

Montmorency County Senior News

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

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October, 2023

Issue 80



October

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

989-785-2580

MCCOA 2023 Board Meeting Dates

October 19, 2023

November 16,, 2023

December 21, 2023

Board Meeting 5:30 pm at
MCCOA Office

MCCOA BOARD MEMBERS

Randy Wiscombe, Chairperson

Don Edwards , Vice Chairperson

Corleen Proulx, Treasurer

Linda Kline, Secretary

Vacant, Lewiston Trustee

Don Edwards, County Commissioner

Vacant, Atlanta Trustee

Vacant, Hillman Trustee

SEE YOUR MMAP COUNSELOR

It is time for open enrollment to check your prescription drug and advantage plans. You can call Karen Balcom at 989-785-2580 to make an appointment to review the plan you have now and to see if there may be a different plan that may give you better coverage. Dates to renew your plans for the 2024 season are from October 15th through December 7th 2023.

MCCOA STAFF

Beverly Crawford, Interim Director

bcrawford@montmorencycoa.org

Jeanne Steele-Brady, Registered Nurse

jsteelebrady@montmorencycoa.org

Nicole Morisett, In Home Coordinator

nmorisett@montmorencycoa.org

Susan Takash, Administrative Assistant

stakash@montmorencycoa.org





What's Happening

Lewiston

Monday: Bunco 5:30

Wednesday: Bingo 4:00

Thursday: Dominos 5:30

Tues & Thurs: Euchre 5:30

Mon, Wed , Thurs and Friday: Exercise class
10am



Atlanta

Thursday: Bunco or Bingo
(Alternating weeks) 1:00 to 4:00

Wednesday: Euchre 2 to 4 pm

Tuesday: Thunder Bay Quilt Guild 10
to 12:30

Mon, Wed and Fri: Exercise Class 9
to 10:15 am

Hillman

Monday thru Thursday: Puzzles, Wi-Fi
and Library Open at 1:00

Friday: Line dancing and Quilting,
Game Day at 1:00

Sunday: Euchre at 1:30

Every 4th Saturday: Euchre Tourna-
ment at 6:00



Fall Word Search

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



CORN
 AUTUMN
 BONFIRE
 BOOTS
 OCTOBER
 RAKE

THANKSGIVING
 HARVEST
 LEAVES
 CARNIVAL
 APPLES
 APPLE CIDER

PUMPKIN
 FOOTBALL
 SWEATER
 NOVEMBER
 SEPTEMBER
 SUNFLOWER



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For safety, this will be a drive up distribution. Please remain in your vehicle. May pick up for more than one family. No Income requirements. May begin earlier to lessen traffic.

First come - First served. Limited supply.

ATLANTA - 10:30 to 1:00

First Wednesday of the Month

ATLANTA THUNDER BAY EAGLES

10982 M-32, Atlanta

October 4, 2023

HILLMAN - 11 Until Gone

Third Wednesday of the Month

PATCHWOOD PLAZA

14797 State Street South, Hillman

October 18, 2023

Hillman Contact: Barb Durflinger

989-742-2790











Atlanta Contact: Zuesha Lunsford

989-590-7612



Eat a **RAINBOW** every day!

Fill your plate with fruits and vegetables from every color of the rainbow. Each color has a different healthy superpower, so eating a rainbow can help fuel your body with all the vitamins and minerals it needs! *No cheating: food dyes in sugary drinks and candies don't count!* How many foods from each color can you think of?

Color	Example Foods	Healthy Superpowers
RED 	Apples, cranberries, raspberries, red peppers, strawberries, tomatoes, cherries, watermelon	Helps your heart and brain stay healthy! 
ORANGE AND YELLOW 	Cantaloupe, carrots, butternut squash, lemons, mango, oranges, papaya, peaches, pineapples, pumpkin, sweet potatoes, orange and yellow peppers	Keeps your eyes and heart healthy and helps fight off sickness! 
GREEN 	Asparagus, bok choy, broccoli, cabbage, collards, cucumbers, grapes, green beans, green peppers, honeydew, kale, peas, spinach	Helps your bones and teeth stay strong 
BLUE AND PURPLE 	Eggplant, beets, blueberries, blackberries, figs, grapes, plums, purple cabbage, red onion	Keeps your memory sharp!  
WHITE AND BROWN	Garlic, ginger, jicama, mushrooms, onions, potatoes 	Helps your heart stay healthy!

October, 2023 ATLANTA SENIOR CENTER MENU

PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING






Doors will open at 4:30 p.m. for Congregate meals . Dinner 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 am at **(989) 785-3932.**

At this time walk-in reservations are restricted.

For home delivered meal cancellations please call (989)785-2580 Before 11:00

Monday	Tuesday	Wednesday	Thursday	Friday
2. Goulash Tossed Salad California Blend Pears	3. Boiled Ham Dinner Cabbage, Potatoes, Carrots Pineapple	4. Chicken Pot Pie Coleslaw Winter Blend Peaches	5. Liver & Onions Mashed Potatoes Green Beans Mixed Fruit 	6. Closed
9. Sausage & Sauerkraut Boiled Potatoes Squash Applesauce	10. Swedish Meatballs Over Noodles Mixed vegetables Beets Mandarin Oranges	11. Roast Beef Mashed Potatoes Prince Charles Blend Mixed Fruit 	12. Chicken Parmesan Spaghetti Tossed Salad Broccoli Peaches 	13. Closed
16. Pork Chop Scalloped Potatoes Green Beans Applesauce	17. Chicken w/ Mushrooms Rice Pilaf Broccoli Carrots Peaches	18. Meatloaf Macaroni & Cheese Brussel Sprouts Tossed Salad Peaches	19. Baked Fish Potato Wedges Coleslaw Mixed Fruit 	20. Closed
23. Swiss Steak Mashed Potatoes Green Beans Pears	24. BBQ Pork Sandwich Potato Wedges Brussel Sprouts Applesauce	25. Oven Fried Chicken Baked Potato Squash Peaches	26. Lasagna Tossed Salad Winter Blend Mandarin Oranges 	27. Closed
30. BBQ Ribs Baked Potato California Blend Pineapple	31. Shepard's Pie Tossed Salad Prince Charles Blend Mandarin Oranges	Atlanta Senior Center 11780 M 33 N 989-785-3932	Atlanta Senior Center 11780 M 33 N 989-785-3932	

EXERCISE CLASS

Monday, Wednesday, &
Friday
9:00 am—10:15 am

Wednesdays

Euchre 2-4
Atlanta Sr. Center

COMMODITIES

Seniors
(40 lbs.)
October 17, 2023
1:00 - 1:30

BUNCO/BINGO

Please call Cathy at (989) 350-5636 for
Bunco or Linda for Bingo at (989) 785-
6594
To make sure there is a partner
available
(Every other Thursday)

Thunder Bay Quilt

Guild
10 - 12:30 Tuesday
Please call Pam
Achatz

October 2023 HILLMAN SENIOR CENTER MENU


PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING

Doors will open at 4:30 p.m. for Congregate meals . Dinner 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 **(989)742-3013.**

At this time walk-in reservations are restricted.

FOR HOME DELIVERED MEAL CANCELLATIONS PLEASE CALL (989)785-2580 Before 11:00

Monday	Tuesday	Wednesday	Thursday	Friday
2. Goulash Tossed Salad California Blend Pears	3. Boiled Ham Dinner Cabbage, Potatoes, Carrots Pineapple	4. Chicken Pot Pie Coleslaw Winter Blend Peaches	5. Liver & Onions Mashed Potatoes Green Beans Mixed Fruit	6. Closed
9. Sausage & Sauerkraut Boiled Potatoes Squash Applesauce	10. Swedish Meatballs Over Noodles Mixed Vegetables Beets Mandarin Oranges	11. Roast Beef Mashed Potatoes Prince Charles Blend Mixed Fruit	12. Chicken Parmesan Spaghetti Tossed Salad Broccoli Peaches	13. Closed
16. Pork Chop Scalloped Potatoes Green Beans Applesauce	17. Chicken w/ Mushrooms Rice Pilaf Broccoli Carrots Peaches	18. Meatloaf Macaroni & Cheese Brussel Sprouts Tossed Salad Pears	19. Baked Fish Potato Wedges Coleslaw Mixed Fruit	20. Closed
23. Swiss Steak Mashed Potatoes Green Beans Pears	24. BBQ Pork Sandwich Roasted Potatoes Brussel Sprouts Applesauce	25. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	26. Lasagna Tossed Salad Winter Blend Mandarin Oranges	27. Closed
30. BBQ Ribs Baked Potato California Blend Pineapple	31. Shepard's Pie Tossed Salad Prince Charles Blend Mandarin Oranges	Hillman Cen- ter 431 Pine View Ct 989-742-3013		Join us at 4:00 for Soup and Salad Bar available for \$1.00 each.

Commodities
Seniors
(40 lbs.)
October 17, 2023
2:00—2:30

Open at 1pm
Monday thru
Thursday
Puzzles, Wi-Fi &
Library

Hillman Sr. Center
Board of Directors
Meeting
Every 2nd Wednesday 9

EUCHRE
SUNDAY @ 1:30

Line Dancing and Quilting
Wednesdays at 10 am

EUCHRE TOURNAMENT
EVERY 4TH SATURDAY 6 PM

October 2023 LEWISTON SENIOR MENU

PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING

Doors will open at 4:00 p.m. for Congregate meals. Dinner 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 (989)786-3124.

At this time walk-in reservations are restricted.

FOR HOME DELIVERED MEAL CANCELLATIONS PLEASE CALL (989)785-2580 Before 11:00

Monday	Tuesday	Wednes-	Thursday	Friday
2. Goulash Tossed Salad California Blend Pears	3. Boiled Ham Dinner Cabbage, Potatoes, Carrots Pineapple	4. Closed	5. Chicken Pot Pie Coleslaw Winter Blend Peaches	6. Liver & Onions Mashed Potatoes Green Beans Mixed Fruit
9. Sausage & Sauerkraut Boiled Potatoes Squash Applesauce	10. Swedish Meatballs Over Noodles Mixed Vegetables Beets Mandarin Oranges	11. Closed	12. Roast Beef Mashed Potatoes Prince Charles Blend Mixed Fruit	13. Chicken Parmesan Spaghetti Tossed Salad Broccoli Peaches
16. Pork Chop Scalloped Potatoes Green Beans Applesauce	17. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	18. Closed	19. Meatloaf Macaroni & Cheese Brussel Sprouts Tossed Salad Pears	20. Baked Fish Potato Wedges Coleslaw Mixed Fruit
23. Swiss Steak Mashed Potatoes Green Beans Pears	24. BBQ Pork Sandwich Potato Wedges Brussel Sprouts Applesauce	25. Closed	26. Oven Fried Chicken Baked Potato Squash Peaches	27. Lasagna Tossed Salad Winter Blend Mandarin Oranges
30. BBQ Ribs Baked Potato California Blend Pineapple	31. Shepard's Pie Tossed Salad Prince Charles Blend Mandarin Oranges		Lewiston 50 + Club 2811 Kneeland 989-786-3124	Join us at 4:00 for Soup and Salad Bar available for \$1.00 each

Commodities

**Seniors
(40 lbs.)**

**October 17, 2023
12:00—12:30**

Exercise Class:

**Monday, Wednesday,
Thursday &**

Friday at 10a.m.

Come Join Us!



**Every Wednesday
Doors open at 4:00**



Euchre:

**Every Tuesday &
Thursday 5:30**

Lewiston 50+ Club

Board of Directors

Meeting

(3rd Monday)

10:00 am