

Montmorency County Senior News

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

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

April 2022

Issue 62



April



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

989-785-2580

MCCOA 2022 Board Meeting Dates

April 21, 2022

May 19, 2022

June 16, 2022

Board meeting 5:30 pm at

MCCOA Office

MCCOA BOARD MEMBERS

Elaine Ableidinger, Chairperson

Geyer Balog, Vice Chairperson

Corleen Proulx, Treasurer

Janet Demeulenaere, Hillman Member at Large

Richard Perry, Lewiston Member at Large

Marian Weber, Atlanta Member at Large

Geyer Balog, County Commissioner

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


April Dates

4/1 April Fools Day

4/15 Good Friday

4/17 Easter

4/22 Earth Day



Happy Easter

The MCCOA Office
and Centers will be
closed 4/15 for Good
Friday

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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.



Please, stop by the MCCOA office to fill out an application to volunteer.



**Get Connected.
Get Answers.**

Dial 2-1-1 and talk to a trained professional about the hundreds of health and human services available.

E-mail and chat available at:
www.211nemichigan.org
Or call: **1-888-636-4211**

Get Connected. Get Answers.

SERVING NORTHEAST MICHIGAN

Referrals for:

Food | Housing | Utilities | Child Care | Home Repair | Emergency Shelter
Clothing | Legal Aid | Literacy | Transportation | Substance Abuse
Senior Issues | Disability Information | Medical and Dental Care
Prescriptions | Mental Health | Volunteer & Donation Opportunities and More





Director's Corner

Parkinson's Awareness Month is observed in April. Parkinson's Awareness Month is an opportunity to increase awareness about the ailment and its symptoms, as well as to support victims. Parkinson's is a long-term disorder where the central nervous system degenerates and that affects the motor system. Motor symptoms like trembling, stiffness, and rigidity are usually associated with Parkinson's disease. Symptoms typically occur slowly. One side is often affected first, but as Parkinson's disease progresses, both sides are affected. If you would like more information or resources please call the MCCOA office at 989-785-2580.

April is a special month here at MCCOA as we Celebrate our wonderful volunteers. Their role here at MCCOA is so important to us, and we wouldn't be able to do what we do without them. "Volunteers do not necessarily have the time; they just have the heart."-Elizabeth Andrew



ATLANTA - 10:30 to 1:00
First Wednesday of the Month
ATLANTA THUNDER BAY EAGLES
10982 M-32, Atlanta

April 6th

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

April 20th

Hillman Contact: Barb Durlflinger
989-742-2790

Atlanta Contact: Zuesha Lunsford
989-590-7612

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.



SPRING WORD SEARCH!

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

WORD LIST:

- | | | |
|-----------|--------|----------|
| blossom | grass | rain |
| butterfly | grow | raincoat |
| chick | lamb | spring |
| eggs | nest | sprout |
| flowers | rabbit | umbrella |



April 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			Commodity Pick up April 18th from 10 am to 10:30 am Seniors 60 +	1. Closed
4. Chicken Alfredo Over Pasta Tossed Salad Italian Blend Peaches	5. Taco's Spanish Rice Corn and Black Beans Mandarin Oranges	6. Smothered Pork Chop Mashed Potatoes Green Beans Applesauce	7. Cabbage Rolls Boiled Potatoes Carrots Pears	8. Closed
11. Country Fried Steak Mashed Potatoes Green Beans Pears	12. Lasagna Tossed Salad Italian Blend Mixed Fruit	13. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	14. Baked Ham Sweet Potatoes Prince Charles Blend Pineapple	15. Closed
18. Spaghetti With Meat Sauce Tossed Salad Green Beans Mixed Fruit	19. BBQ Chicken Baked Potato Winter Blend Peaches	20. Pork Roast Roasted Red Potatoes Prince Charles Blend Applesauce	21. Salisbury Steak Mashed Potatoes Peas Mandarin Oranges	22. Closed
25. BBQ Ribs Baked Potato Winter Blend Pineapple	26. Meatloaf Macaroni & Cheese Tossed Salad Brussel Sprouts Pears	27. Oven Fried Chicken Roasted Red Potatoes Peas Peaches	28. Swiss Steak Mashed Potatoes Carrots Mandarin Oranges	29. Closed

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.)
April 18, 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.


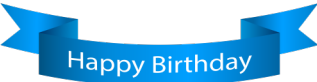
April 2022 HILLMAN SENIOR CENTER MENU
PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING

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			Commodity Pick up April 18th from 11 am to 11:30 am Seniors 60 +	1. Closed
4. Chicken Alfredo Over Pasta Tossed Salad Italian Blend Peaches	5. Taco's Spanish Rice Corn and Black Beans Mandarin Oranges	6. Smothered Pork Chop Mashed Potatoes Green Beans Applesauce	7. Cabbage Rolls Boiled Potatoes Carrots Pears	8. Closed
11. Country Fried Steak Mashed Potatoes Green Beans Pears	12. Lasagna Tossed Salad Italian Blend Mixed Fruit	13. Oven Fried Chick- en Roasted Red Potatoes Peas Peaches	14. Baked Ham Sweet Potatoes Prince Charles Blend Pineapple	15. Closed
18. Spaghetti With Meat Sauce Tossed Salad Green Beans Mixed Fruit	19. BBQ Chicken Baked Potato Winter Blend Peaches	20. Pork Roast Roasted Red Potatoes Prince Charles Blend Applesauce	21. Salisbury Steak Mashed Potatoes Peas Mandarin Oranges	22. Closed
25. BBQ Ribs Baked Potato Winter Blend Pineapple	26. Meatloaf Macaroni & Cheese Tossed Salad Brussel Sprouts Pears	27. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	28. Swiss Steak Mashed Potatoes Carrots Mandarin Oranges	29. Closed

Commodities

Seniors

(40 lbs.)

April 18, 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.

April 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			Commodity Pick up April 18th from 9 am to 9:30 am Seniors 60 +	1. Beef Stroganoff Over Noodles Brussel Sprouts Beets Mandarin Oranges
4. Chicken Alfredo Over Pasta Tossed Salad Italian Blend Peaches	5. Taco's Spanish Rice Corn and Black Beans Mandarin Oranges	6. Closed	7. Smothered Pork Chop Mashed Potatoes Green Beans Applesauce	8. Cabbage Rolls Boiled Potatoes Carrots Pears
11. Country Fried Steak Mashed Potatoes Green Beans Pears	12. Lasagna Tossed Salad Italian Blend Mixed Fruit	13. Closed	14. BBQ Chicken Baked Potato Winter Blend Peaches	15. Baked Ham Sweet Potatoes Prince Charles Blend Pineapple
18. Spaghetti With Meat Sauce Tossed Salad Green Beans Mixed Fruit	19.. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	20. Closed	21. Salisbury Steak Mashed Potatoes Peas Mandarin Oranges	22. Pork Roast Roasted Red Potatoes Prince Charles Blend Applesauce
25. BBQ Ribs Baked Potato Winter Blend Pineapple	26. Meatloaf Macaroni & Cheese Tossed Salad Brussel Sprouts Pears	27. Closed	28. Oven Fried Chicken Roasted Red Potatoes Peas Peaches	29. Swiss Steak Mashed Potatoes Carrots Mandarin Oranges

Commodities
Seniors
 (40 lbs.)
 April 18, 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)
 11:00am

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



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