

# Montmorency County Senior News

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

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January 2022

Issue 59



## January



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

989-785-2580

### MCCOA 2021 Board Meeting Dates

January 20, 2022

February 17, 2022

March 17, 2022

Board meeting 10:00 am at

MCCOA Office

### MCCOA BOARD MEMBERS

Julie Kendrick, Chairperson

Geyer Balog, Vice Chairperson

Corleen Proulx, Treasurer

Janet Demeulenaere, Trustee

Elaine Ableidinger, Trustee

Geyer Balog, County Commissioner

### MCCOA STAFF

Harmony Lewis, Director

[hlewis@montmorencycoa.org](mailto:hlewis@montmorencycoa.org)

Maureen Kent, Registered Nurse

[Mkent@montmorencycoa.org](mailto:Mkent@montmorencycoa.org)



### January Dates

1/04 National  
Spaghetti Day

1/15 National Bagel  
Day

1/19 National Popcorn  
Day

1/29 National Puzzle  
Day

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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.**

## Positions Available

### **In Home Providers**

**Working in clients homes helping with homemaking, personal care & respite.  
(Full and Part Time positions available)**

### **Back up Cook Aid / Home Meal Deliver Driver**

**Assist cooks at the senior centers and also be a back up for the home delivered meals.  
(Full and Part Time positions available)**

**For more information contact the MCCOA office at 989-785-2580**





Happy New Year!

My name is Harmony Lewis, and I was recently appointed as Director of the Montmorency County Commission on Aging. I grew up in Atlanta and raised my four children here as well. I love our small town atmosphere and the sense of community found in Montmorency County. I have already met many wonderful people during my time here at MCCOA and I look forward to getting to know you all. Please feel free to reach out to me at the MCCOA office if you have any questions or concerns 989-785-2580. I hope you had a wonderful holiday season and I wish you well in the New Year!



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 - 12 Until Gone**  
First Wednesday of the Month  
**ATLANTA THUNDER BAY EAGLES**  
10982 M-32, Atlanta

**January 5th**

**HILLMAN - 12 Until Gone**  
Third Wednesday of the Month  
**PATCHWOOD PLAZA**  
14797 State Street South, Hillman

**January 19th**

**Hillman Contact:** Barb Durlflinger

**989-742-2790**

**Atlanta Contact:** Zuesha Lunsford

**989-590-7612**



# WINTER WORD SEARCH

## FIND THE WORDS!



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



BOOTS  
 COLD  
 FREEZING  
 HAT  
 SCARF  
 SLEDDING  
 SNOWFLAKE

CHRISTMAS  
 DECEMBER  
 FROST  
 ICE  
 SHOVEL  
 SNOWANGEL  
 SNOWMAN

COAT  
 FEBRUARY  
 GLOVES  
 JANUARY  
 SKIING  
 SNOWBALLS  
 WINTER



**January 2021 ATLANTA SENIOR CENTER MENU  
 PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING**


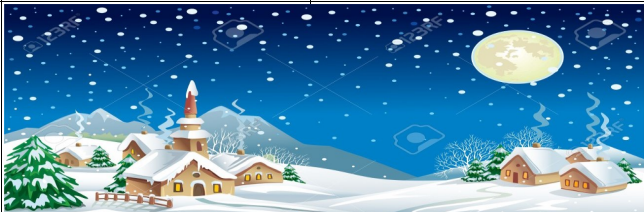

Doors will open at 4:30 p.m. for Congregate meals . Dinner served at 5:00 p.m.

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**

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|---|--|---|--|---|
| 3. BBQ Chicken<br>Baked Potato<br>Squash<br>Peaches                                     | 4. Spaghetti with<br>Meat Sauce<br>Tossed Salad<br>Green Beans<br>Pears<br><i>National Spaghetti Day !</i> | 5. BBQ Pork Sandwich<br>Potato Wedges<br>Winter Blend<br>Pineapple  | 6. Beef Pepper Steak<br>Over Brown Rice<br>Cauliflower<br>Peas<br>Mixed Fruit    | 7.<br><br>Closed  |
| 10. Smothered Pork<br>Chop<br>Mashed Potatoes<br>Green Beans<br>Applesauce              | 11. Cabbage Roll<br>Boiled Potato<br>Carrots<br>Pears  | 12. BIRTHDAY TURKEY<br>DINNER<br>CAKE & ICE CREAM<br><br> | 13. Hot Beef Sandwich<br>Roasted Potatoes<br>Prince Charles Blend<br>Mixed Fruit | 14.<br><br>Closed   |
| 17. Country Fried<br>Steak<br>Mashed Potatoes<br>Green Beans<br>Pears                   | 18. Baked Chicken<br>Rice Pilaf<br>Coleslaw<br>Malibu Blend<br>Peaches                                     | 19. Meatloaf<br>Macaroni & Cheese<br>Brussel Sprouts<br>Tossed Salad<br>Mandarin Oranges  | 20. Boiled Ham<br>Cabbage, Carrots &<br>Potatoes<br>Pineapple                    | 21.<br><br>Closed   |
| 24. Salisbury Steak<br>Buttered Noodles<br>Brussel Sprouts<br>Beets<br>Mandarin Oranges | 25. Pork Roast<br>Scalloped Potatoes<br>Prince Charles Blend<br>Applesauce                                 | 26. Chicken Parmesan<br>Spaghetti<br>Tossed Salad<br>Malibu Blend<br>Peaches  | 27. Beef And Broccoli<br>Over Brown Rice<br>Cauliflower<br>Peas<br>Pineapple     | 28.<br><br>Closed   |
| 31. Philly Steak Sub<br>Potato Wedges<br>Green Beans<br>Mixed Fruit                     |                        |   | Atlanta Senior<br>Center<br>11780 M33 North<br>989-785-3932                      |  |

**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.)  
January 24th, 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.



**January 2021 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**

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|
| 3. BBQ Chicken<br>Baked Potato<br>Squash<br>Peaches                                     | 4. Spaghetti with<br>Meat Sauce<br>Tossed Salad<br>Green Beans<br>Pears    | 5. BBQ Pork Sandwich<br>Potato Wedges<br>Winter Blend<br>Pineapple  | 6. Beef Pepper Steak<br>Over Brown Rice<br>Cauliflower<br>Peas<br>Mixed Fruit         | 7.<br><br>Closed  |
| 10. Smothered Pork<br>Chop<br>Mashed Potatoes<br>Green Beans<br>Applesauce              | 11. Cabbage Roll<br>Boiled Potato<br>Carrots<br>Pears                      | 12. Chicken Parmesan<br>Spaghetti<br>Tossed Salad<br>Malibu Blend<br>Peaches  | 13. Hot Beef Sand-<br>wich<br>Roasted Potatoes<br>Prince Charles Blend<br>Mixed Fruit | 14.<br><br>Closed   |
| 17. Country Fried<br>Steak<br>Mashed Potatoes<br>Green Beans<br>Pears                   | 18. Baked Chicken<br>Rice Pilaf<br>Coleslaw<br>Malibu Blend<br>Peaches     | 19. Meatloaf<br>Macaroni & Cheese<br>Brussel Sprouts<br>Tossed Salad<br>Mandarin Oranges  | 20. Boiled Ham<br>Cabbage, Carrots &<br>Potatoes<br>Pineapple                         | 21.<br><br>Closed   |
| 24. Salisbury Steak<br>Buttered Noodles<br>Brussel Sprouts<br>Beets<br>Mandarin Oranges | 25. Pork Roast<br>Scalloped Potatoes<br>Prince Charles Blend<br>Applesauce | 26. BIRTHDAY<br>TURKEY DINNER<br>CAKE & ICE CREAM<br><br> | 27. Beef And Broccoli<br>Over Brown Rice<br>Cauliflower<br>Peas<br>Pineapple          | 28.<br><br>Closed   |
| 31. Philly Steak Sub<br>Potato Wedges<br>Green Beans<br>Mixed Fruit                     |  |   | <b>Hillman Center</b><br><b>431 Pine View Ct</b><br><b>989-742-3013</b>               |  |

**Commodities**

**Seniors**

(40 lbs.)

January 24th, 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



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


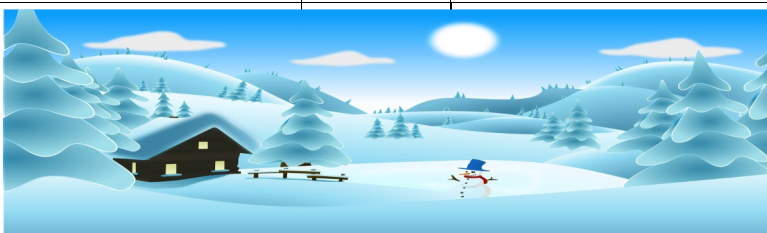
**January 2021 LEWISTON SENIOR MENU**  
**PROVIDED BY MONTMORENCY COUNTY COMMISSION ON AGING**

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   |
|---|---|---------------|--|--|
| 3. BBQ Chicken<br>Baked Potato<br>Squash<br>Peaches                                     | 4. Spaghetti w/Meat<br>Sauce<br>Tossed Salad<br>Green Beans<br>Pears  | 5.<br>Closed  | 6. BBQ Pork Sandwich<br>Potato Wedges<br>Winter Blend<br>Pineapple                       | 7. Beef Pepper Steak<br>Over Brown Rice<br>Cauliflower<br>Peas<br>Mixed Fruit    |
| 10. Smothered Pork<br>Chop<br>Mashed Potatoes<br>Green Beans<br>Applesauce              | 11. Cabbage Roll<br>Boiled Potato<br>Carrots<br>Pears   | 12.<br>Closed | 13. Chicken Parmesan<br>Spaghetti<br>Tossed Salad<br>Malibu Blend<br>Peaches             | 14. Hot Beef Sandwich<br>Roasted Potatoes<br>Prince Charles Blend<br>Mixed Fruit |
| 17. Country Fried Steak<br>Mashed Potatoes<br>Green Beans<br>Pears                      | 18. BIRTHDAY<br>TURKEY<br>DINNER<br>CAKE & ICE CREAM<br> | 19.<br>Closed | 20. Meatloaf<br>Macaroni & Cheese<br>Brussel Sprouts<br>Tossed Salad<br>Mandarin Oranges | 21. Boiled Ham<br>Cabbage, Carrots &<br>Potatoes<br>Pineapple                    |
| 24. Salisbury Steak<br>Buttered Noodles<br>Brussel Sprouts<br>Beets<br>Mandarin Oranges | 25. Pork Roast<br>Scalloped Potatoes<br>Prince Charles Blend<br>Applesauce  | 26.<br>Closed | 27. Baked Chicken<br>Rice Pilaf<br>Coleslaw<br>Malibu Blend<br>Peaches                   | 28. Beef And Broccoli<br>Over Brown Rice<br>Cauliflower<br>Peas<br>Pineapple     |
| 31. Philly Steak Sub<br>Potato Wedges<br>Green Beans<br>Mixed Fruit                     |   |               |  | <b>Lewiston 50 +<br/>Club</b><br>2811 Kneeland<br>989-786-3124                   |

**Commodities**

Seniors  
(40 lbs.)

January 24th, 2022  
9-9:30am

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 Wednesday



**Lewiston 50+ Club**

**Board of Directors**

**Meeting**

(3rd Monday)

11:00am