November ACCOA Newsletter

Our Motto:

To promote Dignity, independence, and well-being to the senior population of Alcona county, by initiating and coordinating programs that anticipate and meet the ever-changing needs of our Senior community.

Our Programs:

housekeeping, meals on wheels, Personal care, Respite , and Kinship

Board of Directors

President -Ryan Mendyka

Vice President- Delores Schlicker

Executive Director -Wendy Bain

Secretary- Mike SZCZepanowski

Treasurer- Ken Kosal

Director- LeRoy Pinder

Director- Rolland Lynch

Director - Kelly VonFintel

Director -Karina Sharboneau

Director -Laurie Szczesny

Commissioner- Carolyn Brummund

Newsletter editor- Kristie Blackwood

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- **The Sunrise side center is Open M-F 6am-9pm,**

"If it doesn't challenge you, it doesn't change you!"

Work out today!

Letter from The ExecutiveDirector

Hello Everyone,

Fall is here and the leaves are changing. It's a month to think of all the things you are thankful for. Hope everyone is enjoying this beautiful weather we have been having. First off, I would like to Thank all the Veterans for their service as we celebrate Veterans Day on November 11. We will be hosting a Veterans Breakfast here at ACCOA. Please call Megan at 989-736-8879 to reserve your spot. My husband is a Marine and they are also celebrating 250 years on November 10th. Happy Marine Corp Birthday to all you Marines.

Our kitchen staff has been busy lately. Shay has been putting new items on our menu and we have been making more meals from scratch. We have been selling breads and baked goods. Reminder also that it is a new fiscal year so that means that new NAPIS forms must be filled out for all HDM participants and Congregate participants.

We will be having our Thanksgiving holiday dinner on Thursday, November 20th. Again, please reach out to Megan to reserve your seat.

I would also like to Welcome our new Board Members: Ryan Mendyka, Ken Kosal, Karina Sharboneau, and Mike Szczepanowski. We also elected new officers at the October Board meeting. The following are, President, Ryan Mendyka, Vice President, Delores Schlicker, Treasurer, Ken Kosal, and Secretary, Mike Szczepanowski. Congratulations!!

Winter is coming soon. As a reminder there could be a chance that ACCOA will have to close for in climate weather. This would mean no HDM meal service for the day or no In Home Service care for the day. Please tune it to your local TV and Radio stations for closures. WATZ
WKJC 104.7
WNEM
ABC 12
WBKB 11

To wrap things up I would like to say thank all my employees for all the hard work they do to keep ACCOA running. We appreciate all of our seniors and we love being able to help you all in your time of need. The ACCOA/Sunrise Center building will be closed on November 27 & 28 to celebrate with family and friends what we are thankful for.

As always, if you have any questions or concerns please feel free to reach out to me directly. My Door is always open.

Wendy Bain

Executive Director

ALCONA COUNTY
COMMISSION
ON AGING

"Promotional" Membership Cost:

1. Alcona Seniors - $15/month ($90/six months or $180/year) 2. Alcona Non Seniors - $20/month ($120/six months or $240/year) 3. Out of County Seniors - $25/month ($150/six months or $300/year) 4. Out of County Non-Seniors - $30/month ($180/six months or $360/year) 5. Alcona "Family" Memberships (Three +) - $35/month ($210/six months or $420/year)
6. Out of County "Family" Memberships (Three +) - $40/month ($240/six months or $480/year)

Day Use/ Daily Passes

1. Alcona Residents (all ages) - $5
2. Out of County Residents (all ages) - $10
3. "Group" pass (up to four) - $20

*Please reach out for discounted group rates and Home Town Hero rates.

We are now taking memberships. Effective August 1st . Please allow for some adjustments to take place over the next couple of months. We will be extending hours after September 1st (Labor Day). We have staff on hand at 6:00 AM until 9 PM Monday- Friday! We are also hoping to have the gym open on Saturday and Sunday in the future. We look forward to seeing you!

National Adoption Month is...

theentire monthof November, and its purpose is toraise awareness about adoption and encourage families to consider adopting children from foster care. During this month, organizations highlight the need for permanent families and celebrate those impacted by adoption, with National Adoption Day typically falling on a Saturday in late November, though a specific date for the 2025 holiday hasn't been consistently identified across all sources.

November 22, 2025 is...National Adoption Day

- **Purpose:** To shine a light on the many children waiting for permanent, loving families.
- **Activities:** Events are held nationwide to educate the public, recruit adoptive families, and celebrate those who have adopted.
- **Focus on Youth:** This month often emphasizes the importance of adopting older children and teens, who often wait longer for a permanent home.
- **National Adoption Day**: A specific day within the month dedicated to finalizing adoptions and celebrating the children who have found their forever families.

IN MEMORY OF ...

Are you interested in placing a special message in memory of a loved one or friend?

Please send in your message and photos to blackwoodk@alconaseniors.org

We will proudly and with honor display your heartfelt messages in our newsletter.

Perhaps you would like to share
a proud moment or a Special Occasion? Wedding?
Anniversary? Graduation? Achievement? Birth?

We would be honored to share in your joy!

These are the Services We are able to provide... THANKS TO YOUR DONATIONS!!

Congregate Meals

A hot, well-balanced meal is provided for our congregate participates. Each meals provides one-third of the daily required nutrients for senior citizens. Dinner is served at 4:00 pm. Please call ahead by 12pm to reserve a hot meal.

Home Delivered Meals

Hot meals, sack lunches, frozen meals and emergency meals are available for seniors who are homebound and unable to prepare meals. An assessment with our In-home Service Coordinator is required. These meals are prepared at the Lincoln Senior Center and delivered throughout the county by ACCOA employees.

Kinship

A Program to assist adults age 55 and up, raising relative children. Two requests per year may be made per child. This program is funded in part by the U.S. Administration on Aging through Michigan Aging and Adult Services Agency and Region 9 Area on aging. For more information, call 989-736-8879.

Respite

Provides companionship, supervision and assurance to elderly person while allowing the primary caregiver relief from his or her duties of homemaking. Meal prep and personal care.

Home-making

Provides assistance with routine activities to maintain a clean and safe environment for the older individual to live in. This includes light house-keeping, shopping, meal preparation and laundry.

Personal Care

Aiding with activities of daily living such as assistance with bathing, dressing, grooming, eating, and ambulatory needs

11
NOV

ALCONA COUNTY
COMMISSION
ON AGING

BREAKFAST SERVED
8:30AM-
10:00AM

VETERANS DAY BREAKFAST

Serving Breakfast casseroles, hash browns, juice, and coffee

$7.00 PER PLATE AND $5.00 PER PLATE FOR VETERANS OR ACTIVE MILITARY

PLEASE RSVP OR STOP BY TO PRE-PAY FOR YOUR BREAKFAST BY 11/6/25

HONORING ALL WHO SERVED

LOCATED AT THE ACCOA DINING HALL
CALL MEGAN AT 989-736-8879 EXT 0 FOR MORE INFO
OR TO RSVP by 11/6/25

807 N Barlow RD Lincoln, MI 48742

Don't forget to RSVP for

Thanksgiving DINNER

November 20th 4-5 pm

Dinner served will be Turkey, Mashed potatos with gravy, stuffing, and green beans

Meal cost: For persons 60 and over suggested $4.50 donation, for persons 59 and under $8 cost

At 807 N Barlow Rd, Lincoln, MI 48742
RSVP to 989-736-8879 ext 0 by 11/12/25.

This month aims to raise awareness about diabetes, educate the public about the disease, and support individuals living with diabetes. **It also encourages people to take steps to prevent or manage diabetes, such as: Eating a healthy diet, Exercising regularly, Maintaining a healthy weight, and Getting regular medical checkups.**

For many, a diagnosis of diabetes brings shock and worry about costs, care and how life will change. **The ADA** is here with resources to meet people where they are, offering nutrition and diabetes education, mental health encouragement, and evidence-based recommendations for diabetes treatments and technologies. *"While the statistics are stark, this American Diabetes Month we're reminded that behind every number is a person, likely someone you know or love, with their own story. It's a friend struggling to afford insulin, a child placing an insulin pump for the first time, or a neighbor who just learned that diabetes is causing their blurred vision. At the American Diabetes Association, we're fighting for a cure for all of them,"* said **Charles "Chuck" Henderson, the ADA's chief executive officer.**

Thanksgiving is an American holiday centered on expressing gratitude, primarily through a large feast shared with family and friends, and for community and generosity. Rooted in a historic 1621 harvest festival between English colonists (Pilgrims) and Native Americans, the holiday has evolved into a broad celebration of life's blessings, fostering togetherness and acts of kindness.

Grateful,
Thankful and Blessed

NOVEMBER IS

NATIVE AMERICAN HERITAGE MONTH

Let your voice be heard!

It is a time to celebrate the traditions, languages and stories of Native American and Alaska Native communities and ensure their rich histories and contributions continue to thrive with each passing generation. This November and every month, we celebrate the culture and heritage of these remarkable Americans who deeply enrich the quality and character of our Nation. We celebrate Indian Country with its remarkable diversity of American Indian and Alaska Native cultures and peoples while remembering and honoring our veterans who have sacrificed so much to defend our Nation.

NOVEMBER 15 – ROCK YOUR MOCS DAY

This Bench was donated by Delores Schlicker, Board Member for ACCOA. It was handcrafted by LeRoy Pinder, also a Board Member of ACCOA. This Bench is dedicated in memory of Helen Sharboneau who was the founder of Alcona County Commision on Aging and the 1st Executive Director. Helen is also the mother of Delores and the Aunt of LeRoy. Thank you so much for the beautiful addition to our brand new beautiful building.

Cold Weather Safety for Older Adults

Preventing unsafe exposure to cold outdoors

Here are some tips for keeping warm when the temperature drops outside:

1. Check the weather forecast for windy and cold days. A heavy wind can quickly lower your body temperature — try to stay inside or in a warm place.
2. If you must go out on windy, cold, or damp days, don't stay outside for long.
3. Let others know when you're planning to spend time outdoors and carry a fully charged mobile phone.
4. Keep warm blankets and extra cold-weather clothing in your car.
5. Wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head and hands. Also consider using disposable or rechargeable hand- and foot-warming products.
6. Wear warm and loose layers of clothing. The air between the layers helps to keep you warm.
7. Wear a waterproof coat or jacket if it's snowy or rainy.
8. Change out of damp or wet clothes as soon as you can.

Staying warm indoors

- About 20% of injuries related to exposure to cold occur in the home. Here are some tips to help keep warm:
- Set your heat to at least 68°F. Even mildly cool homes with temperatures from 60 to 65°F can lead to hypothermia in older adults.
- Place a rolled towel in front of doors to keep out drafts.
- Keep your blinds and curtains closed, and if you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days, even if you are staying inside. Wear socks and slippers and make use of throw blankets.
- When you go to sleep, use extra covers. Wear long underwear under your pajamas and consider wearing a head covering.
- Make sure you eat enough food to maintain your weight — some body fat is necessary for staying warm.
- Avoid or limit alcohol intake. Alcoholic drinks can make you lose body heat.
- Ask someone to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.
- You may be tempted to warm your room with a portable space heater, but some space heaters are fire hazards or can increase the risk of carbon monoxide poisoning.

Source: National Institute on Aging

Are you 55 years of age or older and wish to volunteer in your community?

Consider becoming an AmeriCorps Seniors Volunteer and joining a network of wonderful volunteers serving in your community. We have three programs available to best suit your interests and circumstances:

For more informatio n: wwww.nemcsa.org or call 1-877-222-9043

Empowering those 55+ to serve and thrive

Classroom Grandparent Program(FGP) -Volunteersservechildren withspecial or exceptional needs in supervised classrooms and Head Start Centers.

*Schedule of 20 hours per week. *Non-taxable stipend of $4.00 per hour. *Mileage reimbursement to and from service. *Supplemental/excess insurance during service *Annual recognition event. income eligibility requirements apply

*Placements tailored to your skills and interests. *Flexible schedule. *Supplemental/excess insurance during service. *Mileage reimbursement. *Annual recognition event. You choose how and where you'd like to serve! *Excludes Otsego County

Senior Companion Program(SCP) -Volunteers provide friendship, socialization and companionship to other seniors who would benefit from increased socialization

*Schedule of 20 hours per week. *Non-taxable stipend of $4.00 per hour. *Mileage reimbursement to and from service. *Supplemental/excess insurance during service *Annual recognition event. income eligibility requirements apply

ALCONA COUNTY
COMMISSION
ON AGING

Pickleball courts are now available!

Notice Wendy Bain, our executive director, christening the courts!

ALCONA COUNTY
COMMISSION
ON AGING

Pickleball courts are now available!

Would you be interested in connecting with other Pickleball players? Download the TeamReach App and connect with our Group Code:

ACCOAPB1

Scan the QR code to download the App

ACCOA Cornhole Events

Social dates-10/24/25,11/7/25 , 11/21/25,12/5/25,and12/19/25

($15per Player ($5 from everyplayer goes towards venue fee and Director revenue)

Format: 6-Game Round Robin(you do not need a partner)

**Winner Payout- contingent on number of players participating

Starting 1/2/26- 6wk Team Competition/ Tournamen t league, bring your own partner

$120 Team Social (weekly $20) / $160 Competitive league

**Requires 6 teams per division, or divisions will need to be combined

Register at6pmStartat6:30pm for both Social and League events

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YOU HAVE OPTIONS!

The transition program is open to anyone living in a nursing facility who requests to return to their own home or to find a less restrictive, more independent environment.

We provide a wide variety of support services so you can get back into your community:

Adaptive Equipment, Clothing & Furniture, Rent & Housing Assistance, Food Purchasing, Access Ramps, Recreational Opportunities, and much more!

We provide services in Alcona, Arenac, Bay, Clare, Gladwin, Gratiot, Iosco, Isabella, Midland, Ogemaw, Roscommon and Saginaw counties.

989-835-4041

Visiting ACCOA to answer questions on November 24th at 1pm

Alcona County Commission on Aging

September 23, 2025 Regular Board Meeting

Call to Order by President Schlicker at 10:04 am
Pledge of Allegiance
Roll call

- Treasurer Rolland Lynch – Present
- Director Leroy Pinder – Absent (excused)
- Director Laurie Szczesny – Absent
- Director Ty Damon - Present
- President Delores Schlicker – Present
- Secretary Dr. Robert Turek – Present
- Director Kelly Von Fintel – Absent
- Member-at-Large Commissioner Carolyn Brummund – Present

Also present – Executive Director Wendy Bain, and nine members of the public

Approval of Agenda

- Motion by Damon, seconded by Lynch, to approve the Agenda as amended
  Motion Passed

Approval of Meeting Minutes

- Motion by Damon, seconded by Lynch, to approve the August 26, 2025 Regular Meeting minutes
  Motion passed

- Motion by Damon, seconded by Lynch, to approve the September 09, 2025 Special Meeting minutes
  Motion passed

Public Comment Period – Tenant Fae White spoke regarding an ongoing issue with her telephone.

Update on the New Building Project by Andy Shaw

Report by Commissioner Brummund – Budgeting process is ongoing.

Executive Director's report

- New budget presented to the Board. It is a work in progress.
- Ty is working on a "Tree Beautification" grant from DTE.
- Gym Memberships – 200 Alcona County residents, 21 Out-of-County residents, 26 Day passes also have been purchased.
- Hours have increased to 6 am to 9 pm. Working on getting weekend hours going.
- Several meetings have been held, and are scheduled to be held in the Conference Room. A wonderful dinner was prepared by the new ACCOA chef.
- Cardio Drumming has started in the gymnasium as there have been many attendees. Wendy obtained a $2400 grant to purchase supplies for these classes.

- Surveys are being distributed to determine if Congregate Meal lunches or dinners are more preferable. All other are centers provide lunches, not dinners.
- Carry out meals have been done and more are planned.
- Ty has volunteered to fill a newly created position of ACCOA Director of Development.
- Wendy attended a walk-through of PACE facilities in Alpena.
- Possible government shutdown in October would affect funding. Community Services Block Grant funding has been cut by 29 million dollars.
- Still a shortage of Direct Care Workers to meet the rising number of requests for services.
- Transportation bus has been sold and ACCOA got the expected dollar amount. Thanks go out to Len Bobick.
- 2314 meals served in August, 406 being Congregate. This was an increase of 101 over July totals.

- Motion by Damon, seconded by Lynch, to approve the budget as presented by Wendy, with acknowledgement that continued work and alterations will be forthcoming and ongoing.

