



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.

JUNE 2024



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Starting Wednesday June 5th @ 10:30am Rock of Ages

Led by Lyn Peraino

Wednesdays from 10:30 to 12:30. Meet with friends and paint rocks for your garden and gifts. \$10 includes a rock, paints, brushes, and design instruction.

This replaces Acrylics and Beyond





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
Thomas Peckham
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
Vacancy—Building Attendant

Kitchen Staff

Kim Maracle—Head Cook/ Ext 6
Paula DeHart—Assistant Cook
Rita Stout-Andrews—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
Kristen Reed—Adult Day Clerical

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 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
 June 2024 Coming in July July 13—Car Show July 31—Luau/Beach Party Pig Roast 				
3 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Bocce Ball 10:00 Chair Yoga 10:00 Chicks w/Sticks 11:00 Balance & Stability (NEW) 1:00 Movie (Quartet)	4 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	5 9:00 Pickle Ball 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Dominoes Mexican Train 10:00 Chair Yoga 10:00 Nine Ball 10:30 Rock of Ages 11:00 Balance & Stability (NEW) 12:30 Paint w/Friends	6 8:00 Cardio Drumming 8:30 Breakfast 9:00 Massage 9:00 Ping Pong 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 LCR 1:00 Enhanced Exer w/Jackie	7 9:00 Pickle Ball 9:00 Mahjong 9:00 Massage 9:00 Fun Fit Party w/Cheryl 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
10 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Bocce Ball 10:00 Chair Yoga 10:00 Chicks w/Sticks 11:00 Balance & Stability (NEW) 12:30 In The Know (Merkle) 1:00 Caregiver Mtg (NEW DAY)	11 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 4:30 Fun Night (Meal & Entertainment)	12 9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 9:30 Euchre 10:00 Chair Yoga 10:00 Nine Ball 10:00 Library In Motion 10:30 Rock of Ages 11:00 Balance & Stability (NEW) 12:30 Paint w/Friends 1:00 Happy Hookers	13 8:00 Cardio Drumming 9:00 Cardio Drumming 8:30 Breakfast 9:00 Massage 9:00 Ping Pong 9:00 Bridge 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:00 Quilter's Guild 1:00 LCR 1:00 Enhanced Exer w/Jackie	14 9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo Senior Prom 
17 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Bocce Ball 10:00 Chair Yoga 10:00 Chicks w/Sticks 11:00 Balance & Stability (NEW) 1:00 Sewing Group	18 8:00 Cardio Drumming 9:00 Cardio Drumming 9:00 Bridge 10:00 WALK-FIT 11:00 Geri-Fit 12:30 Color Social 1:00 Travel Meeting 1:00 Bunco 1:00 Enhanced Exercise w/Jackie	19 9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 9:30 Euchre 10:00 Chair Yoga 10:00 Dominoes Mexican Train 10:00 Nine Ball 10:30 Rock of Ages 11:00 Balance & Stability (NEW) 12:30 Paint w/Friends 1:00 W.W.W.W group 1:00 Happy Hookers	20 8:00 Cardio Drumming 8:30 Breakfast 9:00 Cardio Drumming 9:00 Ping Pong 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	21 9:00 Fun Fit Party w/Cheryl 9:00 Mahjong 9:00 Pickle Ball 10:00 Book Club (Leave No Trace) 10:00 Walk Fit 12:15 Watercolor Class 1:00 \$5.00 Bingo
24 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Bocce Ball 10:00 Chair Yoga 10:00 Chicks w/Sticks 11:00 Balance & Stability (NEW) 1:00 Caregiver Mtg (NEW DAY)	25 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	26 9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 9:30 Euchre 10:00 Chair Yoga 10:00 Nine Ball 10:30 Rock of Ages 11:00 Balance & Stability (NEW) 12:30 Paint w/Friends 1:00 Pub Trivia 1:00 Happy Hookers	27 8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Bridge 10:00 Geri-Fit 12:00 Quilter's Guild 11:00 Advanced Geri-Fit 1:00 LCR 1:00 Enhanced Exer w/Jackie	28 9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo 2:00 Monroe County Quilt Guild Special Workshop

**** 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
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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.

 June 2024 		♦ TO GO LUNCHES ONLY ON FRIDAY, JUNE 14, 2024 		
3 Sauté Veggies Over Rice	4 BBQ Chicken Leg w/Baked Beans & Coleslaw	5 Strawberry Spinach Salad	6 Hot Pork Sandwich w/ Mashed Potatoes & Gravy	7 Cheeseburger w/ Chips
10 Fettuccine Alfredo	11 2 Hard Taco's w/ Chips & Cheese	12 K-Mart Sub	13 Sweet & Sour Chicken over Rice	14 TO GO ONLY Mostaccioli w/ Fresh Bread TO GO ONLY
17 Hot Dog w/Pasta Salad	18 Tater Tot Casserole	19 Egg Salad Sandwich w/ Fresh Fruit	20 Chef Salad	21 BBQ Pulled Pork Sandwich
24 Loaded Potato w/ Salad	25 Loaded Nacho's	26 Betty Salad	27 Taco Salad	28 Sloppy Joe w/Side



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.



