



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.

AUGUST 2024



In This Issue:

Board of Directors / Staff	2
August Activities	3
August Lunch Menu	4
Director's Corner	5
Benefits of Card Playing	6-7
New Members	8
Donations	8
Rest In Peace	8
Thank You's	8
Birthday Wishes	8
Medicare Weight Loss Program	9
Library in Motion	9
Corn Hole	9
Tuesday Fun Meal	9
Movie Monday (Assassination Bureau)	10
Dessert Recipes NEW*	10
Book Club	11
Member's Carnival	12
Fair Booth	13
Fund Raiser	13
National Wellness Month	14
Senior Prom Pictures	15
Little Humor	16
Travel Adventures	17-19
At A Glance	20



Ellen Brockway, Prom Queen



Tom Peckham, Prom King

The Frenchtown Center for Active Adults 1st Senior Prom was a big hit. Awesome dinner, decorations, entertainment and more. Ellen Brockway was crowned Prom Queen and Tom Peckham was crowned Prom King. Thank you Lisa Ghigliazza and Ellen Brockway for all your planning and pre-work, Kim Maracle, Paula DeHart and Rita Stout-Andrews for the amazing dinner and to Kathleen McBee, Ellen Brockway and Lynne Johnson for all your help with the decorations. Doreen Sager, Mitzi Straub and Debbie Nadeau for serving our guests.



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 109
Kathleen McBee—Accountant/ Ext 105
Lisa Ghigliazza—Program Coordinator Ext 103
Christine Pidruzny—Office Manager / Ext 104
Patricia Smith—Administrative Assistant / Ext 108

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
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
Rock Painting
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

Mon	Tue	Wed	Thu	Fri
 August 2024				
 Mark Your Calendars Members Potluck Wednesday, September 18, 2024 			1 8:00 Cardio Drumming 9:00 Cardio Drumming 8:30 Breakfast 9:00 Massage Therapy 9:00 Ping Pong 9:00 Bridge 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 LCR 1:00 Enhanced Exer w/Jackie	2 9:00 Pickle Ball 9:00 Mahjong 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo NO FUN FIT W CHERYL ON FRIDAYS FOR SUMMER
5 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 1:00 MOVIE MONDAY (The Assassination)	6 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	7 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 Library In Motion 10:30 Rock of Ages 11:00 Balance & Stability 12:30 Paint w/Friends 1:00 Happy Hookers	8 8:00 Cardio Drumming 9:00 Cardio Drumming 9:00 Massage Therapy 8:30 Breakfast 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	9 9:00 Pickle Ball 9:00 Monroe Sewing Club (All Day) 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo NO FUN FIT W CHERYL ON FRIDAYS FOR SUMMER
12 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 1:00 Brain Aerobics 1:00 Caregiver Mtg	13 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)	14 9:00 8 Ball Pool Tournament 9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 9:30 Euchre 10:00 Chair Yoga 10:30 Rock of Ages (CANCELLED) 11:00 Balance & Stability 12:30 Paint w/Friends 1:00 Happy Hookers	15 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 1:00 Card Making Class 1:00 LCR 1:00 Enhanced Exerc w/Jackie	16 9:00 Mahjong 9:00 Pickle Ball 10:00 Book Club (The Winter Fortress) 10:00 Walk Fit 12:15 Watercolor Class 1:00 \$5.00 Bingo NO FUN FIT W CHERYL ON FRIDAYS FOR SUMMER
19 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	20 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	21 To Go Lunches Only 9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 9:30 Euchre 10:00 Dominoes Mexican Train 10:00 Chair Yoga (CANCELLED) 10:30 Rock of Ages 11:00 Balance & Stability (CANCELLED) 1:00 Member's Senior	22 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 LCR 1:00 Enhanced Exer w/Jackie	23 9:00 Pickle Ball 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo NO FUN FIT W CHERYL ON FRIDAYS FOR SUMMER
26 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 1:00 Brain Aerobics 1:00 Caregiver Mtg	27 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	28 9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 9:30 Euchre 10:00 Chair Yoga 10:30 Rock of Ages 11:00 Balance & Stability 12:30 Paint w/Friends 1:00 Happy Hookers 1:00 Pub Trivia	29 8:00 Cardio Drumming 8:30 Breakfast 9:00 Massage Therapy 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Bridge 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 LCR 1:00 Enhanced Exer w/Jackie	30 9:00 Pickle Ball 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo NO FUN FIT W CHERYL ON FRIDAYS FOR SUMMER



**** 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

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. Please indicate Dining IN or OUT.

August 21, 2024

Members Carnival—Honoring you on National Senior Citizen's

Due to the high volume of lunches each day, we will no longer be able to add on the day of or add any calls after 1:00pm the previous day. Also, the day of, we will no longer switch from a dine-in to carry-out or carry-out to dine-in. We apologize if this is an inconvenience, however, this will allow us to better serve you.

Do to the high volume of lunches each day, we will no longer be able to add on the day of or add any calls after 1:00pm the previous day. Also, the day of, we will no longer switch from a dine-in to carry-out or carry-out to dine-in. We apologize if this is an inconvenience, however, this will allow us to better serve you.			1 Sweet & Sour Chicken over Rice	2 Scalloped Potatoes w/Diced Ham & Green Beans
5 BBQ Pork Sandwich w/Chips	6 Turkey Sandwich w/Fruit	7 Strawberry Spinach Salad	8 Soft Taco's w/Chips	9 Cheeseburger w/Side
12 Sloppy Joe w/Chips	13 Taco Salad	14 Mostaccioli w/Bread	15 Bratwurst w/Peppers & Onions & Macaroni Salad	16 Egg Salad sandwich w/Soup
19 Scoop of Chicken Salad w/Fruit	20 Goulash w/Salad	21 (Carnival) To Go's Only Hot Dog w/Chips Dessert	22 Southwest BBQ Chicken Salad	23 Swedish Meatballs over Pasta
26 sauteed Veggie's Over a Bed of Rice	27 K-Mart Sub	28 Betty Salad	29 Hot Pork Platter w/Mashed Potatoes	30 Boiled Dinner Ham, Potatoes, Cabbage & Carrots



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.

August 1st Waffle

August 8th Breakfast Skillet



August 15th Biscuits & Gravy

August 22nd S.O.S.

August 29th French Toast



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 mentioned in last month's newsletter to remember the car show scheduled on July 13th; many of you did, so we want to extend a huge thank you. Doing the show was the brainchild of Dave Jaskot; Tracy, Dave's better half, participates in a host of activities, and one day, she approached me with his idea. After a meeting with other car enthusiasts at the Baker Barn in Carleton, ours, along with others, several dates for car shows were finalized. Things came together quickly with Dave's guidance and the help of club members like Alice, Clayton, and Kenny from the band. Club members did a phenomenal job of passing out flyers during other car shows, hooked us up with vendors, and introduced me to Jen, the ice cream lady; Christine, a volunteer at the Humane Society; and Penny, who makes some fantastic wreaths. What a great group of people to work with to bring this event to the Center to support the Adult Day Service program. I can't thank all of them enough.

The car show wouldn't have happened without the help of the extraordinary team that supports events like this one. There is a ton of work before an event and typically, they must sacrifice a day during the weekend to make it happen. Even then, with all their hard work, we couldn't do it without a dedicated group of volunteers. Everyone is truly amazing, and I am proud of their accomplishment. I was told even though this was our first car show, we should consider it a resounding success, a testament to their collective efforts.

In addition to the work of those associated with the Center, there are several other moving parts. Al VanWasenhova, the Township Supervisor, graciously allowed us to use the grassy area around the walking path, provided the ground conditions were suitable. Despite the rainy days leading up to the show, the weather was perfect, with the shade from the trees, a gentle breeze, and the band playing under the pavilion. There were guest appearances by Roy Orbison, Patsy Cline, Elvis, Mike, and Sherly. There were Seventy impressive cars representing 100 years of innovation on display. We had several vendors, the sheriff and fire departments, and the Humane Society pups. Along with a bunch of delicious food from the kitchen, everyone had a great time despite the heat.

We have received so many compliments, and participants have asked if we will do it again next year, so we are already making plans for 2025. Like all our first-time events, we make notes and learn from our experiences. You know the old saying, "Can't teach an old dog new tricks?" No offense to the Humane Society pups, but believe me, we usually learn some new tricks. Part of our planning will include spreading the word and reaching out to more vendors earlier to increase the size of the craft show.

Lastly, a heartfelt thanks to all the car enthusiasts and our friends from Bakers Barn who came out to support the program; your generosity was greatly appreciated.

Our next event is the members-only annual meeting, luau/beach party, and Pig Roast on July 31st. Our Board Chair, Darla Myers, will open the meeting and give an update. We will eat, and Mary Ouelette will provide the entertainment. There is a signup sheet on the front desk, so get your name on the list and the masterpiece you plan on bringing. Then, on August 21st, the Carnival to celebrate you, so mark your calendar now.

I also want to apologize in advance if you have difficulties calling into the Center. I was given a notice that our current telephone provider was ending their service. No, we were current on the bill, but we were forced to find a new provider. Unfortunately, with a new provider means new phones and a different way of doing things. So forgive us as we work out the bugs.

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



Deal me in! Card playing provides benefits in spades.

They're portable, social (unless you're playing Solitaire), and inexpensive (unless you're gambling with money). And a standard deck of cards provides a seemingly endless number of games you can play.



Yet, historically, there have been at least two misconceptions about these versatile playing cards.

1. **Something as innocent as a game of Rummy was once considered a menace to society.**

A study conducted to show that card playing was "proof of a moral debilitation of the structure of American society" backfired somewhat when its conclusion revealed, "The great majority of card players, in opposition to popular misconceptions, play cards because they have discovered it to be an enjoyable and relaxing way of being together with friends and families."

Indeed. Playing cards often becomes a treasured social ritual where family and friends can unwind and visit.

2. **There was also a school of thought that playing cards was a simple pastime.**

It's unclear what "simple" meant in this context. But if it was another word for "inconsequential," the prevailing wisdom was wrong again.

Many studies have shown playing cards has both **psychological and sociological benefits**.

And this applies to people of all ages. Games such as Crazy Eights can teach vital social skills to people age 5 and up. And one study discovered people who play cards remain rationally sharp in older age.

continued on page 7

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.
THE Martenson
FAMILY OF FUNERAL HOMES, INC.
• Maybee • Trenton
• Rockwood • Monroe
martenson.com

Place Your Ad Here and Support our Community!
Instantly create and purchase an ad with
AD CREATOR STUDIO

lpicomunities.com/adcreator

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





Deal me in! Card playing provides benefits in spades *continued from page 6*

A few more benefits of playing cards:

- When you learn new skills (in this case, through a new card game), **the neurons in your brain are stimulated and create new neural pathways.** Even playing old favorite games sharpens your cognitive abilities as you problem-solve and consider your next turn.
- Card games can help develop or fine-tune patience and discipline, and may help improve memory.
- Card-playing in person gives your eyes a break from the computer screen.
- A card game can help take your mind off your day-to-day worries, and might put you in the “flow state,” which is connected to heavy concentration, clear-headedness and happiness.

The Center offers Bridge, Euchre and Progressive Bridge. See the calendar for dates and times.

There’s also, Bunco, Dominoes Mexican Train, Left-Center-Right, and Mahjong.

SOURCE: <https://www.physiciansmutual.com/web/>

Life is like a game of cards.

Reliability is the ace, industry the king, politeness the queen, thrift the jack.

Common sense is playing to best advantage the cards you draw. And every day, as the game proceeds, you will find the ace, king, queen, jack in your hand and opportunity to use them.

~ Edgar Watson Howe, American author and editor (1853-1937)

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

LET’S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Terry Sweeney

tsweeney@lpicommunities.com

(800) 477-4574 x6407

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



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.

Welcome New Members

Dave Bullock	Beverly J Hatfield	Beverly Pierce
Roy A Burke	Jesse D Hatfield	Kathy Pierce
Donna Cherba	William J Horvath	Steven Pierce
David B Cousino	Ann M LeMessurier	Gene E Schneff
Lori A Cousino	Linda Matthews	Jeff N Walters
Patricia A Duty	Quinn M McLaughlin	Terri A Walters
Raymond J Duty	Kelly Olynky	Laureen K Wehner
Joan M Greer	Leah Osborne	LIFETIME
Carlene Hamilton		Luann M Diroff



May they rest in peace

Arthur D Bomia III
Bernice J Freimark
Michael R Miller

Thank you so much to Barb Daniels for stepping up and teaching the Fun Fit Exercise Class on Mondays, Wednesdays and Fridays. We sincerely appreciate you, Barb!

Thank you to all the volunteers and Senior Prom 2024 participants. Because of you, we had a successful event.

And, always a thank you to ALL Center's monthly volunteers.

Thank You!

Winter Addresses

Attention Members

Do you have a winter address. Would you like to receive the Center's newsletter at your winter residence. If so, please contact Chrissy Pidruzny, Office manager and ask her to switch you address over for those months.

HAPPY BIRTHDAY!

Connie M Ammerman	Rita Ernest	Ruth A Keller	Mary H Murphy	Rita Jean Sanders
Millie L Anderson	Joseph L Fazekas	Ronda K Kinsland	Elaine B Mushung	Kathleen A Sass
William John Andrews	Susan J Fleming	Anna M Klancnik	Laurel L Nadeau	Rosemary Ann Satkowski
Chris M Bonczek	Sharon R Friedline	Roselynn A Kohler	Barbara A Nunez	Patricia Schassberger
Suzanne S Bondie	Sally L Gaw	Mary R Kohler	Marsha Oberleiter	June L Scheich
Elaine M Boudrie	Maria D Gonzalez	Mary Ann Kolaz	Kathryn A. Olson	Sandy A Schuster
H. Daniel Burkett	Geary K Goodman	Kathleen A LeCompte	Robert Origel	Patricia L Smith
Jessica Lynn Burt	Mary E Grenawitzke	Laura M Leicht	James L Osment	James K Spas
Linda J Butash	Annette M Groff	Rick R Lindsay	Linda Faye Pacheco	Joyce L St. Bernard
Sue Chapman	William E Groulx	Earl L Lindsey	Janet K Pearsall	Dawn Staten
Pamela S Cieslak	Barbara J Hall	Donald L Lingar	Debbie M Penkin	Patricia M Studer
Evelyn Copi	Darlene Ann Haut	Frank Lowe	David F Potter	Ralph W Swiderski
Dale E Cox	Lester C Heller	Rosanne L Lynch	Patricia K Privett	Patrick J Szymanski
Susan E Dawn	Kirk M Heller	Mary Lue Manor	John Procy	JoAnn M Trombly
Paula J Diehl	MaryAnn Hess	Betsy E Mason	Dave C Raffo	Susan F Trondson
Kevin W Donnelly	Cleola Hinton	Shirley M Mathus	Susan D Raffo-Bayer	Joann T Trouten
Luciel Doyle	Jessica Sue Huff	Linda Matthews	Dolores Roberts	Jackie Tucker
Judith M Drake	Pamela J Jevince	Robert L McDonald	Howard A Roberts	Brenda Joyce Turnbull
Patricia A Drummonds	Edward R Johnson	Patricia J McPhail	Joan T Rugila	Alan D VanWashenova
Donna L Dushane	Judie Gail Johnson	Sue Messer	Barbara E Runyon	Doris Vernot
Lynn G Dzikowicz	Michelle Jondro	Sue Miller	Jackie G Rupp	Mark A Webb
Hal E Eighmey	Mary Ann Kamasky	Joe E Miskey	Joanna Russ	Barbara Weber
Don K Ellison	Doris Kay Kavanagh	Charlotte M Morris	Vicky L Sacks	Nancy J Wortinger
			Linda S Salcido	

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



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)



Cornhole at Frenchtown

Looking for some outdoor fun this summer? Bring your friends and play Cornhole at the Center. We have the bags, and the boards are out back behind the Center. Come sign in anytime and borrow the equipment. BYOB!



FRENCHTOWN CENTER

Library in Motion will return

Wednesday, August 21, 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 August 13, 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





Join Us for Movie Monday

August 5, at 1:00pm

The Assassination Bureau

Oliver Reed and Diana Rigg head an impeccable cast in *The Assassination Bureau*, a spirited caper inspired by a book co-written by Jack London. Reed plays Ivan, the self-confident chief of an association of hitmen for hire, who will refuse no well-paid offer - especially the lucrative challenge of an aspiring reporter (Rigg). Reasoning that a running cat-and-mouse duel with his henchmen will rid the organization of incompetents, Ivan agrees to become the object of a nonstop hunt. The game is afoot... and Europe is the playground!.

Dessert Recipes



Paula has been handed several recipes over the past few months.

Would you like to be a **guest**

baker for the day? We're thinking about doing this possibly once a month. If you're interested, drop your dessert recipe with your name and phone number in the box at the front desk.



8 Ball Pool Tournament

Wednesday, August 14, 2024

9:00 a.m. Registration Deadline—9:30 a.m. Start

Race to 3 Double Elimination—Ball in Hand

Please Register ASAP—32 Player Cut-Off

\$5.00 Entry Fee

Must be at Least 50 Years of Age—50/50 Drawing

Lunch (**Must reserve your lunch by August 12, 2024**):

Mostaccioli

\$3.00 Members—\$5.00 Non-Members

Please register and submit your payment at the Front Desk



THRIVE
LOCALLY

GROULX

BUICK • GMC



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

SUPPORT OUR ADVERTISERS!



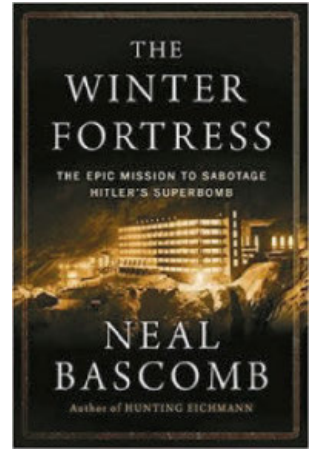
For ad info. call 1-800-477-4574 • www.lpicomunities.com

Frenchtown Center for Active Adults 15-0719

August Book Club

Friday, Aug. 16, 10:00am

The Winter Fortress



It's 1942 and the Nazis are racing to build an atomic bomb. They have the physicists. They have the will. What they don't have is enough "heavy water," an essential ingredient for their nuclear designs. For two years, the Nazis have occupied Norway, and with it the Vemork hydroelectric plant, a massive industrial complex nestled on a precipice of a gorge. Vemork is the world's sole supplier of heavy water, and under the threat of death, its engineers pushed production into overtime. For the Allies, Vemork must be destroyed. But how would they reach the castle fortress high in a mountainous valley? The answer became the most dramatic commando raid of the war. The British Special Operations Executive together a brilliant scientist and eleven refugee Norwegian commandos, who, with little more than parachutes, skis, and Tommy Guns, would destroy Hitler's nuclear ambitions and help end the reign of the Third Reich. Based on exhaustive research and never-before-seen diaries and letters of the saboteurs, *The Winter Fortress* is a compulsively readable narrative about a group of young men who endured soul-crushing setbacks and Gestapo hunts and survived in one of the coldest, most inhospitable places on earth to save the world from destruction.

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



Come One, Come All to Our Senior Day Carnival!



Join Us for a Celebration of YOU!



Cake Walk



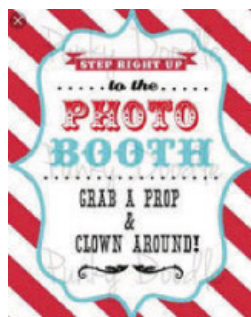
Wednesday, August 21st, 1:00pm

We'll have games, carnival snacks, a cupcake walk, a photo booth, Barbershop Quartet, and much more! So, let yourself feel like a kid again and enjoy the carnival!

***This is a member only event.**

***Please sign up at the front desk.**

***There is no fee for this event.**





Monroe County Fair 2024 July 28—August 3, 2024



We will be at the Beer Booth from

1:00 – 6:00 on Thursday, August 1st

Stop by for a refreshing beer and support our
Adult Day Service Program.



Fund Raising Event Holiday Items and Bake Sale

Wednesday, October 2, 2024

8:30 a.m. –3:30 p.m.

Thursday, October 3, 2024 8:30 a.m.—3:30 p.m.

Friday, October 3, 2024 8:30 a.m.—12:00 p.m.

WE will be collecting NEW or SLIGHTLY/GENTLY used Halloween, Thanksgiving and Christmas Items

Show off your baking skills—bake your favorite item. All desserts must be wrapped and ready for sale.

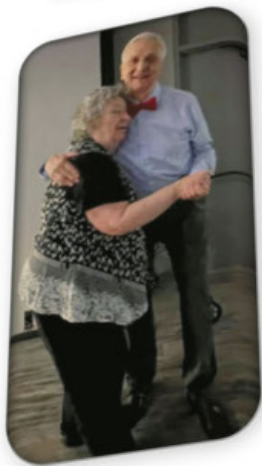
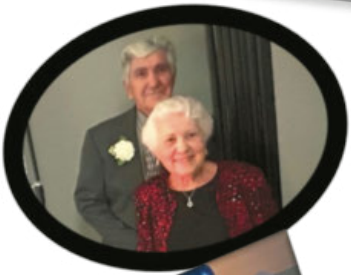
This event is held in our lobby



Senior Prom Highlights

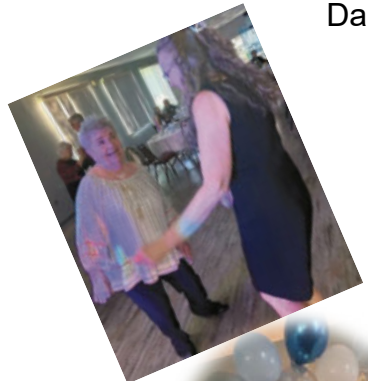


Entertainment



Dinner

Dancing



GAME WARDEN: YOU'RE WELL OVER THE LIMIT.
 "BUT, WE ONLY HAVE 3 FISH"
 GAME WARDEN: FIRST OF ALL, I WAS TALKING
 ABOUT THE 43 EMPTY BEER CANS

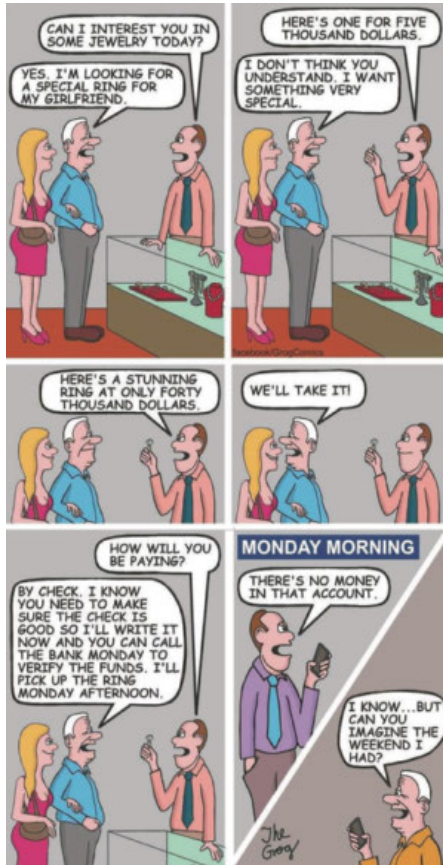
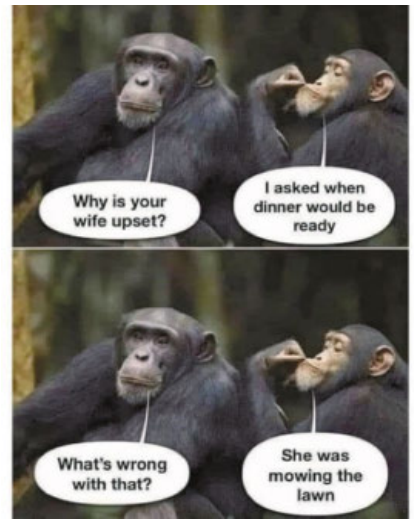


A Little Humor

**My wife called to tell me she
 saw a fox on the way to work.**

**I asked her how she knew it
 was on it's way to work.**

She hung up on me.



"Welcome back, sir. Are you planning on
 being our guest for one night only, or will
 this be your usual extended stay?"

SMOKY MOUNTAINS

Pigeon Forge & Gatlinburg, Tennessee

HAUNTED HAPPENINGS

A SPOOKY TRIP TO NORTHEAST OHIO



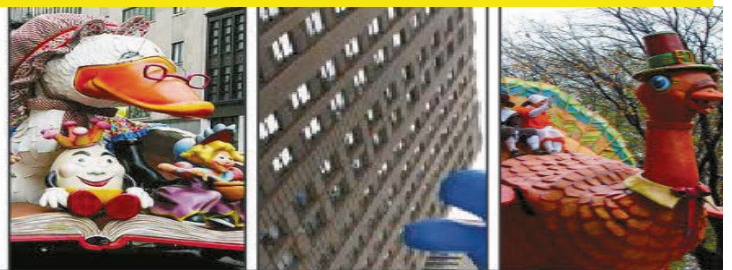
Travel—For upcoming trips, flyer, and more information can be found at www.frenchtownsenior.com/travel.html or to make your reservations, please stop by the Center,

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





Attention Travelers

Our Travel Meetings are now every other month. The next Travel Meeting will be held on Tuesday August 20, 2024, at 1:00pm.



New travel opportunities are being added all the time so please check our website—[frenchtownsenior.com/travel](https://www.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

TRIPS 2024

Horizon Around INLEXINGTON, KY

5 days / 4 nights
\$1,737.00
(per person/night occupancy)

PACE OF TOUR: (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14) (15) (16) (17) (18) (19) (20) (21) (22) (23) (24) (25) (26) (27) (28) (29) (30) (31) (32) (33) (34) (35) (36) (37) (38) (39) (40) (41) (42) (43) (44) (45) (46) (47) (48) (49) (50) (51) (52) (53) (54) (55) (56) (57) (58) (59) (60) (61) (62) (63) (64) (65) (66) (67) (68) (69) (70) (71) (72) (73) (74) (75) (76) (77) (78) (79) (80) (81) (82) (83) (84) (85) (86) (87) (88) (89) (90) (91) (92) (93) (94) (95) (96) (97) (98) (99) (100)

Frenchtown Center for Active Adults

Travel Dates: October 14 - 18, 2024
Monday - Friday

YOUR FRANCO TOUR INCLUDES:

- Round Trip Transportation: Via deluxe highway coach, equipped with reclining seats, air conditioning, and complimentary snacks and beverages.
- Accommodations: 4 nights in a 3-star hotel with complimentary breakfast.
- Included Meals: 1 breakfast, 1 lunch, and 1 dinner.
- Entrance Fees: 1 entrance fee to the Kentucky Center for the Performing Arts.
- Other Amenities: Complimentary airport transfers, travel insurance, and a personal travel agent.

Frenchtown Center for Active Adults

Travel Dates: October 14 - 18, 2024
Monday - Friday

YOUR FRANCO TOUR INCLUDES:

- Round Trip Transportation: Via deluxe highway coach, equipped with reclining seats, air conditioning, and complimentary snacks and beverages.
- Accommodations: 4 nights in a 3-star hotel with complimentary breakfast.
- Included Meals: 1 breakfast, 1 lunch, and 1 dinner.
- Entrance Fees: 1 entrance fee to the Kentucky Center for the Performing Arts.
- Other Amenities: Complimentary airport transfers, travel insurance, and a personal travel agent.

PIONEER TRAIL Wine & Spirits

5 days / 4 nights
\$1,263.00
(per person/night occupancy)

PACE OF TOUR: (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14) (15) (16) (17) (18) (19) (20) (21) (22) (23) (24) (25) (26) (27) (28) (29) (30) (31) (32) (33) (34) (35) (36) (37) (38) (39) (40) (41) (42) (43) (44) (45) (46) (47) (48) (49) (50) (51) (52) (53) (54) (55) (56) (57) (58) (59) (60) (61) (62) (63) (64) (65) (66) (67) (68) (69) (70) (71) (72) (73) (74) (75) (76) (77) (78) (79) (80) (81) (82) (83) (84) (85) (86) (87) (88) (89) (90) (91) (92) (93) (94) (95) (96) (97) (98) (99) (100)

Frenchtown Center for Active Adults

Travel Dates: September 30 - October 4, 2024
Monday - Friday

YOUR FRANCO TOUR INCLUDES:

- Round Trip Transportation: Via deluxe highway coach, equipped with reclining seats, air conditioning, and complimentary snacks and beverages.
- Accommodations: 4 nights in a 3-star hotel with complimentary breakfast.
- Included Meals: 1 breakfast, 1 lunch, and 1 dinner.
- Entrance Fees: 1 entrance fee to the Pioneer Trail Wine & Spirits.
- Other Amenities: Complimentary airport transfers, travel insurance, and a personal travel agent.

Yosemite USA

5 days / 4 nights
\$1,263.00
(per person/night occupancy)

PACE OF TOUR: (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14) (15) (16) (17) (18) (19) (20) (21) (22) (23) (24) (25) (26) (27) (28) (29) (30) (31) (32) (33) (34) (35) (36) (37) (38) (39) (40) (41) (42) (43) (44) (45) (46) (47) (48) (49) (50) (51) (52) (53) (54) (55) (56) (57) (58) (59) (60) (61) (62) (63) (64) (65) (66) (67) (68) (69) (70) (71) (72) (73) (74) (75) (76) (77) (78) (79) (80) (81) (82) (83) (84) (85) (86) (87) (88) (89) (90) (91) (92) (93) (94) (95) (96) (97) (98) (99) (100)

Frenchtown Center for Active Adults

Travel Dates: September 30 - October 4, 2024
Monday - Friday

YOUR FRANCO TOUR INCLUDES:

- Round Trip Transportation: Via deluxe highway coach, equipped with reclining seats, air conditioning, and complimentary snacks and beverages.
- Accommodations: 4 nights in a 3-star hotel with complimentary breakfast.
- Included Meals: 1 breakfast, 1 lunch, and 1 dinner.
- Entrance Fees: 1 entrance fee to the Yosemite National Park.
- Other Amenities: Complimentary airport transfers, travel insurance, and a personal travel agent.

THE PARADE COMPANY

5 days / 4 nights
\$1,737.00
(per person/night occupancy)

PACE OF TOUR: (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14) (15) (16) (17) (18) (19) (20) (21) (22) (23) (24) (25) (26) (27) (28) (29) (30) (31) (32) (33) (34) (35) (36) (37) (38) (39) (40) (41) (42) (43) (44) (45) (46) (47) (48) (49) (50) (51) (52) (53) (54) (55) (56) (57) (58) (59) (60) (61) (62) (63) (64) (65) (66) (67) (68) (69) (70) (71) (72) (73) (74) (75) (76) (77) (78) (79) (80) (81) (82) (83) (84) (85) (86) (87) (88) (89) (90) (91) (92) (93) (94) (95) (96) (97) (98) (99) (100)

Frenchtown Center for Active Adults

Travel Dates: Wednesday, November 6, 2024
Departure: 8:00AM - Returns: 8:00PM

YOUR FRANCO TOUR INCLUDES:

- Round Trip Transportation: Via deluxe highway coach, equipped with reclining seats, air conditioning, and complimentary snacks and beverages.
- Accommodations: 4 nights in a 3-star hotel with complimentary breakfast.
- Included Meals: 1 breakfast, 1 lunch, and 1 dinner.
- Entrance Fees: 1 entrance fee to the Parade Company.
- Other Amenities: Complimentary airport transfers, travel insurance, and a personal travel agent.

SMOKY MOUNTAINS

4 days / 3 nights
\$1,063.00
(per person/night occupancy)

PACE OF TOUR: (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14) (15) (16) (17) (18) (19) (20) (21) (22) (23) (24) (25) (26) (27) (28) (29) (30) (31) (32) (33) (34) (35) (36) (37) (38) (39) (40) (41) (42) (43) (44) (45) (46) (47) (48) (49) (50) (51) (52) (53) (54) (55) (56) (57) (58) (59) (60) (61) (62) (63) (64) (65) (66) (67) (68) (69) (70) (71) (72) (73) (74) (75) (76) (77) (78) (79) (80) (81) (82) (83) (84) (85) (86) (87) (88) (89) (90) (91) (92) (93) (94) (95) (96) (97) (98) (99) (100)

Frenchtown Center for Active Adults

Travel Dates: Thursday, September 12, 2024
Departure: 9:00AM - Returns: 6:00PM

YOUR FRANCO TOUR INCLUDES:

- Round Trip Transportation: Via deluxe highway coach, equipped with reclining seats, air conditioning, and complimentary snacks and beverages.
- Accommodations: 3 nights in a 3-star hotel with complimentary breakfast.
- Included Meals: 1 breakfast, 1 lunch, and 1 dinner.
- Entrance Fees: 1 entrance fee to the Smoky Mountains National Park.
- Other Amenities: Complimentary airport transfers, travel insurance, and a personal travel agent.

HAUNTED HAPPENINGS

2 days / 1 night
\$440.00
(per person/night occupancy)

PACE OF TOUR: (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14) (15) (16) (17) (18) (19) (20) (21) (22) (23) (24) (25) (26) (27) (28) (29) (30) (31) (32) (33) (34) (35) (36) (37) (38) (39) (40) (41) (42) (43) (44) (45) (46) (47) (48) (49) (50) (51) (52) (53) (54) (55) (56) (57) (58) (59) (60) (61) (62) (63) (64) (65) (66) (67) (68) (69) (70) (71) (72) (73) (74) (75) (76) (77) (78) (79) (80) (81) (82) (83) (84) (85) (86) (87) (88) (89) (90) (91) (92) (93) (94) (95) (96) (97) (98) (99) (100)

Frenchtown Center for Active Adults

Travel Dates: October 25 - 26, 2024
Friday - Saturday

YOUR FRANCO TOUR INCLUDES:

- Round Trip Transportation: Via deluxe highway coach, equipped with reclining seats, air conditioning, and complimentary snacks and beverages.
- Accommodations: 1 night in a 3-star hotel with complimentary breakfast.
- Included Meals: 1 breakfast, 1 lunch, and 1 dinner.
- Entrance Fees: 1 entrance fee to the Haunted Happenings.
- Other Amenities: Complimentary airport transfers, travel insurance, and a personal travel agent.

Hallmark Christmas Town

2 days / 1 night
\$496.00
(per person/night occupancy)

PACE OF TOUR: (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14) (15) (16) (17) (18) (19) (20) (21) (22) (23) (24) (25) (26) (27) (28) (29) (30) (31) (32) (33) (34) (35) (36) (37) (38) (39) (40) (41) (42) (43) (44) (45) (46) (47) (48) (49) (50) (51) (52) (53) (54) (55) (56) (57) (58) (59) (60) (61) (62) (63) (64) (65) (66) (67) (68) (69) (70) (71) (72) (73) (74) (75) (76) (77) (78) (79) (80) (81) (82) (83) (84) (85) (86) (87) (88) (89) (90) (91) (92) (93) (94) (95) (96) (97) (98) (99) (100)

Frenchtown Center for Active Adults

Travel Dates: November 15 - 16, 2024
Friday - Saturday

YOUR FRANCO TOUR INCLUDES:

- Round Trip Transportation: Via deluxe highway coach, equipped with reclining seats, air conditioning, and complimentary snacks and beverages.
- Accommodations: 1 night in a 3-star hotel with complimentary breakfast.
- Included Meals: 1 breakfast, 1 lunch, and 1 dinner.
- Entrance Fees: 1 entrance fee to the Hallmark Christmas Town.
- Other Amenities: Complimentary airport transfers, travel insurance, and a personal travel agent.

Nite Lites at MIS

5 days / 4 nights
\$2,244.00
(per person/night occupancy)

PACE OF TOUR: (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14) (15) (16) (17) (18) (19) (20) (21) (22) (23) (24) (25) (26) (27) (28) (29) (30) (31) (32) (33) (34) (35) (36) (37) (38) (39) (40) (41) (42) (43) (44) (45) (46) (47) (48) (49) (50) (51) (52) (53) (54) (55) (56) (57) (58) (59) (60) (61) (62) (63) (64) (65) (66) (67) (68) (69) (70) (71) (72) (73) (74) (75) (76) (77) (78) (79) (80) (81) (82) (83) (84) (85) (86) (87) (88) (89) (90) (91) (92) (93) (94) (95) (96) (97) (98) (99) (100)

Frenchtown Center for Active Adults

Travel Dates: Wednesday, December 11, 2024
Departure: 2:00PM - Returns: 10:00PM

YOUR FRANCO TOUR INCLUDES:

- Round Trip Transportation: Via deluxe highway coach, equipped with reclining seats, air conditioning, and complimentary snacks and beverages.
- Accommodations: 4 nights in a 3-star hotel with complimentary breakfast.
- Included Meals: 1 breakfast, 1 lunch, and 1 dinner.
- Entrance Fees: 1 entrance fee to the Nite Lites at MIS.
- Other Amenities: Complimentary airport transfers, travel insurance, and a personal travel agent.

New York Holidays

5 days / 4 nights
\$2,244.00
(per person/night occupancy)

PACE OF TOUR: (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14) (15) (16) (17) (18) (19) (20) (21) (22) (23) (24) (25) (26) (27) (28) (29) (30) (31) (32) (33) (34) (35) (36) (37) (38) (39) (40) (41) (42) (43) (44) (45) (46) (47) (48) (49) (50) (51) (52) (53) (54) (55) (56) (57) (58) (59) (60) (61) (62) (63) (64) (65) (66) (67) (68) (69) (70) (71) (72) (73) (74) (75) (76) (77) (78) (79) (80) (81) (82) (83) (84) (85) (86) (87) (88) (89) (90) (91) (92) (93) (94) (95) (96) (97) (98) (99) (100)

Frenchtown Center for Active Adults

Travel Dates: December 3 - 7, 2024
Thursday - Sunday

YOUR FRANCO TOUR INCLUDES:

- Round Trip Transportation: Via deluxe highway coach, equipped with reclining seats, air conditioning, and complimentary snacks and beverages.
- Accommodations: 4 nights in a 3-star hotel with complimentary breakfast.
- Included Meals: 1 breakfast, 1 lunch, and 1 dinner.
- Entrance Fees: 1 entrance fee to the New York Holidays.
- Other Amenities: Complimentary airport transfers, travel insurance, and a personal travel agent.

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



Frenchtown Voyagers Travel Meeting

Tuesday, August 20, 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 Manager, Christine Pidruzny. *******

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

- ◆ **Saugatuck, MI, Aug. 14, 2024 presented by Bianco Tours.** The cost for this day trip is \$163. 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.
- ◆ **Pioneer Wine Trail, Sept. 12, 2024, presented by Bianco Tours.** This day trip is \$113. Visit the website.
- ◆ **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.
- ◆ **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.
- ◆ **New York Holiday, Dec. 3-7, presented by Bianco Tours.** Single \$2,939, double \$2,244, triple \$2,028. Please visit our website for full details.
- ◆ **Nite Lites at MIS, Dec. 11, presented by Bianco Tours.** The cost for this day trip is \$90. Please visit our website for full details.

***Watch this space for our 2025 line up coming soon!**





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

- ◆ **Fair Beer Booth, Thursday, August 1, 2024—Come see us from 1:00-6:00 pm**
 - ◆ **Movie Monday August 5, 2024 @ 1:00 p.m.**
- ◆ **FUN NIGHT MEAL & Entertainment—Tuesday, August 13, 2024 @ 4:30 p.m.**
 - ◆ **Rock of Ages CANCELLED—Wednesday, August 14, 2024**
 - ◆ **8 Ball Pool Tournament, Wednesday, August 14, 2024 @ 9:00 a.m.**
 - ◆ **Travel Meeting, August 20, 2023 @ 1:00 p.m.**
 - ◆ **Library will be here on Wednesday, August 21, 2024 @ 10:00 a.m.**
 - ◆ **Board Meeting—Thursday, August 15, 2024 @ 10:00 a.m.**
- ◆ **Chair Yoga & Balance and Stability CANCELLED—Wednesday, August 21, 2024**
- ◆ **Members Carnival—Wednesday, August 21, 2024 1:00 p.m. National Senior Citizen's Day—TO GO LUNCHES ONLY**
 - ◆ **Pub Trivia August 28 @ 1:00 p.m.**
 - ◆ **Members Potluck, Wednesday, September 18, 2024**

ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING