



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.



AUGUST 2023

In This Issue:

| | |
|-----------------------------|-------|
| Board of Directors / Staff | 2 |
| August Activities | 3 |
| August Lunch Menu | 4 |
| Director's Corner | 5 |
| In The Know | 6 |
| Library in Motion | 7 |
| Book Club | 7 |
| Movie Monday | 7 |
| Sympathy | 8 |
| Thank You | 8 |
| Birthdays | 8 |
| New Members | 8 |
| Mackinac Island | 9 |
| Volunteer/Thrift Shop | 10 |
| Tuesday Fun Meal | 10 |
| Newsletter Team | 11 |
| Pool League News | 11 |
| Text Scams | 12—13 |
| Fair Time | 14 |
| Senior Citizens Celebration | 14 |
| Fund Raising Event | 15 |
| Wellness Month | 15 |
| Little Humor | 16 |
| Travel Adventures | 17—19 |
| Flu & Vaccination | 20 |
| Senior Safety Summit | 21 |
| Dates to Remember | 22 |

Your willingness to give your time and efforts
is greatly appreciated.

Thank you so much to our newsletter
volunteers!!

Becky Peckham (leader), Barb Boudrie
Walter Hancock Jr., Roxie Ferguson
Margaret Nelles, Tom Peckham
Art Bomia III, Rick Lindsay
Ellen Brockway, Linda Salisbury





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
 John Bocks
 Linda Compota
 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
 Ayessa Pidruzny—Adult Day Staff

www.frenchtownsenior.com

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.



This institution is an equal opportunity provider.

AUGUST 2023

Due to lack of interest in the past 3 months, Deb Rose has decided to cancel Itchin' for Stitchin'. She will, in the future, offer some one-off special project classes, for a fee, dates to be determined.

| Mon | Tue | Wed | Thu | Fri |
|--|--|--|--|---|
|  <p>eventfulwords.com</p> <p>"Gray hair is a crown of life."</p> | <p>1</p> <p>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>2</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Pickleball 10:30 Rock Painting 11:00 TAI CHI 12:30 Paint w/Friends 1:00 Happy Hookers</p> | <p>3</p> <p>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>4</p> <p>9:00 Fun Fit Party w/Cheryl 10:00 Pickleball 12:15 Watercolor Class 1:00 Bingo</p> |
| <p>7</p> <p>9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 10:00 Bocce Ball 11:00 TAI CHI 12:00 Veterans Service Officer 1:00 Movie</p> | <p>8</p> <p>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 4:30 Fun Night (Meal & Entertainment)</p> | <p>9</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Pickleball 10:30 Rock Painting 11:00 TAI CHI 12:30 Paint w/Friends 1:00 Happy Hookers</p> | <p>10</p> <p>8:30 Breakfast 8:30 Ping Pong 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:00 Quilter's Guild 1:00 LCR 1:00 Enhanced Exercise w/ Jackie 1:00 Caregiver Mtg</p> | <p>11</p> <p>9:00 Fun Fit Party w/ Cheryl 10:00 Pickleball 12:15 Watercolor Class 1:00 Bingo</p> |
| <p>14</p> <p>9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 10:00 Bocce Ball 11:00 TAI CHI 12:00 Veterans Service Officer 12:30 In The Know</p> | <p>15</p> <p>9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 PM Travel Meeting 1:00 Bunco 1:00 Enhanced Exercise w/ Jackie</p> | <p>16</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Library In Motion 10:00 Chair Yoga 10:00 Pickleball 10:30 Rock Painting 12:30 Paint w/Friends 11:00 TAI CHI 1:00 Happy Hookers 1:00 W.W.W.W group</p> | <p>17</p> <p>8:30 Breakfast 8:30 Ping Pong 9:00 Bridge 9:00 Cardio Drumming 10:00 Board Mtg 10:00 Geri-Fit 11:00 Blood Pressure Check 11:00 Advanced Geri-Fit 1:00 LCR 1:00 Card Making Class 1:00 Enhanced Exercise w/ Jackie</p> | <p>18</p> <p>9:00 Fun Fit Party w/ Cheryl 10:00 Pickleball 10:00 Book Club 12:15 Watercolor Class 1:00 \$5.00 Bingo</p> |
| <p>21</p> <p>9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 10:00 Bocce Ball 11:00 TAI CHI 12:00 Veterans Service Officer 12:30 In The Know</p> | <p>22</p> <p>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>23</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Pickleball 10:30 Rock Painting 11:00 TAI CHI 12:30 Paint w/Friends 1:00 Pub Trivia 1:00 Happy Hookers</p> | <p>24</p> <p>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 1:00 Caregiver Mtg.</p> | <p>25</p> <p>9:00 Fun Fit Party w/ Cheryl 10:00 Pickleball 12:15 Watercolor Class 1:00 Bingo</p> |
| <p>28</p> <p>9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 10:00 Bocce Ball 11:00 TAI CHI 12:00 Veterans Service Officer 1:00 Carnival ****</p> | <p>29</p> <p>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>30</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Pickleball 10:30 Rock Painting 11:00 TAI CHI 12:30 Paint w/Friends 1:00 Happy Hookers</p> | <p>31</p> <p>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>Happy National Senior Citizen Day!</p> |





**August
2023**

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

**Betty Salad
LIMIT ONE
per member**

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 completing the sign-in sheets. We appreciate your help with this process. **THANK YOU!!!**

| | | | | |
|--|---|--|--|---|
|  | 1 Kielbasa & Kraut | 2 Vegetable Soup w/ side Salad | 3 Peppercorn Pork Loin w/Side & Veggie | 4 Strawberry Spinach Salad |
| 7 Chicken Stir Fry over pasta | 8 Scalloped Potatoes w/Diced Ham & Green Beans | 9 Pork Patties w/Grilled Onions & Pork Gravy w/Mashed Potatoes | 10 Walking Taco Fritos, Taco Meat, & Fixings | 11 Hamburger Philly w/Side |
| 14 BBQ Pork Sandwich | 15 Spaghetti w/Garlic Toast | 16 Chicken Taco's | 17 Breakfast— Scrambled Eggs, Sausage, Toast & Fruit | 18 Chicken & Biscuits |
| 21 Taco Salad | 22 Hot Pork Sandwich w/Mashed Potatoes | 23 Betty Salad | 24 Meat French Bread Pizza w/Salad | 25 Sloppy Joe w/Side |
| 28 (Carnival) To Go's Only Hot Dog w/Chips Dessert | 29 Sautéed Veggie Rice Bowl | 30 Pork Taco's | 31 Egg Salad Sandwich w/Chips | CARRY OUT ONLY AUGUST 28 |

Breakfast Menu—Promptly Served 8:30 AM

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

August 3—Biscuits & Gravy

August 10—S.O.S

August 17—Breakfast Sandwich

August 24—Skillet

August 31—French Toast

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.





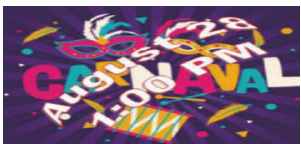
August, the last full month of summer, always brings to mind Andy Williams "It's the Most Wonderful Time of the Year," the song Staples used showing Dad jumping around excitedly because it meant the children were returning to school soon. August has many other things going for it. For instance, the first, traditionally known as Lammas Day, was an old festival to mark the annual wheat and corn harvest. August 11 marks the end of the Dog Days of Summer, which began on July 3. August 17 is when the Cat Nights begin, harking back to a relatively obscure Irish legend concerning witches; this bit of folklore also led to the idea that a cat has nine lives. August 26 is Women's Equality Day, which celebrates the 1920 ratification of the Nineteenth Amendment and women's right to vote in the United States. These are just a few of the remarkable days recognized in August. But if you are like me, you may remember August 16, 1977, as "the day the music died." While the line comes from the hit song "American Pie," written by Don McLean and released in 1972, it is synonymous with the deaths of rock and roll musicians Buddy Holly, Ritchie Valens, and "The Big Bopper" J. P. Richardson, who were killed in a plane crash near Clear Lake, Iowa on February 3, 1959. Yet many folks feel "that day occurred when the "King of Rock and Roll," Elvis Presley, died that dreaded day in Memphis, Tennessee.

While all of the above August days are significant for various reasons, there really are only three days in August you need to remember. First, on **August 3**, the Adult Daycare program will raise funds for the program while serving beer at the Monroe County Fair, so stop in, enjoy a cold one, and drop some money in the donation can. And just as important, **August 21** is National Senior Citizens Day. My guess is many of us no longer have that particular older adult in our life to celebrate. Get your highlighter out, mark this up, and leave it open on the kitchen table next to a plate of cookies for your kids and grandkids to see. Maybe they will take the hint since this day was created to provide an opportunity to hear about personal experiences from decades past. It also gives us a chance to recognize the contributions so many older adults have made to our society. We will do our part by having an old-style carnival, a fun-filled afternoon with music, games, and good old-fashioned laughter. So, join us on **August 28** as we celebrate National Senior Citizens Day.

Fortunately, I rarely have to apologize for things that happen around the Center. The staff is very accommodating, and if you are pleasant with them, they reciprocate. We generally try to make your time with us enjoyable and relaxing. Regrettably, some things are simply out of our control. While I have some control over planning a Tuesday meal, putting it together for 80 people does have its drawbacks. Did you use nuts in the dessert? Is it gluten-free? I can't eat onions. I'm not too fond of mushrooms. These are a few things we hear, and since we don't offer a second choice, people get a little upset. Usually, it works out that if you don't like the meal, you like the dessert and vice versa, so typically, no one complains very loudly for a dollar.

The one thing we have absolutely no control over is attitude or the things people say. Everybody is going to have a bad day, heck we were beginning to wonder if that "black cloud" would ever stop lingering over one of the staff's head. Regardless they always came to work with a positive attitude no matter what. They may be having a bad day but didn't project it on anyone else. So if you are having a bad day, make the best of it while you're here; otherwise, please don't come because there are some things we would prefer you not share. The other matter involves what you say. A simple request is to be considerate of the others in your surroundings. We have a diverse group of folks with different ethnicities, upbringings, and cultural, political, and religious beliefs. While no one is expected to know everyone's principles when they are brought to your attention, it's time to change the subject. This is referred to as being considerate. Someone once mentioned that it is written in the Constitution that they have a right to freedom of speech, which protects them. If you plan on using that as your defense, I will first ask you to show that to me in our Constitution. Next, I will suggest you find a copy of the Bill of Rights, read the First Amendment, and then read the subsequent rulings handed down by the Supreme Court over the years so we can talk. Until then, I only ask, "Can't we all just get along."

If you haven't already noticed, the blue handicap sign west of the main sidewalk has been changed to a red pick-up and drop-off only. This change is primarily for the Adult Day Care program, but anyone is welcome to use it for someone who is mobility challenged. Please remember to move your vehicle once you have safely gotten them in the building.



Those who like hot, humid weather enjoy this last full month of summer. See you at the Carnival!





In the Know

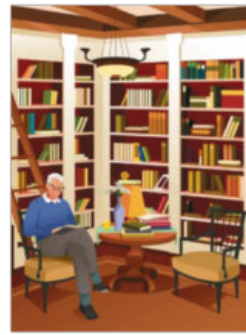
Monday, August 14th at 12:30
(dining room)

“Fall Asleep, Stay Asleep”

Brought to you by Jim Hunt of Humana

Scientists don't really know why we have health problems related to sleep loss. Changes in the levels of hormones the body releases during sleep could play a part, as could the simple strain of staying awake. Upsetting the strong need for sleep from our own internal clocks, loss of the deepest stages of our sleep and other factors may all play a role. Sleep is a lot more important than it may seem. It's vital to your health. Not getting enough of it, or not getting enough good sleep, affects your body and mind. If you're working toward a healthier lifestyle, getting enough good quality sleep is as important as exercise and a healthy diet.

This seminar will help you identify practices of healthy sleep.



In the Know

Monday, August 21st at 12:30 (dining room)
“Library Edition”

Brought to you by Ashley Liford, Frenchtown Community Librarian.

Our librarian, Ashley Liford, will be here to give you all the ins and outs of your Monroe County Library System. She will share the programming, classes, events, and resources available to you.

Come and learn something new about your library system.

THIS SPACE IS
AVAILABLE

**Enriching lives,
one hospice patient
at a time.**

833-984-1272
promedica hospice.org/monroe
© 2022 ProMedica Health System, Inc., or its affiliates



FREE
AD DESIGN
with purchase
of this space

CALL 800-477-4574

WE'RE HIRING!
AD SALES EXECUTIVES



**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

Allore Chapel - (734) 241-5225
Celebrate the life Cherish the memories.



- Maybee • Trenton
- Rockwood • Monroe

martenson.com

**THRIVE
LOCALLY**



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0719

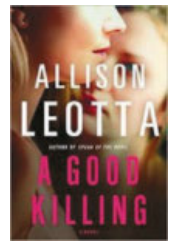
FRENCHTOWN CENTER
Library in Motion will return
Wednesday, August 16th
 Please have returns ready by
 10:00 am



PHONE: 734-241-5770
EMAIL: lim@monroe.lib.mi.us

BOOK CLUB—August 18th @ 10:00 AM

Former federal prosecutor and critically acclaimed author Allison Leotta's spellbinding thriller follows prosecutor Anna Curtis as she heads home to Michigan to defend her sister in a case that will bring her to her knees. Newly single after calling off her wedding, sex-crimes prosecutor Anna Curtis is summoned home to Michigan when her old high school coach—a hometown hero—is killed in a fiery car crash. But Anna isn't there to prosecute a crime, she's home to support her innocent sister, Jody, who has been wrongfully accused of the coach's murder. But maybe Jody isn't so innocent after all? The police are convinced that Jody was having an affair with the married coach and killed him out of jealousy. As Anna investigates with the help of her childhood friend Cooper Bolden—an Afghan War veteran with a secret of his own—she slowly peels back the facade of her all-American hometown and discovers that no one is telling the truth about the coach, not even the people she thought she knew best. When the town rallies against them, threatening not just Jody's liberty but both sisters' lives, Anna resolves to do everything she can to save her sister and defend the only family she has left.



Movie Monday, August 7th @ 1:00 PM



Based on a true story. A semi-fictionalized account of engineer Preston Tucker's quest to manufacture his revolutionary car of the future is told. The present in this case is WWII, his want being to supply what he will see being the pent-up demand of the American consumer in the post-war era. His design takes into account many of the deficiencies he sees in what is being churned out by the Detroit Big Three car manufacturers. Beyond his inner circle of ardent supporters including his loving family who assist him in his dream out of his barn in rural Ypsilanti, Michigan, he hires Abe Karatz to help with the financing and administrative plans, Abe who admits that unlike Tucker's inner circle that he is doing this job for the money. While Abe eventually buys into the dream, they discover that much of the public also buys into that dream in Tucker's role of publicity to raise money. However, they will also discover that there are others internally who do only see dollar signs in doing things the way they've always been done by the Big Three. But what may be the biggest obstacle for Tucker and his group to succeed is the opposition by the Big Three, who see Tucker as a major threat to their way of life and who have some powerful people in their proverbial back pockets.

ADT-Monitored Home Security

Get 24-Hour Protection
 From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

BACARELLA FUNERAL HOME

William A. Bacarella — Owner | Jeffrey C. Rupp — Funeral Director
 Deanna M. Maurice — Funeral Director

1201 South Telegraph Rd., Monroe, MI • 734-241-4600
www.bacarellafuneralhome.com

Mullins Elder Law PLLC

Call Tina M. Mullins, Atty
 Downtown Monroe

Medicaid / Eligibility / Planning / Application,
 Wills and Trust, Guardianship and Conservatorship
(734) 244-5457



Helping Families of all Ages, Preserve Dignity and Wealth

Your Community Pride Bus

734.242.6766 Call for your ride today!



SUPPORT OUR ADVERTISERS!



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0719



Rest In Peace

Jerry Mink
Virginia "Jinky" Oliver



Ellen L. Brockway - for helping with this year's
rummage sale

And a Big THANK YOU to all the volunteers that
help us regularly with the Betty Salad,
Newsletters, Tuesday Fun Meal, Bingo, Front Desk
coverage, teachers/instructors of our activities,
special events and MORE.



Welcome New Members

- | | |
|---------------------|---------------------|
| Belle Alspaugh | Patricia Ferguson |
| Cherie Benisatto | Patt Hall |
| Salvatore Benisatto | Shirlene Kay Krauss |
| Darrell Bezeau | Janet Latondress |
| Karen Bezeau | Sharon Kay Lindsay |
| Richard Bolyard | Kathleen Loveridge |
| Karen Burtle | Greg Newsom |
| Amy Cevora | Rikki Paulun |
| Ronald Cevora | David Steinman |
| Sandy Clare | Susan Toburen |
| William Clare | Mark Weddington |
| Barbara Crumm | Sheila M Williams |
| Goldie Dhans | |



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

Connie Ammerman

Millie Anderson

Christy Arnold

Bud Arnold

Ralph Bach

Asa Javier Bara

Bill Beaubien

Marlene Beck

Tracy Blakeman

Chris Bonczek

Suzanne Bondie

Elaine Boudrie

Lonnie Brunswick

Marilyn Burgard

Sharon Burger

H. Daniel Burkett

Jessica Lynn Burt

Douglas Calender

Dale Cox

Susan Dawn

Paula Diehl

Luciel Doyle

Judith Drake

Fred Drotar

Patricia Drummonds

Donna Dushane

Hal Eighmey

Don K Ellison

Susan Fleming

Marilyn Franzel

Sharon Friedline

Sally Gaw

Maria Gonzalez

Geary Goodman

Annette Groff

William Groulx

Darlene Haut

Crystal Heft

Lester Heller

MaryAnn Hess

Daniel Hicks

Cleola Hinton

Amy Horsfall

Connie Hymore

Gloria Idukas

Karen Issa

Judith Janiszewski

Robert Jeffers

Michelle Jondro

Mary Ann Kamasky

Doris Kay Kavanagh

Phyllis Keck

Ronda Kinsland

Roselynn Kohler

Mary Kohler

Mary Ann Kolaz

Susan Kull

Andrea Labo

Margaret Gail Lajiness

Debbie Lentz

Rick Lindsay

Earl Lindsey

Donald Lingar

Ella Lowe

Frank Lowe

Anna Maiden

Mary Lue Manor

Patricia Marshall

Shirley Mathus

Nancy Mayrand

Steve McCollum

Robert McDonald

Patricia McPhail

Sue Messer

Sue Miller

Beverly Mitchell

Charlotte Morris

Mary Murphy

Elaine Mushung

Laurel Nadeau

Wayne Navarre

Cindy Nolan

Barbara Nunez

Joyce Ogdahl

Kathryn Olson

James Osment

John Parker

Janet Pearsall

Debbie Penkin

Daniel Perham

Patricia Privett

John Procy

Dave Rafko

Susan Rafko-Bayer

Howard Roberts

Dolores Roberts

Joan Rugila

Joanna Russ

Linda Salcido

Rita Jean Sanders

Kathleen Sass

Patricia Schassberger

June Scheich

Sandy Schuster

Patricia Smith

Sandra Smith

James Spas

Joyce St. Bernard

Dawn Staten

Susan Trondson

Joann Trouten

Jackie Tucker

Brenda Turnbull

Alan VanWashenova

Doris Vernot

Rhonda Volker

Barbara Weber

George White

Nancy Wortinger



Grand Hotel/Mackinac Island Trip

4days/3 Night stay Grand Hotel

October 17—20, 2023

Stay At The
Historic Grand Hotel
 Mackinac Island
 REGISTRATION IS STILL OPEN!
 Sign up now!!

| 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

- | | |
|--|--|
| <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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

**Stay At The
 Historic Grand Hotel
 Mackinac Island
 REGISTRATION IS STILL OPEN! Sign up now!!**

Volunteers Needed



The Thrift Shop is a great place to volunteer your time and talent as well as an asset to the local community. It is a non-profit organization that is run by an amazing group of

energetic women whose primary purpose is to aid the community. Serving the community since 1952, all profits are given back in the form of scholarships or financial assistance. They work tirelessly to help others. Located in Downtown Monroe, the Thrift Shop has unique gifts as well as a large selection of clothing.

Visit today! Volunteer today!

Interested? Contact Carol Hartong @ 734-693-7836 for an application.

- OPEN Wednesday—Saturday 10:00 AM - 4:00 PM

The Thrift Shop

119 S. Monroe St., Monroe, MI 48161
(734)242-1082

**TUESDAY FUN NIGHT
Meal & Entertainment**



**Tuesday
August 8, 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**



**SUPPORT OUR
ADVERTISERS!**

*Monroe County's Only
Full Service Funeral
Provider*
Advanced Planning
Cremation Services
Floral Arrangements
Granite & Bronze Memorials
Keepsake and Memorial Jewelry
Veterans Services

North Monroe
South Monroe
Dundee
Eric
734-384-5185



www.merklefs.com

LET US
PLACE
YOUR AD
HERE.

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME
Terry Sweeney**

tsweeney@lpicommunities.com

(800) 477-4574 x6407

**THIS SPACE IS
AVAILABLE**





Your willingness to give your time and efforts is greatly appreciated.
Thank you so much to our newsletter volunteers!!

Becky Peckham (leader), Barb Boudrie
Walter Hancock Jr., Roxie Ferguson
Margaret Nelles, Tom Peckham
Art Bomia III, Rick Lindsay
Ellen Brockway, Linda Salisbury



Men's 8 and 9 Ball 2023-2024 Season

Welcome back to the new season of our 8 and 9 ball leagues. **Congratulations to Fritz Peterson for winning the 2022-2023 Nine Ball league.**

Our leagues will start after Labor Day. Nine Ball on Wednesday, September 6th at 10:00 am. and Eight Ball on Thursday, September 7th at 1:00 pm.

Looking forward to all of our returning members and welcome to any new players. Anticipating another great season.

Fred Gartner, President

Pat Daly, Secretary/Treasurer

Anyone wanting to join either league, please call Fred Gartner @ 734-497-6166

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

Hottest Text Message Scams

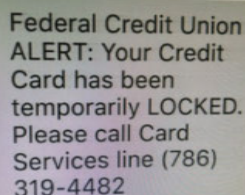
The FTC Reveals What the hottest text message scams are right now
Remember – anytime anyone mentions gift cards, don't move another inch!



Gary Guthrie, Reporter

The Federal Trade Commission (FTC) reports that **bogus bank fraud warnings** are the most common form of text message scams on its latest chart, and many of the most common **scams impersonate well-known companies**. Wells Fargo? Check. Chase? Check. Citibank? Check. Bank of America? BIG check because 14% of the scams are tied to that bank. If it were 2019, the numbers would be low. There were only 1,355 complaints about bank-related text message scams that year. But, with the Federal Communications Commission (FCC) making it harder for robocallers to survive, scammers have moved their game over to text messaging and the number of fraud reports nearly doubled in the last year, from 13,677 to 25,725, costing consumers more than \$300 million in losses.

Is your BS detector up to date?



Federal Credit Union
ALERT: Your Credit
Card has been
temporarily LOCKED.
Please call Card
Services line (786)
319-4482

The agency says the text scams still thrive on creating a sense of urgency, often asking people to verify a large transaction they did not make. But the current trend of the scam revolves around two things: supposed suspicious activity or trying to get someone to reply “yes or no” to verify a large transaction that they didn’t make. “If you reply, you’ll get a call from the (fake) fraud department,” the FTC’s Emma Fletcher wrote. **“People say they thought the bank was helping them get their money back. Instead,**

money was transferred out of their account. This scam’s median reported loss was a whopping \$3,000 last year. Worse still, many people report giving their Social Security number and other personal information to scammers, leading to possible identity theft.”

Other scams currently in the agency’s top five are:

Bogus “little gifts”: Fletcher said that this text scam centers around a free gift, reward, or prize that may look like it came from a company you know like your mobile phone company or a large retailer. “But everything about this is fake. If you click the link and pay a small ‘shipping fee,’ you just gave your credit card number to a scammer. Reports tell us fraudulent charges soon follow,” she said.

Fake package delivery problems: This scam has been around for a while, but it is still working its magic. The texts usually pretend to be from the U.S. Postal Service, FedEx, or UPS, saying that there’s some sort of issue with a delivery.

The trap the scammers want a person to step into is a link to a website that looks real but isn’t. If someone stops there and then,

they should be ok, but if they do what the scammer asks – paying a small “redelivery fee” with their credit card – then, the scammer takes off with that credit card number and starts making purchases in the target’s name.



UPS® Jun 17
Final notice...
PACKAGE WAITING Hello PLSMI... ☆



Hello, your FEDEX
package with tracking
code DZ-8342-FY34 is
waiting for you to set
delivery preference:
c4lrs.info/Gm08s43vz1

continued on page 14

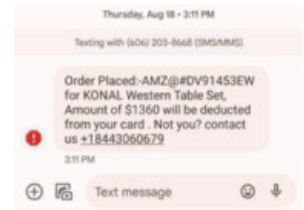
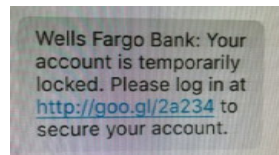
Hottest Text Message Scams *continued from page 13*

Phony job offers: The fourth most common text message ruse has a couple of variations. One could be a promise of easy money for mystery shopping at well-known stores like Whole Foods and Walmart. Another is an offer to make money driving around with your car wrapped in ads. A third twist targets people who post their resumes to employment websites like Indeed. “In most of these reports, scammers use checks that seem to 'clear' but turn out to be fake to trick people into sending them money,” Fletcher says.



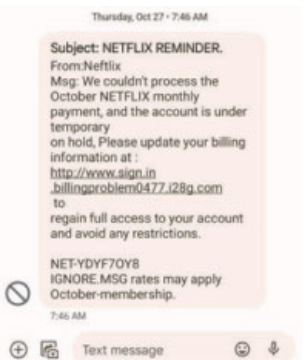
Amazon security alerts: Similar to fake bank messages, there’s one going around pretending to be from Amazon, asking you to verify a big-ticket order you didn’t make. The trigger point here is getting the target to call the phone number listed in the text where they’ll encounter a fake Amazon rep who promises to “fix” your account and get a refund. At that point, the rep says a couple of zeros were accidentally added to the refund, so they need you to return that money to them – often by buying gift cards and giving the cards’ PIN numbers.

- The “Your Family Needs Help” Text. ...
- The “Congratulations” Text. ...
- The “Package Delivery” Text. ...
- The “IRS” Text. ...
- The “Job Offer” Text. ...
- The “Verify Your Account” Text. ...
- The “Free Coupon” Text. ...
- The “New Service” Text.



SOURCE: <https://www.consumeraffairs.com/news/the-ffc-reveals-what-the-hottest-text-message-scams-are-right-now-061523.html>

These are examples from my personal cell phone, Pat S.





Monroe County Fair 2023 July 30—August 5, 2023



We will be at the Beer Booth from
1:00 – 6:00 on Thursday, August 3rd

Stop by for a refreshing beer and support our
Dementia Adult Day Care Program.



Senior Carnival Day

**Join us for a celebration of you!!!
Monday, August 28, 2023—1:00 PM**



Come join us for a celebration of **YOU** at our Senior Carnival Day! We'll have games, carnival snacks, a cake walk, a photo booth, and much more! So, let yourself feel like a kid again and enjoy the carnival!

***This is a member only event.**

Please sign up at the front desk. There is no fee for this event.

President Ronald Reagan took the initiative to honor seniors in 1988 when he signed Proclamation 5847 and marked August 21 as the day seniors will be celebrated. Reagan proclaimed, "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute."





Fund Raising Event

Wednesday, September 20 and Thursday, September 21, 2023

Holiday Items and Bake Sale



We will be collecting NEW or SLIGHTLY/GENTLY Used **Halloween**, **Thanksgiving** and **Christmas** Items.

Also, this is an opportunity for you to showcase your baking skills. Bake your favorite item for us to include in the **BAKE SALE**. All items must be wrapped and ready for sale.

Accepting the **Halloween**, **Thanksgiving** and **Christmas** items in August. Bring your baked goods September 18th—21st.



This will be held in the Lobby..



August is National Wellness Month

This August celebrates National Wellness Month. This month focuses on self-care, stress management, and creating healthy routines. If you are looking for an excuse to make a change, start this month in support of National Wellness Month.



Self-care is an important part of well-being for us as well as those around us.

It can take 21 days for something to become a habit and 90 days for it to be a lifestyle change. Practicing self-care, managing stress, being mindful, practicing self-compassion, and focusing on proper nutrition and exercise are all things you could work towards incorporating into your daily routine. Here are some simple self-care habits to start including into your daily routine to help improve your well-being.

Drink more water. Staying hydrated is one of the best things you can do for your overall health. Water helps give you energy, flushes toxins from your body, improves concentration, and can even help with weight loss.

Stretch or practice yoga. If you are on your feet all day, or sitting at a desk most of the day, stretching daily can help improve your posture, heal back pain, as well as ease your mind.

Try something new. Whether it be a new bike route, exploring a new restaurant, or volunteering. Doing something new can help improve your mental outlook and make you feel good overall.

Prioritize exercise. There are so many benefits to exercising including pain management, letting stress out, boosting confidence, as well as increasing strength, and so much more.

Pay attention. If something is making you feel overwhelmed or stressed, pay attention and act. Go take a walk, try a breathing technique, talk to a friend, find something to help alleviate the overwhelming feeling, and give yourself the opportunity to slow down.

Make healthy food choices. Food can impact the way you feel. Having a balanced diet and good nutrition will help nourish your body and lead to good overall health.

Take this month dedicated to wellness as your chance to begin creating and incorporating healthy routines into your daily life. Adding one or two of these habits daily or weekly can lead to big changes over time.

When I was young
I was Scared of the dark.
Now when I see the
electricity bill, I'm Scared
of the lights.



Sitting on the side of the highway waiting to catch speeding drivers, a State Patrol Officer sees a car pattering along at 22 MPH. He thinks to himself,...."This driver is just as dangerous as a speeder!"

So he turns on his lights and pulls the driver over.

Approaching the car, he notices that there are five old ladies -- two in the front seat and three in the back - eyes wide and white as ghosts.

The driver, obviously confused, says to him,....

"Officer, I don't understand, I was doing exactly the speed limit! What seems to be the problem?"

"Ma'am," the officer replies,....

"You weren't speeding, but you should know that driving slower than the speed limit can also be a danger to other drivers."

"Slower than the speed limit?" she asked,....

No sir, I was doing the speed limit exactly... Twenty-Two miles an hour!" the old woman says a bit proudly.

The State Police officer, trying to contain a chuckle explains to her that "22" was the route number, not the speed limit.

A bit embarrassed, the woman grinned and thanked the officer for pointing out her error.

"But before I let you go, Ma'am, I have to ask..."

Is everyone in this car ok? These women seem awfully shaken and they haven't muttered a single peep this whole time." the officer asks.

The old lady replied,....

"Oh, they'll be alright in a minute officer. We just got off Route 119."



Cruisin' Kalamazoo



Marie
OSMOND

in Shipshewana



Autumn IN VERMONT

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



Zehnders
OF FRANKENMUTH
“Women of Country”



**THE PARADE
COMPANY**



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, August 15, 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.

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 Please 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 visit pir website for all the details.
- ◆ **Maire Osmond in Shipshewana, September 23-24, 2023, presented by Bianco Tours.** Dbl. \$485.00, triple \$422.00, single \$581.00. Please 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 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 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. **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 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 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 visit our website for all details.



www.biancotours.com

© 2018 BIANCO TOURS

Watch your September newsletter for the dates for Flu & COVID vaccinations here at the Center.



Presented by



and



Insurance card required



MONROE COUNTY SENIOR SAFETY SUMMIT

Thursday, August 31, 2023

10:00 a.m. to 1:00 p.m. at LaRoy's Hall

- 10:00 Visit Sponsor and Vendor Tables
- 11:00 Sheriff Troy Goodnough—Common Senior Scams
- 11:25 Home Safety
- 11:50 Lunch (\$5.00 cash donation suggested)
- 12:15 Safety and Scam Discussion Panel
- 12:50 Basket Raffle Drawing

REGISTRATION REQUIRED by August 18 with Monroe County
Commission on Aging Call: 734-240-3290 or Email:
MCCOA@monroemi.org



REHABILITATION HOSPITAL
OF NORTHWEST OHIO



MONROE HOME
CARE SHOPPE





Frenchtown Center Link

Presorted

Standard

U. S. Postage Paid

A Non-Profit Organization
2786 Vivian Road
Monroe, MI 48162
A Monthly Publication



Commission on Aging



Current Resident

NEWS TO NOTE:



- ◆ Fair Booth—Thursday, August 3, 2023—Come support the Dementia Adult Day Care from 1:00-6:00 PM
 - ◆ FUN NIGHT MEAL & Entertainment Tuesday, August 8, 2023 @ 4:30 PM
 - ◆ Travel Meeting—Tuesday, August 15, 2023 @ 1:00 PM
 - ◆ Library will be here on Wednesday, August 16, 2023 @ 10:00 AM
 - ◆ Board Meeting—Thursday, August 17, 2023
- ◆ Celebration of Senior Citizen's Day—Carnival of Fun, Monday, August 28th @ 1:00 PM
 - ◆ NEW—Fund Raising Event Wednesday September 20th and Thursday, September 21st—see page 11 for details
 - ◆ Flu and Covid Shots will be available soon. Watch for dates and times at the Center.



ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING

Age is an issue of mind over matter. If you don't mind, it doesn't matter. Mark Twain