

Montmorency County Senior News

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

web www.montmorencycoa.org

January, 2024

Issue 82



JANUARY Newsletter



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

989-785-2580

MCCOA 2023 Board Meeting Dates

January 18, 2024

February 15, 2024

March 21, 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

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

Susan Takash, Administrative Assistant

stakash@montmorencycoa.org

Dear Montmorency County Community,

I am thrilled to introduce myself as the new Director of Montmorency County Commission on Aging. My name is Beverly Crawford and as a licensed practical nurse, I bring a passion for enhancing the wellbeing of our beloved elderly community.

I am excited about the journey ahead and the opportunity to collaborate with all of you in making positive strides for Montmorency County.

Starting January 2, 2024, our office will embrace new business hours from 8:30 am to 4:30 pm, Monday through Thursday, with Fridays reserved for essential administrative tasks.

I am eager to foster a sense of unity and support within our community, and genuinely look forward to working together to create a nurturing environment for our seniors. Your dedication and collaboration will undoubtedly contribute to the success of our endeavors.

Warm regards,

Beverly Crawford
Director, Montmorency County
Commission on Aging





What's Happening

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 1:00

Every 4th Saturday: Euchre Tournament
at 6:00

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

Lewiston

Monday: Bunco 5:30

Wednesday: Bingo
4:00

Thursday: Dominos
5:30

Tues & Thurs: Euchre
5:30

**COMING
SOON!!**

**MATTER OF
BALANCE
CLASSES**



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

January 3, 2024

HILLMAN - 11 Until Gone

Third Wednesday of the Month

PATCHWOOD PLAZA

14797 State Street South, Hillman

January 17, 2024

Hillman Contact: Barb Durlinger

989-742-2790

Atlanta Contact: Zuesha Lunsford

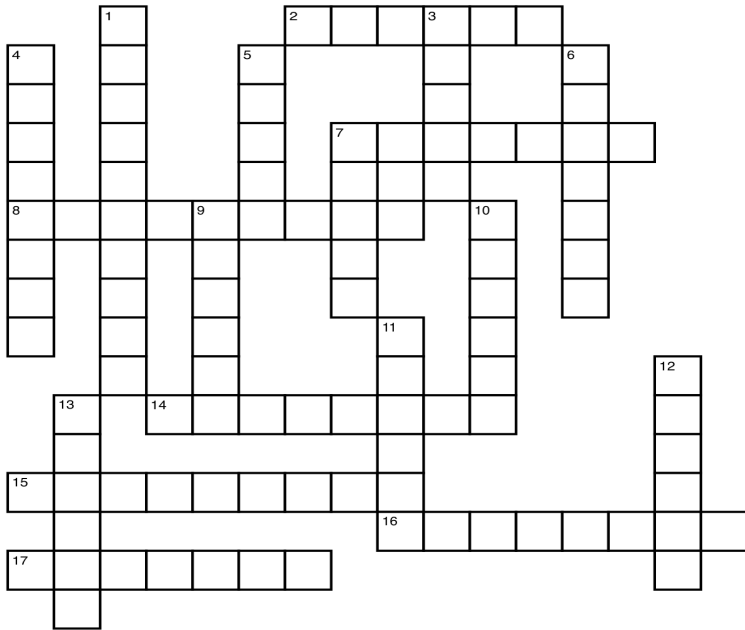
989-590-7612

“Hey folks, brace for bad weather!

Check Channel 7 & 4 for service closures

and safety updates. Stay tuned and stay safe!”

WINTER CROSSWORD



ACROSS

- 2) Frozen spike
- 7) Winter sculpture
- 8) Present day?
- 14) Winter coasting
- 15) Hearth
- 16) Rudolph and teammates
- 17) Winter ____ Games

DOWN

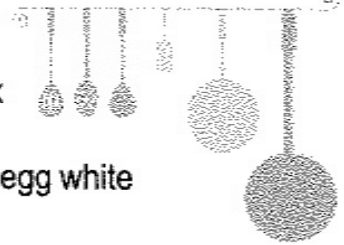
- 1) White Rabbit's milieu
- 3) Hot chocolate
- 4) Winter outerwear
- 5) Icy coating
- 6) Rink dancing
- 7) Neck wrap
- 9) Snow remover
- 10) Aspen activity
- 11) Small shake
- 12) Stanley Cup sport
- 13) Uncomfortably cool

	7			2			4	6	
	6						8	9	
2			8				7	1	5
	8	4		9	7				
7	1							5	9
			1	3			4	8	
6	9	7			2				8
	5	8						6	
4	3			8				7	

EasyChickenPot Pie for Two

½ c. canned condensed reduced sodium cream of chicken
¼ fat-free milk
1 c. mixed vegetables
½ c. cutup cooked chicken breast

½ c. Bisquick Heart Smart mix
¼ c. fat-free milk
2 T. fat-free egg product or 1 egg white



Heat oven to 400degree. In ungreased 1-quart casserole, stir together soup and ¼ cup milk; stir in vegetables and chicken. Microwave uncovered on High for three minutes. In a small bowl, stir remaining ingredients until well blended. Pour over chick mixture. Bake uncovered about 20 minutes or until crust is golden brown.

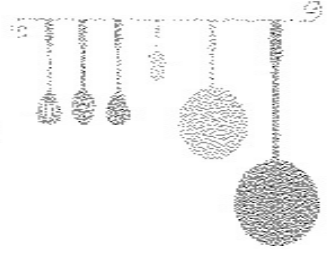
Nutrition info per serving: 170 calories, 400mg sodium, 24 g carbohydrates, 13 g protein

Source: bettycrocker.com/recipes

Giant Peanut Butter and M&M's Cookie for Two

2 T. butter, melted
2 T. creamy peanut butter
¼ c. brown sugar
1 egg yolk
½ tsp. vanilla

½ c. Gold Medal all-purpose flour
¼ tsp. baking soda
¼ tsp. salt
¼ c. M&M's



Gather ingredients and heat oven to 350 degrees. Line a cookie sheet with parchment paper. In a Mix butter, peanut butter, and brown sugar with a spoon in a medium bowl until smooth. Add egg yolk and vanilla; stir vigorously for about 30 seconds or until creamy and mixture lightens in color. Shape dough into a ball: place on cookie sheet. Flatten slightly with the palm of your hand. Bake for 16-18 minutes or until golden brown. Cool 5 minutes; remove from cookie sheet to cooling rack to cool completely.

Source: bettycrocker.com/recipes

Answer

8	7	5	9	2	1	3	4	6
3	6	1	7	5	4	8	9	2
2	4	9	8	6	3	7	1	5
5	8	4	6	9	7	1	2	3
7	1	3	2	4	8	6	5	9
9	2	6	1	3	5	4	8	7
6	9	7	4	1	2	5	3	8
1	5	8	3	7	9	2	6	4
4	3	2	5	8	6	9	7	1



Last
Week's
Sudoku
Answers

January, 2024 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
1. 	2. Spaghetti w/ meat Sauce Broccoli Tossed Salad Pears	3. BBQ Pork Sandwich Potato Wedges Winter Blend Pineapple	4. Chicken & Dumplings Coleslaw Green Beans Peaches 	5. CLOSED
8. Smothered Pork Chop Mashed Potatoes Green Beans Applesauce	9. Taco's Refried Beans Corn & Black Beans Mandarin Oranges	10. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	11. Beef Pepper Steak Over Brown Rice Cauliflower Peas Mixed Fruit 	12. Closed
15. Veal Parmesan with Spaghetti Broccoli Tossed Salad Peaches	16. Baked Chicken Rice Pilaf Coleslaw Malibu Blend Peaches	17. Meatloaf Au Gratin Potatoes Peas Mandarin Oranges	18. BBQ Ribs Baked Potato California Blend Pineapple 	19. Closed
22. Philly Steak Sub Potato Wedges Green Beans Mixed Fruit	23. Homemade Pizza Tossed Salad Prince Charles Blend Pears	24. BBQ Chicken Baked Potato Winter Blend Peaches	25. Salisbury Steak Mashed Potatoes Brussel Sprouts Mandarin Oranges	26. Closed
29. Country Fried Steak Mashed Potatoes Green Beans Pears	30. Pork Roast Au Gratin Potatoes Prince Charles Blend Applesauce	31. Chicken Alfredo Over Pasta California Blend Tossed Salad Peaches	Atlanta Senior Center 1178 M 33 N 989-785-3932 	Closed

