



FRENCHTOWN CENTER FOR ACTIVE ADULTS

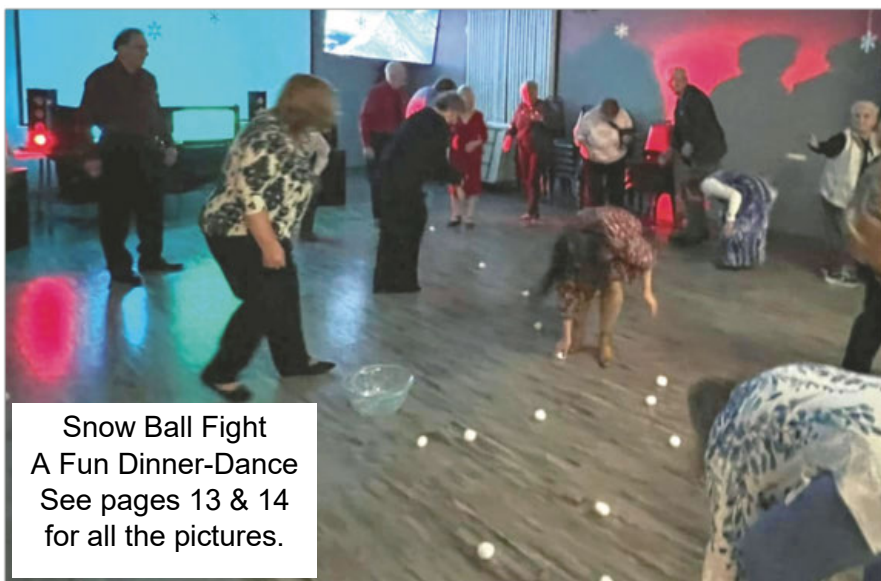
2786 VIVIAN ROAD
MONROE, MI 48162
Phone: 734-243-6210
CENTER HOURS:
Monday through Friday
8:30 a.m. - 4:00 p.m.

March 2025



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Snow Ball Fight
A Fun Dinner-Dance
See pages 13 & 14
for all the pictures.



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
Dianne Beaudrie—Vice Chairman
Thomas Peckham—Treasurer
Mary Ann Mack—Secretary
Charles Mushung—Member at Large
Jean Guyor
John Bocks
Rick Brown
James Osment Jr
James Smith
Daniel Van Wasshenhova
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 beliefs.



Mon	Tue	Wed	Thu	Fri
March 2025				
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 Ash Wednesday 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
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 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	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 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 St. Patrick'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) 1:00 Monroe Sewing Club	18 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	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 WWWW	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 SPRING BEGINS!!!!!!	21 9:00 Mahjong 10:00 Book Club 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	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 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
31 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 11:00 Balance & Stability	Jiggs Dinner Saturday, March 15   Sunday, March 9, 2025 			



**** 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

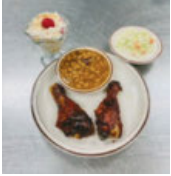
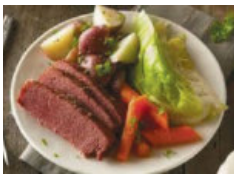
Wed

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.**

March 2025

3 Tomato Soup w/ Grilled Cheese	4 Taco Salad	5 Ash Wednesday Meatless Spaghetti	6 Ham Mac & Cheese w/ Green Beans	7 Egg Salad Sandwich w/Side
10 Baked Potato w/ Side Salad	11 Cheeseburger	12 Italian Sub	13 Soft Taco's	14 Veggie Stir Fry
17 Goulash	18 Smoked Sausage w/Peppers & Onions	19 Betty Salad	20 Scoop of Chicken Salad w/Side	21 Broccoli Soup w/ Grilled Cheese
24 Turkey Platter	25 BBQ Pork Sandwich	26 Vegetable Soup and 1/2 Sandwich	27 Mashed Potato Bowl w/Chicken & Corn	28 Michigan Cherry Salad
31 		Jiggs Dinner Saturday, March 15 12:00pm—3:00pm		



**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.**

March 6th Breakfast Sandwich
March 13th Skillet
March 20th Biscuits & Gravy
March 27th Eggs Benedict



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.**



Closing and Activity Cancellations

In the December newsletter, I addressed the policy regarding inclement weather closings; I know this is the March newsletter, but you never know about Michigan weather. So, if you need to refresh your memory, it can be found at <https://www.frenchtownsenior.com/uploads/1/2/7/2/127218472/20241201n.pdf>

This leads me to closing and activity cancellations. Several folks have been added to our closure list at their request. Anytime we close, no matter the reason, you will automatically receive a phone message. Generally, the voice message is delayed a few seconds before playing to accommodate an answering machine. If Frenchtown appears on your caller ID, wait, and the message will play. If you miss part of the message, you can have it repeated. If you are not on the list and unsure if the weather prompted a closure, you could call the Center. Typically, a message will give you the day and date and advise if the Center is open or closed. If the message answers your question, hang up. If you want further information, stay on the line and listen or wait for someone to answer.

When it comes to activity cancellations or changes, there is a different process. You will automatically receive a message if you attended the activity anytime during the past month. Previously, it was two weeks, but I discovered this wasn't going back far enough with some people, so I extended it out a month. This is why it is essential to sign in at the kiosk and select the activity you are participating in. It is also important that we have your current phone number. Please ensure we have the correct number if you disconnected your landline and only use a cell phone.

Lunch is entirely different; only those affected that day will be notified.

Events

The Snowball dance was a huge success. I understand the folks were having such a good time they didn't want the party to end.

Remember, think spring and enjoy the "worm moon"



Events Cont.

Our annual Jiggs Dinner is March 15 from 12:00 to 3:00, so make sure to get your tickets early. We have live entertainment and a traditional St. Patrick's Day feast.

The 2nd Annual Car Show will take place on Saturday, July 12th, from 11:00 – 3:00, with vehicle registration starting at 10:00. Any car or truck is welcome, and there is only a \$10 registration fee. All proceeds will benefit the Adult Day Service program. We are also hosting a craft show that day. Please see us for a registration form if you are interested. Please don't hesitate to let everyone know we have inside and outside space available. Inside space is \$20, and outside cost depends on the size space you need. Last year, we had 70 vehicles, and this year, we know there will be more. We will have raffles, food, and beverages available.

Grant Improvements

You might be surprised if you haven't been to the Center in a while. We have received quite a few complaints about the color. As I mentioned in the February newsletter, change is always a chance, and it appears that the overwhelming majority of folks approve.

The flooring contractor started once the materials arrived, so the place was in disarray as they moved through the building. Most of the work was done in the evening or on weekends to minimize interfering with activities and foot traffic. The folks using the bingo, card, and craft rooms saw a dramatic change with our flooring choice. Vinyl planking was installed to ease foot movements because those rooms serve as exercise rooms during the week. Contrary to the rumors, it wasn't because people were spilling things on the carpet. Everyone here pitches in to keep this facility clean, and we appreciate it. It doesn't go unnoticed, from wiping tables, blotting spills, making coffee and beverages to getting ice and setting out the paper bags on tables for bingo.

Now that the contractor is moving into the offices, you might find the lobby area somewhat cluttered. Unfortunately, the only room we have for storage is being used by the contractor for materials. Your continued patience is welcome, and we hope to have many of the improvements completed by mid-March.

In the Know—Monday, March 31, 12:30 p.m.

Budgeting Presented by



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Do you have questions? Ideas?

Join us for this informative presentation



What is a budget?
Why should you have a budget?
How to create a budget.
The Benefits of budgeting.



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15-0719



Focus on Fitness

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

This month's conversation was with **Sharon Buckley** who's been a member since October 2021.

- 1. What fitness classes here at Frenchtown do you participate in?** Sharon participates in Fun Fit w/Cheryl, Walk Fit, Chicks with Sticks, and Ping Pong.
- 2. What made you decide to come to Frenchtown for fitness?** I started coming because I wanted to go on trips with other people. Then I started checking into what fitness classes you had here and started attending different ones. I also go to Planet Fitness and wanted to enhance what I was doing over there.
- 3. What improvements have you seen in yourself since starting our fitness programs?** I've lost some weight, formed lots of friendships and much more social now. I'm not just sitting home watching TV. I keep physically and mentally active between the fitness classes and other activities I do here such as bridge and Mahjong.

Mullins Elder Law PLLC



Call Tina M. Mullins, Atty
Downtown Monroe

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May they rest in peace



William "Bill" Bender
Edward Robert Johnson
James K Spas
Robert D Stiffler

THANK YOU!

Snow Ball Dance volunteers, staff, and participants.
Mr. & Mrs. Burkett—donation for the center
Ron Collum—Donation for the center
Frenchtown Men's pool league—donation for
Wheelbarrow of Cheer 2025
Jerry Miller—donation for Adult Day Services
Anonymous Donations - Thank you

To All our Members and Volunteers—A HUGE THANK YOU!!! You have helped create such a successful, fun, busy, and warm Center. Your dedication and hard work is truly an asset to our Center. We enjoy each and everyone of you and are proud to serve you.

The Center Staff

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

*"Like a fine wine, you only get better with age. Celebrate the wisdom
you've gained and the journey ahead."*



Michael G Adams	Elaine A Culverhouse	Lois J Graham-Bocks	Marvin McKibben
Lynne M Allen	John P Daly	Ray Hamilton	Judy E Merrick
Nancy A Bartus	Karen Jean Drouillard	Jesse D Hatfield	Matthew L Miller
Pat A. Bastien	Mary E Dykstra	Phoebe Heller	Rick J Moore
Norma J Bentley	Dennis E Evans	Larry A Hemry	David O Nunez
Carolyn Lee Bergmooser	JoAnn Evans	Veronica R Hinton	Fritz C Peterson
Jim J Bieszki	William K Facey	Thomas E Jay	Charlotte A Roberts
Madeline J Blevins	Harold Felty	Hedwig B Kaufman	Marianne J Romanchak
Mable E Bodoh	Roxie Ann Ferguson	Betty S Knapp	Cheryl A Scaroleta
Betty L Bragg	Lynda M Flesher	Eleanor F Krasko	Bruce A Scaroleta
Peggy Brow	Cheryl A Ford	Diane M LeBrun	Alexandra Schaefer
Helen L Brown	Glenda L Frederick	Donald Liford	Esther Schneider
Gail Bruff	James J Frederick, Jr.	Linda C Marietta	Barbara J Schultz
Karl J Close	Mary Ann Gehringer	Margaret E Mathews	Sheryl L Sieb
James D Conroy	Phyllis Gillispie	Kent D Mathews	Marlyn A Smith
Linda M Cooley	Jack Gomez	Mary Ann I McBee	Betty A Uhl
Paul G Cooley	Jerry J Goniea	Robert L McCain, Jr.	Kathy L Vallade
Julia B Copi	Shirley C Gonzalez	Dayton C McFarlane	Shirley A Washburn
Connie J Cousino	Dianne L Goodman		Daniel A Weder
Shirley A Cox	Ken A Grachek		Helen M Wetzel



Welcome New Members

LIFE TIME: Gregory A Brown and Dawn M Brown

Amanda L Beasley
Jack W Bennett
Donna P Bilbrey
Larry E Bilbrey
John E Branan
Julie E Branan
John L Branan
Patricia Ann Brazill
Victoria E Carr
Robin G Carrabino
Don R Chamberlin
Karl J Close
Marchelle B Close

Deborah L Conner
Lowell R Conner
Barbara R DiFiore
Richard C Dillinder
Marilyn A Diver
Thomas E Driver
Judy Drumm
David Samuel Evans
Carol A Farmer
Jill A Gedelian
Jeffrey S Finley
Kay A Hollister
Kelly A Karlet
Keith P Kelley

Mark Kosino
Donna M Langton
Jeff J Langton
Donald Liford
Randy McCormick
Paul A Miller
Beth L Murray
Danny L Myers
Sandra K Myers
Jamie Kay Neidlinger
Patty A Poirier
Kimberly A Reeves
Diane Russ
Dave N Russeau

Alexandra Schaefer
Timothy D Schaefer
John M Shields
Barabara J Schultz
Jimmy Sowards
Karen L Steele
Kathy A Taylor
Jacqueline M VanDemark
Deborah K Watson
Brenda West
John C West
Mark West
Nancy Wyatt
Annette Young



Mobile Unit Services

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

family medical center

Tuesday, March 11th
9:00 a.m. – 11:00 a.m.

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bringing FMC Services to
our community



Visit Our Website:
www.familymedicalmi.org

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



The Grand Hotel Experience on Mackinac Island 2025

Trip Dates:

Arrival: Tuesday, October 14, 2025 **

Departure: Friday, October 17, 2025

**Just a Friendly Reminder to come in and put
your deposits down**

Chrissy Pidruzny,
Office Manager (Mackinac Trip Group Leader)
Direct Line: (734) 636-9475

FRENCHTOWN CENTER

Library in Motion will return

Wednesday, March 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 March 11, 2025

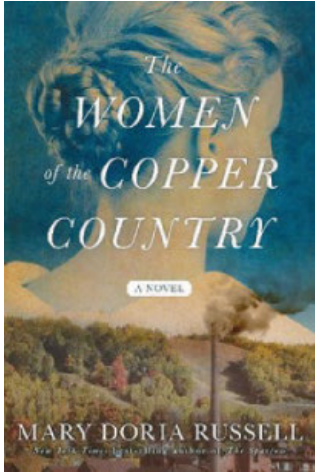
4:30 p.m.—6:30 p.m.

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

Members ONLY \$1.00

NON-MEMBERS \$3.00





Book Club

Friday, March 21, 10:00am

The Women of Copper Country

By Mary Doria Russell

In July 1913, twenty-five-year-old Annie Clements had seen enough of the world to know that it was unfair. She's spent her whole life in the copper-mining town of Calumet, Michigan where men risk their lives for meager salaries—and had barely enough to put food on the table and clothes on their backs. The women labor in the houses of the elite and send their husbands and sons deep underground each day, dreading the fateful call of the company man telling them their loved ones aren't coming home. When Annie decides to stand up for herself, and the entire town of Calumet, nearly everyone believes she may have taken on more than she is prepared to handle. In Annie's hands lie the miners' fortunes and their health, her husband's wrath over her growing independence, and her own reputation as she faces the threat of prison and discovers a forbidden love. On her fierce quest for justice, Annie will discover just how much she is willing to sacrifice for her own independence and the families of Calumet.

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FRENCHTOWN CENTER FOR ACTIVE ADULTS IN PARTNERSHIP WITH THE

ALZHEIMER'S ASSOCIATION®

A NEW CAREGIVERS SUPPORT GROUP
2nd MONDAY EACH MONTH AT 1:00PM
March 10, 2025

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.**

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



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Did you know?...

When Michigan was a young territory, deer were so common and hunting such a part of life, that deer skins or whole deer were used as money. A deer carcass was worth a dollar, and hence, the dollar became known for what it was worth - "a buck."



Some Fun Facts

- No number before 1,000 contains the letter A.
- It's impossible to hum while holding your nose.
- NFL Super Bowl referees also get Super Bowl rings.
- The average cloud weighs over one million pounds.
- Skin is the body's largest organ.

Center History and Current Stats:

We are excited and proud of the fact we served more individuals and provided more hours of service than we anticipated for 2024. We served 1,340 individuals and provided over 63,000 hours of service in 2024 to those 60 years of age and better who were residents of Monroe County. AND, we also welcomed **422 NEW MEMBERS**, with **12 of those as LIFE TIME MEMBERS**. In addition, our 2024 unit total is 63,466.25. **Your commitment to signing in and out on the Kiosk** contributing to this and is **greatly appreciated**.

Here's a little history on your Center:

In February 1979, the new Frenchtown Senior Center located at 2786 Vivian Road opened its door in the Frenchtown Township Recreation Center. The Center is fully equipped and designed with many indoor activities. With **1,671 members**, the Center welcomes anyone 55 years & older as members and associate members. To achieve its purpose, the Center is organized to create effective relationships among participants, staff, governing bodies, and the community. In 2018, the Center began operating under the assumed name of Frenchtown Center for Active Adults. In cooperation with and support of the Board of Directors, the Staff felt the name change better-reflected individuals using the Center.

As part of our mission in 1998, the Center started Monroe County's first Adult Day Care program to provide Caregiver respite and a safe, welcoming environment for those with cognitive impairments. In 2008, the Recreation Center was expanded, and the Adult Service program moved into a larger, more private, and secure location. With over 1,630 sq. ft, the program can comfortably accommodate 21 clients and staff. With the continued support of the State of Michigan's Area Agency 1B, the United Way of Monroe/Lenawee Counties, the Ralph C. Wilson, Jr. Foundation, Michigan Health Endowment Fund, the Community Foundation for Southeast Michigan, Blue Cross Blue Shield of Michigan, and Blue Cross Blue Shield of Michigan Foundation, and managed by The Philanthropic Initiative the program is entering its 27th year. Read more about the Dementia Adult Day Service program on our website.

An additional milestone was achieved in January 2018 when the Center started its kitchen operation. Before this time, kitchen services were provided by the Living Independent for Everyone (LIFE) agency. With the support of the Monroe County Commission on Aging, funds were secured for equipment and staff. The kitchen staff of three prepares home-style meals and serves an average of 42 individuals per day who are 60 or better.

To learn more about your Center, visit: <https://www.frenchtownsenior.com/history-and->



*Snow
Ball
Dance*



DINE and DANCE
CLUB



National Nutrition Month®

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.



**Food
ConnectsUs**
2025 NATIONAL NUTRITION MONTH®
A Campaign by the Academy of Nutrition and Dietetics

This year's theme is "**Food Connects Us.**" Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.

Registered Dietitian Nutritionists (RDNs) and Nutrition and Dietetics Technicians, Registered (NDTRs) play a critical role in helping people understand the connection between the foods individuals and communities eat, and how these foods impact health throughout life.

Healthy eating habits include:

- **Eating a balanced breakfast:** Your first meal should include protein, carbohydrates, and fat to fuel your body
- **Eating fruits and vegetables:** Colorful fruits and vegetables are enjoyable and can be part of a healthy diet
- **Eating whole grains:** Whole grains provide fiber, vitamins, and minerals, and can help you feel full
- **Eating lean protein:** Healthy protein sources include fish, lean meats, poultry, eggs, legumes, soy products, nuts, and seeds
- **Limiting unhealthy fats and sugars:** Reduce your intake of saturated fat, trans fat, and added sugars
- **Limiting salt:** Adults should consume no more than 6 grams of salt per day
- **Drinking water:** Staying hydrated can help you feel more energetic and perform better mentally and physically
- **Considering portion sizes:** Keeping portions to the size of your fist can help you control your calorie intake
- **Planning your meals:** Make nutritious foods easy to choose by pre-cutting fruits and vegetables
- Healthy eating habits can help you live longer and reduce your risk of serious health problems.

<https://www.eatright.org/about-national-nutrition-month>

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

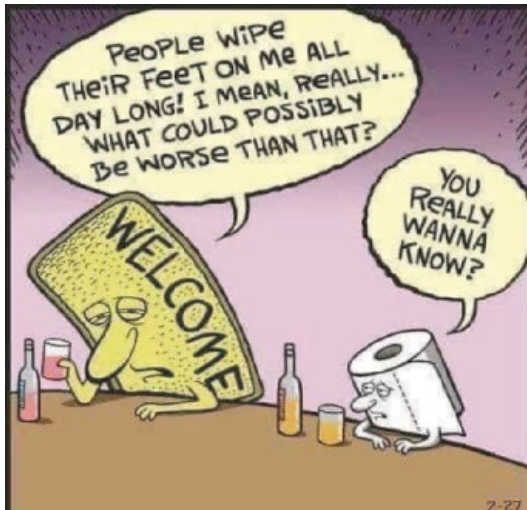


***Please signup before Friday, March 7, 2025**

Entertainment by Jim Abb



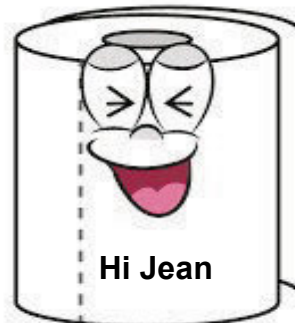
If there is a lack of interest the event will be cancelled.



- How old are leprechauns? Old enough to remember when rainbows were black and white.
- Do leprechauns like to eat leftovers? No, they prefer left-clovers.



The adult version of "head, shoulders, knees and toes" is "wallet, glasses, keys and phone."



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

- ◆ **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.
- ◆ **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.



Frenchtown Voyagers Travel Meeting Tuesday, April 15, 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

- ◆ **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.
- ◆ **Washington, DC, Sept. 8-12, presented by Bianco Tours.** Single \$1,847, Double \$1,403, Triple \$1,254. Please visit our website for full details.
- ◆ **Harvest Adventure, Sept. 18, presented by Bianco Tours.** The cost for this day trip is \$110. 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 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.
- ◆ **The Parade Company, Nov. 13, presented by Bianco Tours.** The cost for this day trip is \$115. 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.



Frenchtown Center Link

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Commission on Aging



Current Resident

Caregiver's Meeting will be once a month on the second Monday. The next meeting is March 10th @ 1:00 p.m.

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

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

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

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

Walk-Fit CANCELLED, Friday, March 21st

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

To Our Mackinac Island Trip Travelers—deposits are now due.

Thank you in advance

