

NOVEMBER 2025

MONTCALM COUNTY SENIOR NEWS



613 N. State St
Stanton, MI 48888

989-831-7476



The Commission on Aging is dedicated to promoting active participation among seniors within their communities, addressing feeling of isolation, and fostering a sense of belonging and connection. We would like to inform our senior community that our facility is open from Monday to Friday, 8 AM to 4 PM, with the exception of designated closure days. Our center is truly their center! Seniors are always invited to come by for coffee, cocoa, or tea. It serves as a complimentary space for socializing and enjoying card or board games. There is no need for a special event to visit us.

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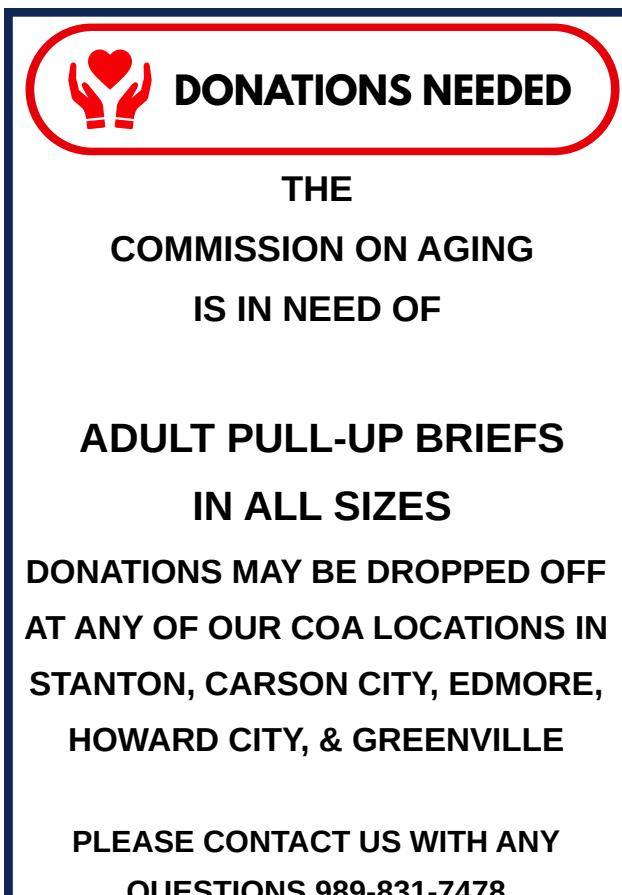
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NUTRITION NEWS, LOCAL FOOD BANKS,
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GROCERY RUNS ARE ONCE AGAIN AVAILABLE. IF YOU HAVE A SCHEDULED RIDE FOR MEDICAL APPOINTMENTS, WE ENCOURAGE YOU TO USE THAT TIME TO PICK UP YOUR GROCERIES OR COMPLETE YOUR ERRANDS. IT IS ADVISABLE TO NOTIFY COA STAFF ABOUT ANY ADDITIONAL STOPS THAT MAY BE NECESSARY WHEN ARRANGING TRANSPORTATION, SO THAT ADEQUATE TIME CAN BE ALLOCATED. OUR MEDICAL APPOINTMENTS CONTINUE TO BE IN HIGH DEMAND; HOWEVER, WITH THE ADDITION OF A FEW NEW DRIVERS, WE CAN FACILITATE GROCERY TRIPS AND ERRANDS FOR OUR SENIOR CITIZENS IN MONTCALM COUNTY. PLEASE BE AWARE THAT WE CAN ATTEMPT TO ACCOMMODATE UP TO TWO GROCERY TRIPS PER MONTH FOR EACH HOUSEHOLD. THIS MAY NOT ALWAYS BE POSSIBLE DUE TO THE VARYING NUMBER OF DOCTOR'S APPOINTMENTS REQUIRED BY CLIENTS. PLEASE KEEP IN MIND THAT THE VOLUNTEER DRIVERS ARE AVAILABLE ONLY FROM MONDAY TO FRIDAY, BETWEEN 8:00 AM AND 4:00 PM. REGRETTABLY, WE DO NOT PROVIDE SAME-DAY SERVICES, AND ALL RIDES MUST BE SCHEDULED IN ADVANCE WITH SUFFICIENT NOTICE. AS A REMINDER, GREENVILLE MEIJER AND GREENVILLE WALMART CONTINUE TO OFFER GROCERY DELIVERY TO YOUR HOME. SHOULD YOU HAVE ANY QUESTIONS REGARDING THIS SERVICE, PLEASE CONTACT THEIR CUSTOMER SERVICE NUMBER AT THE NUMBER LISTED BELOW.

GREENVILLE MEIJER 616-225-7700

GREENVILLE WALMART 616-754-3062



Type in:
Montcalm County Commission
on Aging

www.montcalmcountyccommissiononaging.org

See What's Happening at Your Local Center

(CARSON CITY, EDMORE, GREENVILLE, & HOWARD CITY)

FOOD WITH FRIENDS MEALS ARE SERVED MON THROUGH THURS AT 12 PM
FOR SENIORS 60 AND OVER A \$3.00 SUGGESTED DONATION,
UNDER 60 IS A \$6.50 CHARGE

Meal Site Cancellations and Closings
During the school year, meals may be canceled due to poor weather conditions. If the Central Montcalm Public Schools are closed due to bad weather, meals will not be served that day.
*Meals are not served on Federal Holidays



MEAL SITE

PARTICIPATION GUIDELINES

TO HELP ENSURE ENOUGH OF THE ADVERTISED MEALS ARE ORDERED, PLEASE SIGN UP ON THE SHEETS PROVIDED AT THE MEAL SITE OR BY CALLING THE COA BY NOON ON THE FRIDAY BEFORE. PLEASE CLARIFY IF YOU PREFER A TO-GO OR DINE IN.

989-831-7476

OPTION 1

GREENVILLE	SERVED ON WED & THURS
HOWARD CITY	SERVED MON THROUGH THURS
CARSON CITY	SERVED TUES & THURS
EDMORE	SERVED MONDAYS

BIRTHDAY CELEBRATIONS

HOWARD CITY	4TH THURSDAY OF THE MONTH
GREENVILLE	2ND THURSDAY OF THE MONTH
CARSON CITY	2ND TUESDAY OF THE MONTH
EDMORE	2ND MONDAY OF THE MONTH
STANTON	2ND TUESDAY OF THE MONTH



Meal Site Menus

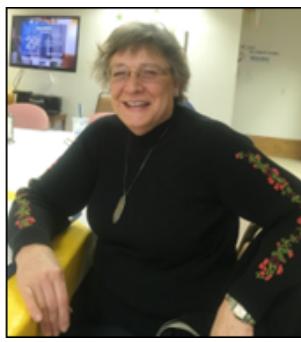
Dine in begins at 12 pm for all meal sites

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
11/3/2025 OPEN FACE TURKEY w/GRAVY MASHED POTATOES GLAZED CARROTS APPLESAUCE	11/4/2025 PASTA W/MEATBALLS BROCCOLI TOSSED SALAD BREADSTICK FRUIT	11/5/2025 FISH STICKS SWEET POTATO PUFFS COLESLAW BANANA	11/6/2025 MEATLOAF MASHED POTATOES GREEN BEANS ROLL PISTACHIO FLUFF
11/10/2025 HERB ROASTED CHICKEN MASHED POTATOES BROCCOLI FRUIT	11/11/2025 VETERANS DAY CLOSED	11/12/2025 SWEDISH MEATBALLS NOODLES PEAS CAULIFLOWER FRUIT	11/13/2025 CHICKEN SANDWICH VEGETABLE SOUP POTATO WEDGES FRUIT JELLO
11/17/2025 CHICKEN LEG MAC & CHEESE CORN ROLL APPLESAUCE	11/18/2025 ROAST PORK BAKED POTATO GREEN BEANS CORNBREAD FRUIT	11/19/2025 GOULASH CORN TOSSED SALAD BREADSTICK BANANA	11/20/2025 GRILLED CHEESE TOMATO SOUP MIXED VEGETABLES FRUIT CRISP
11/24/2025 BBQ CHICKEN THIGH CHEESY POTATO MIXED VEGETABLES CORNBREAD APPLESAUCE	11/26/2024 BEEF STROGANOFF NOODLES BROCCOLI CORN FRUIT	11/27/2024 	11/28/2024 

See What's Happening at Your Local Center

Greenville Area Senior Citizens Center

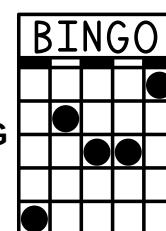
715 S. Baldwin, Greenville



FOOD WITH FRIENDS MEALS
SERVED ON WED & THURS AT
12PM

Meal Site Hostess
Diana Farran
Call 616-894-2255
for meal reservations or
cancellations

MARCIAS PENNY BINGO
SPONSORED BY:
MONTCALM COMMISSION ON AGING
10AM-11:30AM
EVERY WEDNESDAY



MUSIC
EVERY THURSDAY 11A-12P

NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Greenville Area Senior Center
715 S. Baldwin St
616-754-1658

3 10:00 a.m.- Monday's coffee 10:00 a.m.-Crafts	4 9:00-Exercise with Mary 10:30-Board Meeting 12 noon-Euchre	5 10:00-1cBingo 12:00-Lunch 1:00-Cards	6 10- Sewing 10- Dulcimers 12:00-Lunch 1:00-Cards 5:00-TOPS	7 10--Card making class
10 10:00 a.m.- Monday's coffee 10:00 a.m.-Crafts	11 9:00-Exercise with Mary 12 noon-Euchre	12 10:00-1cBingo 12:00-Lunch 1:00- <u>Private Rental</u>	13 10- Sewing 12:00-Lunch 1:00-Cards 5:00-TOPS	14 POTLUCK Noon
17 10:00 a.m.- Monday's coffee 10:00 a.m.-Crafts	18 9:00-Exercise with Mary 12 noon-Euchre	19 10:00-1cBingo 12:00-Lunch 1:00-Cards	20 10- Sewing 10- Dulcimers 12:00-Lunch 1:00-Cards 5:00-TOPS	21
24 10:00 a.m.- Monday's coffee 10:00 a.m.-Crafts	25 9:00-Exercise with Mary 12 noon-Euchre	26 10:00-1cBingo 12:00-Lunch 1:00-Cards	27 Happy Thanksgiving	28



The Center is also available for
private party's or event rentals.
Call the Center at 616-754-1658
for more information on private
rentals.

Greenville Stamp Club

Contact: Mr. Randy Kerr
Phone: (616) 894-2362
Email: musicman_1935@hotmail.com

Meeting Location: Flat River Library
200 W. Judd Street
Greenville, MI 48838
Meeting Time:
1st & 3rd Saturday at 10:00 am



Greenville Area Senior Center

Holiday Marketplace

Saturday, November 15

9 a.m.-2 p.m.

715 Baldwin St.

Parking is in the back of the building.
The entrance is the covered ramp.

Howard City Action Center



132 E. Edgerton St., Howard City
Open 5 days a week

Food with Friends

Served Mon through Thurs at 12 pm

Provided through

Montcalm County COA

(Lunch Only)

For seniors 60 and over

a \$3.00 suggested donation

& under 60 is a \$6.50 charge.



The Center is available for private
& event rentals. Call Dee at
231-937-5504.

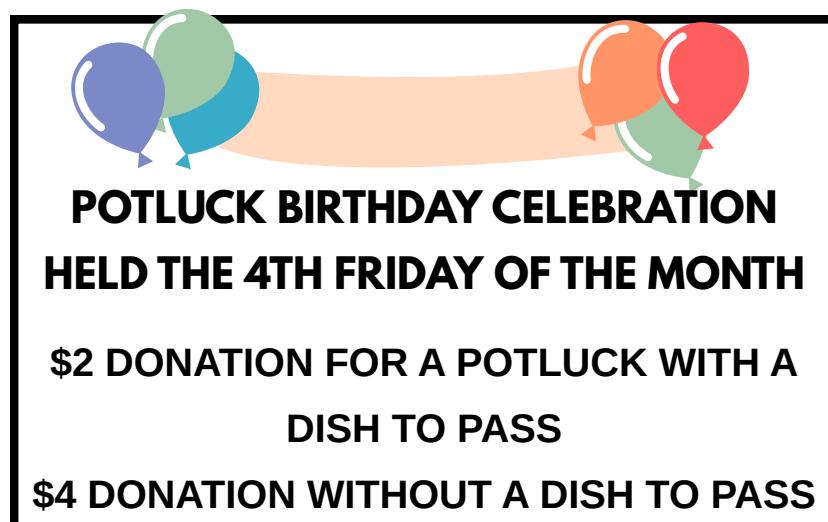
MEMBERSHIP OPEN TO AGES 50 +

Fridays

Music from 9 am-3 pm

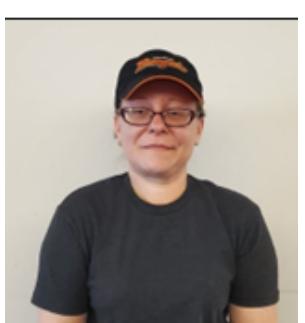
We have walkers, adult protective
undergarments, and other items
available to anyone in need.

Blood Pressure Checks
Every Friday from 9am to noon



See What's Happening at Your Local Center

CARSON CITY MEAL SITE



Site Hostess
Mary Miller
Call
989-831-7476
Option 1
for reservations or
questions



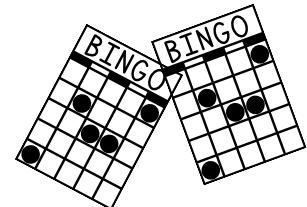
United Methodist Church,
119 E. Elm St., Carson City

Skip-Bo every Tuesday

11: 00am & 12:30pm

Skip-Bo every Thursday

11:00am



Bingo every Thursday

12:30pm

Food with Friends meals are served on

Tues & Thurs at 12pm



Toe Nail Clinic

United Methodist Church,
119 E. Elm St., Carson City

Unavailable in

November

10 am-12 pm

\$25 For Seniors

\$20 For Veterans

Contact Kari 989-831-7454 with questions
and to sign up



IN ALL
Things
GIVE
Thanks



CARSON CITY UNITED METHODIST CHURCH

WOULD LIKE TO EXTEND AN INVITATION TO

EVERYONE

TO JOIN OUR FREE

TRADITIONAL THANKSGIVING DINNER

THURSDAY NOVEMBER 27TH NOON - 2PM

AT CCUMC IN CARSON CITY

FOR QUESTIONS CALL CCUMC AT 989-584-3797



Site Hostess
Jane Hagen
Call
989-831-7476
Option 1
for reservations or
questions



Toe Nail Clinic

At The Curtis Community Center
in Edmore

Unavailable in

November

10 am-12 pm

\$25 For Seniors

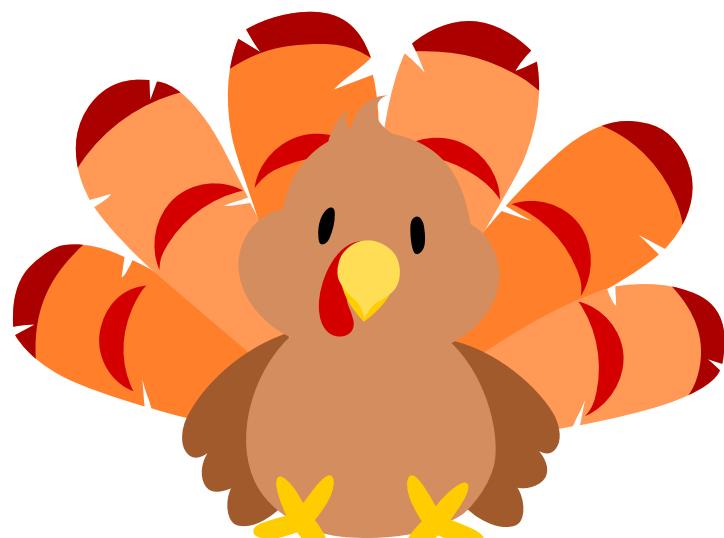
\$20 For Veterans

Contact Kari 989-831-7454 with questions
and to sign up!



EDMORE
FOOD WITH
FRIENDS MEALS
ARE SERVED
MONDAYS AT

12PM.



Every Monday
Euchre tournament at

1pm



Indoor Walking
M-F from 9am to 5pm

News & Notes from around the county

Sheridan VFW Post

209 Washington St, Sheridan
MI 48884
989-291-9680
1st Saturday of the month-
Swiss Steak Supper 4-6pm
\$13 Adults
\$6 Children 5-12
Euchre- Every Monday at 6pm
BINGO Tuesday & Friday
Early birds begins at 6pm

Stanton American Legion

Taco Tuesday
Burgers Wednesday
1st Friday of the month Fish
2nd Friday of the month Steak
3rd Friday of the month Rib
Nite
4th Friday of the month Swiss
Steak
Please refer to American
Legion 452 Stanton Facebook
or call (989) 831-4114 for more
details and prices.

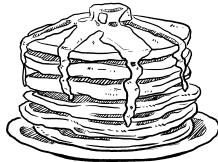
Edmore VFW

Baked and Fried Chicken
Supper every 3rd
Wednesday, 4-6 pm
Adults \$12
Children 5-12 \$5
4 and under Free

BINGO
Monday 6:15 pm. Early Birds
Regular BINGO 7 pm

EDMORE MASONIC PANCAKE BREAKFAST

ALL YOU CAN EAT!
2ND SUNDAY OF THE MONTH
8AM-1PM
\$10/ADULTS, \$5/ 6-12Y/O,
FREE 5Y/O & UNDER
524 E FORREST ST, EDMORE



Veteran Services



SERVICES PROVIDED

- *DISABILITY COMPENSATION BENEFITS (SURVIVOR AND DEPENDENT COMPENSATION BENEFITS)
- *VA PENSIONS (SURVIVORS, AID AND ATTENDANCE AND HOUSEBOUND PENSION BENEFITS)
- *VA HEALTHCARE ASSISTANCE
- *VETERAN AND SPOUSE BURIAL BENEFITS
- *GOVERNMENT HEADSTONES OR MARKERS
- *MILITARY RECORDS REQUEST
- *VA HOME LOAN CERTIFICATE OF ELIGIBILITY

Contact Us

Veteran Services

[Email the Veteran Services Office](#)

Physical Address

211 W Main Street
Stanton, MI 48888

Phone: [989-831-7477](#)

**OFFICE HOURS OF
OPERATION: MONDAY –
FRIDAY FROM 8:00AM TO
4:00PM (OFFICE IS OPEN
DURING LUNCH TIME).**

THE MONTCALM AREA PARKINSON'S SUPPORT GROUP

(Member, Michigan Parkinson's Foundation)

Offers an opportunity for those dealing with Parkinson's Disease either as the person with Parkinson's symptoms and/or as their caregiver, living in the Montcalm, Mecosta, Ionia and North Kent County areas to meet with others experiencing Parkinson's multitude of daily challenges.

Join us the Third Thursday of the month
At 11:00 AM

Meeting at the 1st United Methodist Church
204 W. Cass St., Greenville, MI

For further information, call 616-334-4084

Or email: montcalmparkinsons@gmail.com

Senior Life Solutions



Outpatient therapy program designed to meet the unique needs of older adults, typically ages 65 and older, struggling with symptoms of depression and anxiety often related to aging.

989-291-3261 OPT. 8

**VOLUNTEERS
NEEDED**

Greenville Area Senior Center
Holiday Marketplace
Saturday, November 15
9 a.m.-2 p.m.

715 Baldwin St.
Parking is in the back of the building.
The entrance is the covered ramp.

AARP FOUNDATION TAXAIDE VOLUNTEER

INQUIREE'S WELCOME MEETING

ANYONE INTERESTED IN VOLUNTEERING FOR AARP TAX-AIDE IS INVITED TO A MEETING ON NOVEMBER 6TH
AT 10 A.M.

THIS GATHERING WILL TAKE PLACE BEFORE THE THURSDAY LUNCH AT THE MONTCALM COUNTY COMMISSION ON AGING, FEATURING KATHLEEN GIBSON, THE LOCAL COORDINATOR FOR AARP FOUNDATION TAX-AIDE IN MONTCALM COUNTY. AARP FOUNDATION TAXAIDE IS A FREE TAX SERVICE FOR LOW TO MODERATE TAXPAYERS, WITH AN EMPHASIS ON THOSE 60 PLUS. MONTCALM COUNTY IS IN NEED OF TAX COUNSELORS AND SUPPORT. AARP FOUNDATION WEBSITE FOR QUESTIONS ON THE PROGRAM AND REGISTERING AS A PROSPECTIVE VOLUNTEER * YOU DO NOT HAVE TO BE A MEMBER TO VOLUNTEER!

Stanton CoA *November* Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 OPEN WALK AT MCC 8:30A-10:30A MORNING MUG 11A EXERCISE WITH SCH	4 10A PENNY BINGO W/ SCH 10A FOOT CLINIC 12P MEAL 1P HAND DIP	5 8:30A-10:30A MORNING MUG NO YOGA 1P YARN/STITCH GROUP 1P TAI CHI	6 12P HOT MEAL 1P CAREGIVER SUPPORT	7 8:30A-10:30A MORNING MUG 1P GAME DAY 1P TAI CHI
10 OPEN WALK AT MCC 8:30A-10:30A MORNING MUG	11 CLOSED VETERANS DAY	12 10AM FUNERAL/ESTATE PLANNING PRESENTATION & BINGO 11AM SENIOR YOGA 1P YARN/STITCH GROUP 1P TAI CHI	13 12P HOT MEAL 1P CRAFTY CORNER	14 8:30A-10:30A MORNING MUG 1P GAME DAY 1P TAI CHI
17 OPEN WALK AT MCC 8:30A-10:30A MORNING MUG 11A EXERCISE WITH SCH	18 10A ADVOCATES MEETING 10A PENNY BINGO 11:30A MUSIC W/ FRED 12P MEAL 1P HAND DIP	19 12P THANKSGIVING MEAL  1P YARN/STITCH GROUP	20 12P THANKSGIVING HOT MEAL 	21 8:30A-10:30A MORNING MUG 1P GAME DAY 1P TAI CHI
24 OPEN WALK AT MCC 8:30A-10:30A MORNING MUG	25 10A PRIZE POT BINGO 12P MEAL 1P HAND DIP	26 8:30A-10:30A MORNING MUG 11AM SENIOR YOGA 1P YARN/STITCH GROUP 1P TAI CHI	27 CLOSED	28 CLOSED 

 **NATURAL REMEDIES**
WITH NANCY CLOUSE
NOV. 12TH @ 1PM

LETS COVER
SLEEP AND INSOMNIA
WHAT CAN YOU DO NATURALLY TO
HELP?
 
CONTACT KARI 989-831-7454 TO SIGN UP

PRIZE POT

TUESDAY
NOVEMBER 25TH
AT 10AM
CALL KARI 989-831-7454
SIGN UP BY 11/21
\$4 TO PLAY


\$5
per person
per session

Senior Yoga
Wednesdays at 11am

As an alternative when Miss Donna is
off you can always join in Chair Yoga at
The Barefoot Dragon
barefootdragonyoga.com
210 S Main St, Sheridan, MI 48884
(616) 238-5060


OnStride
Foot Clinic
at the Stanton CoA
Nov. 4th
10 am-12 pm
\$25 For Seniors
\$20 For Veterans

CHRISTIANSEN'S

CREMATION & FUNERAL CARE
Exclusive Providers 

CHRISTANSEN FUNERAL HOME SERVICES WILL BE HERE
WEDNESDAY NOV. 12TH AT 10AM
THEY HAVE A SHORT INFORMATIONAL PRESENTATION TO PROVIDE
AND BINGO TO FOLLOW


Game Day
Friday's at 1 pm
Bring a friend or family and
enjoy some time together
playing games.
We have:
Chess, Dominos, Skip-Bo,
Uno, Yahtzee, & Cards.
Wii games: bowling, golf, tennis, &
baseball



***The first and third Monday**
of the month.
11 am-12 pm
Stretch and Balance
with Sheridan Hospital
***Free of Charge**

Stanton Commission on Aging

Lunches

Meal Site Cancellations and Closings

During the school year, meals may be canceled due to poor weather conditions. If the Central Montcalm Public Schools are closed due to bad weather, meals will not be served that day.

*Meals are not served on Federal Holidays

MEAL SITE

PARTICIPATION GUIDELINES

TO HELP ENSURE ENOUGH OF THE ADVERTISED MEALS ARE ORDERED, PLEASE SIGN UP ON THE SHEETS PROVIDED AT THE MEAL SITE OR BY CALLING THE COA BY NOON ON THE FRIDAY BEFORE. PLEASE CLARIFY IF YOU PREFER A

TO-GO OR DINE IN.

989-831-7476

OPTION 1



Site Hostess
Angela
Vandenburg

Call 989-831-7476
opt 1
for reservations or
questions



Stanton November Meal Site

Menu

Dine In Starts at 12pm



4th Potato Soup, Salad Bar, & Fruit

6th Pulled Pork, Mac & Cheese, & Coleslaw

11th **CLOSED**

13th Nachos, Refried Beans, & Fruit

18th Vegetable Beef Soup, Salad Bar, & Fruit



19th & 20th Thanksgiving Meal

(Due to last years large turnout, we will provide our Thanksgiving meal twice in order to accommodate all who want to participate. When you sign up, please specify which day you will be joining us.)



25th Bean Soup, Salad Bar, & Fruit



JOIN US EVERY 3RD TUESDAY OF THE MONTH FROM 11:30A-12:30P



The Morning Mug

The Stanton Commission on Aging invites everyone to come in and enjoy coffee, tea, hot cocoa, & a relaxing start to your day. We will provide your morning beverage and snack Free of charge! We will have newspapers, the morning news on the t.v., and a friendly atmosphere. So, grab a friend, family member, or just yourself and rise and shine with us!



Every Monday, Wednesday, and Friday 8:30a-10:30a

CRAFTY CORNER

**\$10
PER PERSON**

SCARECROW WINE BOTTLE

NOV. 13TH @ 1P

ALL SUPPLIES ARE

INCLUDED

CALL KARI BY NOV. 10TH

TO SIGN UP

989-831-7454



PRIZE POT BINGO

We will be holding our monthly

Prize Pot BINGO

Tues. 11/25 @ 10am

****Please sign up and pay by
Nov. 21st**

Cost: \$4 per person

Contact Kari 989-831-7454

Events & Presentations

Stanton CoA

ALZHEIMER'S ASSOCIATION®

Alzheimer's Association
Michigan

Montcalm County Commission on Aging
613 N. State St.
Stanton, MI 48888

Pamela Shock
989-831-7479
pshock@montcalm.us

Visit www.alz.org to learn more about caregiver programs and resources. To further extend your network of support visit ALZ connected, our online community, at alzconnected.org.

Caregivers Support Group

1st Thursday of the month
1:00 p.m. - 2:00 p.m.

Build a support system with people who understand.

Alzheimer's Association support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs, and concerns.
- Learn about community resources.



The Montcalm Commission on Aging would like to send out our heartfelt

thank you

Dawn Splan ordered and donated 36 boxes of adult briefs in different sizes for our Seniors in need. Another community company donated money to purchase needed items. Your kindness and generosity doesn't go unnoticed.

Our community is so AMAZING!



Thanksgiving Word Scramble

ntnkavshgiig
utraiedtg
sevhtra
lssesgbni
orcoucniap
baceryrnr
rlipsimg
oembenrv
pkpmnui
snftgfui
hftnkual
tratdiino
rkteuy
fstea
ahgetr

ANSWER KEY



LOCATED AT THE BOTTOM OF PAGE 9

BLESSING BAG

DONATIONS NEEDED

ACCEPTING
DONATIONS THROUGH
CHRISTMAS



OUR FACILITY IS DEDICATED TO PROVIDING SENIOR CITIZENS AND THEIR FAMILIES WITH NECESSARY ASSISTANCE AND INFORMATION TO MAINTAIN HEALTH, DIGNITY, INDEPENDENCE, AND WELL-BEING FOR ALL RESIDENTS OF MONTCALM COUNTY.

AS THE HOLIDAY SEASON APPROACHES, WE KNOW THAT NOT EVERYONE CAN AFFORD THEIR ESSENTIALS, LET ALONE EXTRAS. WITH THAT KNOWLEDGE WE TRY TO PROVIDE "BLESSING BAGS" AS A GIFT TO HELP THEM OUT.

WE CANNOT FULFILL THESE BLESSING BAGS WITHOUT THE HELP OF DONATIONS.

EXAMPLES OF WHAT WE NEED

* NONPERISHABLE FOODS

*HYGIENE PRODUCTS

*CLEANING SUPPLIES

PLEASE CONTACT THE MONTCALM COA WITH ANY QUESTIONS 989-831-7478

THANKSGIVING CRYPTOGRAM

Can you find the Thanksgiving words by using the key below?

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

1.								
2.								
3.								
4.								
5.								
6.								
7.								



Local



REYNOLDS TOWNSHIP LIBRARY

117 W. WILLIAMS ST.

HOWARD CITY, MI 49329

PHONE: 231-937-5575

MONDAY, WEDNESDAY, AND FRIDAY 8:30 AM - WALK THE STACKS

MONDAY'S @ 6:00 PM - LINE DANCING @ PROGRAM CENTER \$5 DONATION

TUESDAY'S: 9:15 AM - CHAIR YOGA @ PROGRAM CENTER \$5 DROP IN
UNLESS YOU HAVE SILVER SNICKERS

6:00 PM - EUCHRE LEAGUE @ PROGRAM CENTER

THURSDAY'S: 1:00 PM - KNITTING & CROCHET CLUB

MONDAY, NOVEMBER 10TH - 1:30 PM UKULELE CLUB

WEDNESDAY, NOVEMBER 12TH - 10:00 AM- FRIENDS OF THE LIBRARY
MEETING

3:00 PM - ADULT EDUCATION

6:00 PM - CRAFTING WITH MRS. CRICKET @ PROGRAM CENTER

MONDAY, NOVEMBER 17TH - TREE DECORATING BEGINS ALL DAY

WEDNESDAY, NOVEMBER 19TH - 1:00 PM TRUE CRIME BOOK CLUB

MONDAY, NOVEMBER 24TH - 4:00 PM GENEALOGY

WEDNESDAY, NOVEMBER 26TH - 1:00 PM BOOK CLUB,

3:00 PM ADULT EDUCATION

5:00 PM CLOSING EARLY

CLOSED NOVEMBER 27TH, 28TH, AND 29TH FOR THANKSGIVING

ANSWER KEY

Thanksgiving Word Scramble

ntnkavshgiig
utraiedtg
sevhtra
lssesgbni
orcoucniap
bacyrnr
rlipsimg
oembenvr
pkpmnui
snftgfui
hftnkual
tratdiino
rkteuy
fstea
ahgetr

THANKSGIVING
GRATITUDE

HARVEST

BLESSINGS

CORNUCOPIA

CRANBERRY

PILGRIMS

NOVEMBER

PUMPKIN

STUFFING

THANKFUL

TRADITION

TURKEY

FEAST

GATHER

THANKSGIVING CRYPTOGRAM

Can you find the Thanksgiving words by using the key below?



1. G R A T E F U L
2. T U R K E Y
3. C O R N
4. P A R A D E
5. F A M I L Y
6. A P P L E P I E
7. T H A N K S G I V I N G

WHITE PINE DISTRICT LIBRARY

514 N New St, Stanton

989-831-4327

NOVEMBER 5TH-8TH BOOK SALE!

NOVEMBER 5TH, WEDNESDAY; 12PM-6:30PM

NOVEMBER 6TH, THURSDAY; 9AM-5PM

NOVEMBER 7TH, FRIDAY; 9AM-5PM

NOVEMBER 8TH, SATURDAY; 10AM-3PM *FILL A BAG FOR \$5! (BAGS PROVIDED)

NOVEMBER 5TH, WEDNESDAY - COOKBOOK CLUB

'FRIENDSGIVING'!; 6-8PM

NOVEMBER 6TH, THURSDAY - ADVICE ON YOUR DEVICE; 3-5PM

NOVEMBER 13TH, THURSDAY - FIBER FRIENDS; 1PM

NOVEMBER 15TH, SATURDAY - CRAFT DAY - BUST-OUT CANVAS; 10AM-12PM

NOVEMBER 19TH, WEDNESDAY - BOOK CLUB ("THE RIVER WE REMEMBER" BY WILLIAM KENT KRUEGER); 1PM

NOVEMBER 19TH, WEDNESDAY - MOVIE NIGHT ("LILO AND STITCH - LIVE ACTION"); 6PM

NOVEMBER 20TH, THURSDAY - MOVIE MORNING; 11AM

NOVEMBER 20TH, THURSDAY - COFFEE, CONVERSATION & CHOCOLATE; 1PM

NOVEMBER 21ST, FRIDAY - MOVIE MORNING; 11:30AM

NOVEMBER 12, WEDNESDAY - HOMESTEAD EVENT - 'DRINK HEALTHY'; 6-8PM

*THE LIBRARY WILL BE CLOSED ON THURSDAY & FRIDAY,

NOVEMBER 27TH & 28TH FOR THANKSGIVING

Congratulations

DEE BECKER

GRAND MARSHALL

OF THE HOWARD CITY HARVEST FESTIVAL



SHE VOLUNTEERS DOING
MANY COMMUNITY EVENTS,
KNITTING HATS FOR CHILDREN,
AND MANAGING THE HC
ACTION CENTER FOR SENIORS.

FRIENDS AND
FAMILY HELPED
HER ENJOY THE
AFTERNOON WITH
CAKE, MUSIC, AND
FUN!



HAPPY
104th
birthday
HELEN BEEBE





Senior Nutrition & Health NEWS

Senior Nutrition & Health NEWS



Vitamin B

The B-vitamins are a group of vitamins. The most common B vitamins are B1 (thiamin), B2 (riboflavin), niacin, B6 (pyridoxine), folate (folic acid), and B12.

Most people in the United States get all the B vitamins they need in their diet. B-vitamins are water-soluble, which means they are not stored in the body. If too much is consumed, it is excreted in urine.

Folate, a B-vitamin, is needed to make new cells. It reduces the risk of birth defects known as neural tube defects. The neural tube in an embryo becomes a baby's spinal cord and brain. Good food sources of folic acid are orange juice, broccoli, spinach, enriched grain, pasta, and cereals.

Vitamin B12 works with folate to make red blood cells. Vitamin B12 is found in animal products such as beef, chicken, pork, milk, and eggs. Many older people don't absorb B12 in food efficiently,



so it's important to eat fortified foods or to take a supplement. Enriched cereals also are a good source. The bran in wheat is rich in B-vitamins, but to make white flour the bran is stripped and important B-vitamins are lost. Breads are thus enriched, which means that vitamins are added back after processing.

Many "energy" drinks claim they will increase energy and mental alertness because of added B-vitamins. B-vitamins in drinks will not increase a person's energy. Any increased energy is more likely a result of added caffeine.

A health care provider should diagnose and treat vitamin B deficiencies. Supplements can have side effects and some medications can interfere with vitamin B levels. For example, B12 and folic acid may interact in a harmful way, so a person's B12 status should be determined before taking a folic acid supplement.

Pumpkin Bars



What You Need:

1 1/4 cups whole wheat flour
4 teaspoons baking powder
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon pumpkin pie spice
1 cup brown sugar, packed
1/2 cup raisins
1 egg, beaten
1 1/2 cups canned pumpkin
1/2 cup chocolate chips

How To Fix:

1. Mix dry ingredients. Add the raisins.
2. In separate bowl, mix egg and pumpkin. Stir into dry ingredients. Spread the thick batter in 9- x 12-inch greased baking dish.
3. Sprinkle chocolate chips on top of batter. Bake 20 minutes at 350° F, or until toothpick inserted in center comes out clean. Cut into squares. Makes about 24, 2-inch squares. (98 calories and 2 grams fat per serving)

Poison Prevention

Most poisonings occur in the home to children under the age of five. If a child visits or lives in your home, keep dangerous household items out of reach.

Household items that may be harmful or fatal if swallowed include: cigarettes, bleach, toilet cleaner, perfumes, mouthwash, rubbing alcohol, cosmetics, oven cleaner, furniture polish, laundry and



dishwasher detergent packs, and vitamin pills.

Rinse all bottles, especially bleach and liquid detergents, before throwing them in the trash or recycles bin. If you think a child has come in contact with a poison, call 911 or the National Capital Poison Control number: 1-800-222-1222. Remain calm, and try to have the product label when you call.

Decreasing Diabetes Risks

The National Institute of Health (NIH) collected data from 200,000 adults and found specific factors that decreased the risk of developing diabetes. Each factor decreased the risk of developing diabetes by 30 percent. All five factors decreased the risk by 80 percent.

The five diabetes risk factors:



1. Drop extra pounds. Every one pound lost helps lower the risk of developing diabetes.
2. Move more. Exercise at least 20 minutes a day. Exercise decreases blood sugar and increases insulin sensitivity.
3. Consume more fiber. Whole grains are especially important. Eat more fresh fruits and vegetables, brown rice, and legumes.
4. Don't smoke. More than 20 cigarettes a day doubles the risk of diabetes compared to non-smokers. If you smoke, quit. If you can't quit, contact a health care provider for help.
5. Limit alcohol to one drink a day for women and two drinks a day for men.

Smoothies

A smoothie is a popular beverage that is smooth or free from lumps. Smoothies and milk shakes are similar. Milk shakes are made with cold milk, flavoring, and ice cream. Smoothies don't always contain ice cream or milk.



Serve smoothies hot or cold, for breakfast, snacks, lunch, or dessert. Smoothies can be helpful for weight gain or weight loss.

Nutrients that are missing in a food plan, such as calcium or vitamin C, can be added to a smoothie. People who don't like milk or eat fruits will often drink a smoothie made with these foods.

High-protein smoothie, blend: 6 ounces any fresh fruit 4 ounces silken tofu 2 tablespoons honey 1 cup ice cubes

Breakfast smoothie, blend: 1/2 cup apple juice 1 cup banana slices 1/2 cup low-fat yogurt 1 kiwi, peeled and sliced 1 cup frozen raspberries 2 cups blackberries

Peanut butter-banana smoothie, blend: 5 tablespoons smooth peanut butter 1 tablespoon honey 3 scoops frozen vanilla yogurt 1 small banana 1 cup 1-percent milk

LOCAL FOOD PANTRIES

ALPHA FAMILY CENTER

Location: 705 N. Hillcrest St. in Greenville
Contact: (616) 255-2265 for appointment.

BARRIE'S HOUSE

Location: Settlement Lutheran Church, 1031 S. Johnson Road in Gowen
Contact: (616) 255-9827
Info: Open from 11 a.m. to 3 p.m. Thursdays. Individuals/families can attend once per month for food, but clothing is available every week.

BELDING FOOD PANTRY

Location: St. Joseph's Catholic Church, 409 S. Bridge St. in Belding
Contact: (616) 794-2145
Info: Open from 2 to 3 p.m. Thursday, except holidays. Available to anyone in need.

BELDING FOOD PANTRY

Location: Ashley Baptist Church, 10463 Belding Road in Belding
Contact: 616-794-3410
Info: Open by appointment only.

BREAD OF LIFE FOOD PANTRY

Location: Greenville Community Church, 6596 Vining Road in Greenville
Contact: (616) 225-8055 or visit www.bolpantry.org
Info: Hours are 10 a.m. to 1 p.m. Tuesdays and Thursdays. Individuals/families can attend once per month. Must be resident of Montcalm, northeast Kent or Ionia counties. Valid ID is required.

CARSON CITY FOOD PANTRY

Location: St. Mary's Parish, 404 N. Division St. in Carson City
Contact: (989) 584-6044 or email smjchurch@cmsintec.net
Info: Hours are from 10 a.m. to noon Tuesdays. Must be resident of the Carson City-Crystal Area Schools district and may come once a month for food. Valid picture ID with address required.

CEDAR SPRINGS COMMUNITY FOOD PANTRY

Location: 140 S. Main St. in Cedar Springs
Contact: (616) 439-4665
Info: Monday to Thursday from 9 to 11 a.m. Clients welcome one time per month with referral from North Kent Connect. Call (616) 866-3478 to become a client.

CHILDREN'S PANTRY

Location: Encounter Community Church, 1213 W. State St. in Belding
Contact: (616) 79-5080
Info: Open second and fourth Thursday, 9 to 11 a.m. and 5:30 to 7:30 p.m.

CRYSTAL LAKE COMMUNITY CHURCH

Location: 122 S. Main St. in Crystal
Contact: (989) 235-2522
Info: Hours are 9 a.m. to 11 a.m. Monday through Thursday.

CROSSROADS COMPASSIONATE MINISTRY

Location: Church of the Nazarene, 10087 S. W. Greenville Road in Greenville
Contact: (616) 754-7605



Endeavor Center. Includes a food pantry, clothing closet and foster care pantry.

LAKEVIEW MINISTERIAL ASSOCIATION FOOD PANTRY

Location: Lakeview Community Church, 8980 Howard City-Edmore Road (M-46) in Lakeview
Contact: (989) 352-7788 or newlifeumc@cmsintec.net
Info: Open from noon to 3 p.m. Thursdays. Serving the Lakeview Community School district with identification.

M-46 TABERNACLE FOOD PANTRY

Location: 11098 E. Howard City-Edmore Road (M-46) in Riverdale
Contact: (989) 388-8926
Info: Open from 10 to 11 a.m. Tuesdays. Driver's license required. Individuals/families can attend once per month.

SHERIDAN ASSEMBLY OF GOD

Location: 4010 S. Sheridan Road in Sheridan
Contact: (616) 799-2558
Info: By appointment only.

SHERIDAN COMMUNITY CARES

Location: 113 S. Main St. in Sheridan
Contact: (616) 835-1286
Info: Open from 9AM - 12PM on second Fridays for residents of Montcalm County. Operated by Sheridan First Congregational Church and Sheridan Community Hospital.

SHILOH COMMUNITY CHURCH

Location: 8197 Heth St. in Orleans
Contact: (616) 761-3584
Info: Pre-register by calling, then pick up on Mondays, 1 a.m. to noon. Individuals/families can attend once per month.

ST. CHARLES CATHOLIC CHURCH

GOD'S COMMUNITY KITCHEN MEALS

Location: 505 S. Lafayette St. (use the Activities Building entrance off Benton Street)
Contact: (616) 754-4194
Info: Serves take-out meals from 11 a.m. to noon Saturdays.

ST. JOSEPH THURSDAY SUPPER

Location: St. Joseph Church (gym/kitchen) 409 S. Brix St. in Belding
Contact: (616) 754-2145
Info: Serves take-out meals from 4 to 5 p.m. on first and third Thursdays to anyone in need.

STANTON BABY PANTRY

Location: 415 N. Mill St. in Stanton
Contact: (989) 831-5728
Info: HOURS ARE 11A-3P ON THE FIRST & THIRD TUESDAY OF THE MONTH.
ENTRANCE IS OFF LINCOLN ST. DOOR #10

TRINITY CHURCH

Location: 415 N. Mill St. in Stanton
Contact: (989) 831-5728
Info: Hours are 10:30 a.m. to noon, first and third Wednesdays. Serving Stanton, Sidney, McBride and Entric. Individuals/families can attend once per month.



NOVEMBER 6, 2025, 4:30 PM

NOVEMBER 13, 2025, 5:00 PM

DRIVE THRU

MONTCALM AREA ISD
621 NEW ST
STANTON, MI 48888

DRIVE THRU

CARSON CITY LOWER
ELEMENTARY SCHOOL
338 EAGLE WAY
CARSON CITY, MI 48811

Volunteer News

We have many volunteer opportunities:

- Friendly Visitor
- Crafts Volunteer
- Yarn Stitching Volunteer

AVAILABLE SERVICES

Montcalm County Commission on Aging

989-831-7476

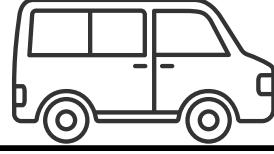
Congregate Meals, Home Delivered Meals/Meals on Wheels, Transportation/Wheelchair Transportation is available, Senior Center Activities, Special Events and Senior Trips, SHIP, Homemaker Services, Personal Care Services, Caregiver Respite Services, Friendly Visitor, Volunteer Opportunities, Caregiver Support Group

Looking for Volunteer Drivers!

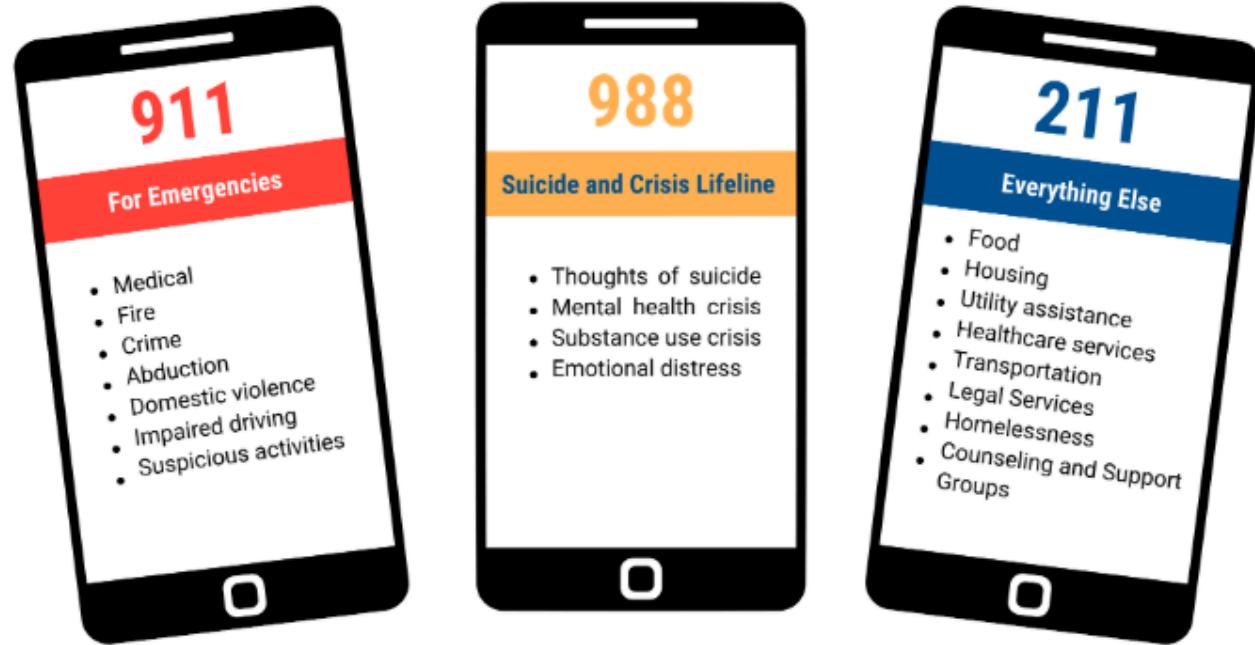
As a volunteer driver for the CoA, you help our county seniors get to medical appointments or the grocery store! You set your driving days and hours.

For more information please contact

989-831-7408



Help is 3 Numbers Away



2-1-1
Pennsylvania
Get Connected. Get Help.™

United Way
United Way
of Pennsylvania



Personal Emergency Response System

Elders Helpers has funding available from the Area Agency on Aging of Western Michigan through the Older Americans Act to provide emergency help buttons to seniors in your county. When you call, mention the OAA PERS Program.

Call today to enroll yourself or a loved one
616-454-8305
500 Cherry St SE, Grand Rapids, MI -
www.eldershelpers.com



SHIP Monthly Schedule

SHIP is Michigan's free, unbiased resource to help you navigate Medicare.

If you have questions, the State Health Insurance Assistance Program has answers. We assist individuals of all ages who have or are preparing to enroll in Medicare.

Our local certified counselor will help you review your plan and options.

Call for an appointment
Stanton CoA at 989-831-7478 or 616-222-7031

Greenville Area Senior Center- The third Wednesday of each month from 10:00am to 2 pm.



Transportation Available

LET US HELP!



The Commission on Aging has a transportation program where volunteer drivers will take you to your medical appointments. The volunteer will wait until you are done and then bring you back home. The transportation program can help you get to bigger cities like Grand Rapids, Lansing, Alma, etc. Wheelchair Transportation is available. This program is for those who are 60 years or older and meet the guidelines. You may call 989-831-7408 to see if you qualify.

****REMINDER****

This service runs on volunteer availability and during working hours (8am-4pm). We do not offer emergency transportation. Please have a backup plan in the event that there is no availability.

CoA Phone Tree Menu

When you call 989-831-7476 you are presented with options to choose from. Here's the list.

- Option 1- Meal Program-Carrie or Arletta
- Option 2-Office Assistant- Joanna
- Option 3 – Direct Services Coordinator- Tori
- Option 4 – Transportation and Volunteers- Erika
- Option 5 – Confidential Admin Assistant- Debbie

- Option 6 – Activities/Trips/Events- Kari
- Option 7 – Director- Pam
- Option 8-Case Management-Robert or Jen
- Option 0-Operator