

The right Connection

June 2024

THE *right* DOOR
for hope, recovery and wellness

24-hour toll-free crisis line
888-527-1790

Ionia Office
375 Apple Tree Drive
Ionia, MI 48846
616.527.1790

Hours:
Mondays-Thursdays
-8am-7pm
Fridays-8am-5pm
Saturdays-8am-12pm

Belding Office
7441 Storey Road
Belding, MI 48875
616.527.1790

Mondays and
Wednesdays-8am-6pm
Tuesdays and Thursdays
-8am-7pm
Fridays-8am-5pm

Portland Office
208 West Bridge Street
Portland, MI 48875
517.647.2128

Closed 12-1pm
Mondays-8:30am-7pm
Tuesdays-Fridays
-8:30am-5pm

Onsite IONIA: 1st/3rd Mondays Veterans Service Office
Wednesdays DDHS, Fridays Samaritas

Website:
www.rightdoor.org



*my*Strength

MED LINE: 616.775.1023

Please allow 72 hours for refills

Kindly leave your name, the name of the person served if you are their parent or guardian, your phone number, the prescription needed and the pharmacy of choice.

MED SERVICE APPOINTMENTS:

Please arrive 15 minutes early for your appointment
Late arrivals may be rescheduled. If you must cancel, please do so 24 hours in advance. Thanks.



Member of:



Tips for Safe Summer Travel

Like the song says, "School's out for summer, and travel season has begun.

No matter where you plan to go or how you plan to get there, it is important to be prepared before you go on vacation. Planning ahead gives you peace of mind so you can enjoy your trip and prevent hiccups and scams.

1. PLAN YOUR TRIP

Most package tours, vacation leases, auto rentals and other agreements are completed online these days. Even though you may be tempted to slide through the terms and conditions, you need to read the them concerning cancellations, refunds, disputes and liability in case something happens and you have to curtail your trip.

Be wary of discount travel scams offering free trips, or heavily discounted "deals", and if they require a small deposit or bank transfer. If so, it is probably a scam.

2. PACKING FOR YOUR TRIP

If you fly, be aware of latest airport security regulations before you pack. Both the US and Canadian Transportation Security Agency websites provide ample information about what you can and cannot take with you as well as sizings of bags, liquids, more.

Only pack what you need making sure important papers and valuables are in your carry on, and not in checked luggage which can get lost.

Contact your bank and credit card company to let them know you will be traveling so transactions you make are honored and not suspect of theft. Also check your credit limits.



MONTH LONG AWARENESSES/OBSERVANCES:

- 3, 10, **PEER LED**, LGBTQIA Group, Katie, 3-4pm, *Ionia TRD*
- 17, 24 **PEER LED**, Games Group, Lexie, 4pm, *Ionia TRD*
- 3, 10 **PEER LED**, Games Group, Lexie, 4pm, *Ionia TRD*
- 4, 11, **PEER LED**, Writing for Recovery, Katie, 11:00am, *Ionia TRD*
- 18, 25 **PEER LED**, Volunteer Group, Katie or Shelly, 3:30pm, *Ionia Theater*
- 4, 11, **PEER LED**, Volunteer Group, Katie or Shelly, 3:30pm, *Ionia Theater*
- 18
- 5, 19, **PEER LED**, Chair Yoga, Lexie, 9am, *Ionia TRD*
- 26
- 5, 19 **PEER LED**, Crochet, Shelly, 1pm, *Ionia TRD*
- 6, 13, **PEER LED**, Recovery Garden, Katie and Rose, 9 am, *Ionia TRD*
- 20, 27
- 6, 13, **PEER LED**, Evening Yoga, Lexi, 5pm, *Ionia TRD*
- 20. 27
- 6, 20 **PEER LED**, Portland Women's Group, Shelly, 1-2pm, *Portland TRD*
- 7 **PEER LUNCHEON**, Q and A with LGBTQIA Panel, 11-12:30pm, *Ionia TRD*
- 7 **TRD Pride Event, Wear Your Rainbow Colors**
- 11, **PEER LED**, Mobile Food Pantry, 3:30pm, 11th. Call Lexie for a ride.
- 11, 25 **PEER LED**, Walking with Shelly, 10:30am, *Ionia TRD*
- 11, 25 **PEER LED**, Train Your Brain, 2pm, Shelly, *Ionia TRD*
- 14, 21 **PEER LED**, Yoga with Lexie, 3pm, *Belding TRD*
- 16 **Father's Day**
- 17 **Committee of the Whole Meeting**, 4-6pm, *Ionia TRD*
- 18 **PEER LED**, Bingo, 1:30pm, Shelly, *Sozo*
- 19, 26 **PEER LED**, Self Love, Shelly, 11:30am, *Ionia TRD*
- 19, 26 **PEER LED**, Crafts, Shelly, 10am, *Ionia TRD*
- 19, 26 **PEER LED**, Cooking with Shelly, 4:30pm, *Ionia TRD*
- 19 **Juneteenth**
- 20 **First Day of Summer**
- 24 **TRD Board Meeting**, 4-6pm, *Ionia TRD*
- 24 **Open House/Retirement for Peer Dennis Gaskin**, *Ionia TRD*
- 26 **PEER LED**, Living with Diabetes, Lexie, 10:30am, *Ionia TRD*
- 26 **Recipient Rights Advisory Council**, 3:30pm
- 27 **PEER LED**, Portland Walking Group, Shelly, 1pm, *Portland TRD*

- **Alzheimers and Brain Awareness Month**
Exercise is good for every part of your body including your brain. So even a little physical activity can stretch those muscles and improve your brain health.

Some 6.2 million people have Alzheimer's with the majority being women's disease. It is suggested that a lack of sleep during middle age may increase dementia risk. It is also possible that Vitamin D may have an impact on brain health.

During a dementia screen clinicians refer to seven symptoms of Alzheimers which are: **anosognosia, agnosia, aphasia, apraxia, altered perception, amnesia, and apathy.** (*Alzheimers Association www.alz.org*)

- **National Aphasia Awareness**

Aphasia is a disorder that results from damage to portions of the brain that are responsible for language. Damage can be from strokes, brain injuries and tumors. Speech therapy is one treatment. (*aphasia.org*)

- **Cataract Awareness Month**

Cataracts can be caused by aging, intense heat, long-term exposure to UV rays, certain diseases, inflammation, hereditary influences, eye injuries, eye diseases, and smoking. Babies can also be born with cataracts, which are called congenital cataracts. While waiting for surgery, which is the only way to remove cataracts:

- Use brighter lights at home or work
 - Wearing anti-glare sunglasses
 - Use magnifying lenses for reading
 - Get a new prescription for glasses or contacts
- (*preventblindness.org*) (*Nationaleyeinstitute.gov* or *nei.nih.gov*)



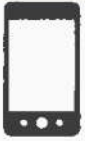
- **Great Outdoors Month**

Adults and teens spend most of their time indoors with more than seven hours a day of screen time. Enjoy the mental and physical health benefits of getting outside.

- **Hernia Awareness Month**

While hernias are common, they are only treatable with surgery. There are several things you can do though to prevent them.

Would you like to share a story of hope, a poem, or other ideas? Your ideas count... Please consider sharing them. Kindly email Sue at sferris@rightdoor.org.



Michigan Help Lines

- **Abuse and Neglect Reporting** 1-855-444-3911
- **Adult Foster Care Ombudsman** 1-800-292-7852
- **AIDS Program** 1-877-342-2437
- **Bridge Card EBT** 1-888-678-8914
Customer Service
- **Cash Assistance** 1-855-ASK-MICH
- **Community Resources and Referrals (Housing)**
United Way
2-1-1 is Health and Human Service Equivalent to 9-1-1
to give or get help 2-1-1
- **Disability Ombudsman** 1-800-288-5923
Michigan Protection and Advocacy Services
- **Domestic Violence Helpline** 1-800-799-7233
- **Early on-Thru Department of Education**
Intervention Services for Infants and Toddlers with
Disabilities and their Families 1-800-327-5966
- **Elder Care Service** 1-800-677-1116
Help with Transportation, Meals for the Elderly
- **Energy Assistance** 1-855-275-6424
- **Home Heating Tax Credit Status** 517-636-4486
- **Medicaid Customer Help** 1-800-642-3195
MSA/MDHHS
- **Medicare** 1-800-MEDICARE
Includes Part D for Pharmacy
- **Mental Health-24 Hour Crisis Line** 1-888-527-1790
- **MiChild Medical-MDHHS** 1-888-988-6300
- **MI Enrolls-Medicaid Managed Care** 1-888-367-6557
- **MI RX-Drug Discount Program** 1-888-367-6557
For Low Income
- **NAMI** 1-800-950-6264
(NAMI Michigan) 1-517-485-4049
- **Poison Control Centers** 1-800-222-2222
- **Relay Center for Deaf and Hard of Hearing** 7-1-1
- **Sexual Assault Helpline** 1-800-656-4673
- **Social Security Administration** 1-800-772-1213
- **State SSI Supplement** 1-855-275-6424
- **Suicide Prevention Lifeline** 1-800-273-8255
- **Mical Suicide and Crisis Lifeline** 9-8-8
- **THAW Fund-Heat/Warmth Fund** 1-800-866-8429
- **Ticket to Work-Disabled Persons** 1-800-605-6722
ReHab
- **Tuition Incentive Program TIP** 1-888-447-2687
Treasury Department 1-888-4-GRANTS
- **WIC-Women, Infants and Children Health and**
Nutrition Assistance Program 1-800-225-5942