  Roll Call Vote
  - Turek – Yes
  - Schicker – Yes
  - Lynch – Yes
  - Damon – Yes

  Motion passed

Treasurer's Report

- Motion by Turek, seconded by Damon, to accept the Treasurer's Report as provided, subject to audit.

  Motion passed

Committee Reports

- Finance Committee – Committee recommendations were voted upon and approved at the September 09, 2025 Special Meeting.

Unfinished Business

- Motion by Damon, seconded by Lynch, to approve up to $1000 to make safety and accessibility improvements to front parking lot and sidewalk, in lieu of a complete second coat of paving.

  Roll Call Vote
  - Turek – No
  - Schlicker – Yes
  - Lynch – Yes
  - Damon – Yes

  Motion passed

- Director Damon reports that efforts at decorating the Sunrise Center are proceeding, with more promotion being needed to get more interest. Update by Director Damon as to the
- status of moving and utilizing the generator at the new building for the purpose of protecting walk in cooler and freezer. Update by Director Damon on the fitness center
- scholarships being offered by Dr. John Matey and his wife Alicia Ulrich. The Board resolved to send a Thank You letter for the generous gift. Discussion regarding paying outstanding tradesmen and vendor bills. Director Damon reported that an attorney has been contacted and more concrete steps in this direction are expected within one week.
-

New Business –

- Motion by Lynch, seconded by Schlicker, to have Director Damon continue on as Board representative in dealing with building project bills and expenditures.
  Motion passed (Damon recused himself)

- Motion by Damon, seconded by Lynch, to have Secretary Turek continue on as the point of contact pertaining to any ongoing legal proceeding.
  Motion passed (Turek recused himself)

Public Comment Period – A question was asked as to whether there will be street lights in the bungalow area as well as finishing of the lawns. Elizabeth Connolly had several questions regarding the construction project. Andy Shaw discussed alternate idea for temporary lining of the pickleball courts.

Director Final Comments & Concerns-

- Director Damon speaks about his new position of ACCOA Director of Development and some project funding he is working on, as well as further updates on decoration of the Sunrise Center moving forward.
- Secretary Turek comments regarding tenant concerns and complaints and ACCOA responsibilities, or lack thereof, as a landlord. He also suggested detailed questions be directed to, and answered by, the developer if possible.

Motion by Turek, seconded by Damon, to adjourn
Motion passed at 11:55 am

Meeting adjourned until the 10 am, October 28, 2025 Regular Board Meeting.

_____

Mike Szczepanowski, Board Secretary

Sunrise Side Massage Therapy

1260 N Hubbard Lake Rd, Lincoln, MI 48742

989-312-5772 - by appointment only

BLENDED THERAPEUTIC MASSAGE
~60 min: $60 90 min: $90
Swedish/deep tissue fusion massage with a full hot steam towel treatment.

SCENT OF THE MONTH MASSAGE PACKAGE
~ 90 min: $98
Your 90 minute session begins with the current month's 60 minute Aromatherapy Blended Therapeutic Massage accompanied by 30 minutes of luxurious hot coconut oil & shea butter hand and arm treatment AND a foot and calf exfoliation and emollient massage to transport you to St. Elsewhere! Heavenly!
~make this CBD based with all components CBD (lotion/eco-fin paraffin and scrub) for an additional $20 ($118)

HOT STONE THERAPY
~ 60 min: $70 90 min: $105
This massage unique techniques that incorporate hot basalt river stones, warmed lotion and massage to unravel tension in the body for a highly relaxing experience.

STRESS-LESS CBD MASSAGE
~60 min: $75 90 min: $105
Engage the deeply nourishing benefits of CBD with massage. We are proud to offer you our special CBD (cannabidiol) hemp lotion. This lotion is non-psychoactive; does not produce the body high. Hemp is known to have significant medical benefits for joints and soft tissues. You can diminish tension, pain, injuries, and chronic ailments while hydrating your skin!

SAUNA FAR INFRARED WITH CHROMATHERAPY
~15min - $8
~30min - $16
~45min - $24

ECO-FIN PARAFFIN DIP & MASSAGE
~ 30 minutes ~ Hands or Feet: $30
~ 60 minutes ~ Hands and Feet: $60

AROMATHERAPY ~ Essential Oil Enhancement Add-On $5

BLENDED MASSAGE SESSIONS SERIES
(one person only, not to be shared)
~ Three - 60 minute massages for $165
~ Three - 90 minute massages for $255
~ Six - 60 minute massages for $330
~ Six - 90 minute massages for $510

Packages, Series & Gift Certificates Available

Sunrise Side Reflexology

1260 N Hubbard Lake Rd, Lincoln
between Ritchie and Trask Lake Roads

989-312-5772

By Appointment Only

REFLEXOLOGY
~ 60 min - $50
Reflexology uses gentle pressure on specific points along your feet (and possibly on your hands or ears as well) to help you feel better. The benefits of reflexology include its ability to stimulate nerve function, increase energy, boost circulation, induce a deep state of relaxation, eliminate toxins, stimulate the central nervous system, prevent migraines, clean up urinary tract conditions, speed-up recovery after injury or surgery, help relieve sleep, and that helps your body work better. It's also known as zone therapy.

REFLEXOGY *PLUS*
~ 75 min - $65
Finish your 60 Reflexology appointment with an Exfoliating Foot Scrub and nourishing lotion application to revitalize and protect your skin with aromatherapy benefits:

Choose from:
~ ***Grapefruit*** - Boost Circulation and reduces inflammation. Works as a natural energizer and mood booster.
~ ***Peppermint*** - Relieves muscle and joint pain. Great for colds, sinus and has other respiratory benefits. Increases energy. Improves skin health as well.
~ ***Lavender*** - Relaxing, Calming and Peaceful. Great for mind and body functions. Aids in better sleep. Lowers inflammation. Speeds in healing. Reduces pain.
~ ***CBD*** - Diminish tension, pain and chronic ailments with non-psychoactive hemp derived CBD while exfoliation and hydrating. ***(add $10)***

The soles of our feet have much larger pores than the rest of our body. This means they act a little like sponge, soaking up the health-giving compounds in the oils and quickly feeding them into our bloodstream.

According to the ancient practice of reflexology, every nerve line in the body ends in your feet. Specialists in reflexology maintain that certain areas of the feet correspond to the body's organs. Thus by applying essential oils to your feet, it's possible that these oils may have a stronger, more beneficial effect on certain areas of the body.

SERIES OF REFLEXOLOGY SESSIONS
(one person only, not to be shared)
~ Three - 60 minute reflexology sessions for $135
~ Six - 60 minute massages for $270

Reflexology is not just a "foot rub;" it's a loud and persistent Invitation for the Body to return to Wholeness.

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Please put on the check memo: "Newsletter/size of ad". If your agency is a nonprofit the fee will be waived.

Checks can be mailed to the address below: Alcona County Commission on Aging
PO Box 218
207 Church street Lincoln, MI 48742

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DEER WIDOWS CRAFT MARKET

Join us for a delightful and unforgettable fall market experience, featuring a wonderful selection of seasonal goods, including ACCOA's freshly baked bread, crafts, and locally sourced items!

November 15th, 2025

10:00 AM - 3:00 PM

Patrons are encourged to bring cash
For more information, please call Megan at 989-736-8879 ext 0
or email richterm@alconaseniors.org

Scan the QR code to check out our event page

Located at 807 N Barlow Rd Lincoln, MI 48742

KINSHIP CARE PROGRAM

A program to assist adults age 55 and up, raising relative children.

Guidelines:

- ✔ Two requests per year may be made per child.
- ✔ There is a limit of $300 per request.
- ✔ Requests for Clothing, Tutoring, Music Lessons, Sports, School Outings, Camps and more.

For more information contact:

Alcona County Commission on Aging
Phone: 989.736.8879

ALCONA COUNTY COMMISSION ON AGING

This program is funded in part by the U.S Administration on Aging through Bureau of Aging, Community Living, and Supports (ACLS Bureau) and NEMCSA Region 9 Area Agency on Aging.

A.C.C.O.A.'s Annual

Christmas Giving Tree

Be an Angel to a Kinship family in our community this year!

Pickacardfromourtree, Filleachwish ofthat family. Please wrapeachgiftand

name tag them too, no need to say from who,
an angel never asks for credit due.

Drop your gifts off at the A.C.C.O.A. with the families card you were so generous to address,

thank you for your kindness and God Bless!

Oh, I wish I was an Angel for a family on the tree, Oh I wish I was an Angel for a family on the tree, I'd give every parent, girl and boy lots of Christmas peace and joy.

Starting November 11th-Visit the ACCOA in Lincoln, MI or Contact the Kinship Coordinator -Kristie @ 989-736-8879 for further information

EAST COAST FITNESS AND DRUMMING

NowOffering

CARDIODRUMMINGCLASSES

Now offering Tuesday Morning classes starting 10/28/25

Classes held Tuesday & Thursday Mornings,
and Monday & Wednesday evenings

Registration: 9:00 AM on Tues & Thurs|Class Tues & Thurs: 9:30 AM
Registration: 5:30 PM on Mon & Wed|Class Mon & Wed: 6:00 PM

Class Cost: $5

Class Located atSunriseCenter Gymnasium
at 807 N Barlow, Lincoln MI 48742

Equipmentisavailableif youdonothave
your own.

Cardio Drumming is for **everyone** atanyage.

You can sit in a chair and still get a great workout.

This isa **judgement-free**class — work at yourown pace. We drum, use light weights, and even do floor workouts. All routines can be modified to meet your needs.

Instructor/Coach:Josie Agnello-Schmidt 989-335-0094

Sweat For The Sideline

A FITNESSFUNDRAISERBENEFITINGALCONA TIGERS CHEER!

TUESDAY,NOVEMBER 11TH

6:00-7:00PM

$5 donation at the door

ClassLocated atSunriseCenter Gymnasium at 807 N Barlow, Lincoln MI 48742

7:00-8:00PM

RAFFLE BASKETS and 50/50

SUPPORT THE SQUAD!

Join The FunWithEast Coast Fitness and Drumming, Coach Josie As She Leads In Cardio Drumming

To Sign Up Contact:
East Coast Fitness and Drumming
989 335 0094 or Coach Adrienne Boyd 989-370-2079
*limited equipment available please let us know if you're in need.

Come out to the ACCOA and test your skills!
Sign up for Beginners line dancing with
instructor/Choreographer Gaylynn Brenoel !

Every Thursday
Classes will run from **1:00-2:00 pm**
Cost is $5 per person/per class

**If interested please call Rae,
Our ACCOA Events Coordinator
at **989-736-8879 ext 115 or
989-335-8806 to sign up!**

TURNING 65 SOON? NEED TO REVIEW YOUR MEDICARE ADVANTAGE PLAN OR DRUG(PART D) PLAN ?

Medicare can be very overwhelming... the "flashy ads" and misinfor- mation can be confusing and misleading. But, it doesn't have to be! Learn and ask questions at one of our "Let's Talk about Aging" webinars

OPEN ENROLLMENT 2026 STARTS 10/15/25

This Free education is available at ACCCOA-SUNRISE CENTER or fromthecomfort of your own home via webinar!

SEPTEMBER 10– 10 a.m.
OCTOBER 8 -10 a.m.
NOVEMBER 12– 10 a.m.

CALL TO SIGN UP TO ATTEND IN PERSON AT THE SUNRISE CENTER-LINCOLN ON ONE OF THE DATES ABOVE 989-736-8879 EXT 4

OR

SENDYOUREMAILADDRESSTOFLEMINGK@ALCONASENIORS.ORG TO RECEIVE THE LINK SO YOU CAN WATCH FROM HOME.

The ACCOA building has a lot of empty walls in need of some beautiful artwork to add some flare to our new space and we are looking for local artists who would like to display their work in our beautiful new building.

If you or someone you know is a local artist who would be interested in donating or displaying your work please reach out to Ty Damon at:

