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.

We apologize for not mailing the December 2025 newsletter. Between the Holiday and a few bumps with the printer, they did not arrive here until the first week of December. At that point, it was too late to mail them. We still have many here at the Center. Feel free to stop by and get one.

Beginning the first week in February, John Bocks will again be at the Frenchtown Center for Active Adults to help with taxes. Please call or come in to schedule an appointment. You will need to bring any necessary documents at the time of your appointment.

National Hat Day—Thursday, Jan 15, 2026

Join us for some fun. Design your own ridiculous, over-the-top hat and come to the Center wearing your creation. At Noon we will do a parade of hats and honor the winner with a complimentary lunch.

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FRENCHTOWN CENTER LINK

2786 Vivian Road, Monroe, MI 48162
Phone: (734) 243-6210
e-mail: seniors@frenchtownsenior.com

2026 BOARD OF DIRECTORS

Darla Myers—Chairman
Dianne Beaudrie—Vice Chairman
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Mary Ann Mack—Secretary
Charles Mushung—Member at Large
Ellen Brockway
John Bocks
Rick Brown
James Osment Jr
Daniel Van Wasshenhova
Steve C Wilgocki
Alan C 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

Kitchen Staff

Kim Maracle—Head Cook/ Ext 106
Paula DeHart—Assistant Cook
Rita Stout-Andrews—Kitchen Aid
Kim Reeves—Kitchen Aid

Adult Day Service Staff

Jean Siemik—Program Director/ Ext 107
Pam Handegan—Adult Day Staff
Doreen Sager—Adult Day Staff

Mark West—Building Attendant

Activities & Services for Monroe County Older Adults at Frenchtown Center for Active Adults

Balance & Stability
Bingo
Bocce Ball
Book Club
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.

January 2026

Mon	Tue	Wed	Thu	Fri
		31 **Center Closed** **Members New Year's Party** **3:00 p.m.—5:00 p.m.**	1 **Center Closed** 	**2** **9:00 Mahjong** 10:00 Walk Fit 2:15 Watercolor Class 1:00 Bingo
5 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 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 Fun Fit Party w/Cheryl 9:30 Euchre **10:00 Dominoes Mexican** 10:00 Chair Yoga 10:30 Paint w/Friends 11:00 Balance & Stability **12:00 9-Ball League** 1:00 Happy Hookers	**8** 8:00 Cardio Drumming 8:30 Breakfast **9:00 Mobile Health Unit** 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	**9** 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
12 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chicks w/Sticks 10:00 Chair Yoga 11:00 Balance & Stability **1:00 Caregivers Meeting**	**13** 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 **4:30 Fun Night Meal**	**14** 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:30 Paint w/Friends 11:00 Balance & Stability **12:00 9-Ball League** 1:00 Happy Hookers	**15** 8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Bridge **10:00 Board Meeting** 10:00 Geri-Fit 11:00 Advanced Geri-Fit **1:00 8-Ball Partners** **1:00 Card Making** 1:00 LCR 1:00 Enhanced Exer w/Jackie	**16 9:00 Mahjong** 10:00 Walk Fit **10:00 Book Club** 12:15 Watercolor Class **1:00 $5.00 Bingo**
19 **1:00 Monroe Sewing Club** 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Chicks w/Sticks 10:00 Chair Yoga 11:00 Balance & Stability	**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 Fun Fit Party w/Cheryl 9:30 Euchre **10:00 Dominoes Mexican Train** 10:00 Chair Yoga 10:30 Paint w/Friends 11:00 Balance & Stability **12:00 9-Ball League** 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 Partners** 1:00 LCR 1:00 Enhanced Exer w/Jackie	**23** **Monroe Quilt Guild All Day Sew** 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
26 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Chicks w/Sticks 10:00 Chair Yoga 11:00 Balance & Stability **1:00 Medicare Info Session** **1:00 Tech Support w/ Jeff Morris**	**27** 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	**28** 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:30 Paint w/Friends 11:00 Balance & Stability **12:00 9-Ball League** 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 Partners** 1:00 LCR 1:00 Enhanced Exer w/Jackie	**30** 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo

**** The Direct Line to place a lunch order is 734-636-9477 **** **January 2026**

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.

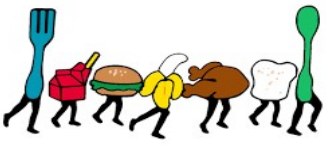
Mon	Tue	Wed	Thu	Fri
January is BE KIND TO FOOD SERVERS MONTH ***"Every plate served is a chance to create comfort, connection, and a little bit of magic."*** **Let's all give our Kitchen Staff a Big Appreciation Shout-Out**			**CENTER CLOSED** 	2 Italian Sub w/ Chips
5 Loaded Potato w/Side Salad	6 Chicken Quesadilla	7 Spaghetti w/Bread	8 Bowl Chicken Noodle Soup w/ Grilled Cheese	9 Michigan Cherry Salad
12 Bowl Vegetable Soup w/1/2 Ham Sandwich	13 Taco Salad	14 Shrimp Alfredo	15 Hamburger Philly Cheese Sandwich w/Chips	16 Sweet & Sour Chicken over Rice
19 Sautéed Veggie Sub w/Cheese & Side	20 Chicken Fajita's	21 Betty Salad	22 Baked Chicken Legs w/Potato	23 K-Mart Sub w/ Chips
26 Bic Mac w/Chips	27 2 Soft Taco's w/ Chips & Cheese	28 Bowl of Chili w/ Side Salad	**29** Smoked Sausage w/Peppers & Onions	30 Chef Salad

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

January 8—French Toast
January 15—Breakfast Sandwich
January 22—Biscuits & Gravy
January 29—Pancakes



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
. Additional meals over the first are available for $5.00 each.

Apologies

I don't recall ever having the issue before. Still, due to some technical difficulties and the holidays, we only mailed out a limited number of December newsletters, so I wanted to apologize for that. In the future, if you are in desperate need of one, we usually have a copy available at the Center or on our website.

The following is reprinted from the December newsletter, because many of you probably never had the chance to read it.

AARP Driver Safety Course

I have had three people approach me expressing an interest in the course. The course is designed for older adults who choose to be behind the wheel and cover up-to-date topics, including ;

- Research-based safe driving strategies.
- Information on the effects of medication on driving.
- Preventive measures to reduce driver distractions.
- Proper use of safety belts, airbags, anti-lock brakes, and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- State-specific rules and regulations in 19 key areas, including construction zones, child safety seats, school buses, cellphone use, and more.

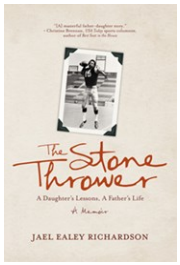
Easy-to-follow format incorporating adult-learning principles. By now, you're probably wondering why I have encouraged folks to take the AARP Driver Safety Course these past few months. To be honest, it is personal. On the way home one Sunday, I was run off the road by a MEMBER who decided to change lanes with-out looking. How do I know they didn't look, because I was right next to them. The person wasn't distracted, just focused on the road in front of them; they didn't even bother to look to their right and simply pulled their car into my lane. Good thing I tend to pay atten-tion to my surroundings, and since driving a truck, lock-ing my brakes wasn't an option; otherwise, the guy in the Toyota behind me would have gotten a taste of Ford metal. I'd almost bet that if I'd been driving a car, I would have sustained some damage, which would have changed things considerably. Don't bother asking who the MEMBER was because there is no sense in embarrassing anyone. Thankfully, it happened to me. When you read about some of these road rage issue, who knows how seriously wrong things could have gone. Instead of sitting home on a cold wintery day, think about coming in for a refresher. Who knows, you might learn something.

Not sure about anyone else, but it seemed this year the holidays came and went so fast. It was as if it were last Saturday, Chrissy and Lynne were decorating the Center for Christmas. Or Esther the Elf Extraordinar was trying to push the members into sugar-induced comas by hawking all those delicious baked goods. Whether it was Esther's persistence, the baked goods, or a combination of both, the bake sale was a huge success. Keep your eyes open for the next one. As long as Jean can pull off a couple more all-nighters, the kitchen crew works their magic, and the volunteers continue pulling through, the next one will be just as memorable.

Now that the hustle and bustle of the holidays are behind us, maybe things will start to return to normal. With the early snowfall we had and arctic cold, I started to think we could be in for a bad winter. That changed when the temperature hit 50 degrees a week later. But it does give me another chance to remind you about inclement weather. We **DO NOT** automatically close when schools close. Ask to be added to our closure notification list. We will also try to have a message on the phone attendant on those iffy days, so when you call, it will inform you of our status.

Finally, the entire team at Frenchtown wants to thank everyone who has made this another banner year. Your senior millage funds have been well spent this year providing nearly 70,000 hours of activities, events, social gatherings, exercise, meals and more. None of this could not have been done without the fantastic group of members we have. So thank you and we are looking forward to another record setting year in 2026.

Beginning the first week in February, John Bocks will again be at the Frenchtown Center for Active Adults volunteering to help with taxes. John will be here helping members avoid an unpleasant visit with Uncle Sam. Please call or come in to schedule an appointment. Make sure you are prepared because you will need to bring any necessary documents at the time of your appointment. This is a FREE service for MEMBERS.



January Book Club

Friday, Jan. 16, 10:00am

The Stone Thrower: a Daughter's Lesson, a Father's Life

By Jael Ealey Richardson

A daughter discovers herself while uncovering her father's legendary past in football. At the age of thirty, Jael Ealey Richardson travelled with her father--former CFL quarterback Chuck Ealey--for the first time to a small town in southern Ohio for his fortieth high school reunion. Knowing very little about her father's past, Richardson was searching for the story behind her father's move from the projects of Portsmouth, Ohio to Canada's professional football league in the early 1970s. At the railroad tracks where her father first learned to throw with stones, Jael begins an unexpected journey into her family's past. In this engaging father-daughter memoir, Richardson records some her father's never-before told stories: his relationship with his absentee father, memories of his high school and college football victories--including a winning record that remains unbroken to this day--and his up-and-down relationship with the woman he would one day marry. As Richardson begins unravelling the story of her father's life, she begins to compare her own childhood growing up in Canada, with her father's US civil rights era upbringing.

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We want to **THANK** our Director Paul Iacoangeli, along with the Board of Directors, for blessing us with another wonderful staff Christmas Dinner. We appreciate your recognition of us. Check out the size of Tom's Carrot Cake.

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Please call and speak to our Admissions Department or stop in for a tour today.

FRENCHTOWN CENTER
Library in Motion will return
Wednesday, January 14, 2026
Please have returns ready by 10:00 a.m.

PHONE: 734-241-5770
EMAIL: *lim@monroe.lib.mi.us*

MONROE COUNTY LIBRARY SYSTEM

TUESDAY FUN NIGHT Meal & Entertainment

Tuesday January 13, 2026

4:30 p.m.—6:30 p.m.

Come Join Us for Some Food and Fun!!!

Members ONLY $1.00

NON-MEMBERS $3.00

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

Yvonne F Acton
Patricia L Adams
William E Austin Sr.
Mark J Baker
Debbie A Barror
John A Bartley
Jean Baumann
Jack W Bennett
Sheri L Bennett
Diane K Bilicic
John W Bocks
Dolores A Boyd
Barbara E Breitenbach
Kathy A Brick
Barton L Burguard
Mary Lou Burke
William E Burkett
Joyce L. Bush
Patricia A Charles
Krysta D Coker
Joyce M Collins
Patricia L Conner
Judy Drumm
Kathleen J Dudley
Robert J Duffey II
Kathy Dykstra
Kurt J Ege
Jerri Eggert
Kim L Faison
Carol A Farmer
Erika Fisher
Rollie M Fisher
Walter Gibala
Judy S Goniea
Pamela A Handegan
Kathy J Heatherly
Terry A Hicks
Sandra L Hinson
Winnard F.
Jack T Hubbell
Peggy E Iott
Kimberly A Jay
Shirley A Jay
Jean Johnson
Denise D Jones
Martin R Kaufman
Ralph J Kirby
Lois J Knegendorf
Tonja L Koenemann
Barb Korka
Kenneth C Kreuchauf
Jeff La Roux
Donna M Langton
Patricia LaRoy
Janet L Latondress
Sue Leibenguth
Susan K Leibold
Tina M Leiter
Brian Lewandowski
Christine A Looney
Charles P Lusher
Rosemary E Maitland
Mark Masserant
Beverly J McCain
Tom E McCammon
Nancy A McDonald
Paul W Merz
Christine M Miloser
Suzette L Morley
Mary A Noble
Anne S Noland
Donna J Novak
Rebecca A Peckham
Mary E Prickett
Theresa M Radu
Kathy M Rose
Theresa Ann Rossi
Dinah J Russo
Sharon K Schiller
Haroldean (Jeri) D Schmitz
Robert Schoonover
Bill Shanteau
Joanne E Spina
Kathleen A Stiefel
Robert D Stiffler
Kevin S Theisen
Joan A Toth
Robert G Trowbridge
Charles T VanBelle
Jim M VanWormer
Ellen M Wannemacher
Eddie R Weaver
Laureen K Wehner
Laurie A Weiss
Theresa V Wheeler
James A Wiegand
Jon D Womack
Cheryl L Wyatt
Nancy Wyatt

THANK YOU AND DONATIONS

Quilt Guild - for their donation to the center

Donations for Adult Day Services in Memory of Kay Engel

Anonymous

Janice Eshenroder

Ann L. Jones

Yvonne M McMillan

Bonnie A Thompson

Donations for Adult Day Services Bake Sale on 12/3

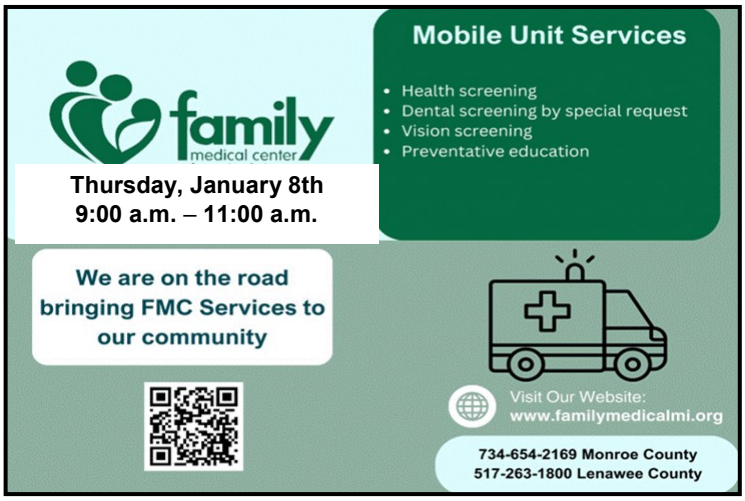
Anonymous	Nancy Adams	Rita & Bill Andrews	Diane Becker
Sue Cupp	Rick Lindsay	Lela Wadlin & Roger Olson	

Esther Schneider - Bake Sale Cashier / Salesperson. She is always a major help!

A BIG thank you to everyone who donated, baked, and purchased our baked goods.
Staff, volunteers, members and guests, THANK YOU SO MUCH! We are so grateful that you chose to support us.

Rest In Peace

Patricia E Bialy
Barbara L Boudrie
Ralph J Cicero Jr
Elizabeth Anne Dickey
Betty Jane Hoffer
William Truman Lay Sr.
Robert “Bob” Paul Wickenheiser



Polly Brown
John Creekmore
Chris Gogolowski
Judy A Greene
Chip G Greene
Kathryn M Hazzard
Donna L Holloman
Winnard F Holloman
Janet Komisarek
Ann Lambert
Luke M. LaRoy
Phyllis Roberts
Kathleen K Wajda
Lyle L Wajda
Marci L Williams
Stephen E Williams

Grand Mackinac Island Trip

OCTOBER 13 - 16

4 days/3 Night Stay at the Grand Hotel

Cost per person

Room Double	$1,380.00
Room Triple	$1,285.00
Room Single	$1,635.00

Deposit required on sign up — $425.00

30 people are required to have the total $425.00 paid by June 12 or the trip will be cancelled

Final Payment Due September 4, 2026

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

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SUPPORT OUR ADVERTISERS!

Frenchtown Center for Active Adults

presents a

Snow Ball Dance

Friday, February 6, 2026

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

Sit-Down Dinner, D.J. Dancing,

Corsages & Boutonnieres.

Tickets $10.00 Members, $15.00 non-members

*** See Lisa for Tickets**

Cut-Off Date: Friday, January 30th

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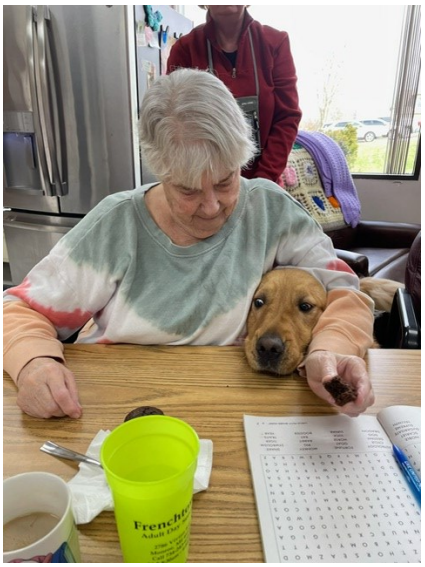
The Adult Day Service Clients *had another wonderful opportunity to shop for their families. This was made possible by our awesome volunteers and members. THANK YOU so much for your time and generosity in donating all the wonderful items.*

Jennifer Brown
Color Class
Gladys Drummond
Loretta Feroni
Maria Gonzalez
The Happy Hookers
Marlene Howe
Judy Karpovich
Mar Ann Kolaz
Becky McFarlane
Dayton McFarlene
Brenda Miller
Margie Stone
Becky Vincent
Ruth Wood

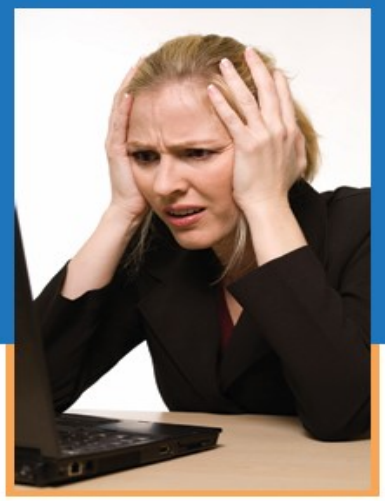
THANK YOU!



AND—A heartful THANK YOU TO:

Mary Goode, Stephanie Suydam, and Cheryl Wassus. These wonderful ladies bring their precious dogs to visit our Clients every week.

when you just want
your computer
to let you get back to work...



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Monday, January 26, 2026, 1pm to 3pm

Please see Lisa to schedule appointment.

BRAIN AEROBICS UPDATE

We are eliminating the twice monthly BRAIN AEROBICS class.
We still want to challenge you to exercise your brain, so in replacement, a page in your monthly newsletter, will be dedicated to brain games, teasers and exercises.

AND, what perfect timing, **January 4, 2026 is National Trivia Day**

National Trivia Day is celebrated annually on January 4th. This day recognizes trivia enthusiasts and encourages activities such as trivia contests, sharing obscure facts, and engaging in quiz nights with friends and family.

What are brain exercises?

A brain exercise is any activity that engages your cognitive skills. Online brain games are popular and offer a wide variety of imaginative exercises designed to challenge your memory, focus and problem-solving skills, but tactile games like bingo and jigsaw puzzles and hobbies like model building also stimulate important types of memory skills. The key is that they must be difficult, but not too difficult.

Exercising the brain helps to improve brain function and boost connectivity between the different areas in the brain. It helps protect the brain from age-related degeneration. Developing brain health habits is a key way to keep your brain healthy. This includes following safety measures and keeping your brain active and engaged. Focusing on your brain health is one of the best things you can do to improve your concentration, focus, memory, and mental agility no matter what age you are. By incorporating brain exercises into your everyday life, you'll get to challenge your mind, sharpen your cognitive skills, and possibly learn something new and enriching, along the way, too.

The Center has many activities that help you do brain exercises and have fun:
Bingo, Book Club, Bridge, Bunco, Card Making Classes, Color Social, Dominoes Mexican Train, Euchre, Left-Right-Center, Mahjong, Painting Programs, Quilting, and Sewing. Along with these, did you know any physical activity and exercise also stimulates your brain. We have **exercises classes everyday of the week.**

And a very fun activity, **PUB TRIVIA, once a month on the 4th Wednesday, from 1:00pm to 2:30pm.** This a fun filled game testing your knowledge at a variety of trivia topics. This is styled after pub trivia where each table is a team and submits one answer sheet for each category. *Maximum 5 people per team. You can come with your own team or join a table when you get here. A small prize is awarded to each member of the winning team and light snacks are served. If you have any questions, contact our Program Coordinator, Lisa Ghigliazza.

Following are two pages of information, fun and exercises to get you brain going.

BRAIN AEROBICS

What are the BENEFITS of Brain Games for Aging Adults

Working at brain-challenging exercises won't reduce your risk of Alzheimer's disease or other kinds of dementia, nor will it reduce progression rates of these diseases, but they do provide significant benefits and can make your life better.

Cognitive exercises for seniors, or brain exercises, are intended to support your higher-level mental abilities. These abilities include things such as:

- Making and recalling memories
- Focusing your attention
- Thinking logically
- Exercising judgment and making decisions
- Solving problems
- Controlling your impulses
- Regulating your emotions

Funny Riddles *(answers in next month's newsletter)*

1. What kind of room has no doors or windows?
2. What do Alexander The Great and Winnie The Pooh have in common?
3. What does a house wear?
4. I'm a murderer, full of fiber. Who I'm?
5. I travel all around the world but never leave the corner. What am I?
6. I have a neck but no head, and I wear a cap. What am I?
7. What can make the octopus laugh?
8. I have a face and two hands but no arms or legs. What am I?
9. I give milk and I have a horn, but I'm not a cow. What am I?
10. Where would you take a sick boat?
11. How far can a dog run into the woods?
12. What is bought by the yard and worn by the foot?

13. What five-letter word typed in all capital letters can be read the same upside down?

I have 6 eggs **14.**
I break 2
I fry 2
I eat 2

How many do I ? have left?

How many words can you make out of the following words?

15. January

16. President

17. A rancher had 500 cows and took one shot that got them all. How did he do it?

18. In Nova Scotia, you cannot take a picture of a man with a wooden leg. Why not?

Tongue Twisters

Betty Botter bought some butter

But she said the butter's bitter

If I put it in my batter, it will make my batter bitter

But a bit of better butter will make my batter better

So 'twas better Betty Botter bought a bit of better butter

5 FOODS LINKED TO **BETTER BRAINPOWER**

GREEN VEGGIES

1. Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

FATTY FISH

2. Fatty fish are abundant sources of omega-3 fatty acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid — the protein that forms damaging clumps in the brains of people with Alzheimer's disease.

BERRIES

3. Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory, research shows.

TEA + COFFEE

4. Coffee and tea might offer more than just a short-term concentration boost. In a recent study, participants with higher caffeine consumption scored better on tests of mental function.

WALNUTS

5. Nuts are excellent sources of protein and healthy fats, and walnuts in particular might also improve memory, according to a study.

Created by: Harvard Health

www.health.harvard.edu

10 Fun Facts

1. You can't see your ears without a mirror.
2. You can't count you hair.
3. You can't breathe through your nose, with you tongue out.
4. You just tried No. 3.
6. When you did No. 3 you realized that it is possible, only you look like a dog.
7. You are smiling right now, because you were fooled.
8. You skipped No. 5.
9. You just checked to see if there is a No. 5
10. Share this with you friends so they can have some fun.

Free Parking

A company owner was asked a question, "How do you motivate your employees to be so punctual?"

He smiled and replied, "It's simple, I have 30 employees and 29 free parking spaces. One is paid parking."

Horse Charm · Follow
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"On my first day as a Walmart greeter, a rude woman walked in with her two kids, yelling at them. I just smiled and said, "Good morning, welcome to Walmart. Nice kids, are they twins?" She snapped, "No! One's 9 and the other's 7. Are you blind or stupid?" I replied, "I am not blind or stupid, just surprised someone slept with you twice." Later, my supervisor told me I might not be the best fit for the job."

Frenchtown Voyagers Travel Meeting
Tuesday, February 17, 2026 at 1:00pm

We cannot accept cash for trips. Checks or money orders only.

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

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

- **Purple Rose—The Classic King, Feb. 5, presented by Bianco Tours.** The cost for this day trip is $158.
- **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.**
- **Florida Gulf Coast, Feb. 21—Mar. 7, presented by Ed & Ted's.** Rates Start at $4,399 per person for double occupancy with a resort view. See flyer for complete rates/rooms.
- **Sensations of the South, Mar. 13-22, 2026, presented by Bianco Tours.** Single $3,641, Double $2,955, Triple $2,721. ***SOLD OUT*** **Taking names for a waitlist.**
- **Menopause The Musical 2, Mar. 15, presented by Bianco Tours.** The cost for this day trip is $154.
- **Purple Rose—Murder on the Links, Apr. 9, presented by Bianco Tours.** The cost for this day trip is $158.
- **Thunder Over Louisville, Apr. 16-19, presented by Ed & Ted's.** Single $1,699, Double $1,399, Triple $1,299.
- **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.
- **New England, May 24—30, presented by Bianco Tours.** Single $2,756, Double $2,312, Triple $2,174.
- **Cape May, Naval Traditions & Heroes, June 14-19, presented by Ed & Ted's.** Single $2,999, Double $2,399, Triple $2,249.
- **Meadowbrook—Always a Bridesmaid, June 17, presented by Bianco Tours.** The cost for this day trip is $137.
- **Detroit Heritage, June 25, presented by Bianco Tours.** The cost for this day trip is $126.
- **The Sounds of Summer, July 5-7, presented by Bianco Tours.** Single $1,022, Double $785, Triple $714.
- **Firekeepers, July 7, presented by Bianco Tours.** The cost for this day trip is $58.

For future trips, Lisa will also be asking for your License Plate Number. This will help us find you in case of a problem with your parked vehicle.

If you are not a member of the Frenchtown Center for Active Adults, we ask that you pre-register with our Office Manger, Christine Pidruzny.

Travel Meeting
Tuesday
December 16, 2026 1:00 p.m.

- **Niagara Falls Getaway, July 14-16, presented by Bianco Tours.** Single $1,357, Double $1,048, Triple $965.
- **Musical Highways of the Midwest, July 19-26, 2026, presented by Mayflower Cruises & Tours.** Single $5,648, Double $4,599. ***Airfare included in price.**
- **Purple Rose—Emma's Wedding(s), July 30, presented by Bianco Tours.** Total cost for this day trip is $158.
- **Canal Days, Aug. 7, presented by Bianco Tours**. The cost for this day trip is $98.
- **Canadian Rockies & Glacier National Park, Aug. 12-18, 2026, presented by Premier World Discovery.** Single $5,799, Double $4,499. ***Airfare included in price.**
- **Saugatuck, Aug. 19, presented by Bianco Tours**. The for this day trip is $167.
- **Lakes, Lucy, Comedy & Cruises, Aug. 20-25, presented by Ed & Ted's.** Single $3,399, Double $2,449, Triple $2,099.
- **Tiger's Road Trip, Sept. 5-6, presented by Bianco Tours.** Single $493, Double $399, Triple $368.
- **Traverse City Fireworks, Sept 10-12, presented by Bianco Tours.** Single $1,119, Double $889, Triple $820.
- **Zehnders, Sept. 15, presented by Bianco Tours.** The cost for this day trip is $130.
- **Iceland Explorer, Sept. 23-30, 2026, presented by Premier World Discovery.** Single $6,049, Double $4,849. ***Airfare included in price.***
- **Lake Placid, Adirondack Mountains & Vermont, Sept. 26-Oct. 3, presented by Ed & Ted's.** Single $3,999, Double $2,999, Triple $2,599.
- **Firekeepers, Oct. 6, presented by Bianco Tours.** The cost for this day trip is $58.
- **Best of Ireland, October 7-19, 2026, presented by Mayflower Cruises & Tours.** Single $7,648, Double $5,649. ***Airfare included in price.**
- **Smokey Mountain Fall Adventure & Dollywood's Pumkin Luminights, Oct. 19-23, presented by Ed & Ted's.** Single $2,199, Double $1,799, Triple $1,649.
- **Rum Runners, Oct. 27, presented by Bianco Tours.** The cost for this day trip is $158.
- **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.**

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Current Resident

The Mobil Health Unit will be here on Thursdays beginning Jan. 8, 2026 @ 9:00 a.m.

FUN NIGHT MEAL & Entertainment—Tuesday, January 9th @ 4:30 p.m.

January Board Meeting—January 15, 2026

Tech Support, Monday, January 26, 2026

Snow Ball Dance, Friday, February 6, 2026

Travel Meeting, Tuesday, February 17, 2026

ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING

To view the newsletter on line, go to: https://www.frenchtownsenior.com/newsletter.html

The Center is open the Friday after Christmas and the Friday after New Years