

September 2026

# The right Connection



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:**

Monday-Thursday  
-8am-7pm  
Friday  
-8am-5pm

#### **Belding Office**

7441 Storey Road  
Belding, MI 48809  
**616.527.1790**

Monday and  
Wednesday-8am-6pm  
Tuesday and Thursday  
-8am-7pm  
Friday  
-8am-5pm

#### **Portland Office**

208 West Bridge Street  
Portland, MI 48875  
**517.647.2128**

#### **Closed 12-1pm**

Wednesday-8:30am-7pm  
Monday, Tuesday,  
Thursday, Friday  
-8:30am-5pm

#### **Onsite IONIA: 1st/3rd**

Mondays Veterans Service Office  
Wednesdays DDHS, Fridays Samaritas

**Website:**  
[www.rightdoor.org](http://www.rightdoor.org)



**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.



As much as I enjoy summer, I probably like fall more.

After all, what's not to like. The temperature is still warm enough to be outside walking, biking, grilling and participating in all the seasonal events like football games and tailgating, apple picking, plus visits to the pumpkin patch, corn mazes, bonfires, concerts, chili fests, hay rides and harvest in general, as Mother nature puts on her own spectacular leaf show.

The cooler temperatures and earlier sunsets give us an opportunity to sleep better at night. And the pleasant days enable us to take advantage of one last boat ride, kayak, camping trip while providing us time to take care of all the outdoor work we need to do in the garden and closing the pool.

Be sure to get out and revel in all things fall not just for your health and wellness but for the inner peace it brings to you and the smile it puts on your face. Happy fall all!

**Sue Ferris**, Newsletter Editor



Member:

**MSHN**  
Mid-State Health Network



# September

**PEER LED** Fitness Group Tuesday, September 8 and 22 at 2:30pm and Thursday, September 3 and 10 at Ionia 24/7 Fitness

**Every Tuesday, Wednesday, and Friday**, all at 1:30pm, at Ionia 24/7 Fitness. Call: Patricia

**1, 8, 22, 29** **PEER LED**, Euchre at REDIC at 10am and 10am, Saranac Housing on the **25th**.

**1, 8, 15, 22, 29** **PEER LED**, Unfold: Fine Art Group, Noon, Ionia TRD

**1, 29** **PEER LED**, Volunteer Group, 3:30pm, Ionia Theater

**2, 16, 30** **PEER LED**, Writing for Recovery, 3pm, Ionia TRD

**3** **PEER LED**, Self Love, 11:30am, River's Edge Drop in Center (REDIC)

**4** **Free Lunch Peers**, Topic: Motivation, 11am, Ionia TRD

**10, 17** **PEER LED**, Game Club, 11am, Portland TRD

**11** **PEER LED**, **Apple Picking**, 10am, Ionia TRD. Must be signed up to go as space is limited

**14, 21, 28** **PEER LED**, Game Night, 2:30pm, REDIC

**15** **PEER LED**, Bingo, 11am, Bittersweet Bakery

**16** **PEER LED**, Crafts, 9:30am, Ionia TRD

**21** **Committee of the Whole Meeting**, 4-6pm, Ionia TRD

**23** **PEER LED**, **Walk a Mile**, 10:30am. Must be signed up to go as space is limited

**23** **Recipient Rights Advisory Council**, 3:30pm, Ionia TRD

**24** **PEER LED**, Health Fair, and Express Yourself Art Show, 3:30-5:30pm, Gregory's Steele Street Hall. Free event, open to the public

**25** **CASE MANAGEMENT 5K Walk, Run, Roll**, to promote mental health awareness, 5-5:45pm registration at Steele Street Hall. 6pm race. *Open to all.*

**28** **TRD Board Meeting**, 4-6pm, Ionia TRD

## MONTH LONG AWARENESSES:

**Fruits and Veggies Matter More Month**

**National Child Obesity Awareness**

**National Cholesterol Education Month —**

*Promotes heart health and cardiovascular risk reduction utilizing tools like lipid testing*

**National Recovery Month**

**National Suicide Prevention Month —**

*Suicide Prevention Lifeline: 800-273-8255*

*Mical Suicide/Crisis Line: 9-8-8*

*Right Door Crisis Line: 888-527-1790*

**Ovarian Cancer Awareness Month — use teal ribbon**

*Promotes gynecologic cancer signs and support.*

**Pain Awareness Month—**

*Highlights chronic pain education and moder management options*

**Prostrate Cancer Awareness—**

*Encourages screening and education surrounding prostrate health.*

## WEEK LONG AWARENESSES:

**September 6-12**

**National Suicide Prevention Week**

**September 13-19**

**National Folic Acid Week**

## DAY AWARENESSES:

**10** **World Suicide Prevention Day**

**17** **World Patient Safety Day**

**21** **World Alzheimer's Day**

**22** **Falls Prevention Awareness Day**

**29** **World Health Day**

*Holidays*

9/7

11/26

11/27

12/24

12/25

12/31

Labor Day

Thanksgiving

Day after Thanksgiving

Christmas Eve Day

Christmas

New Year's Eve Day



**Health Fair** 3:30-5:30 pm

**Express Yourself Art Show** 3:30-5:30pm

**5k Walk, Run and Roll** Registration 5-5:45pm,  
Race 6pm

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**Thursday, September 24th**

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**Steele Street Hall, 115 Steel Street, Ionia, MI**

- **Open to everyone**
- **Bringing together local organizations and small business that care about your health**
- **Unique art made by members of the local community**
- **Celebrating mental health awareness and education**
- **Questions:**

Health Fair/Art Show—Speak to a Peer

5K—Speak to Case Management

**Register early to get an almost free**

**t-shirt** (1 non perishable food item)

**Register online at [rightdoor5k.com](http://rightdoor5k.com)**

*Free snacks at the end of the finish line*

**616.527.1790**



## 2026 Peer Lunches

9/4 Motivation

10/2 Diabetes Education

11/5 Drab to Fab

12/4 Friendsgiving/Holiday Party



**Apple Picking**  
**September 11**



**September 23, 2026**

State Capitol Lawn  
Lansing, MI

Last year some 2,000 participants and advocates joined together to let the legislators of Michigan know that all citizens receiving behavioral health services in Michigan have a voice – they vote – and they want to be heard!

There are more than 300,000 citizens in Michigan who seek behavioral health services. Join us this year as we rally together on the Capitol Lawn for increased mental health funding and the need for behavioral health to be continually included in policy discussions.

### Why We Rally...

- To enhance public awareness, because legislators need to know that Mental Health Matters.
- To put an end to the stigma related to mental illness and developmental disabilities, because Michigan does not have parity (*equality*) between mental health & physical health care coverage.
- To promote mental health and wellness, because we can make a difference!



A casual, Peer-led group held bi-weekly for mom's to connect out of the house and get some fresh air with other moms. For mom's with kids from birth 12 with kids welcome.

September 4—Walk in Bertha Brock Park

September 18—TBD



**All at 11 o'clock**

Contact Lexie at 616-527-1790





MICHIGAN STATE  
UNIVERSITY | Extension

## FREE ONLINE HEALTH PROGRAMS

[Canr.msu.edu/ionia/](http://Canr.msu.edu/ionia/) 616.527.5357

## "SAD" LAMP SEASON



One of the drawbacks to autumn is less hours of sunlight and earlier sunsets. For those who suffer from Seasonal Affect Disorder, it means Sad Lamp Season is here. As Dr. Sanchez points out, "For those who use phototherapy or light therapy as a treatment, now is the time to initiate regular use". For those who benefit from light therapy on a seasonal basis, sometime between late August and October 1st is ideal.

Phototherapy is not for everyone though and some people with mania and other medical conditions may experience side effects.

A light therapy box mimics sunlight and exposure to this light is thought to counteract brain changes occurring when there is less sunlight. It improves mood, and eases other SAD symptoms like sleeping too much and feeling tired most of the time.

Generally light boxes should provide an exposure to 10,000 lux of light and produce as little UV lights as possible.

Typically, recommendations say to use the light box within the first hour after you wake, for about 20 to 30 minutes with your face at least 16 to 24 inches away and your eyes open not looking at the light. However, Dr. Sanchez suggests following manufacturer instructions.

He also explains that light boxes are not regulated by the Food and Drug Administration (FDA) for SAD treatment, so understand your options. While there are more affordable option on Amazon and other websites he cites Alaska Northern Lights and Northern Light Technologies as historically reliable brands.



## 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 for basic needs 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** 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





#### Bridge Card EBT

**888.544.8773**

- **Commission on Aging**  
**616.527.5365**
- **Double Up Food Bucks**  
**866.586.2796**
- **EightCAP, Inc.**  
**616.754.9315**
- **Feeding America West Michigan Food Bank**  
**616.784.3250**
- **Food and Nutrition Program Helpline (SNAP)**  
**888.544.8773**
- **Good Samaritan Ministry (Saint Joseph Parish)**  
**989.593.3440**
- **Ionia County Health Department**  
**616.527.3351**
- **Ionia County Commission on Aging**  
**616.527.5365**
- **Lakewood Community Council**  
**616.522.9773**
- **Michigan Department of Health and Human Services**  
Food Stamps [newmilbridges.michigan.gov](http://newmilbridges.michigan.gov)
- **United Way Montcalm-Ionia Counties 2-1-1**  
**800.887.1107 or 616.794.9840**
- **USDA National Hunger Hotline**  
**866.348.6479**
- **WIC (Women, Infants and Children Health and Nutrition Assistance Program)**

#### LOCAL



**Ionia** Saturdays 9am-1pm  
Across from the fairgrounds

**Lyons** Thursdays 12-3pm  
Downtown Pavilion

**Lake Odessa** Every other  
Saturday, 9am-1pm,  
912 4th Ave

**Portland** Saturdays 9am-1pm,  
The Red Mill Pavilion



- 9/1** 2pm, Walk up,  
**Central UMC, Lake Odessa**
- 9/1** 6pm, Drive Through,  
**Twin Rivers Elementary, Muir**
- 9/12** 10am, Drive Through,  
**Mount Hope Church, Portland**
- 9/8** 4:30pm, Drive Through,  
**Ionia Fairgrounds**
- 9/15** 6pm, Drive Through,  
**Hubbardston American Legion**
- 9/18** 4:30pm, Drive Through,  
**Belding High School**
- 9/30** 5pm, Drive Through,  
**Shiloh Community Church, Orleans**

#### West Michigan



#### FARMER'S MARKET

If you have an EBT Bridge Card, you can double up to \$20 a day in FREE fresh local fruits and vegetables at participating farmers markets.

[www.westmichiganfarmmarkets.org](http://www.westmichiganfarmmarkets.org)

**D and K Farm Market**, 401 South Main Street, Clarksville. Open Monday, Wednesday, Friday 9:30am-6pm and Saturday 9am-12pm. Meat, dairy and produce. (616) 228-8687 [dkfarmmarket@gmail.com](mailto:dkfarmmarket@gmail.com) Facebook

**Denny Farms**, 6588 Jordan Lake Road, Saranac. Open May-December. (616) 527-1531 Facebook

**Hanulcik Farm Market**, 1425 North State Road, Ionia. Open June-October. U-Pick strawberries, peaches, apples, veg, more. (616) 527-3530 [www.farmgown.com](http://www.farmgown.com)

**Heffron Farms**, 7724 Ashley Avenue N.E., Belding, MI. Year Round. Mainly fresh raised meat (616) 794-2527

**Pierson Orchard Market**, 5348 North State Road, Ionia. Open May-October. (616) 527-4847 Facebook

## Addiction is a Chronic, Treatable Disease

### Recovery and Support



The focus in America is currently on drug prevention, education and recovery. The priority is to move from chemical coping to human connection - **from a pill culture towards a purpose culture.**

Addiction is not a sign of weakness or a personality flaw. It can be prevented. And while it will not go away, it can be treated effectively.

A person's recovery is built on his or her strengths, talents, coping abilities, resources, and values. It is holistic, addresses the whole person, their community, and is supported by peers, friends, and family members.



Everyone's addiction story is unique as well as their history of drug and alcohol use. That said, different coping skills work for different people. It is about finding what skills work best for you on your recovery journey.



If you have not ventured down the Med Services hall at TRD, there is this current display on kratom which has everything from fact sheets to adverse effects and what drugs should not be mixed with kratom.

*SAMSHA, TRD, Surgeon General's Report, EightCap*

## Substance Abuse Resources

**Alcohol/Drug Abuse Helpline/Treatment** **844-289-0879**  
[Addiction.surgeongeneral.gov](http://Addiction.surgeongeneral.gov) [FindTreatment.gov](http://FindTreatment.gov)  
**Four Health, Saranac** **616-642-6466**  
**Have Mercy, Greenville** (Sober living for men) **616-225-8055**  
**Ionia County Hope and Recovery**  
 (Meetings for SMART Recovery Wednesdays 12:30-1:30 at Ionia West Michigan Works)  
**National Institute on Alcohol Abuse and Alcoholism**  
[niaaa.nih.gov](http://niaaa.nih.gov)  
**National Institute on Drug Abuse** [nida.nih.gov](http://nida.nih.gov)  
**National Institute on Mental Health** [nimh.nih.gov](http://nimh.nih.gov)  
**Samaritas (at the Right Door, Fridays)** **616-527-1790**  
 (Intake) **833-720-WELL**  
**Randy's House of Greenville** (sober living) **616-232-2915**  
**SAMSHA** (Substance Abuse and Mental Health Services Administration) [www.samsha.gov](http://www.samsha.gov)  
**National Helpline** **800-662-4357**  
**Suicide Prevention Lifeline** **800-273-8255**  
**Mical Suicide and Crisis Lifeline** **9-8-8**  
**Mid State Health Network (MSHN)** **844-405-3095**  
**Two Rivers Counseling** **616-647-4747**  
**Viewpoint Counseling** **616-523653**

## 10 COPING SKILLS FOR SUBSTANCE ABUSE

**COGNITIVE BEHAVIORAL THERAPY...or CBT** is a two step process helping you uncover negative thought patterns that influence substance abuse. The a CBT therapist will help change the way you think, how to cope and react positively.

### ADDICTION RECOVERY TOOLS

- **WAIT TO RESPOND...**when something stressful happens, take a moment to breathe and clear your mind before reacting.
- **MINDFULNESS AND MEDITATION...**help you work through difficult situations allowing you to focus on the present moment.
- **KEEP BUSY...**to replace old actions with positive ones.
- **STAY HEALTHY...**Part of recovery means getting healthy physically. Nourish your body with nutritious meals, vitamins and nutrients.
- **EXERCISE...**Releasing endorphins when exercising will make you feel good, rid your body of chemicals and toxins you put in from substance abuse while relieving anxiety, stress and depression.
- **JOURNAL...**Release demons and feelings you struggle with by putting them down on paper.
- **TALK TO A THERAPIST, COUNSELOR OR SPONSOR...**to keep you from internalizing feelings, relapsing, feeling alone, to keep negative thoughts at bay.
- **BUILD A SOBER SUPPORT NETWORK...**so you can call at anytime when in need.
- **GO TO 12 STEP MEETINGS...**to reduce or stop the abuse. They can be part of your sober network.
- **FIND GRATITUDE...**It empowers you and makes you realize others are struggling too. **YOU ARE NOT ALONE.**

### Big Feeling Tamers

Thursdays, 4:30-5:30pm, Ionia TRD.

### Bingo

Peer Led, 9/15, 11am, Bittersweet Bakery.

### CBT Anxiety

Fridays, 2-3pm, Virtual.

### CBT Depression

Ongoing, Fridays, 10-11am, Virtual.

### Choosing Strength

Tuesdays, 5-6pm, Virtual.

### Co Occurring Disorders Group

Thursdays, 1pm, Ionia TRD.

### Crafting Coping Skills

Wednesdays 4:15-5:14pm, Ionia TRD. Kids age 6-12 open to services.

### Crafts

Peer Led, 9/16, 9:30am, Ionia TRD.

### DBT Fidelity Group

Thursdays, 1-2:30pm, Ionia TRD.

### DBT Skills

Ongoing, Mondays, 1-2:30pm, Ionia TRD.

### Teen DBT

Tuesdays, 3:30-4:30pm, for teens 13-17, Ionia TRD.

### Euchre

Peer Led, 9/1, 8, 22, 29, 10am, REDIC and 9/25, 10am, Saranac Housing.

### Fitness

Peer Led Fitness Group, **Tuesday, 9/8, 22** and **Thursday, 9/3, 10**, all at 2:30pm at Ionia Fitness.

**Every Tuesday, Wednesday, and Friday**, , all at 1:30pm, at Ionia Fitness. Contact: Patricia.

### Game Night

Peer Led, 9/14, 21, 28, 2:30pm, REDIC.  
Game Club, 9/10, 17, 11am, Portland TRD.

### Healthy Relationships

Fridays, 1pm, Ionia TRD.

### Kids Skills Group

Thursdays, 4:15-5:15pm, Ionia TRD. For youth ages 6-12.

### Kids Crafting Coping Skills Group

Tuesdays, 4:45-5:45, for 13-17 year olds, Ionia TRD.



On August 20th our Wellness Committee hosted a staff **Super Summer Salad Shindig 2.0 Fundraiser** where 10 salads vied for top spot. Cost to enter was \$5 with money going to restock our food pantry.

## The Winning Salad ITALIAN CHOPPED SALAD

Romaine lettuce  
Salami  
Pepperoni  
Provolone cheese  
Mozzarella cheese  
Olives  
Marinated artichokes  
Cherry tomatoes  
Dressing of mayonnaise, red vinegar, oregano , garlic salt and parmesan cheeses to taste

*Jill Carter, Ionia TRD*

### Life Skills

Mondays, 1:30pm, Ionia TRD.

### Men's Group

Tuesdays, 2-3pm, Ionia TRD.

### Parenting Through Change

Thursdays, 1-2:30pm, virtually.

### Ready to Work Group

Wednesdays, 12-1:30pm, Ionia TRD.

### Self Love

Peer Led, 9/3, 11:30am, REDIC.

### Unfold: Fine Art Group

Peer Led, 9/2, 8, 15, 22, 29, Noon, Ionia TRD.

### Volunteer Group

Peer Led, 9/1, 29, 3:30pm, Ionia Theater.

### Writing for Recovery

Peer Led, 9/2, 16, 30, 3pm, Ionia TRD.

## DIVIDING PERENNIALS THIS FALL

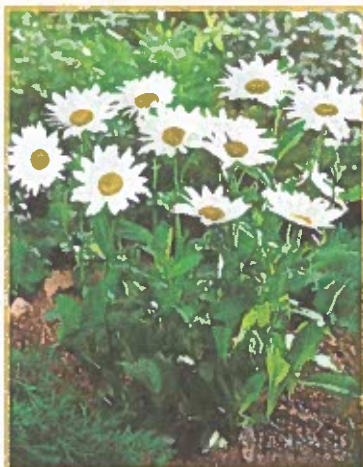
Overcrowding can leave perennials struggling for light, water and space, not just in the fall but year round. Some plants like irises grow longer and healthier if divided from time to time to keep them growing well for decades.

September is generally the best time to divide them since it is the perfect mix between cooling temperatures and workable warm soil. Fall ensures perennials will not be overly stressed with rainfall during the month helping to kick off new growth and recovery.

Most plants will let you know when they need to be divided by crowded roots, straggly and thinning centers. Be gentle (*especially on Peonies*) avoid planting too deep and know that if you do not see signs to replant, most can be divided every safely every two to three years to prevent diseases and overcrowding.

Best perennials to divide in September include:

- Peonies
- Daylilies
- Coneflowers
- Shasta Daisies
- Bee Balm
- Garden Phlox
- Coreopsis
- Asters
- Iris



## PERENNIALS TO CUT BACK THIS FALL

Along with raking leaves this fall and dividing perennials, you may need to cut some plants back. Trimming some that have disease, pest issues or simply look awful



after the first frost hits, helps them do better over the winter when the crown (*where the stems meet the roots*) are cut closer to the ground. Be careful though not to trim too low on any plants as some grow new basal leaves (*at the base of the plant*) late in the season.

Wait to trim the following perennials till after the first few frosts. Then trim plants so several inches of stem remain.

That way you will remember where the plants are in the spring so you do not accidentally dig them up before they fully emerge.

**Plants to cut back include:**

|          |          |             |
|----------|----------|-------------|
| Bee Balm | Catmint  | Columbine   |
| Daylily  | Hosta    | Iris        |
| Peony    | Phlox    | True Lilies |
|          | Veronica | Yarrow      |

## Community Events

### ADULT PROGRAM PUMPKIN SIGN

September 21  
at 5pm

Alvah N. Belding  
Library

Registration required  
**616.794.1450**



Hubbardston  
Masonic Lodge

### All-You-Can-Eat Chicken Dinner

Deep fried chicken,  
mashed potatoes,  
gravy, baked beans,  
coleslaw, dinner roll  
and dessert

**October 3,  
4-6pm,**

*Eat in or take out*

Adults \$15, Kids 6-12 \$7, Under 5 free



SEPTEMBER 8 - 21

Fill a bag with  
an assortment  
of books, DVDs,  
CDs, puzzles  
and more for...

**\$2**

For anyone interested in helping  
**Volunteer Kick-Off Meeting**

**September 24, 6pm**

450 S. Steele Street, Ionia

(formerly Main Street Dance Academy)



# HOLIDAY HEARTS OF IONIA COUNTY

EMPOWERING FAMILIES. ♥ CHANGING LIVES.

*Together, we make Christmas magical. ♥*



## OUR MISSION

To bring neighbors together across Ionia County to provide toys and warm winter gear to children and families during the holiday season.



## YOUR SUPPORT

helps provide Christmas joy and comfort to local children and families.



## ALL STAYS LOCAL

100% of donations and proceeds stay within Ionia County.



## Saranac Clarksville District Library

### Storytime Saranac Library

Pajamas and Teddy Bears,  
 Wednesday, 9/16 10-11am  
 Next day/same time Clarksville

Apples and Orchards,  
 Wednesday, 9/23, 10-11am  
 Next day/same time Clarksville

### Teen Zone

Mario Kart Tournament,  
 Thursday, 9/24, 4-5pm



## Bob's Barn Jamboree

Sunday, 9/13,

3pm,

1417 Johnson Street

Lake Odessa



## CRAFT SHOW

at Creative Stay

7050 S State Rd, Ionia

**September 19**

**10am-3pm**

Last outdoor craft show for the year.

Creative Stay is a craft supply store that offers classes and will be showcasing their wares, goodies and more.

## Cruisin' for a Cause

**Saturday, September 19**

7-9:30pm, Downtown Ionia

Cruising downtown to raise money for Ionia Community Awareness. \$10 per car.

## 5K Glow Run/Walk

**9pm 9/19, Downtown Ionia**

in conjunction with Cruisin' for a Cause

Also raising money for Ionia Community Awareness

\$30 per entry

## Purple Football Game

**9/18, 7pm, Ionia High School**

*Ionia Community Awareness is a local non-profit that raises money for families facing cancer*



**Have suggestions?**  
Email the editor at  
[sferris@rightdoor.org](mailto:sferris@rightdoor.org)

|                                                                    |                                                                                                  |                                                                                |                                                                                                                   |                                                             |
|--------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
|                                                                    | <b>1</b><br>10 Euchre<br>11 Crafts/Junk<br>Journaling<br>1 Nutrition                             | <b>2</b><br>11 Healthy<br>Relationships<br>1 Free Lunch                        | <b>3</b><br>11 Ted Talks<br>1 Crafts                                                                              | <b>4</b><br>CENTER CLOSED                                   |
| <b>7</b><br>CENTER CLOSED<br>Labor Day                             | <b>8</b><br>10 Euchre<br>11 Crafts/Junk<br>Journaling<br>1 Nutrition<br><i>Volunteer Theater</i> | <b>9</b><br>11 Healthy<br>Relationships<br>1 Free Lunch                        | <b>10</b><br>10:30 Self<br>Love<br>12-3 Bowling                                                                   | <b>11</b><br>11 Physical<br>Fitness<br><br><b>Soberfest</b> |
| <b>14</b><br>11 Goal<br>Getters<br>Mindful<br>Monday<br>2:30 Games | <b>15</b><br>11 Crafting/<br>Junk Journaling<br>1 Nutrition                                      | <b>16</b><br>11 Healthy<br>Relationships<br>1 Free Lunch                       | <b>17</b><br>10-3<br><b>Gilmore Car<br/>Museum</b>                                                                | <b>18</b><br>11 Physical<br>Fitness                         |
| <b>21</b><br>11 Goal Getters<br>Mindful<br>Monday<br>2:30 Games    | <b>22</b><br>10 Euchre<br>11 Crafts/Junk<br>Journaling<br>1 Nutrition                            | <b>23</b><br>11 Healthy<br>Relationships<br>1 Free Lunch<br><i>Walk a Mile</i> | <b>24</b><br>10:30 Self<br>Love<br>12-3 Bowling<br>3:30-5:30<br>Health Fair<br>Gregory's<br>Steele Street<br>Hall | <b>25</b><br>11 Physical<br>Fitness                         |
| <b>28</b><br>11 Goal Getters<br>Mindful<br>Monday<br>2:30 Games    | <b>29</b><br>10 Euchre<br>Crafts/Junk<br>Journaling<br>1 Nutrition                               | <b>30</b><br>11 Healthy<br>Relationships<br>1 Free Lunch                       |                                                                                                                   |                                                             |

## RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia

(616) 522-9773