June 6th—S.O.S.

June 13th—Biscuits and Gravy

June 20—French Toast

June 27—Breakfast Skillet



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.**



Unsurprisingly, I have been getting more than a few questions regarding the award we received from the State of Michigan Community Center grant. Many of you know that the government works slowly, which can sometimes be good. Rest assured, things are moving along, even though slowly, as planned. Our priority will be the roof replacement and installing a building generator. Most interior renovations will start once the roof replacement is completed. I am hoping by fall, all of the projects will be finished.

Speaking of projects, Sheila's project, the Rummage sale, hit an all-time high, with sales topping \$5,000.00. Sheila's dedication and hard work are truly inspiring. I can't even guess how much time Sheila puts into this sale, but I can tell you she probably started pricing and packing things in mid-March. Even though the plans were to begin accepting items in the first part of April, she had already collected a considerable assortment of donations by mid-April. Typically, we get our patio furniture from the shed in the latter part of May. This year, Sheila pleaded with me to get it out early because the generosity of the donations had already filled our storage closets. Sheila does a fantastic job of pricing and organizing this fundraiser for us. With the help of numerous volunteers, they put items on display, sell, package, help get things to cars, and finally clean up. It is an amazing effort that involves everyone who uses the Center because rooms are rearranged, classes get canceled, and folks have to wait until another group finishes before they can start. Many thanks to everyone for helping and being patient during the sale. We should have some pictures on our website and Facebook page, so check them out.

Having mentioned the website, Facebook, and pictures, I am sure everyone knows that anytime you join us at the Center, there is a good chance your picture could end up somewhere. We don't consider the Center a private club because we allow anyone to use the facility provided they give us their information. So, while you are free to turn your head, cover your face, or duck under a table, we do not guarantee any reasonable expectation of privacy when it comes to being photographed. While we will do our best to be discreet and try not to post unflattering pictures, regretfully, you know the saying, s- - t happens, and your picture could end up someplace.

We had our Volunteer Appreciation Dinner on April 20th, which was another fantastic event. The food was outstanding, and the decorations added to the excitement. The tablecloths were pressed. The napkins were stuffed with silverware in the same order. All done by staff. The Volunteer Appreciation Dinner is one event we don't ask for help, even though our volunteers are chopping at the bit to help. It just shows how much the staff appreciates the volunteers we have here. Those who stayed around seemed to enjoy the musicians. Even though it took some encouragement, seeing so many couples dancing was nice. I can't remember when I saw couples dancing during an event. We are truly grateful for the dedication and hard work of our volunteers. Your contributions make a significant difference in our community center.

Several events are planned for the coming months, so you may want to write them on your calendar now.

Friday, Jun. 14th – Senior Prom

Wednesday, July 31st – Luau/Beach Party Pig

Wednesday, Sep. 18th – Member's Only Potluck

Saturday, Nov 23rd – Thanksgiving Dinner

Saturday, July 13th – Car and Craft Show

Wednesday, Aug. 28th – Senior Carnival

Wednesday, Oct. 30th – Halloween Party (the Witches will be performing again)

Wednesday, Dec. 18th – Ugly Sweater Christmas Party

For any car enthusiast or crafter, with the help of our friends at the Baker Barn in Carleton, MI, and Tracy and Dave Jazkot, we will be hosting a car and craft show at the Center on July 31st. This is probably the first car show the Center has hosted since the Packard car club was here on June 25, 2008. If you think about the date of the Packard show, it was 50 years since the final year the Packard was produced. My guess is we will probably have vehicles here that are older than that at this show. We will have a band with several impersonators, Patsy Cline, Elvis Presley, and Roy Orbison, performing behind the Center in the Pavilion. Crafters will also be allowed to display their goods throughout the building. There will be some information booths, good food, tasty treats, and hopefully quite a few vehicles to look at. Like most things we haven't done in a while or the first time sponsoring an event, we expect some growing pains. Unfortunately, this is a rain-or-shine event, and if necessary, the Township Hall parking lot will serve as overflow parking for the event.

Hopefully, you will take advantage of the events; if nothing else, at least attempt to get to one.

You will be surprised how much fun we have.

A handwritten signature in blue ink, likely belonging to the author of the letter.



Frenchtown Center for Active Adults is excited to present:

No Date Needed! Singles Welcomed!

A Senior Prom

Friday, June 14th,

***Doors open at 4:30pm.**

Sit-Down Dinner, D.J., Dancing,

Corsages & Boutonnieres,

Prom King & Queen

Tickets \$10 members, \$15 non-members

Cut-Off Date: Friday, June 7th. *See Lisa for tickets.

2024 Ms. Senior Monroe—May 16, 2024

This event was hosted by the Monroe Aging Consortium to “celebrate our senior women, honor their contributions and hear their voices”. The celebration is designed to emphasize and give honor to women who have reached their “Age of Dignity.” It is a search for a gracious lady who best exemplifies the dignity, maturity, wisdom and inner beauty of Monroe’s senior citizens. Congratulations to our member

Barbara Boudrie for her nomination from the Center to be this year’s participant.



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15-0719



**Thank You for your
support and
shopping!
Thank You
VOLUNTEERS!
Our RUMMAGE
SALE was a HUGE
SUCCESS!!!
The Sales reached
over
\$ 5,183.00**



Rummage Sale Volunteers THANK YOU !!!!

Jessica Ambrose
Wanda Anahid
Sheila Barstad
Diane Bartley
Dianne Beaudrie
Ellen Brockway
Helen Brown
Ricky Brown

Sharon Buckley
Diane Groulx
Rose Harris
Sue K Huss
Lynne Johnson
Ronda Kinsland

Rosanne Lynch
Darla Myers
Deb Rose
Sheryl Sieb
Anthony Spina
Joanne Spina
Nancy Wortinger

THANK YOU!
so much

Donations in memory of Robert "Bob" L Jeffers:

Angela & Jack Katz

Kay Boylan

Frenchtown Bridge Group

Trenton Bridge Group

Donated items for Tuesday Fun Night Bingo prizes:

Sheryl Sieb and Lynda Bleyaert

Mullins Elder Law PLLC



Call Tina M. Mullins, Atty

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Terry Sweeney**

tsweeney@lpicommunities.com

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15-0719

Welcome New Members

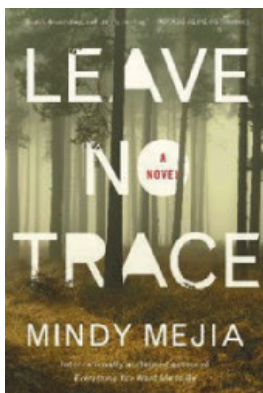
Debra Almas	Connie A Darling	Diana Dolores Johnson	Bill J Sisung	Patrick J Szymanski
Tom Almas	Virginia M Drocy	Kathy A Jones	Denise M Sisung	Kevin S Theisen
Karen M Bayer	Jerri Eggert	Sherry Jones	Linda A Stamper	JoAnn M Trombly
Margie R Beavers	Marcia El-Asfahani	Diane M Lampe	Novalynn Stremmell	New LIFETIME Members:
Louise E Brescol	Sharon Gonyea	Eric H Langdon	Ralph W Swiderski	Dianne L Goodman
Linda J Butash	Barbara J Heising	Brenda A Lewis	Sue Swiderski	Geary K Goodman
Anne M Carstensen	Bobbie M Hudson	Susan M McGill	Riley L Terrasi	Patty A Martin
Pamela S Cieslak	Mary Ann Jackson	Linda M Pilon	Willow Thacker	Bonnie S Masserant
Susie Clark	Denise L Jenkins	David F Potter	Diane K Theisen	Dana R Stiefel
Bill E Clark	Jerry L Jenkins	Joyce C Potter	Joyce M Szymanski	Kathleen A Stiefel



May they rest in peace:

Patricia A Busenbark
Jerry J Collier
Cheryl Eder
Robert "Bob" L Jeffers

Nancy L Allen	Bernard H Coon	Chris A Jones	Karen K Mickens	Ruth Ann Shiflett
Genevieve Ann Bailey	Marie G Davis	Nancy A Jones	Don Middleton	Laurie K Schultz
Marleen Baker	Sandra Detruf	Kathy A Jones	Jim B Miller	Sonny L Sordini
Marvin J Baumann	Cathy J Didario	Judith Ann Karpovich	Denise A Miller	Debbie S Sprinkles
Mary A Beaubien	Kristine F Durkin	Joseph T Kavanagh	Donna K Modica	Marge E Staelgraeve
Adelaide Belle Beauman	Edward R Feldman	Mary E Kreklau	Patty A Monday	H. Arree Staley
Margie R Beavers	Noe Garcia Jr	Sandy M Lajiness	Phyllis L Moosdorf	Larry E Stevens
Paul M Beck	Fred W Gartner	Janis Layne	Darla K Myers	Carla Strunk
Pamela S Benore	Andrea K Gere	Duane H LeBrun	Tobi L Neff	Sue Swiderski
JoAnn Bowler	Giuseppa Giarmo	Barbara J Ley	Franklin T Neikirk	John C. Taylor
Helen Breitner	Florence Grajewski	Sharon Kay Lindsay	Loretta K Neikirk	Riley L Terrasi
Louise E Brescol	Jack A Gruska	Marla J Lindsey	Sharon L Nichols	Chuck S Troxler
Marilyn K Brooks	Carolyn Hall	Reanna L MacDougall	Linda J Novak	Vanessa L Vandeveld
Mary H Brooks	Sherry L Hawkins	Roger Maiden	Marie J Nunn	Timothy S Varga-Weder
Dale H Brose	Christopher M Hess	Mary P Manoulian	Karen L Overmyer	Barbara J Verran
David Bruce	Betty J Hoffer	Bonnie S Masserant	Mary Pearsall	Alice C Villarreal
Renea J Bunkelman	Nancy Hubbell	Deborah L Masserant	Mark Perhatch	Dorothy A Wagner
Diane E Caselli	Lorraine L Hudson	Kathleen K McBee	Sharan A Peters	Loretta L Weaver
Ronald H Cevora	Sue K Huss	Katelin A Mckenzie	Joseph C Peters	Judy Webb
Toni A Clark	Jerry E Iott	Lisa A McLaughlin	Irene D Polce	Karen K Werner
Lisa M Cooley	Tracy S Jaskot	JoAnn Meka-Barbosa	Courtney L Post	Carrie M Williams
Daniel J Cooley	Jerry L Jenkins	Dennis C Mell	LaVerne W Rothman	Ruth E Wood
	Cindy H Jobin	Angela R Michel	Michelle D Savage	Marsha C Workman
		Linda Crabtree	Ruth E Shea	Anne M Zochowski



June Book Club
Friday, June 21, 2024
10:00am

Leave No Trace

There is a place in Minnesota with hundreds of miles of glacial lakes and untouched forests called the Boundary Waters. Ten years ago a man and his son trekked into this wilderness and never

returned. Search teams found their campsite ravaged by what looked like a bear. They were presumed dead until a decade later...the son appeared. Discovered while ransacking an outfitter store, he was violent and uncommunicative and sent to a psychiatric facility. Maya Stark, the assistant language therapist, is charged with making a connection with their high-profile patient. No matter how she tries, however, he refuses to answer questions about his father or the last ten years of his life. But Maya, who was abandoned by her own mother, has secrets, too. And as she's drawn closer to this enigmatic boy who is no longer

FRENCHTOWN CENTER

Library in Motion will return

Wednesday, May 15, 2024

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

PHONE: 734-241-5770



Chicks with Sticks

Women's Pool League



Frenchtown Center for Active Adults women's pool league, Chicks with Sticks, is looking for new players for the Summer League. If you enjoy playing pool and spending time with the "Chicks", join us any Monday from 10:00 to 12:00 Noon for

practice at the Center. Players of all levels of pool expertise are welcome.

The winter league concluded in April with **Joanne Spina** being the team **champion** for the second tournament. Joanne's win was celebrated at the pool banquet held at the Monroe Country Club in April 2024. Her name has been memorialized on the wall plaque near the pool tables.

The Chicks with Sticks is made up of women aged 58-88 with various levels of pool proficiency. They play for fun every Monday from 10:00 to 12:00 Noon and look forward to another season.

The Chicks have reserved the Center pool tables every Monday starting at 10:00 am. Women looking to shoot pool are welcome to join the league any Monday at the center. For more information about joining the Chix with Sticks, contact Lisa at the Center at (734) 243 6210, extension 3.

Brain Aerobics New Exercise— for our BRAINS 2nd & 4th Mondays @ 1:00 P.M.

Brain Games



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

Our memory is a skill, and just like other skills, it can be improved with practice and healthy overall habits. You can start small. For example, pick a new challenging activity to learn, incorporate a few minutes of exercise into your day, maintain a sleep schedule, and eat a few more green vegetables, fish, and nuts.



Eclipse Watchers



Movie Monday June 3, at 1:00pm Quartet

Cissy (Pauline Collins), Reggie (Sir Tom Courtenay), and Wilf (Sir Billy Connolly) are in a home for retired musicians. Every year, on October 10, there is a concert to celebrate Composer Giuseppe Verdi's birthday and they take part. Jean

(Dame Maggie Smith), who used to be married to Reggie, arrives at the home and disrupts their equilibrium. She still acts like a diva, but she refuses to sing. Still, the show must go on, and it does.



Why We Celebrate Father's Day

Father's Day celebrates and honors the men who have embraced the essential role of fatherhood. On this day,

we also thank fathers and father figures (uncles, grandfathers) for the sacrifices they make, for embracing the responsibility of nurturing and raising children, and for their devotion to their families.

- "Dads are most ordinary men turned by love into heroes, adventurers, story-tellers, and singers of song." – Pam Brown
- "It's only when you grow up and step back from him — or leave him for your own home — it's only then that you can measure his greatness and fully appreciate it." – Margaret Truman
- "A father is someone you look up to no matter how tall you grow." – Unknown
- "Only the best dads let their children fly. Only the most loved children will soar. Thank you for giving me wings." – Unknown
- "It doesn't matter who my father was; it matters who I remember he was." – Anne Sexton



Congratulations! Susan Niciejewski, ADS NEWCOMER OF THE YEAR

This award is given in recognition of a new volunteer who displays the values of AmeriCorps by using their knowledge and

skill to assist those in need in our community.



SUPPORT OUR ADVERTISERS!

In the Know

Monday, June 10, 2024
12:15 p.m. in the Dining Room



Presented By:

Brian S. Merkle, LFD
Merkle Funeral Service, Inc

Matthew D. Budds, Attorney
Mohr Budds Law, PLLC



Program on Pre-Paid Funerals, POA's, Estate's and Burials



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Four Important Facts About Men's Health

June is Men's Health Month - a time to raise awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Consider these statistics:

- 350,000 men die of cardiovascular disease each year (CDC).
- More than 700,000 men are diagnosed with cancer each year; 300,000 of those cases will result in death (Men's Health Resource Center).
- 230,000 men are diagnosed with prostate cancer every year. It's the second leading cause of death in men (Cancer.org)
- More than 60% of adult American men are overweight or obese (National Institutes of Health).

As part of an educational campaign for men's health, The Cleveland Clinic surveyed more than 500 American men ages 18-70 about their use of healthcare resources and found:

- Only 3 out of 5 men get annual physicals
- Over 40% of men only go to the doctor when they think they have a serious medical condition
- More than half of men said their health wasn't something they talk about.

It's time for men to take a proactive approach to health - both physical and mental health. Here are four noteworthy facts that can be the starting point for crucial dialogue regarding men's health.



Fact 1: Men are less likely to seek healthcare than women.

Who doesn't love superheroes like Captain America and Superman? They're the paragon of toughness and grit, fearlessness and brawn. But as popular as these heroes are, their influence may have unwittingly created a problem in the healthcare field.

There's a culture- and media-driven expectation for men to be strong and, like superheroes, rarely show signs of weakness. This socially-ingrained mindset subconsciously trains men to believe that going to the doctor exhibits weakness. A survey conducted by The Cleveland Clinic confirmed this trend, finding that 40 percent of men go to the doctor only when they have a serious health issue, and never go for routine checkups. This number is far lower than women's frequency of doctor visits. Needless to say, it's a concerning figure.

Men also tend to exhibit a fear of diagnosis. About 21% of men admit to avoiding the doctor because they're too nervous to find out what might be wrong. It seems that the pressure to conceal weaknesses is so strong that it can even lead men into a state of denial, and again, this is a worrying statistic. To be clear: ignoring your medical problems will not make them go away.

This month, let's work together to turn this trend around and create a cultural shift where men don't find it embarrassing or emasculating to seek out medical help.

Fact #2: Prostate cancer affects one in nine men.

According to the American Cancer Society, there are about 175,000 new cases of prostate cancer diagnosed each year, and prostate cancer is the most common cancer among American men. Given these statistics, it's important to ensure that at-risk men are being screened for prostate cancer—especially considering men's known reluctance to seek preventive care.

On the bright side, however, prostate cancer typically grows slowly, so many cases don't require immediate treatment and aren't life-threatening. Still, the earlier prostate cancer is caught, the easier it can be contained. It's always better to be on the safe side.



Continued on page 13



Fact #3: Mental health is one of the most stigmatized issues affecting men.

Many men—perhaps more than we think—struggle with their mental health and the stigma that surrounds it. The American Psychological Association reports that 30.6% of men have suffered from depression in their lifetime. Again, men's hesitation to seek care may be worsening this issue.

Men are notorious for not talking about their feelings, and no, that's not just another stereotype. It's an actual trend psychologists have documented. In the eyes of many men, discussing emotions is just another form of vulnerability that can lead to discomfort. It can be scary for many men to begin sharing their feelings, but the payoff is worth it: men who express their feelings verbally are less likely to express them in other ways. Talk to the men in your life. Encourage them to talk about their day, to tell you about their emotions, and to be open with you. They may be resistant at first, but persistence is powerful, and you'll be doing your part to improve men's mental health.

Fact #4: Men should be making better lifestyle choices.

The stats back it up: men drink more heavily and smoke more frequently than women. Habitual drinking and smoking can have severe health implications. Drugs and alcohol can cause issues ranging from lung and heart disease to liver problems to preventable accidents.

Men also tend to make less healthy choices in the kitchen. Women eat far more fruits and vegetables than men, while men prefer meat and dairy. Yes, we know we're starting to sound like a broken record about the impact of cultural factors, but it's likely that social norms are influencing this trend, too. Cultural expectations can play a subliminal role in men's dietary choices and can have consequences over time. Partly due to health behaviors, men have a shorter life expectancy than women. This gap has only continued to widen over time, and men are currently expected to live 5 fewer years than women, on average. So if anyone asks why we need a month for men's health, this disparity in lifespan should speak for itself—men simply aren't as healthy as they could be, and it's time to fix that. <https://www.summitmedical.com/blog/four-important-facts-about-mens-health>

Top 10 Health Tips for Men—Written by Matt McMillen

Take charge of your health, gents. The sooner you do it, the better. "It's not cool for a guy to wait until he's 50 to see a doctor," says Steven Lamm, MD, the medical director of NYU Langone Medical Center's Preston Robert Tisch Center for Men's Health. "Men need to care about their health above the waistline as well as below."

Here are his top 10 tips.

- 1. Find a doctor.** Choose one you're comfortable with, so you can "openly discuss all aspects of your health, from your mental state to your sexual function to your overall wellness," Lamm says.
- 2. See that doctor.** "Just because you are feeling well doesn't mean you are well."
- 3. Get informed.** "You do want to be knowledgeable and understand that you shouldn't ignore symptoms or complaints, but you don't want to self-diagnose."
- 4. Vary your workouts.** "The body gets very comfortable when you always do the same workout."
- 5. Eat to thrive.** Getting enough nutrition is crucial. "It's more important than anything else except maybe sleep."
- 6. Prioritize sleep.** "Get at least 7 hours."
- 7. Check your head.** "Mental health is really, really important."
- 8. Stay ready for sex.** "When you're stressed out, not sleeping, or drinking too much, you can't get an erection on demand, and a man's erection is a barometer for overall health."
- 9. Care for your prostate.** "The prostate grows as you get older. You'll almost certainly have symptoms, like urinary problems. A really healthy, low-fat diet will reduce the likelihood of prostate growth and may reduce the risk of prostate cancer."
- 10. Enjoy yourself.** "Look forward to every day, to doing something for yourself every day, whether it's a run or listening to an audiobook or practicing meditation or yoga."

FOR COMPLETE ARTICLE, VISIT: <https://www.webmd.com/men/features/top-health-tips-men>

Monroe County Senior Millage

SUPPORT SENIORS: August 6, 2024

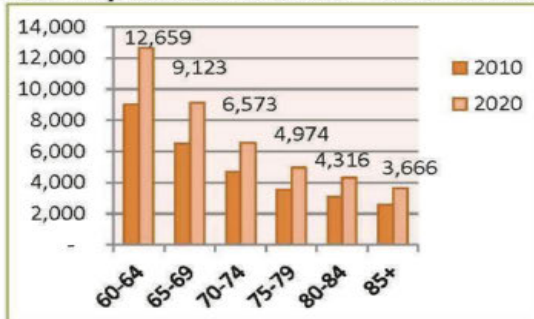
Vote



SENIOR MILLAGE REQUEST / NEED

- The 2024 senior millage proposal is a **renewal** of the current millage which is up to .75 mills.
- The request does, however, increase the length of time of the request from four to ten years. This change will offer funding **stability** for the agencies providing vital services for older adults in Monroe County.
- The older population is growing, and this growth is not stopping. In 1980, one out of 9 Americans were age 60 and over. In 2024, seniors comprise nearly one out of every 4 Americans. The millage renewal will ensure that the increasing needs can be met.

Older Population Growth – 2010 to 2020



NUMBER OF SERVICES PROVIDED IN 2023:

- ✓ 8,509 older adults were provided services in 2023 – the majority of whom were 75 years of age and older.
- ✓ 232,785 meals were served to 13,794 people – both home delivered and at the congregate meal sites.
- ✓ 433,755 pounds of food were provided to 1,643 people.
- ✓ 2,103 individuals received 22,310 hours of in-home services that help keep them independent and safe.
- ✓ 1,114 people received 29,884 rides to meet their needs.
- ✓ 5,122 older adults spent 194,462 hours at the eight senior centers funded through the millage – providing meals and helping older adults to remain connected, involved, and supported.
- ✓ 997 older adults received legal assistance.

WHAT HAS THE SENIOR MILLAGE DONE?

The Monroe County Senior Millage has funded senior services since 1980. Currently, 17 non-profit agencies that provide services to individuals who live in Monroe County who are 60 years of age or older are supported by the Monroe County Senior Millage.

These services help to meet the basic needs of older adults – food, shelter, home care, legal services, transportation, community involvement, and socialization.

AGENCIES CURRENTLY BEING FUNDED:

- Ash Senior Citizens
- Bedford Senior Community Center
- Berlin Township Seniors
- Choices Counseling Solutions
- Dundee Area Senior Citizens Center
- Frenchtown Center for Active Adults
 - Adult Day Care
- Health Van
- Lake Erie Transit
- Living Independence for Everyone
- MemoryLane Care Services
- Milan Seniors for Healthy Living
- Monroe Center for Healthy Aging
- Monroe County Opportunity Program
 - Food Assistance
 - Home Care
 - Home Chore
 - Home Injury Control
 - The Opportunity Center at ALCC
 - Senior Advocacy
 - Specialized Transportation
 - Unmet Emergency Needs
 - Utility Assistance
 - Volunteer Caregiver Program
- Monroe County Senior Legal Services
- Monroe Family YMCA – Enhanced Fitness
- RSVP of Monroe County
- United Way of Monroe/Lenawee Counties
 - Barrier Free Access Ramp Program

THE AUGUST 6, 2024 BALLOT PROPOSAL:

“Shall the Monroe County Senior Citizen Millage be levied upon the taxable real and tangible personal property within the County of Monroe, Michigan at a rate of up to .75 mill per \$1,000 of taxable value for a period of ten (10) years, commencing in 2025 and continuing through 2034, for the sole and exclusive purpose of providing funds for senior citizen services to the residents (60 years of age and older) of Monroe County? The estimated revenue for the first year of the renewal (based on 2023 taxable property values) is \$5,305,541.”

Frenchtown Center for Active Adults

CAR SHOW

Saturday, July 13, 2024

11:00 AM—3:00 PM

Rain or
Shine

Rain or
Shine

THANKS TO OUR FRIENDS AT THE BAKER BARN IN CAR-

THANKS TO OUR FRIENDS AT THE BAKER BARN IN CAR-



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Great Food will be available
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724-243-6210
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Humane Society
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Frenchtown Fire & Sheriff Department
National Street Rod Association
Informational Booths

Live Music
By
Cruise Control

2786 Vivian Rd
Monroe, Michigan 48162

Proceeds to Benefit the Adult Day Service Program

TUESDAY FUN NIGHT

Meal & Entertainment

Tuesday May 14, 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

50/50 Raffle



Monday and Wednesday, at 11:00am

Balance & Stability

The newest addition to our fitness classes will focus on strengthening your whole body in order to improve your balance, coordination, and stability. The goal of this class is to help you improve your sense of balance & stability and gain the confidence you need to continue to live your life to the fullest. * Wear comfortable clothes you can move in and sturdy shoes and bring a water bottle. Please check with your physician to make sure this class is right for you.



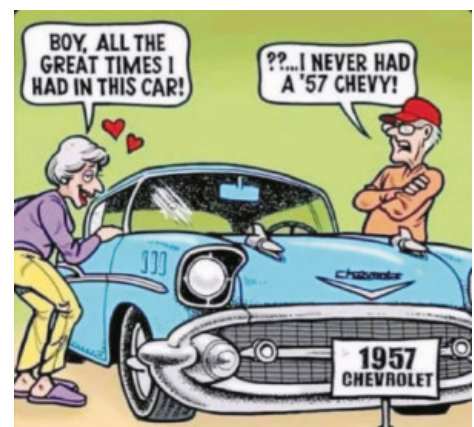
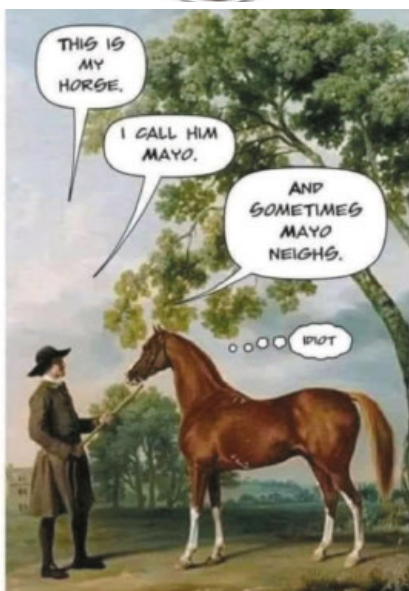
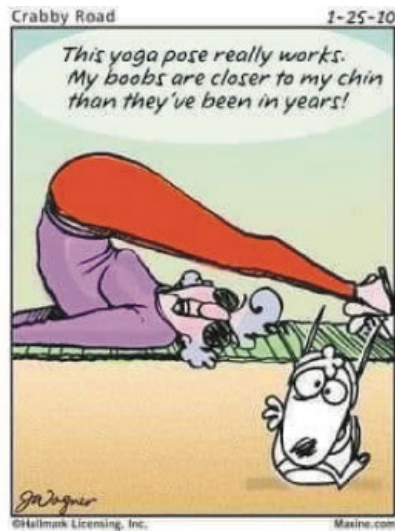
Volunteer of the Year—2023



Congratulations 2023
Volunteer of the year -
Lynne M. Johnson!
Thank you so much for
everything that you do!!



A Little Humor



The adult version of "head, shoulders, knees and toes" is "wallet, glasses, keys and phone."

SMOKY MOUNTAINS

Pigeon Forge & Gatlinburg, Tennessee

HAUNTED HAPPENINGS

A SPOOKY TRIP TO NORTHEAST OHIO



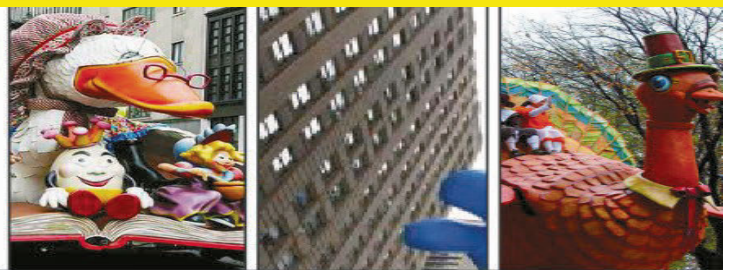
Travel—For upcoming trips, flyer, and more information can be found at www.frenchtownsenior.com/travel.html or to make your reservations, please stop by the Center,

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



Nite Lites at MIS

Michigan International Speedway



Frenchtown Voyagers Travel Meeting

Tuesday, June Tuesday, June 18th, 2024 at 1:00pm

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

******* 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.

- ◆ **Firekeepers, July 25, 2024, presented by Bianco Tours.** The cost for this day trip is \$56. Please visit our website for full details.
- ◆ **Saugatuck, MI, Aug. 14, 2024 presented by Bianco Tours.** The cost for this day trip is \$163. Please visit our website for full details.
- ◆ **Skybridge & Sunflowers, August 26-27, presented by Bianco Tours.** Single \$600, double \$491, triple \$454. Please visit our website for full details.
- ◆ **Kellogg Manor, Aug. 28, 2024, presented by Bianco Tours.** The cost for this day trip is \$118. Visit the website for full details.
- ◆ **Traverse City Fireworks, Sept. 5-7, 2024, presented by Bianco Tours.** Single \$1,075, double \$785, triple \$693. Please visit our website for full details.
- ◆ **Pioneer Wine Trail, Sept. 12, 2024, presented by Bianco Tours.** This day trip is \$113. Visit the website.
- ◆ **Boston, Sep. 22-27, 2024, presented by Bianco Tours.** Single \$2,164, Double \$1,699, Triple \$1,640. Please visit our website for full details.
- ◆ **Heaven & Hell, Oct. 10, 2024, presented by Bianco Tours.** This day trip is \$98. Please visit our website for full details.
- ◆ **Horsin' Around, Oct. 14-18, 2024, presented by Bianco Tours.** Single \$2,199, double \$1,737, triple \$1,584. Please visit our website for full details.
- ◆ **Smokey Mountains, Oct. 21—24, presented by Bianco Tours.** Single \$1,365, double \$1,063, triple \$963. Please visit our website for full details.
- ◆ **Haunted Happenings, Oct. 25—26, presented by Bianco Tours.** Single \$517, double \$440, triple \$415. Please visit our website for full details.
- ◆ **Parade Company, Nov. 6, presented by Bianco Tours.** The cost for this day trip is \$115. Please visit our website for full details.
- ◆ **Hallmark Christmas, Nov. 15 –16, presented by Bianco Tours.** Single \$586, double \$496, triple \$469. Please visit our website for full details.



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Only a dad, but he gives
his all
To smooth the way for
his children small,
Doing, with courage stern
and grim,
The deeds that his father
did for him.
This is the line that for
him I pen,
Only a dad, but the best
of men.
—Edgar Guest (1881–
1959)

◆ **Movie (Quartet) Monday June 3, 2024 @ 1:00 p.m.**

◆ **NEW—Balance & Stability Class (Mondays and Wednesdays) @ 11:00 a.m.**

◆ **Rock of Ages is replacing Acrylics and Beyond on Wednesdays beginning Wednesday June 5, 2024 @ 10:30 a.m.**

◆ **In The Know (Merkle Funeral Home), June 10, 2024, @ 12:15 p.m.**

◆ **FUN NIGHT MEAL & Entertainment—Tuesday, June 11, 2024 @ 4:30 p.m.**

◆ **SAVE THE DATE: Friday, June 14, 2024—Senior Prom—See page 9**

◆ **TO GO LUNCHES ONLY ON FRIDAY, JUNE 14, 2024**

◆ *******NO 10:00 a.m. Geri-Fit on TUESDAY, JUNE 18, 2024 *******

◆ **Travel Meeting, Tuesday, June 18, 2024 @ 1:00 p.m.**

◆ **Library will be here on Wednesday, June 19, 2024 @ 10:00 a.m.**

◆ **Pickle Ball has resumed on Wednesdays and Fridays @ 9:00 a.m.**

◆ **Board Meeting—Thursday, June 20 2024 @ 10:00 a.m.**

◆ **Bocce Ball has resumed on Monday's @ 10:00 a.m.**

◆ **Pub Trivia will be on Wednesday, June 26, 2024 @ 1:00 p.m.**

ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING

