

Montmorency County Senior News

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

web www.montmorencycoa.org

April, 2024

Issue 85



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

989-785-2580

MCCOA 2024 Board Meeting Dates

April 18, 2024

May 16, 2024

June 20, 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

Jacquelyn Lardie, 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

DIRECTORS CORNER

As we eagerly anticipate the arrival of spring, it's an opportune time to embrace new possibilities and renew our commitment to health and wellness.

With the weather warming up, let's encourage our elderly community members to engage in gentle exercises tailored to their needs, promoting mobility and vitality.

This spring, join our **Matter of Balance** program designed to maintain and enhance balance and stability, empowering you to achieve overall well-being. Staying socially active is equally vital; let's foster connections and camaraderie amongst our members, fostering a sense of belonging and support. As we embrace the energy of spring, let's also prioritize healthy eating habits, nourishing our bodies with fresh, seasonal produce. The return of **Senior Project Fresh**, a wonderful initiative aimed at promoting health and nutrition among our senior community members. With Senior Project Fresh, seniors can access fresh, locally grown fruits and vegetables, supporting both their physical well-being and our local farmers. This program not only encourages healthy eating habits but also fosters a sense of community and connection. Together, let's seize the promise of spring to cultivate a thriving and vibrant community.

FRIENDLY REMINDER: The **Secretary of State's Mobile Office** will be visiting MCCOA on April 26th, from 10 AM to 3 PM. Take advantage of this convenient opportunity by scheduling your appointment today at the MCCOA office. Beat the rush and secure your spot for April 26th by calling 989-785-2580 for your appointment time.



Easy Honey Garlic Salmon - Servings 2

2 wild caught salmon filets
Salt and Pepper to season
1/4 tsp. paprika
2 cloves garlic finely minced

2 T. honey
1/2 tsp. water
1 tsp. soy sauce
1/2 tsp. fresh lemon juice

Set oven rack to the middle of the oven. Preheat oven to broil on medium heat. Season salmon with salt, pepper, and paprika. Heat the butter in a skillet over medium heat until melted. Add the garlic and saute' for about a minute. Pour in honey, water, and soy sauce allow to heat through. Add lemon juice, stir well. Add salmon steaks to the sauce in the pan. Cook each fillet skin side down for 3-4 minutes, while basting tops. Transfer the pan to your oven to broil for 5-6 minutes, or until the tops are nicely charred, and salmon is cooked to your liking.

Easy Blueberry Oatmeal - servings 6

2 c. old fashion oats
3/4 c. milk
1 c. unsweetened applesauce
2 large eggs
1/4 c. brown sugar or maple syrup
1/4 c. chopped walnuts

2 tsp. vanilla
1 1/2 tsp. cinnamon
1/2 tsp baking powder
1/4 tsp. salt
2 c. fresh or frozen blueberries

Add the oats, milk, applesauce, walnuts, eggs, brown sugar, vanilla, cinnamon, baking powder, and salt to a large bowl and mix well. Lightly grease a 7x11 inch rectangular baking dish. Spread half the oat mixture in the bottom of the dish. Sprinkle with about 3/4 of the blueberries. Cover remaining oat mixture, carefully smoothing the top. Sprinkle on the remaining blueberries. Cover the casserole dish and chill overnight. The following day, bake at 350 degrees for 30 - 35 minutes. Rest for 5 minutes, slice and serve it warm.



What's Happening

Hillman

Monday thru Thursday: Puzzles, Wi-Fi
and Library open at 1:00

Wednesday: Line Dancing and Quilting,

Thursday : Game Day at 1:00

Sunday: Euchre at 1:00

Every 4th Saturday: Euchre Tournament
at 5:00

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

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.



HILLMAN - 11 Until Gone

Third Wednesday of the Month

PATCHWOOD PLAZA

14797 State Street South, Hillman

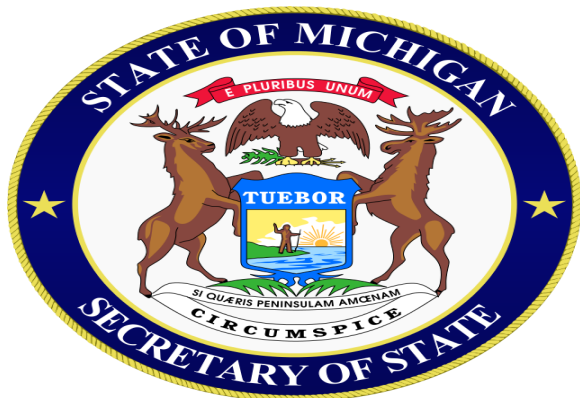
April 16, 2024

Hillman Contact: Barb Durflinger

989-742-2790

Atlanta Contact: Zuesha Lunsford

989-590-7612



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

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

Spring Flowers Word Search



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

Anemone	Daffodil	Iris	Lily	Rose
Carnation	Daisy	Lavender	Orchid	Snapdragon
Chrysanthemum	Hydrangea	Lilac	Poppy	Sunflower



April, 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. Spaghetti w/ Meat Sauce Malibu Blend Tossed Salad Pears	2. Chicken Fajita's Spanish Rice Green Beans Peaches	3. Swiss Steak Mashed Potatoes Carrots Mandarin Oranges	4. Baked Fish Roasted Red Potatoes Coleslaw Mixed Fruit 	5. Closed
8. Smothered Pork Chop Mashed Potatoes Peas Applesauce	9. Homemade Pizza Tossed Salad California Blend Mandarin Oranges	10. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	11. Beef Stroganoff Over Noodles Brussel Sprouts Beets Pears 	12. Closed
15. Sausage & Sauer- kraut Boiled Potatoes Squash Applesauce	16. Chicken Alfredo Over Pasta Malibu Blend Tossed Salad Peaches	17. Beef Pepper Steak Over Brown Rice Cauliflower Peas Mixed Fruit	18. Meatloaf Mashed Potatoes Green Beans Mandarin Oranges 	19. Closed
22. Baked Ham Scalloped Potatoes Brussel Sprouts Pineapple	23. Beef & Broccoli Over Rice Key West Blend Tossed Salad Mixed Fruit	24. Oven Fried Chicken Baked Potato Mixed Vegetables Peaches	25. Swedish Meatballs Over Noodles Beets Green Beans Applesauce 	26. Closed
29. Country Fried Steak Mashed Potatoes Green Beans Pears	30. BBQ Chicken Baked Potato California Blend 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.)
April 16, 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

April 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. Spaghetti w/ Meat Sauce Malibu Blend Tossed Salad Pears	2. Chicken Fajita's Spanish Rice Green Beans Peaches	3. Swiss Steak Mashed Potatoes Carrots Mandarin Oranges	4. Baked Fish Roasted Red Potatoes Coleslaw Mixed Fruit	5. Closed
8. Smothered Pork Chop Mashed Potatoes Peas Applesauce	9. Homemade Pizza Tossed Salad California Blend Mandarin Oranges	10. Oven Fried Chicken Baked Potato Mixed Vegetables Peaches	11. Beef Stroganoff Over Noodles Brussel Sprouts Beets Pears	12. Closed
15. Sausage & Sauerkraut Boiled Potatoes Squash Apple Sauce	16. Chicken Alfredo Over Pasta Malibu Blend Tossed Salad Peaches	17. Beef Pepper Steak Over Brown Rice Cauliflower Peas Mixed Fruit	18. Meatloaf Mashed Potatoes Green Beans Mandarin Oranges	19. Closed
22. Baked Ham Scalloped Potatoes Brussel Sprouts Pineapple	23. Beef & Broccoli Over Rice Key West Blend Tossed Salad Mixed Fruit	24. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	25. Swedish Meatballs Over Noodles Beets Green Beans Applesauce	26. Closed
29. Country Fried Steak Mashed Potatoes Green Beans Pears	30. BBQ Chicken Baked Potato California Blend Peaches	HILLMAN CENTER 431 PINE VIEW COURT 989-742-3013	Join us at 4:00 for Soup and Salad Bar available for \$1.00 each	

<p>Commodities Seniors (40 lbs.) April 16, 2024 1:30-2:00</p>	<p>Open at 1pm Monday thru Thursday Puzzles, Wi-Fi & Library</p>
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Hillman Sr. Center
Board of Directors
Meeting
Every 2nd Monday 9 am

EUCHRE
SUNDAY @ 1:00

Line Dancing and Quilting
Wednesdays at 10 am

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

April 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. Spaghetti w/ Meat Sauce Malibu Blend Tossed Salad Pears	2. Chicken Fajita's Spanish Rice Green Beans Peaches	3. Closed	4. Swiss Steak Mashed Potatoes Carrots Mandarin Oranges	5. Baked Fish Roasted Red Potatoes Coleslaw Mixed Fruit
8. Smothered Pork Chop Mashed Potatoes Peas Applesauce	9. Homemade Pizza Tossed Salad California Blend Mandarin Oranges	10. Closed	11. Oven Fried Chicken Baked Potato Mixed Vegetables Peaches	12. Beef Stroganoff Over Noodles Brussel Sprouts Beets Pears
15. Sausage & Sauer-Kraut Boiled Potatoes Squash Applesauce	16. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	17. Closed	18. Beef Pepper Steak Over Brown Rice Cauliflower Peas Mixed Fruit	19. Meatloaf Mashed Potatoes Green Beans Mandarin Oranges
22. Baked Ham Scalloped Potatoes Brussel Sprouts Pineapple	23. Beef & Broccoli Over Rice Key West Blend Tossed Salad Mixed Fruit	24. Closed	25. BBQ Chicken Baked Potato California Blend Peaches	26. Swedish Meatballs Over Noodles Beets Green Beans Applesauce
29. Country Fried Steak Mashed Potatoes Green Beans Pears	30. Chicken Alfredo Over Pasta Malibu Blend Tossed Salad Peaches	Closed	Lewiston 50 + Club 2811 Kneeland 989-786-3124	Join us at 4:00 for Soup and Salad Bar available for \$1.00 each

Commodities

**Seniors
(40 lbs.)**

April 16, 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