

July 2025

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July's full moon is the Buck Moon or Hay Moon, sometimes the Thunder Moon, on July 10th. It will peak in the morning. July is National Share a Sunset Month, UV Safety Awareness Month, Sarcoma and Bone Cancer Awareness Month, National Park & Recreation Month, National Blueberry Month, and it's Wild About Wildlife Month.

Annual Gathering Place Yard Sale is July 19th! See back page for details

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Benzie Senior Resources 231.525.0600



DIRECTORY

Phone: 231-525-0600 or Toll Free: 888-893-1102 Fax: 231-325-4855

The Gathering Place: 231-525-0601

Email: info@BenzieSeniorResources.org Website: www.BenzieSeniorResources.org Facebook: @benzieseniorresources.org

Benzie Senior Resources Office Hours Monday – Friday: 9:00 a.m. – 3:00 p.m.

The Gathering Place Senior Center Hours: Monday — Friday 8:00 a.m.— 4:00 p.m. with exception

for special events and inclement weather.

BENZIE SENIOR RESOURCES BOARD OF DIRECTORS

Nancy Mullen Call, *President*Leo Hughes, *Secretary*Rev. Dinah Haag
Rosemary Russell
Ingrid Turner

Paul Turner, Vice President Victor Dinsmoore, Treasurer Robert Manilla Hugh Walton

Benzie Senior Resources is a 503 (c) 3 organization funded by Benzie County residents through a property tax millage, federal and state funds through the Aging & Adult Services Agency, Area Agency on Aging of Northwest Michigan, and grants from: Allen Foundation, Art & Mary Schmuckal Foundation, Benzie County Community Chest, Benzie County Sunrise Rotary Foundation, Cherryland Cares Electric Co-op, Father Lovett Foundation, Grand Traverse Band of Ottawa and Chippewa Indians, Grand Traverse Regional Community Foundation, Herbert H. and Barbara C. Dow Foundation, John L. Mulvaney Foundation, Seabury Foundation, Wayne and Joan Webber Foundation, and Willoughby Rotary Foundation. In addition, we are supported by generous donations from individuals, community businesses, churches and service clubs. We are grateful for each and every gift!

THE SENIOR SCOOP IS A MONTHLY PUBLICATION BROUGHT TO YOU BY:

Brigit Hassig, Executive Director Angela Haase, Issue Editor Benzie Senior Resources 10542 Main Street Honor, MI 49640

NEWSLETTER SUBSCRIPTION FORM

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If you would like a copy of this newsletter mailed to your home OR emailed to you each month, please mail this form to the Benzie Senior Resources office, 10542 Main St, Honor, MI 49640. For annual mailing the subscription fee is \$10.00. There is no charge for emailing. Subscription expiration dates are listed on the bottom of the mailing label. You can also find this newsletter on our website at benzieseniorresources.org under the NEWS tab, at our Benzie Senior Resources office and at The Gathering Place.

From Our Director

At Benzie Senior Resources, we take food seriously — not just as a meal, but as a foundation for health, connection, and dignity. Food security is not an isolated service; it's an organization-wide priority rooted in our values and shaped by the needs of those we serve. Just **last month**, we prepared and delivered over 5,500 meals — including more than 1,700 at The Gathering Place — and we know the demand isn't going away. That's why we're planning ahead and acting boldly.

We've just completed a strategic operational plan that strengthens our work across finance, marketing, team development, and daily operations — all with food security as a priority focus. As state-administered programs like Project Fresh face funding and logistical challenges, we're cultivating new partnerships. These include working closely with local farms, regional grocers, and organizations like BACN to expand fresh food access in creative, community-rooted ways. A new Community Cupboard initiative, launching August 1, will help connect surplus from local markets directly to Benzie residents in need.

The reality is change is underway. State and federal funding formulas for home-delivered and congregate meals are shifting, and we're navigating that landscape without compromising service. Some restructuring has allowed us to operate more efficiently — not by cutting programs, but by doubling down on what works. The millage increase passed last August was both a lifeline and a vote of trust, and we are stewarding it carefully. With 36% nationally of our peer agencies currently operating in deficit, we're making proactive choices to keep Benzie strong.

If you or someone you know needs food support, you're not alone — and we're here to help. BSR will cover the cost of free Benzie Bus rides to BACN. There is monthly Produce Bingo with take-home groceries and Commodities Distribution in partnership with NMCAA. We'll keep doing our part to keep food on the table — and we thank you for being part of this community that shows up for one another.

Warmly,
Brigit Hassig
Executive Director, Benzie Senior Resources





Who are we? Benzie Senior Resources is an inclusive organization serving Benzie County residents ages 60 and above of any income level (some services are based on sliding scale fees), and Medicaid-waiver disabled adults with special needs. BSR does not discriminate against any individual or group on the basis of ethnicity, gender, marital status, national origin, physical disability, political beliefs, race, religion or lack thereof, sexual orientation or weight.

July Menu Our meals meet 1/3 of the recommended daily allowance nutrition requirements (RDA)

Monday	Tuesday	Wednesday	Thursday	Friday
We accept cash, Visa, Mastercard, and Discover. Personal Checks also accepted — made out to BSR Lunch is served 11:30am to 1:30pm	1 Homemade Sloppy Joes, Oven Roasted Potatoes, Italian Style Green Beans, Fresh Peach	Philly Style Chicken Sandwich, Sweet Potato Bites, Steamed Cauliflower Florets, Fresh Grapes	Closed for the Holiday	Closed for the Holiday
7 Chicken Cordon Bleu, Herb Buttered Potatoes, Malibu Vegetable Blend, Stoneground Wheat Bread, Fresh Banana	8 Spaghetti & Italian Meatballs, Italian Style Green Beans, Pesto Infused Cauliflower, Whole Wheat Garlic Toast, Fresh Peach	9 Deluxe Chicken Sandwich, Crispy Smashed Potatoes, Scandinavian Vegetable Blend, Fresh Grapes	10 Hand Rolled Sweet & Sour Meatballs, Japanese Vegetable Blend, Steamed Broccoli Florets, Stoneground Wheat Bread, Fresh Plums	11 Roasted Vegetable Lasagna, Normandy Vegetable Blend, Steamed Sweet Peas, Soft Baked Breadsticks, Fresh Apricot
14 Freshly Made Submarine Sandwich Bar, Raspberry Carrot Salad, Homemade Potato Salad, Fresh Blueberries	Belgian Waffle w/ Berries & Cream, Freshly Scrambled Eggs, Savory Sausage Links, Oven Baked Spiced Apples	Chicken Tenders W/ House Dip Sauce, Parmesan Garlic Mashed Potatoes, Caribbean Vegetable Blend, Stoneground Wheat Bread, Classic Fruit Cocktail	Cornmeal Dusted Catfish, Herb Buttered Potatoes, Southern Style Succotash, Stoneground Wheat Bread, Fresh Cut Cantaloupe	BBQ Glazed Chicken, Whipped Sweet Potatoes, Steamed Cauliflower Florets, Sweet Hawaiian Rolls, Apricot Halves
21	22	23	24	25
Loaded Mac & Cheese, Key West Vegetable Blend, Steamed Broccoli Florets, Fresh Nectarine	Build Your Own Hotdog Bar, Baked Beans w/ Bacon, Steamed Sweet Corn, Fresh Cut Watermelon	Authentic Sesame Chicken over Rice, Asian Vegetable Blend, Green Bean Blend, Lucky Fortune Cookie, Mandarin Oranges	Freshly Chopped Chef's Salad, Soft Baked Breadsticks, Fresh Cherries	Slow Roasted Beef, Herbed Mashed Potatoes, Italian Vegetable Blend, Stoneground Wheat Bread, Diced Pears
28 Homemade White Chicken Chili, Steamed Sweet Corn, Oven Roasted Asparagus, Oyster Crackers, Fresh Banana	29 Southern Style Pork Fritters & Gravy, Herbed Mashed Potatoes, California Vegetable Blend, Stoneground Wheat Bread, Fresh Apricot	Zesty Chicken Fajitas, Fire Roasted Corn & Black Beans, Tortilla Chips w/ Fire Roasted Salsa, Oven Baked Peaches	31 Crispy Crab Cakes, Steamed Spinach, Steamed Parisian Carrots, Stoneground Wheat Bread, Pineapple Tidbits	\$4.00 suggested donation for age 60 and older. Under 60 is \$8.00 Caregivers under 60 are \$4.00

Nutrition Notes

July is cherry season! We suffer our long winters for beautiful days and beautiful fruit. This corner of the lower peninsula is one of the largest cherry producers on the planet. Tart cherries contain many beneficial properties—anthocyanins to boost our immunes and fight inflammation are the primary helpers. Try to add cherries to your summer diets. Local cherries will be ready soon! Here are a couple of recipes for you to enjoy—

Yogurt Smoothie

8 oz. vanilla yogurt
1 oz. cherry concentrate
1 banana
1/2 C frozen raspberries or other fruit
1/4 C frozen peaches or other fruit
Place in blender. Add ice to fill. Blend.

A suggestion: Couple your smoothie with this recipe for granola for a "farmer's breakfast" of today.



Cherry Granola

(Serve this tasty treat for breakfast or use it as a topping for yogurt or ice cream.)

4 C old-fashioned oats, uncooked

1/2 C coarsely chopped pecans

1/2 C sunflower kernels

3/4 Choney

6 tbsp. butter or margarine, melted

1 tsp. vanilla extract

3/4 tsp. ground cinnamon

2 C dried tart cherries

Preheat oven to 350°.

Combine oats, pecans, and sunflower kernels in a large bowl. Combine honey, melted butter, vanilla, and cinnamon. Pour over oat mixture, and stir until all dry ingredients are well-coated. Do not add cherries until after it's baked.

Spread mixture on a cookie sheet. Bake in oven at 350° for 30 to 40 minutes or until golden, stirring mixture every ten minutes with spatula. Remove from oven. Stir in cherries. Cool mixture completely. Store tightly covered. at room temperature for up to 1 week. Makes 8 cups. Recipes courtesy of Cherry Marketing Institute



For the next months we will be partnering with local farmers to supply our produce for prizes for our Produce Bingo. In June we partnered with Lost Lake Farm, a small farm just north of Honor, owned and operated by business partners Nathan Cornell and Carissa Savage, along with a small but dedicated crew. They follow organic practices, never using synthetic chemicals in their farming of delicious naturally grown vegetables. They also offer pasture-raised pork.

We look forward to working with more local farms for providing fresh, natural nutrition options for our clients as we move forward and try to keep each other strong.



Calendar of Events				
Monday	Tuesday	Wednesday	Thursday	Friday
Contract of the second	1 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00 Mexican Train Dominoes	Closed for the Holiday	Closed for the Holiday
9:30 Stretch and Balance 10:30 Walk Fit 11:30-1:30 Lunch 1:30 Decoupage Rocks—Limit 10 People. Bring your own smooth rocks. 5:30 Zumba	8 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	9 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes	10 10:00 Coffee and Donuts w/ Vets 10:30 BP Clinic 11:30-1:30 Lunch 1:30 BUNCO	9:30 BUNCO 10:30 Walk Fit 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit, & Sew Circle
14 9:30 Stretch and Balance 10:30 Walk Fit 11:30-1:30 Lunch	15 10:30 The Melody Makers 11:30-1:30 Lunch NO CHAIR YOGA	16 8:00 leave for Little River Casino! 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes 4:30 Board of Director's Meeting	17 10:00 Altered Books w/ Pam 11:30-1:30 Lunch 1:30 BUNCO NEW TIME, MUST SIGN UP!!! 4:00 PINGO meal 5:00 PINGO game!	18 9:30 BUNCO (in dining room) 11:30-1:30 Lunch No activities as we will set up for the Yard Sale—All day!
9:30 Stretch and Balance 10:30 Walk Fit 11:30-1:30 Lunch 1:30 Walker Bag Workshop 5:30 Zumba	10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00 Mexican Train Dominoes	10:00 Daily Life w/ Technology w/ Nevin (bring your phone) 11:30-1:30 Lunch 1:30 BUNCO	9:30 BUNCO 10:30 Walk Fit w/ Rebecca 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Benzie Bucks Auction
28 9:30 Stretch and Balance 10:30 Walk Fit 11:30-1:30 Lunch 1:30 Painting w/ Les Limit 10 people 5:30 Zumba	29 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	30 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes	31 10:00 TGP Book Group "Frozen River" 11:30-1:30 Lunch 1:30 BUNCO	Saturday July 19th Yard Sale at TGP 8:00 am to 4:00 pm Come have fun & find some cool treasures!

Staff Milestones and More



Angie has really never liked her birthday, but she likes cake. She usually makes her own. Her past year has been one of considerable changes. If anything, she's started to read again, so she can start to write again, as that is crucial to who she is. Thanks and happy birthday Ang! (It's on the 8th)





Stacey celebrates her birthday on the 10th. This year has been one of changes for her, too. Stacey now heads our Home Healthcare team as the Director of Nursing. She keeps **everything** going— with family, clients, and more in an amazing way. We wish you a Happy Birthday Stacey! She's here in the middle with her world.







Reana started with our TGP kitchen team in June. She is a quick study and we are happy to have her join us! She loves drawing and painting and all things outdoors. Welcome Reana!



Jessica says her picture sums up her life—her family is her life! She also loves to fish, and has already gotten to work on helping our seniors! Jessica is our new Home Delivered Meals Manager. She's a lifelong resident of Benzie County so she knows her way around, and is already enjoying getting to know all of you! Welcome Jessica!





Jan is our new front desk smile at the Human Services Office. She and husband Matt have fun with family, fishing, and their new puppy Yasha. Jan's love for gardening and plants has already brightened our days here at BSR Thanks and welcome Jan!





Estate Planning with Attorney Courtney J. Marshall -(231) 947-6800-

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Email kkorolenko@benzieco.net.

FOOT CARE CLINIC

BY APPOINTMENT

Wednesdays at Benzie Senior Resources with our RN Stacey for age 60 and over for Benzie residents.

Call 231-525-0600 to set yours up.

There is a service fee for each client session — \$20.00 per client.

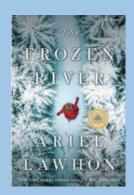
Frankfort Area Vet to Vet Group is held the first Monday every month 6:30pm at Trinity Lutheran Church in Frankfort at 955 James Street.

Come join us! Welcome home...



Free Computer Help

The Darcy Library in Beulah Thursdays 10 a.m. to 12 Noon Bring your computer or use one at the library. Questions? Call Carol at 231.882.4037



The Gathering Place Book Group meets July 31st at 10:00 a.m.

Our book is Frozen River by Ariel Lawhon Essential Estate Planning
Benzie Senior Resources offers Essential Estate
Planning by appointment only. Meet with an
estate planning attorney for free to review, update
and/or create an estate plan.
Call 231-525-0600
to schedule your appointment.

Have you considered where your volunteer hours might have the most local impact? We'd love to chat with compassionate people who could help us deliver daily meals to Benzie County home-bound seniors. Our Home Delivered Meals program helps ensure seniors are food secure, and also provides a caring check-in on delivery days-- peace of mind for out of town family members. We have the delivery vehicles, and purchase the gas. Learn more by calling Jessica at 231-525-0601, ext. 202. She may be out delivering meals, so please leave a message!

Volunteer Opportunity

Be the Heart of the BSR Community Cupboard! BSR is launching a Community Cupboard this August to provide shelf-stable and dairy foods to individuals & families in need—we're seeking a dedicated volunteer to coordinate it! This role involves 5–8 hours a week, Monday through Friday, and includes organizing food pick-ups, managing inventory, and serving as a welcoming presence for the program. You'll work closely w/ the BSR Program Director and help connect our members to fresh, healthy food with dignity. Training provided. Make a real impact in your community—join us! Fill out a volunteer application by July 18th at The Gathering Place or at our Human Services Office (Benzie Senior Resources).

Don't Forget... our Benzie Bucks Auction is July 25th at 1:30 p.m.

Upcoming Trip

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- **Evening Guided Memorial and Monuments Tour**
- * Tram Ride through Arlington National Cometery
- Visit to the Smithsonian Institution

For more pictures, video, and information visit: www.GroupTrlps.com/benziesenlorresources

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Departure: Save A Lot, 1579 Michigan Ave, Benzonia, MI @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped Motorcoach and set off for our Nation's Capital - Washington D.C. Tonight, check into an en route hotel for a good niaht's rest.

Day 2: Today, after enjoying a Continental Breakfast you will continue towards Washington, D.C. Upon arrival, enjoy a relaxing Dinner and check into your Washington D.C. area hotel for a three night stay.

Day 3: Enjoy a Continental Breakfast before departing for a full-day Guided Tour of Washington, D.C. Some of the awe-inspiring sights on this fantastic tour will include the US Capitol, the White House, the National Archives, Embassy Row, and Georgetown. During the day, you will see the Washington Monument, Lincoln Memorial, the Martin Luther King, Jr. National Memorial, and several War Memorials. This evening, enjoy Dinner at a local restaurant before continuing on the Guided Memorial and Monuments Tour.

Day 4: Begin the day with a Continental Breakfast. Today's Guided Tour includes such poignant and inspirational sights as Arlington National Cemetery, including the Tomb of the Unknowns, and Kennedy Graves, as well as the Iwo Jima Memorial. You'll also enjoy a visit to the Smithsonian Institution, Later, you'll enjoy Dinner with entertainment before returning to your hotel for the

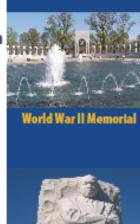
Day 5: Enjoy a Continental Breakfast before leaving for the Senator John Heinz History Center in Pittsburgh, PA. This evening, relax at your en route hotel.

Day 6: Today, after enjoying a Continental Breakfast, you will depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!

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Washington Monument

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ORBIT
CRATERS
REVOLUTION
FIRST QUARTER
NIGHT
SUN
AXIS
MONTH
DAY
FULL MOON

4th of July Highlights

Frankfort Parade 10 a.m. Frankfort Fireworks at dusk Lake Michigan Beach (7/5 rain date)

Beulah Parade—downtown Beulah 1:30 p.m.
Fireworks at Crystal Lake at dusk



Play this puzzle online at : https://thewordsearch.com/puzzle/60238/

Produce Bingo

Produce Bingo is July 17th. We want to thank our supporters of PINGO— We really appreciate your help!

We will start at 4:00 p.m. for food, then 5:00 p.m. for games.

YOU MUST SIGN UP AHEAD FOR THIS at TGP

or call 231.525.0601.

We'll be having: Stuffed Cabbage Rolls and Veggie Tray

We're often at capacity and may have to turn people away if they don't sign up! Don't Miss Out!





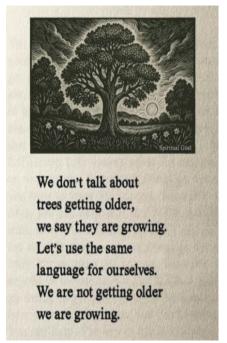
		July Birt	thdays
Cleo Finch	1	Diane Cox	13
Fred Kerby	1	Dick Bell	13
Nancy McKinley	1	Elaine Hinkle	13
John Collins	2	Imogene Luxford	13
Ginger Reed	2	Maudie Anderson	14
Barbara Dougherty	3	Kathryn Fishburn	14
Lori Talo	3	Monica Henry	14
Marilyn Wareham	3	John Johnson	14
Jerome Brace	4	Susan Mead	14
Evelyn Rommell	4	Judey Pendygraft	14
Jay Fitzhugh	4	Ben Taylor	14
Barbara Maxwell	4	Joan Cheeseman	15
Paul Zavitz	4	Marsha Cogburn	15
John Bounker	5	Nellie Thomas	15
Donna Canfield	5	Denise Favreau	16
Rick Scott	5	Darlene Gray	16
Mark Coon	6	Barbara Lofstrom	16
Fred Goethals	6	Bob Prance	16
Terri Hoxie	6	Carrie Everhart	17
Terry McArthur	6	Shirley Klein	17
Paul Hammond	7	Helen O'Blenis	17
Jeremy Morris	7	Christine Wear	17
Linda Munn	7	Arlis Bryan	18
Elaine Rumsas	7	Karen Cunningham	18
Julie Sobacki	7	Ed Ely	18
Kristin Tebo	7	Zelda Hodge	18
Lois Bounker	8	Zoraida Kenner	18
Jerry Boyle	8	Charlie Priest	18
Ann Forrester	8	Gail Randall	18
Lois Mullins	8	Sarah Webb	19
Shirley Sheronick	8	Ellen Harcourt	20
Jean Blumbaugh	9	Gloria Ptak	20
Kim Fairchild	9	Ron Revolt	20
Kirk Lorenz	9	Joyce Sauer	20
Gerrie Milarch	9	Ray Shamel	21
Beth Miller	9	David Weiss	21
Louise Paladino	9	Linda Allen	22
Chloe McGehee	10	Nancy Mullen Call	22
Bob Mullen	10	Tom Harrett	22
Bob Randall	10	Benjamin Pelch	22
Pam Yee	10	Whit Carris	23
Dan Bolling	11	Jackie Fine	23
Rosetta Cain	11	Ann Howell	23
Clint Hoxie	11	Paul May	23
Carol Johnson	11	Gwen VanDorp	23
Nancy Kage	11	Barbara Gannon	24
Cathy Liakopoulos	11	Dianna Giro	24
Doug Fink	12	Diane Goodson	25
Do App I oll	12	Lois Link	25

12

DeAnn Loll

Bob Esch	26
Dan Sheffer	26
Luann Seymour	26
Lois Weaver	27
John Ufer	27
Mary Brownell	28
Judy McQuilkin	28
Tony Paladino	28
Wayne Prowdley	28
Frank Sanchez	28
Judy Welch	28
Grace Wuerzinger	28
Mary Chandler	29
Luana Denzel	29
Jim Fredrickson	29
Mary Jane Nelson	29
Phyllis Barth	30
Sandi Gravis	30
Linda Kassab	30
Fred Milliron	30
Chris Sullivan	30
David VanHammen	30
Jan Howe	31
Jane Kennedy	31
Laurie Ottenbacher	31





Lois Link

25

Here (and there) We Are ...



Donation Information

Giving is not just about making a donation. It's about making a difference. We Need Your Support!

Benzie Senior Resources is an independent 501 c3 nonprofit organization. We depend on donations to sustain our programs and we need **your** support to continue providing reliable and professional services to the seniors of Benzie County. Traditional funding sources are failing to keep up with the growing needs of the rapidly increasing population of people over age 60. Your donation will help us continue our important work!

We are dedicated to supporting older adults and the friends, family, and community who surround them. No matter the age or situation, we have professional, reliable services to help keep Benzie seniors living independently—with dignity—in their own homes. You can be assured we are good stewards of all tax-deductible gifts. If you would like to designate your gift as a Legacy or Memorial Gift, please call or email us with your wishes. If you have any questions, please feel free to call us at (231)525-0600 or toll free 888-893-1102, or email at info@BenzieSeniorResources.org.

Legacy Giving: Planned gifts are a thoughtful way to remember Benzie seniors. Please consider us in your estate planning or have your attorney add an addendum to your will. Your bequest to Benzie Senior Resources will benefit many seniors and help us to continue vitally needed services for years to come.

Memorial Gifts: Tribute gifts can also be made in memory of a loved one or in honor of an individual to commemorate a birthday, anniversary, end-of-year holiday or special occasion. Benzie Senior Resources will send a card acknowledging your gift to the one you have honored, or to surviving family members of the one you have remembered.

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The Gathering Place Annual Yard Sale! 10579 Main St., Honor, MI, from 9 a.m. until 4 p.m. All procceds support services for Benzie County Seniors!