• Men's Health Month

Men often live five years less than women for causes that could be preventive through annual check ups. And most are reluctant about seeking help from their doctor or therapist or admitting they even have a problem. Most health issues could be corrected by check ups, early detection, diet, sleep and exercise. The leading causes of death for men in the United States are from heart disease, cancer and accidents. While prostate cancer only affects men, with about one in six men being diagnosed with it, most do not die from it. Men are more likely to be diagnosed with type 2 diabetes at a lower weight than women, also struggle with eating disorders which gender bias, stigma and shame lead to underdiagnosis and undertreatment. Men also follow through more so than women with some 78 percent of suicides committed by men. (menhealthnetwork.org)

• National Migraine and Headache Awareness

Migraines rank as the third most prevalent illness in the world with one out of every four American households, or a shocking 12 percent of the population, experiencing them. Women seem most prone, although men and children have them too with all patients having varying symptoms. They are often neurological in nature and are disabling negatively impacting social lives and family relationships, Patients who experience migraines are at a higher risk for depression, anxiety, and suicide attempts. Migraines increase the chances of cardiac conditions like hypertension (*high blood pressure*). Healthcare providers assess headache patterns and consider a variety of treatments, including lifestyle modifications, upper cervical chiropractic care, nutraceuticals, and prescription medications. (headandspinepain.com)

• National Scleroderma Awareness

This is a chronic autoimmune disease with hardness and tightening of the skin and connective tissue as well as joint inflammation in women 30 to 50 years old. There are fewer than 200,000 cases in the US with treatment including physical therapy, medication and surgery. (Mayo Clinic) (Sclerodermainfo.org)

• PTSD Awareness Month

Many people mistakenly believe that PTSD only happens to soldiers or people living in a war zone. But anyone can develop PTSD after experiencing or witnessing a life-threatening event, such as natural disasters, serious accidents, or sexual assault.

Even though PTSD was only recognized 42 years ago, some eight million people in the United States have it while six out of every 100 people will develop it. Women are 10 percent more likely to experience PTSD than men due to their higher likelihood of experiencing sexual assault or child abuse. PTSD is treatable with psychotherapy and medications. (Visit VA Chat online)



Adult Autism Group

Every other Monday, 1:30-2:30pm, Ionia TRD.

Anger Management

Mondays, 5pm, Zoom.

Belding CBT Depression

Ongoing, Fridays, 10-11am, Zoom.

Adult DBT

Ongoing, Mondays, 1pm, Ionia TRD.

Crafts

Peer Led, June 19, 26, 11:30am, Ionia TRD.

Cooking With Shelly

Peer Led, June 19, 26, 4:30pm, Ionia TRD.

Crochet

Peer Led, June 5, 19, 1pm, Ionia TRD.

Teen DBT

Ongoing, Wednesdays, 4-5pm, Ionia TRD.

Family Psychoeducation

Saturdays, 10am, Ionia TRD.

Food Pantry Rides

Peer Led, June 11, Zion Mobile Food Pantry, Ionia Fairgrounds. Call Lexie for a ride.

Games Group

Peer Led, June 3, 10, 4pm, Ionia TRD.

LGBTQIA

Peer Led, Ongoing, June 3, 10, 17, 24, 3-4pm, Ionia TRD.

