



**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)



**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.

## Out in the Cold



For some it's a new year and a new beginning. For others it's a time of transition where we go from the most wonderful time of the year—to the least.

Some feel let down after all the hype, the expectations for happiness and togetherness of the holidays. Instead the holidays tend to heighten our sense of stress, our grief and loss, family drama and our financial debt. The festive colors and decorations are replaced by the drabness of the new year, the cold, and the lack of sunlight which can sap anyone's senses.

But there are things we can do.

We can practice coping skills. We can focus on bettering ourselves whether our health, habits or hobbies. We can improve our homes since we will spend more time there so we have time to declutter, organize, refresh or redecorate. We also have time to spend connecting with ourselves, our pets, friends and family. And in turn it will improve our mood and make the time fly by till we are literally out of the cold.



Member of:



# JANUARY

- 1 **New Year's Day! TRD Closed**
- 2, 6, 7, **PEER LED**, Chair Yoga, 10am, *Ionia TRD*  
 9, 13, 14, 16, 21, 23, 28, 30
- 2, 9, **PEER LED**, Habit Change, 11:30am, *Ionia TRD*  
 16, 23, 30
- 2, 9, **PEER LED**, Fitness, 2:30pm, *Ionia TRD*  
 14, 16, 21, 23, 30
- 2, 9, **PEER LED**, Game Night, 3pm, *Belding TRD*  
 16, 23, 30
- 2, 9, **PEER LED**, Restorative Yoga, 4:30pm,  
 16, 23, 30 *Belding TRD*
- 3 **PEER LUNCHEON**, Medication Education  
 Safety, Amy Thrush, 11-12:30pm, *Ionia TRD*
- 3, 7, 8, **PEER LED**, Fitness, 1:30pm, *Ionia TRD*  
 10, 14, 15, 17, 21, 22, 24, 28, 29, 31
- 6, 13, **PEER LED**, Game Night, 4pm, *Ionia TRD*  
 27
- 7, 14, **PEER LED**, Volunteer Group, 3:30pm, *Ionia TRD*  
 21, 28
- 8, 22 **PEER LED**, Creative Cards, 3pm, *Ionia TRD*
- 13, 27 **PEER LED**, LGBTQIA+ Group, 3pm, *Ionia TRD*
- 14, 22 **PEER LED**, Mobile Food Pantry transport,  
 3:30pm on the 14th; Zion, 2pm, on the 22nd.  
 Call for a ride
- 15, 29 **PEER LED**, Better Days Ahead, 9:30am, *Ionia TRD*
- 15, 29 **PEER LED**, Creative Cards, 3pm, *Portland TRD*
- 20 **Martin Luther King Junior Day. TRD Closed**
- 22 **PEER LED**, Crafts, 9:30am, *Ionia TRD*
- 22 **PEER LED**, Self Love, 11:30am, *Ionia TRD*
- 27 **TRD Board Meeting**, 4-6pm, *Ionia TRD*
- 29 **PEER LED**, Wii Fit, 11:30am, *Ionia TRD*
- 29 **PEER LED**, Cooking, 4:30pm, *Ionia TRD*



## MONTH LONG AWARENESSES:

- **Book Blitz Month**—Take time to read
- **Cervical Cancer and Health Awareness**
- **Glaucoma Awareness**
- **Integrated Health Month**—The Academy of Integrative Health and Medicine, ([www.aihm.or/ihm](http://www.aihm.or/ihm)) stresses the importance of disease care being holistic—mind, body, spirit, community
- **National Baby Safety Awareness**
- **National Birth Defects Prevention Month**
- **National Blood Donor Month**
- **National Codependency Awareness**
- **National Human Trafficking Prevention Month**
- **National Mentoring Month**
- **Radon Awareness**
- **Stalking Awareness Month**
- **Thyroid Awareness Month**

## DAY AWARENESSES:

- 1/4: World Braille Day
- 1/24: National Compliment Day
- 1/29: Lunar New Year—Year of the Snake



### Above:

Peers packed almost 100 Senior Santa bags at the Belding location, December 17. They delivered the bags over the course of the next few days prior to Christmas.





A few years back, Outpatient/Special Services Supervisor, Julie Dowling was at a Grand Rapids restaurant where there was a donation box set out to collect items for seniors. With a grant already in hand for The Right Door, Julie thought we could do that. And so began Senior Santa's.

## Senior Santa's

Now Senior Santa's has morphed into a county wide service for seniors age 60 or older who do not necessarily receive services at the agency, but are isolated and lonely in our county service area.

The past few years the Santa program has been spearheaded by Julie and the Peers Team. The Santa bags have numbered about a 100 each year and are filled with:

- Healthy snacks, candy
- Crossword puzzle books, greeting cards, calendars, memo pads
- Personal care items like soaps, lotions, shampoos, deodorant, toothpaste, chap sticks, manicure sets
- Hand knit items like hats, gloves, slipper socks, lap quilts
- Handkerchiefs, combs, socks
- And household items like Kleenex, toilet paper, cleaning wipes, laundry soap

Items from donation boxes and senior referrals came through all three TRD locations as well as from the following generous community partners:

- Belding Library
- Bluewater Restaurant, Ionia
- Chocolate Moose, Portland
- Commission on Aging
- Ionia Bigby
- Ionia Chamber of Commerce
- Ionia Dollar General
- Ionia Dollar Tree
- Ionia Library
- Pocket Change
- Portland Library
- Restorative Wellness, Ionia
- Salon Six, Ionia
- Sozo's, Ionia
- U of M—Sparrow Ionia Hospital



Donations and funds were raised through various TRD staff projects including a Soups On Competition Luncheon as well as an annual MSU versus U of M staff college football rivalry. Walmart also graciously donated monies to the cause this year.

Thank you to everyone involved who helped brighten the holiday season for many seniors in our communities whether it was through donation, referrals, packing or distributing bags.

It is true what they say—it takes a village to make this happen! Thank you one and all.



## The Nine Most Requested Items From Food Banks:

- Baby Food and formula
- Peanut butter
- Cooking essentials like oil, spices, butter
- Pasta and sauce
- Canned beans
- Canned fruit
- Canned proteins
- Canned soup
- Canned vegetables

## Safe Leftovers

If you like food, hate waste but want to stay safe as we cook larger meals through the winter months, remember the 2:2:2 Rule for food safety:

- ♦ Two hours to get your cooked food in the fridge
- ♦ Two days to eat leftovers or freeze them
- ♦ Two months in the freezer then toss them



Ho! Ho! Ho!

## Chicken Pepper Jack Taquitos

Ree Drummond

Freezer meals that can be prepped ahead of time are The Pioneer Woman's favorite when she is tired or busy. I plan to try these on those days when I am at a loss what to make, or when I have unexpected company. I plan to serve them with taco salad.

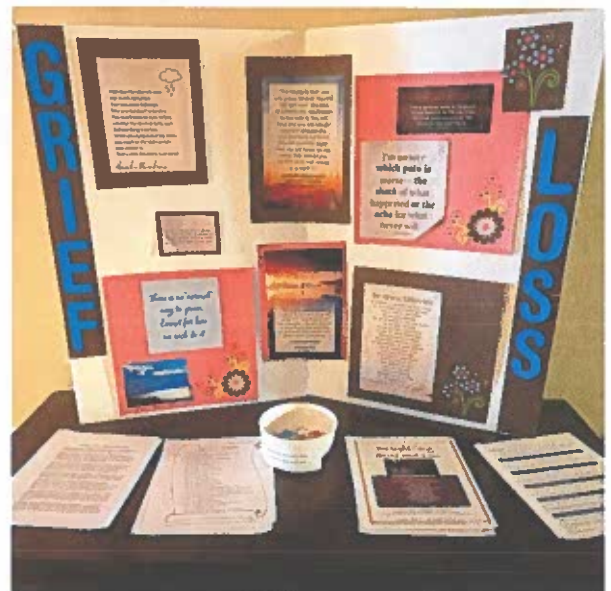
### Ingredients:

- ♦ 3 cups cooked chicken
- ♦ 8 ounce cream cheese softened
- ♦ 1 1/2 cups shredded pepper jack cheese
- ♦ 1/2 cup salsa
- ♦ 1 teaspoon cumin
- ♦ 1 teaspoon garlic powder
- ♦ 1 teaspoon onion powder
- ♦ 1 teaspoon chili powder
- ♦ 2 tablespoons lime juice
- ♦ 20 tortillas



### Instructions:

1. Mix cream cheese, spices, lime juice, salsa, chicken and cheese in a large bowl.
2. Add desired amount of mixture to each tortilla and roll.
3. When ready to cook, bake at 425 for 10-15 minutes.
4. If freezing, instead of cooking, place in a Ziplock bag and place in the freezer. When ready to eat, bake at 425 for 17-22 minutes.



**Above:** In the Med Services Hallway at Ionia TRD, there is a comprehensive grief display Peers have assembled with positive affirmations, tips, helpful tools, take aways, and support groups!

**Top:** Playing reindeer games like Stuff the Antlers at the Persons Served Christmas Party hosted by Peers, December 20th.

**Bottom (left to right):** Three 'peer' elves or amigos, Katie, Lexie and Shelly.





### **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.



1/7

2 pm, Walk up,  
**Central UMC, Lake Odessa**

1/7

6 pm, Drive Through,  
**Twin Rivers Elementary, Muir**

1/11

10am, Drive Through,  
**Mount Hope Church, Portland**

1/14

4:30 pm, Drive Through,  
**Zion UMC, Rather Elementary  
Parking Lot, Ionia**

1/17

4:30 pm, Drive Through,  
**Belding High School**

1/21

6 pm, Drive Through,  
**Hubbardston American Legion**

1/29

5pm, Drive Through,  
**Shiloh Community Church,  
Orleans**



# GROUPS

## Anger Management

Mondays, 5-6pm, Virtual.

## Better Days Ahead

Peer Led, January 15, 29, 9:30am, Ionia TRD.

## CBT Anxiety

Fridays, 2-3pm, Virtual.

## CBT Depression

Ongoing, Fridays, 10-11am, Virtual.

## Co Occurring Disorders Group

Thursdays, 1pm, Ionia TRD.

## Creative Cards

Peer Led, January 8, 22, 3pm, Ionia TRD.  
January 15, 29, 3pm Portland TRD.

## Crafts

Peer Led, January 22, 9:30am, Ionia TRD.

## DBT Fidelity Group

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

## DBT Skills

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

## Teen DBT

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

## Fitness

Peer Led, January 3, 7, 8, 10, 14, 15, 17, 21, 22, 24, 28, 29, 31,  
1:30pm, Ionia TRD.  
January 2, 9, 14, 16, 21, 23, 30, 2:30pm, Ionia TRD.

## Food Pantry Rides

Peer Led, January 14, Mobile Food Bank, 3:30pm; January 22,  
Zion, 2pm.

## Game Night

Peer Led, January 2, 9, 16, 23, 30, 3pm, Belding TRD.  
January 6, 13, 27, 4pm, Ionia TRD.

## Grief Group

Wednesdays, 1-2pm, Ionia TRD.

## Habit Change

Peer Led, January 2, 9, 16, 23, 30, 11:30am, Ionia TRD.

## LGBTQIA

Peer Led, Ongoing, January 13, 27, 3pm, Ionia TRD.

## Men Supporting Men

Tuesdays, 2-3pm, Ionia TRD.

## Parenting Through Change

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

## Pre Teen Skills (5th-7th Grade)

Wednesdays, 4-5pm, Ionia TRD.

## Self-Love

Peer Led, January 22, 11:30am, Ionia TRD.

## Volunteer Group

Peer Led, January 7, 14, 21, 28, 3:30pm, Ionia Theater.

## Wii Fit

Peer Led, January 29, 11:30am, Ionia TRD.

## YOGA

### PEER LED

**Chair**, January 2, 6, 7, 9, 13, 14, 16, 21, 23, 28, 30, 11am,  
Ionia TRD.

**Restorative**, January 2, 9, 16, 23, 30, 4:30pm, Ionia TRD.

## Sexual Assault Support Group by RAVE,

(Relief After Violent Encounter Ionia/Montcalm),  
January, 23, February 6, March 30, 5:30-6:30pm,  
848 East Lincoln Street, Ionia.

Sign up with Patricia by texting **989.593.8380**

Or emailing [PatriciaB@RavelM.org](mailto:PatriciaB@RavelM.org)



**HEATING**  
and/or **UTILITY**  
**ASSISTANCE**

**Belding Emergency Fund**

**Disability Advocates**

**EightCAP, Inc.**

**Energy Assistance**

**Home Heating Tax Credit Status**

**Lakewood Community Council**

**MDHHS—Michigan Department of**

**Health and Human Services**

**State Emergency Relief for home/utilities [Michigan.gov](http://Michigan.gov)**

**Salvation Army**

**Supportive Services for Veterans Families**

**Tri-County Home Works People Fund**

**THAW—The Heat and Warmth Fund**

**2-1-1—United Way**

**616.794.1900**

**616.949.1100**

**616.236.1027**

**855.275.6424**

**517.636.4476**

**616.374.8861**

**616.527.5200**

**855.929.1640**

**616.754.9315**

**800.421.8956**

**800.866.8429**

**2-1-1 or**

**800.887.1107**



## 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** 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



## FREE Mental Health Phone Apps (and some online, too!)



### How We Feel App

—Apple App Store or Google Play

- Better understand your emotions with daily check-ins and journaling.
- Spot patterns as they appear over time.
- Learn new ways to help yourself in the moment.



### ICHILL App

—Apple App Store, Google Play or online

- Stressed? Worried? This app uses the Community Resiliency Model to expand your wellbeing and manage sensations associated with trauma and stress.
- English, Spanish and Ukrainian
- Also online: ICHILLAPP.COM



### One Sec App

—Apple App Store, Google Play

- Mindless scrolling on apps? PAUSE and think twice before jumping into endless scrolling!
- Gain back control over your time.
- One Sec has saved 111,509 years from scrolling already!



### PTSD Coach App

—Apple App Store, Google Play or online

- Designed for Veterans experiencing symptoms of PTSD for screening and tracking symptoms.
- English and Spanish
- Tools Include: Guided Relaxation, Soothing sounds/ images, relationship tips and more!



### Spiral Up App

—Apple App Store, Google Play

- Use it whenever you have a moment of irrational panic, boredom, or feel bad for any reason.
- Achieve amazing relief from: Stress eating, overwhelm, anxiety and depression.
- Emotional Brain Training that empowers you.



## COMMUNITY RESOURCES



BELDING



HUBBARDSTON



CITY OF IONIA

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

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

**Belding Community Education**  
(616) 794-4646

Adult/alternative education, teenage parent program, enrichment program, English as a second language and G.E.D. prep classes

**Belding Dial-A-Ride/Bel-Hop**  
(616) 794-3278

**Hubbardston American Legion**, 165 Lincoln Avenue,  
(989) 981-6527

**Department of Health and Human Services**

920 E. Lincoln, Ionia (616) 527-5200  
(616) 527-1790

**Ionia County Commission on Aging**  
115 Hudson Street, Ionia  
(616) 527-5365

[iccoa@ioniacounty.org](mailto:iccoa@ioniacounty.org)

- Nutrition Programs
- Friendship Dinner Sites, Senior and Congregate Meals
- Home delivered Meals on Wheels
- Health and wellness programs like Fitness, Armchair Exercise,
- In-home assistance services
- Supportive services
- Third Tuesday Each Month, Alzheimer's Caregiver Support Group, 11:30am-12:30pm.
- Programs like Tai Chi, in person or zoom, Euchre, Painting Group

### Third Annual Euchre Tournament Fundraiser for the Ionia Free Fair Floral Building

January 18,

Registration 5:30pm, Tournament 6pm, Steele Street Hall

Finger foods, cash bar, silent auction, 50/50 tickets

Pre Register: <https://formsgle/1p&6vRq5YYBwfnbW9>

**Ionia County Dial-A-Ride/I-Dart**  
(616) 527-4000

**Ionia Community Library**, Main Street,  
(616) 527-3680

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

**Ionia Literacy Council** (616) 389-8529  
[www.ioniacountyliteracycouncil.org](http://www.ioniacountyliteracycouncil.org)

Free tutoring to adults in reading, math and English as a second language

**Federal Student Aid-FAFSA** Finances  
(800) 968-9710

**Heartlands Institute of Technology**  
(616) 527-6540

Trade focused programs for Ionia County secondary students

**Montcalm Community College**  
(989) 328-2111

Offers Associates Degrees in Liberal Arts and Occupational programs online and in person in Ionia, Greenville, Sidney, Howard City. Job training programs offered as are on site workplace training

**(MICAN) Montcalm Ionia College Access Network**

(616) 527-4900 Post high school guidance for community college, universities, military, trade/vocational/technical schools

**Michigan State University Extension**  
(616) 527-5357 4-H programming for youth 5 to 20 years old, plus adult/senior nutrition planning, wellness programs, budgeting skills, home foreclosure prevention, more

**Walking Rails to Trails**

[www.traillink.com>FindTrails>Michigan](http://www.traillink.com>FindTrails>Michigan)

trails and maps, Ionia County

**RAVE—Relief After a Violent Encounter**  
24-hour 1-800-720-7233 [www.raveim.org](http://www.raveim.org)

Offers free and confidential services to survivors of domestic and sexual violence as well as victims of homelessness

**Soaring Above Ionia Teen Center**  
318 Jefferson Street (616) 523-4570

**Tony Balice Walk-In Care Clinic**  
550 East Washington Street, First floor  
(616) 523-1644

**United Way Montcalm-Ionia Counties**  
2-1-1 (800) 887-1107 or (616) 794-9840

Help with food, housing, paying bills, taxes. Support for family crisis/community disaster

**University of Michigan-Sparrow Ionia**,  
(616) 523-1400





## LAKE ODESSA

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

**Lake Odessa Library,** (616) 374-4591

[www.lakeodessalibrary.org](http://www.lakeodessalibrary.org). Family Storytime, Yoga, Stem, Crafts, Games, other programs

**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](mailto:bobwarner40@gmail.com)



**City of Portland** (616) 647-7531

**Portland District Library,** (517) 647-6981

[www.pdl.michlibrary.org](http://www.pdl.michlibrary.org)

**Portland Alternative/Community Ed** (517) 647-2987

**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 Allanon**

**Meeting,** 10-11am, First Congregational Church (616) 575-8000



## LYONS-MUIR

**Lyons Township District Library** (989) 855-3414.

Storytime, Knitter's Circle, Writers Group, Crafts, Games, Caregiver Corner, Sip and Read Book Club,

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

**Village of Lyons** (989) 855-2125

**Village of Muir** (989) 833-2144

**THE PORT** in Portland is more than a winery or event rental center. They hold **CRAFT CLASSES** Wednesdays through Sundays featuring candle making, painting, ceramics, puzzle competitions, stained glass, more.

To view their calendar or sign up for classes: [The Port](#), [Facebook](#) or website [theportmi.com](http://theportmi.com)

## GREAT START COLLABORATIVE

### FREE January Events:

- **Open Gym, Thursdays, 10-11am, Ionia Armory** Obstacle course, sensory bins. (*January 23, learn about feelings/free book giveaway*).
- **Parent Workshop, January 14, 5:30-7:30pm, Saranac Library.** *Discipline in a Healthy Way.*
- **Winter Sledding Party, January 19, 1-4pm, Ionia County Fishing and Hunting Club, Bertha Brock Park, Ionia.** *Sledding, hot chocolate, craft inside of club.*
- **Drumming with our Grandfriends, January 20, 11am-12pm, Green Acres, Ionia**
- **Intergenerational Playgroup, January 31, 20m, The Brook Retirement Home, Portland.** *Craft, snack, play.*



**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](http://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**

For the Complete 32 Page List of Community Resources,  
kindly go to: [www8cap.org](http://www8cap.org)



# January

**1**  
Happy New  
Year

**2**  
Craft Day

**3** 11 Lunch with  
Peers at The  
Right Door

Center Closed

**6**  
11 Goal  
Getters  
2 Tool Box

**7**  
11 Shopping  
Junk  
Journaling  
3 Meditation

**8**  
11 Healthy  
Relationships  
1 Free Lunch  
2 Bingo

**9**  
Craft Day

**10**  
11 Roundtable  
Talk  
2 Music

**13**  
11 Goal  
Getters  
2 Mindful  
Monday

**14**  
11 Shopping  
Junk  
Journaling  
3 Meditation

**15**  
11 Healthy  
Relationships  
1 Free Lunch  
2 Bingo

**16**  
Craft Day

**17**  
11 Roundtable  
Talk  
2 Music

**20**  
11 Goal  
Getters  
2 Mindful  
Monday

**21**  
11 Shopping  
Junk  
Journaling  
3 Meditation

**22**  
11 Healthy  
Relationships  
1 Free Lunch  
2 Bingo

**26**  
Craft Day  
12-3:30  
Bowling

**27**  
11 Roundtable  
Talk  
2 Music

**27**  
11 Goal  
Getters  
2 Mindful  
Monday

**28**  
11 Shopping  
Junk  
Journaling  
3 Meditation

**29**  
11 Healthy  
Relationships  
1 Free Lunch 2  
Bingo

**30**  
Craft Day

**31**  
11 Roundtable  
Talk  
2 Music

## RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia

(616) 522-9773