



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.



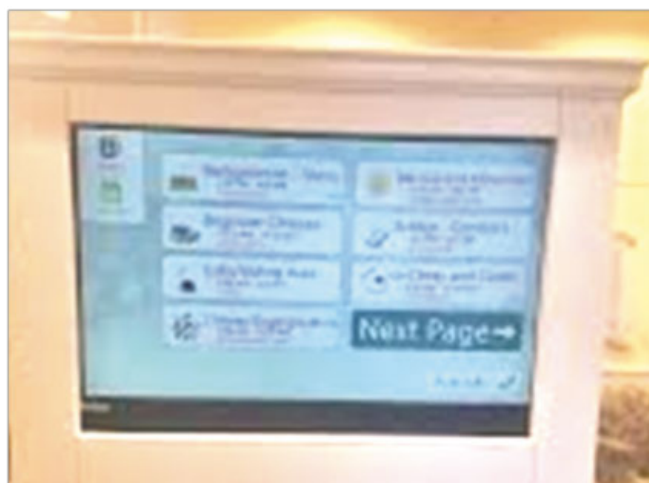
February 2025

In This Issue:

Board of Directors / Staff	2
February Activities	3
February Lunch Menu	4
Director's Corner	5
Mackinac Island News	6
Focus on Fitness	7
New Members	8
Thank You's	8
Rest In Peace	8
Birthday Wishes	8
New Years Eve Celebration	9
Tax Help	9
Library in Motion	9
Tuesday Fun Meal	9
Book Club	10
Caregivers Support Group	11
President's Day	12
Black History Month	12
Snow Ball Dance	13
American Heart Month	14
Wheelbarrow of Cheer Winners	15
In The Know	15
Jiggs Dinner	16
Diamond Art	16
Health Mobile	16
Little Humor	17
Travel	18—19
At A Glance	20

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.



Thank you MEMBERS for **SCANNING** in, choosing your activities, and touching **FINISH** when you come in. AND, also for remembering the **IMPORTANCE** of **SIGNING OUT!!**

This is so important for the Center's Funding to bring you all the activities you enjoy!



FRENCHTOWN CENTER LINK

2786 Vivian Road, Monroe, MI 48162

Phone: (734) 243-6210 e-mail: seniors@frenchtownsenior.com

Website: www.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
 Rick Brown
 James Osment Jr
 Thomas Peckham
 James Smith
 Daniel VanWassenhova
 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
 Mark West—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

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



Mon

Tue

Wed

Thu

Fri

American Heart Association



February 2025

National Wear Red Day is February 7



3 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 11:00 Balance & Stability	4 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	5 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	6 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	7 9:00 Mahjong 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo SNOW BALL 4:30 
10 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	11 8:00 Cardio Drumming 9:00 Bridge 9:00 Cardio Drumming 9:00 Mobile Health Unit 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	12 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	13 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	14 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo 
17 President's Day 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 (Family Counseling & Shelter Services)	18 8:00 Cardio Drumming 9:00 Bridge 9:00 Cardio Drumming 10:00 Walk 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	19 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 WWWWW	20 8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Bridge 10:00 Board Meeting 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 8-Ball League 1:00 LCR 1:00 Enhanced Exer w/Jackie 1:00 Card Making Class	21 9:00 Mahjong 10:00 Book Club 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo \$5.00
24 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	25 8:00 Cardio Drumming 9:00 Bridge 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	26 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	27 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	28 9:00 Monroe Sewing Club All Day Sew 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.**

February 2025

3 Biscuits & Gravy w/Sausage	4 Chicken Quesadilla	5 Hot Turkey Platter	6 Bean & Ham Soup w/1/2 Sandwich	7 To Go's Only BBQ Pork Sandwich
10 Tostada	11 Chicken & Biscuits	12 Scalloped Potatoes w/Dice Ham	13 Tater Tot Casserole w/Corn	14 Sloppy Joe w/Side
17 Chicken Sliders	18 Chili w/Baked Potato	19 Betty Salad	20 Chicken Leg w/Side	21 Slim Jim
24 Chicken & Broccoli Cheese Casserole	25 Michigan Cherry Salad	26 K-Mart Sub	27 Hot Pork Sandwich	28 Chicken Noodle 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.**

February 6th SOS

February 13th Egg, Sausage,
Potato & Toast

February 20th Biscuits & Gravy

February 27th 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.**



Newsletter

We want to thank everyone for considering the different options for receiving the newsletter. In addition to the increased postage and copy cost, it allows you to receive it quicker. If you use a tablet, grabbing it from the website and reading it is the quickest way. For those who wanted to pick it up when you visit, the alphabetized box appears to be working well. Remember to ask the staff if you need to change your address or delivery method.

Kiosk

It is a week and a half into the new year, so it is a good time to remind everyone how important it is to use the kiosk. How important, you ask? Much of our funding is provided by the Senior Millage, which I imagine most of you supported. If things keep running efficiently and we continue to grow, our funding should be secured for the next 10 years. My point is we receive a portion of those funds; without them, instead of a \$20 yearly membership fee, membership would be close to \$325 or more.

Believe it or not, the kiosk generates funds from the millage, so it is our primary source of income. This is why it is so essential for everyone to check in and check out. Every time someone uses the kiosk, it keeps track of the amount of time you are here for an activity or an event. A type of measurement is used for the other agencies who receive funds from the millage. Unlike our situation not every agency uses a kiosk to track time. For our purpose, time is tracked in 15-minute increments. At the end of each month, those increments are added, and the total number of hours is submitted for payment.

Consider that since we receive funding every 15 minutes once you check in, we also lose funding for every 15 minutes you don't. This is why Lisa, Pat, or Wanda may yell out if you haven't checked in or walked away from the kiosk without finishing. So don't be offended. Instead, you should thank them for being persistent. This way, we capture all the millage funding we are entitled to in our contract, so your yearly membership fee remains \$20.

Ground Hog Day is Sunday, February 2. Will Punxsutawney Phil see his shadow? Are we doomed for 6 weeks of winter, or an early spring.

Events

The New Year's Eve celebration appeared to be a great success. **Tom Slatton** was a huge hit, as always. We had plenty of food since about 20 people who signed up didn't make it. Fortunately, we have a full-service kitchen, so none of the leftovers went to waste.

Events such as this one are done at no cost for those we attend as another way to show our appreciation. While it is common for a few people not to show up, 20 seems excessive. So please mark your calendar, post a note on the refrigerator, or if enough people feel it's worth it, I could send a reminder the day before. Let me know your thoughts.

I mentioned it in the last newsletter, but I know it needs to be mentioned again. For those of you who have been to some of the more elaborate events, such as the senior prom or carnival, you know it takes considerable effort to set these events up. On February 7, the staff plans another, the Snow Ball Dance. **The doors will open at 4:30 p.m., not before.** If you come early, make yourself comfortable in the lounge area.

Grant improvements

The painting project is behind us, and another will begin shortly. We have already received compliments on the color. Change is always a chance, but it seems like most people feel it is good one. The painting caused a lot of disruption, even though Greg, Ron and Mark did their best to minimize it. Thankfully, they were quick, so we could get the rooms in shape, and activities weren't significantly impacted.

I want to remind everyone that while the paint may be dry, it takes about 30 days to cure. So please don't lean anything against the walls, especially when sitting in chairs, because until it is fully cured, it won't take much to scuff the paint.

My plan is for the flooring project to start towards the end of January. This will probably be less disruptive because they worked evenings and weekends the last time they were here. My guess is that this change will be considerably more noticeable, so we are keeping our fingers crossed that it is a big hit.



Grand Mackinac Island Trip

October 14—17, 2025

4days/3 Night stay Grand Hotel

EXCITING NEWS

Cost per person

Room Double	\$1,325.00
Room Triple	\$1,230.00
Room Single	\$1,580.00

Deposit required on sign up — \$425.00

****30 people are required to have the total \$425.00 paid by June 13 or the trip will be cancelled****

Final Payment Due September 3, 2025

For more Details Call Chrissy @ 734-243-6210 ext. 104

Right at Home®

In Home Care & Assistance

Companionship Care and Homemaking

Physical Assistance • Hygiene, Wellness • Respite Care

Health & Medication Reminders

Alzheimer's & Dementia Care Services

Non-Medical Home Care

734-240-4974

Approved Veteran Homecare Provider Honoring the Veterans We Serve

Your Community Pride Bus

734.242.6766 **Call for your ride today!**

lakeerietransit.com



FOLLOW US!

SIEB

Plumbing • Heating
Air Conditioning

734-241-8898

Allore Chapel - (734) 241-5225

Celebrate the life Cherish the memories.

The Martensons
FAMILY OF FUNERAL HOMES, INC.



• Maybee • Trenton
• Rockwood • Monroe

martenson.com

**visionary
eyecare
of monroe**

Kylee Kleppinger, O.D.

Tia Tucker, O.D.

1218 S. Telegraph Rd. • Monroe, MI 48161

(734) 243-0370

Accepting new patients



Services for Deaf, DeafBlind, and Hard of Hearing Senior Citizens

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

Email: deafcan@deafcan.org

Videophone: 248-209-6437 • Voice: 248-332-3331



MERKLE
FUNERAL SERVICE
& FLORAL EXPRESSIONS

COVENANT CREMATION - OUR ON-SITE CREMATORY



merklefs,inc



merklefs.com



734-384-5185

Monroe County's Preferred Choice
Merkle Funeral Service
Now In Partnership with
Covenant Cremation

With Our On-Site Crematory
Your Loved One Never Leaves Our Care



For ad info. call 1-800-477-4574 • www.lpicommunities.com

Frenchtown Center for Active Adults

15-0719



Focus on Fitness

Each month we will feature a different member of Frenchtown Center for Active Adults to discuss their fitness journey with us. So, watch this space for your monthly fitness inspiration. If you would like to be featured in future newsletter edition, please see Lisa.

This month's conversation was with **Tony Spina** who's been a member since February of 2023.

1. What fitness classes here at Frenchtown do you participate in? Tony participates in Enhanced Exercise, Chair Yoga, and Balance & Stability.

2. What made you decide to come to Frenchtown for fitness? I used to work out every day then my rotator cups started hurting and stopped me from working out. I just decided I need to get back into some kind of physical activity for my health.

3. What improvements have you seen in yourself since starting our fitness programs? My balance has improved, and I have more energy now.



Mullins Elder Law PLLC



Call Tina M. Mullins, Atty
Downtown Monroe

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

Helping Families of all Ages, Preserve Dignity and Wealth

BACARELLA FUNERAL HOME

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

1201 South Telegraph Rd., Monroe, MI • 734-241-4600
www.bacarellafuneralhome.com

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Terry Sweeney

tsweeney@lpicommunities.com

(800) 477-4574 x6407



Butterfly Cremation Garden

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

Roselawn
MEMORIAL PARK

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



Seacrest Rehab & Nursing

1215 N Telegraph Rd
734-242-4848

www.seacresthc.com

Please call and speak to our Admissions Department.



Welcome New Members

LifeTime Member

Don Middleton

Chris A Bastien	Jackie Guy
Mark J. Beaubien	Greg A Guyor
Marcia "Sue" Bolwell	Mark Masserant
Linda L Conklin	Cherie Packard
Richard Dillender	Marianne Romanchak
Joel A Dykstra	Cherie J Shields
Mary E Dykstra	Karen A Sweat
Mary E Finley	David G Sweat
Laurie D Foshag	Jean M Wyatt

We want to send a huge THANK YOU to:

- ♦ All for the Wheelbarrow of Cheer donations and the great support for our annual fund raiser.
- ♦ The Ugly Sweater Day attendees and volunteers
- ♦ The Pool League Banquet volunteers
- ♦ The New Year's Eve Party attendees and volunteers
- ♦ And to Everyone who gave donations for the Center and Adult Day Services



May they rest in peace

Suzanne S Bondie
Karen A Flint



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

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



Jessica M Ambrose	Patricia L Fazekas	Sue Lewis	Cindy L Rembowski
Ethel N Austin	Bryan D Fowler	Dona L Liedel	Steve L Richardville
Jon F. Baldock	Mary Goode	Thomas J Little	Ann E Rothman
Marilyn Bateman	Shirley Mae Grassley	Thomas C Lizyness	Jeanette Marie Sawicki
Salvatore D Benisatto	Christine M Gross	Eileen Loth	Kathy L Schafer
Patti E Bialy	Diane M Groulx	Brenda L Lymond	Kris Stanek
Michele E Bieszki	Carolyn Haines	David A Marietta	Shirlene A Stein
Mary F Blanchett	Frank T Harris	Patricia E Massie	Roger L Studer
Marlene Briggs	Frances A Ingels	Laura S Matthews	Judy A Stump
Liz Brunet	Roger D Jennings	Keith D McBee	Leonard C Van Daele
Margaret M Burger	Darlene A Jennings	Lynda Lee McCarty	Roger J Van Houten
Deborah J Caines	Janice Marie Johnston	Nancy Kay McLaughlin	Jackie L Van Houten
Rebecca Jayne Chick	Susan "Sue" Jondro	Rita M Mudget	Kimberly L Veizer
Lucy M Clawson	Carolyn Kallenberg	Franklin R Nation	Robert Paul Wickenheiser
Joyce I Craanen	Russell O Kenyon	Leah K Osborne	Ellen M Wickenheiser
Donna M Crusi	Joyce A Kiebler	Deb Owens	Margaret L Willis
Marvin H Culverhouse	Adele B Konyha	Beth Anne Paul	Mary Jo Windels
Darlene R Dailey	Edward J Kowalczyk	Tom M Perry	John D Wright
Shirley K Davis	Karen A Kwiatkowski	Frank L Rabideau	Rita Gail Wylie
Barbara Dillinder	Denise M Lambert	Ritchie John Radcliffe	Shirley L Yoas
Clarence Ray Dodson	Brian K Lasley	Mark Rafko	Robert A Zochowski
Joel A Dykstra	Juanita A LeBlanc	Jackie L Rains	

"Happy birthday! Wishing you lots of joy, laughter, and unforgettable moments". "Enjoy your special day."





Members Enjoyed an Awesome New
Year's Eve Party
Thank you to Tom Slaton for his
Performance and to Enriched Life Home
Care Services for their sponsorship!



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

A friendly Reminder
Please do not place cups with liquids in the trash cans.
THANK YOU!



FRENCHTOWN CENTER
Library in Motion will return
Wednesday, February 12, 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**

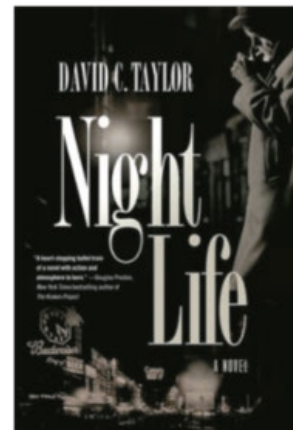
**Tuesday February 11, 2025
4:30 p.m.—6:30 p.m.**

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

Members ONLY \$1.00



February Book Club
 Friday, February 21, 10:00am
Night Life
By David C. Taylor

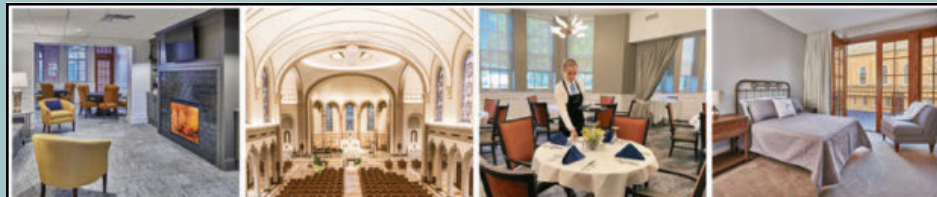


New York City in 1954. The Cold War is heating up. Senator Joe McCarthy is running a witch hunt for Communists in America. The newly formed CIA is fighting a turf battle with the FBI to see who will be the primary US intelligence agency. And the bodies of murdered young men are turning up in the city. Michael Cassidy has an unusual background for a New York cop. His father, a refugee from Eastern Europe, is a successful Broadway producer. His godfather is Frank Costello, a Mafia boss. Cassidy also has an unusual way of going about the business of being a cop-maybe that's why he threw a fellow officer out a third story window of the Cortland Hotel. Cassidy is assigned to the case of Alexander Ingram, a Broadway chorus dancer found tortured and dead in his apartment in Hell's Kitchen. Complications grow as other young men are murdered one after the other. And why are the FBI, the CIA, and the Mafia interested in the death of a Broadway gypsy? Meanwhile, a mysterious, beautiful woman moves into Cassidy's building in Greenwich Village. Is Dylan McCue a lover or an enemy? Cassidy is plagued by nightmares-dreams that sometimes become reality. And he has been dreaming that someone is coming to kill him.



GROULX
 BUICK • GMC

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



 **Saint Therese**
 IHM SENIOR LIVING

SCAN TO
LEARN MORE!



**Contact Us To Learn
More or Take a Tour!**

 **734.240.8230**

 **ihmslc.org**

WE OFFER: Independent Living | Assisted Living
 Memory Care | Short Term Rehabilitation | Skilled Nursing



For ad info. call 1-800-477-4574 • www.lpicommunities.com

Monroe Center for Active Adults

15-0719

FRENCHTOWN CENTER FOR ACTIVE ADULTS IN PARTNERSHIP WITH THE

ALZHEIMER'S ASSOCIATION®

A NEW CAREGIVERS SUPPORT GROUP 2nd and 4th MONDAY EACH MONTH AT 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.**

2786 Vivian Road, Monroe, MI 48162.
For more information contact Lisa at 734-243-6210.



ALICE LORRAINE CARE CENTER

Monroe's Premier Assisted Living Facility
Serving the Community for 30+ Years

• www.alccmonroe.com •

2590 N. Monroe Street • Monroe, MI 48162
(734) 243-4000

Email: info@alccmonroe.com

ARE YOU REACHING
THE MEMBERS IN YOUR
COMMUNITY?

To advertise here
visit [lpicommunities.com
/adcreator](http://lpicommunities.com/adcreator)

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging,
ad-supported
print and digital
newsletters to reach
your community.

Visit lpicommunities.com





PRESIDENT'S DAY

- Which Founding Father and future U.S. president wrote the first draft of the Declaration of Independence? **Answer: Thomas Jefferson**
- According to George H.W. Bush, the ghost of which U.S. president was rumored to haunt the White House? **Answer: Abraham Lincoln**
- Which Washington D.C. museum is home to the United States Constitution? **Answer: The National Archives Museum**
- Which U.S. president taught law at the University of Arkansas? **Answer: Bill Clinton**
- "Lady Bird" was the nickname for the wife of which president? **Answer: Lyndon B. Johnson**
- In 1814, what executive structure was burned to the ground by British troops? **Answer: The White House**
- Which two U.S. presidents have only an initial for a middle name? **Answer: Harry S. Truman and Ulysses S. Grant**
- Martha Dandridge Custis is the wife of which president? **Answer: George Washington**
- Which president's administration became known as "Camelot"? **Answer: John F. Kennedy**
- What kind of crop did President Jimmy Carter and his family farm in Georgia? **Answer: Peanuts**
- Which U.S. president went by the nickname "Dutch"? **Answer: Ronald Reagan**
- Actor Paul Giamatti portrayed which U.S. president in the 2008 eponymous Emmy-winning mini series? **Answer: John Adams**



BLACK HISTORY MONTH

Why is February a Black History Month?

Historians say there's a simple answer: Black History Month — which began in 1926 as Negro History Week — is in February because it

coincides with the birthdays of two important figures in the abolitionist movement: President Abraham Lincoln and Frederick Douglass.



Black History Month is an annually observed commemorative month originating in the United States, where it is also known as **African-American History Month**.^[4] It began as a way of remembering important people and events in the history of the African diaspora, initially lasting a week before becoming a month-long observation since 1970. It is celebrated in February in the United States¹ and Canada, where it has received official recognition from governments, and more recently has also been celebrated in Ireland and the United Kingdom where it is observed in October.

SOURCES: <https://www.history.com/topics/holidays/presidents-day#what-presidents-do-we-celebrate-on-presidents-day>



**Frenchtown Center for Active Adults
presents a**

Snow Ball Dance

Friday, February 7, 2025

*** Doors open at 4:30 p.m.**

**Sit-Down Dinner, D.J. Dancing,
Corsages & Boutonnieres.**

Tickets \$10.00 Members, \$15.00 non-members

*** See Lisa for Tickets**

Cut-Off Date: Friday, January 31st.



February is American Heart Month

High blood pressure, also known as hypertension, can lead to chest pain, or angina, and other heart-related issues.



Medications That Cause High Blood Pressure

High Blood Pressure and Drug Safety

To make sure your medication for high blood pressure is working effectively, avoid certain other drugs because:

1. Some medicines can make blood pressure rise. If you have high blood pressure to begin with, it can rise to dangerous levels.
2. Some medications may interact with your blood pressure medicine. This can prevent either drug from working properly.

Here are common types of drugs that can make your high blood pressure worse.

on-steroidal Anti-inflammatory Drugs (NSAIDs)

NSAIDs include both prescription and over-the-counter medication. They are often used to relieve pain or reduce inflammation from conditions such as arthritis. However, NSAIDs can make your body retain fluid and decrease the function of your kidneys. This may cause your blood pressure to rise even higher, putting greater stress on your heart and kidneys. NSAIDs can also raise your risk for heart attack or stroke, especially in higher doses.

Common NSAIDs that can raise blood pressure include:

- **Ibuprofen (Advil, Motrin)**
- **Naproxen (Aleve, Naprosyn)**

Cough and Cold Medications

Many cough and cold medications contain NSAIDs to relieve pain. As mentioned above, NSAIDs may increase

your blood pressure. Cough and cold medications also frequently

contain decongestants. Decongestants can make blood pressure worse in two ways:

- Decongestants may make your blood pressure and heart rate rise.
- Decongestants may prevent your blood pressure medication from working properly.
- **Pseudoephedrine (Sudafed)** is a specific decongestant that **can increase blood pressure**.

What can you do? Avoid using cough and cold medicine that contains NSAIDs or decongestants, especially pseudoephedrine. Ask your doctor for suggestions about other ways to ease congestion symptoms, such as antihistamines or nasal sprays.

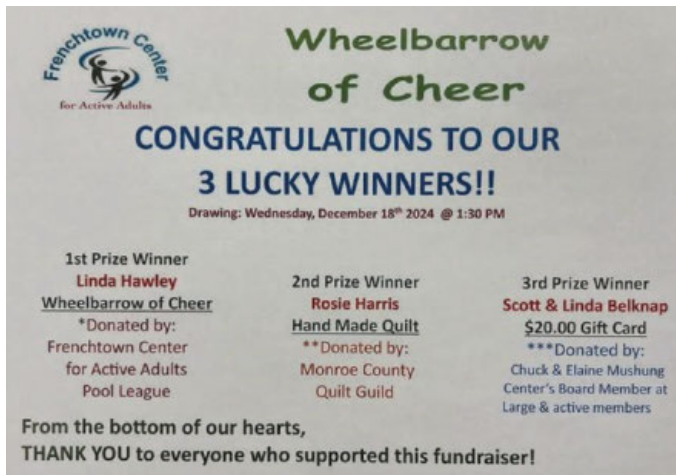
Migraine Headache Medications

Some migraine medications work by tightening blood vessels in your head. This relieves migraine pain. However, they also constrict blood vessels throughout your body. This makes your blood pressure rise, perhaps to dangerous levels.

If you have high blood pressure or any other type of heart disease, talk with your doctor before taking a drug for migraines or severe headaches.

<https://www.webmd.com/hypertension-high-blood-pressure/medications-cause?>





In The Know

Monday, February 17th, 12:30pm

Shine Bright in 2025: Centering Mental Health Services for Seniors



Family Counseling and Shelter Services of Monroe County (FCSSMC) provides a range of programs and services aimed at empowering and supporting children and families in Monroe County and surrounding areas from ages 5 to 105! We offer a variety of services that will meet the needs of our clients. Survivors of domestic and sexual violence receive free counseling, support groups, and advocacy services. We encourage all that may not necessarily need our services to help support by ways of sharing our information, volunteering, or by donating to our cause to help our community and its families thrive.

What we offer:

- Counseling Services: Individual, family, couples, grief, adult, teen, and child counseling.
- Domestic Violence and Sexual Assault Services: Emergency shelter, advocacy, counseling, and Batterer Intervention Programs (BIP).
- Support Groups: Groups for domestic violence and sexual assault survivors, anger management, parenting, and self-esteem.
- Children's Center: Supervised visitation, therapeutic visitation, play therapy, and parenting classes.
- Special Programs: SMILE (Start Making It Livable for Everyone) for divorcing couples with minor children, and therapeutic and supervised visitation counseling.
- Community Outreach: Resources and support for Monroe County and surrounding communities.

Frenchtown Center for Active Adults

Jiggs Dinner

Saturday, March 15, 2025

12:00pm—3:00pm

DOORS OPEN @ 11:30 A.M.

Tickets:

\$10.00 Member

\$15.00 Non-Member

*Please signup before Friday, March 7, 2025



Entertainment by Jim Abb

If there is a lack of interest the event will be cancelled.



DIAMOND ART
Do you have any frames you no longer need? The Diamond Art Group is in need of **FRAMES.**

18 X 20

14 X 14

12 X 12

They **THANK YOU** in advance and would appreciate any donations.



Tuesday, February 11th
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

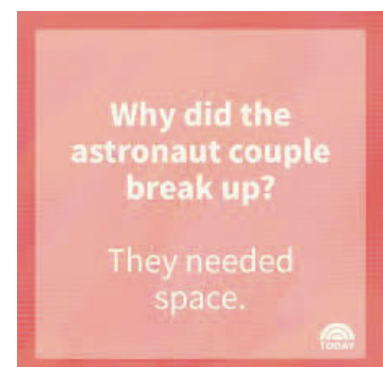
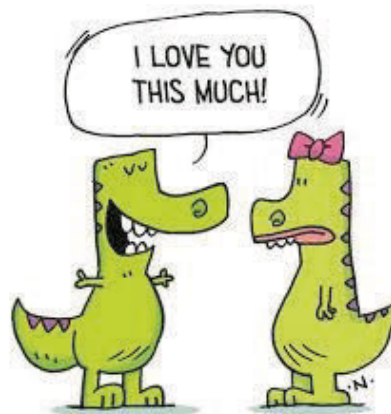
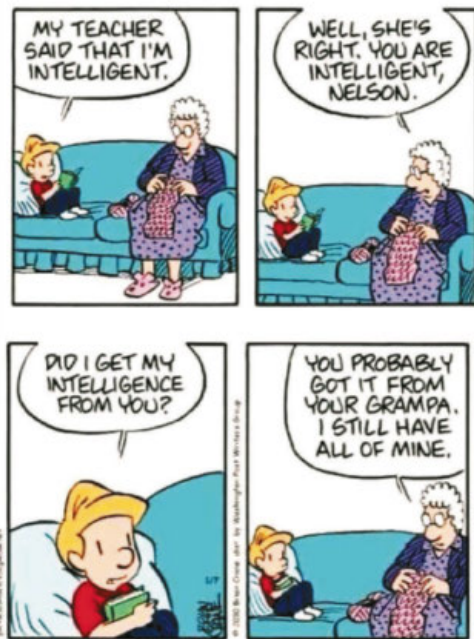


Visit Our Website:
www.familymedicalmi.org

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

Texting FOR Seniors

BFF - best friend fell
BTW - bring the wheelchair
TTYL - talk to you louder
BYOT - bring your own teeth
LMDO - laughing my dentures out
FWIW - forgot where I was
IMHAO - is my hearing aid on?
OMMR - on my massage recliner
ROFLACGU - rolling on the floor laughing and can't get up



******* 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

Frenchtown Voyagers Travel Meeting Tuesday, **February 18, 2025 at 1:00pm**
For more information, call Lisa Ghigliazza 734-243-6217.

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

- ◆ **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.
- ◆ **Yopperland, 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 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.
- ◆ **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.



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



Current Resident



Snow Ball Dance, Friday, February 7, 2025 (see page 13)

CARRY-OUT LUNCHES ONLY ON FEBRUARY 7TH

NO WALK FIT ON February 11th

FUN NIGHT MEAL & Entertainment—Tuesday, February 11th @ 4:30 p.m.

Library will be here on Wednesday, February 12th @ 10:00 a.m.

Board Meeting—Thursday, February 20th @ 10:00 a.m.

NO 10:00 a.m. Geri Fit on February 18th

Pub Trivia, Wednesday, February 26th @ 1:00 p.m.

Jiggs Dinner, March 15th, 12:00 p.m.—3:00 p.m.

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