



# 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.**

## FEBRUARY 2023



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See Page 15 for the exciting new programs at the Center!!!



**Please NOTE Travel meetings have moved to the 3rd Tuesday each month.**

### 2023 Membership Renewals are Due

**2023 dues remain unchanged.**  
**\$20.00 per person.**

Lifetime memberships \$200.00 per person.  
 If you are not a resident of Monroe County, membership will be \$22.00 per person.





# 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](http://www.frenchtownsenior.com)

## 2023 BOARD OF DIRECTORS

Thomas Peckham—Treasurer  
Darla Myers—Secretary  
Charles Mushung—Member at Large  
Dianne Beaudrie  
Jean Guyor  
Daniel Lee Hartong  
Mary Ann Mack  
Jon Moore  
Lance Slatton  
James Smith  
Alan VanWashenova—Frenchtown Charter Township Liaison

Board of Directors meet on the 3<sup>rd</sup> 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  
Kathleen McBee—Accountant/ Ext 5  
Lisa Ghigliazza—Program Coordinator Ext 3  
Christine Pidruzny—Office Manager / Ext 4  
Patricia Smith—Administrative Assistant / Ext 8  
Ronald Benore—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  
Pam Handegan—Adult Day Staff  
Nancy Jones—Adult Day Staff  
Doreen Sager—Adult Day Staff

[www.frenchtownsenior.com](http://www.frenchtownsenior.com)

## **Activities & Services for Monroe County Older Adults at Frenchtown Center**

- Bingo
- Blood Pressure Checks (3rd Thursday)
- Book Club
- Bunco
- Caregivers Support Group
- Card Making Classes
- Cardio Drumming
- Chair Yoga
- Craft Classes
- Euchre
- Enhanced Exercise
- Fund Raising
- Fun-Fit Party Exercise
- Geri-Fit
- Health Screening
- Knitting & Crocheting Classes
- Left Center Right
- Legal Services
- Let's Dance
- Men's Pool League
- Movie Mondays
- Newsletter
- Nine Ball Pool League
- Noon Lunches
- Notary Services
- Ping Pong
- Pub Trivia
- Quilting
- Tuesday Fun Night (2nd Tuesday)
- Thursday Breakfast
- Travel
- Travel (Frenchtown Voyagers)
- Water Color Class

### **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.



| Mon  |  | Tue  |  | Wed  |  | Thu   |  | Fri   |  |
|--|--|--|--|--|--|---|--|---|--|
| <b>FEBRUARY 2023</b><br><br><b>Red indicates NEW Activity</b><br><br><b>PLEASE NOTE—Travel meetings are now on the 3rd Wednesday</b> |  |  |  | <b>1</b><br>9:00 FunFit Party w/ Cheryl<br>9:30 Euchre<br>10:00 Nine Ball<br>12:30 Paint w/Friends<br>1:00 Happy Hookers   |  | <b>2</b> 8:30 Breakfast<br>8:30 Ping Pong<br>9:00 Cardio Drumming<br>10:00 Geri-Fit<br>12:30 LCR<br>1:00 Eight Ball<br>1:00 Enhanced Exercise w/ Jackie   |  | <b>3</b><br>9:00 FunFit Party w/ Cheryl<br>12:30 Water Color Class<br>1:00 Bingo                |  |
| <b>6</b><br>9:00 FunFit Party w/ Cheryl<br><b>10:00 Library In Motion</b><br>11:00—1:00 Quilting<br><b>2:30 Movie Monday</b>         |  | <b>7</b><br>9:00 Cardio Drumming<br>10:00 Geri-Fit<br>12:30 Bunco<br>12:30 Color Social<br>1:00 Enhanced Exercise w/Jackie   |  | <b>8</b><br>9:00 FunFit Party w/ Cheryl<br>9:30 Euchre<br><b>10:00 Chair Yoga</b><br>10:00 Nine Ball<br>12:30 Paint w/Friends<br>1:00 Happy Hookers                            |  | <b>9</b> 8:30 Breakfast<br>8:30 Ping Pong<br>9:00 Cardio Drumming<br>10:00 Geri-Fit<br>10:30 Quilter's Guild<br>12:30 LCR<br><b>1:00 Caregiver Mtg</b><br>1:00 Eight Ball<br>1:00 Enhanced Exercise w/ Jackie   |  | <b>10</b><br>9:00 FunFit Party w/ Cheryl<br>12:15 Water Color Class<br>1:00 Bingo               |  |
| <b>13</b> 9:00 FunFit Party w/ Cheryl<br><b>10:00 Chair Yoga</b><br>11:00—1:00 Quilting  |  | <b>14</b><br>9:00 Cardio Drumming<br>10:00 Geri-Fit<br><b>10:30 Quilters Guild</b><br>12:30 Bunco<br>12:30 Color Social<br><b>1:00 RSVP</b><br>1:00 Enhanced Exercise w/Jackie<br><b>4:30 Fun Night (Meal &amp; Entertainment)</b> |  | <b>15</b><br>9:00 FunFit Party w/ Cheryl<br>9:30 Euchre<br><b>10:00 Chair Yoga</b><br>10:00 Nine Ball<br>12:30 Paint w/Friends<br>1:00 Happy Hookers                           |  | <b>16</b> 8:30 Breakfast<br>8:30 Ping Pong<br>9:00 Cardio Drumming<br>10:00 Geri-Fit<br><b>10:00 Board Mtg</b><br><b>11:00 IHM Blood Pressure Checks</b><br>12:30 LCR<br><b>1:00 Card Making Class</b><br>1:00 Eight Ball<br>1:00 Enhanced Exercise w/ Jackie |  | <b>17</b><br>9:00 FunFit Party w/ Cheryl<br>12:15 Water Color Class<br>1:00 <b>\$5.00 Bingo</b> |  |
| <b>20</b><br>9:00 FunFit Party w/ Cheryl<br><b>10:00 Chair Yoga</b><br>11:00—1:00 Quilting   |  | <b>21</b><br>9:00 Cardio Drumming<br>10:00 Geri-Fit<br>12:30 Bunco<br>12:30 Color Social<br><b>1:00 PM Travel Meeting</b><br>1:00 Enhanced Exercise w/Jackie   |  | <b>22</b><br>9:00 FunFit Party w/ Cheryl<br>9:30 Euchre<br><b>10:00 Chair Yoga</b><br>10:00 Nine Ball<br>12:30 Paint w/Friends<br>1:00 Happy Hookers<br><b>2:00 Pub Trivia</b> |  | <b>23</b> 8:30 Breakfast<br>8:30 Ping Pong<br>9:00 Cardio Drumming<br>10:00 Geri-Fit<br><b>10:30 Book Club</b><br>12:30 LCR<br>1:00 Eight Ball<br><b>1:00 Caregiver Mtg.</b><br>1:00 Enhanced Exercise w/ Jackie  |  | <b>24</b><br>9:00 FunFit Party w/ Cheryl<br>12:15 Water Color Class<br>1:00 Bingo               |  |
| <b>27</b><br>9:00 FunFit Party w/ Cheryl<br><b>10:00 Chair Yoga</b><br>11:00—1:00 Quilting   |  | <b>28</b><br>9:00 Cardio Drumming<br>10:00 Geri-Fit<br>12:30 Bunco<br>12:30 Color Social<br>1:00 Enhanced Exercise w/Jackie  |  | <b>February Activities</b><br><br><i>ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING.</i>   |  |   |  |   |  |





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!!

**February 2023 Menu**  
 Choose your February Birthday Lunch from this month's menu items until we can resume our Birthday Celebration

| Mon   | Tue  | Wed  | Thu                                  | Fri  |
|---|--|--|--------------------------------------|--|
| The cost of kitchen products has risen dramatically during the past few months, whether cleaning or foam products. In an attempt to maintain our affordable lunch price, if you are not already getting a carry-out, there will be a .25 cent fee for foam boxes. |  | 1<br>Vegetable Stir-fry over Rice  | 2<br>Greek Salad                     | 3<br>Sloppy Joe w/Mac & Cheese             |
| 6<br>Sweet & Sour Chicken over Rice   | 7<br>Meatball Sub                                      | 8<br>Pork Belly Bowl (Pulled Pork, Mac & Cheese, Baked Beans)  | 9<br>Mostaccioli                     | 10<br>Chicken Noodle Soup w/Grilled Cheese |
| 13<br>Chili Dog w/Fries   | 14<br>Boiled Dinner (Ham, Potatoes, Cabbage & Carrots) | 15<br>Chicken Fajita's   | 16<br>Pork Sandwich w/Side           | 17<br>K-mart Sub                           |
| 20<br>Hot Turkey Platter  | 21<br>Chicken Salad Sandwich w/ Side                   | 22<br>Betty Salad  | 23<br>2 Hard Taco's w/Chips & Cheese | 24<br>Baked Cod w/Rice                     |
| 27<br>Bratwurst w/Side  | 28<br>Loaded Nacho's                                   | <p>Please call 734-636-9477 by <b>1:00 pm</b> the day before to order lunch.<br/> <u>Please Call by <b>1:00 pm</b> Friday for lunch the following Monday</u></p> |                                      |  |

**Breakfast Menu—Served 8:30 AM—9:30 AM**

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

February 2 Breakfast Skillet    February 9 Biscuits & Gravy

February 16 Waffle    February 23 Ham & Cheese Omelet

**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 Call by 1:00 pm Friday for the following Monday**

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. Additional meals over two are available for \$5.00 each. Dine in for members is still \$3.00.







As we begin a brand new year, we are coming off of one of the best years the Center has ever experienced. Until this year, 2019 was the one for the record books, and to be honest with you, I was afraid it would stay that way for a long time. I still remember that dreaded day in 2020 when things changed for all of us. My biggest fear was attendance would never bounce back after things began to resume, notice I didn't write normal.

It may surprise many of you, but senior center attendance, in general, had started to decline. Much of the decline was associated with the changing demographics and the baby boomer population. The Monroe County Older Adults Need Assessment released in November 2015 stated in their reference to local senior centers, "So although only one in six older adults in Monroe County has any active involvement, most are open to participation." The question we had to answer was how we increase participation.

While bingo and card games remain popular, something was missing. Recent research concluded older adults do not want to be associated with the word "Senior" this is why we changed the name to the Frenchtown Center for Active Adults. Researchers also concluded baby boomers wanted more than what a traditional senior center had to offer. We needed more for those active adults, so in addition to line dancing and enhanced exercise, we began offering cardio drumming. We have expanded our exercise platform to include the Geri-Fit program, and starting in February, Lisa will be leading Chair Yoga. If things go according to plan, we might be able to offer tai chi in March. Lisa has a few other things on tap, like pub trivia and movie day so turn to page 15 for more details.

The lunch program is booming. Kim and Michelle have been racking up some big numbers with the meals they prepare and serve. Please keep in mind when making your reservation that your meal may be delayed if changing from dine-in to carry-out or vice versa. Also, once your meal is plated and you change to a carry-out, there will be a .25 cent charge to cover the additional expense of the foam products.

Today is the second Thursday of the month, and this is the first monthly Monroe County Quilters Guild meeting at the Center. They met here years ago, and when their numbers grew to the point we could not accommodate them, they moved. Unfortunately, their numbers have decreased due to the pandemic, so they have returned and are looking for new members.

We are excited to start 2023 on what we hope will be a banner year. Hopefully, you experienced something worthwhile when you were here, enough so that you spread the word. In 2022 we saw an increase in hours, 10 percent more than in 2019, and it would be fantastic if we could repeat that. Even if we don't, we want you to come, enjoy yourself, and have a fun-filled day. Please remember your membership renewal is due. If you haven't already, stop in, renew and say hi to Chrissy.

I also want to take a minute to welcome two new staff members to our dementia adult day care program, Pam Handegan, started towards the end of 2022, and Doreen Sager, at the start of 2023. We were fortunate to get two individuals with years of experience working with older adults in our community. It was a struggle to find individuals suited to work with our participants. Fortunately, they have Jean to guide them because even with their experience, there are still a few things to learn about the program.

Come, bring a friend, have some fun, enjoy new programming, and start the year off on the right foot.

A handwritten signature in cursive script, likely belonging to the author of the text.





## Chair Yoga Explained

Yoga has been well-researched for its health benefits for those with hypertension, osteoporosis, arthritis, hormonal changes, and other conditions that tend to impact seniors. According to the Mayo Clinic, as we get older, we naturally lose strength and flexibility, which can in turn affect our sense of stability and balance. Fortunately, yoga is known for its ability to help improve muscle tone, flexibility, coordination, and balance. The key for seniors, especially those who are new to yoga, is to find ways to practice it that allows them to feel stable and supported throughout the practice. Anyone can practice with a chair – either sitting down or using the chair for support in standing poses. Remember that each person’s body develops differently over time, and we all bring in different health concerns and physical conditions. For example, hypertension or glaucoma may preclude forward bending poses. You may want to avoid bearing weight on injured knees or arthritic joints. Please let your instructor know what limitations you may have before you begin each session. Yoga should not cause pain or strain on your body. Listen to your body and do not push past what is safe for you. We will be focusing on breathing, stretching, and improving muscle tone, coordination, balance, and flexibility. We look forward to seeing you Wednesday, February 8<sup>th</sup> at 10:00am to start your journey to improved health. Please contact Lisa if you have any questions.

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15-0719



## FRENCHTOWN CENTER

Library in Motion will return

**Monday, February 13, 2023**

Please have returns ready by 10:00 am

**PHONE: 734-241-5770**

**EMAIL: [lim@monroe.lib.mi.us](mailto:lim@monroe.lib.mi.us)**



## January Trivia Answers & Winner Congratulations

### Answers

1. Tom Sawyer
2. D-All invented by women
3. True
4. Zip Code
5. 30
6. Passion Pit
7. 1959
8. 1955

### Winner

Carol Hartong  
6 out of 8 correct

## Chicks-N-Sticks

Attention ladies, Chicks-N-Sticks is returning to the Frenchtown Center on Mondays starting in February. If you are interested in playing pool, please see the Program Coordinator, Lisa for details. Come join the fun, even if you've never played before we can teach you. This is a women's only league.



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 Valarian "Larry" J. Langton  
 Shirley Mae (Cousino) Libstorff  
 Diane Marie (Padot) Michaud  
 Doris Mae Van Buskirk

**Donations and Thank You!!**

- Sharon R Friedline, Mary Jo Windels, Carol A Coppersmith, Elaine and Marvin Culverhouse, Margot Burger, Mary Ann Mack, Michael Cunningham, Martha L Bell, and Sherri S Iacoangeli for their donation to the Center.
- Cheryl A Bellestri - for doing great teaching the morning Enhance Exercise (now the FunFit Party w/Cheryl) on Mondays, Wednesdays, and Fridays.
  - Katherine E Boylan - donation to the Center in memory of Ronald "Bud" Golubic.
  - Lynne M Johnson - for her donation to the Center (50/50 cash raffle winner) during NYE party.



**Choose your February Birthday Lunch from this months menu items (Page 4)**  
 New members having a February Birthday may not be listed here. We will include you in March's newsletter

|                      |                       |                           |                            |
|----------------------|-----------------------|---------------------------|----------------------------|
| Jon F. Baldock       | Mary Goode            | Keith D McBee             | Margaret L Willis          |
| Bonnie J Banning     | Christine M Gross     | Nancy K McLaughlin        | Mary Jo Windels            |
| Daniel T Batista     | Diane M Groulx        | Gerald (Jerry) McWilliams | John D Wright              |
| Michele E Bieszki    | Carolyn Haines        | Michael R. Miller         | Rita Gail Wylie            |
| Sarah M Boghosian    | Elaine M Halstead     | Rita M Mudget             | Robert A Zochowski         |
| Dennis J Bomia       | Rosalie Frey- Hamm    | Franklin R Nation         | Theresa M Radu             |
| Alek Boylan          | Frances A Ingels      | Tom M Perry               | Patsy M Ramsey             |
| Marlene Briggs       | Darlene A Jennings    | Mary H Peters             | Camden Regis               |
| Jean M Brose         | Roger D Jennings      | Curtis James Posuniak     | Jim Rohrbach               |
| Doris B Brown        | Janice Marie Johnston | Jackie L Rains            | Joseph J.D. Salisbury      |
| Deborah J Caines     | Susan "Sue" Jondro    | Nancy S Redmon            | Haroldean (Jeri) D Schmitz |
| Helen M Cole         | Carolyn Kallenberg    | Ann E Rothman             | Beverly J Small            |
| Joyce I Craanen      | Russell O Kenyon      | James Mark Ryder          | Karen L Smeltzer           |
| Marvin H Culverhouse | Joyce A Kiebler       | George Satterfield        | Betsy A Stone              |
| Darlene R Dailey     | Gerry Kilts           | Kathy L Schafer           | Ruth A Swauger             |
| William O Doster     | Adele B Konyha        | Harold D Schlipp          | Thomas A Tarr              |
| Cheryl A Fitzpatrick | Edward J Kowalczyk    | Susan Kay Stoll           | Joan A Toth                |
| Denny R Foster       | Juanita A LeBlanc     | Judy A Stump              | Charles T VanBelle         |
| Edward L Friedline   | Mary M Livernois      | Jackie L Van Houten       | Larry VanWasshenova        |
| Nancy K Gates        | Brenda L Lymond       | Jerome R Wheeler          | Eddie R Weaver             |
|                      | Marilyn M McAfee      | Ellen M Wickenheiser      | Lori A West                |
|                      |                       |                           | Bonita B Wheeler           |
|                      |                       |                           | Kathy A Wozniak            |
|                      |                       |                           | Cheryl L Wyatt             |

## WHEELBARROW OF CHEER

And the Winners are: 1st Place - Wheelbarrow of Cheer goes to Mary Windels.  
2nd Place - Gift Basket valued at \$75.00 goes to Linda Fox and last but not least.....3rd Place - \$20.00 Gift Card goes to Jolene Caudill. Congrats!!!  
Thank you to everyone who bought tickets to help with this annual fund raiser for the Center. Happy Holidays.



## UGLY SWEATER FUN





# TRIVIA

1. What was the name of the famous English four-piece band that came out of Liverpool?
2. What was the name of the first James Bond movie released in 1962 starring Sean Connery & Ursula Andrews?
3. Which Alfred Hitchcock scary movie was released in 1960 with a famous shower scene?
4. In 1960, the most powerful earthquake ever recorded, 9.5 on the Richter scale, was where?  
In which year did the show "Sesame Street" first air on television?
5. Which classic science fiction show began in 1966?
6. In the late 1960s the US Airforce released a report concluding there were no such things as UFOs or Extra Terrestrials what was the name of the report?



|                                   |   |  |
|-----------------------------------|---|--|
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| <p>LET US PLACE YOUR AD HERE.</p> | <p><b>LET'S GROW YOUR BUSINESS</b><br/>Advertise in our Newsletter!</p> <p><b>CONTACT ME</b><br/><b>Terry Sweeney</b></p> <p><a href="mailto:tsweeney@lpicommunities.com">tsweeney@lpicommunities.com</a><br/><b>(800) 477-4574 x6407</b></p> | <p><b>THIS SPACE IS AVAILABLE</b></p>  |





### Income Tax Help

John Bocks is again offering this service to our MEMBERS ONLY.

John will be at the Frenchtown Center for Active Adults **Tuesday—Friday** **By Appointment.**

**Please call Lisa Ghigliazza, Program Coordinator, for an Appointment**

This is a FREE Service for MEMBERS ONLY.

Please bring any necessary documentation.



**\*\*\*\*\*PLEASE NO WALK-INS\*\*\*\*\***

## **TUESDAY FUN NIGHT Meal & Entertainment**

**Tuesday**

**February 14, 2023**

**2nd Tuesday of the 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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**Thank You for the outstanding response to our Exciting  
New Program Ger-Fit  
Tuesdays & Thursdays—10 AM**



Once a person reaches the age of 50, unless they do some sort of strength training on a regular base, then they begin to lose one pound of muscle each year. Once we reach the age of 70, that muscle loss increases to two pounds lost per year. Designed exclusively for older adults, Geri-Fit helps rebuild strength that's been lost through the aging process to help ensure a higher level of function as older adults continue to age. For more information contact Kathleen McBee and visit: [www.gerifit.com](http://www.gerifit.com)



**Senior Center content: Winter 2022-23**

**Volunteer Opportunity!**

Have you been a caregiver? Area Agency on Aging 1-B's Caregiver Coaching Program is an opportunity to assist other caregivers who need help finding resources or dealing with a challenging caregiving situation. Volunteers are trained for one-on-one partnerships with caregivers. Communications are by phone or virtually. The program is available to family caregivers who either reside in our six-county southeast Michigan service region (Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties) or care for a family member who resides in our service region. **Call 800-852-7795 to learn more, or go to [www.aaa1b.org/caregiver-resources/caregiver-coaching](http://www.aaa1b.org/caregiver-resources/caregiver-coaching).**

**Become a Health and Wellness Trainer**

The Area Agency on Aging 1-B is hiring part-time trainers for our health and wellness educational programs. This is a wonderful opportunity to earn some money while helping older adults live more independently and healthfully. Trainers receive leader and content instruction and can choose when and where to work. For more information on becoming a Trainer, please contact Jeannine Roach, Manager of Health Promotion at (248) 794-3310 or by email at [jroach@aaa1b.org](mailto:jroach@aaa1b.org).





## Water Color Class—Fridays @ 12:15 P.M. \$10.00 Fee

Painting with watercolor can be a LOT of fun. Join instructors Char Quiel, Jackie Walock, Gladys Drummond, Judy Eberline, Karen McLaughlin, Martha Bell, and Nancy Williams. Each week the class is led by a different instructor with new as well as tried and true watercolor painting techniques. This class is truly inspiring. It is designed for participants to complete or nearly complete a painting during each session. Learn some tips and tricks that can make all the difference and take watercolor to a whole new level. Great for beginners and experienced painters alike. You will need to bring your own supplies. Visit our website for a list or pick one up at the Center.

### Supply List for Watercolor Class

140lb cold pressed 9x12 watercolor paper tablet or block

Brushes: #8 or #10 round brush #4 or #5 round brush 3/4" flat brush

**Paints:** BE SURE YOU GET WATERCOLOR PAINT. An assorted set of tube paints or individual tube paints in these colors:

|                 |                           |                                 |               |
|-----------------|---------------------------|---------------------------------|---------------|
| Permanent Rose  | Cadmim Red Light          | Grumbacher Red or Winsor Red    | Burnt Sienna  |
| Cadminum Orange | Cadmium Orange            | Raw Sienna                      |               |
| Permanent Green | Sap Green                 | Ultramarine Blue                | Cerulean Blue |
| Paynes Gray     | Mauve or Dioxazine Purple | Chinese White or Titanium White |               |

### Other Supplies:

- A sturdy bag to hold all of your supplies
- Plastic Pallet with at least 18 wells. (Most use a Mijello 33 well pallet)
- Scotch Brand 3M blue painters tape 1" small spray bottle
- Scissors with dragon teeth or nut cracker
- Pencil
- White eraser
- Scraper such as a pallet knife or trimmed plastic credit card
- Small container of table salt
- Water container such as a cottage cheese container
- VIVA Paper towels—white with no embossed pattern—choose a size type
- Old tooth brush
- WAX FREE Graphite paper black or gray. If you can't find 9x12 size, you can get a bigger size and cut it to fit
- Colored Pen: Most use red, but any color except black will work
- Ultra Fine Black Sharpie Marker
- 6" or 12" Ruler

### Other not necessary, but useful items:

- ▶ Small color wheel ▶ hand held pencil sharpener ▶ natural or cellulose sponge ▶ masking fluid





## American Heart Month—February 2023

Why do we observe American Heart Month every February? Well, every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.



Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits!

### ***History of American Heart Month***

The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called “pacemakers.” When the heart ceases to perform its regular function, a medical device also called a pacemaker can be implanted to assist the heart.

Heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate risk factors and make people more prone to heart disease and heart failure. Today, one in four deaths in the U.S. is attributable to heart disease. Heart disease can affect everyone, but taking stock of your prior health risks, activities and diet can help you reduce your risk.

Although we’ve learned a lot about how the heart works, there are still many unanswered questions about heart health and the cardiovascular system. As far as we know, the best way to protect your heart is to stay active, eat a healthy and balanced diet, and reduce your daily stress. To celebrate American Heart Month, take some time to learn about heart health risks, find your favorite heart-healthy activities, and cook some healthy meals with your family.

### ***How to observe American Heart Month***

***Take up a heart-healthy habit:*** Staying active, eating healthy, and watching our weight are all important parts of maintaining a healthy cardiovascular system. Pick a new heart-healthy habit like jogging or substituting sodas with water and try to stick to it for a whole month.

***Educate Yourself:*** Learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.

***Get your cholesterol tested:*** If you’re worried you might be at risk for heart disease, ask your doctor to perform a simple cholesterol test to let you know if you’re at risk and should make adjustments to your diet.

<https://nationaltoday.com/american-heart-month/>

### **Five Interesting Facts About Heart Health**

- 1. Heart Attacks can be silent.**
- 2. Heart Attacks affect women differently.**
- 3. Young women are at higher risk than men.**
- 4. Heart Attacks are more likely to occur on Mondays.**
- 5. Diet soda raises Heart Attack risk.**



## LOOK FOR THESE EXCITING NEW ACTIVITIES COMING IN FEBRUARY!

Another addition to our fitness repertoire – **Chair Yoga** will be offered on Mondays and Wednesdays, from 10:00am to 11:00am. This class is for all fitness levels and will be led by our Program Coordinator, Lisa Ghigliazza. If you have any questions, please contact Lisa. **The first class will be held on Wednesday, February 8<sup>th</sup> at 10:00am.**

*\*\* See page 7 for more details on the Chair Yoga Class. \*\**

**Movie Mondays** – Once a month on the first Monday of the month from 2:30pm to 4:30pm, come join us for a free movie, popcorn and pop. We will watch a variety of classic movies, some in black and white and some in color. Movies will last between 1 hour and 30 minutes to 2 hours and 30 minutes, depending on the film. If you have any questions, please contact our Program Coordinator, Lisa Ghigliazza. **The first movie will be shown on Monday, February 6<sup>th</sup> at 2:30pm.**

**Pub Trivia** – Join us once a month on the 4<sup>th</sup> Wednesday of the month, from 2:00pm to 3:30pm, for a fun filled game testing your knowledge at a variety of trivia topics. This will be styled after pub trivia where each table is a team and submits one answer sheet for each category. **\*Maximum 5 people per team.** You can come with your own team or join a table when you get here. A small prize is awarded to each member of the winning team. Light snacks will be served. If you have any questions, contact our Program Coordinator, Lisa Ghigliazza. **The first Pub Trivia will be held on Wednesday, February 22<sup>nd</sup> at 2:00pm.**

**Book Club** – Join us the 3<sup>rd</sup> Friday of the month, from 10:30am to 11:30am for an enriching time of books and discussion. The first meeting we will select the books we will read for the first few months. Each month we will read a new book and discuss it the following month. There will be a variety of genres such as mystery, true crime, history, biography, local authors, and more. Light refreshments will be served. If you have any questions, please contact our Program Coordinator, Lisa Ghigliazza. **The first Book Club will be held on Friday, February 16<sup>th</sup>, at 10:30am.**

## LOOK FOR THESE EXCITING NEW ACTIVITIES RETURNING IN MARCH!

**Let's Dance!** - will be starting up again on Wednesdays from 1:00pm to 2:30pm. The class will be taught by Barb Hogberg. This class is for beginners or anyone who likes to dance. You don't need a partner to come learn some new dance steps and have a lot of fun. Barb will teach a variety of dances including line dances, waltz, rumba, and others. If you have any questions, please contact our Program Coordinator, Lisa Ghigliazza. **The first class will be on Wednesday, March 1<sup>st</sup> at 1:00pm.**



# WELCOME NEW MEMBERS !!!!!

## Theresa M. Radu - New Lifetime Member

Beverly Ankenbrandt  
 Dennis J Bomia  
 Suzanne Bondie  
 Alek Boylan  
 Peggy Brew  
 Brain Brow  
 Peggy Brow  
 Patricia C Burns  
 Tammy Burson  
 Veronica K Carlson  
 Diane Caselli  
 Daniel T Chlebos  
 Vickie L Chlebos  
 Duane W Dehner  
 Paula J Diehl  
 Kathy Dykstra  
 Patricia Fazekas  
 Susan J Fleming  
 Denny (Dennis) Foster

Mary Ann Gehringer  
 Beverly J Gessner  
 Doris M Glommen  
 Marjorie L Gunther  
 Lisa A Hammar  
 Kathryn Hedrick  
 Karen E Hehl  
 Irene J Herrmann  
 Jessica Huff  
 Carol L. Irvine  
 Franklin (Bob) Jackes  
 Tracy S Jaskot  
 Roger D Jennings  
 Darlene A Jennings  
 Susan "Sue" Jondro  
 Mary Ann Kamasky  
 Katherine "Kathy" L Kanitz  
 Judith Ann Karpovich

Ronda K Kinsland  
 Stephen D Kinsland  
 Mary Ann Kolaz  
 Richard LeBrun  
 Elizabeth Leski  
 Vicki Maenle  
 Deborah J Massengill  
 Patricia Massie  
 Christine Marie McCollum  
 Jean M McManaway  
 Donna Medos  
 Jill A Moore  
 Linda S Nelson  
 James L Osment  
 Renee S Osment  
 Maria A Pursley  
 Feltman D Rader  
 Dave C Rafko  
 Dawn M Rafko

Dolores Roberts  
 Terri Robinson  
 Leonard B Rocheleau  
 Sandy Schuster  
 Donna L Stein  
 Terri A Stevens  
 Charlene M Stoddard  
 Mary E Sutton  
 Mary Sutton  
 Geneva "Doris" Vernot  
 Becky A Vincent  
 Bonnie Watson  
 Ruth Wood  
 Mary Zelenock  
 Anne M Zochowski  
 Robert A Zochowski



How to Play Golf -  
 "What is your  
 handicap these  
 days?" one golfer  
 asked another. "I'm  
 a scratch golfer I  
 write down all my  
 good scores and  
 scratch out all my  
 bad ones."

'Laughter IS the Best Medicine.'





# Springtime IN THE SMOKIES



Travel—For upcoming trips, flyer, and more information can be found at [www.frenchtownsenior.com/travel.html](http://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, please feel free to call and speak with Lisa, Program Coordinator. All payments must be made with a check or money order at the Center.



The Frenchtown Voyagers present:  
**LAKES, GRAPES, COMEDY, AND CRUISES**  
June 11th/16th, 2023



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.





New travel opportunities are being added all the time so please check our website— frenchtownsenior.com/travel for more and updated travel information regularly or stop in during travel hours and talk to a member of our staff

## Trips in 2023

**The Frenchtown Voyagers present:  
Savannah, Charleston, and Myrtle Beach**  
April 19 / 24, 2023 - \$2,599.00 per person  
9 Days / 8 Nights - Double Occupancy

**Your Excellent Adventure Includes:**

- Round Trip Airfare from Washington
- Transportation throughout the trip
- Hotel accommodations
- Breakfasts
- Local tours and activities
- Entrance fees to museums and parks
- Travel insurance

Presented by:  
**Frenchtown Center for Active Adults**  
Friday, February 15, 2023  
Departs 8:30 AM - Returns 6:30 PM

For more information and reservations contact:  
**Lisa Gbigliazza**  
(734) 243-6210

**\$49.00**

**The Frenchtown Voyagers present:  
Savannah, Charleston, and Myrtle Beach**  
April 19 / 24, 2023 - \$2,599.00 per person  
9 Days / 8 Nights - Double Occupancy

**Your Excellent Adventure Includes:**

- Round Trip Airfare from Washington
- Transportation throughout the trip
- Hotel accommodations
- Breakfasts
- Local tours and activities
- Entrance fees to museums and parks
- Travel insurance

Presented by:  
**Frenchtown Center for Active Adults**  
Friday, February 15, 2023  
Departs 8:30 AM - Returns 6:30 PM

For more information and reservations contact:  
**Lisa Gbigliazza**  
(734) 243-6210

**\$49.00**

**The Frenchtown Voyagers present:  
A Branson Adventure**  
May 15 / 20, 2023  
6 Days / 5 Nights  
\$1,399.00 per person

**Your Excellent Adventure Includes:**

- Round Trip Airfare from Washington
- Transportation throughout the trip
- Hotel accommodations
- Breakfasts
- Local tours and activities
- Entrance fees to museums and parks
- Travel insurance

Presented by:  
**Frenchtown Center for Active Adults**  
Friday, February 15, 2023  
Departs 8:30 AM - Returns 6:30 PM

For more information and reservations contact:  
**Lisa Gbigliazza**  
(734) 243-6210

**\$49.00**

**Springtime in the Smokies**  
4 days / 3 nights  
\$1,149.00 per person

**Frenchtown Center for Active Adults**  
May 21 - 24, 2023  
Sunday - Wednesday

**Lisa Gbigliazza**  
(734) 243-6210

**Your Excellent Adventure Includes:**

- Round Trip Transportation
- Hotel accommodations
- Breakfasts
- Local tours and activities
- Entrance fees to museums and parks
- Travel insurance

Presented by:  
**Frenchtown Center for Active Adults**  
Friday, February 15, 2023  
Departs 8:30 AM - Returns 6:30 PM

For more information and reservations contact:  
**Lisa Gbigliazza**  
(734) 243-6210

**\$49.00**

**Iceland Land of Fire and Ice**  
\$350 AIRFARE per person

**Frenchtown Center for Active Adults**  
May 21 - 24, 2023  
Sunday - Wednesday

**Lisa Gbigliazza**  
(734) 243-6210

**Your Excellent Adventure Includes:**

- Round Trip Transportation
- Hotel accommodations
- Breakfasts
- Local tours and activities
- Entrance fees to museums and parks
- Travel insurance

Presented by:  
**Frenchtown Center for Active Adults**  
Friday, February 15, 2023  
Departs 8:30 AM - Returns 6:30 PM

For more information and reservations contact:  
**Lisa Gbigliazza**  
(734) 243-6210

**\$49.00**

**The Charms of Holland and Belgium**  
FREE AIRFARE per person

**Frenchtown Center for Active Adults**  
May 21 - 24, 2023  
Sunday - Wednesday

**Lisa Gbigliazza**  
(734) 243-6210

**Your Excellent Adventure Includes:**

- Round Trip Transportation
- Hotel accommodations
- Breakfasts
- Local tours and activities
- Entrance fees to museums and parks
- Travel insurance

Presented by:  
**Frenchtown Center for Active Adults**  
Friday, February 15, 2023  
Departs 8:30 AM - Returns 6:30 PM

For more information and reservations contact:  
**Lisa Gbigliazza**  
(734) 243-6210

**\$49.00**

**The Frenchtown Voyagers present:  
LAKES, GRAPES, COMEDY, AND CRUISES**  
June 11th-16th, 2023  
\$1,599.00 per person  
Double Occupancy

**Your Excellent Adventure Includes:**

- Round Trip Airfare from Washington
- Transportation throughout the trip
- Hotel accommodations
- Breakfasts
- Local tours and activities
- Entrance fees to museums and parks
- Travel insurance

Presented by:  
**Frenchtown Center for Active Adults**  
Friday, February 15, 2023  
Departs 8:30 AM - Returns 6:30 PM

For more information and reservations contact:  
**Lisa Gbigliazza**  
(734) 243-6210

**\$49.00**

**One Wine Land**  
\$116.00 per person

**Frenchtown Center for Active Adults**  
Friday, June 16, 2023

**Lisa Gbigliazza**  
(734) 243-6210

**Your Excellent Adventure Includes:**

- Round Trip Transportation
- Hotel accommodations
- Breakfasts
- Local tours and activities
- Entrance fees to museums and parks
- Travel insurance

Presented by:  
**Frenchtown Center for Active Adults**  
Friday, February 15, 2023  
Departs 8:30 AM - Returns 6:30 PM

For more information and reservations contact:  
**Lisa Gbigliazza**  
(734) 243-6210

**\$49.00**

**The Gok Rode Poses**  
3 days / 3 night  
\$374.00 per person

**Frenchtown Center for Active Adults**  
June 21 - 22, 2023  
Wednesday - Thursday

**Lisa Gbigliazza**  
(734) 243-6210

**Your Excellent Adventure Includes:**

- Round Trip Transportation
- Hotel accommodations
- Breakfasts
- Local tours and activities
- Entrance fees to museums and parks
- Travel insurance

Presented by:  
**Frenchtown Center for Active Adults**  
Friday, February 15, 2023  
Departs 8:30 AM - Returns 6:30 PM

For more information and reservations contact:  
**Lisa Gbigliazza**  
(734) 243-6210

**\$49.00**

You can now go to our website— <https://www.frenchtownsenior.com/travel.html> for the latest downloadable flyers and upcoming trip information



## Frenchtown Voyagers Travel Meeting

February 21, 2023

**PLEASE NOTE—Travel meetings are now on the 3rd Tuesday**

You can find the latest travel information on our Website, FaceBook page and in the newsletter. [www.frenchtownsenior.com](http://www.frenchtownsenior.com).

Or call Lisa Ghigliazza 734-243-6217 for more information

\*\*\*\*\* 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. \*\*\*\*\*



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

- ◆ **Niagara Falls Getaway, May 9—10, 2023, presented by Bianco Tours.** \$380.00 pp dbl 2 days / 1 night. Featuring shopping at World Duty Free America / Ammex, shopping and lunch at White Oaks Mall, Buffet Dinner, Voyage to the Falls Boat Cruise.
- ◆ **Lakes, Grapes, Comedy, and Cruises, June 11-16, 2023, presented by Ed & Ted's Excellent Adventures.** \$1,599.00 pp dbl. 5 nights at The Harbor Hotel in Chautauqua, NY and 3 in Geneva, NY. Tour of National Comedy Center, Sonnenburg Gardens and mansion, Lucy Desi Museum, Jamestown—Lucille Ball's Hometown. Pre dinner cruise aboard the Chautauqua Belle Steam Boat. Dinner and Wine Tasting at Ventosa Vineyards. 12 Meals-5 Breakfast, 5 Dinners, and 2 lunches.
- ◆ **The Oak Ridge Boys, June 21-22, 2023, presented by Bianco Tours.** \$374.00 pp/dbl 2 days / 1 night. **Shipshewana Flea Market** (shopping)-The Midwest's largest flea market has nearly 700 booths and several food courts in an open air market covering 100 acres. **Blue Gate Restaurant** (included dinner). **The Oak Ridge Boys**-With phenomenal harmonies and an amazing career that's spanned several decades; They've definitely earned the right to be called country music legends... this is the "Oak Ridge Boys!" Shopping stops at **Linton's Enchanted Garden** and **Dutch Country Market**. Tour and Shopping at **Teaberry Wood Products**
- ◆ **Ohio Wine Tour, June 16, 2023, presented by Bianco Tours \$116.00** Round Trip Transportation. Knotty Vines Winery. The Barn—Archbold, OH. Majestic Oak Winery & Noon Groundhog Brewery. Chateau Tebeau—Helena, OH
- ◆ **Cruisin Kalamazoo, August 16, 2023, presented by Bianco.** \$123.00 Round Trip Transportation, Air Zoo, Main Street Pub, Gilmore Car Museum.
- ◆ **Lake Placid, Adirondack Mountains, and Vermont, presented by Ed & Ted's Excellent Adventures September 30—October 7, 2023** \$2,499.00 pp dbl Guided tours, Ferry ride across Lake Champlain into Vermont, Dinner Cruise aboard the Spirit of Ethan Allen on Lake Champlain. 13 Meals—4 dinners, 2 lunches and 7 breakfasts.





# Frenchtown Center Link

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Monroe, MI 48162  
A Monthly Publication



Commission on Aging



Current Resident

## NEWS TO NOTE:

- ◆ **2023 Membership Renewals are due**
- Travel Meeting—Tuesday, February 21, 2023 @ 1:00 PM
- PLEASE NOTE—Travel meetings are now on the 3rd Tuesday**
- ◆ **See page 15 for exciting new activities**
- ◆ Library will be here on Monday, February 13, 2023 @ 10:00 AM
- ◆ FUN NIGHT MEAL & Entertainment—Tuesday, February 14, 2023
- ◆ Board Meeting—Thursday, February 16, 2023

*ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING*

