

Friendship Luncheon Sites

BELDING: Tues. & Thurs. at 11:30

Belhaven Community Room, 41 Belhaven

CLARKSVILLE: Tuesdays at 11:30

Clarksville Community Center, 162 S. Main

IONIA: Tues. & Thurs. at 11:30

COA Senior Center, 115 Hudson St.

&

Thursday Evening Meals: 1st & 3rd Thurs. each month, at 5pm, just before Grand Valley Strings Country Music Jam!

LAKE ODESSA: Tues. & Thurs. at 11:30

Emerson Apartments, 1175 Emerson St.

SARANAC: Tues. & Thurs. at 11:30

Senior Housing, 320 Summit St.

PORTLAND: Tues. & Thurs. at 11:30

First Congregational Church, 421 E. Bridge St. (Smith St. entrance)

Please note our RSVP requirements:

•Please RSVP for Tuesday meals by NOON the FRIDAY before the meal.

•Please RSVP for Thursday meals by NOON the TUESDAY before the meal.

RSVP at your site or call ICCOA offices at: (616) 527-5365 or (888) 527-5365.

ICCOA Newsletter

Get news & info, including menus, special events, new programs and service updates each month in our newsletter!

Call (616) 527-5365 or (888) 527-5365 to sign up or email us at:

iccoa@ioniacounty.org

Newsletter is also available on our website:

www.ioniacounty.org/health/commission-on-aging/

Or find us on [Facebook](#) where we regularly post about other news of interest to Seniors and their families!

The Ionia County Commission on Aging is funded by:

The 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 and 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 and agency financial and other support and fundraising events.

The Ionia County Commission on Aging is committed to ensuring that no person is excluded from participation in, or denied the benefits of, COA services on the basis of race, color, national origins, gender, age or disability.



IONIA COUNTY COMMISSION ON AGING



115 Hudson St. Ionia MI 48846
(616) 527-5365 • (888) 527-5365

Office Hours: Monday-Friday,
8:30am—5:00pm

- Congregate Meals
- Home Delivered Meals
- In-Home Services & Respite Care
- Information & Referral
- MMAP Counseling
- Senior Center Activities
- Senior Project Fresh
- Support Groups
- Transportation
- Volunteer Opportunities
- Wellness & Healthy Aging



The goal of this agency is to strengthen the well being of all Ionia County Seniors and to be the cornerstone of support services for their continued independence.

Eligibility Individuals **60** years of age or older.

Cost No set charge for most services, but client support is made through donations, cost sharing or private pay.

Supportive Services

Meals on Wheels™ Our current delivery schedule is: Mondays, Wednesdays, Thursdays and Fridays each week. We are delivering a mix of hot, cold and frozen meals, fresh from our kitchen. Drivers maintain safe social distancing. Holidays may result in delivery schedule changes.

In Home Services are available with extra precautions in place to keep staff and clients safe. Services include Homemaker, Respite and Home Health Aide Services including toenail care. Wellness Checks are also available to check in with loved ones. Please call for more info.

Transportation is available for trips both within Ionia County and to appointments outside the county as our schedule permits. Call for more info and to schedule a trip at (616) 330-3266



Respite Certificates are available for use at participating agencies for respite in the home, overnight or for Adult Day Services. Please call for more information.

Senior Center

Our Senior Center in downtown Ionia welcomes you! Services include:

Caregiver Support Group meets the 3rd Tuesday of each month at 11:30, with lunch available with RSVP. You may also join by phone by calling ICCOA, (616) 527-5365, or the Alzheimer's Association Helpline, (800) 272-3900, for dial-in info.

Our **Euchre Group** meets each Wednesday. Call COA for more information (616) 527-5365.

Grand Valley Strings Music

ICCOA hosts this country music jam every 1st and 3rd Thursday of the month, from 6-8pm. Everyone is welcome!



Founded in 1995, this group regularly features up to 2 dozen players including guitar, banjo, bass, violin and harmonica. **Our Knit/Crochet Group** meets at the same time, come join the fun!

Info & Referral is just a phone call away and your call is welcome. A caseworker can help locate the resources you need.

MMAP (Medicare/Medicaid Assistance Program) counseling is available over the phone or in person.

Movie Night or Matinee! Join friends for a meal and a movie on select Thursdays in Ionia!

State Retiree Group meets monthly at our Ionia Senior Center. Call us for more info.

Wellness & Healthy Aging

Join us in-person or on ZOOM. Classes include EnhanceFitness, Tai Chi, Matter of Balance, Armchair Exercise and Walk With Ease. Call for current schedule. New participants are always welcome. Classes are hosted regularly in Ionia and at satellite sites around Ionia County!



COVID-19 Vaccine Assistance

Do you want the COVID-19 Vaccine or booster but need help? COA can help! For Ionia County residents age 60+.

Equipment Exchange

Donate your items and we will re-distribute to other Ionia County Seniors or find an item you need - shower seats, commodes, more.

Free Face Masks!

COA has free face masks including KN-95's for extra protection. Call to arrange pick up.

Senior Project Fresh

Eligible Ionia County residents receive coupon booklets during the summer months to redeem at Michigan Farm Markets for purchase of fresh, local fruits and vegetables.

Tax Returns and MI Credits Assistance

Free help available—call for info!

Volunteer Opportunities

We offer volunteer opportunities in several areas such as Meals on Wheels Delivery, Transportation Drivers, Tax Prep, MMAP Counseling and more. Call us to learn how you can make a difference, (616) 527-5365 or (888) 527-5365.