



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.

January 2025



In This Issue:

Board of Directors / Staff	2
January Activities	3
January Lunch Menu	4
Director's Corner	5
Staff Message	6
Focus on Fitness	7
New Members	8
Thank You's	8
Rest In Peace	8
Birthday Wishes	8
Funny Hat Day	9
Art Sale	9
Library in Motion	9
Tuesday Fun Meal	9
Book Club	10
Alzheimer's Care Givers (NEW)	11
Winter Walking Safety	12
Dr. Martin Luther King, Jr. Day	13
Snowball Dance	13
Mental Wellness	14-15
Thank You's	1, 8, 9, 15 & 16
Movie Monday	16
Tax Help	16
Fragrance Free Center	16
Afghan Winner	16
Health Mobile	16
Little Humor	17
Travel	18—19
At A Glance	20



"Give thanks
not just on
Thanksgiving
Day, but every
day of your life."

— CATHERINE PULSFIER

Annual Thanksgiving Dinner **Volunteers, THANK YOU SO MUCH to:**

Dianne M Beaudrie
Ronald E Collum
Lynne M Johnson
Antoinette R Kuzich
Nancy J Wortinger





FRENCHTOWN CENTER LINK

2786 Vivian Road, Monroe, MI 48162

Phone: (734) 243-6210

e-mail: seniors@frenchtownsenior.com

2025 BOARD OF DIRECTORS

Darla Myers—Chairman
Vacant—Vice Chairman
Dianne Beaudrie—Treasurer
Mary Ann Mack—Secretary
Charles Mushung—Member at Large
Jean Guyor
John Bocks
Ricky Brown
James Osment Jr
Thomas Peckham
James Smith
Daniel VanWasshenova
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

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 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



This institution is an equal opportunity provider.

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
January 2025 "January is the perfect time to reset, recharge, and renew your focus on what truly matters".		1 Center Closed Happy New Year 	2 8:00 Cardio Drumming 8:30 Breakfast 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	3 9:00 Mahjong 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
6 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Chicks w/Sticks 11:00 Balance & Stability 1:00 MOVIE	7 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	8 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	9 8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Bridge 10:00 Massage Therapy 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	10 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
13 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	14 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 4:30 Fun Night Meal	15 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Domino Mexican Train 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 1:00 WWWW	16 8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Bridge 10:00 Board Meeting 10:00 Massage Therapy 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 1:00 Card Making Class	17 9:00 Mahjong 10:00 Walk Fit 12:15 Watercolor Class 10:00 Book Club 1:00 Bingo \$5.00
20 Martin Luther King Jr. Day 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 Monroe Sewing Club	21 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	22 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	23 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	24 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
27 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	28 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	29 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	30 8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Bridge 10:00 Massage Therapy 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 8-Ball League 1:00 LCR 1:00 Enhanced Exer w/Jackie	31 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.**

January 2025

		1 Center Closed 	2 Turkey & Cheese Sandwich w/Soup	3 Sweet & Sour Chicken over Rice
6 Greek Salad	7 Beef, Bean & Cheese Burrito	8 Cheeseburger w/side	9 Beef Pot Pie	10 Ham with a side of Mac & Cheese w/Green Beans
13 Tomato Soup w/ Grilled Cheese	14 Italian Sub	15 Turkey, Mashed Potatoes & Stuffing	16 2 Taco's w/Chips & Salsa	17 Chef Salad
20 Mashed Potato Bowl w/Chicken & Corn	21 Loaded Nacho's	22 Betty Salad	23 Bratwurst w/ Peppers & Onions	24 Mostaccioli w/ Roll
27 Loaded Potato w/ Side Salad	28 Baked Chicken Leg, Mashed Potatoes & Corn	29 Taco Salad	30 Chili Dog w/Fries	31 Stuffed Cabbage Casserole



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.

January 2nd — Pancakes

January 9th — Breakfast Skillet

January 16th — Biscuits & Gravy

January 23rd — Pancakes

January 31st — French toast



Please call 734-636-9477 by 1:00 p.m. the day before to order lunch.

Carry out available for pick-up @ 11:30a.m.

Dining in available Monday—Friday 12:00 Noon

Please Call by 1:00 p.m. Friday for the following Monday

Dine in and Carry Out lunches for those members 60 and better will pay \$3.00.

Members less than 60 will pay \$4.00 to help offset the raising cost of foam containers.

\$5.00 for non members regardless of age. **Additional meals over the first are available for \$5.00 each.**



Term Limited and new Board Member's

Frenchtown Senior Citizens, Inc. consists of 9 – 11 board members who serve a three-year term and are eligible for a second three-year term and ineligible to hold a consecutive three-year third term. As a result, two of our board members became term-limited in January. Jon Moore and Lance A. Slatton have given us six years of leadership and have helped in countless ways. Since both are active members, we know they will continue their involvement in helping us grow.

Their departure necessitates filling those positions. Notices were listed in the newsletter and placed in the Center. We had nine applications for three positions, which made the board's decision for replacements challenging. The board held a ballot vote and made its decision. Ricky Brown, James Osmnet Jr., and Daniel Van Wasshenova bring an assortment of experience and are very active members. Please help me welcome them in their leadership roles.

Newsletter

We have several methods of getting your newsletter to you, and we decided to ask you what works best for you. Newsletters are delivered to the post office sometime after the second week of the month and mailed using our bulk mailing permit. While the post office does an admirable job of delivering for some folks, it is not quick enough. As a result, you can have us hold your copy in the office and pick it up at your convenience. Have one emailed to you once finished. Or visit our website to view it in a timely manner.

If you read the newsletter, you undoubtedly noticed a change in the format of my article. Hopefully, this makes it a little easier to read, and maybe the headings will capture your attention and compel you to read the specific information.

Pool Playing

Word continues to spread about our great space and the number of pool tables available. League members do a fantastic job of maintaining the tables and policing the area. Still, we appreciate everyone's help keeping the tables covered when you are finished and the area tidy of things you may have brought or used during your visit.

Four leagues play Monday through Thursday, which puts a premium on pool playing. Tables are available before or after the league play. The standing rule is to vacate the tables once their scheduled time starts for play, leaving no open pool available when leagues play. Remember to check the activity schedule in the newsletter or on the website for league times.

Tom Slatten will be in the House on New Year's Eve

Events

We want to thank everyone for supporting our events and hope you have enjoyed yourself. I want to remind you that for some of the events, it could be necessary to restrict your access until the event begins. If we decide to limit access, we will provide notice. Once we give that notice, we encourage you to arrive close to the event's start time. This way, you won't get upset by waiting, and we won't feel rushed. While you are more than welcome to sit in the lounge and wait for the doors to open, remember that if too many folks do that, it could get uncomfortable because you may have to stand.

For other events, when we do not restrict access, and you arrive early to get a table, please understand that we may be finishing setting up, so you must be patient. While you are welcome to sit and talk, remember that folks will be busy and unable to assist you. If ice isn't in the water, coffee isn't on the table, and it is an hour before the event, and you start to get irritated, you probably need to ask yourself, "Did I arrive a little too early?"

Folks always seem to wonder about to-go boxes. With the number of new members, it needs to be repeated. We do not provide to-go containers for any of our events. Most folks don't need a to-go container, or they know their limitations and the generous portions we provide, so they remember to bring their own, which is fine. This way, we can keep the cost of the event reasonable. We do allow volunteers and staff the opportunity to take a meal home. Generally, they haven't had a chance to sit down and enjoy the meal or don't want to rush through it. So, if you see to-go boxes on the counters towards the end of the event, they're for those who have prepared or helped serve so you can enjoy your time here.

Grant improvements

The roof project is finished, and we appreciate everyone putting up with the noise. Between the roofers scraping the old material off and the screw guns to fasten the insulation, it was a distraction but a welcomed one.

We also want to thank everyone for braving the chilling inside temperatures when the gas was shut off for a day, and we appreciate your understanding when we closed while the power was disconnected to accommodate the generator installation.

The next inconvenience will be for painting and flooring. Painting should have started with flooring following soon.





TO ALL OUR MEMBERS

From all the staff at the Frenchtown Center for Active Adults
Wishing you a wonderful 2025!
We look forward to sharing with you many more activities,
fun, and memories.



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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 future newsletter edition, please see Lisa.

This month's conversation was with **Esther Schneider** who's been a member since February of 2024.

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

Esther participates in our **Fun Fit w/Cheryl**, **Walk Fit**, **Geri Fit** programs.



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

We moved to the area, and I wanted to meet new people. Since coming, I've made new friends. Everyone here is so supportive, and the instructors are very encouraging. I also started going to the watercolor classes.

3. What improvements have you seen in yourself since starting our fitness programs? I've gotten fitter, I feel more balanced, I don't worry about falling down anymore, I've lost some weight, and my bone density has improved.

Mullins Elder Law PLLC



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Downtown Monroe

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Please call and speak to our Admissions Department.





Welcome New Members

NEW LifeTime Members:

Ellen L Brockway
Jerri Eggert
Eric H Langdon

New Members

Bernard M Brunet	Barbara Poupard
Elizabeth M Brunet	Mark Rafko
Dennis E Evans	Jennifer Resseguie
Collette M Gessner	Cathie Schultz
Rodney R Griner	James W Short IV
Linda J Hawley	Larry D Steffy
Tom J Hawley	Tom F Timmins
Dawn M Lewis	Dorothy Jane Vallade
Paula Miracle	Sheila M Wignal
Daniel J Poirier	

A Heartfelt Thank You
**TO ALL OF OUR
AMAZING VOLUNTEERS!**
We couldn't do it without you!

A big THANK YOU to all the volunteers for the monthly Betty Salad Day, Tuesday Fun Meal, and to all the center's volunteers, we always appreciate your help and time.

*"Volunteers are not paid
-- not because they are
worthless, but because
they are priceless."*

**More THANK YOU's on
pages 1, 8, 9 & 15 & 16**



May they rest in peace

Debra Almas
Clarence H. "Buck" Brooks Sr.
Joseph Henry Emerick
Michael D Garrison
James D Jones



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

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



Yvonne F Acton	Joyce L. Bush	William J Horvath	Susan M McGill	Debbie L Stafford
Patricia L Adams	Patricia A Charles	Jack T Hubbell	Paul W Merz	Kathleen A Stiefel
David L Adkins	Bill E. Clark	Pegg E Iott	Paula M Nadeau	Robert D Stiffler
Diana C Allen	Joyce M Collins	Shirley A Jay	Mary A Noble	Kevin S Theisen
William E Austin Sr.	Patricia L Conner	Kimberly A Jay	Kelly A Olynyk	David J Torrence
Mark J Baker	Michael S Costello	Jean Johnson	Rebecca A Peckham	Joan A Toth
Debbie A Barror	Robert J Duffey II	Imelda V Kaminski	Mary E Prickett	Robert G Trowbridge
John A Bartley	Monica R Easter	Martin R Kaufman	Theresa M Radu	Charles T VanBelle
Jean Baumann	Jerri Eggert	Ralph J Kirby	Patsy M Ramsey	Jim M VanWormer
Sheri L Bennett	Kim L Faison	Lois J Knegendorf	Diane L Richardville	Sharon K Verduzco
Diane K Bilicic	Rollie M Fisher	Tonja L Koenemann	Kathy M Rose	Jeff N Walters
John W Bocks	Erika Fisher	Barb Korka	Theresa Ann Rossi	Joni A Weaks
Howard R Boyce	Lisa A Ghigliazza	Kenneth C Kreuchauf	Toni L Ruettinger	Eddie R Weaver
Roxane Branch	Walter Gibala	Janet L Latondress	Dinah J Russo	Laureen K Wehner
Barbara E Breitenbach	Judy S Goniea	Christine A Looney	Joseph Salisbury	Laurie A Weiss
Kathy A Brick	Barbara A Grajewski	Charles P Lusher	Sharon K Schiller	Theresa V Wheeler
Pamela Bryant	Jean H. Grose	Rosemary E Maitland	Haroldean (Jeri) D Schmitz	Paulette A Wilkie
Barton L Burguard	Jean Guyor	Beverly J McCain	Bill Shanteau	Jon D Womack
Mary Lou Burke	Kathy J Heatherly	Tom E McCammon	Karen L Smeltzer	Kathy A Wozniak
William E Burkett	Terry A Hicks	Nancy A McDonald	Joanne E Spina	Cheryl L Wyatt
Patricia C Burns	Sandra L Hinson			



National Hat Day—Wed, Jan 15, 2025

Join us for some fun. Design your own ridiculous, over-the-top hat and come to the Center wearing your creation. At Noon we will do a parade of hats and honor the winner with a complimentary lunch.



Let's have
FUN!



2024 Pictures



<https://nationaltoday.com/national-hat-day/>



MEMBERSHIP RENEWAL

Annual Dues

New Year

New Beginnings

New Intentions

New Thoughts

New Focus

New Results



Thank you so much for donating your winnings back to the Center!

December 10, 2024
Tuesday Fun Meal 50/50
cash raffle winners!!!

Mr. & Mrs. Tom and Becky
Peckham

\$74.00 (cash)



FRENCHTOWN CENTER

Library in Motion will return

Wednesday, January 15, 2025

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 January 14, 2025

4:30 p.m. — 6:30 p.m.

Come Join Us for Some Food and Fun!!!

Members ONLY \$1.00

NON-MEMBERS \$3.00



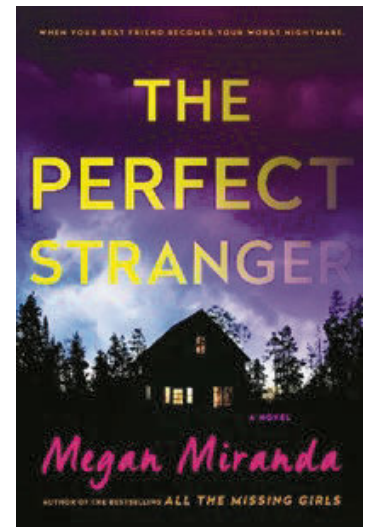
January Book Club

Friday, January 17, 10:00am

The Perfect Stranger

By Megan Miranda

Confronted by a restraining order and the threat of a lawsuit, failed journalist Leah Stevens needs to get out of Boston when she runs into an old friend, Emmy Grey, who has just left a troubled relationship. Emmy proposes they move to rural Pennsylvania, where Leah can get a teaching position and both women can start again. But their new start is threatened when a woman with an eerie resemblance to Leah is assaulted by the lake, and Emmy disappears days later. Determined to find Emmy, Leah cooperates with Kyle Donovan, a handsome young police officer on the case. As they investigate her friend's life for clues, Leah begins to wonder: did she ever really know Emmy at all? With no friends, family, or a digital footprint, the police begin to suspect that there is no Emmy Grey. Soon Leah's credibility is at stake, and she is forced to revisit her past: the article that ruined her career. To save herself, Leah must uncover the truth about Emmy Grey—and along the way, confront her old demons, find out who she can really trust, and clear her own name. Everyone in this rural Pennsylvanian town has something to hide—including Leah herself. How do you uncover the truth when you are busy hiding your own?



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Monroeville Center for Active Adults

15-0719

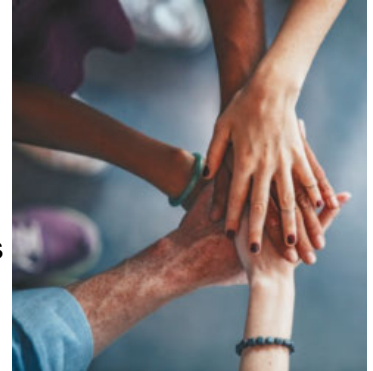
COMING TO THE **FRENCHTOWN CENTER FOR ACTIVE ADULTS** IN
PARTNERSHIP WITH THE

ALZHEIMER'S ASSOCIATION®

A NEW **CAREGIVERS SUPPORT GROUP**
MONDAY, JANUARY 13TH, 2025, 1:00PM

As caregivers, we are often physically, mentally, and emotionally overwhelmed. It can be a long, isolating, and very lonely journey. We will provide an open and safe place to share your struggles and find resources to help ease your burden. You don't have to feel alone in this journey.

Open to all who are currently caring for a loved one with dementia, Alzheimer's, or caring for someone with a long-term illness.



***MEETINGS WILL TAKE PLACE EVERY 2ND AND 4TH MONDAYS OF THE MONTH AT 1:00PM.**

2786 Vivian Road, Monroe, MI 48162.

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



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15-0719

Winter Walking Safety

Stick to Known Walkways

Snow can obscure hazards on the ground, such as uneven surfaces, debris, or hidden obstacles. Sticking to known walkways, sidewalks, and cleared paths is best to minimize the risk of tripping or falling. Snowplows and salt may make these areas safer for pedestrians, reducing the chances of encountering unexpected obstacles.

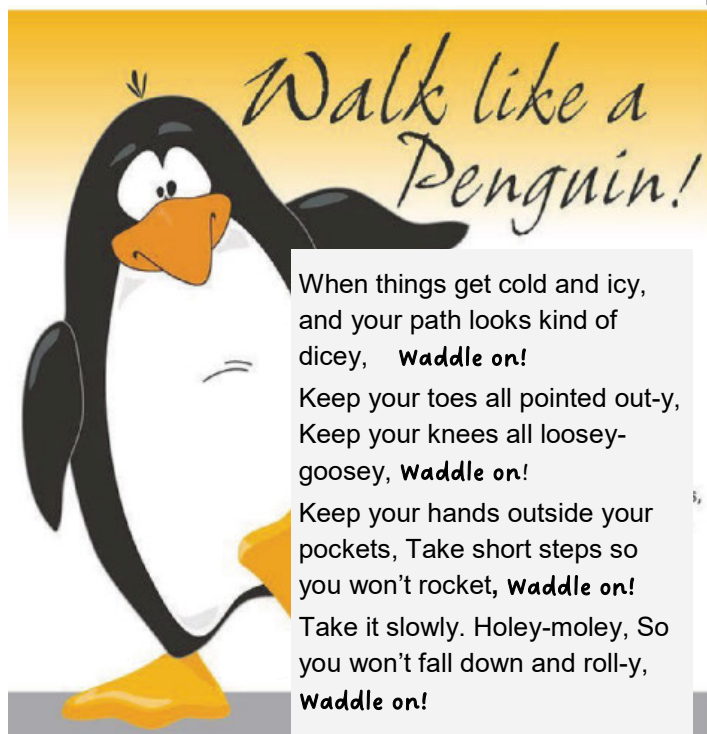
Before going out, plan your route. Stick to well-maintained pathways and places you are familiar with. If you must use unfamiliar areas that aren't cleared, proceed cautiously and carefully test the ground for any hazards.

Look Out for Slippery and Icy Surfaces

While walking in snowy conditions, stay vigilant and scan your surroundings for slippery or icy patches. Slipping and falling on ice near retail stores, in **parking lots**, and on sidewalks can result in serious injuries, like broken bones and head trauma. Precautions you can take include:

In an effort to keep us all injury-free this winter, consider these walking safety tips:

- Take short steps and walk slowly
- Use handrails
- Stick to known walkways
- Wear appropriate winter footwear
- Plan ahead
- Be prepared to react
- Wear appropriate footwear like winter boots with a thick, nonslip tread and a low, wide heel when walking outside, even if it's just to and from your car. High heels, tennis shoes, etc. are not considered winter weather appropriate.
- Adjust your pace so it's suitable for the walking surface. Don't rush!
- Be aware of your surroundings and path. Watch for ice patches and be careful when your walking path is snow-covered.
- Do not take shortcuts not intended for pedestrian use. When possible, follow a clear path and sidewalks.
- Minimize the amount of items you're carrying. Large items may make it hard to see or cause you to become unbalanced while walking on slippery surfaces.
- Wipe your feet clean on floor mats upon entering buildings and change footwear as necessary.
- Clean up any wet areas to prevent anyone coming in after you from slipping.
- Plan ahead and leave early when traveling to avoid the need to rush. <https://www.bankonbrian.com/blog/pedestrian-accident/tips-for-staying-safe-while-walking-when-snowing/>



Dr. Martin Luther King, Jr. Day, January 15th

For Civil Rights and Social Justice

Martin Luther King dreamt that all inhabitants of the United States would be judged by their personal qualities and not by the color of their skin. In April 1968 he was murdered by a white racist. Four years earlier, he had received the Peace Prize for his nonviolent campaign against racism.



Martin Luther King Jr. Day (officially **Birthday of Martin Luther King Jr.**,^[1] and often referred to shorthand as **MLK Day**) is a federal holiday in the United States observed on the third Monday of January each year. King was chief spokesperson for nonviolent activism in the Civil Rights Movement, which protested racial discrimination in federal and state law and civil society. The movement led to several groundbreaking legislative reforms in the United States.

The King Holiday

Signed into law in January 1983 by President Ronald Reagan, the national Martin Luther King, Jr. Holiday is a celebration of Dr. King's immeasurable contribution to the United States, and to humankind.

The Meaning of The King Holiday

Coretta Scott King reflects on the meaning of The King Holiday. "The Martin Luther King, Jr. Holiday celebrates the life and legacy of a man who brought hope and healing to America."

Making of The King Holiday

Legislation for a King Holiday was first introduced four days after Dr. King's assassination, signed into law in 1983, and then spread to the states. See the timeline of events.



THE KING CENTER



Established in 1968 by Mrs. Coretta Scott King, **The Martin Luther King, Jr. Center for Nonviolent Social Change ("The King Center")** has been a global destination, resource center and community institution for over a quarter century. The King Center is a 501(c)3. Nearly a million people each year make pilgrimage to the National Historic Site to learn, be inspired and pay their respects to Dr. King's legacy.

<https://thekingcenter.org/about-tkc/martin-luther-king-jr/>
https://en.wikipedia.org/wiki/Martin_Luther_King_Jr._Day



Frenchtown Center for Active Adults

presents a

Snowball Dance

Friday, February 7, 2025

Stay tuned for more details.



January is Mental Wellness Month, a time to recognize the importance of mental health and how it affects our physical health

Mental health is important

Mental health is just as important as physical health. Research shows that mental health impacts physical health, and vice versa.

Mental health issues are common

In the United States,:

- 1 in 5 adults experience mental illness each year
- 1 in 6 youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24



Mental health and the holidays

January is a good time to recharge after the busy holiday season.

It seems appropriate that January is Mental Wellness Month. After all, what better way to start the new year (and recover from the non-stop hustle and bustle of the holiday season) than with a reminder to recharge your mental health?

So, how can you improve your mind-body connection? View some simple tips below.

It's the perfect time to shift your focus from the holidays to your own personal well-being

Establish emotional balance

Emotional or mental wellness doesn't mean you always have to be happy. That's just not realistic. Part of the beauty of being a human is experiencing and learning from all emotions – the ups and downs, the good and the bad.

Emotional balance is the act of being aware of and experiencing your emotions instead of bottling them up inside. Here's how it works:

- **Acknowledge body and emotional changes.** Take a moment to notice that you're experiencing some type of emotion. You don't have to identify it right away.
- **Feel your feelings.** Close your eyes and take a deep breath to help you identify your feelings. Do you have butterflies in your stomach? Do you feel a warmth or glowing feeling inside?
- **Name the emotion.** Words have power. By simply saying, "I feel anxious" or "I feel happy" you can start to respond productively instead of reacting unconsciously.
- **Practice mindfulness.** Being mindful can help you find emotional balance. Try meditation, yoga or breathing exercises to stretch your mindful muscle. The more you practice, the easier it will become to notice and name your emotions.

Find a Purpose:

A purpose in life – whether it's in work, service, hobby or family – can help improve your mind-body connection. In fact, having a sense of purpose offers many benefits, including:

- * Being happier;
- * Living longer;
- * Sleeping better;
- * Improved heart health;
- * And many others.



Mental Health Month—continued from page 14

So, **how can you find your purpose?** It's easier than you think. Below are a few examples:

- Explore your interests;
- Volunteer at local organizations important to you;
- Consider what you love to do;
- Talk to friends and family;
- Try new experiences.



Having a purpose doesn't mean you need to climb Mt. Everest or start a non-profit. It simply means finding a passion or purpose that helps you live your life. It allows you to focus on the things that matter most.

Keep healthy habits a priority

Physical health and mental health are interconnected. You have to take care of your body in order to take care of your mind. Here are a few healthy habits that should always be a priority:

- **Eat healthy.** Small changes, a balanced diet and plenty of fresh fruits and veggies are a strong foundation to any diet.
- **See your doctor.** Wellness visits and preventive screenings ensure you stay healthy. Sick visits help you recover from illness or injury sooner.
- **Sleep well.** A good night's sleep allows your body to rest, recharge and function properly.
- **Manage stress.** Long-term stress takes a serious toll on your mental and physical health. Keep stress in check with some simple strategies

Our mental health plays an important role in our physical health. Focusing on habits that improve our mental and physical health makes us all healthier, happier and stronger.

Cash and check Donations for Adult Day Services:

3 Anonymous	Sheila J Barstad
Dale & Shirley Cox	Rick R Lindsay
Shirley L Yoas	

Donations to the Center
Ray Dotson and Sherry Sieb

Adult Day Services Bake Sale Volunteers (\$567.00)

Sharon Cawood and Esther Schneider AND to everyone who **donated baked goods**;

Judy Byerley	Linda Freiny	Nancy Jones
Jerrie Campbell	Rose Harris	Doreen Sager
Sharon K Cawood	Jean Siemik	

There are names that we were not able to get when they brought their baked goods to the center. We sincerely apologize for this.

Volunteers and Christmas Donations for Adult Day Services clients. Thank you so much for your generosity:

Ellen Brockway	Margie Stone
Jennifer Brown	Sheryl L Sieb
Gladys L Drummonds	Monroe County Quilt Guild
Carol Farmer	Pam Otter
Color Social	Happy Hookers
Frenchtown Quilting Group	
Monroe Sewing Club	
Wild Wednesday Wacky Women	

Joe Hess—for all the great bingo surprise prizes.

And to Lynne M Johnson—Your dedication at Frenchtown Center for Active Adults has not gone unnoticed.

Thank you so much for all your hard work, especially for making the center's Christmas Trees beautiful again this year!



Join Us for Movie Monday January 6, 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.



Beginning the first week in February, John Bocks will again be at the Frenchtown Center for Active Adults

volunteering to help with taxes. John will be here on Tuesdays and Wednesdays. Please call or come in to schedule an appointment. You will need to bring any necessary documents at the time of your appointment.

This is a FREE services for MEMBERS.

Congratulations **Verma Boss** Winner of the beautiful Afghan made by **Kathy Schafer**, Happy Hooker Member. Thank you Kathy for donating this beautiful piece.



Thank you to everyone who purchased a raffle ticket. The money donated will go to the purchase of gloves to go with hats and scarfs for the area school children. AND— A big Thank You to **Ellen Brockway** for leading this fund raiser.



"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."



**Tuesday, January 14th
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

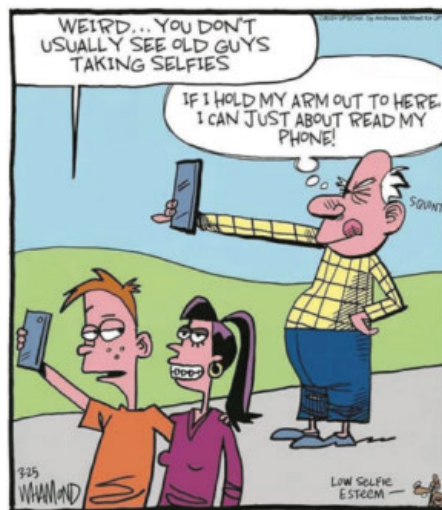
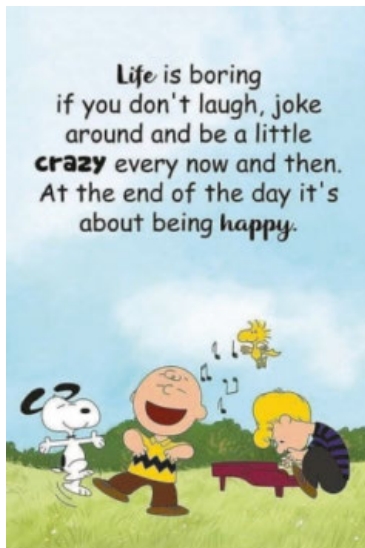
734-654-2169 Monroe County
517-263-1800 Lenawee County



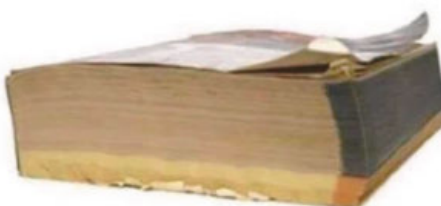
"Grandpa, tell us about the days when you had to buy the whole album even if you only wanted one song."



We've become the people that tell the younger generation "I remember when this was all woods"



The "Original" Highchair at all family gatherings...



******* 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. **SOLD OUT, TAKING NAMES FOR A WAITLIST.****
- ◆ **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.
- ◆ **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.

Continued on page 19

******* 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. *******

- ◆ **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.
- ◆ **Huron Lady II, Aug. 12, presented by Bianco Tours.** The cost for this day trip is \$112. Please visit our website for full details.
- ◆ **Wisconsin's Best - Green Bay/Milwaukee, Aug. 25—30, presented by Ed & Ted's.** Single \$2,299, Double \$1,899, Triple \$1,699. Please visit our website for full details.
- ◆ **Untouchable Chicago, Sept. 19 –21, presented by Bianco Tours.** Single \$1,285, Double \$1,032, Triple \$971. 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.
- ◆ **Yooperland, Sept. 29—Oct. 3, presented by Bianco Tours.** Single \$1,861, Double \$1,513, Triple \$1,404. Please 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.
- ◆ **Nashville & Memphis, Oct. 16—21, presented by Bianco Tours.** Single \$3,224, Double \$2,607, Triple \$2,425. Please visit our website for full details.
- ◆ **Haunted Happenings, Oct. 31—Nov. 1, presented by Bianco Tours.** Single \$525, Double \$450, Triple \$426. Please see 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.
- ◆ **New Year's Eve on the River, Dec. 30, 2025—Jan 1, 2026, presented by Ed & Ted's.** Single \$999, Double \$899, Triple \$769. Please visit our website for full details.

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



Want to be the first to see the Newsletters?

Members, please let us know if you want to be placed on the **"Do Not Mail Newsletter List"**. You can **pick up your monthly newsletter** at the Center while attending your activities or **view on the Website** or Facebook for information regarding upcoming activities.

It's that time of year to renew your membership for 2025

Movie Monday — **January 6th** @ 1:00 p.m.

FUN NIGHT MEAL & Entertainment—Tuesday, January 14th @ 4:30 p.m.

Fun Hat Day—Wednesday, January 15th

Library will be here on Wednesday, January 15th @ 10:00 a.m.

Board Meeting—Thursday, January 16th @ 10:00 a.m.

Snowball Dance, Friday, February 7, 2025—Watch for Details



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