

# Montmorency County Senior News

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December, 2023

Issue 81



## Office Hours

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

989-785-2580

## MCCOA 2023 Board Meeting Dates

December 21, 2023

January 18, 2024

February 15, 2024

Board Meeting 5:30 pm at

MCCOA Office

## MCCOA BOARD MEMBERS

Randy Wiscombe, Chairperson

Don Edwards, Vice Chairperson

Corleen Proulx, Treasurer

Vacant, 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](mailto:bcrawford@montmorencycoa.org)

Jeanne Steele-Brady, Registered Nurse

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

Linda Kline, In Home Coordinator

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

Susan Takash, Administrative Assistant

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

## The MCCOA Office

## And Senior Centers

## Will Be Closed Dec. 25th

## For Christmas





# 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

**COMING SOON!!**

**MATTER OF BALANCE  
CLASSES**



## Light Pumpkin Pie – 8 Servings



1 c. gingersnap cookies

½ c. sugar

1-15 oz. can of pumpkin

2 tsp. pumpkin pie spice

½ c. egg whites (about 4)

1 can (12oz.) evaporated fat-free milk

Preheat the oven to 350 degrees. Spray a 9-inch round glass pie dish with nonstick cooking spray.

Put ginger snaps in a zip lock baggie and crush with a rolling pin. Pat the cookie crumbs into the pan evenly. Mix the rest of the ingredients in a large mixing bowl. Pour into the crust and bake until a knife inserted in the center comes out clean, about 45 minutes. Cool on a wire rack for two hours.

Nutrition per 1/8 th of the recipe: 220 calories, 4.5 g fat, 160 mg sodium, 39 g carbohydrates, 7 g protein.



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

**December 6, 2023**

**HILLMAN - 11 Until Gone**

Third Wednesday of the Month

**PATCHWOOD PLAZA**

14797 State Street South, Hillman

**December 13, 2023**

**Hillman Contact: Barb Durflinger**

**989-742-2790**

# WINTER WORD SEARCH



Created by  
Sue Lindlauf  
Grand Forks Herald  
2010

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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- |            |              |              |              |
|------------|--------------|--------------|--------------|
| 1. Snow    | 5. Shovel    | 9. Slippery  | 13. Scarf    |
| 2. Snowman | 6. Cold      | 10. Slide    | 14. Hat      |
| 3. Winter  | 7. Freezing  | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating  | 16. Mittens  |

December, 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
<b>Atlanta Senior Center</b> 11780 M 33 N 989-785-3932				1.  Closed
4. Oven Fried Chicken Baked Potato Squash Peaches	5. Lasagna Green Beans California Blend Mixed Fruit	6. Swiss Steak Mashed Potatoes Carrots Pears	7. Pork Chop Mashed Potatoes Peas Applesauce	8.  Closed
11. Baked Ham Baked Beans Prince Charles Blend Pineapple	12. Chicken Pot Pie Tossed Salad Broccoli Peaches	13. Roast Beef Mashed Potatoes Green Beans Mandarin Oranges	14. Meatloaf Scalloped Potatoes Peas Mixed Fruit	15.  Closed
18. Philly Steak Sub Potato Wedges Green Beans Mixed Fruit	19. Chicken Parmesan Spaghetti Tossed Salad Malibu Blend Peaches	20. Swedish Meatballs Over Noodles Beets Spinach Pears	21. Pork Roast Mashed Potatoes Prince Charles Blend Applesauce	22.  Closed
25. CLOSED 	26. Goulash Cauliflower Prince Charles Blend Pears	27. Baked Chicken Rice Pilaf Coleslaw Malibu Blend Peaches	28. BBQ Ribs Baked Potato California Blend Pineapple	29.  Closed

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

Wednesdays  
 Euchre 2-4  
 Atlanta Sr. Center

COMMODITIES  
 Seniors  
 (40 lbs.)  
 December 12, 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

December 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
<b>Hillman Center 431 Pine View Ct 989-742-3013</b>	Join us at 4:00 for Soup and Salad Bar available for \$1.00 each.			1. Closed
4. Oven Fried Chicken Baked Potato Squash Peaches	5. Lasagna Green Beans California Blend Mixed Fruit	6. Swiss Steak Mashed Potatoes Carrots Pears	7. Pork Chop Mashed Potatoes Peas Applesauce	8. Closed
11. Baked Ham Baked Beans Prince Charles Blend Pineapple	12. Chicken Pot Pie Tossed Salad Broccoli Peaches	13. Roast Beef Mashed Potatoes Green Beans Mandarin Oranges	14. Meatloaf Scalloped Potatoes Peas Mixed Fruit	15. Closed
18. Philly Steak Sub Potato Wedges Green Beans Mixed Fruit	19. Baked Chicken Rice Pilaf Coleslaw Malibu Blend Peaches	20. Swedish Meatballs Over Noodles Beets Spinach Pears	21. Pork Roast Mashed Potatoes Prince Charles Blend Applesauce	22. Closed
25. Closed 	26. Goulash Cauliflower Prince Charles Blend Pears	27. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	28. BBQ Ribs Baked Potato California Blend Pineapple	29. Closed

<p><b>Commodities</b> <b>Seniors</b> (40 lbs.) December 12, 2023 2:00—2:30</p>	<p>Open at 1pm  Monday thru Thursday Puzzles, Wi-Fi &amp; Library</p>	<p><b>Hillman Sr. Center</b> <b>Board of Directors</b> <b>Meeting</b> Every 2nd Wednesday 9</p>	<p>Line Dancing and Quilting Wednesdays at 10 am</p>
<p><b>EUCHRE</b> SUNDAY @ 1:30</p>	<p><b>EUCHRE TOURNAMENT</b> EVERY 4TH SATURDAY 6 PM</p>		

December 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
<b>Lewiston 50 + Club</b> 2811 Kneeland 989-786-3124	Join us at 4:00 for Soup and Salad Bar available for \$1.00 each	Closed		1. Spaghetti with Meat Sauce Tossed Salad Mixed Vegetables Mandarin Oranges
4. Oven Fried Chicken Baked Potato Squash Peaches	5. Lasagna Green Beans California Blend Mixed Fruit	6. Closed	7. Swiss Steak Mashed Potatoes Carrots Pears	8. Pork Chop Mashed Potatoes Peas Applesauce
11. Baked Ham Baked Beans Prince Charles Blend Pineapple	12. Chicken Pot Pie Tossed Salad Broccoli Peaches	13. Closed	14. Roast Beef Mashed Potatoes Green Beans Mandarin Oranges	15. Meatloaf Scalloped Potatoes Peas Mixed Fruit
18. Philly Steak Sub Potato Wedges Green Beans Mixed Fruit	19. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM  	20. Closed	21. Swedish Meatballs Over Noodles Beets Spinach Pears	22. Pork Roast Mashed Potatoes Prince Charles Blend Applesauce
25. Closed 	26. Goulash Cauliflower Prince Charles Blend Pears	27. Closed	28. Baked Chicken Rice Pilaf Coleslaw Malibu Blend Peaches	29. BBQ Ribs Baked Potato California Blend Pineapple

**Commodities**

**Seniors**  
(40 lbs.)  
December 12, 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