



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.



JANUARY 2024

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- Celebrate endings—for they precede new beginnings.” — Jonathan Lockwood Huie.
- Don't live the same year 75 times and call it a life.” —Robin Sharma.
- Tomorrow is the first blank page of a 365-page book. Write a good one.” —Brad Paisley
- New year—a new chapter, new verse, or just the same old story? Ultimately we write it. The choice is ours.” —Alex



John W Bocks and Lois J Graham-Bocks were also with the Grand Hotel, Mackinac Island Travel Group.

John is a Board Member and Lois is one of our “Happy Hookers”.

FRENCHTOWN CENTER LINK

2786 Vivian Road, Monroe, MI 48162

Phone: (734) 243-6210

e-mail: seniors@frenchtownsenior.com

Website: www.frenchtownsenior.com

2024 BOARD OF DIRECTORS

Darla Myers—Chairman
Jon Moore—Vice Chairman
Dianne Beaudrie—Treasurer
Mary Ann Mack—Secretary
Charles Mushung—Member at Large
John Bocks
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 \$25.00 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 P.M.. 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

Kitchen Staff

Kim Maracle—Head Cook/ Ext 6
Michelle Jones—Assistant Cook
Paula DeHart—Kitchen Aid

Adult Day Service 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 for Active Adults

Bingo
Blood Pressure Checks
Bocce Ball
Book Club
Bridge
Bunco
Caregivers Support Group
Card Making Classes
Cardio Drumming
Chair Yoga
Chicks with Sticks
Craft Classes
Dominoes Mexican Train
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
Mahjong
Men's Pool League
Movie Mondays
Newsletter
Nine Ball Pool League
Noon Lunches
Notary Services
Open Pool
Painting Programs
Pickle Ball
Ping Pong
Progressive Bridge
Pub Trivia
Quilting
Rummage Sales
Sewing Group
Tuesday Fun Night
(2nd Tuesday)
Thursday Breakfast
Travel
Walk-Fit
Watercolor Class
Workshops



Commission on Aging Disclaimer Statement

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

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

This institution is an equal opportunity provider.



Mon	Tue	Wed	Thu	Fri
<p>1</p>  <p>HAPPY NEW YEAR 2024!</p> <p>CENTER CLOSED</p>	<p>2</p> <p>CENTER CLOSED</p>	<p>3</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Nine Ball 10:00 Dominoes Mexican Train 10:30 Acrylics and Beyond 12:30 Paint w/Friends</p>	<p>4</p> <p>8:30 Breakfast 9:00 Ping Pong 9:00 Progressive Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 LCR 1:00 Enhanced Exercise w/ Jackie 1:00 Eight Ball</p>	<p>5</p> <p>9:00 Fun Fit Party w/ Cheryl 10:00 Mahjong 12:15 Watercolor Class 1:00 Bingo</p>
<p>8</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 12:30 In The Know (5th 3rd Presenting Bank Identity Theft)</p>	<p>9</p> <p>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>10</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Library In Motion 10:00 Chair Yoga 10:00 Nine Ball 10:30 Acrylics and Beyond 12:30 Paint w/Friends</p>	<p>11</p> <p>8:30 Breakfast 9:00 Ping Pong 9:00 Progressive Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:00 Quilter's Guild 1:00 Caregiver Mtg 1:00 LCR 1:00 Enhanced Exercise w/ Jackie 1:00 Eight Ball</p>	<p>12</p> <p>9:00 Fun Fit Party w/ Cheryl 12:15 Watercolor Class 10:30 Quilt Guild Workshop 1:00 Bingo</p>
<p>15 HAT DAY</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 1:00 Sewing Group</p> 	<p>16</p> <p>9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 Travel Meeting 1:00 Bunco 1:00 Enhanced Exercise w/Jackie</p>	<p>17</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Nine Ball 10:00 Dominoes Mexican Train 10:30 Acrylics and Beyond 12:30 Paint w/Friends 1:00 W.W.W.W group 1:00 Happy Hookers</p>	<p>18</p> <p>8:30 Breakfast 9:00 Ping Pong 9:00 Progressive Bridge 9:00 Cardio Drumming 10:00 Board Meeting 10:00 Geri-Fit 11:00 Advanced Geri-Fit 11:45 Blood Pressure Check 1:00 Card Making Class 1:00 LCR 1:00 Enhanced Exercise w/ Jackie</p>	<p>19</p> <p>9:00 Fun Fit Party w/ Cheryl 10:00 Book Club 10:00 Mahjong 12:15 Watercolor Class 1:00 \$5.00 Bingo</p>
<p>22</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 1:00 Movie (Funeral In Berlin)</p>	<p>23</p> <p>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>24</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Nine Ball 10:30 Acrylics and Beyond 12:30 Paint w/Friends 1:00 Happy Hookers</p>	<p>25</p> <p>8:30 Breakfast 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Progressive Bridge 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 Caregiver Mtg 1:00 LCR 1:00 Enhanced Exercise w/ Jackie</p>	<p>26</p> <p>9:00 Fun Fit Party w/ Cheryl 12:15 Watercolor Class 1:00 Bingo</p>
<p>29</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks</p> 	<p>30</p> <p>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>31</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Nine Ball 10:30 Acrylics and Beyond 1:00 Pub Trivia 1:00 Happy Hookers</p>	 <p>Accepting 2024 Membership Dues</p>	



**January
2024**

**** The Direct Line to place a lunch order is 734-636-9477 ****
 In order to keep our meals at the \$3.00 cost, it is necessary to increase any additional meal request over the first to \$5.00 regardless of age.

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.

 		3 Pork Platter	4 Vegetable Soup w/1/2 ham sandwich	5 Loaded Nacho's
8 Biscuits & Gravy	9 Scalloped Potatoes w/Diced Ham & Green Beans	10 Loaded Potato w/ Salad	11 Greek Salad	12 BBQ Pork Sandwich w/Coleslaw
15 Turkey Platter	16 Sloppy Joe	17 Betty Salad	18 Chicken Fajitas	19 Egg Salad Sandwich w/Chips
22 Mostaccioli	23 Chef Salad	24 Chicken, Black Beans & Corn Quesadilla	25 Turkey Wrap	26 Fettuccine Alfredo Served w/Bread
29 Taco Salad	30 Sweet & Sour Chicken over Rice	31 K-Mart Sub w/Chips		

Breakfast Menu—Promptly Served 8:30 A.M.
PLEASE—NO WALK-INS. Call or sign-up by 1:00 P.M. on the Wednesday before.

January 4th Breakfast Sandwich
January 11th Eggs, Sausage Potato & Toast
January 18th Biscuits & Gravy
January 25th French Toast

Please call 734-636-9477 by 1:00 p.m. the day before to order lunch.
Carry out for pick-up @ 11:30a.m.
Dining in promptly served at 12 noon Monday—Friday
Please Call by 1:00 p.m. Friday for the following Monday
 Dine in and Carry Out lunches for those members 60 and better will pay \$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 the first are available for \$5.00 each.**





Happy New Year, everyone. I sure hope everyone had a safe and joyful holiday season. I thought coming off a big year in 2022 would be hard to beat, but you did it. 2023 was even bigger. The staff did a tremendous job, but we could not have done it without your participation. We tried several new things last year, all were a huge success. While we might continue pushing the envelope, coincidentally, you might get pushed out of your regular room occasionally. So, let me start the New Year by apologizing in advance if that were to occur. Be patient, keep coming, be willing to try new things, and most importantly, be prepared to have more fun. So, if you are up to the challenge, we will make 2024 even bigger.

Since it is the start of a New Year, I have an idea for a few easier New Year resolutions. Here is our top 10 list that you might actually be able to live with, in 2024.

1. I will use every senior discount I can find, which means buying more \$3 lunches and attending every monthly Tuesday evening meal at the Center. While I am at it, I will learn how to finally use the Kroger app so I can start using the digital coupons.
2. I will learn my grandkids' favorite video game and strive to beat them at it, and since I am in the mood, I may as well learn or practice pool, ping pong, bridge, bunco, bingo, pickle or bocce ball more often so I can become #1.
3. I will not waste my money on a gym membership. I am better off renewing my \$20 membership at the Center and attending a low-impact exercise class designed for someone my young age.
4. I will eat more candy, and since I am already at the store, I vow to buy extra to share with Paul and others when I am at the Center.
5. I will purchase more stupid things simply because they make me happy, and while they might not be stupid, I will buy more 50/50 tickets when I am at the Center because winning makes me happy.
6. I will attend one of the Center's special events where I can act like a kid I am.
7. I will schedule a trip at the Center and travel to new and exciting places.
8. I will convince a family member or friend this isn't Mother's Senior Center and get them to join. I know they will have a blast once I get them to come here.
9. I will stop tossing half-filled cups of water or coffee in a waste can, and especially half-filled cans of pop in the can container. Instead, I will set them where I return the dishes in the kitchen or empty them in the sink in the breakroom.
10. I will try to be more pleasant with the Center staff because they are the best group of people, and they deserve to be shown some kindness.


These are the 10 easiest New Year's resolutions you can make. Am I right?

I wanted to take a moment and give a shout-out for the Bridge group. While the group has had two tables for the past few weeks, they are still looking for more players. If you are interested, give us a call or stop in if you would like more information.



Progressive/Party Bridge
Thursdays @ 9:00 AM

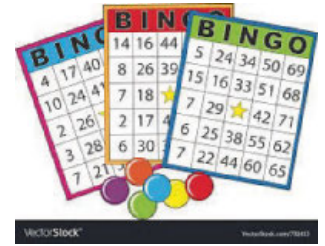
During the hiatus of duplicate bridge we will be trying Progressive/Party Bridge. If you like to play bridge, but do not have a partner, maybe this will work for you. Tables will be determined and assigned based on how many players. Continuation will depend on the level of interest/participation. If you have questions or suggestions, please call 734-243-6210.





COME PLAY BINGO

Fridays @ 1:00 P.M.



Paper cards and daubers are used for our Bingo games. The minimum cost to play, including purchase of cards for all the games is \$5.55. Daubers are available for purchase for \$1.00.

We play a **Special \$5.00 Payout Bingo on the 3rd Thursday of each month.** Complimentary refreshments are served during the break, along with **something special** prepared by the kitchen staff for your enjoyment.

Card sales begin at 12:15 P.M. The balls drop promptly at 1:00 P.M.

Games played are



1st Game is the Admission Card
Pot of Gold

18 regular games with specials in-between
Crazy Kite, Double Action, Wild No. 2/way
Last Game is the Cover All Jackpot

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15-0719

Coming Soon - Walk Fit Class



Looking to add something new to your fitness routine this winter? Try our **New Walk Fit** class, Tuesdays and Fridays from 10a.m. to 11a.m. in the dining room. **The first session will be on February 2nd**. If you are interested in this class, see Lisa for more details. **As with all our exercise programs, please check with your doctor to see if this class is right for you.**

According to an article published by the Mayo Clinic, walking is a gentle, low-impact cardio exercise that can ease you into a higher level of fitness and health. It's safe and simple. Regular brisk walking can provide many of the same benefits as more vigorous exercises, such as jogging. For example, just 21 minutes of walking a day can reduce your risk of heart attack by 30%. Walking burns calories and trims the waistline, but it's also important for your lymphatic and immune systems.

Walking for fitness can help you:

- ▶ Control your blood pressure.
- ▶ Lose or maintain weight.
- ▶ Improve balance and coordination.
- ▶ Increase core strength.
- ▶ Manage stress and improve mood by releasing endorphins.
- ▶ Manage your diabetes.
- ▶ Reduce the risk of a heart attack.
- ▶ Reduce the risk of developing Type 2 diabetes.
- ▶ Stay strong and active.

Walking has also been shown to:

- ▶ Improve sleep.
- ▶ Slow mental decline.
- ▶ Lower the risk of dementia.
- ▶ Reduce the risk of some cancers.
- ▶ Help you lead a longer life.
- ▶ Maintain independent living into older age.

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Rest In Peace

William H Betts
 Roger D Kerkenbush
 Ruby Palmer
 Beverly J Small

Welcome New Members

Rose A Debellefeuille	Cathy M Shorter
Lynn G Dzikowicz	Bonnie J Trombley
Benjamin Byron Jones II	Joseph VanSlambrouck
Katelin A Mckenzie	Debbie A Waltz
Bruce A Scaroleta	Daniel A Weder
Cheryl A Scaroleta	Timothy S Varga-Weder
Janet Schultz	Joe A Vernot
Ronald Schultz	

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



THANK YOU!
so much

Dianne M Beaudrie and Lynne M Johnson - for all their help in making the Center's Christmas Trees beautiful.

Donna Bender, Ellen Brockway & Nancy Wortinger - for helping the Center's staff with a great Thanksgiving party on November 18th.

Gladys L Drummonds - for her donation to the Happy Hookers Group.

Joe Hess - for donating a turkey for a Bingo prize on November 17th.

Bob Jeffers and his Bridge Group - Generous donation for the Center.

Joan A Toth, donation to the Center

Happy Hookers for all their hooking. Many Afghans, hats, scarfs, and mittens were delivered throughout the county to various agencies. This amazing group put in many hours throughout the year creating these hand made gifts. **THANK YOU!!!!**

All **Betty Salad Day** and **ProMedica Auxiliary Volunteers** for helping each month.

AND A HUGE Thank You ALL our volunteers here at the Center. You are truly appreciated

Yvonne F Acton	Judith M DeAngelis	Jack T Hubbell	Karen L. McCalpin	Theresa Ann Rossi
Diana C Allen	Robert J Duffey II	Peggy E Iott	Tom E McCammon	Joseph J.D. Salisbury
William E. Austin	Kathy Dykstra	Ronnie L Jackson	Nancy A McDonald	Sharon K Schiller
Mark J Baker	Monica R Easter	Shirley A Jay	Donna J Medos	Jeri D Schmitz
John A Bartley	Janet M Esper	Kimberly A Jay	Paul W Merz	Beverly J Small
Jean Baumann	Kim L Faison	Jean Johnson	Ronald H Metz	Karen L Smeltzer
Diane K Bilicic	Erika Fisher	Imelda V Kaminski	Joanne Minney	Joanne E Spina
John W Bocks	Rollie M Fisher	Martin R Kaufman	Anna Modica	Debbie L Stafford
Betty A Bomia	John P Gagne	Ilene M Kazensky	Julie N Murphy	Betsy A Stone
Kay F Bostater	Carol A Gawlinski	Donna K Kenney	Richard W Myers	Ruth A Swauger
Howard R Boyce	Lisa A Ghigliazza	Ralph J Kirby	Rita M Nagel	Thomas A Tarr
Barbara E Breitenbach	Walter Gibala	Lois J Knegendorf	Mary A Noble	David J Torrence
Clarence H Brooks Sr	Judy S Goniea	Tonja L Koenemann	Rebecca A Peckham	Joan A Toth
Pamela Bryant	Barbara A Grajewski	Barb Korka	Jean M Peterson	Charles T VanBelle
Barton L Burguard	Obie L Green	Kenneth C Kreuchauf	Carol A Pratt	Edward J Vanisacker
Mary Lou Burke	Agnes Gutierrez	Jeffrey B Lacy	Leonore W Prunty	Larry VanWasshenova
William E Burkett	Jean Guyor	Janet L Latondress	Janice Sue Quatro	Eddie R Weaver
Patricia C Burns	Barbara Hampton	Susan K Leibold	Theresa M Radu	Lori A West
Joyce L. Bush	Scott J Hanosh	Emerson M Linton	Patsy M Ramsey	Bonita B Wheeler
Tammy L Cebalt	Kathy J Heatherly	Debbie Lush	Camden Regis	Kathy A Wozniak
Carolyn S Centers	Ken B. Heinzerling	Vickie A Maenle	Shirley M Rimel	Cheryl L Wyatt
Susan M. Collier	Orella M Henderson	Rosemary E Maitland	Nancy S Roberts	
Joyce M Collins	Barbara J Henley	Yvonne F McBee	Jim Rohrbach	
Rhonda G Collins	Terry A Hicks	Beverly J McCain	Kathy M Rose	



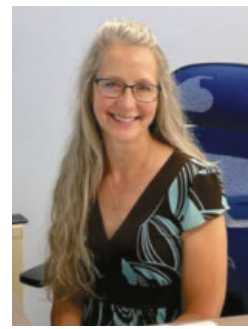
Meet The Center Staff



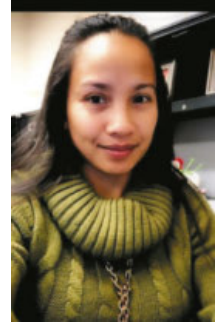
Paula DeHart—Kitchen Aid, Kim Maracle—Head Cook, Michelle Jones—Assistant Cook



Paul Iacoangeli—Executive Director/



Kathleen McBee—Accountant



Christine Pidruzny—Office Manager



Ayessa Pidruzny—Adult Day



Patricia Smith—Administrative Assistant

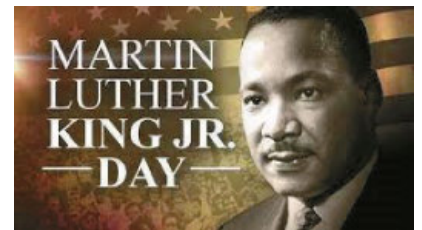


Lisa Ghigliazza—Program Coordinator



Jean Siemik—Program Director/, Pam Handegan—Adult Day Staff
Doreen Sager—Adult Day Staff

Martin Luther King Jr. Day celebrates Dr. King's life and achievements as an influential American civil rights leader. The strategic theme for 2024 is **'Shifting the Cultural Climate through the Study and Practice of Kingian Nonviolence'**. This theme defines the 2024 King Holiday Observance events and programming while serving as a compass for all the work that will be done this upcoming calendar year and beyond.



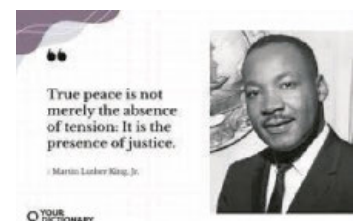
Martin Luther King Jr. Day is a federal holiday in the United States marking the birthday of Martin Luther King Jr. It is observed on the third Monday of January each year. Born in 1929, King's actual birthday is January 15. The holiday is similar to holidays set under the Uniform Monday Holiday Act.

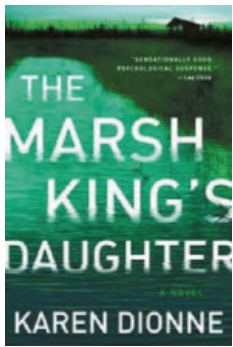
Martin Luther King, Jr. (born January 15, 1929, Atlanta, Georgia, U.S.—died April 4, 1968, Memphis, Tennessee) Baptist minister and social activist who led the civil rights movement in the United States from the mid-1950s until his death by assassination in 1968. His leadership was fundamental to that movement's success in ending the legal segregation of African Americans in the South and other parts of the United States. King rose to national prominence as head of the Southern Christian Leadership Conference, which promoted nonviolent tactics, such as the massive March on Washington (1963), to achieve civil rights. He was awarded the Nobel Peace Prize in 1964.

"I Have a Dream" speech, delivered on Aug. 28, 1963, on the steps of the Lincoln Memorial.

"I say to you today, my friends, so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream....I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character. I have a dream that...one day right there in Alabama, little Black boys and Black girls will be able to join hands with little white boys and white girls as sisters and brothers." For the entire speech, visit: <https://www.npr.org/2010/01/18/122701268/i-have-a-dream-speech-in-its-entirety>

Also called: MLK Day, King Day, Reverend Dr. Martin Luther King Jr. Day





January Book Club
Friday, Jan. 19, 10:00 a.m.
The Marsh King's Daughter

The mesmerizing tale of a woman who must risk everything to hunt down the dangerous man who shaped her past and threatens to steal her future: her father. Helena Pelletier has a loving husband, two beautiful daughters, and a business that fills her days. But she also has a secret: she is the product of an abduction. Her mother was kidnapped as a teenager by her father and kept in a remote cabin in the marshlands of Michigan's Upper Peninsula. Helena, born two years after the abduction, loved her home in nature, and despite her father's sometimes brutal behavior, she loved him, too...until she learned precisely how savage he could be. More than twenty years later, she has buried her past so soundly that even her husband doesn't know the truth. But now her father has killed two guards, escaped from prison, and disappeared into the marsh. The police begin a manhunt, but Helena knows they don't stand a chance. Knows that only one person has the skills to find the survivalist the world calls the Marsh King—because only one person was ever trained by him: his daughter.

Join Us for Movie Monday
January 22, at 1:00 p.m.
Funeral in Berlin

Colonel Stok (Oskar Homolka), a Soviet intelligence officer responsible for security at the Berlin Wall, appears to want to defect but the evidence is contradictory. Stok wants the British to handle his defection and asks for one of their agents, Harry Palmer (Michael Caine), to smuggle him out of East Germany.



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Member Recipes

Do you have a favorite recipe or a most requested recipe by your family and friends?

Would you like to share this?

Starting in February, we will feature a member's recipe in the newsletter.

To be placed in the next month's newsletter, recipes must be submitted by the 2nd Friday of the previous month. e.g. for February, January 12th, for March, February 9th and so on.

Here is our 1st recipe: Recipe for Happiness

2 heaping cups of patience
 1 heart, full of love
 2 handfuls of generosity
 plenty of faith
 1 handful of understanding
 dash of laughter
 generous sprinkle of kindness



Combine patience, love and generosity with understanding. Add a dash of laughter and sprinkle generously with kindness. Add plenty of faith and mix well. Spread over a period of a lifetime. *Serve everyone you meet.* From a cookbook that was assembled by Deb Dykes: Source: <https://irenelatham.blogspot.com/2012/12/recipe-for-happiness.html>

Submit your recipe to Patricia Smith.

THANK YOU!!! We will put them in the newsletter in the order received.

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

NATIONAL HEALTHY WEIGHT AWARENESS MONTH

Being physically active is very important to your health and well-being. People who are inactive can improve their health by becoming active on a regular basis, mixed with healthy eating habits. However, when one **changes their level of activity, consult a healthcare provider for individual considerations and/or restrictions.**

Here are some identified benefits with a regular exercise program.

Control Weight

Reduced Risk of Cardiovascular Disease

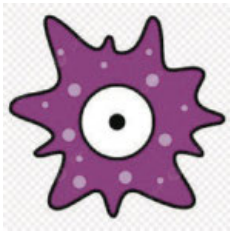
Reduced Risk of Type 2 Diabetes



Reduced Risk of Some Cancer

Improve Your Mental Health and Mood

Strengthen Bones and Muscles



Diet Plan

Some Tips and Simple Changes to Help You Get Started It Starts at the Grocery Store!

Do the majority of your shopping around the perimeter of the store; that's where the good stuff is! The middle is mostly filled with processed, unhealthy items. Oh, and be sure your belly is well fed before shopping to help you maintain self-control!

Finding a Balance:

IS IMPORTANT TO MAINTAINING RESULTS

Breakfast: the most important meal of the day. This is not just a cliché! Breakfast should be a healthy mix of protein and whole grains and weigh in at about 300 calories. A couple simple examples are whole grain toast with natural peanut butter and a piece of fruit, or a couple eggs with toast and apple butter. A protein meal shake is also an option as a quick meal on the go when your morning is busy.

Nix nighttime eating! Cutting out after-dinner snacking is an easy way to help shed extra pounds. It's easy to consume a meal's worth of calories while watching TV or other relaxing activity. Try drinking decaffeinated tea or hot water with lemon while you relax instead of snacking.

It has to be non-negotiable. You can get healthy!

continued on page 13

NATIONAL HEALTHY WEIGHT AWARENESS MONTH-

continued from page 12

10 Easy Ways to Make Exercise a Habit

DO A VARIETY OF ACTIVITIES THAT YOU ENJOY

Having a variety of activities will ensure that you can do something regardless of the weather or time of day.

MAKE EXERCISE A PRIORITY

It has to be non-negotiable. You can get healthy!

COMMIT TO ANOTHER PERSON

When you commit to exercising with somebody else, you are more likely to stick with your workout. You have the companionship, and you don't want to let that other person down.



LOG YOUR ACTIVITY

Being able to see what you have accomplished or want to accomplish will help encourage you to do more.

EXERCISE FIRST THING IN THE MORNING

Many people have a busy schedule during the day and in the evening. Sometimes it's easier to get a workout done in the morning when everybody else in the house is asleep.

OR EXERCISE ON YOUR WAY HOME FROM WORK Don't go home first. This will enable you to just stay there. Bring your gym clothes with you to work and change there.

EXERCISE EVEN WHEN YOUR'RE "TOO TIRED"

It's easier than it sounds and you feel much better about yourself once you've done it.

BE AWARE OF ALL INDICATORS OF PROGRESS

You may notice you are sleeping better, thinking more clearly, or having more energy.



WALK WITH A PEDOMETER (OR A DOG)

If walking is our exercise of choice, use a pedometer to track your progress. Also, if you don't have someone to walk with, take your dog for companionship.

REWARD YOURSELF, BECAUSE YOU DESERVE IT!

Whether you accomplished a goal that you set for yourself or because you stuck with a week of workouts, you deserve to be rewarded.

Reference: <https://www.aurstaff.com/answer/HealthyWeightAwareness.pdf>

Source: <https://www.chcw.org/january-is-healthy-weight-awareness-month/>

The Center has many exercise programs.

- Cardio Drumming—Tuesdays and Thursdays @ 9:00 a.m.
- Chair Yoga—Mondays and Wednesdays @ 10:00 a.m.
- Enhanced Exercise w/Jackie—Tuesdays and Thursdays @ 1:00 p.m.
- Fun Fit w/Cheryl—Mondays, Wednesdays and Fridays @ 9:00 a.m.
- Geri-Fit Beginners—Tuesdays and Thursdays @ 10:00 a.m.
- Advanced Geri-Fit—Tuesdays and Thursdays @ 11:00 a.m.
- Walk Fit—Tuesdays and Fridays @ 10:00 a.m. starting February 2, 2024



All these programs are **FREE to Members**.....Annual membership is only \$20.00 for Monroe County residents and \$25.00 for out of county - Where can you get all of these programs for only \$20.00 Nowhere - but at the Frenchtown Center for Active Adults. *If you are not a member, you will need to see our Office Manager, Christine Pidruzny to obtain your membership or scan card.*



In The Know Identity Theft Monday, January 8th, at 12:30 p.m.

Presented by Aaron Kipsmiller of 5th Third Bank



When cybercriminals steal your identity, getting things back in your control can feel like an overwhelming task. Most often, you don't always know when your identity has been stolen, who did it, and you don't know what the full consequences of the crime will be. As soon as you believe your identity has been stolen, you need to address the issue right away. If you've lost a bank card or notice something fishy on a financial statement, assume a theft has happened or is imminent and take action. Join us for this very important session to learn how you can spot identity theft and what steps you can take to protect yourself against it.

SCAM ALERT

“ELDERCARE” CALLERS IMPERSONATING ADMINISTRATION FOR COMMUNITY LIVING

Both the Administration for Community Living and the Michigan Attorney General are warning seniors and people with disabilities about scam calls coming from people claiming to be from the Administration for Community Living's (ACL) Eldercare Locator or the Disability Information & Access Line (DIAL).

- These callers are using the term “Eldercare” or “Eldercare Locator.”
- In some cases, they are also claiming to be from Social Security or Medicare.
- Callers are asking for personal information such as someone's Social Security number, banking information, or Medicare number — or demanding payment, threatening jail time, or fines.
- Callers are harassing. They are using tactics such as calling repeatedly from the same number.

The Area Agency on Aging 1-B has received several reports of these types of phone calls in our six-county region. These calls are NOT coming from our agency, and they are not coming from any other government agency. These calls are scam/imposter calls from bad actors.

[Here Are Some Tips to Keep You or Your Loved One Safe:](#)

Remember:

- No one from the government will call you out of the blue asking for your social security number.
- No one from a government agency will ever ask you for a payment by gift card, bit coin, or wire transfer.
- No one can “suspend” your Social Security number. Don't believe these threats.

Keep These Three Things in Mind:

- **Don't Pick Up:** Don't answer calls from unfamiliar numbers. If it's important, they will leave a message.
- **Don't Share:** Don't give sensitive info over the phone (*bank numbers, Social Security or Medicare number*) unless YOU initiated the call.
- **Slow Down:** Be wary of urgent requests or requests with unusual forms of payment (wire transfers or gift cards). This is a big red flag!



National Hat Day



HAT DAY FUN Monday, January 15, 2024

Join us for some fun. Design your own ridiculous, over-the-top hat and come to the Center wearing your creation. At Noon we will do a parade of hats and honor the winners with a complimentary lunch.

Categories:

- Silliest**
- Prettiest**
- Scariest**



Fun facts about National Hat Day!

- A milliner designs or makes hats. The term initially referred to London merchants who sold women's accessories (gloves, ribbons, bonnets, etc.) from Milan, Italy.
- In the middle ages, hats became status symbols. Peasants would make their own often times while nobility would order custom creations from milliners.
- Baseball umpires used to wear top hats, back in the 1800s.
- Fedoras are no longer gender-specific. However, they were originally hats for women, and later only for men.
- The different colors of hard hats often indicate different roles on the construction site, such as white ones for engineers and green for safety inspectors.
- A fascinator is a millinery headpiece often worn by women attending formal occasions such as weddings and events.
- Why don't many people wear hats these days? The most popular reason is the car. **Car roofs made it difficult to wear a hat and generally made hats useless.** In the 1920s, less than 1% of the population owned a car. This figure rose to 25% in 1940, and 55% in 1970.

FRENCHTOWN CENTER

Library in Motion will return

Wednesday, January 10, 2024

Please have returns ready by 10:00 a.m.

PHONE: 734-241-5770

EMAIL: lim@monroe.lib.mi.us



TUESDAY FUN NIGHT Meal & Entertainment

Tuesday January 9, 2024

4:30 p.m.—6:30 p.m.

Come Join Us for
Some Food and Fun!!!

Members ONLY

\$1.00

NON-MEMBERS

\$3.00

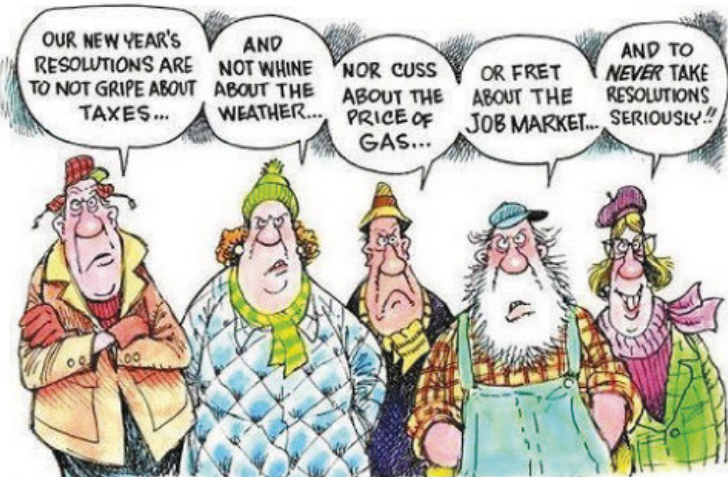
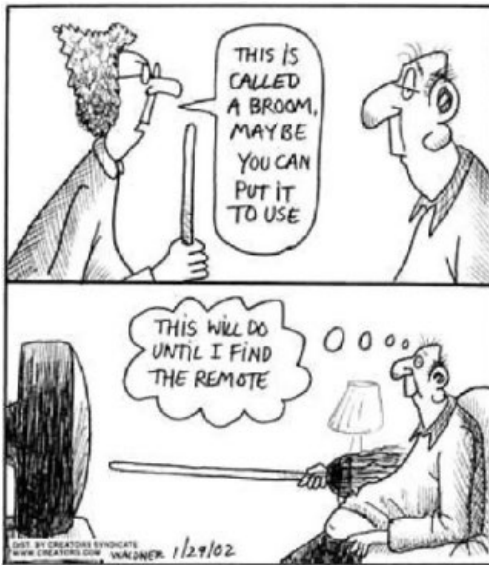
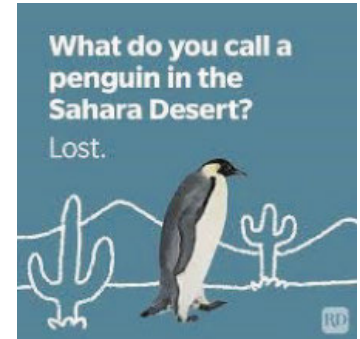
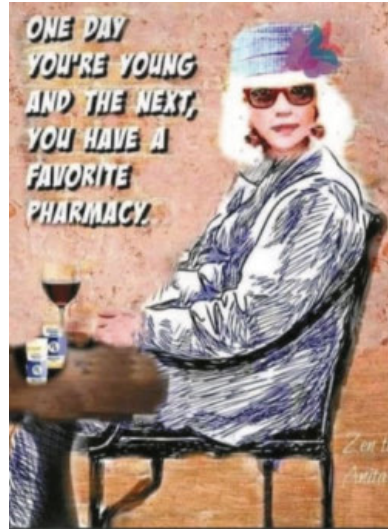
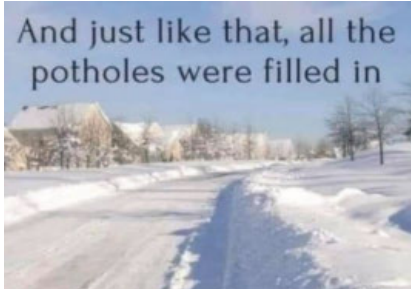


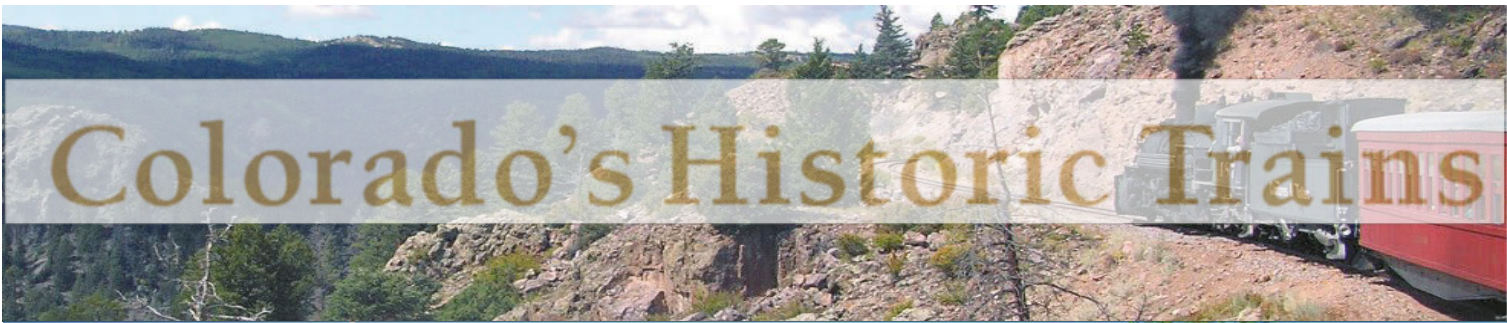
Notification/Call List

We can call you if there is an activity cancellation or in the event of the Center being Closed. Our Director can add you to the notification system. Just let a staff member know if you would like to be included on this list.



A Little Humor

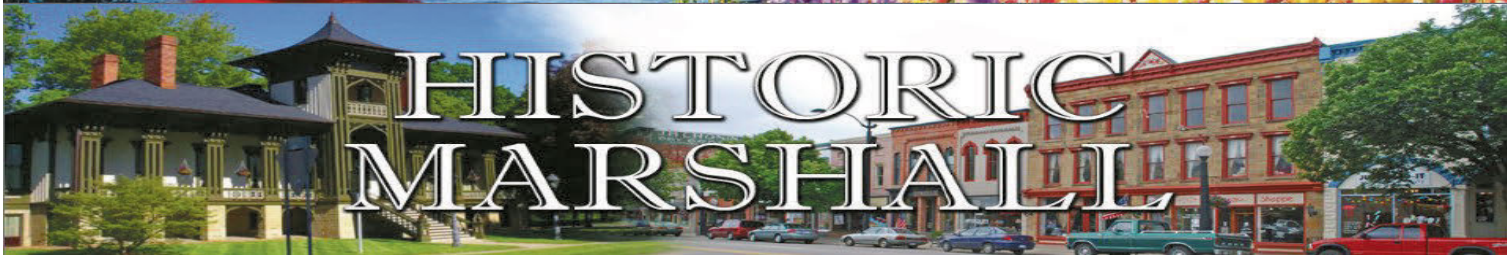




Colorado's Historic Trains



Holland Tulip Time



HISTORIC MARSHALL

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 a.m.—4:00 p.m. and Friday 8:30 a.m.—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.

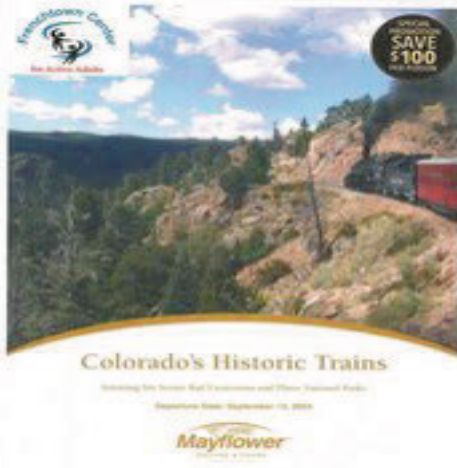
Call 734-243-6217



CHARLESTON, SC

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.

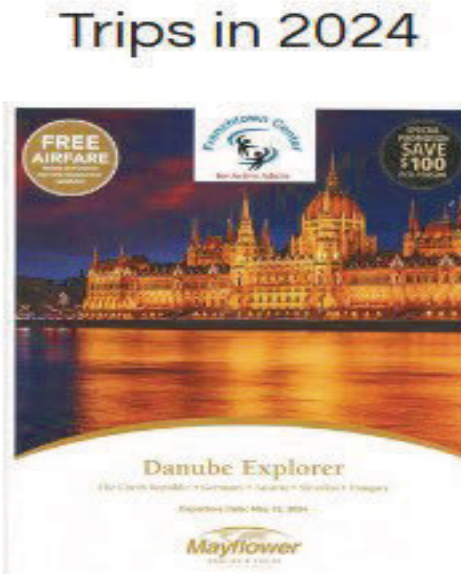
New travel opportunities are being added all the time so please check our website— frenchtownsenior.com/travel for more and updated travel information. Stop and talk to Lisa or call (734) 243-6217 during regular travel hours 8:30 a.m. - 4:00 p.m. Monday - Thursday and 8:30 a.m. - 11:30 a.m. on Fridays



Colorado's Historic Trains
 Celebrating the Golden State's Enduring and Thriving Railroad Roots
 Departing: Monday, September 16, 2024
 Mayflower

SAVE \$100
 per person

FREE AIRFARE



Trips in 2024
Danube Explorer
 The Danube Explorer is a historic 7-deck motorcoach that travels
 Departing: Friday, May 17, 2024
 Mayflower

SAVE \$100
 per person

FREE AIRFARE



Frenchtown Center for Active Adults
 Tuesday, February 7, 2024
 Depart: 9:00 AM - Return: 4:00 PM
 Lisa Ghigliazza
 (734) 243-6217
\$56.00
 (No Alcohol / 7 seat price in dependent)



Hamtramck History Tour
 Frenchtown Center for Active Adults
 Tuesday, March 26, 2024
 Depart: 9:00 AM - Return: 3:00 PM
 Lisa Ghigliazza
 (734) 243-6217
\$117.00
 (No Alcohol / 7 seat price in dependent)



Charleston, SC
 Frenchtown Center for Active Adults
 April 7 - 12, 2024
 Lisa Ghigliazza
 (734) 243-6217
\$1,786.00
 per person/Double occupancy



HISTORIC MARSHALL
 Frenchtown Center for Active Adults
 Wednesday, April 17, 2024
 Depart: 7:00 AM - Return: 5:00 PM
 Lisa Ghigliazza
 (734) 243-6217
\$107.00
 (No Alcohol / 7 seat price in dependent)



Holland Tulip Time
 Frenchtown Center for Active Adults
 Monday, May 6, 2024
 Depart: 9:00 AM - Return: 4:00 PM
 Lisa Ghigliazza
 (734) 243-6217
\$146.00



A Little Bit Country
 Nashville & Louisville
 Frenchtown Center for Active Adults
 May 6 - 10, 2024
 Monday - Friday
 Lisa Ghigliazza
 (734) 243-6217
\$1,858.00
 per person/Double occupancy



DETROIT PROHIBITION TOUR
 Frenchtown Center for Active Adults
 Thursday, May 30, 2024
 Depart: 7:00 AM - Return: 4:00 PM
 Lisa Ghigliazza
 (734) 243-6217
\$117.00
 (No Alcohol / 7 seat price in dependent)

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, January 16, 2024 at 1:00 p.m.

You can find the latest travel information on our Website, or our FaceBook page, and in the newsletter downloadable at www.frenchtownsenior.com.

For more information, 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.**

- ◆ **Firekeepers Casino, February 7, 2024, presented by Bianco Tours.** This day trip, departing at 9:00 a.m. and returning at 6:00 p.m., is only \$56.00. Please visit our website for all details.
- ◆ **Hamtramck History Tour, March 20, 2024, presented by Bianco Tours.** This is a day trip departing at 9:00 a.m. & returning at 3:30 p.m.. The cost is \$117.00. Please visit website for full details.
- ◆ **Charleston, SC, April 7-12th, 2024, presented by Bianco Tours.** Single \$2,128, Double \$1,786, Triple \$1,673. Please visit our website for full details.
- ◆ **Historic Marshall, MI, April 17, 2024, presented by Bianco Tours.** This is a day trip departing at 7 a.m. & returning at 5:30 p.m.. The cost is \$107. Please visit website for full details.
- ◆ **Holland Tulip Time, May 6, 2024, presented by Bianco Tours.** This is a day trip departing at 6:30 a.m. & returning at 9:15 p.m.. The cost is \$146. Please visit our website for full details.
- ◆ **A Little Bit Country, Nashville & Louisville, May 6-10, 2024, presented by Bianco Tours.** Single \$2,372, Double \$1,858, Triple \$1,687. Please visit our website for full details.
- ◆ **Detroit Prohibition Tour, May 30, 2024, presented by Bianco Tours.** This is a day trip departing at 7:45 a.m. & returning at 4:30 p.m.. The cost is \$117. Please visit our website for full details.
- ◆ **Heart of America, June 17-20, 2024, presented by Bianco Tours.** Single \$1,153, Double \$961, Triple \$898. Please visit our website for full details.
- ◆ **Michigan Princess Cruise & Tour the Capital, June 26, 2024, presented by Bianco Tours.** This is a day trip departing at 7:30 a.m. & returning at 5:30 p.m.. The cost is \$118. Please visit our website for full details.
- ◆ **The Purple Rose Theater — “What Springs Forth” play & lunch at Weber’s Restaurant, July 10, 2024, presented by Bianco Tours.** This is a day trip departing at 10:15 a.m. & returning at 6:45 p.m.. The cost is \$140. Please visit our website for full details.
- ◆ **Yooperland, September 30-Oct 4, 2024 presented by Bianco Tours.** Single \$1,548, Double \$1,260, Triple \$1,165. Please visit our website for full details.
- ◆ **Smokey Mountains, Pigeon forge & Gatlinburg, Oct. 21-24, 2024, presented by Bianco Tours.** Single \$1,365, Double \$1,063, Triple \$963. Please visit our website for full details.





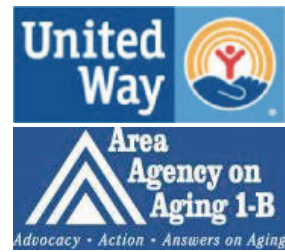
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Monroe, MI 48162
A Monthly Publication



Commission on Aging



Current Resident

NEWS TO NOTE:

- ◆ It's that time of year to renew your membership for 2024
- ◆ No Happy Hookers on January 3 & 10, 2024, returning Wednesday, January 17, 2024
- ◆ In The Know, Monday, January 8, 2024 @ 12:30 p.m. (5th 3rd Presenting Bank Identity Theft)
 - ◆ NEW * Walk Fit Class, February 2, 2024 (see page 7 for details)
 - ◆ **FUN NIGHT MEAL & Entertainment—Tuesday, January 9, 2024 @ 4:30 p.m.**
 - ◆ Library will be here on Wednesday, January 10, 2024 @ 10:00 a.m.
 - ◆ **Hat Day—Monday, January 15, 2023 (Parade at 12:30 p.m.—Winners Announced)**
 - ◆ Travel Meeting—Tuesday, January 16, 2024 @ 1:00 p.m.
 - ◆ Board Meeting—Thursday, January 18, 2024 @ 10:00 a.m.
 - ◆ **Blood Pressure Thursday, January 18, 2024 @ 11:45 a.m.**
 - ◆ **NOTE: NEW MONDAY Movie Monday, January 22, 2024 @ 1:00 p.m.**
 - ◆ **Pub Trivia will be on Wednesday, January 31, 2023**
 - ◆ **NEW—Members recipe page (see page 11 for details)**



ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING

