

**MENOMINEE DELTA SCHOOLCRAFT  
COMMUNITY ACTION AGENCY**

# Senior Services

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

**CHECK US OUT ON FACEBOOK**

**MONTHLY NEWSLETTER**  
**JANUARY 2024 Vol. 11 No. 1**



**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



*Excellence in Senior Living  
at Affordable Prices*

Apartments Available!  
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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**



*"Customer Service is Our Most Important Policy"*

**FOR ALL YOUR INSURANCE NEEDS**  
[www.garceauins.com](http://www.garceauins.com)  
823 Ludington St. ~ Escanaba, MI  
**906.789.0900**  
N 15916 US Hwy 41 ~ Powers, MI  
**906.497.4290**



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.  
.....

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**715-732-5800**

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



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)

**DIRECTORS**  
**JAMES D. CRAWFORD**  
**CAREN L. CRAWFORD**  
**DONALD J. CRAWFORD**



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

## *Employee Spotlight*

**Kevin Belanger works as the Assistant Head Cook at the Gladstone Senior Center.**

**Kevin Started with CAA as a Prep Cook in Gladstone in April of 2023, and was promoted to the Assistant position a few months later. Kevin previously served for 10 years in the U.S Air Force which included time during the Desert Storm and Desert Shield. He then worked for 28 years in Civil Service as an Information Technology Expert for the U.S. Federal Court System. He retired from Civil Service in December 2021 with 38 years of service.**

**When Kevin isn't working in the kitchen for CAA, he can be found pursuing one of his many hobbies. These include woodworking, photography, cooking, camping, and target shooting to name a few. He is self-described as a "Jack-of-all trades, and a master of some".**

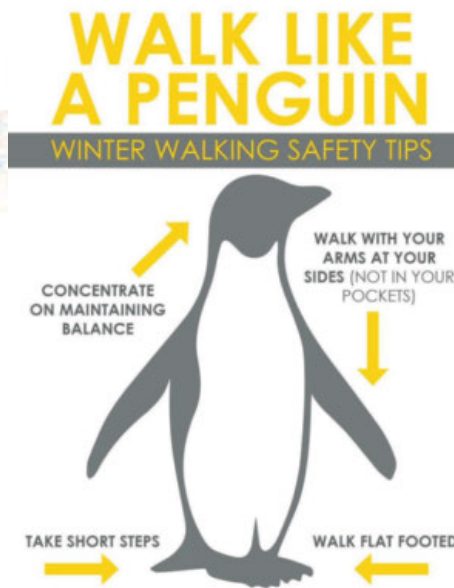
**Kevin is very happily married and has 3 sons. Leah, his wife, works from home as a paralegal for a law firm down-state, one son works at Menard's in Escanaba, one works at Mo's Pub in Escanaba, and the third son has moved to Texas.**

**Being retired, Kevin found that there was still too much time on his hands, even with all the hobbies. So he decided to do his part in giving his time and effort back to the community by working in the Gladstone Senior Center Kitchen.**

**Thanks for all you do Kevin!**







## Snow Facts

- \* A snowflake can take 2 hours to fall from a cloud to the ground.
- \* The tallest snowman was as tall as a 12 story building.
- \* The North Pole is warmer than the South Pole.
- \* Snow is not white, it is translucent. The reflected light makes it look white.
- \* Silver Lake Colorado received 75.8 inches of snow in a 24 hour period in 1921.
- \* Snowflakes always have 6 sides.

**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 Party for January

January 31 at 12 noon

Join us to celebrate the January birthdays by dining in or pick up a lunch of Beef rollup, mashed potatoes, Winter blend vegetables, dinner roll and strawberry shortcake.

If you have a birthday in January 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 January with a meal coupon 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 for the meal.

Call the center to reserve a meal before 2:00 p.m. the day before the party.

**786-8850**



**Tuesday's from 1—3 p.m. at the Escanaba Senior Center in January.**

**25 cents per card / per game.  
All money is paid back out on the same day. Come and join us!**

**Line Dancing every Monday and Thursday**

Dance starts at 12:45 p.m.  
Come and kick up your heels!



Get some exercise and have some fun too!

## Medicare Information

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.

