

Montmorency County Senior News

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

March 2023

Email: hlewis@montmorencycoa.org, web www.montmorencycoa.org Issue 73



MARCH



Office Hours
Monday - Friday
8:00 a.m. - 5:00 p.m.
989-785-2580

MCCOA 2022 Board Meeting Dates
March 16, 2023
April 20, 2023
May 18, 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
Elaine Ableidinger, Hillman Trustee
Vacant, Lewiston Trustee
Don Edwards, County Commissioner
Nancy Kaiser, Atlanta Trustee

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

well hello,
march



March Dates

Mar. 3 Caregiver Appreciation Day
Mar. 12 Daylight Savings Day
Mar. 17 St. Patrick's Day
Mar. 20 National Ravioli Day
Mar. 29 Manatee Appreciation 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 and Senior
Companions.**



POSITIONS AVAILABLE

IN HOME PROVIDERS

**Working in the clients homes helping with home-
making, personal care and respite.**

(Full and Part Time positions available)

NOW HIRING



Director's Corner

. It's time to think SPRING! I'm sure we are all anxiously waiting for the wonderful weather to grace Montmorency County again. We may still have a bit of winter hanging on though. When MCCOA services are closed for the day due to weather, we have implemented a robo call system to notify Home Delivered Meal recipients as well as those who receive in-home services. The safety of our staff is very important to us, and unfortunately that sometimes means canceling services due to road conditions. We plan ahead for closures with emergency frozen meals and shelf stable meals as well. Please feel free to call our office at 989-785-2580 if you would like any of our food pantry items delivered to you. We currently have the following: Flour, almonds, walnuts, dates, trail mix, shelf stable chicken, shelf stable beef stew and frozen peaches. You may pick up items in person on Tuesday, Wednesday, and Thursday from 10 am-4 pm.



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

March 1

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

March 15

Hillman Contact: Barb Durlflinger

989-742-2790

Atlanta Contact: Zuesha Lunsford

989-590-7612

Kelly's Kitchen Corner – March 2023



Cheesy Chicken Casserole – 4- 1½ cup Servings

1 T. oil	1 c. instant rice uncooked
1 c. diced onion	2 c. frozen vegetables (your choice)
1 clove minced garlic	2 c. cooked chicken cut-up
1 ½ c. chicken broth	¾ c. cheddar cheese, shredded

Heat oil in a skillet over medium heat. Add onion and garlic. Cook for 2 minutes. Add chicken broth. Heat to boiling. Stir in rice and frozen vegetables. Reduce to low heat. Cover and cook for 10 minutes. Add chicken and cheese. Stir constantly until chicken is heated through and cheese is melted.

Nutrition per serving; 390 calories, 14 g fat, 420 mg sodium, 32 grams carbohydrates.

Curried Chicken and Peach Salad – 4 Servings

½ c fat-free mayonnaise	¼ c. raisins
1 tsp. curry powder	2 medium peaches, sliced
2 c. cubed chicken, cooked	1- 5oz. spring mix salad greens
½ c. walnuts	

Mix mayonnaise and curry powder; toss gently with chicken, walnuts, and raisins. Serve the chicken and peaches over greens.



March 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 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		1. Porcupine Meatballs Mashed Potatoes Green Beans Applesauce	2. Roast Beef Mashed Potatoes Glazed Carrots Mandarin Oranges	3. CLOSED
6. Baked Ham Sweet Potatoes Prince Charles Blend Pineapple	7. Homemade Pizza Tossed Salad California Blend	8. Birthday Turkey Dinner Cake & Ice Cream 	9. Beef Stroganoff Over Noodles Spinach Beets Mixed Fruit 	10. CLOSED
13. Pork Chops Scalloped Potatoes Mixed Vegetables Applesauce	14. Hamburger Deluxe Potato Wedges Prince Charles Blend Mandarin Oranges	15. BBQ Chicken Macaroni & Cheese California Blend Tossed Salad Peaches	16. Corn Beef Cabbage, Carrots & Boiled Potatoes Pears	17. CLOSED
20. Meatloaf Scalloped Potatoes Peas & Carrots Mandarin Oranges	21. Chicken w/ Mush-rooms Rice Pilaf Malibu Blend Tossed Salad Peaches	22. Pork Roast Mashed Potatoes Carrots Applesauce	23. Philly Cheesesteak Potato Wedges Normandy Blend Mixed Fruit National Cheesesteak 	24. CLOSED
27. Salisbury Steak Mashed Potatoes Peas & Carrots Pears	28. Pulled Pork Sandwich Roasted Potatoes Malibu Blend Pineapple	29. Chicken Gravy Over Biscuits Coleslaw Green Beans Peaches	30. Tuna Casserole Normandy Blend Tossed Salad Mixed Fruit	31. CLOSED

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

Wednesdays
 Euchre 2-4
 Atlanta Sr. Center

COMMODITIES
Seniors
(40 lbs.)
March 21, 2023
1:00 - 1:30

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)
1:00p.m. until 4:00p.m.

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

March 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
<p>Hillman Center 431 Pine View Ct 989-742-3013</p>		<p>1. Porcupine Meatballs Mashed Potatoes Green Beans Applesauce</p>	<p>2. Roast Beef Mashed Potatoes Glazed Carrots Mandarin Oranges</p>	<p>3. CLOSED</p>
		<p>6. Baked Ham Sweet Potatoes Prince Charles Blend Pineapple</p>	<p>7. Homemade Pizza Tossed Salad California Blend Mandarin Oranges</p>	<p>8. Chicken in Gravy Over Biscuits Coleslaw Green Beans Peaches</p>
<p>13. Pork Chops Scalloped Potatoes Mixed Vegetables Applesauce</p>	<p>14. Hamburger Deluxe Potato Wedges Prince Charles Blend Mandarin Oranges</p>	<p>15. BBQ Chicken Macaroni & Cheese California Blend Tossed Salad Peaches</p>	<p>16. Corn Beef Cabbage, Carrots & Boiled Potatoes Pears</p>	<p>17. CLOSED</p>
<p>20. Meatloaf Scalloped Potatoes Peas & Carrots Mandarin Oranges</p>	<p>21. Chicken w/ Mush- rooms Rice Pilaf Malibu Blend Tossed Salad Peaches</p>	<p>22. Pork Roast Mashed Potatoes Carrots Applesauce</p>	<p>23. Philly Cheesesteak Potato Wedges Normandy Blend Mixed Fruit National Cheesesteak Day</p>	<p>24. CLOSED</p>
<p>27. Salisbury Steak Mashed Potatoes Peas & Carrots Pears</p>	<p>28. Pulled Pork Sand- wich Roasted Potatoes Malibu Blend Pineapple</p>	<p>29. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM</p> 	<p>30. Tuna Casserole Normandy Blend Tossed Salad Mixed Fruit</p>	<p>31. CLOSED</p>

Commodities

Seniors

(40 lbs.)

March 21, 2023

2:00—2:30

WEEKLY ACTIVITIES

Open at 1pm

Monday thru
Thursday

Puzzles, Wi-Fi &
Library

Hillman Sr. Center

Board of Directors

Meeting

Every Third Thursday 3pm

EUCHRE

SUNDAY @ 1:30

Line Dancing and Quilting

Wednesdays at 10 am

Game Day Fridays at 2 pm

EUCHRE TOURNAMENT

EVERY 4TH MONDAY 6 PM


March 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 4:00 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		1. CLOSED	2. Porcupine Meatballs Mashed Potatoes Green Beans Applesauce	3. Roast Beef Mashed Potatoes Glazed Carrots Mandarin Oranges
6. Baked Ham Sweet Potatoes Prince Charles Blend Pineapple	7. Homemade Pizza Tossed Salad California Blend Mandarin Oranges	8. CLOSED	9. Chicken in Gravy Over Biscuits Coleslaw Green Beans Peaches	10. Beef Stroganoff Over Noodles Spinach Beets Mixed Fruit
13. Pork Chops Scalloped Potatoes Mixed Vegetables Applesauce	14. Hamburger Deluxe Potato Wedges	15. CLOSED	16. BBQ Chicken Macaroni & Cheese California Blend Tossed Salad Peaches	17. Corn Beef Cabbage, Carrots & Boiled Potatoes Pears
20. Meatloaf Scalloped Potatoes Peas & Carrots Mandarin Oranges	21. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	22. CLOSED	23. Pork Roast Mashed Potatoes Carrots Applesauce	24. Philly Cheesesteak Potato Wedges Normandy Blend Mixed Fruit National Cheesesteak
27. Salisbury Steak Mashed Potatoes Peas & Carrots Pears	28. Pulled Pork Sand- wich Roasted Potatoes Malibu Blend Pineapple	29. CLOSED	30. Chicken w/ Mushrooms Rice Pilaf Malibu Blend Tossed Salad Peaches	31. Tuna Casserole Normandy Blend Tossed Salad Mixed Fruit

Commodities

Seniors
 (40 lbs.)
 March 21, 2023
 12:00—12:30

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



Euchre:

Every Tuesday &
 Thursday 1p.m.

Every Wednesday
 Doors open at
 4:00p.m.

Lewiston 50+ Club

Board of Directors

Meeting
 (3rd Monday)
 10:00 am