



# 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.

## JUNE 2023



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# FRENCHTOWN CENTER LINK

2786 Vivian Road, Monroe, MI 48162

Phone: (734) 243-6210

e-mail: seniors@frenchtownsenior.com

Website: [www.frenchtownsenior.com](http://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  
 John Bocks  
 Linda Compota  
 Jean Guyor  
 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  
 Christine Pidruzny—Office Manager / Ext 4  
 Kathleen McBee—Accountant/ Ext 5  
 Lisa Ghigliazza—Program Coordinator Ext 3  
 Patricia Smith—Administrative Assistant / Ext 8  
 Ron 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  
 Pickleball  
 Ping Pong  
 Pub Trivia  
 Quilting  
 Rummage Sales  
 Sewing Group  
 Tuesday Fun Night (2nd Tuesday)  
 Thursday Breakfast  
 Travel  
 Water Color Class  
 Workshops

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**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
<p style="text-align: center;"><b>JUNE 2023</b></p>  <p style="text-align: center;">Monday June 12th Driver's Safety</p> 			<p><b>1</b></p> <p>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 1:00 LCR 1:00 Enhanced Exercise w/ Jackie</p>	<p><b>2</b></p> <p>9:00 Fun Fit Party w/Cheryl <b>9—4 Sewing Group</b> <b>10:00 Pickleball</b> 12:15 Watercolor Class 1:00 Bingo</p>
<p><b>5</b></p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Quilting <b>10:00 Chair Yoga</b> 10:00 Chicks w/ Sticks <b>1:00 Movie Monday</b></p>	<p><b>6</b></p> <p>8:00 Cardio Drumming 9:00 Cardio Drumming 9:00 Bridge 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exercise w/ Jackie</p>	<p><b>7</b></p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre <b>10:00 Chair Yoga</b> <b>10:00 Pickleball</b> <b>10:30 Rock Painting</b> 12:30 Paint w/Friends 1:00 Happy Hookers 1:00 Line Dancing</p>	<p><b>8</b></p> <p>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 <b>12:00 Quilter's Guild</b> 1:00 LCR <b>1:00 Caregiver Mtg</b> 1:00 Enhanced Exercise w/ Jackie</p>	<p><b>9</b></p> <p>9:00 Fun Fit Party w/Cheryl <b>10:00 Pickleball</b> 12:15 Watercolor Class 1:00 Bingo <b>1:00 Itchin' for Stitchin'</b></p>
<p><b>12</b></p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Quilting <b>10:00 Chair Yoga</b> 10:00 Chicks w/ Sticks <b>12:30 In the Know</b></p>	<p><b>13</b></p> <p>8:00 Cardio Drumming 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exercise w/ Jackie <b>4:30 Fun Night (Meal &amp; Entertainment)</b></p>	<p><b>14</b></p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre <b>10:00 Library In Motion</b> <b>10:00 Chair Yoga</b> <b>10:00 Pickleball</b> <b>10:30 Rock Painting</b> 12:30 Paint w/Friends 1:00 Happy Hookers 1:00 Line Dancing</p> 	<p><b>15</b></p> <p>8:00 Cardio Drumming 8:30 Breakfast 8:30 Ping Pong 9:00 Bridge 9:00 Cardio Drumming <b>10:00 Board Mtg</b> 10:00 Geri-Fit <b>11:00 Blood Pressure</b> 11:00 Advanced Geri-Fit 1:00 LCR <b>1:00 Card Making Class</b> 1:00 Enhanced Exercise w/ Jackie</p>	<p><b>16</b></p> <p>9:00 Fun Fit Party w/ Cheryl <b>10:00 Book Club</b> <b>10:00 Pickleball</b> 12:15 Watercolor Class 1:00 <b>\$5.00 Bingo</b></p>
<p><b>19</b></p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Quilting <b>10:00 Chair Yoga</b> 10:00 Chicks w/ Sticks <b>12:30 In the Know</b> <b>1:00 Monroe Sewing Group</b></p>	<p><b>20</b></p> <p>8:00 Cardio Drumming 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 Bunco <b>1:00 PM Travel Meeting</b> 1:00 Enhanced Exercise w/ Jackie</p>	<p><b>21</b></p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre <b>10:00 Chair Yoga</b> <b>10:00 Pickleball</b> <b>10:30 Rock Painting</b> 12:30 Paint w/Friends 1:00 Happy Hookers 1:00 Line Dancing</p> 	<p><b>22</b></p> <p>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 1:00 LCR <b>1:00 Caregiver Mtg.</b> 1:00 Enhanced Exercise w/ Jackie</p>	<p><b>23</b></p> <p>9:00 Fun Fit Party w/ Cheryl <b>10:00 Pickleball</b> 12:15 Watercolor Class 1:00 Bingo <b>1:00 Itchin' for Stitchin'</b></p>
<p><b>26</b></p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Quilting <b>10:00 Chair Yoga</b> 10:00 Chicks w/ Sticks</p>	<p><b>27</b></p> <p>8:00 Cardio Drumming 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exercise w/ Jackie</p>	<p><b>28</b></p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre <b>10:00 Chair Yoga</b> <b>10:00 Pickleball</b> <b>10:30 Rock Painting</b> 12:30 Paint w/Friends <b>1:00 Pub Trivia</b> 1:00 Happy Hookers 1:00 Line Dancing</p>	<p><b>29</b></p> <p>8:00 Cardio Drumming 8:30 Breakfast 8:30 Ping Pong 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 LCR 1:00 Enhanced Exercise w/ Jackie</p>	<p><b>30</b></p> <p>9:00 Fun Fit Party w/ Cheryl <b>10:00 Pickleball</b> 12:15 Watercolor Class 1:00 Bingo</p>



When signing the lunch reservation sheet in the kitchen, PLEASE print clearly your first and last name.

**THANK YOU!!!!!!!!!!!!**

**June 2023**

**Betty Salad ONE per member LIMIT.**

**Mon                      Tue                      Wed                      Thu                      Fri**

<p><b>Thank you for stating if you are dining in or out when you telephone your lunch order. We appreciate it.</b></p>			<p>1 Hot Ham &amp; Cheese Sandwich w/Chips &amp; Side</p>	<p>2 Chicken Fajita's</p>
<p>5 Sweet &amp; Sour Meatballs over Rice</p>	<p>6 Chicken Taco's</p>	<p>7 Betty Salad</p>	<p>8 Hamburger Philly</p>	<p>9 Kielbasa &amp; Veggie Casserole</p>
<p>12 2 Taco's with Tortilla Soup</p>	<p>13 Cheesy Bacon Smothered Chicken w/Side</p>	<p>14 Vegetable Soup w/Salad</p>	<p>15 Breakfast Skillet w/ Chocolate Pancakes</p>	<p>16 K-Mart Sub</p>
<p>19 Tater Tot Casserole w/Corn</p>	<p>20 Honey Garlic Chicken w/Rice</p>	<p>21 Greek Salad</p>	<p>22 Chicken Pot Pie</p>	<p>23 Hot Dog w/Macaroni Salad &amp; Baked Beans</p>
<p>26 <b>Spicy Italian</b>  Sausage w/Sweet Peppers &amp; Onions over Pasta</p>	<p>27 Turkey Sandwich w/ Side</p>	<p>28 Sloppy Joe w/side</p>	<p>29 Country Baked Chicken w/ Mashed Potatoes</p>	<p>30 Chef Salad</p>

**Breakfast Menu—Promptly Served 8:30 AM**  
**Please Call at least the Day Before to Reserve your Seat for Breakfast**  
**June 1—Waffle          June 8—Eggs, Sausage, Potato & Toast**  
**June 15—Breakfast Skillet          June 22—Breakfast Sandwich          June 29—Biscuit & Gravy**

**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.





Well, I would like to think warmer weather is here to stay, but since the vast majority of readers live in Michigan, we are all too familiar with the saying when it comes to Michigan weather, "Give it a minute, and it will change." This has been the norm so far this year. A classic example is my niece's return home from college. After finishing her first year at Michigan Tech in Houghton, her mom and dad went to help move her back home. On their way home Friday, her dad's business associate was headed north to spend time at his cabin before continuing to Marquette for a meeting that Monday. While the family left Houghton on Friday in chilly weather and brown lawns, the latter ventured into freezing temps, near-blizzard conditions, and 20 inches of snow. While it may have been more than a minute, it illustrates the unpredictable Michigan weather. Go ahead, admit it. You wouldn't trade Michigan weather for a minute.

Right about now, you are thinking to yourself, would you please just get to the point about warm weather? Geez, no need to be rude, so I will get to the point. Warm weather means an opportunity for some of us to get outdoors and enjoy some physical activity. I don't know why I said some of us because I clearly meant YOU! While I sit sweltering in my office, you have a chance to enjoy some of the outside amenities we are so fortunate to have at our disposal. This week pickleball was introduced. For those who haven't heard, and from what I understand, pickleball combines tennis, badminton, Ping-Pong, and a slight touch of hockey. More on that later. We had 20 enthusiastic members show up, anxious to receive instruction from Sandy Gabriel on the finer points of pickleball. Their level of the sport varied from experienced to beginners in the group.

Before Pickball was a thing, the Center was on the cutting edge investing in a portable pickleball net, balls, and paddles. In preparation for the event, we dug out the equipment. Needless to say, it was dusty and needed some tender loving care. I word of caution, if you are dragging something old out, like the water-filled net bases, treat it like that old refrigerator a buddy asked you to help move in the abandoned house he just bought. Wait till you get it outside before you decide to open it. Kathleen also discovered the paddles that came with the set were in rough shape, and to top it off, they didn't have wrist straps. Maybe you remember the overzealous Wii game bowlers. The ones who tossed their controller into their TV screens prompted Nintendo to recall 3.2 million because of inadequate wrist straps. Since we didn't want to see two-pound projectiles flying through the air, we invested in new paddles. Hopefully, the only thing people need to dodge is a wiffle ball.

We can take advantage of a few other things outside during nice weather. The old standby, the bocce ball court, is available, and we are still hoping a group will get together for that activity. This year, there is an all-weather concrete cornhole set in addition to the pickleball courts. There is a sand volleyball court. If you are interested in playing, please let us know so we can have one of our CPR-trained staff bring our AED out to the court as a precaution. Just kidding, but this is an excellent time to remind you whether you are just starting to work out or currently live an active lifestyle and want to challenge yourself more, it is always important to talk with your doctor before starting a new exercise routine.

Our Tuesday evening meal was again well attended, and folks were treated to unexpected dinner selection. Like I have been telling everyone, we haven't raised the \$1.00 cost because we shop the deals, so things come together suddenly. This meal was the exception and not the rule, so don't be disappointed if next month's dinner is not as robust. Remember that even with the departure of Nancy, you can count on Jean to make an *exquisite* dessert.

Now back to hokey reference and pickleball. A highly competitive friend was partnered with his wife. During their pickleball game, he became a little aggressive on the return, hitting her in the mouth and chipping a tooth. Remember what Ed Grimley (Martin Short - SNL) said with his armpit-hugging pants and single spike of hair, "*It is all fun and games until someone loses an eye.*" So please come, have fun, and try not to "*lose an eye.*"

A handwritten signature in cursive script, appearing to read "Paul Smith".



“In The Know” Monday, June 12, 2023

12:30 PM

Safe Driving for Seniors

What are the four factors in driving safely?

Learn tips of potential risk factors and dangers related to the specific driving situation. Risk factors are grouped into four categories. They are: (1) human, (2) vehicle safety & performance, (3) highway conditions, and (4) other highway users.



Monday, June 19, 2023

12:30 PM

How Nutrition Changes As We Age

“How Nutrition Changes As We Age”. Presented by Jim Hunt, a local representative from Humana. The presentation will cover topics such as:

- the benefits of a healthy diet
- myths about aging and nutrition
- how aging affects the way you eat
- tips to help you eat well as you age



This presentation is free and you **DO NOT** need to have Humana Insurance to attend.

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15-0719

## FRENCHTOWN CENTER

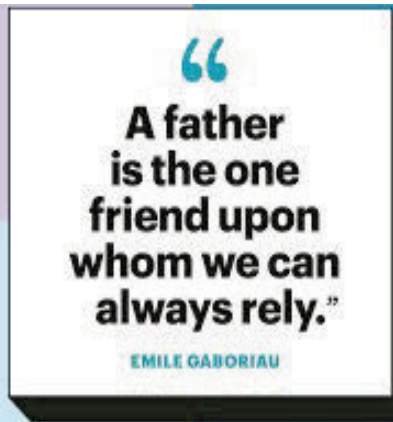
Library in Motion will return

**Wednesday, June 14, 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)**



Since 1916, when President Woodrow Wilson issued a presidential proclamation establishing a national Flag Day on **June 14**, Americans have commemorated the adoption of the Stars and Stripes in many ways—displaying the flag in the front of their homes, parades, and other patriotic observances.

The holiday commemorates the date in 1777 when the United States approved the design for its first national flag.



**What are three things one should never do out of respect to the flag?**

1. Let the flag touch anything beneath it: ground, floor, water, merchandise.
2. Carry it horizontally, but always aloft. fasten or display it in a way that will permit it to be damaged or soiled.
3. Place anything on the flag, including letters, insignia, or designs of any kind.

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15-0719



**Rest In Peace**  
Katherine J. Petrovich

**Donations**

Sheila J Barstad—Center  
Sheryl L Sieb—donation for Tuesday Fun Meal prizes  
Patricia L Smith—In Memory of Florence Irene Wright.

**Welcome New Members**

Adelaide B. Beauman  
Lynda J. Bleyaert  
Michael C. Bleyaert  
Debbie L. Elliott  
Mary A. Fowler  
Gerald J. Goniea  
Judith S. Goniea  
Dianne L. Goodman  
Geary K. Goodman  
Claudia J. Gorman  
Eric J. Gorman

James L. Gotha  
Ken A. Grachek  
Yvonne M. Harvell  
Sandra K. Hojnacki  
Molly Hunt  
Joe Kerchinsky  
Mary E. Kreklau  
Kay Lindhorst  
Nancy A. Mayrand  
Lynda L. McCarty  
Michael J. McCarty

David A. Mistiatis  
Beth A. Mullen  
Stan Mullen  
Nancy S. Roberts  
Ruth E. Shea  
Ruth A. Shiflett  
Lynn M. Smith  
Sandra J. Smith  
Candice P. Thacker  
Deborah S. Walker  
Karen L. Wolfe

**Choose your June  
Birthday Lunch from  
this month's menu  
items (Page 4)**



Nancy L Allen  
Genevieve Ann Bailey  
Marleen Baker  
Marvin J Baumann  
Mary A Beaubien  
Adelaide Belle Beauman  
Pamela S Benore  
JoAnn Bowler  
Helen Breitner  
Mary H Brooks  
Marilyn K Brooks  
Dale H Brose  
Renea J Bunkelman  
Diane E Caselli  
Daniel J Cooley

Lisa M Cooley  
Bernard H Coon  
Linda Crabtree  
Kristine F Durkin  
Edward R Feldman  
Noe Garcia Jr  
Fred W Gartner  
Andrea K Gere  
Giuseppa Giarmo  
Florence Grajewski  
Carolyn Hall  
Christopher M Hess  
Betty J Hoffer  
Nancy Hubbell  
Lorraine L Hudson  
Gerald E Iott  
Tracy S Jaskot  
Nancy A Jones  
Chris A Jones  
Judith Ann Karpovich  
Joseph T Kavanagh  
Mary E Kreklau  
Sandy Lajiness  
Janis Layne

Duane H LeBrun  
Barbara J Ley  
Marla J Lindsey  
Reanna L MacDougall  
Doyle Roger Maiden  
Mary P Manoulian  
Deborah L Masserant  
Kathleen K McBee  
Jerry D Meek  
JoAnn Meka-Barbosa  
Dennis C Mell  
Angela R Michel  
Karen K Mickens  
James B Miller  
Denise A Miller  
Patty A Monday  
Phyllis L Moosdorf  
Darla K Myers  
Sharon L Nichols  
Marie J Nunn  
Karen L Overmyer  
Mary Pearsall  
Mark Perhatch

Joseph C Peters  
Sharan A Peters  
LaVerne W Rothman  
Michelle D Savage  
Laurie K Schultz  
Ruth E Shea  
Ruth Ann Shiflett  
Daniel L Sordini  
Marge E Staelgraeve  
H. Arree Staley  
Donna L Stein  
Larry E Stevens  
Carla Strunk  
John C. Taylor  
Vanessa L Vandavelde  
Barbara J Verran  
Alice C Villarreal  
Dorothy A Wagner  
Judy Webb  
Carrie M Williams  
Ruth E Wood  
Marsha C Workman  
Anne M Zochowski



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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Roommate Name: \_\_\_\_\_

Please send insurance forms: Yes  No

I do not want insurance Yes  No

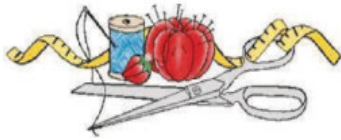
License Plate Number if leaving a Vehicle in the parking lot \_\_\_\_\_

Special Needs: \_\_\_\_\_

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



## Itchin' for Stitchin'

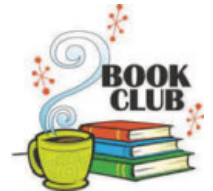


Led by: Deborah Rose  
2nd and 4th Fridays  
1:00 pm - 4:00 pm

### Are you Itchin' for Stitchin'?

Deborah Rose, will meet with you twice a month on the second and fourth Fridays from 1pm to 4pm. Do you have a needlework project you just can't quite get the hang of? Is there a stitching technique you would like to learn? What about that portable sewing machine that you just can't learn to use? Bring it in and she will show you how to use it. Or maybe you just want a little socialization while you try to finish your project. Bring all the supplies you need for the project you are working on. Some of the fun things she can teach you are sewing, cross stitch, chicken scratch, hairpin lace, English smocking, embroidery, candle wicking, crochet, knitting, needlepoint, and many other fun things. She also has books and patterns, and can make a kit for a nominal fee, if there is something you would like to learn but cannot find the supplies.

June's **Book Club** book will be **Auntie Poldi and the Sicilian Lions**, by Mario Giordano. "On her sixtieth birthday, Auntie Poldi retires to Sicily, intending to while away the rest of her days with good wine, a view of the sea, and few visitors. But Sicily isn't quite the tranquil island she thought it would be, and something always seems to get in the way of her relaxation. When her handsome young handyman goes missing—and is discovered murdered—she can't help but ask questions. Soon there's an investigation, a smoldering police inspector, a romantic entanglement, one false lead after another, a rooftop showdown, and finally, of course, Poldi herself, slightly tousled, but still perfectly poised."



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## Movie Monday

June 5, 2023

1:00 PM

### North by Northwest

Join us for June's feature by Alfred Hitchcock, starring Cary Grant, Eva Marie Saint, and James Mason. A tale of mistaken identity, with an innocent man pursued across the United States by agents of a mysterious organization trying to prevent him from blocking their plan to smuggle microfilm, which contains government secrets, out of the country.



## TUESDAY FUN NIGHT

Meal & Entertainment

Tuesday

June 13, 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



## "Rock of Ages"

Wednesdays at 10:30

Led by Lyn Peraino

Summer "Rock of Ages"

Painting class. Wednesdays

from 10:30 to 12:30. Meet with friends and paint rocks for your garden and gifts. \$10 includes rocks and design instruction, paints, and supplies available to use.



# NEVER MISS OUR NEWSLETTER!

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VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



# Volunteer Appreciation Dinner April 22, 2023

## 2022 Volunteer of the Year



**Ellen Brockway**



**Talented Kitchen Staff**



## National Men's Health Month



June is National Men's Health Month! This month is all about encouraging the men in your life (including you, men out there!) to take care of their bodies by eating right, exercising, and working to prevent disease.

Let's take a minute to look at some facts:

- According to the CDC, the average lifespan for men is about five years less than women, and over the years there has been a gradual increase in this gap.
- The top three causes of death for men include heart disease, cancer, and unintentional injuries.
- Men are almost twice as likely as women to die of a heart attack and significantly more likely to die of cancers as compared to women.
- Men are also less likely to undergo treatment for mental health conditions such as depression, resulting in nearly a 4x increased likelihood of committing suicide.

### Here are five recommendations for men to help them stay on top of their game:

**1. Stay updated on your vaccinations!** Now that we are recovering from the COVID-19 pandemic, it is crucial to be up to date on vaccinations. Your primary care provider (PCP) will help keep you on track as there are many that are recommended based on age. Not only do immunizations help you stay healthy, but they keep your body's immune system functioning to its highest level. Vaccines are usually recommended at the time of your annual visit with your PCP.

**2. Do your screenings!** Your PCP will do screening labs if you have certain risk factors, such as family history or weight changes. Screenings for diabetes, thyroid disease, liver issues, anemia, and cholesterol are part of the routine bloodwork often done at the doctor's office. Men are typically given prostate exams at the age of 40, which is done annually to make sure no enlargement or masses are present which may cause complications down the line. A colonoscopy is another recommendation to assess the risk for colon cancer by age 50 (or sooner if there is family history). A lung CT scan is another common practice for those ages 50 or over who currently smoke or have smoked in the past to check for lung cancer. Also, during your visits with your PCP, depression screenings are done to make sure that you are not at a higher risk of developing major depression. They will also make sure that routine blood pressure and weight/height checks are done and are in the normal range.



### Eat Healthy

Start by taking small steps at each meal:

- Say no to super-sizing
- Eat a variety of foods
- Eat at least one fruit and vegetable

## Men's Health Month

### Get Moving

Play with your kids or grandkids.  
Take the stairs. Do yard work.

Choose activities that  
you enjoy to stay motivated.

*continued on page 14*

**3. Lower your stress!** Statistics show that men have more difficulty handling stress compared to women. This may be because women typically have better social networks, or a circle of friends and they are able to confide in them. The male mentality often tends to avoid discussing their feelings and as a result, are less likely to disclose such issues with their PCP, resulting in many cases of major depression/anxiety being undiagnosed. Stress itself is linked to higher blood pressure and body weight, so it's important to take time to focus on activities that will help relieve stress.



**4. Watch your risky behaviors!** Limiting alcohol consumption and not smoking are almost routinely advised by your PCP, as they can result in liver disease, cirrhosis, and alcohol dependence. Smoking contributes to a wide variety of cancers and is one factor that is the most changeable. Nicotine replacement therapy options can help you quit smoking; some examples include Chantix, nicotine patches, and nicotine gum. There are many resources and programs that can help you reduce your alcohol intake, such as counseling or Alcoholics Anonymous, which your PCP can refer you for. If you're sexually active, it's important to routinely be tested for sexually transmitted diseases and practice safe sex. It's also important to avoid illicit drug or non-prescription medication use. Lastly men, please use your seatbelts and wear helmets if you are riding a motorcycle!

**5. Watch what you eat!** As the saying goes, you are what you eat. Eating large amounts of processed foods or foods with a high amount of sodium (salt) are main causes for obesity. Obesity is linked to increased occurrences of heart disease, Type 2 diabetes, and breathing issues. Focus on lean proteins and foods that provide good nutrition and a large number of vitamins. Some examples include chicken, turkey, fish, Greek yogurt, beans, and lentils. Foods with high fat and/or carbohydrate content should only be eaten in moderation; examples include white bread, pasta, pizza, fried foods, pastries or cookies, processed meats and cheeses, and most fast-food meals. Exercise goes a long way, so working out three to four times a week for about 30 minutes will help your body and your mind.



The men in our lives are important! This Men's Health Month let's focus on helping them optimize their health. There are several factors that need to be taken into consideration, but these five tips are a great place to start. Routine doctor's appointments and going for preventive well-visits are another simple step men can take to feel better and to help reduce the health disparity between men and women.

SOURCES: [https://www.cdc.gov/nchs/data/factsheets/factsheet\\_NVSS.pdf](https://www.cdc.gov/nchs/data/factsheets/factsheet_NVSS.pdf) and <https://axesspointe.org/blog/5-tips-for-mens-health-month/>



## Pickleball Has Started

Frenchtown Township has two lined Pickleball courts within walking distance of the Frenchtown Center for Active.



Members can check out the equipment to play anytime Monday – Friday, from 8:30am – 3:00pm, if the courts are available. Equipment must be returned to the Center by 4:00pm.

Pickleball is fun, social and friendly! The rules are simple and the game is easy for beginners to learn.

We recommend bringing water and sunscreen.



## Bocce Ball is Coming in June!

We are excited to offer our members the opportunity to play Bocce Ball here at Frenchtown Center for Active Adults. Bocce is lawn or yard game that's played with eight weighted balls aimed at a smaller target ball, or pallino. The objective of the game is to earn points by getting your balls closer to the pallino than your opponent does.

Bocce is a calming, competitive way to spend a few hours outdoors in the pleasant company of friends.

Just behind the center is a court which will be open for our members to use, and we have the equipment, as well.

If you already know how to play and would be interested in showing others how to play, please see Lisa Ghigliazza. There is a sign-up sheet in Lisa's office for those interested in playing.



The Frenchtown Center for Active Adults is about to reap the benefits of a renewed push from local military centers with an agenda to help veterans. Since 2001, we have lost, on average, over 6000 veterans to suicide annually in this country. In addition, statics show that we've had 37,252 homeless veterans since 2012. This picture is only going to get worse in the coming years. To reach more veterans, Frenchtown Center for Active Adults has accepted an offer from Amvets Post 1942 and the Bedford Veterans Center here in Monroe to house a VSO (Veterans Service Officer). The new center at Frenchtown brings

the total to three centers in Monroe. The other two are; Merkle Funeral Home and The Bedford Veterans Center. The VSO will be available Mondays from Noon to Four p.m. in what has come to be known as the "Tax" room. On Mondays, it becomes the Veterans Room. The VSO, Russell Kenyon, has stated that he hopes the response to this new posting will be great. For the time being, appointments are not necessary. We can help veterans with various services, from Health Care to Pensions and Education. We can help you find lost records and medals. We also have the means to solve Home Loan Guaranty concerns. We can further help with VA Life Insurance and Burial Benefits. Last but not least, we can help with Dependent and Survivors Benefits. If you cannot stop by, the VSO can be reached at 734-775-2781. As you wander the center and see the door open, please stop by, if for no other reason than to say hello. But if, on the other hand, you know a veteran who needs some assistance, please send him our way. We can only help those who ask.





I had a tree I wanted removed because it was too close to the house.

I called a tree guy. He came out and did a nice job cutting down the tree. He asked me what I thought. I said, "It's nice, but what about the stump?" He informed me that he was just a tree guy who cut down trees, if I wanted the stump removed, I would need to call a stump guy.

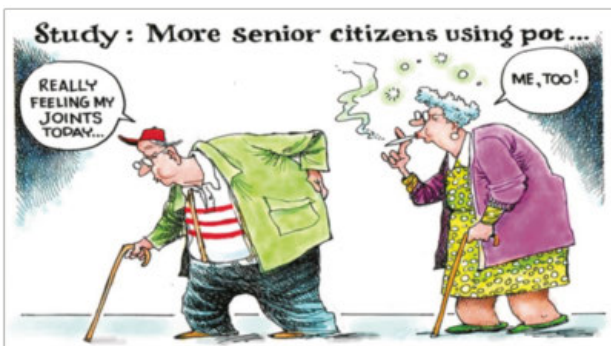
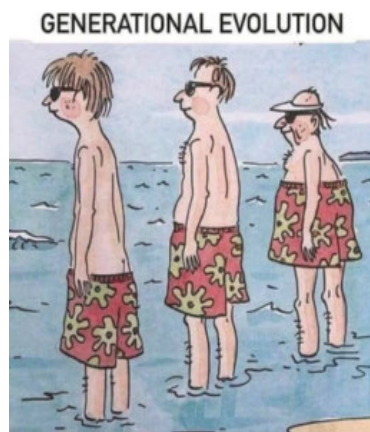
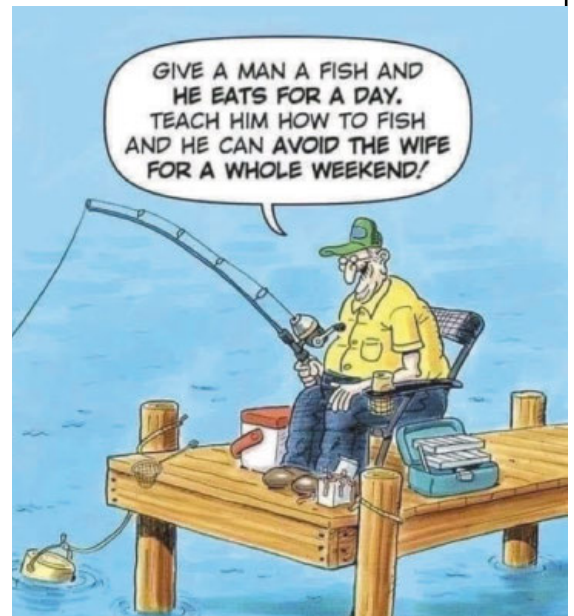
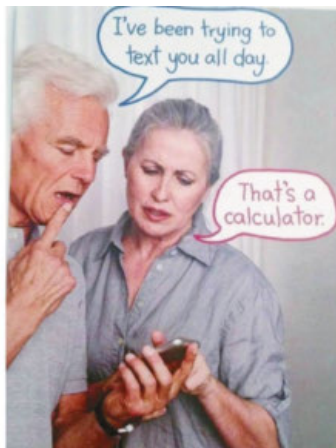
I found a highly recommend stump guy. He came and got the stump out. He says, "There you go." I asked him about the hole. He says, "I'm a stump guy and just remove stumps. I don't fill in the holes." He told me I would need to call a landscaper.

I get ahold of a landscaper and I tell him, "I'm fixing to leave town on a trip. I don't care what you do, just fix the hole and make it look nice."

I got back today and found out he planted a darn tree.

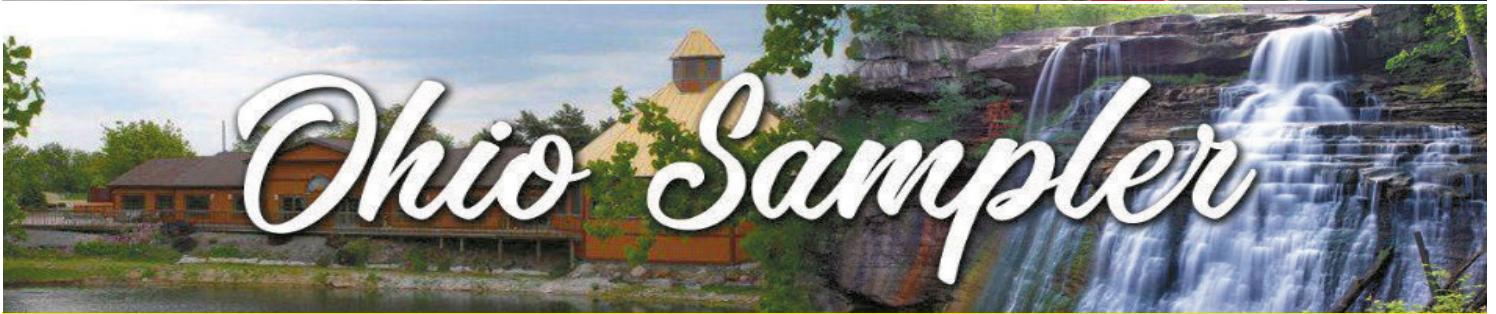


### 'Laughter IS the Best Medicine.'



Son: "Dad, I've got a part in the school play, I play a man who's been married 25 years."  
Dad: "Maybe next time you'll get a speaking part."





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.

Call 734-243-6217



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.



## Frenchtown Voyagers Travel Meeting

Tuesday, June 20, 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.**

- ◆ **Ohio Wine Tour, June 16, 2023, presented by Bianco.** \$116.00 Knotty Vines Winery, Wauseon, OH—The Barn, Archbold, OH (includes lunch)—Majestic Oak Winery & Neon Groundhog Brewery, Grand Rapids, OH—Chateau Tebeau, Helena, OH.
- ◆ **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.
- ◆ **Zehnders of Frankenmuth, October 18, 2023, presented by Bianco.** \$118.00 Zehnder's Luncheon Show, Women of Country, Shopping time.
- ◆ **The Parade Company, November 9, 2023, presented by Bianco.** \$112.00 Departs 8:30 am and Returns 4:00 pm. Behind the scenes look at Detroit's hidden treasures at the Parade Company Studio. Lunch included at Sinbad's Restaurant. The Whitney, Detroit—guided tour through the mansion while sipping champagne.
- ◆ **Country Christmas, December 5-6, 2023, presented by Bianco.** \$343.00 pp/dbl 2 days/1night. 1 Continental Breakfast 1 Lunch & 1 Dinner. Krohn Conservatory, Shillito Elves, Christmas Around the World Display, La Comedia Dinner Theater featuring Miracle on 34th Street.



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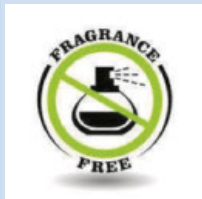


Commission on Aging



Current Resident

## NEWS TO NOTE:



- ◆ FUN NIGHT MEAL & Entertainment—Tuesday, June 13, 2023
  - ◆ New Activity—Rock Painting, Wednesdays at 10:30
  - ◆ Library will be here on Wednesday, Wednesday June 14, 2023 @ 10:00 AM
- ◆ Travel Meeting—Tuesday, June 20, 2023 @ 1:00 PM
  - ◆ Board Meeting—Thursday, June 15, 2023
    - ◆ Tuesday Bunco is now at 1:00 PM
    - ◆ Thursday LRC is now at 1:00 PM



ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING



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

**THANK YOU!!**

