



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.



MARCH 2024

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Grand Hotel/Mackinac Island Trip

4days/3 Night stay Grand Hotel

September 22—25, 2024

Sign Up Now!!

Cost per person	
Room Double	\$1,273.00
Room Triple	\$1,247.00
Room Single	\$1,547.00

Deposit required on sign up — \$425.00
 30 people are required to have the total \$425.00 paid by August 1st or the trip will be cancelled
 Final Payment Due August 15, 2024

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

Rummage Sale - May 14 to 17, 2024
Donations will be accepted
first week of April
Please NO books, large
or heavy items. Thank you!

Frenchtown Center for Active Adults

Jiggs Dinner
 Saturday, March 16, 2024
 12:00pm—3:00pm

Tickets:
\$10.00 Member
\$15.00 Non-Member

*Please signup before Friday, March 8, 2024

If there is a lack of interest the event will be cancelled





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
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
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	
 March 2024								1 9:00 Fun Fit Party w/ Cheryl 9:00 Mahjong 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo	
4 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 1:00 Movie (The Counterfeit)		5 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		6 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		7 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		8 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	
11 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 12:30 In The Know St. Joseph—Funeral Pre-Planning		12 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)		13 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		14 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		15 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	
18 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 1:00 Sewing Group		19 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		20 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.W group 1:00 Happy Hookers		21 8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Progressive 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		22 9:00 Fun Fit Party w/ Cheryl 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo	
25 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks		26 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		27 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		28 8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Progressive 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		29 Good Friday Center Closed	

**** 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.

		March 2024			1 Tuna Casserole with pea's
4 Turkey and Stuffing Casserole	5 Chicken Quesadilla	6 Open Face Pork Sandwich with Mashed Potatoes	7 Loaded Nacho's	8 Vegetable Stir Fry	
11 BBQ Pulled Pork Sandwich with Side	12 Southwest Chicken Salad	13 Chopped Sirloin with Mashed Potatoes	14 Kmart Sub	15 Egg Sandwich	
18 Pizza Sub	19 Hard Taco's	20 Chef Salad	21 Sloppy Joe with Side	22 Meatless Spaghetti	
25 Fried Bologna and Cheese Sandwich	26 Tostada	27 Betty Salad	28 Loaded Potato with Salad	29 Good Friday Center Closed	



**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.**

March 7th—SOS

March 14th—Breakfast Skillet

March 21st Pancakes

March 28th—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.**



I was robbed of my white Christmas, and then I kept thinking, man, this month "January" seems so unusually gloomy. Many of you probably felt the same way and just figured it was another typical January. This is Michigan, so it is no surprise, right? ... Wrong!! There was nothing typical about this past January. In Detroit, there were no clear days in January, seven partly sunny days, and 24 entirely cloudy days. The partly sunny days may have had only minutes of sunshine in each day. According to the National Weather Service, we have a total of 290 hours of sunshine possible in January. Since the information said minutes of sunshine each day, let's figure 59 minutes each of those days. If my math is correct, that is less than 3% of sunshine in January. Gloomy was an understatement.

Well, it is the middle of February, and we have already had way more sunshine than all of January. Things are also brighter at the Center. Lisa's recently introduced walk-fit exercise program has attracted many new folks. The bingo/exercise room can only support so many cardio drummers, so starting an 8:00 a.m. class became necessary. I want to thank Jeanna Pierce for all her time and efforts in revamping the cardio drumming routine. People really seem to enjoy it.

In a recent report I had to prepare, I was amazed at the growth your Center has seen in 2023. Kim, Michelle, and Paula have prepared 42% more lunches than in 2022. With the addition of pickleball, bocce ball, and chair yoga with Lisa, combined with the other popular programs, Fun Fit with Cheryl, cardio drumming, Geri-fit with Kathleen, and Enhanced Exercise with Jackie, there was a 240% increase in fitness activities. We also saw a growth in crafting, gaming, and recreation, along with a 30% increase in membership, which keeps Chrissy busy. While the staff continues to do a great job, we need you to keep on a comin.

Many of you have probably witnessed the parking lot as a testament to the growth. It really depends on the day of the month, but generally, Thursday is one of our busiest days, and you might be forced to park on the east side of the building. On the other hand, one day, around 2:30, I was asked if I had sent everyone home. Even the LET driver thought the Center was closed because the parking lot was empty. As a side note, poor Pam had to run out after the bus before they drove away and left a Day Care participant stranded. If Prickle and Goo had been running alongside her, the trio would have been complete. Thank goodness Jean and Doreen are certified in CPR because Pam chasing after the bus was like waiting for the climax in a disaster movie.

As the February tease gave us a taste of what is right around the corner and you start planning well-deserved vacations, look at the travel board and racks. We have a lot of travel opportunities available. There is an assortment of one and two-day trips. You can plan an 11-day overseas cruise or a day trip to the Firekeepers Casino. This year's Center signature trip, The Grand Hotel/Mackinac Island trip, departs on September 22 and returns on the 25th. Given the early season departure, Chrissy is pushing hard, so the trip will probably fill quickly. So hurry on in and get your deposit down before it is sold out.

Remember to keep your eyes on the newsletter or the website for more up-to-date information. Lisa has a host of In the Know seminars and Monday movies, so watch for them. (pun intended). Lisa has also made arrangements for Kelli Duffy, LMT, of Aurora Alchemy and Bodywork in Monroe will be offering 20-minute, fully clothed massages at the Center on Thursdays for only \$30 per session, starting March 7. You will need to call Lisa for more information and to make an appointment. No thanks are necessary, take care Pat.

A handwritten signature in blue ink, appearing to read "Pat Smith".



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

Michael Adams	Jerry Collier	Gerald "Jerry" Goniea	Kay Lindhorst	Gina Reeber
Floyd Adkins	Nancy Colpaert	Shirley Gonzalez	M. June Linton	Cheryl Rivard
Fred Allen	James Conroy	Dianne Goodman	Elizabeth (Liz) Lovell	Cathy Roberts
Belle Alspaugh	Linda Cooley	Ken A Grachek	Linda Luci	Charlotte Roberts
Velda Arnold	Paul Cooley	Lois Graham-Bocks	Kathy Maedel	Lettie Sanders
Eileen Baldock	Julia Copi	Florence Greer	Linda Marietta	Patricia Satterfield
Nancy Bartus	Shirley Cox	David Heilman	Kent Mathews	Cheryl Scaroleta
Pat Bastien	Elaine Culverhouse	Phoebe Heller	Margaret Mathews	Bruce Scaroleta
Gaylord Bayer	John Daly	Alan Hillosky	Robert Mathus	Anne Schwab
Norma Bentley	Millie Daniels	Veronica Hinton	Mary Ann McBee	Sheryl Sieb
Carolyn Bergmooser	Lawrence Detruf	Molly Hunt	Robert McCain, Jr.	Marlyn Smith
Beverly Betts	Danay Dillard	Thomas E Jay	Patsy McDaniel	Lloyd Sorter
Valerie Bezeau	Karen Drouillard	Susan Jewell	Dayton McFarlane	Jane Steed
James "Jim" Bieszki	Kathryn Duvendack	Deborah Jondro	Marsha Metz	Ed Tam
Madeline Blevins	Joann Evans	George Jondro	Matthew Miller	M. Glee Taylor
Mable Bodoh	William Facey	Hedwig Kaufman	Rick Moore	John Timko
Betty Bragg	Harold Felty	Irene Kelly	Barbara Morgan	Sherri Troxler
Michael Brandon	Roxie Ann Ferguson	Mary Ann Ketterman	Rebecca Mullins	Sandy Turner
Peggy Brow	Cheryl Ford	Betty Knapp	John Murphy	Leslie VanEck
Allen Vernon Brown	Glenda Frederick	Theodore Kohler	Renee Navarre	Shirley Washburn
Helen Brown	Sandra Gabriel	Shirlene Krauss	Linda Nelson	Eve Weatherholt
Gail Bruff	Dianna Garrison	Jo Lynn Laderach	Robert Neun	Daniel Weder
Karen Burtle	Mary Ann Gehringer	Julius LaRoy	David Nunez	Helen Wetzel
James Call	Phyllis Gillispie	Patricia "Patty" Lavigne	Mary O'Connell	Denise Witmer
Connie Carroll	Jack Gomez	Diane LeBrun	Frederick Peterson	Dawn Witmer
Beth Ann Choate				



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Better Days With Practical Caregiving Support

A new, online educational platform offered by AgeWays Nonprofit Senior Services (formerly called the Area Agency on Aging 1-B) offers caregivers an easy way to get information and advice online. It's also free!

Trualta's learning modules, on subjects ranging from handling a loved one's resistance to taking medications to managing pressure wounds can be read, listened to or watched. There are resources, articles, checklists, videos, quizzes, and webinars to choose from. There is a chat function so caregivers can learn from each other and support groups.

Trualta has recruited experts for the platform. For example, Teepa Snow, a renowned expert on dementia caregiving, offers her tips for a positive approach to caregiving.

Trualta keeps content up to date and adds new learning opportunities – in Spanish, too – each month.

To use Trualta, the family caregiver and/or the older adult (60 and older) must live in one of the six counties served by AgeWays (Livingston, Macomb, Monroe, Oakland, St. Clair, and Washtenaw).

To sign up, visit ageways.trualta.com. You'll be asked to answer a few eligibility questions and to create a login to enter the platform.

For additional information or questions, call 833-262-2200 or email trualta@ageways.org.

Mullins Elder Law PLLC



Call Tina M. Mullins, Atty
Downtown Monroe

Medicaid / Eligibility / Planning / Application,
Wills and Trust, Guardianship and Conservatorship
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15-0719



Rest In Peace
Betsy A. Stone

Welcome New Members

Patricia L Adams	Antoinette R Kuzich
Bonnie Biniecki	Kathy Maedel
David Bruce	Laura S Matthews
Kathleen M Bruce	Jean McCarty
Michele M Burke	Angela R McKnight
Lucy Clawson	Lisa A McLaughlin
Donna M Crusi	Catherine A Miller
Patricia L Adams	Rick L Moore
Bonnie Biniecki	Kathy Maedel
David Bruce	Laura S Matthews
Kathleen M Bruce	Jean McCarty
Michele M Burke	Angela R McKnight
Lucy Clawson	Lisa A McLaughlin
Donna M Crusi	Catherine A Miller
Lawrence Detruf	Rick L Moore
Sandra Detruf	Tamela Ann Moore
Clarence Ray Dodson	Nina M Ochs
Staci M Dodson	Mary O`Connell
Donna M Easterling	Frank L Rabideau
Barbara Echols	Renata J Rabideau
Cheryl A Ford	Dennis L Ray
Kevin P Ford	Wanda S Ray
Diane M Fore	Gina E Reeber
Bryan D Fowler	Jackie G Rupp
Judy A Fowler	Dinah Russo
Pam Gilbert	Vicky Sacks
Zane Rex Gilbert	Roger "Rick" D Staten
Renée Hamilton	Nancy K Summers
Edwin "Ed" Ross Harwood	Edward "Ed" L Tam
Debra Heath	Mark A Webb
Sandra Lynn Hinson	James "Jim" Williams
George Hoppert	Lilia E Williams
Pam Jevince	

THANK YOU!
so much

**Donations for Adult Day Services In
Memory of Shirley J Matthews**

(ADS Client) from:

Friends and Family of Shirley J Matthews

Laura S Matthews

Paul & Karole Matthews

Laura J Greenwood

Peggy Behrendt

Mary J Price

Ruth M. Owsley

Arthur L Gotha

Kimberly Dyar

Denise L Cunningham

Delores M. Labeau

Theresa M Knapp

Kevin M. Owsley

Sandra J Kurtansky

Dale and Laura Loveland

Michele A Fox

Mancina Family

Bathurst Family

**Donation for the kitchen in Memory of
Sharon Marie "Gale" Oberly from:**

The Richards Family

The Penkin Family

The LeBrun Family

Donation for the Center:

Nancy A Dalpe

Carol A Coppersmith



Join Us for Movie Monday March 4th, at 1:00pm The Counterfeit Traitor

There's no way out for American-raised Swede Eric Erickson (William Holden). Either he becomes an Allied spy, or he faces a trumped-up charge of Nazi collaboration. "How does one get to be so cold-blooded?" Erickson snaps at the English agent blackmailing him. "Watching German planes bomb London helps enormously," is the reply. William Holden portrays Erickson in this taut thriller that progresses from subterfuge to discovery and finally to breathless escape. The story, based on Alexander Klein's book, is true. And the use of European locations where the actual events transpired adds to the

film's authenticity. From start to finish, The Counterfeit Traitor provides suspense and moral choices that can only come from real life.

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MONDAY

MARCH 11

12:30 PM

FRENCHTOWN SENIOR
CITIZENS CENTER

2786 VIVIAN RD
MONROE, MI 48162

Please RSVP

cfcs

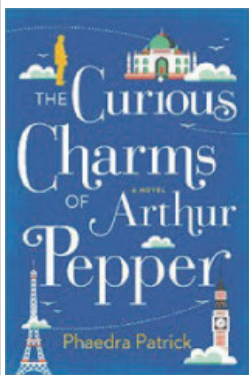
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March Book Club

Friday, March 15, 10:00am

The Curious Charms of Arthur Pepper

Sixty-nine-year-old Arthur Pepper lives a simple life. He gets out of bed at precisely 7:30 a.m., just as he did when his wife, Miriam, was alive. He dresses in the same gray slacks and mustard sweater vest, waters his fern, Frederica, and heads out to his garden. But on the one-year anniversary of Miriam's death, something changes. Sorting through Miriam's possessions, Arthur finds an exquisite gold charm bracelet he's never seen before. What follows is a surprising and unforgettable odyssey that takes Arthur from London to Paris and as far as India in an epic quest to find out the truth about his wife's secret life before they met--a journey that leads him to find hope, healing and self-discovery in the most unexpected places. Featuring an unforgettable cast of characters with big hearts and irresistible flaws, The Curious Charms of Arthur Pepper is a curiously charming debut and a joyous celebration of life's infinite possibilities.



Massage Therapy

Coming in March



Kelli Duffy, LMT, of Aurora Alchemy and Bodywork in Monroe will be offering 20 minute, fully clothed massages here at our center on Thursdays for only \$30 per session, starting March 7th.

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Frenchtown Center for Active Adults

Jiggs Dinner

Saturday, March 16, 2024

12:00pm—3:00pm

Tickets:

\$10.00 Member

\$15.00 Non-Member



*Please signup before Friday, March 8, 2024
If there is a lack of interest the event will be cancelled

Entertainment by Jim Abb

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March—National Nutrition Month

Nutrition Tips for Ages 60+



Eating habits change throughout the life span. Learn how the foods and drinks choose each day help you meet daily nutrient needs, maintain a healthy body weight, and reduce the risk of chronic disease.

- Eat seafood, dairy or fortified soy alternatives, beans, peas, and lentils to help maintain muscle mass.
- Add fruits and vegetables to your meals and snacks. If slicing and chopping is a challenge, choose frozen, canned, or ready-to-eat options.
- Turn eating into a social event. Meals are more enjoyable when you eat with others. Invite friends to join you or take part in a potluck at least twice a week. Some community centers and places of worship offer meals that are shared with others. There are many ways to make mealtimes pleasing.
- The body's ability to absorb vitamin B12 can decrease with age. Taking certain medicines can also lower absorption. Eating enough protein and fortified foods can help the body get the vitamin B12 it needs. Speak with your healthcare provider to learn if you should take supplements and what is right for you.

If you use or are thinking about taking dietary supplements, talk about this with your healthcare provider to learn what is right for you. This includes nutrition supplement drinks, which can have added sugars. The My Dietary Supplement and Medicine Record can help you track your supplement and medicine use.

Be Active

Being physically active can help you stay strong and independent. For older adults, regular physical activity supports a number of health benefits, including brain function, balance, and bone strength.

- Try to get at least 150 minutes (or two and a half hours) of moderate activity per week. Moderate means any activity that gets your heart beating faster.
- Do activities that make your muscles work harder than usual at least two days of the week.

Learn more in the [Move Your Way Fact Sheet for Older Adults](#).

MyPlate Tips on Alexa

Get MyPlate nutrition information straight to your home on your Amazon Alexa smart speaker, or on your phone or tablet via the free Amazon Alexa app. For more information, visit [MyPlate Alexa page](#).

Following are some of the many tips available for older adults. And just like the MyPlate.gov website and MyPlate tools, all of the information provided by MyPlate on Alexa is based on the [Dietary Guidelines for Americans, 2020-2025](#).

Nutrition Tips

Calcium and Vitamin D

The nutrients in dairy are important for all ages,. Include foods like low-fat or fat-free dairy milk or yogurt. Need an alternative? Try lactose free dairy milk or yogurt that's low-fat or fat-free. You can also try fortified soy versions.

Protein and Vitamin B12

Keep seafood on hand. Canned seafood, such as salmon, tuna, or crab, is quick to prepare and enjoy. Canned items also store well.

Sodium/Salt

Look for cue words. Items that are "pickled," "brinded," or "cured" tend to be high in sodium. Include these foods in your meals sparingly.

<https://www.myplate.gov/life-stages/older-adults>

March—National Nutrition Month

Nutrition Tips for Ages 60+

Dietary Fiber

Start your meal with veggies. If you start your meal with a salad or eat your vegetables first, you will feel full sooner and ensure that you get valuable vegetable nutrients

Healthy Eating

Try a twist on a dish. Substitute unsweetened applesauce for butter when baking, or use low-fat milk when a recipe calls for cream. Experiment with low-salt herbs and spices.

Added Sugars

Satisfy your sweet tooth. Indulge in a naturally sweet dessert—fruit! Enjoy a fresh fruit salad, baked apples with cinnamon, or piece of fruit right out of the fridge.

Fats

Choose your sauce. Pick sauces made from vegetables like marinara, rather than cream or butter sauces to limit calories from saturated fat. You can ask for them on the side or for the dish to be prepared with less or no sauce.

Beverages

Perk up plain water or seltzer water with lemon, lime, or orange slices. Maybe even add some fresh mint leaves or a few fresh or frozen berries.

Dairy/Fortified Soy Alternatives

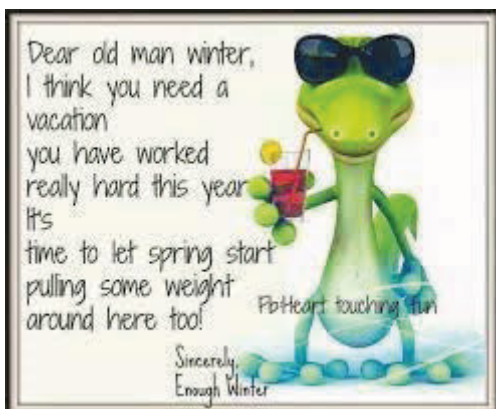
Move to low-fat or fat-free dairy milk or yogurt, or lactose-free dairy or fortified soy versions.

Grains

Instead of sandwich bread, try a whole-grain pita, tortillas, naan or other whole-grain flatbread, sliced breads, or rolls.

As we pointed out in the [Eating With Friends](#) issue of Fun Facts, congregate programs are back with a bang after a pandemic lull. In addition to the nutritional benefits of having a good meal, there are proven social advantages to eating those meals in the company of others. Socialization matters... a lot. Nearly two million people across the Network attended a congregate meal last year. Lunch was by far the most popular meal, but a Saturday meal had the most overall growth. Only about 15% of all Centers offer this option, but for those Centers, there was an average 300% growth over 2022. Café options were still popular but had zero percent growth.

Eating comfort food with friends is in. Eating at home alone is out.



FRENCHTOWN CENTER
Library in Motion will return
Wednesday, March 13, 2024
Please have returns ready by 10:00 a.m.
PHONE: 734-241-5770
EMAIL: lim@monroe.lib.mi.us



The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in commemorating and encouraging the study, observance and celebration of the vital role of women in American history.

About Women's History Month

Women's History Month had its origins as a national celebration in 1981 when Congress passed Pub. L. 97-28 which authorized and requested the



Betty Bloomer (Ford)
in Grand Rapids, MI

President to proclaim the week beginning March 7, 1982 as "Women's History Week." Throughout the next five years, Congress continued to pass joint resolutions designating a week in March as "Women's History Week." In 1987 after being petitioned by the National Women's History Project, Congress passed Pub. L. 100-9 which designated the month of March 1987 as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year

as Women's History Month. Since 1995, presidents have issued a series of annual proclamations designating the month of March as "Women's History Month." These proclamations celebrate the contributions women have made to the United States and recognize the specific achievements women have made over the course of American history in a variety of fields.

