January ACCOA Newsletter

2026

Board of Directors

President -Ryan Mendyka

Vice President- Delores Schlicker

Executive Director -Wendy Bain

Secretary- Kelly VonFintel

Treasurer- Ken Kosal

Director- LeRoy Pinder

Director- Rolland Lynch

Director - Mike Szczepanowski

Director -Karina Sharboneau

Director -Laurie Szczesny

Commissioner- Carolyn Brummund

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

Happy New Year

Newsletter editor- Kristie Blackwood

Monday, Jan 19, 2026

The Sunrise Side Center is Open M-F 6am-9pm,

"The pain you feel today will be the strength you feel tomorrow"

Letter from The ExecutiveDirector

Merry Christmas and Happy New Year to all,

It is hard to believe it is the end of 2025 already. I want to thank everyone for helping us transition into our new building this year. We are still working out some kinks, but overall the gym memberships are taking off. We have so much going on at the center. We have pickle ball, Tia Chi, Corn hole, Cardio Drumming, Line Dancing, Bingo, and Euchre on a weekly basis. Some events have multiple days of the week they are available. Call the center for dates and times if you are interested at 989-736-8879.
Our kitchen staff has been cranking out new meal ideas and homemade meals. We love all of your positive feedback it is greatly appreciated.
As you are all aware we have several new board members. We have a lot of new adventures we are working on perusing for the future. If you have any suggestions or ideas, you would like us to offer, please reach out and share we would love to hear them and possibly get them put into place.
Winter is here. 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
Also, gym membership prices are going up as of January 1, 2026. We do offer gift certificates, and Day Pass Punch Cards. Please call Janet for inquires at 989-736-8879.
I would like to remind people this is the season for giving. Please spread joy and happiness to everyone you may encounter. I want to wish you all a very safe and happy holiday season.

Merry Christmas,
Wendy Bain

Wendy Bain
Executive Director

Sunrise Center-Gym Membership Fees

2026 Membership Cost:

1. Alcona Seniors - $20/month ($120/six months or $220/year)
2. Alcona Non Seniors - $25/month ($150/six months or $275/year)
3. Out of County Seniors - $30/month ($180/six months or $330/year)
4. Out of County Non Seniors - $35/month ($210/six months or $385/year)
5. Alcona "Family" Memberships (Three +) - $40/month ($240/six months or $440/year)
6. Out of County "Family" Memberships (Three +) - $45/month ($270/six months or $495/year)

Day Use/ Daily Passes

1. Alcona Residents (all ages) - $7
2. Out of County Residents (all ages) - $12
3. "Group" daily pass (up to four) - $25

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

Our Fitness/Gym hours are Monday through Friday 6 AM to 9 PM.

Sunrise center beginning January 17th, 2026 will open on Saturdays 8AM-12PM

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

Martin Luther King Jr. Day Jan 19,2026

Martin Luther King Jr. Day is a federal holiday in the United States observed on the third Monday of January each year. King was the chief spokesperson for nonviolent activism in the Civil Rights Movement, which protested racial discrimination in federal and state law and civil society.

Dr. King advocated for nonviolent resistance to overcome injustice as a means of lifting racial oppression. He created change with organized sit-ins, marches, and peaceful demonstrations that highlighted issues of inequality. Dr. King received the Nobel Peace Prize in 1964; he was the youngest person to ever receive this high honor. He followed in the footsteps of his grandfather and father by entering the ministry to become a Baptist minister. On April 4, 1968, at the age of 39, he was assassinated in Memphis, Tennessee as he stood on the balcony of his hotel. Dr. King traveled to Memphis, Tennessee to lead a march in support of striking sanitation workers.

We remember Dr. King as a husband, father, friend, and fierce advocate for the betterment of all people. Honor his memory by organizing, volunteering, and spreading the word.

Are you looking for a great way to advertise your business? **The ACCOA Newsletter and Sunrise Center Gym walls** are a well populated and efficient way to do just that!

Rate changes effective January 1, 2026:

Full page ads -$125 per year/ $25 per month
Half Page ads- $85 per year/ $15 per month
Business card ads- $45 per year/ $10 per month

Gym Banner ads-$1000/year /$200 per month

Ready to display your ad?
Call Kristie Blackwood at 989-736-8879

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.

Empowering those 55+ to serve and thrive

Why Volunteer?

Volunteering is a powerful way to make a difference—not just in the lives of others, but in your own as well. It offers numerous benefits that enhance both physical and mental health, while also providing opportunities for personal growth and connection.

Benefits of Volunteering:

- Boost Your Physical and Mental Well-being: Volunteering has been linked to lower rates of depression, increased life satisfaction, and even a longer life. Engaging in regular volunteer activities can help reduce stress, keep you physically active, and improve your overall mood.
- Find Purpose and Build New Skills: Giving back to your community fosters a sense of purpose and accomplishment. Along the way, you'll gain valuable skills that can enrich your personal and professional life.
- Strengthen Relationships: Volunteering nurtures both new and existing connections. Whether you're working alongside like-minded individuals or engaging with those you serve, you'll build meaningful relationships that enhance your social life.

Research from institutions like the Harvard T.H. Chan School of Public Health and the National Institutes of Health confirms that even a few hours of volunteering each week can have a profound impact on your health and happiness. For seniors, in particular, volunteering can help combat isolation, offering mental health benefits and a stronger sense of community (US News and World Report).

Join us in making a difference—and experience the benefits for yourself!

National Blood Donor Month is observed every January, with 2026 beginning on a Thursday. The American Red Cross partners with the NFL for a promotional event during this month, offering a chance to win a trip to Super Bowl LX for those who donate blood between January 1 and 25, 2026. This annual observance aims to honor donors and raise awareness about the continued need for blood donations, especially during winter when supply can be low.

According to the American Red Cross, winter is “one of the most difficult times of year to collect enough blood products to meet patient needs.” That’s because of, among other things, busy holiday schedules and bad weather often resulting in canceled blood drives. Furthermore, seasonal illnesses such as the flu force potential donors to forgo their blood donations.

That’s just one of the reasons that National Blood Donor Month, which has taken place each January since 1970, is such an important observance. Donating blood saves many lives and improves health for many people. According to the World Health Organization, “blood is the most precious gift that anyone can give to another person — the gift of life. A decision to donate your blood can save a life, or even several if your blood is separated into its components — red cells, platelets and plasma.”

Northland
Area Federal Credit Union
DIGITAL BANKING
BANKING TO FIT YOUR LIFESTYLE
JOIN NOW
+ 17 BRANCHES TO SERVE YOU
www.northlandcu.com
FEDERALLY INSURED BY THE NCUA

DISABILITYnetwork
Mid-Michigan

We can answer any questions you have regarding your rights, the law, accessibility, resources, support groups, applications and more!

We Help With:

- SSI / SSDI
- Medicare / Medicaid
- DHHS Applications
- Assistive Technology
- Housing & Basic Needs

CALL TODAY! 989-835-4041

ACCESS.
INCLUSION.
COMMUNITY.

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

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

VETERAN
OWNED — OPERATED
ALCONA
SEPTIC SERVICE
LICENSED EXCAVATER
CERTIFIED SEPTIC INSPECTOR
CERTIFIED SEPTIC INSTALLER
(989) 727-3316
401 W. Hubert Rd.
Spruce, Michigan 48762
ALCONA
SEPTIC SERVICE
LICENSED EXCAVATER
CERTIFIED SEPTIC INSPECTOR
CERTIFIED SEPTIC INSTALLER
(989) 727-3316
401 W. Hubert Rd.
Spruce, Michigan 48762
ALCONA
SEPTIC SERVICE
LICENSED EXCAVATER
CERTIFIED SEPTIC INSPECTOR
CERTIFIED SEPTIC INSTALLER
(989) 727-331
401 W. Hubert R
Spruce, Michigan 487

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.

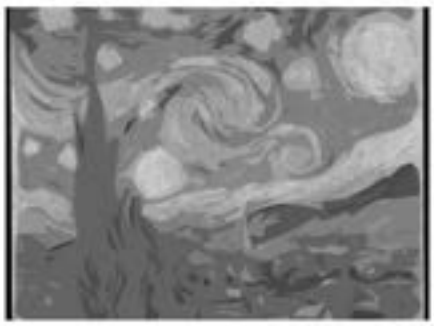
According to the ancient practice of reflexology, every nerve line in the body ends in your feet. Specialists in reflexology maintain that certain areas of the feet correspond to the body's organs. Thus by applying essential oils to your feet, it's possible that these oils may have a stronger, more beneficial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

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 February 1,2026 Please send to Damont@alconaseniors.org or mail to Development Director, ACCOA, 807 N. Barlow Rd. Lincoln, MI 48742



The ACCOA building has a lot of empty walls in need of some tasteful artwork. We are looking to add some flare to our new space and searching 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

Performance Golf Carts

4740 Fontaine Rd
Black River, MI
48721
(989)657-4990

Certified Mechanic 25 Years Experience
Repairs
Parts & Accessories
Pickup & Delivery Available
Interstate Battery Dealer
6Volts / 8Volts /12Volts

When the Weather Outside is Frightful...

The ACCOA is offering something delightful:

Hats, Mittens and Gloves, some so sweetly knitted and made with love. Some with kiddy designs and some with adults in mind.

if your interested and in need , come pick something out for yourself, your kids and your mate. All we ask in return is to donate.

A small nominal gift of $1, $5, perhaps $10 or more what ever you are able to do, so our center can continue to help folks like you all year through!

** If you can't donate but are in need of the gear or know a family who could use what is here, please take what you need , tis the season and that is why we are here.

Cornhole Event

Starting January -6wk Team Competition/ Tournament league, bring your own partner

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

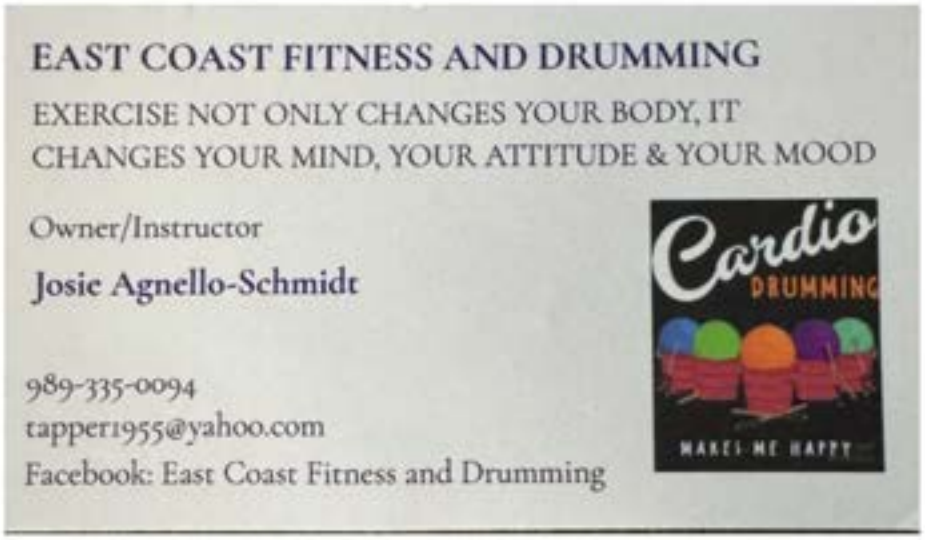
**Requires 6 teams per division, or divisions will need to be combined

Register at 6pm Start at 6:30 pm

for both Social and League events

alconabrew.com
989-724-6338
Food Allergy Friendly
Alcona
BREW HAUS
676 N US-23
Harrisville
Vegan Options
Haus-made Craft Beer, Bourbon, Tequila, Wine, Mead, Cider, & Full Bar
Pizzas, Burgers, Sandwiches, Entrees, & more!

Senior
Small Plate
MENU
Available 2-4 PM
Dine in only
$10
$4 Glasses of Wine
plus select Beer
Discounts
989-724-6338
676 N US-23
Harrisville, MI
Alcona
BREW HAUS
alconabrew.com


EAST COAST FITNESS AND DRUMMING
EXERCISE NOT ONLY CHANGES YOUR BODY, IT CHANGES YOUR MIND, YOUR ATTITUDE & YOUR MOOD
Owner/Instructor
Josie Agnello-Schmidt
989-335-0094
tapper1955@yahoo.com
Facebook: East Coast Fitness and Drumming
Cardio
DRUMMING
MAKES ME HAPPY

CHEVROLET

Alcona Motors

Located in Downtown Lincoln

Sales • Leasing Service Body shop

989-736-8191

Open Monday – Friday
8:30a to 5:30p
Saturday until 2 pm
See Our Entire Inventory online at
alconamotors.com

ALCONA CHIROPRACTIC

Vitamins & Supplements

Robert J Turek, DC

989.724.5052
alconachiropractic@gmail.com

445 S US 23
Harrisville, MI 48740

Karren MacKool

586-883-2820

djmackool@outlook.com

Interested in advertising here??

Business card ad - $45/yr or $10 per month
Half page ad - $85/yr or $15 per month
Full page ad - $125/yr or $25 per month

If your agency is a nonprofit the fee will be waived.

Checks payable to: Alcona County Commission on Aging
Please put on the check memo:
"Newsletter & size of the ad"
Mail ad and check to:
PO Box 218
Lincoln, MI 48742

COUNTRY CONE
& Fudge Shoppe
HAND DIPPED • SOFT SERVE
ROASTED CANDIED NUTS
FRESH FUDGE
308 S US 23 • HARRISVILLE

byce real estate llc

Rod Kilbourn
Broker/Owner

" Serving You With Pride"

105 Traverse Bay Rd.
Lincoln, MI 48742
E-Mail:rodk@bycerealestate.com

Off: (989) 736-8171
Res: (989) 464-8348
Fax: (989) 736-8150

COLE'S
APPLIANCE & HOME FURNISHINGS

SINCE 1962

LINCOLN, TAWAS CITY & WEST BRANCH
(989) 736-8360
SAME DAY, NEXT DAY DELIVERY AVAILABLE
WWW.COLESAPPLIANCE.COM

ACCOA/Sunrise Center Events for January 2026:

Board Meeting

Jan 27th at 10:00 am

Euchre

every Tuesday at 12:30 prompt

Bingo

MondayJan 12th & 26th at 2:00 pm

Thai Chi

Wednesdays at 3:00 pm
Fee: FREE Call Liz McNichols to register at 989-335-1777

Quilt day

Jan 15th
Call for mor details
989-736-8879

Line Dancing:

Thursdays 1:00pm -2:30pm
Fee: $5 per class

Pickelball meets:

Monday, Wednesday & Friday 9:00-11:00am and Tues & Thurs 6:00pm-8:00pm

Yoga

(limited space, please register Liz McNichols -989-335-1777)

Wednesdays at 5:15 pm
Fee: $5 per class

Cardio Drumming

Fee: $5 per class

class: Monday/Wednesday 5:30pm Registration/6:00pm start
class: Tuesday/Thursday 9:00am Registration/9:30 am start
January 18th to January 26th NO CARDIO DRUMMING

Contact Rae(events coordinator) for further details : 989-736-8879 ext 115

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

January

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
			1
Pulled Pork Sandwich Fries Vegetable Fruit 5	BeefChop Suey Rice Vegetable Fruit 6	Fish Stuffing Vegetable Fruit 7	Chili Cheese Dog Vegetable Fruit 8
Stuffed Peppers Buttered Noodles Vegetable Fruit 12	Beef and Barley Soup Sandwich Vegetable Fruit 13	Mostaccioli Bake Vegetable Fruit 14	Ham Garden Rice Vegetable Fruit 15
Copycat KFC Bowl Popcorn Chicken Mashed Potatoes w/ Gravy Corn Fruit 19	Taco Salad Tortilla Chips Fruit 20	Chicken Rice Vegetable Fruit 21	Shepherd's Pie Vegetable Fruit 22
Goulash Vegetable Fruit 26	Cheesy Chicken and Rice Vegetable Fruit 27	Salisbury Steak Roasted Potatoes Vegetable Fruit 28	Chicken Vegetable Stew Sandwich Fruit 29

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

Need an ELECTRICIAN?

Call **Jent Electric**

Oscoda MI 48750 **www.JENTELECTRIC.net**

Senior & Military Discounts

Call Today **989-306-7356** FREE ESTIMATES

LOCAL - RELIABLE - RECOMMENDABLE

Our Services

- Electrical Inspections
- Pool / Spa / Jacuzzi Wiring
- Circuit Breakers
- Old House Wiring
- Outdoor Lighting
- Outlets / Switches / Fixtures
- Service Upgrades
- Recessed & Track Lighting
- Ceiling / Attic / Exhaust Fans
- AND MORE

GENERAC®

AUTHORIZED DEALER

SALES | SERVICE | INSTALLATION

Why Choose Us?

- ✔ Affordable Pricing
- ✔ Excellent Customer Service
- ✔ Safe Work Practices
- ✔ Quality Workmanship
- ✔ State Certified,
- ✔ Licensed
- ✔ Insured

HAPPY NEW YEAR

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

CELEBRATE
GOALS
JANUARY
COUNTDOWN
CONFETTI
NOISEMAKER
PARTY
MIDNIGHT
RESOLUTION
CLOCK
CHEERS
SPARKLES