damont@alconaseniors.org

November

EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
3. Bingo @2PM Cardio Drumming register@ 5:30P-class at 6P	4.Cardio Drumming register @9AM class @ 9:30Am Euchre @ 12:30 sharp	5.Cardio Drumming register@ 5:30P-class at 6P	6. Cardio Drumming register@ 9am-class @9:30AM Line dancing at 1PM	7. Cornhole social @6PM -$15 per player
10. Cardio Drumming register@ 5:30P-class at 6P	11.Veterans Breakfast @8:30AM-10AM Cardio Drumming register@ 9am-class @9:30AM Euchre @ 12:30 sharp Sweat For the Sideline@6p-8p	12.Medicare Webinar @10am Drumming Cardio Drumming register@ 5:30P-class at 6P	13.Cardio Drumming register@ 9am-class @9:30AM Line dancing at 1PM	14.
17.Mobile Secretary of State visit 10:30a-2p Bingo @2PM Cardio Drumming register@ 5:30P-class at 6P	18. Cardio Drumming register@ 9am-class @9:30AM Euchre @ 12:30 sharp	19.Cardio Drumming register @5:30P-class at 6P	20.Cardio Drumming register@ 9am-class@ @9:30AM Line dancing at 1PM Quilting club@2pm	21.Cornhole social-$15 per player
24.Board Meeting @10AM Disability Network Presentation@1PM Cardio Drumming register@5:30P class @6pm	25. Cardio Drumming register @9AM class @9:30AM Euchre @ 12:30sharp	26.Cardio Drumming register@ 5:30P-class at 6P	**27.CLOSED FOR HOLIDAY** 	**28.CLOSED FOR HOLIDAY**

Please preregister for Medicare webinare w/ Kim 989-736-8879 EXT 4

Line Dancing is on Thursdays at 1 PM in the gymnasium it is $5 per class, contact Rae, the events coordinator, for more information at 989-736-8879 ext 115.Cardio Drumming is available Tues & Thurs Mornings and Mon & Wed evenings $5 per class. Membership or day pass is not required to attend classes.

Pickleball group meets Monday, Wednesday & Friday from 9am-11pm

Saturday, Nov 15th Deer Widows Craft Market at the Center 10AM-3PM

MON - THURS
MEALS SERVED BEGINNING AT 4PM THRU 5 PM
PLEASE CALL BY NOON FOR RESERVATIONS
No Membership required
(989)736-8879

NOVEMBER

OVER 60, SUGGESTED DONATION IS $4.50 PER MEAL
Under 60, meals are $8.00
HOME DELIVERED MEALS CALLED IN BY 8 AM
Monday - Thursday
(989)736-8879

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Pulled Pork Sandwich Baked Beans Vegetable Fruit 3	Baked Chicken Rice Pilaf Vegetable Fruit 4	Beef and Barley Soup Vegetable Fruit 5	Fish Almondine Scalloped Potatoes Vegetable Fruit 6
Cheesy Chicken Broccoli Casserole Rice Vegetable Fruit 10	Spaghetti w/ Meat Sauce Tossed Salad Fruit 11	Pork Chops Potato Lyonnaise Vegetable Fruit 12	Stuffed Cabbage Buttered Noodles Vegetable Fruit 13
Chicken Noodle Soup Vegetable Fruit 17	Taco Salad Tortilla Chips Fruit 18	Reuben Sandwich Pasta Salad Vegetable Fruit 19	Turkey Dinner Mashed Potatoes w/ Gravy Stuffing Green Beans Dessert 20
Brats Potato Salad Vegetable Fruit 24	Chicken Parmesan Pasta Vegetable Fruit 25	Cheeseburger Fries Vegetable Fruit 26	We will be Closed for Thanksgiving 27

All Meals include milk, bread, and butter according to guidelines
Menu is subject to change due to food availability
Federal and state grants cover only a portion of the meals we provide. Donations are important to ACCOA

MON - THURS
MEALS SERVED BEGINNING AT 4PM THRU 5 PM
PLEASE CALL BY NOON FOR RESERVATIONS
No Membership required
(989)736-8879

To cancel meals for the day please call: 989-736-8879

OVER 60, SUGGESTED DONATION IS $4.50 PER MEAL
Under 60, meals are $8.00
HOME DELIVERED MEALS CALLED IN BY 8 AM
Monday - Thursday
(989)736-8879

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Thanksgiving
SCATTERGORIES GAME

Write down a Thanksgiving themed word that begins with each letter of the alphabet.

A	_____	N	_____
B	_____	O	_____
C	_____	P	_____
D	_____	Q	_____
E	_____	R	_____
F	_____	S	_____
G	_____	T	_____
H	_____	U	_____
I	_____	V	_____
J	_____	W	_____
K	_____	X	_____
L	_____	Y	_____
M	_____	Z	_____