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

Wednesdays
 Euchre 2-4
 Atlanta Sr. Center

COMMODITIES
 Seniors
 (40 lbs.)
 January 23, 2024
 12:30-1:00

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

January 2024 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
1. 	2. Spaghetti w/ Meat Sauce Broccoli Tossed Salad Pears	3. BBQ Pork Sandwich Potato Wedges Winter Blend Pineapple	4. Chicken & Dumplings Coleslaw Green Beans Peaches	5. Closed
8. Smothered Pork Chop Mashed Potatoes Green Beans Applesauce	9. Taco's Refried Beans Corn & Black Beans Mandarin Oranges	10. Chicken Alfredo Over Pasta California Blend Tossed Salad Peaches	11. Beef Pepper Steak Over Brown Rice Cauliflower Peas Mixed Fruit	12. Closed
15. Veal Parmesan with Spaghetti Broccoli Tossed Salad Peaches	16. Baked Chicken Rice Pilaf Coleslaw Malibu Blend Peaches	17. Meatloaf Au Gratin Potatoes Peas Mandarin Oranges	18. BBQ Ribs Baked Potato California Blend Pineapple	19. Closed
22. Philly Steak Sub Potato Wedges Green Beans Mixed Fruit	23. Homemade Pizza Tossed Salad Prince Charles Blend Pears	24. BBQ Chicken Baked Potato Winter Blend Peaches	25. Salisbury Steak Mashed Potatoes Brussel Sprouts Mandarin Oranges	26. Closed
29. Country Fried Steak Mashed Potatoes Green Beans Pears	30. Pork Roast Au Gratin Potatoes Prince Charles Blend Applesauce	31. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	HILLMAN CENTER 431 PINE VIEW COURT 989-742-3013	Closed

Commodities Seniors (40 lbs.) January 23, 2024 1:30-2:00	Open at 1pm Monday thru Thursday Puzzles, Wi-Fi & Library	Hillman Sr. Center Board of Directors Meeting Every 2nd Wednesday 9	Line Dancing and Quilting Wednesdays at 10 am
		EUCHRE SUNDAY @ 1:30	EUCHRE TOURNAMENT EVERY 4TH SATURDAY 6 PM

January 2024 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
1. 	2. Spaghetti w/ Meat Sauce Broccoli Tossed Salad Pears	3. Closed	4. BBQ Pork Sandwich Potato Wedges Winter Blend Pineapple	5. Chicken & Dumplings Coleslaw Green Beans Peaches
8. Smothered Pork Chop Mashed Potatoes Green Beans Applesauce	9. Taco's Refried Beans Corn & Black Beans Mandarin Oranges	10. Closed	11. Chicken Alfredo Over Pasta California Blend Tossed Salad Peaches	12. Beef Pepper Steak Over Brown Rice Cauliflower Peas Mixed Fruit
15. Veal Parmesan with Spaghetti Broccoli Tossed Salad	16. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	17. Closed	18. Meatloaf Au Gratin Potatoes Peas Mandarin Oranges	19. BBQ Ribs Baked Potato California Blend Pineapple
22. Philly Steak Sub Potato Wedges Green Beans Mixed Fruit	23. Homemade Pizza Tossed Salad Prince Charles Blend Pears	24. Closed	25. BBQ Chicken Baked Potato Winter Blend Peaches	26. Salisbury Steak Mashed Potatoes Brussel Sprouts Mandarin Oranges
29. Country Fried Steak Mashed Potatoes Green Beans Pears	30. Pork Roast Au Gratin Potatoes Prince Charles Blend Applesauce	31. Closed		Lewiston 50 + Club 2811 Kneeland 989-786-3124

Commodities

Seniors
(40 lbs.)

January 23, 2024
11:30-12:00

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