

JULY

SAVE THE DATE

7/2/26: Fourth of July celebration luncheons at all sites, see RSVP info & details on back page.

7/3/26: ICCOA closed for holiday. Have a safe and happy Independence Day!

7/8/26: Caregiver Support Group, see page 8.

7/15/26: "A Matter of Balance" class starts in IONIA, see page 10. Call (616) 527-5365 TODAY to add your name to the class list.

7/16/26: ICCOA board meeting at 9am, public welcome.

7/20/26: SENIOR WELLNESS DAY at Ionia Free Fair. Reservations/payment due 7/8 (see page 2).

7/27/26: STATE RETIREES luncheon (see page 3).

8/3/26: "A Matter of Balance" class starts in BELDING. Call (616) 527-5365 to sign up today.

8/3/26: TAI CHI starts in BELDING. Call (616) 527-5365 for details and more info.



COMING UP: Senior Wellness Day at the Ionia Free Fair
[registration/payment due July 8, details on page 2]

Senior Project Fresh is BACK and ready to help eligible SENIORS purchase fresh fruits and veggies from Michigan farmers: See details on page 6.



Celebrating Seniors

SENIOR WELLNESS DAY

AT THE IONIA FREE FAIR

Monday, JULY 20: 11am-1:30pm



Registration REQUIRED by Monday, JULY 8

Held under the E-PARKTENT at Ionia County Fairgrounds. ENTER BY NOON for FREE PARKING in the NORTH parking lot. NO ENTRY before 11:00a.m. into E-PARKTENT permitted this year. This event is for individuals 55 and over (caregivers & assistants 18+ are welcome to attend). Sorry, no extra meals are available for walk-ins. No registrations after July 8. Please note there is limited seating and registration may close earlier if we meet capacity. We encourage you to register as soon as possible.

11:00-12:30: REGISTRATION and VENDOR BOOTHS. NOON-12:30: LUNCH PICK-UP.

MENU: Chicken Salad on Croissant, Salads, Dessert.

11:30-12:30: ENTERTAINMENT. 12:30-1:30: Vendor Gift Basket Raffle, Announcements, Bingo.

Luncheon prepared by Ionia County Commission on Aging

REGISTRATION FORM

Return this form (with payment) to Ionia County Commission on Aging, 115 Hudson St., Ionia, MI 48846.

Pre-paid, non-refundable cost of \$2.00 per 60+ person and caregiver includes meal, due no later than July 8.

NOTE: Meal deposits are non-refundable.

1. Name: _____ Age _____ Check if caregiver under 55 _____

2. Name: _____ Age _____ Check if caregiver under 55 _____

Address: _____

City: _____ Phone: _____ \$ Amt Encl. _____

For Office Use: Date received _____ Amount Paid _____

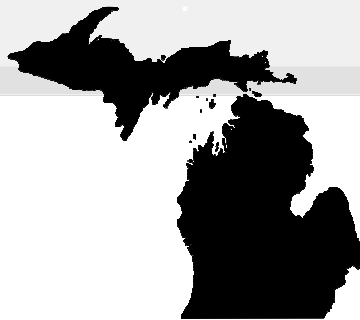
STATE RETIREES MEETING & LUNCHEON

JULY 27 at NOON

Call **DAVE COOK** for info/RSVP:
(616) 523-2878.

MENU:

*Chicken Breast, Mashed
Potatoes, Cauliflower/Cheese,
Fruit Compote, Dinner Roll.*



FOOT & TOENAIL CARE

Ionia County Commission on Aging provides routine foot care (toenail trimming) in the home for Ionia County seniors. \$10 per hour charge for this service, performed by COA's in-home aides.

COA is unable to provide foot care to those with diabetes or who take blood thinners.

However, diabetics may be covered by Medicare Part B if service is performed by a podiatrist, and you are under the active care of a doctor of medicine or osteopathy who has documented you have diabetes.

Contact the Ionia County Commission on Aging:
CALL (616) 527-5365 or (888) 527-5365.



EUCHRE GROUP

**WEDNESDAYS
12:30pm-3:30pm**

The ICCOA hosts a
WEEKLY EUCHRE gathering
at our Ionia Senior Center at
115 Hudson Street in Ionia.

**NEW MEMBERS ARE ALWAYS
WELCOME TO JOIN IN!**

Please call (616) 841-0509
and leave message for info.



See you in September!

**PAINTING GROUP
ON SUMMER
BREAK UNTIL
SEPTEMBER**



CONGREGATE MEAL SITE LUNCHEONS

Come meet new friends and enjoy a delicious lunch at 11:30am TUESDAYS and THURSDAYS at one of our SIX meal sites in Ionia County! RSVP at your site or call ICCOA office: (616) 527-5365 or (888) 527-5365.

- TUESDAY site meals: RSVP by 1:30 the THURSDAY before.
- THURSDAY site meals: RSVP by 1:30 the TUESDAY before.

PLEASE NOTE: Each meal includes MILK and WATER.



Suggested donation of \$3 for 60+ seniors and their spouse or caregiver. There is a \$5 charge for all others. Meal service options subject to change.

BELDING: Belhaven Community Room, 41 Belhaven, Belding MI. Hosted by Karol Stauff.

CLARKSVILLE: Clarksville Community Center, 162 S. Main St., Clarksville MI. Hosted by Lesleigh Hale.

LAKE ODESSA: This location is temporarily closed. Reopening soon, please watch upcoming newsletters for details on opening date.

SARANAC: Saranac Senior Housing, 320 Summit St., Saranac MI. Hosted by Cynthia Billips.

IONIA: I.C.C.O.A. Senior Center, 115 Hudson St., Ionia MI. Hosted by Judy Handlon.

PORTLAND: First Congregational Church, 421 E. Bridge Street (at Smith Street entrance), Portland MI. Hosted by Mary Pleyte.



TUESDAYS

JULY 7:
Goulash,
Cauliflower,
Cinnamon Sliced Apples,
Whole Grain Roll.

JULY 14:
Chicken Pot Pie,
Broccoli,
Diced Pears.

JULY 21:
Beef Tips,
Mashed Potatoes,
Peach Slices,
Honey Glazed Carrots.

JULY 28:
Beef Mostaccioli,
Veggie Blend,
Brussel Sprouts,
Diced Peaches,
Tomato Cake.

THURSDAYS

JULY 2:
"Celebrating July 4" luncheon
Carolina BBQ Pork Chop,
Hash Brown Casserole,
Veggie Blend,
Diced Peaches.

JULY 9:
Cinnamon French Toast,
Egg Patty, Turkey Links,
Sliced Carrots,
Cinnamon Applesauce.

JULY 16:
Beef Brisket Ends,
Green Beans,
Mashed Cauliflower,
Apple Crisp.

JULY 23:
Turkey Casserole,
Garden Seasoned Carrots,
Broccoli,
Peach Slices.

JULY 30:
Shredded Marinated Pork,
Whole Potatoes,
Mixed Veggies,
Diced Peaches.



July Menu

2026

MEALS ON WHEELS of IONIA COUNTY

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chicken Fettuccine Alfredo w/Broccoli Veggie Blend Mixed Fruit Garlic Toast	Carolina BBQ Pork Chop Hashbrown Casserole Veggie Blend Diced Peaches	Roast Beef Sandwich Lettuce Jammers Sliced Tomatoes Cole Slaw Blueberries
		No Option	No Option	No Option
6	7	8	9	10
Bourbon Pork Chop Dutch Potatoes Veggie Blend Applesauce Dinner Roll	Goulash Cauliflower Cinnamon Sliced App Dinner Roll	Hot Turkey Sandwich Whipped Potatoes Broccoli & Cheese Diced Peaches	Cinnamon French Toast Turkey Links Egg Patty Cinnamon Applesauce	Chicken Delux Sandwich Cherry Tomatoes Diced Peaches Crmy Cauliflower Broccoli Salad
No Option	Option: Spinach Bacon Quiche			No Option
13	14	15	16	17
Broccoli & Cheese Stuffed Chicken Veggie Blend Cauliflower Gratin Diced Pears Banana Muffin	Chicken Pot Pie Broccoli Diced Pears	Chicken Stir-Fry w/Rice Zucchini & Squash Crushed Pineapple	Beef Brisket Ends Green Beans Mashed Cauliflower Apple Crisp	Deli Chicken Salad Baby Carrots Three Bean Salad Melon Chunks
No Option	Option: Turkey Swedish Style Meatballs			No Option
20	21	22	23	24
Seasoned Diced Chicken Spanish Rice Veggie Blend Fruit Cocktail Blueberry Muffin	Beef Tips Glazed Carrots Peach Slices Sour Cream & Chive Mashed Potatoes	Spinach Artichoke Chicken Potatoe Cubes Broccoli Cinnamon Applesauce	Turkey Casserole Seasoned Carrots Broccoli Peach Slices	Ham Sandwich Potato Salad Sliced Bell Peppers Mixed Fruit
No Option	Option: Roasted Vegetable Lasagna			No Option
27	28	29	30	31
Chicken Breast Mashed Potatoes Cauliflower/Cheese Fruit Compote Dinner Roll	Beef Mostaccioli Veggie Blend Brussel Sprouts Diced Peaches Tomato Cake	Herbed Pork Loin Red Potatoes Veggie Blend Apple Crisp	Shredded Pork Whole Potatoes Veggie Blend Diced Peaches	Mini Turkey Sub Sandwich Baked Beans Sliced Bell Peppers Pineapple Chunks
No Option	Option: Summer Herb White Fish			No Option

Suggested donation of \$3.00 per meal. Menu subject to change without notice.

These foods are moderate to high in carbohydrates. All foods effect blood sugar. Carbohydrates have the most effect. Carbohydrates are found in breads, cereals, grains, fruit, milk, vegetables and sweets. Eating the same amount of carbohydrates at each meal can help you control your blood sugar. It is not healthy to avoid carbohydrates entirely.

Disclaimer: Please be aware that our food may contain, or come into contact with, common allergens (dairy, eggs, nuts, soy, fish, shellfish, wheat) or other ingredients to which individuals may have allergies or be sensitive. We understand that many individuals have food allergies or sensitivities. However, we are not able to accommodate specific food allergies at this time. Even if an ingredient may not be listed on our menu, cross-contamination is possible due to shared equipment or ingredient formulation changes by suppliers. Clients who choose to receive ICCOA meals accept the risk of exposure to these and other ingredients.

If you require a special menu, we have information on other resources available in our area. Please call your caseworker or (616) 527-5365 for more information.

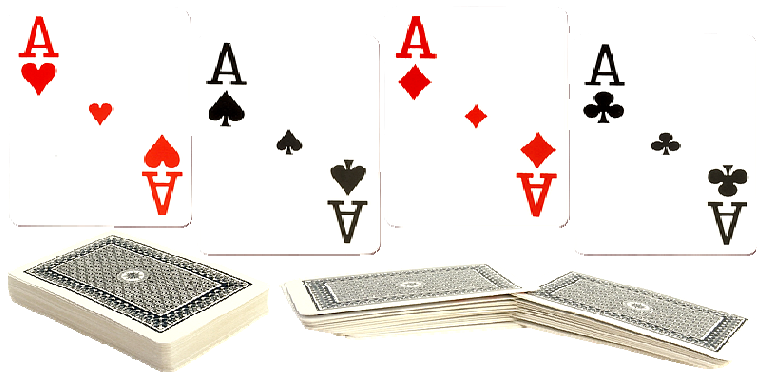
**Senior Project Fresh is BACK
and ready to help eligible
SENIORS purchase fresh fruits
and veggies from Michigan
farmers NOW thru October 31**

Individuals can apply online on their own at
<https://www.healthytogether.co/onboarding/michigan-sfmnp>

Or, if you need assistance, the Ionia County Commission
on Aging can help! Appointments are available Tuesdays
and Fridays or call with questions anytime, (616) 527-5365.

Eligible seniors include residents who are aged 60 or older with
a total household income of \$28,952.50 or less for an individual,
or \$39,127.50 for a couple, are eligible to apply for the program.
Residents who are aged 55 or older who belong to a Michigan federally
recognized tribe or urban tribal group are also eligible.





DO YOU PLAY BRIDGE?

JOIN OUR BRIDGE GROUP!

Bridge is a GREAT way to stay sharp,
meet new people and have some FUN.
Contact ICCOA to add your name to the list
as we get our group back on schedule:
CALL (616) 527-5365.
Ionia Senior Center: 115 Hudson St., IONIA.

NEW MEMBERS WELCOME TO JOIN

Please call (616) 916-2575
and leave a message for info.

VOLUNTEER DRIVERS NEEDED at ICCOA

Volunteer transportation drivers use ICCOA vehicles
(with partitions for added safety) to transport clients.

"Meals on Wheels" drivers use ICCOA vehicles
or their own vehicles. TRAINING PROVIDED.

We can tailor a schedule that works for YOU!

Please call ICCOA for info: (616) 527-5365



Ionia County Commission on Aging OFFICE STAFF

OFFICE HOURS: Mon.-Fri. 8:30am-5pm. PHONE (616) 527-5365.

If you call & reach our voicemail, please leave a message and your call will be returned promptly.

ADMINISTRATIVE ASSISTANTS

Brenda Cook
Michelle Corbeil
Jenny Moravik

CASEWORKERS

LesLee Michalek
Teresa Kruskowski
Michelle Corbeil

DIRECT CARE and ADULT DAY

SERVICES DIRECTOR

Emily Gray

SHIP COUNSELORS

Sherry Jones
LesLee Michalek

WELLNESS & HEALTHY AGING

Rachel Yenchar

TRANSPORTATION

Sherry Jones, Brenda Cook,
Jenny Moravik, Michelle Corbeil,
and DJ Scarborough

NUTRITION PROGRAM DIRECTOR

Joanna Urban

ICCOA DIRECTOR

Carol Hanulcik

The Ionia County Commission on Aging is funded by:

- * Ionia County Senior Millage.
- * State Appropriations and Older Americans Act.
- * Federal Funds received through the Office of Services to the Aging and Area Agency on Aging of Western Michigan, Inc.
- * Michigan Department of Transportation grant funding in collaboration with the City of Ionia/Ionia Dial-a-Ride.
- * Ionia County Board of Commissioners support in various forms.
- * Community support in the form of client donations and memorials, local business & agency financial & other support, and fundraising events.

*The Ionia County Commission on Aging certifies that it complies with the Department of Health and Human Services
Regulations under Title VI of the Civil Rights Act of 1964.*

BLUE SKIES Adult Day Program

*Welcoming Seniors 60 and up
with Memory Issues*

**Tuesdays and
Thursdays** **BLUE SKIES**
9:30-3:30



Adult Day Program

Call to learn more or to schedule a visit.
Activities, meals and recreation designed for
seniors. Transportation available to & from
program. Prior registration required.

Held at Easton United Methodist Church:
4970 Potters Road, Ionia MI.

A program of the Ionia County Commission on Aging
Call (616) 527-5365 for more info
or email iccoa@ioniacounty.org

The Alzheimer's Association CAREGIVER SUPPORT GROUP

NEW: Meets 2nd Wednesday of every month



Hosted by the Ionia County Commission on Aging

**Please join us at our NEW time from 1:00-2:00pm
on the SECOND WEDNESDAY of every month.**

*Meetings are hosted in-person at the Ionia County Commission
on Aging SENIOR CENTER at 115 Hudson Street, IONIA MI 48846.
Call RACHEL (616) 330-4432 for info.*

ZOOM video link available if pre-arranged by the prior Tuesday.

ALZHEIMER'S ASSOCIATION®

MEMORY CAFE
MOVING TO A NEW DAY!

NEW DATE COMING SOON



NOW OPEN

REOPENING SOON

NEW DATE TO BE ANNOUNCED
ICCOA MEMORY CAFÉ

A fun, FREE and inclusive social gathering
hosted WEEKLY by ICCOA staff for SENIORS 60+
affected by memory issues and their caregivers.
Enjoy a SAFE environment to eat lunch,
engage in activities together and avoid
the stress of going out in public.

RSVP by noon the week prior to join the group
for lunch at 12pm. Suggested donation of \$3 for
lunch, Memory Café is FREE. Activities to follow.
Call 616-527-5365 for more information on
the new RELAUNCH date coming soon.

*Join us on our NEW DAY (to be announced
soon) at the Ionia Senior Center:
115 Hudson St. IONIA MI 48846.*



**Ionia County Commission
on Aging offers
IN-HOME SUPPORTIVE SERVICES
to SENIORS aged 60 & older.**

**Call EMILY GRAY at
(616) 527-527-5365 OR email Emily:
egray@ioniacounty.org**

• **HOME HEALTH AIDES**

To provide assistance with bathing, showering, hair & skin care, transferring, getting dressed.

• **HOME MAKER AIDES**

To provide assistance with light housework like vacuuming, sweeping, mopping, cleaning bathroom or kitchen, dishes, or laundry.

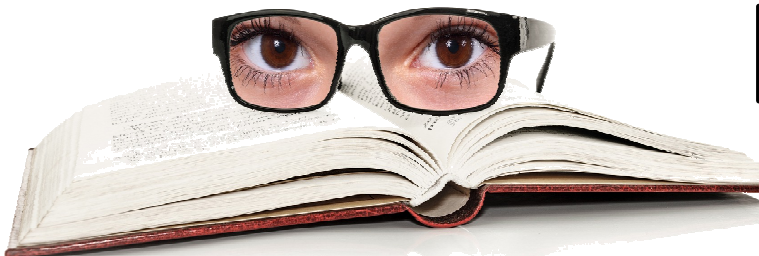
• **RESPITE AIDES**

To provide relief to a caregiver. Tasks may include doing housework, assist with bathing, showering, preparing meals, or simply companionship. Caregiver not required to live with the care recipient in order to receive respite services.

Many of our services are available at little to no cost, with suggested donations ranging from \$5 and up per hour. Call (616) 527-5365 for info.

The cost of respite services are determined by a client's ability to pay.

In some cases, there is no cost to the client.



**ATTENTION CAREGIVERS: Check out our FREE
Alzheimer's/Dementia LENDING LIBRARY.**

**Books cover topics on Alzheimer's or dementia;
with info for families, caregivers, living with
memory impairments, and books for children.**

**EASY check-out process: Just sign books out
with your name/phone number and return
when done at any of these 5 locations:**

Belding: Belhaven Community Room, 41 Belhaven.

Clarksville: Community Center, 162 S. Main St.

Ionia: ICCOA Senior Center, 115 Hudson St.

Saranac: Saranac Senior Housing, 320 Summit St.

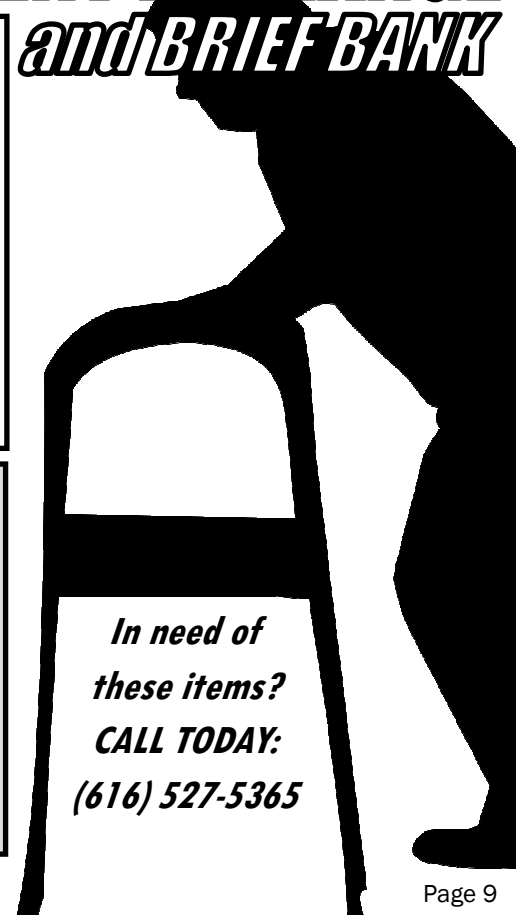
Lake Odessa: [temporarily closed].

**Contact Rachel for details: (616) 527-5365
OR email ryenchar@ioniacounty.org**

EQUIPMENT EXCHANGE *and BRIEF BANK*

Our EQUIPMENT EXCHANGE supply closet is stocked with a LARGE supply of transfer benches, deluxe gently-used walkers (with seats), several commodes, assorted types of canes, and toilet seat risers
ALL AVAILABLE AT NO COST TO YOU.

Our BRIEF BANK provides disposable BRIEFS & PADS. We welcome donations of accessibility equipment and unopened "pull up" type briefs. Thank you for your support!



***In need of
these items?
CALL TODAY:
(616) 527-5365***

COMING SOON!

DRUMS ALIVE®

[NOTE: NO EQUIPMENT needed for this class]

*Experience the TRANSFORMATIVE POWER of cognition,
drumming, movement, music and rhythm!*

*Please contact us to reserve a spot in the next class:
Call 616-527-5365 or email iccoa@ioniacounty.org*



**The I.C.C.O.A.
YARN CIRCLE
meets Thursday
afternoons from
1:30pm-3:30pm**

JOIN US:

**All are welcome!
Learn how to knit,
share your skills,
make new friends.**

**IONIA SENIOR CENTER
115 Hudson St.,
IONIA MI 48846.**



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Older adults learn to view falls as
controllable and make changes
at home to reduce fall risks.
Conducted in EIGHT two-hour sessions
with group discussion, problem-solving
strategies, and exercises to increase
strength and balance.

IONIA SENIOR CENTER

Wednesdays July 15 - September 2

2:00-4:00 pm.

*Held at the Ionia Senior Center,
115 Hudson St., Ionia MI 48846.*

BELDING

Mondays August 3 - September 28

2:00-4:00 pm

**No class held on Sept. 7/ Labor Day.
Held at Alvah N. Belding Memorial Library,
302 E. Main Street, Belding MI 48809.**

**Call (616) 527-5365 to reserve
your spot today!**





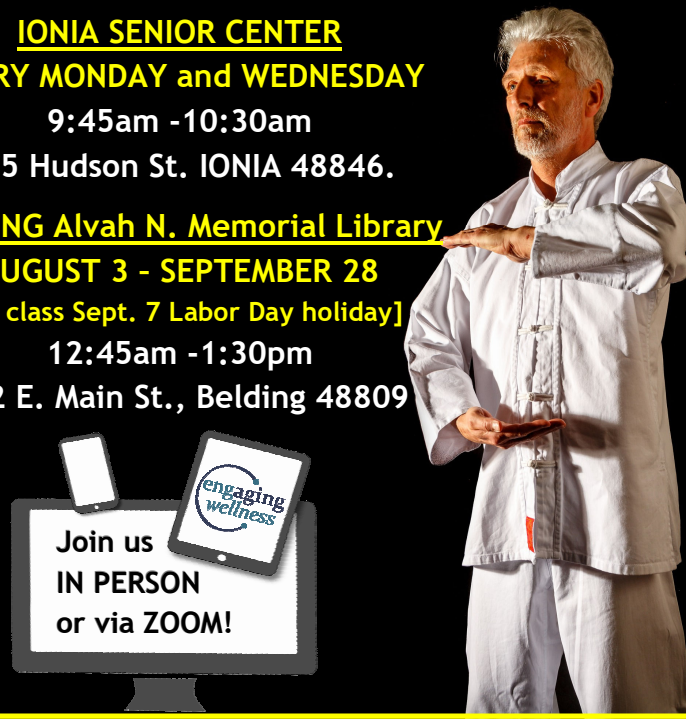
Join **ARTHRITIS EXERCISE**,
TAI CHI or **ENHANCEFITNESS**
classes either **IN PERSON**
or participate **REMOTELY**
via **ZOOM** on your computer,
tablet, or smart phone!
*Call RACHEL at (616) 527-5365 or
email ryenchar@ioniacounty.org
to register or for more info.*

TAI CHI

*Helps increase your
balance & flexibility,
and can reduce your
stress and anxiety.*

IONIA SENIOR CENTER
EVERY MONDAY and WEDNESDAY
9:45am -10:30am
115 Hudson St. IONIA 48846.

BELDING Alvah N. Memorial Library
AUGUST 3 - SEPTEMBER 28
[no class Sept. 7 Labor Day holiday]
12:45am -1:30pm
302 E. Main St., Belding 48809



Join us
IN PERSON
or via **ZOOM!**

CALL TO SIGN UP NOW: (616) 527-5365 or (888) 527-5365



**ENHANCE
FITNESS®**

CLASS TIMES:

8:45am-9:45am
MONDAY, WEDNESDAY and FRIDAY.

10:45am-11:45am
MONDAY and WEDNESDAY.

*Classes held at the Ionia Senior Center:
115 Hudson St. Ionia MI 48846.*

CONTACT RACHEL FOR INFO:
Call (616) 527-5365 or
email ryenchar@ioniacounty.org

Arthritis Foundation Exercise Program

TUESDAYS & THURSDAYS 10:30-11:30am

Designed specifically
for people with arthritis,
this class uses gentle
exercise to help increase
joint flexibility and
range of motion.



Exercises can be
performed seated,
standing, or a combination of both.
Focus is on muscle strength,
balance, increased activity.

Held at Ionia County
COA Senior Center:
115 Hudson St., Ionia MI 48846.
Please call (616) 527-5365 or email
ryenchar@ioniacounty.org

**Cost: \$2 suggested donation. REGISTRATION
REQUIRED. A program of the Ionia County
Commission on Aging.**

IONIA COUNTY COMMISSION on AGING: 115 Hudson St., Ionia MI 48846
EMAIL iccoa@ioniacounty.org or VISIT www.ioniacounty.org
Phone: 616-527-5365 Fax: 616-527-5955 - FIND US ON FACEBOOK

NEED A RIDE? Call Ionia County Commission
on Aging TRANSPORTATION SERVICES
at (616) 527-5365 or (888) 527-5365 for info.

- Age 60+ or under 60 with a disability.
- Medical appointments & dialysis.
- Senior Center activities or errands.

Wheelchair-accessible vans available



COFFEE KLATCH

You're invited to this FUN
FREE weekly gathering
every MONDAY at 9am!

Ionia Senior Center
115 Hudson Street,
Ionia MI 48846



FOURTH OF JULY CELEBRATION

JOIN US FOR A TASTY LUNCH
THURSDAY, JULY 2 AT 11:30AM

MENU: Carolina BBQ Pork Chop, Hash Brown
Casserole, Veggie Blend, Diced Peaches.

Seniors 60+ suggested donation of \$3,
\$5 charge for all others. RSVP by 1:30
the Tuesday before at your meal site
OR call (888) 527-5365.



BELDING: Belhaven Community Room, 41 Belhaven.

CLARKSVILLE: Clarksville Community Center, 162 S. Main St.

IONIA: Ionia County Commission on Aging, 115 Hudson St.



LAKE ODESSA: Location temporarily closed/reopening soon.

PORTLAND: First Congregational Church, 421 E. Bridge St.

SARANAC: Saranac Senior Housing, 320 Summit St.