



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.

SEPTEMBER 2024



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Thank You to the Center's Staff & Volunteers for taking time out of your busy schedules to work the Beer Booth again at the Monroe County Fair. All proceeds goes to Frenchtown Center Adult Day Services! and Thank You to Donna Evans, Rose Harris, Jane Worden & Phyllis Madden for their donation to the Adult Day Services Beer Booth!





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
Anne Self—Building Attendant
Kitchen Staff
Kim Maracle—Head Cook/ Ext 106
Paula DeHart—Assistant Cook
Rita Stout-Andrews—Kitchen Aid

Adult Day Service Staff

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

This institution is an equal opportunity provider.

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.



Mon	Tue	Wed	Thu	Fri
September 2024				
2 	3 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 9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 9:30 Euchre 10:00 9-Ball League 10:00 Chair Yoga 10:00 Dominoes Mexican Train 10:00 Library In Motion 10:30 Acrylics & Beyond 11:00 Balance & Stability 12:30 Paint w/Friends	5 8:00 Cardio Drumming 9:00 Cardio Drumming 10:00 Massage Therapy 8:30 Breakfast 9:00 Ping Pong 9:00 Bridge 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 8-Ball League 1:00 LCR	6 9:00 Pickle Ball 9:00 Mahjong 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
9 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Bocce Ball 10:00 Chair Yoga 11:00 Balance & Stability 1:00 Caregiver Mtg 1:00 Brain Aerobics	10 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	11 9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 9:30 Euchre 10:00 9-Ball League 10:00 Chair Yoga 10:30 Acrylics & Beyond 11:00 Balance & Stability 12:30 Paint w/Friends 1:00 Happy Hookers	12 8:00 Cardio Drumming 8:30 Breakfast 9:00 Massage Therapy 9:00 Cardio Drumming 9:00 Ping Pong 9:00 Bridge 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:00 Quilters Guild 1:00 8-Ball League 1:00 LCR	13 9:00 Pickle Ball 10:00 Monroe Quilt Guild Workshop 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
16 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 Firm) 1:00 Monroe Sewing Group	17 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	18 9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 9:30 Euchre 10:00 9-Ball League 10:00 Dominoes Mexican Train 10:00 Chair Yoga 10:30 Acrylics & Beyond 12:30 Holiday KickOff PizzaParty 11:00 Balance & Stability 12:30 Paint w/Friends 1:00 Happy Hookers 1:00 WWWWW	19 8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Bridge 10:00 Board Meeting 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 8-Ball League 1:00 Card Making Class 1:00 LCR 1:00 Enhanced Exer w/Jackie	20 9:00 Pickle Ball 9:00 Mahjong 10:00 Book Club (The Girl with Seven Names) 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo \$5.00
23 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chicks w/Sticks 10:00 Bocce Ball 10:00 Chair Yoga 11:00 Balance & Stability 1:00 Brain Aerobics 1:00 Caregiver Mtg	24 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	25 9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 9:30 Euchre 10:00 9-Ball League 10:00 Chair Yoga 10:30 Acrylics & Beyond 11:00 Balance & Stability 12:30 Paint w/Friends 1:00 Happy Hookers 1:00 Pub Trivia	26 8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Bridge 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 8-Ball League 1:00 LCR 1:00 Enhanced Exer w/Jackie	27 9:00 Massage Therapy 9:00 Pickle Ball 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
30 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chicks w/Sticks 10:00 Bocce Ball 10:00 Chair Yoga 11:00 Balance & Stability	This month's Tuesday Fun Meal Sponsored by Elect Kyle Wright For State Representative Democratic Candidate MI House District 29		Time for Pool Leagues to Begin Chicks w/Sticks Mondays 10:00 a.m. 9 Ball Wednesdays @ 10:00 a.m. 8 Ball Thursdays @ 1:00 p.m.	
			 Wednesday, September 18th @ 12:30pm Holiday Kick Off	





**** 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. Please indicate Dining IN or OUT.**

September 2024

2 	3 Biscuits & Gravy w/Sausage	4 Sweet Sauerkraut w/Smoked Sausage	5 Loaded Nacho's	6 Cheeseburger w/ Fries
9 Chicken Salad Wrap w/Side	10 Taco Salad	11 Broccoli & Cheese Soup w/Baked Potato	12 Hamburger Stroganoff w/Peas	13 Sloppy Joe w/ Baked Beans
16 Salisbury Steak w/ Onions, Mashed Potatoes & Gravy	17 Chef Salad	18 TO GO'S ONLY Pizza w/Salad	19 Country Girl Pot Pies	20 Chicken Tortilla Soup w/1/2 Ham Sandwich
23 BBQ Pork Sandwich w/ Coleslaw	24 Vegetable Soup w/Side Salad	25 Betty Salad	26 Beef Stew Over Biscuits	27 Chicken Enchilada's
30 Mashed Potato Chicken Bowl w/ Corn & Gravy				



**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.**

September 5th Breakfast Sandwich
September 12th Biscuits & Gravy
September 19th Pancakes
September 26th 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.**





The word around Monroe has always been that the Monroe County Fair was the official end of summer. I sure hope that is true. Despite the high 80s temperatures and 90 percent humidity during fair week, which were uncomfortable, to say the least, our community showed remarkable resilience. As tradition has it, the staff and volunteers endured these brutal conditions on Thursday at the fair and made the best of it,

serving beer at the Eagles Nest. It's a testament to our community spirit that we always manage to make the most of our events, even when the heat index seems to go off the chart. Remember the car show? Thankfully, fall is right around the corner, and let's keep our fingers crossed that fall temperatures are closer to normal.

Mentioning events reminds me I need to bring a couple of things to your attention. We have had a couple of occasions where we needed to cancel a scheduled activity. We try to provide as much advanced notice as possible when this happens. That notice could take several different forms. Given enough time, a notice will be posted in the Center, and we will put a notice in the newsletter. Those who use Facebook will probably be hit with a blast. We also try and get something on the website. Or, for those short-notice cancelations, a broadcast telephone message is used. While I try to reach those who could be affected by the cancelation with the broadcast, it is not 100 percent. I typically go back two weeks and include those who were in attendance. Generally, this works well, but there have been occasions when someone new arrived or someone was away on vacation. For the most part, everyone is understanding, so please know that we gave it the old college try to get the message out.

The exact notification process allows you to mark your calendar for upcoming events. Of course, this excludes the broadcast message since planned events are scheduled weeks in advance. This is why it is important to read your newsletter and be observant of the informational flyers on the front desk. Depending on the event, those flyers could be accompanied by a signup sheet. These signup sheets might have a cutoff date affixed to them. So please pay attention to those dates; I have seen folks look at the date because they might need to check the calendar when they get home and then forget about signing up. FYI, we are having a Holiday Kickoff Party on September 18 for members only. We will be serving pizza, salad, and dessert, see page 11 for more details. You will need to sign up for planning purposes; we must stick to the cutoff date, so please don't get upset with staff if you forget because it will be your mistake.

Pool leagues start in September, so remember there are rules for using the pool tables during league play. There is also a new addition to the area. The pool league had a custom-built shelf installed along the back wall. This gives them more room for the stools and really makes a big difference.

After months of struggling to get quotes on the work that was part of the grant, we received way back when enough have finally been secured to start moving some of the projects forward. As a result, it is very possible you could start to see some improvements start to take place in September. Don't hold me to that though because there are still many moving pieces. Materials will need to be obtained, contractors will need to get us on their schedules and more importantly we need to work with the state to secure advanced funding. It is common for the contractors to want material cost paid for before ordering. Because of the scope of the projects, we won't have the necessary payments available without an advance from the state. At least things are looking on the bright side.

Enjoy your labor day, and Grandparents enjoy your special day as well.

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



Flu & Covid Vaccinations

Frenchtown will be offering
Flu & Covid vaccinations again this year
Tuesday, October 15, 2024
8:30am to 11:30am.

