



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.

APRIL 2024



In This Issue:

Board of Directors / Staff	2
April Activities	3
April Lunch Menu	4
Director's Corner	5
Birthday Wishes	6
Healthy Aging	7
Brain Aerobics (NEW)	7
With Deepest Sympathy	8
Thank You	8
New Members	8
Frenchtown Center Receives GRANT	9
In the Know (The Elder Law & Advocay Center)	9
Book Club (Empty Mansions)	10
Massage Therapy (NEW)	10
National Peanut Butter Day	11
National Health/Stress/Move Month	12-13
International Dance Day	13
Volunteer Appreciation Week	14
Movie Monday (The Apartment)	14
Bridge Returns	14
Rummage Sale	15
Adult Day Care Volunteers	15
Earth Day	15
Library in Motion	15
Tuesday Fun Meal	15
Little Humor	16
Travel Adventures	17-19
At A Glance	20



Rummage Sale
May 14—16, 2024
8:30am—4:00pm
(See page 15 for more details)

Volunteer Appreciation Week

April 21—27, 2024

Thank you so much for your volunteer work. Even though you're not in the spotlight, you are the backbone of each and every event. Please know that we could not do this without your hard work. We are forever thankful for the time you have given us. You have made an unforgettable difference.



Breaking News

Community Center Grants



Frenchtown Center for Active Adults (DBA)

Award: \$500,000 City: Monroe

Governor Whitman Announces \$64M in Grants Award to Michigan Community Centers (See page 9 for article)



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
Brain Aerobics
Bridge
Bunco
Caregivers Support Group
Card Making Classes
Cardio Drumming
Chair Yoga
Chicks with Sticks
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
Massages



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
Seasonal Tax Services
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
1 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 1:00 Movie (The Apartment)	2 8:00 Cardio Drumming 9:00 Cardio Drumming 10:00 Walk Fit 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exercise w/Jackie	3 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Library In Motion 10:00 Chair Yoga 10:00 Nine Ball 10:00 Dominoes Mexican Train 10:30 Acrylics and Beyond 12:30 Paint w/Friends	4 8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Progressive Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 10:00 Massage Therapy 11:00 Advanced Geri-Fit 1:00 LCR 1:00 Enhanced Exer w/Jackie 1:00 Eight Ball	5 9:00 Fun Fit Party w/Cheryl 9:00 Quilt Guild—Barn Quilt Painting 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
8 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 12:30 In The Know	9 8:00 Cardio Drumming 9:00 Cardio Drumming 10:00 Walk Fit 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)	10 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	11 8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Progressive Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 10:00 Massage Therapy 11:00 Advanced Geri-Fit 12:00 Quilter's Guild 1:00 Caregiver Mtg 1:00 LCR 1:00 Enhanced Exer w/Jackie 1:00 Eight Ball	12 9:00 Fun Fit Party w/Cheryl 9:00 Mahjong 10:00 Book Club 10:00 Walk Fit 12:15 Watercolor Class 1:00 \$5.00 Bingo
15 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 1:00 Sewing Group	16 8:00 Cardio Drumming 9:00 Cardio Drumming 9:00 Bridge 10:00 Walk Fit 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exercise w/Jackie	17 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Dominoes Mexican Train 10:00 Nine Ball 10:30 Acrylics and Beyond 12:30 Paint w/Friends 1:00 W.W.W group 1:00 Happy Hookers	18 8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Bridge 10:00 Board Meeting 10:00 Geri-Fit 11:00 Advanced Geri-Fit 11:45 Blood Pressure Check 12:30 Massage Therapy 1:00 Card Making Class 1:00 LCR 1:00 Enhanced Exerc w/Jackie 1:00 Eight Ball	19 9:00 Fun Fit Party w/Cheryl 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
22 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 1:00 Brain Aerobics NEW	23 8:00 Cardio Drumming 9:00 Cardio Drumming 9:00 Bridge 10:00 Walk Fit 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exercise w/Jackie	24 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 Pub Trivia 1:00 Happy Hookers	25 8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Bridge 10:00 Geri-Fit 10:00 Massage Therapy 11:00 Advanced Geri-Fit 1:00 Caregiver Mtg 1:00 LCR 1:00 Enhanced Exer w/Jackie 1:00 Eight Ball	26 9:00 Fun Fit Party w/Cheryl 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
29 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks	30 8:00 Cardio Drumming 9:00 Cardio Drumming 9:00 Bridge 10:00 Walk Fit 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exercise w/Jackie	 <h1 style="font-size: 4em; color: white; text-shadow: 2px 2px 4px #000;">April 2024</h1>		



**** The Direct Line to place a lunch order is 734-636-9477 ****

Due to the high volume of CALL-IN LUNCH ORDERS, we are UNABLE TO RETURN CALLS. If you placed an order via phone, the best way to check is to stop by and review the sign up sheets. We appreciate all the response to our lunches and apologize for the inconvenience.

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.

1 2-Soft Taco's w/chips & Salsa	2 Italian Sub w/chips	3 Loaded Potato w/side salad	4 Fettuccine Alfredo w/Broccoli	5 Mostaccioli
8 Chef Salad	9 Sloppy Joes w/bake beans	10 Egg Salad Sandwich w/chips	11 Chili Mac	12 Scalloped Potatoes w/diced ham
15 1/2 Turkey & Cheese Sandwich w/macaroni salad	16 Pork Platter w/mashed Potato	17 Betty Salad	18 Sweet & Sour Chicken over rice	19 Chili Dog w/chili fries
22 Scoop of Chicken Salad w/fruit	23 Taco Salad	24 Chopped Sirloin w/mashed potatoes & gravy	25 Kmart Sub	26 BBQ Pork Sandwich w/chips
29 Southwest BBQ Chicken salad	30 Shepherd's Pie		<h1>April 2024</h1>	



**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.**

April 4th—French Toast
April 11th—Breakfast Skillet
April 18th—SOS



April 25th—Biscuits & Gravy



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

Carry out available for pick-up @ 11:30a.m.

Dining in available Monday—Friday 12:00 Noon

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.**



It's with great excitement that we share the news of our success in receiving a half-million-dollar grant from the Michigan Department of Labor and Economic Opportunity Community Center Grant. This grant will provide a significant boost for our Center. We received over 80% of our \$614,000 request, which is earmarked for crucial capital projects. These include rejuvenating the building, carpet, tile, paint, conversion of a storage room to an exercise room, a whole building generator, and roof repair. Additionally, we plan to purchase exercise equipment designed for mobility-challenged individuals. We're also actively seeking additional funds to complete the capital and program projects. The best part is that the Center will remain open during these renovations, ensuring our services continue uninterrupted.

As you navigate through the newsletter, you'll see the New Member section on page 8. Since our last publication on February 16, we've welcomed 59 new members into our community. This is a perfect opportunity to shed some light on our newsletter process. The newsletter is a collaborative effort, with each team member contributing their unique skills. Pat handles the layout, article collection, and the funnies. Chrissy manages membership, birthday, donation, and memorial information. Lisa covers travel, the book club, movies, In the Know, and special events. Jean and Kathleen provide subject matter articles. The kitchen staff prepares the monthly menu, and I write this article. The businesses you see advertised on four half pages of the newsletter are our sponsors, without whom this publication wouldn't be possible.

After all the information is compiled, we send it to the printer around the second week of every month. Per our contract, the printer has until the first of the month to return the folded newsletter to us. Once we have it, Chrissy will contact Becky, who will contact our dedicated newsletter volunteers. About ten gather to tape, place labels, and pack the newsletter for the post office. Due to the bulk mailing rate, your newsletter might not arrive by the first of the month. If you received the previous month's newsletter, there is a good chance the current one is coming late, so don't panic. We have the current month's activities and lunch menus on the lobby table. There is no need to ask Wanda for a newsletter. Just walk over to the table and grab a copy of the month's activities, a lunch menu, or both.

Some who joined after the second week of the month have expressed concern that their name didn't appear in the current month's newsletter. Please understand that this is not an oversight but a result of the newsletter being sent to the publisher before your membership was processed. Rest assured, your name and possible birthday will be featured in the following month's newsletter. This is simply a means to control costs because our sponsor's generosity provides the printing. So don't direct your frustration to the staff because your name doesn't appear it is out of their control. On a positive note, you should still receive a free lunch in your birthday month.

While it doesn't happen very often, things occasionally go missing. I like to think of it as getting misplaced. You might want to contact a staff member if you see something lying around that looks out of place. If you come across a pair of glasses, a cell phone, a watch, or a glove, you can bring it to Wanda or another staff member. Even though the Center is not responsible for items you bring and misplace, we hate to see it happen and try to make it easy to get things back to the owner. So, remember, if you found something and want it to get back to the owner we are here to help.

The volunteer appreciation dinner is rolling around quickly; we expect a sizeable invite-only crowd. As soon as you receive your RSVP, which is an initialism of the French phrase, "répondez s'il vous plaît." and directly translates to "Respond, if you please." It would be greatly appreciated. We need to have a count as soon as possible because we want this to be a memorable event. Enjoy the warming weather.



A handwritten signature in blue ink, likely belonging to a staff member or volunteer.

Susan Anspaugh	Barb Griffith	Marjorie Martin	Robert "Rusty" Russ
Diane Becker	Jim Hammer	Ed McCarter	Judy Sacka
Linda Bross	Brenda Hibbs	Lisa Rae McGrath	James "Jim" Satkowski
Rebecca Burkett	George Hoppert	Bob Melvin	Colleen Smith
Christina Cvengros	Jessica Sue Huff	Mary Miller	Carolyn Anne Spillson
Staci Dodson	Rosalyn Kern	Nancy Miller	Anthony Spine
Carol Donnelly	Barbara Kinne	Ronald "Ron" Mills	Charlene Stoddard
Gladys Drummonds	Dan Koenemann	Jean Montie	Edward Straub
Marian Duvall	Michaelene Kowalczyk	Jon Moore	Deanna Thoma
Judy Fowler	Douglas Kuras	Roger Morgan	Judith Vanisacker
Josephine Gaglio	Antoinette Kuzich	Margaret Nelles	Georgia VanWassehnova
Linda Gagne	Francine Leonard	Alan Notario	Deborah Walker
Teresa Gibala	Shelle Lieto	Lynn Owens	Jacqueline Walock
Robin Gillis	Larry Lymond	Ruth Ann Peters	Tom Waltz
Pat Green	Peggy Manor	Wanda Ray	Sheila Williams
			Ardieth Zawacki



Belated Happy Birthday in March! New Member Esther Schneider

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Healthy Aging Tips for Older People

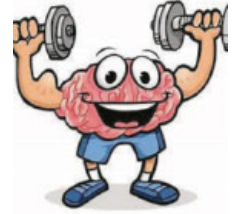
Healthy aging in senior citizens can be achieved by:

- ◆ Preventing social isolation and loneliness by staying connected with family, friends, and community
- ◆ Staying physically active by doing exercises that suit your abilities and preferences
- ◆ Eating healthy by choosing nutritious foods and limiting processed and sugary foods
- ◆ Focusing on prevention by getting regular check-ups, screenings, and vaccinations¹
- ◆ Managing your medication by following your doctor's instructions and avoiding interactions
- ◆ Maintaining a healthy lifestyle by eating reasonable amounts of a variety of nutritious foods and getting physical activity every day.
- ◆ Seeing your doctor for regular checkups.
- ◆ Eating whole foods.
- ◆ Walking for 30 minutes every day.
- ◆ Staying connected with others.



Brain Aerobics New Exercise—for our BRAINS

**Beginning April 22, 2024
(2nd & 4th Mondays)
@ 1:00 P.M.**



Developing brain health habits is a key way to keep your brain healthy. That includes following safety measures and keeping your brain active and engaged. Try these brain health tips:

- Work up a sweat
- Protect your head
- Take care of your health
- Meet up with friends
- Get a good night's rest
- Make a salad
- Challenge your brain
- Be careful with medicines and limit alcohol

Join us for this fun and beneficial class. We'll learn some education information and play some fun games. Led by Pat Smith

Focusing on your brain health is one of the best things you can do to improve your concentration, focus, memory, and mental agility, no matter what age you are.

By incorporating brain exercises into your everyday life, you'll get to challenge your mind, sharpen your cognitive skills, and possibly learn something new and enriching, along the way, too.

Mullins Elder Law PLLC



Call Tina M. Mullins, Atty
Downtown Monroe

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Wills and Trust, Guardianship and Conservatorship
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Rest In Peace
 Lonnie Brunswick
 Oscar M Vandevælde

Welcome New Members

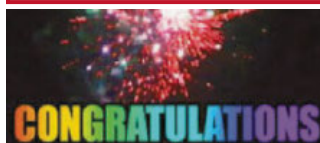
David L Adkins	Richard Emmelkamp	Roger D. Olson
Mark J Angove	Mildred England	Deb Owens
Bonnie Ann Blohm	Barb E Farley	Linda Psalmonds
Kimberly Braddock	Ron Farley	Sandra A Rekuc
Margaret Burger	Joseph L Fazekas	Marlene Reynolds
Ruby E Cadd	Mary Grenawitzke	Jeanne M Riley
Jim Calkins	James Hamilton	Barbara Roe
L Jane Carter	Sue Huss	Toni Ruettinger
Walter L Carter	Robert R Imber	Esther Schneider
Sue Chapman	Cindy H Jobin	Jenny Schyllander
Patricia Charles	Edward R Johnson	Sandra Kay Shanteau
Trish Cole	Judie G Johnson	Adele Stommel
Dorothy Conger	Ronda L Kelley	Janet S Stump
Patricia L Conner	Laura Leicht	Jamie Teatsorth
Marie G Davis	Jason J Lynch	Mahlon Tuttle
Thomas F Davis	Rosanne L Lynch	Betty A Uhl
Bobbie DeBaldo	Carol Merta	Roger VanHouten
Cathy Didario	Joe E Miskey	Jim M VanWormer
Larry J Dysktra	Paula M Nadeau	Sharon K Verduzco
Cheryl Eder	Marty Nicotra	Tom O Waltz
	Marsha Oberleiter	

THANK YOU!
so much

THANK YOU to our volunteers here at the center. Your support allows us to continue to fulfill our mission and serve our members.

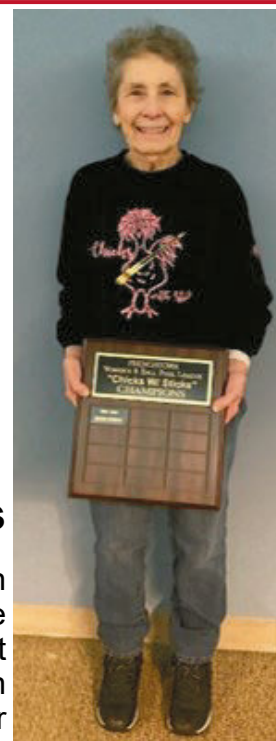
We are already getting donations for our Rummage Sale this coming May 14th to May 17th

THANK YOU SO MUCH!



Barb Korka

Winner first Chicks
 With Sticks
 Championship



Chick With Sticks

In the summer of 2023, the Center relaunched the women’s pool league, Chicks with Sticks. Under the watchful eye of Debbie Smith, twelve women gathered around the Center’s pool tables to inaugurate the new league. These brave women, who at first were strangers, and with various levels of pool playing proficiency, played for fun on Mondays from 10a.m. to 12p.m. Finally, tournament (league) play began in October 2023 and after twelve weeks they awarded the first championship to Barb Korka. The

Chicks then celebrated with a banquet at Michigan Bar & Grill in January 2024. The women put up their plaque on the wall in the pool area with Barb’s name listed as the first champion.

The spring/summer season began in March and runs through May 2024. League play is on Mondays from 10am to 12pm. Women wishing to join the league can do so beginning in May 2024 after the current season has finished. However, you are welcome to come in anytime to practice on the tables whenever there isn’t the women’s or men’s league play (see calendar for dates). The Chicks with Sticks also have league shirts with their logo on them. For more information, please see Lisa, the Program Coordinator.





Breaking News
Community Center Grants
Frenchtown Center for Active Adults (DBA)
Award: \$500,000



Governor Whitman Announces \$64M in Grants
Award to Michigan Community Centers
Paul Iacoangeli, Executive Director

Message posted on our website: "Today at 11:00 a.m., the MI Department of Labor & Economic Opportunity publicly announced and issued a press release regarding the Community Center grant. There were over 1,000 applications submitted, totaling over 1 billion in requests for the 64 million dollars available. Of those applicants, 100 were selected. I am excited to inform you we were one of the 100, and while we didn't receive the total request of \$614,537.00, the Center received \$500,000.00 for the proposed Capital projects. This included roof replacement, carpet, paint, storage room conversion, mobility challenged exercise equipment and a generator to power the entire building. Meetings with the State grant team will take place in the coming weeks as we reach a consensus regarding the capital projects. There will be more as things develop."

The grants support the governor's goal of lifting 100,000 families out of working poverty during the next five years and follows the recommendations of the [Michigan Poverty Task Force](#) to address the disparities that affect Michiganders' abilities to afford necessities such as housing, childcare, food, health care and transportation.

There were nearly 1,000 applications requesting over \$1 billion in funding. Organizations in 43 Michigan counties received funding that will serve a total of 80 counties across the state. The Michigan Community Service Commission, the state's lead agency on volunteerism, administered the grant process. <https://www.michigan.gov/.../nfr/community-center-grants>



In The Know

When: April 8th
Time: 12:30 pm

Topics to be Covered:

- ◇ **Financial Exploitation**
- ◇ **Elder Abuse**

Questions will be taken during the presentation.

NO EXCUSE
FOR Elder Abuse

1-855-444-3911

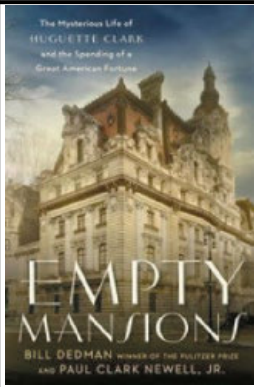
Elder Law & Advocacy Center
 12121 Hemingway
 Redford, MI 48239
 (313) 937-8291

ELAC is funded by Detroit Area Agency on Aging, Area Agency on Aging 1-B, The Senior Alliance and Canton Community Block Grant Funds.

ELDER LAW & ADVOCACY CENTER

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April Book Club

Friday, April 19, 10:00am

Empty Mansions

When Pulitzer Prize-winning journalist Bill Dedman noticed in 2009 a grand home for sale, unoccupied for nearly sixty years, he stumbled through a surprising portal into American history. *Empty Mansions* is a rich mystery of wealth and loss, connecting the Gilded Age opulence of the nineteenth century with a twenty-first-century battle over a \$300 million inheritance. At its heart is a reclusive heiress named Huguette Clark, a woman so secretive that, at the time of her death at age 104, no new photograph of her had been seen in decades. Though she owned palatial homes in California, New York, and Connecticut, why had she lived for twenty years in a simple hospital room, despite being in excellent health? Why were her valuables being sold off? Was she in control of her fortune, or controlled by those managing her money?

Massage Therapy



Kelli Duffy, LMT, of Aurora Alchemy & Bodywork of Monroe, now offers mini massage sessions, two Thursdays each month. The 20 minute, fully clothed sessions are only \$30 (cash only) and can be booked through Lisa, our Program Coordinator. The dates for April are the 11th and 25th.



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NATIONAL PEANUT BUTTER AND JELLY DAY

On April 2nd each year, National Peanut Butter and Jelly Day celebrates a classic food favorite. The average American will have eaten over 2000 peanut butter and jelly sandwiches by the time they graduate from high school.

#PeanutButterAndJellyDay

Peanut butter was considered a delicacy in the early 1900s and was only served in New York City's finest tea rooms. In a May 1896 article published in the *Good Housekeeping* magazine, a recipe "urged homemakers to use a meat grinder to make peanut butter and spread the result on bread." That same year, in June, the culinary magazine *Table Talk*, published a "peanut butter sandwich recipe."



It is thought that Julia Davis Chandler issued the first reference to peanut butter (or paste) paired with jelly on bread in the United States in 1901. Her article is found in the *Boston Cooking School Magazine of Culinary Science and Domestic Economics*. In the late 1920s, the price of peanut butter declined, and the sandwich became very popular with children.



According to the Peanut Board, during World War II, both peanut butter and jelly were part of the United States soldiers' military ration list.

In 1968, The J.M. Smucker Co. introduced Goober, a jarred product that combined alternating vertical stripes of peanut butter and jelly.



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April is National Minority Health Month, Stress Awareness Month and Move More Month featuring National Walking Day

April is National Minority Health Month, and this year the U.S. Department of Health and Human Services (HHS) Office of Minority Health (OMH) and its partners are highlighting the important role individuals and organizations can play in helping to reduce health disparities and improve the health of racial and ethnic minority and American Indian/Alaska Native communities.

The theme for this year's National Minority Health Month is **Give Your Community a Boost!** The theme focuses on the continued importance of COVID-19 vaccination, including boosters, as one of the strongest tools we can use to protect communities from COVID-19, which has disproportionately affected communities of color. [CDC data show that some racial and ethnic minority groups](#) — particularly Black or African American, Hispanic or Latino, and American Indian or Alaska Native people are at increased risk of getting sick, having more severe illness, and dying from COVID-19. **Give Your Community a Boost!** also supports the many other efforts happening in communities across the country to advance health equity.

GET INVOLVED

OMH invites you to **#BoostYourCommunity** by using, sharing, and attending these National Minority Health Month (NMHM) resources and events with your organization, communities, and network! Visit the [National Minority Health Month Events](#) page to view a list of upcoming events. Looking to add something new to your fitness routine? 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.



April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues.



It's critical to recognize what stress and anxiety look like, take steps to build resilience, and know where to go for help. The Mental Health American (MHA) provides some tips on how to reduce your stress by utilizing a [Stress Screener](#). Also, take some time to visit the [Centers for Disease Control and Prevention \(CDC\) website](#) and familiarize yourself with strategies for stress management.

Here are some ways you can manage stress, anxiety, grief, or worry:

- **Take breaks from news stories**, including those on social media. It's good to be informed, but constant information about negative events can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, TV, and computer screens for a while.
- **Take care of your body:** Staying physically healthy can improve your emotional well-being. Here are some ways to improve your health:
 1. **Eat healthy.** Have fruits and vegetables, lean protein, whole grains, and low-fat or no-fat dairy. Limit foods with unhealthy fats, salt, and added sugars. [See Healthy Eating Tips](#).
 2. **Get enough sleep.** Go to bed and wake up at the same time each day to help you [sleep better](#). Adults need 7 or more hours per night.
 3. **Move more and sit less.** Every little bit of physical activity helps. Start small and build up to 2 ½ hours a week. You can break it into smaller amounts such as 20 to 30 minutes a day.

SOURCE: [Coping with Stress \(cdc.gov\)](#)

(Continued on page 13)





April is National Minority Health Month, Stress Awareness Month and Move More Month featuring National Walking Day (continued from page 12)

4. Limit [alcohol](#) intake. Choose not to drink, or drink in moderation on days you drink alcohol. Moderation means having 2 drinks or less a day for men or 1 drink or less for women. Find out more at [Drink Less, Be Your Best](#).
5. Avoid using illegal drugs or prescription drugs in ways other than prescribed. Don't take Someone else's prescription. [Substance use treatment](#) is available, and recovery starts with asking for help.
6. Avoid [smoking](#), vaping, and the use of other tobacco products. People can and do [quit smoking](#) for good.
7. Continue with regular health appointments, tests, screenings, and vaccinations.
8. Make time to unwind.
9. Take deep breaths, stretch, or [meditate](#).
10. Try to do some other activities you enjoy.
11. Connect with others.
12. [Talk with people](#) you trust about your concerns and how you are feeling.
13. Connect with your community-based or faith-based organizations.

Remember, small lifestyle changes can have a big impact on your health. Whether it's walking, managing stress, or promoting health equity, let's prioritize our well-being this month!

Fit in Walking Morning, Noon or Night



Walking is one of the most versatile forms of exercise, because you can do it just about anytime, anywhere. These tips will help you get your walk on at the right time for you.



Why is Walking the Most Popular Form of Exercise?

Research has shown that walking at a lively pace at least 150

minutes a week can help you:

- Think better, feel better and sleep better.
- Reduce your risk of serious diseases like heart disease, stroke, diabetes and several types of cancer.rove your blood pressure, blood sugar and blood [cholesterol](#) levels.[Increase your energy](#) and stamina.
- Improve your mental and emotional well-being and reduce risk of depression.
- Improve memory and reduce your risk of dementia.
- Boost bone strength and reduce your risk of osteoporosis.
- [Prevent weight gain](#).



If 150 minutes sounds like a lot, remember that even short activity sessions can be added up over the week to reach this goal. And it's easy to fit in a few minutes of walking a several times a day.

Taking place every year on April 29, **International Dance Day** was created in 1982 by the International Theatre Institute (ITI), the main partner of the performing arts UNESCO. The day was made to act as a wake-up call for governments, politicians and institutions that have not yet recognized how important dance is to the world. Dance gives a voice to the unheard. Dance is a powerful vehicle to share and connect through cultures National Dance Week Activities:

- Get dancing
- Share your favorite dance videos
- Teach dance moves to others
- It is as old as human history
- Dance dates back to the early days of the recorded history of man.
- It is deeply linked to rhythm
- It connects and unites
- It can be therapeutic





Volunteer Appreciation Week



While others work their way towards being different, you strive towards making a difference. Your passion and energy are

Why be a Volunteer?

It's not for money it's not for fame.
It's not for any personal gain.
It's just for love of fellowman.
It's just to send a helping hand.
It's just to give a tithe of self.
That's something you can't buy with wealth.
It's not medals worn with pride.
It's for that feeling that you've been a part.
Of helping others far and near,
That makes you be a volunteer!

Author Unknown

unparalleled, and we respect your spirit of volunteerism immensely. We are so very grateful to have your help. Thank you for being so selfless with us and for so many in whose lives you make a tangible difference.



It's hard to come up with adequate words to describe how much your support means. You are dedicated and focused. You are hardworking and full of innovative ideas. We hope that the good work you do will come back to you many times over. Thank you for volunteering, and we hope we can work together again very soon.



Join Us for Movie Monday, April 1st, at 1:00pm The Apartment

Mild mannered C.C. Baxter (Jack Lemmon) has been working at Consolidated Life Insurance Company for close to four years and is one of close to thirty-two thousand employees located in their Manhattan head office. To distinguish himself from all the other lowly cogs in the company in the hopes of moving up the corporate ladder, he often works late, but only because he can't get into his apartment, located off of Central Park West, since he has provided it to a handful of company executives on a rotating basis for their extramarital liaisons in return for a good word to the personnel director, Jeff D. Sheldrake (Fred MacMurry). When Baxter is called into Sheldrake's office for the first time, he learns that it isn't just to be promoted as he expects, but also to add married Sheldrake to the list to who he will lend his apartment. Also starring Shirley MacLaine.



The Snow Birds have Returned. BRIDGE IS BACK IN APRIL!

Starting Tuesday, April 16th

Back every Tuesday & Thursday

Doors open at 8:30 so come and get your seat, have a cup of coffee or an ice cold cup of tea and catch up on the things you missed.

Bridge starts at 9 am.





RUMMAGE SALE



May 14—16, 2024

8:30am—4:00pm

Accepting donations

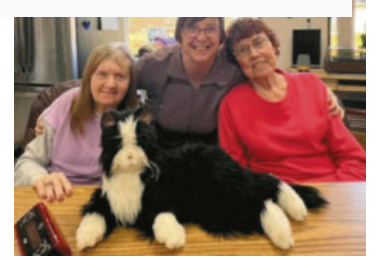
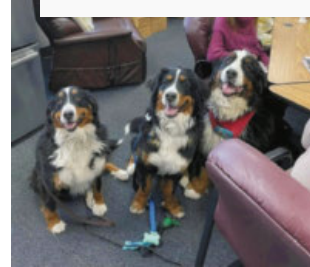
Assorted household items and clothing, including working small appliances, laptops, tablets—anything small

NO Books

NO LARGE APPLIANCES (We will have to turn them away)



Adult Day Care Volunteers THANK YOU!!!



EARTH DAY EXPO 2024
Healthy Planet, Healthy You!
FREE Saturday, April 27th
 11am - 2pm
 Monroe County Community College
 Gerald Welch Health Education Building
Hands-On Learning & Exploring,
BATS! Sculptures,
Live Music, Food Trucks, Fun for All!
Schedule of Events
 11:00am Welcome
 12:30pm Green School Awards
 1:45pm BATS! Sculpture Winner
Healthy Lifestyle Prizes and More!

Thank you to our sponsors!

Questions? Call 734-240-7909 or visit us at <http://www.greenmonroecounty.com/> for details!

EARTH DAY EXPO 2024

Join our community in celebrating our planet and all things healthy and green at the Monroe County Earth Day Expo! This free and family-friendly event has something for everyone with live music, food trucks, and engaging exhibitors promoting sustainability, personal health, and living green. Explore educational exhibits that showcase how you can make a positive impact on the environment, including the Michigan Green Schools Program and the Climate Literacy Project. Discover how environmental education is being incorporated into our schools, and learn about the initiatives that are making a difference in our communities.



Join us at the Monroe County Community College Health Education Building on **April 27th, 2024 from 11 am to 2 pm** to be a part of this exciting event! Mark your calendars now and bring your family and friends for a fun and educational day celebrating our planet!

FRENCHTOWN CENTER
Library in Motion will return
Wednesday, April 3, 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 April 9, 2024

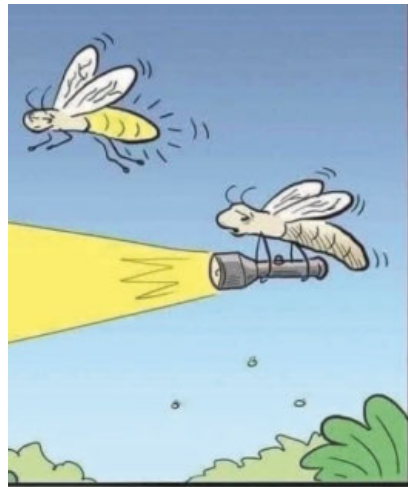
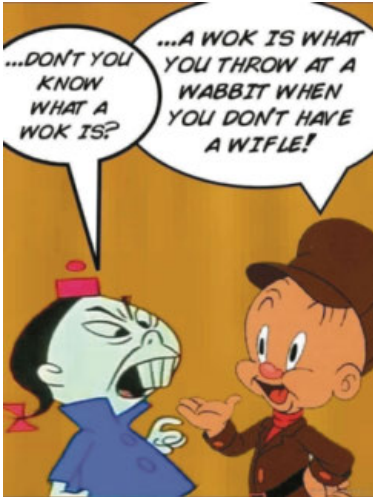
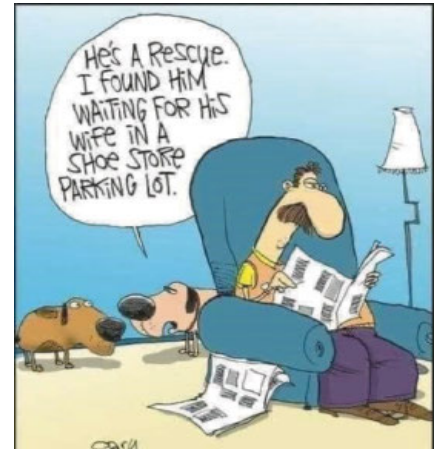
4:30 p.m.—6:30 p.m.

Come Join Us for

Some Food and Fun!!!

Members ONLY \$1.00
NON-MEMBERS \$3.00





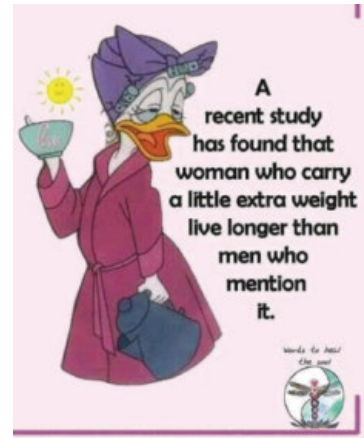
Rest Your Mind
I know you have been laying awake at night wondering why baby diapers have brand names such as "Luvs", "Huggies," and "Pampers", while undergarments for old people are called "Depends".

Well here is the low down on the whole thing.

When babies crap in their pants, people are still gonna Luv'em, Hug'em and Pamper'em. When old people crap in their pants, it "Depends" on who's in the will!

Glad I got that straightened out so you can rest your mind.

How does a farmer find new cows to purchase?
He looks through a cattlelog!



A police officer came to my house and asked me where I was between 5 & 6. He seemed irritated when I answered:
"Kindergarten"

There is nothing in the world so irresistibly contagious as laughter and good humor.
-Charles Dickens





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



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, April 16, 2024 at 1:00pm



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

Holland Tulip Time

YOUR BRANCO TOUR INCLUDES:
 Round Trip Transportation - Via direct highway...
 Overnight Full Bed and Breakfast...
 Breakfast...
 Dinner...
 Free time for shopping in downtown Holland.

Presented by:
Frenchtown Center for Active Adults

See Date:
Monday, May 6, 2024
 Departs 6:30am - Returns 9:15pm

Pick-Up Location:
Frenchtown Center for Active Adults

For reservations and information please contact:
Lisa Ghigliazza
 (734) 243-6217

\$146.00
 No Refunds. 1 week prior to departure.

MEAL CHOICE:
 Shepherd's Pie Fish and Chips Cuban Salad

PLEASE SELECT A MEAL CHOICE:
 Shepherd's Pie Fish and Chips Cuban Salad

Trips in 2024

The Frenchtown Voyagers present:
DELAWARE-AMERICA'S FIRST STATE
 Also Featuring: Ocean City, Maryland

May 4/11, 2024
\$1,299.00 per person
 Double Occupancy

YOUR EXCELLENT ADVENTURE INCLUDES:
 Round Trip Deluxe Motor Coach Transportation
 2 Night at the Holiday Inn Express in Breeseport, PA
 2 Nights at the Hilton Ocean Front in Ocean City, MD
 3 Nights at Springhill Suites by Marriott in Frederica, DE
 1 Night in Pittsburgh, PA on the return
 A Guided Tour of Assateague Island and its wild horses
 An Eco Boat Cruise in Ocean City
 A Guided Tour of Historic Lees, DE—the first city in the first state
 A Guided Tour of Fort Mifflin a WWII Installation
 A Tour and Wine Tasting of Crow Winery and Farms that includes a Celebrity Chef Farm to table dinner
 A Tour of The Old State House
 Tour of the Air Mobility Command Museum
 Tour of The Hogley Museum—the Dupont Family History
 Tour of Whitehurst Gardens (pronounced Winter Tour)
 13 Meals: 5 Dinners, 1 Lunch, and 7 Breakfasts
 An Ed & Ted's Excellent Adventures Tour Director
 Baggage handling, taxes, and tips on included items

\$90.00 Deposit! Due with registration!
 Final Payment Due April 1st, 2024

REGISTRATION FORM (Please print) Single, Double, Triple, PS-Refund
 Name: _____
 Address: _____
 Phone: _____
 Email: _____
 Home room with: _____
 Special Needs: _____
 Make checks payable to: Ed & Ted's Excellent Adventures

THE MICHIGAN PRINCESS

YOUR BRANCO TOUR INCLUDES:
 Round Trip Transportation - Via direct highway...
 Overnight on Michigan...
 Breakfast...
 Dinner...
 Free time for shopping in downtown Holland.

Presented by:
Frenchtown Center for Active Adults

See Date:
Wednesday, June 26, 2024
 Departs 7:00am - Returns 5:00pm

Pick-Up Location:
Frenchtown Senior Center

For reservations and information please contact:
Lisa Ghigliazza
 (734) 243-6217

\$118.00
 No Refunds. 1 week prior to departure.

PLEASE SELECT A MEAL CHOICE:
 Shepherd's Pie Fish and Chips Cuban Salad

DETROIT PROHIBITION TOUR

YOUR BRANCO TOUR INCLUDES:
 Round Trip Transportation - Via direct highway...
 Overnight on Michigan...
 Breakfast...
 Dinner...
 Free time for shopping in downtown Holland.

Presented by:
Frenchtown Center for Active Adults

See Date:
Thursday, May 30, 2024
 Departs 7:45am - Returns 4:30pm

Pick-Up Location:
Frenchtown Center for Active Adults

For reservations and information please contact:
Lisa Ghigliazza
 (734) 243-6217

\$117.00
 No Refunds. 7 days prior to departure.

PLEASE SELECT A MEAL CHOICE:
 Shepherd's Pie Fish and Chips Cuban Salad

Heart of America

4 days / 3 nights
\$961.00
 per person/double occupancy

Presented by:
Frenchtown Center for Active Adults

See Date:
Monday - Thursday
June 17 - 20, 2024

Pick-Up Location:
Frenchtown Senior Center

For reservations and information please contact:
Lisa Ghigliazza
 (734) 243-6217

YOUR BRANCO TOUR INCLUDES:
 Round Trip Transportation - Via direct highway...
 Overnight on Michigan...
 Breakfast...
 Dinner...
 Free time for shopping in downtown Holland.

PLEASE SELECT A MEAL CHOICE:
 Shepherd's Pie Fish and Chips Cuban Salad

TRICEPERS

YOUR BRANCO TOUR INCLUDES:
 Round Trip Transportation - Via direct highway...
 Overnight on Michigan...
 Breakfast...
 Dinner...
 Free time for shopping in downtown Holland.

Presented by:
Frenchtown Center for Active Adults

See Date:
Thursday, July 25, 2024
 Departs 8:30 AM - Returns 6:30 PM

Pick-Up Location:
Frenchtown Senior Center

For reservations and information please contact:
Lisa Ghigliazza
 (734) 243-6217

\$56.00
 No Refunds. 1 week prior to departure.

PLEASE SELECT A MEAL CHOICE:
 Shepherd's Pie Fish and Chips Cuban Salad

West Springs Fests

YOUR BRANCO TOUR INCLUDES:
 Round Trip Transportation - Via direct highway...
 Overnight on Michigan...
 Breakfast...
 Dinner...
 Free time for shopping in downtown Holland.

Presented by:
Frenchtown Center for Active Adults

See Date:
Wednesday, July 10, 2024
 Departs 10:15am - Returns 6:45pm

Pick-Up Location:
Frenchtown Senior Center

For reservations and information please contact:
Lisa Ghigliazza
 (734) 243-6217

\$140.00
 No Refunds. 1 week prior to departure.

PLEASE SELECT A MEAL CHOICE:
 Shepherd's Pie Fish and Chips Cuban Salad

SAUGATUCK, MI

YOUR BRANCO TOUR INCLUDES:
 Round Trip Transportation - Via direct highway...
 Overnight on Michigan...
 Breakfast...
 Dinner...
 Free time for shopping in downtown Holland.

Presented by:
Frenchtown Center for Active Adults

See Date:
Wednesday, August 14, 2024
 Departs 6:45AM - Returns 9:00PM

Pick-Up Location:
Frenchtown Senior Center

For reservations and information please contact:
Lisa Ghigliazza
 (734) 243-6217

\$163.00
 No Refunds. 1 week prior to departure.

PLEASE SELECT A MEAL CHOICE:
 Shepherd's Pie Fish and Chips Cuban Salad

KELLOGG MANOR

YOUR BRANCO TOUR INCLUDES:
 Round Trip Transportation - Via direct highway...
 Overnight on Michigan...
 Breakfast...
 Dinner...
 Free time for shopping in downtown Holland.

Presented by:
Frenchtown Center for Active Adults

See Date:
Wednesday, August 28, 2024
 Departs 6:30AM - Returns 6:45PM

Pick-Up Location:
Frenchtown Senior Center

For reservations and information please contact:
Lisa Ghigliazza
 (734) 243-6217

\$118.00
 No Refunds. 1 week prior to departure.

PLEASE SELECT A MEAL CHOICE:
 Shepherd's Pie Fish and Chips Cuban Salad

Frenchtown Voyagers Travel Meeting

Tuesday, April 16, 2024 at 1:00pm

You can find the latest travel information on our website, www.frenchtownsenior.com ,

****** 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 cannot accept cash for trips. Checks or money orders only.

- ◆ **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.
- ◆ **Lakes & Legends, May 19—22, 2024, presented by Bianco Tours.** Single \$1,409, Double \$1,173, Triple \$1,112. Please visit our website for full details.
- ◆ **Detroit Prohibition Tour, May 30, 2024, presented by Bianco Tours.** This is a day trip departing at 7:45am . The cost is \$117. Please visit our website for full details.
- ◆ **Heart of America, June 17—20, presented by Bianco Tours.** Single \$1,153, Double \$962, Triple \$898. Please visit our website for full details.
- ◆ **Michigan Princess Cruise & Tour of Capital, June 26, 2024, presented by Bianco Tours.** This day trip departs at 7:30am . The cost is \$118. Please visit our website for full details.
- ◆ **The Purple Rose Theater — “What Springs Forth” & lunch at Weber’s Restaurant, July 10, 2024, presented by Bianco Tours.** This day trip departs at 10:15am. The cost is \$140.
- ◆ **Firekeepers, presented by Bianco Tours.** The cost for this day trip is \$56. Visit the website.
- ◆ **Saugatuk, MI, Aug. 14, presented by Bianco Tours.** The cost for this day trip is \$163. Please visit our website for full details.
- ◆ **Skybridge & Sunflowers, Aug. 26-27, presented by Bianco Tours.** Single \$600, Double \$491, Triple \$454. Please visit the website for full details.
- ◆ **Kellogg Manor, Aug. 28, presented by Bianco Tours.** The cost for this day trip is \$118. Please visit the website for full details.
- ◆ **Traverse City Fireworks, Sept. 5-7, presented by Bianco Tours.** Single \$1075, Double \$785, Triple \$693. Please visit the website for full details.
- ◆ **Pioneer Wine Trail, Sept. 12, presented by Bianco Tours.** This day trip is \$115. Please visit the website for full details.
- ◆ **Boston, Sep. 22—27, presented by Bianco Tours.** Single \$2,164, Double \$1,699, Triple \$1,640. Please visit our website for full details.
- ◆ **Heaven & Hell, Oct. 10, presented by Bianco Tours.** This day trip costs \$98. Please visit the website for full details.





Frenchtown Center Link

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Standard

U. S. Postage Paid

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



Commission on Aging



Current Resident



NO FRAGRANCE ZONE
Due to Allergies and Sensitivities to Fragrances in perfumes, colognes, scented candles and many cleaning products.

- ◆ **Movie Monday (*The Apartment*) April 1, 2024 @ 1:00 p.m.**
- ◆ **Library will be here on Wednesday, April 3, 2024 @ 10:00 a.m.**
- ◆ **In The Know, Monday, April 8, 2024, *Elder Law* @ 12:30 p.m.**
- ◆ **FUN NIGHT MEAL & Entertainment—Tuesday, April 9, 2024 @ 4:30 p.m.**
- ◆ **Kelly Duffy—LMT April 11 & 25 Thursdays 9:00 a.m.—12:00 p.m.**
- ◆ **Board Meeting—Thursday, April 18, 2024 @ 10:00 a.m.**



- ◆ **Blood Pressure Thursday, April 18, 2024 @ 11:45 a.m.**
- ◆ **Brain Aerobics—Beginning April 22, 2024 @ 1:00 p.m. **NEW** (See page 7 for details)**
- ◆ **Volunteer Appreciation Week—April 21-27, 2024**
- ◆ **Pub Trivia will be on Wednesday, April 24, 2024 @ 1:00 p.m.**
- ◆ **Rummage Sale will be May 14—16, 2024. Donations are being accepted**
(Please No large appliances or furniture)
- ◆ **2024 Mackinac Island dates are set—September 22—25, 2024**



ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING