

Montmorency County Senior News

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

web www.montmorencycoa.org

May, 2024

Issue 86



Director's Corner



Happy May everyone! The birds are singing, the flower's are blooming and the weather seems to be getting nicer every day. Happy Mother's Day to all Moms. Memorial Day is Monday May 27th. A huge thank you to all the dedicated service men and women who gave their lives for our freedom.

May is also **High Blood Pressure Education Month**. Some interesting facts: Nearly half of all adults in the U. S. have high blood pressure. Only 1 in 4 adults with hypertension have their condition under control. Please get your blood pressure checked.

ALL THE MCCOA STAFF WANT TO

WISH YOU A

HAPPY MEMORIAL DAY

MAY 27, 2024

THE OFFICE AND CENTERS

WILL BE CLOSED



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

989-785-2580

MCCOA 2024 Board Meeting Dates

May 16, 2024

June 20, 2024

July 18, 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

Jacquelyn Lardie, 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

AREA AGENCY ON AGING

A DIVISION OF NEM-
CSA

NOTICE OF PUBLIC HEARING

The NEMCSA - Region 9 Area Agency on Aging (AAA) will conduct a public hearing on its proposed Annual Implementation Plan for Fiscal Year 2025.

The plan will outline the use of funds and provision of services under the Older Americans Act, for the counties of Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle and Roscommon.

**** The hearing will be held on ..**

Monday, May 20, 2024 at 1:00 PM

NEMCSA Office

2569 US-23 South, Alpena, Michigan

A summary of the plan will be available at the hearing, or upon request, 15 days prior to the public hearing.

Copies may be obtained at the Region 9 AAA, 2569 US-23 South, Alpena or by calling (989) 358-4661 or online at:

<https://www.nemcsa.org/services/senior-services/about-us.html>.

Written testimony will be accepted through June 12, 2024

What's Happening



Please contact the MCCOA office at 989-785-2580 to make an appointment for our next mobile Secretary of State date.

This is a public event for everyone.



HILLMAN - 11 Until Gone

Third Wednesday of the Month

PATCHWOOD PLAZA

14797 State Street South, Hillman

May 21, 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.

Fruit



ACEROLA

APRICOT

CHERRY

CURRANT

DATE

DURIAN

FEIJOA

FIG

GUAVA

HONEYDEW

JUJUBE

KIWI

LONGAN

LOQUAT

LYCHEE

MANDARIN

MANGO

MELON

MULBERRY

PEACH

PLANTAIN

PLUM

POMELO

QUINCE

SAPOTE

SOURSOP

TAMARIND

TANGELO

UGLI

YUZU

May, 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. Philly Cheesesteak Potato Wedges Green Beans Mandarin Oranges	2. Pork Roast Mashed Potatoes Prince Charles Blend Applesauce 	3. Closed
6. Hamburger Stroganoff Over Noodles Spinach Beets Mixed Fruit	7. Boiled Ham Cabbage, Carrots, And Potatoes Pineapple	8. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	9. Meatloaf Scalloped Potatoes Peas & Carrots Applesauce 	10. Closed
13. Goulash Tossed Salad Prince Charles Blend Pears	14. BBQ Chicken Baked Potato California Blend Peaches	15. Pork Chop Scalloped Potatoes Peas & Carrots Applesauce	16. Roast Beef Mashed Potatoes Carrots Mixed Fruit 	17. Closed
20. Sausage & Sauerkraut Boiled Potatoes Squash Pineapple	21. Liver & Onions Mashed Potatoes Green Beans Pears	22. Chicken Parmesan Spaghetti Tossed Salad Broccoli Peaches	23. Cheeseburger Deluxe Potato Wedges Normandy Blend Mandarin Oranges 	24. Closed
	28. Country Fried Steak Mashed Potatoes Brussel Sprouts Pears	29. Baked Chicken Rice Pilaf Green Beans Coleslaw Peaches	30. Lasagna Tossed Salad Broccoli 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.)
May 21, 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

May 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	Join us at 4:00 for Soup and Salad Bar available for \$1.00 each	1. Philly Cheesesteak Potato Wedges Green Beans Mandarin Oranges	2. Pork Roast Mashed Potatoes Prince Charles Blend Applesauce	3. Closed
6. Hamburger Stroga- noff Over Noodles Spinach Beets Mixed Fruit	7. Boiled Ham Cabbage, Carrots, And Potatoes Pineapple	8. Baked Chicken Rice Pilaf Green Beans Coleslaw Peaches	9. Meatloaf Scalloped Potatoes Peas & Carrots Applesauce	10. Closed
13. Goulash Tossed Salad Prince Charles Blend Pears	14. BBQ Chicken Baked Potato California Blend Peaches	15. Pork Chop Scalloped Potatoes Peas & Carrots Applesauce	16. Roast Beef Mashed Potatoes Carrots Mixed Fruit	17. Closed
20. Sausage & Sauer- kraut Boiled Potatoes Squash Pineapple	21. Liver & Onions Mashed Potatoes Green Beans Pears	22. Chicken Parmesan Spaghetti Tossed Salad Broccoli Peaches	23. Cheeseburger Deluxe Potato Wedges Normandy Blend Mandarin Oranges	24. Closed
	28. Country Fried Steak Mashed Potato Brussel Sprouts Pears	29. BIRTHDAY TURKEY DINNER CAKE& ICE CREAM 	30. Lasagna Tossed Salad Broccoli Mixed Fruit	31. Closed

Commodities
Seniors
(40 lbs.)
May 21, 2024
1:30-2:00

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

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

EUCHRE
SUNDAY @ 1:00

Line Dancing and Quilting
Wednesdays at 10 am

EUCHRE TOURNAMENT EVERY 4TH
SATURDAY. MEAL AT 5 PLAY AT 6

May 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	1. Closed	2. Philly Cheesesteak Potato Wedges Green Beans Mandarin Oranges	3. Pork Roast Mashed Potatoes Prince Charles Blend Applesauce
6. Hamburger Stroganoff Over Noodles Spinach Beets Mixed Fruit	7. Boiled Ham Cabbage, Carrots, And Potatoes Pineapple	8. Closed	9. Chicken Parmesan Spaghetti Tossed Salad Green Beans Peaches	10. Meatloaf Scalloped Potatoes Brussel Sprouts Applesauce
13. Goulash Tossed Salad Prince Charles Blend Pears	14. BBQ Chicken Baked Potato California Blend Peaches	15. Closed	16. Pork Chop Scalloped Potato Peas & Carrots Applesauce	17. Roast Beef Mashed Potatoes Carrots Mixed Fruit
20. Sausage & Sauerkraut Boiled Potatoes Squash Pineapple	21. BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	22. Closed	23. Liver & Onions Mashed Potatoes Green Beans Pears	24. Cheeseburger Deluxe Potato Wedges Normandy Blend Mandarin Oranges
	28. Country Fried Steak Mashed Potato Brussel Sprouts Pears	29. Closed	30. Baked Chicken Rice Pilaf Green Beans Coleslaw Peaches	31. Lasagna Tossed Salad Broccoli Mixed Fruit

Commodities

Seniors
(40 lbs.)
May 21, 2024
11:30-12:00

Exercise Class:

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



Euchre:

Every Tuesday &
Thursday 5:30

Every Wednesday
Doors open at 4:00



Lewiston 50+ Club

Board of Directors

Meeting

(3rd Monday)
10:00 am