

SENIOR SERVICES

See page 11 for menu for
ALL Senior Centers



June, 2026 Vol. 13 No. 6
www.mdscaa.org

Escanaba Center

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

Gladstone Center

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

Hermansville Center

W5480 1st Street
Hermansville, MI 49847
906-498-7735
Pages 12-13
Open Monday-Thursday
8:00am-3:00pm

Menominee Center

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

Mid-County Center

292 S. US 41
Daggett, MI 49821
906-753-6986
Pages 14-15
Open Monday-Thursday
8:00am-3:00pm

Rock Area Center

3892 W. Maple Ridge 37th Rd
Rock, MI 49880
906-356-6420
Pages 10-11
Open Monday-Thursday
8:00am-3:00pm



HARBORS
RETIREMENT COMMUNITY

*Excellence in Senior Living
at Affordable Prices*

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2 Convenient Locations


**Escanaba 789-2404
Gladstone 428-3085**



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JESSICA BRAY GABE CAMERON SAM LARRABEE KATIE CLARK

FIGHT BACK WITH THE RIGHT PROTECTION
CALL (906) PROTECT



Harbor Towers

Seniors (62 & Older) go to the top of the waiting list. Placement for Seniors should be very quick.

Safe and Secure building.
Call with questions.
906-786-6229



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.....

Assisted living offering three meals per day, personal care, medication management, activities, private rooms with private baths and spacious 2 room suites in a safe and secure environment.

Our excellent **Staff Members** can offer you the care you need and the independence you desire.

.....



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Flag Day


Celebrating Old Glory


- 1777** The first American flag was introduced on June 14, 1777 by the Second Continental Congress. There is debate among historians about who actually designed the first flag.
- 1795** The number of stars and stripes on the U.S. flag was increased to 15 each when Vermont and Kentucky became states.
- 1814** It was the 15 star/15 stripe version of the "Star Spangled Banner" that inspired Francis Scott Key to write his famous poem during the British attack of Fort McHenry during the War of 1812.
- 1818** Congress declared the flag was to have a new star added for each new state and the flag would be official the first July 4th following admission. The number of stripes was reduced to 13 to honor the original colonies.
- 1916** President Woodrow Wilson issues a proclamation establishing June 14 as Flag Day. In 1949, National Flag Day was established by an Act of Congress on the same date.
- 1960** The most recent change, from 49 stars to 50, occurred in 1960 after Hawaii gained statehood in August 1959.

13 The stars on the original American flag were in a circle so all the Colonies would appear equal. The 13 stripes alternate red/white.

Who? The man credited with designing the 50 star American flag is Robert G. Heft.

Did you know the largest consumer of American flags is our southern neighbor Mexico? In 2012 the U.S. exported \$188,824 worth of flags to Mexico.

 The Continental Colors were first hoisted on the USS Alfred, in Philadelphia on December 2, 1775, by Lieutenant John Paul Jones.

 The "Cowpens" flag was said to have been carried by William Batchelor of the 3rd Maryland Regiment at the Battle of Cowpens, January 17, 1781.



Holding local government accountable since 1909.

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DAILY PRESS
Your Local News Leader

906-786-2021 Option 2

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

June Birthday Celebration

Join us to celebrate June birthdays on
Wednesday, June 24 at 12 Noon.

You can dine in or pick up your lunch.
We are serving Pork Roast with Gravy,
Parmesan Red Potatoes, Key West
Vegetables, Diced Peaches, Dinner Roll,
Creamy Orange Cake.

If you have a birthday in June 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 June with a gift inside.

Everyone who has a congregate meal
reservation will be entered into a drawing
for one of two \$10 gift cards from a local
business.

Suggested donation is \$4.50 per meal,
with a limit of one per person.

Call the center to reserve a meal before
June 22.

906-786-8850

The Emergency Food Assistance Program (TEFAP)

Food Distribution



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

You will be required to provide your name, address,
household size, and how you are eligible.

Participants must fall at or under 300%
of the Federal Poverty Income Guidelines. Current
participants of SNAP, WIC, FPDIR, and SSI
automatically qualify.

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

This institution is an equal opportunity provider.

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

Medicare Assistance

- Are you confused with Medicare?
- Do you know someone turning 65 this year?
- Do you need help with your Part D drug plan?
- Do you know someone in a different state who needs help?
- See if you qualify for "extra help" with your medications and Part B premium.
- Let us educate you on how Medicare works for you.
- We can also help with Medicaid applications and redeterminations.
- Call for an appointment at 906-786-8850.

Weekly Activities at the Center

CONGREGATE MEALS - Monday-Thursday at
11:45 a.m. Suggested Donation \$4.50

SIT & FIT - June 22 & 24 at Escanaba
June 29 @ Gladstone.
Both at 10:30-11:15am

LINE DANCING - Monday & Thursdays
at 1:00-2:30pm.

BINGO - Tuesday at 1:00-3:00pm.
\$2.50 per card for 10 games.

'500' CARDS - Wednesday at 12:30-3:00pm

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

Age is only a number.
Keep an active life.

TOE NAIL CLINIC

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

Thursday, June 4 & July 9
from 1:00pm - 3:00pm

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

PLEASE bring your own bath towel.

Father's Day Celebration

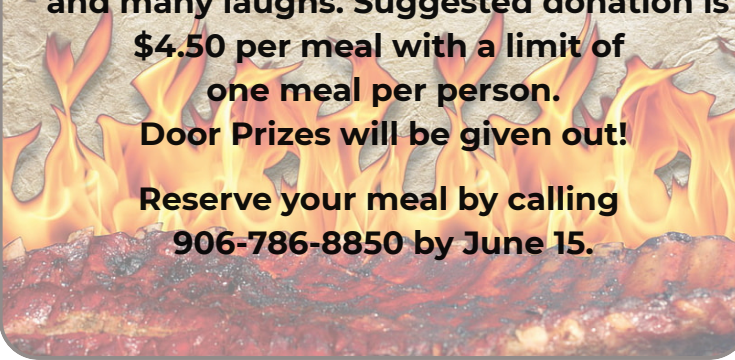
Come and celebrate Father's Day on Wednesday, June 17 @ 12 Noon.

We will be serving:
Boneless BBQ Ribs
Garlic Mashed Potatoes
Capri Vegetables
Dinner Roll & Peach Cobbler

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

Door Prizes will be given out!

Reserve your meal by calling 906-786-8850 by June 15.



Smile on Wheels will be here on June 17 @ 10:30. Stop by for a free oral exam and gifts.

Easter Celebration Winners



Easter Winners
Lynn R. won a dish towel, Cookie G. and Gary C. won a gift card to Saykly's

Congratulations!



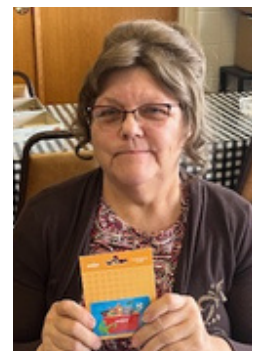
Congregate "April" Birthdays

Cookie G. won the flower arrangement from Wickert Floral. Also happy birthday to Jean F., George H., Karen H., Dan R., Michael V., Judy W.



Congratulations Birthday Party Winners!

Winners of the April birthday drawing for a gift card to Meijer were Gayle S. and Karen F. (left to right).



Dish towels were won by Robert D. and Charles M. (below-left to right). Thank you Gayle S. for your donation.



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



Menominee Senior Center

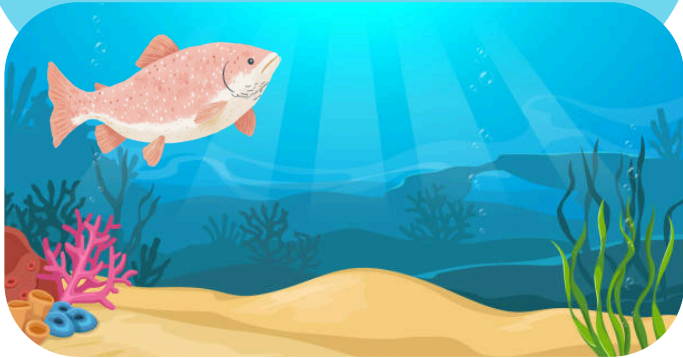
905 10th Street,
Menominee
906-863-2158



Find us on Facebook!
search for Menominee Senior Center

CAA/Menominee Senior Center
business hours: Monday through Thursday
8 a.m. - 3 p.m.

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



Senior Craft & Bingo Day

This month's Senior Crafts & Bingo Day will be on June 11 at 1pm here at the center. The Menominee Recreation Department will be here to help with crafts and to play Prize Bingo after. All are welcome to attend. Please call to resister at the center so we can ensure enough supplies for all.

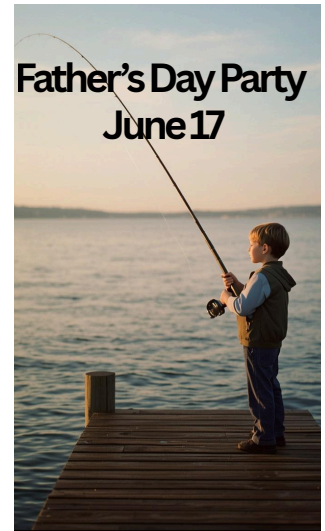


LOOKING FOR VOLUNTEERS:

We are looking for volunteers to help us when we need some small projects done at our new building. If you have time and would like to help us. please call to be put in our volunteer pool. For example: We are looking for someone to possibly help with the lawn maintenance while we get settled in.

Father's Day Party:

Come fishing with us as we celebrate one of dad's favorite pastimes at our Father's Day Party. Party starts at noon on June 17th. Lunch served first. After lunch, we will have a fishing game for door prizes and also play bingo afterwards. Join in on the fun and come dressed ready to fish! All are welcome to attend. Just make your reservation by 3pm on June 15.



May Trivia Question/Answer:

This cult classic Sci-fi movie debuted in 1977. "May the force be with you" is just one of many quotes this movie is famous for. Name the movie.

Answer: Star Wars

June Trivia Question

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



June Trivia Answer Entry:

Answer: _____

Your Name: _____

Phone: _____

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



Medicare Minutes

By Renelle Betters
MMAP Counselor

CAA/Menominee Senior Center

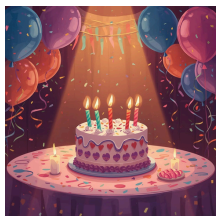
MMAP Counselors can assist you with a variety of Medicare or Medicaid issues.

Some examples are:

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

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

NOTE: MMAP Counselors are available year round to help you with your Medicare/Medicaid issues.



June Birthday Party

Our monthly birthday party for June is on **June 24**. The party begins at noon. For anyone celebrating their June birthday with us, you will receive a small gift, and a free meal certificate. You will have the option to have your photo taken too. Birthday people dining in or taking meals out will also be entered into a drawing for a bouquet of flowers. See menu for meal details.

Please remember to call in your reservation at least a day in advance. Mention you have a birthday if this is your birthday month too so we can celebrate you.

Smiles On Wheels Is Back!



SMILES ON WHEELS IS BACK! Come see the "Smiles on Wheels" team on June 22 at 11:00am here at the center. No appointment needed. They offer a free dental screening, and free dental supplies such as toothbrushes, toothpaste, denture supplies, and dry mouth products.



Ranch Goldfish Snack Recipe

What you will need for this recipe:

- 3 of the 6.6oz size Goldfish cheddar baked crackers
- 1 of the 1oz envelopes of ranch seasoning packets
- 3 teaspoons dill weed
- 1/2 teaspoon garlic powder
- 1/2 teaspoon lemon-pepper seasoning
- 1/4 teaspoon cayenne pepper
- 2/3 cup of vegetable oil

Preheat oven to 250 degrees. Place crackers in a large mixing bowl and drizzle with the oil. Add the ranch mix and spices together and then toss them into the bowl with the crackers and coat evenly. Place crackers on a large baking sheet and bake for 20 minutes, stirring halfway through. remove from oven and cool for ten minutes. Store in an air-tight container for up to a week.



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

Corporation Corner

LET'S HAVE A PARTY!! We want to invite you and a friend (or lots of friends) to the June birthday party at the Gladstone Senior Center. It's been a long winter and we have been very busy remodeling and updating the Center, making it an even better place for our seniors and community to get together. It's your town and source to receive a variety of health and informational services, and to participate in fun activities to keep you active, healthy, and informed. So help us in spreading the word to ALL of our NEW seniors and our SENIOR seniors; and come to the party and invite a NEW friend - an OLD friend - or ANYBODY'S friend 😊 to see how we P-A-R-T-Y. Great Food! Great Prizes!

Great Friendships! The June party will be on June 24th, so make your RESERVATION by June 19th by calling (906) 428-2201

TEFAP Food Distribution

Every Tuesday from 1:00 p.m. - 3:00 p.m. at the Gladstone or Rapid River Senior Center.
Income based for people 18+ year old.
300% below Federal Poverty Income.
You can visit once per month.
This is an equal opportunity provider

Foot Clinic Northwood Nursing

When: May 21
Time: 1:00-3:00 p.m.
Cost: \$22.00
Bring your own towel



Call Center 428-2201 for Appointment

Craft Day

Tuesday, May 12
12:15-2:00 p.m.

Call 428-2201 to reserve a spot



Find us on Facebook Search
Gladstone Senior Center



or visit MDSCAA.org to find all the services available through Community Action Agency

June Birthday Lunch

Wednesday, June 24

Pork Roast w/Gravy
Parmesan Red Potatoes
Key West Veggie
Diced Peaches
Dinner Roll, Milk
Creamy Orange Cake

Call 428-2201 by June 19



Fathers Day Lunch

Wednesday, June 17

Boneless BBQ Ribs
Garlic Mashed Potatoes
Capri Veggies
Peach Cobbler
Dinner Roll, Milk

Call 428-2201 by June 15th

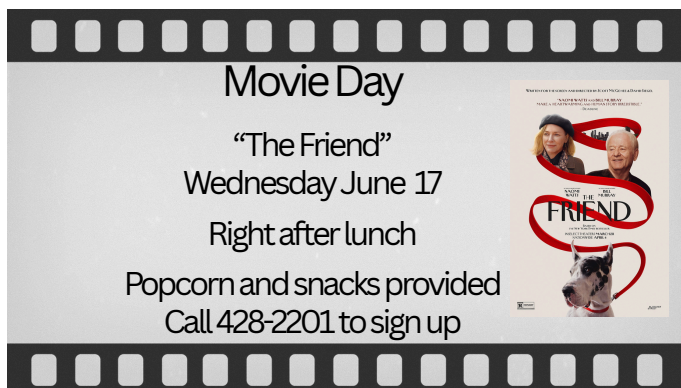


Movie Day

"The Friend"
Wednesday June 17

Right after lunch

Popcorn and snacks provided
Call 428-2201 to sign up



BINGO

Public bingo is available Thursday afternoons at the Gladstone Senior Center to benefit center activities. It is open to all over 18 years old. Ball tickets go on sale at 12:05 p.m. and early birds start at 1 p.m. All funds raised help purchase items for the center. Plan on coming and joining in some fun and you may even win some money for yourself.



YMCA Sit and be Fit

Monday June 29 & Wednesday July 1
10:30 a.m. -11:15 a.m.

When: June 24, 2026

Where: Gladstone Senior Center

Time: 11:00-12:00 a.m.



Smiles on Wheels
ACCESS TO DENTAL HYGIENE CARE

April Birthday Party

Easter Party

Birthday Party

Barbara P

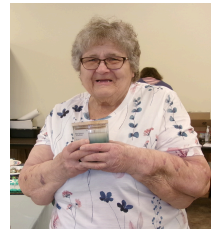
Beverly M

Pamela T

Patricia L B-day month
Gift Card

Arlene B

Gerlinde P



Sharon A

Donald A

Rachel A Easter
50/50

Nancy F B-day
50/50

Cathy G

Donna F



Evelyn A

Karen F

Birthday Cake for Meijer

Joseph H

Cathy S



Karen T

James V

Playing cards after b-day lunch

Marilyn A

Bonnie M





Summer is here!
I hope you all are ready for some fun happenings at your Senior Center! Check out our new activities below and come join us!

And don't worry, all your favorites are still here!

Join us for a meal, some fun or just some coffee and a chat. Becky

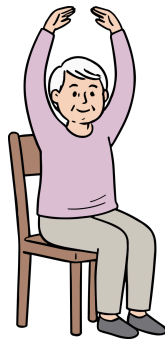


Father's Day Celebration!
Wednesday, June 17th
Starts at 11:15 with games!




June Events

- WED 6/3 Game Day!
- MON 6/8 Book Club at 9:30
- THU 6/11 Prize Bingo
- SUN 6/14 Corporaton Dance
- MON & WED 6/15 & 6/17 Sit & Fit at 9AM
- TUES 6/16 Craft Class
- WED 6/17 Father's Day Celebration
- TUES 6/23 Smiles on Wheels at 10:30
- WED 6/24 Birthday Celebration! and Bookmobile!



Sit & Fit in June!
9AM
6/15 and 6/17
All classes are free!
Come try it out!

Book Mobile Visit!
Wednesday, June 24th at 1 p.m.
You can get a library card right on the spot.




BOOK CLUB!
Monday, June 8th 9:30AM

BIRTHDAY PARTY!!!
Wednesday, June 24th!
11:30 Start!

We're bringing back **GAME DAY!!**
Wednesday, June 3rd starting at 10:30 and then after lunch



First Book: **Bad Monkey** by Carl Hiaasen



Come grab some cards, dominoes or a board game! or bring your own games and join in the fun!

SMILES ON WHEELS!

Tuesday, June 23rd 10:30
Free Oral Health Check and some goodies too!



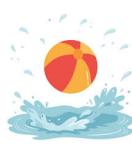



Prize Bingo Day!
Thursday, 6/11
A few games before lunch and more after!
Fabulous prizes to be won!



Craft Class in June!
Tuesday, June 16th
after lunch!



A busy April Birthday Party! Lots of good food, a Yooper Quiz and Alice won the dice game!

Monday	Tuesday	Wednesday	Thursday	Friday
1 Swiss Chicken Brown Rice Chef's Choice Vegetable Diced Carrots Fruit Cocktail	2 Beef Goulash green Beans Stewed Apples Bread	3 Diced Ham Scalloped Potatoes Corn Pineapple Tidbits Bread	4 Crab Chef Salad Mandarin Beet Salad Chef's Choice Fruit Cup Breadstick	5 CLOSED Order an extra meal ahead of time 
8 Sloppy Joe w/ Bun Root Vegetable Blend Corn Fruit Cocktail	9 Diced Pork w/Gravy Brown Rice Oriental Vegetables Oriental Coleslaw Warm Fruit Compote	10 Meatloaf w/Ketchup Glaze Smashed Red Potatoes Chef's Choice Vegetable Diced Pears; Bread	11 Albacore Tuna Salad Cucumber/Tomato Salad Cottage Cheese w/Peaches Zee Zee Wheat Crackers Bread; Tomato Juice	12 CLOSED Order an extra meal ahead of time 
15 Polish Sausage & Sauerkraut w/Bun Oven Potatoes 5 Way Mixed Vegetables Applesauce	16 Hamburger Stroganoff Chef's Choice Vegetable Peas Diced Pears	17 Father's Day Celebration Limit 1 per person Boneless BBQ Ribs Garlic Mashed Potatoes Capri Vegetable Dinner Roll Peach Cobbler	18 Mandarin Orange Chicken Salad Pickled Beet Salad Fruited Jell-O Muffin	19 CLOSED Order an extra meal ahead of time 
22 Red Sauce Turkey Spaghetti Scandinavian Vegetable Corn Diced Pears	23 Hobo Dinner Sliced Potatoes/Carrots Peas Apple Slices Bread	24 Birthday Party Limit 1 per person Pork Roast w/Gravy Parmesan Red Potatoes Key West Vegetables Diced Peaches; Dinner Roll; Orange Cake 	25 Chicken Salad Spread Marinated Green Bean Salad; Fruited Pudding Vegetable Juice Box Wheat Crackers; Bread	26 CLOSED Order an extra meal ahead of time 
29 Mushroom & Swiss Burger Hamburger Bun Root Vegetable Blend Chef's Choice Vegetable Chef's Fruit Cup	30 Enchilada Casserole Corn/Black Beans Warm Cinnamon Apples Side Salad w/Ch & Tom	<p>Menu subject to change. 2% Milk served each day. This menu is for all our Senior Centers.</p>		





HAPPY FATHERS DAY!



Join us for ribs with dad on June 17th
At 11:30 am with garlic mashed potatoes
Capri veggies and peach cobbler
Call for your reservation!

EXERCISE

WITH THE YMCA JUNE 8TH & 10TH
AT 9 am for 45 MINUTES!
UPSTAIRS in the GYM with Tracy



- Smiles on Wheels
- 60 yrs & over
- Hermansville Senior Center @ 11:00 CDT
- Tues. June 16th
- Free & free oral health
- Care items

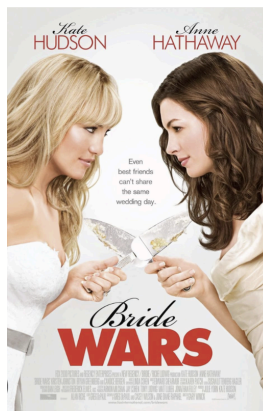
April Birthday Party
June Party on 6-24-26



TEFAP program is available for once a month participation on Tuesdays from 1:00 p.m. - 3:00 p.m. CDT at the Hermansville Senior Center. If you qualified for CSFP you will qualify for this food program. Must be 18 years of age. Visit Feeding America West Michigan on-line for surrounding distribution sites. If you received CSFP in the past, please come for TEFAP once a month.



Doing "Spot the difference" at the Birthday party.

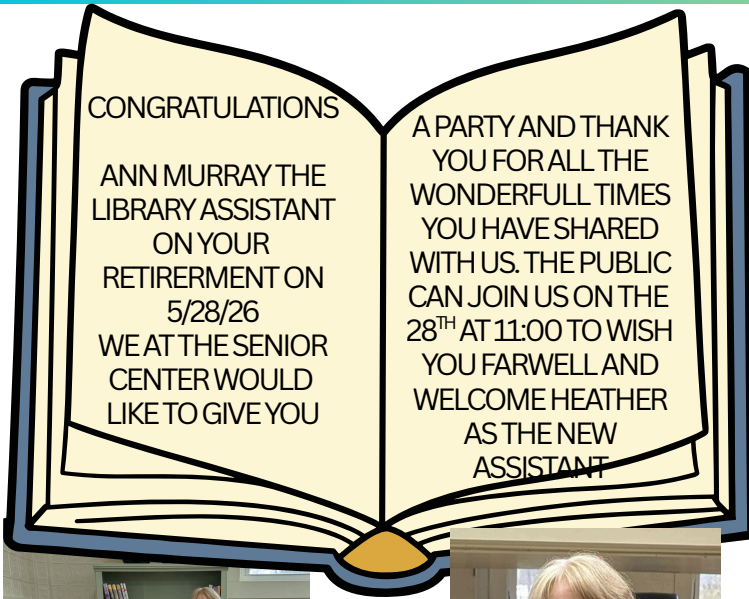


MOVIE DAY
MONDAY
JUNE 15TH
@12:30



Next Painting class is Monday June 29th at 10:00 am at the Senior Center \$5.00 for small canvas \$10.00 for the large Lunch is provided





Left side pictures are of Ann & Heather. To the right is Pat S. with our fitness instructor Patti on the last day of class. We are also wishing farwell to Pat and her partner Jim as they move to Florida to be close to family. We are going to MISS you so much but will cherish many fond memories and your quick witt!



SAVE THE DATE
MOBILE SECRETARY OF
STATE OFFICE WILL BE AT
THE CENTER 8/11/26

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Jim S. for donating Stephenson Lions Club pancake breakfast tickets
Lee S. for repairing our sink pipes
We appreciate you!

FOOT CLINIC DATES

June 11

June 22

By appointment only
Please call the center at 753-6986 to schedule



JUNE 2026 Activities

June 4 & 5 - Rummage Sale Fundraiser

June 10- Craft class at 1 pm to construct Father's Day favors

June 17- Father's Day Party dinner with door prizes, 50/50 raffle and bingo after lunch.

June 24- Monthly Birthday Party dinner with door prizes, 50/50 raffle, cake, ice cream & 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!

A day trip to Iron Mountain is in the works on July 30 to attend the summer concert series. A fun day is planned! Bring a lawn chair, enjoy the music and grab a bite to eat at the food trucks!

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



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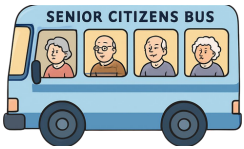

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- Flood Detection
- Carbon Monoxide



ADT Authorized Provider | **SafeStreets** | **833-287-3502**



Need a ride?

If you're looking for convenient and reliable transportation options, look no further! Our service is available from Monday through Thursday, between 8 a.m. and 3 p.m., requiring just a 24-hour notice to secure your ride. Whether you have a doctor's appointment, a dental check-up, a hair appointment, or simply need to go shopping, we are here to make your travel hassle-free. With reasonable rates, our friendly and professional team is dedicated to getting you where you need to go. Don't hesitate to reach out to us at 753-6986 to book your ride today. Let us help you stay connected and mobile!

The Smiles on Wheels Mobile Dental Unit will be visiting the Mid County Senior Center starting at 10:30 AM on Wednesday, August 26 for FREE oral evaluations

Additionally, we will celebrate our monthly birthday party dinner during this event.

Don't forget, the Mobile Secretary of State will also be here on August 11!



Happy June Birthdays to:

Elaine H	June 13
Marilyn K.	June 18
Harlan A	June 21

Belated wishes to Rita K on May 9 & Joan B who celebrated on May 23!

An extra Sit & Fit Class will commence on July 7 and 9, running from 8:45 AM to 9:30 AM.

- Two classes per month
- Led by an instructor from the Northern Lights YMCA

For a complete class schedule, please visit the senior center.

Special thanks to CAA RSVP program for sponsorship!

June Exercise Dates



Wednesday, June 3 @ 11 am

Wednesday, June 10 @ 11 am

Monday June 15 @ 10 am

Monday, June 22 @ 10 am

All are welcome to participate in this low impact class. Coffee and social time to follow

Dates subject to change

Rummage Sale at the Mid County Senior Center

The Mid County Senior Center is excited to announce a rummage sale on June 4 and 5! While you're spring cleaning, please consider saving your clean, usable items to donate.

We will accept items beginning June 1.

*All proceeds will benefit the senior center.**

Happy Birthdays

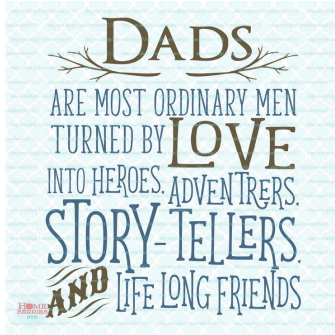


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June - Sit N Fit Schedule for all Senior Centers

- June 2 & 4 - Mid County Senior Center
- June 8 & 10 - Hermansville Senior Center
- June 15 & 17 - Rock Senior Center
- June 22 & 24 - Escanaba Senior Center
- June 29 & July 1 - Gladstone Senior Center

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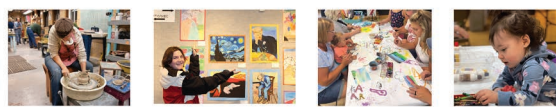
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