February 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- Kelly VonFintel

Treasurer- Ken Kosal

Director- LeRoy Pinder

Director- Rolland Lynch

Director - Mike Szczepanowski

Director -Karina Sharboneau

Commissioner- Carolyn Brummund

Newsletter editor- Kristie Blackwood

Lets Observe Together

American Heart Association.

Go Red for women

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

Can you believe we are into February already? HAPPY VALENTINES DAY!! It has been very frigid but the days are getting longer and spring is getting closer. We have a lot going on here at ACCOA and the Sunrise Center. Megan has started the Walk with Ease program. This program is through the Arthritis Foundation and geared to help with better health, improve fitness and ease pain. If you would like further details, please reach out to Megan at 989-736-8879.

We have so many events going on at the center at this time. Bingo is every other Monday, Euchre is every Tuesday, we have a sewing club, and a quilting club. If you have a club you would like to start at the Senior Center, please reach out we would be happy to pass any information along to get members to join.

The Sunrise Center has now extended hours on Saturday's from 8am-12pm. We also have a lot of activities going on over on the Sunrise Center side of the building. We now have Tia Chi, Yoga, Cardio Drumming, Volleyball, Basketball and Corn Hole. If you are interested in any of these activities, please reach out to Janet at 989-736-8879 she can help you with times and details.

Don't forget we serve congregate dinner from 4-5 Monday through Thursday. Suggestion donations for 60+ are $4.50 and under 60 is an $8.00 fee.

Again, I want to remind you winter is still here for hopefully only a short time. As a reminder there could be a chance that ACCOA will have to close for inclement 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

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

ACCOA/Sunrise Center 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. Saturdays 8-12pm

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

National Wear Red Day Feb 6th

American Heart Month

Signs and Symptoms of Heart Attack

If you have any of these signs, call 911 and get to a hospital right away.

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

The most common heart attack symptom is chest pain or discomfort.

Signs and Symptoms of Stroke

If you have any of these signs, call 911 and get to a hospital right away.

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
2. Sudden confusion, trouble speaking or understanding.
3. Sudden trouble seeing or blurred vision in one or both eyes.
4. Sudden trouble walking, dizziness, loss of balance or coordination.
5. Sudden severe headache with no known cause.

ALCONA COUNTY
COMMISSION
ON AGING

Looking for a great way to Advertise your Business or Event ...

The **"ACCOA Newsletter"** has the perfect spot for you!

Rates effective January 1, 2026:

Full page ads -$125/yr or $25 per month
Half Page ads- $85/year or $15 per month
Quarter page ads- $65/yr or $12 per month
Business card ads- $45/yr or $10 per month
Gym Banner ads- $1000/yr or $200 per month

Ready to submit your advertisement?
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!

Region 9 Area Agency on Aging

Person-Centered Options Counseling

Free one-on-one options counseling that provides interactive, unbiased choices about long-term services to adults aged 18 and over.

Services are available to any adult, their family members, and caregivers who support them, regardless of income, assets or disability status.

Program Benefits:

- **Supports navigating complex care options.**
- **Provides reliable information and resources.**
- **Simplifies program services, eligibility, and paperwork.**
- **Offers unbiased guidance so you can make informed decisions.**

100th Anniversary of Black History Month

2026 marks a milestone of both progress and persistence in the United States, the 100th anniversary of federal recognition for Black Americans. What began as a singular week of learning and recognition called Negro History Week in 1926 has grown in to an overall cultural observance of Black History throughout the month of February.

The architect of this movement was Dr. Carter G. Woodson. A historian and educator, he also holds the distinction of being the second African American to receive a Ph.D. from Harvard University, following W.E.B. Du Bois.

As the son of formerly enslaved parents, Dr. Woodson understood that denying people of their history denies them of their humanity. “Those who have no record of what their forebears have accomplished lose the inspiration which comes from the teaching of biography and history,” he wrote.

To combat that, he launched Negro History Week (NHW) to coincide with the February birthdays of Abraham Lincoln and Frederick Douglass, the two figures whom he felt were symbolically tied to African American freedom.

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.

NCDH MONTH-BRUSHING FIGHTS CAVITIES MY FRIENDS

I brush my teeth twice daily with a fluoride toothpaste to keep my smile strong.

For more resources, visit: **MouthHealthy.org**

Place the toothbrush at a 45-degree angle to the gums and move the brush back and forth gently in short strokes.

Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.

To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.

Brush your tongue to remove bacteria and keep your breath fresh.

© 2024 AMERICAN DENTAL ASSOCIATION. ALL RIGHTS RESERVED.

