

# The right Connection

November 2024

**THE right DOOR**  
for hope, recovery and wellness

**24-hour toll-free crisis line**  
**888-527-1790**

**Ionia Office**  
375 Apple Tree Drive  
Ionia, MI 48846  
**616.527.1790**

**Hours:**  
Mondays-Thursdays  
-8am-7pm  
Fridays-8am-5pm  
Saturdays-8am-12pm

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

Mondays and  
Wednesdays-8am-6pm  
Tuesdays and Thursdays  
-8am-7pm  
Fridays-8am-5pm

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

Closed 12-1pm  
Mondays-8:30am-7pm  
Tuesdays-Fridays  
-8:30am-5pm

**Onsite IONIA:** 1st/3rd Mondays Veterans Service Office  
Wednesdays DDHS, Fridays Samaritas

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



**myStrength**

**MED LINE: 616.775.1023**  
*Please allow 72 hours for refills*

Kindly leave your name, the name of the person served if you are their parent or guardian, your phone number, the prescription needed and the pharmacy of choice.

#### **MED SERVICE APPOINTMENTS:**

Please arrive 15 minutes early for your appointment. Late arrivals may be rescheduled. If you must cancel, please do so 24 hours in advance. Thanks.



Member of:



**MSHN**

Mid-State Health Network



As I sit here, honking geese are flying overhead to their winter feeding grounds. While I should be sad to see them go as it signals winter is coming, I am actually thankful for a few extra weeks of unseasonably warmer weather before winter hits.

With Daylight Savings ending, the time change, the early darkness and colder weather coming, my internal hibernation clock switches on and soon will come a sadness and sense of isolation. Yet I am grateful for all the hullabaloo of the next few months—the harvest, the cleaning and spritzing for Thanksgiving as well as the cooking, the primping and shopping for friends and family at Christmas.

To help keep the winter blues at bay after the magic of Christmas dissipates, I have planned a slue of craft and house projects in addition to my usual busyness, which will boost my mood when done.

My wish for you is that you also plan and find something each day to be thankful for propelling you forward to live your best life.

# November

- 1 **PEER LUNCHEON**, Tips to Fight the Flu, 11-12:30pm, *Ionia TRD*
- 2 **PEER LED**, Community Activity Group: Cultural Heritage Festival in Grand Rapids, 10am
- 4, 11, 18, 25 **PEER LED**, Game Night, 4pm, *Ionia TRD*
- 5, 12, 19, 26 **PEER LED**, Chair Yoga, 11am, *Ionia TRD*
- 5, 19, 26 **PEER LED**, Volunteer Group, 3:30pm, *Ionia Theater*
- 6, 20 **PEER LED**, Caring Cards, 2:30pm, *Ionia TRD*
- 7 **PEER LED**, Drab to Fab, 9am-3:30, *Ionia TRD*
- 8, 22 **PEER LED**, Caring Cards, 4pm, *Portland TRD*
- 11 **VETERAN'S Day**—Thank veterans for their service and your freedom
- 11, 25, **PEER LED**, LGBTQIA+ Group, 3pm, *Ionia TRD*
- 12, 14, 19, 21 **PEER LED**, Fitness, 2:30pm, *Ionia TRD*
- 13, 20, 27 **PEER LED**, Women's Support Group, 2pm, *Ionia TRD*
- 13, 27 **PEER LED**, Christmas Crafts, 9:30am, *Ionia TRD*
- 13, 27 **PEER LED**, Self Love, 11:30am, *Ionia TRD*
- 14, 21 **PEER LED**, Portland Women's Group, 1pm, *Portland TRD*
- 14, 21 **PEER LED**, Restorative Yoga, 5pm, *Ionia TRD*
- 18 **TRD Committee of the Whole Meeting**, 4-6pm, *Ionia TRD*
- 19 **PEER LED**, Bingo, 1:30pm, *Sozo*
- 20 **PEER LED**, Zion Food Bank, 2pm
- 20 **PEER LED**, Better Days Ahead, 9:30am, *Ionia TRD*
- 25 **TRD Board Meeting**, 4-6pm, *Ionia TRD*
- 25 **PEER LED**, Group to Illuminate Food Bank, 10:30am, *Ionia*.
- 26 **PEER LED**, Friends Giving Potluck, Noon, *Ionia TRD*
- 28



We are closed to observe the holiday

## MONTH LONG AWARENESSES:

- **American Diabetes Month** (*Normal -Blood sugar less than 100 mg/dL daily, A1C Less than 5.7*  
*Diabetic Blood sugar 126 and over, A1C 6.5 and up*)
- **Bladder Health Month**
- **Cancer Awareness for Lung, Pancreas and Stomach**
- **Diabetic Eye Disease Awareness** (*Get an annual eye exam*)
- **National Epilepsy Awareness Month**
- **National Family Caregivers Month**
- **National Healthy Skin Month**
- **National Home Care and Hospice Month**
- **Prematurity Awareness Month**
- *Focus on quitting smoking and other health issues like Chronic Obstructive Pulmonary Disease (COPD)*

## WEEK LONG AWARENESSES:

November 3-9: **National Diabetes Education Week**  
 November 3-9: **National Radiologic Techs Week**  
 November 10-16: **Nurse Practitioners Week**  
 November 13-19: **Transgender Awareness Week**  
 November 24-30: **Gastroesophageal Reflux Disease Week (GERD),**

## DAY AWARENESSES:

11/3: Daylight Savings Time—*Fall back an hour*  
 11/5: Election Day—*Please vote*  
 11/6: National Stress Awareness Day—*Use Coping Skills*  
 11/9: National Diabetes/Heart Connection Day  
 11/12: World Pneumonia Day  
 11/14: World Diabetes Day  
 11/17: Prematurity Day  
 11/21: The Great American Smokeout—*Quit smoking!*  
 11/21: National Family Health History Day  
 11/23: International Survivors of Suicide Loss Day

With cold and flu season soon upon us, please remember to wash your hands frequently as the single most important way to stop the spread of germs. Also, sneeze into a tissue, or your elbow and frequently wash down your work area, phone, computer and items used daily. Perhaps get a flu shot. And above all, if you are sick, kindly stay home and reschedule your appointment.



# GROUPS

## Adult Autism Group

Every other Monday, 1:30-2:30pm, Ionia TRD.

## Anger Management

Starting September 16, Mondays, 5pm, Zoom.

## Belding CBT Depression

Ongoing, Fridays, 10-11am, Zoom.

## Better Days Ahead

Peer Led, November 20, 9:30am, Ionia TRD.

## Adult DBT

Ongoing, Mondays, 1pm, Ionia TRD.

## Caring Cards

Peer Led, November 8, 22, 4pm, Portland TRD  
November 6, 20, 2:30pm, Ionia TRD

## Crafts

Peer Led, November 13, 27, 9:30am, Ionia TRD.

## Teen DBT

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

## Family Psychoeducation

Saturdays, 10am, Ionia TRD.

## Fitness

Peer Led, November 12, 14, 19, 21, 2:30pm, Ionia TRD.

## Food Pantry Rides

Peer Led, November, Zion Food Bank, 2pm; November 25, Illuminate Food Bank, 10:30am.

## Games Group

Peer Led, November 4, 11, 18, 25, 4pm, Ionia TRD.

## LGBTQIA

Peer Led, Ongoing, November 11, 25, 28, 3pm, Ionia TRD.

## Live Out Loud

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

## Men Supporting Men

Tuesdays, 2-3pm, Ionia TRD.

## Parenting Through Change

PTC will be virtual. Starting October 17, 12-1:30pm, Thursdays, Ionia TRD.

## Personal Growth

Saturdays, 10:15-11:45am, Ionia TRD.

## Portland Women's Group

Peer Led, November 14, 21, 1pm, Portland TRD

## Recovery Stick Group

Tuesdays 2-3:30pm, Ionia TRD. Call your primary worker.

## Self-Love

Peer Led, November 13, 27, 11:30am, Ionia TRD.

## Seeking Safety

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

## Social Hour

Peer Led, November 19, Bingo, 1:30 Sozo.

## Teen Skills Group

Thursdays, Starting October 17, 3:30-4:30, Ionia TRD

## Volunteer Group

Peer Led, November 5, 19, 26, 3:30pm, Ionia Theater.

## Women's Support Group

Peer Led, November 13, 20, 27, 2pm, Ionia TRD.

## YES, Truly Our Friends (YTOF)

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

## YOGA

### PEER LED

**Chair**, November 5, 12, 29, 26, 11am, Ionia TRD.

**Restorative**, November 14, 21, 5pm, Ionia TRD.

*From Drab to*  
**November 7**  
9am-3pm  
**Ionia Right Door**  
*It was the well assembled, peer event everyone has come to enjoy and expect except there seemed to be more clothes, more shoes, more hairdressers and the U of M health unit outside screening instead of Sparrow.*





## 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** 1-800-273-8255
- **Mical Suicide and Crisis Lifeline** 9-8-8
- **THAW Fund-Heat/Warmth Fund** 1-800-866-8429
- **Ticket to Work-Disabled Persons** 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

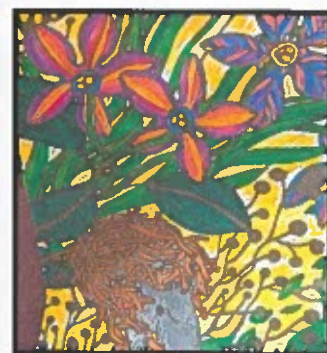
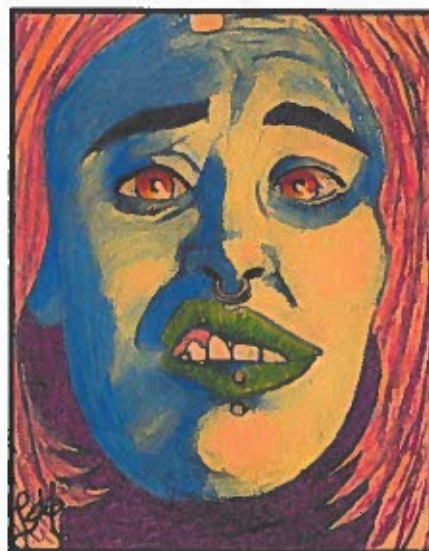
# Helpline



## Express Yourself

October 10, 11am-3pm, The Right Door, Ionia

Refreshments, live music, card making, and our persons served bravely sharing their artwork and a piece of themselves at this year's annual event which showcased a wide variety of multimedia including guitar playing and photography that I could not do justice to with my camera.



*When we create, we recover*

## Leftover Turkey Stuffing Balls



### Ingredients:

- **1½ cups shredded turkey.** Use your leftover roasted turkey. Both white and dark meat work well.
- **3 cups stuffing.** Any variety of leftover stuffing will do—herbed, cornbread, or sausage stuffing adds extra flavor. (I make a sage, celery, onion, raisin stuffing that works well).
- **3 cups mashed potatoes.** Creamy mashed potatoes help bind everything together.
- **Gravy.** For drizzling over or serving on the side. May also be served with cranberry sauce or cranberries in the balls.
- **Panko breadcrumbs** (for coating). Gives the turkey balls a crispy exterior.
- **Black pepper** to taste.

### Directions:

1. Preheat the oven to 375. Lightly grease a baking sheet or line with parchment paper.
2. Mix all the ingredients and shape into balls.
3. Roll balls in panko crumbs on a plate coating all.
4. Bake for 10-12 minutes.
5. Drizzle with your leftover turkey gravy or serve with cranberry sauce.

These can be done in an air fryer to be even crunchier.

**Sue Ferris, Editor**

Still more from

## Express Yourself

Below: Card Making



As we express our  
gratitude....  
we must never  
forget that the  
highest  
appreciation is  
not to utter  
words, but to  
live by them.

John Fitzgerald  
Kennedy





## Time to Start PHOTOTHERAPY

If you suffer from Seasonal Affective Disorder (SAD) and use photo or light therapy, it is time to start using it if you have not already begun.

A light therapy box mimics outdoor light which may lift your mood and ease the symptoms of SAD.

- It should provide exposure to 10,000 lux of light
- It should produce as little UV light as possible

When using a light box, it is recommended you:

- Use it during the first hour you are awake
- Use it for about 20 to 30 minutes
- Keep it about 16 to 24 inches from your face (and follow manufacturer instructions)
- Keep your eyes open, but **do not** look directly at the light

Adapted from Dr. Sanchez and

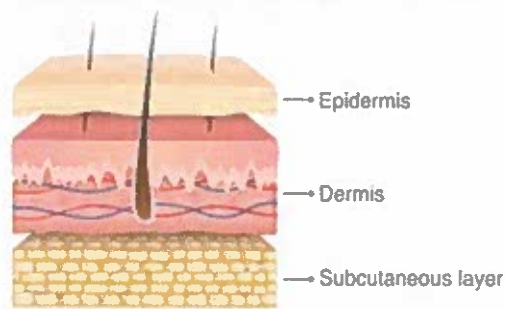
[www.mayoclinic.org/disease-conditions/seasonal-affective-disorder/in-depth/seasonal-affective-disorder-treatment/art-20048298](http://www.mayoclinic.org/disease-conditions/seasonal-affective-disorder/in-depth/seasonal-affective-disorder-treatment/art-20048298)

## Love YOUR Skin

*At an average of 22 square feet, weighing some eight pounds, our body's largest organ is constantly working to keep us healthy. It is our shield protecting us from deep injury. It regulates our body temperature, is our first line of defense against environmental toxins, withstanding the sun's ultraviolet rays, while locking in our body's water.*

Our skin has three primary layers:

### Three Main Layers of The Skin



1) **Hypodermis** is the deepest layer. It is made of fat that cushions protecting them and keeping us warm. It contains connective tissue attaching skin to the muscles and bones.

2) **Dermis** is the middle layer making up 90 percent of the skin's thickness. This is where you find connective tissues collagen and elastin which allow skin to be stretchy yet resilient. You also find hair follicles, blood vessels, lymphatic vessels and sweat glands. Sebaceous glands are here too producing an oily substance to waterproof and keep skin soft.

3) **Epidermis** is the outermost layer which protects against sun and rain. It prevents bacteria and germs from entering your bloodstream.



## PUMPKIN CUPCAKES WITH MAPLE CREAM CHEESE FROSTING

Jessica MacDowell, RN

### Ingredients:

- ◆ 1-15 ounce can pumpkin puree
- ◆ 1/2 cup sugar
- ◆ 1/4 cup brown sugar
- ◆ 2 large eggs
- ◆ 1 teaspoon vanilla extract
- ◆ 3/4 cup evaporated milk
- ◆ 2/3 cup all purpose flour
- ◆ 2 teaspoons pumpkin pie spice
- ◆ 1/4 teaspoon salt
- ◆ 1/4 teaspoon baking powder
- ◆ 1/4 teaspoon baking soda

### Topping:

- ◆ 1-8 ounce package cream cheese
- ◆ 1/2 cup butter
- ◆ 2 tablespoons of maple syrup OR sprinkle with pumpkin pie spice to taste

### Directions:

1. Preheat oven to 350. Spray 12 muffin tins with cooking spray or line with liners.
2. Mix pumpkin, sugars, eggs, vanilla and milk.
3. Add and mix flour, spice, salt, powder and soda.
4. Fill muffin cups with 1/3 cup mix. Bake 20 minutes; cool 20. Refrigerate 30 minutes more before topping.

Over time our skin changes. We wrinkle, lose collagen and subcutaneous fat, and accumulate sun damage scars. Nicotine and other chemicals age our skin so our best line of defense is to stop smoking/vaping, wear sunglasses and sunscreen outside and have skincare routines.

### **Common Skin Concerns and Cures:**

**Eczema** is dry, itchy skin usually on elbows, behind knees and on the face. The most common is atopic dermatitis caused by an overactive immune system. AD usually starts in childhood and is often outgrown. It happens when the skin's protective barrier does not function right. **Watch for** dry, itchy patches that may be red, hard or thickened. **Cure:** Stay away from harsh soaps. Moisturize twice daily.

**Psoriasis** is a chronic autoimmune disease causing skin cell buildup leading to rough red scaly patches. It happens from overactive immune systems where skin cells reproduce faster before old ones are shed. **Watch for** thick, red, itchy patches with silver streaks that tend to bleed. **Cure:** None. But topical creams and light therapy can soothe symptoms. Regular moisturizing also helps.

**Rosacea** is a chronic inflammatory, sensitive skin condition highlighted by red or pink cheeks, with pimple like bumps. It may come and go flaring up when triggered by sun, heat, stress, alcohol and spicy foods. It may be hereditary but may also be irritated by bacteria or mites that live near hair follicles. **Cure:** Choose gentle skincare products; prescription ointments and gels may calm flares too.

### **Skincare Routines:**

When using products go from light to heavy to work.

- Use a **GENTLE CLEANSER** morning and night.
- You might not need thin, watery **TONER** to improve the dullness or dryness of your skin. Use right after the cleanser.
- **TREATMENT** or **SKIN MEDICATION** for acne or Rosacea should be used after the toner for best effectiveness.
- **RETINOL** should be used in the evening as sunlight will degrade most formulas.
- Face **SERUM** is thinner than moisturizers and thicker than toners. Serums can be used both morning and night. (For instance, Vitamin C should be applied during the day to help sunscreen protect skin from UV rays).
- **EYECREAMS** are next and meant to be lighter than all over **MOISTURIZERS** which lock in hydration.

Love  
YOUR  
Skin



*Less is more when it comes to skin care. But if you want to step up your game, try:*

**HYALURONIC ACID:** Attracts water and is used in many serums and moisturizers. It can be used morning and night.

**RETINOL:** Is the gold standard ingredient to prevent visible signs of aging by enhancing skin cell turnover and stimulating collagen production. It improves wrinkles, discoloration, and acne. Apply in the morning.

**VITAMIN C:** is a powerful antioxidant protecting skin from environmental stressors and UV rays so it is great in the morning to assist your sunscreen. It boosts radiance, increases collagen production and combats hyperpigmentation.

*Condensed /Rewritten from Prevention Magazine*



# FOOD RESOURCES

## **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.



- |                    |  |
|--------------------|--|
| <b>November 5</b>  | 2 pm, Walk up,<br><b>Central UMC, Lake Odessa</b>                  |
| <b>November 5</b>  | 6 pm, Drive Through,<br><b>Twin Rivers Elementary , Muir</b>       |
| <b>November 12</b> | 4:30 pm, Drive Through,<br><b>Zion UMC, Ionia Fairgrounds</b>      |
| <b>November 15</b> | 4:30 pm, Drive Through,<br><b>Belding High School</b>              |
| <b>November 19</b> | 6 pm, Drive Through,<br><b>Hubbardston American Legion</b>         |
| <b>November 25</b> | 5pm, Drive Through,<br><b>Shiloh Community Church,<br/>Orleans</b> |

## West Michigan Farm Markets *in Ionia County*



**Denny Farms**  
6588 Jordan Lake Rd, Saranac (616)  
527-1531  
**May-December Bridge Cards, Double  
Up, WPC-WIC, MF**

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



# November

**1**  
11 Lunch with  
Peers at The  
Right Door "Tips  
to fight Flu"

**4**  
11 Goal  
Getters  
2 Tool Box  
3 Committee

**5**  
11 Shopping  
3 Junk  
Journaling  
Meditation

**6**  
11 Healthy  
Relationships  
1 Free Lunch  
2 Bingo

**7**  
9-3 Drab to  
Fab  
The Right  
Door

**8**  
11 Roundtable  
Talk  
2 Music

**11**  
11 Goal  
Getters  
2 Members  
Meeting

**12**  
11 Shopping  
3 Junk  
Journaling  
Meditation

**13**  
11 Healthy  
Relationships  
1 Free Lunch  
2 Bingo

**14**  
12-3 Craft Day  
Bowling

**15**  
11 Roundtable  
Talk  
2 Music

**18**  
11 Goal  
Getters  
2 Mindful  
Monday

**19**  
11 Shopping  
3 Junk  
Journaling  
Meditation

**20**  
11 Healthy  
Relationships  
1 Free Lunch  
2 Bingo

**21**  
12-3 Craft Day  
Bowling

**22**  
11 Roundtable  
Talk  
2 Music

**25**  
11 Goal  
Getters  
2 Mindful  
Monday

**26**  
11 Shopping  
3 Junk  
Journaling  
Meditation

**27**  
**12-3**  
**Friendsgiving**  
**1 Meal**

**28**  
**Thanksgiving**  
**Day**  
**Center Closed**

**29**  
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