OCTOBER 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.

Board of Directors

PRESIDENT -OPEN

VICE PRESIDENT- DELORES SCHLICKER

SECRETARY- OPEN

TREASURER- ROLLAND LYNCH

DIRECTOR- LEROY PINDER

DIRECTOR - KELLY VONFINTEL

DIRECTOR -OPEN

DIRECTOR -LAURIE SZCZESNY

COMMISSIONER- CAROLYN BRUMMUND

EXECUTIVE DIRECTOR -WENDY BAIN

NEW MEMBERS::

RYAN MENDYKA

KEN KOSAL

MIKE SZCZEPANOWSKI

KARINA SHARBONEAU

Our Programs:

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

Newsletter editor- Kristie Blackwood

Autumn's bounty .....

· **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 All,

Happy Fall! We are finally getting settled into our new home here at ACCOA/Sunrise Center. We appreciate all your suggestions that have been coming our way. We are still trying to work out kinks so please be patient with us.

One of the biggest questions is why do we not get homemade meals. We are working on that, we have added a couple new staff members to our kitchen and we have added some new items to our October menu that we hope you all will enjoy. Our congregate dinners are served from 4 pm to 5 pm Monday through Thursday.
We are still playing Bingo every other Monday afternoon, and Euchre is every Tuesday at 12:30 pm.

The Sunrise Center is now open from 6 am to 9 pm. We are now offering Cardio Drumming on Monday and Wednesday from 6 pm to 7 pm with Josie Schmidt. We have line dancing on Thursdays from 1pm to 2 pm with Gaylynn Brenoel. We are working on getting Yoga, Tia Chi, and a Friday night corn hole league. We also have 5 pickle ball courts available. We do have paddles and balls available if you have never played and want to try your luck. If you are interested in holding an event or classes in our facility please reach out to Rae Emmerson, our Event Planner at 989-736-8879.

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!

Autumn's Arrival

We Celebrate autumn to give thanks for the years harvest, acknowledge the balance and transition between seasons, and prepare for the coming cold months.

Come Little Leaves
by George Cooper

"Come little leaves,", said the wind one day,
Come O'er the meadows with me and play: Put on your dresses of red and gold, For summer is gone and the days grow cold.

Soon as the leaves heard the wind's loud call,
Down they came fluttering, one and all: Over the brown fields they danced and flew, singing the glad little songs they knew.

"Cricket, goodbye, we've been friends so long:
Little brook , sing us your farewell song: Say you are sorry to see us go: Ah, you will miss us, right well we know.

"Dear little lambs in your fleecy fold, Mother will keep you from harm and cold: fondly we watched you in vale and glade: Say, will you dream of our loving shade? "
Dancing and Whirling , the little leaves went:
Winter had called them, and they were content: soon, fast asleep in their earthy beds,
The snow laid a coverlid over their heads.

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 activates 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

Alcona County Commission on Aging

August 26, 2025 Regular Board Meeting

- Call to Order by President Schlicker at 10:06 am
- Pledge of Allegiance
- Roll call
    - Treasurer Rolland Lynch – Present
    - Director Leroy Pinder – Absent excused (enters meeting at 10:54)
    - Director Laurie Szczesny – Present
    - Director Ty Damon - Present
    - President Delores Schlicker – Present
    - Secretary Dr. Robert Turek – Present
    - Director Kelly Von Fintel – Present
    - Member-at-Large Commissioner Carolyn Brummund – Present

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

- Approval of Agenda
    - Motion by Damon, seconded by Von Fintel, to approve the Agenda as amended
        - Motion Passed

- Approval of Meeting Minutes
    - Motion by Damon, seconded by Von Fintel, to approve the July 22, 2025 Regular Meeting minutes
        - Motion passed

- Public Comment Period – None

- Update of the New Building Project by Andy Shaw

- Report by Katlyn Franks, NEMCSA Financial Services Analyst as well as by Wendy Bain, for Kim Fleming, ACCOA Region 9 AAA Representative
    - Two grants awarded from NEMCSA, one for Cardio Drumming ($2427) and one for Respite Care ($9110)
    - Sept 11th is Region 9 AAA meeting for Directors held at PACE offices in Alpena
    - Wendy and Megan will be attending a Consumers Energy funded "Grant Writing" workshop, as well as NEMCSA initiated training later this year regarding obtaining funding.

