

The right Connection

May 2026

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

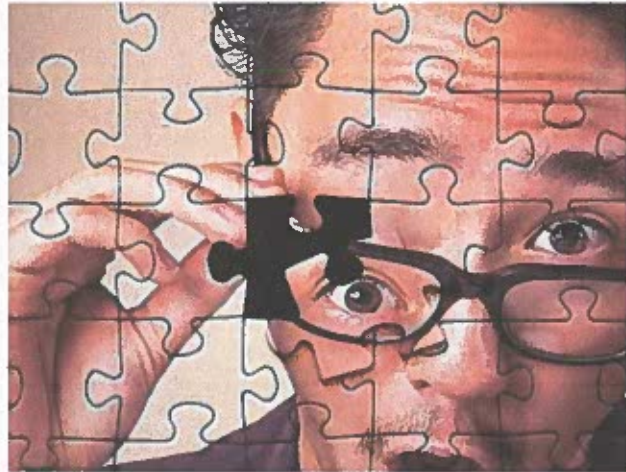


MED LINE: 616.775.1023
Please allow 72 hours for refills

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.



A Piece of the
Puzzle

Imagine a puzzle with one piece missing. It's frustrating to put in all that work, get to the end and not be able to finish the picture without it.

The same is true about our health.

Since everything in our lives is connected, when something is off, it can start a domino effect.

Say you don't sleep well, or eat as well as you could. You try but you don't drink enough water or exercise as much as you should; then our physical health suffers and can lead to more serious physical concerns. There is also a link between a lack of all those basics along with too little socializing and sunshine that can take a toll on our emotional well being. Add a little stress, trauma, anxiety or depression and our physical, emotional and mental health are all threatened.

But we can find some balance—seasonally.

While the month of May is a transitional time with clocks long since changed, the longer days draw people outdoors in the sunshine to socialize, exercise and enjoy more in general.

May is naturally a month of hope where we connect many of our puzzle pieces together to be the best versions of ourselves.

So go outside and, add another piece or two to your puzzle and enjoy Mental Health Awareness Month!





PEER LED Fitness Group Tuesday, May 5, 19, 2:30pm
Thursday, May 21, 28, 3pm, all at Ionia Fitness

Every Tuesday, Wednesday (except May 6), and Friday, all at 1:30pm, at Ionia Fitness. Call: Patricia

1, 8, 22, 29 **PEER LED**, Euchre, 10am at Saranac Housing

4 **PEER LED**, LGBTQIA+, 3pm, Ionia TRD

4, 11, 18 **PEER LED**, Game Night, 2:30pm, River's Edge Drop in Center (REDIC)

5, 19, 26 **PEER LED**, Euchre, 10am, REDIC

5, 12, 26 **PEER LED**, Unfold: Fine Art Group, 10am, Ionia TRD

6, 13, 27 **PEER LED**, Writing for Recovery, 3pm, Ionia TRD

7 **PEER LED, Drab to Fab**, 9-2pm, for those receiving services; 2-6pm open to the public, Ionia TRD

12, 19, 26 **PEER LED**, Volunteer Group, 3:30pm, Ionia Theater

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

13 **PEER LED**, Coffee and Conversation, 11am, Bigby

14, 21, 28 **PEER LED**, Grief and Loss Support Group, 10:30am, REDIC

14, 21, 38 **PEER LED**, Game Club, 11am, Portland TRD

14, 21, 28, 15 **PEER LED**, Self Love, 11:30am, REDIC
PEER LED, Garage Saling, 9:30am, Ionia Theater

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

19 **PEER LED**, Bingo, 1:30pm, Taco Bell

20 **PEER LED, Trip to White Caps Game**, meet 9:30am, Ionia TRD. Must be signed up with Peers

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

Holidays
5/25
7/3
9/7
11/26
11/27

The Right Door is Closed
12/24
12/25
12/31

Memorial Day
4th of July
Labor Day
Thanksgiving
Day after Thanksgiving
Christmas Eve Day
Christmas
New Year's Eve Day

MONTH LONG AWARENESSES:

ALS Awareness Month

Arthritis Awareness Month

Asthma and Allergy Awareness Month

Over 25 million people have asthma or allergies. Spring allergies trigger asthma.

Better Sleep Month

Blood Clot Awareness Month

Employee Health and Fitness Month

Lupus Awareness Month

Mental Health Awareness Month

National Blood Pressure Education Month

National Physical Fitness and Sports Month

National Stroke Awareness Month

Older Americans Month *Recognize Increased Health Needs of Seniors*

Skin Cancer Prevention Awareness

Early detection is the best defense against skin cancer. Get unusual moles checked. Practice sun safety using products with SPF protection.

Stress Awareness Month

WEEK LONG AWARENESSES:

May 6-12 **National Nurses Week**

May 10-16 **Food Allergy Awareness Week**

May 10-16 **National Women's Health Week**

DAY AWARENESSES:

5 **Cinco de Mayo/ World Asthma Day**

7 **National Children's Mental Health Day**

10 **Mother's Day**

20 **Autoimmune and Auto Inflammatory Arthritis Day**

25 **Memorial Day**



celebrating
Mother's Day

Balanced Wellness

Ways to Manage Physical, Emotional and Mental Health

- 43 million adults are affected with mental health issues in the United States
- 1 in 20 adults are seriously affected
- 1 in 5 people will be affected in their lives
- 1/3 of students with mental illness will dropout
- Less than HALF get help
- No-one chooses to get sick

PHYSICAL HEALTH DO's

Body

- Eat a well balanced diet full of whole grains, fruits and vegetables.
- Limit sugar and salt
- Do not overeat or over snack
- Avoid processed food
- Do not eat out often
- Get plenty of sleep each night
- Hydrate. Drink plenty of water
- Include moderate exercise into every day to boost your energy and improve your mood.
- Have regular health check ups
- See a dentist once or twice a year
- Have an annual eye exam
- Know your health numbers for blood pressure, cholesterol, blood sugar, body mass index
- Practice sun safety using lotions with SPF protection against harmful UV rays
- Take care of your body inside and out. Do not test your limits or act recklessly
- Do not ingest substances like alcohol, drugs, tobacco or vape

EMOTIONAL DO's

Spirit

- Socialize and interact with others
- Enjoy nature and daylight
- Laugh, cry, sing, shout...emotionally release to feel better
- Begin each day by writing down your list of things to do and prioritize
- Divide big tasks into smaller manageable ones
- Journal
- Develop hobbies to find a purpose and sense of accomplishment/fulfillment like gardening, crafts, playing an instrument, playing with a pet
- Meditate or practice deep breathing to change your focus to a more calm, positive one. Take in a slow, deep breath through your nose to the count of five. Hold your breath for another five count. Then exhale through your mouth for five
- Get energized and moving. Do anti-stress Stretching

MENTAL HEALTH

DO's Mind

(stress managers too)

- Think positively and surround yourself with others who think the same
- Interact with family and friends when you are low and need support, to share joys, or vent frustration
- Eliminate everyday sources of stress like loud music or clutter in your area
- Keep a positive mindset and use mistakes as opportunities to learn
- Admit when you are wrong
- Learn to say no
- Avoid demanding too much of yourself
- Accept that you can not control every situation
- Make time to relax whether reading, meditating, listening to music, having a bath
- Avoid alcohol, drugs, tobacco
- Practice mindfulness or being grateful for what you have
- See a therapist

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!

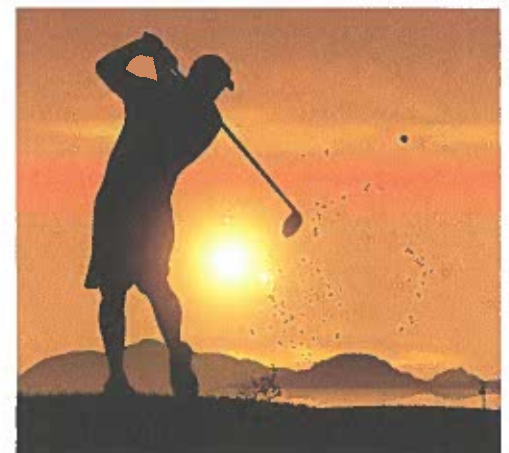
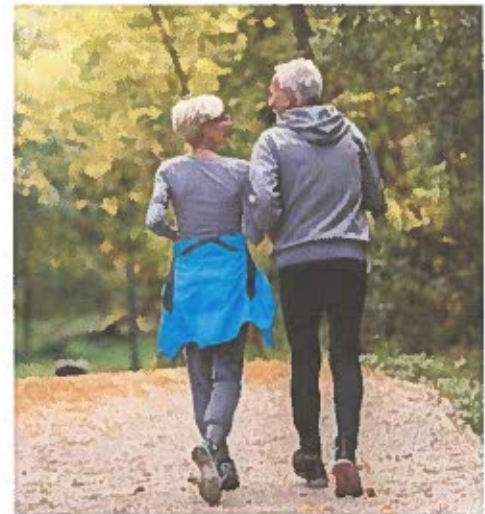
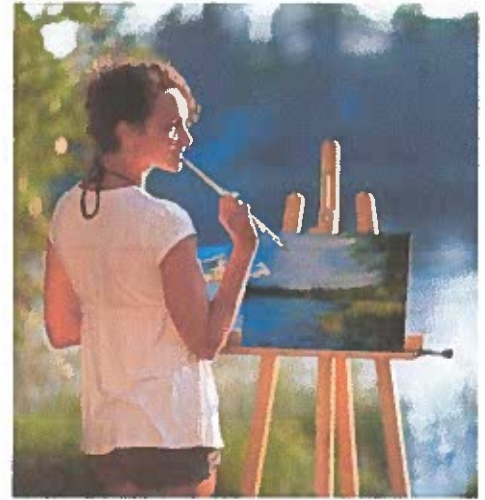


Spiral Up App

—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.

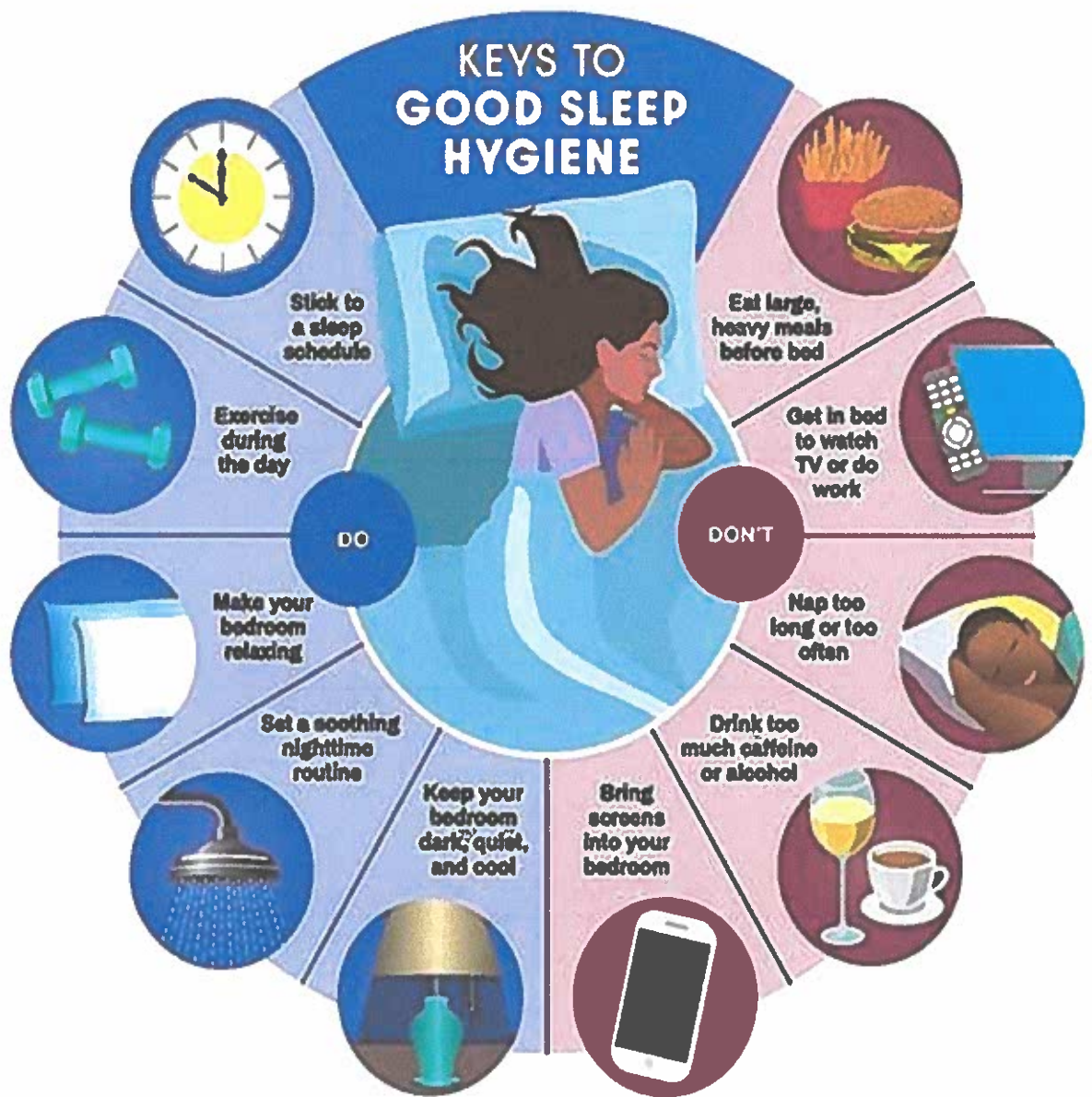


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*Keep active mentally and physically. Be with others.
It all helps with...*

Mental Health, Women's Health, Hypertension and Stress, Physical Fitness, and Better Sleep which are just a few of many May Health Awarenesses and Observances.

KEYS TO GOOD SLEEP HYGIENE



Set a fixed bedtime and wake time

Expose yourself to natural daylight daily

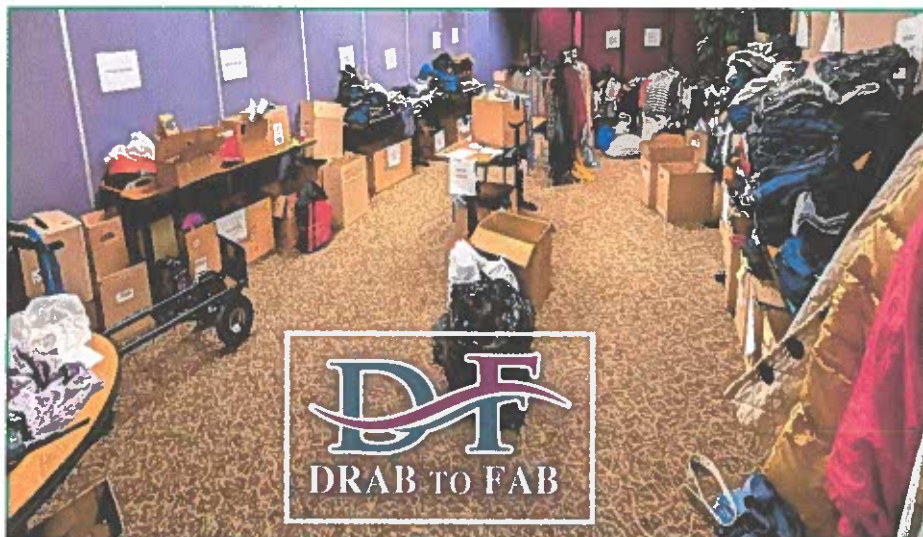
Allow at least one hour before bedtime to unwind (with a warm bath, soft music, audiobook)

Avoid using a bright alarm clock

MENTAL HEALTH RESOURCES:

Catholic Charities	616.522.0687
Four Health Family Resource	616.642.6466
Mid State Health Network	844.405.3095
Relief After Violent Encounter	616.527.3351
River's Edge Drop In Center	616.522.9773
Samaritas (at TRD)	616.527.1790
The Right Door 24 hour Crisis Line	800-527-1790
Two Rivers Counseling	616.647.4747
Viewpointe Counseling	616.523.6537
Depression after Delivery	800.944.4773
Ionia County Health Department	616.527.5341
Mical Suicide and Crisis Lifeline	9.8.8.
UM Health Sparrow Hospital Ionia	616.523.1400
National Alliance on Mental Illness	nami.org
National Institute for Mental Health	nimh.nih.gov
Substance Abuse and Mental Health	samsha.gov
Suicide Prevention Lifeline	800.662.4357





A week before...sorted into gender, size and type of clothing thanks to staff labelling donations.



Our friends at IDart were quick to transport people to and from Drab to Fab. UofM Sparrow Mobile Health Unit was onsite again with medical staff aboard to provide health screens.

May 7, Ionia Right Door

9am-2pm For those receiving services/free haircuts

2pm-6pm Open to the public

9am-3pm Sparrow UofM Mobile Unit provided physical check-ups/screensings

Drab to Fab continues to morph and

grow in an attempt to be the best event possible for the people the Right Door serves.

This year, for the first time ever, the general public was invited to come in and 'shop' for free used clothes and accessories, after our persons served had the opportunity to do so.

Walking tacos and homemade bars were enjoyed instead of the usual array of fruit, yogurt, string cheese and granola bars, and seemed to be wholeheartedly enjoyed.

Students from a local hairdressing school were again on site giving freely of their time to cut the hair of our persons served. And the UofM Sparrow Ionia Mobile Health Unit was parked out front with nurses ready to conduct health screens.



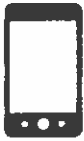
Hygiene items, which are usually separate in another room for persons to pick and choose from, were bagged. Over 120 light blue bags were specifically packed for women while navy bags were filled with items for men all purchased by Peers through the health grant. Not only did the prepacked bags make it easier for persons served to carry, they also took up a less space—a table versus a whole room.

The much loved event was set up in just three hours this year instead of the usual whole day. But was it because of better organization, with donations sorted and labelled by staff as they donated them? Or, was the reason that there were less donations? While the labelling of donations by size and content was a relatively easy slip to complete by staff which aided Peers in a simpler and speedier organization and set up, the idea perhaps has not yet caught on.

Regardless, the much loved event will see some fine tuning before the next one slated this fall.

Set up the morning before was quicker and more relaxed instead of the usual stressful full day.





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

New Fab hits this year were hygiene items bagged while snacks switched to walking tacos and home baked bars.



June 6th, Ionia TRD

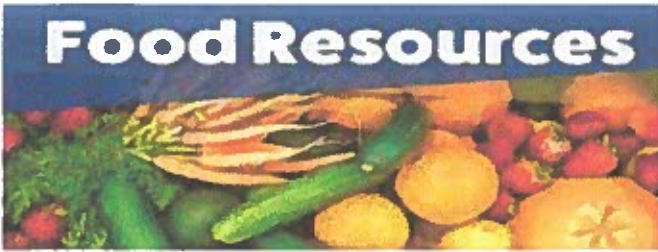
11am-12:30pm Peer Luncheon followed by a PRIDE Panel Discussion

1-3pm PRIDE Party

Everyone Welcome

Feel Free to Wear your PRIDE Apparel!





- 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)**
855.275.6424
 - **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 newmibridges.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)**
800.225.5942



For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773



- 5/5 2pm, Walk up,
Central UMC, Lake Odessa
- 5/5 6pm, Drive Through,
Twin Rivers Elementary, Muir
- 5/9 10am, Drive Through,
Mount Hope Church, Portland
- 5/12 4:30pm, Drive Through,
Zion, Ionia Fairgrounds
- 5/15 4:30pm, Drive Through,
Belding High School
- 5/19 6pm, Drive Through,
Hubbardston American Legion
- 5/27 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

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.farmgrows.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

GROUPS

Bingo

Peer Led, May 19, 1:30pm, Taco Bell

CBT Anxiety

Fridays, 2-3pm, Virtual.

CBT Depression

Ongoing, Fridays, 10-11am, Virtual.

Choosing Strength

Tuesdays, 5-6pm, Virtual.

Coffee and Conversation

Peer Led, May 13, 11am Bigby.

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, May 13, 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.

Euchre

Peer Led, May 1, 8, 22, 29, 10am, Saranac Housing.
May 5, 19, 26, River's Edge Drop in Center (REDIC).

Fitness

Peer Led Fitness Group, Tuesday, May 5, 19, 2:30 and Thursday, May 21, 28, 3pm, all at Ionia Fitness.

Every Tuesday (except May 6), Wednesday and Friday, all at 1:30pm, at Ionia Fitness. Contact: Patricia.

Game Night

Peer Led, May 4, 11, 18, 3pm, REDIC.
Game Club, May 14, 21, 28, 11am, Portland TRD.

Grief and Loss Support Group

Peer Led, May 14, 21, 28, 10:30am, REDIC.

Healthy Relationships

Fridays, 1pm, Ionia TRD.

Kids Skills Group

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

LGBTQIA+

Peer Led, May 4, 3pm, Ionia TRD.

Life Skills

Mondays, 1:30pm, Ionia TRD.

Men's Group

Tuesdays, 2-3pm, Ionia TRD.

Parenting Through Change

Starting April 14, Tuesdays, 1-2:30pm, virtually.

Ready to Work Group

Starting February 11, 12 weeks, Ionia TRD.

Self Love

Peer Led, May 14, 21, 28, 11:30am, REDIC.

Unfold: Fine Art Group

Peer Led, May 5, 12, 26, 10am, Ionia TRD.

Volunteer Group

Peer Led, May 12, 19, 26, 3:30pm, Ionia Theater.

Writing for Recovery

Peer Led, May 6, 13, 27, 3pm, Ionia TRD.



MICHIGAN STATE UNIVERSITY | Extension

FREE ONLINE HEALTH PROGRAMS

Canr.msu.edu/ionia/ 616.527.535



Parent Café

May 20

10-11am, Kincaid Room
Sozo, Ionia



**At The Right Door, We Value...
Wellness.**

*Our commitment is to the whole person:
mind, body, soul and spirit.*

Inhale
THE FUTURE
Exhale
THE PAST



Ionia Community Library, Main Street,
(616) 527-3680
www.ioniacommunitylibrary.org

Ionia Literacy Council (616) 389-8529
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 programs for secondary students

Montcalm Community College (989)
328-2111

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

(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 youth programming 5 to 20 years old, adult/senior nutrition planning, free online wellness programs, budgeting skills, home foreclosure prevention

Walking Rails to Trails

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
Free and confidential services to survivors of domestic and sexual violence and victims of homelessness

River's Edge Drop In Center

302 East Main Street (616) 522-9773

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



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

The Bel Museum, 108 Hanover,
(616) 794-1900



Kick Off Memorial Day Weekend with Your Community,
May 22, Central Riverside Park

5:30-7:30pm: Free Community Cookout –burgers, dogs, mac and cheese, potato salad, chips drinks. Bring chairs or blanket.

7:30-9:30pm: Music, yard games, craft vendors, silent auction, cornhole tournament. Funds to Belding Legion, the Memorial Wall and local veterans organizations



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

HUBBARDSTON

Department of Health and Human Services

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



CITY OF IONIA

Ionia County Commission on Aging

115 Hudson Street, Ionia
(616) 527-5365

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
Alzheimer's Caregiver Support Group
- Programs like Tai Chi, in person or zoom, Euchre, Painting Group

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



LAKE ODESSA

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

Lake Odessa Library,
(616) 374-4591
www.lakeodessalibrary.org

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

LYONS-MUIR

Lyons Township District Library
(989) 855-3414.
Storytime, Knitter's Circle, Writers Group, Crafts, Games, Sip and Read Book Club,
www.lyonsmichlibrary.org

Village of Lyons (989) 855-2125

Village of Muir (989) 833-2144



City of Portland (616) 647-7531

Portland District Library,
(517) 647-6981
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



May 15 and 16 PORTLAND



May 16, Spectator Gates open 4pm

1st Annual Dave Shopieray Memorial

General Admission \$20
Free

12 and under
Free



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

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

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

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

Village of Saranac
(616) 642-6324



SHIPSHEWANA®

On the Road

GIFT, FOOD AND CRAFT SHOW

May 16 9am-5pm

May 17 10am-4pm

Entry \$5, 12 and under Free

Ionia Fairgrounds

For a Complete List of Community Resources
www8cap.org