

Montmorency County Senior News

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

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June 2022

Issue 64



JUNE



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

989-785-2580

MCCOA 2022 Board Meeting Dates

June 16, 2022

July 21, 2022

August 18, 2022

Board meeting 5:30 pm at

MCCOA Office

MCCOA BOARD MEMBERS

Elaine Ableidinger, Chairperson

Geyer Balog, Vice Chairperson

Corleen Proulx, Treasurer

Marian Weber, Secretary

Janet Demeulenaere, Hillman Member at Large

Richard Perry, Lewiston Member at Large

Dr. Jean Truscott, Lewiston Member at Large

MCCOA STAFF

Harmony Lewis, Director

Hlewis@montmorencycoa.org

Maureen Kent, Registered Nurse

Mkent@montmorencycoa.org

Nicole Morisett, In Home Coordinator

Nmorisett@montmorencycoa.org

Susan Takash, Administrative Assistant

Stakash@montmorencycoa.org



June Dates

6/4 Ntl Cheese Day

6/7 Ntl Chocolate Ice Cream day

6/20 Father's Day

6/23 Ntl Let It Go Day

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Would you like to help a senior in need ?

We are looking for volunteers to help transport
Seniors to medical appointments and Senior
Companions.



Father's Day Word Search

Father's Day is Sunday, June 19. Can you find these words that have to do with dad?

- ATHLETIC
- BRAVE
- DAD
- DADDY
- ESPN
- FATHER
- FISHING
- FOOTBALL
- FUNNY
- GOLF
- KIND
- SPORTS
- TENNIS
- TIE
- TOOLS

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



Director's Corner

I hope everyone is enjoying all the beautiful weather we have been having lately. Summer is finally here, and I couldn't be happier. Father's Day is on June 19th, so a very Happy Father's Day to all of the dads. I hope you have a wonderful day! Senior Project Fresh Coupons have arrived at the office, and the value has increased this year from \$20 to \$25. If you are interested please give us a call 989-785-2580 to schedule an appointment to pick them up. We will also be coming to all three centers in June with coupons and applications.



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

June 1st

HILLMAN - 11 Until Gone
Third Wednesday of the Month
PATCHWOOD PLAZA
14797 State Street South, Hillman

June 15th

Hillman Contact: Barb Durlflinger

989-742-2790

Atlanta Contact: Zuesha Lunsford

989-590-7612

Fresh Produce “Pop-Up Markets” Coming Soon!

In an effort to bring fresh, healthy, local and Michigan grown produce directly to senior citizens of Montmorency County, senior pop-up produce markets will be held biweekly at the Lewiston, Atlanta and Hillman Senior centers beginning in late June. Seniors can purchase fresh produce at their respective Senior Center on a designated day and time. Each Pop-Up Market will be open for approximately one hour every other Tuesday. The tentative schedule is as follows:



Tuesday, June 28th, Lewiston Senior Center, 9 - 10 am
Tuesday, June 28th, Atlanta Senior Center, 11:00 - noon
Tuesday, June 28th, Hillman Senior Center, 2:00 - 3:00 pm

Each Tuesday through the growing season, Rose City Greenhouse and Allen's Produce, LLC will have \$20 pre-ordered boxed produce available for purchase. Early in the season, availability will be limited but we anticipate having early squash, strawberries and cherries in June, with the product list expanding to include cucumbers, corn, tomatoes, peppers, herbs, cabbage and more as the growing season progresses.

Allen's Produce is a family owned and operated farm in Ogemaw County and takes pride in fresh, locally grown produce for their customers. Some early season products are sourced from farms in southern Michigan, but the majority of the produce will be grown within 60 miles of Montmorency County residents! This means that the produce will be fresher, taste better, last longer and the dollars spent will help grow our local economy.

Cash and Senior Project Fresh coupons will be accepted, along with SNAP benefits for those who qualify.

Steve Wright, Healthy Food Coordinator in Alpena, Alcona and Montmorency counties will be available to talk to seniors about the program during congregate meals at the senior centers during the next three weeks. During these visits, gauging participation in the program will help determine interest and amount of produce available each week.

For questions and more information, contact Steve Wright, Healthy Food Coordinator. healthyfoodnemi@gmail.com or call 989-464-5556.

This initiative is part of the Healthy NE Michigan project funded by Blue Cross Blue Shield of Michigan, Blue Cross Blue Shield of Michigan Foundation, the Michigan Health Endowment Fund and the W. K. Kellogg Foundation.

JUNE 2022 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 11am at **(989) 785-3932**.

At this time walk-in reservations are restricted.

FOR HOME DELIVER MEAL CANCELLATIONS PLEASE CALL (989)785-2580 BEFORE 11:00

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| Atlanta Senior Center 11780 M33 North 989-785-3932 |  | 1. Chicken W/ Mushrooms Rice Pilaf Green Beans Tossed Salad Peaches | 2. Pulled Pork Sand- wich Potato Wedges Broccoli Applesauce | 3. Closed |
| 6. Meatloaf Scalloped Potatoes Brussel Sprouts Pears | 7. Homemade Pizza Tossed Salad California Blend Mandarin Oranges | 8. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM  | 9. Smothered Pork Chop Mashed Potatoes Green Beans Applesauce | 10. Closed |
| 13. BBQ Ribs Baked Potato Prince Charles Blend Pineapple | 14. Liver & Onions American Fries Scandinavian Blend Mixed fruit | 15. Chicken Alfredo Over Pasta Tossed Salad California Blend Peaches | 16. Salisbury Steak Mashed Potatoes Carrots Mandarin Oranges | 17. Closed |
| 20. Veal Parmesan Spaghetti Tossed Salad Prince Charles Blend Pears | 21. Oven Fried Chicken Baked Potato Northwest Blend Peaches | 22. Swedish Meatballs Over Noodles Scandinavian Blend Beets Mixed Fruit | 23. Baked Fish Roasted Potatoes Coleslaw Mandarin Oranges | 24. Closed |
| 27. Sausage & Sauerkraut Boiled Potatoes Mixed Vegetables Applesauce | 28. Lasagna Tossed Salad Broccoli Mixed Fruit | 29. BBQ Chicken Macaroni & Cheese Northwest Blend Coleslaw Pineapple | 30. Beef Tips & Gravy Over Brown Rice Green Beans Beets Pears |  |

EXERCISE CLASS

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



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

COMMODITIES

Seniors
(40 lbs.)
June 20, 2022
10am-10:30am

BUNKO

Please call Carol at
(989) 785-3843
To make sure there is
a partner available
(Every other Thursday)
1:00p.m. until

**Montmorency County
Conservation Club**

Every second Tuesday
of the month 7:00p.m.

JUNE 2022 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 |  | 1. Chicken W/ Mushrooms Rice Pilaf Green Beans Tossed Salad Peaches | 2. Pulled Pork Sandwich Potato Wedges Broccoli Applesauce | 3. Closed |
| | 7. Homemade Pizza Tossed Salad California Blend Mandarin Oranges | 8. Smothered Pork Chop Mashed Potatoes Green Beans Applesauce | 9. BBQ Chicken Macaroni & Cheese Northwest Blend Coleslaw Pineapple | 10. Closed |
| | 14. Liver & Onions American Fries Scandinavian Blend Mixed fruit | 15. Chicken Alfredo Over Pasta Tossed Salad California Blend Peaches | 16. Salisbury Steak Mashed Potatoes Carrots Mandarin Oranges | 17. Closed |
| | 21. Oven Fried Chicken Baked Potato Mixed Vegetables Peaches | 22. Swedish Meat- balls Over Noodles Scandinavian Blend Beets Mixed Fruit | 23. Baked Fish Roasted Potatoes Coleslaw Mandarin Oranges | 24. Closed |
| | 28. Lasagna Tossed Salad Broccoli Mixed Fruit | 29. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM  | 30. Beef Tips & Gravy Over Brown Rice Green Beans Beets Peaches |  |

Commodities

Seniors

(40 lbs.)

June 20, 2022

11-11:30am

WEEKLY ACTIVITIES

Open at 1pm

Monday thru
Thursday

Puzzles, Wi-Fi &
Library

Hillman Sr. Center
Board of Directors

Meeting

Every Third Thursday 3pm



Line Dancing and Quilting

Wednesdays at 10 am

Game Day Fridays at 2 pm

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

JUNE 2022 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

| Monday | Tuesday | Wednesday | Thursday | Friday | |
|--|---|---|---|---|---|
| Lewiston 50 + Club 2811 Kneeland 989-786-3124 |  | | 2. Chicken W/ Mushrooms Rice Pilaf Green Beans Tossed Salad Peaches | 3. Pulled Pork Sandwich Potato Wedges Broccoli Applesauce | |
| | 6. Meatloaf Scalloped Potatoes Brussel Sprouts Pears | 7. Homemade Pizza Tossed Salad California Blend Mandarin Oranges | 8. Closed | 9. Smothered Pork Chop Mashed Potatoes Green Beans Applesauce | 10. BBQ Chicken Macaroni & Cheese Northwest Blend Coleslaw Pineapple |
| | 13. BBQ Ribs Baked Potato Prince Charles Blend Pineapple | 14. Liver & Onions American Fries Scandinavian Blend Mixed Fruit | 15. Closed | 16. Chicken Alfredo Over Pasta Tossed Salad California Blend Peaches | 17. Salisbury Steak Mashed Potatoes Carrots Mandarin Oranges |
| | 20. Veal Parmesan Spaghetti Tossed Salad Prince Charles Blend Pears | 21. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM  | 22. Closed | 23. Swedish Meatballs Over Noodles Scandinavian Blend Beets | 24. Baked Fish Roasted Potatoes Coleslaw Mandarin Oranges |
| | 27. Sausage & Sauerkraut Boiled Potatoes Mixed Vegetables Applesauce | 28. Lasagna Tossed Salad Broccoli Mixed Fruit | 29. Closed | 30. Oven Fried Chicken Baked Potato Northwest Blend Peaches |  |

Commodities
Seniors
 (40 lbs.)
 June 20, 2022
 9-9:30am

Exercise Class:
 Monday, Wednesday,
 Thursday &
 Friday at 10a.m.



Euchre:
 Every Tuesday &
 Thursday 1p.m.

Lewiston 50+ Club
Board of Directors
Meeting
 (3rd Monday)
 10:00 am

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



Doors open at 4:00p.m.
 Every Wednes-
