



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.

July 2025



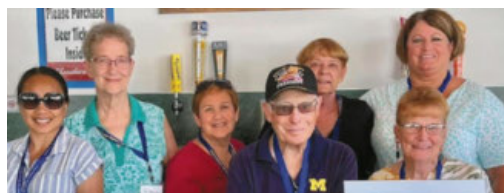
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Upcoming Events

Watch for more details in future newsletters

Car Show, Saturday, July
12th—See page 15



See us at the Fair Beer Booth
Thursday, July 31st and Support our Adult Day
Service Program

Join us for a Carnival, Monday, August 18th,
members only—page 16



Members Pig Roast/Pot
Luck, Wednesday,
September 10th



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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Ellen Brockway
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
Informational Series
Knitting & Crocheting
Left Center Right
Legal Services
Mahjong
Men's & Women's Pool League



Mobile Health Unit
Newsletter
Nine Ball Pool League
Noon Lunches
Notary Services
Open Pool
Painting Programs
Pickleball
Ping Pong
Pub Trivia
Quilting
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
July 2025 Car & Craft Show Saturday, July 12th 	1 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	2 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 Library In Motion 10:30 Paint w/Friends 1:00 Happy Hookers	3 8:00 Cardio Drumming 9:00 Ping Pong 9:00 Bridge 9:00 Cardio Drumming 1:00 8-Ball Partners 1:00 LCR 1:00 Enhanced Exer w/Jackie	Center Close  
7 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Boccho Ball 10:00 Chicks w/Sticks 10:00 Chair Yoga 11:00 Balance & Stability	8 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	9 9:00 Pickleball 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 9-Ball League 10:00 Chair Yoga 10:30 Paint w/Friends 11:00 Balance & Stability 1:00 Happy Hookers	10 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 Quilter's Guild 1:00 8-Ball Partners 1:00 LCR 1:00 Enhanced Exer w/Jackie	11 9:00 Pickleball 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
14 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Boccho Ball 10:00 Chicks w/Sticks 10:00 Chair Yoga 11:00 Balance & Stability 1:00 Caregiver Mtg 1:00 Brain Aerobics	15 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	16 9:00 Pickle Ball 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Domino Mexican Train 10:00 9-Ball League 10:00 Chair Yoga 10:00 Library In Motion 10:30 Paint w/Friends 11:00 Balance & Stability 1:00 Happy Hookers 1:00 WWWWW	17 8:00 Cardio Drumming 9:00 Ping Pong 9:00 Bridge 9:00 Cardio Drumming 10:00 Board Meeting 10:00 Massage Therapy 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 Card Making 1:00 8-Ball Partners 1:00 LCR 1:00 Enhanced Exer w/Jackie	18 9:00 Pickleball 9:00 Mahjong 10:00 Book Club 10:00 Walk Fit 12:15 Watercolor Class 1:00 \$5.00 Bingo
21 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Boccho Ball 10:00 Chicks w/Sticks 10:00 Chair Yoga 11:00 Balance & Stability 1:00 Monroe Sewing Group	22 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	23 9:00 Pickleball 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 9-Ball League 10:00 Chair Yoga 10:30 Paint w/Friends 11:00 Balance & Stability 1:00 Happy Hookers 1:00 Pub Trivia	24 8:00 Cardio Drumming 9:00 Ping Pong 9:00 Bridge 9:00 Cardio Drumming 10:00 Massage Therapy 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 8-Ball Partners 1:00 LCR 1:00 Enhanced Exer w/Jackie	25 9:00 Pickleball 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
28 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Boccho Ball 10:00 Chicks w/Sticks 10:00 Chair Yoga 11:00 Balance & Stability 1:00 Brain Aerobics	29 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	30 9:00 Pickle Ball 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 9-Ball League 10:00 Chair Yoga 10:30 Paint w/Friends 11:00 Balance & Stability 1:00 Happy Hookers	31 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 Partners 1:00 LCR 1:00 Enhanced Exer w/Jackie	Carnival!  Monday August 18th



**** 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
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. July 2025				
	1 Greek Salad	2 Italian Sub w/ Side	3 2 Soft Taco's w/ Chips & Cheese	4 CLOSED
7 Corn Dog w/Fries	8 Salami Cheese & Lettuce Sandwich w/Side	9 Big Mac w/Side	10 Southwestern Chicken Salad	11 Chili Dog
14 Grilled Cheese & Ham w/Tomato Soup	15 Loaded Nacho's	16 Michigan Cherry Salad	17 Baked Chicken Leg w/Potato & Veggie	18 Taco Salad
21 Chicken Stir Fry Over Rice	22 Sloppy Joe w/Side	23 Betty Salad	24 Italian Sausage w/ Peppers & Onions	25 Pizza & Salad
28 Breaded Chicken Sandwich	29 Chicken Fajita's	30 Mostaccioli w/ Fresh Bread	31 Scoop of Chicken Salad w/Fruit	Car Show 7/12 Carnival 8/18

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.**

August 7th Pancakes
August 14th Breakfast Sandwich
August 21st Biscuits & Gravy
August 28th Eggs, Sausage, Potato &
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.**



Activities

We offer a variety of activities for everyone, and all are encouraged to participate in any of them. One issue is that while female members are eager to try and excel in activities traditionally associated with male members, some male members are more hesitant to apply their talents in these nontraditional activities linked to females. Although a few brave male members contribute their time and skills, the male participation rate is quite limited.

My aunt was a talented seamstress who taught classes out of her home to several women in the Milan area. Growing up, I was always fascinated by how she could take a bolt of fabric and transform it into a pair of pants and a jacket for my uncle. Of course, she sensed my fascination and always asked if I wanted to learn. The mere thought of a manly eight-year-old touching a sewing machine made me run from the room. Looking back now, I realize this was her kinder way of getting me to run outside and play in the garden with my Tonka construction equipment, allowing her to work without interruption.

The point I want to make is that everyone here who participates in an activity is very welcoming; they won't chase you away. If you want to learn something new, don't hesitate to join in, and don't worry about bothering the other members; someone will surely be more than willing to help you. On the other hand, if you have a talent you'd like to share, we welcome that too. Work with Lisa, and as long as we have an available space, we can include something in the newsletter to spark interest. Remember, it doesn't cost anything to try.

Game night

In recognition of Older Americans Month, the Center hosted a "Game Night" on May 29th. It started slowly, so slow that we almost locked the doors and left for the night. Usually, folks arrive early for events, but this time, folks didn't start showing up until the start time or later.

Have a Safe 4th of July

Needless to say, we thought game night was a bust and started to prepare to lock the doors. Then a few folks arrived, followed by a few more, and soon there were about 15 folks. If you couldn't make it, all I can say is we played some interesting games. We munched on a variety of great-tasting snacks, and best of all, everyone had fun, with many saying we need to do it again. That said, keep an eye on the activity calendar for our next "Game Night."

Events

The Car & Craft Show is on July 12th, and we are still looking for crafters. We will have 50/50 drawings throughout the day, delicious food, and many cars, trucks, and other vehicles to admire. This year, weather permitting, we will showcase the Buford T. Justice, aka "Smokey Bear," and Bo "Bandit" tribute cars. We may also receive a visit from the tribute car "General Lee" from the Dukes of Hazzard. Along with the Sheriff and Frenchtown Fire Departments, the National Street Rod Association and the Humane Society will also be present, so there will be much to see and do. Please continue to spread the word.

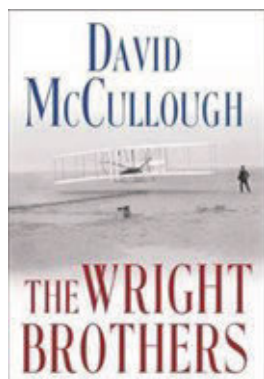
Beer Booth at the Fair

Once again, the team will be joined by a group of volunteers at the Monroe County Fair to help provide cold refreshments to responsible adults. You need to make arrangements to get to the fair on Thursday, July 31st, not only to support the Adult Day Service program but also the team. Each year, two teams split the time serving those refreshments. The gauntlet was thrown down to see which team can collect the most tips. Come on out on July 31st and help your team.

Carnival

The spinning wheel is in motion! Mark your calendars for August 18th for our members-only carnival.





July Book Club

Friday, July 18, 10:00am

The Wright Brothers

By David McCullough

On a winter day in 1903, in the Outer Banks of North Carolina, two unknown brothers from Ohio changed history. But it would take the world some time to believe what had happened: the age of flight had begun, with the first heavier-than-air, powered machine carrying a pilot. Who were these men and how was it that they achieved what they did? In this thrilling book, master historian David McCullough draws on the immense riches of the Wright Papers, including private diaries, notebooks, scrapbooks, and more than a thousand letters from private family correspondence to tell the human side of the Wright Brothers' story, including the little-known contributions of their sister, Katharine, without whom things might well have gone differently for them.

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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 **Lynne Johnson** who's been a member since 2022.

- 1. What fitness classes here at Frenchtown do you participate in?** Lynne participates in our Geri Fit, Walk Fit, Enhanced Fitness programs.
- 2. What made you decide to come to Frenchtown for fitness?** I had a frozen shoulder and was in physical therapy. My therapist thought GeriFit would be a good compliment to my therapy. Then I just started going to the other classes and each program complimented the other.
- 3. What improvements have you seen in yourself since starting our fitness programs?** I sleep much better, it's helped me with my stability issues, and prevented falls.

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Please call and speak to our Admissions Department.



May they rest in peace



Susan L. Denman
Marjorie H. Sieb
Daniel A. Weder



Donations: Pat C. Ditty
Rose A. Harris

A HUGE Thank You to **Sheila Barstad** for all her hard work and dedication to our annual **rummage sale**.

A big shout out to the dedicated **volunteers** who helped her with all the hard work that goes into it.

And, let's not forget, it wouldn't be possible without all the donated items from all the **members**.

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



Rita Andrews
Janice Asbury
Ray Barker
Sharon Bausman
Dianne Beaudrie
Martha Beaudry
Donna Bender
Marjorie Brinkmeier
Robert Brockway
Ricky Brown
Margot Burger
Helen Burger
Veronica Carlson
Paulene Carr
Donna Chrobak
Bonnie Clukey
Ronald Cole
Deborah Coon
Brian Cousino
Luann Diroff
Pamela Diulio

Mary Dobberstein
Helen Dowler
Donna Easterling
Bobbie Echols
Nancy Eighmey
Rosita Elders
William Etchill
Barb Farley
Kevin Ford
Jill Gedelian
Pamela Gilbert
Lynne Goldsmith
Doreen Goltowski
Dee Goudos
Jackie Guy
Renee Hamilton
Wm. Walter Hancock Jr.
Collette Henry
Jay Hollon
Kaye Horsfall
Pamela Hyden

Thomas Jay
Susan Knapp
Gayle Kush
Cynthia LaBudie
Diane Lamb
Eric Langdon
Barbara Liedel
John Lieto
Eileen Love
Jason Lynch
Marilyn Marshall
Sue Martin
Brenda McCormick
Jill Moore
Milfred Newsome
Jan Sue Noel
Darlene O'Donnell
John Oerther
Serena Oliphant
Del Oliver
Pat Orr

Renee Osment
Pete Penkin
Feltman Rader
Diane Russ
Beverly Russell
Patsy Ryan
Belinda Smith
Debbie Staley
Pamela Starll
Karen Steele
David Stremmell
Maxine Sutherland
David Sweat
Deanna Terrasi
John Thoma
Janice Louise Thoma
Edna Trainor-Lancour
Sheryl Trujillo
Becky Vincent
John West
Katherine Whiteaker

Summer Safety Tips



Stay Hydrated

Drink 8 or more glasses of water per day to stay healthy & hydrated



Know the Side Effects of Medications

Some medications have side effects such as drowsiness or sun sensitivity



Stay Cool

Stay in the A/C, indoors, go swimming, etc.



Wear Light, Loose Fitting Clothing

Wear breathable clothing and light colors that reflect the sun



Have Emergency Contacts

Have a list of people to call in case of emergency



Know the Weather Forecast

Plan your days accordingly depending on the weather

Hey!
WELCOME
We're very GLAD you're here!

Rhonda S Belinc
Jennifer R Brown
Krysta D Coker
Eugene K Coker
Kris E Cousino
Diane M Cousino
Sally A Dussia
Eydie M Harms-Ege
Kurt J Ege
Marie S Gibson
Charlie N Gibson
Pam Gilbertson
Robert A Johns
Timothy E Kettinger
Jeff La Roux
Angie Litterell
Sue A Martin
Melanie A Mascilak
Suzette L Miller
Charles F Myland
David M Stolkey
Linda Thralls
Jane A Van Kirk
James A Wiegand

TUESDAY FUN NIGHT Meal & Entertainment



Tuesday July 8, 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



Tuesday, July 8th
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, July 9, 2025

Please have returns ready by 10:00 a.m.

PHONE: 734-241-5770

EMAIL: lim@monroe.lib.mi.us



I love meeting new people; I
think everyone has a story to tell.
We should all listen sometimes.

Kroger Shopping **An Easy Way To Donate to Your Center**



Kroger's Community Rewards program allows shoppers to donate to a chosen nonprofit organization simply by swiping their loyalty card at Kroger stores and using their online account. Kroger then donates a percentage of the shopper's spending to the designated organization. This program is easy to set up and requires no additional cost to the shopper.

Here's how it works:

1. **Sign Up:** Shoppers can sign up for the **Community Rewards program** by creating or logging into their Kroger digital account online or through the Kroger app.
2. **Link your card:** Once signed up, shoppers can link their Kroger Plus card (or other loyalty ID) to a chosen nonprofit organization—***Frenchtown Center for Active Adults***.
3. **Shop and swipe:** When shopping at Kroger, shoppers simply swipe their linked Kroger card at the register.
4. **Kroger donates:** Kroger will donate a percentage of the shopper's purchase to the designated organization based on their spending.



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15-0719

CONGRATULATIONS



To our Mahjong 3rd Quarter winners:

March–May

Janet Sottile and Brenda Ramos



Chicks with Sticks

The fall season starts Monday, Sept. 15, 2025. Open registration now through Friday, Sept. 5, 2025.



Men's Pool Leagues

The fall season of the Men's 8 Ball Singles (Tues. 12:00pm), 9 Ball (Weds. 12:00pm), & 8 Ball Partners (Thurs. 1:00pm) will begin on Tuesday, Sept. 2, 2025.

The pool tables are open everyday during the summer for all to use.



For more information contact the Program Coordinator, Lisa.



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15-0719

Summer Time is Grill Time

Some of the most popular barbecue recipes

- Sticky chicken.
- Classic potato salad.
- Chicken tikka skewers.
- Barbecue sauce.
- Homemade beef burgers.
- Stickiest ever BBQ ribs with chive dip.
- Pulled pork.
- Chicken souvlaki.



What ingredients are good for barbecue? The **onion** flavor works well with any BBQ meat. **Cumin**: This is among the most important ingredients for BBQ rubs and chili recipes. This ingredient will bring a slightly smoky flavor and it is especially good for a pork BBQ. **Paprika**: The primary ingredient found in virtually all BBQ rubs as well as chili recipes.

8 Food Safety Tips for Summer Grilling

- Clean Your Grill. Scrub the grill clean before use. ...
- Defrost Safely. ...
- Avoid Cross Contamination. ...
- Check Internal Temperatures. ...
- Thoroughly Cook Frozen Meat. ...
- Use Food Thermometers Correctly on Burgers. ...
- Beware of the Danger Zone. ...
- Store Leftovers Properly.

1. Accidentally burned dinner on the grill. Missteaks were made.
2. I can't decide whether to grill chicken breasts or chicken thighs. I guess I'll just wing it.
3. My friend was going to barbecue baby backs, but he stumbled into the grill. Unfortunately, he broke his ribs.



From Allrecipes—a simple & easy BBQ Recipe

- 1 ½ cups brown sugar
- 1 ½ cups ketchup
- ½ cup red wine vinegar
- ½ cup water
- 1 tablespoon Worcestershire sauce
- 2 ½ tablespoons dry mustard
- 2 teaspoons paprika
- 2 teaspoons salt
- 1 ½ teaspoons black pepper
- 2 dashes hot pepper sauce

Prep Time: 10 minutes

Servings 32

Yields: 4 cups BBQ

Step 1—Gather all ingredients

Step 2—Combine brown sugar, ketchup, vinegar, water, and Worcestershire sauce in a blender. Season with mustard, paprika, salt, pepper, and hot pepper sauce. Blend until smooth.

Sept 3—Enjoy

Cook's Note: For a more intense flavor and better texture, pour the sauce into a small pot. Bring to a boil over medium heat and cook for 1 minute. Allow to cool before filling into a resealable container (it will fit exactly into a 32-ounce ketchup bottle). Store in the refrigerator. Cut back on the brown sugar to make it less sweet, or add more Worcestershire for a more "steak sauce" appeal.



What is the Wellness Month in July?

Around the world, **Social Wellness Month** is celebrated each July. This month was established in the early 2000s to encourage people to build healthy relationships and improve their social well-being.

The staff of the **Frenchtown Center for Active Adults** is happy to see so many members taking advantage of the many activities the Center has to offer. Senior centers play a crucial role in fostering socialization for older adults, combating loneliness and isolation, and promoting overall well-being.

At the Frenchtown Center we strive to offer a variety of programs and activities that encourage social interaction, making it easier for you to connect with others and stay active. You can review all the activities the Center has to offer on page 2 of this newsletter. If you're not sure what best suits you, chat with one of the staff and we'll help you decide what you might enjoy.

To learn more about the Center, visit our website:

<https://www.frenchtownsenior.com/>

and for more information visit the Age Ways website:

https://www.ageways.org/caregiver_services/frenchtown-senior-citizens-monroe/



Some other activities to get you out and moving:

- Garden (indoors or out) or do yard work.
- Take an exercise class or do exercises at home.
- Go dancing.
- Join a sports club for older adults, like a bowling club or bocce league.
- Walk or bicycle with a friend or neighbor.
- Take a swimming class.
- Play with your grandchildren.
- Experiment with some new healthy recipes.
-



<https://www.betterhelp.com/advice/current-events/july-is-social-wellness-month->

Have You Considered Volunteering Through Monroe County RSVP?



Monroe
County
RSVP

Did you know that Monroe County holds an AmeriCorps Seniors grant to help older adults (55+) in our county find volunteering opportunities? The grant is for Monroe County **RSVP (Retired and Senior Volunteer Program)** and the purpose of this grant is two-fold: one, it is to help seniors who want to volunteer find the right place to contribute their skills; two, to help our important non-profit service providers get the extra volunteering help they need to succeed in their missions of support. Did you know the Frenchtown Center for Active Adults is one of the locations that has partnered with Monroe County RSVP?

If I want to volunteer at **Frenchtown Center for Active Adults**, why should I bother joining RSVP?

There are a couple of great reasons to join RSVP. **Monroe County RSVP receives funding from two sources, AmeriCorps and from Monroe County Commission on Aging (the senior millage). Because of the funding we receive, we have the resources to do the following:**

Networking: RSVP staff have created a volunteer network, linking local non-profits with volunteers; RSVP staff do the leg work for both the organization and the volunteers, making it easy for both parties to match up and make a positive impact

Tracking: RSVP staff track the hours volunteers have contributed; these figures are reported to the Commission on Aging and to AmeriCorps Seniors and shared with community organizations and local/federal politicians. It is important that decisions makers understand the full impact community volunteers are making for Monroe County

In 2024, 307 RSVP volunteers served over 58,000 hours at over 40 local organizations; this is equivalent to \$1,767,543 in saved wages (the value of time given); the Return on Investment (ROI) is over 900% - wow!

Recognition: A significant part of the grant is used to recognize the wonderful work senior volunteers do; RSVP volunteers are given the option of receiving meal and millage reimbursements monthly and are invited to participate in recognition luncheons and other fun events, honoring the work they do

Support: The RSVP staff are here to support both the organization and the volunteers; we are here to help coordinate extra help when special events require more volunteers, we help find subs if a regular volunteer goes on vacation or has an illness, and we can help smooth things over if any miscommunication occurs

Financial Investment: Finally, by sponsoring the grant, AmeriCorps has invested almost \$100,000 in Monroe County. Monroe County RSVP uses this money as mentioned above to support senior volunteers and the organizations they serve. The more volunteers we keep busy and track, the more federal grant money will be available to Monroe County.

If you would like to **join** Monroe County RSVP, please see **Chrissy** to **register or contact:**

Beth Berlin, Program Director: Monroe County RSVP
734.241.0404

15275 S. Dixie Highway

Monroe, MI 48161 <https://rsvpmonroecounty.com>

<https://americorps.gov>



Frenchtown Center for Active Adults

CAR SHOW

Saturday, July 12, 2025

11:00 AM—3:00 PM

50/50
RAFFLE

312268

\$10 ENTRY FEE

Smokey and the Bandit

Tribute Cars

FUN
For the whole family
FOOD
Great Food will be available
ICE CREAM
FREE
Entertainment & Activities

ATTENTION
CRAFTERS
Indoor Space
Available
Call
734-243-
6210

Humane Society
Pet Adoption
Frenchtown Fire &
Sheriff Department
National Street
Rod Association
Informational Booth's

2786 Vivian Rd
Monroe, Michigan 48162

Proceeds to Benefit the Adult Day Service Program

THANKS TO OUR FRIENDS AT THE BAKER BARN IN CARLETON, MI

THANKS TO OUR FRIENDS AT THE BAKER BARN IN CARLETON, MI





Come One, Come All to Our Senior Day Carnival!

Join Us for a Celebration of YOU!

Monday, August 18th, 1:00pm

We'll have games, carnival snacks, a cupcake walk, a photo booth, and much more! So, let yourself feel like a kid again and enjoy the carnival!

***This is a member only event.**

***Please sign up at the front desk.**

***There is no fee for this event.**

The World Senior Citizen's Day is celebrated on **21 August** each year. The celebration took place for the first time in 1991. On August 21, National Senior Citizens Day recognizes the achievements of the more mature representatives of our nation. The day provides an opportunity to show our appreciation for their dedication, accomplishments, and services they give throughout their lives.



You still have time to complete a survey because your opinion matters. When you are at the Center pickup a copy of the survey or a flyer with the information to complete one online.

OUR VOICES OUR NEEDS

2025 MONROE COUNTY

OLDER ADULT NEEDS ASSESSMENT

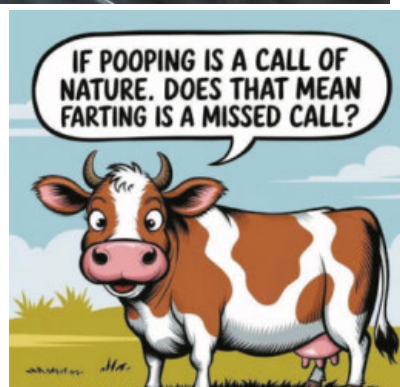
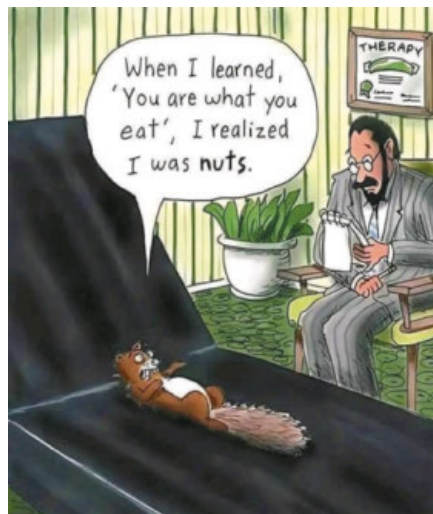
55 & Better: We Want To Hear From You

The Goal: Use Monroe County's Senior Millage the way Baby Boomers & Gen X want and need.

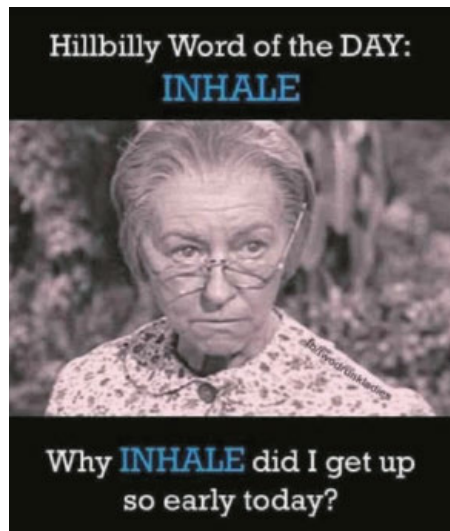
It's been 10 years since Monroe County has completed a needs assessment survey for older adults (age 55+). Much has changed in that time and the agencies supporting Monroe County's older population want to know how they can properly support seniors today and tomorrow.



**Laughter is the sun
that drives winter
from the human face.**
Victor Hugo



Ever have strange
dreams? Last night I
dreamed I was a muffler.
This morning I woke up
exhausted.



An old man and a 20 year
old are paired together at a
golf tournament. They're
playing a long par 5 that dog
legs around some tall trees.

As the 20 year old sets up
his tee shot to hit onto the
fairway the old man notes
"when I was your age we
used to hit over the trees -
not around to the side."

So the 20 year old readjusts
and tries to hit over the trees
- but can't clear them and
loses his ball. He tries again
and loses that one too...

Then the old man says "of
course, when I was your age,
the trees were only 6 foot

When I was little my mom
used to feed me alphabet
soup claiming I loved it.
I didn't really, she was just
putting words in my mouth...

LAUGH
more
WORRY
less

I was going to
cook alligator for
dinner but
realized I only had
a croc pot.

**So Daffy Duck and
Elmer Fudd break
into a distillery.
Daffy turns to Elmer
and says: "Is this
Whiskey?" Elmer
says: "Yeth but not
as whiskey as
wobbing a bank!!"**

***** 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. *****

- ◆ **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.
- ◆ **Michigan Central Station, Aug 20, presented by Bianco Tours.** The cost for this daytrip is \$107. ***2ND DATE ADDED***
- ◆ **Wisconsin's Best - Green Bay/Milwaukee, Aug. 25—30, presented by Ed & Ted's.** Single \$2,299, Double \$1,899, Triple \$1,699.
- ◆ **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.
- ◆ **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. 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.
- ◆ **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 Voyagers Travel Meeting Tuesday, **August 19, 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.

JUST ADDED NEW TRIPS FOR 2026!

- ♦ **Hawaii 3 Island Adventure, Feb. 17–25, 2026**, presented by Premier World Discovery. Single \$8,899, Double \$6,449. ***Airfare included in price.**
- ♦ **Sensations of the South, Mar. 13-22, 2026**, presented by Bianco Tours. Single \$3,641, Double \$2,955, \$2,721.
- ♦ **Canadian Rockies & Glacier National Park, Aug. 12-18, 2026**, presented by Premier World Discovery. Single \$5,799, Double \$4,499. ***Airfare included in price.**
- ♦ **Iceland Explorer, Sept. 23-30, 2026**, presented by Premier World Discovery. Single \$6,049, Double \$4,849. ***Airfare included in price.***
- ♦ **San Antonio Holiday, Dec. 3-7, 2026**, presented by Premier World Discovery. Single \$3,625, Double \$2,875. ***Airfare included in price.***
- ♦ **Splendors of Spain, April 21-29, 2026**, presented by Mayflower Cruises & Tours. Single \$7,688, Double \$5,729. ***Airfare included in price.**
- ♦ **Musical Highways of the Midwest, July 19-26, 2026**, presented by Mayflower Cruises & Tours. Single \$5,648, Double \$4,599. ***Airfare included in price.**
- ♦ **Best of Ireland, October 7-19, 2026**, presented by Mayflower Cruises & Tours. Single \$7,648, Double \$5,649. ***Airfare included in price.**
- ♦ **Tournament of Roses Parade, Dec. 29, 2026 - Jan. 2, 2027**, presented by Mayflower Cruises & Tours. Single \$3,298, Double \$2,399. ***Price does NOT include airfare.**

Stay tuned for more exciting 2026 trips!



For future trips, Lisa will also be asking for your License Plate Number. This will help us find you in case of any emergency.



Frenchtown Center Link

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Standard
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Permit 557

A Non-Profit Organization
2786 Vivian Road
Monroe, MI 48162
A Monthly Publication
Dated Material, Please don't delay



Commission on Aging



Current Resident

CHAIR YOGA AND BALANCE & STABILITY CANCELLED WEDNESDAY, JULY 2nd
GERI-FIT & ADVANCED GERI-FIT CANCELLED THURSDAY, JULY 3rd

10:00 a.m. Geri-Fit Cancelled Tuesday, July 22

FUN NIGHT MEAL & Entertainment—Tuesday, July 8th @ 4:30 p.m.

Caregiver's Meeting July 14th @ 1:00 p.m.

Brain Aerobics July 14th & 28th @ 1:00 p.m.

Library will be here on Wednesday, July 9th @ 10:00 a.m.

Board Meeting—Thursday, July 17th @ 10:00 a.m.

Car Show—Saturday, July 12th

ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING

