programs (such as QMB, SLMB and QI).

What is the LIS/Extra Help eligibility requirements?

To be eligible for LIS/Extra Help, you must meet three requirements or one special condition:

Have Medicare Part A and or Part B.

Live within the U.S. (50 states or Washington D.C.).

Meet eligibility criteria.

Receive Medicaid or Supplemental Security Income (SSI), or be enrolled in a Medicare Savings Program (such as QMB, SLMB, and QI).

What does LIS/Extra Help cover?

With Extra Help, both the Part D deductible and plan premium are waived. In 2026, you will pay no more than \$12.65 for each brand name drug plan covers (\$5.10 for generic). Once your total out-of-pocket drug costs reach the catastrophic coverage threshold (\$2,100 in 2026), you will have no copays. If you also have full Medicaid coverage and are enrolled in the Qualified Medicare Beneficiary (QMB) Medicare Savings

Program, you'll pay no more than \$4.90 for each covered prescription drug.

How do I enroll in LIS/Extra Help? If you're enrolled in both Medicare and Medicaid, you receive Supplemental Security Income (SSI), or you qualify for one of the Medicare Savings Program, you'll be enrolled in the LIS/Extra Help automatically and receive a letter from CMS confirming your enrollment.

If you do not qualify for automatic enrollment, you'll need to apply for Extra Help through the Social Security Administration (SSA). Applications can be submitted both online and via a paper application you can pick up at your local SSA office.

A decision letter will be mailed to you upon determination of Extra Help eligibility, usually within three weeks of submitting your completed application. Once you're found eligible, you'll receive Extra Help for at least the remainder of the year.

Your combined savings, investments, and real estate are not worth more than \$36,100, if you are married and living with your spouse, or \$18,090 if you are not currently married. ***Do not count your home, vehicles, personal possessions, life insurance, burial plots, irrevocable burial contracts or back payments from Social Security or SSI.***

Temporary drug coverage through LINET

If you qualify for Extra Help or Medicaid, and you have no prescription drug coverage, you may be eligible for the Limited Income Newly Eligible Transition (LINET) Program. LINET provides immediate but temporary Medicare Part D coverage for low-income Medicare enrollees. This benefit is available for up to two months until you enroll in a Part D plan that meets your needs.

Need help sorting through your Medicare coverage options? You don't have to go it alone. Talking to an expert can help you narrow down your choices and make an informed decision. Call: 1-800-MEDICARE (1-800-633-4227) or visit Medicare.

Sept. 23 at 11 a.m.
Sept. 28 at 10 a.m.

SENIOR CITIZEN ACTIVITIES

Sept. 23 - Craft class beginning at 1 p.m. The group will be doing a fall pumpkin craft. There will be a sign-up sheet posted at the senior center if you'd like to participate. We will also be having our last ice cream sundae bar today. Reserve the noon congregational meal which is meatloaf w/ketchup glaze, boiled red potatoes, chefs choice vegetables, applesauce; the sundae bar will be served with lunch.

Sept. 30 - Monthly birthday party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo after lunch. Are you celebrating your birthday in September? If so, please inform the staff when reserving your meal so we may honor you.

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

Nutrition Menu

Aug. 31 - Breaded chicken breast, biscuit, oven potatoes, green beans, pineapple orange mix.

Sept. 1 - Salisbury steak w/ gravy, mashed potatoes/gravy, corn, tropical fruit.

Sept. 2 - French onion pork chop, boiled red potatoes, peas and onions, apple slices.

Sept. 3 - Cheeseburger/whole wheat bun, oven potatoes, baked beans, 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 AUG. 31

Monday - Breaded chicken breast, biscuit, oven potatoes, green beans, pineapple/orange mix.

Tuesday - Salisbury steak w/gravy, mashed potatoes and gravy, corn, tropical fruit, whole wheat bread.

Wednesday - French onion pork chop, boiled red potatoes,

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Manistique Senior Center

Heather Tyner, Activities Director



September is coming up quickly and with it comes our Annual Open House Picnic. Our Annual Open House Picnic will take place on Thursday, Sept. 10, from 11 a.m. to 3 p.m. All other activities for the day will be cancelled. Lunch will be served from 11:30 a.m. to 12:30 p.m. The Community Action Agency will be cooking us a dinner beef Frank, oven potatoes and corn, with a side of fresh fruit. There will be water, coffee and a carton of 2% milk to drink. If you are going to join us for lunch you must RSVP by Tuesday, Sept. 8, to (906) 341-5085. Lunch is done on a donation basis, with the suggested donation \$4.50 for 60 and up, and \$7 for under 60. Our Annual Open House Picnic will also have entertainment for the day; The Manistiquelele will play from 11 a.m. to noon, The Senior Swingers from noon to 1 p.m. and The Tuesday Night Jam Band from 1-2:30 p.m. We will also have a photo booth donated by Jennifer Lampin, the 906 Photo Booth Company, and door prizes. Our Center will also provide FREE Transit Bus for seniors attending the Open House. If you will be getting a ride from Transit, please call them as soon as you know at (906) 341-2111. We hope to see you at our Open House.

