



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.



December 2024

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

see Page 13

**New Year's Eve
Celebration—Tuesday,
December 31st
See Page 6**



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 & Women's Pool



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.



December 2024

	Tue	Wed	Thu	Fri
2 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Chicks w/Sticks 10:00 Chair Yoga 11:00 Balance & Stability	3 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	4 Bake Sale 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	5 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	6 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 Chicks w/Sticks *10:00 Chair Yoga *11:00 Balance & Stability *CANCELED 1:00 Caregiver Mtg 1:00 Brain Aerobics 1:00 MOVIE (New Day)	10 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 4:30 Fun Night Meal	11 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 9-Ball League 10:00 Chair Yoga 10:00 Library In Motion 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 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	13 9:00 Monroe Sewing Club 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
16 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chicks w/Sticks 10:00 Chair Yoga 11:00 Balance & Stability	17 8:00 Cardio Drumming 9:00 Cardio Drumming 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	18 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. 1:00 Pub Trivia **	19 8:00 Cardio Drumming 8:30 Breakfast 9:00 Massage Therapy 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Bridge 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 Card Making 1:00 8-Ball League 1:00 LCR 1:00 Enhanced Exer w/Jackie	20 9:00 Mahjong 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo \$5.00 1:00 Bingo
23 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	24 25 Center Closed Happy Holidays 		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 *10:00 Walk-Fit *CANCELED 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 Chair Yoga 11:00 Balance & Stability	31 New Year's Eve Celebration 3-5 P.M. See page 6	1 Center Closed 	2 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	3 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo



**** 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.**

December 2024

2 Swedish meatballs over Pasta	3 Taco Salad	4 Pork Loin w/potato	5 BBQ Pork Sandwich W/Coleslaw	6 Scalloped Potatoes w/diced Ham & Green Beans
9 Chef Salad	10 Smoked Sausage w/potatoes & Carrots	11 Bowl of Chili w/side salad	12 Baked Chicken leg w/mashed potatoes & corn	13 Egg Salad Sandwich w/chips
16 Loaded Potato w/ Bowl of Vegetable Soup	17 Scoop of Chicken Salad w/ Crackers	18 Betty Salad	19 Loaded Nacho's	20 Boiled Dinner
23 3 Hard Taco's	The Center will be closed Tuesday, December 24th and Wednesday December 25th. Have a wonderful Christmas with your family and friends. 		26 Stuffing Rolled in Turkey w/mashed potatoes	27 Kmart Sub
30 Vegetable Stir Fry	31 New Year's Eve Celebration 3-5 P.M.	1 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.**

December 5th—Breakfast Skillet
December 12th—French toast
December 19th—Scrambled eggs,
sausage, potatoes & toast
December 26th—Biscuits & Gravy



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.**



Inclement Weather Closing

It is hard to believe, but this is the last newsletter of 2024; where has the time gone? This is also when I remind you that we DO NOT follow the school closure routine. When the Road Commission and Sheriff departments issue a **Medium Level Advisory**, we will close for inclement weather. This will be broadcast on Radio, TV, and the county's alert system. This, in addition to other unexpected closures or activity cancellations, can be broadcast via the Center's system, but you must let staff know you want to be on the list. There is no charge, but you must have a working number to be contacted. Why not take a few minutes to let us know? It could save you from coming out in bad weather only to find us closed or your activity canceled. If you do venture out, please do it safely.

Election

Thank goodness we survived another election. While it may not have gone how you wanted, seeing the number of people who inadvertently came to the Center to early vote was encouraging. Because it was the first time early voting was held, and this was their voting precinct, we could direct folks to the Township Hall. It makes me wonder how many folks were disgusted because their precinct was closed, and they didn't know where to go. Hopefully, notices were posted. Maybe next time, folks will save themselves the hassle and check where they need to go for early voting in our next election. I commend everyone here for their restraint in honoring our time-honored policy of keeping political discussions out of the Center.

Deer Hunting

Maybe the title grabbed your attention, or I could have used the old hunters phrase "Scent Control for Dummies." This concerns everyone and being considerate of those slightly more sensitive to chemicals. I'm not asking you to use vanilla extract or an ozone generator like a tried-and-true deer hunter; just try and refrain from using scented colognes, after-shave lotions, perfumes, deodorants, body/face lotions, hair sprays, or similar products when visiting.

Grant improvements

Work has begun. When you receive this newsletter, the roof project should be completed. The building generator project will have started, which is another reason why closings will be minimized. With some luck, interior improvements will be on the horizon.

Signing In at the Kiosk

As we quickly approach the start of a new year, we reset the counters for our funders. By that, I mean the number of guests we serve and the number of hours folks use the facility is zeroed out, and we start counting all over again. I don't have the final number for this year, but it appears this will be another record-setting year. If you have your card, signing in is a simple three-step process. Scan, select your activity(s), and hit finish. These three simple steps ensure we capture all the funding requested from the Senior Millage. If you scan your card and neglect to select an activity that has been happening more frequently, we cannot count the time you were here. If you lost your card, see Chrissy. If you know you left your card at home and temporarily need to sign in, the kiosk follows the K.I.S.S. principle. Find the big blue bubble in the upper right corner that says "Sign In I don't have my card" and tap it. Enter your FIRST name, and tap Next in the lower right corner. Enter your phone number with your area code, tap next again in the lower right corner, select your activity (s), and hit finish. Scanning out or using your name and phone number is just as vital as you did signing in. This way, we can count every hour you use the facility. Remember, every lost hour makes a difference.

Travel

We are fortunate to have a group of travel partners who offer a variety of opportunities for you, family, and friends to enjoy our region, state, country, and foreign lands, all in the name of fun. While all partners require deposits or total payments for day trips, each has a refund policy. We have heard the concerns about sold-out trips and encourage you to review the refund policy and sign up as soon as possible. For frequent travelers, they know our partners coordinate trips with out-of-county centers. Sometimes, trips are sold out quickly depending on the response from those other centers. If you see a trip of interest, plan to stop by early and speak to Lisa about your options. If a trip is sold out, find out if we have a waitlist. Enjoy good, safe travels.

Fundraising

We rely on various fundraising efforts to keep the lights on. Wheelbarrow of Cheer tickets are on sale, the drawing is December 18th. Adult Day Service is having a bake sale on December 4th. Keep in mind and hopefully you will reach into your pocket because, "'tis the season."



May you and yours have a safe and happy holiday season.



HAPPY NEW YEAR
2025



Member's New Year's Eve Celebration
Tuesday, December 31, 2024
3:00 PM—5:00 PM
Complimentary Refreshments and Finger Foods
Please RSVP by Friday, December 27, 2024



Sponsored by:



Pictures from New Year's Eve 2023



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When you receive services from the Deaf Community Advocacy Network (DEAF C.A.N.I.) you will be in good hands with someone from our Case Management team.
Our Case Managers work to assess, advocate, and help plan services around your medical and non-medical needs.
Please contact us if you have any concerns or questions
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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 monthly fitness inspiration. If you would like to be featured in a future newsletter edition, please see Lisa.

This month's conversation was with **Chuck Hammer** who's been a member since September of 2021.

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

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



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

It was my wife's idea for us to join. I saw the cardio drumming class and thought that would be cool to do. Then later on I saw GeriFit and since I was already at the Center, I decided to do that, too.

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

I'm stronger now and because the GeriFit program uses weights, my tremors are much less. Now, I'm starting to get a 3-pack.



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Downtown Monroe

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Please call and speak to our Admissions Department.



Welcome New Members

Ray Barker	Collette W Henry
Laura Beatty	Sue K Johnson
Lorie Bronson	Eleanor F Krasko
Terrence P Bronson	Patti A Lymn
Mary A Calderone	Ginger R Mason
Connie J Cousino	Alena Sheppard
Marilynn K Dunn	Robert D Stiffler
Lora A Engle	Dale Sturm
Mary Fields	Sheryl A Trujillo
Lynda Marie Flesher	Kimberly L Veizer
Cecilia Ann Hartle	Robert P Wickenheiser
	Georgia L York

May they rest in peace

Leo C Boylan
Susan J Kull
Joan T Rugila
Veda D Tyler



To Our Members and Volunteers



We are so **grateful** for your generosity along with your willingness to lend a hand. You've made a **positive impact** on the Center—*Your Center*. We appreciate your support and participation in the activities we provide.

*If the world had more people like you it would be a better place. **You do make a difference.*** – Catherine Pulsifer



"Happy birthday! Here's to another year of good health and great memories"

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



Gregory S Allen	Charles F Burnard	Mary K Figgins	Troy E Maiden	Jenny L Sammons
Linda F Austin	Karen Burns	Linda M Fox	Patty A Martin	Elizabeth M Samsel
Karen M Bayer	Brandon M Burns	Marsha Geierman	Joanne R Maurice	Irene N Savage
Debra S Beck	Tammy S Burson	Aldo V Gerbi	Shirley A McAllister	Rosemary S Schaub
Lucille A Beck	Judy C Byerley	Cindy M Girard	Becky S McFarlane	Cathy M Shorter
Martha L Bell	Mary A Calderon	Sharon Gonyea	John R McGovern	Elliana Rose Shuk-Stevens
Cheryl A Bellestri	Jerrie Campbell	Diane B Grassley	Carol A Merta	Marjorie H Sieb
Bill Bender	Louise D Carnes	Holly M Griffith	Mary F Merz	Janice S Simmons
Cherie G Benisatto	Walter L Carter	James M Hamilton	Vicki L Mikolajczyk	Deborah Smith
Darrell J Bezeau	Leathel Jane Carter	Carol J Hartong	Ron E Montri	Peggy A Smith
Patricia Bialy	Jolene Caudill	Krista A Hendrix	Rosemary L Muir	James A Smith
Bonnie S Biniecki	Sharon K Cawood	Joe C Hess	Charles L Mushung	Anna Socall
Mary H Blohm	Brenda J Chandonnet	Margaret A Hoffman	Sue Neshkoff	Jesusita "Sue" Spotts
Betsy L Bradley	Wanda K Cole	Kimberly S Hogan	Larry E Olson	Robert C Soncrant
Mary E Brancheau	Roger L Cole	Paul S Iacoangeli	Linda M Parriet	Ray Starll
Kathy Brancheau	Mary A Costello	Janet K Johnson	Janet K Pavlat	Rosemary Sutton
Lois F Breeding	Christina Craanen	Jay P Jondro	Chuck Penrod	Cheryl Taylor
Henry M Breitenbach	Bobbie DeBardo	Jack Katz	Chrissy Pidruzny	Susan M Toburen
Ellen L Brockway	Susan L Denman	Terri L Kelley	Linda M Pilon	Valerie A Tolbert
Dave H Bullock	Daniel J Didario	Mike A Kontry	Brenda Ramos	Patti Toth
	Patricia C Ditty	Robert A Lamb	Lora A Roberts	O. Jane VanBelle
	Julie A Ellison	Michael W Lenling	Lindsey L Saloiye	Steve C Wilgocki
	Stanley P Emerick	Clifford L Loop		Georgia L York
	Bill Fehse			

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**

License Number X11552

3rd Prize

\$20.00 Gift Card

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

UGLY Sweater Day

Wednesday, December 18, 2024

1:00—2:00 PM Join us for some fun!!!!

Prize for the "Ugliest Sweater"



Members wearing an "UGLY Sweater" will be entered into a raffle for a prize.

FRENCHTOWN CENTER

Library in Motion will return

Wednesday, December 11, 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 December 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 December 9, at 1:00pm The Unlikely Pilgrimage of Harold Fry

Harold Fry, 65, has cut the lawn outside his home at Kingsbridge on the south coast of Devon when he receives a letter. A colleague of twenty years ago, Queenie Hennessy, has cancer and is in a hospice in Berwick-upon-Tweed. The doctors say there is nothing more that can be done for her. He writes her a feeble and brief note and goes to post it, has second thoughts, and walks to the next post box, and the next. He phones the hospice from a call box and leaves a message. He is coming and she should wait, stay alive while he makes the 450-mile journey to give it to her in person.



December Book Club Friday, Dec. 20, 10:00am

The Visitors

By Sally Beauman

Sent abroad to Egypt in 1922 to recover from the typhoid that killed her mother, eleven-year-old Lucy is caught up in the intrigue and excitement that surrounds the obsessive hunt for Tutankhamun's tomb. As she struggles to comprehend an adult world in which those closest to her are often cold and unpredictable, Lucy longs for a friend she can love. When she meets Frances, the daughter of an American archaeologist, her life is transformed. As the two girls spy on the grown-ups and try to understand the truth behind their evasions, a lifelong bond is formed. Haunted by the ghosts of her past, the mistakes she made and the secrets she kept, Lucy disinters her past, trying to make sense of what happened all those years ago in Cairo and the Valley of the Kings. And for the first time in her life, she comes to terms with what happened after Egypt, when Frances needed Lucy most.

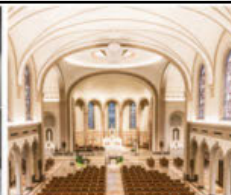
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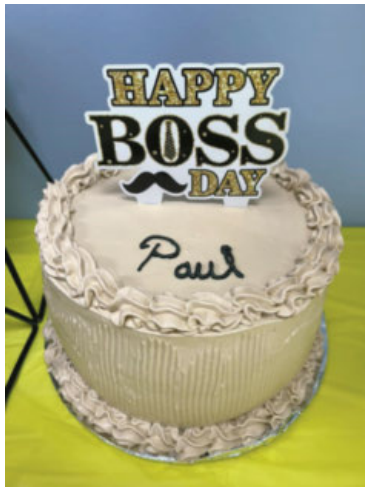
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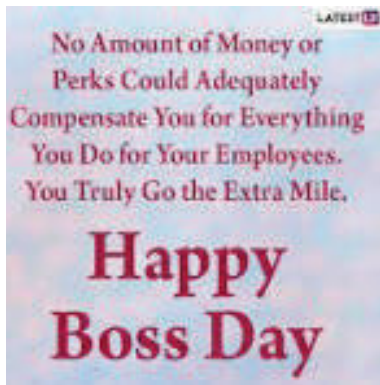
Monroeville Center for Active Adults

15-0719



Boss Paul, we genuinely appreciate the opportunity to work under your leadership. We Thank You so much for everything!

Your FCAA Staff



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Sharon Buckley - 1st Place

Costume Contest

Thank you members for the wonderful turnout for the Halloween Party, the great costumes and delicious snacks. Thank you to the helpful volunteers and to Lisa for putting it together and Chrissy for the fantastic decorations. And let's not forget the awesome performance of the **Lake Erie Hexenbrut Dancing**



Helen Brown—2nd Place



Sandra Hojnacki—3rd Place



Fundraiser BAKE SALE



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

Please bring your bake goods on Monday December 2nd and Tuesday December 3rd. If you don't bake, we will be accepting cash donations.

A HUGE Thank You in advance!!!

The Adult Day Services Program:

Do you know someone who takes care of an elderly adult who has been diagnosed with Alzheimer's or Dementia..... We can help them!! Let them know about our program. We provide respite care for caregivers who need a break from care giving.



10 Warning signs of Alzheimer's Disease

It may be hard to know the difference between age-related changes and the first signs of Alzheimer's disease. To help identify problems early, the Alzheimer's Association created a list of warning signs for Alzheimer's disease. Individuals may experience one or more of these in different degrees.

- Memory loss that disrupts daily life.
- Challenges in planning or solving problems.
- Difficulty completing familiar tasks at home, at work, or at leisure.
- Confusion with time or place.
- Trouble understanding visual images and spatial relationships.
- New problems with words in speaking or writing.
- Misplacing things and losing the ability to retrace steps.
- Decreased or poor judgment.
- Withdrawal from work or social activities.
- Changes in mood and personality.

The Patience of Caregivers

Caregivers, with hearts so true,
Patience is what they have in lieu,
Of the challenges, that they may face,
With a smile, they embrace the race.
For patience, is what they must possess,
In their hearts, they must confess,
That the people they care for, need time,
And their patience, must be their prime.



Alzheimer's Association Caregivers Support Group

Second & Fourth Wednesday of the month
Frenchtown-Dixie Branch Library
2881 Nadeau Road, Monroe 737-289-1035
From 1:00 pm—2:00 pm

We, as caregivers, are often physically, mentally, and emotionally overwhelmed. It can be an isolating and very lonely journey. This group offers a support network that will ease your burden in listening to and understanding our struggles and concerns.

Open to all who are currently caring for a loved one with dementia and looking for support.

Find meetings at bit.ly/fdcaresupport

This License Plate can also be purchased. Proceeds also go to support The Adult Day Services Program.

Only \$3.00



Cold Weather Safety for Older Adults



Older adults have a higher chance of being affected by cold weather. Changes that come with aging can make it harder for older adults to be aware of their body becoming too cold, which can turn into a dangerous health issue quickly.

Hazards of cold weather include [falls](#) on wintry surfaces; injury caused by freezing (frostbite); and hypothermia, a medical emergency that occurs when your body temperature gets too low. Being informed and taking certain actions can help lessen risks during the colder months.

Medical conditions and cold weather

Older adults are more likely to have certain chronic medical conditions that make it harder to stay warm:

- [Diabetes](#) can prevent blood from flowing normally to provide warmth.
- [Thyroid problems](#) can affect the body's ability to maintain a normal body temperature.
- [Parkinson's disease](#) and [arthritis](#) can make it challenging to put on more clothes, use a blanket, or get out of the cold.
- [Memory problems](#) can cause a person to forget to take precautions for staying weather-safe, such as wearing appropriate attire.

Some medications can affect body heat, too. These include prescription medications and those bought over the counter, such as some cold medicines. Ask your doctor if medications you take may affect body heat and what you can do.

Avoiding falls in cold weather

To help reduce the risk of [falls](#) in icy and snowy weather during the winter months, it's important to ensure that surfaces are as dry and safe as possible.



- Keep outside walkways clear of snow and ice with an ice melt product or sand.
- Avoid shoveling snow yourself when possible. In addition to the risk of falling, there is a risk of heart attack for older adults while shoveling snow.
- Use railings to help avoid slipping on icy stairs and walkways.
- Wear nonskid, rubber-soled, low-heeled footwear.

If possible, stay inside when the weather is bad. Consider using services that deliver prescriptions, groceries, and other necessities so you don't need to go out.

AND

[We have a group call list you can be place on for notification of the Center Closing or Activities being cancelled. See one of our staff members to be placed on the list.](#)

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.)

at the

VFW Hall Post 1138

400 Jones Avenue, Monroe, Mi 48161

(Corner of Jones Ave. and Laplance Rd.)

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

Members, we are currently **revising our mailing list** for the monthly newsletter. We are hoping to lower postal costs along with getting the newsletter to you sooner. Chrissy Pidruzny, Office Manager, is creating a list of members who would like to **pick up their monthly newsletter** at the Center while attending many of our activities. If you would like to be placed on this list, please let us know. We appreciate your consideration. Also, The newsletter is **available on our website** <https://www.frenchtownsenior.com/newsletter.html> along with Facebook where many upcoming events are listed. For those who view on these sources, let us know so we can adjust our printing. Chrissy is also creating a list for those who do not want hard copies if they prefer to view our monthly newsletter on our website. **Lowering the number that needs to be printed** would be a great help. **THANK YOU!!!**



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.

For more information, contact Lisa at 734-243-6210.



PERFECTION

Perfection is the state of being flawless, complete, or in supreme excellence. It can also refer to the act of making something perfect.



Are you perfect? I know I'm not. I made some mistakes this week, was

mad at myself and hurt about upsetting someone else, but I'm shaking it off and accepting NONE of us are perfect.

Some Quotes:

- **Salvador Dali:** "Have no fear of perfection - you'll never reach it". Dali believed that fear of perfection **can prevent progress.**
- **Eric Johnson:** "Be OK with getting it wrong. Just keep getting it wrong until you get it right".
- **Mark Cuban:** "Perfection is the Enemy of Success".
- **Adam Osbourne:** "The most valuable thing you can make is a mistake. You can't learn anything from being perfect".

*Accepting others' flaws isn't a sign of weakness but a testament to our humanity. It's a choice to **prioritize love and empathy over judgment and indifference.***



"Our Center has a fragrance-free policy. Please do not wear or use any of the following during your visit to

our facilities: perfume, cologne, body sprays, aftershave, scented lotion, scented hair products, scented deodorants, and similar products. Thank you."



Thursday, December 12th
9:00 a.m. – 11:00 a.m.

We are on the road
bringing FMC Services to
our community



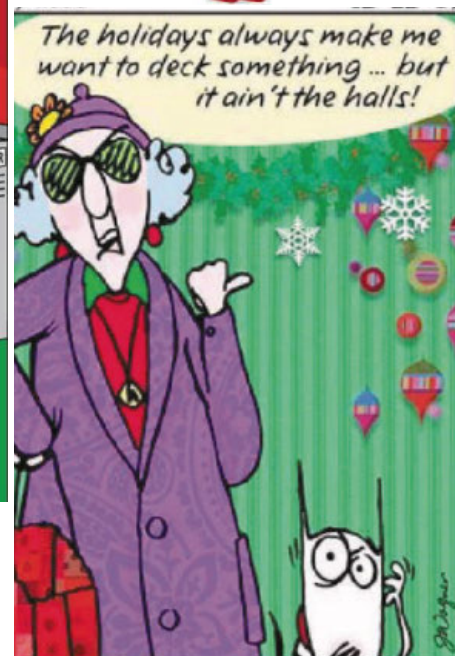
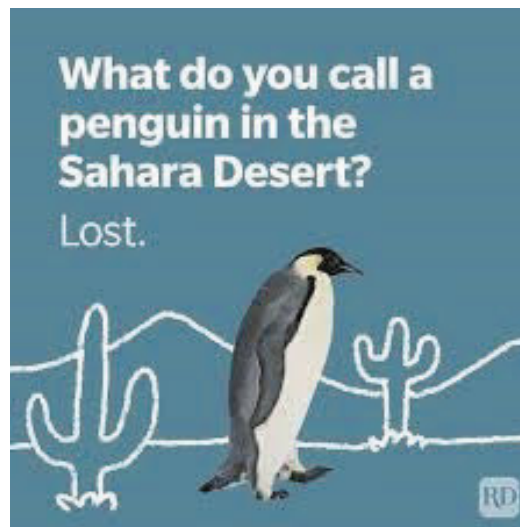
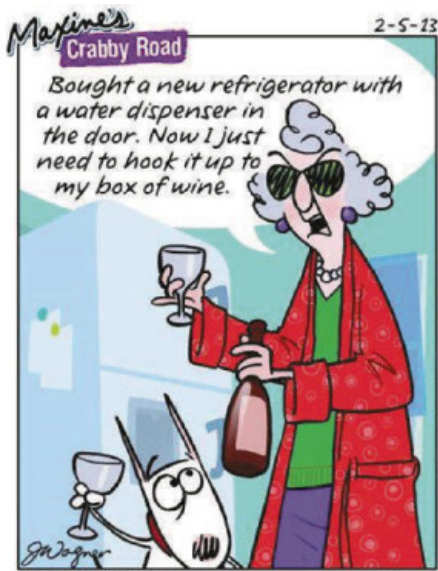
Mobile Unit Services

- 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



What do you get if you cross an apple with a Christmas tree? A pine-apple!

I get by with a little elf from my friends.

Frenchtown Voyagers Travel Meeting

Tuesday, December 17, 2024 at 1:00pm

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

For more information, call Lisa Ghigliazza 734-243-6217.

******* 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.

- ◆ **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.
- ◆ **The Purple Rose, "My Mother and the Michigan/Ohio War," and lunch at Webers, May 1, presented by Bianco Tours.** The cost for this day trip is \$146. Please visit our website for full details.
- ◆ **Holland Tulip time, May 6, presented by Bianco Tours.** The cost for this day trip is \$146. 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.
- ◆ **Inside Detroit, May 21, presented by Bianco Tours.** The cost for this day trip is \$130. Please visit our website for full details.
- ◆ **Meadow Brook Theatre, "Sheer Madness," and lunch at Alfoccino, June 4, presented by Bianco Tours.** The cost for this day trip is \$137. Please visit our website for full details.

2025 CONTINUED

- ♦ **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.
- ♦ **Firekeepers Casino, June 18, presented by Bianco Tours.** The cost for this day trip is \$58. 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.
- ♦ **Bay City Tour and Cruise, July 11, presented by Bianco Tours.** The cost for this day trip is \$126. 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.** Single \$3,625, Double \$3,525, & 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.** Single \$2,875, Double \$2,775, 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 and include round trip airfare. Please visit our website for full details.



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

Members, we are currently **revising our mailing list** for the monthly newsletter. We are hoping to lower postal costs along with getting the newsletter to you sooner. Chrissy Pidruzny, Office Manager, is creating a list of members who would like to **pick up their monthly newsletter** at the Center while attending many of our activities. If you would like to be placed on this list, please let us know. We appreciate your consideration. Also, The newsletter is **available on our website** <https://www.frenchtownsenior.com/newsletter.html> along with Facebook where many upcoming events are listed. For those who view on these sources, let us know so we can adjust our printing. Chrissy is also creating a list for those who do not want hard copies if they prefer to view our monthly newsletter on our website. **Lowering the number that needs to be printed** would be a great help. THANK YOU!!!



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A Monthly Publication
Dated Material, Please don't delay

Current Resident



Commission on Aging



- **Wheelbarrow of Cheer Tickets are on sale now.**
\$1.00 each or 6 for \$5.00,
Drawing December 18th
- **Save the Date: Wednesday, December 4,**
2024—Bake Sale to benefit the
Adult Day Services Program (See page 13)



Yoga and Balance & Stability CANCELLED, Monday, December 9th

- **Movie Monday — December 9th @ 1:00 p.m.**
- **FUN NIGHT MEAL & Entertainment—Tuesday, December 10th @ 4:30 p.m.**
- **Library will be here on Wednesday, December 11th @ 10:00 a.m.**
- **Ugly Sweater Day, Wednesday, December 18th**
- **Center Closed Tuesday, December 24th, Wednesday December 25th and Wednesday, January 1st**
- **New Year's Eve Day Celebration—Tuesday, December 31st 3:00 to 5:00 pm**
- **Closed and/or Cancellation Listing: We have a group call list you can be placed on for notification of the Center Closing or Activities being cancelled. See one of our staff members to be placed on the list.**

ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING

