

Montmorency County Senior News

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

web www.montmorencycoa.org

March, 2024

Issue 84

DAYLIGHT SAVING TIME



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

989-785-2580

MCCOA 2024 Board Meeting Dates

March 21, 2024

April 18, 2024

May 16, 2024

Board Meeting 5:30 pm at
MCCOA Office

MCCOA BOARD MEMBERS

Randy Wiscombe, Chairperson

Don Edwards, Vice Chairperson

Corleen Proulx, Treasurer

Vacant, Secretary

Vacant, Lewiston Trustee

Don Edwards, County Commissioner

Vacant, Atlanta Trustee

Joe Bouchey, Hillman Trustee

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

Susan Takash, Administrative Assistant

stakash@montmorencycoa.org

HEALTHY EATING FOR OLDER ADULTS

Eating a variety of foods from all food groups can help supply nutrients a person needs as they age. A healthy eating plan emphasizes fruit, vegetables, whole grains and low-fat or fat free dairy: includes lean meat, poultry, fish, beans, eggs and nuts; and is low in saturated fats, trans fats salt (sodium) and added sugars.

Eating right doesn't have to be complicated. Start with these recommendations from the Dietary Guidelines for Americans.

- ◆ Eat Fruits and vegetables. They can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens or broccoli, and orange vegetables such as carrots and sweet potatoes.
- ◆ Vary protein choices with more fish, beans and peas.
- ◆ Eat at least three ounces of whole-grain cereals, breads, crackers, pasta every day. Choose whole grains whenever possible.
- ◆ Have three servings of low-fat or fat-free dairy (milk, yogurt or cheese) that are fortified with vitamin D to help keep your bones healthy.
- ◆ Make the fats you eat polyunsaturated and monounsaturated fats. switch from solid fats to oils when preparing food.

Balancing physical activity and a healthful diet is the best recipe for health and fitness. Set a goal to be physically active at least 30 minutes every day this even can be broken into three 10 minutes sessions throughout the day.

For someone who is currently inactive, it's a good idea to start with a few minutes of activity, such as walking, and gradually increase this time as they become stronger. And always check with a health-care provider before beginning a new physical activity program.

ST PATRICK'S DAY

Word Search



CABBAGE

JIG

POT OF GOLD

CLOVER

LEPRECHAUN

RAINBOW

CORNERED BEEF

LUCKY

SHAMROCK

GREEN

MARCH

ST PATRICK

IRELAND

PARADE

TRADITION





What's Happening

Hillman

Monday thru Thursday: Puzzles, Wi-Fi
and Library open at 1:00

Wednesday: Line Dancing and Quilting,

Thursday : Game Day at 1:00

Sunday: Euchre at 1:00

Every 4th Saturday: Euchre Tournament
at 5:00

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

Lewiston

Monday: Bunco 5:30

Wednesday: Bingo
4:00

Thursday: Dominos
5:30

Tues & Thurs: Euchre
5:30

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.



HILLMAN - 11 Until Gone

Third Wednesday of the Month

PATCHWOOD PLAZA

14797 State Street South, Hillman

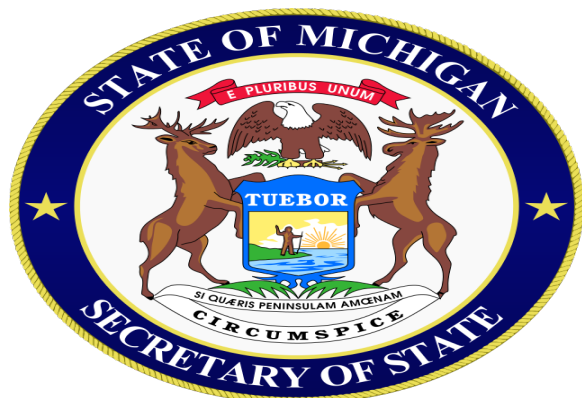
March 20, 2024

Hillman Contact: Barb Durfinger

989-742-2790

Atlanta Contact: Zuesha Lunsford

989-590-7612



Our next mobile Secretary of State date will be on Friday April 26th at 10:00am to 3:00pm.

This is a public event for everyone. Please call our office @ 989-785-2580 to make your appointment.



Spring Word Scramble

WBNIAOR _____
 BLLAMURE _____
 WFLORE _____
 PLITU _____
 NERGE _____
 MLOBO _____
 PLRIA _____
 LFBTUTREY _____
 NIAR _____
 DREGNA _____
 EBE _____
 YMA _____
 GNRIPS _____
 HSSNIEUN _____
 YBNUN _____
 CAMHR _____
 EDES _____

WORD BANK

APRIL | BEE | BLOOM | BUNNY
 BUTTERFLY | FLOWER | GARDEN
 GREEN | MARCH | MAY | RAIN | RAINBOW
 SEED | SPRING | SUNSHINE | TULIP
 UMBRELLA



MARCH FUN FACTS

- March 2, 1904 Dr. Seuss Birthday
- March 14, 1879 Albert Einstein
- March 20, 1928 “Mister Rogers , Neighborhood”
- March 30, 1853 Vincent Van Gogh
- March 31, 1685 Johann Sebastian Bach

March, 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. CLOSED
4. Chicken Parmesan Spaghetti Broccoli Tossed Salad Peaches	5. Cabbage Rolls Boiled Potatoes Green Beans Mixed Fruit	6. Pulled Pork Sandwich Roasted Potatoes Malibu Blend Pineapple	7. Roast Beef Mashed Potatoes Carrots Applesauce 	8. Closed
11. Pork Chops Scalloped Potatoes Mixed Vegetables Applesauce	12. Hamburger Deluxe Potato Wedges Prince Charles Blend Mandarin Oranges	13. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	14. Corn Beef Cabbage, Carrots & Boiled Potatoes Pineapple 	15. Closed
18. Philly Cheesesteak Potato Wedges Green Beans Mixed Fruit	19. BBQ Chicken Macaroni & Cheese Broccoli Tossed Salad Peaches	20. Pork Roast Mashed Potatoes Carrots Applesauce	21. Meatloaf Scalloped Potatoes Peas Mandarin Oranges 	22. Closed
25. Salisbury Steak Mashed Potatoes Peas Pears	26. BBQ Ribs Baked Potato Mixed Vegetables Pineapple	27. Chicken w/ Mushrooms Rice Pilaf Malibu Blend Coleslaw Peaches	28. Veal Parmesan Spaghetti Tossed Salad Normandy Blend Mixed Fruit 	29. Closed

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

Wednesdays
 Euchre 2-4
 Atlanta Sr. Center

COMMODITIES
 Seniors
 (40 lbs.)
 March 19, 2024
 12:30-1:00

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

March 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. Closed
4. Chicken Parmesan Spaghetti Broccoli Tossed Salad Peaches	5. Cabbage Rolls Boiled Potatoes Green Beans Mixed Fruit	6. Pulled Pork Sandwich Roasted Potatoes Malibu Blend Pineapple	7. Roast Beef Mashed Potatoes Carrots Applesauce	8. Closed
11. Pork Chops Scalloped Potatoes Mixed Vegetables Applesauce	12. Hamburger Deluxe Potato Wedges Prince Charles Blend Mandarin Oranges	13. BBQ Chicken Macaroni & Cheese Broccoli Tossed Salad Peaches	14. Corn Beef Cabbage, Carrots & Boiled Potatoes Pineapple	15. Closed
18. Philly Cheesesteak Potato Wedges Green Beans Mixed Fruit	19. Chicken w/ Mushroom Rice Pilaf Malibu Blend Tossed Salad Peaches	20. Pork Roast Mashed Potatoes Carrots Applesauce	21. Meatloaf Scalloped Potatoes Peas Mandarin Oranges	22. Closed
25. Salisbury Steak Mashed Potatoes Peas Pears	26. BBQ Ribs Baked Potato Mixed Vegetables Pineapple	27. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	28. Veal Parmesan Spaghetti Tossed Salad Normandy Blend Mixed Fruit	29. Closed

<p>Commodities Seniors (40 lbs.) March 19, 2024 1:30-2:00</p>	<p>Open at 1pm Monday thru Thursday Puzzles, Wi-Fi & Library</p>	<p>Hillman Sr. Center Board of Directors Meeting Every 2nd Wednesday 9</p>	<p>Line Dancing and Quilting Wednesdays at 10 am</p>
<p>EUCHRE SUNDAY @ 1:00</p>	<p>EUCHRE TOURNAMENT EVERY 4TH SATURDAY. MEAL AT 5 PLAY AT 6</p>		

March 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	Join us at 4:00 for Soup and Salad Bar available for \$1.00 each	Closed		1. Beef Tips & Gravy Over Rice Spinach Carrots Pears
4. Chicken Parmesan Spaghetti Broccoli Tossed Salad Peaches	5. Cabbage Rolls Boiled Potatoes Green Beans Mixed Fruit	Closed	7. Pulled Pork Sandwich Roasted Potatoes Malibu Blend Pineapple	8. Roast Beef Mashed Potatoes Carrots Applesauce
11. Pork Chops Scalloped Potatoes Mixed Vegetables Applesauce	12. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM	Closed	14. BBQ Chicken Macaroni & Cheese Broccoli Tossed Salad Peaches	15. Corn Beef Cabbage, Carrots & Boiled Potatoes Pineapple
18. Philly Cheesesteak Potato Wedges Green Beans Mixed Fruit	19. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	Closed	21. Pork Roast Mashed Potatoes Carrots Applesauce	22. Meatloaf Scalloped Potatoes Peas Mandarin Oranges
25. Salisbury Steak Mashed Potatoes Peas Pears	26. BBQ Ribs Baked Potato Mixed Vegetables Pineapple	Closed	28. Chicken w/ Mushrooms Rice Pilaf Malibu Blend Coleslaw Peaches	29 CLOSED GOOD FRIDAY

Commodities

Seniors
(40 lbs.)

March 19, 2024
11:30-12:00

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