

Montmorency County Senior News

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

web www.montmorencycoa.org

January 2025

Issue 95



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

989-785-2580

MCCOA 2024 Board Meeting Dates

January 16, 2025

February 19, 2025

March 20, 2025

Board Meeting 4:30 pm at
MCCOA Office

MCCOA BOARD MEMBERS

Joseph Bouchey, Chairperson

Tom Cox, Vice Chairperson

Corleen Proulx, Treasurer

Jacquelyn Lardie, Secretary

James Madison, Lewiston Trustee

John Mulholland, Lewiston Trustee

Don Edwards, 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

Karen Balcom, Administrative
Assistant

kbalcom@montmorencycoa.org

Happy New Year!

Wishing all of you a joyful and healthy start to 2025!

As we embrace the winter months, it's essential to prioritize staying hydrated, dry and warm while taking precautions to prevent slips and falls on icy or snowy surfaces. With age, mobility and dexterity naturally declining, making everyday tasks more challenging. This can lead to reduced self-care and reluctance to engage in social activities or hobbies once enjoyed.

Staying connected with close friends and relatives, whether through phone calls, video chats, or safe in-person visits, can make a significant difference. If venturing outside feels daunting, consider small, manageable ways to stay engaged and uplifted during these colder months.

In addition, please be vigilant about scams. The elderly population is often targeted, so if something doesn't feel or sound right, take time to investigate before sharing personal information or money. Protecting yourself and staying informed is key to a safe and fulfilling winter season. Let's support one another and start 2025 on a positive note!

Beverly Crawford



Hearty Beef Soup

This tasty and satisfying soup can be served for lunch or dinner.

The leftovers can be froze for later. Makes 6 servings.

Ingredients

- 1/4 pound beef round roast, thawed and chopped
- 1 tablespoon vegetable oil
- 3 cups water
- 2 cups winter squash, chopped (or 2 cups cabbage, finely chopped)
- 1/2 cup onions, chopped
- 1 celery stalk, finely chopped
- 1 teaspoon garlic, finely chopped
- 1/2 teaspoon dried oregano
- 1 tablespoon parsley, chopped (optional)
- 1/4 cup macaroni, dry
- 1 large tomato, chopped (or I can, about 15 ounces, low-sodium diced tomatoes)
- 1/2 cup green pepper, finely chopped.
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Directions

- In a large pot, brown beef in oil over medium to high heat for 8 to 10 minutes. Drain fat.
- Add water, squash, onion, celery, garlic and oregano. If using parsley, add that too. Mix well
- Bring pot to a boil. Lower heat and cook for 20 minutes.
- Add macaroni, tomatoes, green pepper, salt and pepper.
- Keep cooking over low heat for 20 minutes. Serve hot.

Cranberry Nut Bread

Enjoy this bread for breakfast, lunch or dinner.

Use fresh cranberries when in season for a burst of flavor

Ingredients

- 2 cups of flour
- 1 1/2 teaspoons baking powder
- 2 teaspoons grated orange peel
- 4 tablespoons butter (1/4 cup), melted (or margarine)
- 1 egg (or 2 egg whites)
- 1/3 cup chopped walnuts
- Water, optional (1 teaspoon, for glaze)
- 2/3 cup sugar
- 1 1/2 teaspoons baking soda
- 3/4 cup orange juice
- 1 cup chopped cranberries
- powered sugar, optional (1/3 cup, for glaze)

Directions

- Wash hands with soap and water.
- Preheat oven to 350 F. Mix flour, sugar, baking powder and baking soda in a large bowl.
- Grate orange peeling, then squeeze juice from orange. Add additional orange juice to make 3/4 cup.
- In separate bowl, blend orange juice, butter, egg and grated orange peel; add to flour mixture, stirring until just blended. Mix in cranberries and walnuts.
- Pour batter into a 9/5 inch loaf pan, greased on bottom only.
- Bake for 50 to 60 minutes or until a toothpick inserted in the center comes out clean. Cool in pan for 10 minutes; remove and cool completely on wire track.
- Optional: to make glaze, mix powered sugar and water; add water as needed to make this glaze. Drizzle over cooled loaf.



HAPPY NEW YEAR

Wordsearch



Search for the words going up, down, left and right.

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

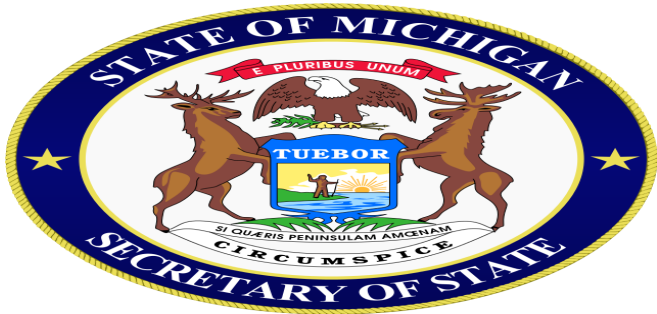
CELEBRATION
FIREWORKS
JANUARY
PARTY

COUNTDOWN
GATHERING
MIDNIGHT
RESOLUTION

EXTRAVAGANZA
INVITATION
NOISEMAKER
TRADITION



What's Happening



Please contact the MCCOA office at 989-785-2580 to make an appointment for our next mobile Secretary of State, which will be January 15, 2025 from 10am-3pm.

This is a public event for everyone.



HILLMAN - 11 Until Gone

First and Third Wednesday of the Month

PATCHWOOD PLAZA

14797 State Street South, Hillman

January 2025

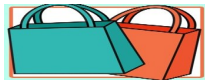
Hillman Contact: Barb Durflinger

MCCOA OFFICE

We have non perishable food items at the MCCOA Office for our seniors.

You may stop in Monday thru Thursday from 9am until 3pm .

Please bring your own shopping bags.



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.

ATTENTION EVERYONE THAT PICKS UP COMMODITIES .

Please update your phone number in our MCCOA system by calling 989-785-2580. We are sending out robo calls to remind you of the day of delivery for your monthly commodities.

H.A.R.P

Hillman Area Resource Pantry
NEW BEGINNINGS MINISTRIES

16960 Co. Rd. 459

989-464-4810 (Juli)

First Tuesday 9:00-11:00 A.M.

Third Tuesday 4-6 P.M.

January 2025 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			2. Goulash Tossed Salad Broccoli Pears	3. Closed
6. Pork Chop Scalloped Potatoes Peas Applesauce	7. Taco's Refried Beans Corn & Black Beans Mandarin Oranges	8. Chicken with Mushrooms Rice Pilaf Coleslaw Broccoli Peaches	9. Beef Stroganoff Brussel Sprouts Beets Mixed Fruit 	10. Closed
13. Veal Parmesan with Spaghetti Malibu Blend Tossed Salad Mandarin Oranges	14. Liver & Onions Mashed Potatoes Green Beans Applesauce	BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	16. BBQ Pork Sandwich Roasted Red Potatoes Prince Charles Blend Pineapple	17. Closed
20. Meatloaf Au Gratin Potatoes Brussel Sprouts Mandarin Oranges	21. Chicken Enchiladas Spanish Rice Tossed Salad Green Beans Peaches	22. BBQ Ribs Baked Potato California Blend Pineapple	23. Roast Beef Mashed Potatoes Glazed Carrots Pears 	24. Closed
27. Philly Steak Sub Roasted Red Potatoes Green Beans Mixed Fruit	28. Pork Roast Au Gratin Potatoes Prince Charles Blend Applesauce	29. Chicken Parmesan Spaghetti Tossed Salad Malibu Blend Peaches	30. Cabbage Rolls Mashed Potatoes Carrots Pears	31. Closed

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

Wednesdays
Euchre 2-4
Atlanta Sr. Center

COMMODITIES
Atlanta
Seniors Center
First Thursday of Month
January 2, 2024
11:00am

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)

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

January 2025 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			2. Goulash Tossed Salad Broccoli Pears	Closed
6. Pork Chop Scalloped Potatoes Peas Applesauce	7. Taco's Refried Beans Corn & Black Beans Mandarin Oranges	8. Chicken Parmesan Spaghetti Tossed Salad Malibu Blend Peaches	9. Beef Stroganoff Brussel Sprouts Beets Mixed Fruit	Closed
13. Veal Parmesan with Spaghetti Malibu Blend Tossed Salad Mandarin Oranges	14. Liver & Onions Mashed Potatoes Green Beans Applesauce	15. Chicken with Mushrooms Rice Pilaf Coleslaw Broccoli Peaches	16. BBQ Pork Sandwich Roasted Red Potatoes Prince Charles Blend Pineapple	Closed
20. Meatloaf Au Gratin Potatoes Brussel Sprouts Mandarin Oranges	21. Chicken Enchiladas Spanish Rice Tossed Salad Green Beans Peaches	22. BBQ Ribs Baked Potato California Blend Pineapple	23. Roast Beef Mashed Potatoes Glazed Carrots Pears	Closed
27. Philly Steak Sub Roasted Red Potatoes Green Beans Mixed Fruit	28. Pork Roast Au Gratin Potatoes Prince Charles Blend Applesauce	29. HAPPY BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	30. Cabbage Rolls Mashed Potatoes Carrots Pears	Closed

Senior Commodities
Patchwood Plaza
14797 State St, Hillman
Third Wednesday of Month
January 15, 2025
10:00am

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

Hillman Sr. Center
Board of Directors
Meeting
Every 2nd Monday 3 pm
EUCHRE
SUNDAY @ 1:30

Line Dancing and Quilting
Wednesdays at 10 am

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

January 2025 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			2. Goulash Tossed Salad Broccoli Pears	3. BBQ Chicken Baked Potato California Blend Peaches
6. Pork Chop Scalloped Potatoes Peas Applesauce	7. Taco's Refried Beans Corn & Black Beans Mandarin Oranges	8. Closed	9. Chicken Parmesan Spaghetti Tossed Salad Malibu Blend Peaches	10. Roast Beef Mashed Potatoes Glazed Carrots Pears
13. Veal Parmesan with Spaghetti Malibu Blend Tossed Salad Mandarin Oranges	14. Liver & Onions Mashed Potatoes Green Beans Applesauce	15. Closed	16. Chicken with Mushrooms Rice Pilaf Coleslaw Broccoli Peaches	17. BBQ Pork Sandwich Roasted Red Potatoes Prince Charles Blend Pineapple
20. Meatloaf Au Gratin Potatoes Brussel Sprouts Mandarin Oranges	21. HAPPY BIRTHDAY TURKEY DINNER CAKE & ICE CREAM 	22. Closed	23. BBQ Ribs Baked Potato California Blend Pineapple	24. Cabbage Rolls Mashed Potatoes Carrots Pears
27. Philly Steak Sub Roasted Red Potatoes Green Beans Mixed Fruit	28. Pork Roast Au Gratin Potatoes Prince Charles Blend Applesauce	29. Closed	30. Chicken Enchiladas Spanish Rice Tossed Salad Green Beans Peaches	31. Beef Stroganoff Brussel Sprouts Beets Mixed Fruit

Senior Commodities
Bethlehem Lutheran Church
3805 Co Rd 612
Lewiston
January 2, 2025
1100am

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



Euclere:
Every Tuesday &
Thursday 5:30

Every Wednesday
Doors open at 4:00



Lewiston 50+ Club
Board of Directors
Meeting
(3rd Monday)
10:00 am