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 - February 13th Team Competition/ Tournament league, bring your own partner

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

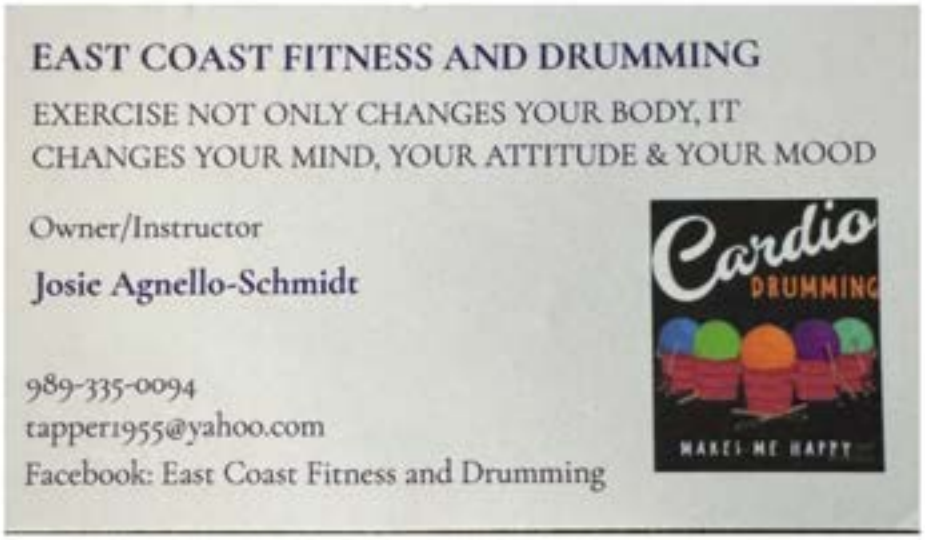
**Requires 6 teams per division, or divisions will need to be combined

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

Harrisville Eye Care

Ben Dietrich, O.D.

300 North US-23
Harrisville, MI 48740

Phone (989) 724-7440
Fax (989) 724-7531

www.harrisvilleeyecare.com

NORTHEASTERN
WINDOW & DOOR
LUMBER • ROOFING • SIDING
HARDWARE • RENTAL

345 U.S. 23 North
Harrisville, MI 48740
www.NortheasternWindowDoor.com

newd@core.com
Phone: 989-724-6393
Fax: 989-724-5279

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

Alcona Animal Clinic
411 W. Millen, PO Box 308
Lincoln, MI 48742
989-736-8890
Fax 989-736-7203
staff@alconaanimalclinic.com

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

Karren MacKool
586-883-2820
djmackool@outlook.com

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

Rag Doll Art Class

Join the Creativity
Wednesday February 11th
at 10:30 AM

Join us for a fun, crafty day with Marlene Rogers, where you'll create your own unique Rag Doll. All supplies are provided, and everyone is welcome to express their creativity!

ALCONA COUNTY
COMMISSION
ON AGING

$5 per person

Class Cost

Reserve your spot today!

Text Marlene at 248-909-7585, for sign-ups and inquiries!

Located @ 807 N Barlow Rd Lincoln MI, 48742

ACCOA/Sunrise Center Events for February 2026:

Board Meeting
February 24th at 10:00 am

Euchre
every Tuesday at 12:30 prompt

Bingo
Feb 9th and 23rd at 2PM

Ragdoll craft class
Feb 11th @ 10:30 am
Fee: $5 per person

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

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

Yoga
(limited space, please register with 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

Contact Rae (events coordinator) for further details or to book for an event : 989-736-8879

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
Sausage Gravy w/ Biscuits Vegetable Fruit 2	Cheeseburger Tator Tots Vegetable Fruit 3	Boneless Chicken Wings Baked Beans Vegetable Fruit 4	Lasagna Vegetable Fruit 5
Fish Sandwich Pasta Salad Vegetable Fruit 9	Cabbage Rolls Egg Noodles Vegetable Fruit 10	Chicken ala King Rice Vegetable Fruit 11	Valentine's Day Dinner Roast Baked Potato Vegetable Dessert 12
Sweet and Sour Chicken Fried Rice Vegetable Fruit 16	Chicken Alfredo Salad Vegetable Fruit 17	Potato Soup Ham Sandwich Vegetable Fruit 18	Brats Macaroni and Cheese Vegetable Fruit 19
Country Fried Steak Mashed Potatoes Vegetable Fruit 23	Taco Salad Tortilla Chips Fruit 24	Pork Roast w/ Gravy Stuffing Vegetable Fruit 25	Stroganoff Noodles Vegetable Fruit 26

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

Valentine's Day Crossword

ACROSS

3. _____ and kisses; xoxo

6. A cherub with a bow and love arrows

8. You're the _____ of my life

10. Will you be my _____ ?

11. A cute and cuddly bear given as a gift

12. The shape that represents love

4. The month in which Valentine's Day occurs

DOWN

5. Multicolored candy often seen with phrases like "Be Mine" and "Miss You"

1. When Valentines Day themed, these usually have cute, funny, or romantic phrases on them

7. A beautiful flower given to show affection, often red

2. A box of this delicious treat is a popular gift to give a valentine

9. To express your emotions you might write your valentine one