

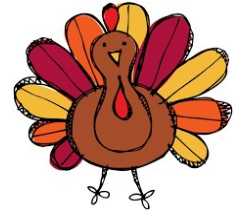
Montmorency County Senior News

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

Email: bcrawford@montmorencycoa.org, web www.montmorencycoa.org

November, 2023

Issue 80



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

989-785-2580

MCCOA 2023 Board Meeting Dates

November 16,, 2023

December 21, 2023

January, 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

Joe Bouchey, 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

HAPPY THANKSGIVING
THE OFFICE AND THE
SENIOR CENTERS WILL
BE CLOSED ON
NOVEMBER 23rd & 24th



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

NOVEMBER 5th



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

COMING SOON!!

**MATTER OF BALANCE
CLASSES**



Roasted Turkey Breast with Stuffing for 2

1 - 6oz box stuffing	1 tsp. dried rosemary
1.5 c. water	1 tsp. dried thyme
4 T. butter, room temperature	3/4 tsp. salt
1 tsp. dried sage	2.5 lb. bone-in turkey breast

Preheat oven to 350 degrees. Add stuffing mix to a bowl, then pour 1.5 cups warm water. Stir and let set while you prepare the turkey. Combine butter, sage, rosemary and thyme and spread mixture over the turkey breast. Transfer stuffing to the bottom of a 8x8 inch casserole dish and place turkey breast on top. If there is a lot of stuffing exposed cover with foil to prevent too much browning. Place on upper rack in the oven and bake for 1.5 hours or until the internal temperature is 165 degrees.

After roasting let the turkey rest for 10-15 minutes before slicing and serving.

Nutrition per 1 serving: 552 calories, 33 grams Carbohydrates, 66 grams protein, 1722 mg sodium



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.

ATLANTA - 10:30 to 1:00

First Wednesday of the Month

ATLANTA THUNDER BAY EAGLES

10982 M-32, Atlanta

November 1, 2023

HILLMAN - 11 Until Gone

Third Wednesday of the Month

PATCHWOOD PLAZA

14797 State Street South, Hillman

November 15, 2023

Hillman Contact: Barb Durlinger

989-742-2790

Atlanta Contact: Zuesha Lunsford

989-590-7612



Thanksgiving Word Search



D T F Q P S Y O X J Q E A N V P J T R H
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TURKEY
STUFFING
PILGRIM
GRATEFUL

BLESSED
FEAST
FAMILY
FOOTBALL

PARADE
GRAVY
PUMPKIN
ROLLS

CORNUCOPIA
PIE
NOVEMBER
THANKS

November, 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
Atlanta Senior Center 11780 M 33 N 989-785-3932		1. Baked Chicken Mashed Potatoes Mixed Vegetables Peaches	2. Beef Pepper Steak Over Rice Normandy Blend Mixed Fruit 	3. Closed
6. Sausage & Sauerkraut Boiled Potatoes Green Beans Applesauce	7. Taco's Refried Beans Corn & Black Beans Mandarin Oranges	8. Roast Beef Mashed Potatoes Prince Charles Blend Mixed Fruit 	9. Chicken Ala King Over Biscuits Broccoli Tossed Salad Peaches 	10. Closed
13. Meatloaf Mashed Potatoes Peas Mixed Fruit	14. Chicken Alfredo Over Pasta Tossed Salad California Blend Peaches	15. Pork Roast Mashed Potatoes Green Beans Applesauce	16. Beef Tips & Gravy Over Brown Rice Brussel Sprouts Normandy Blend Mixed Fruit 	17. Closed
20. Country Fried Steak Mashed Potatoes Peas Pears	21. BBQ Chicken Baked Potato California Blend Peaches	22. Baked Ham Sweet Potatoes Green Bean Casserole Pineapple	23. Happy Thanksgiving! CLOSED	24. Closed
27. Baked Pork Chop Scalloped Potatoes Prince Charles Blend Applesauce	28. Salisbury Steak Mashed Potatoes Carrots Pears	29. Chicken Stir Fry Over Rice Key West Blend Pineapple Atlanta Senior Center	30. Spaghetti w/ Meat Sauce Tossed Salad Mixed Vegetables Mandarin Oranges 	

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

Wednesdays
 Euchre 2-4
 Atlanta Sr. Center

COMMODITIES
 Seniors
 (40 lbs.)
 November 14, 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

November 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
Hillman Center 431 Pine View Ct 989-742-3013	Join us at 4:00 for Soup and Salad Bar available for \$1.00 each.	1. Baked Chicken Mashed Potatoes Mixed Vegetables Peaches	2. Beef Pepper Steak Over Rice Normandy Blend Mixed Fruit	3. Closed
6. Sausage & Sauerkraut Boiled Potatoes Green Beans Applesauce	7. Taco's Refried Beans Corn & Black Beans Mandarin Oranges	8. Roast Beef Mashed Potatoes Glazed Carrots Pears	9. Chicken Ala King Over Biscuits Broccoli Tossed Salad Peaches	10. Closed
13. Meatloaf Mashed Potatoes Peas Mixed Fruit	14. Chicken Alfredo Over Pasta Tossed Salad California Blend Peaches	15. Pork Roast Mashed Potatoes Green Beans Applesauce	16. Beef Tips & Gravy Over Brown Rice Brussel Sprouts Normandy Blend Mixed Fruit	17. Closed
20. Country Fried Steak Mashed Potatoes Peas Pears	21. BBQ Chicken Baked Potato California Blend Peaches	22. Baked Ham Sweet Potatoes Green Bean Casserole Pineapple	23. Happy Thanksgiving! CLOSED	24. Closed
27. Baked Pork Chop Scalloped Potatoes Prince Charles Blend Applesauce	28. Salisbury Steak Mashed Potatoes Carrots Pears	29. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	30. Spaghetti w/ Meat Sauce Tossed Salad Mixed Vegetables Mandarin Oranges	

Commodities
Seniors
(40 lbs.)
November 14, 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

November 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
Lewiston 50 + Club 2811 Kneeland 989-786-3124	Join us at 4:00 for Soup and Salad Bar available for \$1.00 each	1. Closed	2. Baked Chicken Mashed Potatoes Mixed Vegetables Peaches	3. Beef Pepper Steak Over Rice Normandy Blend Mixed Fruit
6. Sausage & Sauerkraut Boiled Potatoes Green Beans Applesauce	7. Taco's Refried Beans Corn & Black Beans Mandarin Oranges	8. Closed	9. Chicken Ala King Over Biscuits Broccoli Tossed Salad Peaches	10. Roast Beef Mashed Potatoes Glazed Carrots Pears
13. Meatloaf Mashed Potatoes Peas Mixed Fruit	14. Chicken Alfredo Over Pasta Tossed Salad California Blend Peaches	15. Closed	16. Pork Roast Mashed Potatoes Green Beans Applesauce	17. Beef Tips & Gravy Over Brown Rice Brussel Sprouts Normandy Blend Mixed Fruit
20. Country Fried Steak Mashed Potatoes Peas Pears	21. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	22. Closed	23. HAPPY THANKSGIVING! CLOSED	24. CLOSED
27. Baked Pork Chop Scalloped Potatoes Prince Charles Blend Applesauce	28. Salisbury Steak Mashed Potatoes Carrots Pears	29. Closed	30. BBQ Chicken Baked Potato California Blend Peaches	

Commodities

Seniors
(40 lbs.)

November 14, 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

