



for Active Adults

2786 VIVIAN ROAD

MONROE, MI 48162

Phone: 734-243-6210

CENTER HOURS:

Monday through Friday

8:30 a.m. - 4:00 p.m.



March 2026

Thank You
**For Renewing Your
Membership!**

*Our team's success is built
on the hard work and
dedication of each and
every member. Thank you
for your contributions.*



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Snow Ball 2026.
Wonderful Event





FRENCHTOWN CENTER LINK

2786 Vivian Road, Monroe, MI 48162

Phone: (734) 243-6210

e-mail: seniors@frenchtownsenior.com

2026 BOARD OF DIRECTORS

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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.

Mon	Tue	Wed	Thu	Fri
2 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Chicks w/Sticks	3 8:00 Cardio Drumming 9:00 Bridge 9:00 Cardio Drumming 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 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	5 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 1:00 8-Ball Partners 1:00 LCR 1:00 Enhanced Exer w/Jackie	6 9:00 Mahjong 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
9 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	10 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	11 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	12 8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Bridge 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:00 Quilter's Guild 1:00 8-Ball Partners 1:00 LCR 1:00 Enhanced Exer w/Jackie	13 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
16 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Chicks w/Sticks 10:00 Chair Yoga 11:00 Balance & Stability 9:00 Monroe Sewing Group	17 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	18 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	19 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 Card Making 1:00 8-Ball Partners 1:00 LCR 1:00 Enhanced Exer w/Jackie	20 9:00 Mahjong 10:00 Book Club 10:00 Walk Fit 12:15 Watercolor Class 1:00 \$5.00 Bingo 
23 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Chicks w/Sticks 10:00 Chair Yoga 11:00 Balance & Stability	24 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 Game Night	25 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:30 Paint w/Friends 12:00 9-Ball League 1:00 Happy Hookers 1:00 Pub Trivia	26 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	27 9:00 Monroe Quilt Guild All Day Sew 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo
30 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Chicks w/Sticks 10:00 Chair Yoga 11:00 Balance & Stability	31 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	March 8th Daylight Saving Time 		March 2026



**** The Direct Line to place a lunch order is 734-636-9477 ** March 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
2 Chicken Stir Fry over Rice	3 Mac & Cheese w/Sliced Sausage & Baked Beans	4 Turkey Sandwich w/Side	5 Pork Chop w/ Potato & Vegetable	6 Egg Salad Sandwich w/Chips
9 Italian Sub w/ Side	10 Loaded Nacho's	11 Michigan Cherry Salad	12 2 Hot Dogs w/ Chips	13 Tuna & Noodles w/a side of peas
16 Cheeseburger	17 Baked Chicken Legs w/Side	18 Betty Salad	19 Hamburger Philly w/Side	20 Seafood Salad Hoagie
23 Sloppy Joe	24 Taco Salad	25 Loaded Potato w/Side Salad	26 K-Mart Sub	27 Fettuccine Alfredo
30 Sweetie Sour Chicken over Rice	31 Spaghetti			

Please call before 1:00 p.m. the day before you want a lunch. No Changes from in to out or out to in the day of excluding necessary cancellations and emergencies.

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 per single phone message. 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.

March 5th Skillet
 March 12th French Toast
 March 19th Quiche
 March 26th Biscuits & Gravy



Please call 734-636-9477 by 1:00 p.m. the day before to order lunch.
 Carry out available for pick-up @ 11:30a.m.
Dining in available Monday—Friday 12:00 Noon
Please Call by 1:00 p.m. Friday for the following Monday
 Additional meals over the first are available for \$5.00 each.



Activities

While the team is extremely excited to see all the growth we have experienced in the past few years, it has also meant many new members participating in the activities, so I figured this is a good time to share some new things for some and reminders for others.

Regarding activity cancellations and unexpected closures, we maintain a list of unexpected or inclement-weather closures. If either occurs, an automated voice message will be sent to anyone on the list. To receive this automated message, you must be on the list. To date, 145 of our 1300 members are on that list. We will also have a message on our phone system during questionable events, letting callers know whether the Center is open or closed. So feel free to call before you come.

For canceled activities, there is a different process. In the event of a cancellation or an instructor's request for a special notice, a message is sent to anyone who has participated in that activity during the past two weeks. There isn't a specific cancellation notice for each activity, but a general message will be sent if time allows. This is intended to prevent unnecessary calls to people who no longer participate.

Because some people come to participate in activities to improve their health, visit with friends, or sit, relax, and catch their breath, everyone should show some respect. This means keeping yourself in check; this isn't the place for angry, loud, vulgar language. Everyone has a bad day occasionally, and if you happen to have one, do yourself a favor and leave, or better yet, don't come that day. I know you wouldn't appreciate it, and I don't enjoy doing it, but if I have to ask you to leave, it might include the words, "and please don't come back."

Last month, I mentioned that if you had ideas about new activities, and coincidentally, our partner from Geri-Fit reached out to introduce a new 30-minute program called Geri-Flex®. If this is something you might be interested in leading or would like additional information about the activity, come see me.

Car Show(s)

We have an opportunity to really shake up our July 11th Car Show. Using the park, the ball diamond, and hopefully the Township parking lot, along with local musical talent and the Center, I have applied for a grant to turn it into the "Heart and Horsepower" Festival. Plans are to extend the hours, with car registration starting at 10 am and the festival running until 5 pm. In addition to the cars and music, we hope to have an assortment of local artists and crafters giving them a chance to "hawk their wares". The preliminary plan calls for getting a portable sound stage and using the park pavilion. Much of what will happen depends on the construction phase of the water tower in the park. This will be a free event with family activities. Our kitchen will have food available for purchase, all proceeds will support our Adult Day Service program.



Since the grant committee won't make its announcement until March, we need to start letting local musical artists know about the tentative plan. If you know any local artists, have them contact me or share their contact info. July will be here before we know it. Remember, these plans are tentative and will only proceed if we secure the grant, so stay tuned and check the website or follow us on Facebook for the latest information.

While we are still in the early stages of planning, we also hope to host a trunk-or-treat event in October. If anyone is interested in creating a spooky room for the kids, let me know.

Parking

Every once in a while the 101 parking spaces are filled because of people on a bus trip, people in activities, and people arriving for activities. When this happens you have a couple of options park in the Township parking lot and walk over or patiently wait until a spot opens. Spaces typically open on the hour. Sorry but there isn't many other options.

Frenchtown Center for Active Adults

 **Happy**
St. Patrick's Day!





March Book Club

Friday, March 20, 10:00am

The Things They Carried

By Tim O'Brien

A classic work of American literature that has not stopped changing minds and lives since it burst onto the literary scene, *The Things They Carried* is a ground-breaking work of Vietnam War fiction and a meditation on war, memory, imagination, and the redemptive power of storytelling.

In this landmark collection of stories, *The Things They Carried* depicts the men of Alpha Company: Jimmy Cross, Henry Dobbins, Rat Kiley, Mitchell Sanders, Norman Bowker, Kiowa, and the character Tim O'Brien, who has survived his tour in Vietnam to become a father and writer at the age of forty-three. Taught everywhere—from high school classrooms to graduate seminars in creative writing—it has become required reading for any American and continues to challenge readers in their perceptions of fact and fiction, war and peace, courage and fear and longing.

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Frenchtown Center for Active Adults

Jiggs Dinner

Saturday, March 14, 2026

12:00pm—3:00pm

DOORS OPEN @ 11:30 A.M.

Tickets:

\$10.00 Member

\$17.50 Non-Member

***Please signup before Friday, March 6, 2026**

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



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15-0719

FRENCHTOWN CENTER
Library in Motion will return
Wednesday, March 11, 2026
Please have returns ready by 10:00 a.m.
PHONE: 734-241-5770
EMAIL: lim@monroe.lib.mi.us



Let's have
FUN!

**TUESDAY
FUN NIGHT
Meal &
Entertainment**



**Tuesday March 10, 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**

Mary Ann Fowler

Chicks w/Stix Tournament Winner

The Chix with Stix pool players have a fun time playing pool together on **Mondays from 10:00am to 12:00pm**. Even if you have never played or are a little rusty, we will teach you how to play. We have pool sticks for you to use. Why not make a day of it and stay for lunch? (Sign up in advance for lunch, by 1:00pm the day before)



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

Michael G Adams	Elaine A Culverhouse
Floyd W Adkins	John P Daly
Kenneth W Assell	Thomas F Davis
Nancy A Bartus	William K Facey
Gaylord E Bayer	Roxie Ann Ferguson
Carolyn L Bergmooser	Glenda L Frederick
Herlinda M Bies	James J Frederick, Jr.
Jim J Bieszki	Phyllis Gillispie
Mable E Bodoh	Jack Gomez
Peggy Brow	Jerry J Goniea
Helen L Brown	Shirley C Gonzalez
Jim P Calkins	Dianne L Goodman
Karl J Close	Ken A Grachek
Dorothy Conger	Lois J Graham-Bocks
James D Conroy	Ray Hamilton
Linda M Cooley	David Hammar
Julia B Copi	Jesse D Hatfield
Connie J Cousino	Phoebe Heller
Diane M Cousino	Larry A Hemry
Shirley A Cox	Susan L Iott-Garrison
	Linda S Jaskot

Hedwig B Kaufman
Betty S Knapp
Eleanor F Krasko
Shirlene K Krauss
Diane M LeBrun
Robert Lucas
Linda C Marietta
Vicky L Mayer
Mary Ann I McBee
Robert L McCain, Jr.
Dayton C McFarlane
Marvin McKibben
Susan M Miller
Rick J Moore
Mary E Munson
Linda S Nelson
David M Newborn
David O Nunez
Fritz C Peterson
Dawn M Peterson
Mike S Richardson
Cathy A Roberts



Charlotte A Roberts
Marianne J Romanchak
Zachary J Rumschlag
Anne G Schwab
Sheryl L Sieb
Marlyn A Smith
Jeffrey B Spaulding
Betty A Uhl
Kathy L Vallade
Lyle L Wajda
Shirley A Washburn
Patricia A West
Helen M Wetzel
Steve E Williams
Dawn L Witmer
Kraig A Yoas



THANK YOU AND DONATIONS

Jerri Campbell and Judy Byerley—Canvases for Painting Class

Rose Harris— Serving Utensils

Donna Holloman and Patty Privett donated items for various prizes and bingo

Beth Duvendack, donation In **Memory of Aldo Gerbi**

Anonymous Donations

Center and Day Care Volunteers

Snow Ball Volunteers and Workers

Paulette Abdullah, Life Line Health, for sponsoring the Tech support

"WE WANT TO EXPRESS OUR
HEARTFELT GRATITUDE FOR YOUR
GENEROUS DONATION. YOUR
SUPPORT INSPIRES US TO DO MORE
AND BE BETTER."



Mark Your Calendars Bake Sale to benefit the Adult Day Services Program

Wednesday, April 1, 2026

Please bring your bake goods on Monday March 30th and Tuesday, March 31st. If you don't bake, we will be accepting cash or check donations. We truly appreciate your support and donations of the Adult Day Services Program. **A HUGE Thank You in advance!!!**



The Adult Day Services Program:

Do you know someone who takes care of an elderly adult who has been diagnosed with Alzheimer's or Dementia..... We can help them!! Let them know about our program. We provide respite care for caregivers who need a break from care giving.

**Rest In Peace
Aldo Victor Gerbi**



**Thursday, March 5th
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:
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Susan M Dirkes
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John T Haynes
Kathleen Hedden
Leah M Horn
Dave Kenneth
Jaskot
Robert Lucas

David M Newborn
Chester S Panza Jr,
Susan Pickering
Sandra K Pierce
Nelson W Priest
Nancy L Ronzello
Barb Rumschlag
Zachary J Rumschlag
Beth A Rupp
Sandra W Russell
Steven A Russell
Barclay F Stewart
Clayton G Wanca
Jean M Wloszek
Edward J Wloszek Jr.



GAME TIME

Tuesday, March 24, 2026

4:30 p.m.—6:30 p.m.

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

Cards—Board Games—Dice

Water and Coffee will be provided. Pop \$0.50 can.

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



Have Fun



GAME NIGHT



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Frenchtown Center for Active Adults 15-0719



Snow
Ball
Dance



Last Quarter of 2025 Mahjong
WINNERS

1st Place **Diane Lamb** with 15 wins

2nd Place **Janet Sottile** with 10 wins

CONGRATULATIONS

If there is a need to **cancel** an activity **unexpectedly**, a group message will be sent to the members whom have been in the class the last **2 consecutive weeks**.



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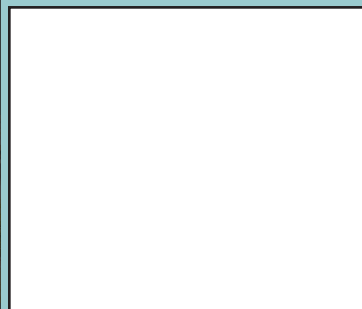
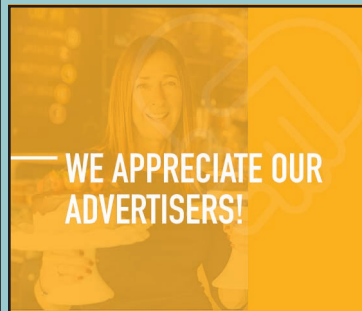
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Monroe Center for Active Adults

15-0719



Mar 8

Forward 1 hour

[Daylight Saving Time](#) (DST) is used to save energy and make better use of daylight. It was first used in 1908 in Thunder Bay, Canada.

[Benjamin Franklin](#) proposed a form of daylight time in 1784. Writing as an anonymous "subscriber", his [tongue-in-cheek](#) essay^[5] "An Economical Project for Diminishing the Cost of Light", written to the editor of *The Journal of Paris*, observed that Parisians could save on candles by getting out of bed earlier in the morning, making use of the natural morning light instead. By his calculations, the total savings by the citizens of Paris would be the approximate equivalent of \$200 million today.^[5] Franklin's suggestion seems to have been more of a joke than a real proposal, and nothing came of it.^[6]

George Hudson: Suggested in 1895 to align clocks with daylight hours.

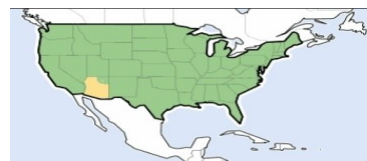
- William Willett: Advocated in 1907 for moving clocks forward in summer.
- Germany: Became first country to implement DST in 1916 during World War 1.
- United States: Reintroduced DST.
- United States: Reintroduced DST under President Franklin D. Roosevelt in 1942.
- United States; Standardized DST with the Uniform Time Act of 1966.
- United States: Modified DST period with the Energy Policy Act of 2005.



SPRING FORWARD



The [Ohio Clock](#) in the US Capitol being turned forward for the country's first daylight saving time on March 31, 1918, by the [Senate sergeant at arms](#), Charles Higgins.



DST ■
ST ■

Easter Basket Raffle

Tickets \$1.00 OR 6 FOR \$5.00

Proceeds Benefit the Center.

Drawing Wednesday, April 1, 12:00pm.

6 Baskets—6 Chances



2025 Winner

We are looking for item donations to fill it up. We will be starting it off with some special items from the Center and donations from members that we received early. Get your \$1.00 tickets for 6 chances to win lots of goodies and more.

We appreciate your support and dedication!!



2025 Winner

March Brain Exercises

St. Patrick's Day word scramble

IIRHS_____	LDOG_____
OABIRWN_____	KAPCIRT_____
ADIELRN_____	NEEPHEARCU_____
MHSOKCRA_____	HRCMA_____
YKLCU_____	ENRAGE_____
BACBAEG_____	ORLECV_____
NETESENEV_____	
TISNA_____	
ARDEAP_____	
ACDNE_____	



1. Why don't you iron four-leaf clovers?
2. What do you call a fake Irish stone?
3. Why did the leprechaun go outside?
4. How do you know if an Irishman is having a good time?
5. Why can't you borrow money from a leprechaun?
6. What did the overgrown plant say on St. Patrick's Day?
7. Who was Cinderella's date on St. Patrick's Day?
8. How do you pay for your green beer on St. Patrick's Day? .

May the wind at your back
not be the result
of the corned beef and cabbage
you had for lunch.



March Riddles Part 1

1. George, Helen, and Steve are drinking coffee. Bert, Karen, and Dave are drinking Pepsi. Following this pattern, is Elizabeth drinking coffee or soda?
2. Two girls were born to the same mother, on the same day, at the same time, in the same month, and in the same year—but they're not twins. How is this possible
3. I am easy to lift but hard to throw. What am I?
4. Why did the leprechaun say no to a bowl of soup?
5. What does the leprechaun order at a coffee shop?



February's BRAIN AEROBICS ANSWERS

February Themed Riddles Answers

1. What month has 28 days? **Every Month.**
2. What do snowmen eat for breakfast? **Ice Krispies.**
3. Why is February so short? **Because it skips a little fun.**
4. What do you call a snowman in February? **A puddle.**
5. What do you give a cat for Valentine's? **A purr-fect gift.**
6. What did one Valentine say to the other? **You make my heart skip a beat.**
7. What's red, sweet, and loved by everyone? **Candy hearts!**
8. What do you call two birds in love in February? **Tweethearts!**
9. What's February's favorite color? **Red and pink!**
10. Why did the calendar go to school? **To improve it's dates.**

What am I?

1. I am often whispered and felt from the heart, during February I take center stage as an art. **Love**
2. Sweet and rich, a velvety delight, given to sweethearts to make their day bright. **Chocolate.**

3. In winter's month, I pose a hint, a sport event of major stint. **Super Bowl.**

4. A birth flower I am, simple and fair, with petals white in cold winter's air. **Snowdrop.**

5. Historical recognition throughout the month we do give, remembering the achievements that help us all live. **Black History Month.**

6. I am a full day, of flipping, not for weight, but for a treat sweet and great. **Pancake.**

7. An event that's not winter, not summer – but 'tween, a carnival of masks and colors are seen. **Mardi Gras**

8. I am a full day, of flipping, not for weight, but for a treat sweet and great. **Pancakes**

9. An event that's not winter, not summer – but 'tween, a carnival of masks and colors are seen. **Mardi Gras**

Five Foods That Support Mental Health

Mental health is shaped by many factors, including sleep, movement, stress, and social connection. Research shows that what you eat can also play a meaningful role in how you feel, since the brain relies on a steady supply of nutrients to support mood, focus, and stress response.

When certain nutrients are in short supply, it can become harder for the brain to regulate emotions and manage everyday stress. Over time, this can influence energy levels, emotional balance, and overall well-being.

Pumpkin Seeds are one of the best plant-based sources of magnesium, and studies have linked adequate magnesium intake with lower levels of stress and [anxiety](#). Magnesium plays a role in nervous system function and helps regulate the body's stress response.

Magnesium-rich foods include chia and flaxseeds, black beans,

cooked spinach, and almonds.

Chia Seeds are rich in plant-based omega-3 fatty acids, which support brain health and help regulate inflammation. Research suggests that higher [omega-3 intake](#) is associated with improvements in mood and may help reduce symptoms of depression and anxiety. Chia seeds are easy to work into everyday meals, from smoothies and oatmeal to yogurt or salads. Other sources of omega-3s include flaxseeds, walnuts, and fatty fish such as salmon or sardines.

Lentils provide several B vitamins, including folate, which support brain function, energy production, and nervous system health. Studies have found that diets rich in B vitamins are linked to lower rates of anxiety and depression. Because lentils are also high in fiber and plant-based protein, they can help support steady energy levels, which may indirectly benefit mood and focus.

Cashews are one of the strongest plant-based sources of zinc, a

FOODS TO SUPPORT MENTAL HEALTH

Feed your brain key nutrients to support mood, stress response, and overall mental well-being.



Pumpkin Seeds



Chia Seeds



Lentils



Cashews



Spinach

mineral involved in brain signaling and immune function. Research has found connections between adequate zinc intake and lower levels of anxiety.

Spinach provides both magnesium and B vitamins, nutrients that play important roles in brain and nervous system function. Studies have linked higher intakes of [leafy greens](#) with better cognitive and mental health, especially as people age. Spinach works well as a base for salads, blended into smoothies, or added to soups and grain dishes.

SOURCE: [Five Foods That Support Mental Health - Healthy Monday](#)

February's Riddle Answer

The River Crossing Puzzle (Wolf, Goat and Cabbage Problem)

A farmer is heading home with a wolf, a goat and a cabbage that he purchased at the local market. He comes to a river crossing and has to rent a boat to get across. The problem is, this boat is only big enough to hold himself and a single purchase. If left unattended: The goat would eat the cabbage or the wolf would eat the goat. The farmer must be in the boat to guide it across.

So, how does the farmer get all three items and himself safely across the river?



ANSWER

The farmer starts by taking the goat across before returning to grab the cabbage. Once the cabbage is brought to the other side, he'll take the goat back with him to ensure the goat does not eat the cabbage. He will leave the goat back on the original side of the river while he takes the wolf across. Since the wolf can be safely left with the cabbage, he can then easily go back one more time to grab the goat, bring it to the other side, and get home with all three intact.

NOT EVERYONE CAN READ THIS

Fi yuo cna raed tihs, yuo hvae a
stornng mnid.

Sdtueis swohs taht popele wth
an ineigtlience

Iveel aobve namrol cna raed
wrods whtiout hvaing

teh ltteers in teh crocret oedrr.

In fcat, olny teh fsrit adn teh lsat
letetrs nedes to be

in pclae, tehn yuor brian wlil
tkae crae of teh rset.

If yuo can raed tihs, shrae it.

I PASSED THE
BAR
but then
I WENT BACK

March Riddles Part 2

1. Without a bridle or a saddle, across a thing, I ride a-straddle. And those I ride, by help of me, though almost blind, are made to see. What am I?
3. If you have me, you want to share me. If you share me, you don't have me. What am I?
4. David's father has three sons: Snap, Crackle, and _____?
5. A is the brother of B. B is the brother of C. C is the father of D. So how is D related to A?
6. A butcher stands six feet and one inch tall and wears size 12 shoes. What does he weigh?

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

- Ferry Boat Ride to the Island
- Full Breakfast each morning at the Grand
- Four-Course dinner each night
- Champagne Reception
- Nightly Dancing
- Grand Hotel History Lecture
- Carriage Tour

- Horse Drawn Taxi to and from the Grand Hotel
- Discounts on Bike Rentals & Golf
- Writing Contest
- Professional Tour Manager
- Luggage handling, taxes & gratuities
- Motorcoach Transportation
- Tournaments games

Name: _____

Address: _____

Telephone: _____

Roommate Name: _____

Please send insurance forms: Yes ☐ No ☐

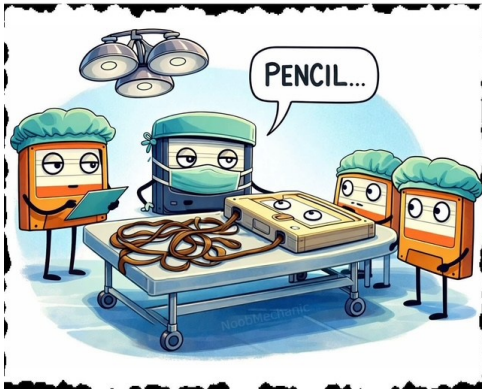
I do not want insurance Yes ☐ No ☐

License Plate Number if leaving a Vehicle in the parking lot _____

Special Needs: _____

2786 Vivian Rd.—Monroe, MI 48162—734-243-6210 or seniors@frenchtownsenior.com

Only like 5 people will get this... but still totally worth it 🤔



Greatest Tattoo ever



The next time your wife gets angry, drape a towel over her shoulders (like a cape) and say, "now you're SUPER ANGRY!"

Maybe she'll laugh.

Maybe you'll die.



Laugh often.

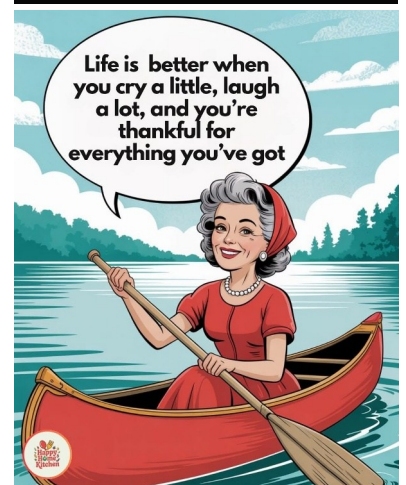
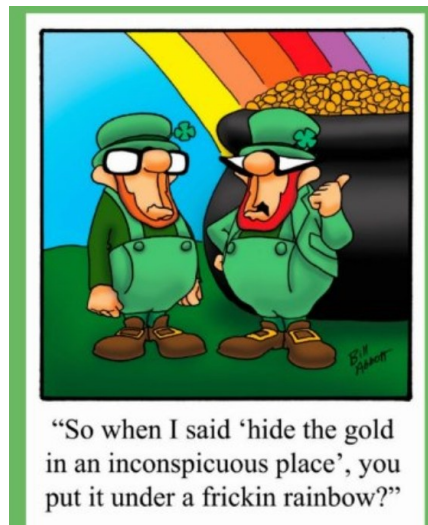
You put your left leg in, your back goes out, you're creaking and cramping and you've got a dose of gout... You twist and shout and a little wee comes out... That's what aging is all about!



I actually saw a leprechaun once. After enough green beer, you see all kinds of stuff.



I DON'T ALWAYS GO THE EXTRA MILE, BUT WHEN I DO IT'S BECAUSE I MISSED MY EXIT.



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

- ◆ **Menopause The Musical 2, Mar. 15, presented by Bianco Tours.** The cost for this day trip is \$154. ***SOLD OUT*** Taking names for waitlist.
- ◆ **Michigan Central Station, Mar. 26, presented by Bianco Tours.** the cost for this day trip is \$107.
- ◆ **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.
- ◆ **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.
- ◆ **Ann Arbor Adventure, June 9, presented by Bianco Tours.** The cost of this day trip is \$138.
- ◆ **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.
- ◆ **Thunder Bay, June 23-24, presented by Bianco Tours.** Single \$633, Double \$571, Triple \$551.
- ◆ **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.
- ◆ **Detroit Princess, July 9, presented by Bianco Tours.** The cost for this day trip is \$124.
- ◆ **Niagara Falls Getaway, July 14-16, presented by Bianco Tours.** Single \$1,357, Double \$1,048, Triple \$965.
- ◆ **Purple Rose—Emma's Wedding(s), July 30, presented by Bianco Tours.** The cost for this day trip is \$158.

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

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.

Travel Meeting
Tuesday
April 21 @ 1:00 p.m.

- ◆ **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 cost 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.***
- ◆ **Ohio Wine Tour, Sept. 24, presented by Bianco Tours.** The cost for this day trip is \$138.
- ◆ **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.
- ◆ **Edsel & Eleanor Ford House, Nov. 18, presented by Bianco Tours.** The cost for this day trip is \$111.
- ◆ **A Christmas to Remember, Nov 29-Dec 3, presented by Bianco Tours.** \$1,760, Double \$1,457, Trip \$1,429.
- ◆ **San Antonio Holiday, Dec. 3-7, 2026, presented by Premier World Discovery.** Single \$3,625, Double \$2,875. ***Airfare included in price.***
- ◆ **A Grand Hollanday Christmas, Dec 9-10, presented by Bianco Tours.** Single \$351, Double \$290, \$270.
- ◆ **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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Commission on Aging



Current Resident

Balance & Stability CANCELLED March 2nd & March 25th

Walk Fit CANCELLED March 3rd

Chair Yoga CANCELLED March 2 and March 25th

The Mobile Health Unit Thursdays—March 5, 2026 @ 9:00 a.m.

FUN NIGHT MEAL & Entertainment—Tuesday, March 10th @ 4:30 p.m.

Jiggs Dinner—Saturday, March 14, 2026

March Board Meeting—March 19, 2026

Game Time—Tuesday, March 24, 2026 4:30 p.m.—6:30 p.m.

ADS Bake Sale, Wednesday, April 1, 2026

Easter Basket Raffle Drawing Wednesday, April 1, 12:00pm.

Travel Meeting, Tuesday, April 21, 2026



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