Presented by



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For The Elderly



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Frenchtown Center for Active Adults

15-0719

Focus on Fitness

Each month we will feature a different member of Frenchtown Center for Active Adults to discuss their fitness journey with us. So, watch this space for your monthly fitness inspirations. If you would like to be featured in a future newsletter edition, please see Lisa. This month's conversation was with Antoinette Kuzich who's been a member since January of 2024.



1. What fitness classes here at Frenchtown do you participate in?

Antoinette participates in our **Geri Fit** program and has occasionally done our **Balance and Stability** class.

2. What made you decide to come to Frenchtown for fitness?

"I heard you offered a lot of things and the word 'active' is in the name of the center and I wanted to be active.

3. What improvements have you seen in yourself since starting our fitness programs?

For an 81-year-old woman, my arms are more toned now. I've increased my weights too. The other things which have been very good for me is being around other people, which has motivated me to work out.

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.



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Downtown Monroe

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Please call and speak to our Admissions Department.



Welcome New Members

Jackie L Blackwood	Joanne Maurice
Robert A Blackwood	Shannon L Nugent
Roxane J Branch	Kathy Oklejas
Annette Bussell	Beverly A Quentin
Nancy S Chalupka	Diane Richardville
Ronald E Collum	Steve Richardville
Marsha Geierman	James Robb
David R Gnaedinger	Ginny Rohn
Yvonne A Gnaedinger	Seth S Russell
Betty Haines	Bruce S Ruthuus
Larry A Hemry	Jerome W Schneider
Thomas J Langton	Deborah Shaul
William L Lauer	Patricia A. Uecker
Susan M Lewis	Sally E Voyles
Timothy A Lewis	Laurie A Weiss
Christine Looney	Debra Y Yoas
Debra A Luizunie	Kraig A Yoas
Pat A Mann	



May they rest in peace

Fred Drotar

Dennis R. "Denny" Foster

ALL volunteers and staff
during Car Show
(Adult Day Services
Fundraising Event)



Beer Both Volunteers during Monroe County Fair
(Adult Day Services Fundraising)

Donna Evans, Rose Harris, Jane Worden & Phyllis
Madden for their donation Adult Day Services Beer
Booth

And to ALL our amazing volunteers and donations,
thank you so much!!

HAPPY BIRTHDAY!!!! Choose your September Birthday Lunch from this months menu items (Page 4)

Nancy K Adams	Raymond J Duty	Beverly A Kuderik	Gene E Schneff
Mary Jean Amolsch	Barbara L Emerick	Chris Kull	Janet A Schultz
Kevin M Angove	Mildred England	Elizabeth Leski	Jenny E Schyllander
Mark J Angove	Ron Farley	Timothy A Lewis	Caroline A Short
Scott Belknap III	Ronald J Finley	Erlinda L Little	Janet M Sottile
Ray L Bergmooser	Mary Anne Fowler	Judy S Loescher	Cheryl I Southworth
Eugene J Bialy	Deborah Gedelian	Patricia Ann MacDougall	Jamie Lynn Teatsorth
Beverly A Bills	Gregg P Gentil	Mary Ann Mack	Marian W Tyra
Bonnie Ann Blohm	Beverly J Gessner	Phyllis M Madden	Vickie M Waltz
Jim R Booth	Bonnie Greb	Michael J McCarty	Debbie A Waltz
Ilah M Brancheau	Joan M Greer	Myrna R Meek	Cheryl F Wassus
Brian R Brow	Richard H Gross	Ron C Merrick	Sharon M Weinstein
Janice A Brunswick	Janice A Hammer	Gerald F Miller	Donna M Wickenheiser
Patrick M Buckley	Beverly J Hatfield	Marcia S Miskey	Lilia E Williams
Sharon Kay Buckley	Theresa Heitkamp	Jerry A Mudget	James "Jim" C Williams
Kimberly A Clear	Marie A Hutchison	Jo Ann Naida	Jane M Worden
Trish A Cole	Rick R Hyden	Janet S Notario	Reggena S Wortinger
David B Cousino	Robert R Imber	Roger D Olson	Margaret L Beason
Barbara J Daniels	Linda M Imber	Jeanna M Pierce	Naomi S Coon
David L Dawn	Mary Ann Jackson	Dennis L Ray	Bonnie J Kregel
Anita M Demario	Marlene M Johnson	Pam Ray	John A Piekarski
Marcia J Denoyer	Sherry Jones	Sandra A Rekuc	Rosa M Reed
Stephanie J Derry	Kathy L Kanitz	Jayne A Richards	Dennis S Scheich
Shelley L Desrosiers	Joyce A Kipf-Trowbridge	Michele Y Rinne	Dana R Stiefel
Bill B Dozier	Nancy L Koszegi	Linda S Salisbury	Frances M VanSlambrouck

Fall Pool Leagues Are Here Again

We would like to take the time to **thank the COA** for the funding that helped the pool leagues this year. We now have a new pool table and new cloth on the other tables.

The pool league recently installed a new shelf across the back wall to open up more seating and space for the league players.

And we would also like to thank the six men for making the long trip to Midland Michigan to pick up the new table for us.

And to our pool playing members, we appreciate and thank you for laying the pieces of cloth under the cue ball when they break, helping our new cloth to last as long as possible.

Fall leagues are starting

Chicks with Sticks—

Monday, September 16, 2024 @ 10:00 a.m.

Men's 9 Ball League—

Wednesday, September 4, 2024 @ 10:00 a.m.

Men's 8 Ball League—

Thursday, September 5, 2024 @ 1:00 p.m.



Brain Aerobics

2nd and 4th Mondays at 1:00 p.m.

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

Can you solve this problem????

$$20 - 8 \div 2 + 1 - 9 \div 3 = ?$$

FRENCHTOWN CENTER

Library in Motion will return

Wednesday, September 18, 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 September 10, 2024

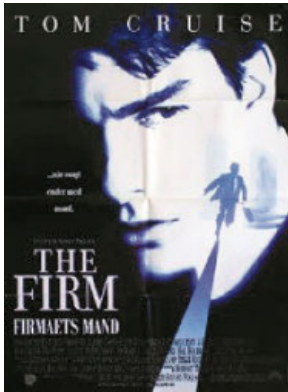
4:30 p.m.—6:30 p.m.

Come Join Us for Some Food and Fun!!!

Members ONLY \$1.00

NON-MEMBERS \$3.00





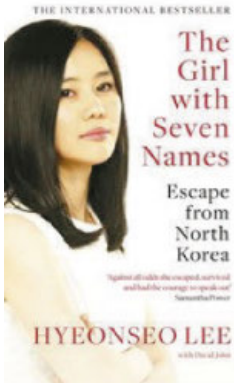
Join Us for Movie Monday

Special Date

Sept. 16, at 1:00pm

The Firm

Mitch McDeere is a young man with a promising future in Law. About to sit his Bar exam, he is approached by 'The Firm' and made an offer he doesn't refuse. Seduced by the money and gifts showered on him, he is totally oblivious to the more sinister side of his company. Then, two Associates are murdered. The FBI contact him, asking him for information and suddenly his life is ruined. He has a choice - work with the FBI or stay with the Firm. Either way he will lose his life as he knows it. Mitch figures the only way out is to follow his own plan.



September Book Club

Friday, Sept. 20, 10:00am

The Girl with Seven Names: Escape from North Korea By Hyeonseo Lee

As a child growing up in North Korea, Hyeonseo Lee was one of millions trapped by a secretive and brutal communist regime. Her home on the border with China gave her some exposure to the world beyond the confines of the Hermit Kingdom and, as the famine of the 1990s struck, she began to wonder, question and to realize that she had been brainwashed her entire life. Given the repression, poverty and starvation she witnessed surely her country could not be, as she had been told "the best on the planet"? Aged seventeen, she decided to escape North Korea. She could not have imagined that it would

be twelve years before she was reunited with her family.

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15-0719



Frenchtown Center for Active Adults
Presents a

Holiday Kick-Off Pizza Party

Wednesday, Sept. 18th at 12:30pm

***This is a members' only event.**

***Sign up required.**

We will be serving pizza, salad, and dessert.

We will be accepting donations for our Holiday **Fundraiser and Bake Sale (Page Sale 13)**, of **new** or **slightly/gently** used Halloween, Thanksgiving, and Christmas decorations, and wrapped freezable baked goods.



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Grandparents Day
September 8, 2024

Many families in the United States observe **National Grandparents Day on the first Sunday of September after Labor Day**. This day honors grandparents.



NATIONAL GRANDPARENTS DAY HISTORY

Celebrated in the United States since 1978, the United States Senate and President Jimmy Carter nationally recognized Marian McQuade of Oak Hill, West Virginia as the founder of National Grandparents Day. McQuade made it her goal to educate the youth in the community about the significant contributions that seniors have made throughout history. It was also her hope to have the youth “adopt” a grandparent, not just for one day or a year, but rather for a lifetime.

The relationship shared between a child and the grandparent is based on pure and unconditional love. On this day, **people raise awareness on the contribution of the grandparents not just on the upbringing of a child but also in creating social awareness in the younger generations.**



“Love is the greatest gift that one generation can leave to another.”

RICHARD GARNETT

A grandmother knows that children grow too quickly and the time will soon come when they will no longer ask you to play with them. A grandmother knows that it is more important to dedicate your time to them instead of taking care of the house. A grandmother knows that listening to them without haste is for them the best gift. A grandmother knows that their tantrums are sometimes requests for help. A grandmother knows that you never go back. I will really miss their little hands around my neck. A grandmother knows that sometimes a

day never passes and the years fly by... A grandmother knows... Simple Abundance ♥

Grandparents and their grandchildren share a special bond. These hugging, caring and patient people in the lives of children offer more than a generous dose of love. Grandparents provide an abundance of wisdom. They also offer guidance and stability.

When grandchildren need a story, grandparents tell the best. A grandparent's wealth of family history and lore offers lessons of their own. Through humorous stories and some serious ones, grandparents gently point grandchildren in the right direction.



Love all of my grands & greats. This is one of my granddaughters and her daughter, my great-granddaughter, Ms. Phoebe.



The forget-me-not is the official flower for National Grandparents

Grandchildren are a grandparent's link to the future. Grandparents are the child's link to the past.

Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of little children.

Benefits of Correct Shoes

What kind of shoes should I wear for working out?

Shoes should provide proper support for the intended exercise and be in good condition. Use running shoes (with cushioning) for cardio and cross trainers (with great stability) if you mix in strength training. Consider the instep, toe depth, and heel width. Make sure they fit your feet - but aren't too tight!

How Do I Pick Athletic Shoes?

1. Purchase shoes from a specialty store, if possible. ...
2. Try on athletic shoes after a workout or run and at the end of the day when your feet are at their largest. ...
3. Wear the same type of sock that you would wear for that sport.
4. Re-lace the shoes. ...
5. Check the fit.

Wearing improper shoes can also lead to foot and ankle pain. Shoes that are too tight or too loose can cause friction and pressure, which can lead to blisters, calluses, and other injuries. Shoes that don't provide enough support can cause your foot to roll inward or outward, which can lead to conditions like overpronation or supination. These conditions can cause pain in your feet, ankles, knees, hips, and back.

[https://www.google.com/search?](https://www.google.com/search?q=proper+exercise+shoes&rlz=1C1CAFA_enUS727US736&oq=proper+exercise+shoes&gs_lcrp=EgZjaHJvbUYOTIICAQABgWGB)

[q=proper+exercise+shoes&rlz=1C1CAFA_enUS727US736&oq=proper+exercise+shoes&gs_lcrp=EgZjaHJvbUYOTIICAQABgWGB](https://www.google.com/search?q=proper+exercise+shoes&rlz=1C1CAFA_enUS727US736&oq=proper+exercise+shoes&gs_lcrp=EgZjaHJvbUYOTIICAQABgWGB)



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 are 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 and open to the public.

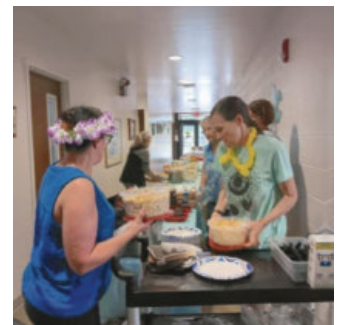


2024 Car Show—Huge Success

Thank you to all for participating, Dave Jaskot for all the organizing and to all our awesome volunteers for their hard work!

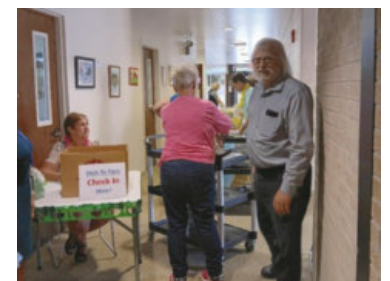


Pig Roast Highlights



THANK YOU

Members & Volunteers
for the great turn out and
wonderful dishes.



September Is Healthy Aging® Month



As people age, they may experience conditions and diseases of the bones, joints, muscles, and skin. Healthy Aging® Month is an opportunity to learn about these and other conditions, and share resources and information.

Staying Healthy

Maintaining good health doesn't happen by accident. It requires work, smart lifestyle choices, and the occasional checkup and test.

A healthy diet is rich in fiber, whole grains, fresh fruits and vegetables, "good" or unsaturated fats, and omega-3 fatty acids. These dietary components turn down inflammation, which can damage tissue, joints, artery walls, and organs. Going easy on processed foods is another element of healthy eating. Sweets, foods made with highly refined grains, and sugar-sweetened beverages can cause spikes in blood sugar that can lead to early hunger. High blood sugar is linked to the development of diabetes, obesity, heart disease, and even dementia.

The Mediterranean diet meets all of the criteria for good health, and there is convincing evidence that it is effective at warding off heart attack, stroke, and premature death. The diet is rich in olive oil, fruits, vegetables, nuts and fish; low in red meats or processed meats; and includes a moderate amount of cheese and wine.

Physical activity is also necessary for good health. It can greatly reduce your risk of heart disease, stroke, type 2 diabetes, breast and colon cancer, depression, and falls. Physical activity improves sleep, endurance, and even sex. Aim for 150 minutes of moderate-intensity exercise every week, such as brisk walking. Strength training, important for balance, bone health, controlling blood sugar, and mobility, is recommended 2-3 times per week.

Finding ways to reduce stress is another strategy that can help you stay healthy, given the connection between stress and a variety of disorders. There are many ways to bust stress. Try, meditation, mindfulness, yoga, playing on weekends, and taking vacations.

Finally, establish a good relationship with a primary care physician. If something happens to your health, a physician you know —and who knows you — is in the best position to help. He or she will also recommend tests to check for hidden cancer or other conditions.

SOURCE: <https://www.health.harvard.edu/topics/staying-healthy>

Center Exercise Classes

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

Center Activity Exercises

- Bocce Ball
- Pickle Ball
- Ping Pong

Tuesdays and Thursdays, Lead by Kathleen McBee

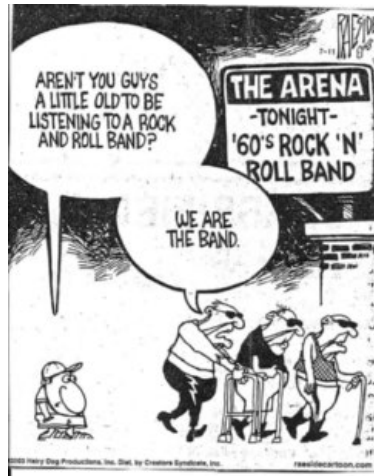
Geri-fit 10:00 to 11:00

Advanced Geri-fit 11:00 to 12:00

Once a person reaches the age of 50, unless they do some sort of strength training on a regular base, then they begin to lose one pound of muscle each year. Once we reach the age of 70, that muscle loss increases to two pounds lost per year. Designed exclusively for older adults, Geri-Fit helps rebuild strength that's been lost through the aging process to help ensure a higher level of function as older adults continue to age. For more information contact Kathleen



Life is boring
if you don't laugh, joke
around and be a little
crazy every now and then.
At the end of the day it's
about being **happy**.



I got myself a
seniors' GPS. Not
only does it tell me
how to get to my
destination, it tells
me why I wanted to
go there.

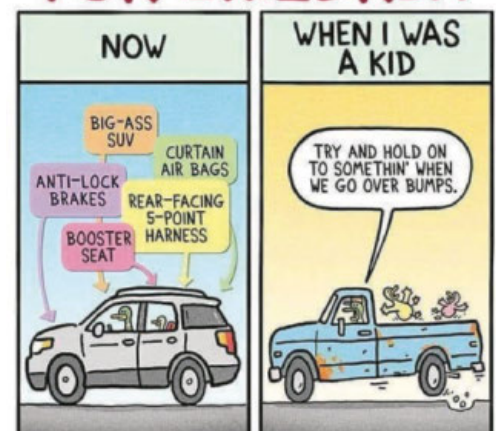


I'm in Home Depot and
some little kid called
me an old fart....

So if you're missing
your kid...he's in the
red LG dryer...isle 17



CAR SAFETY FOR CHILDREN





CALLING ALL BAKERS



Monroe County RSVP Volunteers & the Frenchtown Center for Active Adults are creating Baked Goods Baskets for our local police, sheriff, EMS and firefighting heroes to thank them for their brave service to Monroe County residents. If you would like to join in, we'd love to have your help.

- Bake your favorite goody and bring it to the Frenchtown Center for Active Adults on Monday, Sept. 9th between 9 a.m. - 1 p.m.
- For individual sized baked goods, please individually wrap them (1 or 2 items in each package) for easy and clean grab-and-go
- For larger baked goods (bread loafs or whole cakes/pies) wrap them as you would for freshness/cleanliness during transport
- Feel free to add a special and simple "thank you note" if you would like



Monroe
County
RSVP

Questions?

Call Beth at: 241-0408
Or
Chrissy at: 243-6210



Frenchtown Voyagers Travel Meeting

Tuesday, October 15, 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.

- ◆ **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. **Limited seats remaining, act fast!**
- ◆ **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.

***New For 2025**

- ◆ **Florida Gulf Coast, Feb. 20—Mar. 9, presented by Ed & Ted's.** Rooms range from \$4,049 for double occupancy to \$7,199 for single. Please visit our website for full details.
- ◆ **Southern Charm, Apr. 6-13, presented by Bianco Tours.** Single \$3,353, Double \$2,708, Triple \$2,494. Please visit our website for full details.
- ◆ **Thunder Over Louisville, Apr. 10—13, presented by Ed & Ted's.** \$1,239 Triple, \$1,299 Double, and \$1,649 single. Please check our website for full details.

***Watch this space for more 2025 trips coming soon!**





Frenchtown Center Link

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Current Resident



- ◆ **CLOSED, Monday, September 2, 2024—Labor Day**
- ◆ **Rock of Ages Ended for Season and Acrylics & Beyond begins on Wednesday, September 4, @ 10:30**
- ◆ **FUN NIGHT MEAL & Entertainment—Tuesday, September 10, 2024 @ 4:30 p.m.**
 - ◆ **Movie Monday, The Firm—September 16, 2024 @ 1:00 p.m.**
 - ◆ **Library will be here on Wednesday, September 18, 2024 @ 10:00 a.m.**
- ◆ **Members Pizza Party/Holiday Sale Kick-Off, Wednesday, September 18, 2024**
- ◆ **Board Meeting—Thursday, September 19, 2024 @ 10:00 a.m.**
- ◆ **Flu & Covid Vaccinations—Tuesday, October 15, 2024**
 - ◆ **Travel Meeting, October 15, 2023 @ 1:00 p.m.**
 - ◆ **New—Focus on Fitness Corner (page 7)**

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.