

Leelanau County Senior Services

8527 E Government Center Dr. Ste. 106
Suttons Bay, MI 49682

Phone: (231) 256-8121

Fax: (231) 256-8129

www.leelanau.gov/seniorservices.asp

seniorinfo@leelanau.gov

Hours: 9:00 a.m. - 5:00 p.m.

Monday - Friday

April Missias

Director

Gail Carlson

Aging Well Resource Coordinator

Victoria Maggio

Care Coordinator

Armanda Krantz

Account Clerk

Deborah Allen

County Administrator
(231) 256-8100

County Commissioners

Jamie Kramer

District #1 (Elmwood Township
& a portion of the City of Traverse City)
(231) 709-3703
jkramer@leelanau.gov

James O'Rourke

District #2 (Bingham Township
& a portion of Elmwood Township)
(231) 645-4811
jorourke@leelanau.gov

Doug Rexroat

District #3 (Suttons Bay Township
& a portion of Bingham Township)
(231) 866-4449
drexroat@leelanau.gov

Ty Wessell

District #4 (Leelanau Township
& a portion of Suttons Bay Township)
(231) 432-0066
twessell@leelanau.gov

Kama Ross

District #5
(Leland & Centerville Townships)
(231) 920-4055
krross@leelanau.gov

Gwenne Allgaier

District #6
(Cleveland, Empire &
Glen Arbor Townships)
(231) 228-6763
gallgaier@leelanau.gov

Melinda Lautner

District #7
(Solon & Kasson Townships)
(231) 649-1131
mlautner@leelanau.gov

March / April 2023

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community

Dear Friends,

Happy Spring! The transition into Spring allows for a long exhale to mark the survival of Winter. I know too many who have been holding on for dear life the last few weeks of Winter, cheering on the sun to fully emerge so we can finally bid farewell to the cold. Each year we anxiously wait for Spring to arrive with its new growth and smells, but this Spring has a feeling of greater significance. The Pandemic has certainly impacted how we engage with people. I continue to see some of our community members tiptoeing through life, hesitant to make any sudden moves out of fear of being exposed to something.

However, this Spring I am hopeful for change as I have witnessed so many of our neighbors exhibiting an attitude of determination to move forward. People are putting on their rainboots and are ready to jump in the puddles and trudge through the mud in search of beauty and one of life's greatest treasures, joy.

The Pandemic taught us to find joy in the ordinary, ritualistic routines we engage in each day. We discovered and created a foundation for joy, which sustained us these past few years allowing us to contemplate what we value and how we would like to do life going forward. Each of us is a changed person and we are all together trying on new ways of being as an individual and as a collective. Some of us are content in enjoying the continued simple pleasures of daily life. As there are two sides to a coin, there is another group of people who are restless and enthusiastic to leave behind the pandemic and are preparing to level up their joy.

For those of you who are maintaining your joy level and those who are leveling up today, tomorrow, or in the near future it is my hope you remain mindful of the uniqueness of what brings each of us joy. Joy is an individual aspiration that can sometimes be met through a collective. Businesses, organizations, families, and friends are also trying to determine where they are at on the joy scale and how they can continue to adapt to assist and support you in your joy aspirations. We have collected some information about some organizations and programs that are being offered within Leelanau County's communities. You will find the list on page 11. We would also love to hear from you about activities and programs that bring you joy.

The past three years have been challenging to say the least. In this season of renewal may you find joy in being on this journey of life. So, put on those rainboots and level up or move through the day enjoying the beauty of each moment. Either way, JOY is the word. We look forward to hearing from you about your joy.

Warmly,

April

C.S.F.P.

The Commodity Supplemental Food Program

(CSFP) is a nutrition education program providing monthly supplemental foods to help promote health for people 60 years of age or older who meet income guidelines.

Q. INCOME REQUIREMENTS

Less than
\$1,396 Month or \$16,744 Yr

Q. WHAT DO I NEED TO SIGN UP?

Picture Identification
(driver's license, state ID, or passport)
Proof of household income

Q. HOW DO I SIGN UP?

Call: Northwest Michigan
Community Action Agency
1-800-443-2297

or

Leelanau Christian
Neighbors
7322 E Duck Lake Rd
Lake Leelanau, MI 49653
During distribution date/
time

Q. WHEN DO I SIGN UP AND PICK UP FOOD?

The third Tuesday of every
month from
12:00 p.m. - 1:00 p.m.

Q. WHAT WILL I RECEIVE?

Your monthly food package
may contain:

Juice
Canned fruits
Canned vegetables
Milk (dry or evaporated)
Cereal
Cheese
A varied starch item
A varied protein item

Foot Care Program

Foot Care Vouchers Are Available

\$15.00 ea

Seniors can purchase up to 6 vouchers annually.

There are 3 ways to purchase your vouchers.

1. Mail a check
2. Call and pay by credit card
3. Purchase in the office

LCSS is collaborating with Comfort
Keepers to provide a foot care clinic
the first Friday of each month

from 10:00 a.m. to 1:00 p.m. at the Elmwood Township Hall.

If you are interested in receiving foot care at the clinic, **please call LCSS at 256-8121 to schedule an appointment.**

Upcoming schedule:

Friday, March 3, 2023
10:00 a.m.—1:00 p.m.

Friday, April 7, 2023
10:00 a.m.—1:00 p.m.



Linda Lingaur will continue to provide foot care services at her
salon, *Linda Lou's* in Lake Leelanau.

You may contact her directly to schedule an appointment.
Her phone number is (231) 883-4529.

2023 COLLECTIONS

Household Hazardous Waste, Electronics, & Document Shredding:

Saturday, May 20, 8am-1:30pm at Government Center

Saturday, June 24, 8am-1:30pm at Glen Lake School

MONDAY, September 25, Noon-5:30pm at Peshawbestown

Saturday, October 14, 8am-1:30pm at Elmwood Twp Park

Scrap Tire & Mattress Recycling Collections:

Friday, May 19, 5pm-7pm at Government Center

Friday, June 23, 5pm-7pm at Glen Lake School

Call Planning Dept. at **(231)256-9812** to schedule an
appointment. Prepayment required for tires and mattresses.

Veterans services and support

Veterans Affairs

(Disability, Pension, Death
Benefits, etc.)

1-231-995-6070

A VA representative is at the
Leelanau County
Government Center
on Tuesdays only.
Call for appointment

Veterans Crisis Line

Dial 988, press 1

Grand Traverse County Chapter Disabled

American Veterans

(Coordinates
transportation to VA
medical facilities)

1-231-313-9357

VA Clinic

(Health Care)

1-231-932-9720

Vet Center

(Readjustment
Counseling-PTSD)

1-231-935-0051

Supportive Services for

Veteran Families

(Homeless Veterans)

1-844-900-0500

Please contact one of these
service providers if you or
someone you know can
benefit from any or all of
these resources.

Veterans In Crises

(850) 294-3230

veteransincrisis.org

A community-Based Effort to
Help Veterans in Northern
Michigan

Medicaid re-determination is starting Now!

As part of the budget bill that was recently passed by Congress, **starting on April 1**, Michigan just began the redetermination process for Medicaid. This process will be spread out over the next 12 months based upon each beneficiary's Medicaid anniversary date. The Medicaid renewal mailing may begin as early as February 1st, with possible benefit terminations as soon as April 1st.

It has been almost three years since some beneficiaries have had to complete renewals for Medicaid, which means that their contact information may have become outdated. Without correct contact information, notices, renewal packets, and/or requests for additional information may not reach individuals who have moved, leading to inappropriate coverage loss among individuals still eligible for coverage.

Options to update your contact information with the Michigan Department of Health and Human Services (DHHS) include:

- 1) Online at: www.Michigan.gov/mibridges
- 2) The DHHS helpline at 1-888-642-7434

If you lose your Medicaid benefit as a result of this re-determination, you may become eligible for a 90 day, special enrollment period for either:

- 1) Marketplace coverage (if you are less than 65 years old)
www.Healthcare.gov (Helpline: 1-800-318-2596)
or
- 2) Medicare (at or after 65 years old)
www.Medicare.gov (Helpline: 1-800-633-4227)

If you have further questions, contact LCSS to schedule an appointment with our Medicare/Medicaid Specialist.

Vaccine Information

As of January 1st, residents with Medicare drug coverage will pay **nothing out-of-pocket** for adult vaccines recommended by the Advisory Committee on Immunization Practices (ACIP), including the shingles and Tetanus-Diphtheria-Whooping Cough vaccines.

Vaccines Are the Best Way to Protect Yourself and Your Loved Ones from Preventable Disease.

If you do not currently have health insurance, we have a program to help cover the cost.

For information or to schedule appointment
please call: 231-256-0200



Whether you prepare and file your own income tax return or use a reputable accountant, and whether you will owe additional money to the Internal Revenue Service (IRS) or receive a refund, be wary - there are scams out there that deal with any of these situations.

What is it all about? Tax fraud is often tied to identity theft. In one case, “A federal judge sentenced Yafait Tadesse to one year and one day in prison for using the identities of more than 10 individuals, including the Attorney General of the United States, to file false and fraudulent tax returns”. “Identity thieves have figured out that if they can obtain your Social Security number, they can file false tax returns with the IRS,” said Veronica Hyman-Pillot, IRS Special Agent in Charge-IRS Criminal Investigation. “It does not matter your political position, economic status, or social standing, you are susceptible to identity theft. No one is immune.”

What can you do? Mr. Howard Schwartz of the Connecticut Better Business Bureau offers some excellent tips for reducing the likelihood that you will be a victim of tax fraud:

- File your tax return early in the tax season, before identity thieves do.
- Use only a secure Internet connection if you file electronically. Don't use publicly available Wi-Fi hotspots at places like coffee shops or hotel lobbies.
- Shred copies of your tax return, drafts or calculation sheets you no longer need.
- If you intend to mail your tax return, put it in a USPS mailbox or drop it off at the post office, to prevent it from being intercepted from your roadside mailbox.
- Respond to all mail from the IRS as soon as possible.
- Remember that the IRS won't contact you by phone, email, text or social media. If the IRS needs information, it will contact you by mail.
- Don't leave W-2s in insecure locations like your office or car.
- Get recommendations and research a tax preparer thoroughly at bbb.org before you hand over personal information.
- Don't give out your Social Security or Medicare number unless necessary. Ask why it's needed, how it's going to be used and how it will be stored.

Check your credit report at least once a year for free at annualcreditreport.com to make sure no other accounts have been opened in your name.

How to find a reputable accountant in Leelanau County: If you are specifically looking for a Certified Public Accountant (CPA), visit the website of the Michigan Association of Certified Public Accountants at <https://micpa.org/> and click on “Find a CPA” under the “Resource Center” tab.

How to report suspected tax fraud: To report suspected income tax fraud to the IRS, you can go to www.irs.gov and enter “Tax fraud” in the search field. This will take you to a page that gives instructions on how to report suspected tax fraud, depending on the situation.

References:

Federal Bureau of Investigation, Scams and Safety. Retrieved from www.fbi.gov.

Fox CT.

Retrieved from: <http://foxct.com/2014/01/27/mind-your-business-avoiding-income-tax-fraud/>

Internal Revenue Service. Retrieved from

<http://www.irs.gov/Individuals/How-Do-You-Report-Suspected-Tax-Fraud-Activity%3F>

Who We Are

Leelanau County Senior Services provides a variety of programs and services to meet the growing needs of seniors. We recognize that all needs are different and strive to take a holistic approach to provide a range of services and programs that address the unique physical, social, and emotional needs of our seniors.

Our programs are designed to support our senior's lives:

- ◆ Personal Care*
- ◆ Respite Care*
- ◆ Homemaker*
- ◆ Medication Management*
- ◆ Medical Transportation
- ◆ Foot Care Vouchers

We also offer limited financial assistance for seniors who meet certain income and asset guidelines:

- ◆ Dental Assistance
- ◆ Eye Glass Assistance
- ◆ Hearing Aid Assistance
- ◆ Heating/Utility Assistance
- ◆ Legal Assistance
- ◆ Unmet Needs Assistance
- ◆ Project Fresh Coupons**

Promoting Safety:

- ◆ Emergency 911 Cell Phone
- ◆ PERS (Personal Emergency Response System)
- ◆ File of Life
- ◆ Medical Equipment Loan Closet

Social Activities:

- ◆ Euchre
- ◆ Bitesize Learning
- ◆ Senior Expo
- ◆ Coffee Connections
- ◆ Lunch Bunch

* Income and asset tested through application and home evaluation process.

** Funded by USDA

How to Protect Yourself Against Fraud

In the technological age we are inundated with advertisements on TV and the internet.

It can be challenging to determine what information is legitimate and what is being used to financially exploit you.

Steve Stanton will present you with some tips for avoiding Scams

Join us

Wednesday, April 26, 2023, 1:00 p.m.

