

The right Connection

June 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.



Lately I've started asking myself, "Is this all there is?"

And even though I'm comfortable in my own skin flying solo, and have a great circle of friends as well as my family, I miss the sharing and close companionship of my better half. My husband of 29 years passed away almost five years ago from Covid at the tail end of the epidemic.

So, like everyone else I miss and crave that close, special contact we all want to have while we navigate life with a spouse, partner or soulmate.

With June being Pride Awareness Month, I can relate to the movement's message of inclusion. Everyone can because we all want to belong and be our authentic selves with someone special who likes, and loves, us just the way we are.

So while I ponder the idea of possibly dating, please remember along with me to treat everyone the way you wish to be treated, to be your authentic self, and don't judge others since you don't know the journey they've travelled to get where they currently are.

Welcome Summer!
Sue Ferris, Newsletter Editor



Member:





MONTH LONG AWARESSES:

PEER LED Fitness Group Tuesday, June 2, 9, 2:30pm
Thursday, June 4, 11, 25, 2:30pm, all at Ionia Fitness

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

1, 15, PEER LED, Game Night, 2:30pm, River's
22, 29 Edge Drop in Center (REDIC)

2, 9, PEER LED, Euchre, 10am, REDIC
23, 30. Euchre, 10am at Saranac Housing,

2, 9, PEER LED, Unfold: Fine Art Group, 10am,
16, 23, 30 Ionia TRD

2, 9, PEER LED, Volunteer Group, 3:30pm, Ionia
16, 23, 30 Theater

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

3, 17 PEER LED, Walking for Recovery, 3pm, Ionia
TRD

3, 17 PEER LED, Writing for Recovery, 3pm, Ionia
TRD

4, 18 PEER LED, Grief and Loss Support Group,
25 10:30am, REDIC

4, 11, PEER LED, Game Club, 11am, Portland TRD
18, 25

4, 25 PEER LED, Self Love, 11:30am, REDIC
Ionia

5 PEER LUNCHEON, 11am, with Pride Panel.
Pride Event to follow, 1pm, Ionia TRD

16 PEER LED, Bingo, 1:30pm, Burger King

17 PEER LED, Crafts, 9:30am, Ionia TRD

17 PEER LED, Coffee and Conversation, 11am,
Bigby

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

24 PEER LED, Trip to John Ball Zoo, meet
10am, Ionia TRD. Must be signed up with
Peers. Space is limited

26 Fruit Picking with Peers. Must be signed up

30 TRD Board Meeting, 4-6pm, Ionia TRD

Alzheimer's and Brain Awareness Month

Cataract Awareness Month

Gun Violence Awareness Month

Men's Health Month—*Schedule annual checkups*

National Glaucoma Awareness

**National Migraine and Headache Awareness
Month**

National PTSD Awareness Month—

*Post Traumatic Stress Disorder is particularly prevalent
with Veterans and trauma survivors*

National Safety Month—

Led by the National Safety Council

Professional Wellness Month—

*Celebrates the importance of maintaining a health
balance for mental, emotional and physical health in
the workplace*

Trauma Recovery and Safety

WEEK LONG AWARENESSES:

**June 1-8 National CPR and AED Awareness
Week**

June 8-14 Men's Health Week

**June 21-27 Helen Keller Deaf/Blind Awareness
Week**

DAY AWARENESSES:

7 National Cancer Survivor's Day

8 World Brain Tumor Day

13 Family Health and Fitness Day

14 World Blood Donor Day—

*1 pint of blood can save multiple lives. 6.8+ Million
blood donations are needed annually or 1 in 7 people
entering the hospital*

19 World Sickle Cell Day

20 Father's Day and The First Day of Summer!

27 National HIV Testing Day

Holidays 7/3
9/7
11/26
11/27
**The
Right Door
is Closed** 12/24
12/25
12/31

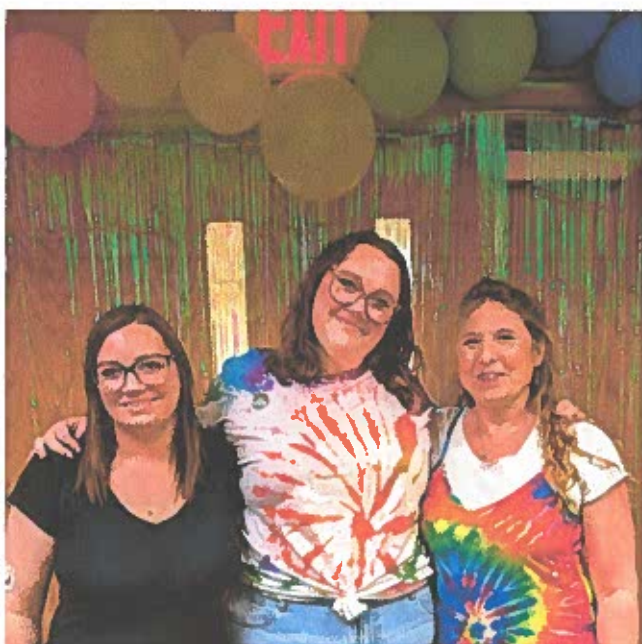
4rth of July
Labor Day
Thanksgiving
Day after
Thanksgiving
Christmas Eve Day
Christmas
New Year's Eve Day



PRIDE

June 6th, Ionia TRD

Above: Pride Panel Discussion during lunch followed by a Pride Party with games and activities.



Left: Peers Lexie Doty, Katie Vreeland and Shelly Hanes at Pride. Katie moves from Peer Support to Supported Employment June 22.

Moms Club

A casual, Peer-led group held bi-weekly for mom's to connect out of the house and get some fresh air.

- Kids welcome
- For mom's with kids 0-12
- Held in rotating Ionia County locations

- June 5**—Popsicles in Hale Park
- June 19**—Chalk and Chat, Freedom Acres, ISD
- July 10**—Ionia Splashpad, Trailhead Park
- July 24**—Portland Library Play Time
- August 7**—Portland Splash Pad, William Toan Park
- August 21**—Snack-luck Pottluck, Hyland Sensory Park, Muir
- September 4**—Walk in Bertha Brock Park
- September 18**—TBD

The Summer Series

Dance Sculpt

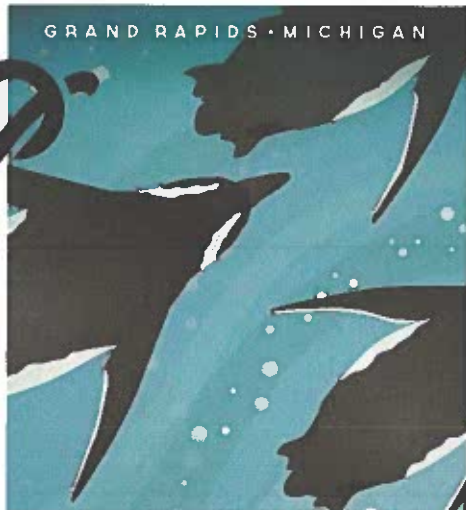
All at 11 o'clock

Contact Lexie at 616-527-1790



JOHN
BALL
ZOO

GRAND RAPIDS • MICHIGAN



June 24

Meet Peers
at TRD at
10am.
Sign up in
advance.

FRUIT PICKING
June 26

Must sign up with peers as limited transportation
616.527.1790



2026 Peer Lunches

July 10	Cookout-Get to Know Your Peers
August 14	Tips for Talking to your Doctor <i>Get the most out of appointments</i>
September 4	Motivation
October 2	Diabetes Education
November 5	No Lunch—Drab to Fab
December 4	Friendsgiving/Holiday Party



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 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

- 6/2 2pm, Walk up,
Central UMC, Lake Odessa
- 6/2 6pm, Drive Through,
Twin Rivers Elementary, Muir
- 6/9 4:30pm, Drive Through,
Zion, Ionia Fairgrounds
- 6/13 10am, Drive Through,
Mount Hope Church, Portland
- 6/16 6pm, Drive Through,
Hubbardston American Legion
- 6/19 4:30pm, Drive Through,
Belding High School
- 6/24 5pm, Drive Through,
Shiloh Community Church, Orleans



- 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

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

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 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.farmgrown.com

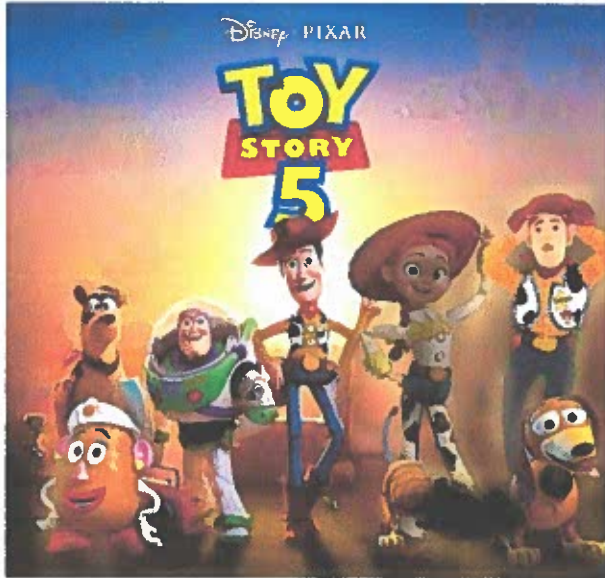
Heffron Farms, 7724 Ashley Avenue N.E., Belding, MI. Year Round. Mainly fresh raised meat (616) 794-2527

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



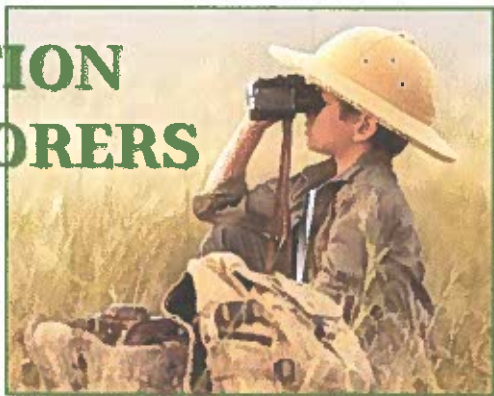
THE right DOOR
for hope, recovery and wellness
Has Kid Friendly
Programs and Groups

The Homebased Team invites your family to a
FREE MOVIE



Friday, June 19, 6pm, Ionia Theater
One flyer per family required. First 100 Free
Concessions available \$5 pop/popcorn deal

EMOTION EXPLORERS



Who: Kids ages 6-11
What: 6 week Emotional Safety and Coping Skills Group
When: Tuesdays, June 16-July 21
1:30-2:30pm
Where: The Ionia Office

The Children's Case Management/School Outreach Team
is hosting two groups open to the community.

June 10 – July 29
Sunset Ridge Clubhouse
Portland



Conflict Management And Problem Solving

- ◆ Wednesdays 12:30-1:30
- ◆ For 7th-12th Graders
- ◆ Build Skills
- ◆ Solve Problems
- ◆ Create Change
- ◆ Improve Communication
- ◆ Build Stronger Relationships



**Call or Text Rachel
616-902-9214**

Call 616 647 7017



Community Connection

Summer Art and
Community Building
Group

- ◆ Wednesdays 2-4
 - ◆ For 3rd-6th Graders
- ◆ Create Fun Art Projects
- ◆ Build Friendships and Community
- ◆ Practice Kindness and Cooperation
- ◆ Express Yourself Creatively

THE right DOOR
for hope, recovery and wellness

PORTLAND



FRIENDSHIP BUILDERS

Fridays, June 12—July 17
11am-12pm
3rd-5th graders

**We play games, complete activities
and practice skills that help us make
and keep friends, solve problems,**

Call or text Rachel 616-902-9214 to sign up
You do not need to be open to services to join!

C.A.L.M.



COPING AND LEARNING MINDFULNESS


for 9th-12th grade

A 6-week group to build mindful skills and discover healthy ways to cope with anxiety.

 **START DATE:**
Tuesday, June 9, 2026

 **TIME:**
1:00 PM - 2:00 PM

 **DURATION:**
6 weeks

 **WHO:**
9th-12th grade students

OBJECTIVE:
Learn practical tools to manage anxiety, reduce stress, and strengthen emotional well-being.

 **LOCATION:**
The Right Door - Portland Office
208 W Bridge St.
Portland, MI 48875



*Take a breath.
You've got this.
Let's do this—together.*

 Call or text Rachel: 616-902-9214 to sign up.

 You do not need to be open to services to attend.

C.A.L.M.



COPING AND LEARNING MINDFULNESS


for 6th-8th grade

A 6-week group to build mindful skills and discover healthy ways to cope with anxiety.

 **START DATE:**
Tuesday, June 9, 2026

 **TIME:**
2:30 PM - 3:30 PM

 **DURATION:**
6 weeks


 **WHO:**
6th-8th grade students

OBJECTIVE:
Learn practical tools to manage anxiety, reduce stress, and strengthen emotional well-being.

 **LOCATION:**
The Right Door - Portland Office
208 W Bridge St.
Portland, MI 48875



*Take a breath.
You've got this.
Let's do this—together.*

 You do not need to be open to services to attend.

 Call or text Rachel: 616-902-9214 to sign up.

We invite you to attend



**Mental Health
FIRST AID**

from the

NATIONAL COUNCIL
for Mental Wellbeing

TRAINING GOALS:

- Recognize signs and symptoms of mental health challenges
- Recognize common signs and symptoms of substance use
- Understand how to interact with a child or adolescent in crisis
- Learn how to connect youth with appropriate help
- Expand knowledge of trauma, substance use, self-care and the impact of social media and bullying

Thursday, June 18th

8:30am-3:30pm

Portland High School

Room 136: Large Group Room

FREE for 30 participants thanks to a generous community donation

Contact **Rachel Selby** at **616.902.9214** to sign up

DRIVE DOWN SUICIDE



**WILLIAMS
FARM
MACHINERY**

OUR MISSION:

The Right Door's mission is to be the premier behavioral health care provider in our service area.

OUR VISION:

Our vision is to be an integral and valued partner in a community committed to the wellness and full participation of its citizens.

OUR VALUES: We value and pledge to provide quality accessible care, healing, wellness and recovery throughout our service area. We will provide solutions, education and alternatives to give you hope for today, tomorrow and in the future.

WELLNESS:

Commitment to the whole person: mind, body, soul and spirit.

ACCESSIBILITY:

Immediate responsiveness to the needs of the community.

BEST VALUE:

Highest quality services and supports provided in the most effective and efficient manner.

RESPECT AND DIGNITY IN A CULTURE OF GENTLENESS:

Every person shall be treated with respect and dignity in a gentle, welcoming, and listening environment.

RECOVERY:

We promise to foster recovery by instilling hope, empowering individuals to reach their potential while providing support and education.

On June 5th Williams Farm Machinery posted on Facebook:

Drive Down Suicide: Month 1

Our first recipient of our new program is Ionia County's The Right Door!

Some causes simply mean more because they touch the lives of so many people in our communities. At The Right Door, they are on a mission, encouraging hope and recovery for those who need it most. They proudly serve everyone—children, adolescents, and adults alike. When deciding where to make this month's donation, we chose The Right Door because of the incredible work they do every day. We wholeheartedly support their values, their mission and their commitment to helping those who may be struggling in silence.

Behind every conversation, every resource, and every act of support is the opportunity to change a life.

Mental health affects us all in one way or another, and no one should have to face their struggles alone. We are honored to support and organization that is creating real change, offering hope when it is needed most, and reminding people that they are never alone.

Thank you for all that you do. Your commitment to serving our community is beyond inspiring.

Thank you to Williams Farm Machinery for their kind words, donation and this forward thinking program which will increase community awareness about the serious taboo topic of suicide.

PTSD

Posttraumatic Stress Disorder

NOT ALL
Wounds
ARE VISIBLE

PTSD Symptoms

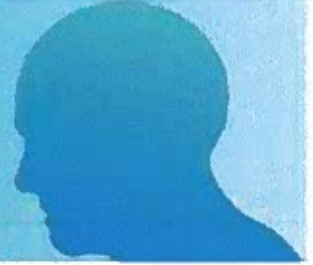
- | | |
|--------------------|---------------------|
| Nightmares | Lack of Feelings |
| Guilt | Insomnia |
| Poor Judgement | Poor Concentration |
| Intrusive Memories | Hopelessness |
| Poor Memory | Poor Self-esteem |
| Survivor Guilt | Negative Self-image |
| Flashbacks | Apathy |
| Startle Reflex | Mistrust |
| Hypervigilance | Isolation |
| Irritability | Avoidance |
| Anger and Rage | Excessive Blame |
| Self-Destructive | Dissociation |

Potential Causes of PTSD

- War
- Witnessing/Experiencing a Mass Disaster/Accident
- Emotional, Physical or Sexual Abuse
- Separation
- Death of a loved One
- Medical Procedure
- Robbery or Burglary

RESOURCES:

Posttraumatic Stress Disorder (PTSD) is a Mental Disorder that can Develop After a Person is Exposed to a Traumatic Event



People of all ages and backgrounds can experience **post-traumatic stress disorder** after trauma.



Treatment can help.

Post-traumatic stress disorder can interfere with daily life, but recovery is possible with treatment.



Know how to **help children and adolescents cope** with disasters and other traumatic events.



National Institute of Mental Health

[Nimh.nih.gov/coping with trauma](http://Nimh.nih.gov/coping%20with%20trauma)

Nimh.nih.gov/PTSD

National Alliance on Mental Illness nami.org

VA PTSD (US Department of Veterans Affairs)

National Center for PTSD ptsd.va.gov

Veterans Crisis Line **988 then press 1**

PTSD Information Voicemail **802.296.6300**

Email ncptsd@va.gov

Anxiety and Depression Association of America
adaa.org

The Right Door therightdoor.org
616.527.1790

Suicide Prevention Lifeline **800.273.8255**

Bingo

Peer Led, June 16, 1:30pm,
Burger King

CBT Anxiety

Fridays, 2-3pm, Virtual.

CBT Depression

Ongoing, Fridays, 10-11am, Virtual.

Choosing Strength

Tuesdays, 5-6pm, Virtual.

Coffee and Conversation

Peer Led, 17, 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, June 17, 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, June 2,9,23,30, 10am, Saranac Housing.

Fitness

Peer Led Fitness Group, Tuesday, June 2, 9, 2:30 and Thursday,
June 4, 11, 25, 3pm, all at Ionia Fitness.

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

Game Night

Peer Led, June 1, 15, 22, 29, 3pm, REDIC.
Game Club, June 4, 11, 18, 25, 11am, Portland TRD.

Grief and Loss Support Group

Peer Led, June 4, 25, 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, June 3, 3pm, Ionia TRD.

Life Skills

Mondays, 1:30pm, Ionia TRD.

See new groups Page 6 and 7

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, June 4, 25, 11:30am, REDIC.

Unfold: Fine Art Group

Peer Led, June 2, 9, 16, 23, 30, 10am, Ionia TRD.

Volunteer Group

Peer Led, June 2, 9, 16, 23, 30, 3:30pm, Ionia Theater.

Walking for Recovery

Peer Led, June 3, 17, 3pm, Ionia TRD.

Writing for Recovery

Peer Led, June 3, 17, 3pm, Ionia TRD.



MICHIGAN STATE UNIVERSITY | Extension

FREE ONLINE HEALTH PROGRAMS

Canr.msu.edu/ionia/ 616.527.535



Spanish speaking family support group
through NAMI Lansing

Grupo de Apoyo para Familiares
Para quienes apoyan a alguien con una
condicion de salud mental.

Zoom only.

El Segundo martes de cada mes.

4:00-5:30pm

June 9, July 14, August 11, September 8



**FREE MUSIC
IN THE
PARK,
Belding,
Thursdays,
7-8:30pm,
All Summer**



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.trailink.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

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



HUBBARDSTON



June 19-21, Fairgrounds

Parade, food booth, concessions, classic car cruise in, tractor games, tractor pulls, kiddie pedal pulls, miniature horse pulls, silent auction, pie/cake auction, Ag Olympics, Quilt Show, raffles, Vendors...\$5 entry



CITY OF IONIA

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

- 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



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



LAKE ODESSA FAIR June 22-26

Livestock shows, still exhibits, concessions, midway, draft horse pulls, straw stacking contest, bingo, dodgeball, volleyball tournament, motocross, truck and tractor pulls, and so much more...



June 26-28 PORTLAND

Bounce Houses
Kids Carnival
Cornhole and Baseball Tournaments,
Food Trucks,
Music/Dancing



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



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, Green-ridge 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



West Michigan Community Booksale

New Location: Kent County Youth Fairgrounds, 13801 Cascade Road, South East, Lowell

June 17th-21st, 9:00am-7pm

20,000 plus books, games, DVD's, CD's for adults and youth

For a Complete List of Community Resources
www8cap.org