



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.

MAY 2023



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When calling 734-636-9477 to place your lunch order, PLEASE only place an order for ONE day. Lunch can only be ordered for one day via telephone. When you come for your lunch, either dine-in or carry-out, you may sign the sheet in the kitchen for any other days you wish to have lunch.



The Center staff are extremely happy with the increased volume of lunches ordered everyday. However, due to the increased demand, the kitchen staff are very busy preparing the lunches and don't have the luxury of extra time to spend completing the sign-in sheets. THANK YOU!!! We appreciate your help with this process.





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
Dianne Beaudrie—Treasurer
Mary Ann Mack—Secretary
Charles Mushung—Member at Large
Jean Guyor
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
Pam Handegan—Adult Day Staff
Doreen Sager—Adult Day Staff

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
Chicks with Sticks
Craft Classes
Eight Ball Pool League
Enhanced Exercise
Euchre
Fundraising
Fun Fit Party Exercise
Geri-Fit
Health Screening
Informational Series
Knitting & Crocheting
Left Center Right
Legal Services
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
Water Color Class
Workshops

www.frenchtownsenior.com


This institution is an equal opportunity provider.

Commission on Aging Disclaimer Statement

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

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




Mon	Tue	Wed	Thu	Fri
1 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/ Sticks 1:00 Movie Monday	2 8:00 Cardio Drumming 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Bunco 12:30 Color Social 1:00 Enhanced Exercise w/ Jackie	3 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 12:30 Paint w/Friends 1:00 Happy Hookers	4 8:00 Cardio Drumming 8:30 Breakfast 8:30 Ping Pong 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 LCR 1:00 Enhanced Exercise w/ Jackie	5 9:00 Fun Fit Party w/Cheryl 12:15 Watercolor Class 1:00 Bingo
8 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/ Sticks 12:30 In the Know	9 8:00 Cardio Drumming 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Bunco 12:30 Color Social 1:00 RSVP 1:00 Enhanced Exercise w/ Jackie 4:30 Fun Night (Meal & Entertainment)	10 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Library In Motion 10:00 Chair Yoga 12:30 Paint w/Friends 1:00 Happy Hookers	11 8:00 Cardio Drumming 8:30 Breakfast 8:30 Ping Pong 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:00 Quilter's Guild 12:30 LCR 1:00 Caregiver Mtg 1:00 Enhanced Exercise w/ Jackie	12 9:00 Fun Fit Party w/Cheryl 12:15 Watercolor Class 1:00 Bingo 1:00 Itchin' for Stitchin'
15 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/ Sticks CLOSE AT 1pm	16 RUMMAGE SALE 8:00 Cardio Drumming 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Bunco 12:30 Color Social 1:00 PM Travel Meeting 1:00 Enhanced Exercise w/ Jackie	17 RUMMAGE SALE 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 12:30 Paint w/Friends 1:00 Happy Hookers	18 RUMMAGE SALE 8:00 Cardio Drumming 8:30 Breakfast 9:00 Cardio Drum Canceled 9:00 Ping Pong 9:00 Bridge 10:00 Board Mtg 10:00 Geri-Fit 11:00 Advanced Geri-Fit 11:00 IHM Blood Pressure Ck 12:30 LCR 1:00 Card Making Class 1:00 Enhanced Exercise w/	19 RUMMAGE SALE 9:00 Fun Fit Party w/ Cheryl 10:00 Book Club 12:15 Watercolor Class 1:00 \$5.00 Bingo
22 9:00 Fun Fit Party w/Cheryl 9:00 Quilting NO CHAIR YOGA 10:00 Chicks w/ Sticks 12:30 In the Know	23 8:00 Cardio Drumming 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Bunco 12:30 Color Social 1:00 Enhanced Exercise w/ Jackie	24 9:00 Fun Fit Party w/Cheryl 9:30 Euchre NO CHAIR YOGA 12:30 Paint w/Friends 1:00 Pub Trivia 1:00 Happy Hookers	25 8:00 Cardio Drumming 8:30 Breakfast 8:30 Ping Pong 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 LCR 1:00 Caregiver Mtg. 1:00 Enhanced Exercise w/ Jackie	26 9:00 Fun Fit Party w/ Cheryl 12:15 Watercolor Class 1:00 Bingo 1:00 Itchin' for Stitchin'
29 CENTER CLOSED 	30 8:00 Cardio Drumming 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Bunco 12:30 Color Social 1:00 Enhanced Exercise w/ Jackie	31 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 12:00 MEMBER'S POTLUCK 12:30 Paint w/Friends 1:00 Happy Hookers	RUMMAGE SALE Tues. May 16, 2023 8:30 AM—3:30 PM Wed. May 17, 2023 8:30 AM—3:30 PM Thur. May 18, 2023 8:30 AM—3:30 PM Fri. May 19, 2023 8:30 AM—Noon	



**May
2023**

There will be NO DINE IN OR CARRY OUT LUNCHES ON WEDNESDAY, MAY 31ST. Bring your dish and enjoy a potluck with us and entertainment by Tom Slatton and sponsored by Enriched Life Home Care .

Mon	Tue	Wed	Thu	Fri
1 Chef Salad	2 CARRY OUT ONLY Egg Salad Sandwich w/Chips CARRY OUT ONLY	3 Chicken Stir Fry	4 Pizza Small Salad Garlic Bread	5 Loaded Nacho's
8 Bratwurst w/Baked Beans Coleslaw	9 Greek Chicken Rice Bowl	10 Hamburger Stroganoff w/Veggie	11 Taco Salad	12 Scalloped Potatoes w/Diced Ham & Veggie
15 Close at 1:00 Side Salad w/ Loaded Potato	16 K-Mart Sub	17 Spaghetti w/Garlic Toast	18 Southwestern BBQ Chicken Salad	19 Chili Dog w/Side
22 Sweet & Sour Chicken over Rice	23 Meatball Sub	24 Salad Bar Dine-In Only ***** Carry Outs will be a Large Salad w/Dessert	25 Sloppy Joe	26 Chicken Nuggets w/Fries
	30 Chicken & Biscuits	31 MEMBERS POTLUCK NO DINE IN OR CARRY OUT LUNCHES	<p>When calling 734-636-9477 to place your lunch order, PLEASE only order for ONE day.</p> <p>Only one day can be placed via telephone. When you come for your lunch, either dine-in or carry-out, you may sign the sheet in the kitchen for any days you wish lunch.</p>	

Breakfast Menu—Promptly Served 8:30 AM

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

May 4th—SOS

May 11th—Eggs, Meat, Potato & Toast

May 18th—Biscuits & Gravy

May 25th—Breakfast Sandwich

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.





The Monroe County Sheriff, Troy Goodnough, visited us on this bright sunny spring-like day with a message, "Don't Give Out Your Personal Information." The Sheriff's visit is part of the *In the Know* community education series recently started by Lisa, our program coordinator. Too many people are getting scammed primarily over the phone. Many of you have probably heard of the scam about the grandchild calling to inform a grandparent they have been arrested and need you to send them money. Unfortunately, it still works. The Sheriff emphasized how important it is to question these things and don't give any information over the phone. He told the audience multiple times to call their office at 734-243-7070 and speak to someone there. If needed, they will send a unit out to you so you can talk to an officer face-to-face.

I generally take pride in staying current with technology. While I don't do the social media scene or know everything about the Android phone, I use an iPhone, the Sheriff surprised me. Being the honest person I am, I have never heard of check washing. How many of us have gone to our mailbox and flipped the red flag, letting the carrier know something must go out? Until the Sheriff made it a point, it also allows everyone driving down your road know there is something in this box. How often have you mailed a check to the utility or cable company? Ever put a birthday card in the mail for an out-of-town grandchild? How many times did that card contain a check? Once they have your check, they wash the ink off it and rewrite it, possibly wiping you out. Think it can't happen. It did to someone in the audience. They were lucky because their bank backed them, which may not always occur. So please be careful.

In addition to our regular list of scheduled activities in May, a few will be out of the norm. Sheila has been working hard on sorting and pricing things for our Rummage Sale planned for the week of May 15. We will be accepting donations for the sale, so the sooner you get your gently used items to us, the easier it makes things for Sheila and the volunteers. Speaking of volunteers, if you would like to help, contact Chrissy. She would be happy to get you the information.

On May 2, the back half of the Center will be a voting precinct for the township election. So those activities in the Card, Craft, and Bingo rooms will move into the dining area. Because all activities will be in the dining area, lunch will be Carry Out only for that day.

While I have a pretty good idea of what could be on the ballot, please take my advice and check for yourself. Having taught Political Science at the College, I always encouraged my students to educate themselves on the issues. The tip I always gave them was to seek out multiple sources and ask questions if they weren't sure of something. We like to refrain from political chatter in the Center, so please don't come to me with those questions.

The Center will close early on May 15, so we can hold a drill with Triumph Academy. If the weather is favorable, we plan to close at 1:00 pm. Day Care and the group setting up for the rummage sale will not be affected. In the unlikely event, the school has an emergency and has to evacuate the building, we are the designated reunification location. It would be where the kids could walk in a timely manner and where the parents could pick them up safely. Once notified of an emergency, we would ask people to leave while staff prepared for the student's arrival. The drill on the 15th will simulate this but on a much smaller scale. Because of my background, we practiced and drilled considerably. Fortunately, many of those events we trained for never happened. This is one of those drills I hope we never have to use.

On May 31, we will be having a Potluck. How many of us were fortunate enough to attend a family reunion potluck? I still remember when my brothers and I attended the reunion at my Aunt Miss and Uncle Harold's farm. I was a youngster, so I brought chips. My brother Jim made his famous cream pies. By cream, I mean cool whip mixed with dry pudding mix poured into a premade pie crust. Of course, what would you expect from a guy who introduces his two brothers as "this is my brother Darryl, and this is my other brother Darryl" taken from Larry from Bob Newhart's show, *Newhart*. To my Uncle Harold's side of the family, whom we never met before. The sad thing is I can't tell you how many people asked for the recipe. I guess they were looking for something easy to bring to their other family reunions or potlucks. John being the oldest, undoubtedly brought one of his homemade pasta dishes. The point is we all brought something. Since there are a couple of interpretations of the meaning, let me give you our interpretation of this Potluck. This is a members-only event where every member brings a dish to share. We learned a lesson from last year, so things will be different and go smoother. I hope to see you here and can't wait to try some of those dishes. No cheating, so leave the cream pie at home.

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



May 14th



A mother's love for her child is like nothing else in the world. It knows no law, no pity, it dares all things and crushes down remorselessly all that stands in its path.

- AGATHA CHRISTIE, "THE LAST SEANCE"

These exciting new activities are still in the planning process. Give us a call if you are interested.

Would you be interested in **leading one of this activities?**



Walk Fit

Bocce Ball

Pickle Ball



Gardening in the Courtyard



Give us a call to be put on an interest list. Or if you would like to lead one of these activities.

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15-0719

FRENCHTOWN CENTER

Library in Motion will return

Wednesday, May 10, 2023

Please have returns ready by 10:00 am

PHONE: 734-241-5770

EMAIL: lim@monroe.lib.mi.us



April Trivia Answers & Winner Congratulations

1. False
 2. True
 3. True
 4. True
 5. False
- Multiple Choice
1. March 22 & April 25
 2. Easter
 3. 90 million
 4. New York
 5. Red

Winner

Charles VanBelle



Courtesy Request—Please refrain from **SMOKING** at the main entrance and in front of any entrance doors. Please do not prop any doors open. Reenter at the main entrance. We ask that you go to the corner of the building for this activity. **THANK YOU!!**

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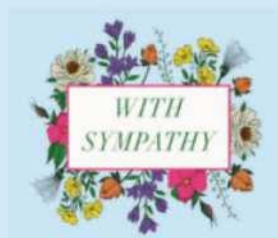
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15-0719

Rest In Peace

Barbara M. Arquette
 Harry Barker
 Robert E. Boudrie
 Chris Burkett
 Muriel I. Southworth



Donations

John and Dorothy Timko
 Joann T Trouten
 THANK YOU!!!!!!

Welcome New Members

Nancy Mae Abbema
 Connie Ammerman
 Stella Battistone
 Lynn Bennett
 Linda Black
 Chris Bonczek
 Gail Bruff
 Mary Lou Burke
 Dale Cox

Cindy Girard
 Diane B Grassley
 Ken Heinzerling
 Tammy Heinzerling
 Wanell James
 Roselynn Kohler
 Barbara Munch-Kohn
 Julius G. LaRoy
 Georgia Leslie

George T Lewis
 Sue Lewis
 Kay Manvell
 Gene Mathus
 Angela Michel
 Cindy Prusaitis
 Douglas Redding
 Sharon Schiller
 Patricia Woodward
 Carol Wright

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



Nancy Mae Abbema	Kenneth DeVee	Daniel Hartong	Richard Marchese	Leonard Rocheleau
Beverly Ankenbrandt	Brian Dewilde	Karen Hauser	Sarah Masserant	Christine Rounsifer
Joyce Asam	Lacee Drerup	Irene Herrmann	Terry Masserant	Jan Ryder
Mary Au	Raymond Dushane	Janet Hoffman	Gene Mathus	Joe Anthony Saez
Wava Balk	Sheryl Joy Dye	Bonnie Hoppert	Deborah McCormick	Sherry Sue Salter
Diana Barron	Adam Emmendorfer	Michael Hoydic	Joyce Medley	Joseph Schmitt
Sheila Barstad	Jacqueline Etchill	Elaine Hudkins	Allison Miller	Sue Stadler
Diane Bartley	Donald Faulhaber	Richard Hutchison	Stanley Miller	Peggy Staten
Stella Battistone	Carol Fehse	Lynne Johnson	Kim Miller	Terri Stevens
Lawrence Beaudrie	Laura Ferguson	Angela Katz	Teri Monday	Kathy Story
Linda Black	Loretta Feroni	Mary Kenney	Bonnie Mrock	Mitzi Straub
Rita Bliss	Jean Finley	Frankie Kerkenbush	Deborah Neely	Gerald Stromberger
Katherine Boylan	Kathleen Fogle	Maria Koch	Judith Nielsen	Brenda Kay Stump
Gay Brinkmeier	Jacqueline Gale	Mary Kohlman	Tanya Parks	Peter Sucura
Richard Brooks	Michael Garrison	Barbra Krueger	Pearl Peraino	Cathy Swanson
Sharon Brown	Craig Garrison	Maureen "Mo" Lakin	Richard Peters	Sherri Szpondowski
Carol Burkhart	Mary Lou Gautz	Mark Lauer	Maureen Pfiester	Lorna Ann Walker
Charlene Calkins	Delana Gessner	Richard LaVoy	Tracy Porter	Ellen West
Peter Carlton	Martha Goetz	Richard LeBrun	Cindy Prusaitis	Martha White
Phyllis Chamberlin	Barbara Golubic	Patrick Leibold	Charlene Quiel	Paula Wilgocki
Linda Compota	Rick Haines	Evonne Loop	Dawn Rafko	Sandra Zeestraten
LaVern Curley Jr.	Diana Hammack	John Lotter	Doreen Richards	Mary Zelenock
Linda Dattner	Peter Hartner	Frank Lucas	Janette Riggs	

Grand Hotel/Mackinac Island Trip

4days/3 Night stay Grand Hotel

October 17—20, 2023

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

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 registration fee of \$225.00 due by June 8th
**30 people are required to have the total \$425.00
paid by June 8th or the trip will be cancelled**
Final Payment Due September 1, 2023



For more Details Call Chrissy @ 734-243-6210

- Ferry Boat Ride to the Island
- Horse Drawn Taxi to and from the Grand Hotel
- Full Breakfast each morning at the Grand
- Discounts on Bike Rentals & Golf
- Four-Course dinner each night
- Writing Contest
- Champagne Reception
- Professional Tour Manager
- Nightly Dancing
- Luggage handling, taxes & gratuities
- Grand Hotel History Lecture
- Motorcoach Transportation
- Carriage Tour
- Tournaments games

Name: _____

Address: _____

Telephone: _____

Roommate Name: _____

Please send insurance forms: Yes No

I do not want insurance Yes No

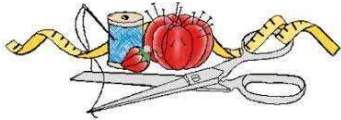
License Plate Number if leaving a Vehicle in the parking lot _____

Special Needs: _____

2786 Vivan Rd.—Monroe, MI 48162—734-243-6210 or seniors@frenchtownsenior.com



Itchin' for Stitchin'



Starting in May
 Led by: Deborah Rose
 2nd and 4th Fridays
 1:00 pm - 4:00 pm

This class is for anyone who wants to join other stitchers to complete projects they are working on, learn some new things, and occasionally do a project together. Bring any kind of stitching, from cross stitch to tatting, smocking to sewing. All are welcome and Deborah will be there to answer any question and help you work through anything you may be stuck on or have questions about.

"The Beekeeper of Aleppo"

Nuri is a beekeeper; his wife, Afra, an artist. They live a simple life, rich in family and friends, in the beautiful Syrian city of Aleppo--until the unthinkable happens. When all they care for is destroyed by war, they are forced to escape. But what Afra has seen is so terrible she has gone blind, and so they must embark on a perilous journey through Turkey and Greece towards an uncertain future in Britain. On the way, Nuri is sustained by the knowledge that waiting for them is Mustafa, his cousin and business partner, who has started an apiary and is teaching fellow refugees in Yorkshire to keep bees.



Chicks w/Sticks
 Mondays @ 10:00 AM



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15-0719

Congratulations 50/50 Winners

James Crawford
at the Jigg's
Dinner on
March 11th

and



Joann Trouten at the
April 11th Tuesday
Fun Meal

TUESDAY FUN NIGHT Meal & Entertainment



Tuesday

May 9, 2023

2nd Tuesday of the Month

4:30 p.m.—6:30 p.m.

Come Join Us for
Food and Fun!!!

Members **ONLY** \$1.00

NON-MEMBERS \$3.00



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MEMBER'S Potluck

Wednesday, May 31, 2023
12:00 PM NOON



Hot Dogs, Hamburgers, Baked Beans and Spaghetti Salad will be provided. This is one event you'll want to be sure you don't arrive empty-handed. It's a chance to bring your famous Mac & Cheese or Grama Betty's Cobbler.

Please bring a dish to share and join us.
Sign up List in the Lobby



MEMBERS ONLY

This is a great opportunity to mingle and get to know your fellow members.

NOTE: There will be no dine-in or carry-out lunches on this day.



Entertainment provided by Tom Slatton and sponsored by Enriched Life Home Care Services



May is Arthritis Awareness Month



May is recognized each year as National Arthritis Awareness Month. Arthritis is a disease that impacts more than 50 million Americans, making it the number one cause of disability in the country. That means 1 in every 5 adults, 300,000 children and countless families are affected by arthritis. These numbers are only going to keep growing—unless we take a stand

Remedies for Arthritis

Written by WebMD Editorial Contributors

Arthritis is a general term for inflammation and swelling of the joints and soft tissue that surrounds them. It occurs when the cartilage, or "cushioning" tissue around your joints starts to wear away. Over time, this condition causes pain, limits your range of motion, and may even cause joint deformity. Arthritis is chronic and may worsen over time. Symptoms will come and go, often without warning. In American adults, it's a leading cause of work disability.

Arthritis Symptoms:

- Pain in the joints, dull and aching at first, then progressing to sharp pain
- Loss of motion, possible grinding or cracking
- Joints that swell, turn red, and are tender
- Wearing away of soft tissues
- Weakness in one or more joints

Remedies and Treatments for Arthritis

When you're trying to manage arthritis pain, pay attention to daily activities and notice how they affect your joints.

General Lifestyle and Movement Tips:

- Daily exercise encourages the joints to move. Ask your doctor about stretching activities to improve your range of motion.
- Sit up straight to keep the body aligned. A physical therapist can guide you through the safest ways to sit, stand, and move through the day.
- Find a balance between constructive rest and activity. It's easy to overdo, which can lead to more joint damage and pain.
- Eat a healthy diet and maintain your weight to reduce excess pressure and stress on your joints.
- Put out the cigarettes for good. Smoking places additional stress on your connective tissues and result in additional joint pain.

Natural Remedies

Arthritis can make you feel stiff and achy. Taking medication can help, but there are natural treatments designed to reduce pain and increase movement.

Continued on page 14

May is Arthritis Awareness Month *Continued from page 13*

Natural Remedies *continued*:

Acupuncture: An ancient form of Chinese medicine that involves inserting tiny needles into the skin to stimulate specific pressure points. Acupuncture helps stimulate connective tissue, improves blood flow, and activates the body's natural painkillers.

Massage: Manipulating muscles with gentle or moderate pressure can reduce pain and increase range of motion. Timing is important—if you're having a particularly bad flare-up, you may want to avoid putting additional strain on sore joints.

Yoga: A mind-body practice that combines movement, deep breathing, and meditation. Yoga has been shown to reduce stress, create a feeling of relaxation, and decrease joint pain and stiffness.

You may also want to consider incorporating foods that are known to fight inflammation, strengthen bones, and boost the immune system to your diet. The following foods are recommended as natural treatments for arthritis:

- Fish
- Low-fat dairy products
- Beans
- Soy
- Broccoli
- Garlic
- Extra virgin olive oil
- Green Tea
- Nuts
- Cherries
- Citrus Fruits

Prescription Treatments

Your doctor will suggest different medications based on the type and severity of your condition. Arthritis treatments range from painkillers to creams to steroids and are often used in combination to alleviate symptoms.

- **Over-the-Counter (OTC) and Prescription Painkillers:** OTC pain medications like Tylenol relieve pain but don't fight inflammation.
- **Nonsteroidal anti-inflammatory drugs (NSAIDs):** Ibuprofen, found in Advil, and naproxen, found in Aleve, reduce pain and inflammation. Taking NSAIDs may lead to stomach irritation and increase the risk of a stroke or heart attack.
- **Counterirritants:** Topical creams, ointments, and gels that contain a numbing or cooling ingredient, like menthol. These are applied directly to the skin.
- **Disease-modifying antirheumatic drugs (DMARDs):** Medications that prevent the immune system from attacking the joints.
- **Corticosteroids:** Injected or taken in pill form, these steroids prevent the immune system from attacking your joints and the surrounding tissue.



When to See a Doctor

If you're experiencing minor aches, pains, and general stiffness, you can rely on natural remedies and at-home treatments. If you notice sharp pain or a flare-up that lasts longer than a week, it's time to take action. Call your doctor if:

- At-home therapy, like icing, OTC painkillers, and rest, isn't working
- One joint or area flares-up more than usual, preventing your normal activities
- Resting isn't improving your pain
- You take multiple medications for arthritis and other health conditions

Walk-Fit

May is **National Walking Month**. Watch for upcoming details regarding our new **Walk-Fit Program**. There is a beautiful walking path behind the Center. We will soon be publishing the Days and Times. Join us on for some great exercise, beautiful scenery and fresh air.



Did you know that walking a minimum of 20 minutes every day can reduce the number of diseases, including heart diseases and high blood pressure? Treat your body right and walk every day. Set up daily goals and reminders.

Did you know?.....

- ◆ Walking is the most popular exercise in the U.S.
- ◆ Walking helps in losing weight. Walking just 10,000 steps a day helps in losing weight and a minimum of 6,000 steps a day helps to improve health.
- ◆ Walking makes you feel better. Walking increases blood flow to the brain, which in turn improves mood.
- ◆ An average person walks 65,000 miles in their lifetime, which is equivalent to walking three times around Earth.
- ◆ It requires about 200 muscles to walk.
- ◆ Walking Improves heart health
- ◆ Walking can also lower your blood sugar
- ◆ Walking can reduce your risk of heart disease.
- ◆ Strengthens your immune system
- ◆ Protects your bones
- ◆ Aids digestion
- ◆ Prevents varicose veins



Skip the couch after dinner and go for a walk instead. According to a small study, post-meal walks can help your body break down food, speeding up digestion,

SOURCE: <https://www.goodrx.com/well-being/movement-exercise/benefits-of-walking>

In The Know – Our exciting new lecture series

Each month we feature a different topic of importance to seniors. May will include two “In The Know” lectures. **Monday, May 8, 2023** will feature Brandy Osborn, from Trauma Services at Corewell Health Trenton Hospital. Brandy will speak on **“Think First to Prevent Falls”**

Monday, May 22, 2023, Jean Barnas from the Alzheimer’s Association will speak about **“Managing Money: A Caregiver’s Guide”**. Is someone you know facing dementia or another chronic illness? Learn tips for managing someone else’s finances, how to prepare for future care costs and the benefits of early planning.

RUMMAGE SALE

Tuesday, May 16, 2023 8:30 AM—3:30 PM
 Wednesday, May 17, 2023 8:30 AM—3:30 PM
 Thursday, May 18, 2023 8:30 AM—3:30 PM
 Friday, May 19, 2023 8:30 AM—Noon

Assorted household items and clothing, including working small kitchen appliances, Laptops, Tablets, anything small.

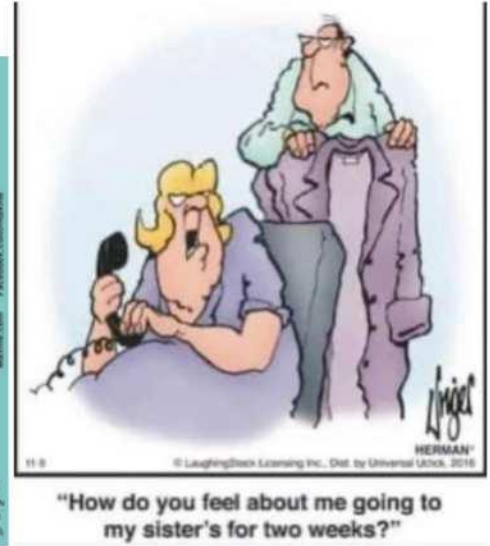
PLEASE NO Large TV's and NO Large Appliances.

We will have to turn them away.

Thank You!



'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



\$1,599.00 per person Double Occupancy

YOUR EXCELLENT ADVENTURE INCLUDES:

- Round Trip Deluxe Motor Coach Transportation
- 2 Nights Accommodations at The Harbor Hotel in Chattanooga, TN and 3 in Gatlinburg, TN
- A tour of the National Comedy Center in Jamestown, NY
- A tour of the Sunburst Gardens and Mansion
- A tour of the Loyal Dad Museum
- A guided tour of Gatlinburg's Lucile Ball's Mansion
- A pre-dinner cruise aboard the Chattanooga Belle Steam Boat
- Wine tasting and lunch at the Liberty Winery
- Two dinner cruises on Sevier Lake in Watkins Glen, NY
- Tour of Caring Glen
- Tour of the Rockwell Museum in Corning, NY
- Dinner and wine tasting at Vermont Vineyards
- 12 Meals: 9 Breakfasts, 5 Dinners, and 2 lunches
- Baggage handling, taxes and gratuities on those included
- An E.R. & Dale's Executive Advantages Tour Duration

WARRIOR SUBJECT TO CHANGE

WARRIOR DEPOSIT PLAN OR REGISTRATION: Final Payment Due: \$1,599.00 pp. (Double)

REGISTRATION FORM: (Please print) Name, Address, Phone, E-mail, Date



YOUR BRANCO TOUR INCLUDES:

Round Trip Transportation: The direct highway transportation between our starting and ending points, in a modern air-conditioned motor coach.

Admission: One admission to each attraction in the tour schedule.

Breakfast: One breakfast per day, including a continental breakfast.

Local Head Pub (on Wed): One 20-year Head Pub on Wednesdays, just south of Kalamazoo, Michigan. The pub features live entertainment and a full bar.

Wine Tasting & Lunch at the Liberty Winery: Enjoy a wine tasting and lunch at the Liberty Winery, a family-owned and operated winery in the heart of Michigan's wine country.

Wine Tasting & Lunch at the Vermont Vineyards: Enjoy a wine tasting and lunch at the Vermont Vineyards, a family-owned and operated vineyard in the heart of Vermont's wine country.

WARRIOR SUBJECT TO CHANGE

WARRIOR DEPOSIT PLAN OR REGISTRATION: Final Payment Due: \$123.00 pp. (Double)



\$2,499.00 per person Double Occupancy

YOUR EXCELLENT FALL ADVENTURE INCLUDES:

- Round Trip Deluxe Motor Coach Transportation
- One night at the Holiday Inn in Burlington, VT
- One night at the Grand Adirondack Hotel in Lake Placid, VT
- One night at the Buffalo Mountain resort in Lake Placid, VT
- Local tour of the Adirondack Park
- A guided tour of the Champlain Canal
- A guided tour of the Adirondack Park
- A guided tour of the Adirondack Park
- A guided tour of the Adirondack Park
- A guided tour of the Adirondack Park

WARRIOR SUBJECT TO CHANGE

WARRIOR DEPOSIT PLAN OR REGISTRATION: Final Payment Due: \$2,499.00 pp. (Double)



YOUR BRANCO TOUR INCLUDES:

- Round Trip Transportation
- Round Trip Airfare
- Hotel Accommodations
- Meals
- Wine Tastings

Presented by Frenchtown Center for Active Adults

Friday, June 16, 2023

Lisa Ghigliazza (734) 243-6217

\$116.00



2 days / 1 night \$434.00

Presented by Frenchtown Center for Active Adults

August 18-19, 2023

Lisa Ghigliazza (734) 243-6217

\$123.00



YOUR BRANCO TOUR INCLUDES:

- Round Trip Transportation
- Round Trip Airfare
- Hotel Accommodations
- Meals
- Wine Tastings

Presented by Frenchtown Center for Active Adults

October 8 - 14, 2023

Lisa Ghigliazza (734) 243-6217

\$1,994.00



4 days / 3 nights \$1,149.00

Presented by Frenchtown Center for Active Adults

May 21-24, 2023

Lisa Ghigliazza (734) 243-6217

\$116.00



2 days / 1 night \$374.00

Presented by Frenchtown Center for Active Adults

June 21-22, 2023

Lisa Ghigliazza (734) 243-6217

\$123.00



2 days / 1 night \$485.00

Presented by Frenchtown Center for Active Adults

September 23-24, 2023

Lisa Ghigliazza (734) 243-6217

\$123.00

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

Tuesday, May 16, 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.**

- ◆ **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.
- ◆ **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.
- ◆ **Autumn in Vermont, October 8—14, 2023, presented by Bianco.** \$1,994.00 pp dbl. 1 night in Corning, NY, 1 night in Brattleboro, VT, 3 nights in Burlington, VT and 1 night in Niagara Fall, NY. 6 Breakfasts, 1 Lunch, 5 Dinners. Corning Museum of Glass, Vermont Country Store, Ben & Jerry's, Spirit of Ethan Allen (dinner cruise) and more.
- ◆ **Grand Hotel/Mackinac Island Trip, October 17-20, 2023, presented by Frenchtown Center for Active Adults.** Dbl \$1,247.00, Trpl \$1,247.00 single \$1,547.00 See flyer page 12 or website for all details.
- ◆ **Zender's of Frankenmuth, Women of County, October 18, 2023, presented by Bianco** \$118.00 Departs 8:45AM>Returns 7:15AM. Luncheon Show, Shopping time. Live show featuring Michigan Country Music Hall of Fame members as well as performers who have toured the world. Timeless tunes of Patsy Cline, Loretta Lynn, Reba McEntire, Martina McBride and more.
- ◆ **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.
- ◆ **Country Christmas, December 5-6, 2023, presented by Bianco.** \$343.00 2 days / 1 night. Continental breakfast, Lunch & Dinner. Enjoy a glowing winter wonderland and La Comedia Dinner Theater featuring "Miracle on 34th Street".



Frenchtown Center Link

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2786 Vivian Road
Monroe, MI 48162
A Monthly Publication



Commission on Aging



Current Resident

NEWS TO NOTE:

◆ **Tuesday, May 2nd—there will be no dine-in lunches, carry-out only**

◆ FUN NIGHT MEAL & Entertainment—Tuesday, May 9, 2023

◆ Library will be here on Wednesday, May 10, 2023 @ 10:00 AM

◆ Friday, May 12, 2023 @ 1:00 PM New Stitching Class Begins

◆ Travel Meeting—Tuesday, May 16, 2023 @ 1:00 PM

◆ Board Meeting—Thursday, May 18, 2023

◆ Monday, May 15th, the Center will close at 1:00 p.m.

◆ Rummage Sale—May 16-19, 2023

◆ Chair Yoga and Pub Trivia will be cancelled the week of May 22, 2023.

Chair Yoga returning May 31, 2023 and Pub Trivia in June.

◆ Wednesday, May 31, 2023—MEMBERS POTLUCK, No Dine-In or Carry-Out Lunches.

Bring a dish to share.

◆ **Courtesy Request**—Please refrain from **SMOKING** at the main entrance and in front of any entrance doors. Please do not prop any doors open. Reenter at the main entrance. We ask that you go to the corner of the building for this activity. **THANK YOU!!**

ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING



AGING UNBOUND: MAY 2023

