

Montmorency County Senior News

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

Email: info@montmorencycoa.org, web www.montmorencycoa.org

November 2022

Issue 69



November



Office Hours
Monday - Friday
8:00 a.m. - 5:00 p.m.
989-785-2580

MCCOA 2022 Board Meeting Dates

November 17, 2022

December 15, 2022

January 19, 2023

Board meeting 5:30 pm at
MCCOA Office

MCCOA BOARD MEMBERS

Elaine Ableidinger, Chairperson

Vacant, Vice Chairperson

Corleen Proulx, Treasurer

Marian Weber, Secretary

Janet Demeulenaere, Hillman Member at
Large

Vacant, Lewiston Member at Large

Don Edwards, County Commissioner

MCCOA STAFF

Harmony Lewis, Director

Hlewis@montmorencycoa.org

Jeanne Steele-Brady, Registered Nurse

Jsteelebrady@montmorencycoa.org

Nicole Morisett, In Home Coordinator

Nmorisett@montmorencycoa.org

Susan Takash, Administrative Assistant

Stakash@montmorencycoa.org

MccoA Office and Centers Closed for Thanksgiving November 24th and 25th



November Dates:

Nov 2 Deviled Egg
Day

Nov 11 Veteran's Day

Nov 13 Caregiver

Appreciation Day

INSIDE THIS ISSUE

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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.**



POSITIONS AVAILABLE

IN HOME PROVIDERS

Working in the clients homes helping with home-making, personal care and respite.

(Full and Part Time positions available)

NOW HIRING



Director's Corner

As the weather is getting cooler, cold and flu season is upon us. COVID-19 is still a concern as well. A reminder that if you are not feeling well, please call the office to reschedule any in-home services you may have. You can still receive Home Delivered Meals if you are COVID positive, just please let us know so that our staff can take precautionary measures. If you are at congregated diner, please ask that your meals are home delivered while you are ill.

CDC recommends that everyone who is eligible get a booster and [stay up to date on their COVID-19 vaccines](#), especially [people with weakened immune systems](#). Order free self-tests at [COVIDtests.gov](#). Free tests are also available through [local health departments](#).

If you were exposed to someone with COVID-19, you may have been infected with the virus. Follow CDC's recommendations for [what to do if you were exposed](#). This includes wearing a high-quality mask when indoors around others (including inside your home) for 10 days, testing, and monitoring yourself for symptoms.



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
November 3rd

HILLMAN - 11 Until Gone
Third Wednesday of the Month
PATCHWOOD PLAZA
14797 State Street South, Hillman
November 17th
Hillman Contact: Barb Durlflinger
989-742-2790
Atlanta Contact: Zuesha Lunsford
989-590-7612

Turkey Hash with Rice

2 cups diced turkey meat
 1 cup raw rice
 1 tablespoon fat
 1 chopped green pepper
 1 minced onion
 1 small tart apple, chopped

1/2 cup strained tomato juice
 2 cups soup-stock
 2 egg yolks
 2 tablespoons grated cheese
 Salt and pepper

Heat the fat, and brown the chopped pepper, and minced onion in it. Add the chopped apple, the rice, soup-stock, tomato juice and seasoning. Stir in the diced turkey meat and turn all into a casserole.

Bake in the covered casserole for three-quarters hour in a hot oven. Cover the top of the hash with beaten egg yolks and grated cheese; reheat until the cheese melts and serve with hot gravy.

Thanksgiving Word Search

T	H	A	N	K	F	U	L	A
U	L	O	V	E	F	T	D	G
R	U	R	K	E	R	Y	R	O
K	F	A	L	L	I	H	E	B
E	O	O	L	F	E	F	S	B
Y	O	P	I	E	N	A	S	L
D	T	I	I	A	D	M	I	E
N	B	L	E	S	S	I	N	G
Y	A	G	G	T	I	L	G	O
A	L	R	T	S	B	Y	R	B
M	L	I	N	D	I	A	N	B
S	E	M	H	O	P	E	A	L
T	H	☺	P	A	R	A	D	E
C	R	A	N	B	E	R	R	Y

THANKFUL
 BLESSING
 FAMILY
 FRIENDS
 LOVE
 HOPE

GOBBLE-GOBBLE
 TURKEY
 DRESSING
 CRANBERRY
 YAMS
 PIE

FALL
 PILGRIM
 INDIAN
 FEAST
 FOOTBALL
 PARADE

MORE FUN: USE THE REST OF THE LETTERS IN THE ORDER THEY APPEAR, TO FIND THE ANSWER.

WHAT'S BLUE AND COVERED WITH FEATHERS?

_____ ! ☺

**November 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. BBQ Pork Sandwich Potato Wedges California Blend Pineapple	2. Oven Fried Chicken Baked Potato Northwest Blend Peaches	3. Beef Pepper Steak Over Rice Normandy Blend Mixed Fruit 	4. Closed	
	7. Sausage & Sauerkraut Boiled Potatoes Green Beans Applesauce	8. Taco's Refried Beans Corn & Black Beans Mandarin Oranges	9. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	10. Country Fried Steak Mashed Potatoes Mixed Vegetables Pears 	11. Closed
	14. Meatloaf Scalloped Potatoes Peas and Carrots Mixed Fruit	15. Chicken Pot Pie Coleslaw California Blend Peaches	16. Smothered Pork Chop Mashed Potatoes Mixed Vegetables Applesauce	17. Veal Parmesan Spaghetti Tossed Salad Prince Charles Blend Pears 	18. Closed
	21. Beef Tips & Gravy Over Brown Rice Brussel Sprouts Normandy Blend Mixed Fruit	22. BBQ Chicken Macaroni & Cheese Coleslaw Northwest Blend Peaches	23. Baked Ham Sweet Potatoes Green Bean Casserole Pineapple	24. CLOSED 	25. Closed
	28. Baked Pork Chops Scalloped Potatoes Prince Charles Blend Applesauce	29. Salisbury Steak Mashed Potatoes Carrots Pears	30. Chicken w/ Mushrooms Rice Pilaf Brussel Sprouts Carrots Peaches		

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.)**

**November 8, 2022
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)

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

Thunder Bay Quilt Guild

10 - 12:30 Tuesday
Please call Pam Achatz
For more info




November 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.BBQ Pork Sandwich Potato Wedges California Blend Mandarin Oranges	2.Oven Fried Chicken Baked Potato Northwest Blend Peaches	3.Beef Pepper Steak Over Rice Normandy Blend Mixed Fruit	4. Closed
7.Sausage & Sauer- kraut Boiled Potatoes Green Beans Applesauce	8.Taco's Refried Beans Corn & Black Beans Mandarin Oranges	9.Chicken w/ Mushrooms Rice Pilaf Brussel Sprouts Carrots Peaches	10.Country Fried Steak Mashed Potatoes Mixed Vegetables Pears	11. Closed
14.Meatloaf Scalloped Potatoes Peas & Carrots Mixed Fruit	15.Chicken Pot Pie Coleslaw California Blend Peaches	16.Smothered Pork Chops Mashed Potatoes Mixed Vegetables Applesauce	17.Veal Parmesan Spaghetti Tossed Salad Prince Charles Blend Pears	18. Closed
21.Beef Tips & Gravy Over Brown Rice Brussel Sprouts Normandy Blend Mixed Fruit	22.BBQ Chicken Macaroni & Cheese Coleslaw Northwest Blend Peaches	23.Baked Ham Sweet Potatoes Green Bean Casserole Pineapple	24. CLOSED 	25. Closed
28.Baked Pork Chops Scalloped Potatoes Prince Charles Blend Applesauce	29.Salisbury Steak Mashed Potatoes Carrots Pears	30. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 		

Commodities

Seniors

(40 lbs.)

November 8, 2022

2:00—2:30

WEEKLY ACTIVITIES

Open at 1pm

Monday thru
Thursday

Puzzles, Wi-Fi &
Library

Hillman Sr. Center
Board of Directors

Meeting

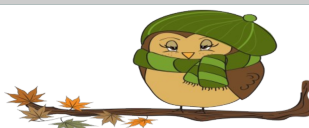
Every Third Thursday 3pm

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.





November 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	1. BBQ Pork Sandwich Potato Wedges California Blend Pineapple	2. Closed	3. Oven Fried Chicken Baked Potato Northwest Blend Peaches	4. Beef Pepper Steak Over Rice Normandy Blend Mixed Fruit
	7. Sausage & Sauerkraut Boiled Potatoes Green Beans Applesauce	8. Taco's Refried Beans Corn & Black Beans Mandarin Oranges NO CONGREGATE	9. Closed	10. Chicken w/ Mush-rooms Rice Pilaf Brussel Sprouts, Carrots Peaches
14. Meatloaf Scalloped Potatoes Peas & Carrots Mixed Fruit	15. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	16. Closed	17. Smothered Pork Chop Mashed Potatoes Mixed Vegetables Applesauce	18. Veal Parmesan Spaghetti Tossed Salad Prince Charles Blend Pears
21. BBQ Chicken Macaroni & Cheese Coleslaw Northwest Blend Peaches	22. Baked Ham Sweet Potatoes Green Bean Casse- role Pineapple	23. Closed	24. CLOSED 	25. CLOSED
28. Baked Pork Chops Scalloped Potatoes Prince Charles Blend Applesauce	29. Salisbury Steak Mashed Potatoes Carrots Pears	30. Closed		

Commodities

Seniors
(40 lbs.)

November 8, 2022
12:00—12:30

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

Exercise Class:

Monday, Wednesday,
Thursday &
Friday at 10a.m.



Euchre:

Every Tuesday &
Thursday 1p.m.

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



Lewiston 50+ Club

Board of Directors

Meeting

(3rd Monday)
10:00 am