



FRENCHTOWN CENTER FOR ACTIVE ADULTS

**2786 VIVIAN ROAD
MONROE, MI 48162**
Phone: 734-243-6210
Fax: 734-243-5761
CENTER HOURS:
Monday through Friday
8:30 a.m. - 4:00 p.m.

JANUARY 2022



2022 Dues are Due

2022 dues will be \$20.00 per person.
 Life Time memberships will be \$200.00
 per person. If you are not a resident of
 Monroe County, dues will be \$22.00 per
 person.

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**The Center will close in the
event of Inclement Weather.**
**PLEASE check before
traveling out:**

WTOL News

**Our Website or FaceBook
pages. Or Call the Center!**
243-6210





FRENCHTOWN CENTER LINK

2786 Vivian Road, Monroe, MI 48162

Phone: (734) 243-6210 Fax: (734) 243-5761

e-mail: seniors@frenchtownsenior.com

Website: www.frenchtownsenior.com

2021 BOARD OF DIRECTORS

Floreine Mentel—Chairman
Larry Vanwasshenova—Vice Chairman
Thomas Peckham—Treasurer/Member at Large
Jon Moore—Secretary
Jean Guyor
Daniel Lee Hartong
Charles Mushung
Darla Myers
Lance Slatton
James Smith
Alan VanWashenova—Frenchtown Charter Township Liaison

Board of Directors meet on the 3rd Thursday each month at 10:00 a.m.

Center hours: 8:30 a.m. – 4:00 p.m. Monday/Friday

Adult Day Service: Monday – Friday 8:00 a.m. – 4:00 p.m. Can be open from 6:00 a.m.—6:00 p.m. with 24 hour notice.

Dues \$20.00 per year if you live in the county and \$22.00 if you live out of the county, are due in January. Lifetime membership \$200.00

Meals at 12:00 Noon - Monday – Friday. For reservations, please call before 9AM the day of. Call Kitchen at 734-636-9477

FRENCHTOWN CENTER PERSONNEL/PHONE EXT

Paul Iacoangeli—Executive Director/ Ext 9
Lisa Cooley—Program Coordinator/ Ext 2
Joe Hess—Accountant/ Ext 5
Christine Pidruzny—Office Manager / Ext 4
Patricia Smith—Administrative Assistant / Ext 8

Kitchen Staff

Kim Maracle—Head Cook/ Ext 6
Michelle Jones—Assistant Cook

DADC Staff

Jean Siemik—Program Director/ Ext 7
Paula Cicero, C.N.A.—Adult Day Staff
Nancy Jones—Adult Day Staff

Activities & Services for Monroe County Older Adults at Frenchtown Center

Bingo
Blood Pressure Checks (3rd Thursday)
Bocce Ball
Bridge
Bunco
Caregivers Support Group
Card Parties
Cardio Drumming
Craft Classes
Dinner Dances
Euchre
Enhanced Exercise
Fund Raising
Golf Outings
Hand & Foot
Health Screening
Knitting & Crocheting Classes
Legal Services
Line Dancing
Men's Pool League
Newsletter
Nine Ball Pool League
Noon Lunches
Notary Services
Quilting
Ping Pong
Tuesday Fun Night (2nd Tuesday)
Thursday Breakfast
Travel (Frenchtown Voyagers)
Water Color Class
Workshops

www.frenchtownsenior.com

This institution is an equal opportunity provider.

Commission on Aging Disclaimer Statement

Views & comments expressed in this newsletter are not necessarily the views & comments of the Monroe County Commission on aging. The Monroe County Commission on Aging is a governmental agency, which funds community senior programming through millage dollars.

The Frenchtown Center for Active Adults program will not discriminate against any individual or group because of race, sex, religion, national origin, color, marital status, handicap, or political beliefs.



January 2022 Activities

Mon	Tue	Wed	Thu	Fri
3 CENTER CLOSED 	4 9:00 Cardio Drumming 12:30 Bunco 1:00 Travel Meeting	5 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball Pool 1:00 Happy Hookers	6 9:00 Cardio Drumming 9:00—1:00 Pool 10:00 Ping Pong 12:30 LCR 1:00 Caregivers 1:00 Eight Ball Pool 1:00 Line Dancing	7 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
10 9:00 Enhanced Exercise 11:00—1:00 Quilting	11 9:00 Cardio Drumming 10:00 Library Motion 12:30 Bunco 4:30 Fun Night (Meal & Entertainment)	12 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball Pool 1:00 Happy Hookers	13 9:00 Cardio Drumming 9:00—1:00 Pool 10:00 Ping Pong 12:30 LCR 1:00 Eight Ball Pool 1:00 Line Dancing	14 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
17 Martin Luther King Jr. Day 9:00 Enhanced Exercise 11:00—1:00 Quilting	18 9:00 Cardio Drumming 12:30 Bunco	19 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball Pool 1:00 Happy Hookers	20 9:00 Cardio Drumming 9:00—1:00 Pool 10:00 Ping Pong 10:00 Board Mtg 11:00 Blood Pressure Check 12:30 LCR 1:00 Caregivers 1:00 Eight Ball Pool 1:00 Line Dancing	21 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
24 9:00 Enhanced Exercise 11:00—1:00 Quilting	25 9:00 Cardio Drumming 12:30 Bunco	26 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball Pool 1:00 Happy Hookers	27 9:00 Cardio Drumming 9:00—1:00 Pool 10:00 Ping Pong 12:30 LCR 1:00 Eight Ball Pool 1:00 Line Dancing	28
31 9:00 Enhanced Exercise 11:00—1:00 Quilting	<p><i>(November 18th was the last day of Bridge for 2021 - Resuming play on March 1, 2022)</i></p> <p>Cardio Drumming will take a short winter break. Thursday, December 30th will be the last class for 2021. Classes will resume Monday, March 7, 2022</p>			

Dementia Adult Day Care available Monday—Friday (please call for hours)





Please Read Below for Details

Dine—In \$3.00 for members


\$5.00 for non members

Carry Out pricing see below

January 2022 Menu

Choose your January

Birthday Lunch from this months menu items until
we can resume our
Birthday Celebration

Mon	Tue	Wed	Thu	Fri
3 Center Closed 	4 Spaghetti	5 Pulled Pork Sandwich w/Chips	6 Boiled Dinner w/Ham	7 Beef Stroganoff w/Peas
10 Turkey Platter	11 Chef Salad	12 Mexican Pizza	13 Baked Chicken Legs w/Side	14 Chili Dogs w/Side
17 Sweet & Sour Chicken over Rice	18 Scallop Potatoes w/Ham & Veggie	19 Betty Salad	20 Chicken Noodle Soup w/Grilled Cheese	21 Taco Salad
24 Honey Mustard Chicken Salad	25 Breakfast Biscuit & Gravy Eggs & Sausage	26 Hot Pork Sandwich w/Veggie	27 Chicken Tetrzzini	28 Ham Dinner w/Sides
31 Chicken & Biscuits	Due to additional funding Carry Out lunches for those members 60 and better will remain at \$3.00. Members less than 60 will pay \$4.00 to help offset the raising cost of foam containers. \$5.00 for non members regardless of age.			

Breakfast Menu

Please Call at least the Day Before to Reserve your Seat for Breakfast

January 6 Eggs, Sausage, Potato & Toast

January 13 Pancakes

January 20 SOS

January 27 Breakfast Sandwich

All Menu Items
subject to change
without given notice



Please call 734-636-9477 by 1:00 pm the day before to order lunch.

*****Dining in available Monday—Friday 12:00—1:00 PM****

Please Try and Call by 1:00 pm Friday for the following Monday

******To receive the member 60 or better price of \$3.00, you will need your scan card. Staff may be using handheld devices to register your lunch activity for funding purposes. Without a scan card, you will need to pay \$5.00 regardless of your age.**





HAPPY NEW YEAR!!!! Hard to believe it is already 2022. Having said this, it made me wonder why it seems like time flies by the older I get. Of course, we all know that time marches forward second by second, minute by minute, and hour by hour. We all know this doesn't change. So why the feeling? Like most of you, I Googled it. Believe it or not, there are various explanations given of why this occurs from the more technical biochemical research or the scientific study of the neurons in the brain. While all this was fascinating, it was too deep for me. But I did come across an explanation from Harlan Coben, the best-selling novelist. Mr. Coben jokes, remember a week you went on vacation. It seemed to fly by far too quickly, but the week lasted much longer if you think about it. You are probably complaining about time flying by while on vacation because you loved it, not because it felt like time was passing faster. Thankfully for me, time flies by quickly because I thoroughly enjoy the job I do, the staff I work with, and the people who visit. I can only hope 2022 flies by for everyone using that simple logic.

Moving into 2022, I hope everyone can put 2020, the missed year we all experienced, behind us. This missed year was evident when staff referred to an event as "last year" when it was a 2019 event. This slip of the tongue occurred more than once and couldn't have been more apparent when we were preparing for the 2021 Thanksgiving dinner, in addition to trying to remember how we did things "2-years ago," we kept saying last year. Speaking of Thanksgiving, I hope everyone had a more traditional day. Our dinner at the Center was a huge success, and if you missed it, keep an eye open for it next year.

Everyone here is keeping our fingers crossed that 2022 is a more normalized year, a return to the days of our special Sunday dinners featuring headlining entertainment, and hopefully a reappearance of those unique events like Quarter and Bingo Mania. The staff here is creative, so you should expect new, exciting, and entertaining events. While we still offer the traditional assortment of actives for those 60 and better, bingo, card games, puzzle completion, we also have a robust pool league, ping pong, enhanced exercise, cardio drumming classes, and recently some discussion regarding shuffleboard. Most of our activities are at no cost to members.

Are you interested in traveling? How about a trip to Maine to whale watch or a visit to California for a stunning scenic tour through Napa Valley? Not sure, but rumor has it there could be some sampling in Napa Valley. Who could forget Kentucky? Do I need to say it, the Kentucky Derby, or even Rome to tour the Vatican museum. These are just a few of our travel opportunities. Visit our website for a complete list, including the full descriptions and a downloadable flyer.

With winter quickly settling in, I want to remind folks that if you have a particular interest you would like to share, we might be the place to help. Especially this time of year when folks don't want to get outside and do things. It can be almost anything. There is nothing like getting together, working on something, and having fun during these cold, dreary days. We can make room arrangements and get the word out. Who knows where it could lead. Feel free to call us, and we will see if we can work something out.

As we move into 2022, it's time to renew your membership. The cost of all membership levels remains unchanged, with a Monroe County resident paying \$20 per year. How can you go wrong? Free coffee when you visit, a \$3.00 sit-down lunch, a free lunch the month of your birthday, discounts on special events, travel opportunities, the \$1.00 Tuesday meal, and free activities! It is hard to find a better \$20 value than a yearly membership or the purchase of a scan card at your Adult Activity Center. Hope to see you soon!

A handwritten signature in blue ink, likely belonging to a staff member or volunteer, is written in the bottom right corner of the page.





Helping You Stay Healthy and Active

The Area Agency on Aging 1-B is committed to the health and wellness of the older adults who live in southeast Michigan and metro Detroit. We support several senior health and wellness initiatives for people 60 and over in the six counties we serve (Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw). Whether you are looking for new ideas to help you stick to a diabetes management plan, a fall prevention class to keep you on your feet and active or a program to help you manage chronic pain, we have a class and a program for you! Our classes are offered at community venues throughout our region. They're free (although we appreciate donations), and they are evidence-based, so you know they work. Classes are held in a small-group setting and led by leaders who have been thoroughly trained in the class model. For questions, or more information about any of these programs, please call **(833) 262-2200** or email wellnessprograms@aaa1b.org. Download our complete list of upcoming Area Agency on Aging 1-B Health and Wellness Classes.



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FRENCHTOWN CENTER

*MERRY CHRISTMAS!
and a Happy New Year!
LIBRARY IN MOTION
Tammy & Kim*

Library in Motion will return
Monday, January 10, 2021

Please have returns ready by 10:00 am

PHONE: 734-241-5770

EMAIL: lim@monroe.lib.mi.us

Seniors

MONROE COUNTY
LIBRARY SYSTEM



TUESDAY FUN NIGHT

**Meal &
Entertainment**

2nd Tuesday

(January 11th)

Each Month

4:30 p.m.—6:30 p.m.

**Come Join Us for Some
Food and Fun!!!**

Members ONLY

\$1.00

NON-MEMBERS

\$3.00



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15-0719

Frenchtown Center for Active Adults



NEW MEMBERS

Russell T. Begley
 Kay F Bostater
 Terry M Grabowski
 Sherri S Iacoangeli
 Karen A Issa
 Debbie Lush
 Joanna Russ
 Robert "Rusty" Russ
 Reba L Scarffe
 Adel A Widman

Our Sympathy and Support are with the family and friends of our members who have recently passed away.

Cathy E. Navarre

THANK YOU TO ALL FOR THE OVERWHELMING AMOUNT OF WHEEL BARROW OF CHEER TICKETS PURCHASED. This was our best year and we sincerely appreciate YOUR SUPPORT!!!!

THANK YOU to the Water Color Class for their donation to the Center.



Choose your January Birthday Lunch from this months menu items (Page 4) until we can resume our Birthday Celebration

Yvonne Acton
 Mary Arendt
 William Austin
 Mark Baker
 Harry Barker
 Jean Baumann
 John Bocks
 Kay Bostater
 Howard Boyce
 Barbara Breitenbach
 Clarence Brooks Sr
 Barton Burguard
 William Burkett
 Chris Burkett
 Joyce Bush
 Karen Calender
 Carolyn Centers
 Lavon Cole
 Susan Collier
 Joyce Collins
 Rhonda Collins
 Judith DeAngelis

Robert Duffey II
 Nancy Dulecki
 Janet Esper
 Margaret Farr
 Charlotte Farris
 Erika Fisher
 Rollie Fisher
 Obie Green
 Agnes Gutierrez
 Jean Guyor
 Fran Hackney
 Kathy Heatherly
 Orella Henderson
 Barbara Henley
 Jack Hubbell
 Margaret (Peggy) Iott
 Shirley Jay
 Martin Kaufman
 Ilene Kazensky
 Ralph Kirby
 Colleen Kirtland
 Lois Knegendorf

Barb Korka
 Darlene Kuhr
 Harry Labelle
 Gilberte "Jill" Labelle
 Emerson Linton
 Debbie Lush
 Rosemary Maitland
 Yvonne McBee
 Beverly McCain
 Karen McCalpin
 Paul Merz
 Ronald Metz
 Anna Modica
 Rita Nagel
 Mary Noble
 Virginia Oliver
 Rebecca Peckham
 Katherine Petrovich
 Sherrie Phillips
 Carol Pratt
 Leonore Prunty
 Theresa Radu

Patsy Ramsey
 Harold Reese
 Camden Regis
 Jim Rohrbach
 Kathy Rose
 Terrie Rossi
 Joseph Salisbury
 Haroldean (Jeri) Schmitz
 Mickie Short
 Beverly Small
 Karen Smeltzer
 Debbie Stafford
 Betsy Stone
 Sandy Switney
 Thomas Tarr
 Joan Toth
 Charles VanBelle
 Larry VanWasshenova
 Eddie Weaver
 Kathy Wozniak
 Cheryl Wyatt





Wheel Barrow of Cheers WINNERS



1st—Wheelbarrow of Cheer—Fritz Peterson

2nd—Gift Basket of Scentsy valued at \$80.00—Kara Robins

3rd—\$20 Gift Card—Mitzi Straub



Volunteers are needed.

Friday Bingo
Front Desk Greeter
Special Events, e.g. Tuesday
Fun Meal
Contact Lisa Cooley @
734-243-6210 ext. 2



Income Tax Help

Beginning last week of January 2022,
John Bocks will be at the
Frenchtown Center for Active Adults
Wednesday, Thursday, and Friday
to do taxes.

It is **FREE** of charge for the Center's
members and a minimal cost
for non-members. He will start as soon
as the taxes are rolled out
by the Federal Government.

PLEASE call to schedule your
appointment and bring any necessary
documentation to your appointment.

Center's Phone: 734-243-6210

John Bocks Phone: 734-790-5971

Why is Martin Luther King Day on the third Monday of January?

The day is meant to commemorate King's birthday. But it's not his birthday. King was born on Jan. 15, 1929, in Atlanta. He went on to become one of the most respected civil rights leaders in American history before he was assassinated in Memphis in 1968.

A Baptist minister, King led the civil rights movement by peacefully pursuing a vision of racial justice. He was assassinated in 1968.

The last time the federal holiday fell on his birthday was 2018. The next time will be in 2024. Why the discrepancy? MLK Day is observed on the third Monday in January because of the Uniform Monday Holiday Act, a bill signed into law in 1968 and enacted in 1971. As passed, the mandate moved commemorations for George Washington's birthday, Memorial Day and Labor Day permanently to Mondays. Washington's birthday and the federal holiday happen to coincide on Feb. 22. Monday was chosen so that federal employees could ensure long holiday weekends with their families.



