March 2023

# ALPENA Senior Citizens CENTER

# "501" River News

# STAFF EXTENSIONS

**Kendra Tuscher, Sr. Resource Coordinator**
email: ktuscher@alpenaseniors.com **10**

**Mike Stauffer, In-Home Service Manager**
email: mstauffer@alpenaseniors.com **11**

**Lillian Johnson, Financial Administrator**
email: ljohnson@alpenaseniors.com **13**

**Andrea Hepburn, Director**
email: ahepburn@alpenaseniors.com **14**

**BJ Sander, Program Manager**
email:bjsander@alpenaseniors.com **18**

**Jeremy VanNatter, Maintenance**
email: jvannatter@alpenaseniors.com **19**

**Julie Robinette, MMAP Counselor**
email: jrobinette@alpenaseniors.com **21**

**Cindy Josey, In-Home Service Coordinator**
email: cjosey@alpenaseniors.com **22**

**Joette Putkamer, Accounts Receivable/HR**
email: jputkamer@alpenaseniors.com **23**

**Kitchen** **26**

**Doreen Dault, Kitchen Manager**
email: ddault@alpenaseniors.com **27**

**Tracy Niedzwiecki, PR/Graphic Designer**
email:tniedzwiecki@alpenaseniors.com **28**

## BOARD OF DIRECTORS

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ALPENA Senior Citizens CENTER

**Website:** www.alpenaseniors.com
**Phone:** 989-356-3585 or 888-251-1082
**Fax:** 989-356-6548
**Office Hours:** Mon. - Fri. 8:00 a.m. - 5:00 p.m.

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NORTHEAST MICHIGAN COMMUNITY FOUNDATION

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## OUR MISSION STATEMENT

To promote and protect dignity, independence and welfare of older adults throughout Alpena County.

## OUR VISION

The Alpena Area Senior Citizens Center is the focal point in Alpena County of leadership, innovation and advocacy in providing Senior Services

# From the Director

It seems to me that these few months have flown by. As usual we have been super busy at the senior center with our services and programs.

This is the time that we start our **Large Annual Fundraiser** for our Meals-on-Wheels and congregate meal programs. Did you know we cook daily for about three hundred people? We provide home delivered meals Monday through Friday in the city and Monday, Wednesday and Friday to county routes. Our Meal Program is open to seniors 60 years of age and older who live in Alpena County. To find out more about receiving Meals-on-Wheels please call the center at 989-356-3585 and ask for Mike Stauffer.

We serve over 6400 meals a month that are made right on site. If you have never been to the center for our congregate meals we serve meals Monday through Friday from 11:30-12:30. It is a wonderful place to come for a nutritional meal as well as socializing with other seniors and our staff members. We also offer curbside meals that are ordered by calling the center daily by 10 am. These meals need to be picked up between 11:30-12:30. Meal costs for those individuals sixty and over is a suggested donation of $3.50 and those under sixty the cost is $7.00.

I do not believe many people understand how we are funded to provide our services and programs. We do receive millage, State and Federal funds for our nutrition and other programs. We also write for many grants through other foundations and organizations, but this does not 100% fund everything. Therefore, it is imperative for us to do this annual fundraiser for our Nutrition program. We are asking our community to help support this fundraiser for our meal programs starting March 1st – April 30th. Let us make this the best year ever! **We have set our goal at $30,000** for this year's fundraiser, which is only $500 a day. I am looking forward to our community coming together to help us do this! Any donation big or small will help us in meeting this goal. Every $1 matters.

In the past couple of years, we have seen an increase in the need for meals. The overall monthly meal count has increased by over 1000 meals being served. We all know that food costs have increased, with our funding staying the same. We have been and will continue to do fundraisers to offset these costs. It is imperative that we meet the nutritional needs of our Alpena County senior population.

Thank you to everyone for your continued support of our Senior Center Have a great month and remember I am always available if you need anything.

Happy St. Patrick's Day ☘

Annie Hepburn

**Together We Can Fight Senior Hunger**

# Healthcare Loan Closet...

Check with the Alpena Senior Citizens Center next time you are in need of durable medical supplies. Lots of great supplies have been donated to the Center! We, in turn, loan items out to those who need them. You may keep the items as long as you need it and return it to us when you are done.
Items typically on hand are:

***Walkers - Canes - Commodes - Shower Chairs***
***Wheelchairs & other miscellaneous supplies.***
***We also have incontinence products available.***

If you have questions about our Healthcare Loan Closet, call us at 356-3585. We'll be glad to help!

## MARCH COMMODITIES PICK-UP SCHEDULE

**March 7th Noon to 5:00 pm**

**March 8th 8:00 am to 5:00 pm**

**March 9th 8:00 am to 5:00 pm**

## Diabetes Support Group

If you are prediabetic or diabetic and struggling, please join us on March 3rd at 1:00 pm. Norman Schultz, RN from MyMichigan Medical Center will be facilitating. We continue to have a great group of people participating but we always have room for more. If you have any questions or would like to reserve a spot please call BJ at 989-356-3585.

## Staying Connected

We all live with uncertainties, difficulties, illness, aging, death and an inability to fully control life events. We often don't feel comfortable within ourselves or don't know how to connect with one another, and we often feel estranged from the natural world. If you're feeling any signs or symptoms of stress, such as anxiety, irritability, muscle tension, burnout, apathy, restlessness, headaches, fatigue, stomach distress, difficulty in concentrating, worry, overwork, substance abuse, smoking, eating problems, sleep disturbances, or feeling overwhelmed "Staying Connected" just might be for you.

We are in the process of adding various components to this group. While supporting each other through conversation, we will be doing some type of "brain activity". Our Doodling Duchess event was a great learning experience. During another conversation we did an adult coloring page, which also worked out well. As we move forward we will be adding a variety of "brain activities".

This group gets together every Tuesday from 1 to 2:00 pm for fellowship, focusing on "Being in the Moment". If you would like additional information, or if you would like to reserve a spot, please contact BJ at 989-356-3585.

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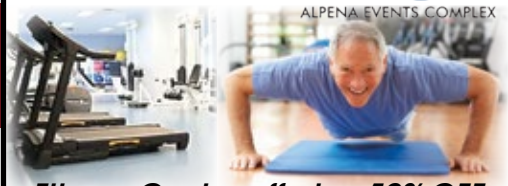

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# REACH Program

**Resources Enhancing Alzheimer's Caregiver Health** serves family caregivers who are providing assistance to a loved one with Alzheimer's disease or another type of dementia. The program uses a "coaching" model rather than the usual caseworker or classroom approach to supporting caregivers.

The coach takes REACH into the homes of the families, other location of the caregiver's choice, or virtually, scheduled at a time that is convenient for them. During the allotted sessions, the coach and caregiver work together to identify which issues are causing the most difficulty and then develop strategies to overcome the challenges.

Caregivers also receive training in stress management and coping with dementia behaviors. The caregiver not only gains information but also learns new problem solving and coping skills that will serve them long after their involvement in the program has ended.

If you are a family caregiver providing assistance to a loved one with Alzheimer's disease or another type of dementia and are interested in working with one of our coaches please give us a call at 356-3585. Our three certified coaches are BJ, Annie and Mike.

# Dementia Friends

Dementia Friends is part of a global movement that is changing the way people think, act and talk about dementia. Anyone can be a Dementia Friend – we all have a part to play in creating dementia friendly communities!

A Dementia Friend is someone who attends a live interactive session, learns about what it's like to live with dementia and then turns that understanding into action. From telling friends about the Dementia Friends program to visiting someone who is living with dementia, every action counts.

Join the Movement!! Become a Dementia Friend. We will be offering one-hour training sessions during the month of March. Please contact BJ at 989-356-3585 for additional information or to reserve a spot.

# Advance Care Planning –
## Your Health, Your Wishes

We can't honor your wishes if we don't know what they are. People don't like to think about unforeseen illnesses or injuries. They often wait for a medical crisis to make important decisions – but by then it may be too late to make their wishes known.

Join us on April 5th at 10:30 AM to learn how to avoid this situation and make sure that your wishes are respected. Kelly will also be presenting at 4:00 to our "You Are Not Alone" group if you are not able to attend the 10:30 meeting.

Should you have any questions regarding this presentation please call BJ at 989-356-3585.

# Romance fraud is big-time crime

*Millions of people successfully find love using online dating apps. Sadly, scammers also use these sites to take advantage of well-meaning people. Last year the FBI reported 24,000 Romance Scam victims with losses totaling $1 billion.*

An online sweetheart who asks for money is almost certainly a scammer trying to rob you.

**The bottom line is this: FRIENDS DON'T ASK FRIENDS TO SHARE BANKING LOGIN INFO.**

- **NEVER** reveal personal information or share banking or identification information with someone you have just met online.
- **NEVER** send money or gifts to a romantic interest you have not met in person.
- **ALWAYS** feel free to contact Northland with any questions. We WANT to help you avoid fraud. We WANT to hear from you if you have questions. 989-739-1401

**Wednesday, March 1st, 11:00am at Alpena Senior Citizens Center, 501 River St., Alpena MI.**

Northland Area Federal Credit Union

Presentation at

Alpena Senior Center
501 River St.
Alpena, MI 49707

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# MARCH 2023 ACTIVITIES

Alpena Senior Citizens Center • 501 River Street • 989-356-3585

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | | 1<br>Exercise<br>10:00 – 11:00 am<br>**BINGO: 12:45 pm** | 2<br>Zoom Book Club<br>11:30 am – 12:30 pm<br>Zoom Meditation 2:00 pm | 3<br>Exercise<br>10:00 – 11:00 am | 4 |
| 5 | 6<br>Exercise<br>10:00 – 11:00 am | 7 | 8<br>Exercise<br>10:00 – 11:00 am | 9<br>Zoom Book Club<br>11:30 am – 12:30 pm<br>Zoom Meditation 2:00 pm | 10<br>Exercise<br>10:00 – 11:00 am | 11 |
| 12 | 13<br>Exercise<br>10:00 – 11:00 am | 14 | 15<br>Exercise<br>10:00 – 11:00 am<br>**BINGO: 12:45 pm** | 16<br>Zoom Book Club<br>11:30 am – 12:30 pm<br>Zoom Meditation 2:00 pm | 17<br>Exercise<br>10:00 – 11:00 am | 18 |
| 19 | 20<br>Exercise<br>10:00 – 11:00 am | 21 | 22<br>Exercise<br>10:00 – 11:00 am | 23<br>Zoom Book Club<br>11:30 am – 12:30 pm<br>Zoom Meditation 2:00 pm | 24<br>Exercise<br>10:00 – 11:00 am | 25 |
| 26 | 27<br>Exercise<br>10:00 – 11:00 am | 28 | 29<br>Exercise<br>10:00 – 11:00 am | 30<br>Zoom Book Club<br>11:30 am – 12:30 pm<br>Zoom Meditation 2:00 pm | 31<br>Exercise<br>10:00 – 11:00 am | |

**REPEATING DAILY EVENTS:**
**MONDAY: Exercise 10:00 am, Euchre 12:30 pm**
**TUESDAY: Quilting 10:00 am - Spitzer 12:30 pm**
**WEDNESDAY: Exercise 10:00 am, Bingo 12:45 pm**
**THURSDAY: Pinochle/Bridge 12:30 pm**
**FRIDAY: Exercise 10:00 am Pinochle 12:30 pm - Maj Jong 12:00 pm**

**BINGO**
**First & Third Wednesday of the Month**

# MARCH 2023 MENU

Alpena Senior Citizens Center | 501 River Street | 989-356-3585

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| The Menu is subject to change. | | | 1<br>Sweet & Sour Meatballs<br>Rice Pilaf<br>Vegetable<br>Fruit | 2<br>Chicken à la King<br>Biscuits<br>Vegetable<br>Fruit | 3<br>Breakfast Casserole<br>Sausage Links<br>Hashbrowns<br>Orange Juice | 4 |
| 5 | 6<br>Ham<br>Baked Potato<br>Vegetable<br>Fruit | 7<br>Sloppy Joes<br>Coleslaw<br>Vegetable<br>Fruit | 8<br>Chicken Parmesan<br>Noodles<br>Vegetable<br>Fruit | 9<br>Beef Stew<br>Biscuits<br>Vegetable<br>Fruit | 10<br>Baked Fish<br>Baked Potato<br>Vegetable<br>Fruit | 11 |
| 12 | 13<br>Salisbury Steak<br>Rice Pilaf<br>Vegetable<br>Fruit | 14<br>Chicken Broccoli<br>Casserole<br>Stuffing<br>Fruit | 15<br>Goulash<br>Dinner Roll<br>Vegetable<br>Fruit | 16<br>BBQ Chicken Thighs<br>Baked Potato<br>Vegetable<br>Fruit | 17<br>Tuna Noodle Casserole<br>Vegetable<br>Fruit | 18 |
| 19 | 20<br>Hot Turkey Sandwich<br>Mashed Potatoes, Gravy<br>Vegetable<br>Fruit | 21<br>Bruschetta Chicken Bake<br>Vegetable<br>Fruit | 22<br>Pork Chops<br>Mashed Potatoes<br>Vegetable<br>Fruit | 23<br>Taco Bowls<br>Mexican Rice<br>Fresh Toppings<br>Fruit | 24<br>Fish Sandwich<br>Mac n' Cheese<br>Vegetable<br>Fruit | 25 |
| 26 | 27<br>Hamburger Stroganoff<br>Noodles<br>Vegetable<br>Fruit | 28<br>Pepperoni Pizza<br>Vegetable<br>Fruit | 29<br>Roast Beef<br>Mashed Potatoes<br>Vegetable<br>Fruit | 30<br>Chicken Fried Beef<br>Steak, Country Gravy<br>Biscuits<br>Vegetable<br>Fruit | 31<br>Tuna Fish Sandwich<br>Tomato Soup<br>Fruit | |

**Noon Meal: 11:30 am - 12:30 pm**
Hot Meal for those **age 60 & Over:** Suggested Donation of $3.50
Hot Meal for those **under age 60** - Cost is $7.00
Federal and state grants cover only a portion of the meals we provide.
Donations are important to the Alpena Senior Citizens Center.

**MONTHLY BIRTHDAY CELEBRATION**
**THIRD WEDNESDAY OF THE MONTH**
**SPONSORED BY ALPENA AGENCY**

# Alpena Senior Center's Book Club

As we near the end of "Blue Zones 9 Lessons for Living Longer" we are looking forward to our next book starting on March 9th, "The Blue Zones of Happiness" by Dan Buettner.

A bit about the book:

In this innovative book, New York Times best-selling author Dan Buettner reveals the surprising secrets of the world's happiest places, the new Blue Zones, and shows how to apply their lessons to your own life.

From Costa Rica to Denmark to the United States, Buettner draws from research spanning 141 countries to uncover how and why these hot spots produce the world's most satisfied, healthy and thriving people. You'll meet inspiring individuals who embody the three strands of happiness - pleasure, purpose and pride – that together deliver contentment and fulfillment. Plus, you'll discover insights from leading experts who have studied the economic, cultural and behavioral variables that can help you live longer.

Take the specially designed Blue Zones Happiness Test to pinpoint areas in your own life where you could cultivate greater joy, deeper meaning and increased satisfaction. Then follow Buettner as he guides you through specific, science-based strategies for setting up a "Life Radius" of community, work, home and self to nudge you into healthier, happiness-boosting habits for the long term.

Our book club continues to be facilitated by students from UofM-Flint. We meet every Thursday from 11:15 to 12:15 via Zoom or in our conference room. If you would like to participate with us or if you need any additional information, please feel free to contact BJ at 989-356-3585

# "You Are Not Alone"

**March 2nd**

Join us on March 2nd for "What is Dementia and Changes in the Brain" from 4 to 5 pm. Dementia is the loss of cognitive functioning – thinking, remembering and reasoning – to such an extent that it interferes with a person's daily life and activities. How does this happen? What happens next? What do I do? These are just a few of the questions we plan to talk about.

**March 16th**

Join us on March 16, 2023 for a "Romance Fraud Scam" presentation by Northland Area Federal Credit Union from 4 to 5 pm. Feel free to bring your loved one or friend, who may be afflicted with some type of dementia, so that they can participate with "The Doodling Duchess".

As caregivers, it's easy to put your needs last. Loved ones need and rely on your attention. Yet, research shows that taking personal time is crucial for being the best that you can be for others. During this simultaneously run event, caregivers will have time to focus on themselves. They will be able to connect to others, discover helpful services, and get a break from their caregiver duties.

At the same time, The Doodling Duchess (aka Monica Harris) will walk your loved one through the process of meditative doodling. Doodling has been shown to reduce anxiety, diminish stress, and provide insight into feelings. Each participant will receive a sketch book and colored markers to use and keep. In addition, Monica will provide caregivers with an overview of what their loved one learned and how to use it at home. Meditative doodling can be used by the loved one OR as a comforting exercise with their caregiver!

We will also be talking about some upcoming "You Are Not Alone" and other presentations and events. If you would like to attend either of the mentioned dates or if you have questions, please contact BJ at 989-356-3585.

# National Nutrition Month 2023

National Nutrition Month is an annual campaign created 50 years ago in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Fuel for the Future". Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment. A Registered Dietitian Nutritionist can help you create healthy habits that are sustainable and celebrate your unique needs.

Men and women are living longer, enjoying energetic and active lifestyles well into their 80s and 90s. Study after study confirms eating well and being active can make a dramatic difference in the quality of life for older adults.

You are never too old to enjoy the benefits of improved nutrition and fitness. With nutrient-rich foods and activities with friends, you can feel an immediate difference in your energy levels and enjoyment of life. In fact, as we get older, our food and activity choices become even more important to our health.

As adults age, they need fewer calories, but higher amounts of some nutrients, especially calcium and vitamin D. In terms of nutrition, you need to focus on quality not quantity. For both optimal physical and mental health, older adults truly need to make every calorie count. For a healthy eating plan, choose a variety of foods from all of the MyPlate food groups regularly.

Retired people on limited incomes may have trouble buying enough nutrient-rich foods to meet all their nutritional needs. If this is a problem for you or someone you love, explore the options for senior meal sites, Meals-on-Wheels or supplemental nutrition assistance programs in your community.

The golden years definitely are not the time for extreme diets or drastic weight loss. Your goal should be to eat better while staying within your calorie needs. Fad diets frequently eliminate entire food groups, which can lead to serious nutrient gaps. Rapid weight loss often leads to a loss of lean body mass, exactly the opposite of what older people need for good health.

Aim for a stable weight as you get older. If you want to lose a few pounds, talk to your healthcare provider or a registered dietitian nutritionist about the best plan for you. The right balance of foods and activities can help you maintain strong muscles and bones.

People of all ages need protein for strong, healthy bodies. Some older adults do not get the protein they need to maintain muscle mass, fight infection and recover from an accident or surgery. Chewing protein foods such as meat also can be a problem for some older adults. Here are a few tasty tips to pump up your protein intake, without upsetting your food budget or energy balance.

- Enjoy more beans. Add canned beans to salads, soups, rice dishes and casseroles.
- Make your crackers count. Spread peanut butter on whole-grain crackers and eat them as snacks or alongside soup, chili or salad.
- Pump up your eggs. Mix grated, low-fat cheese or extra whites into scrambled eggs.
- Cook with milk. Use fat-free or low-fat milk rather than water to make soup or oatmeal.
- Use dry milk powder. Mix a spoonful of dry milk into fluid milk, cream soups and mashed potatoes.

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# Together We Can Fight Senior Hunger

**Can you make a difference in Alpena County today!**

Absolutely! You can put food on the table of a senior in need. Your contribution to the Senior Center's meal program has the potential to deliver life-giving connections. Invest in the health and well being of seniors in our community and help us to reach our $30,000 goal by May 1st.

Everyone knows someone who's been touched by the Meals-on-Wheels program. They are our parent's, neighbors and friends; the people who taught us, kept us safe, gave back to our communities, made the products we use and the food that we ate.

Today, they're all the people in Alpena County who face the challenges of limited mobility and isolation as they age. Tomorrow they will be us. Help us make sure that the people who took care of us aren't left behind, forgotten or hungry – and instead are able to live out the independent lives they deserve and feel nourished through the kind of life-giving conditions that help them thrive.

You can help us to fight Senior Hunger today by helping the Alpena Senior Citizen's Center during our "Together We Can Fight Senior Hunger" fundraiser.

- The Senior Center provided 59,535 Meals on Wheels and 11,973 Curbside/Congregate Meals for a total of 71,508 Meals.
- The average cost to prepare a meal at the center is $8.00 for Meals on Wheels and $7.00 for Curbside/Congregate.
- Average donation for Meals on Wheels is $1.02.
- Average donation for Curbside/Congregate Meals is $2.25.

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## Donation Information

Donor Representative Name:_____

Donor Company Name:_____

Address:_____City:_____Zip_____

Phone:_____Email:_____

Signature:_____

Included Donation: $_____

Every dollar donated makes a difference right here in Alpena County.

Annie Hepburn
Director
ahepburn@alpenaseniors.com

Please return this form along with your donation by mail before April 20th, 2023
Alpena Senior Citizens Center, 501 River Street, Alpena, MI 49707
Phone: 989-356-3585 Fax: 989-356-6548

MICHIGAN STATE UNIVERSITY | Extension

# Cooking for One

**DATE & TIME:**
**Wednesdays**
**March 15th-April 19th**
**1:30-3:00**

**LOCATION:**
**Alpena Senior Center**
**501 River Street**
**Alpena, MI 49707**

**CONTACT:**
**BJ at 989-356-3585**
**or**
**Danielle Jirasek**
**MSU Extension Community Nutrition Instructor**
**at**
**989-354-9883**

**Sign Up:**
**Please sign up in advance on the sign up sheet. Class will be capped at 12 participants. Another series will be scheduled starting in May if there is more interest!**

**Follow MI Health Matters from Michigan State University Extension on social media!**

Photo by Andrea Piacquadio from Pexels

Whether you're living on your own for the first time, a single college student, a hard-working adult, or a senior on your own, cooking for one can be fun!

Over the course of six lessons, you will:

- Learn ways to make cooking for yourself simple and enjoyable
- Discuss helpful tips and tricks to making healthy choices, like eating well and being active
- Practice planning and shopping strategies for healthy eating

This interactive series is offered online using Zoom or with a call-in number. Pre-registration is required.

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**#SNAPEdWorks Funded by the USDA's Supplemental Nutrition Assistance Program—SNAP. Delivered by MSU Extension.**

## In Memory Of / In Honor Of

Donations to
"In Memory Of" or "In Honor Of" (birthdays, anniversaries or other) can be made by completing this form and returning it with your check made payable to:
**Alpena Senior Citizens Center**

## In Memory Of / In Honor Of:

_____

Acknowledgment to be sent to:

_____

Address:_____

_____

Message:_____

_____

Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

## In Memory

Thanks to Nacy Wedge, Carol & Herbert Knowlton, Paul & Mary Bray and Margaret & Louis Krepinevich for the donation in Memory of
**Jacqueline Bye**

Thanks to Dave Helinski for the donation in Memory of
**In Memory of Marvin and Don Wysocki**

## Thanks to...

**Thomas & Mary Anderson**
**Mr. & Mrs. Larry Clark**
**Leonid Barbans & Tammi Harvey**
for your generous donation.

## Alpena Senior Citizens Center

### Subscription/Information Update

Name:_____

Date of Birth:_____

Spouse:_____

Date of Birth:_____

Anniversary:_____

Address:_____

_____

Phone:_____

E-Mail:_____

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For the price of $12.00 a year, you may have a subscription mailed to you.

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Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

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ALPENA Senior Citizens CENTER

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# Together We Can Fight Senior Hunger

**March 1st - April 30th**