# **Montmorency County Senior News**

11463 McArthur Road, P.O. Box 788, Atlanta, MI 49709 web <u>www.montmorencycoa.org</u>

March, 2025

Issue 97







Office Hours Monday - Thursday 8:30 a.m. - 4:30 p.m.

Friday 8:30-4:30 p.m.

Not open to public on Fridays

989-785-2580

#### MCCOA 2025 Board Meeting Dates

March 20, 2025 April 17, 2025 May 15, 2025 Board Meeting 4:30 pm at MCCOA Office

### **MCCOA BOARD MEMBERS**

Joseph Bouchey, Chairperson Corleen Proulx, Treasurer Jacquelyn Lardie, Secretary James Madison, Trustee John Mulholland, Trustee

### **MCCOA STAFF**

Beverly Crawford, Executive Director
bcrawford@montmorencycoa.org

Jeanne Steele-Brady, Registered Nurse
jsteelebrady@montmorencycoa.org

Linda Kline, In Home Coordinator

lkline@montmorencycoa.org

Michelle Caten, Administrative Assistant mcaten@montmorencycoa.org

### Directors Corner

March brings a mix of celebration and wellness! On March 17th, we celebrate St. Patrick's Day; a time for fun, traditions, and maybe a bit of luck. But March is also National Nutrition Month, a great reminder to focus on healthy eating and staying active in ways that work for you.

As we look ahead, next year marks a renewal period for MCCOA, an important time to reflect on our mission and continue improving the services we provide to our elderly community.

For January 2025, our programs made a strong impact:

- Home-Delivered Meals: 3,815 meals delivered
- Atlanta, Hillman, & Lewiston Congregate Meals: 1,216 meals served
- In-Home Service: 386 hours provided

These numbers highlight the dedication of our staff and volunteers, ensuring that seniors in our community receive the care and nutrition they need.

As spring approaches, remember to make small, healthy choices—whether it's adding more fruits and vegetables to your meals, taking a short walk, or stretching to stay active. Every little step counts toward a better well-being!

Thank you for being part of our community. Wishing you a happy and healthy March!

Beverly Crawford, Executive Director



St. Patrick's Day Crossword Puzzle	
3	
4	
Across 1. A arch with lots of colors is called a 2. St. Patrick's Day is on the 17th of 3. If you don't wear green, someone might you! 4. If you want to catch a leprechan you have to set a 5. A 'St. Patrick's Day word that rhymes with duck	
Down 1. Four leaf 2. People from Ireland are? 3. At the end of the rainbow you will find a	







Our next mobile Secretary of State date will be on Wednesday March 26 at 10:00am to 3:00pm.

This is a public event for everyone. Please call our office @ 989-785-2580 to make your appointment.

For rentals at the <u>Hillman Senior Center</u>, please contact Fred Kochis at (989) 742-4434. Please leave a message if no answer. Please do not send a text message as this is a landline, thank you.

### **MCCOA OFFICE**

We have non perishable food items at the MCCOA Office for our seniors.

You may stop in Monday thru
Thursday from 9am until 3pm .
Please bring your own shopping
bags.

### **HILLMAN - 11 Until Gone**

First and Third Wednesday of the Month

### PATCHWOOD PLAZA

14797 State Street South, Hillman

March 5th & 19th, 2025

**Hillman Contact:** Barb Durflinger 989-742-2790

For your 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.

### H.A.R.P

Hillman Area Resource Pantry

**NEW BEGINNINGS MINISTRIES** 

16960 Co. Rd. 459

989-464-4810 (Juli)

First Tuesday 9:00-11:00 A.M.

### ATTENTION EVERYONE THAT PICKS UP

### **COMMODITIES.**

Please update your phone number in our MCCOA system by calling the office at 989-785-2580. We are sending out robo calls to remind you of the day of delivery for your monthly commodities.



### Beef and Cabbage

### Ingredients

- 1 green cabbage head (washed and cut into bite-sized pieces)
- 1 onion, medium (chopped)
- 1 pound ground beef (90% lean)
- 2 sprays of non-stick cooking spray
- 1 teaspoon garlic powder
- 1/4 teaspoon black pepper
- salt (to taste, optional)

# **Directions**

- 1. Wash hands with soap and water.
- 2. Chop cabbage and onion, set aside.
- 3. In a large skillet, cook the ground beef on medium heat until browned. Drain the fat. Set beef aside.
- 4. Spray skillet with non-stick cooking spray. Cook chopped onion using medium heat until soft.
- 5. Add cabbage to the chopped onion and cook until cabbage starts to brown.
- 6. Stir the beef into the cabbage and onion mixture.

7. Season with garlic powder, salt (optional), and pepper.

University of Maryland Cooperative Extension; Food Supplement Nutrition Education Program

# MARCH FUN FACTS

March 6, 1950	Silly Putty was invented
March 7, 1933	Monopoly board game invented
March 7, 1876	Alexander Graham Bell patented the first telephone
March 12, 1912	Girl Scouts was formed by Juliette Gordon Low
March 28, 1797	First washing machine was patented

### March, 2025 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 \$12.00.

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
3. BBQ Chicken Baked Potato Malibu Blend Peaches	4. Sweet & Sour Meatballs Over Brown Rice Broccoli Carrots Pineapple	5. Swiss Steak  Mashed Potatoes  Green Beans  Mandarin Oranges	6. Baked Fish Potato Wedges Coleslaw Mixed Fruit	7- CLOSED
10. Hamburger Stroganoff Over Noodles Brussel Sprouts Beets Pears	11. Homemade Pizza Tossed Salad California Blend Mandarin Oranges	12. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM	13. Stuffed Peppers Parsley Potatoes Cauliflower Mixed Fruit	14. CLOSED
17. Boiled Ham Dinner Cabbage Carrots Potatoes Pineapple	Rice Pilaf Coleslaw Green Beans Applesauce	20. Cheese Ravioli Tossed Salad Malibu Blend Pears	21. CLOSED	
24. Cheesesteak Sub Potato Wedges Peas Mixed Fruit	25. BBQ Ribs Baked Potato California Blend Pineapple	26. Chicken Stir Fry Over Brown Rice Far East Blend Peaches	27. Hamburger Deluxe Baked Beans Prince Charles Blend Mandarin Oranges	28. CLOSED
31. Smothered Pork Chop Mashed Potatoes Green Beans Applesauce			Atlanta Senior Center 1178 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.)
March 6, 2025
11:00am-12:00pm

### **BUNCO/BINGO**

Please call Cathy at (989) 350-5636 for Bunko or Linda for Bingo at (989) 785-6594

To make sure there is a partner available (Every other Thursday)

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

Thunder Bay Quilt Guild 10 - 12:30 Tuesday Please call Pam Achatz

# March 2025 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 \$12.00.

MENU IS SUBJECT TO CHANGE. Call in reservations must be made before 11 A.M at (989)742-2013.

At this time walk-in reservations are restricted.

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

Mon	Tue	Wed	Thu	Fri	
3. BBQ Chicken	4. Sweet & Sour Meatballs	5. Swiss Steak	6. Baked Fish	7	
Baked Potato	Over Brown Rice Broccoli	Mashed Potatoes Potato Wedges		CLOSED	
Malibu Blend	Carrots	Green Beans	Coleslaw		
Peaches	Pineapple	Mandarin Oranges Mixed Fruit			
10. Hamburger Stroganoff	11. Homemade Pizza	12. Chicken Stir Fry	13. Stuffed Peppers	14.	
Over Noodles Brussel Sprouts	Tossed Salad	Over Brown Rice	Parsley Potatoes	CLOSED	
Beets	California Blend	Far East Blend	Cauliflower		
Pears	Mandarin Oranges	Peaches	Mixed Fruit		
17. Boiled Ham Dinner	18. Baked Chicken Rice Pilaf	19. Meatloaf	20. Cheese Ravioli	21.	
Cabbage	Coleslaw	Mashed Potatoes	Tossed Salad	CLOSED	
Carrots	Green Beans	Peas	Malibu Blend		
Potatoes Pineapple	Peaches	Applesauce	Pears		
24. Cheesesteak Sub	25. BBQ Ribs	26. BIRTHDAY	27. Hamburger	28.	
Potato Wedges	Baked Potato	TURKEY DINNER CAKE & ICE CREAM	Deluxe	CLOSED	
_			Baked Beans		
Peas	California Blend	happy	Prince Charles Blend		
Mixed Fruit	Pineapple	<b>PiRthday</b>	Mandarin Oranges		
31. Smothered Pork Chop		HILLMAN CENTER 431 PINE VIEW COURT			
Mashed Potatoes					
Green Beans		989-742-3013			
Applesauce					

Senior Commodities
Patchwood Plaza
14797 State St, Hillman
Third Wednesday of
Month
March 19, 2025
10:00am

Open at 1pm

Monday thru
Thursday

Puzzles, Wi-Fi &
Library

Hillman Sr. Center

Board of Directors

Meeting

Every 2nd Monday at 3 pm

EUCHRE
SUNDAY @ 1:30

Line Dancing and Quilting
Wednesdays at 10 am

EUCHRE TOURNAMENT EVERY 4TH SATURDAY. MEAL AT 5 PLAY AT 6

### March 2025 LEWISTON 50+ CLUB 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 \$12.00.

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
3. BBQ Chicken Baked Potato Malibu Blend Peaches	4. Sweet & Sour Meatballs Over Brown Rice Broccoli Carrots Pineapple	5. Closed	6. Swiss Steak Mashed Potatoes Green Beans Mandarin Oranges	7. Baked Fish Potato Wedges Coleslaw Mixed Fruit
10. Hamburger Stroganoff Over Noodles Brussel Sprouts Beets Pears	11. Homemade Pizza Tossed Salad California Blend Mandarin Oranges	12. Closed	13. Chicken Stir Fry Over Brown Rice Far East Blend Peaches	14. Stuffed Peppers Parsley Potatoes Cauliflower Mixed Fruit
17. Boiled Ham Dinner Cabbage, Carrots Potatoes Pineapple	18. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM	19. Closed	20. Meatloaf  Mashed Potatoes  Peas  Applesauce	21. Cheese Ravioli Tossed Salad Malibu Blend Pears
24. Cheesesteak Sub Potato Wedges Peas Mixed Fruit	25. BBQ Ribs Baked Potato Califonia Blend Pineapple	26. Closed	27. Baked Chicken Rice Pilaf Coleslaw Green Beans Peaches	28. Hamburger Deluxe Baked Beans Prince Charles Blend Mandarin Oranges
31. Smothered Pork Chop Mashed Potatoes Green Beans Applesauce	Join us at 4:00 for Soup and Salad Bar available for \$1.00 each			Lewiston 50 + Club 2811 Kneeland 989-786-3124

Senior Commodities

Bethlehem Lutheran
Church

3805 Co Rd 612
Lewiston
March 6, 2025

11:00-12:00

Exercise Class:

Monday, Wednesday,
Thursday &

Friday at 10a.m.
Come Join Us!

Every Tuesday & Thursday 5:30

BINGO Every Wednesday

Doors open at 4:00

Lewiston 50+ Club

Board of Directors

Meeting

(3rd Monday)

10:00 am