**Let me help you navigate Medicare**

**MMAAP**  
MICHIGAN MEDICARE/MEDICAID  
ASSISTANCE PROGRAM  
Navigating Medicare

**Call for 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.

**The next distribution is**

**Thursday, January 18 at 10:00—11:00 a.m.  
at the U.P. State Fairgrounds**

**You should have received your new schedule of days.**

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.*

## Medicare Advantage Plans for 2024

You still have time to switch to a different Medicare Advantage Plan if you do not like the one you selected. You have until March 31 to do so. Contact the Senior Center today at 906-786-8850.

**Do you like to play cards?**

Come join the group on Wednesdays at noon to play '500'. Instructions given at 10:30 a.m.

Let us know you want instructions by calling

786-8850

**Keep your mind active!**





## CONGREGATE MEALS FOR 60 + YEARS OLD

Did you know when you participate in an activity at the Civic Center or the Senior Center, you are eligible to take home a meal for a suggested donation of \$4.

At the Senior Center, we are back to dining in or you can pick up the meal to take home or back to work.

We are serving at 11:45—1:00 p.m.

To reserve your meal—you must order at least the day before 2:00 p.m.

Limit is 2 meals per person per day.

Home delivered meals are based on “need” and there are no financial limits.

Tips to enhance your home delivered meals. Try putting food on a regular dinner plate. Add some of your own spices. Reheat instructions are on the back side of your donation summary.

## Toe Nail Clinic

The North Woods Home Health Nurses will be at the Escanaba Senior Center on Thursday, January 11 & February 1 from 1:00—3:00 p.m.

Schedule your appointment by calling 786-8850.

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

Pamper your feet to dance in the new year!



## Congregate “November” Birthdays

won the flower arrangement from Wickert Floral. Also happy birthday this month to Cheryl G., Sherman M., Celeste S.



## Congratulations Birthday Party Winners!

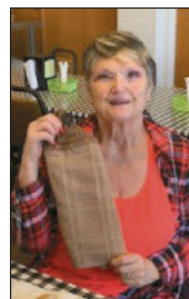
Winners of the November birthday drawing for a \$10 gift card to Harbor Freight were Dan S. and Richard S. (left to right)

*Congratulations to you both!*



Towel winners were (left to right) Norinne C., Karl B. & Roland J.

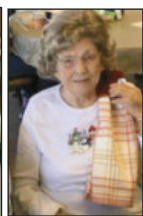
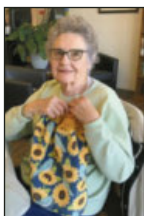
Thank you Gayle S. for your handmade towel donations.



## Thanksgiving Winners

left to right

Alice J., Betty P., Ruth C., Janice R., and Donna F.



See Escanaba Senior Center on Facebook for more pictures, videos, and the most up-to-date information.

TEFAP Food distributions are returning to the Escanaba Senior Center sometime in January. Watch Facebook for updates!



**Happy  
New Year!**

**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.*

*We will be closed for the New Year holiday  
on January 1*



**JANUARY TRIVIA QUESTION:**

In Chinese New Year celebrations, 2024 is the “Year of the Dragon”. Which famous dragon was a popular cartoon & movie character that also had a famous song sung by Peter, Paul and Mary?

**January Trivia Answer Entry:**

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

**Name:** \_\_\_\_\_

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

One entry per person.  
Return to Menominee Senior Center.

**LOW CARB CROCK  
POT PIZZA SOUP**

**Ingredients:**

**1.5 lbs** ground  
sausage (browned)

**2 cups** marinara  
sauce (*look for a  
lowest carb option  
on the label*)

**15oz** can beef broth

**1 cup** water

**16oz** cream cheese  
(cubed)

**4oz** canned mushrooms (drained)

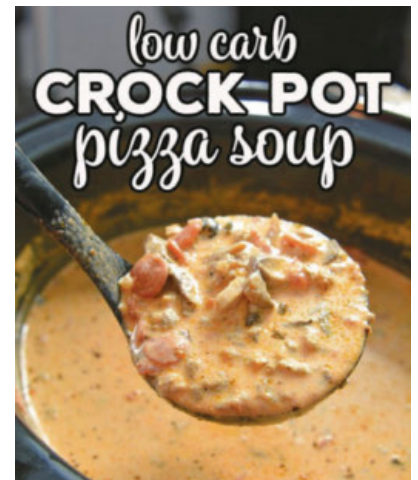
**2.25 oz** canned sliced black olives (drained)

**1 tablespoon** Italian seasoning

**1 cup** mini pepperoni (*or chopped pepperoni  
slices*)

Mozzarella cheese for garnish

Combine all ingredients in a 6 quart slow cooker.  
Cook on high for 2-3 hours, or 4-5 hours on low.  
Top with mozzarella cheese when serving.



**January Foot Clinic: January 19**

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 \$20 and please bring your own bath towel. Appointments are necessary. Call the center to reserve your spot.

**January Monthly Birthday Party: January 31**

We will be celebrating January birthdays on January 31 starting after 12 noon. If you have a birthday in the month of January, 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 details.







## 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.*

## MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD STARTING JANUARY 1, 2024

Medicare Advantage plans have a special enrollment period from January 1-March 31. If you were in a Medicare Advantage plan prior to January 1, you can change into another Medicare Advantage plan, or choose to return to original Medicare and pick up a stand-alone drug plan. There are pro's and cons to consider in changing. If you are considering a change, and want more information, a MMAP counselor will be able to help you understand your options.



## Menominee CSFP Program

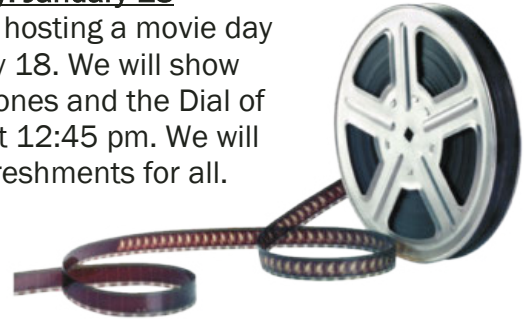
CSFP commodity distribution takes place bi-monthly in Menominee County every third Tuesday. The next distribution for Menominee Senior Center is set for **11 am-noon on Tuesday, January 16. This will take place in the parking lot on 11th Avenue behind the Holy Spirit Church. This is a drive-up distribution.**

*(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.*

## Movie Day: January 18

We will be hosting a movie day on January 18. We will show "Indiana Jones and the Dial of Destiny" at 12:45 pm. We will supply refreshments for all.



## **REMINDER: KEEPING YOUR PROOF OF INCOME**

In the beginning of the year, if you are receiving Social Security, you will receive letters in the mail that include a 2023 1099 form. Please keep this, and any letters you receive from Social Security regarding your past and current income in a safe place. You should also keep handy your current letter showing your new 2024 Social Security payments. This will be a great help when you need to recertify for services, or for filing your Homestead and Home Heating Credits. These are your best "proofs of income" for your Social Security benefits as they will show your net and gross income.

We usually do not start assisting with Homestead and Home Heating Credits until February, but being prepared makes it easier to file.



**U.P.  
POWER!**

**ATTENTION YOOPERS!** We will be hosting a Yooper themed cabin fever party on Friday, January 19. Wear your best Yooper attire. We will be serving a Pasty that day for lunch. Fun and games. Possibly some entertainment too! So, grab a friend and come on down and celebrate being a Yooper. If you aren't a Yooper, today is your day to pretend to be one! Please sign up in advance by calling or stopping by the center.



**CORPORATION CORNER**  
Gladstone Senior Citizens Non-Profit



**HAPPY NEW YEAR!** The Gladstone Senior Citizens NP Corp. Board of Directors wishes our Senior community a **HAPPY, HEALTHY, and ACTIVE** New Year!

Our Corporation's Senior Center, along with the Community Action Agency, exists to provide preparation of the home delivery of meals on wheels; and/or the option to dine-in-house at the Center and socialize with old and new friends. The Senior Center also offers exercise classes through the YMCA; building rentals; free library; a place to gather for card games, or puzzles-in-progress; special birthday and holiday celebrations; free movies (with popcorn); and the list of services goes on. Lisa, her staff, and the kitchen crew are helpful and welcoming. So if you haven't done so yet, check the Center out this New Year to see all of what it has to offer our senior community

**WISHING EVERYONE A VERY MERRY & BLESSED CHRISTMAS!**

Membership fees and donations can be sent to Gladstone Senior Citizens NP Corp.,  
P.O. Box 211, Gladstone 49837

**Foot Clinic Northwood Nursing**

When: January 18  
Time: 1:00 - 3:00 p.m.  
Cost: \$22.00



Bring your own towel Call Center at 428-2201

**Movie Day**

"The Call of the Wild"  
Friday, January 19  
12:00 p.m.



Popcorn & snacks  
will be provided




**Birthday Lunch**  
Wednesday, January 31

Beef Rollup  
Mashed Potatoes  
Winter Blend Veggies  
Strawberry Shortcake  
Dinner Roll

Call 428-2201 by January 26



**Happy New Years**

**We will be closed on**  
**Monday January 1, 2024**  
**New Years Day**



**Commodity  
Supplemental  
FoodProgram**  
a Senior Food Assistance Program

**Senior food Commodities**

Tuesday  
January 9  
9:00 a.m.-9:30 a.m.  
**NOTE: DAY CHANGE**

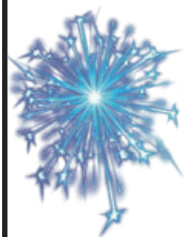
If you have not been recertified by January 9.  
We will need you to fill out an application  
to get your 2024 card and  
receive your boxes!

Contact Center 428-2201 for more information.



Thursday afternoons at the Gladstone Senior Center. Ball tickets go on sale at 12:05 p.m. and Early Birds start at 1:00 p.m. - 4:00 p.m.





Happy New Year!!



Wishing everyone a Healthy and prosperous year!!  
Hope to see you all at the Center for meals and activities  
through out the year.

Birthday Lunch

November  
Special Lunches

Thanksgiving Lunch

Cathy G



Ellen S



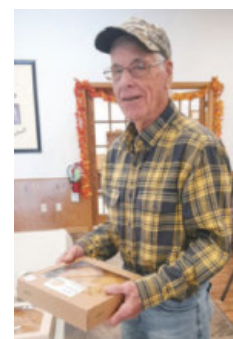
Mary Ann P  
B-day Gift Certificate



Christine V



Fred J



Jim V



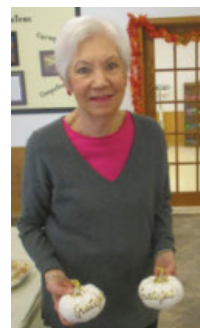
Judy F



Carol G B-day  
50/50



Gail S



Ivy G



Pam T



Richard G



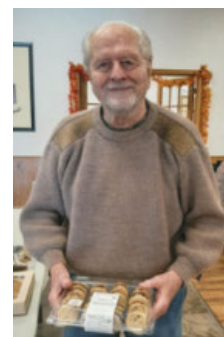
Cheryl W  
Thanksgiving 50/50



Maria L



Jim K



Happy 2024!! I hope this is your best year yet!



Come along and join your friends at the center! We'd be glad to see you! Be sure to check out an exercise class, cards, one of our speakers, a movie, crafts and more, and of course, the coffee is always on! Come join us soon! —

Becky

356-6420 is our number!

### January Craft Day!

Tuesday, January 23rd! - after lunch!

Be sure to call in and reserve your spot!

### CRIBBAGE & OTHER CARD GAMES GROUP FORMING!!

We have some folks who love to play cards, but they need someone to play with! How about you??

Call the Center for more info! 356-6420

## JANUARY EVENTS

MON 1/1	Closed for New Year's Day-
THURS 1/4	Cornell Group meets
SUN 1/14	Corporation Dance 1-4 pm
TUES 1/23	Crafts after lunch!
WED 1/31	Birthday Party!
THURS 2/1	Movie Day after lunch (popcorn 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!

Exercise Class  
every Tuesday & Thursday at 9:30 am

So much to be thankful for!  
Our salad bar and family dining is back!  
At right, Tom gets to work creating a salad masterpiece!



More thanks needed! To Arlene (left) and Karen for helping us get our baskets wrapped and beautiful! Thank you!



Special thanks to  
Pete and Lois  
for the beautiful  
Christmas tree  
for the center!  
Thank you!!

## Angels Among Us



Recognizing all the generous folks who recently donated to the Center:

Our sincere thanks to Brenda H, Joe P, Mark H, Linda M, Lucy L, Pete & Lois C, Stella N, John P and Jim & Jean for their donations of gifts, time and talents to the center. Special thanks to everyone who donated to support four worthy causes in our Christmas Online Silent Auction! And thanks to those who bought things!!

Thanks to everyone in the community who continues to look after their neighbors and friends!

Take care!!!

Thank you!





So much fun!  
Craft classes—Connie, Betty & Nikki show off their creations! The ladies hard at work on two different projects AND Pete with his leafy twin! And helping string lights! Finally, Stella & Mary trying out the salad bar!



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 	<b>2</b> Chicken Parmesan o/Pasta Italian Vegetable Blend Fruit Mix	<b>3</b> Turkey a la King over Mashed Potatoes Key Largo Vegetables Tropical Fruit Bread	<b>4</b> Beef Stew Biscuit Sweet Potato Wedges Escalloped Apples	<b>5</b> Breaded Pollock w/Bun Tarter Sauce Oven Potatoes Baked Beans Fruit Cup
<b>8</b> Baked Ham Scalloped Potatoes Brussel Sprouts Fruit Cup Bread	<b>9</b> Beef Noodle Casserole Peas Carrots Cooked Apples Fruit Cocktail	<b>10</b> Sweet & Sour Chicken Brown Rice Oriental Vegetables Wax Beans Tropical Fruit	<b>11</b> Tomato Basil Soup Ham & Swiss Sandwich Bread 3 Bean Salad Fruited Pudding	<b>12</b> Hobo Dinner Green Beans Warm Fruit Crisp Breadstick
<b>15</b> English Muffin Breakfast Sandwich (egg, sausage, cheese); Hash Browns Tomato Juice Banana	<b>16</b> Chicken Cacciatore over Egg Noodles Italian Vegetable Blend Corn Warm Applesauce	<b>17</b> Boneless Pork Chop Au Gratin Potatoes Peas & Onions Pineapple Bread	<b>18</b> Polish Sausage Boiled Potato Corn Fruit Cocktail Bread	<b>19</b> Beef Pasty Rutabagas Cook's Choice Fruit Cup
<b>22</b> BBQ Pulled Pork Sandwich w/Bun Oven Potatoes Cook's Choice Vegetables Pears	<b>23</b> Tater Tot Casserole 7-Way Mixed Vegetables Peach Cobbler Bread	<b>24</b> Swedish Meatballs over Mashed Potatoes Beets Peas & Carrots Cook's Choice Fruit Cup	<b>25</b> Cream of Broccoli Soup Meat Sandwich; Bread Cucumber Salad Fruit Cup	<b>26</b> Chicken Breast w/Gravy Parmesan Potatoes Broccoli Pineapple Bread
<b>29</b> Breaded Chicken Breast Sandwich w/Bun Potato Wedges Prince William Vegetables Peaches	<b>30</b> Goulash Escalloped Apples Breadstick	<b>31 Congregate Birthday</b> Beef Rollup Limit 1 per person Mashed Potatoes Winter Blend Vegetables Dinner Roll Strawberry Shortcake	<p>Menu subject to change</p>	<p>This menu is for all our senior centers. Call your senior center with ques- tions/comments.</p>



Thank You RSVP volunteers for putting up our Christmas decorations and decorating the tree. We have decided we would like to keep it up and decorate for every season.



Come visit us and the Library in 2024! Call the center at 906-498-7735 for more activities. Thank you Aggie for decorating the front of the building.

The Hermansville  
MDSCAA Senior Center  
Will be closed:  
Monday, January 1st

Happy  
New Year!



A huge Thank You to The Sons of the American Legion Post 244 along with the P-S Lions Club and United Methodist Church of Hermansville for donations to the Hermansville Food Pantry.

Thank you to NCA Student Council for holding a food drive, see members pictured below.





Quilt Raffle winners: Anne L., Gwen G. & Mary M2. Thank you Wes G. and our Center Assistant Bonnie for picking the winners.



PLEASE CALL THE  
HERMANVILLE SENIOR  
CENTER AT 906-498-7735  
FOR INFORMATION ABOUT  
OUR FOOD PANTRY AND  
TEFAP DISTRIBUTION  
AS SOME DAYS AND HOURS  
WILL BE CHANGING.  
BOTH PANTRIES &  
DISTRIBUTIONS ARE  
EQUAL OPPORTUNITY  
PROVIDERS  
**CSFP** IS 2/19/2024

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www.upelderlaw.com

**ADVERTISE HERE**  
to reach your community

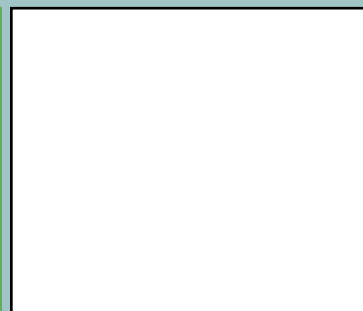
**Call 800-950-9952**

**North Woods Place**  
Senior Living

Enjoy easy living at our welcoming assisted living community in Escanaba.

[enlivant.com](http://enlivant.com)

Call us today at 906-789-2268 to schedule a personalized tour.



**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

**CONTACT ME Christopher Nance**

[cnance@lpicommunities.com](mailto:cnance@lpicommunities.com) • (800) 477-4574 x6107

January Exercise Dates

Wednesday January 3 at 11 am

Wednesday January 10 at 11 am

Wednesday January 17 at 11 am

Wednesday January 24 at 11 am

Monday January 29 at 10 am

All are welcome to attend; coffee & snack served after class.

*Membership Dues are still being accepted for the Mid County Senior Citizen's Inc. Donation is \$10 per person for the year. Thank you for your continued support!*

Have you noticed a new face at the senior center office? Linda Spaude was hired in mid-November as our new center assistant.

Welcome Linda!

January 2024 Activities

**Jan 1**– The center is closed for New Year's Day. No home delivered or congregate meals served. We will reopen at 8 am on Jan. 2

**Jan 8**– Foot Clinic with Christa from 8-noon by appointment only. Call the center to schedule an appointment

**Jan 15**– Craft class at 1 pm; please sign up with the office if you'd like to participate.

**Jan 16**– CSFP distribution from 9-10 am only

**Jan 22**– Foot Clinic with Christa from 8-noon by appointment only.

**Jan 24**– Movie day at 1 pm. Movie to be announced. Call the center for updates.

**Jan 31**– Monthly birthday party dinner with door prizes, 50/50 raffle & bingo. Are you celebrating your birthday in January? If so, let us know! Meal reservations must be made the previous day.



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The artificial cemetery saddle and fresh Christmas wreath were donated to the senior center by Christa Rivard, our nail tech here at the center. The cemetery saddle was given away at the Christmas Party Dinner on Dec. 13. Thank you Christa!



Harlan A is showing us the money!



Barb E won a gift card to Dollar Tree!



**Donna T was a lucky winner!**



Donna & Cliff B. won a portion of the 50/50



Jan & Priscilla were lucky winners at the November Birthday Party!



MaryAnn & Bill won a gift card



CSFP monthly commodities will be **Tuesday January 16, 2024** from 9-10 a.m. only. Please bring your last 2 empty boxes back at this time and not before. We do not have adequate storage space to house that many empty boxes. Please arrive **BEFORE 10 a.m.** as the truck leaves promptly at that time.

Thank you

Arlene Engel for purchasing & donating a new bingo cage for our bingo games!



**January Birthday's**

20 Mary D

25 Cliff B

Belated wishes to Marion H who celebrated on November 29.



### **FOOT CLINIC DATES**

January 8

January 22

Both clinics will be from 8-noon

Cost is \$20

Appointments can be made by calling the senior center at 753-6986



January Craft Class project will be this adorable sock snowman. All materials will be provided. Please let us know if you would like to participate .



## MDS Community Action Agency

Senior Services Program  
507 1st Ave. N.  
Escanaba, MI 49829



Three Kings  
Day 1-6-24



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# Senior Services

[www.mdscaa.org](http://www.mdscaa.org)

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The Monthly Newsletter is published once a month at  
507 1st Ave N. Escanaba, Michigan 49829

OR CURRENT RESIDENT

## MONTHLY NEWSLETTER JANUARY 2024 | Vol. 11 No. 1



1-15-24



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

### CALL FOR AN APPOINTMENT IF:

- ✓ YOU WILL BE ELIGIBLE FOR MEDICARE SOON
- ✓ YOU WILL BE TURNING AGE 65 SOON
- ✓ YOU ARE LOSING YOUR GROUP HEALTH COVERAGE
- ✓ YOUR CURRENT COVERAGE IS GETTING TO EXPENSIVE
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