Government Center - Lower Level Community Room

Please call LCSS to reserve your seat
(231) 256-8121

MARK YOUR CALENDAR!!

SENIOR EXPO IS BACK!

Tuesday, June 20, 2023

10:00 a.m. to 2:00 p.m.

Suttons Bay High School
310 Elm Street in Suttons Bay

This fun filled event brings in over 100 vendors showcasing the latest in information, resources, products and services; giving you the tools to live a full life as you age.

Fabulous, Fun and Free!

The effects of alcohol change as we age

As you grow older, health problems or prescribed medicines may require that you drink less alcohol or avoid it completely. You may also notice that your body's reaction to alcohol is different than before. Some older people feel the effects of alcohol more strongly without increasing the amount they drink. This can make them more likely to have accidents such as falls, fractures, and car crashes. Also, older women are more sensitive than men to the effects of alcohol.

Other people develop a harmful reliance on alcohol later in life. Sometimes this is a result of major life changes, such as the death of a spouse or other loved one, moving to a new home, or failing health. These kinds of changes can cause loneliness, boredom, anxiety, or depression. In fact, depression in older adults often aligns with drinking too much.

How does drinking damage the body?

Drinking too much at one time or on any given day, or having too many drinks over the course of a week, increases the risk of harmful consequences, including injuries and health problems. People who consistently misuse alcohol over time are also at greater risk of developing alcohol use disorder.

Drinking too much alcohol over a long time can:

- Lead to some kinds of cancer, liver damage, immune system disorders, and brain damage.
- Worsen some health conditions such as osteoporosis, diabetes, high blood pressure, stroke, ulcers, memory loss, and mood disorders.
- Make some medical conditions hard for doctors to accurately diagnose and treat. For example, alcohol causes changes in the heart and blood vessels. These changes can dull pain that might be a warning sign of a heart attack.
- Cause some older people to be forgetful and confused - symptoms that could be mistaken for signs of Alzheimer's disease or a related dementia.

How alcohol affects safety

In older adults, especially, too much alcohol can lead to balance problems and falls, which can result in hip or arm fractures and other injuries. Older people have thinner bones than younger people, so their bones break more easily. Studies show that the rate of various types of fractures in older adults increases with heavy alcohol use. Adults of all ages who drink alcohol and drive are at higher risk of traffic accidents than those who do not drink. Drinking slows reaction times and coordination, and interferes with eye movement and information processing. People who drink even a moderate amount are at higher risk for traffic accidents, possibly resulting in injury or death to themselves and others. (Note that even without alcohol, the risk of a car accident goes up starting at age 55.) Also, older drivers tend to be more seriously hurt in crashes than younger drivers. Alcohol adds to these age-related risks.

In addition, alcohol misuse or alcohol use disorder can strain relationships with family members, friends, and others. Alcohol use is often involved when people become violent, as well as when they are violently attacked. If you feel that alcohol is endangering you or someone else, call 911 or obtain similar help right away.

For more information about alcohol use and safety:

National Institute on Alcohol Abuse and Alcoholism

National Institutes of Health: 888-696-4222

niaaaweb-r@exchange.nih.gov

www.niaaa.nih.gov

Rethinking Drinking: Alcohol and Your Health

www.rethinkingdrinking.niaaa.nih.gov

Substance Abuse and Mental Health Services Administration: 877-726-4727

800-487-4889 (TTY)

samhsainfo@samhsa.hhs.gov

www.samhsa.gov

Alcoholics Anonymous: 212-870-3400

www.aa.org

<https://www.nia.nih.gov/health/facts-about-aging-and-alcohol>

Northern Lakes Community Mental Health Crisis Line:
(833) 295-0616
Suicide and Crisis Lifeline: 988

Health & Wellbeing

The Area Agency on Aging of Northwest Michigan (AAANM) is a valuable resource of learning opportunities and support for older adults and caregivers.

The AAANM <https://www.aaanm.org/wellbeing/> website offers access to free wellbeing and caregiver tools, classes and resources and connects you with an online community of people who want to learn new skills, connect with others and unlock new life experiences. This safe, social and interactive learning environment has been specifically designed for older adults.

Classes are taught by older adults and kept small to ensure everyone can actively participate.

Area Agencies on Aging are offering a number of online programs devoted to health and wellbeing.

If you are interested in participating in any of these programs, you can email livingwellprograms@r2aaa.net or reach out to Area Agency on Agency on Aging at (231) 947-8920 for additional information.