Linda Chandanaïs, Qigong, and Ilana Minor, Chair Yoga, are back in September! Qigong takes place every Monday, from 3:30-4 p.m. and Chair Yoga takes place every Wednesday, from 4:30-5 p.m. Both of these activities are well attended and free to those 55 years young and up.

Also coming up in the month of September is a SEMCO Energy-Saving Presentation. SEMCO Energy will be here on Thursday, Sept. 3, from 11 a.m. to 1 p.m. SEMCO understands that keeping a home warm and comfortable through a long Michigan win-

ter can be costly and waste energy. Morgan Lee, Outreach Specialist, will be presenting how to save both money and energy with help from SEMCO. SEMCO ENERGY Gas Company's Energy Waste Reduction

Program offers rebates and services to help eligible natural gas customers improve their homes, reduce energy waste, improve comfort and manage heating costs. SEMCO will do a free Home Energy Assessment and suggest ways to save money on heating and cooling, and will also suggest rebates and programs that will help pay for some of the improvements.

Our new activity, The Curiosity Club, will have its first meeting on Friday, Sept. 4, from 10:30-11:30 a.m. We will be building a basic Morse Code device, while learning about open and closed circuits, the history of Morse Code and how to send Morse Code. For our second meeting Don Erickson, our Executive Director, will be teaching a history lesson on Lincoln's assassination. We hope you are as excited about our new Curiosity Club as we are. There are so many reasons why we should continue to learn throughout our lives; improves brain health and cognitive function, gives us a sense of confidence, expands our social engagement and increases emotional well-being, and there are just so many cool things to learn.

Our Center will be closed in observance of Labor Day, Monday, Sept. 7.

Our Monthly Hike with Deb is on Saturday, Sept. 12, from 1-3:30 p.m. Deb LeBlanc will be taking us along the Manistique Boardwalk, and we will encounter diverse habitats along the Great Lakes shoreline, such as Niagara Escarpment, swales, small wetlands and dunes. Deb will also point out federally listed plant species like the Pitcher's Thistle, Dwarf Lake Iris

& Houghton's Goldenrod, along with other rare species like the Lake Huron Tansy and the Sea Rocket. We should also see notable native species Fringed Gentian, White Camas, Lobelia & Purple Gerardia, which can normally be found in September along the hiking path. Typically, one can find well over 100 different species of ground plants from spring into the early fall season along the Manistique Boardwalk. There is also a chance that we will also see Monarch butterflies following the Lake Michigan shoreline as they begin their annual migration back to central Mexico. Deb says that it is a truly remarkable migration! We will meet at 1 p.m. in the Boardwalk's middle parking lot across from Big Boy.

For our Night Out at the Movies we will be watching Practical Magic 2 on Wednesday, Sept. 16 for a 7 p.m. showing at Cedar Street Cinema. You will be responsible for your movie ticket, \$8, and your snacks. See you at the movies.

On Thursday, Sept. 17, UP SAIL will be at our Center once again for technology help. Tech Help with UP SAIL is from noon to 1 p.m. You only need to show up with your phone or computer and ask your gadgetry questions. UP SAIL will do their best to answer them.

Later during the day on Thursday, Sept. 17, we have Dinner Out. For Dinner Out during the month of September, we will meet at 5 p.m. at the Three Seasons Cafe. You will be responsible to purchase your own meal. However, the conversation, laughter and good time are free.

FootCare Clinic will only take place once during September, which will be on Wednesday, the 23rd. For an appointment, which can be scheduled 12:30-2:30 p.m., please call our office at (906) 341-5923. The FootCare Clinic is done by North Woods Home Health, the cost is \$22 and they do ask that you bring a bath towel.

Brenda Henning

ROCK — Brenda Jean Henning, age 69, of Rock, MI passed away Sunday, August 23, 2026, at Transitions Assisted Living in Gladstone. She was born June 11, 1957, in Escanaba, MI and was the daughter of Alfred and Elsie (Lampinen) Norden. Brenda graduated from Rock High School in 1975. Together with Donald Berry, Brenda raised their two sons Randy and Robert Norden. Donald preceded her in death on April 29, 1988. She married Keith Henning in 1989 and together they had one son Daniel Henning.

Brenda was employed at the Rock Senior Center in Rock, MI as the head cook for many years. She was also a faithful member of the Faith Lutheran Church, helping start the food pantry at the church. She was also a member of the Rock American Legion Auxiliary. Brenda loved her town of Rock and served on the township board several years. She enjoyed arts and crafts, gardening and spending time with her family and her grand babies.

Brenda is survived by sons Randy Norden of Rock, Robert Norden of Rock and Daniel Henning of Escanaba; grandchildren Hailey, Aiden, Skylar, Bellarose,



Theodore and Ryker and many friends.

Visitation will be held from 10:00 am to 12:00 noon Saturday, August 29, 2026, at the Faith Lutheran Church in Rock. Funeral services celebrating the life of Brenda Henning will be held at 12:00 noon Saturday at the Faith Lutheran Church with Rev. Sara Sleeter officiating. Burial will take place following the funeral services in the Rock Cemetery. A luncheon will be served following the burial services in the Faith Lutheran Church fellowship hall. The Anderson Funeral Home is assisting the family with the arrangements and online condolences can be sent to the family at www.andersonfuneralhomes.net.

Daily Press

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Senior expo tickets available now

By R. R. BRANSTROM

Staff Writer

ESCANABA -- The community is again preparing for the annual Senior Expo, an event organized by the Daily Press as a means to provide information and a meal to senior citizens for only the cost of one canned food item each.

The event is scheduled to occur on Sept. 29, a Tuesday, from 9:30 a.m. to 2:30 p.m. at the Highland Golf Club and will feature a special performance by the remnants barbershop Chorus. In some previous years, the expo was held at



R. R. BRANSTROM/Daily Press

At last year's Senior Expo, held on Sept. 30 in Hyde, Daily Press Publisher Sarah Greenlund visits tables of attendees. This year's event is set for Sept. 29 and will again be at the Highland. Tickets may be obtained at no cost from the Daily Press reception desk.

the Ruth Butler Building on the Upper Peninsula State Fairgrounds, but the Highland has shown to serve as a more appropriate venue for this particular event. Speakers at the senior

expo will discuss topics that may be of interest to seniors. On the docket, in order of appearance, are:

Dr. Andrew Pap from UP Health System to talk about aortic stenosis and coronary disease management; Cindy Gengron from Lakehouse Senior Living on the right time to move; Dr. Amanda Bruemmer from OSF St. Francis Hospital on the subject of seniors can talk with their loved one's about their medical wishes; Community Action Agency Executive Director Gary Willoughby; Amy

See SENIOR, A3

SENIOR

Cont. from A1

Fudala from the Delta Area Transit Authority (DATA); Attorney Jacob D. Lynch, who specializes in elder law; Medicare Specialist Megan Richer with Taylor, Lord and Hughes Insurance Agency; a large team from Skradski Family Funeral

Homes -- including Pancake the dog -- primarily to speak on the topic of funeral pre-planning; and Gayle DeShambo from the Delta County Cancer Alliance (DCCA). DeShambo, Board President for DCCA, will also emcee the event.

Lunch will be provided by the Highland Golf Club. Door prizes will be drawn throughout the

event.

While the cost of admission is only one non-expired shelf-stable food item -- such as a can of soup or boxed rice -- space is limited, so people must collect tickets from the Daily Press prior to the event. The office is open from

The event is the 16th-annual Senior Expo hosted by the Press.

Daily Press 8/27/26

SENIOR MENUS

MARINETTE COUNTY ELDERLY SERVICES

**Meals on Wheels and
Peshtigo Senior Cafe,
Drees Community Center,
600 Pine St.**

Sept. 2: Congregate dining closed, home delivery still available. Chicken salad sandwich on wheat bread, cucumber and tomato salad, fresh banana, black bean muffin.

Sept. 4: Swiss steak, roasted potatoes, peas, pistachio fluff, wheat bread

Sept. 9: Meatloaf, mashed potatoes with gravy, carrots, wheat bread, peach

Sept. 11: Green and gold day. Hamburger on a bun, coleslaw baked beans, German potato salad, cookie

Sept. 16: Pork roast with gravy, roasted potatoes, butter beans, applesauce, wheat bread

Sept. 18: Fish sandwich, cheesy hashbrowns, broccoli, coleslaw

Sept. 23: Pork ribs with gravy, sauerkraut, sweet potatoes, broccoli, wheat roll

Sept. 25: Chicken filet, rice pilaf, stewed tomatoes, baked beans, raspberry sauce

Sept. 30: Salisbury steak with mushrooms and gravy, garlic mashed potatoes, carrots, wheat roll, fruit juice

Bingo is at 10 a.m. on Wednesdays.

Suggested donation, \$6; for people over age 60.

MENOMINEE, DELTA, SCHOOLCRAFT COMMUNITY AGENCY SENIOR SERVICES

**Meals on Wheels and
Menominee Senior Center,
905 10th St.**

Sept. 1: Salisbury steak with gravy, mashed potatoes and gravy, corn, tropical fruit, bread

Sept. 2: French onion pork chop, boiled red

potatoes, peas and onions, apple slices, bread

Sept. 3: Cheeseburger on a bun, oven potatoes, baked beans, chef's choice fruit cup

Sept. 8: BBQ meatballs, mashed potatoes, diced carrots, chef's choice fruit cup

Sept. 9: Chicken parmesan, spaghetti noodles, green beans, side salad with cheese and tomato, fruit cocktail

Sept. 10: Polish sausage, boiled red potatoes, sauerkraut, corn, diced peaches, bread

Sept. 14: Grilled chicken breast with swiss on a bun, root vegetable blend, creamed corn, chef's choice fruit cup

Sept. 15: Bourbon steak, brown rice, chef's choice vegetable, peas, diced pears

Sept. 16: Chicken alfredo lasagna, brussel sprouts, stewed apples, side salad with cheese and tomato, garlic breadstick

Sept. 17: Beef taco bake, corn, Spanish rice, pineapple tidbits

Sept. 21: Pizza pasta casserole, diced beets, peas, pears and orange fruit cup

Sept. 22: Mozzarella chicken and mushrooms, sour cream and chive potatoes, green beans, tropical fruit, bread

Sept. 23: Meatloaf, boiled red potatoes, chef's choice vegetable, applesauce, bread

Sept. 24: Beef pasty, broccoli, capri vegetable, chef's choice fruit cup

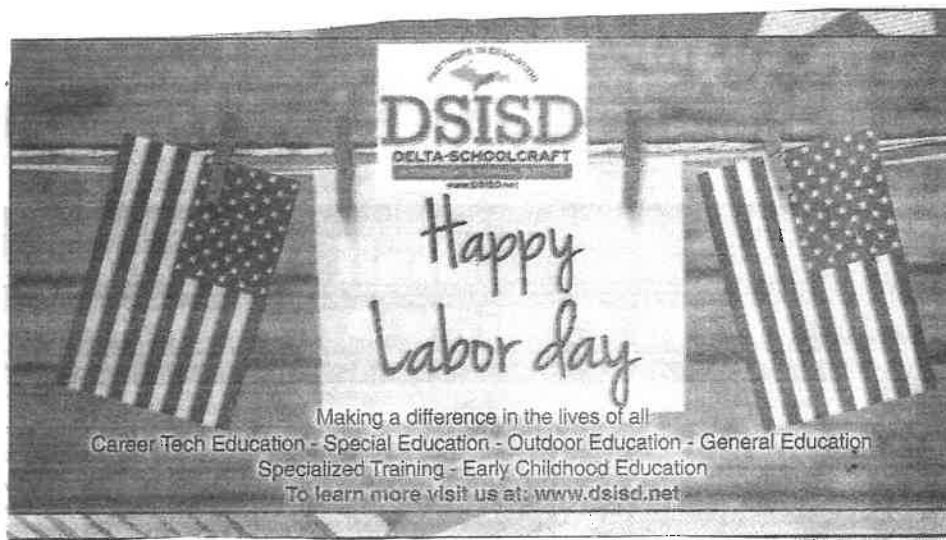
Sept. 28: Swedish meatballs, egg noodles, green beans, Italian vegetables, fruit cocktail, bread

Sept. 29: Turkey pot pie, brussel sprouts, diced peaches

Sept. 30: Birthday Party (limit 1 per person). Monterey chicken, parmesan red potatoes, Key West vegetables, diced pears, dinner roll, chef's choice cake

Eagle Herald

8/28/26



Daily Press

8/29/26