

About the Senior & Community Center

In April 1998, approximately 25 senior citizens from the area met at the Servicemen's Club and formed a committee to organize the meetings and activities of that club and its membership.

The group grew with a burgeoning membership and expansion of activities.

The committee formed at the Servicemen's Club became the nucleus of the Board of Directors which grew to become "Rogers City Area Seniors, Inc." (RCAS), incorporated as a 501 (c) 3 non-profit organization.

It became clear that a permanent home for the RCAS needed to be found. The former Northern Electric Building at 131 E. Superior St. was chosen as the new "headquarters" for RCAS.

The center was renovated and now has the largest non-sectarian meeting facility in the area, capable of seating and feeding a full-course meal to up to 160 people. The center is available to rent for weddings, reunions, and corporate meetings.

The Community Benefits

The community benefits from the center as a one-stop location for services provided by the Presque Isle County Council on Aging and other local organizations meant to serve our county and its citizens.

This includes annual health-centered events, annual social events, gardening and other classes, and access to services and equipment used by the elderly and those with special needs.

The RCAS takes pride in its community and the community takes pride in the RCAS.



Rogers City

Senior & Community Center

133 East Superior St.,
Rogers City, MI 49779

989-7734-2959

rcseniors.com



A Community Gathering Place and Resource

The Rogers City Area Senior Citizens & Community Center is one of the area's most important community resources, offering meals, entertainment, and free medical rentals to many of the area's most underserved populations, including senior citizens, those with physical disabilities, and the hungry.

Weekly Activities Include:

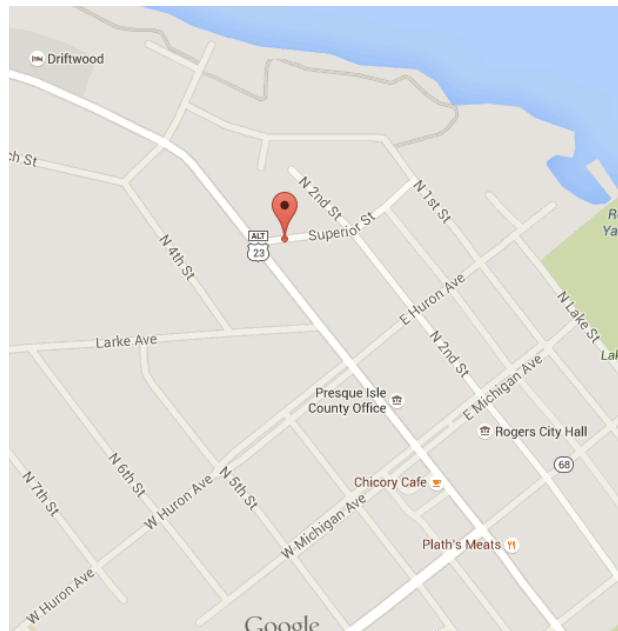
- Euchre
- Drop-in-Needle Arts
- Spitzer
- Exercise Class
- Bingo and more.
- Lunch is served on Tuesdays, and includes a full meal, beverages, dessert, and tip for \$5.00.
- Dinner is served on Thursdays, this is a larger meal for \$6.00.
- Takeout meals are available.

Mission Statement

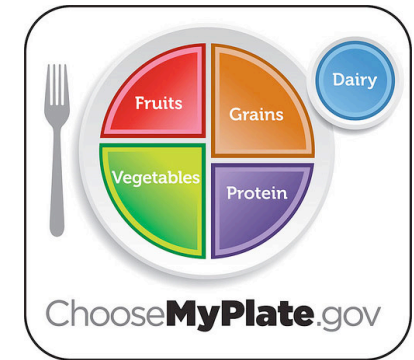
Our mission is to create and promote programs and activities to give meaning each day in the lives of our seniors and all members of our community. All are welcome at our center. We strive to create a place where we can learn, serve, and celebrate.

Come Visit Us:

131 E. Superior St.
989-734-2859



Dietary Guidelines for Americans



Dietary Guidelines shared by the Institute of Health in 2015 are no longer based on the “Pyramid” schemes of the past, but based on a visual aid called MyPlate, which gives broad outlines of what a healthy diet looks like, but can be customized for diabetics, those with intolerances, and those who choose to eat differently for whatever reason (vegetarians and vegans.)

As you see above, 1/2 of the plate should be fruits and vegetables, the remaining 1/2 of the plate should contain an abundance of whole grains and a small portion of protein. Dairy is important for growing children, and calcium is important for older adults.

The good news is that coffee, a glass of red wine, a few ounces of dark chocolate or nuts, and eggs are also a part of a healthy diet!