

# The right Connection

February 2025



**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.

February awarenesses and observances focus mainly on the affairs of the heart whether they be heart health, Wear Red Day, Valentine's Day, your love for others or yourself.

#### **Guest Editorial**

## **Advocating for Yourself and Your Physical Health**

**Rob Weiland, TRD, Peers**



Self-Advocacy is defined as "the action of representing oneself or one's views or interests."  
Self-Advocacy is about taking control of your life, understanding your needs, and making sure those needs are being met.

Continued...



Member of:



The advantage of Self-Advocacy is that it offers numerous benefits and empowers individuals to lead to better health and social outcomes. Advocating for yourself provides better control over your health care and own life. It may build confidence and self-esteem. It provides better communication that leads to better outcomes that are more personalized and effective. It empowers people to become more active in their health care treatment.

While scheduling an appointment with your provider, you want to discuss some of the reasons of why you are scheduling this appointment with the receptionist. This will allow the receptionist to know how long your appointment might need to be. If you are dealing with ongoing symptoms, try to schedule an appointment at a time when you are usually feeling better, during the day. Write down your questions and concerns and practice what you will say. If needed, the doctor will allow you to bring someone (*a trusted person*) with you, to be present, at the appointment. If you are unsure about the doctor's advice or diagnosis, you have the right and may consider getting a second opinion. Finding and attending a support group with others that may have some of the specific health conditions may help you realize that you are not alone. Members of a support group may recommend positive ways that they have found helpful and may refer you to other services. Learn as much as you can about your health condition. Keep detailed records about your treatment, medications, symptoms, and medical history. If you are having ongoing symptoms, make sure that there is also an ongoing plan. Make sure that you understand the ongoing plan and all information about medications that you are taking. If needed, schedule appointments for referrals and or necessary testing.

Overall, you are the one that is most responsible for your physical health. Exercising and following the proper diet are other ways to stay



## American Heart Month

**Being Smoke-free** is one of the best things you can do to protect your heart.

**Managing your blood cholesterol is another** which prevents an imbalance that could lead to a heart attack or stroke.

**Managing your blood pressure** also needs to be treated if it is too high.

**Managing your glucose and Diabetes** will also help prevent a heart attack or stroke.

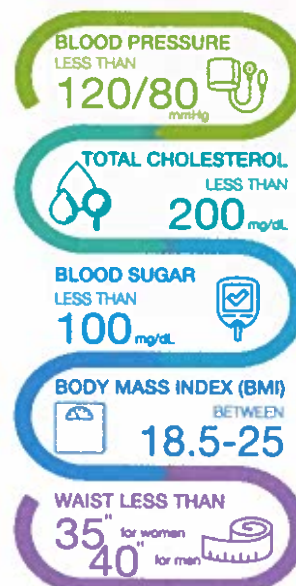
**Being physically active regularly** is great for your heart health as well. It is also important to sit less during your day and break up the times you sit into smaller increments.

**Another consideration, achieving and maintaining a healthy weight** reduces the risk of heart disease and other heart problems. It can help to know your body mass index (BMI) and waist measurement to know what they mean.

**By eating a variety of healthy foods** you can help reduce your weight and lower your blood pressure and cholesterol. **By making specific changes to your diet**, you can help prevent heart disease:

**Eat less salt, replace unhealthy fats with healthy fats, limit alcohol and look after your mental health.**

TRD Nurses, 2020



know  
your  
numbers





# FEBRUARY

3, 4, 6, **PEER LED**, Chair Yoga, 10am, *Ionia TRD*  
10, 11, 13, 17, 24, 25, 27

3, 17 **PEER LED**, LGBTQIA+ Group, 3pm, *Ionia TRD*

3, 10, **PEER LED**, Game Night, 4pm, *Ionia TRD*  
17, 24

13, 27 **PEER LED**, Habit Change, 11:30am, *Ionia TRD*

4, 5, 7, **PEER LED**, Fitness, 1:30pm, *Ionia TRD*  
11, 12, 14, 18, 19, 21, 25, 26, 28

4, 6, **PEER LED**, Fitness, 2:30pm, *Ionia TRD*  
11, 18, 20, 27

4, 11, **PEER LED**, Volunteer Group, 3:30pm, *Ionia*  
18, 25 *Theater*

5, 19 **PEER LED**, Walking at Menards, 10am, *Ionia*

5, 19 **PEER LED**, Self Love, 11:30am, *Ionia TRD*

6, 13, **PEER LED**, Game Night, 3pm, *Belding TRD*  
27

6, 13, **PEER LED**, Restorative Yoga, 4:30pm,  
27 *Belding TRD*

7 **PEER LUNCHEON**, Heart Health, TRD  
Nurses, 11-12:30pm, *Ionia TRD*

9 **Super Bowl Sunday**

11 **PEER LED** Valentines Party, 11am, *Ionia TRD*

11, 26 **PEER LED**, Mobile Food Pantry transport,  
3:30pm on the 11th; Zion, 2pm, on the 26th.  
*Call for a ride*

12, 26 **PEER LED**, Better Days Ahead, 9:30am, *Ionia*  
TRD

12, 26 **PEER LED**, Wii Fit, 11:30am, *Ionia TRD*

12, 26 **PEER LED**, Cooking, 4:30pm, *Ionia TRD*

17 **Presidents Day**

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

18 **PEER LED**, Bingo, 1:30pm, *Burger King*

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



## MONTH LONG AWARENESSES:

- **Age Related Macular Degeneration Awareness or Low Vision Awareness**  
National Eye Institute  
[nei.nih.gov/VisionRehabResources](https://nei.nih.gov/VisionRehabResources)
- **American Heart Month** - American Heart Association  
— <https://www.heart.org>  
National Heart, Lung and Blood Institute—  
[nhlbiinfo@nhlbi.nih.gov](mailto:nhlbiinfo@nhlbi.nih.gov) 877-645-2448
- **Domestic Violence Awareness Month**  
National Domestic Hotline 800-799-7233 [thehotline.org](https://thehotline.org)
- **Kids ENT Health Month**
- **National Children's Dental Health Month**
- **National Condom Month**
- **Recreational Therapy Month**
- **Teen Dating Violence Awareness** [thehotline.org](https://thehotline.org)
- **Wise Healthcare Consumer Month**

## WEEK LONG AWARENESSES:

Burn Awareness Week  
February 3-9

National Cardiac Rehabilitation  
February 9-15

Alzheimer's Disease and Dementia Care Staff  
Education Week  
February 14-21

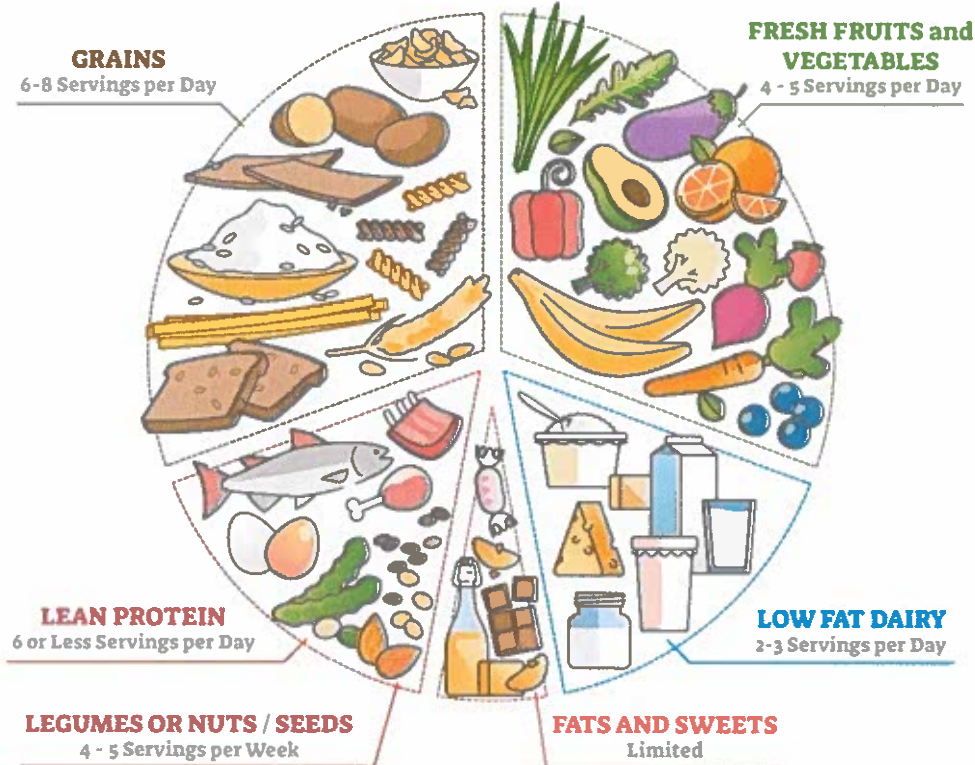
National Eating Disorders Awareness Week  
February 24-28

## DAY AWARENESSES:

- 2/4: World Cancer Day
- 2/7: National Wear Red Day
- 2/7: National Black HIV/AIDS Awareness Day
- 2/14: National Donor Day

# The DASH Diet

## DIETARY APPROACHES TO STOP HYPERTENSION



If you are looking to trim down, the Dash Diet is not new. It was actually developed some 20 years ago and has been named the best heart healthy diet to combat high blood pressure by the US News and World Report 2025. It also sits in the three hole as one of the easiest diets to follow.

DASH stands for Dietary Approaches to Stop Hypertension and may also lower cholesterol, which along with high blood pressure, are two major risk factors for heart disease.

Dash focuses on foods:

- Rich in potassium, calcium, magnesium, fiber and protein.
- Low in saturated fat.
- Low in salt and sugar
- Recipes are readily available by googling DASH Diet recipes.

*Always check with your physician about a diet before you begin one.*



## GREEN BEANS WITH RED PEPPER AND GARLIC

*A Dash Diet recipe from the Mayo Clinic*

### Dietitian's tip:

Green beans are a good source of fiber and vitamin C. Blanching (boiling then cooling) preserves the color and texture of the beans.

### Ingredients

1. 1 pound green beans, stems trimmed
2. 2 teaspoons olive oil
3. 1 red bell pepper, seeded and cut into thin slices
4. 1/2 teaspoon chili paste or red pepper flakes
5. 1 clove garlic, finely chopped
6. 1 teaspoon sesame oil
7. 1/4 teaspoon salt
8. 1/4 teaspoon freshly ground black pepper

### Directions

Cut the beans into 2-inch pieces. Bring a large saucepan 3/4 full of water to a boil. Add the beans and cook until they turn bright green and are tender-crisp, 1 to 3 minutes. Drain the beans, then plunge them into a bowl of ice water to stop the cooking. Drain again. Set aside.

In a large frying pan, heat the olive oil over medium heat. Add the bell pepper and toss and stir for about 1 minute. Add the beans and sauté for 1 minute longer. Add the chili paste and garlic and stir for 1 minute. The beans will be tender and bright green. Drizzle with the sesame oil and season with the salt and pepper. Serve immediately.



## Strawberry Pretzel Dessert

Jenny Scheurer, TRD, HR

*On Valentine's Day, many people serve something decadent like cheese cake or chocolatey, or even something simpler like strawberries dipped in chocolate.*

### Ingredients:

#### Base:

2 cups crushed pretzels  
3/4 cup melted butter  
4 tablespoons sugar

#### Filling:

Cream 1 cup sugar  
1-8 ounce cream cheese softened  
Fold in 1 (16 ounce) cool whip

#### Topping:

1 (6 ounce) strawberry Jello  
2 cups boiling water  
2 (10 ounce) frozen strawberries

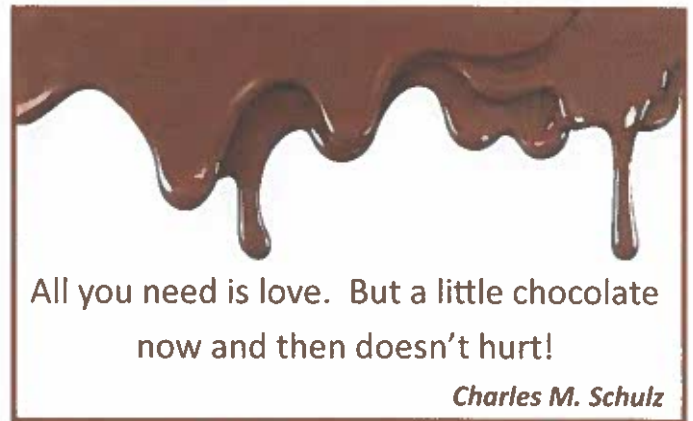


### Directions:

1. Combine first three ingredients and push into a 9 x 13" pan. Bake at 400 for six minutes. Let cool.
2. Spread cream cheese/cool whip mixture over cooled base.
3. In a separate bowl, mix the last three ingredients. Let thicken slightly. Pour over cream cheese mixture.
4. Refrigerate till set.

## Did You Know...

Many berries can be eaten raw and range for 50 to 100 calories per serving. They are high in Vitamin C, fiber and Potassium.



All you need is love. But a little chocolate now and then doesn't hurt!

Charles M. Schulz



**VITA** Volunteer Income Tax Assistance



Get Connected. Get Help.™  
United Way Montcalm -  
Ionia Counties



2/4	2 pm, Walk up, Central UMC, Lake Odessa
2/4	6 pm, Drive Through, Twin Rivers Elementary, Muir
2/8	10am, Drive Through, Mount Hope Church, Portland
2/11	4:30 pm, Drive Through, Zion UMC, Rather Elementary Parking Lot, Ionia
2/18	6 pm, Drive Through, Hubbardston American Legion
2/21	4:30 pm, Drive Through, Belding High School
2/26	5pm, Drive Through, Shiloh Community Church, Orleans



### **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.

## **Five Reasons Why Chocolate May Be Good For You**



1. **Chocolate is Heart Healthy:** Harvard Medical School doctors say flavanols found in dark chocolate promote healthy blood vessel function increasing blood flow to our hearts, breaking up clumps of white blood cells which can block arteries decreasing the risk of heart disease and stroke. Chocolate may also lower bad LDL cholesterol.
2. **Chocolate Might Boost Memory:** Dark chocolate is not age discriminating. A bite size piece relaxes most everyone thanks to endorphins, increasing blood to our brain which could help boost memory, attention span and mood.
3. **Chocolate may help guard skin** against harmful UV rays. But I would still slather on the sunscreen instead of relying on chocolate.
4. **Chocolate Might Help Fight Wrinkles:** Eating chocolate regularly may give off enough antioxidants to help fight wrinkles says the Journal of Investigative Dermatology.
5. **Chocolate Relieves Stress:** Eating chocolate makes us happy. It improves our mood because less cortisol and epinephrine is released. It stands to reason that eating it during a stressful time could help briefly.

### **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.



# CLEAN UP YOUR SLEEP HYGIENE

13 simple tricks, will help you get a good nights sleep.



1. Go to bed and get up at the same time every day, including on the weekends and during vacations.



7. Keep a sleep diary, experiment and figure out what works best for you.



2. If you can't fall asleep or wake up and can't get back to sleep, get out of bed, read, sketch, or do another calming activity in low light.



8. Limit exposure to bright light in the evenings, turn off electronic devices at least 30-60 minutes before bedtime.



3. Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.



9. Establish a relaxing bedtime routine.



4. Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom.



10. Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.



5. Use your bed only for sleep and sex.



11. Avoid consuming caffeine in the late afternoon or evening.

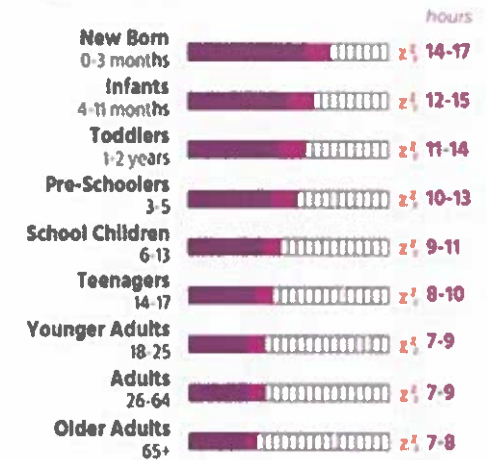


12. Avoid consuming alcohol, nicotine and THC before bedtime.



13. Reduce your fluid intake before bedtime.

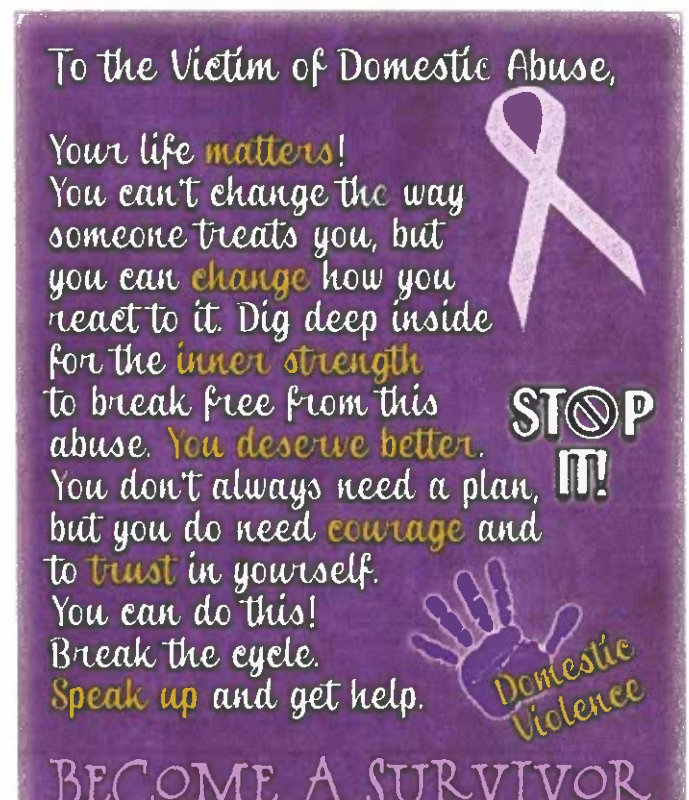
## WHAT'S THE RIGHT AMOUNT OF SLEEP FOR YOU?



Above are the current evidence-based recommendations for each age group, use this as a guide for how many hours of sleep you need to feel your best.



**Teen Dating Violence Awareness Month** —  
One in three teens experience some form of abuse in their relationships and that is one too many.





# GROUPS

## Anger Management

Mondays, 5-6pm, Virtual.

## Better Days Ahead

Peer Led, February 12, 26, 9:30am, Ionia TRD.

## Bingo

Peer Led, February 18, 1:30pm, Burger King, Ionia

## CBT Anxiety

Fridays, 2-3pm, Virtual.

## CBT Depression

Ongoing, Fridays, 10-11am, Virtual.

## Co Occurring Disorders Group

Thursdays, 1pm, Ionia TRD.

## Cooking

Peer Led, February 12, 26, 4:30pm, 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, February 4, 5, 7, 11, 12, 14, 18, 19, 21, 25, 26, 28, 1:30pm, Ionia TRD.

February 4, 6, 11, 18, 20, 27, 2:30pm, Ionia TRD.

## Food Pantry Rides

Peer Led, February 11, Mobile Food Bank, 3:30pm; February 26, Zion, 2pm.

## Game Night

Peer Led, February 6, 13, 27, 3pm, Belding TRD.

February 3, 10, 17, 24, 4pm, Ionia TRD.

## Grief Group

Wednesdays, 1-2pm, Ionia TRD.

## Habit Change

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

## LGBTQIA

Peer Led, Ongoing, February 3, 17, 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, February 5, 19, 11:30am, Ionia TRD.

## Volunteer Group

Peer Led, February 4, 11, 18, 25, 3:30pm, Ionia Theater.

## Walking at Menards

Peer Led, February 5, 19, 10am, Ionia

## Wii Fit

Peer Led, February 12, 26, 11:30am, Ionia TRD.

## YOGA

### PEER LED

**Chair**, February 3, 4, 6, 10, 11, 13, 17, 24, 25, 27, 10am, Ionia TRD.

**Restorative**, February 6, 13, 4:30pm, Belding TRD.

## Sexual Assault Support Group by RAVE,

(Relief After Violent Encounter Ionia/Montcalm),

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@RaveIM.org**



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

**Belding Emergency Fund**

**616.794-1900**

**Disability Advocates**

**616.949.1100**

**EightCAP, Inc.**

**616.236.1027**

**Energy Assistance**

**855.275.6424**

**Home Heating Tax Credit Status**

**517.636.4476**

**Lakewood Community Council**

**616.374.8861**

**MDHHS—Michigan Department of**

**616.527.5200**

**Health and Human Services**

**State Emergency Relief for home/utilities Michigan.gov**

**Salvation Army**

**855.929.1640**

**Supportive Services for Veterans Families 616.754.9315**

**Tri-County Home Works People Fund**

**800.421.8956**

**THAW—The Heat and Warmth Fund**

**800.866.8429**

**2-1-1—United Way**

**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

# Helpline



## 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.



THE *right* DOOR  
for hope, recovery and wellness



3

11 Goal  
Getters  
12 Board  
Meeting

4

11 Shopping  
Junk  
Journaling  
3 Meditation

5

11 Healthy  
Relationships  
1 Free Lunch  
2 Bingo

6

Craft Day

7

11 Lunch with  
Peers at The  
Right Door  
2 Music

10

11 Goal  
Getters  
2 Tool Box  
3 Committee

11

11 Shopping  
Junk  
Journaling  
3 Meditation

12

11 Healthy  
Relationships  
1 Free Lunch  
2 Bingo

13

Craft Day  
12-3:30  
Bowling

14

11 Roundtable  
Talk  
2 Music

17

11 Goal  
Getters  
2 Mindful  
Monday

18

11 Shopping  
Junk  
Journaling  
3 Meditation

19

11 Healthy  
Relationships  
1 Free Lunch  
2 Bingo

20

Craft Day

21

11 Roundtable  
Talk  
2 Music

24

11 Goal  
Getters  
2 Mindful  
Monday

25

11 Shopping  
Junk  
Journaling  
3 Meditation

26

11 Healthy  
Relationships  
1 Free Lunch  
2 Bingo

27

Craft Day  
12-3:30  
Bowling

28

11 Roundtable  
Talk  
2 Music

14 Valentine's  
Day

17 President's  
Day

## RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia

(616) 522-9773