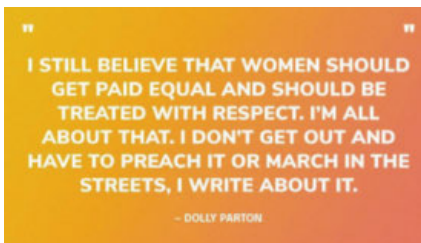
In 2024, Women's History Month celebrates the theme Women Who Advocate for Equity, Diversity, and Inclusion. The theme recognizes women who speak up and are leading change in their fields.



Part of the cowling for one of the motors for a B-25 bomber is assembled in the engine department of North American's [Aviation, Inc.] Inglewood, California,



First WAVES
Machine Gun



The first picket line -
College day in the
picket line



Women Electric
Welders at Hog
Island Shipyard,

<https://www.womenshistorymonth.gov/>

From:
Beth Berlin
Program Director
Monroe County RSVP
734.241.0404
15275 S. Dixie Highway

"THANK YOU to the staff and members of the Frenchtown Center for Active Adults for supporting the RSVP 2024 MLK Day of Service Food Drive.
Thanks to your efforts, the shelves of six county food pantries are better stocked and ready to feed our neighbors in need.
With sincere gratitude, your friends at Monroe County RSVP (Retired & Senior Volunteer Program)."

FRENCHTOWN CENTER
Library in Motion will return
Wednesday, March 20, 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 March 12, 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

Fragrance

Fragrance sensitivity occurs due to irritation of the respiratory tract or mucous membranes of the eyes. It can be triggered by a wide variety of organic and artificial chemicals in a variety of scents. Symptoms alone may be enough to alert you to the exposure even if you can't smell the scent.

The most common substances that induce fragrance sensitivity include α -pinene (APN), limonene (LIM), linalool (LIL), and eugenol (EUG).³

Some of the common culprits of fragrance sensitivity include:

- Perfumes and colognes
- Body lotions
- Soaps
- Powders
- Air fresheners
- Cigarette smoke
- Flowers
- Detergents or fabric softeners
- Cleaning products



**NO
FRAGRANCE
ZONE**

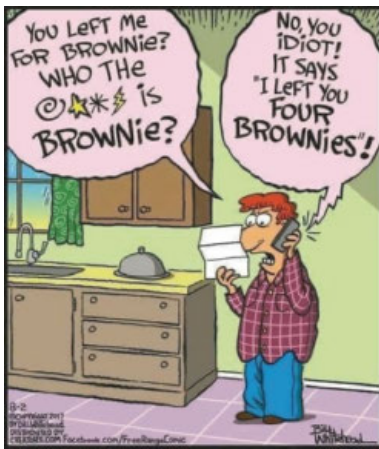
**Due to Allergies and Sensitivities to Fragrances
in perfumes, colognes, scented candles
and many cleaning products.**

Sign art provided by CleanScent Clean, endorsing environmentally safe and effective cleaning products, processes and protocols. More information available at CleanScentClean.com

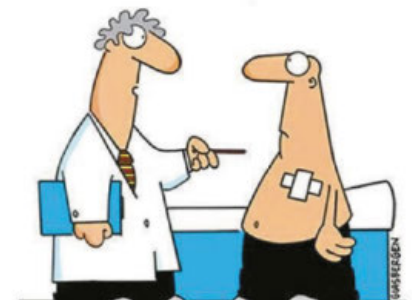
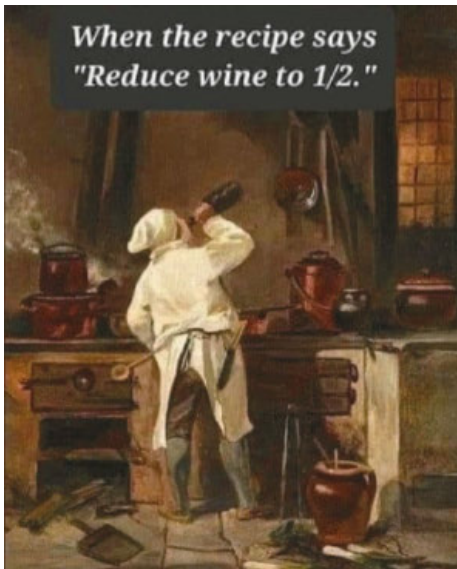
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A Little Humor



"Just cleared out some space in the freezer" sounds so much more productive than "I just polished off another pint of ice cream."



Greatest Tattoo ever 🤔





Hamtramck History Tour



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



A LITTLE BIT COUNTRY Nashville & Louisville



CHARLESTON, SC

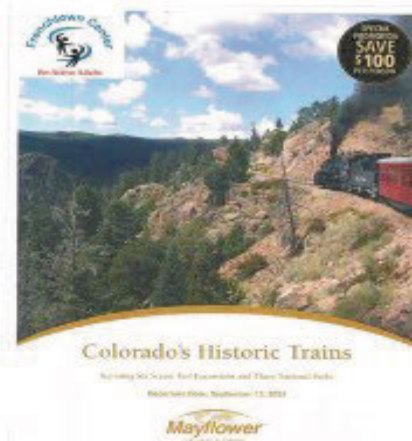
Responsibility Clause: The Frenchtown Center for Active Adults acts as agent for the various companies whose accommodations are made available and assumes no responsibility for liability in connection with the service of any train, vessel, aircraft or other conveyance. Neither will Frenchtown Center 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.

Attention Travelers

Our Travel Meetings will now be every other month. Thus, there will be **no meeting in the month of March**. The next Travel Meeting will be held on the 3rd Tuesday of April on April 16th, 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



**You can now go to our website— <https://www.frenchtownsenior.com/travel.html>
for the latest downloadable fliers and upcoming trip information**



Frenchtown Voyagers Travel Meeting

Tuesday, April 16, 2024 at 1:00pm



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

For more information, call Lisa Ghigliazza 734-243-6217.

***** If you are not a member of the Frenchtown Center for Active Adults, we ask that you pre-register with our Office Manager, Christine Pidruzny. *****

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

- ◆ **Historic Marshall, MI, April 17, 2024, presented by Bianco Tours.** This is a day trip departing at 7am . 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 6:30am & returning at 9:15pm. 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.
- ◆ **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.
- ◆ **Kellog Manor, presented by Bianco Tours.** The cost for this day trip is \$118. Visit the website for full details.
- ◆ **Pioneer Wine Trail, presented by Bianco Tours.** This day trip is \$115. Visit the website.
- ◆ **Boston, Sep. 22—27, presented by Bianco Tours.** Single \$2,164, Double \$1,699, Triple \$1,640. Please visit our website for full details.
- ◆ **Yoopeland, USA, Set. 30—Oct. 4, presented by Bianco Tours.** Single \$1,548, Double \$1,260, Triple \$1,165. Please visit our website for full details.





Frenchtown Center Link

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A Non-Profit Organization

2786 Vivian Road

Monroe, MI 48162

A Monthly Publication



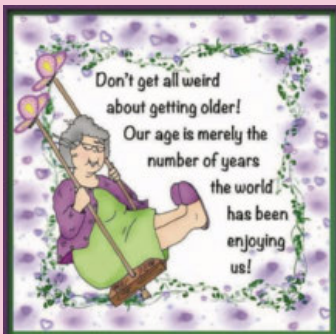
Commission on Aging



Current Resident



- ◆ **Movie Monday (Topper Returns) March 4, 2024 @ 1:00 p.m.**
- ◆ **In The Know, Monday, March 11, 2024, St. Joseph—Pre-planning @ 12:30 p.m.**
- ◆ **FUN NIGHT MEAL & Entertainment—Tuesday, March 12, 2024 @ 4:30 p.m.**
- ◆ **Jiggs Dinner, Saturday, March 16, 2024**
- ◆ **Library will be here on Wednesday, March 20, 2024 @ 10:00 a.m.**
- ◆ **Board Meeting—Thursday, March 21, 2024 @ 10:00 a.m.**
- ◆ **Blood Pressure Thursday, March 21, 2024 @ 11:45 a.m.**
- ◆ **Pub Trivia will be on Wednesday, March 27, 2024 @ 1:00 p.m.**
- ◆ **2024 Rummage Sale will be May 14—16, 2024. Donations will be accepted the first week of April**
- ◆ **2024 Mackinac Island dates are set—September 22—25, 2024**
- ◆ **It's that time of year to renew your membership for 2024**



ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING