



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.

NOVEMBER 2024



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Wishing all of our Members and Families a
wonderful Holiday Season.

The Center has exciting events for you.

Veterans Day Lunch—Monday, November 11th
Thanksgiving Dinner—Saturday, November 23rd
(see page 13 for details)

Bake Sale to benefit the Adult Day Services Program
Wednesday, December 4, 2024

Ugly Sweater Christmas Party & Wheelbarrow of Cheer Drawing
Wednesday, December 18th
New Year's Eve Celebration—Tuesday, December 31st



Turn Clocks Back
Nov. 3, 2024



TUESDAY, NOV. 5, 2024
ELECTION DAY
CENTER OPEN FOR VOTING
NO ACTIVITIES THIS DAY



WHEELBARROW of CHEER RAFFLE **Frenchtown Center for Active Adults**

1st Prize - Wheelbarrow of Cheer
2nd Prize - Gift Basket \$75.00 Value
3rd Prize - \$20.00 Gift Card
license # X11552

To be Drawn December 18, 2024 between 1:00 - 3:00 pm
at 2786 Vivian Rd, Monroe, MI 48162

Need not be present to win



FRENCHTOWN CENTER LINK

2786 Vivian Road, Monroe, MI 48162

Phone: (734) 243-6210

e-mail: seniors@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



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
Women's Pool League

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
November 2024 Thanksgiving Dinner TURKEY AND ALL THE FIXINGS ON SATURDAY, NOV. 23rd, 2024 FROM 1:00PM – 4:00PM <i>(see page 13)</i> 		Veterans Day November 11th 		Save the Date: Wednesday, December 4, 2024—Bake Sale to benefit the Adult Day Services Program *****
				1 9:00 Mahjong 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
4 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 11:00 Balance & Stability 1:00 MOVIE MONDAY <i>(Return to Me)</i>	5 NO ACTIVIES DUE TO PERCINCT VOTING 	6 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Domino Mexican Train 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	7 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 1:00 8-Ball League 1:00 LCR 1:00 Enhanced Exerc w/Jackie	8 10:00 Walk Fit 11:00 <u>Medicare</u> <u>information</u> <u>session</u> 12:15 Watercolor Class 1:00 Bingo
11 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 11:00 Balance & Stability 12:30 In The Know—(Over Coming the Common Myth of Hospice)) 1:00 Caregiver Mtg 1:00 Brain Aerobics	12 8:00 Cardio Drumming 9:00 Cardio Drumming 9:00 Bridge 10:00 Walk Fit 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:00 8-Ball Singles Pool 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exer w/Jackie 4:30 Fun Night Meal	13 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Library In Motion 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	14 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 12:00 Quilters Guild 1:00 8-Ball League 1:00 LCR 1:00 Enhanced Exer w/Jackie	15 9:00 Mahjong 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo \$5.00
18 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chicks w/Sticks 10:00 Chair Yoga 11:00 Balance & Stability 12:30 In The Know—(Cold Weather & Cardiovascular Health) 1:00 Monroe Sewing Club	19 8:00 Cardio Drumming 9:00 Cardio Drumming 9:00 Bridge 9:00 Mobile Health Unit 10:00 Walk Fit 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:00 8-Ball Singles Pool 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exer w/Jackie	20 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Domino Mexican Train 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 W.W.W.W. Group	21 8:00 Cardio Drumming 8:30 Breakfast 9:00 Massage Therapy 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 Card Making 1:00 8-Ball League 1:00 LCR 1:00 Card Making Class 1:00 Enhanced Exer w/Jackie	22 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
25 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chicks w/Sticks 10:00 Chair Yoga 11:00 Balance & Stability 1:00 Brain Aerobics 1:00 Caregiver Mtg	26 8:00 Cardio Drumming 9:00 Cardio Drumming 10:00 Walk Fit 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:00 8-Ball Singles Pool 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exer w/Jackie	27 9:00 Fun Fit Party w/Cheryl 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	28 Center Closed 	



**** The Direct Line to place a lunch order is 734-636-9477 ****

Due to the high volume of **CALL-IN LUNCH ORDERS**, we are **UNABLE TO RETURN CALLS**. If you placed an order via phone, the best way to check is to stop by and review the sign up sheets. We appreciate all the response to our lunches and apologize for the inconvenience.

Mon

Tue

Wed

Thu

Fri

When calling 734-636-9477 to place your lunch order, **PLEASE** place an order for **ONE** day only. **Lunch can only be ordered for one day via telephone. Please indicate Dining IN or OUT.**

November 2024

Thanksgiving Dinner TURKEY AND ALL THE FIXINGS ON SATURDAY, NOV. 23rd, 2024 FROM 1:0PM – 4:00PM (see page 13)			November 3 rd 	1 Sweet & Sour Chicken over rice
4 Loaded Nachos	5 	6 Italian Sub w/Side	7 Baked Chicken Leg w/Mashed Potatoes & Corn	8 Mostaccioli
11 VETERANS DAY Hot Pork Sandwich w/ Mashed Potatoes	12 Sloppy Joe w/Side	13 Smoked Sausage Sub w/Peppers & Onions	14 Beef Pot Pie	15 Turkey Sandwich w/Soup
18 Chicken Mashed Potato Bowl	19 Hamburger Stroganoff w/Corn	20 Betty Salad	21 Cheeseburger w/ Side	22 K-Mart Sub w/ Chips
25 Sautéed Veggies Over Rice	26 Salisbury Patties w/Mushrooms, Onions w/Potatoes	27 Loaded Potato w/ Side Salad		CENTER CLOSED

Breakfast Menu—



Promptly Served 8:30 A.M.

PLEASE—NO WALK-INS. Call or sign-up by 1:00 P.M. on the Wednesday before.

November 7th—Breakfast Sandwich
November 14th—Biscuits & Gravy
November 21st—Pancakes



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 come to the Center Monday through Friday and work with a fantastic group of individuals, and I am sure most of you will agree that they are. Throughout the day, I am reminded as I walk around, talk, and listen to what an outstanding group of people we have coming here to support and participate in our activities and make this place what it is: enjoyable! While I am thinking of it, to those who voted for us in the 2024 Best of Monroe County Community's Choice Awards, putting us as a finalist in the Retirement/55+ Community category. Everyone here thanks you.

Once again, your support became evident during our recent holiday sale. Shelia sorted, boxed, bagged, labeled, and hauled stuff out to the shed for months. Volunteers arrived Monday morning before the sale, arranged tables, unbagged, unboxed, and sorted items by holiday for display. Volunteers made and brought in many delicious baked goods and other treats. People arriving for activities were understanding as we rearranged rooms, causing delays in the start times. Staff helped with moving things and assisting people when needed. The holiday and bake sale were another successful fundraiser, and we couldn't pull it off without EVERYONE working together. Thank you.

Inclement weather will be here before you know it, and with the installation of a generator to keep the heat and lights on, there will be fewer chances of us closing. As a reminder, we have a closure list where we will notify you if we unexpectedly close, so see a staff member to sign up.

Two In-the-Know sessions will discuss the Myths of Hospice Care, and Cold Weather & Cardiovascular Health this month. Family Medical Service is also arriving with their Mobile Health Unit for the first time. Since a few members have asked about Medicare changes in 2025, we invited a special speaker to provide information and answer questions. Check the cover for the index and go to those specific pages for more details.

Medicare Information Session November 8th 11:00 AM



Have a Happy Thanksgiving



Even though we extend our gratitude to all who have served and still do, we would like to do something special for our veteran members. We have a little something special for you and a complimentary lunch. There will be a signup sheet at the front desk, so please make sure you sign up before Friday, November 8th, so we can make plans. From all those here, **Thank You for Your Service.**



Wheelbarrow of Cheer

Annual Christmas fundraiser. Tickets are sale at the front desk.

\$1.00 per ticket or 6 for \$5.00
Drawing December 18th



Hands Only CPR Training

Ask staff for more details on this lifesaving training opportunity

Mark your Calendar

Bake Sale to Benefit Day Service Program December 4th

Be prepared to treat your sweet tooth to something amazing



Then, on November 23rd, our annual Thanksgiving Dinner with the traditional fixin's. We will have a special guest performing at the event, so get your tickets before Friday, November 15th. Friends and family are welcome, so why not treat them to great food, good company, and enjoyable entertainment. Trust me, it beats having the head of the cooked duck whacked off while you're sitting at the dinner table.

There will be Board Vacancies in 2025 if interested see Paul for an Application

Great Job!

We have had many compliments on the decorations in the Center. A big shout out to our Office Manager, **Chrissy Pidruzny!!** She's does the decorating and

spent the weekend after our big Holiday and Bake Sale putting up all the beautiful fall decorations.



Do you see a musician or a girl's face?

Join us the 2nd and 4th Monday each month for some fun brain games. Learn some things about how to keep your brain sharp and play some fun games. This class compliments the exercises classes you participate in now.

Physical activity may benefit your brain in a number of ways, each of which, in turn, helps your brain to retain memory and optimal functioning:

- Promoting cardiovascular health. Improving blood flow to your brain
- Reducing inflammation
- Lowering levels of stress hormones.

1. People make me, save me, change me, raise me. What am I?
2. What breaks yet never falls, and what falls yet never breaks?

Brain Games



Working at brain-challenging exercises won't reduce your risk of Alzheimer's disease or other kinds of dementia, nor will it reduce progression

rates of these diseases, but they do provide significant benefits and can make your life better. Cognitive exercises for seniors, or brain exercises, are intended to support your higher-level mental abilities.



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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 inspiration. If you would like to be featured in future newsletter edition, please see Lisa.

This month's conversation was with **Chuck Mushung** who's been a member since March of 2014.

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

Chuck participates in our **Walk Fit, Geri Fit, and Enhanced Exercise w/Jackie** programs.

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

"In 2020 I was shooting pool here and when I went home, I just wasn't feeling like myself. I went to the ER and had a heart attack. After rehab, I came here, and Paul suggested I try the Enhanced Exercise w/Jackie class. After a while I saw that I was getting in good shape so I wanted to continue getting in better shape. I also saw how my brothers were not in good shape, and they were not doing anything physical, and I didn't want to end up like that."

3. What improvements have you seen in yourself since starting our fitness programs? "Well, as an 82-year-old man I feel I'm in as good of shape as a 55-year-old. I am capable of doing anything I want to do. I'm stronger now than I was before I started working out."

Mullins Elder Law PLLC



Call Tina M. Mullins, Atty
Downtown Monroe

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

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Terry Sweeney

tsweeney@lpicommunities.com

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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

Debbie A Barror	Thomas C Lizyness
Marilyn Bateman	Ann M Lusher
Sheri L Bennett	Charles P Lusher
Betsy L Bradley	Janet E McShane
Kathy A Brick	Rosemary L Muir
Colleen G Butler	Mary E Prickett
George Butler	Chuck N Ranger
Christina Craanen	Bill Shanteau
James C Ellerman	David E Stremmell
Sharon L Ellerman	Tracy L Sudduth
Mary K Figgins	Bonnie J Thompson
Jay M Johnson	Evelyn Marie Ushman
Diane L Lamb	Theresa Vietta Wheeler
Robert A Lamb	Cory C Yinger



May they rest in peace

Cheryl L. Rivard
Hazel Arree Staley
John Timko

Life Member Janet M Esper
January 21, 1941 - October 1, 2024

Thank You So Much



- ♦ Rose and Frank Harris: item donation for the kitchen.
- ♦ Sheryl L Sieb: donation for the center
- ♦ Frenchtown Center for Active Adults Pool League: donated the 1st Prize for Wheelbarrow of Cheer
- ♦ Monroe County Quilt Guild: donated the 2nd Prize for Wheelbarrow of Cheer
- ♦ Chuck & Elaine Mushung: donated the 3rd Prize for Wheelbarrow of Cheer
- ♦ Tracy Jaskot for the Awesome Basket for the Wheelbarrow of Cheer
- ♦ Anonymous for Tuesday Fun Meal



And for all donations, volunteers and members of the center:

We Thank you so much!

A Special October Happy Birthday to Mike Hammar!

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

Tom Almas	Diana Duvall	Mary Kittle	Linda Mell	Robert Sacka
Don Anspaugh	Judith Eberline	Carol Koesel	Susan Miller	Sandra Shanteau
Mary Ann Barbier	John Echols	Jo Kunich	Dennis Miller	Una Shepherd
Charlie Barron	Brenda Facey	Richard Langton	Tamela Moore	Cheryl Shepherdson
Linda Boberg	Ronald Florian	Thomas Langton	John Morris	Bonnie Shinevar
John Bolster	Karen Foster	Linda Lasley	Hobby Nels	Jean Siemik
Elaine Bolster	Richard Fry	Carol Leachman	Isaac Owens Jr.	Linda Stamper
Kristin Bostic	Mary Fuhlbrigge	Howard LeCompte	Thomas Peckham	Gregory Staten
Barbara Boudrie	Mary Gerweck	Ann LeMessurier	Suzanne Pegouske	Roger Staten
Kathaleen Bruce	Betty Haines	Saundra Lenling	Adele Peterman	Adele Stommel
Mary Bruck	Charles Hammer	George Lewis	Linda Peters	Tracy Sudduth
Anna Burgess	John Hance	Brenda Lewis	Monte Petit	Nancy Summers
Michele Burke	Rose Harris	Arwada Liedel	Steven Pierce	Mary Sutton
George Butler	Debra Heath	Debra Lindsay	Salvatore Pizzo	Diane Theisen
Anne Carstensen	George Hess	Jerry Lindsay	Theresa Pritchett	Debra Tuttle
Alyce Castellese	Brenda Hopkins	Vicki Lynch	Maria Pursley	Evelyn Ushman
Nancy Chalupka	Wanell James	Deb Massengill	Renata Rabideau	Nancy Van Daele
Donna Cherba	Paul Jay	Patricia Masserant	James Robb	Mary Van Wasshenova
Pamela Clay	David Jerles	Kay Matykowski	Denise Roberts	Jerry White
Mary Collino	Diana Johnson	Kate McDevitt	Terri Robinson	Debbie Wiggle
Carol Coppersmith	Sherry Jones	Jacquelyn McEachran	Barbara Roe	Russ Yard
Janice Cousino	Benjamin Jones II	Angela McKnight	Ginny Rohn	Cory Yinger
Larry Dailing	Judith Karas	Karen McLaughlin	Bruce Ruthuus	Cory Yinger
Virginia Drocy	Phyllis Kinkad	Jean McManaway	Bill Ryan	Bob Zalewski

Frenchtown Center for Active Adults

*****Must be at least 21 years old to enter*****

OPEN TO THE PUBLIC & need not be present to win!

Drawing: Wednesday, December 18th 2024

between 1-3 pm

Tickets for sale at Frenchtown Center

2786 Vivian Road, Monroe, MI 48162

(734) 243-6210

We are accepting donations to fill this Wheelbarrow!!

Thank you so much for your support!

Wheelbarrow of Cheer

BUY TICKETS NOW



Liquid refreshments, cheese, crackers,
chips, candies, cookies, etc.

1st Prize

Wheelbarrow of Cheer

***Donated by: Frenchtown
Center
for Active Adults
Pool League**

2nd Prize

Hand Made Quilt

****Donated by:
Monroe County
Quilt Guild**

3rd Prize

\$20.00 Gift Card

*****Donated by:
Chuck & Elaine Mushung
Center's Board Member at
Large & active members**

What is Attitude?

Attitude is the way you look at life. It is the way you choose to see and respond to events, situations, people, and yourself. Your attitude is not something that happens to you. You choose your attitude. Your attitude is created by your thoughts, and you choose your thoughts. You are the architect of your frame of mind. You decide how you will perceive and process the events of life and work. You make the decision if your mindset is positive or negative. If you want to feel better you have to think better. In order to be positive in the way you feel, it is necessary to be disciplined in the way you think.

How does someone's attitude affect others? Whether good or bad, your attitude will influence others. A person's behavior doesn't dictate their attitude, but their attitude can dictate their behavior. **Attitude is contagious.** Our attitude will determine our success or failure and the success or failure of others. People around you detect your mental moods and are affected accordingly. Think about happiness, good health and success and people will more likely appreciate you and want to be around you, because they enjoy the atmosphere that a positive attitude produces. *Continued on page 11*



FRENCHTOWN CENTER

Library in Motion will return

Wednesday, November 13, 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 November 12, 2024

4:30 p.m.—6:30 p.m.

Come Join Us for Some Food and Fun!!!

Members ONLY \$1.00

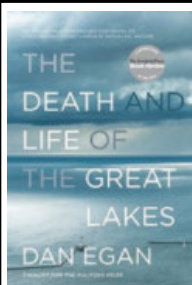
NON-MEMBERS \$3.00





Join Us for Movie Monday
November 4th, at 1:00pm
Return to Me

It took a lot of cajoling to get Bob (David Duchovny), a recently widowed architect, to go on a blind date at a quirky Irish-Italian eatery. Once there, he's smitten instantly not with his date but with the sharp-witted waitress (Minnie Driver). Everything seems to be going great until an unbelievable truth is revealed, one that could easily break both of their hearts for good. With a star-studded cast of characters – Bonnie Hunt (also the director), Carroll O'Connor, Robert Loggia, Jim Belushi, David Alan Grier, Joely Richardson, and Eddie Jones.



November Book Club

Friday, Nov. 15, 10:00am

The Death and Life of the Great Lakes

By Dan Egan

The Great Lakes—Erie, Huron, Michigan, Ontario, and Superior—hold 20 percent of the world's supply of surface fresh water and provide sustenance, work, and recreation for tens of millions of Americans. But they are under threat as never before, and their problems are spreading across the continent. The Death and Life of the Great Lakes is prize-winning reporter Dan Egan's compulsively readable portrait of an ecological catastrophe happening right before our eyes, blending the epic story of the lakes with an examination of the perils they face and the ways we can restore and preserve them for generations to come.



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What is Attitude *continued from page 9*

Here are a few actions and suggestions to help you develop the power of positive thinking:

- **Stop** with your **negative** attitude and speaking negative words about everything you talk about!
- Use **positive** words while thinking and talking. Use phrases like, "I can," "I am able," "It is possible," "It can be done," etc.
- Actively focus on thoughts of success, strength and happiness.
- Try to disregard and **ignore negative thoughts**. Refuse to think such thoughts and substitute them with constructive good ideas.
- In your conversation use words that suggest feelings and mental images of strength, happiness and success.
- Before starting with any plan or action, visualize clearly in your mind its successful outcome.
- Read at least one page of an inspiring book every day.
- Surround yourself with people who think positively.
- Watch movies that make you happy.
- Sit and walk with your back straight. This will strengthen your confidence and inner strength.
- Walk, swim or get moving in some other physical activity. This helps to develop a more positive attitude.



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Frenchtown Center for Active Adults and Harmony Care Hospice Present: Over Coming the Common Myth of Hospice

Frenchtown Center for Active Adults
2786 Vivian Road
Monroe, Michigan 48162
737-243-6210

Frenchtown Center for Active Adults
Monday, November 11, 2024
12:30 p.m.

Harmony Cares Hospice
2205 Jolly Road
Okemos, Michigan 48864
517-381-4866



The Center for Active Adults

Overcoming the Common Myths of Hospice Care



“Does morphine hasten death?” “Is hospice care only for the last few days of life?” “Does hospice mean giving up on life?” “Who pays the hospice bill?” “I think my loved one may need hospice, what do I do?” This workshop addresses many of the commonly believed assumptions (and myths) about hospice care. If you’re considering hospice care for a loved one now or soon down the road, put this 1-hour workshop on your calendar and bring family members and friends.

Corewell Health Trenton Hospital Trauma Services presents...

Cold Weather & Cardiovascular Health

FREE Community Education

Monday, November 18th, 12:30pm – 1:30pm

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

This 1-hour presentation covers cardiovascular health and disease processes, and how cold weather can affect you.

To register contact Lisa Ghigliazza at 734.243.6217 or lghigliazza@frenchtownsenior.com

For information on other courses offered contact:

Brandy Osborn at brandy.osborn@corewellhealth.org

(734.362.6700) or

Joe Gomez at joseph.gomez@corewellhealth.org (734.642.2132)





JOIN US FOR A TRADITIONAL THANKSGIVING DINNER

**TURKEY AND ALL THE FIXINGS
ON SATURDAY, NOV. 23rd, 2024
FROM 1:00PM – 4:00PM**

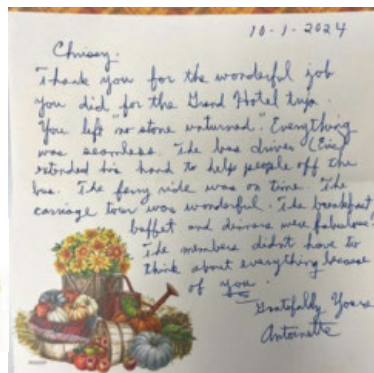
**Members \$10.00
Non-Members \$15.00
Pre-Sold Tickets ONLY, No Walk-Ins
Cut-off Date: Friday, November 15, 2024
*See Lisa for Tickets.**

Musical Entertainment by ON THE ROCKS



**Mackinac
Trip
2024**

**FUN
TIME!**





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

Please include names and contact information

Sponsored by:



**MONROE HOME
CARE SHOPPE**

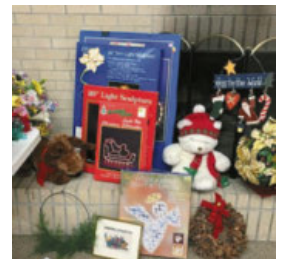


**REHABILITATION HOSPITAL
OF NORTHWEST OHIO**

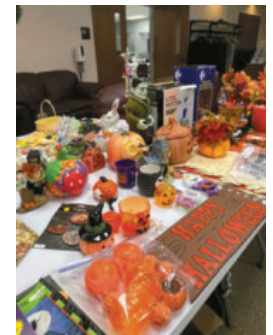
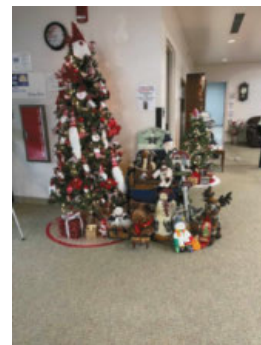
Holiday and Bake Sale 2024 Volunteers, we want to express our **heartfelt gratitude** for the incredible time and hard work that you ALL put into our fundraising this year. We sincerely and always appreciate each and every one of you.

Holiday items donations, baked goods donations, anonymous donations, and to our buyers, THANK YOU SO MUCH!! Your generosity means everything to us and to the center. It was a successful fundraising event, and we raised over \$2,500.00! We are so grateful that you have chosen to support and help us.

Chrissy Pidruzny, Office Manager
and staff



*Thank You
So Much*





Frenchtown Center for Active Adults

Annual Art Show and Sale

Mon., Dec. 2nd – Fri., Dec. 13th
in the Lobby.

Find a beautiful Christmas gift for friends and family.
Presented by the Frenchtown Center's watercolor class.



Guess what goes in this section. If you know or don't, contact Patricia Smith newsletter creator.



MONROE COUNTY SENIOR LEGAL SERVICES

Annual Bingo/Raffle Party

SATURDAY, DECEMBER 7, 2024

at 6:00 P.M. (doors open at 5:15 p.m.)

VFW Hall Post 1138

400 Jones Avenue, Monroe, Mi 48161

Cost: \$20.00 for 6 Regular Bingo cards

Special Bingo sheets: \$1.00 each (3 cards per sheet)

OPEN TO THE PUBLIC

Food and Beverages available for purchase

RAFFLE DRAWING PRIZES:

1st Prize: \$599.00 La-Z-Boy Furniture Certificate

2nd Prize: Air Pods Pro

3rd Prize: \$100 Cash

Raffle Tickets: \$1.00 each or 6 for \$5.00

Raffle Drawing immediately following Bingo NEED NOT BE PRESENT TO WIN! Purchase tickets in advance at our office or call 734-241-7644 for more information.

BINGO LICENSE #V11032

RAFFLE LICENSE # R76410



Congratulations

Holiday Wreath Winner

Bev Quentin



Tuesday, November 19th
9:00 a.m. – 11:00 a.m.

**We are on the road
bringing FMC Services to
our community**



Mobile Unit Services

- Health screening
- Dental screening by special request
- Vision screening
- Preventative education



Visit Our Website:
www.familymedicalmi.org

734-654-2169 Monroe County
517-263-1800 Lenawee County



Been canning soup this week getting ready for winter. Follow me for more recipes!



At any given time, the urge to sing "The lion sleeps tonight" is just a whim away a whim away, a whim away, a whim away.



When you flush the toilet and the water starts rising



I told my suitcases that there will be no vacation this year. Now I'm dealing with emotional baggage.

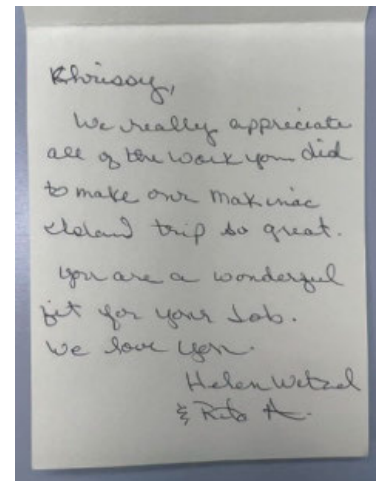
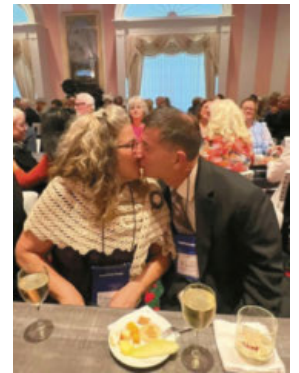
******* If you are not a member of the Frenchtown Center for Active Adults, we ask that you pre-register with our Office Manager, Christine Pidruzny. *******

- ◆ **Firekeepers Casino, Feb. 19, presented by Bianco Tours.** The cost for this day trip is \$58. Please visit our website for full details.
- ◆ **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.
- ◆ **Henry Ford Factory & Museum, Mar. 12, presented by Bianco Tours.** The cost for this day trip is \$158. 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.** Single \$3725, Double \$3625, 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.
- ◆ **40 Days & Nights Ark Encounter & Concerts, July 29—Aug. 1, presented by Ed & Ted's.** Single \$1499, Double \$1169, Triple \$1049. Please visit our website for full details.
- ◆ **Cape Cod & the Islands, Aug. 9 - 15, presented by Premier World Discovery.** Single \$3,575, Double \$3475, 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 & includes round trip airfare. 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.

Mackinac Trip

To my Grand Hotel/Mackinac Island 2024 Travelers, THANK YOU SO MUCH for making our trip amazing! It was fun, memorable, special, and SOLD-OUT! Everyone was genuinely nice, helpful, and appreciative. Thank you for making my work life easier. Thank you so much for all your sweet messages (in-person and phone) and cards. It is Sunday, October 6th of 2024 at 2:59 PM, I have 24 members signed up for 2025 Mackinac Island trip! I am beyond grateful!

- Chrissy Pidruzny, Office Manager/Group Leader



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

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

- Wheelbarrow of Cheer Tickets are on sale now. \$1.00 each or 6 for \$5.00,
Drawing December 18th between 1—3 pm

- Carryout lunches only Wednesday, October 30, 2024

- Movie Monday (*Return to Me*), — November 4th @ 1:00 p.m.

- NO ACTIVITIES Tuesday, November 5th, Election Day

- Medicare Information—Monday, November 8th @ 11:00 a.m.

- FUN NIGHT MEAL & Entertainment—Tuesday, November 12th @ 4:30 p.m.

- Library will be here on Wednesday, November 13th @ 10:00 a.m.

- Board Meeting—Thursday, November 21st @ 10:00 a.m.

- There will be Two (2) In the Knows This Month

Monday November 11th (*Overcoming the Myths of Hospice Care*) @ 12:30 p.m. and

Monday, November 18th (*Cold Weather & Cardiovascular Health*) @ 12:30 p.m.

- Thanksgiving Dinner—Saturday, November 23rd 1:00 p.m.—4:00 p.m.

Tickets on Sale Now.....

- The Center will be closed Thursday, November 28th and Friday, November 29th

Have a wonder and safe Thanksgiving.

- Save the Date: Wednesday, December 4, 2024—Bake Sale to benefit the
Adult Day Services Program

ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING

