



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.

JUNE 2022



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Accepting Donations

Wednesday, June 15th 2022
 Thursday, June 16th 2022
 Friday, June 17th 2022
 from 8:30am – 3:30pm



Donations are currently being accepted for a new ping pong table. See page 12 for details



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

2022 BOARD OF DIRECTORS

Floreine Mentel—Chairman
Larry Vanwasshenova—Vice Chairman
Thomas Peckham—Treasurer
Darla Myers—Secretary
Jean Guyor
Daniel Lee Hartong
Jon Moore
Charles Mushung—Member at Large
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 the day before by 1:00 PM.
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
Bob Brockway— Building Attendant

Kitchen Staff

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

DADC Staff

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

www.frenchtownsenior.com

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

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.

This institution is an equal opportunity provider.



| Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|---|
| <p>Due to low participation, Monday and Wednesday Cardio Drumming is cancelled until Fall</p> <p>6 9:00 Enhanced Exercise 11:00—1:00 Quilting</p> <p>13 9:00 Enhanced Exercise 11:00—1:00 Quilting</p> <p>20 9:00 Enhanced Exercise 11:00—1:00 Quilting</p> <p>27 9:00 Enhanced Exercise 11:00—1:00 Quilting</p> | <p>7 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social 1:00 Travel Meeting</p> <p>14 FLAG DAY 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social 4:30 Fun Night (Meal & Entertainment)</p> <p>21 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social</p> <p>28 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social</p> | <p>1 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball Pool 12:00 RSVP 12:30 Paint w/Friends 1:00 Happy Hookers</p> <p>8 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball Pool 12:30 Paint w/Friends 1:00 Happy Hookers</p> <p>15 RUMMAGE SALE 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball Pool 10:00 Library 12:00 RSVP 12:30 Paint w/Friends 1:00 Happy Hookers</p> <p>22 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball Pool 12:30 Paint w/Friends 1:00 Happy Hookers</p> <p>29 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball Pool 12:30 Paint w/Friends 1:00 Happy Hookers</p> | <p>2 5 8:30 Breakfast 9:00 Bridge 9:00 Line Dancing 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Caregivers 1:00 Eight Ball Pool 1:00 Line Dancing</p> <p>9 8:30 Breakfast 9:00 Bridge 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Eight Ball Pool 1:00 Line Dancing</p> <p>16 RUMMAGE SALE 8:30 Breakfast 9:00 Bridge 9:00 Cardio Drumming 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 Card Making Class 1:00 Line Dancing</p> <p>23 8:30 Breakfast 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Eight Ball Pool 1:00 Line Dancing</p> <p>30 8:30 Breakfast 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Eight Ball Pool 1:00 Line Dancing</p> | <p>3 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo</p> <p>10 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo</p> <p>17 RUMMAGE SALE 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo</p> <p>24 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo</p> |



The kitchen staff would greatly appreciate it if when you telephone and leave a message to order lunch, **PLEASE** indicate whether you want a carry out or if you will be dining in. **THANK YOU!!**



June 2022 Menu
Choose your June Birthday Lunch from this months menu items until we can resume our Birthday Celebration

| Mon | Tue | Wed | Thu | Fri |
|--|------------------------------|---|--|---|
| ALSO—we no longer bring lunches to your car, you must come in to pick up your carry out | | 1 Ham & Scalloped Potatoes with Green Beans | 2 Italian Sausage w/ Peppers & Onions over Pasta w/Red Sauce | 3 Chef Salad |
| 6 Chicken Tetrizzini | 7 Hamburger Stroganoff | 8 Open Face Hot Pork Sandwich w/Mashed Potatoes | 9 Spaghetti w/ Meat Sauce | 10 Ribs w/Sides |
| 13 Swedish Meatballs over Noodles | 14 Beef Enchilada's | 15 Scoop of Chicken Salad w/Fruit | 16 Ham Dinner | 17 Egg Salad Sandwich w/Chips |
| 20 Turkey Platter | 21 Smothered Chicken w/Sides | 22 Betty Salad | 23 Pork Chops in Mushroom Soup w/Sides | 24 Nacho Supreme |
| 27 Pulled BBQ Pork Sandwich | 28 Taco Salad | 29 Hot Dog w/Pasta Salad & Chips | 30 Chicken Stir Fry over Pasta | All Menu Items subject to change without given notice |

Breakfast Menu—Served 8:30 AM—9:30 AM

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

June 2 Breakfast Sandwich June 23 SOS
June 9 Eggs, Sausage, Potato & Toast
June 16 Biscuits & Gravy June 30 Breakfast Skillet



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

Carry out available for pick-up 11:30am—12:30pm

****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 needs this for funding purposes. Without a scan card, you will need to pay \$5.00 regardless of your age. Additional meals over two are available for \$5.00 each (see Directors Corner pg.



Many of you know we showed our appreciation to our volunteers on the afternoon of Sunday, April 24th. While the dinner is a small token of our gratitude for everything the volunteers do for us, their willingness, kindness, dependability, and generosity they share will always be treasured. Each of the volunteers received a certificate of appreciation and an "Awesome" umbrella. Sue Denman and John Bocks were recognized as the Volunteers of the year for 2020 and 2021, respectively.

I want to shout out to the staff who went above and beyond to make the dinner special. A banquet hall was rented in years past, and a caterer contracted. Having you at the Center is our opportunity to show just how much you mean to us. Almost everyone gave up at least a Saturday or a Sunday to pull it off. We also had a couple of extra hands; Ellan Brockway helped Saturday and Kathleen McBee who is replacing Joe came to help on Sunday. The compliments that you shared say it all. A huge thank you goes out to all the staff.

It is two years, one month, and 21 days since we were instructed to close our doors due to our first pandemic in 102 years. The Spanish flu began in the spring of 1918, does that sound familiar? Not so familiar is the Spanish flu ended by the summer of 1919 when those infected either died or developed immunity. Which begs the question, why are we still having to deal with a virus two years after we first became aware of it? That's a question someone else with a higher pay grade than mine will need to answer.

But it does serve as a reminder we have been living with this dreaded virus for over two years. While I had hoped things would have improved, they have, but not to the extent many of us had dreamed. The best thing any of us can do is educate ourselves on what we should do if one comes in close contact with some who test positive for COVID, or god forbid one should test positive.

Anyone who has visited the Center in recent months knows the precautions we have taken to make your time here as safe as possible. None of those precautions will prevent anyone from contracting COVID, not visitors or staff. I had been sending out a notification when someone tested positive to those who were considered in close contact. The message provided all the information we can share, including the day and the date. It let you know to follow CDC recommendations, watch for symptoms of COVID and call your physician or the Monroe County Health Department if you have questions. The notice caused some panic, as a result I have discontinued the notices. As I mentioned before, it has been over two years; we all should be at a point where life marches on, whether here, or the store, or the gas pumps we know the risk and need to deal with it.

On a brighter note, RSVP celebrated their volunteers on May 5th. Beth, Taylor and those that helped did an excellent job. I wasn't expecting to make the event but was able to join the festivities around 5:00 on my way back from Toledo. The event started at 4:00 at LaRoy's Hall and featured a trove of hors d'oeuvres. I'm guessing everyone got enough to eat from the looks of things since there were only five chicken pieces, three pizza pieces, and 16 assorted vegetables left, but who's counting. To top things off, I didn't even get a cookie. Trust me. I am not complaining. I was just happy to make the award presentation let alone find some delectable morsels on the buffet table. My real reason for mentioning the event is that one of our regulars was awarded the Volunteer of the Year, our own Ray Dushane. Ray manages the St. Annes Food Closet and does a fantastic job from everything said about him. Ray is a conscientious shopper. I know this first hand because he always gives me tips on where we can save a few bucks on our food costs. Congratulations, Ray you deserve it! HAPPY FATHERS DAY, to all those fathers.

A handwritten signature in blue ink, appearing to read "Ray Dushane".



- “Dad: A son’s first hero, a daughter’s first love.” —Unknown
- “The power of a dad in a child’s life is unmatched.” —Justin Riclefs
- “It is a wise father that knows his own child.” —William Shakespeare
- “One father is more than a hundred schoolmasters.” —George Herbert
- “A girl’s first true love is her father.” —Marisol Santiago
- “A father’s smile has been known to light up a child’s entire day.” —Susan Gale
- “A father carries pictures where his money used to be.” —Steve Martin



Protect Yourself from Social Security Scams

Telephone and email scammers are pretending to be government employees.

Scammers will try to scare you and trick you into giving them your personal information and money.

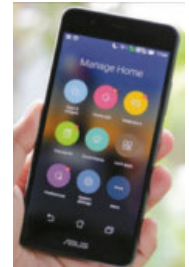
Don’t be fooled! Social Security will not:

• Threaten you • Tell you there is a problem with or suspend your Social Security number • Demand immediate payment from you • Require payment by retail gift card, pre-paid debit card, internet currency, wire transfer, or by mailing cash If you receive a call or email like this, please report it to the **Office of the**

Inspector General at <https://oig.ssa.gov>.



Source: <https://www.ssa.gov/news/>



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Different Day

FRENCHTOWN CENTER

Library in Motion will return

Wednesday, June 15, 2022

Please have returns ready by 10:00
am

PHONE: 734-241-5770



Library in Motion



When calling to place your
lunch order, PLEASE CALL
(734-636-9477).

This is the direct line to the
kitchen and will by-pass all the
prompts and make it easier for
you. **ALSO—we no longer**
bring lunches to your car, you must come in
to pick up your carry out
THANK YOU

TUESDAY FUN NIGHT

Meal &

Entertainment

2nd Tuesday

(June 14th)

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

| | |
|----------------------|-------------------|
| Linda F Austin | Allen G Mrock |
| Karen Beck | Bonnie J Mrock |
| Karen E Conner | Jerry A Mudget |
| Linda Dattner | Rita M Mudget |
| Barbara M Denman | John J Murphy |
| Gloria Idukas | Julie N Murphy |
| Kenneth C. Kreuchauf | Hobby Nels |
| Saundra Lenling | Janice Sue Quatro |
| Nancy A McDonald | Velvet B Rauton |
| Robert L McDonald | Joann Rhodes |
| Carlene L Monticello | Michele Y. Rinne |
| Ralph L Monticello | Eve Weatherholt |

Annual Members who became LIFETIME Members

Naomi S Coon, Angela R Katz, Jack David Katz

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



Shirley J. Boos, 88

March 8, 1934 - April 13, 2022

**Thank you to Angela and Jack
Katz for their donation to the
Center.**



HAPPY BIRTHDAY

**Choose your June
Birthday Lunch from this months menu items (Page 4)**



Nancy L Allen
Barbara M Arquette
Genevieve Ann Bailey
Marleen Baker
Marvin J Baumann
Mary A Beaubien
Pamela S Benore
Helen Breitner
Mary H Brooks
Renea J Bunkelman
Daniel J Cooley
Lisa M Cooley
Bernard H Coon
Linda Crabtree
Kristine F Durkin
Jerry Engel
Noe Garcia Jr
Fred W Gartner
Giuseppa Giaimo (Giarmo)
Florence Grajewski

Christopher M Hess
Betty J Hoffer
Lorraine L Hudson
Gerald (Jerry) E Iott
Chris A Jones
Nancy A Jones
Joseph T Kavanagh
Sandy Lajiness
Floyd D Lajiness
Barbara J Ley
Marla J Lindsey
Doyle Roger Maiden
Deborah L Masserant
Jerry D Meek
Dennis C Mell
Diane M Michaud
Sharon L Nichols
Marie J Nunn
Karen L Overmyer

Mary Pearsall
Mark Perhatch
Sharan A Peters
James J Rostash
LaVerne W Rothman
Michelle D Savage
Laurie K Schultz
Daniel "Sonny" L Sordini
Marge E Staelgraeve
H. Arree Staley
Nell Strube
Carla Strunk
Elizabeth A Toye
Vanessa L VanDevelde
Dorothy A Wagner
Minde S Werstein
Carrie M Williams
Jin N Wong
Marsha C Workman

Fall Prevention Checklist

Here are a few steps you can take to
lower the risk of falls at home.

Stairs and Steps:

(Indoor and outdoors)

- Remove objects from stairs, such as papers, shoes, books or other objects
- Fix any broken or uneven steps
- Check to make sure there's light at the top and bottom of stairs
- Change any burned out light bulbs in the stairways or outside your home
- Repair or replace any loose or torn carpet on the stairs
- Repair or replace any loose or broken handrails
- Make sure there are handrails on both sides of the stairs

Floors:

- **Make sure** your path through each room is clear, move furniture if needed
- **Remove** rugs or use double-sided tape or non-slip backing to secure to floor
- **Remove** papers, shoes, books or other objects from floor
- **Tape** wires and cords next to the wall

Kitchen:

- **Keep things** you use often on lower shelves (about waist high)
- **Avoid** step stools or use a sturdy stool with a bar
- **Never** use a chair as a step stool

Bedrooms

- **Place** lamps close to the bed, within reach
- **Use** a nightlight so you can see where you're walking at night

Bathrooms

- **Put** a non-slip mat or self-stick strips on the floor of the tub or shower
- **Have** grab bars put in next to and inside the tub and next to the toilet

Remember to ask for assistance from a friend or loved one if you need help when making repairs or additions to your home for safety. Find more ways to prevent falls by visiting gov.usa.gov/xN9XA

Physical Health for Seniors: Why It's Important & How to Maintain It

By Publisher | Last updated April 22, 2022

Taking care of your body and properly managing your physical health is a vital part of helping ensure that you truly enjoy your senior years. After all, you probably want the ability to spend your retirement participating in fun activities—including some that you may have been dreaming of and planning for most of your adult life. But you can only do that if you feel well. So following are some ideas to help you maintain that healthy you.

Some Common Health Issues For Seniors:

[continued on page 10](#)

Heart Disease
Arthritis
Cancer
Respiratory Disorders
Osteoporosis
Diabetes

Stroke
Cholesterol
Influenza
Falls
Obesity

Gum Disease
Shingles
Kidney Disease
Eye Disease
Sleep Problems
Mobility Problems

4 Great Ways to Maintain and Improve Your Overall Physical Health

[continued on page 9](#)

Many common preventative measures can help protect you from developing problematic physical conditions and diseases. The reality is that taking care of your physical health doesn't have to be complicated. It can actually be quite simple and enjoyable. Incorporating the four following tips into your everyday life can help you feel like a new person, bring back or retain your youthfulness and joy for life, and avoid many physical problems.

1. Properly manage your medical ailments, conditions, or diseases.
2. Get an appropriate amount of exercise.
3. Practice good nutrition.
4. Get enough sleep and rest.

Join our exercise groups

M-W-F Enhanced 9AM

T-Th Cardio Drumming 9AM

8 Reasons to Care for Your Physical Health

If you're still unclear about why it's important to maintain your physical health, then check out these eight reasons. Among other things, they'll probably motivate you to start implementing a healthy diet and regular exercise routine. They're all about helping you feel your best.

1. Ward off heart disease, diabetes, obesity, and other
2. Maintain and improve your mobility and flexibility.
3. Reduce bone, joint, and muscle aches and pains.
4. Feel better mentally.
5. Improve your sleep
6. Increase your energy levels.
7. Keep your independence.
8. Save money on healthcare costs.



VISIT:

<https://www.greatseniorliving.com/health-wellness/physical-health>
For the complete article.

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RUMMAGE SALE

Wednesday, June 15th 2022

Thursday, June 16th 2022

Friday, June 17th 2022

from 8:30am – 3:30pm

We are now accepting clean, used, items for our Rummage Sale.
Assorted household items and clothing, including working small kitchen appliances,
Laptops, Tablets, anything small.

**PLEASE NO Large TV's and
NO Large Appliances.**
NO BOOKS OR MAGAZINES!!!
We will have to turn them away.

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We are currently accepting donations for a new

PING PONG TABLE

Join the fun every Thursday

from 9:30 to 11:00



DONATIONS

Ping pong was not really invented in Monroe in the mid to late 50's, it was just "discovered" by me then at what used to be Cantrick Junior High School. I stumbled upon it one day after completing my lunch period as I was wandering the halls wondering what other trouble I could get into before my next class.



As I sauntered by the gym in the hallway there were a few guys standing around a green table with a net watching some sort of a contest - when suddenly a small white ball came whizzing my way just missing my blank cranium! BTW-table donated by principal Blaine Zimmerman!) What the heck!! (WTF was not yet in the vernacular!) Upon further investigation I determined that this must be a ping pong match - so I watched a game or two and decided that what the heck, I'm as good as they are. And I challenged!

Turns out I was not as good as they were especially one John Gebhardt who seemed to be beating all takers. No doubt he was good, maybe beyond good, but I knew with a little more practice I would be able to catch up AND surpass him - someday!!

Fast forward about 53 years and I found myself at one of those dreaded High School Reunions when who should I bump into but Mr. Pong himself! And even though I had quit drinking several years prior to this meeting, I challenged Mr. G to a "game to the finish"!! Another big mistake - seems he played every week and had gotten better!!

But I found out that it was still fun and my cardiologist loved my getting more exercise. Over the years and in between games I was a quadruple heart bypass recipient in addition to several stints and my carotids had to be "roto-rooted". And. I was still around!!

Find out how much fun it still can be for you! Every Thursday from 9:30 to 11:00 at the center we have ping-pong matches for all to enjoy. Male, female, old or older, novice or expert - doesn't matter! If you can pick up a 4 oz paddle and swing your arms - you're in!

There is no charge for the games - your membership and a desire to have a good time with competition your own age is all that is required. And if you would like to donate a few bucks for a new table it would be most appreciated! There is a donation bucket available at the Center. We hope to see you here soon!

Article Contributor: John Morris

Grand Hotel/Mackinac Island Trip

4days/3 Night stay Grand Hotel

Cost per person

| | |
|-------------|------------|
| Room Double | \$1,097.00 |
| Room Triple | \$1,097.00 |
| Room Single | \$1,397.00 |

Make Checks payable to:

Frenchtown Center for Active Adults



Deposit required on

sign up — \$200.00

Additional \$425.00 due by June 8

30 people need to pay \$425.00 or the trip will be cancelled

The mParks Grand Experience—

Accommodations at Grand Hotel (include baggage handling, taxes and gratuities), special champagne reception, nightly dancing with Grand Hotel Orchestra.

For more Details Call Lisa @ 734-243-6217

- Ferry Boat Ride to the Island
- Full Breakfast each morning
- Four-Course dinner each night
- Champagne Reception
- Nightly Dancing
- Grand Hotel History Lecture
- Carriage Tour
- Tournaments games

- Horse Drawn Taxi to and from the Grand Hotel
- Discounts on Bike Rentals & Golf
- Writing Contest
- Evening Entertainment
- Professional Tour Manager
- Luggage handling, taxes & gratuities
- Motorcoach Transportation
-

October 18—21, 2022

Name: _____

Address: _____

Telephone: _____

Roommate Name: _____

Please send insurance forms: ☐ Yes ☐ No

I do not want insurance ☐ Yes ☐ No

Special Needs: _____

2786 Vivian Rd.—Monroe, MI 48162—734-243-6210—Fax 734-243-5761



Susan L. Denman 2020 Volunteer of the Year



John W. Bocks 2021
Volunteer of the Year



Why be a Volunteer?

It's not for money, it's not for fame.
 It's not for any personal gain.
 It's just for love of fellowman.
 It's just to send a helping hand.
 It's just to give a tithe of self.
 That's something you can't buy with wealth.
 It's not medals won with pride.
 It's for that feeling deep inside.
 It's that reward down in your heart.
 It's that feeling that you've been apart.
 Of helping others far and near,
 That makes you a Volunteer!

Author unknown

thank
you!



We hope you will watch and enjoy this move. A member's daughter is the animal trainer for it. Let's congratulate her by giving this movie a thumbs up.

Netflix's *Rescued by Ruby* is a perfect example of a happy dog-centered film **inspired by a true story** about a K-9 unit named Ruby. *Rescued by Ruby* is a **2022 American Netflix original biographical drama film directed by Katt Shea**. Its story follows a state trooper named Dan, who dreams of joining the K-9 search and rescue team of the state police, however has been unsuccessful in doing so until he befriends a shelter dog named Ruby.



Strange Old Lady—A Little More Humor

A strange old lady has moved into my house. I have no idea who she is, where she came from, or how she got in. I certainly did not invite her. All I know is that one day she wasn't there, and the next day she was.

She is a clever old lady and manages to keep out of sight for the most part, but whenever I pass a mirror, I catch a glimpse of her. And, whenever I look in the mirror to check my appearance, there she is hogging the whole thing, completely obliterating my gorgeous face and body. This is very rude! I have tried screaming at her, but she just screams back.

The least she could do is offer to pay part of the bills, but no. Every once in a while, I find a \$5 bill stuck in a coat pocket or some loose change under a sofa cushion, but it is not nearly enough. And I don't want to jump to conclusions, but I think she is stealing money from me. I go to the ATM and withdraw \$50 and a few days later, it's all gone! I certainly don't spend money that fast, so I can only conclude the old lady is pilfering from me. You'd think she would spend some of that money to buy wrinkle cream. And money isn't the only thing I think she is stealing.

Food seems to disappear at an alarming rate-especially the good stuff like ice cream, chips, and sweets. She must have a real sweet tooth, but she'd better watch because she is really packing on the pounds. I suspect she realizes this, and to make herself feel better, she is tampering with my scale to make me think I am putting on weight, too.

For an old lady, she is quite childish. She likes to play nasty games, like going into my wardrobes when I'm not home and altering my clothes so they don't fit. And she messes with my files and papers so I can't find anything. This is particularly annoying since I am extremely neat and organized.

She has found other imaginative ways to annoy me. She gets into my mail, newspapers, and magazines before I do and blurs the print so I can't read it. And she has done something really sinister to the volume controls on my TV, radio, and telephone. Now, all I hear are mumbles and whispers. She has done other things-like make my stairs steeper, my vacuum heavier and all the knob and taps harder to turn. She even made my bed higher so that getting into and out of it is a real challenge.

Lately, she has been fooling with my groceries before I put them away, applying glue to the lids, making it almost impossible for me to open the jars. She has taken the fun out of shopping for clothes. When I try something on, she stands in front of the dressing room mirror and monopolizes it. She looks totally ridiculous in some of those outfits, plus, she keeps me from seeing how great they look on me.

Just when I thought she couldn't get any meaner, she proved me wrong. She came along when I went to get my picture taken for my driver's license, and just as the camera shutter clicked, she jumped in front of me. I hope she never finds out where you live!

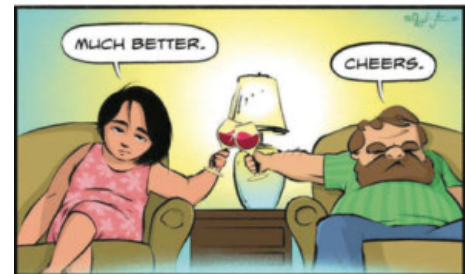
Author Unknown



'Laughter IS the Best Medicine.'



A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool... After catching his breath, he ordered a banana split. The waitress asked kindly, 'Crushed nuts?' 'No,' he replied, 'Arthritis.'



Aging is tricky. It's like you still feel young *INSIDE*, but then every once in a while you catch a glimpse of yourself in the mirror and reality just smacks you in the face.



The oldest computer
was owned by
Adam and Eve.

It was an Apple
with very
limited memory.

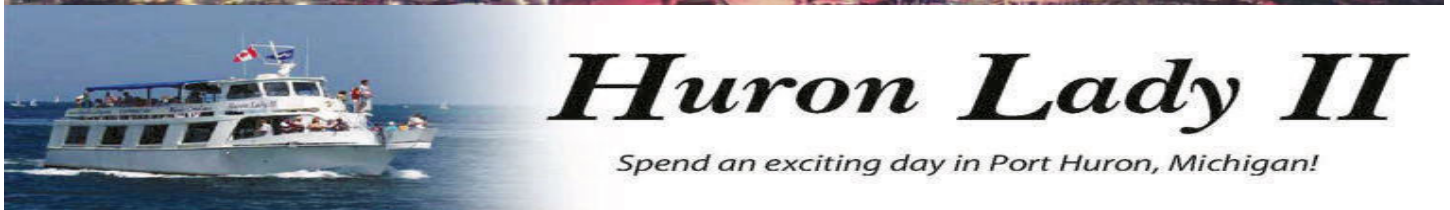
Just 1 byte and
everything crashed!

Chickens and Eggs

The elderly grandma always talked to the hens whenever she fed them. One day, her grandson asked, "Grandma, why do you talk to the chickens?" "I'm just trying to egg them on." -Sally Painter



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.



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>
for the latest downloadable flyers and upcoming trip information**

[illegible]

Frenchtown Voyagers Travel Meeting

June 5, 2022

Please call and make reservations in advance. Contact Lisa Cooley (734)-243-6217 to reserve your seating or with any questions. www.frenchtownsenior.com. You can find the latest travel information on our Website, FaceBook page and in the newsletter.

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

- ♦ **Four Winds Casino Resort, June 20-21, 2022**—presented by Bianco Tours, \$222 pp/dbl, Transportation, Accommodations, Meals and \$10 food voucher at both casinos. Featuring Gun Lake Casino and Four Winds.
- ♦ **Mystery Trip, July 18-21, 2022**—presented by Ed & Ted's \$899 pp/dbl. Transportation, 3 night accommodations, Admission to all attractions, 6 meals, 3 dinners and 3 breakfast.
- ♦ **New York City, August 29-Sept 3, 2022**—presented by Ed & Ted's \$1,699 pp dbl 2 nights to/from New York City, 3 nights Sheraton Time Square, 5 Breakfast, 3 Dinners, Mrs. Doubtfire on Broadway, Ground Zero, Ellis Island and more.
- ♦ **Still Dreaming of a White Christmas, December 14, 2022**—presented by Custom Tours. \$112 A Cornwell's original! A sister act, tow dashing song and dance men, and a whole lot of Christmas Cheer. Cornwell's Turkeyville—Fresh carved turkey, mashed potatoes, dressing, gravy, vegetable, casserole, rolls, dessert.
- ♦ **A Smoky Mountain Christmas, Nov. 28-Dec. 2, 2022**—presented by Ed & Ted's \$1,299 pp dbl A five-time awards winner of America's Best Christmas Event, Dollywood's Smoky Mountain Christmas Festival. Dinner at Five Oaks Farm Kitchen, Free time for shopping & lunch on your own, Dolly Parton's Stampede Dinner & Show. 8 meals—4 dinners & 4 Breakfast
- ♦ **Toledo Mudhens, Friday, June 24, 2022**—presented by Custom Holidays \$92 3:30-11:30 PM, dinner at 5:30 pm and Ballgame at 7:05PM
- ♦ **Detroit Fireworks, Monday, June 27, 2022**—presented by Custom Holidays \$155 pp 3:00 pm-12:00 am The Detroit Princess is the best location on the river to view Detroit's Freedom Festival Fireworks!! Includes a delicious dinner buffet.
- ♦ **Detroit Tigers Game, Wednesday, August 24, 2022**—presented by Custom Holidays \$77 Lower First Baseline section 113. Playing San Francisco Giants. Hot Dog Chips and Soda.



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A Non-Profit Organization

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Monroe, MI 48162

A Monthly Publication

Current Resident



NEWS TO NOTE:

◆ **BRIDGE** Returned Tuesdays and Thursdays @ 9:00 AM

◆ **Travel Meeting**—Tuesday, June 7, 2022 @ 1:00 PM

◆ Library will be here on **Wednesday June 15, 2022 @ 10:00 AM**

◆ **FUN NIGHT MEAL & Entertainment**—Tuesday, June 14, 2022 @ 4:30 PM *Members \$1.00 / NON-MEMBERS \$3.00*

◆ **Rummage Sale** June 15-17, 2022

◆ **Board Meeting**—Thursday, June 16 @ 10:00 am

←

Remember, most of your stress comes from the way you respond, not the way life is. Adjust your attitude, and all that extra stress is gone.

The kitchen staff would greatly appreciate it if when you telephone and leave a message to order lunch, PLEASE indicate whether you want a CARRY-OUT or if you will be Dining IN. **ALSO—** we no longer bring lunches to your car, you must come in to pick up your carry out
THANK YOU