COMING SOON

October

Halloween celebration luncheon: Oct. 29 (see page 2)

Apple Cider Senior Social & Open House: Nov. 5 (see page 3)

10/2/26: TAI CHI starts in Muir, see info on page 13.

10/2/26: MEMORY CAFÉ returns to Ionia every FRIDAY, see details on page 10.

10/5/26: ACTIVE AGING WEEK begins – check out ICCOA "Engaging Wellness" classes on page 13.

10/12/26: ICCOA closed for Columbus Day.

10/14/26: CAREGIVER SUPPORT GROUP, see page 11.

10/15/26: Medicare Open Enrollment opens (page 8).

10/15/26: ICCOA board meeting 9am. Public welcome.

10/16/26: SENIOR LUNCHEON at Ionia High School, call (616) 527-9280 to RSVP.

10/22/26: AUTUMN CELEBRATION in downtown Ionia (plus the Chili Dawg Challenge).

10/26/26: State Retirees luncheon (details on page 8).

10/29/26: Halloween Celebration luncheons (page 2).

11/5/26: APPLE CIDER SENIOR SOCIAL & OPEN HOUSE at ICCOA Senior Center, (4-6pm). See page 3 for info.

11/11/26: ICCOA closed for Veteran's Day holiday.

11/12/26: Special VETERAN'S DAY luncheons (page 2).

11/19/26: THANKSGIVING luncheons, all sites.

12/5/26: MRS. CLAUS BAZAAR & CRAFT SHOW annual ICCOA fundraiser (see back page for details).

Don't forget to use your SENIOR PROJECT FRESH coupons before they expire on OCTOBER 31. Having problems with your card? ICCOA can help! Call us at (616) 527-5365.



Active Aging Week: October 5-11

ACTIVE AGING WEEK coincides with the INTERNATIONAL DAY OF OLDER PERSONS, to celebrate positive aging and promote healthy, active lifestyles through community wellness activities.

ICCOA invites YOU to visit our Senior Center in downtown Ionia to try one our "Engaging Wellness" classes (see page 13), or join us for a delicious, nutritious meal at one of our FIVE congregate meal sites (see site list & RSVP details on page 4), or perhaps you'd like to volunteer with us.

Whatever you choose, getting active and staying connected is a key part of a vibrant, independent lifestyle and lifelong well-being!

HALLOWEEN CELEBRATION

Join us THURSDAY, OCT. 29 at 11:30am

Seniors 60+ suggested donation of $3, $5 charge for all others.

RSVP by the Tuesday before at your meal site OR call (616) 527-5365 / (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.



Thursday, November 12
"GIVING THANKS TO VETERANS"
LUNCHEONS at our MEAL SITES

VETERANS and their spouses eat FREE!

Please join us for delicious meal, "Fit to be Tied" Quilting Group's quilt raffle/giveaway, and a special sing-along event.

Other seniors 60+ suggested donation of $3, $5 charge for all others. RSVP by the Tuesday before at your meal site OR call (616) 527-5365 or (888) 527-5365.

MENU

Pulled BBQ Chicken
Marinated Red Potatoes
Broccoli
Fruit Crisp

Apple Cider Senior Social

Thursday, Nov. 5, 4:00–6:00 pm

You're invited!

You're invited to a festive gathering to bring together older adults, caregivers and their families to mix and mingle in downtown Ionia.

- Enjoy fresh cider, snacks and conversation.

- Get info on ICCOA resources that help seniors age well.

- Meet new friends & connect with ICCOA staff.

- Explore ICCOA job and volunteer opportunities.



Held at the IONIA SENIOR CENTER: 115 Hudson St., Ionia MI 48846.

Come join us to celebrate the season — We look forward to meeting you!

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.**



CELEBRATING BIRTHDAYS: All meal sites will now serve a special monthly sweet treat to celebrate ALL birthdays on the last Tuesday of every month.

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. Each meal includes milk and water.

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

OCT. 6:
Bacon & Onion Quiche, Potato Cubes, Veggie Blend, Pineapple Chunks.

OCT. 13:
Beef Meatloaf, Dutch Potatoes, Sweet Corn, Diced Pears.

OCT. 20:
Beef Shepherd's Pie, Whipped Potatoes, Green Bean Casserole, Diced Pears.

OCT. 27:
BBQ Pork on Bun, O'Brien Potatoes, Tomato Juice, Blueberry Pear Compote.

THURSDAYS

OCT. 1:
Beef Tips, Egg Noodles, Green Beans, Diced Carrots, Tropical Fruit Salad.

OCT. 8:
BBQ Boneless Chicken Wings, Sweet Potato Fries, Veggie Blend, Diced Peaches.

OCT. 22:
Goulash, Green Beans, Veggie Blend, Papaya & Mango.

OCT. 29:
Celebrating HALLOWEEN luncheon
Swedish Meatballs, Mashed Potatoes, Veggie Blend, Mandarin Oranges, Dirty Pudding.



October Menu 2026

MEALS ON WHEELS of IONIA COUNTY

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Beef Tips Egg Noodles Green Beans Diced Carrots Tropical Fruit Salad	Chicken Tenders Diced Potatoes Peas Apple Crisp
5	6	7	8	9
Chicken Drumstick Potato Cubes Veggie Blend Diced Pears	Bacon & Onion Quiche Potato Cubes Veggie Blend Pineapple Chuncks	Chicken Salad on Croissant Potato Salad Cherry Tomatoes Fruit Cocktail	BBQ Boneless Chicken Wings Sweet Potato Fries Veggie Blend Diced Peaches	Cheeseburger Baked Beans Carrots Peach Applesauce
	Opt: Mac & Cheese		*Opt: Mac & Cheese*	
12	13	14	15	16
Turkey Swedish Meatballs Potato Puff Sliced Carrots Cherry Compote **ICCOA Closed Columbus Day**	Beef Meatloaf Dutch Potatoes Sweet Corn Diced Pears	Raspberry Chicken Thigh Cauliflower Carrots Fruit Compote	Pasta Primavera w/Vegetables Italian Sausage Green Beans Tropical Fruit	Roasted Turkey Mashed Redskin Potatoes Peas Pineapple & Oranges
		Option: Meatballs Parmesan		
19	20	21	22	23
Herbed Pork Loin Red Potatoes Veggie Blend Mixed Fruit	Beef Shepherd's Pie Whipped Potatoes Green Bean Casserole Diced Pears	Apple Pork Chop Scalloped Potatoes Wax Beans Pears	Goulash Green Beans Veggie Blend Papaya & Mango	Mini Blueberry Waffles Breakfast Sausage Spinach Bake Cinnamon Applesauce
26	27	28	29	30
Pizza Casserole Veggie Blend Pineapple & Oranges Garlic Toast	BBQ Pork on Bun O'Brien Potatoes Tomato Juice Blueberry Pear Compote	Roasted Turkey Whipped Sweet Potatoes Cauliflower Cherries	Swedish Meatballs Mashed Potatoes Veggie Blend Mandarin Oranges Dirty Pudding	Loaded Baked Potato Broccoli Sweet Corn Pineapple Bits
	Option: Seasoned Beef Patty			

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.

Take Control of Your Health:
6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**

Stay safe with these tips!



1

Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2

Talk to your health care provider

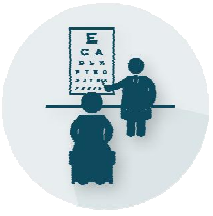
Ask for an assessment of your risk of falling. Share your history of recent falls.



3

Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



4

Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5

Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6

Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

To learn more, visit ncoa.org/FallsPrevention.

www.facebook.com/NCOAging | www.twitter.com/NCOAging
ncoa.org | @NCOAging | ©2023 | All Rights Reserved.

ncoa national council on aging

Flu shots are available at the Ionia County Health Department!

IONIA COUNTY HEALTH DEPARTMENT

Vaccines Offered

- Influenza Vaccine (flu shot)
- RSV Vaccine
- Shingle (Shingrix) Vaccine
- COVID-19 Vaccine (Moderna)
- Pneumococcal Conjugate Vaccine
- And more!

We bill insurance and have other options if you are not insured. Please call with any questions.

175 E. Adams St Ionia, MI 48846

Vaccination Clinic Hours

Monday and Tuesday

- 8:30 am - 11:30 am
- 12:30 pm - 3:00 pm

1st and 3rd Wednesday of the Month

- 10:00 am - 5:00 pm

Walk-in's welcome!

Call with questions or to schedule an appointment!

616-527-5341

Press 3 for immunizations

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 Kruszkowski
Michelle Corbeil

SHIP COUNSELORS
Sherry Jones
LesLee Michalek

WELLNESS & HEALTHY AGING
Rachel Yenchar

TRANSPORTATION COORDINATOR
Adrian "Ace" Brown

NUTRITION PROGRAM DIRECTOR
Joanna Urban

DIRECT CARE and ADULT DAY SERVICES DIRECTOR
Emily Gray

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.

STATE RETIREES

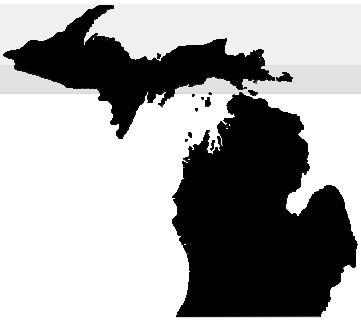
MEETING & LUNCHEON

Oct. 26 at NOON

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

MENU:

Pizza Casserole, Veggie Blend,
Pineapple & Oranges,
Garlic Toast.





MMAP is now SHIP

SHIP is Michigan's State Health Insurance Assistance Program. It is a FREE unbiased resource to help YOU navigate Medicare.

Medicare OPEN ENROLLMENT: Oct. 15-Dec. 7.

ICCOA has TWO local, certified counselors here to guide you. They offer personal assistance at no charge. SHIP counselors are your guide to maximize your benefits and savings. Michigan's SHIP doesn't sell Medicare plans--they just help you understand them.

We're scheduling "open enrollment" appointments for Ionia County seniors NOW in Ionia, Belding, Saranac and Clarksville. Call to schedule an appointment TODAY!

During your appointment we will provide you in-depth, one-on-one insurance counseling and assistance with Medicare.

You may also call 1-800-803-7174 or email MDHHS-MIOPTIONS@michigan.gov for more information and assistance in additional locations.

If you're interested in getting involved in the program as a counselor, SHIP offers the opportunity to volunteer and make a meaningful difference in your community. You have the option to volunteer in-person, by telephone, or via video conference.

Call us at (616) 527-5365 or check out www.shiphelp.org for more info.

SHIP
State Health Insurance Assistance Program

Navigating Medicare

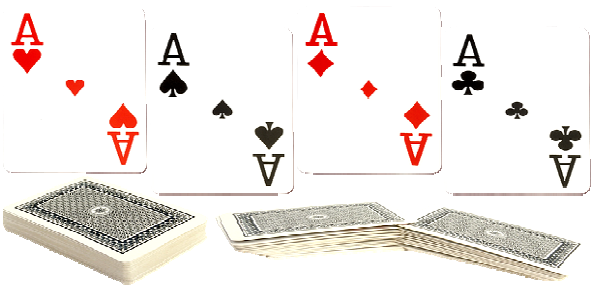
MEMORIAL CONTRIBUTION:

Lawrence Patrick

I.C.C.O.A. thanks you for your support!

Feeling Creative?





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.

BLUE SKIES Adult Day Program

Welcoming Seniors 60+ with Memory Issues

Every Tuesday and Thursday from 9:30am - 3:30pm

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

9:30am: Arrival/Coffee Talk

10:00am-12:00pm: Activities

12:00pm-1:00pm: Lunch

1:00pm-2:00pm: Movement with Rachel

2:00pm-3:30pm: Activities

BLUE SKIES
Adult Day Program



OPEN EVERY FRIDAY 11:00am -12:30pm

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.

Join us every Friday from 11am-12:30pm at the Ionia Senior Center: 115 Hudson St. IONIA MI 48846.

The Alzheimer's Association CAREGIVER SUPPORT GROUP

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

EQUIPMENT EXCHANGE and BRIEF BANK

DONATE YOUR UNEEDED EQUIPMENT TODAY!

Our EQUIPMENT EXCHANGE supply closet welcomes your donations of canes, transfer benches, commodes, gently used walkers, shower chairs and toilet seat risers. We provide these items to others in our senior community at NO cost to those in need.

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



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.

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



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.

Call (616) 527-5365 to reserve your spot in the next class!

engaging wellness

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.

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.



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

engaging wellness

IONIA SENIOR CENTER

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

VILLAGE of MUIR COMMUNITY ROOM

FRIDAYS OCT. 2 - NOV. 20
10:30am
122 Superior St., Muir 48860

Join us IN PERSON or via ZOOM



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

ENHANCE FITNESS®



engaging wellness

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.

engaging wellness

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



Celebrating Seniors

COFFEE KLATCH

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

Ionia Senior Center
115 Hudson Street,
Ionia MI 48846



JOIN US for Mrs. Claus' Annual

BAZAAR & CRAFT SHOW

Saturday, Dec. 5, 2026 from 9am-3pm
at the Ionia Middle School: 438 Union St., Ionia.

Want to be a vendor at the Mrs. Claus Bazaar & Craft Show? Please call the ICCOA office at (616) 527-5365 with contact info. IMPORTANT: You can ONLY register as a vendor through the ICCOA offices. No one will ask for your credit card info. Please don't fall for any Facebook scams!

- **Candles**
- **Ornaments**
- **Pet Accessories**
- **Jewelry & Apparel**
- **Handmade Soaps & Baskets**
- **Home Décor & Baby Items**
- **Homemade & Freeze Dried Candy**
- **Cards, Stationery & Wood Carvings**

Something for everyone on your list!

Proceeds benefit Ionia County Commission on Aging





FREE ADMISSION! Lunch & snacks available at the Ionia County COA Food Booth, south hall, first level.

Call Ionia County Commission on Aging at 616-527-5365 for info.
Find us on Facebook at https://www.facebook.com/IoniaCountyCommissiononAging/