

**MENOMINEE DELTA SCHOOLCRAFT
COMMUNITY ACTION AGENCY**

Senior Services

VISIT OUR WEBSITE AT MDSCAA.ORG

CHECK US OUT ON FACEBOOK

**MONTHLY NEWSLETTER
MAY, 2025 Vol. 12 No. 5**



**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)

202 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

Continued on back page



Excellence in Senior Living
at Affordable Prices
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The Choice is Yours.
2 Convenient Locations
Escanaba 789-2404
Gladstone 428-3085

UML UPPERMICHIGANLAW.COM



FIGHT BACK WITH THE RIGHT PROTECTION
CALL (906) PROTECT



**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

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www.northlandlutheranwi.com



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



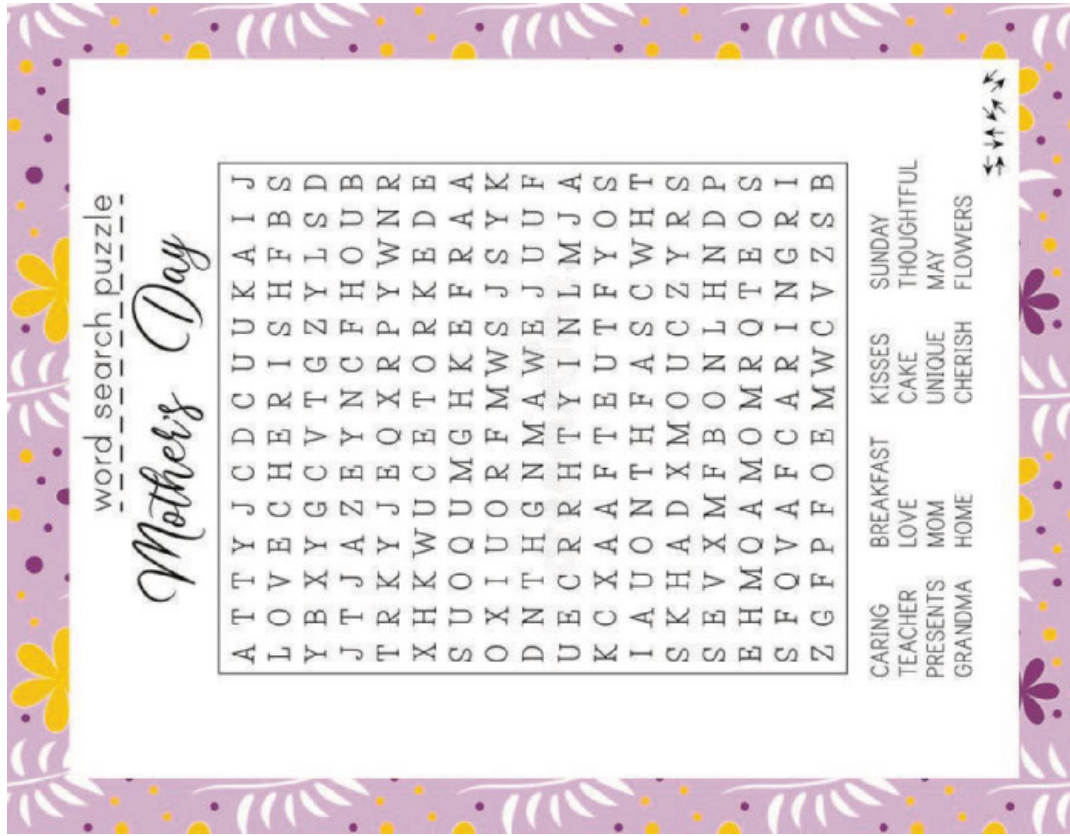
Escanaba
(906) 786-0074
Bark River
(906) 466-2211
www.crawfordfuneralhomes.net
DIRECTORS
JAMES D. CRAWFORD
CAREN L. CRAWFORD
DONALD J. CRAWFORD



For ad info. call 1-800-950-9952 • www.lpcommunities.com

MDS Community Action Agency, Escanaba, MI

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Mother's Day Facts

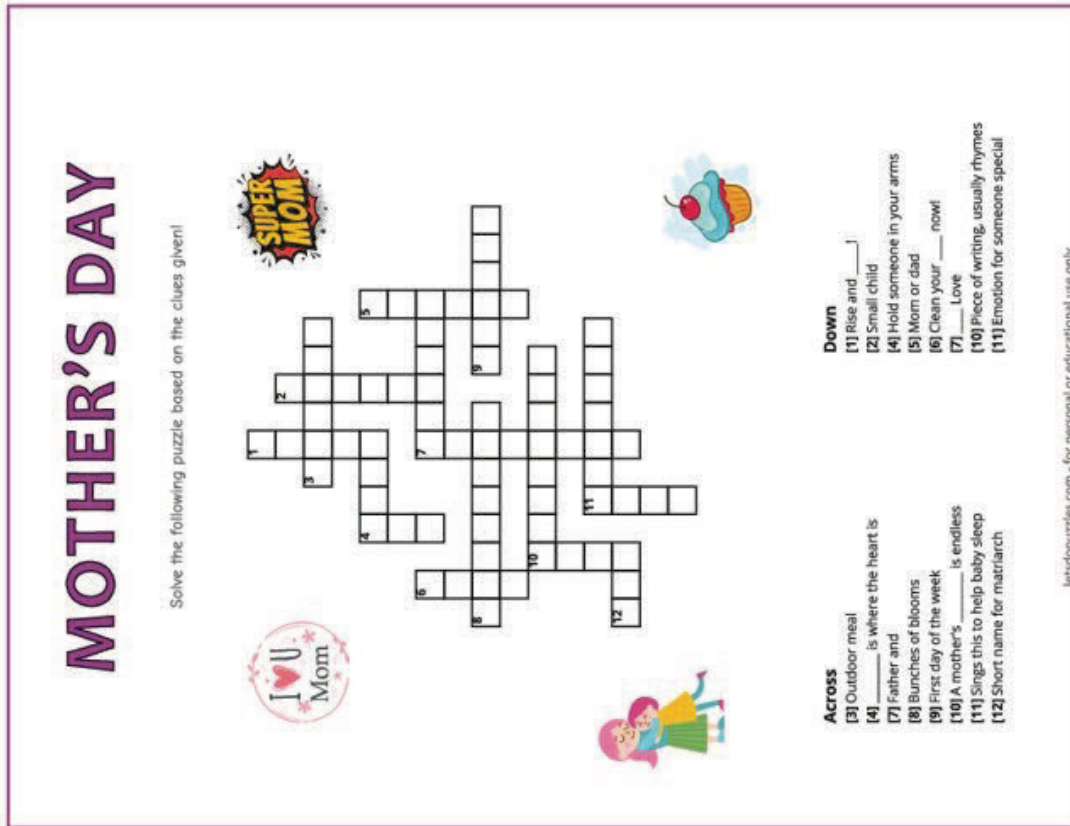
Mother's Day is celebrated all over the world.

Mother's Day isn't always on the same date each year.

More calls are made on Mother's Day than any other day of the year.

The most popular gift for Mother's Day is a greeting card.

Normally, Mother's Day is the busiest day of the year for restaurants.



State Parks of the Upper Peninsula

K	O	P	N	O	C	S	E	W	T	S	S	M	O
R	I	O	T	C	B	N	E	S	A	E	S	K	I
W	A	R	B	I	A	T	K	O	W	S	G	S	O
A	N	C	S	B	R	K	A	S	E	N	B	R	S
E	R	U	A	E	A	S	L	N	W	I	A	M	E
B	E	P	I	G	G	E	T	O	K	K	L	E	K
O	P	I	A	O	A	K	R	O	W	L	I	T	A
T	I	N	B	G	S	A	O	R	A	I	E	B	L
N	R	E	I	E	T	L	O	E	R	W	B	E	N
S	N	M	C	K	A	G	V	I	T	T	I	W	I
L	A	N	N	A	T	I	E	A	A	R	N	A	W
V	V	T	F	L	E	A	R	I	S	O	C	B	T
L	A	N	S	O	A	R	B	L	B	F	K	I	N
T	K	S	R	R	I	C	O	R	C	E	R	C	I

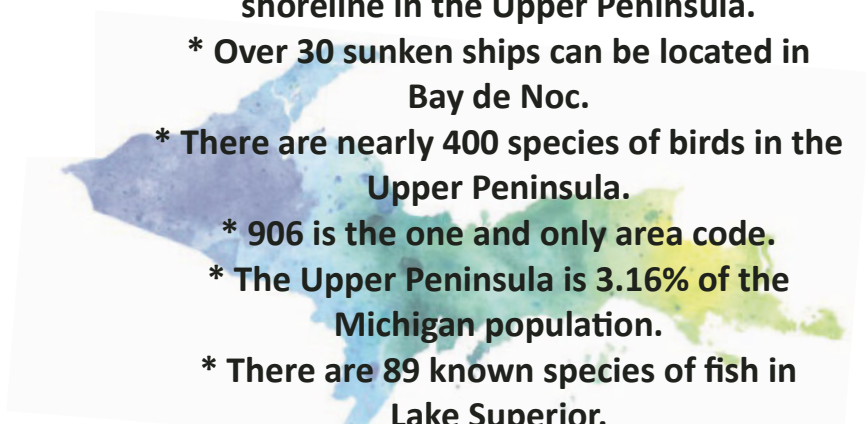
Baraga State
Bewabic
Porcupine Mntns
Fort Wilkins

Craig Lake
Van Riper
Twin Lakes
Lake Gogebic

Brevort Lake
SSM

Upper Peninsula Facts

- * There are 1,700 miles of Great Lakes shoreline in the Upper Peninsula.
- * Over 30 sunken ships can be located in Bay de Noc.
- * There are nearly 400 species of birds in the Upper Peninsula.
- * 906 is the one and only area code.
- * The Upper Peninsula is 3.16% of the Michigan population.
- * There are 89 known species of fish in Lake Superior.
- * Lake Michigan is the size of West Virginia.
- * Tahquamenon Falls is the 3rd most voluminous waterfall east of the Mississippi River.



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

May 28 at 12 noon

Join us to celebrate the May birthdays by dining in or pick up a lunch of Roast Turkey & Gravy, Garlic Mashed Potatoes, Diced Carrots, Dinner Roll, Mixed Fruit Dump Cake.

If you have a birthday in May 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 May 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 May 26.

906-786-8850

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 May 15 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.



St. Patrick's Day Winners of Marshall Gift Cards.
Left Greg T. and Karen H. Congratulations!



Toe Nail Clinic

The North Woods Home Health Nurses will be at the Escanaba Senior Center on
May 1 & June 5
from 1:00–3:00 p.m.

Schedule your appointment by calling 786-8850.

Cost is \$22 and bring your own bath towel.



Winners of St. Patrick's Day dish towels were left Lisa B. and Janice R. Congratulations Ladies!

Weekly Activities at the Center

BINGO — Tuesday's from 1—3 p.m.

25 cents per card / per game.

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!



Mother's Day Celebration

Come and celebrate Mother's Day with us on
Wednesday, May 7 at 12 noon.

We will be dining on:

Chicken Cordon Bleu
Loaded Mashed Potatoes
Capril Blend Vegetables
Dinner Roll
Cranberry Crumble Cake



Line Dancers
will be
entertaining
us.

There will be door prizes and many laughs given
away. Suggested donation is \$4.50 per meal and
there is a limit of 1 meal per person.

Reserved your meal today by calling
906-786-8850 before May 5.



Smiles on Wheels will be at the
Escanaba Senior Center on
June 25 at 11:00 a.m.

Hygienist's will be here to
provide preventative oral health
services. Stop on by!



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, CSFP,
FPDIR, and SSI automatically qualify.
All income is self declared and must be self declared at
each distribution in writing or verbally.

See to the right for new income guidelines.

You can visit once per calendar month.

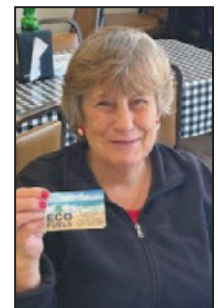
This institution is an equal opportunity provider.

Congregate "March" Birthdays

Diane S. won the flower arrangement from
Wickert Floral. Also happy birthday to Dan A., Lisa
B., Ruth C., Millie C., Karen F., Bill P., Grace R.,
Maggie T.



Congratulations Birthday Party Winners!



Winners of the March birthday drawing for a gift
card to Carnes Gas were Gary J. and Lois W.
(above-left to right) *Congratulations!*



Towel winners were Camera Shy David and
Gary C. (left to right) Thank you Gayle S. for
your handmade towel donations.



Updated TEFAP income guidelines

300% of Federal Poverty Income is as follows:

- 1 in house with gross income under \$3,913. month
 - 2 in house with gross income under \$5,288. month
 - 3 in house with gross income under \$6,663. month
- are eligible for TEFAP Food Commodities.



CAA 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.



Best Cup O' Tea Contest:

No brewing involved! We are hosting a contest for best cup o' tea. The judging will take place at the Mother's Day Tea Party on May 7. We are asking that you pick out a tea cup/saucer and decorate it in whatever way you see fit. Thrift stores are a great place to find your cup/saucer. Adorn it with flowers, candy, bird seed, gnomes, or whatever fun creative thoughts you have. Drop off your creation no later than the morning of the party on May 7, or bring with you to the party. The judging will be done by the meal participants. We will have winners for prettiest, and most creative. Can't wait to see what fun creations you brew up!

Answers to the April Trivia Questions:

- A.) What is the traditional birthstone for the month of April? **Answer: Diamond**
B.) What is the traditional flower of April?
(There are 2 correct answers for the flower)
Answer: Daisy or Sweet Pea

REMINDER: WE ARE CLOSED FOR MEMORIAL DAY

As we celebrate Memorial Day on May 26, let's remember to give thanks to all who served and gave their lives to defend our freedom. We wish you all a safe Memorial Day weekend.



MOTHER'S DAY TEA PARTY

We will have a Mother's Day Tea Party on May 7 starting around noon. We will have a delicious lunch, share the wealth raffle, followed by bingo.

Contest for the "Best Cup O' Tea" will take place too. Ladies in attendance will receive a free gift.

Limited seating is available so sign up early.

All are welcome to attend.

Menominee Craft & Bingo Day Returns! : May 15

The Menominee Recreation Department will be hosting a "Senior Craft & Bingo Day" here at the center on May 15 at 1pm. All are welcome to attend. They supply all the crafts, and have prize bingo to follow. It is always a fun afternoon with these folks. You can sign up by calling the center.



MOVIE DAY: MAY 21

We will host a free movie day on May 21 at 12:45pm. We will be showing the movie adaptation of the musical "Wicked".

All are welcome to attend.
Free snacks will be provided.



May Trivia Question:

What famous male American poet wrote the poem "May Day"?

May 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.



SOCIAL SECURITY ADMINISTRATION (SSA) CHANGES:

Most of the important changes will effect those who are new and applying for their Social Security benefits, or how you change your personal information with Social Security. At this time, you do not need to go to the Social Security office and prove your identity to receive your monthly benefits. What is changing is how they wish for you to handle personal changes to your Social Security. If you do wish to make any banking changes to how you receive your payments, then you are being asked to go online and do so by creating an account, and then making the changes through their ssa.gov account. If you are unable to use a computer, you should go to the local SSA office in person with your information. They are asking that folks no longer change this information over the phone due to there being a risk of identity theft/fraudulent claims. Beware of scammers at this time that claim to be helping you "verify" your information. Social Security will not call you out of the blue to do so.

Upcoming Foot Clinics: May 5

The next foot clinic is on May 5. A licensed nail tech will be here for your foot health.

Visit includes: trimming of toenails, thinning of thickening toenails and debridement (if necessary), and finishes off with a mini foot massage.

Cost is \$22 and please bring your own bath towel. Appointments are necessary, and will fill up fast. Call the center to reserve your spot.

May Birthday Party:



We will be celebrating May birthdays on May 28. If you have a birthday in the month of May, 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.*



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, May 20.**

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

This month we honor all mothers and invite you to celebrate them by participating in the Mother's Day meal and event at the Senior Center on Wednesday May 7th. Please invite a senior friend to join you and by calling the Center at 906-428-2201 by no later then Friday May 2nd to make your reservations.

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 warmer 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

**Birthday Lunch**

Wednesday, May 28
Roast Turkey & Gravy
Garlic Mashed Potatoes
Diced Carrots
Dinner Roll
Mixed Fruit Dump Cake
Call 428-2201 by May 23

**Foot Clinic Northwood Nursing**

When: May 15
Time: 1:00 - 3:00 p.m.
Cost: \$22.00
Bring your own towel
Call Center at 428-2201 for an appointment

**Movie Day**

"Summer Camp"
Friday, May 16 @ 12:00 p.m.
Popcorn and snacks will be provided
call 428-2201 to sign up.

**Craft Day**

Tuesday, May 5
12:15- 2:00 p.m.

Call 428-2201 to reserve a spot

**Mother's day Lunch**

Wednesday, May 7
Chicken Cordon Bleu
Loaded Mashed Potatoes
Capri Vegetable Blend
Dinner Roll
Cranberry Crumble Cake

Call 428-2201 by May 2



Monday May 26, 2025

— WE WILL BE —
CLOSED
★ ★ ★ **FOR** ★ ★ ★
MEMORIAL DAY

Find us on Facebook search
Gladstone Senior center.



Or visit 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 on some fun and you may even win some money for yourself!

Hope to see you!

St. Patrick's Day

March Special Lunches

Birthday

Donna F



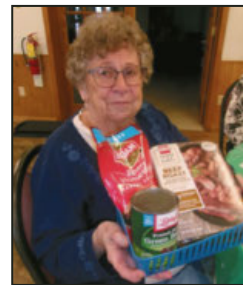
Nancy S



Bob M B-Day
month Gift Cert.
Winner



Arlene B



Beverly M



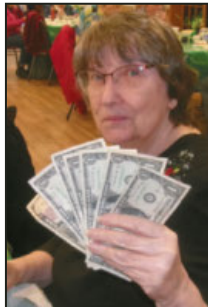
Ivy G



Pam T



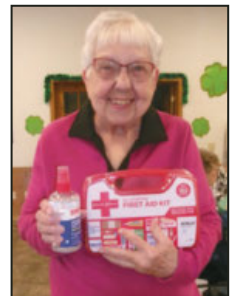
Sharon B
B-day 50/50



Cheryl W



Marlene L



Judy F



Nancy L



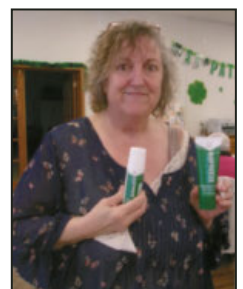
Sharon A St.
Patrick's 50/50



Marlene S



Tonya T





Welcome to May! Hopefully the weather is warmer now? As I write this in early April we are under a winter storm warning so who knows, right? Life in the UP!! It's always warm in the center though! Please come along for some fun—and never fear, the coffee is always on! Come join us soon—
Becky

MAY EVENTS

1st, 2nd & 4th TUES Lunch & Learn (see right)

THURS 5/1

Movie Day after lunch!

Cornell meets

WED 5/7

Mother's Day Celebration

No Corporation Dance this month

TUES 5/20

Crafts after lunch

MON 5/26

Closed for Memorial Day

WED 5/28

Birthday Party & Bookmobile!

Bingo on Mondays! Exercise on Tuesdays & Thursdays! Poker, Cribbage & Black Jack too! 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!

We are closed on Monday, May 26th to observe Memorial Day.



Our very own Rock Chicks are in the house! The birthday party brought out some of the Sullivan family and Lucy L in the back! All were dressed perfectly for the day!

Lunch & Learn!



Come have lunch and then stay for a half hour video lecture on all kinds of topics:

Most Tuesdays at 12:30pm

1st Tuesday—Our Night Sky

2nd Tuesday—A guide to Birding in North America

3rd Tuesday—Craft day with Michelle!

4th Tuesday—The Botanist's Eye

These courses will carry on through the summer so feel free to jump in any time and learn something fun!

Movie Day!

Thursday, May 1st after lunch!

Choose from a new movie or a classic!

Popcorn & candy provided!



MOTHER'S DAY CELEBRATION!

Wednesday, May 7th
Salad bar starts at 11:30!

Come join us! And...

Our Birthday Party is
Wednesday, May 28th!

Another fun party day in Rock!
Call now to sign up for both parties!



Exercise Class
every Tuesday &
Thursday at
9:30 a.m.

May Craft Day!

Tuesday, May 20th
after lunch!

Call & reserve a
spot!!



Party time!
Our St. Urho/ St. Patrick's Day celebration was a good one!
Lots of green and lots of Finn food!
Yum! Thanks to Jane for her talk on the origin's of St. Urho!



HARDTACK
KÄCKEBRÖD

Mansikkatorttu

BLUE BERRY SOUR
CREAM PIE
KERNAVILLI
KUSTIKKAPIIRAS



Monday	Tuesday	Wednesday	Thursday	Friday
 <i>Menu subject to change</i>	<p>This menu is for all our senior centers. Call your senior center with questions/comments.</p>	<p>May</p>	<p>1 Western Egg Bake Oven Potatoes Sausage Links Fresh Fruit</p>	<p>WW Bread 2 Salisbury Steak Mashed Potatoes w/ Gravy</p>
<p>5 Cinco de Mayo Beef Taco Bake Mexican Corn Oven Potatoes Sweet Yeast Dinner Roll Tropical Fruit</p> 	<p>6 Sweet & Sour Pork o/Rice Oriental Vegetable Blend Diced Carrots Mandarin Oranges</p>	<p>7 Mother Day Limit 1 Chicken Cordon Bleu Loaded Mashed Potatoes Capri Vegetable Blend Dinner Roll Cranberry Crumble Cake</p> 	<p>8 Polish Sausage Sauerkraut Boiled Red Potatoes Peas; Fruit Cocktail WW Bread</p>	<p>9 Spaghetti w/Meat Sauce Mixed Vegetables Side Salad Mixed Fruit Cup Breadstick</p>
<p>12 Chicken Tenders Root Vegetables Green Beans Diced Peaches WW Bread</p>	<p>13 Pepper Steak o/Rice with Bell Peppers Oriental Vegetable Blend Oriental Coleslaw Warm Fruit Compote</p>	<p>14 Baked Ham Mashed Sweet Potatoes Corn Pineapple Tidbits WW Bread</p>	<p>15 Beef Taco Salad Corn & Black Beans Tortillas, Fresh Fruit Sour Cream & Salsa on the side</p>	<p>16 Cream of Potato Soup Egg Salad Sandwich with Lettuce & Sandwich Bread Cucumber Carrot Salad Mixed Fruit Cup</p>
<p>19 Cheeseburger w/Bun Tater Tots Green Beans Apple Slices</p>	<p>20 Swiss Chicken Breast Brown Rice Capri Vegetables Peas Pineapple Tidbits</p>	<p>21 Meatloaf w/Ketchup Glaze Mashed Potatoes w/Gravy Mixed Vegetables Fruit Cocktail WW Bread</p>	<p>22 Cobb Salad w/Turkey, Cheese, Egg, & Bacon Pasta Salad Fruited Jell-O Breadstick</p>	<p>23 Meat Lasagna Brussel Sprouts Side Salad Warm Cinnamon Peaches Breadstick</p>
<p>26</p> 	<p>27 Dinner Frank w/Bun Red Boiled Potatoes Corn Tropical Fruit Orange Sherbet Cup</p>	<p>28 Birthday Party Roasted Turkey & Gravy Garlic Mashed Potatoes Diced Carrots; Dinner Roll Mixed Fruit Dump Cake Limit 1 per person</p> 	<p>29 Pasty Sweet Potato Cubes Green Beans Fruit Cocktail</p>	<p>30 California Medley Soup Chicken Salad Spread w/Lettuce, Sandwich Bread Creamy Cucumber Salad Mixed Fruit</p>



ENJOY A CINCO De MAYO
MEAL ON MONDAY, MAY 5
WITH A BEEF TACO BAKE.

MOTHER'S DAY MEAL
WEDNESDAY, MAY 7 @ 11:30
OF CHICKEN CORDON BLEU AND
LOADED MASHED POTATOES.
ALSO OUR BIRTHDAY LUNCHEON IS
WEDNESDAY, MAY 28 @11:30
SERVING ROAST TURKEY & GRAVY
WITH GARLIC MASHED POTATOES.

CALL THE DAY BEFORE BY
12:30 TO RESERVE YOUR MEAL!



We will be closed
Monday, May 26.
In observance of
Memorial Day

SMILES ON WHEELS
MOBILE DENTIST EVALUATIONS
SAVE THE DATE :

TUESDAY, JUNE 24TH

FREE SERVICE /TIMES WILL BE
ANNOUNCED IN THE
NEXT NEWSLETTER.

THEY WILL HAVE A
SHORT PRESENTATION
AND BINGO WITH
PRIZES.



Mark your calendars for:
THURSDAY, MAY 22
at 11:00 am CDT for a
short presentation on the
proper use of smart phone
APPS/QR Codes and
scanning products,
presented by HEATHER HARRIS
of the MENOMINEE COUNTY LIBRARY.



This will be during our lunch hour
and the meal that day will be
Cobb Salad w/turkey. Also a pasta salad
and different fixings for the salads.
Call ahead if you would like to eat.

PROJECT FRESH is going to a debit card
this year instead of coupons and this will
help with learning the new card



Our next painting class
With Pat will be: Monday,
May 5
at 10:00 am CST.

Supplies and lunch will be
provided. \$5.00 sign up fee
please.

Call the Hermansville Senior
Center @ 906-498-7735 for
your spot.





DON'T FORGET BINGO
ON THURSDAY AFTERNOON
AT 12:30 CST UNTIL 2PM.

3 CARDS FOR A QUARTER EACH GAME,
ONE CARD BY ITSELF IS TEN CENTS.
PLAY AS MANY CARDS AS YOU LIKE.
QUARTERS ARE COLLECTED EACH GAME
AND ARE PAID OUT TO THE WINNER OR
WINNERS. FOUR COUNRERS &
POSTAGE STAMP ARE GOOD FOR A WIN!
SNACKS ARE PROVIDED!



VOLUNTEER APPRECIATION!

PATTI MOUFORD
OUR FITNESS
INSTRUCTOR (on the
right) FOR SIT & FIT
CLASSES IS OFF NOW
UNTIL MID OCTOBER.
PATTI JUST HAD KNEE
SURGURY &
WE WISH HER A
SPEEDY
RECOVERY!



Our walking program will continue through the
summer months. Come to the center anytime
between 7 am and 3 pm and walk in the gym.
Or park here and walk around town, stop in to
see us for coffee, water or restrooms while
you sign-in for the days activities.

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We are here to help you.
Reasonable rates apply



Smiles on Wheels Mobile Dental Unit will be at the Mid County Senior Center on Wednesday August 27th beginning at 11 am for **FREE** oral evaluations. This is also our monthly birthday party dinner. Mark your calendars for this special event!



MAY ACTIVITIES

May 5— Craft day beginning at 11:15am. Please call the office if you would like to participate.

May 7— Mother's Day Party beginning at 11am with special music by Larry & Cheryl Pepin. Please call in your meal reservation no later than 1pm the previous day.

May 15— Lunch on your own at Hong Kong Buffett in Escanaba. The bus leaves at 10am. Cost for the bus ride is \$4 per person.

May 19— Foot clinic by appointment only. Cost is \$22. These clinics fill up extremely fast; please call the office to schedule an appointment if interested.

May 20— CSFP Elderly food program distribution drive through from 9-10a only. Please do **not** bring empty boxes back to the center before distribution day as we do not have adequate storage space to house them.

May 26— Closed for Memorial Day.

May 28— Monthly Birthday Party with 50/50 raffle, door prizes, cake, ice cream & bingo. Are you celebrating your birthday in May? Please let us know when reserving your meal.

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



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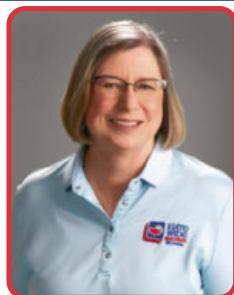
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We will be closed on Monday, May 26th for Memorial Day. No home delivered or congregate meals served. Thank You Veterans!

May Birthday Wishes

Donna B	May 4
Barb H	May 5
Rita K	May 9
Shirley O	May 12
Barbara E	May 15
Bill S	May 23
Frank E	May 25
Judy A	May 26
Ruth D	May 26



Did you know that the senior center has a Medical Loan Closet with a variety of home medical equipment available to area residents in need? Items include commodes, bath/shower chairs, walkers, wheelchairs, crutches and canes.

All items are used but in good condition. There is no charge for the use of the items. Please return the items you borrowed when you no longer need it. We do, at times, have male & female incontinence products too.

Call the center with any questions or equipment availability!



Special thanks to Harlan & Judy Anderson and Thrivent for their generous monetary donation to purchase butter for door prizes at our parties.

We appreciate your thoughtfulness and continued generosity!



Join us for a special Mother's Day Celebration on Wednesday May 7th beginning at 11am with music by Larry & Cheryl Pepin

MENU

Chicken Cordon Bleu
Loaded Mashed Potatoes
Capri Vegetable Blend
Dinner Roll

Cranberry Crumble Cake

Please arrive **BEFORE 11am** to be seated for the special music



May 5th craft project will be this adorable hat center piece. All materials will be provided.

The class will begin at 11:15am Please call the senior center if you would like to participate. This day is also Cinco de Mayo if you'd like to stay for lunch!

May Exercise Dates

Monday May 5 @ 10a

Wednesday May 14 @ 11a

Wednesday May 21 @ 11a

Coffee and social time to follow



We're having a Spring Rummage Sale!

Who? Mid County Senior Center

When? June 5 & 6

Setup is June 2

If you would like to help or have items to donate, please contact Jan Thouné or Arlene Engel. Items need to be clean and in good condition.

Please no clothing or large items.

All leftover sale items will be donated to the Homemaker's Club

All proceeds benefit the Mid County Senior Center





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MAY, 2025 Vol. 12 No. 5



OR CURRENT RESIDENT

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



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