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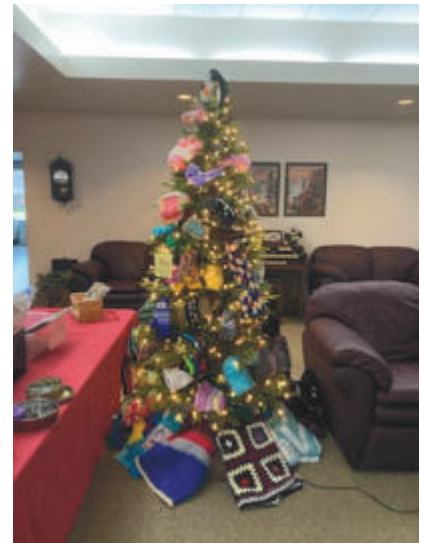
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Happy Hookers Did It Again—Many Afghans, hats, scarfs, and mittens were delivered throughout the county to various agencies.

These ladies put in many hours throughout the year creating these hand made gifts. THANK YOU!!!! This group meets on Wednesdays at 1:00 PM. Don't let the

name fool you, this is a dedicated group who knits and crochets. This class is open to individuals of all expert levels.



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15-0719

SOME FUN TRIVIA

1. There are five different blood groups.
2. Humphrey Bogart was related to Princess Diana.
3. Monaco is the smallest country in the world.
4. The unicorn is the national animal of Scotland.
5. Only ten (10) per cent of the population are left handed.
6. Every year more money is printed for the board game Monopoly than for the US Treasury.
7. A woman has walked on the Moon.
8. There is a McDonald's Fast Food Restaurant on every continent in the world.
9. Babies have more bones than a grown adult.
10. Caesar salad was named after Julius Caesar because it was his favorite dish.



Answers Below

1. **False.** There are four: A, B, AB, and O
2. **True.** They were 7th cousins. Princess Diana was also related to Audrey Hepburn, Winston Churchill, George Patton, Louisa May Alcott, and George Washington
3. **False.** Vatican City is, with only 0.44 sq.km.
4. **True.** Scotland associates the mythological animal with dominance and bravery.
5. **True.** These Presidents were all lefties: Barack Obama, James Garfield, Herbert Hoover, Harry Truman, Gerald Ford, Ronald Reagan, George H.W. Bush, & Bill Clinton.
6. **True.** Parker Brothers reports that it is rolling in the fictional pink, blue, and yellow dough, printing around \$30 billion each year. The U.S. government generally only prints money to replace old, or worn-out bills, which results in the annual printing of roughly \$974 million.
7. **False.** There have been 12 men to walk on the moon, Neil Armstrong being the first. NASA has plans for the first woman to walk on the moon in 2024.
8. **False.** Still McDonald's is definitely world-wide. They have twenty-thousand restaurants in 100 different countries on every continent except Antarctica.
9. **True.** An adult has 206
10. **False.** The salad's creation is generally attributed to restaurateur Caesar Cardini, an Italian immigrant who operated restaurants in Mexico and the United States.

Start 2022 off right with New Year quotes that will inspire hopes for the future and motivate you to reach for your dreams.

Happy New Year Wish

My Happy New Year wish for you
Is for your best year yet,
A year where life is peaceful,
And what you want, you get.

A year in which you cherish
The past year's memories,
And live your life each new day,
Full of bright expectancies.

I wish for you a holiday
With happiness galore;
And when it's done, I wish you
Happy New Year, and many more.

By Joanna Fuchs



Wishing you 12 months of success, 52 weeks of laughter, 365 days of fun, 8760 hours of joy, 525600 minutes of good luck, and 31536000 seconds of happiness. Happy New Year!

COVID-19 HEALTH SCREENING QUESTIONS

Before you enter, please ensure you can answer **NO** to each of the following questions
Do you have any of the following symptoms?

Sign In
I don't have my card

1. Fever of 100.4 degrees or higher?
2. Cough (excluding chronic cough)?
3. Shortness of breath?
4. Sore throat or new loss of taste or smell?
5. Vomiting/Diarrhea (excluding diarrhea due to a known medical reason other than COVID-19)
6. Repeated shaking with chills?
7. Engaged in activity or non-routine travel within past 14 days in an area known for COVID-19?

By continuing and entering you acknowledge you have read and answered **NO** to the COVID-19 Health Screening Questions.



The MIND Diet: Can This Diet Plan Help Prevent or Reverse Alzheimer's Disease?

By Valencia Higuera
Medically Reviewed by Lynn Grieger, RDN, CDCES



Foods like leafy greens, berries, and salmon have been linked to improved cognition. Therefore, these healthy foods are staples in the MIND diet.

Shedding pounds is the primary goal of most diet plans, especially when it comes to fad detoxes and cleanses. But not everyone on a diet is looking to lose weight. Different diets can achieve different results. And if you're hoping to improve your brain health and prevent the onset of Alzheimer's disease, you may consider trying the MIND diet, which has been linked with slower cognitive decline.

Alzheimer's disease — a progressive and devastating neurodegenerative disease causing memory loss and confusion — affects 5.8 million Americans and is the most common form of dementia, according to the Alzheimer's Association. (1) It's the sixth-leading cause of death in the United States, with 1 in every 3 seniors dying with Alzheimer's or another form of dementia. (1)

Although there is no research linking the MIND diet with reversing Alzheimer's, there's plenty of evidence supporting the connection between this dietary approach and preventing the disease.

What Is the MIND Diet Plan, and How Does It Incorporate the DASH and Mediterranean Diets?

MIND (an acronym that stands for the Mediterranean-DASH intervention for neurodegenerative delay) is a “hybrid of the Mediterranean diet and DASH diet, and research suggests it may reduce the risk of developing dementia or slow the decline in brain health,” says Becky Kerkenbush, RD, a clinical dietitian with Watertown Regional Medical Center in Wisconsin.

In a study published in September 2015 in *Alzheimer's & Dementia*, the nutritional epidemiologist Martha Clare Morris, ScD, and her colleagues at Rush University Medical Center in Chicago referenced past studies on the dietary connection between food and cognitive decline, and then borrowed concepts from the Mediterranean diet and the DASH diet — two plant-based diets — to develop a meal plan with brain-boosting benefits. (2) Thus the MIND diet was born.

Although there are similarities among all three diets, the MIND diet is the only one that encourages the consumption of foods that have been found to promote cognitive health.

How Does the MIND Diet Work to Boost Brain Health?

The MIND diet focuses on the intake of plant-based foods, and limiting the intake of animal products and foods high in saturated fat. The emphasis is on plants, and what's noteworthy is that this diet specifically urges a higher consumption of berries and green leafy vegetables. *(continued on page 15)*

The MIND Diet: Can This Diet Plan Help Prevent or Reverse Alzheimer's Disease?

(continued from page 14)

Fueling up with flavonoid-rich produce may indeed benefit the mind. Blueberries, strawberries, and blackberries appear to prevent cognitive aging in women by up to two and a half years, according to an earlier study published in the *Annals of Neurology*. (3) Likewise, there's a link between eating leafy green vegetables — such as kale, spinach, and collard greens — and lower inflammation and oxidative stress, two factors that are associated with Alzheimer's disease, per a previous study published in the *Journal of the Academy of Nutrition and Dietetics*. (4) Both types of food are rich in antioxidants and can help reduce inflammation and oxidative stress.

Oxidative stress occurs when antioxidant defenses are low and the body can't fight toxic molecules called free radicals. This stress causes cell damage in the brain and throughout the body, and it has been linked with several diseases, including Alzheimer's and cancer.



A MIND Diet Food List With the Best and Worst Foods

To help improve your cognition, you'll need to reach for and avoid the following foods:

Foods to Eat on the MIND Diet

- Green leafy vegetables (kale, spinach, collard greens, lettuce): a minimum of 6 servings a week
- Nuts (almonds, cashews, pistachios): a minimum of 5 servings a week
- Berries (strawberries, blueberries, raspberries, blackberries): a minimum of 2 servings a week
- Beans (black beans, pinto beans, kidney beans): a minimum of 3 servings a week
- Whole grains (quinoa, oatmeal, brown rice, whole-grain pasta and bread): a minimum of 3 servings a day (5)
- Fish (salmon, tuna, trout): at least 1 serving a week
- Poultry (chicken, turkey): at least twice a week
- Olive oil as the primary oil used
- Wine: no more than 1 glass a day

Foods to Limit on the MIND Diet

- Red meat (steak, ground beef, pork, lamb): no more than 4 servings a week
- Butter and margarine: no more than 1 tablespoon daily
- Cheese (brie, mozzarella, or cheddar): no more than 1 serving a week
- Sweets (cakes, brownies, ice cream): no more than 5 servings a week
- Fried or fast food (french fries, chicken nuggets, onion rings, fried chicken, hamburgers): no more than 1 serving a week

SOURCE: <https://www.everydayhealth.com/diet-and-nutrition/diet/mind-diet-can-this-diet-plan-help-reverse-alzheimers-disease/>

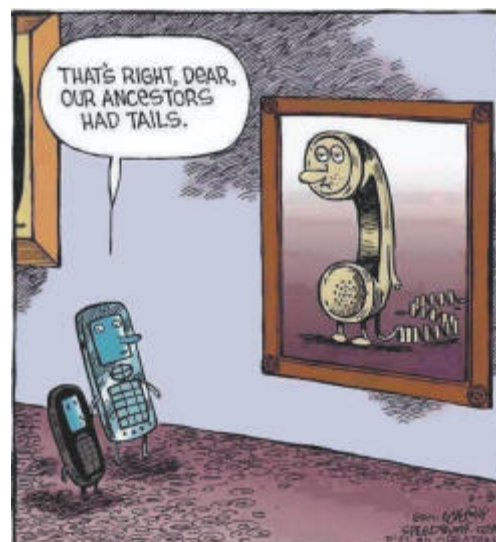
'Laughter IS the Best Medicine.'



The adult version of
"head, shoulders,
knees and toes" is
"wallet, glasses,
keys and phone."



And
teeth! 😊



An elderly couple return to a Mercedes dealership to find the salesman had just sold the car they were interested in to a beautiful, leggy, busty blonde. "I thought you said you would hold that car till we raised the \$75,000 asking price," said the man. "Yet I just heard you closed the deal for \$65,000 to that lovely young lady there. You insisted there could be no discount on this model." "Well, what can I tell you? She had the ready cash, and just look at her, how could I resist?" replied the grinning salesman. Just then the young woman approached the old folks and handed them the keys. "There you go," she said. "I told you I could get this joker to drop the price. "See you later, grandpa."

Never mess with the elderly!

1979	2020
Long hair	Longing for hair
KEG	EKG
Acid Rock	Acid Reflux
Seeds and stems	Fiber
Hoping for a BMW	Hoping for a BM
Going to a new, hip joint	Getting a new hip joint
Rolling Stones	Kidney Stones
Disco	Costco
Whatever	Depends



MANNHIM STEAMROLLER

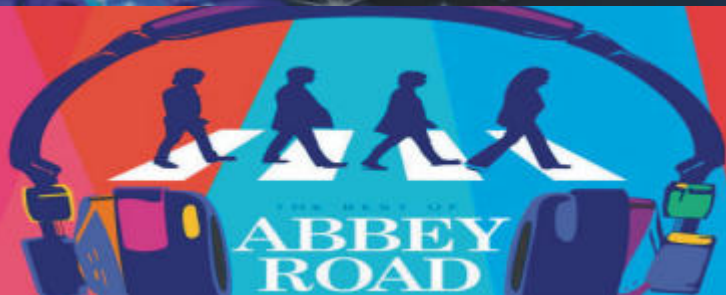
Christmas

BY CHIP DAVIS



RAIN

A TRIBUTE TO THE BEATLES



ARK ENCOUNTER

"The Life-sized Recreation of Noah's Ark"

Travel—For upcoming trips, flyer, and more information can be found at www.frenchtownsenior.com/travel.html or to make your reservations, please stop by the Center, Monday—Thursday 8:30 am—4:00 pm and Friday 8:30 am—Noon.

If you have any concerns or questions, contact Lisa Cooley at 734-243-6210.

PLEASE REMEMBER: STAFF IS UNAVAILABLE FOR TRAVEL QUESTIONS ON FRIDAYS FROM NOON—4:00PM. All payments must be done at the Center.

NEW ORLEANS & BILOXI

ALSO FEATURING THE U.S. SPACE & ROCKET CENTER



Christmas in Shipshewana

Frenchtown Center
for
Active Adults

Responsibility Clause: The Frenchtown Center for Active Adults acts as agent for the various companies whose accommodations are made available and assumes no responsibility for liability in connection with the service of any train, vessel, aircraft or other conveyance. Neither will Frenchtown Center for Active Adults be responsible for any act, error or omission, or for any other injury, loss, accident, delay or irregularity which may be occasioned by reason or any defect, in any vehicle or through neglect or default of any company.



You can now go to our website— <https://www.frenchtownsenior.com/travel.html>

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Frenchtown Voyagers Travel Meeting

► **Tuesday, January 7, 2021 @ 1:00 PM** ◀
NOTE DATE CHANGE—1st TUESDAY

Please call and make reservations in advance.

Contact Lisa Cooley (734)-243-6217 to reserve your seating or with any questions.

www.frenchtownsenior.com.

***** If you are not a member of the Frenchtown Center for Active Adults, we ask that you pre-register with our Office Manager, Christine Pidruzny. *****

Just a
friendly
reminder...

**We can not accept cash for trips.
Checks or money orders only.**

PLEASE REMEMBER: Lisa IS UNAVAILABLE FOR TRAVEL QUESTIONS ON FRIDAYS FROM NOON—4:00PM. She is happy to answer all of your questions on Monday—Thursday 8:30am—4:00pm, and Fridays 8:30am—Noon.

- ♦ **Detroit Historic Churches, Wednesday, March 16, 2022**—presented by Bianco Tours \$92.00 Round Trip, Basilica de Ste. Ann de Detroit Catholic Church, Lunch @ Amore de Roma Cafe, Old St. Mary's Church, Historic Trinity Lutheran
- ♦ **Alfred Hitchcock's' The 39 Steps, Tuesday, March 29, 2022**—presented by Custom Holidays \$112 Dinner Cornwell's Turkeyville
- ♦ **Ladies in Lavender, Wednesday, March 30, 2022**—presented by Custom Holidays, \$110 Meadow Brook Theatre, Lunch at Loccino's, 2PM showtime
- ♦ **Lancaster, Pennsylvania, April 18-21, 2022**—presented by Bianco Tours \$829.00 4 days/3 nights. Round Trip Transportation, 3 nights at the Eden Resort, 3 Breakfasts & 3 Dinners, Featuring Amish Theater, Kettle Village, Buggy Rids and more.
- ♦ **Firekeepers, Tuesday, April 26, 2022**—presented by Bianco Tours \$41.00 Round Trip, Includes \$20 slot credit and \$5 to be used for food, slop play or gift shop
- ♦ **American Queen, August 7-15, 2022**—presented by Ed & Ted's—pp/dbl starting at \$4,264 Inside & \$5,964 Veranda,. Pittsburgh to Louisville ** Ports of Calls, Wheeling, WV * Marietta, OH * Huntington, WV * Augusta, KY * Cincinnati, OH * Madison, IN.
- ♦ **Maine: Mountains to the Sea, June 19-28, 2022**—presented by Ed & Ted's—pp/dbl starting at \$2,499. 10 days/9 nights * The Franconia Notch State Park Tram * A Moose Safari through Grafton Notch State Park * Slucing for gems at Maine Mineralogy * Lobster Bake in Bar Harbor * Whale Watch Cruise in Boothbay Harbor * Guided Tour of Boston * 16 Meals.
- ♦ **California Gold, May 6—12, 2022**—presented by Aventura World—pp/dbl starting at \$3,299. 7 days/6 nights * San Francisco—City Tour & Cruise, explore the Civic Center area, Chinatown, Golden Gate Park, Union Square, Seal Rocks, Pacific Heights and Pier 39. Enjoy the San Francisco Bay Cruise showcasing the Golden Gate Bridge, Alcatraz, and the city's skyline. Experience the scenic drive across the Golden Gate Bridge as you head toward the picture-perfect Sausalito.



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A Non-Profit Organization

2786 Vivian Road

Monroe, MI 48162

A Monthly Publication

Current Resident



NEWS TO NOTE:

(November 18th was the last day of Bridge for 2021 - Resuming play on March 1, 2022)

Cardio Drumming will take a short winter break. Thursday, December 30th will be the last class for 2021. Classes will resume Monday, March 7, 2022

- ◆ Library will be here on Monday, January 10, 2021
- ◆ Travel Meeting 1st Tuesday, January 4, 2021
- ◆ Note—Ping Pong is now on Thursdays @ 10:00 AM
- ◆ **Tuesday, January 11, 2021 FUN NIGHT MEAL & Entertainment**
Members \$1.00 / NON-MEMBERS \$3.00
- ◆ **Caregivers Group—Thursday, January ????? @ 1:00 PM**
- ◆ **Due to the Rise In Cost of Paper Products, beginning January 2022, Carryout lunches will be \$4.00.**
- ◆ **PLEASE CALL THE DAY BEFORE TO ORDER BY 1:00 PM ***
IT WOULD HELP IF YOU WOULD CALL YOUR MONDAY ORDER IN THE FRIDAY BEFORE
- ◆ **Thursday, January 20—Board Meeting @ 10:00 am**
ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING