



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 2025

In This Issue:

Board of Directors / Staff	2
April Activities	3
April Lunch Menu	4
Director's Corner	5
April Fool's Day	6
Focus on Fitness	7
Thank You's	8
Rest In Peace	8
Birthday Wishes	8
New Members	9
Health Mobile	9
Library in Motion	9
Tuesday Fun Meal	9
May Rummage Sale	10
Book Club	11
Medicare Weight Program	12
Move More Month/Walk-Fit	13
Easter Basket Raffle	14
Brain Games	15
Lunch Made Easy	16
Little Humor	17
Travel	18-19
At A Glance	20

Volunteer Appreciation Month

April recognizes all those who give their time and energy during National Volunteer Month. We have the most amazing and dedicated volunteers and sincerely appreciate you and give you a **HUGE THANK YOU!**

"You can get everything in life you want if you will just help enough other people get what they want." — ...



"The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others." -
DeAnn Hollis.

HAPPY EASTER

"May your Easter basket be filled with joy, happiness, and peace this season and always"





FRENCHTOWN CENTER LINK

2786 Vivian Road, Monroe, MI 48162

Phone: (734) 243-6210

e-mail: seniors@frenchtownsenior.com

2025 BOARD OF DIRECTORS

Darla Myers—Chairman
 Dianne Beaudrie—Vice Chairman
 Thomas Peckham—Treasurer
 Mary Ann Mack—Secretary
 Charles Mushing—Member at Large
 Jean Guyor
 John Bocks
 Rick Brown
 James Osment Jr
 James Smith
 Daniel Van Wasshenova
 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 109
 Kathleen McBee—Accountant/ Ext 105
 Lisa Ghigliazza—Program Coordinator Ext 103
 Christine Pidruzny—Office Manager / Ext 104
 Patricia Smith—Administrative Assistant / Ext 108
 Mark West—Building Attendant

Kitchen Staff

Kim Maracle—Head Cook/ Ext 106
 Paula DeHart—Assistant Cook
 Rita Stout-Andrews—Kitchen Aid

Adult Day Service Staff

Jean Siemik—Program Director/ Ext 107
 Pam Handegan—Adult Day Staff
 Doreen Sager—Adult Day Staff

Activities & Services for Monroe County Older Adults at Frenchtown Center for Active Adults

Balance & Stability
 Bingo
 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

Men's &
 Women's
 Pool
 League



Mobile Health Unit
 Movie Mondays
 Newsletter
 Nine Ball Pool League
 Noon Lunches
 Notary Services
 Open Pool
 Painting Programs
 Pickle Ball
 Ping Pong
 Progressive Bridge
 Pub Trivia
 Quilting
 Rock Painting
 Rummage Sales
 Seasonal Tax Services
 Sewing Group
 Tuesday Fun Night
 (2nd Tuesday)
 Thursday Breakfast
 Travel
 Walk-Fit
 Watercolor Class
 Workshops



This institution is an equal opportunity provider.

Commission on Aging Disclaimer Statement

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

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



Mon	Tue	Wed	Thu	Fri
April 2025				
 <p>"May your April Fool's Day be filled with harmless pranks, funny jokes, and lots of laughs!"</p>	<p>1</p> <p>8:00 Cardio Drumming 9:00 Cardio Drumming 9:00 Bridge 10:00 Walk Fit 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:00 8-Ball Singles Pool 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exer w/Jackie</p>	<p>2</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Domino Mexican Train 10:00 9-Ball League 10:00 Chair Yoga 10:30 Acrylics & Beyond 11:00 Balance & Stability 12:30 Paint w/Friends 1:00 Happy Hookers</p>	<p>3</p> <p>8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Bridge 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 8-Ball League 1:00 LCR 1:00 Enhanced Exer w/Jackie</p>	<p>4</p> <p>9:00 Mahjong 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo</p>
<p>7</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chicks w/Sticks 10:00 Chair Yoga 11:00 Balance & Stability</p>	<p>8</p> <p>8:00 Cardio Drumming 9:00 Bridge 9:00 Cardio Drumming 9:00 Mobile Health Unit 10:00 Walk Fit 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:00 8-Ball Singles Pool 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exer w/Jackie 4:30 Fun Night Meal</p>	<p>9</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Library In Motion 10:00 9-Ball League 10:00 Chair Yoga 10:30 Acrylics & Beyond 11:00 Balance & Stability 12:30 Paint w/Friends 1:00 Happy Hookers</p>	<p>10</p> <p>8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Bridge 10:00 Massage Therapy 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:00 Quilters Guild 1:00 8-Ball League 1:00 LCR 1:00 Enhanced Exer w/Jackie</p>	<p>11</p> <p>10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo</p>
<p>14</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chicks w/Sticks 10:00 Chair Yoga 11:00 Balance & Stability 1:00 Caregiver Mtg 1:00 Brain Aerobics</p>	<p>15</p> <p>8:00 Cardio Drumming 9:00 Bridge 9:00 Cardio Drumming 10:00 Walk Fit 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:00 8-Ball Singles Pool 12:30 Color Social 1:00 Travel Meeting 1:00 Bunco 1:00 Enhanced Exer w/Jackie</p>	<p>16</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Domino Mexican Train 10:00 9-Ball League 10:00 Chair Yoga 10:30 Acrylics & Beyond 11:00 Balance & Stability 12:30 Paint w/Friends 1:00 Happy Hookers 1:00 WWWW</p>	<p>17</p> <p>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 1:00 8-Ball League 1:00 LCR 1:00 Enhanced Exer w/Jackie 1:00 Card Making Class</p>	<p>18</p> <p style="text-align: center; color: red;">Good Friday</p> <p style="text-align: center; color: red;">Center Closed</p>
<p>21</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chicks w/Sticks 10:00 Chair Yoga 11:00 Balance & Stability</p>	<p>22</p> <p>8:00 Cardio Drumming 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:00 8-Ball Singles Pool 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exer w/Jackie</p>	<p>23</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 9-Ball League 10:00 Chair Yoga 10:30 Acrylics & Beyond 11:00 Balance & Stability 12:30 Paint w/Friends 1:00 Happy Hookers</p>	<p>24</p> <p>8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Bridge 10:00 Massage Therapy 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 8-Ball League 1:00 LCR 1:00 Enhanced Exer w/Jackie</p>	<p>25</p> <p>9:00 Monroe Sewing Club 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo</p>
<p>28</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 11:00 Balance & Stability 1:00 Brain Aerobics</p>	<p>29</p> <p>8:00 Cardio Drumming 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:00 8-Ball Singles Pool 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exer w/Jackie</p>	<p>30</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 9-Ball League 10:00 Chair Yoga 10:30 Acrylics & Beyond 11:00 Balance & Stability 12:30 Paint w/Friends 1:00 Happy Hookers</p>		



**** 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

April 2025

	1 Hard Taco's w/ Chips & Salad	2 Baked Chicken Leg Mashed Potatoes & Corn	3 Pizza w/Salad	4 Fish Sticks w/ Tater Tots
7 Sweet & Sour Chicken	8 K-Mart Sub	9 Turkey Sandwich w/Side	10 Tostada	11 Meatless Mostaccioli w/Bread
14 Chef Salad	15 Chicken Cordon Bleu Sliders	16 Soppy Joe	17 Bean & Ham Soup w/1/2 Ham Sandwich	
21 Loaded Nacho's	22 Scoop of Chicken Salad w/Side	23 Betty Salad	24 Sausage Potatoes & Carrots	25 Egg Salad Sandwich w/Side
28 Big Mac	29 Chicken Broccoli & Cheese Casserole	30 Chicken Mashed Potato Corn Bowl		

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. Please indicate Dining IN or OUT.**

**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 3rd French Toast
- April 10th Bagel w/Scrambled Eggs &
Sausage
- April 17th Biscuits & Gravy
- April 24th Pancakes



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.**



Activity

Does anybody else seem to think we are busier than ever? Maybe it's the line of folks I noticed in the lobby waiting to pay for lunch. Could it be the need to push the tables back in the dining room to give folks space to exercise? Maybe being told we need to limit the number of folks in the Geri-Fit class because there isn't enough space. Or could it be that having been told folks can't find parking, so they leave? In reality, I only need to turn to page 9 and look at the new members to answer that question for myself.

The Adult Day Service program has also witnessed a resurgence in participants. Hopefully, our message has reached more caregivers about the great resources they have for respite.

With spring right around the corner, it is time to start thinking about those outdoor activities. We have sizeable groups for both pickleball and bocce ball. I just want to remind folks that there is also a corn hole court back in the park, so if you are interested in starting something, let us know.

Events

Like many of our other events, the Jiggs dinner was a huge success. With over 65 folks in attendance, it was another record-breaking event. Each year, it attracts more folks. Lisa Cooley, our previous program coordinator, suggested we try it, and since St. Patrick's Day fell on that Sunday in March of 2019, I figured why not? Our inaugural Jiggs Dinner had 31 members and one non-member purchase tickets. For this year's dinner, 58 members and eight nonmembers purchased tickets. Our member price of \$10 for dinner hasn't changed even though we all know food prices have increased during the past 6 years.

While we all appreciate the immense response to our events, please consider signing up early. We usually post announcements on the front desk and put something in our newsletter, on the website, and on Facebook, which provides ample opportunity to sign up. We understand some folks may not want to commit to something a month in advance, but our cutoff date is typically a week prior. All we ask is that you remember the cutoff date is there for a reason, generally to purchase necessities for the event and planning.

Events (cont.)

So please don't get upset with staff if after the cutoff date they refuse to sell you a ticket or put you on the sign-up sheet.

Car Show

The 2nd Annual Car Show will take place on Saturday, July 12th, from 11:00 – 3:00, with vehicle registration starting at 10:00. Any car or truck is welcome, and there is only a \$10 registration fee. All proceeds will benefit the Adult Day Service program. We are also hosting a craft show that day. Vendors for the event are slowly trickling in for the show. Please don't hesitate to let everyone know we have inside and outside space available. Inside space is \$20, and the outside cost depends on the space size you need. We will have raffles, food, and beverages available. Last year, we had 70 vehicles, and this year, we know there will be more. We are also looking forward to *Smokey and the Bandit* tribute cars. And a possible visit by Sheriff Buford T. Justice.

Grant Improvements

Things are progressing very nicely. With the roof project complete, it's nice not to have leaks in a few rooms, and that pesky seam leak between the original building and the addition is not plaguing the Adult Day Service area anymore.

The next major project to be completed is the building generator. We have word from the contractor that the generator has shipped, so it should only be a matter of time before they complete the installation. With spring storms quickly approaching, it may arrive just in time.

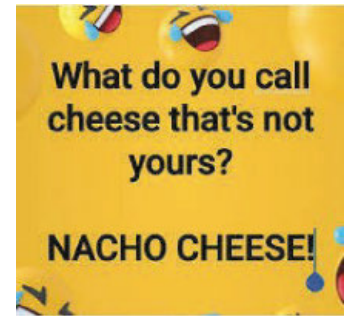
While the flooring project has moved out of the most used areas, there is still more to finish. Kathleen's office, for those familiar with Joe Hess's old office and the kitchen area. Joe's old office will eventually be converted to an exercise room with equipment designed for mobility-challenged folks. Since Joe retired, the room has served as our storage area. Even when the flooring in that room is replaced, we need to resolve the storage problem before we can order any exercise equipment. Hopefully we will get the storage issue taken care of in a timely manner.

Enjoy your Easter!



What are the origins of April Fools' Day?

The story goes back to the 1500s in France when the Julian calendar (established by Julius Caesar) was replaced with the Gregorian calendar (introduced by Pope Gregory XIII and still used in most parts of the world). In the old Julian calendar, the new year began on April 1, but with the new Gregorian calendar, the new year was set to begin on January 1.



News did not always travel fast in those days so not everyone got the word that the start of the New Year changed to January 1. They kept celebrating it on April 1, and they were widely mocked as April Fools.

How did this turn into a day of practical jokes?



The practice of telling April Fools' jokes spread rapidly, and it has continued over the last 500 years or so. These jokes work best on people who have not been paying attention to the calendar. Playing a joke on someone, you want to get to them early in the morning before they realize what day it is.



Right at Home
 In Home Care & Assistance
 Companionship Care and Homemaking
 Physical Assistance • Hygiene, Wellness • Respite Care
 Health & Medication Reminders
 Alzheimer's & Dementia Care Services
 Non-Medical Home Care
734-240-4974
 Approved Veteran Homecare Provider Honoring the Veterans We Serve

Your Community Pride Bus
 734.242.6766 Call for your ride today!
 lakeerietransit.com
 FOLLOW US!

visionary eyecare of monroe
 Kylee Kleppinger, O.D.
 Tia Tucker, O.D.
 1218 S. Telegraph Rd. • Monroe, MI 48161
 (734) 243-0370
Accepting new patients

SIEB
 Plumbing • Heating
 Air Conditioning
734-241-8898

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

 • Maybee • Trenton
 • Rockwood • Monroe
martensons.com

DEAF COMMUNITY ADVOCACY NETWORK
Services for Deaf, DeafBlind, and Hard of Hearing Senior Citizens
 When you receive services from the Deaf Community Advocacy Network (DEAF C.A.N.!) you will be in good hands with someone from our Case Management team.
 Our Case Managers work to assess, advocate, and help plan services around your medical and non-medical needs.
 Please contact us if you have any concerns or questions
 Email: deafcan@deafcan.org
 Videophone: 248-209-6437 • Voice: 248-332-3331

Monroe County's Preferred Choice
Merkle Funeral Service
 Now In Partnership with
Covenant Cremation
 With Our On-Site Crematory
 Your Loved One Never Leaves Our Care

 merklefs,inc merklefs.com 734-384-5185



Focus on Fitness

Each month we will feature a different member of Frenchtown Center for Active Adults to discuss their fitness journey with us. So, watch this space for your monthly fitness inspiration. If you would like to be featured in future newsletter edition, please see Lisa.



This month's conversation was with Beverly Quentin who's been a member since 2024.

- 1. What fitness classes here at Frenchtown do you participate in?** Beverly participates in our Walk Fit, Fun Fit, and Cardio Drumming classes.
- 2. What made you decide to come to Frenchtown for fitness?** I was just sitting home bored after I retired then my cousin Beverly Hatfield told me about the classes here and about the lunch. So, I decided to come up and try it.
- 3. What improvements have you seen in yourself since starting our fitness programs?** My mental health has improved and my stamina has increased.

Mullins Elder Law PLLC



Call Tina M. Mullins, Atty
Downtown Monroe

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

Helping Families of all Ages, Preserve Dignity and Wealth

BACARELLA FUNERAL HOME

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

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

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Terry Sweeney

tsweeney@lpicommunities.com

(800) 477-4574 x6407



Butterfly Cremation Garden

Featuring a beautiful new selection of benches, boulders,
and memorial tablets for cremation remembrance.

Roselawn
MEMORIAL PARK

13200 S. Dixie Hwy., LaSalle, MI 48145
734-242-2475



Seacrest Rehab & Nursing

1215 N Telegraph Rd
734-242-4848

www.seacresthc.com

Please call and speak to our Admissions Department.



May they rest in peace



John S Morris

Karen L Smeltzer

THANK YOU!
thank you!

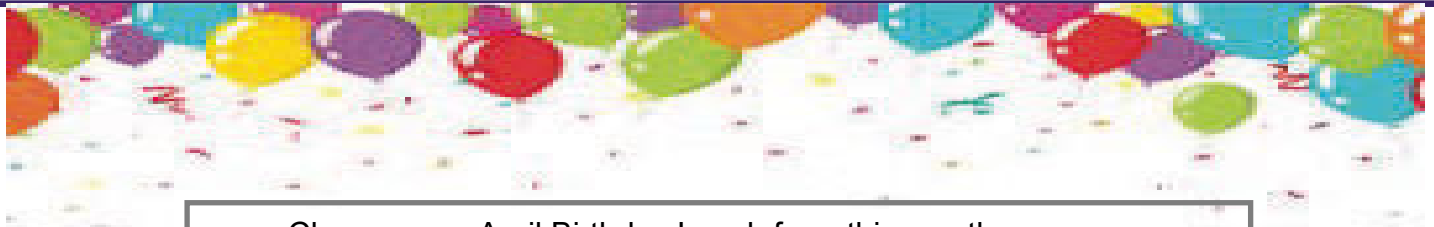
Linda Gagne—prize donations

Rick Lindsay—donation for Adult Day Services Program

Troy E Maiden - THANK YOU for volunteering your time singing to our Adult Day Care clients.

AND TO ALL the Center's Volunteers - Thank You So Much!

To the anonymous individual who sent the beautiful roses to “All the Girls At the Frenchtown Center” on Valentines Day—we THANK YOU!!!!!!



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

Susan A Anspaugh
Diane M Becker
Verma A Boss
Patricia Ann Brazill
Mary Ann Broadbridge
Linda L Bross
Dawn M Brown
Rebecca Burkett
Robin G Carrabino
Christina M Cvengros
Rick E Didario
Barbara R DiFiore
Carol J Donnelly
Gladys L Drummonds
Marian Duvall
Judy A Fowler
Josephine N Gaglio
Linda M Gagne
Teresa A Gibala
Jan L Gill

Patricia "Pat" A Green
Barb J Griffith
Deborah A Guyor
Greg A Guyor
Carlene Hamilton
Jim M Hammer
Elicia M Hodson
Kay A Hollister
George Hoppert
Kathleen A Jondro
Rosalyn A Kern
Barbara Kinne
Philip K Knight
Dan L Koenemann
Michaelene A Kowalczik
Antoinette Kuzich
Marilyn C Laboe
Chuck Leibenguth
Francine Leonard
Shelle G Lieto

Peggy M Manor
Donald J Marchese
Marjorie Martin
Lisa Rae McGrath
Mary T Miller
Nancy S Miller
Jon R Moore
Roger D Morgan
Margaret C Nelles
Alan E Notario
Lynn M Owens
Ruth Ann Peters
Beverly J Pierce
Wanda S Ray
Dolores A Robideau
Rusty Russ
Seth S Russell
James "Jim" E Satkowski
Timothy D Schaefer

Cathie Schultz
Carolyn Anne Spillson
Anthony J Spina
Mary A Stiehl
Charlene M Stoddard
Edward Straub
Joyce M Szymanski
Kathy A Taylor
Deanna M Thoma
Dorothy Jane Vallade
Robert E Vallade
Candace L VanGordon
Judith M Vanisacker
Jacqueline M Walock
Jennifer L Watterworth
Debra Y Yoas
Ardieth C Zawacki



Chuck A Bartus

New Members



Linda Baxter

Pamela Diulio

Denise D Jones

Daniel H Belanger

Nancy Eighmey

Janeen M Jones

Susan M Malnar

Karen A Belanger

Jan L Gill

Debra J. Knight

Mary E Markgraff

Julie L Benore

Larry A Hammermaster Sr.

Philip N. Knight

Robert C Morley

Renee Brow

Glen D Hoffman

Charles Leibenguth

Suzette L Morley

Amanda Bruck

Janet M Hoffman

Sue Leibenguth

William C Parker

Myrtle E Bruck

Nancy A Hoffman

Doug A. Looney

Dianna M Redman

Debbie L Clark

Steven G Hoffman

Tina M Leiter

Glen E Wickenheiser

Jeffrey David Johnson

WAITLIST as of March 10, 2025

FIRST COME FIRST SERVE

Grand Mackinac Island Trip

October 14—17, 2025

4days/3 Night stay Grand Hotel



Cost per person	
Room Double	\$1,325.00
Room-Triple	\$1,230.00
Room Single	\$1,580.00

Deposit required on sign up — \$425.00
30 people are required to have the total \$425.00 paid by June 13 or the trip will be cancelled
Final Payment Due September 3, 2025

For more Details Call Chrissy @ 734-243-6210 ext. 104



Mobile Unit Services

- Health screening
- Dental screening by special request
- Vision screening
- Preventative education



Tuesday, April 8th
9:00 a.m. – 11:00 a.m.

We are on the road
bringing FMC Services to
our community



Visit Our Website:
www.familymedicalmi.org

734-654-2169 Monroe County
517-263-1800 Lenawee County

FRENCHTOWN CENTER
Library in Motion will return
Wednesday, April 9, 2025

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 8, 2025
4:30 p.m.—6:30 p.m.

Come Join Us for Some Food and
Fun!!!

Members ONLY \$1.00

NON-MEMBERS \$3.00





RUMMAGE SALE



May 13—14, 2025

Tuesday—May 13th 8:30 am—3:30 pm

Wednesday—May 14th 8:30 am—3:30 pm

Thursday—May 15 8:30—3:30 pm

Friday—May 16 8:30 am—Noon

Beginning **April 1st**, we will be accepting donations for assorted household items and clothing, including working small appliances, laptops, tablets—anything small.



NO Books or Magazines.



NO LARGE APPLIANCES



GROULX
BUICK • GMC

15435 S Dixie Hwy | Monroe
groulxgmc.com | 734-241-3704



 **Saint Theresse**
IHM SENIOR LIVING

SCAN TO LEARN MORE!



Contact Us To Learn More or Take a Tour!

734.240.8230

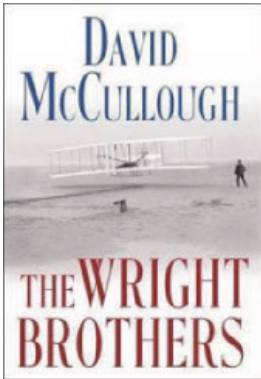
ihmslc.org

WE OFFER: Independent Living | Assisted Living
Memory Care | Short Term Rehabilitation | Skilled Nursing



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

15-0719



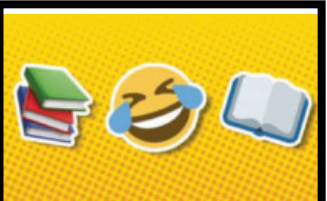
April Book Club

Friday, April 18, 10:00am

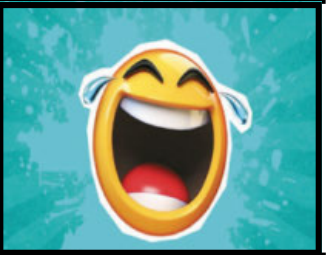
The Wright Brothers

By David McCullough

On a winter day in 1903, in the Outer Banks of North Carolina, two unknown brothers from Ohio changed history. But it would take the world some time to believe what had happened: the age of flight had begun, with the first heavier-than-air, powered machine carrying a pilot. Who were these men and how was it that they achieved what they did? In this thrilling book, master historian David McCullough draws on the immense riches of the Wright Papers, including private diaries, notebooks, scrapbooks, and more than a thousand letters from private family correspondence to tell the human side of the Wright Brothers' story, including the little-known contributions of their sister, Katharine, without whom things might well have gone differently for them.



When is a green book not green?
When it's red.



Have you heard the one about a chemist who was reading a book about helium?

He couldn't put it down!



ALICE LORRAINE CARE CENTER

Monroe's Premier Assisted Living Facility
Serving the Community for 30+ Years

• www.alccmonroe.com •

2590 N. Monroe Street • Monroe, MI 48162
(734) 243-4000

Email: info@alccmonroe.com

ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

To advertise here visit lpicommunities.com/adcreator

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicommunities.com



Scan to contact us!





FREE MEDICARE WEIGHT LOSS PROGRAM

Dietitian-led program for those with a BMI (body mass index) greater than/equal to 30 and Medicare Part B.

Up to 22 visits with dietitian in one year.

You'll need a referral from your physician.

They can fax it to 734-240-1892, provide you with a paper referral or complete an electronic order if they are a ProMedica-affiliated provider.

Questions call Diabetes Education and Nutrition Services

734-240-1813 (Monday-Thursday 8am – 4:30pm)



Move More Month



Move more month is a wellness campaign in April that includes National Walking Day, which is always on the first Wednesday of the month. The American Heart Association (AHA) sponsors both events

to encourage people to be more active.

Suggestions are to take a 30-minute walk during your workday; wear your sneakers to work; join or start a group walk: and walk your dog.

The AHA says that physical activity can help you:

- Manage stress
- Improve your heart health
- Benefit your body and mind
- Create a healthy lifestyle
- Improve your sleep

The Center has many exercise programs:

Balance & Stability	Chair Yoga
Brain Aerobics	Cardio Drumming
Enhanced Exercise	Fun Fit w/Cheryl
Geri-Fit	Walk Fit

Additional tips

- Build social connections
- Warm up and cool down before and after walking
- Find the right sneakers for your workout
- Break down barriers to fitness

Walk Fit Class - Tuesdays and Fridays, 10:00 a.m. - 11:00 a.m.

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. 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.





Easter Basket Raffle

Tickets \$1.00 OR 6 FOR \$5.00

Proceeds Benefit the Center.

Drawing Wednesday, April 16, 12:00pm.

We are looking for item donations to fill it up. Some items we are including: a gift certificate for a HAM, a pickleball set, certificates for a **COMPLIMENTARY LUNCH, ONE YEAR MEMBERSHIP** and lots of goodies and more. We appreciate everything you do!



6 Baskets—A Dollar (\$1.00) Ticket gives you 6 Chances to WIN.

Brain Aerobics - Exercises for our BRAINS

2nd & 4th Mondays @ 1:00 P.M.

Join us for this fun and beneficial class. We'll learn some **educational information** and play some **fun games**.

Brain Games

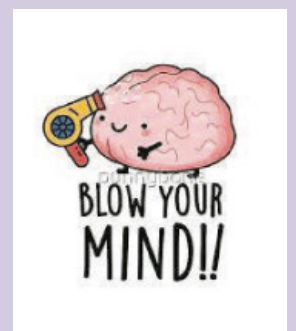
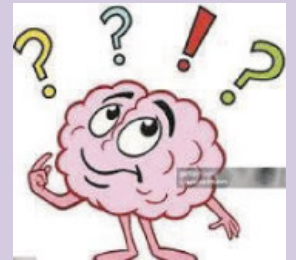


Exercising the brain helps to **improve brain function** and boost connectivity between the different areas in the brain. It helps protect the brain from age-related degeneration. Developing brain health habits is a key way to keep your brain healthy. This includes following safety measures and keeping your brain active and engaged. 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.

Led by Pat Smith

Here are some riddles for you. Bring you answers to the next Brain Game Session Monday, April 14th, for a chance to win a **COMPLIMENTARY LUNCH!**

1. What kind of room has no doors or windows?
2. What do Alexander The Great and Winnie The Pooh have in common?
3. What does a house wear?
4. I'm a murderer, full of fiber. Who am I?
5. I travel all around the world but never leave the corner. What am I?
6. I have a neck but no head, and I wear a cap. What am I?
7. What can make the octopus laugh?
8. I have a face and two hands but no arms or legs. What am I?
9. I give milk and I have a horn, but I'm not a cow. What am I?
10. Where would you take a sick boat?
11. What starts with M, ends with X, and has a never-ending amount of letters?
12. Why did the skeleton not go to the party?
13. I get wetter, the more I dry. What am I?
14. I'm a word in the dictionary which is always spelt incorrectly. What am I?
15. I spend all the time on the floor but never get dirty. What am I?
16. I go up and down but never move. What am I?
17. I start with an E, end with an E and only have one letter in me. What am I?
18. I'm the world's laziest mountain in the world. Who am I?
19. I'm a fruit, a person and a bird. Who am I?
20. I'm orange and sound like a parrot. What am I?



We hope you will join us. This group has a great time. We work our brains and laugh a lot!

Lunch Made Easy



1. The Direct Line to place a lunch order is **734-636-9477**.
2. Cost \$3.00 members, 2nd lunch ordered is \$5.00 regardless of age.(1 extra limit)
3. Only 1 Betty Salad per member.
4. \$5.00 non- members and \$4.00 for members under 60 years of age.
5. Due to the high volume of CALL-IN LUNCH ORDERS, we are unable to return calls.
6. Specify First and Last name along with Dine-In or Carry-Out (no specification, it will automatically be created as a To-Go).
7. Must order by 1:00 p.m. the previous day.
8. Monday lunch, call by 1:00 p.m. the Friday before.
9. No add On's the day of.
10. Failure to cancel before 12:30 p.m., OR we do not sell due to a no-show, payment is expected at your next visit.
11. It is acceptable to leave a message with staff the day of if you are going to be late or need to cancel.
12. No switch from a dine-in to carry-out or carry-out to dine-in on the day of.

CARRY-OUT LUNCH

1. Carry out lunches are available for pick-up at 11:30 a.m.

Dine-In

1. Dine-In Lunch is served PROMPTLY at 12:00PM/Noon
2. Pay at front desk and bring you slip to the Dining Room.

Frenchtown Center for Active Adults

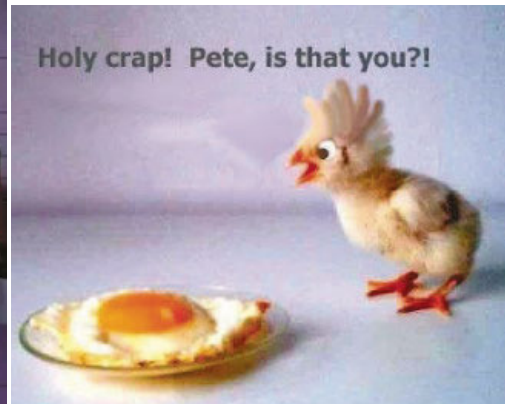
CAR SHOW

Saturday, July 12, 2025

11:00 AM — 3:00 PM



Proceeds Benefit
the Adult Day
Service program



In High School I was so excited to become a senior. I'm not too excited now!



Remember when we used to jump out the swing mid air... I miss them knees



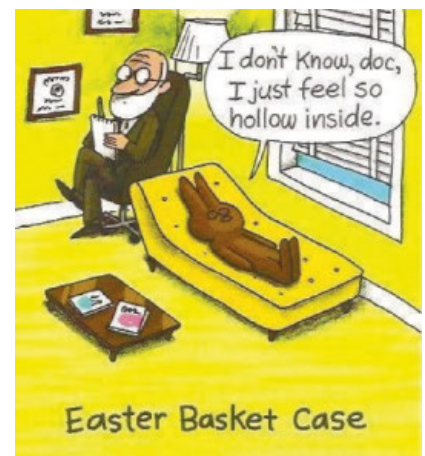
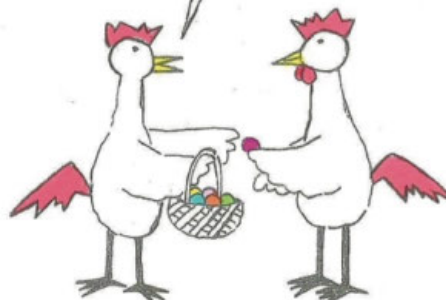
Whenever my wife uses the phrase:

"I Was Thinking."



That means I have to move, build, paint, or buy something.

CLOSE YOUR EYES AND I'LL HIDE THE KIDS AGAIN.



Easter Basket Case

***** 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. *****

- ◆ **Sedona's Red Rocks & The Grand Canyon, Apr. 27– May 2, presented by Mayflower Cruises & Tours.** Prices start at \$3,149 for a double and includes round trip airfare.
- ◆ **Vera Bradley Outlet Annual Sale, Apr. 30 - May 1, presented by Bianco Tours.** Single \$506, Double \$420, Triple \$392.
- ◆ **The Purple Rose, "My Mother and the Michigan/Ohio War," and lunch at Webers, May 1, presented by Bianco Tours.** The cost for this day trip is \$146.
- ◆ **Holland Tulip time, May 6, presented by Bianco Tours.** The cost for this day trip is \$146.
- ◆ **Pride of Poland, May 13 - 22, presented by Mayflower Cruises & Tours.** Prices start at \$3,899 for a double.
- ◆ **Inside Detroit, May 21, presented by Bianco Tours.** The cost for this day trip is \$130.
- ◆ **Meadow Brook Theatre, "Sheer Madness," and lunch at Alfoccino, June 4, presented by Bianco Tours.** The cost for this day trip is \$137.
- ◆ **California Rail Discovery, June 4 - 10, presented by Premier World Discovery.** Single \$3725, Double \$3625, and includes round trip airfare.
- ◆ **Firekeepers Casino, June 18, presented by Bianco Tours.** The cost for this day trip is \$58.
- ◆ **Alaskan Cruising, July 8 - July 20, presented by Mayflower Cruises and Tours.** Prices start at \$5,539.
- ◆ **Bay City Tour and Cruise, July 11, presented by Bianco Tours.** The cost for this day trip is \$126.
- ◆ **Beaches, Beacons & Barns, July 16-17, presented by Bianco Tours.** Single \$619, Double \$515, Triple \$481.
- ◆ **40 Days & Nights Ark Encounter & Concerts, July 29-Aug. 1, presented by Ed & Ted's.** Single \$1499, Double \$1169, Triple \$1049.
- ◆ **South Bend Summer, Aug 7-8, presented by Bianco Tours.** Single \$705, Double \$602, Triple \$568. Please visit our website for full details.
- ◆ **Cape Cod & the Islands, Aug. 9 - 15, presented by Premier World Discovery.** Single \$3,575, Double \$3475, and includes round trip airfare.
- ◆ **Huron Lady II, Aug. 12, presented by Bianco Tours.** The cost for this day trip is \$112.



Frenchtown Voyagers Travel Meeting Tuesday, June 17, 2025 at 1:00pm
For more information, call Lisa Ghigliazza 734-243-6217.

You can **find the latest travel information on our website**, www.frenchtownsenior.com, our Facebook page, and in the newsletter.

- ◆ **Wisconsin's Best - Green Bay/Milwaukee, Aug. 25—30, presented by Ed & Ted's.** Single \$2,299, Double \$1,899, Triple \$1,699.
- ◆ **Washington, DC, Sept. 8-12, presented by Bianco Tours.** Single \$1,847, Double \$1,403, Triple \$1,254.
- ◆ **Harvest Adventure, Sept. 18, presented by Bianco Tours.** The cost for this day trip is \$110.
- ◆ **Untouchable Chicago, Sept. 19 –21, presented by Bianco Tours.** Single \$1,285, Double \$1,032, Triple \$971.
- ◆ **New England & Canada Autumn Cruising, Sept. 27 - Oct. 5, presented by Mayflower Cruises & Tours.** Prices start at \$3,489 & includes round trip airfare. Visit our website for full details.
- ◆ **Yosemite, Sept. 29—Oct. 3, presented by Bianco Tours.** Single \$1,861, Double \$1,513, Triple \$1,404.
- ◆ **Albuquerque Balloon Fiesta, Oct. 3 - 8, presented by Premier World Discovery.** Single \$3,625, Double \$3,525, & includes round trip airfare.
- ◆ **Cruising Ecuador's Galapagos Islands, Oct. 14 - 21, presented by Mayflower Cruises & Tours.** Prices start at \$5,694.
- ◆ **Nashville & Memphis, Oct. 16—21, presented by Bianco Tours.** Single \$3,224, Double \$2,607, Triple \$2,425.
- ◆ **Haunted Happenings, Oct. 31-Nov. 1, presented by Bianco Tours.** Single \$525, Double \$450, Triple \$426.
- ◆ **National Parks & Canyons of the Southwest, Nov. 2 - 7, presented by Premier World Discovery.** Single \$2,875, Double \$2,775, and include round trip airfare.
- ◆ **The Parade Company, Nov. 13, presented by Bianco Tours.** The cost for this day trip is \$115.
- ◆ **Christmas Markets Cruise on the Romantic Rhine, Nov. 29 - Dec. 7, presented by Mayflower Cruises & Tours.** Prices start at \$3,715 and include round trip airfare.
- ◆ **Holiday Church Tour, Dec. 4, presented by Bianco Tours.** The cost for this day trip is \$110.

- *"Travel brings power and love back into your life." —Rumi Jalalud-Din*
- *"The world is a book and those who do not travel read only one page." —St. Augustine*
- *"The journey of a thousand miles begins with a single step." —Lao Tzu*



Frenchtown Center Link

Presorted
Standard
U. S. Postage Paid
Monroe, MI 48162
Permit 557

A Non-Profit Organization
2786 Vivian Road
Monroe, MI 48162
A Monthly Publication
Dated Material, Please don't delay



Commission on Aging



Current Resident



FUN NIGHT MEAL & Entertainment—Tuesday, April 8th @ 4:30 p.m.

Library will be here on Wednesday, April 9th @ 10:00 a.m.

Caregiver's Meeting will be once a month on the second Monday. The next meeting is April 14th @ 1:00 p.m.

NO Pub Trivia in April

Board Meeting—Thursday, April 17th @ 10:00 a.m.

The Center will be closed Friday, April 18th—Have a wonderful Easter week-end with your family.

NO Walk Fit on Tuesday, April 22nd and Tuesday, April 29th

Rummage Sale, May 13—14, accepting donations beginning April 1, 2025