

DECEMBER 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.

## TABLE OF CONTENTS

PAGES 2 - 4

LOCAL CENTER HAPPENINGS AND MEAL  
MENU  
(CARSON CITY, EDMORE, GREENVILLE, &  
HOWARD CITY)

PAGE 5

EVENTS AND NOTES FROM AROUND THE  
COUNTY

PAGES 6-8

EVENTS, LUNCH MENU, AND  
HAPPENINGS AT THE STANTON COA \*  
FUN PUZZLES

PAGE 9

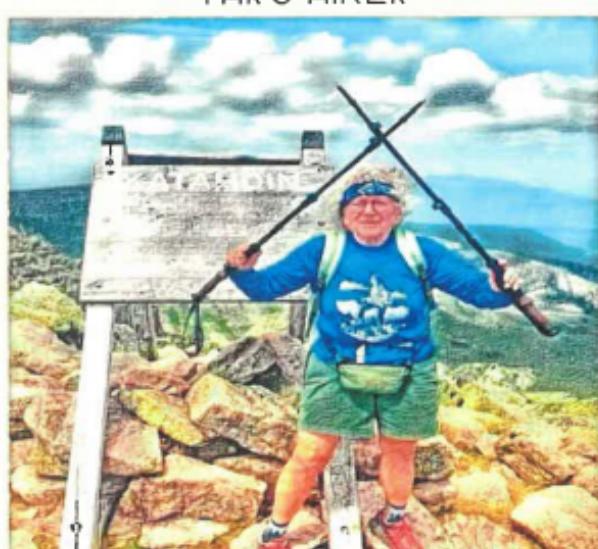
LIBRARY HAPPENINGS  
PUZZLE ANSWER KEY  
SPECIAL SHOUT OUTS

PAGES 10-12

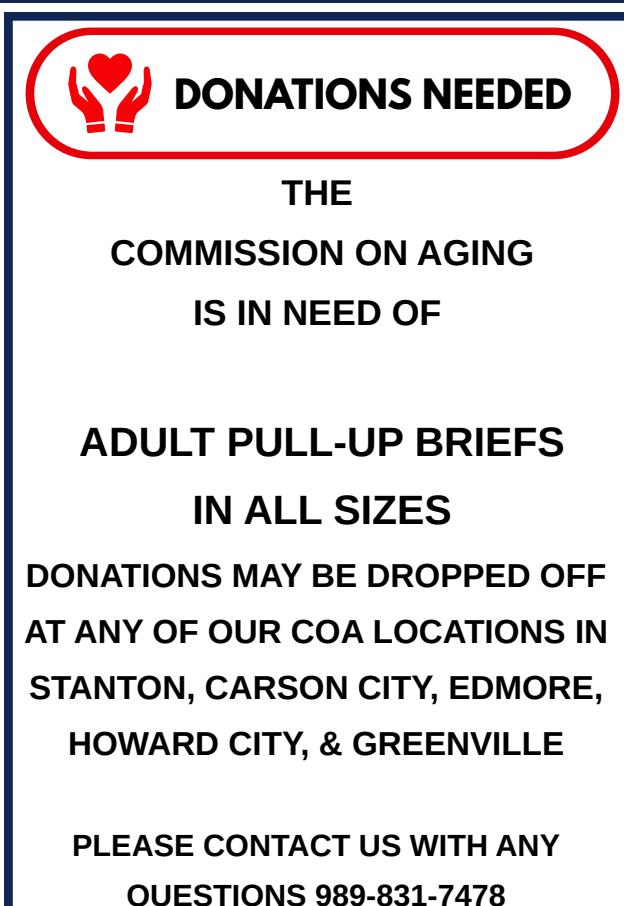
NUTRITION NEWS, LOCAL FOOD BANKS,  
VOLUNTEER INFORMATION

Check out our exclusive interview with  
Betty Kellenberger on page 13!!

THRU-HIKER



AP PALACHIAN TRAIL 2025



**UGLY SWEATER CHRISTMAS PARTY**

**Wednesday December 17th and Thursday December 18th Starting at 10:30am**



Reservations will need to be made, space is limited. **Must Reserve by Dec. 10th**

Call Kari 989-831-7454 for the party  
Carrie or Arletta for lunch 989-831-7476 opt. 1

MEET SANTA & MRS. CLAUSE  
1<sup>ST</sup> 2<sup>ND</sup> & 3<sup>RD</sup> PLACE WINNERS FOR THE UGLIEST SWEATER  
SING SOME CAROLS AND ENJOY THE SEASON WITH FRIENDS

# 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

#### 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 A WEEK IN ADVANCE. PLEASE CLARIFY IF YOU PREFER A TO-GO OR DINE IN.

989-831-7476

OPTION 1

**SIGN UP**



**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



### CHRISTMAS CELEBRATION

#### MEAL SITE DATES

EDMORE & HOWARD CITY 12/22/25  
CARSON CITY 12/23/25  
GREENVILLE 12/18/25



RUMOR HAS IT...

SANTA IS LEAVING A SPECIAL GIFT!

## Meal Site Menus

Dine in begins at 12 pm for all meal sites

### 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

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

12/1/2025

12/2/2025

12/3/2025

12/4/2025

SALISBURY STEAK  
BAKED POTATO  
BROCCOLI  
ROLL  
APPLESAUCE

CHICKEN TENDERS  
MIXED VEGETABLES  
BAKED BEANS  
FRUIT

TACOS  
REFRIED BEANS  
BANANA

CHICKEN SALAD SANDWICH  
BROCCOLI CHEESE SOUP  
PICKLED BEETS  
FRUITED JELLO

12/8/2025

12/9/2025

12/10/2025

12/11/2025

BBQ CHICKEN  
CORN  
SPINACH  
CORNBREAD  
APPLESAUCE

THREE BEAN CHILI  
BAKED POTATO  
BROCCOLI  
CRACKERS  
ORANGE

CHICKEN PARMESAN  
NOODLES & SAUCE  
BROCCOLI  
BREADSTICK  
BANANA

SALISBURY STEAK  
MASHED POTATO  
GREEN BEANS  
ROLL  
FRUIT CRISP

12/15/2025

12/16/2025

12/17/2025

12/18/2025

HERB ROASTED CHICKEN  
BAKED POTATO  
BROCCOLI  
ROLL  
FRUIT

PULLED PORK  
POTATO SALAD  
PICKLED BEETS  
FRUIT

SWEET & SOUR MEATBALLS  
RICE  
CAULIFLOWER  
SALAD  
BANANA

POT ROAST  
MASHED POTATOES  
GLAZED CARROTS  
ROLL  
BANANA PUDDING

12/22/2025

12/23/2025

12/24/2025

12/25/2025

HAM W/ GLAZE  
CHEESY POTATOES  
GARLIC GREEN BEANS  
HAWAIIAN ROLL  
FRUIT  
CHOCOLATE CREAM PIE

CHICKEN NOODLE SOUP  
CAESAR SALAD  
APPLESAUCE

CLOSED



12/29/2025

12/30/2025

12/31/2025



BEEF HOT DOG  
SWEET POTATO PUFFS  
MIXED VEGETABLES  
FRUIT

BEEF PEPPER STEAK  
BAKED POTATO  
STEWED TOMATOES  
ROLL  
FRUIT

CLOSED

# See What's Happening at Your Local Center

## Greenville Area Senior Citizens Center

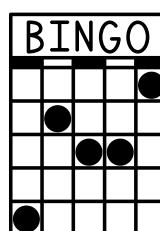
715 S. Baldwin, Greenville



FOOD WITH FRIENDS MEALS  
SERVED ON WED & THURS AT  
12PM  
  
Meal Site Hostess  
Diana Farran  
Call 616-894-2255  
for meal reservations or  
cancelations



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



MUSIC  
EVERY THURSDAY 11A-12P



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.

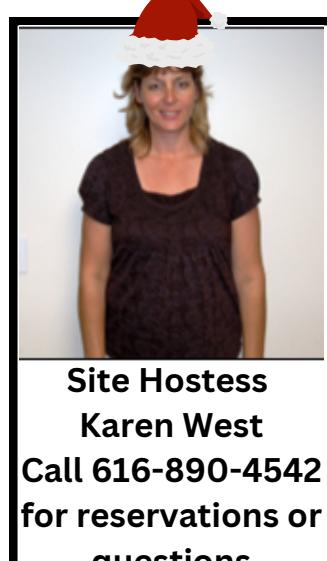
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> 10:00 a.m.- Monday's coffee 10:00 a.m.-Crafts	<b>1</b> 9:00-Exercise with Mary 10:30-Board Meeting 12 noon-Euchre	<b>2</b> 10:00-1¢Bingo 12:00-Lunch 1:00-Cards	<b>3</b> 10- Sewing 10- Dulcimers 12:00-Lunch 1:00-Cards 5:00-TOPS	<b>4</b>
<b>7</b> 10:00 a.m.- Monday's coffee 10:00 a.m.-Crafts	<b>8</b> 9:00-Exercise with Mary 12 noon-Euchre	<b>9</b> 10:00-1¢Bingo 12:00-Lunch 1:00- <u>Private Rental</u>	<b>10</b> 10- Sewing 12:00-Lunch 1:00-Cards 5:00-TOPS	<b>11</b> <b>Holiday Potluck</b> Noon
<b>14</b> 10:00 a.m.- Monday's coffee 10:00 a.m.-Crafts	<b>15</b> 9:00-Exercise with Mary 12 noon-Euchre	<b>16</b> 10:00-1¢Bingo 12:00-Lunch 1:00-Cards	<b>17</b> 10- Sewing 10- Dulcimers 12:00-Lunch 1:00-Cards 5:00-TOPS	<b>18</b>
<b>21</b> 10:00 a.m.- Monday's coffee 10:00 a.m.-Crafts	<b>22</b> 9:00-Exercise with Mary 12 noon-Euchre	<b>23</b> 10:00-1¢Bingo 1:00-Cards	<b>24</b> <b>CLOSED</b> <b>Merry Christmas</b> 	<b>25</b>
<b>28</b> 10:00 a.m.- Monday's coffee 10:00 a.m.-Crafts	<b>29</b> 9:00-Exercise with Mary 12 noon-Euchre	<b>30</b> 10:00-1¢Bingo 1:00-Cards	<b>31</b> <b>CLOSED</b> <b>Happy New Year</b>  <b>2026</b>	Greenville Area Senior Center 715 S. Baldwin 616-754-1658

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

**DEC 18TH**  
**CHRISTMAS MEAL DAY**  
**SIGN UP EARLY!**



## 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

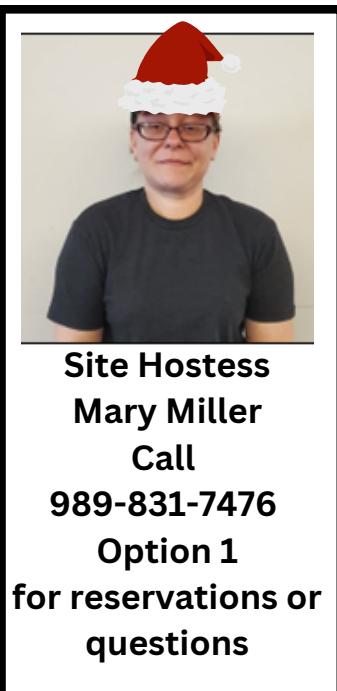
We have walkers, adult protective undergarments, and other items available to anyone in need.

Blood Pressure Checks  
Every Friday from 9am to noon



# See What's Happening at Your Local Center

## CARSON CITY MEAL SITE



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

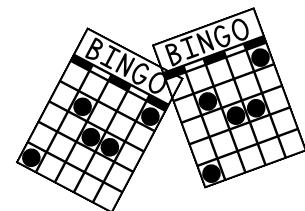
Food with Friends meals are served on  
Tues & Thurs at 12pm



DEC 23RD  
CHRISTMAS MEAL DAY  
SIGN UP EARLY!



Skip-Bo every Tuesday  
11: 00am & 12:30pm  
Skip-Bo every Thursday  
11:00am



Bingo every Thursday  
12:30pm



## EDMORE MEAL SITE

Curtis Community Center,  
209 W. Sheldon St.,



Every Monday  
Euchre tournament at  
1pm



Indoor Walking  
M-F from 9am to 5pm



DEC 22ND  
CHRISTMAS MEAL DAY  
SIGN UP EARLY!



# 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.

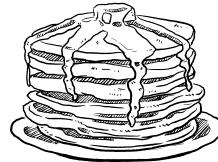
## Edmore VFW

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



## 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 1<sup>st</sup> United Methodist Church  
204 W. Cass St., Greenville, MI  
For further information, call 616-334-4084  
Or email: [montcalmparkinsons@gmail.com](mailto:montcalmparkinsons@gmail.com)



## Blessing Bags



Commission on Aging is dedicated to providing senior citizens 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. If you'd like to donate, please drop off donations at Stanton Commission on Aging. Donations will be accepted through Christmas. Please contact Montcalm Commission on Aging at 989-831-7478 with any questions.

**Examples of what we need**

<b>Nonperishable Foods</b>	<b>Hygiene Products</b>	<b>Cleaning Supplies</b>
Coffee, tea, water, protein drinks	Toilet paper, tissue	Paper towel, sponges
Canned soups/stews	Shampoo/conditioner/body soap	Dish Soap,
Canned meat (tuna &/or chicken)	Wet wipes	Laundry detergent
Canned or dried veggies/fruit	First aide products	Fabric softener
Jerky	Lotion, deodorant, Chapstick	Glass cleaner
Crackers &/or chips	Q-tips	Stain remover
Instant Oatmeal	Hand Sanitizer	All purpose cleaner
Rice &/or noodle packets	Toothbrush/paste, floss, mouth wash	
Granola bars	Hair brush	Multi-purpose wipes
Trail mix, nuts, popcorn		
<b>Others</b>		
Socks, hats, gloves, scarves	Stationary	Mint/gum
Gift cards	Plates, utensils, bowls	Flashlight/batteries
Towels, cloths	Can opener	Ziplock bags

## 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

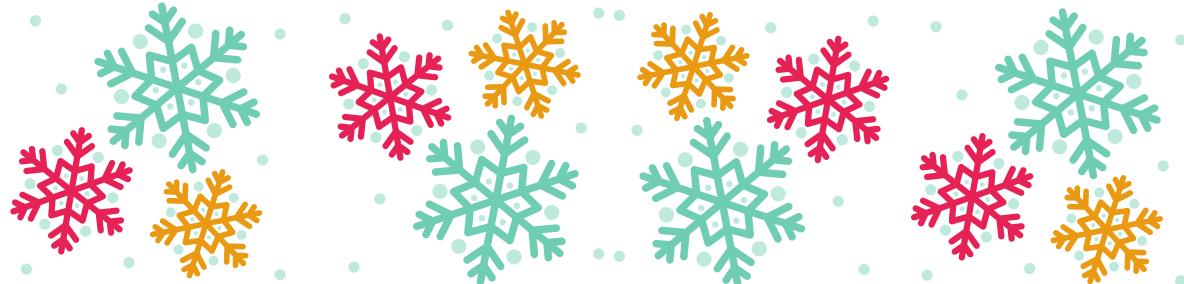
Option 7 – Director- Pam

Option 8-Case Management-Robert or Jen

Option 0-Operator

# Stanton CoA December Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 OPEN WALK AT MCC 8:30A-10:30A MORNING MUG 11A EXERCISE WITH SCH	2 10A PENNY BINGO 12P MEAL 1P HAND DIP	3 8:30A-10:30A MORNING MUG 11A YOGA 1P YARN/STITCH GROUP 1P TAI CHI	4 12P HOT MEAL 1P CAREGIVER SUPPORT	5 8:30A-10:30A MORNING MUG 1P GAME DAY 1P TAI CHI
8 OPEN WALK AT MCC 8:30A-10:30A MORNING MUG	9 10A PENNY BINGO 10A FOOT CLINIC 12P MEAL 1P HAND DIP	10 8:30-10:30AM MORNING MUG 11AM SENIOR YOGA 1P TAI CHI	11 12P HOT MEAL 10:30A CRAFTY CORNER	12 8:30A-10:30A MORNING MUG 1P GAME DAY 1P TAI CHI
15 OPEN WALK AT MCC 8:30A-10:30A MORNING MUG 11A EXERCISE WITH SCH	16 10A PENNY BINGO 11:30A MUSIC W/ FRED 12P MEAL 1P HAND DIP	17 <b>Christmas Meal/Party</b> 11A PARTY 12P LUNCH	18 11A PARTY 12P LUNCH	19 8:30A-10:30A MORNING MUG 1P GAME DAY 1P TAI CHI
22 OPEN WALK AT MCC 8:30A-10:30A MORNING MUG	23 10A PRIZE POT BINGO 12P MEAL 1P HAND DIP	24 <b>CLOSED</b>  Christmas Eve	25 <b>CLOSED</b>  Christmas Day	26 8:30A-10:30A MORNING MUG 1P GAME DAY
29 OPEN WALK AT MCC 8:30A-10:30A MORNING MUG	30 12P MEAL 1P HAND DIP	31 <b>CLOSED</b> 		



**PRIZE POT**  


**DEC. 23<sup>RD</sup> AT 10AM**  
 PLEASE SIGN UP BY  
 DEC. 19<sup>TH</sup>

**\$4** Call Kari  
 989-831-7454

  
**OnStride**  
**Foot Clinic**  
 at the Stanton CoA  
**Dec. 9th**  
**10 am-12 pm**  
**\$25 For Seniors**  
**\$20 For Veterans**

  
**TAI CHI** LOCATED AT THE MONTCALM  
 COMMISSION ON AGING  
 WEDNESDAYS & FRIDAYS  
 AT 1PM  
 START DATE: OCTOBER 17  
 (NO SESSION OCTOBER 22 OR 24)  
 OCTOBER 29 & 31  
 NOVEMBER 5, 7, 12, 14, 21, 26  
 DECEMBER 3, 5, 10, 12, 19

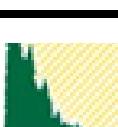
**\$5**  
 per person  
 per session  
  
**Senior Yoga**  
 Wednesdays at 11am

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

  
**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

Every Monday from 11 am-12 pm  
 Free walking at MCC



Montcalm Community College





## 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](http://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](http://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**

To:

**Millards**  
**Sipsters**

**Crystal Box Office Theater**

**Stanton McDonalds**

For your gift donations towards our  
Halloween party



WE WOULD LIKE TO THANK  
EVERYONE WHO CAME &  
PARTICIPATED!



#### COSTUME WINNERS



**1<sup>ST</sup>** MARY HUNT

**2<sup>ND</sup>** JACKY MCGILL

**3<sup>RD</sup>** FLO WRIGHT

## MONTCALM COUNTY COA

### Halloween PARTY

#### LET'S MAKE A DEAL THEME



## Christmas Word Search

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

TREE	CHEER	TOY	STAR
SANTA	HOLLY	GIFTS	SLED
ELF	SING	COOKIE	BELL
SNOW	CAROLS	GINGERBREAD	CANDY
CHRISTMAS	LOVE	WREATH	HOHOHO
JOY	MERRY	BOW	LIGHTS


CHRISTMAS

  
**WORD SCRAMBLE!**

SKOICOE \_\_\_\_\_

ASTAN ULCSA \_\_\_\_\_

OTH COOLTHACE \_\_\_\_\_

GLIHES SELBL \_\_\_\_\_

LOCARS \_\_\_\_\_

LIMSOTTEE \_\_\_\_\_

BIGGEEDARRN \_\_\_\_\_

SHLITG \_\_\_\_\_

EONGGG \_\_\_\_\_

VAINTYIT \_\_\_\_\_

PURHOLD \_\_\_\_\_

YADNC NECA \_\_\_\_\_

MOWNANS \_\_\_\_\_

BEEEDRCM \_\_\_\_\_

GLANE \_\_\_\_\_

TINCKGOS \_\_\_\_\_

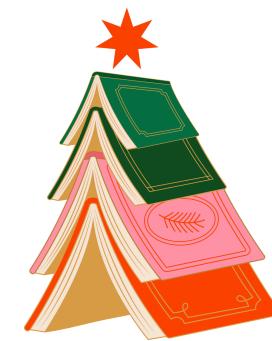
# ANSWER KEY



LOCATED AT THE BOTTOM OF PAGE 9



# Local LIBRARY



## 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

Thursday's: 1:00 pm - Knitting & Crochet Club

Saturday, December 6th - 9am -4 pm Christmas activities, Santa and Mrs. Claus, Gingerbread house decorating, silent auction, and tree voting

Monday, December 8th - 1:30 pm Ukulele Club

Wednesday, December 10th - 10:00 am- Friends of the Library Meeting

3:00 pm - Adult Education

6:00 pm -Crafting with Mrs. Cricket

Wednesday, December 17th - 1:00 pm True Crime Book Club

Monday, December 29th -Blood Drive 1:30 - 6:00 pm  
4:00 pm Genealogy

Wednesday, December 31st - 1:00 pm Book Club,  
3:00 pm Closing Early

## ANSWER KEY



## ANSWER KEY

COOKIES  
SANTA CLAUS  
HOT CHOCOLATE  
SLEIGH BELLS  
CAROLS  
MISTLETOE  
GINGERBREAD  
LIGHTS  
EGGNOG  
NATIVITY  
RUDOLPH  
CANDY CANE  
SNOWMAN  
DECEMBER  
ANGEL  
STOCKING

## Christmas Word Search



Crystal Community Library  
101 N Main St, Crystal, MI 48818  
(989) 235-6111



Annual Holiday Book Sale at the Crystal Community Library during library hours  
M-F 11 to 6 p.m.  
Sat. 10 to 2 p.m.

CARSON CITY PUBLIC LIBRARY  
102 W MAIN ST, CARSON CITY, MI 48811  
(989) 584-3680

What: Triumphant hiking tales  
Who: Betty Kellenberger (international story)  
Where: Carson City Public Library  
When: Wednesday December 10, 2025  
Time: 1:00 p.m. Please call the library to reserve your seat 989-584-3680.

## FLAT RIVER COMMUNITY LIBRARY

200 W JUDD St, Greenville 616-754-6359

-Herbal Tea Tasting with Bevin Cohen, Monday, December 1 at 6pm (pre-registration is required)

-Happy Bookers Book Club, Tuesday, December 2 at 6pm

-Silent Book Club, Wednesday December 3 at 7pm (held at Flat River Brewing Co)

-Digital Services Assistance, Friday December 5, from 10-11:30am

-Gentle Basic Yoga, Saturdays, December 6 & 27 at 11:15am

-Holiday Craft Night, Tuesday, December 9, from 5-7pm

-Chair Yoga, Thursday, December 11 at 11am

-Cardboard Gingerbread Garland Take & Make, pick-up Thursday December 11 at 12pm

-Dollar Bag Sale, Monday, December 15 through Saturday, Dec. 20

\*\*Please pre-register  
for events

## WHITE PINE DISTRICT LIBRARY

514 N New St, Stanton  
989-831-4327

December 3rd, Wednesday - Cookbook Club, Cookie Exchange; 6pm

December 4th, Thursday - Advice on Your Device; 3-5pm

December 4th, Thursday - Sheridan Tree of Lights Celebration; 5:30-8:00pm

December 11th, Thursday - Fiber Friends; 1pm

December 13th, Saturday - Craft Day - Paper Bag Snowflakes; 10am-12pm

December 17th, Wednesday - Book Club ("Dashing Through the Snow" by Debbie Macomber); 1pm

December 17th, Wednesday - Movie Night ("The Greatest Christmas Pageant Ever"); 6pm

December 18th, Thursday - Movie Morning; 11am

December 18th, Thursday - Chocolate, Coffee & Conversations; 1pm

December 18th, Thursday - Stanton Holiday Block Party, Tree Lighting; 5-6:30pm

December 19th, Friday - Movie Morning; 11:30am

**\*The Library will be closed on Wednesday, Thursday & Friday, December 24th, 25th & 26th for Christmas.**

Tamarack District Library  
832 S Lincoln  
Lakeview MI 48850  
989-352-6274

Ice Fishing Program presented by Thornapple Woodlands LLC on Dec 4 at 6pm at the Tamarack District Library -

Just because the lake is frozen does not mean we have to quit fishing. Find out where the fish go and how to catch them through the ice in this Ice Fishing Program by Don Snoeyink of Thornapple Woodlands, LLC.

Get in Touch with Michigan's Marvelous Mammals on Dec 2 at 6 p.m. at the Tamarack District Library

Experience hands-on encounters with pelts, skins, bones, and other biofacts of mammals found in Michigan.

This is a free program that is open to the public. Please go to [tamaracklibrary.org](http://tamaracklibrary.org) to sign up.

# LOCAL FOOD PANTRIES

## ALPHA FAMILY CENTER

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

## BERRIE'S HOUSE

**8900 W. Colby Rd Greenville, MI 48838**  
**616-255-9827**

Thursdays 11a-3p

## 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](http://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@cmsinter.net](mailto:smjchurch@cmsinter.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

## EAST MONTCALM BABY PANTRY

**Location:** Fermi Church of Christ, 3443 N. Crystal Road in Westaburg  
**Contact:** (989) 268-5551  
**Info:** Hours are 10 a.m. to 5 p.m. second and fourth Tuesdays. Driver's license required.

## FEEDING AMERICA AT FIRST CHURCH OF GOD

**Location:** 101 S. Franklin St. in Greenville  
**Contact:** (616) 754-3187  
**Info:** Last Monday of the month starting at 4:30 p.m. for residents of Montcalm and Ionia counties.

## FEEDING AMERICA BELDING

**Location:** 850 Hall St., lower parking lot at Belding High School.  
**Contact:** (616) 794-4900  
**Info:** Open third Friday of the month from 3:30 to 5:30 p.m.

## FEEDING AMERICA STANTON

**Location:** First Baptist Church parking lot, 134 S. Lincoln St. in Stanton.  
**Contact:** Call or text (616) 824-3632 or email [jackymcgill@charter.net](mailto:jackymcgill@charter.net)  
**Info:** Open first Thursday of the month at 4 p.m.

## GREENVILLE AREA ECUMENICAL FOOD MISSION

**Location:** St. Paul Lutheran Church, 9844 SW Greenville Road in Greenville  
**Contact:** (616) 754-6676  
**Info:** Hours are 10 a.m. to noon Tuesdays and 5:30 to 7:30 p.m. Wednesdays. Serving the Greenville Public Schools district, must bring two forms of identification.

## GREENVILLE FOOD KITCHEN

**Location:** 305 S. Clay St. in Greenville  
**Contact:** (616) 754-3163  
**Info:** Serves take-out meals from 3:30 to 5 p.m. Tuesdays to anyone who comes through the door.

## HANDS OF JESUS FOOD PANTRY

**Location:** 1220 N. Lafayette St. in Greenville  
**Contact:** (616) 225-9999  
**Info:** Open 11 a.m. to 4 p.m. Fridays. Must bring own boxes and baskets. Name, address, phone number and driver's license required for service.

## HELPING HANDS FOOD PANTRY

**Location:** 1105 Ensley St. just south of Howard City  
**Contact:** (231) 937-5177  
**Info:** Open Monday, Wednesday and Thursday, 10 a.m. to 2 p.m. for residents within the Tri County Area Schools district.

## HOPE'S PANTRY

**Location:** Hope Lutheran Church, 4741 W. Stanton Road in Stanton  
**Contact:** (989) 831-5594 or (989) 831-4462  
**Info:** Call to set up an appointment.

## LIFE CENTER

**Location:** Endeavor Center, 302 W. Main St. in Edmore  
**Contact:** (989) 341-4695 to make an appointment  
**Info:** Located in the northwest lower entrance of the

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@cmsinter.net](mailto:newlifeumc@cmsinter.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.



MOBILE PANTRY

DECEMBER 4, 2025

4:30 PM

DRIVE THRU

MONTCALM AREA ISD

621 NEW ST

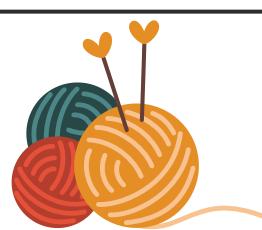
STANTON, MI 48888



## ADDITIONAL NEWS AND INFORMATION



### YARN & STITCH GROUP MONTCALM COA



The yarn and stitch group are very happy to welcome four new and very talented ladies to the group!

In 2025 to date, they have donated 213 articles to local nursing homes, baby pantries, Corwell Health, Alpha, Mid-Michigan Health Department, and DHS. They continue to meet each Wednesday from 1:00p-2:30p at the Montcalm Commission on Aging in Stanton.

Their last meeting of the year will be December 3<sup>rd</sup>, 2025 and will resume on February 4<sup>th</sup>, 2026.

Yarn and monetary donations are greatly appreciated and thank you to so many that have donated.



### ADVOCATES FOR MONTCALM COUNTY AREA SENIORS NEWS AND INFORMATION

#### HOW YOUR DONATIONS HELP

THE ADVOCATES FOR MONTCALM COUNTY AREA SENIORS ARE GRATEFUL FOR YOUR GENEROUS SUPPORT AS WE CONTINUE WORKING TO FIND WAYS TO HELP OUR SENIOR CITIZENS.

ADVOCATES HAS PROVIDED INCENTIVES TO COMMISSION ON AGING VOLUNTEERS, FUNDED THE SENIOR LUNCH AT THE HERITAGE VILLAGE FESTIVAL, AND PURCHASED AND CONTINUE TO MAINTAIN AEDS FOR THE GREENVILLE AND HOWARD CITY SENIOR CENTERS.

WE RECOGNIZE THE IMPORTANCE OF THE WORK THAT THE COMMISSION ON AGING STAFF AND VOLUNTEERS PROVIDE AND SEEK ADDITIONAL WAYS TO SUPPORT THEIR EFFORTS. WE ARE ACTIVELY RESEARCHING RESOURCES AND WILL DEVELOP CONNECTIONS THROUGHOUT THE COUNTY IN ORDER TO ADDRESS ISSUES THAT AFFECT ECONOMICS, HEALTHCARE, NUTRITION, TRANSPORTATION, AND EDUCATION.

YOUR DONATIONS TOWARD THESE EFFORTS ARE GRATEFULLY ACCEPTED AND APPRECIATED. IF YOU WISH TO CONTRIBUTE, PLEASE USE THE ENVELOPE PROVIDED IN THIS ISSUE OF THE SENIOR NEWS.

ADVOCATES FOR MONTCALM COUNTY AREA SENIORS



**THE ADVOCATES OF MONTCALM COUNTY AREA SENIORS WISH TO THANK THE MANY DONORS WHO HELPED TO SUPPORT OLDER ADULTS IN THE MONTCALM COUNTY AREA. THESE FUNDS ARE USED TO SUPPORT EDUCATION, HEALTH, MEALS, SOCIAL ACTIVITIES, AND TRANSPORTATION IN THE COUNTY. PLEASE CONSIDER A DONATION TO OUR LOCAL 501©3 NON-PROFIT ORGANIZATION IN THE FUTURE – HELP US DO MORE!**

---

**Memorial Donations from**

---

Bonnie Ashbaugh in Memory of Nola Adams  
Robert Carpenter Jr. in Memory of Marilyn Carpenter  
Robert Clark in Memory of Nancy Clark  
Barbara Combs in Memory of Carolyn Goeckler  
Ronald & Karena Cooper in Memory of Amy Toft  
S. Cooper in Memory of Paul Cooper  
Joyce Ellsworth in Memory of Winnifred D. Roddy  
VFW Post in Memory of Jack T. Gravelyn  
Rich Hansen in Memory of Cheryl Hansen  
Nicki & Eric Hansen in Memory of Barney & Hilda Shindorf  
Rick & Marilyn Hansen in Memory of Tom & Sandy Jorgensen  
Dusti Hershberger in Memory of Edna Gibbons  
Phillip Hufford in Memory of Verle & Kathleen Hufford  
Helen Kissel in Memory of Bob Karen & Inez & Frank  
Gwyn Noah & Decola in Honor of Jean Barber  
Irene Palmer in Memory of Ralph L. Palmer  
Bonnie Puffpaff in Memory of Carlton Puffpaff  
Allen W. Rasmussen in Memory of Dennis Johnson  
Ruth Rivas in Memory of Lillian Grissing  
Janet A. Rohn & Cindy B. Brace in Memory of Eldon Rohn  
Nancy Rogers in Memory of Ernest "Bud" Rogers  
Sandra Seaman in Memory of Mr./Mrs. George Brooks & John Seaman  
The Georgianna B. Stevens Trust in Memory of Terry Stevens  
Jacqueline Tooper in Memory of Diane Greenhoe & Jeffrey Esch  
Gloria Trumpower in Memory of Peter Trumpower  
Catherine & Harry Warner in Memory of Duane Mussell  
Wanda Watts in Memory of Wayne Watts  
Patricia Wilson in Memory of Howard Wilson  
Rose Winright in Memory of Madeline E. Hopkins  
Carol & Ronald Wood in Memory of Barbara & Leroy Tiffany  
Ruth Vanous and Brenda Runyon

---

**Donations from**

---

Anonymous in Honor to All Veterans  
Esther Bills in Honor of Caregivers  
The Turmos in Honor of Pamela Shock

---

**Anonymous**

---

In Memory of Dennis Eldridge  
In Honor of Patricia Banard  
In Memory of Sharen Davis  
In Memory of Michael Wycsesany  
In Memory of Victor Wyczesany

---

**Donations Where Most Needed**

---

Many Anonymous Donors, plus  
Lawrence Abbey  
Georgia Bohne  
Greenville Stamp Club  
Gary Evans  
Colleen Hansen  
Barbara & William House  
Kendrick Jensen  
Larry & Deborah Kassuba  
Helen Kissel  
Cindy LaBelle  
Ruby Larsen  
Marilyn Oswald  
Elaine Randall  
Kristy Thwaites  
Ann Warner  
Ben & Janet Witbrodt

If there are names spelled incorrectly or missed, please let us know.

Advocates for Montcalm County Area Seniors, PO Box 182, Stanton, MI 48888  
Thank you.

*Erika Lance  
Support Service Coordinator  
Montcalm County Commission on Aging*



Picture courtesy of Betty Kellenberger

The start of the interview was cut short, almost immediately. I had failed one of the most important tasks. My guest kindly stopped me in my tracks and said, "no wait, you need an introduction." Timing is always perfect though, while explaining the need for an introduction, her phone began to ring. We paused the video for a short time so she could check her phone and move her settings to silence. What felt like an eternity, I deciphered how I was going to introduce her to our audience. I know her personally, she was my seventh-grade home room teacher in middle school, I was a second-generation student as she had taught my parents when they attended school, and to me, everyone knows Betty Kellenberger.

We began the interview over again. I decided how I would introduce her, because with all respect she is Ms. Kellenberger or Ms. K. I still can't bring myself to call her Betty or write her name on an envelope that I am mailing to her. Ms. K reassured me that she was humbled that I couldn't call her by first name and understood that it was out of respect.

After my introduction I wanted to utilize the time, we shared to learn more about Ms. K. I want to get to know who she was as a person and learn about her experiences. Ms. K was born into a family of six girls. She shared that she grew up on a farm in Howell, the home of the sweet honey melon. There is a Howell Melon Festival held yearly celebrating the famed, delicious cantaloupe grown only in Howell. After high school Ms. K journeyed onto college. Even before completing her degree, she was searching to find a teaching position. She landed a teaching job just before graduating, and was hired at Carson City Crystal Area Schools, with intentions of teaching at this location for a couple of years to gain experience before moving on to what she said, "she was supposed to do". Little did she know that she would spend her whole career teaching at CCC Schools and remain living in the small town even to this day.

While I was growing up in the same town as where this legend lived, it was almost always a given that you would see her riding her bike. I remember seeing her on her bike all the time and wondering to myself if she even owned a vehicle. Ms. K still has her bike but doesn't use it like she used to. She has ridden all over the world; Australia, New Zealand and China. While in China she rode her bike up to the Great Wall of China. She also completed a forty-day trip by bike from Mexico to Canada. The miles she completed on her bike range from seventy-five thousand to eighty thousand miles. Just the capability of completing that many miles on a pedal bike is astounding, but she was not done accomplishing great things yet.

After teaching students and different subjects for over forty-one years, Betty had entered retirement. Retirement to most people means not actively working. But she had decided after teaching that she would

run for County Commissioner. She joked at the time that when she ran for this position, she was running against a former student of hers.

Ms. K was elected as District 3 County Commissioner and served four total terms, each lasting two years. During her time serving on that board, she was a part of many committees within the county such as Commission on Aging, AAA western Michigan, Northern County, prison liaison, and Montcalm Care Network. Along with participating in the committees she had a duty with the other board of commissioners to monitor the tax dollars of Montcalm County. She helped with financial oversight of the sub departments within the county such as the sheriff's department, county clerk and register of deeds. She also assisted with creating budgets for these departments.

During retirement she also began quilting and traveling more often. She has always had a love for travel but says that her two favorite locations are in South Dakota; the Badlands and Black Hills. She also hesitates to rank Greece at the top of her list. Ms. K has hiked the Canadian Rockies and the Inca Trail, which is a famous hiking trail in Peru. But never has she taken a trip like her most recent adventure. Even though this trip didn't require her to leave the country, it was a trip of a lifetime and one that a lot of people don't accomplish.

Let's take a journey together and imagine yourself getting out of bed this morning, how did you feel. Do you wake up every now and again feeling like you slept wrong all night, have a kink in your neck or back? Is old man winter fast approaching and you can feel every bit of it in your knees, back or fingers. Now imagine not having your luxury of a bed, or three full meals a

day. Imagine for this week, you had to carry all the food you planned to eat, your shelter, your sleeping bag and any other gear necessary to survive on your back while you walked seventy to hundred and five miles over the next seven days, averaging ten to fifteen miles a day. Sound enticing? To Ms. K it did!

In 2022, she traveled down to Georgia. There she started her journey at the summit of Springer Mountain to hike the Appalachian Trail. No, this trail is not paved, nor does it include a lot of flat surfaces. There are parts of the trail that include a nice walk in the woods, but many don't realize the challenge of climbing over rock and tree roots, uneven grounds, climbing and descending over different varieties of land, considering the different elevations, and hoping that the weather is on your side that day. Along with these challenges, the trail is a total of 2,197 miles.



Photo courtesy of Betty Kellenberger

To complete the entire trail, hikers are given a twelve-month period. Hikers have the option to complete the trail in a couple different ways, a thru-hike and flip-flop hike. Flip-floppers thru-hike the entire trail in discontinuous sections to avoid extreme weather, or to start on easier terrain. While on the trail, Betty decided that because the winter season was going to be fast approaching, she would fly to Maine and start her journey south and flip-flop her strategy of completion.

Ms. K arrived in Maine, where she started at Mount Katahdin and began going south. Upon completing that, her trail partner she had met in Georgia had a fall while coming down the mountain, which resulted in him leaving for home the next day. Shortly after he left, with the help of other hikers, Betty became aware that she had Lyme's Disease. Along with having this disease, she was dehydrated and had a concussion from hitting her head on a rock. Because of her illness and injuries, it resulted in her being hospitalized in Maine. Once she was discharged, she returned home to rest and heal.

Feeling defeated, she returned to the trail in 2023. She was determined to complete her goal she set out to do the previous year. But shortly after her trip began again, Betty had slipped off a mountain. It is still unknown the distance of her fall, but I am certain that her guardian angel was with her that day. Doctors advised her that she should return home and rest. While resting at home, it was discovered that she needed to have knee surgery. She was determined to complete what she had set out to do but knew that the surgery was a requirement and she needed to have it done to complete her goal. Ms. K opted to have surgery on her knee, but she didn't let it stop her from returning to the trail one day.

Photo courtesy of Betty Kellenberger



In 2024, Betty stepped foot on the trail once again. She had battled through months of physical therapy and re-training to get back to the trail again after having surgery. She chose to start her journey in Harper's Ferry, West Virginia. She wanted to test her new knee and see where it would take her. In September, her and other hikers in the area were forced off the trail. There was a hurricane heading into their path and they could not continue. Those hikers were allowed to keep their miles when they left the trail, and when they returned to the trail after it was safe, they could then start at day one while using the hours that they had banked.

Bringing us to this year, 2025, Betty only had the two ends left to do. Two parts of the trail that she had previously accomplished in previous years. Even though she already knew what to expect, there were still challenges. Before going back out on the trail she had to keep training. She would walk for miles around Carson City; she would do stair laps (stair climbing) at the local hospital to get in her footsteps. There were times in the past that I would see her walking through town with her pack on her back and a stuffed animal almost the same size as her strapped to her hiking pack.

On September 12, 2025, Betty became the oldest woman to hike the Appalachian Trail at eighty years young. She had finally accomplished her goal she had set out to do three years earlier. She was excited and thankful that she had the opportunity to finally complete the hike in a twelve-month calendar period. I asked her if there was anything she wish she knew before starting this journey and she answered with "there wasn't a book big

enough." But the excitement she shared and the stories she told about this journey almost gave you a sense of what it was truly like to be on the trail.

Making the adjustment to being home wasn't something she quite expected. While on the trail, she shared that she enjoyed the quiet. She said it was a certain quiet that couldn't be achieved anywhere else. She knew during her time on the trail she could expect the quiet, and now being back home, the quiet isn't there anymore. Before completing the trial, she had no idea she was about to set a record. She had learned about it while on the trail from other hikers. I have a good feeling though for the next several months, her life will be anything but quiet, as the world awes in her accomplishment.

Ms. K shared with me that she doesn't have any real significant plans set in place for the near future. She states that if her health continues to thrive, she would like to one day hike the North Country Trail. This trail is new, with portions still being worked on, and stretches from North Dakota to Vermont. Once this trail is complete, it will be longer than the Appalachian Trail, with one quarter of the new trail running through the state of Michigan. She would also like to take a trip to Iceland and hike near the glaciers and volcanoes.

While winding down our interview, she shared her advice and more life lessons with me. Do it! If you have a goal in life, or something you want to achieve at least try it. She explained it is important to face your fears. If you don't face your fears, you let fear win without even trying. Another life lesson that was shared here without her saying so, is never to give up. Ms. K was able to overcome her fears over the past few years while on the trail. But because of weather, illness and injury, she went back home to recover and had

to restart many times. But she never once gave up.



Photo Courtesy of Betty Kellenberger