

# The right Connection

August 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 48809  
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](http://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:



## Last Minute

So June promises us summer fun ahead while July marks lazy days and memory making excursions. However, when August rolls around, we are in the final dog days of summer, and many of us try to squeeze in last minute fun before summer ends and school is back in session.



There are all those last minute potlucks, camping and beach trips, trips to museums, amusement parks, zoos, concerts, fairs, and vacations.

Having just returned from our local fair, I too am looking for one more quick getaway this summer on the cheap. During fair a number of us park our campers together as a home base for our involvement with 4-h through the 10 days. We menu plan together to have nightly potlucks where we all eat and enjoy way too much. Some recipes I rediscovered, since I no longer cook for a full family. Two are attached as are some tips on ways to save on those last minute vacations. Be sure to enjoy your last minute plans and the wellness it brings to your soul!



## MONTH LONG AWARENESSES:

- 1, 8, **PEER LED**, Portland Women's Group, Shelly, 15, 29 1-2pm, *Portland TRD*
- 1, 8, 15 **PEER LED**, Chair Yoga, Lexie, 3:30pm, *Ionia TRD*
- 1, 8, 15 **PEER LED**, Evening Yoga, Lexi, 5pm, *Ionia TRD*
- 1, 22, **PEER LED**, Recovery Garden, Katie and Rose, 29 9 am, *Ionia TRD*
- 2 **PEER LUNCHEON**, Hygiene, 11-12:30pm, *Ionia TRD*
- 5, 12, **PEER LED**, Game Night, Lexie, 4pm, *Ionia TRD*
- 5, 19 **PEER LED**, LGBTQIA Group, Katie, 3-4pm, *Ionia TRD*
- 6, 13, **PEER LED**, Walking with Shelly, 10am, 20, 27 *Ionia TRD*
- 6, 13 **PEER LED**, Writing for Recovery, Katie, 20, 27 11:00am, *Ionia TRD*
- 6, 13 **PEER LED**, Train Your Brain, 2pm, Shelly, 27 *Ionia TRD*
- 6, 13, **PEER LED**, Volunteer Group, Katie or Shelly, 20 3:30pm, *Ionia Theater*
- 7 **PEER LED**, Wildflower Walk and Picnic, Katie, 11am, *Ionia TRD*
- 8 **PEER LED**, Portland Walking Group, Shelly, 1pm, *Portland TRD*
- 12, 26 **PEER LED**, Math in Real Life, Katie, 3pm, *Ionia TRD*
- 13 **PEER LED**, Zion Mobile Food Pantry, 3:30pm, Ionia Fairgrounds. Call Shelly for a ride.
- 14, 28 **PEER LED**, Crafts, Shelly, 9:30am, *Ionia TRD*
- 14, 28, **PEER LED**, Healing Hobbies, Shelly, 1pm, Bring your own project to work on. *Ionia TRD*
- 14, 28 **PEER LED**, Self Love, Shelly, 11:30am, *Ionia TRD*
- 16 **PEER** John Ball Zoo Day, 9am. Bring sack lunch and comfortable shoes. Peers pay zoo admission. *Must be signed up.*
- 19 **TRD Committee of the Whole Meeting**, 4-6pm, *Ionia TRD*
- 20 **PEER LED**, Bingo, 1:30pm, Shelly, *Aunt Stephie's*
- 26 **TRD Board Meeting**, 4-6pm, *Ionia TRD Ionia TRD*
- 28 **PEER LED**, Shiloh Food Pantry, 2pm. Call Shelly for a ride.

- **Children's Eye and Health and Safety Month**  
National Eye Institute  
[www.nei.nih.gov/learn-about-eye-health](http://www.nei.nih.gov/learn-about-eye-health)  
Prevent Blindness  
[Preventblindness.org/childrens-eye-health-and-safety-month-resources](http://Preventblindness.org/childrens-eye-health-and-safety-month-resources)
- **National Breastfeeding Month**  
U.S. Breastfeeding  
[www.usnational-breastfeeding-month.html](http://www.usnational-breastfeeding-month.html)
- **National Immunization Awareness Month**  
Centers for Disease Control and Prevention (CDC)  
[www.cdc.gov/vaccines/events/niam/index.html](http://www.cdc.gov/vaccines/events/niam/index.html)
- **National Wellness Month**  
Promoting self care, stress management and healthy routines [www.mystrength.com](http://www.mystrength.com)
- **Psoriasis Action Month**  
National Psoriasis Foundation  
[www.psoriasis.org/advance/psoriasis-action-month](http://www.psoriasis.org/advance/psoriasis-action-month)
- **National Health Center Week, August 7-10**  
[healthcenterweek.org](http://healthcenterweek.org)

## WELLNESS

Buddhists believe there is a connection between the mind and the body. They believe your emotional wellness is tied to your physical health. Obviously, eating a balanced diet, exercising, drinking plenty of water and getting quality sleep help to reduce stress aiding physical wellness. Meditation, staying positive as well as communing with people, music, art and nature elevate your emotional and mental health. Still other strategies to attain overall wellness include setting goals and priorities, practicing mindfulness or gratitude to help you focus on the moment; to slow down and enjoy more.

**Did You Know...**

Essential oils can be used to aid sleep? A few drops can be added to a bath, or burned as an aromatic candle before bed. Oils can also be diluted with water, diffused into the air, sprayed as a mist on a pillow or rubbed into pressure points on the body. Lavender is the best known for its soothing qualities which are believed to decrease heart rate and blood pressure.



## LAST MINUTE MORE AFFORDABLE VACATIONS

With higher costs for everyday items like groceries, families feel the pinch and view



vacations as a luxury. But you can make them more affordable - even if you have already taken one, want another, or it is last minute.

*Hiking at Oregon's Crater Lake*

- **THINK ABOUT WHAT YOU VALUE IN A VACATION.**

Since expenses add up quickly on a trip, reflect on what your priorities are so you can align your spending with the experiences you value most. *(Will you spend most of your time at a hotel or resort or out sightseeing? Do you have to travel first class? Is fine dining a must or can you go to a grocery store and pack a picnic?)*

- **WHERE DO YOU WANT TO GO?**

Instead of taking a trip overseas, or to an exotic location like Hawaii, or a pricey destination like Disneyland, maybe shorten your travel time, stay closer to home, visit nearby state attractions you might never have visited, or go to a national park. You will spend less time getting there, use less gas, have fewer nights lodgings and the entrance to parks can be a more affordable. Check out the America the Beautiful National Park Pass which costs less than \$100 but offers entrance to most national, and some state parks, for a full year—which is great if you are visiting more than one. Parks also offer stunning natural beauty with less crowds. Visit through the week for thinner crowds, or after labor day when the kids are back in school. Another location to consider is Washington, DC. There is free entry to all the Smithsonian. You can stay outside the city, take the subway in, walk the mall or buy a mega tour bus pass which is good for days with multiple destinations on the mall and in the city (including Arlington Cemetery).



*Maybe travel by train, subway, or bus to a city like Chicago versus flying or driving*

- **CREATE A TRAVEL BUDGET.** Once you decide where you want to go, decide what you want to do that is a priority to you. Then create a spending plan covering:

**ACCOMMODATIONS**—When it comes to accommodations, do you stay in a hotel, resort, cabin, trailer, RV, tent? If a hotel or resort, do you have rewards where you stay for two nights and get one free from chains like Wyndham or Best Western and their affiliates? Do you have a rewards credit card where you earn cash back on meals, gas, hotels and purchases which you can put towards lodgings or meals? Are you a senior and have an age discount or AARP rate, or maybe triple AAA? Do you book using a travel discount booking sites like Booking.com, Expedia, Priceline, Travelocity, or an app like Hotel Tonight?

Maybe you have the luxury of a whole home, complete with a kitchen to cook some of your meals in through Vrbo or an Airbnb? Or if you have your own tent, camper or RV, you have a home away from home on wheels and can score a less costly night's stay. You can also be a part of different camping clubs like Good Sams which provide you with discounts. And then there are timeshares which have their own allure.

**TRANSPORTATION**—Account for your travel costs to and from the destination which could be airfare, train tickets or gas if you are driving. Remember to budget for any extra travel costs when you arrive at your destination like airport shuttles, rental cars and insurance, or taxis. If flying, book as early as you can for discounts. Check out train discounts for older and younger members of your party. *(Keep in mind a trip from East Lansing on Amtrak to Chicago's Union Station can be as low as \$35).* You may already have gas rewards or a discount card like at Speedway. Or, you can get an app to check for the lowest local gas prices wherever you travel.



Maybe camping is your thing. Check out [StateParks.org](http://StateParks.org) for maps, trails, amenities.

**DINING AND FOOD COSTS**—Google menus and prices when eating out. Check for hotels advertising free breakfasts. Take some snacks and drinks with you to consume on the way and save costs while there.

**TRIP EXCURSIONS**—Bundle tickets to attractions if you plan to hit multiple sites in a region. Search [CityPass.com](http://CityPass.com) or [GoCity.com](http://GoCity.com). Search by city to see what is available.

**TRAVEL/HEALTH INSURANCE**—Insurance may add to your expenses but may be necessary if you travel abroad or to an area where your insurance is not taken.

**GRATUITIES**—Plan on tips for service providers like waitresses if not already added into your bill.

**PET AND HOME CARE**—If you have pets and plants that need to be cared for while you are gone, consider the costs for house, pet sitters or boarding at kennels..



Visit a large center like the National Mall in Washington. Check out *Frommer's Guide Books* or Google city tourist sites to bundle attractions.

**SHOPPING**—Perhaps you pencil in for souvenirs or gifts for family, pet sitters, home watchers or, for forgotten items.



Or maybe visit your family who live elsewhere. Better yet, maybe your extended family or friends go with you and split a Vrbo or an Airbnb.

Arguably the question to answer is how to pay for your vacation. Perhaps you already have savings or a bonus to allocate. If not, perhaps start a monthly savings plan each year at your bank so it is not an expense you pay for the rest of the year whether it applies to this year or to next.



**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) 902-9214  
Rachel Selby



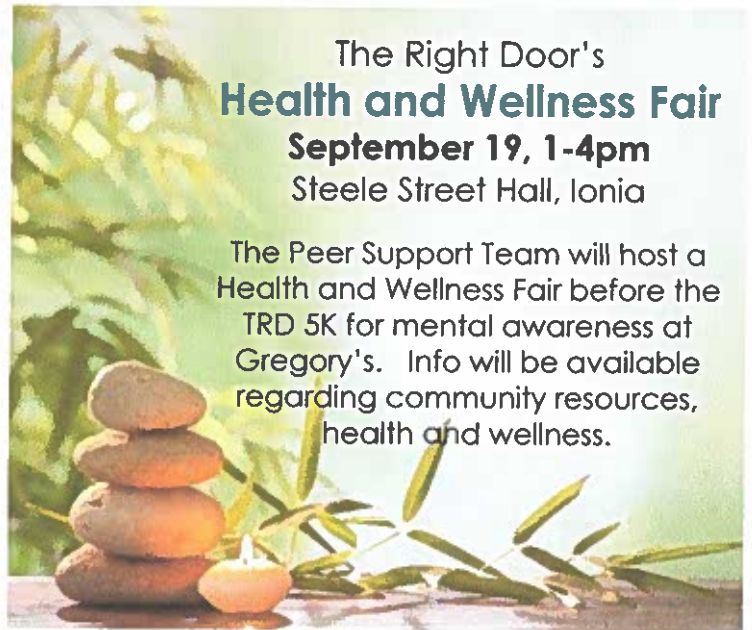
## COOLER CORN FOR A CROWD



1. Boil two large saucepans of water.
2. Shuck two dozen cobs of corn. Break cobs in half.
3. Clean a cooler with soap and water. Rinse well with clear water and dry.
4. Place corn in cooler and pour boiled water over corn for 30 minutes.
5. Drain water. Corn will remain warm for 30 minutes which is perfect for a potluck.

## The Right Door's Health and Wellness Fair September 19, 1-4pm Steele Street Hall, Ionia

The Peer Support Team will host a Health and Wellness Fair before the TRD 5K for mental awareness at Gregory's. Info will be available regarding community resources, health and wellness.



**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

**Saranac Community Market**  
Saturdays 9am-12pm, Trailhead  
August 10—September 21—October 5

*Homegrown produce, handcrafted items, more*

THE right DOOR  
for hope, recovery and wellness

Join us Thursday, September 19, 2024

5k for Mental Health Awareness



Gregory's Steele Street Hall  
115 Steele St.  
Ionia, MI 48846

visit [www.rightdoor.org](http://www.rightdoor.org) to register

Registration begins @ 5:00  
5k will begin @ 6:00

Cost of participation is a non-perishable item to be donated  
to a local bank.

Complimentary food will be served at the finish line.



[therightdoor.org](http://therightdoor.org)

Sign-up for the annual  
Right Door 5k Walk, Run, Roll  
deadlines September 12th.

<https://www.rightdoor.org/other-resources/right-door-5k.html>

# FOOD RESOURCES



**Center Day Activities, 121 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.

## West Michigan Farm Markets

*in Ionia County*

### Denny Farms

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

May-December *Bridge Cards, Double Up, WPC-WIC, MF*

### Hanulcik Farm Market

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

June-October, *Bridge Cards, WPF-WIC, MF*

### Pierson Orchard Market

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

May-October, *Bridge Cards, WPF-WIC, MF*



Bridge Card sales up to \$10/day = FREE fruits and veggies

## 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.

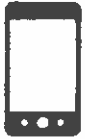
**Illuminate Church, 83 East Tuttle, (616) 522-7335.** Open  
Monday 12-3pm, Wednesday and Friday 11am-12:30pm.

**FEEDING  
AMERICA**  
West Michigan



- |                  |  |
|------------------|--|
| <b>August 6</b>  | 2 pm, Walk up,<br><b>Central UMC, Lake Odessa</b>                  |
| <b>August 6</b>  | 6 pm, Drive Through,<br><b>Twin Rivers Elementary, Muir</b>        |
| <b>August 10</b> | 10am, Drive Through<br><b>Mount Hope Church, Portland</b>          |
| <b>August 13</b> | 4:30 pm, Drive Through,<br><b>Zion UMC, Ionia Fairgrounds</b>      |
| <b>August 16</b> | 4:30 pm, Drive Through,<br><b>Belding High School</b>              |
| <b>August 20</b> | 6 pm, Drive Through,<br><b>Hubbardston American Legion</b>         |
| <b>August 28</b> | 5pm, Drive Through,<br><b>Shiloh Community Church,<br/>Orleans</b> |
| <b>August 29</b> | 5:30pm, Drive Through<br><b>Saranac Community Church</b>           |





## 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 Customer Service** 1-888-678-8914
- **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 (NAMI Michigan)** 1-800-950-6264  
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 ReHab** 1-800-605-6722
- **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



## TRD at Kids Day

July 16, 2-4:30pm



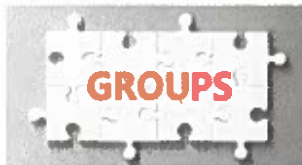
Even though the weather was hot, Right Door staffers—with a children’s focus from ABA, IMH and Case Management—worked hard to provide an action packed day at the Ionia Free Fair, July 16. They offered kids yoga, calming strategies, and other enjoyable activities with prizes and resources for families.

Always a super fun event, put on each year by the Great Start Collaborative, the day ended with an exciting bike raffle that all the kids were entered into.

## Relaxing Breathing Activity



1. Sit or lie down comfortably closing your eyes.
2. Breathe slowly in through your nose for a count of four.
3. Hold your breath and count to two.
4. Breathe out slowly for a count of four.
5. Repeat for several minutes.



## National Dog Day, August 26, 2024

### 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, August 14, 28, 9:30am, Ionia TRD.

### Teen DBT

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

### Family Psychoeducation

Saturdays, 10am, Ionia TRD.

### Food Pantry Rides

Peer Led, August 13, Zion Mobile Food Pantry, 3:30pm Ionia Fairgrounds. August 28, 2pm Shiloh. Call Shelly for a ride.

### Games Group

Peer Led, August 5, 12, 19, 26, 4pm, Ionia TRD.

### Healing Hobbies

Peer Led, August 14, 28, 1pm, Ionia TRD.

### LGBTQIA

Peer Led, Ongoing, August 5, 19, 3-4pm, Ionia TRD.

### Live Out Loud

LGBTQIA+ Teen Group, Ages 13-17, waiting for more referrals, four weeks, Mondays, 2:30-3:30, Ionia TRD.

### Math in Real Life

Peer Led, August 12, 26, 3pm, Katie, Ionia TRD

### Parenting Through Change

PTC will be virtual. Starting July 11, 1-2:30pm, Thursdays. Must attend 70 percent of sessions.

### Portland Walking Group

Peer Led, August 8, 1pm, Portland TRD

### Recovery Garden

Peer Led, Recovery Garden, August 1, 22, 29, 10am, Ionia TRD.

### Self-Love

Peer Led, 14, 28, 11:30am, Ionia TRD.

### Seeking Safety

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

### Social Hour

Peer Led, August 20, Bingo, 1:30-2:30pm, Aunt Stephanie's.

### Train Your Brain

Peer Led, August 6, 13, 27, 2pm, Ionia TRD.

### Volunteer Group

Peer Led, August 6, 13, 20, 3:30pm, Ionia Theater.



### Walking Group

Peer Led, August 6, 13, 20, 27, 10am, Ionia TRD.

### Women's Group

Peer Led, August 1, 15, 29, 1-2pm, Portland TRD.

### Writing for Recovery

Peer Led, August 6, 13, 29, 27, 11am, Ionia TRD.

### YES, Truly Our Friends (YTOF)

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

### YOGA

#### PEER LED

Chair, August 1, 8, 15, 22, 29, 3:30pm, Ionia TRD.

Evening, August, 8, 15, 22, 29, 5pm, Ionia TRD.

### NEW GROUPS:

**Healthy Kids**, 4 week group, kids age 8 to 12, starting July 12, Fridays, 1-2:30, Portland TRD.

**Healthy Teens Group**, for youth 13-17, Thursdays 1-2:30, Starting July 11.

**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.



Even though the day was overcast, and the Whitecaps lost, it did not dampen the spirits of the 17 persons served who travelled with the Peers Team to the annual game outing, July 24th.

All enjoyed hot dogs, pop, the game and fellowship on the lawn.



# EVENTS

August has many events



BELDING

August 11, 14, 18, 21, 25, 28:  
Exploration Lab, The Bel,  
1-4pm, Children's Museum, Belding.

August 26: Self Defense in the Park,  
6-8pm, The Gathering Place  
(616) 291-9186.



August 10: Ox Roast Day, 7am-7pm, Main  
Street, Clarksville. Fireman's pancake  
breakfast, parade, cornhole tournament,  
pedal pullers, car show, main street  
market, street games and activities, food  
vendors, kids dodge bull tournament, all ending  
with ox roast dinner.



CITY OF IONIA

August 17, Triple J Car and Bike Show,  
9am, Ionia Fairgrounds. Car show, craft  
show, corn hole, tournament, food trucks,  
music, more.



August 3, 49th Annual Art in the Park,  
(Smiley's Park), 9am-4pm, Lake Odessa.  
Juried fine arts and craft festival including  
vendors, food, music, performance stage,  
face painting, playground, more.



August 1-3, Lyons Island Fest, Helen  
Dafore Park. Carnival games, parade,  
petting zoo, silent auction, food trucks,  
horse shoe tournament, live music, car  
show, movie in the park, more.



One of several Recovery Garden plots  
braving the heat and lack of rain during the Dog  
Days of summer.

Resources will return in September



Walk About Wednesdays, 7-8:30,  
Portland Downtown. Grab a bite,  
and add a beverage to sip and shop  
merchants under construction  
downtown. Free parking at city hall.

Enjoy Sounds of Summer Concert Series at the  
bandshell as part of the event . August 8 is  
Lighting Matches, a rock/folk band. August  
14th is the musical group named the Usual  
Suspects.

August 10, Brews on the Bridge, Pours in the  
Park and on the Veterans Memorial Bridge.  
Artisan brewed beers, wine, cider, seltzer,  
cocktails, mocktails, coffee and tea served with  
culinary delights, while listening to band, Neon  
Crows and exploring Makers Market vendors.  
No children or dogs allowed.



August 23 Summer Movie at the  
Trailhead, Saranac. Movie, Inside Out,  
9pm, popcorn too.

August 24, 38th Annual Bridgefest,  
Saranac. 7:30am pancake breakfast  
at the Fire Barn. Parade 10:30am. Food,  
amusements, music, 11am on. Pig roast dinner  
by Saranac Fire Department. Tunes by Naked  
'90's at the Trailhead, 7pm.



- 1 1/2 cups shredded Monterey Jack cheese divided
- 1 1/2 cups shredded cheddar cheese divided
- 1 package (8 ounce) cream cheese softened
- 1 cup picante sauce divided (I use salsa instead)
- 1/2 red or green bell pepper diced
- 1/2 cup sliced green onions
- 1 teaspoon cumin
- 8 flour tortillas (8 inch or street taco shells)
- Shredded lettuce, onion, sliced black olives to garnish

Combine 1 cup Monterey Jack, 1 cup cheddar, cream  
cheese, 1/4 cup of the picante sauce, pepper, onions and  
cumin. Mix well. Spoon 1/4 cup cheese down center of  
each tortilla, roll up and place seam side down in a greased  
baking pan. Top with remaining sauce and cheese. Bake at  
350 for 20 minutes. Garnish.



# August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> 11 Yard Saling and Shopping 2 This is Me	<b>2</b> 10:30 Movie 11 Lunch with Peers at Right Door	
	<b>5</b> 10 Gardening 2 Board Meeting	<b>6</b> 2 Tool Box Group 3 Party Committee	<b>7</b> 10 Gardening 11 Relationships 1 Free Lunch 1:30 Nutrition	<b>8</b> 9:30-4 Gilmore Car Museum	<b>9</b> 11 Fishing 2 Music	
	<b>12</b> 10 Gardening 2 Goal Getters	<b>13</b> 11 Talk 'n Walk 3 Junk Journaling Meditation	<b>10</b> Gardening 11 Relationships 1 Free Lunch 1:30 Nutrition	<b>15</b> 11 Yard Saling and Shopping 2 This is Me	<b>16</b> 11 Fishing 2 Music	
	<b>19</b> 10 Gardening 2 Goal Getters	<b>20</b> 11 Talk 'n Walk 3 Junk Journaling Meditation	<b>21</b> Potters Park Zoo	<b>22</b> 12-3 Bowling	<b>23</b> 11 Fishing 2 Music	
	<b>26</b> 10 Gardening 2 Goal Getters	<b>27</b> 11 Talk 'n Walk 3 Junk Journaling Meditation	<b>10</b> Gardening <b>11</b> Healthy Relationships 1 Free Lunch 1:30 Nutrition	<b>29</b> 11 Yard Saling and Shopping 2 This is Me	<b>30</b> 11 Fishing 2 Music	

## RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM  
 302 E. Main Street, Ionia

(616) 522-9773