

Montmorency County Senior News

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

web www.montmorencycoa.org

August, 2024

Issue 90



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

989-785-2580

MCCOA 2024 Board Meeting Dates

Aug 15, 2024

September 19, 2024

October 17, 2024

Board Meeting 5:30 pm at
MCCOA Office

MCCOA BOARD MEMBERS

Chairperson

Don Edwards , Vice Chairperson

Corleen Proulx, Treasurer

Vacant, Secretary

John Mulholland, Lewiston Trustee

Jacquelyn Lardie, Atlanta Trustee

Joe Bouchey, Hillman Trustee

Don Edwards, County Commissioner

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

**Karen Balcom, Administrative
Assistant**

kbalcom@montmorencycoa.org

Director's Corner

Dear Community,

August 21 is National Senior Citizens Day-enjoy your day and congratulations to all!

Please join us in celebrating MCCOA's 50th year anniversary serving the Montmorency County elderly at our fundraiser picnic on August 4th at Briley Township Park from 1 PM to 5 PM. There will be live music, food, fun and activities for everyone. Don't forget your lawn chair as seating is limited.

Staying hydrated during the summer months is crucial for maintaining health and well-being, especially for seniors. Dehydration can lead to various health issues, including dizziness, confusion and more severe conditions. Therefore, we encourage everyone to drink plenty of water and stay cool. Additionally, this time of year is perfect for enjoying fresh, local fruits and vegetables, which are abundant and packed with essential vitamins and minerals, incorporating these nutritious foods into you diet can boost your immune system and overall health.

Senior Project Fresh program, which promotes the consumption of fresh fruits and vegetables, is in full swing. However, we are running low on coupons. Please stop by our MCCOA office in Atlanta today to check for availability and ensure you don't miss out on this fantastic opportunity to enjoy fresh, healthy produce.

Beverly Crawford

VOLUNTEER OPPORTUNITIES



For adults 55+ in Alcona, Alpena, Arenac, Cheboygan,
Crawford, Iosco, Montmorency, Ogemaw, Oscoda,
Otsego, Presque Isle, and Roscommon Counties



For more information: visit www.nemcsa.org or call 1.877.222.9043

Classroom Grandparent Program (FGP)

Volunteers serve children with special or exceptional needs in supervised classrooms and Head Start Centers.

- *Schedule of 20 hours per week.
- *Non-taxable stipend of \$4.00 per hour.
- *Mileage reimbursement to and from service.
- *Supplemental/excess insurance during service
- *Annual recognition event.

income eligibility requirements apply

Retired Seniors Volunteer Program (RSVP)

America's largest volunteer network for people age 55 and older with over 300,000 volunteers tackling tough issues in their communities

- *Placements tailored to your skills and interests.
- *Flexible schedule.
- *Supplemental/excess insurance during service.
- *Mileage reimbursement.
- *Annual recognition event.

You choose how and where you'd like to serve!

excludes Otsego county

Senior Companion Program (SCP)

Volunteers provide friendship, socialization and companionship to other seniors who would benefit from increased socialization

- *Schedule of 20 hours per week.
- *Non-taxable stipend of \$4.00 per hour.
- *Mileage reimbursement to and from service.
- *Supplemental/excess insurance during service
- *Annual recognition event.

income eligibility requirements apply



**We are celebrating 50 years of
serving Montmorency County!**

**Please join us at Briley Township Park on Sunday,
August 4th from 1pm-5pm for a fundraising picnic.
Live music featuring "The Country Poor Boys"**

What's Happening



Please contact the MCCOA office at 989-785-2580 to make an appointment for our next mobile Secretary of State, which will be August 1st from 10am-3pm.

This is a public event for everyone.

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

August 7th & 21st, 2024

Hillman Contact: Barb Durlinger

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

989-742-2539

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

Third Tuesday 4:00-6:00 P.M.

A Stitch in Time



BOBBIN
BUTTON
CLOTH
CUT
DRESS
ELASTIC
HEM
IRON
MACHINE

MEASURE
NEEDLE
PATCH
PATTERN
PEDAL
PIN
PINKING
POCKET
RULER

SCISSORS
SEAM
SNAP
STITCH
TAPE
THIMBLE
THREAD
ZIGZAG
ZIPPER

August, 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
Atlanta Senior Center 1178 M 33 N 989-785-3932			1. Baked Fish Potato Wedges Coleslaw Mixed Fruit 	2. Closed
5. Spaghetti w/Meat Sauce Tossed Salad Green Beans Garlic Bread Pears	6. BBQ Ribs Baked Potato California Blend Pineapple	7. Salisbury Steak Mashed Potatoes Carrots Applesauce	8. Chicken Wrap Italian Pasta Salad Northwest Blend Peaches 	9. Closed
12. Pork Chops Scalloped Potatoes Prince Charles Blend Applesauce	13. Beef Enchilada Refried Beans Mixed Vegetables Mandarin Oranges	14. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	15. Meatloaf Mashed Potatoes Brussel Sprouts Pears 	16. Closed
19. Ham Scalloped Potatoes Green Beans Pineapple	20. Lasagna Tossed Salad Broccoli Mixed Fruit	21. Cheeseburger Deluxe Potato Salad Prince Charles Blend Watermelon National Senior Day!!	22. BBQ Chicken Baked Beans California Blend Peaches 	23. Closed
26. Veal Parmesan Spaghetti Tossed Salad Northwest Blend Peaches	27. Stuffed Peppers Parsley Potatoes Cauliflower Pears	28. Chicken Parmesan w/Spaghetti Tossed Salad Green Beans Garlic Bread Pineapple	29. Pork Roast Mashed Potatoes Mixed Vegetables Applesauce 	30. Closed

EXERCISE CLASS

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

Wednesdays

Euchre 2-4

Atlanta Sr. Center

COMMODITIES

Atlanta
Seniors Center
First Thursday of
Month
September 5, 2024
11:00pm

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)

Thunder Bay Quilt
Guild

10 - 12:30 Tuesday
Please call Pam
Achatz

August 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
HILLMAN CENTER 431 PINE VIEW COURT 989-742-3013			1. Baked Fish Potato Wedges Coleslaw Mixed Fruit	2. Closed
5. Spaghetti w/Meat Sauce Tossed Salad Green Beans Garlic Bread Pears	6. BBQ Ribs Baked Potato California Blend Pineapple	7. Salisbury Steak Mashed Potatoes Carrots Applesauce	8. Chicken Wrap Italian Pasta Salad Northwest Blend Peaches	9. Closed
12. Pork Chops Scalloped Potatoes Prince Charles Blend Applesauce	13. Beef Enchilada Refried Beans Mixed Vegetables Mandarin Oranges	14. Chicken Parmesan w/Spaghetti Tossed Salad Green Beans Garlic Bread Pineapple	15. Meatloaf Mashed Potatoes Brussel Sprouts Pears	16. Closed
19. Ham Scalloped Potatoes Green Beans Pineapple	20. Lasagna Tossed Salad Broccoli Mixed Fruit	21. Cheeseburger Deluxe Potato Salad Prince Charles Blend Watermelon National Senior Day!!	22. BBQ Chicken Baked Beans California Blend Peaches	23. Closed
26. Veal Parmesan Spaghetti Tossed Salad Northwest Blend Peaches	27. Stuffed Peppers Parsley Potatoes Cauliflower Pears	28. BIRTHDAY TURKEY DINNER CAKE& ICE CREAM 	29. Pork Roast Mashed Potatoes Mixed Vegetables Applesauce	30. Closed

Senior Commodities

Hillman Lions Club
First Wednesday of
Month
September 4, 2024
10:30am

Open at 1pm

Monday thru
Thursday
Puzzles, Wi-Fi &
Library

Hillman Sr. Center

Board of Directors

Meeting

Every 2nd Monday 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

August 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
Lewiston 50 + Club 2811 Kneeland 989-786-3124		Closed	1. Chicken Sandwich Macaroni Salad Northwest Blend Peaches	2. Baked Fish Potato Wedges Coleslaw Mixed Fruit
5. Spaghetti w/Meat Sauce Tossed Salad Green Beans Garlic Bread Pears	6. BBQ Ribs Baked Potato California Blend Pineapple	7. Closed	8. Salisbury Steak Mashed Potatoes Carrots Applesauce	9. Chicken Wrap Italian Pasta Salad Northwest Blend Peaches
12. Pork Chops Scalloped Potatoes Prince Charles Blend Applesauce	13. Beef Enchilada Refried Beans Mixed Vegetables Mandarin Oranges	14. Closed	15. Chicken Parmesan w/Spaghetti Tossed Salad Green Beans Garlic Bread Pineapple	16. Meatloaf Mashed Potatoes Brussel Sprouts Pears
19. Ham Scalloped Potatoes Green Beans Pineapple	20. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	21. Closed	22. Cheeseburger Deluxe Potato Salad Prince Charles Blend Watermelon National Senior Day!!	23. Lasagna Tossed Salad Broccoli Mixed Fruit
26. Veal Parmesan Spaghetti Tossed Salad Northwest Blend Peaches	27. Stuffed Peppers Parsley Potatoes Cauliflower Pears	28. Closed	29. BBQ Chicken Baked Beans California Blend Peaches	30. Pork Roast Mashed Potatoes Mixed Vegetables Applesauce

Senior Commodities

Bethlehem Lutheran
Church
3805 Co Rd 612
Lewiston
September 5, 2024
1100am

Exercise Class:

Monday, Wednesday,
Thursday &
Friday at 10a.m.
Come Join Us!



Every Wednesday
Doors open at 4:00

Euclre:

Every Tuesday &
Thursday 5:30



Lewiston 50+ Club

Board of Directors

Meeting

(3rd Monday)
10:00 am