Live Out Loud

LGBTQIA+ Teen Group, Ages 13-17, Starting June 24, four weeks, 2:30-3:30, Ionia TRD.

Living with Diabetes

Peer Led, June 26, 10:30am, Ionia TRD.

Parenting Through Change

PTC will be virtual. Starting July 11, 1-2:30pm, Thursdays, Belding TRD.

Portland Walking Group

Peer Led, June 27, 1pm, Portland TRD

Recovery Garden

Peer Led, Recovery Garden, June 6, 13, 10am, Ionia TRD.

Self-Love

Peer Led, June 19, 26, 11:30am, Ionia TRD.

Seeking Safety

Wednesdays, 10-11:30am, Ionia TRD, skipping every fourth week.

Social Hour

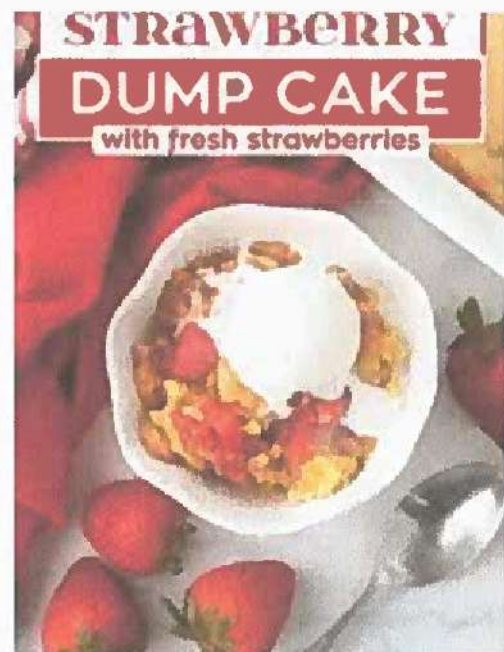
Peer Led, June 18, Bingo, 1:30-2:30pm, Sozo.

Train Your Brain

Peer Led, June 11, 25, 2pm, Ionia TRD.

Volunteer Group

Peer Led, June 4, 11, 18, 3:30pm, Ionia Theater.



1. Melt 2 tablespoons of butter in a 9 x 12 baking dish
2. Layer 2 cans of strawberry pie filling with one 1/2 cup fresh, sliced strawberries
3. Grate 1 teaspoon of fresh lemon over top and stir
4. Over that sprinkle white, yellow or my favorite, **lemon** cake mix. Do not stir
5. Dot with 1 1/2 sticks of butter
6. Scatter 1/2 cup sliced strawberries on top
7. Bake at 350 for 55 minutes.
8. Serve warm with vanilla icecream

Walking Group

Peer Led, June 11, 25, 10:30am, Ionia TRD.

Women's Group

Peer Led, June 6, 20, 1-2pm, Portland TRD.

Writing for Recovery

Peer Led, June 4, 11, 18, 25, 11am, Ionia TRD.

YES, Truly Our Friends (YTOF)

Ongoing, Fridays, 10am-12pm, Ionia TRD.

YOGA

Peer Led, **Belding**, June 14, 21, 3pm, Belding TRD.

Chair, June 5, 19, 26, 9am, Ionia TRD.

Evening, June 6, 13, 20, 27, 5pm, Ionia TRD.

NEW GROUPS:

The Great Outdoors Group, Tuesdays, 10am, Locations vary. Call your primary worker.

The Recovery Stick Group, Tuesdays 2-3:30pm, Ionia TRD. Call your primary worker.



August 7th: Belding and Portland Right Door,
11am-3pm
School supplies only

August 9th: Ionia Right Door, 9am-3:30pm
School supplies, haircuts, clothes

Registration Deadline:
5pm, July 31st or first 500
(616) 527-1790
Rachel Selby



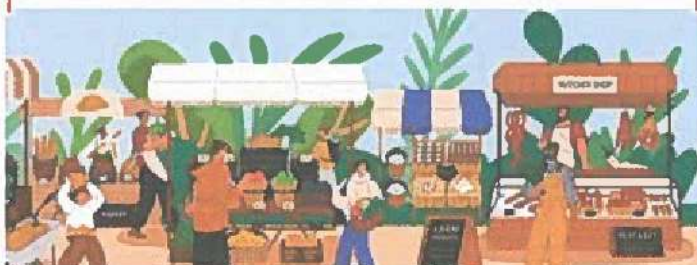
Ionia Farmers Market
at M1 Credit Union
(by Fairgrounds)
Saturdays 9am-2pm
May-October

Lake Odessa Farmers Market
(Central United Methodist Church)
June 8, 15, 22, 29, 9am-1pm

Lyons Farm Market
Lyons Pavilion
Thursdays 3-6pm
May-October

Portland Old Red Mill Market
Saturdays 9am-1pm
June 8-September 21

Homegrown produce, handcrafted items, more



doubleupfoodbucks.org/roasted-vegetables-with-chimichurri/



2 lbs. roast vegetables
(rutabaga, potatoes, carrots,
parsnips, sweet potato, etc.)
1 diced onion
2 cups finely chopped parsley
1 cup finely chopped cilantro
1 teaspoon red pepper flakes
1 cup +2 tablespoons olive oil
1/4 cup red wine vinegar
4 cloves mined garlic
1 1/2 teaspoon salt and pepper

Peel/chop vegetables.
Spread on baking sheet with
onion. Drizzle with oil.
Bake at 350 for 30 to 60
minutes depending on size.
Make chimichurri with rest
of ingredients. Serve
veggies with rice and
chimichurri on the side.

IONIA COUNTY



Denny Farms
6588 Jordan Lake Rd,
Saranac
(616) 527-1531

Open May-December

Bridge Cards, Double Up, WIC Project Fresh, Senior Market Fresh

Hanulcik Farm Market

1425 N. State Rd (M-66), Ionia
(616) 527-3630 Facebook

Open June to October

U-pick strawberries, peaches, apples

Bridge Cards, WIC Project Fresh and Senior Market Fresh

Pierson Orchard Market

5348 N. State Rd., Ionia **(616) 794-2527**

May through October

Bridge Cards, WIC Project Fresh, Senior Market Fresh

DOUBLE UP FOOD BUCKS (DUFEB) Program will
match Bridge Card sales up to \$10 each day in FREE
Michigan grown fruits and vegetables.

FOOD RESOURCES

BELDING AND ORLEANS:

Encountering Lives Baby Pantry, 1213 W. State Street, (616) 794-5080. Open second Thursday of the month 9-11am and 5:30-7pm.

Belding Area Schools Mobile Food Pantry, 1975 Orchard, (616) 794-4646. Open third Friday of the month at 4:30pm.

St. Joseph Catholic Church, 400 South Bridge, (616) 794-2145. Open Thursday's 2-5:30pm. *Must have proof of residency/child attending Belding Schools. Food accessed once a month.*

Belding Ministerial Association—God's Kitchen (Meals), 409 South Bridge, (616) 794-2145. Open Thursday's 4:30-6pm. ID required to prove residency.

Shiloh Community Church, 8197 Heath Street, Orleans, (616) 794-2145. Call Monday or Thursday 9am-4pm. Pick up the following Monday between 11am-1pm.

IONIA:

Church of Nazarene, 83 East Tuttle Road, (616) 527-9350. Open Monday 3-4:30pm. Bring boxes. Call for appointments in emergency situations. TEFAP distribution site.

Lincoln Avenue Baptist Church, 345 Lincoln Avenue, (616) 527-0970. Open Tuesdays 4-5pm. Referral from DHHS and photo ID. Call first.

First United Methodist Church—Meals, 105 East Main Street, (616) 527-1860. Monday's 6pm.

Illuminate Church, 83 East Tuttle, (616) 522-7335. Open Monday 12-3pm, Wednesday and Friday 11am-12:30pm.

Seven Day Adventive, 721 Elmwood Drive, (616) 527-6465. Open second, fourth and fifth Tuesday 9:30am-2pm. DHHS referral needed. ID too.

Zion United Methodist Church, 423 West Washington, (616) 527-1920. Open Wednesday's 2-4:30pm. Bring boxes. Meals Thursday's 6:00pm.

LAKE ODESSA:

First Congregation Church, 767 4th Avenue, (616) 374-8753. Please call ahead for appointment.

Manna's Market, 7180 Velte, (269) 838-5887. Open Monday 10am-2pm, Thursday 4-7pm and Friday 10am-12pm. Proof of residency/income for all persons in home. Lakewood school district only.

