



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

August 2025



National Senior Citizens Day is celebrated annually on August 21st to recognize the achievements and contributions of older adults in our society. President Ronald Reagan declared August 21st as National Senior Citizens Day on August 19th, 1988 through Proclamation 5847. Join us on Monday, August 18th for a fun carnival to celebrate you.



Active Adults



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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
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Ellen Brockway
Jean Guyor
John Bocks
Rick Brown
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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	
August 2025	Member's Carnival!  Monday August 18th	Member's Pig Roast Wednesday September 10th 	HalloThanksMas Sale October 7th Thru October 10th 	1 9:00 Pickleball 10:00 Walk Fit 10:00 Mahjong 12:15 Watercolor Class 1:00 Bingo	
	4 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	5 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	6 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 Paint w/Friends 11:00 Balance & Stability 1:00 Happy Hookers	7 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 Partners 1:00 LCR 1:00 Enhanced Exer w/Jackie	8 9:00 Pickleball 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
	11 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	12 8:00 Cardio Drumming 9:00 Mobile Health Unit 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 4:30 Fun Night Meal	13 9:00 Pickle Ball 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 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	14 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 12:00 Quilter's Guild 1:00 8-Ball Partners 1:00 LCR 1:00 Enhanced Exer w/Jackie	15 9:00 Pickleball 9:00 Mahjong 10:00 Book Club 10:00 Walk Fit 12:15 Watercolor Class 1:00 \$5.00 Bingo
	18 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Bocce Ball 10:00 Chicks w/Sticks 1:00 Member's Carnival	19 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	20 9:00 Pickleball 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Dominoes Mexican Train 10:00 9-Ball League 10:00 Chair Yoga 10:30 Paint w/Friends 11:00 Balance & Stability 1:00 Happy Hookers 1:00 WWWWW	21 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	22 9:00 Pickleball 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo Monroe Sewing Group All Day Sew
	25 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 Brain Aerobics	26 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	27 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 1:00 Pub Trivia	28 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	29 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 ****

August 2025

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

We are so happy that our lunches are selling out and appreciate everyone who enjoys our lunches. However, we had an incident in July during our Tuesday night meal where someone was at our receptions desk and saw her lunch list and added names. This list (a copy of the original list that was pulled) was ready for the receptionist to use doing lunch. The **lunch list was pulled from the notebook in the kitchen because THE LUNCHES WERE ALREADY AT CAPACITY**. Please do not go by the receptionist desk if no one is present and please do not take it upon your self to add names to the list if it has been pulled from the notebook. We appreciate your help and consideration this problem.

4 Loaded Baked Potato	5 Taco Salad	6 Sweet & Sour Chicken Over Rice	7 K-Mart Sub	1 Cobb Salad
11 Baked Chicken Leg w/Side & Veggie	12 Ham Cheese Potatoes & Beans	13 Strawberry Salad	14 Sausage/Pepper/ Potato Casserole	8 Chicken Mashed Potato Bowl
18 TO GO'S ONLY Fruit Plate w/Fruit Dip	19 Egg Salad Sandwich w/Chips	20 Pizza & Salad	21 Smoked Sausage w/Peppers & Onions	15 Ham Sandwich w/Side
25 Scoop of Chicken Salad w/Fruit	26 Chicken Quesadilla	27 Betty Salad	28 Loaded Nacho's	22 Sloppy Joe w/ Side
				29 Cheeseburger w/ Side

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.**

**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 French Toast
August 14th Skillet w/Toast
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

Occasionally, when everyone else is busy or taking a day off, it falls on me to answer the phone. Now, mind you, I am proficient at answering the phone, announcing the business they reached, giving my name, and politely asking how I can help. Part of my responsibility in a previous life was helping callers stay calm and offering reassurance during moments of crisis. That included times when the callers' baby was stuck in a tree. I would tell them everything was going to be fine, and even though we couldn't send a three-quarter-million-dollar piece of equipment to help, I asked them to simply consider how many cat skeletons they saw in trees. Thinking back, that probably wasn't the help they were expecting, resulting in the line being abruptly disconnected.

So, the other day, when I was again in the hot seat, I went through my routine—name of the place, my name, and how I can help—the caller wanted some basic information. "What activities do you offer for my 69-year-old male partner?" The first thing that came to my mind was, "The Center offers a vibrant mix of activities designed to keep older adults engaged, social, and thriving." After thinking it over, I decided it might get the same reaction as the notorious "cat skeleton," so I proceeded to list the activities: "We have several exercise opportunities, including enhanced exercise, Fun Fit, Walk and Geri-Fit, cardio drumming, and chair aerobics. We also offer brain games, a book club, pub trivia, card and dice games, euchre, bridge, Left-Center-Right, Bunco, and of course, bingo. Additionally, there are watercolor classes, a social coloring activity, and various opportunities for quilting and knitting. we host social events, provide a great lunch, and have one of the few elaborate pool halls remaining in Monroe, featuring both men's and women's pool leagues and more. (Just a reminder, the leagues will be starting sooner than you think). Needless to say, she was impressed by everything we offer. And told me, "If he can't find something there to do, shame on him," because it sounds like you have a vibrant mix of activities designed to keep older adults engaged, social, and thriving."

Oh well, live and learn.



Events

Car and Craft Show

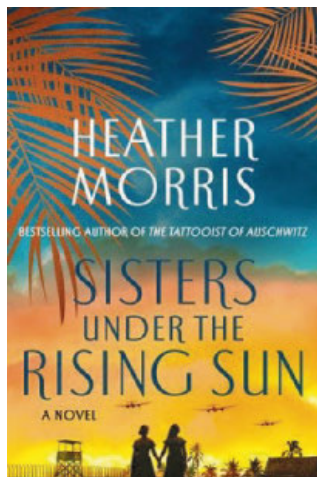
The Car & Craft Show was on July 12th. Despite the weather forecast, we had 50 cars show up, including the Buford T. Justice, aka "Smokey Bear," and Bo "Bandit" tribute cars. The tribute car "General Lee" from the Dukes of Hazzard did make a late appearance. The Sheriff and Frenchtown Fire Departments, the National Street Rod Association, and the Humane Society all had a host of information available. Unfortunately, because of the heat, we didn't have any pups onsite to adopt. We had a nice showing of vendors both inside and out.

There was some great food, 50/50 drawings throughout the day, and the car club gave out tickets for prizes when cars were registered. All in all, it was shaping up to be a great day, until..... a severe thunderstorm warning was issued around 1:20 p.m. Nothing dampens a car show more than a threat of severe weather. When the skies eventually opened up, only a few diehards remained. Many of the vendors who were outside made it indoors before the rain hit.

I would like to thank everyone who helped make it a great day, even if it was cut short. The entire team at Frenchtown, including board members and volunteers, the folks in the car club, all the owners of those fantastic cars, the vendors, Frenchtown fire, Sheriffs Department, Humane Society, the National Street Rod Association, the Frenchtown Township Board, and Al VanWashenova for the Friday evening calls to finalize the Saturday event.

Carnival

Don't forget August 18th for our members-only carnival. I understand this will be something special, and I'm not just talking about the cake walk. Somebody asked me the other day what the carnival was about, and knowing where this person went to school, I had a simple reference. "Do you remember the festivals we had in the gym?" The response was instant: "Those were a blast." They still are, so come!



August Book Club

Friday, August 15, 10:00am

Sisters Under the Rising Sun

By Heather Morris

In the midst of World War II, an English musician, Norah Chambers, places her eight-year-old daughter Sally on a ship leaving Singapore, desperate to keep her safe from the Japanese army as they move down through the Pacific. Norah remains to care for her husband and elderly parents, knowing she may never see her child again. Sister Nesta James, a Welsh Australian nurse, has enlisted to tend to Allied troops. But as Singapore falls to the Japanese she joins the terrified cargo of people, including the heartbroken Norah, crammed aboard the Vyner Brooke merchant ship. Only two days later, they are bombarded from the air off the coast of Indonesia, and in a matter of hours, the Vyner Brooke lies broken on the seabed. After surviving a brutal 24 hours in the sea, Nesta and Norah reach the beaches of a remote island, only to be captured by the Japanese and held in one of their notorious POW camps. The camps are places of starvation and brutality, where disease runs rampant. Sisters in arms, Norah and Nesta fight side by side every day, helping whoever they can, and discovering in themselves and each other extraordinary reserves of courage, resourcefulness and determination.

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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 **Vicki Mikolajczyk** who's been a member since 2024.



1. What fitness classes here at Frenchtown do you participate in? Vicki participates in our Geri Fit and Balance & Stability classes.

2. What made you decide to come to Frenchtown for fitness? I was going to the YMCA for aerobic classes when I met one of the members from Frenchtown. She encouraged me to come here and try the classes here. I'm glad I did because I found a good variety of classes here.



3. What improvements have you seen in yourself since starting our fitness programs? I have better muscle tone, I'm stronger, and I don't fall over. I used to have a hard time just walking but now my balance is a lot better.

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May they rest in peace



Denise M. Sisung

Dorothy Vallade—Donation to the Quilters
 Barb of Bianco Tours, Inc
 Tracey Schenk of Premier World Discovery
 Ed & Ted's Excellent Adventures
 All volunteers, event organizers and supporters of
 Frenchtown Center Car Show
 Colleen Butler & Anita Sedlacek—2 Wreaths
 Beverly Russell—Red Wreath
 Anonymous—Car Show/Adult Day Service Program

Giving is not just
 about make a donation,
 it's about
making a difference.

greetingcardpost.com

- Kathy Calvis



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

HAPPY BIRTHDAY



Connie M Ammerman	Susan J Fleming	Kathleen A LeCompte	Vicky L Sacks
William John Andrews	Sharon R Friedline	Rick R Lindsay	Linda S Salcido
Debra M Ash	Sally L Gaw	Earl L Lindsey	Rita Jean Sanders
Jerry A Bess	Marie S Gibson	Donald L Lingar	Rosemary Ann Satkowski
Jackie L Blackwood	Pam S Gilbertson	Rosanne L Lynch	Patricia Schassberger
Robert A Blackwood	Maria D Gonzalez	Jerry M Massengill	June L Scheich
Elaine M Boudrie	Geary K Goodman	Shirley M Mathus	Sandy A Schuster
Amanda N Bruck	William E Groulx	Robert L McDonald	Joyce L St. Bernard
H. Daniel Burkett	Barbara J Hall	Diane G McIntyre	Dawn Staten
Sue Chapman	Cecilia Ann Hartle	Patricia J McPhail	Patricia M Studer
Evelyn Copi	Darlene Ann Haut	Sue Messer	Ralph W Swiderski
Dale E Cox	Lester C Heller	Suzette L Miller	Patrick J Szymanski
Janice A Davidson	MaryAnn Hess	Carrol A Morgan	Bonnie A Thompson
Paula J Diehl	Cleola Hinton	Helga L Moore	Susan F Trondson
Luciel Doyle	Jessica Sue Huff	Elaine B Mushung	Joann T Trouten
Judith M Drake	Michelle Jondro	Laurel L Nadeau	Jackie Tucker
Patricia A Drummonds	Doris Kay Kavanagh	Barbara A Nunez	Brenda Joyce Turnbull
Marilynn K Dunn	Timothy E Kettinger	James L Osment	Jacqueline M VanDemark
Hal E Eighmey	Ronda K Kinsland	Cherie A Packard	Jane A VanKirk
Sharon L Ellerman	Anna M Klancnik	Janet K Pearsall	Alan D VanWashenova
Don K Ellison	Mary R Kohler	Debbie M Penkin	Doris Vernot
Rita Ernest	Roselynn A Kohler	David F Potter	Deborah K Watson
David S Evans	Mary Ann Kolaz	Patricia K Privett	Barbara Weber
Carolyn S Evans	Mark S Kosino	Kimberly A Reeves	Mark E West
Joseph L Fazekas	Helen E Kourous-Harrigan	Howard A Roberts	Nancy J Wortinger
		Joanna Russ	Annette Young



**American
Red Cross**

Michigan Home Fire Campaign

Did you know that if a fire starts in your home, you may have just **two minutes** to escape? The American Red Cross Home Fire Campaign helps save lives by installing free smoke alarms in homes that don't have them, and by educating people about home fire safety.

Call 419-329-2900 to request your free home safety visit and smoke alarm installation.

This link will give you more information:

<https://www.redcross.org/local/michigan/about-us/our-work/home-fire-campaign/smoke-alarm-request.html?>



Denise M Atteberry

Gene Benedicto

Isabel M Benedicto

Barbara J Bosse

John Henry Brinkmeier

Marcus E Caillet

Kim M Castellese

Diane M Dusseau

Vern A Fisher

Bradley Gallup

Pam S Gilbertson

Anna Dean Graham

Susan E Hatch

Benjamin T Hawes

Diana E Hawes

Claudia M Helton

Karen Jaworski

Christ E Langerman

Carl Looney

Leann M Loose

Terri L Lynch-Langerman

Susan M Miller

Jim Montague

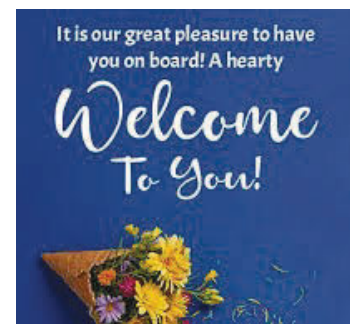
Rita Montague

Carrol A Morgan

Harry Leroy Polley

Myrna J Stockard

Marc K Verge



TUESDAY FUN NIGHT Meal & Entertainment

Tuesday August 12, 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, August 12th
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, August 13, 2025

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

PHONE: 734-241-5770

EMAIL: lim@monroe.lib.mi.us



Area Agency on Aging 1-B

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Nonprofit Senior Services

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TECHNICAL OFFICE OF THE ARMY

15-0719



Members Only

Pig Roast and Pot Luck

Wednesday, September 10, 2025

Join us for a fun afternoon filled with food, games and surprises!

We provide the Pig, you provide the sides and desserts.



Please sign your name and what dish you will be bringing on the sheet at the front desk.



*****NO LUNCHES SERVED THAT DAY*****



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15-0719

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:**

This is the link to get you started <https://www.kroger.com/i/community/>

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. **4. Kroger donates:** Kroger will donate a percentage of the shopper's purchase to the designated organization based on their spending. community-rewards

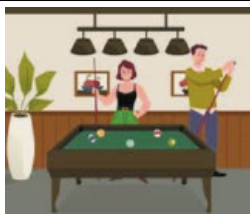
CONGRATULATIONS



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.

Did you know that August is National Wellness Month?

How much do you know about National Wellness Month?

National Wellness Month focuses on practices like stress management, self-care, implementing healthy routines, and improving your overall health and wellness. National Wellness Month celebrates all the different types of health and healthcare: physical, mental, emotional, *and spiritual health*.

In order to prioritize wellness, consider spending 15-30 minutes per day doing something that you love such as working out, or spending time with friends and family. Consider taking up a hobby that helps you to decompress and take time away from work and/or school. Consider talking to a counselor or therapist to help you discover what to prioritize for your wellbeing.

- An effective self-care strategy requires identifying practices that work specifically for you: practices that you'll enjoy engaging in and stick to.
- You can identify these practices by asking yourself, "What self-care practices align with my values and my interests?"
- For example, if you're a people-person and relationships are most important to you, think of self-care practices that involve engaging with others.
- Once you've identified your values, interests, and self-practices that align with both, follow a few additional tips for creating the right approach to a new self-care regimen.
- First, decide to be kind to yourself, much like you are to your friends and family members, and realize that you deserve this.
- Also, think about what you want to accomplish and see if that spurs new, smart self-care ideas; and consider incorporating journaling or another form of writing into your routine.

Here are some examples of self-care quotes:



- ♦ "Keep taking time for yourself until you're you again."
- ♦ "Treat yourself like someone you love."
- ♦ "Be gentle with yourself."
- ♦ "Self-care is never a selfish act -- it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others."
- ♦ "You are worth the deeper breath. You are worth the time it takes to slow down, be still, and rest."
- ♦ "It's not selfish to love yourself, take care of yourself, and to make your happiness a priority. It's necessary."
- ♦ "Self-care is how you take your power back."
- ♦ "If you don't have time for self-care, you need to make time."



SOURCE: <https://hr.ucdavis.edu/news/wpvp/national-wellness-month>



For those caregivers taking care of a loved one, you need **SELF CARE. we have a Caregiver Support Group: 2nd Monday each month**

As caregivers, we are often physically, mentally, and emotionally overwhelmed. It can be a long, isolating, and very lonely journey. We 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.

We proudly partner with Alzheimer's Association in providing our Caregivers' support group.

The Story Behind Betty's Salad

As many of you know, our Betty's Salad luncheons are very popular and sell out quickly. Most know what a Betty's Salad is and why it's so popular other than being delicious. However, there are a few that have asked me, why and what is a Betty's Salad, so I thought I'd share some history. Also, I actually worked at Timko's located in the Holiday Inn on S. Dixie Highway in the 70's. I started as a salad girl and worked myself up to dining room manager leaving in 1978 after my youngest daughter was born. Yes, I cut up the spinach and made the homemade dressing, which at the time, was TOP SECRET. Now the recipe is out and you can purchase it in most grocery stores.



Betty Timko was a noted restaurateur in northwest Ohio and southern Michigan. She developed the signature Betty Salad and bottled its salad dressing that continues to be produced today.

It was while she was Club Manager of Highland Meadows Golf Club in Sylvania in 1962, that she became known for the Betty's Salad, which is Toledo's signature salad. An authentic Betty Salad is made with mixed greens (lettuce and spinach), bean sprouts, diced eggs, and bacon crumbs. The signature salad dressing is tomato-based, sweet and sour, with seasonings such as minced onion and Worcestershire sauce.

In the 1960's, Betty and her partners formed Timko's Restaurants, Inc. and opened Timko's Soup'n Such in Toledo, which eventually expanded to four locations. During 1979, the restaurant located in the Holiday Inn-I-75 Perrysburg (now Holiday Inn Express) was converted to a Timko's Soup'n Such as well as the restaurant at Holiday Inn of Monroe, Michigan. Today the Holiday Inn - Perrysburg is known as the French Quarter and all are part of Bennett Enterprises.



The salad dressing venture began in 1983 after months of testing by the entire family to determine exactly what ingredients, such as corn oil or soybean oil, for instance, would work best and retain the right acidity. Once the salad dressing business was well underway, the Timko's cut back on most restaurant operations, and Mr. Timko attended food fairs and helped with cooking demonstrations presented by his wife. She formed a company called Timko's Enterprises, Inc. to produce Betty's Salad Dressing for retail in supermarkets and food service companies.

Through her career, Betty received many awards. In 1971 she was named Restaurant Manager of the Year for Holiday Inns International System. She served on the original committee that set up Hotel and Hospitality courses at Ashland College in Ashland, Ohio and served on the Hotel and Management committee at Tiffin University in Tiffin.

Betty Timko passed away at the age of 75 on Valentine's Day, 1996. She was a well-loved celebrity in the NW Ohio restaurant legacy and the Tiffin community is proud to say that her hometown was in Tiffin, Ohio.

By Pat Smith with contributions from The Point/Five Points FaceBook page.

Check out our reel of all the Betty's Salads going out: <https://www.facebook.com/reel/1002247674653234>



Coming in October Annual Fund Raising Event **HalloThanksMas** Holiday Items and Bake Sale



Tuesday, October 7th
8:30 a.m.—3:30 p.m.

Wednesday, October 8th
8:30 a.m.—3:30 p.m.

Thursday, October 9th
8:30 a.m.—3:30 p.m.

Friday, October 10th
8:30 a.m.—12:00 p.m.



We will begin accepting donations in
September.

New or Slightly/Gently used Halloween,
Thanksgiving and Christmas Items.



Show off your baking skills—bake
your favorite item. All desserts
must be wrapped and ready for
sale.

This event is open to the public.



Come One, Come All to Our Member Only 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 **new this year, an awesome magician!**

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.**

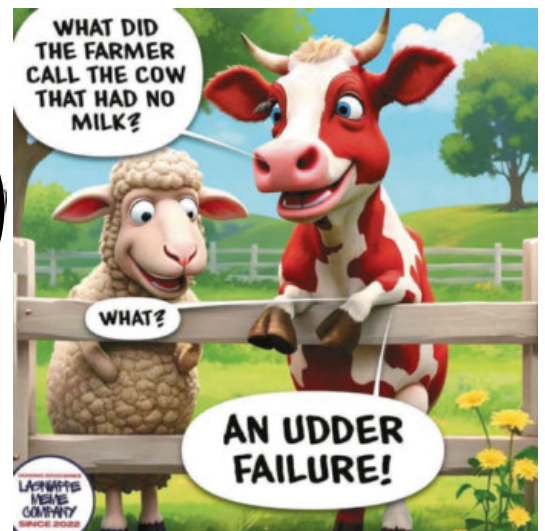
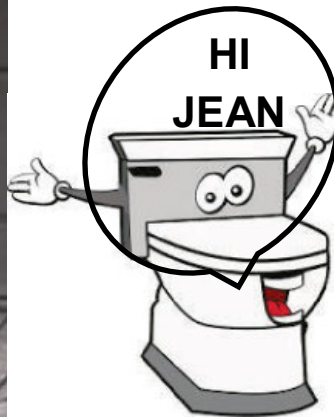


The **World Senior Citizen's Day** is celebrated on **21 August** each year. The celebration took place for the first time in 1991. National Senior Citizens Day recognizes the achievements of the more mature representatives of our nation. The day provides an opportunity to show our appreciation for their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



Sponsored by
**Liberty Receptive
Tours**





ALWAYS FIND
A REASON TO
LAUGH. IT MAY
NOT ADD YEARS TO
YOUR LIFE BUT
WILL SURELY ADD
LIFE TO YOUR
YEARS.

I don't know who
needs to hear this,
but you're a great
gardener. That plant
really should have
tried harder.

I just saw some
red breasted
birds sitting in
the sun and
selling ice
cream....I think
they were Baskin
Robins.....



Just be thankful
that it's not
snowing. Imagine
shovelling snow
in this heat!

Laughter
is an
instant
vacation.
- Milton Berle



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

- ◆ **South Bend Summer, Aug 7-8, presented by Bianco Tours.** Single \$705, Double \$602, Triple \$568.
- ◆ **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.
- ◆ **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.

Check Our Travel Racks for Sold Out Trips, to get on a waitlist.

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.

EXCITING NEW TRIPS FOR 2026!

- ♦ **Firekeepers, Feb. 12, presented by Bianco Tours.** The cost for this day trip is \$58.
- ♦ **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, Triple \$2,721.
- ♦ **Splendors of Spain, April 21-29, 2026, presented by Mayflower Cruises & Tours.** Single \$7,688, Double \$5,729. ***Airfare included in price.**
- ♦ **Meet Me in St. Louis, May 11-15, presented by Bianco Tours.** Single \$1,748, Double \$1,415, Triple \$1,305.
- ♦ **Fiesta Detroit, May 20, presented by Bianco Tours.** The cost for this day trip is \$120.
- ♦ **Musical Highways of the Midwest, July 19-26, 2026, presented by Mayflower Cruises & Tours.** Single \$5,648, Double \$4,599. ***Airfare included in price.**
- ♦ **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.***
- ♦ **Best of Ireland, October 7-19, 2026, presented by Mayflower Cruises & Tours.** Single \$7,648, Double \$5,649. ***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.***
- ♦ **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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Commission on Aging



Current Resident

FUN NIGHT MEAL & Entertainment—Tuesday,
August 12th @ 4:30 p.m.

Caregiver's Meeting August 11th @ 1:00 p.m.

Brain Aerobics August 11th & 25th @ 1:00 p.m.

Library will be here on Wednesday, August 13th
@ 10:00 a.m.

**Member's Carnival, Monday, August 18th,
page 16**

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

Board Meeting—Thursday, August 21st @ 10:00
a.m.

**HalloThanksMas Sale—Tuesday, October 7—
Thursday, October 10, 2025 (We will be begin
accepting donations in September)**

**ALL EVENTS SUBJECT TO CHANGE PLEASE
CALL BEFORE COMING**

- "Age is an issue of mind over matter. If you don't mind, it doesn't matter." - Mark Twain
- "As we grow old, the beauty steals inward." - Ralph Waldo Emerson
- "You are never too old to set another goal or to dream a new dream." - C.S. Lewis
- "Growing old is mandatory; growing up is optional." - Chili Davis
- "Youth is the gift of nature, but age is a work of art." - Stanislaw Jerzy Lec
- "Aging is not lost youth but a new stage of opportunity and strength." - Betty Friedan
- "Age wrinkles the body. Quitting wrinkles the soul." - Douglas MacArthur
- "Do not go gentle into that good night, Old age should burn and rave at close of day; Rage, rage against the dying of the light." - Dylan Thomas