

**MENOMINEE DELTA SCHOOLCRAFT  
COMMUNITY ACTION AGENCY**

# Senior Services

**VISIT OUR WEBSITE AT [MDSCAA.ORG](http://MDSCAA.ORG)**

**CHECK US OUT ON FACEBOOK**

**MONTHLY NEWSLETTER  
SEPTEMBER 2025 Vol. 12 No. 9**



**THIS MONTH'S MENU FOR ALL  
SENIOR CENTER IS ON PAGE 11.**

## **ESCANABA (p. 2-5)**

225 N. 21st St.  
Escanaba, MI 49829  
**Phone:** (906) 786-8850  
**Hours:** M-F 8-3

## **GLADSTONE (p. 8-9)**

303 N. 8th St.  
Gladstone, MI 49837  
**Phone:** (906) 428-2201  
**Hours:** M-F 8:30-3:30

## **HERMANSVILLE (p. 12-13)**

W5480 1st St.  
Hermansville, MI 49847  
**Phone:** (906) 498-7735  
**Hours:** M-F 9-3

## **MENOMINEE (p. 6-7)**

905 10th St.  
Menominee, MI 49858  
**Phone:** (906) 863-3256  
**Hours:** M-F 8-3

## **MID-COUNTY (p. 14-15)**

292 S. US 41  
Daggett, MI 49821  
**Phone:** (906) 753-6986  
**Hours:** M-F 8-3

## **ROCK AREA (p. 10-11)**

3892 W Maple Ridge 37th Rd  
Rock, MI 49880  
**Phone:** (906) 356-6420  
**Hours:** MWTh 8-3 Tu 11-7



*Excellence in Senior Living  
at Affordable Prices*

Apartments Available!  
[www.harborscommunity.com](http://www.harborscommunity.com)  
**906.863.3300**



*The Choice is Yours.*

**2 Convenient Locations**  
**Escanaba 789-2404**  
**Gladstone 428-3085**

**um** [UPPERMICHIGANLAW.COM](http://UPPERMICHIGANLAW.COM)



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



*"Customer Service is Our Most Important Policy"*

**MEDICARE  
ANNUAL ELECTION PERIOD  
October 15 thru December 7**  
*Call Margo*  
**906-789-0900**



Seniors (62 & Older) go to the top of  
the waiting list. Placement for Seniors  
should be very quick.  
Safe and Secure building.  
**Call with questions.**  
**906-786-6229**



### **LUTHER MANOR**

.....  
**Assisted living** offering three meals per day,  
personal care, medication management, activities,  
private rooms with private baths and spacious 2  
room suites in a safe and secure environment.  
Our excellent **Staff Members** can offer you the care  
you need and the independence you desire.  
.....

**MARINETTE, WI**

**715-732-5800**

[www.northlandlutheranwi.com](http://www.northlandlutheranwi.com)



*Sisters of St. Paul de Chartres*

2900 3rd Avenue South, Escanaba, MI  
tel: (906) 786-5810 • fax: (906) 786-5372

[www.bishopnoahome.com](http://www.bishopnoahome.com)



Escanaba  
(906) 786-0074

Bark River  
(906) 466-2211

[www.crawfordfuneralhomes.net](http://www.crawfordfuneralhomes.net)



For ad info. call 1-800-950-9952 • [www.lpcommunities.com](http://www.lpcommunities.com)

MDS Community Action Agency, Escanaba, MI

A 4C 01-1371



## Adult Day Services Memory Care Center

Since 2010, MDS Community Action Agency has made efforts to grow and advance the highly esteemed and cherished Adult Day Services Memory Care Program.

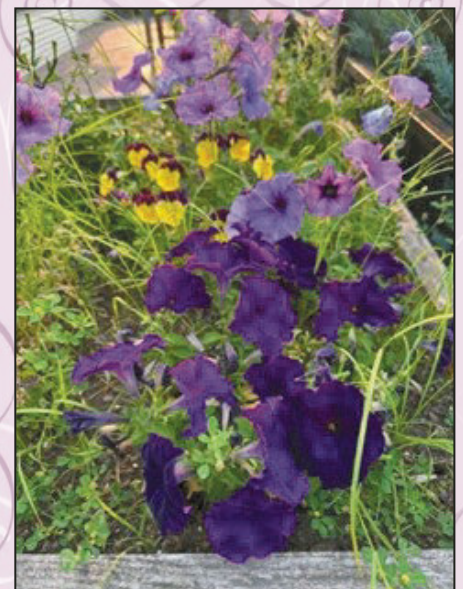
At Adult Day Services, it is our mission to offer individuals with forms of dementia an opportunity to continue to reside in their homes, participate in the community and to provide support and respite to caregivers.

Our program is geared to meet the needs of those with dementia. We have wonderful staff who are patient, caring and loving who strive to enhance the abilities of the participant, encouraging their independence and offer opportunity for positive interaction and socialization. Our amazing staff plan daily activities to keep participants mentally and physically active. Activities include morning coffee clutch, crafts, lunch prepared by our Meals-on-Wheels Program, various games, exercise, outings and visits from many special guests.

We are grateful for the opportunity given to us through collaboration with local community organizations and individuals.

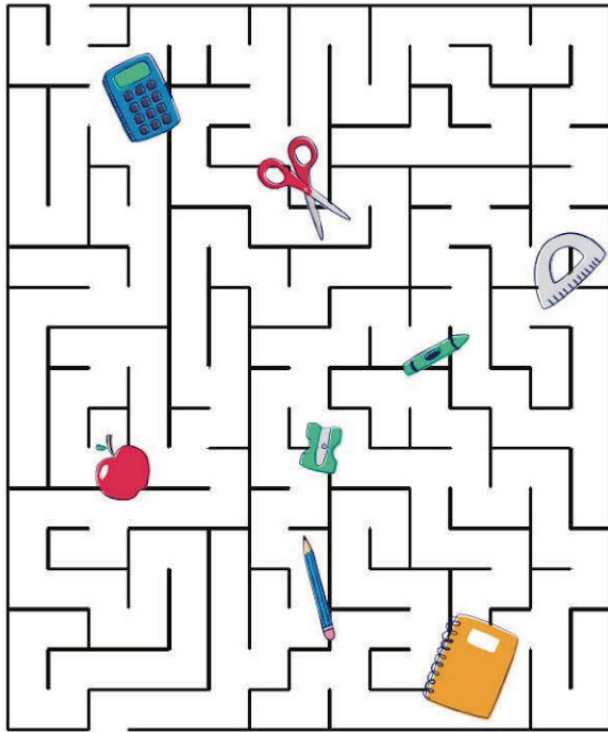
Hours of operation are Monday through Friday, 8:00 a.m. to 4:00 pm.

For inquiries about receiving services or more questions, please call (906) 789-2886.





## Back-to-School Maze



## BACK TO SCHOOL FACTS

### PENCILS

A single pencil can draw a line 70 miles long. Two billion pencils are made each year! The pencil was first invented over 400 years ago, in 1565.

### SCHOOL BUSES

480 million school buses transport 25 million students each year. Most school buses are painted "National School Bus Glossy Yellow", which is actually an orange/yellow mix.

### EARLY BIRD

75% of middle and high school start times are before 8:30 am in 41 states.

### SCHOOL SHOPPING

The average parent will spend more than \$100 on back to school shopping



# IF YOU HAVE MEDICARE & MEDICAID

... you may qualify  
for additional benefits.

As an experienced **local** independent agent,  
I work for you. Contact me if you'd like to  
set up an appointment to learn more about  
your specific Medicare health plan options.



**Healthcare**  
Solutions Team®  
A Plan for Everyone



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

**212 S 14th St • Escanaba, MI 49829**

Not connected with the Federal Medicare program. This is an advertisement for insurance. We do not offer every plan available in your area.  
Any information provided is limited to those plans offered in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

## Birthday Celebration

**September 24 at 12 noon**

Join us to celebrate the September birthdays by dining in or pick up a lunch of Monterey Chicken, Smashed Red Potatoes, Green Beans, Dinner Roll, Pineapple/Mandarin Orange Fruit Cup, Dreamy Orange Cake.

If you have a birthday in September and a congregate meal reservation, we will put you in a birthday flower arrangement drawing. A card is given to those with a birthday in September with a gift inside.

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

**Call the center to reserve a meal before September 22**

**906-786-8850**

## Toe Nail Clinic

The North Woods Home Health Nurses will be at the Escanaba Senior Center on **September 11 & October** from 1:00–3:00 p.m.

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



Project Fresh—Now is the time to be using your money on your account!



- ⇒ What did the oak tree say when autumn came around?  
Leaf me alone.
- ⇒ Why did the scarecrow win the Nobel Prize?  
Because he was out-standing in his field.
- ⇒ What did one autumn leaf say to the other?  
I'm falling for you.

## Medicare Assistance

- ⇒ Are you confused with Medicare?
- ⇒ Do you know someone turning 65 this year?
- ⇒ Do you need help with your drug plan?
- ⇒ Do you know someone in a different state who needs help? I can give them their states info.
- ⇒ See if you qualify for "extra help" with your medications and Part B premiums.
- ⇒ Let us educate you on how Medicare works for you.
- ⇒ We can also help with Medicaid applications and redeterminations.



Call for an appointment  
Escanaba Senior Center  
906-786-8850

## Commodities Distribution Dates

CSFP commodities—for Seniors 60+ who prequalify by household income.

One set per household—every other month.

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

The next distribution is **September 18** at 10 – 11 a.m. at the U.P. State Fairgrounds

DATA Bus will deliver CSFP monthly commodity boxes for seniors. Cost \$1 per box, paid to driver at delivery.  
Escanaba city limits only.

Call Senior Center at 786-8850 to get on this list.  
*This is an equal opportunity provider.*



In July we celebrated Community Action Agency's 60th Anniversary along with our July Birthdays. Alice J won a gift card also!



We were in the 4th of July Parade in Gladstone to celebrate freedom and Community Action Agency's 60th Anniversary!



Chair Yoga will not be meeting on September 1, 8, & 15.  
Starting Monday, September 22 the class will be meeting at 2:30—3:00 p.m.

## Congregate “July” Birthdays

Winifred L. won the flower arrangement from Wickert Floral. Also happy birthday to Susan B., Bev N., Bill N., Lillian P., Larry S., Gayle S., Frank S., Jack W., Steve S.



## Congratulations Birthday Party Winners!



Winners of the July birthday drawing for a gift card to Elmer's were David F. and Dan S. (above-left to right) *Congratulations!*



Towel winners were Celeste S. and Bill E. (left to right) Thank you Gayle S. for your handmade towel donations.

## Weekly Activities at the Center

**BINGO** — Tuesday's from 1—3 p.m.

25 cents per card / per game.

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

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

**'500' CARDS** — Wednesday's from 12:30—3 p.m.

**Join us for some activities!**



## TEFAP USDA Food Distribution

Every Tuesday from 1—3 p.m. at the Escanaba Senior Center.



You will be required to provide your name address, household size, and how you are eligible. Participants must fall at or under **300%** of the Federal Poverty Income guidelines. Current participants of SNAP, WIC, CSFP, FPDIR, and SSI automatically qualify.

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

*This institution is an equal opportunity provider.*

**Watch your mail for your 2026 Medigap, Part D, or Advantage Plan information. Open enrollment is October 15—December 7 to make changes for 2026.**

Join us on Facebook for the up-to-date news, videos, and pictures. Search for Escanaba Senior Center.





## **Menominee Senior Center**

905 10th St., Menominee

Phone: (906) 863-2158

*Find us on Facebook!  
(search for Menominee Senior Center)*

### **CAA/Menominee Senior Center business hours:**

Monday through Friday 8:00 a.m. to 3:00 p.m.

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

### **Craft Day: September 25**

The center is hosting a craft day on September 25 at 1pm.

We will supply all the crafts, and all you need to do is bring your creativity. It is

always a fun afternoon with us. We would appreciate you letting us know if you plan to attend so we may have enough supplies for all by calling the center before September 24.



### **Energy Smart Seniors Event:**

We are hosting an "Energy Smart Seniors" event at our center on **September 26 at 12:15pm**. Get tips on how to be safe with energy, learn low-cost ways to save energy

and money, and get information about energy efficiency and assistance programs. We have a limited amount of energy kits to give away to seniors who attend the event. Please call to reserve your seat for this energy saving event.



### **August Trivia Question/Answer:**

*The Question was: What is the name of a popular state fair food item that is a standard or foot long hot dog dipped in batter and then deep fried to a golden brown. A.) Corny Doggie B.) Pronto Pup C.) Corn Dog*

**ANSWER: They are ALL the correct answer!**

**Depending on what area of the country you are at! If you entered, you guessed it right!**



### **REMINDER: LABOR DAY CLOSURE:**

We will be closed on Monday, September 1st for the Labor Day holiday. Be safe and enjoy the long weekend!

### **We are having a Lions/Packers Tailgating Party!**

On **September 5** at noon we will be hosting a tailgater for the Packers and Lions fans in our area. They meet on the field on Sunday, but we will start the party early. We will have tailgater-style snacks, in addition to the hot dog menu on this day. Wear your team colors or gear and show your team spirit! Please call and reserve your seat by September 4th.



### **SENIOR ADVISORY COUNCIL MEETING:**

We are trying to plan our next Senior Advisory Council meeting. I have tentatively set the date for September 17 at 10am here at the center. This meeting is for all seniors who are interested in the building and its operating programs. This date is subject to change as we have a lot going on and this newsletter goes to print so far in advance. If you are interested in attending, please call and be placed on the roll call to keep you updated on our meeting. It will also be posted on our Facebook page.

### **September Trivia Question:**

How many keys are on a standard piano?



### **September Trivia Answer Entry:**

ANSWER: \_\_\_\_\_

Your Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Winner receives 2 free meal tickets!  
One entry per person.  
Return to Menominee Senior Center.





## **Medicare Minutes**

*By Renelle Betters  
MMAP Counselor  
CAA/Menominee Sr. Center*

MMAP counselors can assist you with a variety of Medicare or Medicaid issues. Some examples are:

- \*Explain insurance coverage in simple terms.
- \*Assist with appeals when there are issues with billing or claims.
- \*Help apply for assistance for Medicaid or low-income subsidy programs.
- \*Help finding patient assistance programs.

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

**Note:** MMAP counselors are available year round to help you with your Medicare/Medicaid issues.



### **ABOVE:**

TV Stars Teresa and Darlene posing with our retro TV photo prop at our senior picnic.

**RIGHT:** The Palm family posing as "rock stars" at our senior picnic.

*We had a 50's & 60's themed senior picnic in July at Henes Park. We had music, games and food. The Daggett and Hermansville centers also joined us. Fun day at the park!*



## **Foot Clinic Update:**

***Our foot clinic is already full for September.  
We hope to have a clinic in October  
We apologize for the inconvenience.  
Call and be put on a cancellation/call list.***



## **September Birthday Party:**

We will be celebrating September birthdays on September 24. If you have a birthday in the month of September and pick-up a meal or dine-in at the center, you have the option of having your picture taken, and will also receive a small gift from us. Please let us know if you have a birthday when you make your reservation. Also, please let us know if you will be dining in or taking one out. See our menu for the birthday meal menu details. *Please register at least a day in advance or more for your meal.*

## **DEADLINE FOR HOME HEATING CREDIT:**

The deadline to file your 2024 Home Heating Credit is September 30. If you did not file already this year, and are needing assistance yet, please call for information on filing. You can drop off your information, or make an appointment to have it done. Michigan Treasury Department will not accept the return unless it is postmarked by September 30.



## **Menominee CSFP Program**

CSFP commodity distribution takes place bi-monthly in Menominee County every third Tuesday. The next distribution for Menominee Senior Center is set for **11:30am-12:30 pm on Tuesday, September 16.**

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

**This is a drive-up distribution.**

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

*(For CSFP, you must be age 60 and over and within income guidelines. You will need to certify with the center in advance to qualify.)*

**Note:** Each center has its own dates/times for CSFP distribution. Contact your local center for more details about the CSFP program. *This institution is an equal opportunity provider.*

### CORPORATION CORNER

Another Summer is quickly leading us into Fall, but there's still plenty of good weather to enjoy. Some things to check out are the Nahma Labor day celebration on August 31; Rock Boogie Fest on August 29, 30, & 31; Bridge Walk on September 1; and Gladstone's 'Downtown Day' on Saturday, September 27 from 12:00-4:00 p.m. which is offering live music, family activities, food and local vendors. Also, you can support the UP Honor flight on Wednesday, September 17. Keeping active keeps us young, so keep aware of and join the activities that are offered right here at your Senior Center too.

The Corporation Board is proud and thankful for the MDS Community Action staff at our Center for the wonderful special events and activities that they provide throughout the week and months for our seniors.

With the cooler weather coming shortly, invite a friend to come out to attend an activity here with you, and to meet up with both old and new friends

**NOTE:** Membership is not required to obtain any service and or participate in any activities that are provided week day at the Center by the Menominee, Delta, Schoolcraft Community Action Agency.

### TEFAP Food Distribution

Every Tuesday from 1:00 p.m. - 3:00 p.m. at the Gladstone Senior Center

Income based for people 18+ years old.

300% below Federal Poverty Income

You can visit once per month.

This is an equal opportunity provider



### Foot Clinic Northwood Nursing

When: September 18

Time: 1:00 - 3:00 p.m.

Cost: \$22.00

Bring your own towel

Call Center at 428-2201 for an appointment



### Movie Day

"Batteries Not Included"

Friday, September 19 @ 12:00 p.m.

Popcorn and snacks will be provided  
call 428-2201 to sign up.



### Craft Day

Tuesday, September 9  
12:15- 2:00 p.m.

Call 428-2201 to reserve a spot

### Birthday Lunch

Wednesday, September 24

Monterey Chicken

Smashed Red Potato

Green Beans, Dinner Roll

Pineapple/Man Orange Mix

Dreamy Orange Cake

Call 428-2201 by September 22

Wednesday September 3rd 9:00 -9:30 a.m.

### Commodity Supplemental Food Program

a Senior Food Assistance Program



**WE WILL BE  
CLOSED ON  
Monday, September 1<sup>ST</sup>  
IN HONOR OF  
LABOR DAY.**



*Pardon Our Mess!*

UNDER CONSTRUCTION

UNDER CONSTRUCTION

## RENOVATIONS UNDER WAY

*We can't wait for you  
to see our new look!*



Find us on Facebook search  
Gladstone Senior center.



Visit [MDSCAA.ORG](http://MDSCAA.ORG) to find all the services  
available through Community Action Agency



# BINGO

Public bingo is available Thursday afternoons at the Gladstone Senior Center to benefit center activities.

It is open to all over 18 years old.

Ball tickets go on sale at 12:05 p.m.

and Early Birds start at 1 p.m.

All funds raised help purchase items for the center.

Plan on coming and joining in some fun and you may even win some money for yourself!

Hope to see you!



## MICHIGAN SECRETARY OF STATE MOBILE OFFICE IS COMING TO YOU

The Secretary of State Mobile Office will be visiting  
**Gladstone Senior Center**

to provide service to  
Seniors of Gladstone Senior Center to  
complete Secretary of State transactions

**Date:** September 23, 2025

**Time:** 10 A.M. TO 12:00P.M.

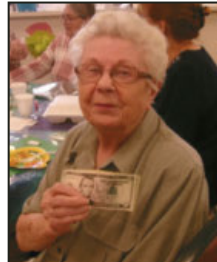
**Location:** 303 N 8th Street; Gladstone MI 49837

## 4th of July Parade float



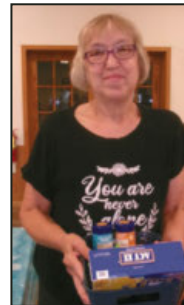
Nancy F B-day  
month Gift Cert.

Ellen Swensen  
B-day 50/50



## July Birthday Lunch

Nancy L



Cheryl W



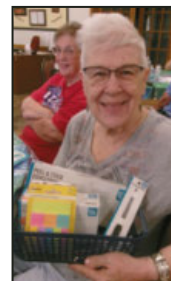
Arlene B



Tonya T



Donna A



Marlene S



Nancy L



James K





September is here! Are we ready for the leaves to start turning?? I don't think so! The summer of 2025 has flown by, but it was a good one! Thanks to everyone who helped with our Rummage Sale and all the events at the Center. Come join us for some good times in September—all our usual activities! Busy times! Please come along for some fun—and never fear, the coffee is always on! Come join us soon—  
Becky 906-356-6420 is our number!

## SEPTEMBER EVENTS

MON 9/1	Center Closed for Labor Day
WED 9/3	CSFP Commodities—11AM
SUN 9/14	Corporation Dance!
TUES 9/16	Crafts after lunch
WED 9/17	SAC Meeting at 10AM
WED 9/24	Birthday Party & Bookmobile!

Chair yoga on Mondays & Wednesdays! Exercise on Tuesdays & Thursdays! All at 9:30  
Free Black Jack after the Birthday party!  
Please come join us for a dine in or drive thru any day! We are open Monday—Thursday!  
Call 356-6420 to sign up for a meal or more information!



Bill B won the birthday flowers! Congratulations!

## ANNUAL RUMMAGE SALE!!

### Thank you!!



A big thanks to everyone who helped, donated and/or shopped at our annual fundraiser!!  
We couldn't do it without you!!!

CSFP Commodity Pick up!  
Wednesday, September 3  
11am!

Straight from the truck!

Call 356-6420 to find out if you qualify!

## September Craft Day!

Tuesday,  
September 16  
after lunch!  
Call & reserve a spot!!

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



## BOOK MOBILE VISIT!!

Wednesday  
9/24  
1pm!!



You can get a library card right on the spot!

Walking Inside Class  
(Leslie Sansone)

Every Tuesday &  
Thursday at  
9:30 am

Chair  
Yoga

Mondays  
&  
Wednesdays  
9:30-10am



Center Closed on Monday,  
September 1st for Labor Day!

Enjoy this last blast of summer!





What a great time we have around here!  
At right, the crafters are always laughing as they craft! Party day was hopping! SOS, Bookmobile and lots of food!! What a great day!



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> We will be <b>CLOSED</b> TO OBSERVE <b>Labor DAY</b>	<b>2</b> Baked Ham Sweet Mashed Potatoes California Blend Vegetables Pineapple Tidbits WW Bread	<b>3</b> Goulash Baked Potato Corn Warm Cinnamon Apples WW Bread	<b>4</b> Tahitian Chicken Brown Rice Green Beans Normandy Vegetables Fresh Fruit	<b>5</b> Salisbury Steak w/Gravy Mashed Potatoes W/Gravy Scandinavian Vegetables Chef's Choice Fruit Cup WW Bread
<b>8</b> Pizza Pasta Casserole Chef's Choice Vegetable Green Peas Pineapple Tidbits	<b>9</b> Turkey Pot Pie Sweet Potato Puffs Mandarin Oranges WW Bread	<b>10</b> Swedish Meatballs Egg Noodles; Diced Carrots California Blend Vegetable WW Bread	<b>11</b> Beef Dinner Frank w/Bun Oven Potatoes Corn Fresh Fruit	<b>12</b> Herb Baked Fish Garlic Mashed Potatoes 5 Way Mixed Vegetable Tropical Fruit WW Bread
<b>15</b> Grilled Chicken Breast w/ Swiss Cheese & Bun Boiled Red Potatoes Prince William Vegetables Diced Peaches	<b>16</b> Smothered Pork Chop Au Gratin Potatoes Chef's Choice Vegetable Diced Pears WW Bread	<b>17</b> Meatloaf w//Ketchup Glaze Mashed Potatoes W/Gravy Green Beans Applesauce WW Bread	<b>18</b> Chicken Parmesan Spaghetti Noodles Italian Vegetables Green Peas; Fresh Fruit WW Breadstick	<b>19</b> Cream of Potato Soup Edd Salad w/Lettuce WW Sandwich Bread Side Salad Fruit Cocktail
<b>22</b> Meatballs w/Gravy Brown Rice Green Peas w/Pearl Onions Capri Vegetables Diced Peas	<b>23</b> Meat Lasagna Broccoli Side Salad Warm Applesauce WW Breadstick	<b>24</b> Congregate Birthday Limit 1 per person Monterey Chicken Smashed Red Potatoes Green Beans; Dinner Roll Pineapple/Oranges Mix Dreamy Orange Cake	<b>25</b> Turkey Tetrazzini Broccoli Diced Carrots Tropical Fruit WW Bread	<b>26</b> Swiss Steak Mashed Potatoes W/Gravy Chef's Choice Vegetables Chef's Choice Fruit Cup WW Bread
<b>29</b> Turkey a la King Mashed Potatoes Biscuit Tropical Fruit	<b>30</b> Tortellini in Red Sauce Country Trio Vegetables Side Salad Warm Cinnamon Peaches WW Breadstick			<i>Menu subject to change</i> 2% Milk served each day. This menu is for all our senior centers. Call your senior center with questions/comments.



Senior Center  
Closed Labor Day  
Monday,  
September  
1st. Please order  
An extra meal the  
week before if you  
need one  
They freeze well!

Starting in  
September we  
will be having movie  
day every  
second FRIDAY  
of the month at  
noon after lunch on  
9-12-25 @ 12



Please take a  
Survey at the Center in the next week as to  
what types of movies you would like to see!



### MICHIGAN SECRETARY OF STATE MOBILE OFFICE IS COMING TO YOU

The Secretary of State Mobile Office will be  
Visiting : **HERMANSVILLE SENIOR CENTER**

To provide service to the guests of  
**HERMANSVILLE SENIOR CENTER** and  
**MENOMINEE COUNTY LIBRARY** along with  
General Public. Located in the  
**MEYER TOWNSHIP CONFERENCE RM.**

Date: **SEPTEMBER 2, 2025**

Time: **11:30 AM—2:30 PM CST**

Book a visit to complete your **Secretary of State**  
transactions, including:

**First Time Michigan ID. Transfer Title.**  
**Renew Driver's License or ID,**  
**Apply for/Renew Disability Placard**

To Schedule an appointment :

**Barb Peters (906)-498-7735**

Or

**Secretary of State transactions, including:**



Transfer title



Apply for/renew  
disability placard



### THE EMERGENCY FOOD ASSISTANT PROGRAM

**Tuesdays 1—3 pm CST**  
**ONE TUESDAY PER CALENDAR MONTH**

**FOOD PANTRY - MONDAYS AND THURSDAYS**  
**9 AM—2 PM**

**ONE DAY/MONTH**

### TRANSPORTATION SERVICES

**MONDAY— FRIDAY 7AM—3 PM**

**Call Barb at:**

**(906)-498-7735**

**CALL 1 BUSINESS DAY IN ADVANCE**

**Save the date: OCTOBER 20th 2025 for**  
**CSFP Monday from 9 am to 10 am.**



Here is a picture of July's Birthday celebration  
September's birthday meal of Monterey  
Chicken will be Wednesday the 24th at 11:30  
CDT. Call 906-498-7735 to reserve.







We would like to express a huge thank you to Patricia H. (top right) and Ruth S. for helping us go through the overflow of our closets and set up and help with our August rummage sale! It was a success bringing in over \$250 for our center and organizing us in the meantime. It was a lot of fun the day of the sale,  
Barb & Joan



**LOCAL FARMERS  
ARE OFTEN BRINGING IN  
PRODUCE AND EGGS  
TO GIVE OUT TO OUR VISITORS  
AT THE CENTER, GIVEN BY THE FARM-  
ERS AT NO LIABILITY TO  
CAA. WE WOULD LIKE TO THANK  
JULIA, JOEL, RODNEY & BETH  
AND ALL WHO DONATE TO  
THE COMMUNITY**



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**Life-Focused Estate Planning**

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- Elder Law
- Nursing Home Planning
- Wills & Trusts
- Probate Administration

**BROGAN & YONKERS, P.C.**  
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**906-228-6212**

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WORK WITH PURPOSE.**

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- Work-life balance
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We are here to help you.  
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WE WILL BE  
**Closed**  
on  
**Labor Day**

Don't forget to use  
up your senior  
Project Fresh dollars  
by October 31!

### SEPTEMBER ACTIVITIES

**SEPTEMBER 8-** Craft class beginning at 11 am. Craft to be determined. Call the center if you would like to participate & stay for lunch.

**SEPTEMBER 16-** CSFP distribution from 9-10am only. Please arrive **before** 10am as the truck leaves promptly at that time. We do not have adequate storage space available to house empty boxes. Please do not bring them back until the next distribution in November. Thank you!

**SEPTEMBER 18-** Secretary of State will be here conducting business beginning at 9am. Call the center at 753-6986 to schedule an appointment.

**SEPTEMBER 22-** Monthly foot clinic. This clinic is currently full. You may call the center to be put on a waiting list if an appointment becomes available. The cost is \$27 with fingernail trimming available for an additional \$5.

**SEPTEMBER 24-** Monthly birthday party with 50/50 raffle, door prizes, cake, ice cream & bingo. Celebrating your birthday? Please let us know when making your meal reservation so you may honor you!

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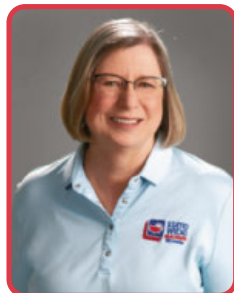
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## SAVE THE DATE!

September 18



The Secretary of State mobile unit will be visiting the Mid County Senior Center conducting business this day.

Save the trip to town and utilize this service!

Appointments are necessary and can be made by calling the center

## August Birthday Wishes

Jan S.	August 02
Lynda K.	August 03
Elinore W.	August 16
Betty P.	August 20

Belated birthday wishes to Marilyn K. who celebrated her birthday on June 18.



Have you seen a new face at the center?

Please welcome Dottie Ihander to our staff.

Dottie started at the end of June and is one of our home delivered meal drivers.

Welcome Dottie!

## Father's Day Party



The theme was fishing and Harry K. shows off his fishing pole that the craft class made for all the fellas in attendance

Thank you to everyone who donated items for our first annual rummage sale held at the center on June 5 & 6.

We made \$614.50 which will be used towards our yearly building insurance.

Special thanks to Jan Thouné, Judy Francour, Mary Ann Broberg, Lisa DeMille & Arlene Engel for all your help organizing and working the sale.



Wayne T. shows off his fishing pole and birdhouse which John Thouné made and donated to all the men too! Thanks John!



Please join staff in honoring Tim Johnson on his recent retirement!

Tim retired on July 22 as home delivered meal driver.

We will be serving cake, coffee and punch in honor of Tim from 1-3 pm on Wednesday August 20th.



Special thanks to Heather Harris, library director, for coming to the center to help sign our folks up for Senior Project Fresh & to Tim Martin for donating a case of windshield washer fluid for our vehicles!

## August Exercise Dates

Wednesday August 6 @ 11 am

Wednesday August 13 @ 11 am

Wednesday August 20 @ 11 am

Monday August 25 @ 10 am

All are welcome to participate in this low impact class

Coffee and social time to follow





If you do not want to  
receive this newsletter,  
please call  
906-786-8850

## Menominee | Delta | Schoolcraft Senior Services

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507 1st Ave N. Escanaba, Michigan 49829

**MONTHLY NEWSLETTER**  
**September, 2025 Vol. 12 No. 9**



All Senior Center and MDS CAA offices will be  
closed for the Labor Day Holiday on September 1.

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



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