

# Montmorency County Senior News

11463 McArthur Road, P.O. Box 788, Atlanta, MI 49709

Issue 45

October 2020



**Office Hours**  
**Monday - Friday**  
**8:00 a.m. - 5:00 p.m.**

Email: [info@montmorencycoa.org](mailto:info@montmorencycoa.org)

Web: [www.montmorencycoa.org](http://www.montmorencycoa.org)

## **MCCOA 2020 Board Meeting Dates**

November 19, 2020

**Board meeting 10:00 am at**  
**Atlanta Senior Center**

## **MCCOA STAFF EXTENSIONS**

**Anna M. Rogers, Executive Director**

[arogers@montmorencycoa.org](mailto:arogers@montmorencycoa.org)

(989) 785-2580, extension 12

**Maureen Kent, Registered Nurse**

[mkent@montmorencycoa.org](mailto:mkent@montmorencycoa.org)

(989) 785-2580, extension 15

## **MCCOA Board Members**

### Chairperson

William Beswick, Sr., Atlanta Center Representative

### Vice-Chairperson

Elaine Ableidinger, Hillman Representative

### Treasurer

Corleen Proulx: Atlanta Member at Large

### Secretary

Janice Burtch: Lewiston Member at Large

### Trustees

Vacant: Lewiston Representative

Vickie Clayton, Hillman Member at Large

### County Commissioner

Don Edwards

# Halloween



T	P	U	M	P	K	I	N	G	S	L	K	E	X	E
R	S	V	A	M	P	I	R	E	R	A	H	P	H	S
I	Q	A	I	S	T	Y	P	X	M	K	A	B	X	C
C	S	P	O	O	K	Y	S	F	B	J	U	Y	L	A
K	J	N	V	T	C	E	A	C	I	M	N	Z	O	R
O	S	W	C	I	A	O	I	P	E	X	T	B	L	E
R	L	B	O	Z	N	Q	S	P	I	D	E	R	S	C
T	E	P	S	Z	D	M	Z	T	R	X	D	A	W	R
R	E	R	I	O	Y	I	X	D	U	L	D	Z	I	O
E	P	Z	A	M	C	P	R	P	X	M	A	S	K	W
A	B	A	S	B	O	O	F	G	K	I	E	X	X	X
T	A	X	U	I	R	J	I	A	B	B	S	P	E	E
E	T	Y	F	E	N	L	A	G	H	O	S	T	S	X
I	V	P	O	C	T	O	B	E	R	L	A	Y	U	K

1. Scarecrow

5. Spider

9. Pumpkin

13. October

2. Pumpkin

6. Haunted

10. Bat

14. Zombie

3. Trick or treat

7. Spooky

11. Boo

15. Mask

4. Ghosts

8. Candy Corn

12. Vampire

16. Costume

## **October Dates**

**Breast Cancer Awareness Month**

**National Domestic Violence Awareness Month**

**10/5-10/11 Active Aging Week**

**October 5 - Be Nice Day**

**October 10 - World Mental Health Day**

**October 18 - Chocolate Cupcake Day**

**October 20 - World Osteoporosis Day**

**October 28 - First Responders Day**

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Join Us Online



# TAI CHI FOR ARTHRITIS & FALL PREVENTION

Tues & Thurs, October 13-December 17 | 1-2 pm EST

Register:  
<https://events.anr.msu.edu/tcaoct13/>

**MICHIGAN STATE**  
UNIVERSITY | Extension





## ONLINE CHRONIC PAIN PATH SERIES

**DAY/TIME:** Thursdays,  
1:30- 3:30 PM

**DATES:** September 10,  
17, 24; October 1, 8, 15,  
22

**LIVE Online via Zoom  
Meetings**

*Participants should plan to attend all sessions to the best of their ability & must be able to fully participate with video and audio features.*

**Cost: FREE**

**Pre-Registration required:**

[https://events.anr.msu.edu/  
ChronicPain20/](https://events.anr.msu.edu/ChronicPain20/)

*\*You will receive the Zoom link and password after registration.*



**Chronic Pain PATH** is a **FREE 7-week workshop** that takes place online. The first session will be a 20 minute introductory session of the program. Participants meet virtually for 2 hours each week. You'll take part in discussing diverse issues affecting pain self-management and have the opportunity to try supportive techniques for improving your pain management. Open to adult residents of Michigan– a spouse or family caregiver may attend as well.

**CONTACT:** For more information, or to register over the phone, contact Naomi Hyso at: 231-845-3362 or email [hysonaom@msu.edu](mailto:hysonaom@msu.edu)

**SPONSORS:** *Funding supported by a State Opioid Response grant from the Michigan Department of Health and Human Service.*

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# Fight The Fall



## Can you answer YES to any of these questions?

- Do you worry about falling?
- Have you fallen in the past year?
- Do you feel unsteady when walking?
- Do you feel unsteady when standing?

To Kick off the FALL season, Thunder Bay Therapy & Sports Medicine is offering a **FREE FALL RISK ASSESSMENT**.

Starting September 22<sup>nd</sup> continuing through the month of October, you are able to schedule a 10-minute fall screen to determine your level of increased risk of falling compared to your peers. Based on those results you may be a candidate for additional therapy to establish a customized exercise plan to improve safety and stability.

Call us today to schedule your **FREE FALL RISK ASSESSMENT**, or with questions or concerns.

Thunder Bay Therapy & Sports Medicine  
Call for a Free Fall Assessment  
(989) 358-8086

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**OCTOBER 2020 ATLANTA SENIOR CENTER MENU**  
**PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING**



Doors will open at 4:30 p.m. Dinner is served at 5:00 p.m. with a suggested donation of \$3.50 for seniors 60 years and older; the meal cost for under 60 is \$6.00.

MENU IS SUBJECT TO CHANGE Call in reservations must be made before 11am.

At this time walk-in and on line reservations are restricted.

**FOR HOME DELIVER MEAL CANCELLATIONS PLEASE CALL (989)785-2580**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>ATLANTA SENIOR CENTER</b> <b>11780 M-33 North</b> <b>(989)-785-3932</b>			1. Liver & Onions Mashed Potatoes Beets Pears	2. CLOSED
5. Turkey Roll Ups Sweet Potatoes Peas & Carrots Applesauce	6. Fish Sticks Macaroni & Cheese Coleslaw Green Beans Peaches	7. Pork Chop Scalloped Potatoes Spinach Pears	8. Taco's Refried Beans Corn & Jack Beans Mandarin Oranges	9. CLOSED
12. Meatloaf Macaroni & Cheese Capri Blend Tossed Salad Pears	13. Baked Ham Scalloped Potatoes Key West Blend Pineapple	14. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	15. Beef Tips & Gravy Over Noodles Beets Spinach Mandarin Oranges	16. CLOSED
19. Spaghetti w/ Meat Sauce Northwest Blend Peaches	20. Chicken Pot Pie Coleslaw Green Beans Mandarin Oranges	21. Stuffed Peppers Boiled Potatoes Key West Blend Pears	22. Pork Roast Mashed Potatoes Mixed Vegetables Applesauce	23. CLOSED
26. Country Fried Steak Mashed Potatoes Carrots Pears	27. BBQ Chicken Baked Potato Northwest Blend Peaches	28. Swedish Meatballs Over Noodles Beets Green Beans Applesauce	29. Ham Sweet Potatoes Capri Blend Pineapple	30. CLOSED

**EXERCISE CLASS**

**Monday, Wednesday, & Friday**



Remember to Stay Safe. Use your Mask when you are around People.

**Montmorency County Conservation Club**

Every Second Tuesday of the month 7:00pm

**COMMODITIES**

**Seniors  
(40 lbs.)**

**October 19, 2020  
10am-10:30am**

**BUNKO**

Please call Carol at  
**(989) 785-3843**

To make sure there is a partner available

(Every other Thursday)

**1:00 p.m. until 4:00 p.m.**



**OCTOBER 2020 HILLMAN SENIOR CENTER MENU**  
**PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING**



Doors will open at 4:30 p.m. Dinner is served at 5:00 p.m. with a suggested donation of \$3.50 for seniors 60 years and older; the meal cost for under 60 is \$6.00.

MENU IS SUBJECT TO CHANGE. Call in reservations must be made before 11 A.M.

At this time walk-in and on line reservations are restricted.

**FOR HOME DELIVERED MEAL CANCELLATIONS PLEASE CALL (989)785-**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hillman Center</b> <b>431 Pine View</b> <b>Court</b> <b>989-742-3013</b>			1. Smothered Pork Chop Mashed Potatoes Mixed Vegetables Applesauce	2. <i>Closed</i>
5. Chicken Parmesan w/Spaghetti Tossed Salad Green Beans Pineapple	6. Taco's Refried Beans Corn & Black Beans Mandarin Oranges	7. Pork Chop Scalloped Potatoes Spinach Applesauce	8. Cabbage Rolls Boiled Potatoes Carrots Pears	9. Closed
12. Meatloaf Macaroni & Cheese Capri Blend Tossed Salad Pears	13. Baked Ham Scalloped Potatoes Key West Blend Pineapple	14. Beef Tips & Gravy Over Noodles Beets Spinach Mandarin Oranges	15. BBQ Chicken Baked Potato Northwest Blend Peaches	16. Closed
19. Spaghetti w/ Meat Sauce Tossed Salad Northwest Blend Peaches	20. Chicken Pot Pie Coleslaw Green Beans Mandarin Oranges	21. Stuffed Peppers Boiled Potatoes Key West Blend Pears	22. Pork Roast Mashed Potatoes Mixed Vegetables Applesauce	23. Closed
26. Country Fried Steak Mashed Potatoes Carrots Pears	27. Ham Sweet Potatoes Capri Blend Pineapple	28. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	29. Swedish Meatballs Over Noodles Beets Green Beans Pineapple	30. Closed

**Commodities**

**Seniors**

(40 lbs.)

October 19, 2020

11-11:30am

**WEEKLY ACTIVITIES**

**Open at 1pm**

**Monday thru Thursday**

**Puzzles, Wi-Fi &**

Remember to Stay Safe. Use your Mask when you are around People.

**Hillman Sr. Center Board of Directors**

**Meeting**

Every Third Thursday 3pm



**EVERY TURKEY DINNER**

**Every Wednesday: LINE DANCING 10AM-12PM & QUILTING CLASS 10AM-2PM**

**OCTOBER 2020 LEWISTON SENIOR CENTER MENU**  
**PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING**



Doors will open at 4:30 p.m. Dinner is served at 5:00 p.m. with a suggested donation of \$3.50 for seniors 60 years and older; the meal cost for under 60 is \$6.00.

MENU IS SUBJECT TO CHANGE. Call in reservations must be made before 11am,

At this time walk-in and on line reservations are restricted.

**For home deliver meal cancellations please call (989)785-2580**



Monday	Tuesday	Wednes-	Thursday	Friday
<b>Lewiston 50+ Club</b>  <b>2811 Kneeland</b>  <b>(989) 786-3124</b>		<b>CLOSED</b>	1. BBQ Pork Sandwich Baked Potato Three Bean Salad Applesauce	2. Roast Chicken Normandy Blend Beets Pineapple
5. Pork Chop Scalloped Potatoes Spinach Applesauce	6. Taco's Refried Beans Corn & Black Beans Mandarin Oranges	7. <b>CLOSED</b>	8. Chicken Parmesan w/Spaghetti Tossed Salad Green Beans Pineapple	9. Cabbage Rolls Boiled Potatoes Carrots Pears
12. Meatloaf Macaroni & Cheese Capri Blend Tossed Salad Pears	13. Baked Ham Scalloped Potatoes Key West Blend Pineapple	14. <b>CLOSED</b>	15. Beef Tips & Gravy Over Noodles Beets Spinach Mandarin Oranges	16. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 
19. Spaghetti w/ Meat Sauce Tossed Salad Northwest Blend Peaches	20. Chicken Pot Pie Coleslaw Green Beans Mandarin Oranges	21. <b>CLOSED</b>	22. Stuffed Peppers Boiled Potatoes Key West Blend Pears	23. Pork Roast Mashed Potatoes Mixed Vegetables Applesauce
26. Country Fried Steak Mashed Potatoes Carrots Pears	27. BBQ Chicken Baked Potato Northwest Blend Peaches	28. <b>CLOSED</b>	29. Swedish Meatballs Over Noodles Beets Green Beans Applesauce	30. Ham Sweet Potatoes Capri Blend Pineapple

**Exercise Class:**  
**Monday, Wednesday, Thursday & Friday 10 am**  
**Come join us!**



**Doors open at 4:00pm every Wednesday**



**Commodities**

**Seniors**  
**(40 lbs.)**  
**October 19, 2020**  
**9-9:30am**

Remember to Stay Safe.  
 Use your Mask when you are around People.

**Euchre:**

**Every Tuesday & Thursday 1 p.m.**

**Lewiston 50 + Club**  
**Board of Directors**

**Meeting**  
**(3rd Monday)**  
**11:00am**