



# 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.



## JULY 2023

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We need 8 more people to go on this trip. Reserve your spot now!! Great Opportunity!!! Stay At The

### **Historic Grand Hotel**

### **Mackinac Island Trip 2023**

Frenchtown Center for Active Adults

October 17 – 20 (4 days/ 3 Nights)

Travel with Chrissy again this year!

**Grand Hotel/Mackinac Island Trip**

4days/3 Night stay Grand Hotel

**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 — \$425.00

\*\*30 people are required to have the total \$425.00 paid by August 25th or the trip will be cancelled\*\*

Final Payment Due September 1, 2023

**For more Details Call Chrissy @ 734-243-6210 ext. 4**





# FRENCHTOWN CENTER LINK

2786 Vivian Road, Monroe, MI 48162

Phone: (734) 243-6210

e-mail: [seniors@frenchtownsenior.com](mailto: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  
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  
Bocce Ball  
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  
Painting Programs  
Pickle Ball  
Ping Pong  
Pub Trivia  
Quilting  
Rummage Sales  
Sewing Group  
Tai Chi  
Tuesday Fun Night (2nd Tuesday)  
Thursday Breakfast

### **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.

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

**This institution is an equal opportunity provider.**



# JULY 2023

Mon	Tue	Wed	Thu	Fri
<b>3</b> 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/ Sticks <b>10:00 Bocce Ball</b> <b>11:00 TAI CHI</b> <b>1:00 Movie</b>	<b>4</b> 	<b>5</b> 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga <b>10:00 Pickleball</b> <b>10:30 Rock Painting</b> <b>11:00 TAI CHI</b> 12:30 Paint w/Friends 1:00 Happy Hookers	<b>6</b> 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	<b>7</b> 9:00 Fun Fit Party w/Cheryl <b>10:00 Pickleball</b> 12:15 Watercolor Class 1:00 Bingo
<b>10</b> 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/ Sticks <b>10:00 Bocce Ball</b> <b>11:00 TAI CHI</b> <b>12:30 In the Know</b>	<b>11</b> 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>	<b>12</b> 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga <b>10:00 Pickleball</b> <b>10:30 Rock Painting</b> <b>11:00 TAI CHI</b> 12:30 Paint w/Friends 1:00 Happy Hookers	<b>13</b> 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	<b>14</b> 9:00 Fun Fit Party w/Cheryl <b>10:00 Pickleball</b> 12:15 Watercolor Class 1:00 Bingo
<b>17</b> 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/ Sticks <b>10:00 Bocce Ball</b> <b>11:00 TAI CHI</b> <b>12:30 In the Know</b> 1:00 Monroe Sewing Group	<b>18</b> 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social <b>1:00 PM Travel Meeting</b> 1:00 Bunco 1:00 Enhanced Exercise w/ Jackie	<b>19</b> 9:00 Fun Fit Party w/Cheryl 9:30 Euchre <b>10:00 Library In Motion</b> 10:00 Chair Yoga <b>10:00 Pickleball</b> <b>10:30 Rock Painting</b> 12:30 Paint w/Friends <b>11:00 TAI CHI</b> 1:00 Happy Hookers <b>1:00 W.W.W group</b> <i>(hand sewing social see page 15 for details)</i>	<b>20</b> 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 Check</b> 11:00 Advanced Geri-Fit 1:00 LCR <b>1:00 Card Making Class</b> 1:00 Enhanced Exercise w/ Jackie	<b>21</b> 9:00 Fun Fit Party w/Cheryl <b>10:00 Pickleball</b> <b>10:00 Book Club</b> 12:15 Watercolor Class 1:00 \$5.00 Bingo
<b>24</b> 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/ Sticks <b>10:00 Bocce Ball</b> <b>11:00 TAI CHI</b>	<b>25</b> 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>26</b> 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga <b>10:00 Pickleball</b> <b>10:30 Rock Painting</b> <b>11:00 TAI CHI</b> 12:30 Paint w/Friends 1:00 Pub Trivia 1:00 Happy Hookers	<b>27</b> 8:30 Breakfast 8:30 Ping Pong 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	<b>28</b> 9:00 Fun Fit Party w/Cheryl <b>10:00 Pickleball</b> 12:15 Watercolor Class 1:00 Bingo
<b>31</b> 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/ Sticks <b>10:00 Bocce Ball</b> <b>11:00 TAI CHI</b>				





July 2023

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

**Betty Salad ONE per member LIMIT.**

**Mon                      Tue                      Wed                      Thu                      Fri**

When **calling** 734-636-9477 to place your lunch order, **PLEASE place an order for ONE day only. 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 complet-

3 Calzone w/Salad		5 Taco Salad	6 Chicken Bowl w/Rice & Veggies	7 Italian Sub
10 Cheeseburger	11 Loaded Nacho's	12 Betty Salad	13 Crockpot Ham, Potatoes & Green Beans	14 Chicken Nuggets w/ French Fries
17 Chef Salad	18 Pizza w/Salad	19 K-Mart Sub	20 Scoop of Chicken Salad	21 Bratwurst w/Peppers & Onions w/Side
24 Veggie Sub	25 Wet Burrito	26 Spaghetti w/ Garlic Toast	27 Greek Salad	28 Turkey Cheese & Lettuce Wrap
31 Fresh Fruit Platter w/ Cottage Cheese				

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

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

**July 6—SOS**

**July 13—French toast**

**July 20—Eggs, Meat, Potato & Toast**

**July 27—Breakfast Skillet**

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

Carry out available for pick-up @ 11:30am

**\*\*Dining in available Monday—Friday 12:00 Noon**

**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.





We enjoyed a nice little indoor gathering with friends and family the week of Memorial Day. If you haven't checked out the website or our Facebook page lately, you should. The pictures from our potluck will give you a glimpse of what you may have missed. Along with the laughter and music, the food selection was incredible. From the hot dogs and hamburgers, fresh corn on the cob, and an array of salads, no wonder people struggled going through the line. To add icing to the cake, the desserts at the end gave everyone an excuse to stop and gaze. Even if the bingo room was slightly crowded, we adapted, and things seemed to work out just fine.

Walking around, enjoying the conversations, folks laughing, the occasional food accident, and Tom playing music, generally made everyone feel good. How could you not? Even if you had a bad day when you arrived, there wasn't a person I saw leaving who didn't say what a great time they had and wished we could do something like this more often. Statements like that reminded me of a "senior" conference I attended a few years ago. The speaker of a national organization encouraged participants to send pictures from their Center for posting on their website. But the request came with a qualifier, "no pictures of people eating." They wanted to project a different image, and people sitting around tables eating wasn't one of them. I always wondered how many pictures they received.

Least we forget our humble beginnings. In June 1974, the Reverend Italo Tucci, Irene Finck, and Agnes Wisdom approached the Frenchtown Recreation Commission requesting the use of the Old Kiwanis Building located at 2774 Nadeau Road. In October 1974, the building was ready for operation. It was run by interested volunteers who served one meal per week. This was expanded in late November when federal monies became available to serve one meal daily, five days a week. It wasn't until October 1977, when nine members were elected to a board of directors, that they formalized the creation of the Frenchtown Senior Citizens, Inc. Irene Finck went on to become the Director in February 1979.

While our list of things to do has expanded considerably in 48 years, food is still a big part of who we are. One of the times Sheriff Troy Goodnough was giving a presentation here, he mentioned the (3) f's if you wanted to have good attendance at a seminar. The (3) f's are; (1) free. (2) fun. And most importantly, must have (3) food. Even though our list of activities continues to grow and includes many exercise opportunities like Enhanced Exercise, Cheryl's fun fit party, Cardio Drumming, Geri Fit, Chair Yoga, Tai Chi, Pickle, and bocce ball, it is always laughter coming from the kitchen during one of the kitchen staffs tremendous lunches that is typically the loudest. Sometimes the pool players come close, but the lunch crowd wins.

We are always seeking different activities to promote a healthy lifestyle. Regular exercise helps with our strength, promotes better balance, improves our mental health, and gives us more energy. More energy, hard to believe, right? I don't know about you, but anytime I do something strenuous, I need a nap when I finish. This isn't to say bingo, bunco, bridge, euchre, left center right, or pool playing are going anywhere. These activities have tremendous benefits in their own right. But trust me; we won't be forgetting our roots anytime soon. Even if they aren't entirely free, our special events, Tuesday evening meal, potlucks, and picnics generally have plenty of food and are always fun. Yet the best part is they always bring people together, and sharing these good times is just as essential as exercise.

Speaking of good times, there was a thunderous amount of laughter from daycare last week, so much so WE had to SHUT their door for a change. With the increase in participants, it was the first time in a while that they could play balloon bash. We call it balloon bash because it sounds less intimidating than the proper name, balloon volleyball. Participants have a ball, pun intended, it's fun, and balloon bash is a recognized group activity for dementia participants.

Remember, you receive a newsletter for a reason, so read it. This way, we don't have to hear, "I didn't know about that." Enjoy and be safe during the 4th of July!!

A handwritten signature in blue ink, appearing to read "Irene Finck".





### A Glimpse at Some of the Art Programs at the Center.

You can download a list of supplies from the website or ask a staff member for a copy.

#### Water Color Class: Fridays, 12:30 P.M.

Painting with watercolor can be a LOT of fun. Each week the class is led by a different instructor with new, as well as tried and true, watercolor painting techniques. It is designed for participants to complete or nearly complete a painting during each session. Learn some tips and tricks that can make all the difference and take watercolor to a whole new level. Great for beginners and experienced painters alike. You will need to bring your own supplies. You can download a list from our website, or ask a staff member for a copy. **\$10.00 Fee**

#### “Rock of Ages” Wednesdays at 10:30 A.M.

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, all paint supplies and design instruction.**

#### Paint with Friends: Wednesday, 12:30 P.M.

Friends come together to catch up on their water color creations from the previous Friday class. No experience necessary but materials are required.

#### Colors Social Class: Tuesdays, 12:30 P.M.

Come join our “Colors Social”. Color for fun or learn to shade, blend and other techniques. You can also bring your diamond painting. Come and enjoy the company of others. No charge for class at this time (subject to change).

#### Card Making Class, 1:00 P.M. 3rd Thursday

Come join the fun and learn how to make some special handmade cards for your family and friends. **Only \$3.00 for class and materials.** You can contact Mary Ann Mack @ 734-731-0080 or Margaret Mathewson @ 586-949-5424 to join or with any questions. You can download a list of supplies from our website, or ask a staff member for a copy.

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15-0719

## FRENCHTOWN CENTER

Library in Motion will return

**Wednesday, July 19, 2023**

Please have returns ready by 10:00 am

**PHONE: 734-241-5770**

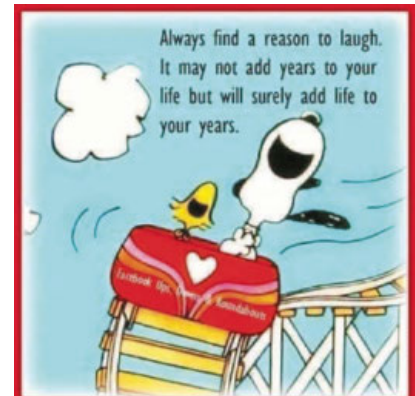
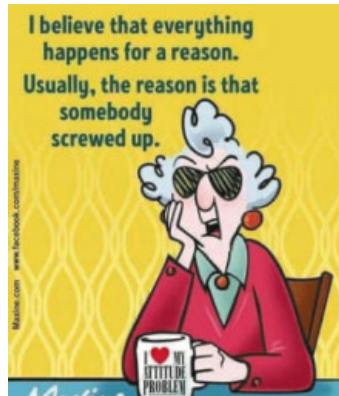
**EMAIL: [lim@monroe.lib.mi.us](mailto:lim@monroe.lib.mi.us)**



## Join Us This Summer for Bocce Ball

**Monday's at 10:00 am**

Bocce is one of the most widely played ball sports in the world. It's also one of the oldest yard games, with the modern version originating in Italy—hence it being known as Italian lawn bowling. Bocce's origin can be traced back to 5200 B.C. with ancient Egyptian artwork that depicts boys playing something that resembles the game. So, come join the fun!



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Deanna M. Maurice — Funeral Director

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15-0719



**Rest In Peace**

Joseph "Joe" Rueben Hess

**Welcome New Members**

Elaine A Adkins	Mike A Kontry
Kerry E Boudrie	Phyllis M Madden
J Michael Brandon	Martha J Marchette
Steve R Demers	Lue K. McCloud
Kathy Dian Derbeck	Brenda Miller
Barbara L Emerick	Stephanie A Morich
Stanley P Emerick	Franklin T Neikirk
Hoyt E England	Loretta K Neikirk
Karen A Flint	Loraine M Poteracki
Sandra K Gabriel	Ritchie J Radcliffe
Annette M Groff	Mr. Deane Rogers
Christine L Jarrait	Barbara M Sweat
Jill A Kontry	Jane Marie Worden
	Shelly M Yoas

**Rummage Sale 2023 Volunteers**

**Thank You So Much!!**



**Sheila J Barstad**

(leader)

Diane Bartley  
 Dianne M. Beaudrie  
 Donna J Bender  
 Pam S Benore  
 Barbara L Boudrie  
 Sharon K Buckley  
 Lisa M Cooley  
 Lynne M Johnson  
 Jill A Kontry

Mike A Kontry  
 Darla K Myers  
 Sharon M Oberly  
 Deb Rose  
 Mary J Rugila  
 Linda S Salisbury  
 Sheryl L Sieb  
 Jackie Tucker  
 Marsha C Workman  
 Nancy J Wortinger  
 Carolyn Haines

Thank you to everyone who came and supported our Rummage Sale and to everyone who donated all the items for us to sell.



**Choose your July**

**Birthday Lunch from this months menu items**

**(Page 4)**

Barbara M Abela	Suzanne L Chinavare	Dee Goudos	Becky R. Masserant	Patsy L Ryan
Rita Andrews	Vickie L Chlebos	Janet G Grodi	Belinda G McGuire	Holly C Sisung
Nancy J J Babcock	Donna J Chrobak	Robert H Groulx	Lue K. McCloud	Linda S Snoddon
Carol Baumgartner	Bonnie J Clukey	Marjorie L Gunther	Louise McWilliams	Alice J Spas
Sharon Bausman	Carl E Cocherell	Walter Hancock Jr.	Polly Middleton	Debbie L Staley
Dianne M Beaudrie	Deborah M Coon	Kay F Heiden	Carlene L Monticello	Pamela A Starll
Martha A Beaudry	John K Craig	Kaye M Horsfall	Jill A Moore	Faye Stromberger
Karen Beck	Taq A DeCarlo	Everett C Houck	Denise M Moran	Joseph Szabo Jr.
Donna J Bender	Shirley D Derry	Pamela A Hyden	Stan Mullen	Deanna M Terrasi
Ronald A Benore	Mary A Dobberstein	Franklin R. Jackes	Sheryl L Nadeau	John C Thoma
Arthur D Bomia III	Helen M Dowler	Cynthia Jackson	Milfred Newsome	Janice L Thoma
Shirley A Bonmon	Debbie L Elliott	Thomas F Jay	Jan S Noel	Becky A Vincent
Patrick J Brethauer	William J Etchill	Laurie J Kawalski	Darlene T O'Donnell	Howard E Wellhousen
Marjorie J Brinkmeier	Karen A Flint	Ronnie A Keese	John K Oerther	Augie A Wenzel
Robert A Brockway	Anneke Frank	Susan M Knapp	Serena Oliphant	LeAnne S Wessel
Ricky L Brown	Charlotte M Frary	Gayle M Kush	Renee S Osment	Katherine G Whiteaker
Sally A Brown	Earl W Freimark	Karen L LaVoy	Pete G Penkin	Ronald L Williams
Helen I Burger	Bernice J Freimark	Barbara A Liedel	H. Lyn M Peraino	Judy A Wotring
Margot Burger	Linda J Freiny	John P Lieto	Jannita Post	Shirley J Yaccick
Patty J Busenbark	Jane S Geiermann	Eileen Love	Diana Pritchard	Shelly M Yoas
Veronica K Carlson	Karen A Gleason	Denise R Marcero	Feltman D Rader	Linda L Younglove
	Lynne L Goldsmith	Marilyn J Marshall	Margaret E Reed	Margo I Zieske
			Deb Rose	



# Grand Hotel/Mackinac Island Trip

4days/3 Night stay Grand Hotel

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 — \$425.00

\*\*30 people are required to have the total \$425.00 paid by August 25th or the trip will be cancelled\*\*

Final Payment Due September 1, 2023

**For more Details Call Chrissy @ 734-243-6210 ext. 4**

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

**Movie Monday July 3rd, 2023**

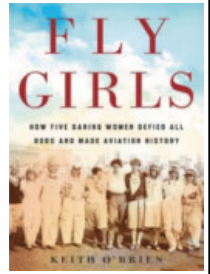


Johnny Hooker (Robert Redford), a small time grifter, unknowingly steals from Doyle Lonnegan (Robert Shaw), a big-time crime boss, when he pulls a standard street con. Lonnegan demands satisfaction for the insult. After his partner, Luther, is killed, Hooker flees, and seeks the help of Henry Gondorff (Paul Newman), one of Luther's contacts, who is a master of the long con.

Hooker wants to use Gondorff's expertise to take Lonnegan for an enormous sum of money to even the score, since he admits he "doesn't know enough about killing to kill him." They devise a complicated scheme and amass a talented group of other con artists who want their share of the reparations. The stakes are high in this game, and our heroes must not only deal with Lonnegan's murderous tendencies, but also other side players who want a piece of the action. To win, Hooker and Gondorff will need all their skills...and a fair amount of confidence.

**BOOK CLUB July 21, 2023**

Between the world wars, no sport was more popular, or more dangerous, than airplane racing. Thousands of fans flocked to multi-day events, and cities vied with one another to host them. The pilots themselves were hailed as dashing heroes who cheerfully stared death in the face.



Well, the men were hailed. Female pilots were more often ridiculed than praised for what the press portrayed as silly efforts to horn in on a manly, and deadly, pursuit. *Fly Girls* recounts how a cadre of women banded together to break the original glass ceiling: the entrenched prejudice that conspired to keep them out of the sky.

O'Brien weaves together the stories of five remarkable women: Florence Klingensmith, a high school dropout who worked for a dry cleaner in Fargo, North Dakota; Ruth Elder, an Alabama divorcee; Amelia Earhart, the most famous, but not necessarily the most skilled; Ruth Nichols, who chafed at the constraints of her blue-blood family's expectations; and Louise Thaden, the mother of two young kids who got her start selling coal in Wichita. Together, they fought for the chance to race against the men — and in 1936 one of them would triumph in the toughest race of all.

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**THIS SPACE IS AVAILABLE**



**In The Know**

**Monday, July 10<sup>th</sup> at 12:30pm**

Join us for another great **In the Know** session,  
**“Medication Safety”** presented by



The medication safety presentation will cover subjects such as what medications are and why we are taking them, why it is important to ask your PCP for more information regarding medications, and why it is important to get your medications, whenever possible, from one pharmacy. This is **not a personal pharmacy help seminar**, it is a Q&A session. They won't be able to answer specific medication questions unless it is general knowledge.



**TUESDAY FUN NIGHT  
Meal & Entertainment**



**Tuesday  
July 11, 2023**

**2nd Tuesday of the Month**

**4:30 p.m.—6:30 p.m.**

**Come Join Us for Some Food and  
Fun!!!**

**Members ONLY \$1.00  
NON-MEMBERS \$3.00**



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# In the Know Session

YOU'RE INVITED

## Peace of Mind Seminar

We invite you to learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Join us and learn more about pre-arrangements, veteran benefits, cremation, burials, and more.

### Monday July 17th 12:30pm

WE WILL DISCUSS

- Cremation & Burials
- Traditional Funerals
- Veteran Benefits
- Payment Plans
- Pre-arrangements

PRESENTED BY

### Merkle Funeral Service

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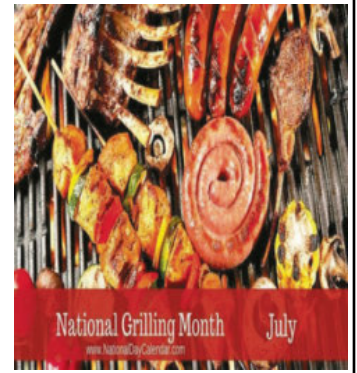
# Thank You!



## JULY IS NATIONAL GRILL MONTH

### 5 Useful Grilling Tips

1. **Keep your grill clean:** Keeping your grill clean will not only extend the life of your grill but will also help your food taste the best. Stuck on grease or food should be wiped clean before cooking. Check out these [grill cleaning tips](#).
2. **Always preheat the grill:** A preheated grill helps prevent food from sticking to the grates and helps cook your food evenly. If your using charcoal, wait till your coals are glowing red before cooking.
3. **Wash your hands often:** After handling raw meat, it is best to wash your hands with warm soap and water to help prevent the spread of germs. If water is not readily available, use hand sanitizer and a paper towel.
4. **Keep the food cold:** Letting food sit out allows for bacteria to grow. Keep food cold until it is ready to be cooked. Put salads and fruit trays on ice.
5. **Monitor your grill:** Check your grilling times and temperatures. Never leave your grill unattended. Use a timer to avoid overcooking or undercooking your food. Food should be at least 140 degrees Fahrenheit before consuming.



### Grilling Recipes

#### EASY GRILLED VEGETABLES

- *prep time: 5 MINUTES*
- *cook time: 10 MINUTES*
- *total time: 15 MINUTES*
- *yield: 4-6 SERVINGS 1X*

#### Ingredients

- 1 pound tomatoes, cut into large dice (if using cherry or grape tomatoes, leave whole)
- 1 yellow or white onion, peeled and ends removed, cut into eighths
- 1 medium zucchini, ends removed, sliced in half lengthwise, then cut into 1/2" pieces
- 1 medium yellow squash, ends removed, sliced in half lengthwise, then cut into 1/2" pieces
- 1 carton (8 oz.) mushrooms, cleaned and halved
- 1 bulb garlic
- 4 Tbsp. plus 1 tsp. olive oil, divided
- 3 Tbsp. balsamic vinegar
- 1 Tbsp. mixed fresh herbs (such as basil, oregano, parsley, rosemary, and/or thyme), minced (optional)
- black pepper and sea salt, freshly ground



#### Preparation

1. Prepare/set your grill to medium-high heat.
2. Begin by preparing the garlic for roasting. Peel off the outer papery covering of the head of garlic. Using a sharp knife, slice off 1/4-inch of the top of the bulb, so that the inside of each clove is exposed. Place the head on a square of aluminum foil. Drizzle 1 tsp. olive oil over the top of the cloves, and then use your fingers to spread it around well. Then fold up the foil over the top of the clove, so that it is fully enclosed. Set the foil package directly on top of the grill grates and cook, covered, for about 20 minutes (or until garlic cloves are soft and lightly golden).
3. Meanwhile, in a large bowl, combine tomatoes, onion, zucchini, squash, and mushrooms with 2 Tbsp. of olive oil and a generous amount of freshly-ground salt and pepper. Then toss until vegetables are evenly coated. Transfer vegetables to a grill pan, and set on the grill grates (next to the foil-wrapped garlic). Grill, stirring every 2-3 minutes, until vegetables are tender and lightly charred. Remove garlic and vegetables from grill when cooked.
4. While vegetables are cooking, prepare the dressing. In a small bowl, whisk together the remaining 2 Tbsp. of olive oil, balsamic vinegar, all of the roasted garlic cloves (you can use your fingers to squeeze them out of the clove), and the chopped fresh herbs (optional) until combined. Add extra salt and pepper to taste.
5. Transfer vegetables to a serving platter or bowl, and drizzle with the prepared dressing. Serve immediately. (Or these are also delicious served cold or at room temperature!) <https://www.gimmesomeoven.com/easy-grilled->



## A Positive Attitude About Aging May Help Reverse Memory Loss

Older people with mild cognitive impairment are more apt to recover when they have an upbeat view about aging, a new study suggests.



By Lisa Rapaport, April 13, 2023

When it comes to avoiding age-related memory loss, your outlook about getting older might make a difference.

In a new study published in JAMA Network Open, people with mild cognitive impairment were 30 percent more likely to recover lost memory function when they had a positive attitude about aging than when they had negative feelings about getting older.

“I think there is an assumption that people who develop mild cognitive impairment are inevitably going to get worse,” says study coauthor Becca Levy, PhD, a professor of epidemiology and psychology at Yale School of Public Health in New Haven, Connecticut. **“Half the people who develop mild cognitive impairment improve and regain normal cognition.”**

The new study set out to explore why some people with mild cognitive impairment improve, while others do not.

### Among Those Who Reversed Memory Loss, the Positive Thinkers Bounced Back Faster

Researchers examined data on about 1,700 people who were 78 years old on average with either normal cognitive function or mild cognitive impairment. All of the participants had periodic memory assessments and completed surveys about their views on aging.

People with mild cognitive impairment with a positive outlook tended to recover their memory significantly faster, with a recovery advantage of about two years, the study found.

In addition, participants with normal cognition and a positive outlook at the start of the study were significantly less likely to develop mild cognitive impairment over 12 years of follow-up.

### Depression and Social Isolation May Help Drive Cognitive Decline

One limitation of the study is that there were more people with depression in the group with a negative outlook, says Dale Bredesen, MD, a professor at the David Geffen School of Medicine at the University of California in Los Angeles, who wasn't involved in the study.

“Depression is associated with systemic inflammation, which can drive cognitive decline,” says Dr. Bredesen, who is also chief executive of the Buck Institute for Research on Aging.

It's also possible that more people with negative beliefs about aging had Alzheimer's disease, and were experiencing more noticeable challenges in their daily lives that shaped their outlook on getting old, says Andrew Budson, MD, chief of cognitive and behavioral neurology at the Veterans Affairs (VA) Boston Healthcare System and associate director of the Boston University Alzheimer's Disease Research Center.



“People who have a positive attitude about aging have been shown to be more social and outgoing as well as more likely to take care of themselves by exercising regularly and eating a healthy diet, compared to those with a negative attitude about aging,” says Dr. Budson, who wasn’t involved in the new study. “These activities — socializing, exercising, and eating a healthy diet — are protective against cognitive decline.”

### **A Healthy Lifestyle Can Help Keep the Mind Sharp as You Age**

The study results add to the evidence that staying active, eating well, and maintaining social ties to

A HEALTHY LIFESTYLE  
NOT ONLY CHANGES  
YOUR BODY, IT CHANGES  
YOUR MIND, YOUR  
ATTITUDE AND YOUR  
MOOD

your community can all help keep your brain healthy as the years pass, says Majid Fotuhi, MD PhD, an adjunct professor in the department of psychological and brain sciences at George Washington University in Washington, DC, who wasn’t involved in the new study.

Doing these things can help earlier in adulthood and in middle age, even if you have a dim view of getting older, Dr. Fotuhi says.

“People who come to learn about the benefits of lifestyle modifications for improving brain functions during midlife are more likely to keep their bodies and their minds healthy as they age — regardless of their beliefs about what they may happen to them in their eighties and nineties,” Fotuhi says.

source: <https://www.everydayhealth.com/senior-health>



**NEW ACTIVITY**—Beginning in July, we will host a group called “W.W.W.W.,” which stands for Wacky Wednesday Wonder Women. This group of women will meet on the 3<sup>rd</sup> Wednesday of each month from 1– 4 pm in our card room. This is a hand-sewing group meeting to socialize with one another and work on individual sewing projects. What a perfect opportunity if you enjoy sewing and would like to get together with a group who shares your passion, this will be the place. All are welcome, so come and join the W.W.W.W group for some C.C.C.C. (Cross Stitch, Conversation, Comradery, and Coffee) starting on Wednesday, July 19th at 1:00 pm. We’re looking forward to hosting them. For more information, please contact JoAnn Bowler at 734-625-5251.

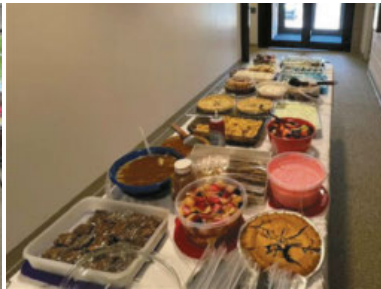


**Visit the Veteran Service Officer** -To reach more veterans, Frenchtown Center for Active Adults has accepted an offer from Amvets Post 1942 and the Bedford Veterans Center here in Monroe to house a VSO (Veterans Service Officer). The VSO will be available Mondays from Noon to Four p.m. in what has 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.



**THANK YOU!! Enriched Life Home Care Services for sponsoring our awesome entertainer, Tom Slatton for the Center's Members Potluck on May 31.**



**'Laughter IS the Best Medicine.'**



**Husband: When I get mad at you, you never fight back. How do you control your anger?**

**Wife: I clean the toilet.**

**Husband: How does that help?**

**Wife: I use your Toothbrush.**



**An elderly man thinking his wife was losing her hearing went about 20' behind her and asked "Can you hear me sweetheart?" No reply. Moved to 10' and inquired again. No reply. 5' and not a word. A few inches behind ear, he asked "Can you hear me now honey"? His wife said "For the fourth time, yes."**







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.

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

### Cruisin' Kalamazoo

**YOUR TRIP INCLUDES:**  
 Round Trip Transportation, 7 Days of lodging on board, breakfast and snacks, entertainment, and more!

Presented by **Frenchtown Center for Active Adults**

See you **Wednesday, August 15, 2023**  
 Depart 8:00AM - Return 10:00PM

Lisa Ghiglizza  
 (734) 243-6217

**\$123.00**  
 (includes taxes & gratuity)

### Ohio Sampler

**2 days / 1 night \$434.00**  
 (per person, double occupancy)

Presented by **Frenchtown Center for Active Adults**

See you **August 18 - 19, 2023**  
 Friday - Saturday

**FACE OF TOUR:** Lisa Ghiglizza  
 (734) 243-6217

**YOUR TRIP INCLUDES:**  
 Round Trip Transportation, 2 Days of lodging, breakfast and snacks, entertainment, and more!

Lisa Ghiglizza  
 (734) 243-6217

### Marie in Shipshewanna

**2 days / 1 night \$485.00**  
 (per person, double occupancy)

Presented by **Frenchtown Center for Active Adults**

See you **September 23 - 24, 2023**  
 Saturday - Sunday

**FACE OF TOUR:** Lisa Ghiglizza  
 (734) 243-6217

**YOUR TRIP INCLUDES:**  
 Round Trip Transportation, 2 Days of lodging, breakfast and snacks, entertainment, and more!

Lisa Ghiglizza  
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### The Frenchtown Voyagers present

#### Lake Placid, Adirondack Meateats, and Winefest

Sept. 30th / Oct. 7th, 2023

**\$2,999.00 per person**  
 Double Occupancy

**SOLO OUT!**

Presented by **Frenchtown Center for Active Adults**

See you **September 30 - October 7, 2023**

Lisa Ghiglizza  
 (734) 243-6217

### Autumn in Vermont

**1 Day / 6 Night \$1,994.00**  
 (per person, double occupancy)

Presented by **Frenchtown Center for Active Adults**

See you **October 8 - 14, 2023**  
 Sunday - Saturday

**FACE OF TOUR:** Lisa Ghiglizza  
 (734) 243-6217

**YOUR TRIP INCLUDES:**  
 Round Trip Transportation, 1 Day of lodging, breakfast and snacks, entertainment, and more!

Lisa Ghiglizza  
 (734) 243-6217

### PAWKEEPERS

**YOUR TRIP INCLUDES:**  
 Round Trip Transportation, 2 Days of lodging, breakfast and snacks, entertainment, and more!

Presented by **Frenchtown Center for Active Adults**

See you **Wednesday, October 11, 2023**  
 Depart 9:00 AM - Return 10:00 PM

Lisa Ghiglizza  
 (734) 243-6217

**\$54.00**  
 (includes taxes & gratuity)

### Grand Hotel/Mackinac Island Trip

4 days / 3 night stay Grand Hotel

October 17-20, 2023

Presented by **Frenchtown Center for Active Adults**

See you **Wednesday, October 18, 2023**

Lisa Ghiglizza  
 (734) 243-6217

**\$118.00**  
 (includes taxes & gratuity)

### Zehnders OF FRANKLIN

"Flowers of Country"

**YOUR TRIP INCLUDES:**  
 Round Trip Transportation, 2 Days of lodging, breakfast and snacks, entertainment, and more!

Presented by **Frenchtown Center for Active Adults**

See you **Wednesday, October 18, 2023**  
 Depart 8:00AM - Return 7:00PM

Lisa Ghiglizza  
 (734) 243-6217

**\$118.00**  
 (includes taxes & gratuity)

### THE PARADE COMPANY

**YOUR TRIP INCLUDES:**  
 Round Trip Transportation, 2 Days of lodging, breakfast and snacks, entertainment, and more!

Presented by **Frenchtown Center for Active Adults**

See you **Thursday, November 3, 2023**  
 Depart 8:00AM - Return 6:00PM

Lisa Ghiglizza  
 (734) 243-6217

**\$112.00**  
 (includes taxes & gratuity)

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, July 18, 2023

**PLEASE NOTE—Travel meetings are now on the 3rd Tuesday @ 1:00 PM**

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.**

- ◆ **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 visit our website for all details.
- ◆ **Cruisin' Kalamazoo , August 16, 2023, presented by Bianco Tours.** This day trip, departing at 6:00am and returning at 6:15pm, is \$123.00. Please see flyer on page 12 or visit pir website for all the details.
- ◆ **Ohio Sampler, August 18-19, 2023, presented by Bianco Tours.** Dbl. \$434.00, triple \$404.00, single \$523.00. Please page 12 or visit our website for all details.
- ◆ **Marie Osmond in Shipshewana, September 23-24, 2023, presented by Bianco Tours.** Dbl. \$485.00, triple \$422.00, single \$581.00. Please page 12 or visit our website for all details.
- ◆ **Autumn in Vermont, October 8-14, 2023, presented by Bianco Tours.** Dbl. \$1969.00, triple \$1783.00, single \$2529.00. Please see page 12 or visit our website for all details.
- ◆ **Firekeepers Casino, October 11, 2023, presented by Bianco Tours.** This day trip, departing a 9:00am and returning at 6:00pm, is only \$54.00. Please see page 12 or visit our website for all details.
- ◆ **Zehnders of Frankenmuth Women of Country, October 18, 2023, presented by Bianco Tours.** This day trip, departing at 8:45am and returning at 7:L15pm, is only \$118.00. Please see page 12 or visit our website for all details.
- ◆ **The Parade Company, November 9, 2023, presented by Bianco Tours.** This day trip, departing at 8:30am and returning at 4:00pm, is only \$112.00. Please see page 12 or visit our website for all details.
- ◆ **Country Christmas, December 5-6, 2023, presented by Bianco Tours.** Dbl. \$343.00, triple \$322.00, single \$407.00. Please see page 12 or visit our website for all details.
- ◆ **Huckleberry Railroad Holiday Magic,, December 9, 2023, presented by Bianco Tours.** This day trip, departing at 11:45am and returning at 10:00pm, is only \$127.00. Please see page 12 or visit our website for all details.



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Commission on Aging



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## NEWS TO NOTE:

### Summer Safety Tips

		
<b>Stay Hydrated</b> Drink 8 or more glasses of water per day to stay healthy & hydrated	<b>Know the Side Effects of Medications</b> Some medications have side affects such as drowsiness or sun sensitivity	<b>Stay Cool</b> Stay in the A/C, indoors, go swimming, etc.
		
<b>Wear Light, Loose Fitting Clothing</b> Wear breathable clothing and light colors that reflect the sun	<b>Have Emergency Contacts</b> Have a list of people to call in case of emergency	<b>Know the Weather Forecast</b> Plan your days accordingly depending on the weather

Open on Monday, July 3rd

**CLOSED on Tuesday, July 4th**

Open again on Wednesday, Thursday & Friday

(July 5, 6 & 7)

- ◆ **FUN NIGHT MEAL & Entertainment**  
**Tuesday, July 11, 2023 @ 4:30 PM**
- ◆ **Library will be here on Wednesday,**  
**July 19, 2023 @ 10:00 AM**
- ◆ **Travel Meeting—Tuesday, July 18, 2023 @ 1:00 PM**
- ◆ **Board Meeting—Thursday, July 20, 2023**

**ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING**