January-June, 2023 On-Line Workshop Schedule

Cancer PATH

Chronic Pain PATH

Diabetes PATH

PATH (Personal Action Toward Health)

Workplace PATH

Powerful Tools for Caregivers

A Matter of Balance

Aging Mastery Program

Arthritis Foundation Exercise Program

Enhance Fitness

SilverSneakers Stability

Do you or do you know of a senior who is feeling, blue, isolated, or could use some emotional support?

The University of Michigan School of Social Work is currently doing a study that you may be interested in. They have created an online education program called Empower@Home which is designed for older adults to help lift their spirits and make them feel more socially connected.

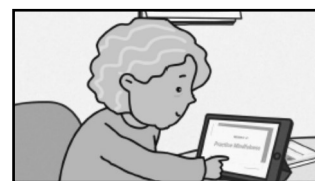
Empower@Home is an online program for emotional wellbeing and social connection. It is a web-based program that can be accessed via a computer, laptop, tablet, or smartphone. The platform is designed to be simple to use and accessible. U of M researchers created this program with input from health care providers and older adults.

The study involves trying out the program for up to 12 weeks and completing surveys before and after the program. You do not need to have any prior computer experience to participate. If you don't have a tablet or internet access, they will provide it for you for free during the study. They will also have someone to work with you and answer any questions you have, including helping with technology. The study is completely voluntary, you can stop at any time. If this is something you are interested in, please contact LCSS and we will share your information with the University of Michigan.

Eligibility Checklist

To be eligible, individuals must be

- ◆ Age 50+
- ◆ Depressive symptoms like low mood, loss of interest in activities, etc.
- ◆ **Not eligible if:**
- ◆ Has dementia, Alzheimer's, or known memory/cognitive problems
- ◆ Has a legal guardian
- ◆ Severe vision or hearing problems
- ◆ Terminal illness, hospice care, or unstable health (likely to be hospitalized in 3 months)
- ◆ Psychotic disorders such as bipolar or schizophrenia



University of Michigan School of Social Work

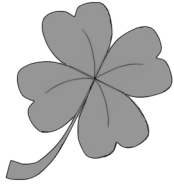
This study is led by Dr. Xiaoling Xiang at the University of Michigan (#HUM00212950).

Call LCSS for more information and to sign up



The Lunch Bunch

We strive to meet as a group for lunch at various restaurants in Leelanau County. It's a chance to meet up with old friends and make new ones.



St. Patty's Day
Friday, March 17, 2020
12:00 pm

at

Dick's Pour House
103 W. Philip St.
Downtown Lake Leelanau



Tickets available at \$10.00 each; includes a special menu and non-alcohol drink
Limited seating, please call LCSS to reserve your spot: 256-8121

Food Corner: Easy Tortellini Salad

I made this side dish last night to go with our air fryer chicken thighs. It was so filling and good. This can be a dish on its own. Add chopped chicken or shrimp for a totally different meal. Enjoy ~ Armanda

Reminder:

Some foods do not mix well with medication. Please remember to check with your doctor or pharmacist on what foods to avoid while taking certain medications.

18 oz refrigerated cheese tortellini
(I used regular size at the store)
2 1/2 oz (2 cups) baby spinach or chopped spinach
1 handful fresh basil leaves, roughly chopped
14 oz can quartered artichokes, roughly chopped
(I love artichokes and used 2 cans)
1 pint cherry tomatoes, sliced in half
1/4 cup white wine vinegar
(I didn't have any, substituted with apple cider vinegar)
1 Tbs granulated sugar
1/2 tsp dried dill
1/2 tsp garlic powder
1 tsp kosher salt, plus more to taste
Fresh ground black pepper
1/4 cup olive oil
1/4 cup vegetable oil
3/4 cup shredded Parmesan cheese

1. Start a large pot of well-salted water to boil. Boil the pasta until al dente according to the package instructions. Drain the pasta and run cool water over it until it's warm
2. Meanwhile while the pasta cooks, chop the spinach, basil and artichoke hearts and slice the tomatoes. In a large bowl, whisk together the vinegar, sugar, dried dill, garlic powder, salt and fresh ground black pepper. Then whisk in the oils.
3. Once the pasta is done, add it to the large bowl of dressing and toss with the chopped vegetables. Add the Parmesan cheese and stir to combine. Taste and add salt or more cheese to taste. Serve at room temperature or cold. Stores up to 4 days refrigerated (leftovers taste great and work well for lunches!).

www.acouplecooks.com

March 2022

*The VA Representative is at the Government Center every Tuesday, call 995-6070 to schedule your appointment

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Elmwood foot care clinic	4
5	6 LCN 2-6	7 VA* Empire Food Pantry 4:30-5:30	8	9 MMAP Specialist	10	11
12  SPRING	13 LCN 2-6	14 VA* Empire Food Pantry Grief Support 10:30	15	16	17  Lunch Dicks Pour House	18
19	20 LCN 2-6	21 Empire Food Pantry 4:30-5:30 Commodities	22 Alzheimer's Zoom Meeting	23 MMAP Specialist	24	25
26	27 LCN 2-6	28 VA* Empire Food Pantry 4:30-5:30	29	30	31	

Food Commodity or Surplus every 3rd Tuesday of every month

For more information on surplus & commodities: 1 (800) 632-7334

April 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 LCN 2-6	4 VA* Empire Food Pantry 4:30-5:30	5	6 Estate Planning	7 Elmwood foot care clinic <hr/> Office Close 12:00	8
9 	10 LCN 2-6	11 VA* Empire Food Pantry 4:30-5:30	12	13 MMAP Specialist	14 Office Closed @ Noon	15
16	17 LCN 2-6	18 VA* Empire Food Pantry Grief Support 10:30	19	20	21	22
23 <hr/> 30	24 LCN 2-6	25 VA* Empire Food Pantry 4:30-5:30	26 <hr/> BiteSize "Scams" Alzheimers Zoom Meeting	27 MMAP Specialist	28	29

Food Pantries:

Leelanau Christian Neighbors is continuing to provide food pantry services on Mondays 2 p.m. to 6 p.m. If you are in need of food and are unable to drive and do not have someone to pick up food for you, please call LCSS and we will coordinate efforts to ensure you receive the food you need.

The Empire Food Pantry is continuing to provide food pantry services on Tuesday evenings at 5 p.m. The food pantry is operating out of the Glen Lake Reformed Church at 4902 W MacFarlane Rd. You can call them with any questions at 231-334-4563. If you are unable to drive or have someone pick up food for you please contact LCSS and we will coordinate efforts to ensure you receive the food you need.

Meals on Wheels: Meals on Wheels services are continuing with the delivery of five to seven frozen meals once a week. Due to COVID-19, and the number of people struggling to access food, we have temporarily signed up a number of people for MOW during this time. If you, or someone you know could benefit from receiving MOW please contact our office for assistance.

Euchre Update

Due to the winter weather and lack of participation, Euchre will be cancelled until spring.

We will resume on Tuesday, May 30, 2023.

See you then!

ESTATE PLANNING

Planning for your future with your family and loved ones can be stressful. Leelanau County Senior Services is working with Marshall & Bruce Law Firm to help with your estate planning.

The initial appointment is a free service to discuss your individual needs and plans.

Call LCSS to schedule your appointment today.
(231) 256-8121 or you can check out their web site at mblawtc.com

Grief Support with ProMedica Hospice

March 15, 2023

April 19, 2023

10:30 a.m. - 11:30 a.m.

Leelanau County Government Center
Main floor - Law Library

Call LCSS for more information
(231) 256-8121

Caregiver Support Group

Presented by: Alzheimer's Association of Michigan and Leelanau

County Senior Services

Please join us by phone or Zoom

March 23, 2023

April 27, 2023

2:00 p.m.-3:00 p.m.

*For questions and information call LCSS
and ask for Victoria. 231-256-8121*

Activities and Programs Around Leelanau County

County Wide Opportunities

- Walkie Talkies – Women Hiking Group, Lyn Motlow, Irmotlow@gmail.com, 231-499-0495
- Leelanau Conservancy Interpretive Hikes – www.leelanauconservancy.org, 231-256-9665
- Sleeping Bear Dunes National Lakeshore – <https://www.nps.gov/slbe/index.htm>, 231-326-4700
- Leelanau Trail – paved hiking/skiing/biking trail from Traverse City to Suttons Bay

Leland

- Leland Township Library – 203 E. Cedar Street, www.lelandlibrary.org, 231-256-9152, Chelsea Hilton, Program Coordinator, programs@lelandlibrary.org, Resilience – April 20 10:00 am.
- Old Art Building - 111 S. Main Street, www.oldartbuilding.com, 231-256-2131, info@oldartbuilding.com, Strength and Exercise Program, Tuesdays and Thursdays, 9-10 am.

Northport

- Trinity Church – 103 Warren Street, Chair Yoga, Thursdays 4:00- 5:00 pm, drop-in and by donation. No mat required. Instructor: Kristi Holmstrom. 734-323-3221, Kristiholmstrom@gmail.com.
- Northport Public School – 104 South Wing Street, www.northportps.org, 231-386-5153, indoor pickleball days? 3:30 pm.
- Northport Fitness – 109 E. Nagonaba Street, www.northportfitness.com, 231-360-2525, Senior Citizen Memberships.
- Leelanau State Park – 15310 N. Lighthouse Point Road, www.michigandnr.com, 231-386-5422, hiking trails.
- Bramen Hill Recreation Area – 10001 E. Melkild Road, tennis pickleball, basketball, sledding and hiking trail.
- Buster Dame Recreational Field – 721 Ransom Street, pickleball, baseball, dog park.
- Northport Pub & Grill – 116 S. Waukazoo Street, 231-386-1601. www.npgrille.com, Bowling alley.

Suttons Bay

- Leo Creek – on TART Trail between Fourth Street and Richter Road, www.leocreekpreserve.com, leocreekpreserve@gmail.com, nature preserve, botanical garden and hiking trail.
- Friendship Community Center – 201 Broadway Street, www.friendshipcommunitycenter.org, 231-271-4630, info@thecentersb.com, Community Jam Sessions - Wednesdays 6:30-8:30 pm, Ukulele Orchestra – Mondays 7:00-8:00 pm, Tai Chi – Thursdays 11:30-12:30 pm, Gentle Yoga – Fridays 8:00-9:00 am, Step Aerobics – Mondays and Thursdays 8:15 – 9:30 am, Community Potlucks – First Wednesday of every month 6:00-8:00 pm, Cooking for One – April 6 11:30 am.
- Strongheart Recreation Center – 2605 N. West Bay Shore Drive, 231-534-7457.
- Herman Community Park – 1060 S. Herman Road, tennis, pickleball, disc golf, ½ mile paved trail, soccer

Cedar/Maple City

- Solon Township Hall – 9191 S. Kasson Street, Tai Chi Class, M-W-F 10:00-11:00 am, T-Th-Sat, 9:00-10 am
- Walking With Friends, Community Yoga, Sat. March 4 and April 1, 10:30 am
- Myles Kimmerly Park - County Road 616, Maple City, ¾ mile hiking trail, tennis, basketball, soccer, baseball, disc golf and driving range

Lake Leelanau

- Lake Leelanau Rowing Club – Fountain Point Resort, 990 S. Lake Leelanau Drive, www.lakeleelanaurowingclub.com, rowing@lakeleelanaurowingclub.com

Empire

- Empire Area Community Center – Empire Township Hall, 10088 W. Front Street, 231-326-5300, www.empireareacommunitycenter.org, empireareacommunitycenter@gmail.com, Fitness, Exercise, Strength & Balance, Tuesdays 9:30-10:30 am, Yin-yin/Yoga Nidra, Mondays 5:30-6:30 pm, Gentle Yoga, T –Th 11:15 am - 12:00 pm, Pickle Ball, Tuesdays 4:00 – 5:00 pm.

Glen Arbor

- Glen Arbor Town Hall – calsbeeks@gmail.com, Indoor Pickleball, T & Th 11:15 am – 1:15 pm and 1:30 – 3:00 pm, Sat. 10:00 am -12:00 pm, Indoor Basketball, Th 6:30-10:00 pm, Fitness Class 231-383-5084.
- The Leelanau School – 1 Homestead Road, Indoor Pickleball, M & W 4:15 – 6:15 pm, Sat. 10:00 – 12:00 pm, outdoor tennis.
- Glen Arbor Township Park – Pickleball, tennis, basketball, workout equipment.
- Glen Lake Community Schools – 3375 W. Burdickville Road, tennis, pickleball.

LEELANAU COUNTY SENIOR SERVICES
8527 E. Government Center Drive, Suite 106
Suttons Bay, MI 49682

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Striving to celebrate and support seniors within our community



Leelanau County Senior Services

www.leelanau.gov/seniorservices.asp