



FRENCHTOWN CENTER FOR ACTIVE ADULTS

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

MARCH 2023



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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.



Sunday, March 12, 2023

Thank you everyone for appreciating our Kitchen staff and ordering your lunches by 1:00 PM the previous day and on Fridays for Monday, along with being specific whether you're eating in or out when you call.....!!

A friendly reminder for those eating breakfast on Thursday mornings. **Breakfast is served promptly at 8:30 AM.**





FRENCHTOWN CENTER LINK

2786 Vivian Road, Monroe, MI 48162

Phone: (734) 243-6210

e-mail: seniors@frenchtownsenior.com

Website: www.frenchtownsenior.com

2023 BOARD OF DIRECTORS

Darla Myers—Chairman
 Jon Moore—Vice Chairman
 Thomas Peckham—Treasurer
 Mary Ann Mack—Secretary
 Charles Mushung—Member at Large
 Dianne Beaudrie
 Jean Guyor
 Daniel Lee Hartong
 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
 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

Activities & Services for Monroe County Older Adults at Frenchtown Center

- Bingo
- Blood Pressure Checks
- Book Club
- Bunco
- Caregivers Support Group
- Card Making Classes
- Cardio Drumming
- Chair Yoga
- Craft Classes
- Eight Ball Pool League
- Enhanced Exercise
- Euchre
- Fund Raising
- Fun Fit Party Exercise
- Geri-Fit
- Health Screening
- Informational Series
- Knitting & Crocheting
- Left Center Right
- Legal Services
- Let's Dance
- Men's Pool League
- Movie Mondays
- Newsletter
- Nine Ball Pool League
- Noon Lunches
- Notary Services
- Open Pool
- Ping Pong
- Pub Trivia
- Quilting
- Rummage Sales
- Sewing Group
- Tuesday Fun Night (2nd Tuesday)
- Thursday Breakfast
- Travel
- 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 style="text-align: center;">MARCH 2023</p> <p style="text-align: center;">Sunday March 12</p> 		<p>1</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Nine Ball 10:00 Chair Yoga 12:30 Paint w/Friends 1:00 Happy Hookers 1:00 Let's Dance!</p>	<p>2</p> <p>8:30 Breakfast 8:30 Ping Pong 9:00 Cardio Drumming 10:00 Geri-Fit 12:30 LCR 1:00 Eight Ball 1:00 Enhanced Exercise w/Jackie</p>	<p>3</p> <p>9:00 Fun Fit Party w/Cheryl 12:30 Watercolor Class 1:00 Bingo</p>
<p>6</p> <p>9:00 Fun Fit Party w/Cheryl 10:00 Chair Yoga 10:00 Chicks w/ Sticks 11:00—1:00 Quilting 1:00 Movie Monday</p>	<p>7</p> <p>9:00 Cardio Drumming 10:00 Geri-Fit 12:30 Bunco 12:30 Color Social 1:00 Enhanced Exercise w/ Jackie</p>	<p>8</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Nine Ball 12:30 Paint w/Friends 1:00 Happy Hookers 1:00 Let's Dance!</p>	<p>9</p> <p>8:30 Breakfast 8:30 Ping Pong 9:00 Cardio Drumming 10:00 Geri-Fit 12:00 Quilter's Guild 12:30 LCR 1:00 Caregiver Mtg 1:00 Eight Ball 1:00 Enhanced Exercise w/Jackie</p>	<p>10</p> <p>9:00 Fun Fit Party w/Cheryl 12:15 Watercolor Class 1:00 Bingo</p>
<p>13</p> <p>9:00 Fun Fit Party w/Cheryl 10:00 Chair Yoga 10:00 Chicks w/ Sticks 11:00—1:00 Quilting</p>	<p>14</p> <p>9:00 Cardio Drumming 10:00 Geri-Fit 12:30 Bunco 12:30 Color Social 1:00 RSVP 1:00 Enhanced Exercise w/ Jackie 4:30 Fun Night (Meal & Entertainment)</p>	<p>15</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Library In Motion 10:00 Chair Yoga 10:00 Nine Ball 12:30 Paint w/Friends 1:00 Happy Hookers 1:00 Let's Dance!</p>	<p>16</p> <p>8:30 Breakfast 8:30 Ping Pong 9:00 Cardio Drumming 10:00 Geri-Fit 10:00 Board Mtg 11:00 IHM Blood Pressure Checks 12:30 LCR 1:00 Card Making Class 1:00 Eight Ball 1:00 Enhanced Exercise w/Jackie</p>	 <p>17</p> <p>9:00 Fun Fit Party w/Cheryl 10:30 Book Club 12:15 Watercolor Class 1:00 \$5.00 Bingo</p>
 <p>20</p> <p>9:00 Fun Fit Party w/Cheryl 10:00 Chair Yoga 10:00 Chicks w/ Sticks 11:00—1:00 Quilting 1:00 Monroe Sewing Group 2:30 In the Know</p>	<p>21</p> <p>9:00 Cardio Drumming 10:00 Geri-Fit 12:30 Bunco 12:30 Color Social 1:00 PM Travel Meeting 1:00 Enhanced Exercise w/ Jackie</p>	<p>22</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Nine Ball 12:30 Paint w/Friends 1:00 Happy Hookers 1:00 Let's Dance! 2:00 Pub Trivia</p>	<p>23</p> <p>8:30 Breakfast 8:30 Ping Pong 9:00 Cardio Drumming 10:00 Geri-Fit 12:30 LCR 1:00 Eight Ball 1:00 Caregiver Mtg. 1:00 Enhanced Exercise w/Jackie</p>	<p>24</p> <p>9:00 Fun Fit Party w/Cheryl 12:15 Watercolor Class 1:00 Bingo</p>
<p>27</p> <p>9:00 Fun Fit Party w/Cheryl 10:00 Chair Yoga 10:00 Chicks w/ Sticks 11:00—1:00 Quilting</p>	<p>28</p> <p>9:00 Cardio Drumming 10:00 Geri-Fit 12:30 Bunco 12:30 Color Social 1:00 Enhanced Exercise w/ Jackie</p>	<p>29</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Nine Ball 12:30 Paint w/Friends 1:00 Happy Hookers 1:00 Let's Dance!</p>	<p>30</p> <p>8:30 Breakfast 8:30 Ping Pong 9:00 Cardio Drumming 10:00 Geri-Fit 12:30 LCR 1:00 Eight Ball 1:00 Enhanced Exercise w/Jackie</p>	<p>31</p> <p>9:00 Fun Fit Party w/Cheryl 12:15 Watercolor 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!!

March 2023 Menu
Choose your March Birthday Lunch from this month's menu items

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 Chili Mac	2 Au Gratin Potatoes w/Sliced Smoked Sausage & Veggie	3 Egg Salad Sandwich w/Chips
6 Chef Salad	7 Hot Pork Sandwich w/Mashed Potatoes	8 Bean & Ham Soup w/Sweet Corn Bread & Salad	9 Taco Salad	10 Spaghetti w/meatless sauce
13 Hamburger & Mushroom Stroganoff	14 Layered Enchilada Casserole	15 Scalloped Potatoes w/ Diced Ham & Green Beans	16 Baked Chicken Leg Mashed Potatoes w/ Gravy w/Corn	17 Breakfast Biscuit & meatless Gravy w/Scrambled Eggs
20 Peppercorn Pork Loin w/Side	21 Chicken Salad Sandwich w/Side	22 Pork Taco's w/ Tortilla Chips & Salsa	23 Sliced Ham w/ Cheese Potatoes & Baked Beans	24 Cheese Pizza w/ Garlic Knot & Salad
27 Bratwurst Supper	28 Sloppy Joe w/ Macaroni Salad & Cookie	29 Betty Salad	30 Swedish Meatballs over Egg Noodles	31 Greek Salad

Breakfast Menu—Promptly Served 8:30 AM
Please Call at least the Day Before to Reserve your Seat for Breakfast
March 2 Pancakes March 9 Breakfast Sandwich March 16 Skillet
March 23 French Toast March 30 Egg, Sausage, Potato & Toast

Please call 734-636-9477 by 1:00 pm the day before to order lunch.
 Carry out available for pick-up 11:30am—12:00pm
****Dining in available Monday—Friday 12:00****
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.





I was informed Wednesday that a dear friend, advocate, former county commissioner, former school board member, 4H leader for 50 years, and a member of many other organizations too numerous left us for a higher purpose. Floreine Mentel passed away peacefully in Lansing on February 1st, surrounded by her family.

Everyone who knew Floreine understood she could be your greatest cheerleader or a force to be reckoned with. Throughout the years, she took great pride in organizing the Little Red School House during the Monroe County Fair because it allowed the kids to showcase their crafts. Then came her passion for Michigan Week. She undoubtedly drove people crazy, seeking nominations for those who did outstanding work in their respective communities. As an advocate for adults, she was the driving force to start the Dementia Adult Day Care program offered at the Center. Soon it will be celebrating its 25th year. The program has provided a safe, secure space for the loved one of a caregiver. Without the program, many caregivers would not be able to get the simple things done like grocery shopping or banking, some things many of us take for granted. From its humble beginning as an Adult Day Care program, the program is now recognized as a Dementia Adult Day Care program. The program is just one example because Floreine never waived and remained a true advocate for the Senior population serving as an advisory board member of the Area Agency on Aging 1B representing Monroe County.

Everyone at the Center wants to express condolences to the family, especially Bill. Floreine served on our Board for many years, her last stint as Chairman. Bill spent many hours sitting on the La-Z-Boy by the window, enjoying a cup of coffee and reading a few good books while Floreine was at one of our meetings. Even though Bill struggled in the past few years, he remained committed to ensuring she got to where she was going. For his contribution, all I can say is God bless Bill because Floreine wouldn't have been as mobile, even with her scooter, if it wasn't for Bill.

As one of our biggest cheerleaders, I know Floreine would want us to look on the brighter side of things. We have lost many good friends over the years and will lose many more as time marches on. I know she was excited to see our membership list growing. As a result, we look forward to getting acquainted with many of the folks who recently became members.

On a much happier note, new entrance doors will be installed by the time you receive the newsletter. Thanks to the Township Board, who enthusiastically endorsed the expenditure for replacing the outdated doors at our entrance. The new doors are automatic sliding doors, similar to the ones used at the grocery store. No more pushing, no more juggling an arm full of things, and no more butt bumps to push the button. Of course, I will miss the repeated reminder to "unlock the left door. It can't be that hard." Even though the project took five months to complete because of the familiar supply chain disruption, it will finally be done. This includes relocating a few used parts from the entrance doors and installing them on the men's restroom and patio doors to make those push-button automatic doors. We may not have eliminated the push-button controls all around the building, but for the most part, your use of them will, fortunately, be limited.

We are already into the third month of '23, which means it is time for you to plan on attending our Jiggs Dinner on March 11th. Please signup early because, like many of our weekend events, we will have to cancel if we do not get enough people. It also means your membership has expired if you haven't seen Chrissy and paid your yearly dues. If you were waiting to get that friendly reminder call from Floreine and chat, you no longer have that as an excuse, so we expect to see you soon. Dues for 2023 remain \$20.00.



Happy St. Patrick's Day and we hope to see you at the Jiggs Dinner.

A handwritten signature in black ink, appearing to read "Paul Smith".

LOOK FOR THESE EXCITING NEW ACTIVITIES COMING 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. **The first class will be on Wednesday, March 1st at 1:00pm.**

In The Know – Join us the 3rd Monday of each month for our exciting new lecture series, **In the Know**. Each month we will feature a different topic of importance to seniors. Our first session will be presented by Shannon Albright, a Health Insurance Broker, and specialist on Medicare & Marketplace plans. Bring your questions on **Monday, March 20th at 12:30pm.**

Monroe Sewing Group will be here at Frenchtown on the 3rd Monday of each month from 1:00pm – 4:00pm. All are welcome to bring something to work on or get help with a project. The first meeting will be on **Monday, March 20th at 1:00pm.**

THIS SPACE IS
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15-0719

FRENCHTOWN CENTER

Library in Motion will return

Wednesday, March 15, 2023

Please have returns ready by 10:00 am

PHONE: 734-241-5770

EMAIL: lim@monroe.lib.mi.us



February Trivia Answers & Winner Congratulations

Answers

1. The Beatles
2. Doctor No
3. Psycho
4. Chili
5. 1969
6. Star Trek
7. Project Blue Book

Winner

Mary Ann Mack

A good friend
is like a
4-leaf clover:
hard to find &
Lucky
to have!



Jiggs Dinner
Saturday
March 11th
Join us for great
food and
entertainment!
See Page 9



A jolly Irish fellow named Hugh
Was arrested for saying, "Look, Snoo!"
"What's snoo?" they would cry,
And he'd always reply
"Oh, nothing much, what's snoo with you?"

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Rest In Peace

Judith "Judy" (Cvengros) Gagne

Floreine Margaret Mentel

Ann Williams



Donations and Thank You!!

Lois Cupp to Center

Nancy L. Allen in memory of Robert P. Ackerman

Paula Szabo to DADC

Thank you Mark W. Brancheau and Fred W. Gartner for painting and designing the wall by the pool tables.

New Members



Jessica M Ambrose
 Gaylord Bayer
 Susan D Rafko-Bayer
 Patrick J Brethauer
 Mary Ann Broadbridge
 Pamela Bryant
 Carol A Burkhart
 Brandon M Burns
 Suzanne L. Chinavare
 Patricia C Ditty
 Don K Ellison
 John P Gagne
 Marilyn Gagne
 Chris L. Gambino
 Maria D Gonzalez
 Lester C. Heller

Brenda Hibbs
 George D Hoffman
 Janet S Hoffman
 Brenda G Jackson
 Ronnie L Jackson
 Donna K Kenney
 Tonja L. Koenemann
 Kay E Matykowski
 Kate McDevitt
 Susan L Meyerholtz
 Karen K Mickens
 Denise A Miller
 James B. Miller
 Patty A Monday
 Darla K Myers
 Richard W Myers

Milfred Newsome
 Janet S Notario
 Virginia "Jean" M. Peterson
 Jannita Post
 Lettie M Sanders
 Jeanette Marie Pierce-Sawicki
 Colleen L. Smith
 Lizz Smith
 Anthony J Spina
 Joanne E Spina
 John C Taylor
 M. Glee Taylor
 Debra S. Tuttle
 Barbara J Verran
 Kim Marie Wirick

Fred Allen
 Eileen Baldock
 Nancy Bartus
 Pat Bastien
 Gaylord E Bayer
 Susan D Rafko-Bayer
 Norma Bentley
 Carolyn Bergmooser
 Beverly Betts
 Valerie Bezeau
 James "Jim" Bieszki
 Madeline Blevins
 Mable Bodoh
 Betty Bragg
 Peggy Brow
 Helen Brown
 Allen Vernon Brown
 James Call
 Jerry Collier
 Nancy Colpaert

James Conroy
 Linda Cooley
 Paul Cooley
 Julia Copi
 Shirley Cox
 Elaine Culverhouse
 John Daly
 Millie Daniels
 Danay Dillard
 Karen Drouillard
 Kathryn Duvendack
 Leonard Ely
 Joann Evans
 William Facey
 Roxie Ann Ferguson
 Glenda Frederick
 Mary Ann Gehringer
 Jack Gomez
 Shirley GonzalezLois
 Graham-Bocks

Florence Greer
 David Heilman
 Phoebe Heller
 Veronica Hinton
 Susan Jewell
 Deborah Jondro
 George Jondro
 Hedwig Kaufman
 Irene Kelly
 Roger Kerkenbush
 Mary Ann Ketterman
 Betty Knapp
 Theodore Kohler
 Jo Lynn Laderach
 Barbara Jean Lajiness
 Diane LeBrun
 M. June Linton
 Linda Luci
 Linda Marietta
 Margaret Mathews

Kent Mathews
 Robert Mathus
 Mary Ann McBee
 Robert McCain, Jr.
 Patsy McDaniel
 Dayton McFarlane
 William Mentel
 Marsha Metz
 Matthew Miller
 Barbara Morgan
 Rebecca Mullins
 John Murphy
 Renee Navarre
 Linda Nelson
 Robert Neun
 David Nunez
 Frederick Peterson
 Cheryl Rivard
 Cathy Roberts
 Charlotte Roberts

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

Lettie Sanders
 Patricia Satterfield
 Anne Schwab
 Sheryl Sieb
 Marlyn Smith
 Lloyd Sorter
 Jane Steed
 M. Glee Taylor
 John Timko
 Leslie VanEck
 Shirley Washburn
 Eve Weatherholt
 Helen Wetzel
 James Wilhelm



Frenchtown Center for Active Adults

Jiggs Dinner

Saturday, March 11, 2023

12:00pm—3:00pm

Tickets:

\$10.00 Member

\$15.00 Non-Member

*Please signup before Wednesday, March 8th

If there is a lack of interest the event will be cancelled

Mark and Fred painting and designing the wall by the pool tables.



Movies

TRIVIA

1. Which film won the Oscar for Best Picture in 1960?
2. Which actor won the Oscar for Best actor for his role in the 1962 film *To Kill a Mockingbird*?
3. Which film was the highest grossing release of 1963, yet still lost money because it was one of the most expensive films ever made?
4. Who played the role of Norman Bates in the 1960 horror movie, *Psycho*?
5. What was the name of Butch Cassidy's gang in *Butch Cassidy and the Sundance Kid*?
6. What type of airplane appears in *Dr. Strangelove*?
7. Who landed at 17 Cherry Tree Lane in a well-known Walt Disney movie from 1964?
8. What famous actor starred in *Lilies of the Field* and *Guess Who's Coming to dinner*?
9. What 1968 movie co-starred a computer named H.A.L.?



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

Thank you everyone for such a great response to our activities survey. A lot of great ideas were suggested and some have already been implemented. Many didn't include a name or phone number. If you submitted a suggestion and would like to inquire about it, please contact Lisa Ghigliazza, Program Coordinator (Ext. 3).

TUESDAY FUN NIGHT Meal & Entertainment



Tuesday
March 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



The Center has many exercise programs.

- Enhanced Exercise
- Fun Fit w/Cheryl
- Cardio Drumming
- Geri-Fit
- Chair Yoga

Before beginning any new exercise program, please check and discuss with your doctor.

NEVER MISS OUR NEWSLETTER!

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Have our newsletter
emailed to you every week.



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Grand Hotel/Mackinac Island Trip

October 17—20, 2023

Cost per person	
Room Double	\$1,247.00
Room Triple	\$1,247.00
Room Single	\$1,547.00

Deposit required on sign up — \$200.00
Additional \$225.00 due by June 8th
30 people are required to have registered and paid by
June 8th or the trip will be cancelled
Final Payment Due September 1, 2022

RUMMAGE SALE

We are now accepting clean, new/used, clothing and assorted household items, including working small kitchen appliances, laptops, tablets, anything small.

PLEASE NO Large TV's or Large Appliances.

We will have to turn them away.

Thank You!

Mark your calendar - Sale Dates May 16—19

Basic Supplies for Card Making

1:00 PM 3rd Thursday each month

Paper Trimmer—The tool you'll use most. A paper trimmer gives you straight, clean cuts every time—and most come with a built-in ruler so you're always precise. Tip: Buy replacement blades when you buy your trimmer, so you have them on hand when you need them. If you have a sliding blade, (the type I prefer) always slide the blade in the same direction (either always toward you, or always away from you). When you notice the blade getting dull, remove it and turn it the other direction. You'll get a little more life from your blades! A paper trimmer can also be used for scoring.

Adhesive

- **Roller Adhesive**—These come with temporary or permanent adhesive, and have replaceable refill cartridges. They create a clear line of adhesive and are ideal for adhering paper and thin ribbon to other paper surfaces. No drying time required.
- **Glue Stick**—Easy to use and inexpensive—it's a great option for gluing paper to paper
- **Liquid Glue**—I prefer the Tombow Mono Liquid Glue. It comes with a pen tip and a broad tip for larger areas. Dries clear.
- **Glue Pen**—Has a thin point but is ideal for applying small amounts of glue onto things like die cuts or thin (narrow) areas of paper
- **Foam Squares or Foam Tape**—For adding dimension or lift to your projects.
- **Glue Dots**—Super sticky dots, which are great for attaching ribbons, flowers, buttons or chunkier pieces to a card. I prefer the "mini" 3/16 inch size.

Bone Folder—To make crisp folds and for use as a scoring tool.

Ruler—Not just for measuring.

Scissors

Pencil



Optional Tools

Retractable Pen Knife or exacto Knife—This tool is ideal for making tiny cuts, lifting and applying pearls or bling. You can also use it in combination with a ruler for straight cuts.

Piercing Tool—For making decorative punches and this tool is great for making holes for brads for easier insertion.

Self-Healing Cutting Mat with a Grid—A 12" (or larger) cutting mat protects your work surface. When cutting windows into your cards, use a pen knife on top of your cutting mat. Because it's self-healing the cuts aren't permanent. If it has grid lines printed onto it, you can easily line up ribbons, paper strips, borders and other items onto your cards.

Interested/Questions: You may contact Mary Ann Mack @ 734-731-0080

Or Margaret Mathewson @ 586-949-5424

Scientific Secrets to Healthy Aging

Written by *Teresa Dumain* Reviewed by Jennifer Robinson, MD on August 15, 2022

The second half of your life can bring some of your most rewarding decades. You may be more confident than your younger self. You gain wisdom and patience. Sure, your hair sprouts more grays and your face sports more lines. But you can grow older with your body and mind as healthy as they can possibly be. Here are science-backed secrets to do just that.

Take Stock Staying on top of your health is much more than getting care when you don't feel good. See your doctor for regular checkups. (And don't forget about your [dentist](#) and [eye doctor](#).) These visits can help find problems early or even before they start. The tests you need depend on things like your age, gender, [family history](#), and whether you smoke or exercise. Your doctor may want to check for these things, among others: *Cholesterol levels, High blood pressure, Cervical cancer, Colon cancer, Breast cancer, Prostate cancer, Osteoporosis.*

Eat Whole Foods It's more a way of eating than a formal diet. You load up on veggies, fruits, [whole grains](#), nuts, and low-fat dairy. You eat less fatty meats, butter, [sugar](#), salt, and packaged foods. Many studies have found that this [diet](#) can help you live longer and protects against [heart disease](#), [cancer](#), Parkinson's, and Alzheimer's disease. Researchers believe one way it works is by physically changing parts of your chromosomes linked to age-related diseases.

Walk Aim for 30 minutes every day. If that's too much, break it up into shorter strolls. Regular exercise -- especially if you do it briskly enough to feel a little breathless -- delivers huge health benefits. It helps keep brain cells healthy by delivering more blood and oxygen. In fact, research suggests aerobic exercise may delay or improve symptoms of Alzheimer's disease.

It also helps:

- Control your weight
- Boost your mood
- Keep bones and muscles strong
- Helps you sleep better
- Makes you less likely to get heart disease, type 2 diabetes, high blood pressure, and high cholesterol



Stay Connected

Loneliness is harmful to your health. If you feel lonely -- whether you live alone or with someone, have lots of friends or none -- you are more likely to get dementia or [depression](#). Seniors who report feeling left out and isolated have more trouble with everyday tasks like bathing and climbing stairs. They also die earlier than less lonely folks do. Researchers found that lonely people have higher levels of stress hormones that cause [inflammation](#), or swelling, linked to [arthritis](#) and [diabetes](#). Another study found more antibodies to certain herpes viruses in lonely people, a sign of [stress](#) in their [immune system](#). So stay connected or make new friends. Do volunteer work or simply help someone in need. Just connect.

Add Fiber

It's an easy way to eat your way to better health with every meal and [snack](#). Swap out your white bread for whole grain. Add kidney beans to your soup or apple slices to your salad. Fiber fills you up and for longer. It cuts your [cholesterol levels](#) and lowers your chance of heart disease, [type 2 diabetes](#), and [colon cancer](#).

It also helps you avoid [constipation](#), which is more common in older adults. After age 50, men should aim for 30 grams of fiber a day and women should get 21 grams a day.



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Curb Bad Habits

Tobacco kills. It harms almost every organ in your body. Cigarettes, chewing tobacco, and other products with nicotine cause heart disease, cancer, lung and gum disease, and many other health problems. It's never too late to quit. Your body begins to heal within 20 minutes of your last cigarette. Your chance of a heart attack goes down right away. In a year, your odds of heart disease drop by half. You'll also live longer. Ask your doctor for help.

Too much alcohol can harm your liver and cause some kinds of cancer. Men shouldn't have more than two drinks a day; women should have no more than one. If you drink more than that, talk to your doctor about cutting back.

Try Tai Chi

This gentle Chinese exercise combines slow movements and deep breathing. It's like meditating while you move. Tai chi may help older people avoid falls, a top cause of injury among seniors. It also can:

- Ease stress
- Improve balance
- Strengthen muscles
- Increase flexibility
- Lessen arthritis pain



Select Supplements

It's often better to get your nutrients from food, not a pill. And you usually don't need special supplements aimed at seniors. After age 50, your body does need more of some vitamins and minerals from foods or supplements than before. They include:

- Calcium (to keep bones strong)
- Vitamin D (Most people get it from sunlight, but some seniors may not get out enough.)
- Vitamin B12 (Older people have trouble absorbing it from foods, so you may need fortified cereals or a supplement.)
- Vitamin B6 (It keeps your red blood cells strong to carry oxygen throughout your body.)

Tell your doctor about any supplements you take so you can avoid bad interactions with any medications or treatments.

Stay Optimistic

Life tests us in many ways. Loved ones die, layoffs happen, and health problems can mount. But positive thinking can be a powerful ally. When you choose to be optimistic and grateful, your mind and body respond in kind.

People with a rosier outlook live longer and have fewer heart attacks and depression than more negative people. One study found that thinking positively about getting older can extend lifespan by 7.5 years. And that's after accounting for things such as gender, wealth, and overall health.

A rosy outlook may help you exercise more and eat better. And that in turn helps you stay hopeful and happy because you feel better. You may hear that called a "virtuous circle."

If you see the glass half full, it could play an even bigger role in living better and longer than things such as low blood pressure and cholesterol, which have each been shown to increase life span by about 4 years.

You can learn to be optimistic. It just takes time and practice. Things you can do include:

- Smile, even fake smile. It can help lower stress.
- Reframe. Spin your thoughts to the good things instead of dwelling on the bad.
- Keep a gratitude journal.
- Do good things for others.
- Surround yourself with people who boost your spirits.
- Accept things you can't change.

continued on page 16

Scientific Secrets to Healthy Aging *continued from page 15*

Stick to Sleep

Insomnia is common in older adults. It's when you have a harder time falling and staying asleep. It helps to wake and sleep on schedule every day. That can help keep your body clock in sync so you get the sleep you need.

Also try and:

- Keep your bedroom dark. Turn off your TV, cell phone, and laptop.
- Avoid caffeine or alcohol in the evening.
- Don't nap longer than 20 minutes during the day.
- Ask your doctor if any of your meds might be keeping you awake.



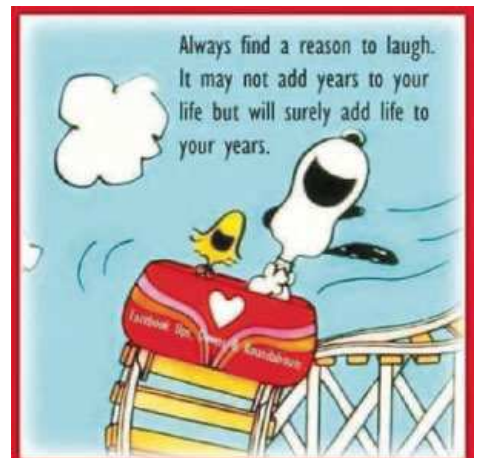
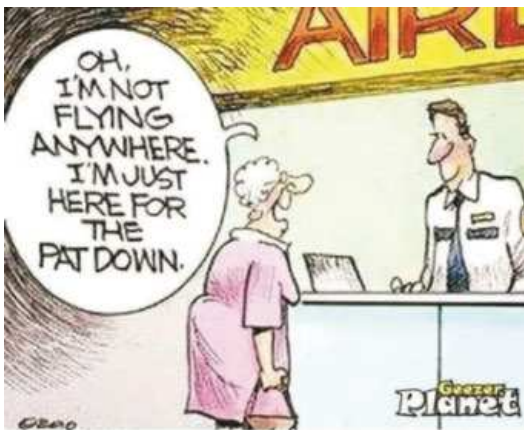
Challenge Your Mind

Things like crossword puzzles, Sudoku, chess, or reading are all good for your brain.

Keep learning and trying new things to boost your brainpower. It may help lower your chances of Alzheimer's disease.

<https://www.webmd.com/healthy-aging/healthy-aging-secret>

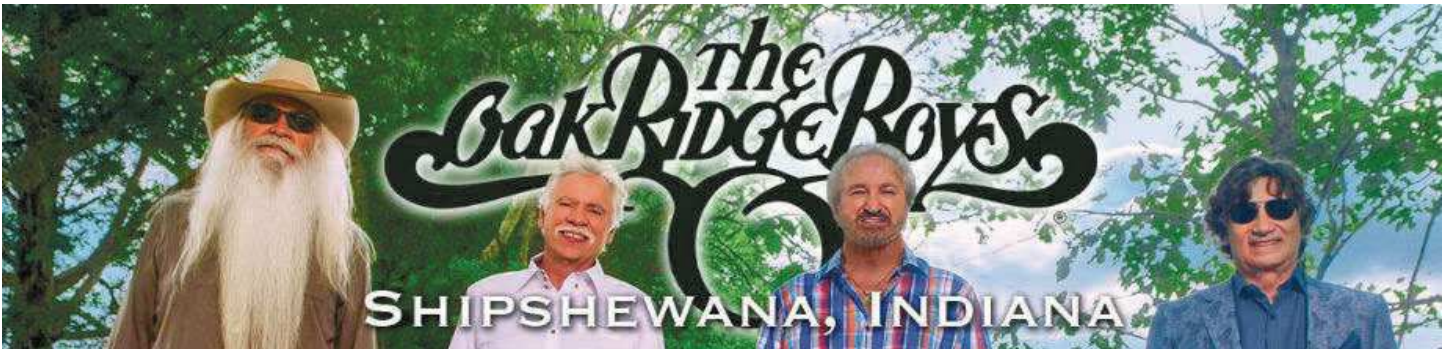
'Laughter IS the Best Medicine.'



Springtime IN THE SMOKIES



Travel—For upcoming trips, flyer, and more information can be found at www.frenchtownsenior.com/travel.html 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. Call 734-243-6217



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. Stop and talk to Lisa or call (734) 243-6217 during regular travel hours 8:30 A.M. - 4:00 P.M. Monday - Thursday and 8:30 A.M. - 11:30 A.M. on Fridays

The Frenchtown Voyagers present:
A Branson Adventure
 May 17-20, 2021
 4 Days / 3 Nights
\$1,399.00
 (Per Person - Double Occupancy)

SOLD OUT

YOUR EXCLUSIVE ADVENTURE INCLUDES:

- Round-trip transportation from Frenchtown, NJ to Branson, MO
- 4 nights accommodations in a 3-star hotel
- Breakfasts for all 4 days
- Admission to the Silver Chalice Dinner Show, The Magic of Oz Musical, and the Show Boat Dinner
- Round-trip transportation from Branson, MO to Frenchtown, NJ
- Travel insurance
- 24-hour assistance
- 24-hour assistance

Includes: Round-trip transportation from Frenchtown, NJ to Branson, MO, 4 nights accommodations in a 3-star hotel, breakfasts for all 4 days, admission to the Silver Chalice Dinner Show, The Magic of Oz Musical, and the Show Boat Dinner, round-trip transportation from Branson, MO to Frenchtown, NJ, travel insurance, 24-hour assistance, 24-hour assistance.

Includes: Round-trip transportation from Frenchtown, NJ to Branson, MO, 4 nights accommodations in a 3-star hotel, breakfasts for all 4 days, admission to the Silver Chalice Dinner Show, The Magic of Oz Musical, and the Show Boat Dinner, round-trip transportation from Branson, MO to Frenchtown, NJ, travel insurance, 24-hour assistance, 24-hour assistance.



Iceland
 Land of Fire and Ice
 September 12-15, 2021

\$350 AIRFARE

Includes: Round-trip transportation from Frenchtown, NJ to Reykjavik, Iceland, 4 nights accommodations in a 3-star hotel, breakfasts for all 4 days, admission to the Blue Lagoon, Golden Circle, and Northern Lights, round-trip transportation from Reykjavik, Iceland to Frenchtown, NJ, travel insurance, 24-hour assistance, 24-hour assistance.

Springtime in the SMOKIES

4 days / 3 nights
\$1,149.00
 (Per Person - Double Occupancy)

Frenchtown Center for Active Adults
 May 21-24, 2021
 Sunday - Wednesday

Lisa Ghigliarza
 (734) 243-6217

Includes: Round-trip transportation from Frenchtown, NJ to Pigeon Forge, TN, 4 nights accommodations in a 3-star hotel, breakfasts for all 4 days, admission to the Dollywood, Smoky Mountain, and Pigeon Forge, round-trip transportation from Pigeon Forge, TN to Frenchtown, NJ, travel insurance, 24-hour assistance, 24-hour assistance.

The Frenchtown Voyagers present:
LAKES, GRAPES, COMEDY, AND CRUISES
 June 11th/16th, 2021
\$1,099.00 per person
 Double Occupancy

Includes: Round-trip transportation from Frenchtown, NJ to Niagara Falls, NY, 4 nights accommodations in a 3-star hotel, breakfasts for all 4 days, admission to the Niagara Falls, Comedy, and Cruises, round-trip transportation from Niagara Falls, NY to Frenchtown, NJ, travel insurance, 24-hour assistance, 24-hour assistance.

Ohio Wine Tour

Frenchtown Center for Active Adults
 Friday, June 18, 2021
 Dayton 8:00 AM - Return 1:15 PM

Lisa Ghigliarza
 (734) 243-6217

\$116.00

Includes: Round-trip transportation from Frenchtown, NJ to Dayton, OH, 1 night accommodations in a 3-star hotel, breakfast for 1 day, admission to the Ohio Wine Tour, round-trip transportation from Dayton, OH to Frenchtown, NJ, travel insurance, 24-hour assistance, 24-hour assistance.

The Oak Ridge Boys

2 days / 1 night
\$374.00
 (Per Person - Double Occupancy)

Frenchtown Center for Active Adults
 June 21 - 22, 2021
 Wednesday - Thursday

Lisa Ghigliarza
 (734) 243-6217

Includes: Round-trip transportation from Frenchtown, NJ to Oak Ridge, TN, 2 nights accommodations in a 3-star hotel, breakfasts for all 2 days, admission to the Oak Ridge Boys, round-trip transportation from Oak Ridge, TN to Frenchtown, NJ, travel insurance, 24-hour assistance, 24-hour assistance.

Cruise Kalamazoo

Frenchtown Center for Active Adults
 Wednesday, August 11, 2021
 Depart 8:00 AM - Return 1:00 PM

Lisa Ghigliarza
 (734) 243-6217

\$123.00

Includes: Round-trip transportation from Frenchtown, NJ to Kalamazoo, MI, 1 night accommodations in a 3-star hotel, breakfast for 1 day, admission to the Cruise Kalamazoo, round-trip transportation from Kalamazoo, MI to Frenchtown, NJ, travel insurance, 24-hour assistance, 24-hour assistance.

Ohio Sampler

2 days / 1 night
\$434.00
 (Per Person - Double Occupancy)

Frenchtown Center for Active Adults
 August 18-19, 2021
 Friday - Saturday

Lisa Ghigliarza
 (734) 243-6217

Includes: Round-trip transportation from Frenchtown, NJ to Columbus, OH, 2 nights accommodations in a 3-star hotel, breakfasts for all 2 days, admission to the Ohio Sampler, round-trip transportation from Columbus, OH to Frenchtown, NJ, travel insurance, 24-hour assistance, 24-hour assistance.

Marie in Shepherdstown

2 days / 1 night
\$485.00
 (Per Person - Double Occupancy)

Frenchtown Center for Active Adults
 September 23-24, 2021
 Saturday - Sunday

Lisa Ghigliarza
 (734) 243-6217

Includes: Round-trip transportation from Frenchtown, NJ to Shepherdstown, WV, 2 nights accommodations in a 3-star hotel, breakfasts for all 2 days, admission to the Marie in Shepherdstown, round-trip transportation from Shepherdstown, WV to Frenchtown, NJ, travel insurance, 24-hour assistance, 24-hour assistance.

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

Tuesday, March 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.

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.

- ◆ **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.
- ◆ **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.
- **Ohio Sampler, August 18—19, 2023, presented by Bianco.** \$434.00 2 days / 1 night. Includes one night in Medina, OH. 1 Breakfast, 1 Lunch & 1 Dinner. Brandywind Falls, MAPS, Air Museum, Williams on the Lake, Brecksville Nature Center, Hartville Kitchen & Market Place.
- ◆ **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.
- **Marie Osmond in Shipshewana, September 23—24, 2023, presented by Bianco.** \$485.00 2 days / 1 night. Includes one night at the Blue Gate Garden Inn, 1 Breakfast & 1 Dinner, Shopping, Marie Osmond, Linton's Enchanted Garden, Hartland Winery.
- **A Lancaster Christmas, November 27—December 2, 2023, presented by Ed & Ted's Excellent Adventures.** \$1,399 pp dbl. Includes "Miracle of Christmas" at Sight & Sound Theatre, tour Lancaster Amish Community, Scenic Train Excursion, Turkey Hill, Dinner & Wine Tasting, Hershey World, 11 Meals— 5 dinners-5 breakfast, and 1 lunch.



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, March 21, 2023 @ 1:00 PM
PLEASE NOTE—Travel meetings are on the 3rd Tuesday
- ◆ Library will be here on Wednesday, March 15, 2023 @ 10:00 AM
 - ◆ Jiggs Dinner—Saturday, March 11, 2023
- ◆ FUN NIGHT MEAL & Entertainment—Tuesday, March 14, 2023
 - ◆ Board Meeting—Thursday, March 16, 2023
 - ◆ Rummage Sale—May 16-19, 2023
 - ◆ Breakfast Menu—Promptly Served 8:30 AM

******* 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. *******

