

SENIOR SERVICES

See page 11 for menu for
ALL Senior Centers



September, 2026 Vol. 13 No. 9
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
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NORTHWOODS

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2 Convenient Locations
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Gladstone 428-3085

um UPPERMICHIGANLAW.COM



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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LUTHER MANOR

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

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715-732-5800

www.northlandlutheranwi.com

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www.bishopnoahome.com

 **Crawford**
FUNERAL HOMES
Escanaba
(906) 786-0074
Bark River
(906) 466-2211
www.crawfordfuneralhomes.net
DIRECTORS
JAMES D. CRAWFORD
CAREN L. CRAWFORD
DONALD J. CRAWFORD

Community Action Agency Updates

In Schoolcraft County, we are renting larger space at 191 River Street (just a bit north of the High School, across from Dairy Kreem) This office will replace our space in the County Courthouse and will house a number of programs regularly and as needed. This includes:

1. Client Services- helping with water bills, heating assistance, wheelchair ramps, our new Rural Health Transformation Grant, Walk for Warmth, etc.
2. Homeless Services- space will be available for staff to meet with Schoolcraft County citizens who are struggling to find safe housing options.
3. Welcome Newborns- space will be available to host meetings with families who will benefit
4. from the services in this important program.
5. Weatherization- office space is secured for a weekly presence in Manistique to discuss the program in person with interested residents.
6. Home Delivered Meals for Pets Pilot Project- I'm bringing to the U.P. A program I first started in Florida 27 years ago. This pilot program will be in partnership with Eva Burrell Animal Shelter. If all goes well, it can be duplicated in Menominee and Delta counties to help our home bound clients who have pets
7. Large conference table for hosting meetings for Foster Grandparents, Senior Companions, RSVP volunteers (also will be a RSVP volunteer site). We can also host any of the community coalition meetings that several of us participate in.
8. Community outreach and education space- We can host events during 4th of July parade, Folk Fest, and at other times when large groups of people come into Manistique. We also will start our annual Walk for Warmth event from this location in Manistique, and much more.

This building should be open sometime after Labor Day.

In Menominee, progress is being made on the Senior/Community Center at 511 47th Avenue in Menominee. This building will hold:

1. Our Senior Center/Dining Site.
2. Our commercial kitchen for the senior center, Meals on Wheels, as well as Head Start .
3. Office space for Client Services, Weatherization, Welcome Newborns, Homeless Services.
4. Space to rent out for birthday parties of all ages, including in our gym for kids birthday parties, space for family reunion, and other large gatherings.
5. Space to host exercise classes, pickle ball, and other programs in our gym.
6. Community meeting space.
7. Larger pantry/supply space for walkers/wheelchairs and other equipment as well as space to have an onsite food pantry like we have in Hermansville, as well as supplies to help folks experiencing homelessness to get started in an apartment or home.



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The best way to get something done is to begin

Holding local government accountable since 1909.

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DAILY PRESS
Your Local News Leader

906-786-2021 Option 2

continued on Page 3.

continued from page 2.

We are also having an auction at this new site on Saturday, September 12th, with proceeds going to the remodeling efforts to convert this building from a large church into our community center. We hope to fully move in before winter this year.

Finally, after utilizing the former Evergreen School in Menominee for 34 years, Myra and I returned the keys to that building to the school superintendent yesterday as part of our relocation to the former Central Elementary School, closer to town at the corner of 18th Street and 18th Avenue. We are excited to have students in this new location for the new school year.

Thanks go out to the staff members who have helped make these projects possible. We are excited about having a larger presence in each county to meet with clients and to help better get the word out on the work you all do for our communities. If you have any questions about these efforts, please reach out to me with any questions. Thank you, Gary Willoughby

New
Menominee
Senior Center
location pictures



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.



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A Plan for Everyone



**Call me, Margie
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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.

September Birthday Celebration

Join us to celebrate September birthdays on Wednesday, September 30 at 12 Noon.

You can dine in or pick up your lunch. We are serving Monterey Chicken, Parmesan Red Potatoes, Key West Vegetables, Diced Pears, Dinner Roll, 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 per meal, with a limit of one per person.

Call the center to reserve a meal before September 28.

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.

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. in dining room.

SIT N Fit - August 31 & September 2 at 10:30-11:15 a.m.

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

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

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

CHAIR YOGA - Monday, 9-28-26 at 2:30-3:00pm \$5.

TOE NAIL CLINIC

The Northwoods Home Health Nurses will be at the Escanaba Senior Center on Thursday, September 3 & October 1 from 1:00pm - 3:00pm

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

PLEASE bring your own bath towel.

Labor Day Quiz

1. When is Labor Day Celebrated? A. 1st Tuesday in September B. 1st Thursday in September C. 1st Monday in September.
2. Who is the founder of Labor Day?
A. Matthew Maguire B. Frank Maguire
C. Kathleen Maguire.
3. Where was the first Labor Day Parade?
A. Washington D.C. B. New York City
C. Boston.

Answers - bottom of page 5.

Congregate "July" Birthdays

Lillian P. won the flower arrangement from Wickert Floral. Happy birthday to Roland J., Winnie L., Bill N., Larry S., Gayle S., Frank S., Steve S., and Jack W.



Congratulations Birthday Party Winners!

Winners of the July birthday drawing for a gift card to Carnes ECO Fuels were Shirley S. and Doug K., (left to right).

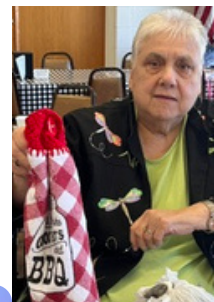


4th of July Winners

Towel Winners -
Marv K. and Karen F.
50/50 Winner - Corrie K.
Meijer Gift Card Winners -
Millie C. and Gayle S.

Labor Day Answers 1. C 2. A 3. B

Dish towels were won by Barb C. and Corrie K. (below-left to right). Thank you Gayle S. for your donation.



To receive this newsletter by email, visit

mycommunityonline.com/organizations/community-action-agency-seniorcenters to subscribe. You can also pick one up at any MDSCAA Senior Center or the Administrative Office.



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.

Reminder: We will be CLOSED
for the Labor Day Holiday on
September 7. Please remember
to order an extra meal or a
frozen meal in advance if you
need for this day.



This month's craft day is
being held by the Center.
We are making cute a cute
fall decoration, and a
spooky one too! Please
sign up by September 15
so we have enough
supplies for all.

*Check our Facebook page
for examples of our crafts
to make this month.*

**Senior Craft Day:
September 17**



LIVE AUCTION TO BENEFIT
THE NEW MENOMINEE
SENIOR CENTER BUILDING
PROJECT:

**10:00am CST
SEPTEMBER 12!**

The date has been set for the live auction to
be held the new Menominee Senior Center
building located at 511 47th Avenue,
Menominee, MI. Formerly known as the
North Shore Baptist Church.

If you have any auction items that you wish
to donate, please contact Renelle at the
center to coordinate the delivery of the items.



**September
Trivia Question:**

Name the president who
signed "Labor Day"
holiday into law in 1894

August Trivia Question/Answer

What color are the window
awnings currently at the Grand
Hotel on Mackinac Island?

ANSWER: Yellow

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 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.

Senior Craft Day: September 17

This month's craft day is being held by the Center. We are making cute a cute fall decoration, and a spooky one too! Please sign up by September 15 so we have enough supplies for all. Check our Facebook page for examples of our crafts to make this month.



We are hosting the MDS/CAA Board Meeting on September 24. This meeting will be open to the public should they wish to attend. Lunch will be served following the meeting. See menu for details.

"Energy Saving Seniors" Event September 28th

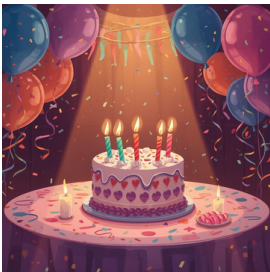
This event will take place on September 28 at 12:30 pm. This program is open to seniors who are living in their homes, and that have WPS for their energy provider.

Learn simple, effective ways to save money on energy and water bill at a free 30-minute energy efficiency presentation. Each attending household receives an efficiency kit with easy-to-install devices, like an efficient showerhead, faucet aerators, insulating window film and weather stripping to reduce energy costs.

This event is limited to the first 30 Wisconsin Public Service customers who register. So, call the Menominee Senior Center to register in advance.



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



Happy BIRTHDAY

Our monthly birthday party for September is September 30. The party begins at noon.

For anyone celebrating their September 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 no later than the day before.

Corporation Corner

“A CALL TO EXERCISE” --This Fall, we are continuing the Monday and Wednesday morning exercise classes at the Gladstone Senior Center from 10:30 a.m. to 11:15 a.m.. As in the past, these sessions are conducted by trained personnel from the YMCA who will be teaching exercises that increase body strength and mobility for both beginners and for those looking to increase or meet their own personal goals. You are invited to participate by **JUST SHOWING UP** at the above mentioned days and times. you can also sign up to stay in-house for a nutritious lunch by calling the Center on day ahead of time.

On Saturday October 24th we will be hosting a craft show and bake sale if you are interested in having a both please contact Pat at 906-825-8006.

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: September 17

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

Cost: \$22.00

Bring your own towel

Call Center 428-2201 for Appointment



Craft Day

Tuesday
September 8
at 12:15 p.m.

Call 428-2201 to sign up



September Birthday Lunch

Wednesday September 30

Monterey Chicken
Parmesan Red Potatoes
Key West Vegetables
Diced Pears
Dinner Roll, Milk
Chef's Choice Cake

Call 428-2201 to reserve a spot by August 24



We are offering Breakfast!!!

Tuesday September 8 at 7:00 a.m.-9:00 p.m.

Served buffet style

French Toast Bake
Mini Cheese Omelette, Hashbrown
Bacon/Sausage, Fresh Fruit
Milk/Coffee/Juice



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



Remember we will be closed on Labor Day



Find us on Facebook Search
Gladstone Senior Center

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

Movie Day

“Batteries Not included”

Wednesday September 23

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





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.



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

Line Dancing
Thursdays
10:00 a.m.-11:00 a.m.
Come join in on the fun!



July Special Meals

Breakfast is served

A few photos from our first breakfast in July. We had a about 25 people that we served during 7:00 a.m.-9:00 a.m. buffet. We are looking forward to seeing more September 8th for our last breakfast until next Spring!



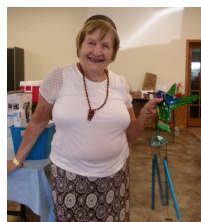
Marlene S was very lucky she won the monthly gift card and the 50/50 drawing!



Maria L



Arlene B



Cheryl W



Patty S



Cathy G



Oleda A



Karen L



Rita S



Ellen S



Donald A



Joan L



Vickie L



Birthday Lunch

Kathy S

Karl H



Cathy G

Oleda A



Karen L



Rita S



Ellen S



Donald A



Joan L



Vickie L



September is here already!
Wow! Our Labor Day
Rummage Sale is just around
the corner! Cooler days
mean you should come
along and see your friends at
the center!
Join us for a meal, some fun
or just some coffee and a
chat!

Becky



ANNUAL CENTER RUMMAGE SALE!

SATURDAY, SEPT 5th

9AM til 2PM

**Come along and
find some deals!**

September Events

SAT 9/5 Rummage Sale 9 to 2
MON 9/7 Center closed for Labor
Day
THU 9/10 Prize Bingo at 11:15
SUN 9/13 Corporation Dance 1-4pm
MON 9/14 Book Club at 9:30!
TUES 9/15 Crafts with Michelle
MON & WED 9/28 & 30 Sit n Be Fit
WED 9/30 Birthday Celebration
and Bookmobile!

Sit and Be Fit Classes

Monday &
Wednesday

9/28 & 30

10AM



BOOK CLUB!!

Monday, September 14th
at 9:30

Call to join and get a reading list!!

Book Mobile Visit!

Wednesday, 9/30/26
at 1 p.m.
You can get a library card right on
the spot.



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



Prize Bingo Day!
Thursday
9/10/26

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

The Center is closed
on Monday,
September 7th for
Labor Day



Craft Class!

Tuesday,
9/15/26

after lunch!

Mike had a birthday at
the beginning of
August!!!
Thanks for all you do for
Meals on Wheels, Mike!



The crafters were
busy again !!

The Birthday Party was hopping!!
Great to see so many folks!



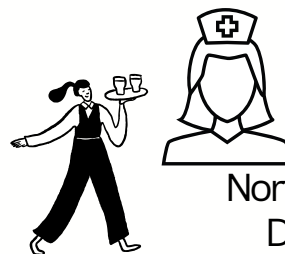
Birthday Girl, Kathy,
won the flowers!

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Menu subject to change.</i> ◆◆◆◆◆◆◆◆ <i>2% Milk served each day.</i>	1 Salisbury Steak w/Gravy Mashed Potatoes & Gravy Corn Tropical Fruit Bread	2 French Onion Pork Chop Boiled Red Potatoes Peas & Onions Apple Slices Bread	3 Cheeseburger w/Bun Oven Potatoes Baked Beans Chef's Choice Fruit Cup	4 CLOSED Order an extra meal ahead of time 
7 WE WILL BE Closed on Labor Day	8 BBQ Meatballs Mashed Potatoes Diced Carrots Chef's Choice Fruit Cup Bread	9 Chicken Parmesan Spaghetti Noodles Green Beans Side Salad w/Ch & Tom Fruit Cocktail	10 Polish Sausage Boiled Red Potatoes Sauerkraut Corn Diced Peaches; Bread	11 CLOSED Order an extra meal ahead of time 
14 Grilled Chicken Breast w/Swiss w/Bun Root Vegetable Blend Creamed Corn Chef's Choice Fruit Cup	15 Bourbon Steak Brown Rice Chef's Choice Vegetable Peas Diced Pears	16 Chicken Alfredo Lasagna Brussel Sprouts Stewed Apples Side Salad w/Cheese Tom Garlic Breadstick	17 Beef Taco Bake w/tomato lettuce, oilives, sour cream Corn Spanish Rice Pineapple Tidbits	18 CLOSED Order an extra meal ahead of time 
21 Pizza Pasta Casserole Diced Beets Peas Pears/Orange Fruit Cup	22 Mozzarella Chicken & Mushrooms Sour Cream/Chive Potatoes Green Beans Tropical Fruit; Bread	23 Meatloaf w/ketchup glaze Boiled Red Potatoes Chef's Choice Vegetable Applesauce Bread	24 Beef Pasty Broccoli Capri Vegetable Chef's Choice Fruit Cup	25 CLOSED Order an extra meal ahead of time 
28 Swedish Meatballs Egg Noodles Green Beans Italian Vegetables Fruit Cocktail; Bread	29 Turkey Pot Pie Brussel Sprouts Diced Peaches	30 Birthday Party Limit 1 per person Monterey Chicken Parmesan Red Potatoes Key West Vegetables Diced Pears Dinner Roll Chef's Choice Cake 		

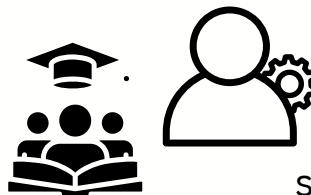
The Hermansville Senior Center

- Will be closed on Monday September 7 in observance of the Labor Day holiday.
- We would also like to take this time to thank our many volunteers (you know who you are) as we could not operate without you!
- Everyone enjoy the extended weekend!!!

let's
CELEBRATE
our
HARD WORK



Northern Lights YMCA
Delta Sit & Get Fit
Senior Strong Class
August 17 & 19
9:00-9:45 CDT
45 minute light
strength training class

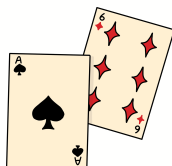


No Painting classes
the rest of the summer
We will resume
in October
Watch for
the date.

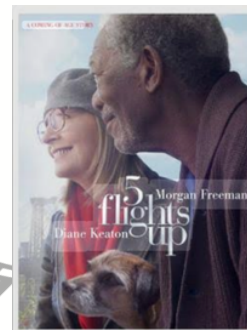


Above is a picture of the Michigan Rummy card players, to the left a photo of the group playing Mexican Train dominos. Come join in the fun every Tuesday around noon.

If you don't like one of these games, please think about starting your own group of a game you might prefer.



September Movie
Monday, September 21
at noon
5 Flights Up
with Morgan Freeman
and
Diane Keaton
Popcorn and snacks
will be served.



Birthday luncheon for
September is on:
Wednesday 9-30-26 at 11:30
Monteray Chicken
Parmisian Red Potato
Key West Veggies
Call ahead to reserve your
meal

hello
Autumn

Photo from our rummage sale.





Enjoy these photo's of the Menominee County Senior Centers annual picnic at Henes Park. Participants from Menominee, Mid-County and Hermansville Centers enjoyed a patriotic theme and fun games like cornhole and ball toss.

Uncle Sam was there for some photo opts and and here are Renelle and Becky handing out door prizes.



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

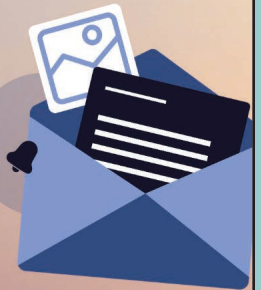
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lpicommunities.com



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September Birthday's

John T. September 19
Edna P. September 22
Alice F. September 25



If you're looking to maintain the health and appearance of your toenails, consider attending the monthly toenail clinics led by Christa Rivard, a certified nail technician. For just \$27, you can benefit from Christa's expertise and personalized care. These clinics are popular and spots fill up fast, so don't miss the opportunity to give your toenails the attention they deserve. Ensure you reserve your spot by calling today!

September 2026 Activities

Sept 23- Craft class beginning at 1 PM. 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 congregate meal which is Meatloaf w/ketchup glaze, boiled red potatoes, chef's choice vegetables, applesauce, & the sundae bar will be served with lunch. Join us!

Sept 30- Monthly Birthday Party dinner with 50/50 raffle, door prizes, cake, ice cream & 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!



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906-786-0408

We accept Medicare, Medicaid and most private insurances. Long term or short term

ADT-Monitored Home Security

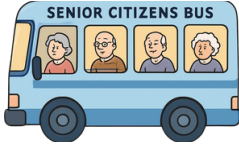
Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- 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!



Exercise Dates

Wednesday September 2 @ 11 AM
 Wednesday September 9 @ 11 AM
 Tuesday September 15 @ 8:45 AM
 Thursday September 17 @ 8:45 AM
 Wednesday September 23 @ 11 AM
 Monday September 28 @ 10 AM

All are welcome to participate in this low impact class. Coffee and social time to follow
 Tuesday & Thursday class will be taught by Northern Lights YMCA

Dates subject to change

We will have our last ice cream sundae bar of the season on Wednesday September 23 served

with the noon congregate meal.

Please call in your meal reservation by 1PM on 9/22/26

Menominee County Picnic Fun!



Arlene E.



John T.



Jan T.



The Senior Center will be closed on Monday September 7 in observance of Labor Day. We will reopen at 8AM on September 8.

THANK YOU

Special thanks to Rainy G. & Heather W. of Nicolet Bank for the incredibly informative presentation on July 29 regarding Scams & Fraud. We all learned alot, including myself!





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906-786-7080

MDSCAA is an equal opportunity provider and
employer.

See updates on page 2-3.

**REMINDER: Senior Centers and
Administrative Offices will be closed
on Monday, September 7 for the
Labor Day Holiday.
Services resume September 8.**

Did you know that you can dine in at any of our senior centers?

Dining locations are: Escanaba, Gladstone,
Bark River, Rock, Manistique Senior Centers
in Delta County.

Hermansville, Mid-County, and Menominee
in Menominee County.

We also have congregate dining at
Harbor Tower and West Highland
Apartments in Escanaba.

Please call your nearest senior center to
reserve your meal. See front page for the
phone numbers.

Suggested donation per meal is \$4.50.
See page 11 for our menu.

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