West Berlin Wesleyan Church, 5110 West Portland Road, (616) 693-2668. Call for appointment. Help twice a year.

Central United Methodist Church, 912 4th Avenue, (616) 374-8861.

Pleasant Valley United Brethren, 13120 Bell Road, (616) 693-2265. Food/baby pantry open Wednesday 4-6pm and Friday 11am-1pm.

PORTLAND:

Epic Community Church, 1455 East Grand River, (517) 647-7750. Call for appointment the first Saturday of month from 9am-noon.

Portland Area Service Group, 144 Kent, (517) 647-4004. Monday 9-11:30am. Help once every six weeks. Portland School District. Proof of income required.

Portland Community Food Bank, 310 East Bridge Street, (517) 204-4279. Monday 9am-noon; Thursday 4-6pm.

First Congregational Church, 421 East Bridge, (517) 647-6441. Call for appointment. Meals Monday 4-6pm, September-May.

SARANAC:

Saranac Community Church, 125 South Bridge, (616) 642-6322. Thursday 2-5pm. Available to Saranac or Clarksville residents once a month.

Pathway Church, 4960 West Portland Road, (616) 693-2668. Assists two times a year for two years with referral from another agency.



FEEDING AMERICA
West Michigan



June 4	2 pm, Walk up, Central UMC, Lake Odessa
June 4	6 pm, Drive Through, Twin Rivers Elementary , Muir
June 8	10am, Drive Through, Mount Hope Church, Portland
June 11	4:30 pm, Drive Through, Zion UMC, Ionia Fairgrounds
June 18	6 pm, Drive Through, Hubbardston American Legion
June 21	4:30 pm, Drive Through, Belding High School
June 26	5pm, Drive Through, Shiloh Community Church, Orleans



Double Up Food Bucks began 15 years ago, right here in Michigan!

From June 10-16, celebrate the delicious Michigan grown fruits and veggies you can bring home with Double Up. Join in-person events, enter a raffle, read more about Double Up Champions, and enjoy fresh recipes using local produce.

Follow on [Facebook](#) and [Instagram](#), @ Double Up Food Bucks Michigan, and use the hashtag [#DoubleUpAwarenessWeek](#).

EVENTS/Resources



Alvah N. Belding Library, Main Street.
(616) 794-1450.

Be sure to check with each library to see about their summer reading program and individual requirements.



Ionia County Commission on Aging Senior Center

Mondays, Coffee Klatch, 9-10:30am, informal, casual conversation, coffee and snack, free.

Tuesdays and Wednesdays, Enhanced Fitness, 8:45-9:45am in person or zoom. Contact Rachel Yenchar (616) 527-5365 or (616) 330-4432.

Tuesday and Thursdays, Armchair Exercise, 10:30-11:30am. Low impact seated exercise class helps improve strength, flexibility and balance. Suggested fee \$2.

Tuesdays and Thursdays, Friendship Luncheon Sites, 11:30am, Cost \$3 for those over 60 and their caregivers, \$5 for anyone under 60. Please RSVP Friday before for Tuesday meals and by Tuesday for Thursday meals. (616) 527-5365.

Sites :

Belhaven Community Room, Belding;
Clarksville Community Center;
Emerson Apartments, Lake Odessa; Saranac Senior Housing;
First Congregational Church, Portland.

Third Tuesday Each Month,
Alzheimer's Caregiver Support Group,
11:30am-12:30pm.

Wednesdays, Tai Chi, 9:45-10:30am, or
10:45-11:45am, in person or zoom.

Wednesdays, Euchre, 12:30-3:30pm.

Fridays Painting Group, 1-3pm

Walk About Wednesdays

7-8:30, Portland Downtown and bandshell. Music. Sip and shop during downtown construction at participating stores. Free parking at city hall.

Every Wednesday at The Bel,
1-4pm, Children's Museum, Belding.



June 14—16, Ionia Fair Grounds. Free parking. Admission \$5 for the weekend. Breakfast Food Booth all three days, silent auction, quilt show and wood carving raffle. Kid, tractor and 50/50 raffles. Camping, cornhole tournament, kids garden tractor pedal pulls, tractor games, tractor parade. Transfer sled tractor pulls, dead weight pulls, miniature horse pulls, free pony rides all weekend and ag Olympics. Information: Facebook or ioniafarmpower@gmail.com

Family Movie Night, 7-9pm, Central United Methodist Church, Lake Odessa. June 14-Finding Nemo. June 21-Star Wars New Hope. June 28-Spider Man Homecoming.

Tunes at the Trailhead June 22, 7-10pm
Band: Glad All Over, Food Trucks. Bring a chair and relax.

Summer Movie Night, June 28, 9pm,
Super Mario, Saranac Junior/Senior High School Football Field.

Strawberry Picking Smoothie Making June 25, 12-2:15pm. 2 part event. Free pail and book at farm for picking. Then meet Corewell Health at Easton Methodist Church, 4970 Potters Road, Ionia to make healthy smoothies. Blender giveaway. Event by Great Start Collaborative of Ionia County. <https://www.signupgenius.com/.../I0C0945ADAE2AA6FACF8...>

Park Hopping, June 21, William Toan Park, Portland, June 28, Ionia Freedom Acres Park. Join the Great Start Collaborative of Ionia County as they explore parks this summer. Music, bubbles, chalk and a book giveaway at each park (while supplies last). Bring your own snacks and drinks.

Jordan Lake Trail 5K Run/Walk, June 29, 8-10am, Lakewood Middle School.
Contact: lwareacoc@gmail.com

EVENTS/Resources



LAKE ODESSA

First and Third Mondays, Bingo, 6pm, VFW, (616) 374-7075.

Lake Odessa Library, (616) 374-4591
www.lakeodessalibrary.org. Family story time, Wednesdays, 10:30, Yoga with Linda Kimmel, Saturdays, 9:08am.

Monday and Thursday, AA Meeting, 7pm, St. Edwards Church. (616) 902-9001.

Thursday, Area Alanon Meeting, 10-11am, Lakewood United Methodist Church (616) 575-8000.

Sundays, Old Time Country Music Shows, 3pm Bob's Barn Jamborees, Johnson Street, Lake Odessa. Open mic 4:30pm. bobwarner40@gmail.com



LAKE ODESSA FAIR

JUNE 19-23, LAKE ODESSA FAIRGROUNDS

Livestock Shows—Dairy, Beef, Goat, Lamb, Rabbit
Youth Horse Speed and Horse Pleasure Shows, Still Exhibits
Pulls: Draft Horse, Kids Pedal and Adult Tractor Pulls
SJO Motorcross, Car Show, Demolition Derby, Taylor Swift Experience
Tournaments: Cornhole, Pickleball, Adult 4's and Youth 6's Volleyball
Midway, Music, Concessions, Bingo, Beer Tent, Mega Raffle Party Event



Lyons Township District Library (989)-3414.

www.lyonsmichlibrary.org.
Wednesdays, storytime, 11am, Knitter's Circle, 11am. Thursdays, Writers Group, 10am, Kids Bingo or Game Night, 4pm. April 9 Solar Eclipse Watch Party, 1:30, glasses provided. April 12 Caregiver Corner, 10m. April 27, Anime Club, 1pm. April 30, Sip and Read Book Club, 11am.

Village of Lyons (989) 855-2125.

Village of Muir (989) 833-2144.

For the Complete 32 Page List of Community Resources, kindly go to:

www8cap.org



City of Portland (616) 647-7531.

Portland District Library, (517) 647-6981
www.pdl.michlibrary.org.

Dale Hyland American Legion, 7pm, at VFW, second Monday each month.

Portland Senior Center, Mondays, Bingo 6pm and Fridays 9:30am, Tuesdays and Thursdays, Euchre, 1pm. (517) 647-4004.

Thursday, TOPS (Take Off Pounds Sensibly), 6-7:30pm, Portland District Library, (517) 647-2025.

Wednesday, Area Alanon Meeting, 10-11am, First Congregational Church, (616) 575-8000.



Third Monday of the month, Boston Saranac Historical Society meeting, 7pm.

Third Tuesday of the month, Saranac Community Association and Area Women's Club, 7pm, Greenridge office.

Saranac Clarksville District Library, (616) 642-9146
www.saraclark.michlibrary.org.

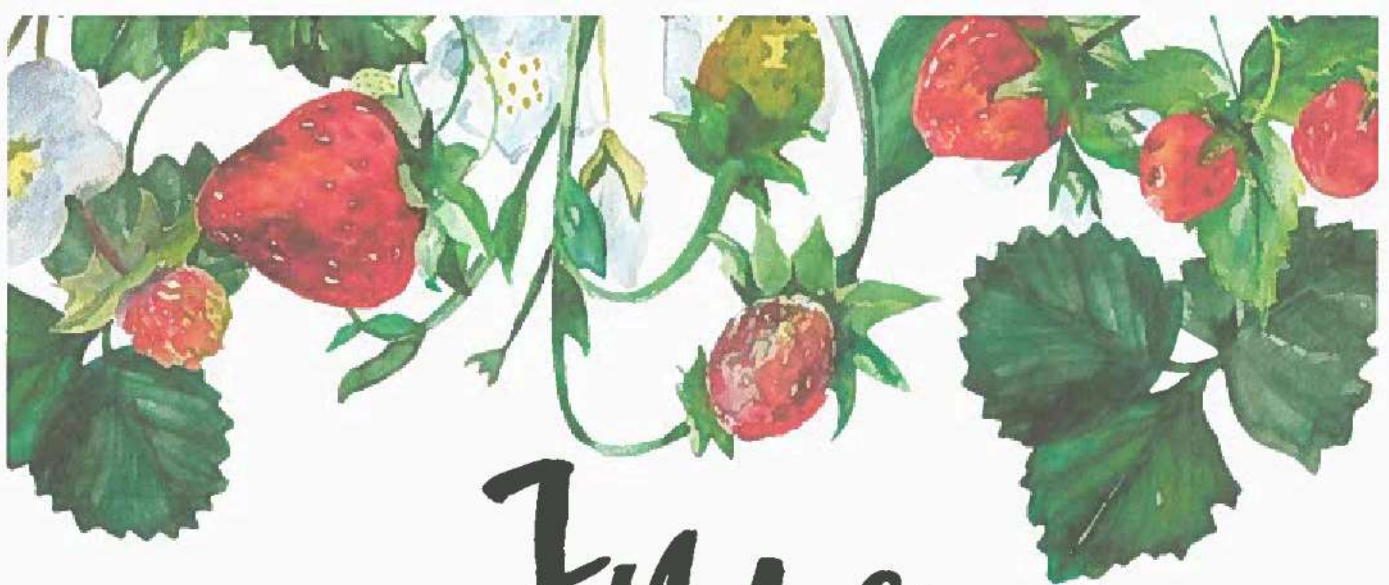
SAMS (Saranac Area Musicians and Singers) Practice, Saranac High School band room. Choir 6-7pm; Band 7-8pm. (616) 902-7237.

Village of Saranac (616) 642-6324.

The Right Door would like to welcome Chloe Bayer, a Benefit Specialist from



She will schedule appointments in Ionia on the first and third Tuesdays each month starting June 18th. She can help with all aspects of SSDI, SSI, Medicare and Medicaid (except signup). She can connect people to other services DAKC provides like housing and employment. DAKC serves mid and west Michigan.



June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	10 Gardening 2 Board Meeting	3 10 Gardening 2 Tool Box Group 2 Party Committee	4 10 Gardening 11 Healthy Relationships 1 Free Lunch 1:30 Nutrition	5 10 Gardening 12-3 Yard Saling Bowling	6 10 Gardening 11 Lunch with Peers, Right Door 2 Fishing	8
9	10 Gardening 2 Goal Getters	10 10 Gardening 11 Talk/Walk 3 Junk Journaling Meditation	11 10 Gardening 11 Healthy Relationships 1 Free Lunch 1:30 Nutrition	12 10 Gardening Yard Saling This is Me	13 10 Gardening 11:30 Horseback Riding, Double R Ranch	15
16	10 Gardening 2 Goal Getters	17 8:30 Van Leaves 9:30-4 Support Group Conference	18 10 Gardening 11 Healthy Relationships 1 Free Lunch 1:30 Nutrition	19 10 Gardening 12-3 Yard Saling Bowling	20 11 Fishing 2 Music Therapy	22
23 30	10 Gardening 2 Goal Getters	24 10 Gardening 11 Talk/Walk 3 Junk Journaling Meditation	25 10 Gardening 11 Healthy Relationships 12-3 Summer Celebration	26 10 Gardening Yard Saling This is Me	27 11 Fishing 2 Music	29

RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM
302 E. Main Street, Ionia (616) 522-9773