



# 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.

## OCTOBER 2024



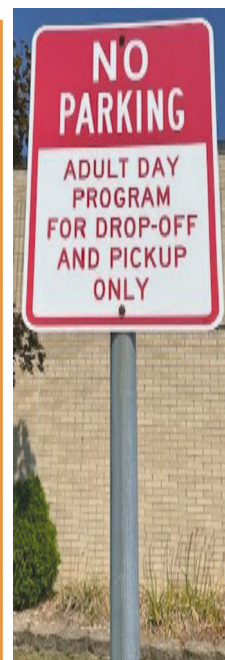
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Have you noticed  
the **BLUE**  
**HANDICAP** sign  
west of the main  
sidewalk has been  
changed to a **RED PICKUP** and  
**DROP OFF** only.

This change is primarily for the Adult  
Day Services Program, but anyone  
is welcome to use it for someone  
who is mobility challenged. Please  
remember to move your vehicle  
once you have safely gotten them in  
the building.



### Lake Eerie Hexenbrut



Returning to  
entertain us  
again at our  
Halloween Party  
Wednesday  
October 30th @  
1:00 p.m.  
Remember to  
Sign-Up



## FRENCHTOWN CENTER LINK

2786 Vivian Road, Monroe, MI 48162

Phone: (734) 243-6210

e-mail: [seniors@frenchtownsenior.com](mailto:seniors@frenchtownsenior.com)

Website: [www.frenchtownsenior.com](http://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 3<sup>rd</sup> 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



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



#### 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                                                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>October 2024</b> <span style="float: right;">Oct. 2<sup>nd</sup> Holiday Item and Bake Sale ←</span> <span style="float: right;">→ Oct. 4<sup>th</sup> Holiday Item and Bake Sale</span>                                                                   |                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                |
| <b>Special This Month</b><br><b>Holiday Item and Bake Sale Oct. 2-4</b><br><br><b>Flu/Covid Clinic Oct. 15</b><br><br><b>Halloween Party Oct. 30</b><br><b>Bridge Tutorial Oct. 9</b>                                                                         | <b>1</b> 8:00 Cardio Drumming<br>9:00 Cardio Drumming<br>9:00 Bridge<br>10:00 Walk Fit<br>10:00 Geri-Fit<br>11:00 Advanced Geri-Fit<br>12:00 8-Ball Singles Pool<br>12:30 Color Social<br>1:00 Bunco<br>1:00 Enhanced Exer w/Jackie                                                         | <b>2</b> 9:00 Fun Fit Party w/Cheryl<br>9:00 Pickle Ball<br>9:30 Euchre<br>10:00 9-Ball League<br>10:00 Chair Yoga<br>10:00 Dominoes Mexican Train<br>10:30 Acrylics & Beyond<br>11:00 Balance & Stability<br>12:30 Paint w/Friends<br>1:00 Happy Hookers                                                                                        | <b>3</b> 8:00 Cardio Drumming<br>9:00 Cardio Drumming<br>9:00 Massage Therapy<br>8:30 Breakfast<br>9:00 Ping Pong<br>9:00 Bridge<br>10:00 Geri-Fit<br>11:00 Advanced Geri-Fit<br>1:00 8-Ball League<br>1:00 LCR<br>1:00 Enhanced Exer w/Jackie                                         | <b>4</b><br>9:00 Pickle Ball<br>9:00 Mahjong<br>10:00 Walk Fit<br>12:15 Watercolor Class<br>1:00 Bingo                                                                         |
| <b>7</b><br>9:00 Fun Fit Party w/Cheryl<br>9:00 Quilting<br>10:00 Bocce Ball<br>10:00 Chair Yoga<br>10:00 Chicks w/Sticks<br>11:00 Balance & Stability<br>1:00 <b>MOVIE MONDAY (Charade)</b>                                                                  | <b>8</b> 8:00 Cardio Drumming<br>9:00 Cardio Drumming<br>9:00 Bridge<br>10:00 WALK-FIT<br>10:00 Geri-Fit<br>11:00 Advanced Geri-Fit<br>12:00 8-Ball Singles Pool<br>12:30 Color Social<br>1:00 Bunco<br>1:00 Enhanced Exer w/Jackie<br><b>4:30 Fun Night Meal</b>                           | <b>9</b> 9:00 Fun Fit Party w/Cheryl<br>9:00 Pickle Ball<br>9:30 Euchre<br>10:00 9-Ball League<br>10:00 Chair Yoga<br><b>10:30 Acrylics &amp; Beyond</b><br>11:00 Balance & Stability<br>12:30 Paint w/Friends<br><b>1:00 Bridge Tutorial</b><br>1:00 Happy Hookers                                                                              | <b>10</b> 8:00 Cardio Drumming<br>8:30 Breakfast<br>9:00 Massage Therapy<br>9:00 Cardio Drumming<br>9:00 Ping Pong<br>9:00 Bridge<br>10:00 Geri-Fit<br>11:00 Advanced Geri-Fit<br><b>12:00 Quilters Guild</b><br>1:00 8-Ball League<br>1:00 LCR<br>1:00 Enhanced Exerc w/Jackie        | <b>11</b><br><b>9:00 Monroe Sewing Group All Day</b><br>9:00 Pickle Ball<br>10:00 Walk Fit<br>12:15 Watercolor Class<br>1:00 Bingo                                             |
| <b>14</b><br>9:00 Fun Fit Party w/Cheryl<br>9:00 Quilting<br>10:00 Bocce Ball<br>10:00 Chair Yoga<br>10:00 Chicks w/Sticks<br>11:00 Balance & Stability<br><b>1:00 Caregiver Mtg</b><br><b>1:00 Brain Aerobics</b>                                            | <b>15 8:30 Flu/Covid Clinic</b><br>8:00 Cardio Drumming<br>9:00 Cardio Drumming<br>9:00 Bridge<br>10:00 Walk Fit<br>10:00 Geri-Fit<br>11:00 Advanced Geri-Fit<br>12:00 8-Ball Singles Pool<br>12:30 Color Social<br>1:00 Bunco<br><b>1:00 Travel Meeting</b><br>1:00 Enhanced Exer w/Jackie | <b>16</b> 9:00 Fun Fit Party w/Cheryl<br>9:00 Pickle Ball<br>9:30 Euchre<br>10:00 9-Ball League<br>10:00 Dominoes Mexican Train<br>10:00 Chair Yoga<br><b>10:00 Library In Motion</b><br><b>10:30 Acrylics &amp; Beyond</b><br>11:00 Balance & Stability<br>12:30 Paint w/Friends<br>1:00 Happy Hookers                                          | <b>17</b> 8:00 Cardio Drumming<br>8:30 Breakfast<br>9:00 Ping Pong<br>9:00 Cardio Drumming<br>9:00 Bridge<br><b>10:00 Board Meeting</b><br>10:00 Geri-Fit<br>11:00 Advanced Geri-Fit<br>1:00 8-Ball League<br><b>1:00 Card Making Class</b><br>1:00 LCR<br>1:00 Enhanced Exer w/Jackie | <b>18 Morning Activities Cancelled</b><br><b>Center Opens at 11:00</b><br><b>11:30 Book Club</b><br>12:15 Watercolor Class<br><b>12:30 Mahjong</b><br><b>1:00 Bingo \$5.00</b> |
| <b>21</b><br>9:00 Fun Fit Party w/Cheryl<br><b>9:00 Mobil Health Unit</b><br>9:00 Quilting<br>10:00 Chicks w/Sticks<br>10:00 Bocce Ball<br>10:00 Chair Yoga<br>11:00 Balance & Stability<br><b>12:30 In The Know—Hands Only CPR Training</b>                  | <b>22</b> 8:00 Cardio Drumming<br>9:00 Cardio Drumming<br>9:00 Bridge<br>10:00 Walk Fit<br>10:00 Geri-Fit<br>11:00 Advanced Geri-Fit<br>12:00 8-Ball Singles Pool<br>12:30 Color Social<br>1:00 Bunco<br>1:00 Enhanced Exer w/Jackie                                                        | <b>23</b><br>9:00 Fun Fit Party w/Cheryl<br>9:00 Pickle Ball<br>9:30 Euchre<br>10:00 9-Ball League<br>10:00 Chair Yoga<br><b>10:30 Acrylics &amp; Beyond</b><br>11:00 Balance & Stability<br>12:30 Paint w/Friends<br>1:00 Happy Hookers<br><b>1:00 Pub Trivia</b>                                                                               | <b>24</b> 8:00 Cardio Drumming<br>8:30 Breakfast<br>9:00 Ping Pong<br>9:00 Massage Therapy<br>9:00 Cardio Drumming<br>9:00 Bridge<br>10:00 Geri-Fit<br>11:00 Advanced Geri-Fit<br>1:00 8-Ball League<br>1:00 LCR<br>1:00 Enhanced Exer w/Jackie                                        | <b>25</b><br>9:00 Pickle Ball<br>10:00 Walk Fit<br>12:15 Watercolor Class<br>1:00 Bingo                                                                                        |
| <b>28</b><br>9:00 Fun Fit Party w/Cheryl<br>9:00 Quilting<br>10:00 Chicks w/Sticks<br>10:00 Bocce Ball<br>10:00 Chair Yoga<br>11:00 Balance & Stability<br><b>12:30 In The Know—Identity Theft</b><br><b>1:00 Brain Aerobics</b><br><b>1:00 Caregiver Mtg</b> | <b>29</b> 8:00 Cardio Drumming<br>9:00 Cardio Drumming<br>9:00 Bridge<br>10:00 Walk Fit<br>10:00 Geri-Fit<br>11:00 Advanced Geri-Fit<br>12:00 8-Ball Singles Pool<br>12:30 Color Social<br>1:00 Bunco<br>1:00 Enhanced Exer w/Jackie                                                        | <b>30</b> 9:00 Fun Fit Party w/Cheryl<br>9:00 Pickle Ball<br>9:30 Euchre<br>10:00 9-Ball L<br>10:00 Chair Y<br><b>10:30 Acrylics &amp; Beyond</b><br>11:00 Balance & Stability<br>12:30 Paint w/Friends<br><b>1:00 Halloween Party</b><br>1:00 Happy Hookers  | <b>31</b> 8:00 Cardio Drumming<br>8:30 Breakfast<br>9:00 Ping Pong<br>9:00 Cardio Drumming<br>9:00 Bridge<br>10:00 Geri-Fit<br>11:00 Advanced Geri-Fit<br>1:00 8-Ball League<br>1:00 LCR<br>1:00 Enhanced Exer w/Jackie                                                                | <b>NEW Health Mobile</b><br><br><b>Monday Oct. 21<sup>st</sup></b>                                                                                                             |



**\*\* 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.**

## October 2024

|                                  |                                                               |                                                             |                                                       |                                                  |
|----------------------------------|---------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
|                                  | 1<br>Hot Pork Platter w/<br>Mashed Potatoes &<br>Gravy        | 2<br>Baked Chicken<br>Leg w/Mashed<br>Potatoes & Corn       | 3<br>Greek Salad                                      | 4<br>K-Mart Sub w/<br>Chips                      |
| 7<br>Taco Salad                  | 8<br>Meatball Sub w/<br>Side                                  | 9<br>Chicken Tetrzzini                                      | 10<br>Wet Burrito                                     | 11<br>Chicken Noodle<br>Soup & Grilled<br>Cheese |
| 14<br>Big Mac                    | 15<br>Scallop Potato's w/<br>Diced Ham & Corn                 | 16<br>Betty Salad                                           | 17<br>Salisbury Steak<br>Patties w/Mashed<br>Potatoes | 18<br>Smoked Sausage<br>w/peppers &<br>Onions    |
| 21<br>Turkey Sandwich<br>w/Chips | 22<br>Bowl of Chili w/Side<br>Salad                           | 23<br>Beef Tostada                                          | 24<br>Spaghetti w/Fresh<br>Bread                      | 25<br>Sloppy Joe w/Side                          |
| 28<br>Chef Salad                 | 29<br>Boiled Dinner w/<br>ham, potatoes,<br>cabbage & Carrots | 30<br>Turkey Stuffing<br>Rolls w/mashed<br>Potatoes & Gravy | 31<br>Chicken & Biscuits                              |                                                  |



**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.**

October 3 Breakfast Skillet  
October 10 Eggs, Sausage, Potatoes & Toast  
October 17 French Toast  
October 24 Biscuits & Gravy  
October 31 S.O.S.



**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.**





This is Monday, September 9, and I was quickly reminded how easy it is to become nonchalant about things. Today is the day Frenchtown and other agencies became drop-off sites for people wanting to donate baked goods in cooperation with RSVP to honor Patriot's Day. Baskets will then be created and delivered to the many of the first responders to thank them for their service. It is hard to believe that we are approaching the 23<sup>rd</sup> year of the terrorist attack that took the lives of 2,977 civilians. While several first responders lost their lives that day and many in the years since due to ground zero-related illnesses, it was the loss of so many brothers that day that I remember and will never forget.

My shift ended at 7:30 am that day, and like any other day, I hung around, had coffee, and BS'd with the oncoming shift. After a while, I left Central and headed down to the East side fire station to BS with my former C shift buddies. We were sitting around the kitchen table having coffee when the news broke on Good Morning America. When the South Tower collapsed, we knew there was going to be a tremendous loss of life and wondered just how many brothers we would lose that day. As it turned out, we lost 343 that day and at least another 300 due to ground-zero illnesses since.

In the following days, Monroe and Frenchtown firefighters organized a boot drive for the survivors of our fallen brothers devastated by this event and hit the streets around Monroe and Frenchtown. During that day, the generosity was overwhelming, from people pulling out \$20 bills to the kids taking the ashtray from the car dash and dumping their change into the boots to the students dropping coins from the bus windows. During that day, we collected over \$60,000. What a day! From the guys who worked the streets to the guys sorting the money at the station. It was such an uplifting day; believe me, we needed it. Firefighting is a different profession; the best way to sum it up is that a firefighter is treated like a family member when visiting a firehouse, and just like visiting my Italian Aunts, the first thing you get asked, "Are you Hungry" no matter where it's located. So, seeing the amount of baked goods donated today and Chrissy's artistic touch to the baskets was genuinely exhilarating. I know from experience how much everyone's acts of kindness will be appreciated. So a huge thank you to everyone who helped out.

The days are getting short, the temperature is dropping, and the holidays come with that. While I could live with longer days, cooler temperatures suit me just fine, so no complaints there. By the time you receive this newsletter, we will have already wrapped up our first-holiday event. The holiday kick-off party was a simple way to collect some items for our HalloThanksMas sale starting October 2 and get folks together to mingle.

Many of you probably know the meaning of the word mingle, and those familiar with radio host Michael Smerconish undoubtedly know the relationship between the man and the word. If you are unfamiliar with either, our Center exemplifies the meaning of the word and the purpose of the man. Smerconish began his mission to find ways for folks to compromise and restore civility to our public discourse after discussing the polarization of our society with a radio guest. Experts attribute much of our disconnected society to technology. Smerconish decided to bring people together to listen and remind them of life lessons and about social conversations. How many remember calling for a date? Having to pick up a phone, dial a number, and pray she would pick up the phone and not her old man. Or how about all those days of riding to school on the bus with the whole gang? Do they sound familiar?

Our upcoming events are one massive mingle project. Centers like ours are geared for socialization opportunities, and you folks do not disappoint. Anytime I sign up a new member, especially those returning to Monroe to rejoin family, I tell them it is an easy place to make friends. Everyone here is always welcoming, whether coming to knit, color, play euchre, sew, play pool, eat lunch, or travel. If Smerconish wants to visit someday and see firsthand what mingling is all about, he must attend one of our events. The first one is October 2 with the Sale, followed by the Halloween party on October 30, our Thanksgiving dinner on November 23, and our New Year's Eve celebration on December 31. Enjoy these fall days.

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





## 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 4, 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.



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### 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 month fitness inspirations. If you would like to be featured in future newsletter edition, please see Lisa.



This month's conversation was with **Diane Grassley** who's been a member since March of 2023.

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

Diane participates in our **Cardio Drumming, Geri Fit, and Walk Fit** programs.

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

"I always wanted to do cardio drumming and when I saw Frenchtown offered it, I decided to try it. Then someone said I should try the Geri Fit class, so I stayed and liked it. And then you added Walk Fit and I liked that one, too. I like the variety of classes offered at Frenchtown."

**3. What improvements have you seen in yourself since starting our fitness programs?** "I'm much stronger now. I can lift one of those big bags of soil without any help. I can walk my dog and go up and down steps without being out of breath. I also like being around people so the social aspects of coming to the center and working out with other people is great."

## Mullins Elder Law PLLC



**Call Tina M. Mullins, Atty**  
Downtown Monroe

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

*Helping Families of all Ages, Preserve Dignity and Wealth*

## BACARELLA FUNERAL HOME

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

1201 South Telegraph Rd., Monroe, MI • 734-241-4600  
[www.bacarellafuneralhome.com](http://www.bacarellafuneralhome.com)

## LET'S GROW YOUR BUSINESS

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**CONTACT ME**  
**Terry Sweeney**

[tsweeney@lpicommunities.com](mailto:tsweeney@lpicommunities.com)

**(800) 477-4574 x6407**



## Butterfly Cremation Garden

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

**Roselawn**  
MEMORIAL PARK

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



## Seacrest Rehab & Nursing

1215 N Telegraph Rd  
**734-242-4848**

[www.seacresthc.com](http://www.seacresthc.com)

Please call and speak to our Admissions Department.

## Welcome New Members

|                      |                        |
|----------------------|------------------------|
| Don Anspaugh         | Karen A Kwiatkowski    |
| Mike Cerasuolo       | Marilyn C Laboe        |
| Brenda J Chandonnet  | Jerry M Massengill     |
| Obed S Clemente      | Deborah K McGovern     |
| Brian M Cousino      | John R McGovern        |
| Janice A Cousino     | Diane G McIntyre       |
| Karen DeSloover      | Fred Lewis Montalvo    |
| Paulette Dillingham  | Dave G Osborne         |
| William P Dillingham | Lois A Palmer          |
| Doreen E Goltowski   | JoAnne Paxton          |
| Jean H Grose         | Adele C Peterman       |
| Mike Hammar          | Sally A Pritchett      |
| Mary Jane Hildebrant | Kris Stanek            |
| Tammy L Jennings     | Steven A Stoy          |
|                      | Jennifer L Watterworth |



### May they rest in peace

Ilene M Kazensky  
Charlotte M Morris  
Marie J Nunn  
Leonard B Rocheleau



Smiling faces from one of our Tuesday Fun Meals. Come join us on the 2<sup>nd</sup> Tuesday each month at 4:30 p.m.



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

|                          |                         |                      |                         |                            |
|--------------------------|-------------------------|----------------------|-------------------------|----------------------------|
| Barbara J Allen          | Sue Cupp                | Karen E Hehl         | Catherine A Miller      | Jerome W Schneider         |
| Russell T Begley         | Betty L Curley          | Kathy M Heller       | Allen G Mrock           | Lizz L Smith               |
| Lynn H Bennett           | Nancy A Dalpe           | Ruth Ann Henry       | Barbara Kaye Munch-Kohn | Mary Lou Soncrant          |
| Ray A Bijarro            | E. Diane Daly           | Denise L Jenkins     | Christine K Noel        | Frank B Sottile            |
| Lynda Jo Bleyaert        | Connie A Darling        | Sandy Keesee         | Ivol A Novak            | Margie A Stone             |
| Kimberly G Braddock      | Joan M DeSloover        | Stephen D Kinsland   | Nina M Ochs             | Marianna Taormina          |
| Mark W Brancheau         | Cherie A Domigan        | Dawn M Kurtz         | Kathy Oklejas           | Marvin J Tarjeft           |
| Charles E. Briggs        | Michael J Donnelly II   | Christine T Kyko     | JoAnne Paxton           | Candice P Thacker          |
| Tom Bruck                | Lexi B Ellison          | Ronald V Lambert     | Chere E Perhatch        | Bonnie J Trombley          |
| Annette Bussell          | Richard L Emmelkamp     | Kathleen A. Langton  | Kerry G Pierce          | Mahlon D Tuttle            |
| Ashley Frederick Calkins | Kaija W Fry             | Charles Lanham       | Kathy L Pierce          | Daniel C Van Wasshenova    |
| Dian M Carmichael        | Linda S Gartner         | Linda L Lanier       | Jean Priest             | Patricia D Venier-Starkman |
| Peter O Collino          | Glenda J Gentner        | William L Lauer      | Jim J Reaume            | Lela M Wadlin              |
| Ronald E Collum          | Randy J Goins           | Rose A Leddy         | Crystal F Reed          | Pat Wilson                 |
| Kathryn A Cooley         | Candy Goodwin           | Alex Manoulian       | Jerome J Richards       | Joseph "Joe" H Wise        |
| James E. Coppedge        | Marianna Grachek        | Kay Manvell          | Dennis O Richardville   | Gerry M Wiseman            |
| Julie M Costello         | Patt A Hall             | James T McGuire      | Charles I Rochowiak     | Donise F Yard              |
| James L Crawford         | Lisa A Hammar           | Patricia A McLENNAN  | Mary J Rugila           | Sandra M Yettaw            |
| George "Skip" A Culp     | Edwin "Ed" Ross Harwood | Rachel Marie Meloche | Shirley Saum            |                            |
|                          | Ronnie M Hatcher        | JoAnn Mieden         |                         |                            |



**We all forget, this is a friendly reminder.**

### **LUNCH**

Please call 734-636-9477 by **1:00 p.m. the day before** to order lunch. For **Monday Orders**, please call by **1:00 p.m. on the Friday before**.

The kitchen staff would greatly appreciate it if when you telephone and leave a message to order lunch, PLEASE indicate if you want a **carry out** or if you will be **dining in**. If not indicated, a carry out will be made. Carry Outs are available at 11:30 a.m. and Dine Ins are served at NOON.

**THANK YOU.**



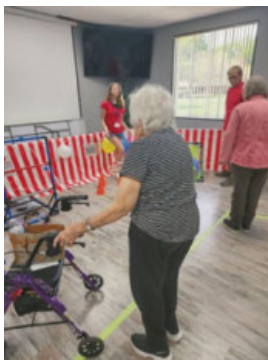
**Do to the high volume of lunches each day, we will no longer be able to add on the day of or add any calls after 1:00 p.m. the previous day. Also, the day of, we will no longer switch from a dine-in to carry-out or carry-out to dine-in. We apologize if this is an inconvenience, however, this will allow us to better serve you. Also, please call if you aren't able to come the day you signed up. No Call/No Show means you will have to pay the next time you visit**



October focuses on **Emotional Wellness Month**. Stress comes into all our lives in varying amounts. Depending on our demands, emotional health can take a toll. However, noting the causes of our stress helps identify the biggest offenders so we can stop them. By identifying stressors and improving our emotional health, we are more likely to surf through the highs and lows in life more successfully. STAY HEALTHY! For more information: <https://www.nationaldaycalendar.com/health-awareness/emotional-wellness-month-october>

Some ways to assess your stress:

- a. How's your physical health?
- b. Calculate your screen time.
- d. Review your financial plan.
- e. Remember the relationships in your life.



### **2nd Center Carnival**

A great time was had by all. **Thank you Staff and Volunteers** for all your help. We've had many comments on how much fun it was. And a Big Thank you to **Floral City Harmonizers** for their entertainment.



**FRENCHTOWN CENTER**

Library in Motion will return

Wednesday, October 16, 2024

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

PHONE: 734-241-5770

EMAIL: [lim@monroe.lib.mi.us](mailto:lim@monroe.lib.mi.us)



### **TUESDAY FUN NIGHT Meal & Entertainment**

**Tuesday October 8, 2024**

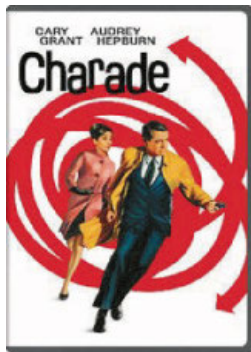
**4:30 p.m.—6:30 p.m.**

**Come Join Us for Some Food and Fun!!!**

**Members ONLY \$1.00**

**NON-MEMBERS \$3.00**



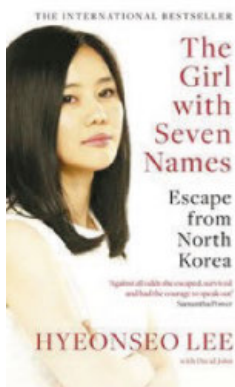


## Join Us for Movie Monday

**October 7, at 1:00pm**

### Charade

Reggie Lambert (Audrey Hepburn) returns to her home in Paris after a vacation in the French Alps only to find that her husband has been murdered! Reggie discovers that her husband had many secret identities. With the help of Peter (Cary Grant) and the CIA, Reggie unravels the truth about her husband's death. As the mystery is being solved, a flame ignites between Reggie and Peter. Intrigue, suspense, and action fill this film.



## October Book Club

**Friday, October 18, 2024 @ 11:30—New Time**

### 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.



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

# SUPPORT OUR ADVERTISERS!



## Flu & Covid Vaccinations

Frenchtown will be offering

Flu & Covid vaccinations again this year

Tuesday, October 15, 2024

8:30am to 11:30am.

**Presented by**



**Insurance card  
required\***



**SAVE THE DATE**  
SATURDAY, OCTOBER 5

**Saturday, October 5th**

Registration at 9:00. | Ceremony at 10:45 a.m.

Walk at 11:00 a.m.

St. Mary's Park

111 W. Elm Avenue Monroe, MI 48162 |

Marsha Oberleiter | 734.652.8946

| [moberleiter@alz.org](mailto:moberleiter@alz.org)

# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter  
emailed to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



# Join us on Monday, Oct. 28, 12:30pm for **In The Know - Identity Theft**

## Workshop Goals



In this workshop, you will...

- 1 Learn how to identify the signs of identity theft and fraud.
- 2 Examine different types of identity theft and fraud.
- 3 Identify strategies to protect yourself from identity theft and fraud.
- 4 Learn how to protect your data using safe habits.

**presented by**



## HALLOWEEN PARTY

Wednesday, Oct 30<sup>th</sup>, 1:00p -3:00p

\*Bring a SPOOKY TREAT to share.

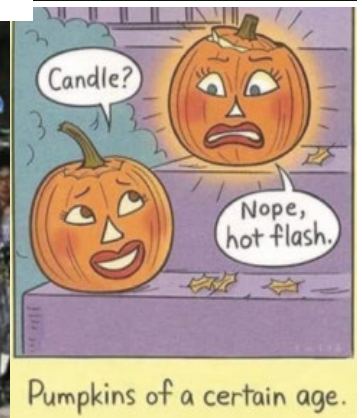
\*Best Costume Contest

\*Pumpkin Painting (pumpkins & paint supplied)

**Lake Erie Hexenbrut Dancing Witches**

**Members only and sign-up required.**

Featuring Lake Erie Hexenbrut





9/11 Baked Goods Baskets had a huge turnout. My heart is full!

A genuine and heartfelt THANK YOU to all our bakers at the center.



Bill and Susie Clark delivered the baskets to: Frenchtown Fire in Monroe St., Carleton Village Police, South Rockwood PD, Monroe County Sheriff, Frenchtown Fire in Nadeau Rd., emergency room, urgent care, and care facilities in Monroe County, Michigan. – *Chrissy*



**Sheryl L. Sieb**—donations to the Center

**Sheila J. Barstad** - for leading (again) the Holiday Sale on October 2—4, 2024 and to those who donated holiday items- **Thank you so much!!**



**Senior Carnival volunteers**, Thank you to: Susan Bentley, Jenny, Ellen Brockway, Emma, Lynne Johnson, Ronnie Collum, and Darla Myers

**THANK YOU** to our volunteers for these special activities: Betty Salad preparation, Promedica Luncheon, Tuesday Fun Meal, and Bingo.

**And as always a big shout out to All center's volunteers!!!**



# MONROE AGING CONSORTIUM HEALTH & WELLNESS SUMMIT

Tuesday, November 12, 2024

10:00 AM—1:30 PM

LaRoy's Hall 12375 S Telegraph Rd LaSalle, MI

10:00 Guests Visit Sponsor and Vendor Tables

11:00 Brunch (\$5.00 suggested donation)

11:45 National Public Speaker: Jeff Weiss  
"Dirty Dozen Myths Associated with Aging"  
highlights the key reasons why getting  
older can be THE BEST part of your life!!



1:00 Q&A

1:15 Basket and 50/50 Raffle Drawings

**Please register by October 28** to Monroe County Commission on Aging

734-240-3290 or Email: [MCCOA@monroemi.org](mailto:MCCOA@monroemi.org)

Please include names and contact information

*Sponsored by:*



**MONROE HOME  
CARE SHOPPE**



REHABILITATION HOSPITAL  
OF NORTHWEST OHIO

# Corewell Health Trenton Hospital Trauma Services presents...

## Hands Only CPR / AED Training

### FREE Community Education

**Monday, October 21<sup>st</sup>, 12:30pm – 1:30pm**

Frenchtown Center for Active Adults  
2786 Vivian Rd., Monroe, MI 48162

Cardiopulmonary Resuscitation (CPR) is the single most important lifesaving skill initiated when someone is in cardiac arrest (heart stops beating or beating irregularly). Studies have proven that immediate CPR administration can double or even triple the chances of survival after cardiac arrest. (American Heart Association) Even more staggering is that according to 2014 data, nearly 45 percent of out-of-hospital cardiac arrest victims survived when bystander CPR was administered. (American Heart Association). Hands only CPR/AED training is a 1-hour class focused on teaching CPR skills and knowledge and use of an automated external defibrillator (AED). Choking emergencies are also covered as well.

To register contact Lisa Ghigliazza at 734.243.6217 or [lghigliazza@frenchtownsenior.com](mailto:lghigliazza@frenchtownsenior.com).

For information on other courses offered contact:

Brandy Osborn at [brandy.osborn@corewellhealth.org](mailto:brandy.osborn@corewellhealth.org) (734.362.6700) or  
Joe Gomez at [joseph.gomez@corewellhealth.org](mailto:joseph.gomez@corewellhealth.org) (734.642.2132)



### **Volunteers Needed**

The Thrift Shop is a great place to volunteer your time and talent as well as an asset to the local community. It is a non-profit organization that is run by an amazing group of energetic women whose primary purpose is to aid the community. Serving the community since 1952, all profits are given back in the form of scholarships or financial assistance. They work tirelessly to help others. Located in Downtown Monroe, the Thrift Shop has unique gifts as well as a large selection of clothing. Visit today! Volunteer today! Interested?

Contact Carol Hartong @ 734-693-7836 for an application. OPEN Wednesday—Saturday 10:00 AM - 4:00 PM **The Thrift Shop 119 S. Monroe St., Monroe, MI 48161 (734)242-1082**



## Some Travel Humor

### My Travel Plans for 2025

I have been in many places, but I've never been in **Cahoots**. Apparently you can't go alone. You have to be in Cahoots with someone.



I've also never been in **Cognito**. I hear no recognizes you there.

I have, however, been in **Sane**. They don't have an airport: you have to be driven there. I have made several trips there, thanks to my children, friends, family and work.

I would like to go to **Conclusions**, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in **Doubt**. That is a sad place to go, and I try not to visit there too often.



I've been in **Flexible**, but only when it was very important to stand firm.

Sometimes I'm in **Capable**, and I go there more often as I'm getting older. One of my favorite places to be in is **Suspense**! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

I may have been in **Continent**, but I don't remember what country I was in. It's an age thing. They tell me it is very wet and damp there.

*Author Unknown*

A Jump Start to  
**Bridge!**



**Calling All Would-Be  
Bridge Players!**

**Have you ever wanted to  
learn how to play Bridge?**

**Come join us on  
Wed., Oct. 9<sup>th</sup> at 1:00pm for a Bridge  
Tutorial.**

**No experience necessary, we'll teach  
you.**



## Great News

**Family Medical Center of Michigan** will be bringing a **MOBILE HEALTH UNIT** to the Frenchtown Center for Active Adults.

The first clinic will be here on:

**Monday, October 21, 2024**

Watch for more details or  
contact Lisa Ghigliazza

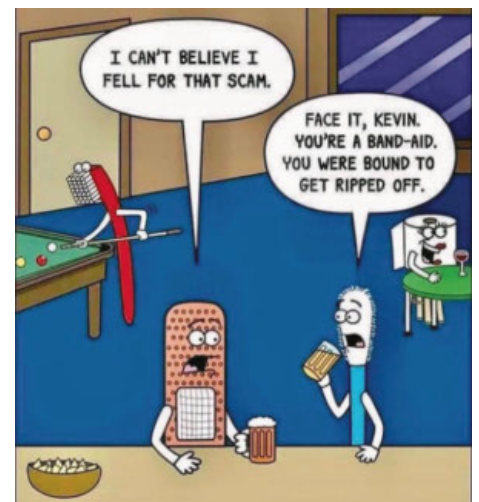




A little boy goes to his father and asks, "Daddy, how was I born?"  
 The father answers,  
 "Well, son, I guess one day you will need to find out anyway! Your mom and I first got together in a chat room on Yahoo. Then I set up a date via e-mail with your mom and we met at a cyber-cafe. We sneaked into a secluded room, and googled each other. There your mother agreed to a download from my hard drive. As soon as I was ready to upload, we discovered that neither one of us had used a firewall, and since it was too late to hit the delete button, nine months later a little Pop-Up appeared that said: 'You've got male!'"



English Teacher:  
 Give me the opposite  
 of this sentence:  
 "Children In the dark  
 make mistakes"  
 Student:  
 "Mistakes in the dark  
 make Children"  
 Teacher:  
 Get Out



An invisible man married an invisible woman.  
 I don't know what they saw in each other.  
 Plus, their kids were nothing to look at either.

**\*\*\*\*\* 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. \*\*\*\*\***

- ◆ **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.
- ◆ **Sedona's Red Rocks & The Grand Canyon, Apr. 27- May 2, presented by Mayflower Cruises & Tours.** Prices start at \$3,149 for a double and includes round trip airfare. Please visit our website for full details.
- ◆ **Vera Bradley Outlet Annual Sale, Apr. 30 - May 1, presented by Bianco Tours.** Single \$506, Double \$420, Triple \$392. Please visit our website for full details.
- ◆ **Pride of Poland, May 13 - 22, presented by Mayflower Cruises & Tours.** Prices start at \$3,899 for a double. Please visit our website for full details.
- ◆ **California Rail Discovery, June 4 - 10, presented by Premier World Discovery.** Prices start at \$3,725 and includes round trip airfare. Please visit our website for full details.
- ◆ **Alaskan Cruising, July 8 - July 20, presented by Mayflower Cruises and Tours.** Prices start at \$5,539. Please visit our website for full details.
- ◆ **Cape Cod & the Islands, Aug. 9 - 15, presented by Premier World Discovery.** Prices start at \$3,575 and includes round trip airfare. Please visit our website for full details.
- ◆ **New England & Canada Autumn Cruising, Sept. 27 - Oct. 5, presented by Mayflower Cruises & Tours.** Prices start at \$3,489. Please visit our website for full details.
- ◆ **Albuquerque Balloon Fiesta, Oct. 3 - 8, presented by Premier World Discovery.** Prices start at \$3,625 and includes round trip airfare. Please visit our website for full details.
- ◆ **Cruising Ecuador's Galapagos Islands, Oct. 14 - 21, presented by Mayflower Cruises & Tours.** Prices start at \$5,694. Please visit our website for full details.
- ◆ **National Parks & Canyons of the Southwest, Nov. 2 - 7, presented by Premier World Discovery.** Prices start at \$2,875 and include round trip airfare. Please visit our website for full details.
- ◆ **Christmas Markets Cruise on the Romantic Rhine, Nov. 29 - Dec. 7, presented by Mayflower Cruises & Tours.** Prices start at \$3,715. Please visit our website for full details.

**\*\*Stay tuned for more exciting 2025 travel opportunities.\*\***

## Attention Travelers

Our Travel Meetings are now every other month. The next Travel Meeting will be held on Tuesday October 15, 2024, at 1:00pm.



New travel opportunities are being added all the time so please check our website—[frenchtownsenior.com/travel](http://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 in 2025

[illegible][illegible][illegible][illegible][illegible][illegible]



# VINTAGE IDYLLY OUTLET

## Annual Sale

2 days / 1 night

### \$420.00

per person (adult, occupancy 2)

Includes 2 breakfasts & 2 dinner presentations on 2nd breakfast

Frenchtown Center  
for Active Adults

From now  
**April 30 - May 1, 2015**

Two breakfasts and presentation dinner included

**Lisa Ghigliozza**  
(734) 243-6217

HOW TO REGISTER FOR THIS EVENT

**Ground Rules Registration:**

- **Registration:** All registrations must be received by 11:59pm on Tuesday, April 28, 2015. Registrations received after this date will be accepted on a space available basis.
- **Seating:** Seating is on a first come, first serve basis. Seating is not guaranteed.
- **Refund:** Refund requests must be received by 11:59pm on Tuesday, April 28, 2015. Refund requests received after this date will not be accepted.
- **Payment:** Payment must be received by 11:59pm on Tuesday, April 28, 2015. Payment requests received after this date will not be accepted.
- **Payment:** Payment must be received by 11:59pm on Tuesday, April 28, 2015. Payment requests received after this date will not be accepted.
- **Payment:** Payment must be received by 11:59pm on Tuesday, April 28, 2015. Payment requests received after this date will not be accepted.

**PRIME**

**California Rail Discovery**

**June 6, 2025**

**BOOKING DISCOUNTS**  
Save 10% off the lowest fare available

**NO RISK DEPOSIT  
NO CHANGE FEES**  
No risk deposit. No change fees. No penalties. No restrictions. No restrictions. No restrictions.

**STOCK MARKET**  
Stock Market: 5,563.75  
S&P 500: 5,563.75  
Dow Jones: 5,563.75  
Nasdaq: 5,563.75

**AMERICAN AIRLINES**  
American Airlines: 5,563.75  
Delta: 5,563.75  
United: 5,563.75  
Southwest: 5,563.75

EMERSONS CRUISES  
Sea Adventure Specialists

**FREE AIRFARE**

**Christmas Markets Cruise  
on the Romantic Rhine**

Düsseldorf • Koblenz • Karlsruhe • Regensburg

Spacetime Group, November 26, 2010

**Mayflower**  
CRUISE WITH A DIFFERENCE

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



## Frenchtown Center Link

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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

### • Fund Raising Event, Holiday Items and Bake Sale, Wednesday—Friday, October 2-4, 2024



- **Movie Monday, Charade—October 7<sup>th</sup> @ 1:00 p.m.**
- FUN NIGHT MEAL & Entertainment—Tuesday, October 8<sup>th</sup> @ 4:30 p.m.
  - **Wednesday, October 9<sup>th</sup>, 1:00 p.m. Bridge Tutorial**
  - Friday, October 11<sup>th</sup>, 9am – Monroe Sewing Club – All Day Sew .
  - **Flu & Covid Shot Clinic** – Tuesday, October 15<sup>th</sup> 8:30am – 11:30am
    - **Travel Meeting**, October 15<sup>th</sup> @ 1:00 p.m.
  - **Library will be here on Wednesday, October 16<sup>th</sup> @ 10:00 a.m.**
- Board Meeting—Thursday, October 17<sup>th</sup> @ 10:00 a.m.
  - **Book Club, Friday, October 18<sup>th</sup>, 11:30 am - “The Girl with Seven Names”**
  - **NEW Mobile Health Unit will be here on Monday, October 21<sup>st</sup>**
- **In the Know – Monday, October 21<sup>st</sup> @ 12:30pm** Corewell Health presents “Hands Only CPR”
- **In the Know—Monday, October 28<sup>th</sup> @ 12:30pm** Aaron Kipfmiller from 5<sup>th</sup> Third presents “Identity Theft”
  - **Halloween Party – Wednesday, October 30<sup>th</sup> 1pm-3pm**
  - **Thanksgiving Dinner—Saturday, November 23<sup>rd</sup>**

ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING