

Montmorency County Senior News

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

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

September 2023

Issue 79



September



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

989-785-2580

MCCOA 2023 Board Meeting Dates

September 21, 2023

October 19, 2023

November 16, 2023

Board Meeting 5:30 pm at

MCCOA Office

MCCOA BOARD MEMBERS

Randy Wiscombe, Chairperson

Don Edwards, Vice Chairperson

Corleen Proulx, Treasurer

Linda Kline, Secretary

Vacant, Lewiston Trustee

Don Edwards, County Commissioner

Vacant, Atlanta Trustee

Vacant, Hillman Trustee

Labor Day kicks off many exciting holidays in September, including the unofficial start of the fall season. September includes federal holidays, religious holidays, and other celebrations and observances, such as the beginning of the school year and football season, the emergence of the harvest moon, and so much more.

September plays host to daily, weekly, and monthly celebrations; some top holidays, besides Labor Day, are Patriot Day honoring September 11, and the International Day of Peace later in the month. Some fun, quirky, or lesser-known holidays are International Talk Like a Pirate Day, National Cheese Pizza Day, and National Comic Book Day.

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

CLOSED SEPTEMBER 4TH FOR LABOR DAY

NO CONGREGATE MEAL

NO HOME DELIVERED MEAL

NO HOMEMAKING

OFFICE CLOSED



What's Happening

Lewiston

Monday: Bunco 5:30

Wednesday: Bingo 4:00

Thursday: Dominos 5:30

Tues & Thurs: Euchre 5:30

Mon, Wed, Thurs and Friday: Exercise class
10am



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

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 1:30

Every 4th Saturday: Euchre Tourna-
ment at 6:00



Montmorency County Pop-Up Produce Markets

For the second year, the NEMI Healthy Food Initiative is bringing fresh produce to sites in Montmorency county. This program brings fresh, healthy, local and Michigan grown produce directly to the senior population with pop-up produce markets each week on Tuesday in the parking lot of the Lewiston 50 Plus Club from 9am - 10:30am and the Hillman Senior Citizen Center from 12n - 1:30pm. Atlanta area seniors are encouraged to use the market on Saturday from 10am - 3pm in downtown Atlanta as it is the same produce supplier, Rose City Greenhouse, as our Tuesday markets.

Throughout the growing season, Rose City Greenhouse will have a variety of fruits and vegetables available for purchase. All produce is grown locally and throughout Michigan and as the growing season progresses the product list will continually expand. Cash, check, credit/debit cards, Senior Project Fresh, WIC Project Fresh and SNAP are all accepted. Everyone, regardless of age, are welcome to participate. Markets are held each week through the first part of October. Rose City Greenhouse is a third generation family owned and operated farm and greenhouse in Rose City, MI that takes pride in fresh, high quality produce. Along with the pop-up markets at the Montmorency, Alcona and Ogemaw county senior centers, they operate produce and greenhouse operations in Rose City, Tawas, and Grayling along with farm markets in Grayling, Atlanta and St Helen.

This initiative is funded in part by the Americana Foundation and coordinated by the Northeast Michigan Healthy Food team who envision a region where local food and farming are an avenue for wealth creation and economic development; where healthy, fresh food is available to all residents in convenient, affordable and accessible ways; and where farmers are connected to communities.

For more information reach out by email to healthyfoodnemi@gmail.com or our Facebook page NE Michigan Healthy Food Project.



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

September 6, 2023

HILLMAN - 11 Until Gone

Third Wednesday of the Month

PATCHWOOD PLAZA

14797 State Street South, Hillman

September 20, 2023

Hillman Contact: Barb Durlinger

989-742-2790

Atlanta Contact: Zuesha Lunsford

989-590-7612

Program Description

"Falls are a leading cause of injury and death. Each year one in three adults over the age of 65 falls. Half of falls happen at home.

-source: Centers for Disease Control, news14.com

"Habitat for Humanity Critical Home Repair" Program provides urgent and major home repairs to prevent homeowners from suffering injury and falls, accidents or having to move out of their homes and into assisted living.

Low cost home repairs can be made through an interest-free loan and may include:

Home Weatherization- to be more energy efficiency

Home Preservation - repairs to flooring, plumbing, electric, and roof

Critical Home Repairs - serious repair issues and home structural problems

Rehab - full overhaul rehab job on home

Home owner requirements are that they must have property taxes paid in full, are not in danger of a foreclosure on their home, homeowner must own and live in the home, tax assessment building value cannot exceed \$100,000.

Other home repair work may include:

-Fixing broken windows

-Sidewalk repair

-Landscaping

-Roof repair

-Floor repair -Plumbing

-Electrical

-Other health and safety home repairs

***The "Habitat for Humanity Critical Home Repair" Program is not to be used for emergency repair purposes.**

In addition to the "Critical Home Repair" Program, Habitat for Humanity's "A Brush with Kindness" Program is an exterior home repair and preservation program that offers painting, landscaping, weather stripping and minor repair services for low-income senior, disabled and other homeowners in need. "A Brush with Kindness" Program promotes safe and well-maintained homes along with pride and dignity. Improvements to the appearance of the neighborhood also encourage a stronger community.

Kristen LeSage, Critical Home Repair 989-354-5854

repairs@habitatnemi.org

September 2023 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 11780 M 33 N 989-785-3932				1. Closed
4. CLOSED 	5. Oven Fried Chicken Baked Potato Mixed Vegetables Peaches	6. Taco's Refried Beans Corn & Black Beans Mandarin Oranges	7. Beef Pepper Steak Over Brown Rice Broccoli Pineapple 	8. Closed
11. Meatloaf Au Gratin Potatoes Brussel Sprouts Pears	12. Smothered Pork Chop Roasted Red Potatoes Green Beans Applesauce	13. Roast Beef Mashed Potatoes Glazed Carrots Mandarin Oranges 	14. BBQ Chicken Macaroni & Cheese Northwest Blend Coleslaw Peaches 	15. Closed
18. Country Fried Steak Mashed Potatoes Brussel Sprouts Pears	19. Hamburger Stroganoff Over Noodles Peas Carrots Applesauce	20. Homemade Pizza Tossed Salad Broccoli Peaches	21. BBQ Ribs Baked Potato Mixed Vegetables Pineapple 	22. Closed
25. Salisbury Steak Mashed Potatoes Peas Peaches	26. Pork Roast Au Gratin Potatoes Malibu Blend Applesauce	27. Chicken & Dumplings Coleslaw Green Beans Peaches	28. Baked Spaghetti Tossed Salad Northwest Blend Pears 	29. Closed

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

Wednesdays
Euchre 2-4
Atlanta Sr. Center

COMMODITIES
Seniors
(40 lbs.)
September 19, 2023
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)

Thunder Bay Quilt Guild
10 - 12:30 Tuesday
Please call Pam Achatz

September 2023 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	Join us at 4:00 for Soup and Salad Bar available for \$1.00 each.			1. CLOSED
4. Closed 	5. Oven Fried Chicken Baked Potato Mixed Vegetables Peaches	6. Taco's Refried Beans Corn & Black Beans Mandarin Oranges	7. Beef Pepper Steak Over Brown Rice Broccoli Beets Pineapple	8. CLOSED
11. Meatloaf Au Gratin Potatoes Brussel Sprouts Pears	12. Smothered Pork Chops Roasted Red Potatoes Green Beans Applesauce	13. Roast Beef Mashed Potatoes Glazed Carrots Mandarin Oranges	14. BBQ Chicken Macaroni & Cheese Northwest Blend Coleslaw Peaches	15. CLOSED
18. Country Fried Steak Mashed Potatoes Brussel Sprouts Pears	19. Hamburger Stroganoff Over Noodles Peas Carrots Applesauce	20. Homemade Pizza Tossed Salad Broccoli Peaches	21. BBQ Ribs Baked Potato Mixed Vegetables Pineapple	22. CLOSED
25. Salisbury Steak Mashed Potatoes Peas Peaches	26. Pork Roast Au Gratin Potatoes Malibu Blend Applesauce	27. Birthday Turkey Dinner Cake & Ice Cream 	28. Baked Spaghetti Tossed Salad Northwest Blend Pears	29. CLOSED

Commodities
Seniors
(40 lbs.)
September 19, 2023
2:00—2:30

Open at 1pm
Monday thru
Thursday
Puzzles, Wi-Fi &
Library

Hillman Sr. Center
Board of Directors
Meeting
Every 2nd Wednesday 9

EUCHRE
SUNDAY @ 1:30

Line Dancing and Quilting
Wednesdays at 10 am

EUCHRE TOURNAMENT
EVERY 4TH SATURDAY 6 PM

September 2023 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

	Tuesday	Wednesday	Thursday	Friday
Lewiston 50 + Club 2811 Kneeland 989-786-3124	Join us at 4:00 for Soup and Salad Bar available for \$1.00 each			1. Hamburger Deluxe Baked Beans Normandy Blend Pears
4. CLOSED 	5. Oven Fried Chicken Baked Potato Mixed Vegetables Peaches	6. CLOSED	7. Taco's Refried Beans Corn & Black Beans Mandarin Oranges	8. Beef Pepper Steak Over Brown Rice Broccoli Beets Pineapple
11. Meatloaf Au Gratin Potatoes Brussel Sprouts Pears	12. Smothered Pork Chop Roasted Red Potatoes Green Beans Applesauce	13. CLOSED	14. Roast Beef Mashed Potatoes Glazed Carrots Mandarin Oranges	15. BBQ Chicken Macaroni & Cheese Northwest Blend Coleslaw Peaches
18. Country Fried Steak Mashed Potatoes Brussel Sprouts Pears	19. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	20. CLOSED	21. Homemade Pizza Tossed Salad Broccoli Peaches	22. BBQ Ribs Baked Potato Mixed Vegetable Pineapple
25. Salisbury Steak Mashed Potatoes Peas Pineapple	26. Pork Roast Au Gratin Potatoes Malibu Blend Applesauce	27. CLOSED	28. Chicken & Dumplings Coleslaw Green Beans Peaches	29. Baked Spaghetti Tossed Salad Northwest Blend Pears

Commodities

Seniors
(40 lbs.)

September 19, 2023
12:00—12:30

Exercise Class:

Monday, Wednesday,
Thursday &

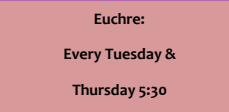
Friday at 10a.m.

Come Join Us!



Every Wednesday

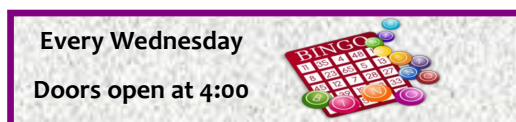
Doors open at 4:00



Euchre:

Every Tuesday &

Thursday 5:30



Lewiston 50+ Club

Board of Directors

Meeting

(3rd Monday)

10:00 am