- Report by Commissioner Brummund – There is a new Treasurer and Deputy Treasurer and a new Prosecuting Attorney will be fully on board next week.

- Executive Director's report
    - 2476 meals served in July, 307 being Congregate.
    - Ty has made initial grant application for an up to $250,000 grant from Consumer's Energy for the purpose of "Community Beautification" encompassing such things as raised garden beds, a gazebo, paved walkways and comprehensive landscaping throughout. He is also pursuing grant opportunities for a generator for the complex.
    - Wendy and Patti are working on bringing back a Blood Bank/Draw program

- "Hometown Heroes" being offered a 10% discount on yearly gym memberships include personnel such as Fire Departments, Police Officers/Deputies, 911, Emergency Personnel and First Responders.
- More events being scheduled by Rae including weddings, meetings, baby showers and other events
- In need of more Direct Care Workers. Twenty-eight people now on waitlist.
- Change of daily Congregate Meal to lunchtime occasionally as well as occasional breakfasts being considered. Friday nights as well.
- Saturday August 2nd was the date for the Annual fundraiser for WxTF radio station and went "great".
- 121 Alcona resident gym memberships have been sold (63 of which are age 60+) as well as 15 out-of-county memberships and 26 day passes.
- Former Director Pam MacKinnon donated two "Bouncy Houses" for use for birthday party rental. Insurance requirements will be researched.
- Beginning Tuesday September 2, gym hours expand to 6 am – 9 pm. Weekend hours to be added later.
- ACCOA portion of complex will be closed on Friday September 5th for a required all-staff meeting. Gym side will be open.
- Bus has been advertised online for 10 days, and was prepped, repaired and detailed by Len Bobick and his staff. It will be placed on auction sites.

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

- Director Szczesny presents some recommendations for changes to the Treasurer's Report.
  - Motion by Damon, second by Turek, to have Rolland, Laurie and Wendy meet, potentially including input from accountant, to discuss potential upgrades to Treasurer's Report, and then report back to the Board.
    - Motion passed

- Committee Reports
  - Nominating Committee – Laurie, on behalf of the Committee, presents to the Board a slate of eight candidates for the upcoming yearly election.
    - Motion by Damon, second by Laurie, to accept the list of candidates as presented
      - Motion passed

  - Finance Committee – report submitted. Ty reviews the multi-page report he authored, along with a list of recommended actions that the Board authorize be taken.
    - Motion by Damon, seconded by Laurie, to accept the list of recommended actions proposed by the Finance Committee in regards to Building Project construction matters.
      - Motion passed

    - Ty reviews a letter from AAA CU in which they decline to offer the ACCOA a Line of credit.

  - Personnel Committee – report submitted

- Unfinished Business
    - Ty reports that efforts at decorating the Sunrise Center are proceeding, with more promotion being needed to get more interest.

    - Motion by Turek, seconded by Lynch, to give President Delores Schlicker the full settlement authority which had previously been given to Phil Potter to settle an outstanding legal matter if required
        - Motion passed

- New Business –
    - Motion by Damon, seconded by Pinder, to offer a 10% discount on yearly gym memberships to previously mentioned Emergency and Law Enforcement personnel "Hometown Heroes".
        - Motion passed

- Public Comment Period – Sharon Morgan brings up a question on available first aid. Wendy replies that there are First Aid stations present with more being added. Defibrillation units also on premises. Stephanie Ford speaks about the possibility of yoga and other classes being offered. Andy Shaw speaks about the features being offered on the GymMaster program very soon to be implemented.

- Director Final Comments & Concerns-
    - Director Damon thanks those running for Director positions and emphasizes the need to advertise the candidates and the election.
    - Director Pinder relates positive comments he has heard regarding the quality of the Building. Director Szczesny, Wendy and Commissioner Brummund offer similar positive sentiments they have heard.
    - Secretary Turek comments on the performance of Andy with the construction timeline, as well as his appreciation of those willing to run for the Board and the need to include those who do not win seats to be asked to serve on committees.
    - Treasurer Lynch comments that he has never seen so many applicants to be on the Board in his fifteen years.

- Motion by Lynch, seconded by Pinder, to adjourn
    - Motion passed at 11:42 pm

Meeting adjourned until the 10 am, September 23, 2025 Regular Board Meeting.

Dr. Robert Turek

Dr. Robert Turek, Board Secretary

BREAST CANCER

Let's Fight together

JOHN RATEY AND ALICIA ULRICH "SUNRISE CENTER WELLNESS SCHOLARSHIP"

As an MD, and former Professor of Psychiatry, John has devoted his life to the physical and mental well-being of others. His book, Spark: The Revolutionary New Science of Exercise and the Brain, highlights the numerous benefits of exercise, not only for the body, but in areas such as anxiety, depression, ADHD, as well as improving test scores for students to preventing cognitive decline as we age.

As local residents, John and his wife, Alicia, have experienced the benefits of the world-class fitness facility at the Sunrise Center, firsthand. They want to enable deserving residents of Alcona County, who may not be able to afford a membership themselves, to have the same opportunity by establishing a Scholarship. It will cover fully-funded fitness memberships for four individuals and one family.

The Scholarship is open to full-time residents of Alcona County (under 18 with permission of parents.) They may apply by submitting a letter or email detailing a brief biography about themselves and how they believe being fit and active will improve their lives.

Applications for consideration are being accepted now through October 24, 2025. Please send to Damont@alconaseniors.org or mail to Development Director, ACCOA, 807 N. Barlow Rd. Lincoln, MI 48742

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 information: 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

Retired Seniors Volunteer Program (RSVP) -America's largest volunteer network for people age 55 and older with over 300,000 volunteers tackling tough issues in their communities

*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

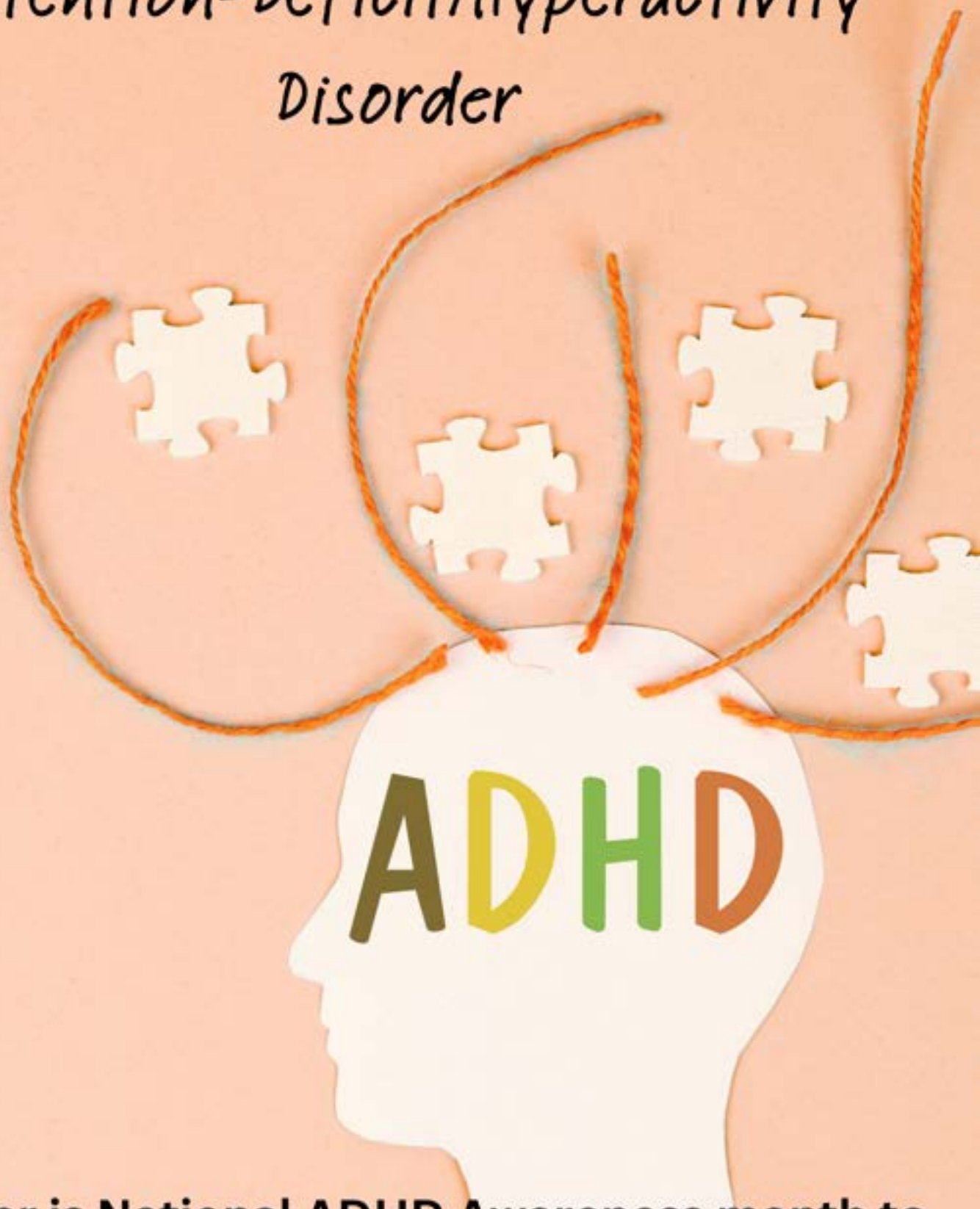
*Schedule of 20 hours per week. *Non-taxable stipend of $4.00 per hour. *Mileage reimbursement to and from service. *Supplemental/excess insurance during service *Annual recognition event. income eligibility requirements apply

ALCONA COUNTY
COMMISSION
ON AGING

Pickleball courts are now available!

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

Attention-Deficit/Hyperactivity Disorder



October is National ADHD Awareness month to Raise Awareness, reduce the Stigma, increase understanding, and empower individuals living with ADHD.

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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'l $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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Interested in having your business ad here? Please send a copy of your advertisement. $12 business card size, $25 Half page ad, $50 Full page ad, this will cover a years' worth of advertisement.

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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Happy Halloween

5 Little Pumpkins

Five little pumpkins sitting on a gate .
The first one said, “oh my its getting late!”
The second one said,”There are witches in the air.”
The third one said, “But, we don’t care!”
The fourth one said, “We’re ready for some fun!’
The fifth one said.” lets run and run and run!”
Then Woooo went the wind, and OUT went the lights and five little pumpkins rolled out of sight!

IT'S TRICK OR TREAT TIME!

Please be Safe!

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!

Pick a card from our tree, Fill each wish of that family. Please wrap each gift and 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

Now Offering

CARDIODRUMMINGCLASSES

Beginning Monday, September 15th

Classes held Mondays & Wednesdays

Registration: 5:30 PM | Class: 6:00 PM

Class Cost: $5

Class Located at Sunrise Center Gymnasium

Equipment is available if you do not have your own.

Cardio Drumming is for **everyone** at any age.

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

This is a **judgement-free** class — work at your own 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**

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 from the comfort 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

SEND YOUR EMAIL ADDRESS TO FLEMINGK@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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		Stuffed Peppers Cauliflower Buttered Noodles Mixed Fruit 1	FishSandwich Coleslaw Macaroni Salad Peaches 2
Grilled Chicken Rice Pilaf Zucchini Pears 6	Tuna Noodle Casserole Peas Roll Orange 7	Sloppy Joe Pickled Beets French Fries Banana 8	Salisbury Steak Vegetable Blend Mashed Potatoes Flavored Applesauce 9
Shepherd's Pie Corn Fruit Salad 13	Stuffed Shells Tossed Salad Mandrin Oranges 14	Chicken Salad Croissant Spinach Leaves Cucumber & Tomato Salad Greek Pasta Salad Grapes 15	Ham Carrots Scalloped Potatoes Cinnamon Apples 16
Sausage Gravy & Biscuits Mixed Vegetables Cottage Cheese Peaches 20	Beef Stroganoff Brussel Sprouts Tropical Fruit 21	Sweet and Sour Chicken Rice Asian Slaw Pineapple 22	Philly Cheese Steak Grilled Onions & Peppers Onion Rings Applesauce 23
Chicken Strips Peas Macaroni & Cheese Strawberries 27	Taco Salad Tortilla Chips Apple 28	Broccoli & Cheese Soup Turkey Sandwich Jello 29	Meatball Marinara Pasta Garlic Green Beans Mandarin Oranges 30

All Meals include milk, bread, and butteraccordingtoguidelines

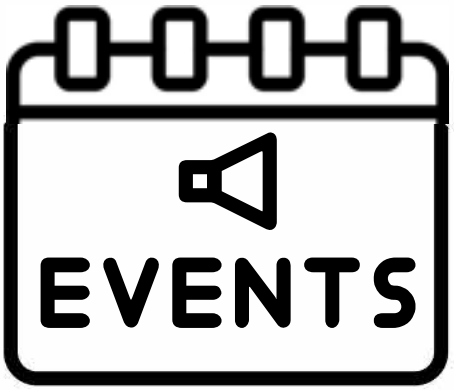
Menu is subject to change due to food availability

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



Monday	Tuesday	Wednesday	Thursday	Friday
29. Cardio Drumming @ 5:30P	30. Euchre @ 12:30 sharp	1.Cardio Drumming @ 5:30P	2. Line dancing at 1PM	3.
6. Bingo @2p Cardio Drumming @ 5:30P	7.Euchre @ 12:30 sharp Pick1eba11 expo @1PM	8. Cardio Drumming @ 5:30P	9. Line dancing at 1 PM	10.
13.Cardio Drumming @ 5:30P	14. Euchre @ 12:30p	15. Cardio Drumming @ 5:30P	16.Cardio Drumming @9:30AM Line dancing at 1PM Quilting Club @2PM	17.
20. Bingo@2pm Cardio Drumming @ 5:30P	21. Euchre @ 12:30 sharp	22. Cardio Drumming @ 5:30P	23. Cardio Drumming @9:30AM Line dancing at 1PM	24. ACCOA Cornhole Social Register @6p $15 per player
27.Prescription Takeback event 12:30pm-5pm Cardio Drumming @ 5:30P	28. Cardio Drumming @9 Board Meeting at 10AM Euchre @ 12:30p	29.Cardio Drumming @ 5:30P Fa11 Fun Event @ 5-7P	30. Cardio Drumming @9:30AM Line dancing @ 1PM	31.

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 Mondays and Wednesdays $5 per class. Membership or day pass is not required to attend classes.

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Name: _____

Scrambled Halloween

How many of these Halloween words can you unscramble?

1. uymmm _____
2. cwtih _____
3. kuippnm _____
4. lbcak tca _____
5. oegam _____
6. ttsaer _____
7. smarec _____
8. tecOrob _____
9. htosg _____
10. verdyagro _____
11. obo _____
12. ancyd _____
13. wowelfre _____
14. lflu oonm _____
15. mipevar _____
16. neloskte _____
17. bkcal tab _____
18. wecoscrar _____
19. nethadu _____
20. koypso _____