



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.

May 2025



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"Life doesn't come with a manual, it comes with a mother."

Unknown

"If at first you don't succeed, try doing it the way mom told you to in the beginning."

Unknown

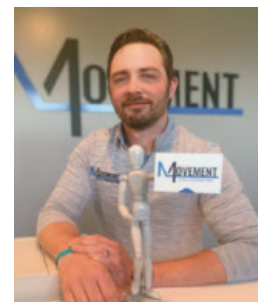
**Join us for a special Balance & Stability session on
Wed., May 21st at 11am, with the team from**



**KAREN FRON, MPT,
OMPT, CLT,**



LYNN KAISER, OTR,



**JUSTIN STREEFKERK,
PT, DPT, MDNC**



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
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Mary Ann Mack—Secretary
Charles Mushung—Member at Large
Jean Guyor
John Bocks
Rick Brown
James Osment Jr
Daniel Van Wassenhova
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

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

Color Social

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

Pickleball

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
May 2025 		10:00 Geri-Fit Cancelled on May 13th and May 15th 9:00 Cardio Drumming Cancelled May 15th Chair Yoga & Balance & Stability Cancelled May 28th		1 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 2 9:00 Pickleball 9:00 Mahjong 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
5 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Bocce Ball 10:00 Chicks w/Sticks 10:00 Chair Yoga 11:00 Balance & Stability	6 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	7 9:00 Pickleball 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 Pickleball Instructional	8 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 Pickleball Instructional 1:00 8-Ball League 1:00 LCR 1:00 Enhanced Exer w/Jackie	9 9:00 Pickleball 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
12 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Bocce Ball 10:00 Chicks w/Sticks 10:00 Chair Yoga 11:00 Balance & Stability 1:00 Caregiver Mtg 1:00 Brain Aerobics	13 RUMMAGE SALE 8:00 Cardio Drumming 9:00 Bridge 9:00 Mobile Health Unit 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 4:30 Fun Night Meal	14 RUMMAGE SALE 9:00 Pickleball 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 9-Ball League 10:00 Chair Yoga 10:30 Acrylics & Beyond 10:00 Library In Motion 11:00 Balance & Stability 12:30 Paint w/Friends 1:00 Happy Hookers	15 RUMMAGE SALE 8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Bridge 10:00 Board Meeting 11:00 Advanced Geri-Fit 1:00 8-Ball League 1:00 LCR 1:00 Enhanced Exer w/Jackie 1:00 Card Making Class	16 RUMMAGE SALE 9:00 Pickleball 9:00 Mahjong 10:00 Book Club 10:00 Walk Fit 12:15 Watercolor Class 1:00 \$5.00 Bingo
19 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Bocce Ball 10:00 Chicks w/Sticks 10:00 Chair Yoga 11:00 Balance & Stability 1:00 Monroe Sewing Club	20 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	21 9:00 Pickleball 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 SPECIAL Balance & Stability—Movement Physical & Occupational Therapy 12:30 Paint w/Friends 1:00 Happy Hookers 1:00 WWWW	22 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	23 9:00 Pickleball 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
26 CENTER CLOSED 	27 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	28 9:00 Pickleball 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 9-Ball League 10:30 Acrylics & Beyond 12:30 Paint w/Friends 1:00 Happy Hookers 1:00 Pub Trivia	29 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 4:30 Game Night	30 9:00 Pickleball 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

May 2025

Only 1 Betty Salad per member. Other lunches, \$5 for 2nd. \$5.00 non- members and \$4.00 for members under 60 years of age.			1 Italian Sub w/ Spaghetti Salad	2 Pizza w/Salad
5 BBQ Pork Sandwich w/ Coleslaw	6 Ham, Potatoes & Cabbage	7 Michigan Cherry Salad	8 Sloppy Joe w/ Baked Beans	9 Smoked Sausage w/ Peppers & Onions & Side
12 Greek Salad	13 2 Hard Taco's w/ Chips & Cheese	14 Chicken Stir Fry Over Rice	15 1/2 Sandwich w/ Fresh Fruit	16 Chili Dog w/ Chips
19 Grilled Cheese w/ Tomato Soup	20 Chicken Quesadilla	21 Baked Chicken Leg w/Potato & Vegetable	22 Cheeseburger w/ Side	23 Scoop of Chicken Salad w/ Fresh Fruit
26 	27 Taco Salad	28 Betty Salad	29 K-Mart Sub	30 4-Bone Slab Ribs w/Baked Beans & Coleslaw

When **calling 734-636-9477** to place your lunch order, **PLEASE** place an order for **ONE** day only.

**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.**

May 1st S.O.S.

May 8th Eggs, Sausage, Potato & Toast

May 15th Eggs Benedict

May 22th Breakfast Sandwich

May 29th Biscuits & Gravy



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

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

Dining in available Monday—Friday 12:00 Noon

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

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

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

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



Activities

As I mentioned last month, warmer weather brings outdoor activities. Last year was the first time we had a sizable group playing pickleball, and with the courts available, there is always room for more. Therefore, we will be offering several days of pickleball instruction. If you've ever felt the urge to play but weren't sure how to get started, now is your chance. Please check the activities calendar on page 3 to see if there is a time that fits your schedule.

Due to the Rummage Sale this month, activities in the bingo room will need to be relocated. This means that most activities, including bingo, will be moved to the dining area. Please watch for notices regarding these relocations when you visit during the second week of May.

In recognition of Older Americans Month, the Center will host a "Game Night." The team thought they would leave the games to your imagination. Here is a perfect opportunity to break out that old air hockey game that has been gathering dust in the attic since you were a kid. How about that Yahtzee game, or who could forget Uno. There was also Battleship, Monopoly, Sorry, and Operation, the game that made you jump when that little pair of tweezers touched the side, triggered the red light, and sounded the alarm. These were some of the games I remember as a kid and later on. But God forbid, please don't even think about bringing that old Twister game. The thought of untangling a bunch of Older Americans doesn't seem like a whole lot of fun.

I have received a significant number of compliments about the various exercise programs we offer. I know we can attribute this to the instructors of each program because, without an effective instructor, a program can fail. Just remember, our programs are designed with you in mind; you're not in competition, so don't hesitate to grab a chair and catch your breath no one will judge you for taking a break.



Events

Lisa and Ellen are once again organizing a "Senior Prom." This year, the theme is the Masquerade Ball. Everyone had such a great time last year that I expect more folks will attend. Remember to buy your tickets early and pay close attention to when the doors open; otherwise, you will have to wait in the lounge until they do.

I have mentioned the Rummage Sale briefly, but please remember that we will accept items until the start. The earlier Sheila receives them, the easier for her to price them.

Car & Craft Show

We are still working on rounding up craft vendors for the show. For a modest fee of \$20, you will receive an 8' table and two chairs. The car show itself was a huge success. The more crafters we can attract, the more folks we hope to draw in. With all proceeds going to the Adult Day Service program, we want this to be extremely successful. We will have 50/50 drawings throughout the day, delicious food to enjoy, and plenty of cars, trucks, and other vehicles to admire. So please help spread the word. See page 16 for the flyer and craft registration.

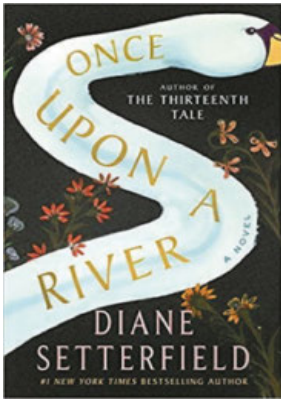
Grant Improvements

The generator project is completed, and with spring storms beginning to brew, it couldn't have come at a better time. The addition of a building generator means no more disruptions for our Adult Day Service participants. We know from experience that changes can impact them but can also disrupt the lives of their caregivers. It also means that any scheduled event or activity won't need to be canceled.

The flooring project should be completed by the time you receive the newsletter. The contractor was a few carpet tiles short in the rear door area; otherwise, they are finished. Check out the tile in the kitchen area; it made a big difference there.

We are still lacking outside storage, and until that is taken care of, we won't be able to acquire the mobility-challenged exercise equipment. Hopefully, we will have everything sorted out by the end of summer.

While you enjoy your Memorial Day break, please take a moment to honor those who gave their all.



May Book Club

Friday, May 16, 10:00am

Once Upon a River by Diane Setterfield

On a dark midwinter's night in an ancient inn on the river Thames, an extraordinary event takes place. The regulars are telling stories to while away the dark hours, when the door bursts open on a grievously wounded stranger. In his arms is the lifeless body of a small child. Hours later, the girl stirs, takes a breath and returns to

life. Is it a miracle? Is it magic? Or can science provide an explanation? These questions have many answers, some of them quite dark indeed. Those who dwell on the river bank apply all their ingenuity to solving the puzzle of the girl who died and lived again, yet as the days pass the mystery only deepens. The child herself is mute and unable to answer the essential questions: Who is she? Where did she come from? And to whom does she belong? But answers proliferate, nonetheless. Three families are keen to claim her. A wealthy young mother knows the girl is her kidnapped daughter, missing for two years. A farming family reeling from the discovery of their son's secret liaison, stand ready to welcome their granddaughter. The parson's housekeeper, humble and isolated, sees in the child the image of her younger sister. But the return of a lost child is not without complications and no matter how heartbreaking the past losses, no matter how precious the child herself, this girl cannot be everyone's. Each family has mysteries of its own, and many secrets must be revealed before the girl's identity can be known.

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Our Case Managers work to assess, advocate, and help plan services around your medical and non-medical needs.
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Videophone: 248-209-6437 • Voice: 248-332-3331

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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 **Patty Privett** who's been a member since 2022.

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

Patty participates in our Geri Fit and Balance & Stability.

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

After my multiple surgeries I was doing water aerobics and had built up enough strength to do the exercises here without the buoyancy of the water.

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

Better balance and strengthening of my muscles.

Mullins Elder Law PLLC



Call Tina M. Mullins, Atty

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Please call and speak to our Admissions Department.



May they rest in peace



Melissa A Weems
Georgia Lea York

THANK YOU!
thank you!

Betty Salad Volunteers
Center and Adult Day Care Volunteers
Friday Bingo Volunteers
ProMedica Luncheon Volunteers
Diane Bartley for the Basket Bows
Tuesday Fun Meal Volunteers
Volunteers and Donations for May 2025 Rummage Sale
Thank you for your continued support!



CONGRATULATIONS

To our Mahjong 1st Quarter winners:
Brenda Ramos and **Sharon Buckley**.
Each winner receives a free lunch coupon.



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

If your birthday is in May, you're in good company: **Queen Victoria, Dwayne "The Rock" Johnson, Audrey Hepburn, Miles Davis, Cate Blanchett, Patti LaBelle, George Clooney and Janet Jackson** were all born in May.

Beverly Ankenbrandt
Wava Balk
Diana Barron
Sheila Barstad
Diane Bartley
Susan Bastien
Stella Battistone
Sonny Beaudrie
Suzan Bess
John Bills (SR)
Patt Boitnott
Katherine Boylan
Renee Brow
Kevin Bruff
Charlene Calkins
Deborah Conner
Thomas Driver
Patricia Duty
Jacqueline Etchill
Carol Fehse
Patricia Ferguson
Loretta Feroni

Janet Finley
Kathy Fogle
Diane Fore
Collette Gessner
Martha Goetz
Larry Hammermaster Sr.
Daniel Hartong
Karen Hauser
Irene Herrmann
Steven Hoffman
Nancy Hoffman
Sandra Hojnacki
Bonnie Hoppert
Elaine Hudkins
Paula Hudson
Lynne Johnson
Joe Kerchinsky
Debra Knight
Mary Kohlman
Jill Kontry
Jeff Langton
Patrick Leibold

Evonne Loop
John Lotter
Mary Kay MacTavish
Richard Marchese
Gene Mathus
Kathleen McCarter
Deborah McCormick
Allison Miller
Brenda Miller
Sandra Myers
Deborah Neely
Richard Peters
Joyce Potter
Cindy Prusaitis
Linda Psalmonds
Charlene Quiel
Dawn Rafko
Jim Rains
Doreen Richards
Sherry Sue Salter
Ronald Schultz
Cherie Shields

Randal Snyder
Sue Stadler
Peggy Staten
Terri Stevens
Mitzi Straub
Brenda Kay Stump
Peter Sucura
Michael VanGordon
Joe Vernot
Ellen West
Glen Wickenheiser
Paula Wilgocki
Carol Yount
Gay Brinkmeier
Peter Carlton
LaVern Curley Jr.
Raymond Dushane
Michael Hoydic
Angela Katz
Mary Kenney
Christine Rounsifer
Gretchen Vandenberghe
Sandra Zeestraten



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Sue K Bastien	Mark A Fuerstenberg
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Jerry A Bess	Helen E. Kourous-Harrigan
Robert F Brentar	Susan M Kuehnlein
Anita Lynn Cotter	Anita Laich
Garry Wayne Davidson	Trish M Mikulsky
Janice A Davidson	Suzette M Raymo
Philip J Diederichs	Karen M Raymond
Rita K Diederichs	Rebecca L Smith
Thomas A Edwards	Belinda Smith
Carolyn S Evans	James T Stevens
Mary Francis	



Mother's Day Trivia

- Mother's Day is always the second Sunday in May.
- Mother's Day is the third-largest card-sending holiday in the United States, with 113 million cards exchanged annually.
- Almost 85% of adult men and women celebrate Mother's Day.
- Mother's Day is the largest card-sending holiday for the Hispanic community. Depending on the country, Mother's Day is celebrated on many different days throughout the year.
- Mother's Day is the second most popular holiday for gift-giving, following Christmas.
- Hallmark began creating and producing Mother's Day cards in the early 1920s.



Tuesday, May 13th
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

FRENCHTOWN CENTER
Library in Motion will return
Wednesday, May 14, 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 May 13, 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






ATTENTION!

Are you interested in learning how to play Pickleball?

Come to our 1-day Pickleball instructional.

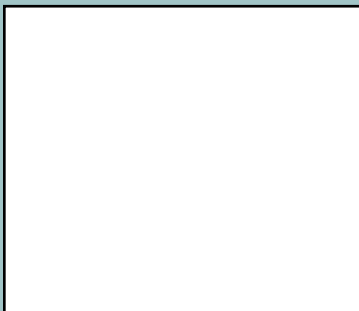
Wed., May 7th & Thurs., May 8th at 1pm.

No previous experience necessary.

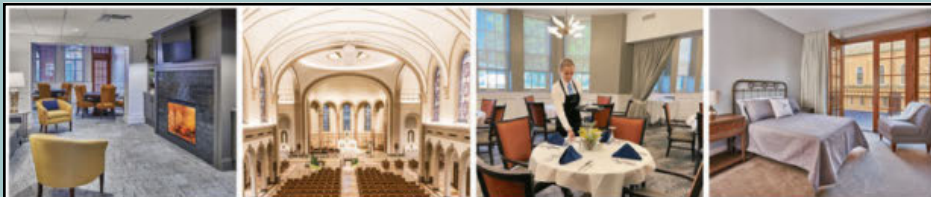
We have the equipment, too.



See Kathleen or stop at the front desk to sign up and for more information.



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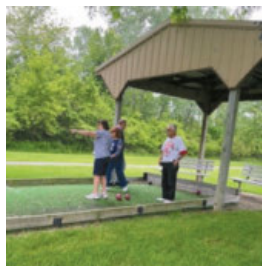
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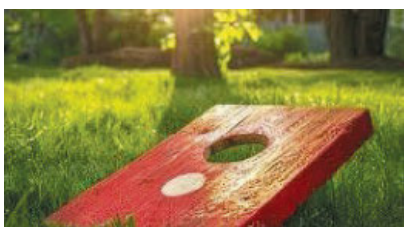
Monroeville Center for Active Adults 15-0719



Yes, Spring has sprung!!
Time for outside exercise and play.
Bocco Ball, Mondays, beginning May 5th @
10:00 a.m.



Pickleball, Wednesdays and
Fridays beginning, May 2nd
@ 9:00 a.m.



Cornhole

Looking for some outdoor fun this
summer? Bring your friends and play
Cornhole at the Center. We have the
bags, and the boards are out back



behind the Center. Come sign in anytime and borrow the equipment.



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15-0719

FRENCHTOWN CENTER FOR ACTIVE ADULTS

2786 Vivian Road, Monroe, MI 48166

Phone: 734-243-6210



Tuesday—May 13th 8:30 am—3:30 pm

Wednesday—May 14th 8:30 am—3:30 pm

Thursday—May 15 8:30—3:30 pm

Friday—May 16 8:30 am—Noon

Beginning **April 1st**, we will be accepting **donations** for assorted household items and clothing, including working small appliances, laptops, tablets—anything small.

NO Books or Magazines.

**NO LARGE
APPLIANCES**





2024 Prom Queen



“THEME” Masquerade Ball



2024 Prom King



Friday, June 6th, Doors open at 4:30 p.m.

Sit-Down Dinner, D.J., Dancing

Tickets \$10 Members, \$15.00 Non-Members

Cut-Off Date: Friday, May 30th

Never miss a chance to dance

***Mask will be provided or
be creative and make your own.***





Older Americans Month 2025 Celebration

Join us for **GAME TIME**
Thursday, May 29, 2025
4:30 p.m.—6:30 p.m.



Gather a group of members and bring your game of choice.

Cards—Board Games—Dice

Lemonade, Ice Tea, Coffee will be provided

Bring some of your favorite snacks, finger foods, etc. to share.

PRIZES for:

**Oldest Member present; Longest Married Couple present;
and Individual with the longest Frenchtown Center Membership
present**

50/50 Raffle

History of Older Americans Month | ACL Administration for Community Living



History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

Three meanings of May Day



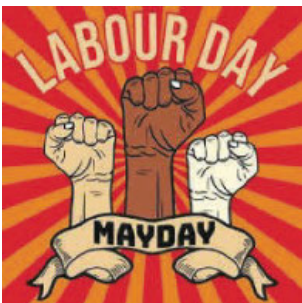
I'm often overwhelmed as our seasonal "to do" list never gets shorter. Thankfully, whenever a spring flower starts to push out of the ground, or I see tree buds, I feel a bit of hope. If a flower can push through dirt, snow and leaf litter, I can cross a few things off the sticky note. I need to take things slowly.

I've always enjoyed the **May 1 tradition of sharing spring flowers** with a neighbor or friend. My grandmother shared the tradition with my mother, who passed it along to me. My children picked whatever they could find, but their joy came from leaving a flower for a neighbor and escaping unnoticed. This particular May Day tradition dates back to 1000 BC and the Celtic celebration of Beltane, a festival to revel in the end of the dark, cold months and the beginning of warm, light months. Dancing, bonfires, music and ribbons around a Maypole evolved with this celebration of light. As spring flowers began to emerge, people would leave surprise gifts of flowers hanging from the doorknobs of neighbors, friends and loved ones.

The term "**Mayday**" is not just a **distress call** but an internationally recognized one. Originating in the 1920s from the French term "m'aider" meaning "to help me." As a distress call, Mayday was first used in aviation emergencies. Its use evolved to encompass marine and military operations, becoming a universal call for help. Its simplicity made it easily understood over radio frequencies, clearing the way for a standardized emergency response. The term is given in sets of three, "Mayday, Mayday, Mayday," a confirmation of the immediate situation.



Though not celebrated in **the U.S., International Workers Day is also called May Day**. Similar to the U.S. and Canada's Labor Day, International Workers Day commemorates the struggles of workers and the labor movement. Ironically, this celebration's roots started in Chicago when the American Federation of Labor organized a national strike on May 1, 1886, advocating for an eight-hour work day to replace the previous 16-hour one. In Chicago, the strike turned into a riot, known as the Haymarket Riot, with loss of life. Eight men were found guilty of murder. Three years later, European trade unions and socialists introduced International Workers Day as May Day to honor workers, the strike, and the Haymarket tragedy. During the Cold War, the U.S. separated from this celebration due to its communist connections. Currently, more than 60 nations use May Day to honor their workers' contributions.



I plan on avoiding any emergency situations so instead will celebrate May Day with paper cones of flowers. I plan to further delve into International Workers Day as I stand by those who fought so hard for all of us to have decent working conditions. I'll bring some springtime tokens to my mother's rehab friends this year. I'm sure her friends will have stories to share.

DIANE CHASE

*Family columnist, www.adirondackfamilytime.com
dianemchase@gmail.com*



In the United States, May is designated as National Military Appreciation Month, a time to honor and recognize the service and sacrifices of current and former members of the U.S. Armed Forces.

May is Military Appreciation Month, a special time for those in and out of the military. It is a time designated to honor and recognize the contributions, sacrifices, and service of the members of the armed forces, past and present.

Not only do we pause on [Memorial Day](#) to remember the sacrifice and service of those who gave all, but the month also marks several other military anniversaries and events, including [Military Spouse Appreciation Day](#) and [Armed Forces Day](#). Congress designated May as National Military Appreciation Month in 1999 to ensure the nation was given the chance to publicly show their appreciation for troops past and present. It serves as a reminder of the profound contributions made by service members.

<https://www.military.com/military-appreciation-month/military-appreciation-month-discounts.html>



Application for Frenchtown Center for Active Adults
Adult Day Care Service Program
Car and Craft Show
Saturday, July 12, 2025

Name: _____

Street: _____

City/Street: Zip Code: Phone: _____

Email address: _____

DESCRIPTION OF CRAFT (please include types of items you wish to bring):

Inside spaces are \$20 each, including an 8-foot table and 2 chairs (each additional space with table and chairs is \$30 without \$25). Outside space is available; the cost depends on the size of the area required. Please call Paul at 734-243-6210 x109 for more information.

Outside space is available if you can furnish your own setup. Also, an item for a raffle is appreciated (no minimum value amount). Car registration begins at 10 a.m., and the show starts at 11 a.m. Inside setup is available Friday from 4 to 6 PM (please make arrangements in advance) and Saturday beginning at 9:00 AM. No deposit is required. To reserve a space inside, we recommend paying in advance. Please make checks payable to: Frenchtown Center for Active Adults

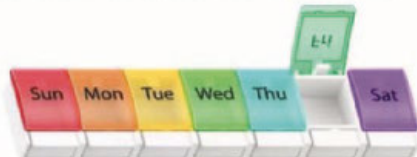
All proceeds will benefit the Frenchtown Center for Active Adults – Adult Day Services program. Frenchtown Center for Active Adults or the Adult Day Services program are not responsible for stolen or damaged goods.

Send this completed application to:
Lisa Ghigliazza
2786 Vivian Rd
Monroe, MI 48162
email form to – lgigliazza@frenchtownsenior.com
For more information, call 734-243-6210 or email Lisa

**WHO KNEW BACK IN THE DAY WHILE YOU
WERE PLAYING WITH THIS...**



YOU WERE TRAINING FOR THIS!

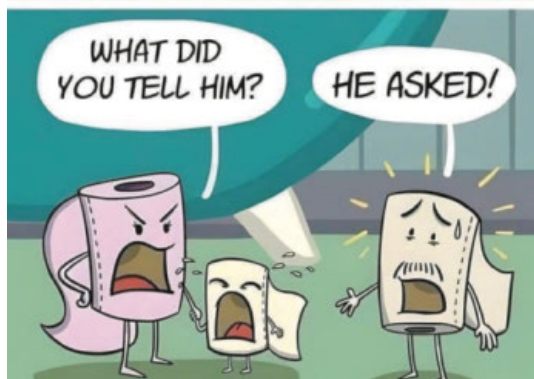
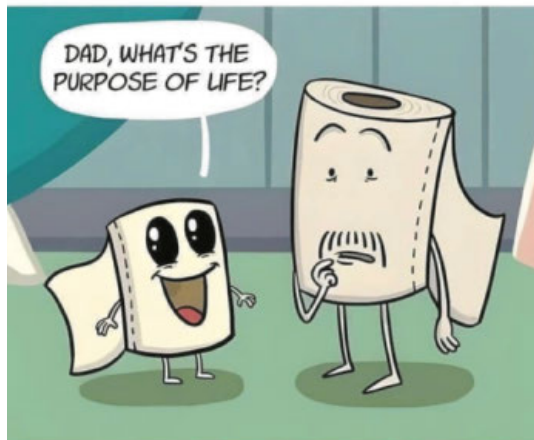


Teacher: Give me a sentence which includes the words, Defence, Defeat, Detail.

Charlie: When a horse jumps over defence, defeat go first and then detail.



**Doctor: I'm just waiting for your x-ray.
Me: But doctor, I've never dated anyone named Ray.
Doctor: ...and we might do a brain scan.**



***** 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. *****

- ◆ **Inside Detroit, May 21, presented by Bianco Tours. **SOLD OUT, TAKING NAMES FOR WAITLIST.****
- ◆ **Meadow Brook Theatre, “Sheer Madness,” and lunch at Alfoccino, June 4, presented by Bianco Tours.** The cost for this day trip is \$137.
- ◆ **California Rail Discovery, June 4 - 10, presented by Premier World Discovery.** Single \$3725, Double \$3625, and includes round trip airfare.
- ◆ **Firekeepers Casino, June 18, presented by Bianco Tours.** The cost for this day trip is \$58.
- ◆ **Michigan Central Station, June 26, presented by Bianco Tours.** The cost for this daytrip is \$107.
- ◆ **Alaskan Cruising, July 8 - July 20, presented by Mayflower Cruises and Tours.** Prices start at \$5,539.
- ◆ **Bay City Tour and Cruise, July 11, presented by Bianco Tours. **SOLD OUT , TAKING NAMES FOR WAITLIST.****
- ◆ **Beaches, Beacons & Barns, July 16-17, presented by Bianco Tours.** Single \$619, Double \$515, Triple \$481.
- ◆ **40 Days & Nights Ark Encounter & Concerts, July 29-Aug. 1, presented by Ed & Ted’s.** Single \$1499, Double \$1169, Triple \$1049.
- ◆ **South Bend Summer, Aug 7-8, presented by Bianco Tours.** Single \$705, Double \$602, Triple \$568.
- ◆ **Cape Cod & the Islands, Aug. 9 - 15, presented by Premier World Discovery.** Single \$3,575, Double \$3475, and includes round trip airfare.
- ◆ **Huron Lady II, Aug. 12, presented by Bianco Tours.** The cost for this day trip is \$112.

*“Traveling – it leaves you speechless, then
turns you into a storyteller.”*

IBN Battuta



Frenchtown Voyagers Travel Meeting Tuesday, June 17, 2025 at 1:00pm
For more information, call Lisa Ghigliazza 734-243-6217.

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

- ◆ **Wisconsin's Best - Green Bay/Milwaukee, Aug. 25—30, presented by Ed & Ted's.** Single \$2,299, Double \$1,899, Triple \$1,699.
- ◆ **Washington, DC, Sept. 8-12, presented by Bianco Tours.** Single \$1,847, Double \$1,403, Triple \$1,254. **ALMOST SOLD OUT, ACT FAST!**
- ◆ **Harvest Adventure, Sept. 18, presented by Bianco Tours.** The cost for this day trip is \$110.
- ◆ **Untouchable Chicago, Sept. 19 –21, presented by Bianco Tours.** Single \$1,285, Double \$1,032, Triple \$971.
- ◆ **National Parks & Canyons of the Southwest, Sept 21-26, presented by Premier World Discovery.** Single \$2,875, Double \$2,775, and include round trip airfare. ***NEW DATE!**
- ◆ **New England & Canada Autumn Cruising, Sept. 27 - Oct. 5, presented by Mayflower Cruises & Tours.** Prices start at \$3,489 & includes round trip airfare.
- ◆ **Yopperland, Sept. 29—Oct. 3, presented by Bianco Tours.** Single \$1,861, Double \$1,513, Triple \$1,404.
- ◆ **Albuquerque Balloon Fiesta, Oct. 3 - 8, presented by Premier World Discovery.** Single \$3,625, Double \$3,525, & includes round trip airfare.
- ◆ **Cruising Ecuador's Galapagos Islands, Oct. 14 - 21, presented by Mayflower Cruises & Tours.** Prices start at \$5,694.
- ◆ **Firekeepers, Oct. 15, presented by Bianco Tours.** The cost for this day trip is \$58.
- ◆ **Nashville & Memphis, Oct. 16—21, presented by Bianco Tours.** Single \$3,224, Double \$2,607, Triple \$2,425.
- ◆ **Haunted Happenings, Oct. 31-Nov. 1, presented by Bianco Tours.** Single \$525, Double \$450, Triple \$426.
- ◆ **The Parade Company, Nov. 13, presented by Bianco Tours.** The cost for this day trip is \$115.
- ◆ **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.
- ◆ **Holiday Church Tour, Dec. 4, presented by Bianco Tours.** The cost for this day trip is \$110.
- ◆ **New Year's Eve on the River, Dec 30, 2025—Jan 1, 2026, presented by Ed & Ted's.** Single \$999, Double \$899, Triple \$769.



Frenchtown Center Link

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Commission on Aging



Current Resident

10:00 Geri-Fit Cancelled on May 13th and May 15th
9:00 Cardio Drumming Cancelled May 15th
Chair Yoga & Balance & Stability Cancelled May 28th

Wed., May 7th and Thurs., May 8th, Pickleball Instructional @ 1:00 p.m.

Caregiver's Meeting May 12th @ 1:00 p.m.

FUN NIGHT MEAL & Entertainment—Tuesday, May 13th @ 4:30 p.m.

Rummage Sale

Tuesday, May 13th (8:30 a.m.—3:30 p.m.)

Wednesday, May 14th (8:30 a.m.—3:30 p.m.)

Thursday, May 15th (8:30 a.m.—3:30 p.m.)

Friday, May 16 (8:30 a.m.—12:00 p.m.)

Library will be here on Wednesday, May 14th @ 10:00 a.m.

Board Meeting—Thursday, May 15th @ 10:00 a.m.

Special Balance & Stability Session, Wednesday, May 21, 2025 @ 11:00 a.m.

GAME NIGHT, Thursday, May 29, 2025 @ 4:30 p.m.—Join the FUN!!

The Center will be closed Monday, May 26th,

have a wonderful Memorial week-end with your family.

ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING