



FRENCHTOWN CENTER FOR ACTIVE ADULTS

2786 VIVIAN ROAD
MONROE, MI 48162
Phone: 734-243-6210
Fax: 734-243-5761
CENTER HOURS:
Monday through Friday
8:30 a.m. - 4:00 p.m.

AUGUST 2022



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POOL LEAGUE NEWS

Are you ready to shoot some Pool??!!

Nine Ball starts on Wednesday,
September 7, 2021 @ 10:00 a.m.

Eight Ball starts on Thursday,
September 8, 2021 @ 1:00 p.m.

Please let Pat Daly, league secretary, know ahead so he can make up a schedule. He also needs to know whether you will be playing 8 Ball or 9 Ball or both.

You can contact or leave a message for Pat Daly at 734 587 3022. See page 11 for more details.

**ALL NEW
PLAYERS ARE
WELCOME TO
JOIN.**





FRENCHTOWN CENTER LINK

2786 Vivian Road, Monroe, MI 48162

Phone: (734) 243-6210 Fax: (734) 243-5761

e-mail: seniors@frenchtownsenior.com

Website: www.frenchtownsenior.com

2022 BOARD OF DIRECTORS

Floreine Mentel—Chairman
Larry Vanwasshenova—Vice Chairman
Thomas Peckham—Treasurer
Darla Myers—Secretary
Jean Guyor
Daniel Lee Hartong
Jon Moore
Charles Mushung—Member at Large
Lance Slatton
James Smith
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 \$22.00 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 PM. Call Kitchen at 734-636-9477

FRENCHTOWN CENTER PERSONNEL/PHONE EXT

Paul Iacoangeli—Executive Director/ Ext 9
Lisa Cooley—Program Coordinator/ Ext 2
Kathleen McBee—Accountant/ Ext 5
Christine Pidruzny—Office Manager / Ext 4
Patricia Smith—Administrative Assistant / Ext 8

Kitchen Staff

Kim Maracle—Head Cook/ Ext 6
Michelle Jones—Assistant Cook

DADC Staff

Jean Siemik—Program Director/ Ext 7
Paula Szabo, C.N.A.—Adult Day Staff
Nancy Jones—Adult Day Staff
Alexis Kennedy—Adult Day Staff

www.frenchtownsenior.com

Activities & Services for Monroe County Older Adults at Frenchtown Center

- Bingo
- Blood Pressure Checks (3rd Thursday)
- Bocce Ball
- Bridge
- Bunco
- Caregivers Support Group
- Card Parties
- Cardio Drumming
- Craft Classes
- Dinner Dances
- Euchre
- Enhanced Exercise
- Fund Raising
- Golf Outings
- Hand & Foot
- Health Screening
- Knitting & Crocheting Classes
- Legal Services
- Line Dancing
- Men’s Pool League
- Newsletter
- Nine Ball Pool League
- Noon Lunches
- Notary Services
- Quilting
- Ping Pong
- Tuesday Fun Night (2nd Tuesday)
- Thursday Breakfast
- Travel (Frenchtown Voyagers)
- Water Color Class
- Workshops

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.

This institution is an equal opportunity provider.



Mon	Tue	Wed	Thu	Fri
1 9:00 Thrift Shop 9:00 Enhanced Exercise 11:00—1:00 Quilting	2 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social 1:00 Travel Meeting	3 9:00 Enhanced Exercise 9:30 Euchre 12:30 Paint w/Friends 1:00 Happy Hookers	4 8:30 Breakfast 9:00 Bridge 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Line Dancing	5 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
8 9:00 Enhanced Exercise 10:00 Library In Motion 11:00—1:00 Quilting	9 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social 4:30 Fun Night (Meal & Entertainment)	10 9:00 Enhanced Exercise 9:30 Euchre 12:30 Paint w/Friends 1:00 Happy Hookers	11 8:30 Breakfast 9:00 Bridge 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Caregiver Mtg 1:00 Line Dancing	12 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
15 9:00 Enhanced Exercise 11:00—1:00 Quilting	16 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social	17 9:00 Enhanced Exercise 9:30 Euchre 12:30 Paint w/Friends 12:00 RSVP 1:00 Happy Hookers	18 8:30 Breakfast 9:00 Cardio Drumming 10:00 Ping Pong 10:00 Board Mtg 11:00 Blood Pressure Check 12:30 LCR 1:00 Card Making Class 1:00 Line Dancing	19 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
22 9:00 Enhanced Exercise 11:00—1:00 Quilting 12/Noon—PICNIC	23 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social	24 9:00 Enhanced Exercise 9:30 Euchre 2:30 Paint w/Friends 1:00 Happy Hookers	25 8:30 Breakfast 9:00 Bridge 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Caregiver Mtg. 1:00 Line Dancing	26 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
29 9:00 Enhanced Exercise 11:00—1:00 Quilting	30 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social	31 9:00 Enhanced Exercise 9:30 Euchre 12:30 Paint w/Friends 1:00 Happy Hookers		



The kitchen staff would greatly appreciate it if when you telephone and leave a message to order lunch, PLEASE indicate whether you want a carry out or if you will be dining in. THANK YOU!!



August 2022 Menu
Choose your August Birthday Lunch from this month's menu items until we can resume our Birthday Celebration

Mon	Tue	Wed	Thu	Fri
1 Ultimate Nacho	2 Sweet & Sour Meatballs over rice	3 Chicken & Biscuits	4 Mostaccioli w/side salad	5 Egg Salad Sandwich w/side
8 Chef Salad	9 Hamburger Stroganoff w/ peas	10 Hard Taco's	11 Chicken Alfredo	12 Pulled Pork Sandwich w/Side
15 Greek Salad	16 Chicken Salad Sandwich w/Fruit	17 Betty Salad	18 Grilled Cheese w/Tomato Soup	19 Lemon Pepper Cod w/Rice
22 Cheeseburger	23 Turkey Platter	24 K-Mart Sub	25 Taco Salad	26 Chili Dogs w/Chips
29 Grilled Chicken w/ peppers & onions plus Side	30 Hot Pork Platter w/Mashed Potatoes	31 Sloppy Joe w/Side		All Menu Items subject to change without given notice

Breakfast Menu—Served 8:30 AM—9:30 AM

Please Call at least the Day Before to Reserve your Seat for Breakfast

- August 4 Waffle
- August 11 Biscuit & Gravy
- August 18 Ham, Mushroom, Cheese Omelet
- August 25 Skillet



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

Carry out available for pick-up 11:30am—12:30pm

****Dining in available Monday—Friday 12:00—1:00 PM****

Please Try and Call by 1:00 pm Friday for the following Monday

****To receive the member 60 or better price of \$3.00, you will need your scan card. Staff needs this for funding purposes. Without a scan card, you will need to pay \$5.00 regardless of your age. Additional meals over two are available for \$5.00 each (see Directors Corner pg.





Hard to believe I am already writing for the August Newsletter. It seems like I just finished my article for June. Wait a minute. It probably seems hard to believe only because today is July 1st and I am already writing my article for August. That's what is hard to believe. Typically, I will jot down a few notes during the month, and when I eventually sit down, I review the list and write the article. Today was different, and usually, my day doesn't start off with a member apologizing for me listening to a concern they brought to my attention. This person is one of a handful that will, most folks, blow things off, so the issue never is resolved. Please remember that part of our responsibilities here is to listen to our members, so don't ever feel a need to apologize for sharing something with us.

You are probably wondering what prompted the apology. Like any other close-knit organization, word spreads; believe it or not, some of it is true. For the past several week's staff has noticed an increase in the use of our consumables: plastic cups, creamers, sugars, and even toilet paper. Staff isn't the only ones that have noticed. Members have pointed out various indulgences. We have had to move or remove things to minimize the urge to take more than folks need. Another tipoff has been the thoughtful signs asking people to take only what you need. Part of it could be our fault since everyone's needs are different, but my thinking is if you are having a coffee, this means typically; a 10 oz foam cup, a few sugars, cream, and a stirring stick. Unless you were making coffee like my Zia Chiara did when I was five, then a handy full of sugar packs and a hand full of creamer seems excessive. Well, this prompted a like-minded member who witnessed this indulgence and decided to bring this apparent excessive use of condiments to the suspected offenders' attention. Some words were exchanged, and it may have become a little uncomfortable for those in the immediate area.

Afterward, a few observers pointed out to this like-minded member that they should not have gotten involved, that it was none of their business. To put it in perspective, it was less vocal than some of the religious or political discussions that have occurred here in the past. The problem is that unless staff or I witness someone doing something wrong, it is difficult to bring it to a person's attention without it becoming he said she said confrontation. Most folks understand that each of us needs to cooperate and help us control costs, or the cost will rise for everyone. While we don't necessarily encourage a diplomatic approach towards another member in a quest to control your cost, it is nothing to apologize for if you do. Please, for everyone's sake, let's keep things civil, and if you need help, please do not hesitate to ask any of the staff, including me.

On a much pleasanter note, look at the number of new members we signed up for this month. More members mean more possibilities of staff having to stop taking lunch reservations due to the demand outpacing oven space or staff. With that in mind, you may want to look at the lunch menu and sign up a little earlier than you usually would. If you sign up early, make sure you come or call and cancel if you can't; otherwise, we will expect payment if we can't sell your forgotten lunch.

We still have space available for our Mackinaw/Grand Hotel experience. This yearly trip is sponsored by the Michigan Parks and Recreation department and, of course, the Grand Hotel. A \$425.00 deposit is due when you sign up, and the balance due in September. It is a beautiful time to be in the Northern part of our State, sit on the world's longest porch and enjoy the straights of Mackinaw.

Enjoy the rest of your summer, and don't forget to sign up for the Potluck on August 22.

A handwritten signature in blue ink, appearing to read "Pat Smith".

**Picnic / Potluck
August 22, 2022
12:00 NOON**

Hamburgers, Hotdogs, Salad, Baked Beans provided. Bring a dish to pass.



► There is a sign-up sheet in the lobby. Please sign up and indicate the dish you will be bringing. ◀



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Music entertainment by



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4-D-5-5



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FRENCHTOWN CENTER

Library in Motion will return

Monday, August 8, 2022

Please have returns ready by 10:00 am

PHONE: 734-241-5770

EMAIL: lim@monroe.lib.mi.us



Monroe County Fair 2022

August 1—August 6, 2021

We will be at the Beer Booth from
1:00 – 6:00 on Thursday, August 4.



Stop by for a refreshing
beer and support our
Adult Day Care
Program.

TUESDAY FUN NIGHT

Meal &

Entertainment

2nd Tuesday

(August 9th)

Each Month

4:30 p.m.—6:30 p.m.

Come Join Us for Some

Food and Fun!!!

Members ONLY

\$1.00

NON-MEMBERS

\$3.00



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Downtown Monroe

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15-0719

WELCOME NEW MEMBERS !!!!!

LIFETIME—Duane H. LeBrun

Nancy K Abb
James J Bieszki
Michele E. Bieszki
Kathleen Breininger
Dale H Brose
Jean M Brose
Jessica Lynn Burt
Dian M Carmichael
Lori Lee Caswell
James D Conroy
James E. Coppedge
Lawrence E Dailing
Susan Elizabeth Dawn
Shelley A DeLano

Carol A Gawlinski
Andrea K Gere
Lisa A Ghigliazza
Carolyn Hall
Cleola Hinton
Veronica R Hinton
Elicia M. Hodson
Brenda C Hopkins
Frances A Ingels
Cynthia Jackson
Laurie J Kawalski
Annie Kaye
Irene M Kelly
Frankie Kerkenbush

Andrea Labo
Diane M LeBrun
Mary M Livernois
Paul J Livernois
John Lotter
Donald J Marchese
Jeanette M Mlynek
Phyllis L Moosdorf
Denise M Moran
Diane J Moran
Kristina A Pelz
Debbie M Penkin
Pete G Penkin
Daniel W Perham

Joseph C Peters
Mary Peters
Nancy S Redmon
Doreen M Richards
Jayme A Richards
Jerome J Richards
Linda S Salcido
Cheryl L Shepherdson
Mark R Smith
Rose M Smith
Alice C Villarreal
Denna Webb
Diane K Wechter
LeAnne S Wessel
Lori A West



**Choose your August
Birthday Lunch from this month's menu items (Page 4)**

Mildred L. Anderson
Christy L Arnold
Debra M Ash
Ralph C Bach
Willard James Ball
Asa Bara
Bill O Beaubien
Marlene P Beck
Tracy Blakeman
Elaine M. Boudrie
Lonnie Brunswick
Sharon A Burger
H Burkett
Jessica Burt
Douglas J Calender
Robert W Cooley
Susan E Dawn
Susan E Dawn
Luciel Doyle
Judith M Drake
Fred Drotar
Patricia A Drummonds

Donna L Dushane
William C Dushane
Hal E Eighmey
Joyce E Fox
Marilyn Franzel
Sally L Gaw
William E Groulx
Philip M Harrigan
Darlene Ann Haut
Crystal A Heft
Dwight D Heilman
MaryAnn Hess
Daniel M Hicks
Cleola Hinton
Amy C Horsfall
Gloria J Idukas
Karen A Issa
JoAnn Jackson
Judith D Janiszewski
Robert L Jeffers
Michelle Jondro
Doris Kavanagh

Phyllis A Keck
Mary R Kohler
Susan J Kull
Andrea Labo
Margaret Lajiness
Debbie L Lentz
Rick R Lindsay
Earl L Lindsey
Donald L Lingar
Ella F Lowe
Frank Lowe
Anna Maiden
Mary Manor
Patricia L Marshall
Robert L McDonald
Patricia J McPhail
Sue Messer
Allen F Mieden
Wanda Miller
Beverly A Mitchell
Charlotte M Morris
Mary H Murphy

Elaine B Mushung
Laurel L Nadeau
Wayne M Navarre
Cindy S Nolan
Barbara A Nunez
Kathryn A. Olson
John Parker
Julie A Parks
Virginia F Patterson
Janet K Pearsall
Debbie M Penkin
Daniel W Perham
Charlotte D Prater
Patricia K Privett
John Procy
Madonna E Reaume
Howard A Roberts
Joan T Rugila
Joanna Russ
Linda S Salcido
Rita Sanders
Kathleen A Sass

Patricia Schassberger
June L Scheich
Charles S Scheick
Patricia L Smith
James K Spas
Joyce L St. Bernard
Dawn Staten
Ronald A Szuch
Gale G Taylor
Susan F Trondson
Joann T Trouten
Jackie Tucker
Brenda Joyce Turnbull
Alan D VanWashenova
Rhonda Volker
Barbara Weber
John E Welber
George T White
Nancy J Wortinger
Dennis Yates
Mary A Zagorski

Federal Law Enforcement Agencies Warn of Impersonation Scam Involving Credentials and Badges

June 7, 2022 • By *Rebecca Rose, Press Officer for the Office of Inspector General*

New reports show that scammers are reviving an old tactic to gain your trust. Scammers are emailing and texting pictures of real and doctored law enforcement credentials and badges in an attempt to 'prove' they are legitimate to scam people out of money. Scammers may change the picture or use a different name, agency, or badge number, but the basic scam is the same.

Federal law enforcement agencies are warning the public to be skeptical of emails and text messages claiming to be from a government or law enforcement agency. No one in federal law enforcement will send photographs of credentials or badges to demand any kind of payment, and neither will government employees.

The following agencies joined forces to issue this scam alert:

- Social Security Administration Office of the Inspector General (OIG).
- Department of Labor OIG.
- National Aeronautics and Space Administration OIG.
- Pandemic Response Accountability Committee.
- Federal Bureau of Investigation (FBI).



How a Government Imposter Scam Works

These scams primarily use a telephone to contact you. Scammers may also use email, text message, social media, or U.S. mail. Scammers **pretend** to be from an agency or organization you know to gain your trust. Scammers say there is a **problem** or a **prize**. Scammers **pressure** you to act immediately. Scammers tell you to **pay** in a specific way.

Tips to Protect Yourself

1. **Do not take immediate action.** If you receive a communication that causes a strong emotional response, take a deep breath. Hang up or ignore the message. Talk to someone you trust.
2. **Do not transfer your money! Do not buy that gift card!** Never pay someone who insists that you pay with a gift card, prepaid debit card, Internet currency or cryptocurrency, wire transfer, money transfer, or by mailing cash. Scammers use these forms of payment because they are hard to trace.

Be skeptical. If you think a real law enforcement officer is trying to reach you, call your local law enforcement using a non-emergency number to verify. Do not believe scammers who "transfer" your call to an official or who give you a number as proof. Scammers can create fake numbers and identities. Do not trust your caller ID.

1. **Be cautious** of any contact claiming to be from a government agency or law enforcement telling you about a problem you don't recognize. Do not provide your personal information, even if the caller has some of your information.
2. **Do not click on links or attachments.** Block unwanted calls and text messages.

For more information on scams, visit the [FTC Scams](#) page to read about common scams.

If You Are a Victim

1. Stop talking to the scammer. Notify financial institutions and protect accounts. Contact local law enforcement and file a police report. File a complaint with the [FBI Internet Crime Complaint Center \(IC3\)](#) and on the [FTC website](#).
2. Keep financial transaction information and the record of all communications with the scammer.
3. Please share this information with friends and family – and post it on social media.



We are happy to offer the following training classes for you presented by:

Area Agency on Aging 1-B

Tuesday, August 16, 2022 1:00 PM

Basic Dementia

This course will cover the different forms of dementia and give a clear description of beginning, middle and end stages. Information includes addressing repetitive behaviors, appropriate activities, and changes in communication that will help not only our patient, but the often, stressed, caregiver.

Our Sympathy and Support are with the family and friends of our member who recently passed away.



Frances Margaret Harnishfeger
Rose Martha Terrasi-Kolakowski
Geraldine Bernice Scholl
Jean Marie Wellhousen

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Men's 8 and 9 Ball 2022-2023 Season



Welcome back to the new season of our 8 and 9 ball leagues. Congratulations to Mark Brancheau for winning the 2021-2022 Eight Ball league.

New lights and shades have been purchased and installed on the four tables. Donations will be accepted to help cover the cost. Dues will remain the same as last years.

Our leagues will start after Labor Day. Nine Ball on September 7th and Eight Ball on September 8th. At 1:00 pm.



Welcome back all past player and welcome to the new players.

Fred Gartner, President
Pat Daly, Secretary/Treasurer

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15-0719



NATIONAL SENIOR CITIZENS DAY

On August 21st, 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.



According to the 2017 census, 47 million seniors live in the United States. By 2060, that number will nearly double. Their wealth of knowledge, skill, and experience offer so much to the next generation. As technologies advance, these are the people who've experienced each step of change. Not only have they contributed to it, but they understand first hand the benefits and the drawbacks. They know life without the advancements that exist today.

By the time you're eighty years old you've learned everything. You only have to remember it. ~ *George Burns*

Our senior citizens are pioneers of science, medicine, psychology, civil rights and so much more. Their valuable contributions to our communities create better places to live. They deserve the respect and dignity their achievements earn them.

The day encourages supporting senior citizens to live their lives to the fullest and as independently as possible.

NATIONAL SENIOR CITIZENS DAY HISTORY

On August 19, 1988, President Ronald Reagan signed Proclamation 5847 declaring August 21st as National Senior Citizens Day.

Senior Citizen FAQ

Q. What age is a senior citizen?

A. The answer varies. Different parts of the U.S. Government even list the age differently. Medicare age-based benefits kick in at the age of 65. However, to collect Social Security, eligibility begins for seniors at age 62.

Q. Do senior citizens receive discounts?

A. Many stores, restaurants, and services offer discounts to senior citizens. Each location may define a senior citizen by different ages, so it's important to check first before expecting a discount.

Q. Do most senior citizens retire at age 65?

A. A growing number of senior citizens are continuing to work beyond the age of 65. According to Pew Research, more Baby Boomers are working beyond retirement than the previous generation. However, more senior citizens still choose to fully retire at the age of 65.

To Celebrate
Join us for A
Picnic / Potluck
August 22, 2022
12:00 NOON
Hamburgers, Hotdogs,
Salad, Baked Beans
provided. Bring a dish to
pass.
See Page 6 for details

Grand Hotel/Mackinac Island Trip

4days/3 Night stay Grand Hotel

Cost per person	
Room Double	\$1,097.00
Room Triple	\$1,097.00
Room Single	\$1,397.00



Make Checks payable to:
 Frenchtown Center for Active Adults

Deposit required on
 sign up — \$200.00
 Additional \$425.00 due by June 8
 30 people need to pay \$425.00 or the trip will be cancelled

The mParks Grand Experience—
 Accommodations at Grand Hotel (include
 baggage handling, taxes and gratuities),
 special champagne reception, nightly
 dancing with Grand Hotel Orchestra.

For more Details Call Lisa @ 734-243-6217

- Ferry Boat Ride to the Island
- Full Breakfast each morning
- Four-Course dinner each night
- Champagne Reception
- Nightly Dancing
- Grand Hotel History Lecture
- Carriage Tour
- Tournaments games
- Horse Drawn Taxi to and from the Grand Hotel
- Discounts on Bike Rentals & Golf
- Writing Contest
- Evening Entertainment
- Professional Tour Manager
- Luggage handling, taxes & gratuities
- Motorcoach Transportation

October 18—21, 2022

Name: _____

Address: _____

Telephone: _____

Roommate Name: _____

Please send insurance forms: Yes No

I do not want insurance Yes No

Special Needs: _____

2786 Vivian Rd.—Monroe, MI 48162—734-243-6210—Fax 734-243-5761

COVID UPDATE

While it may not be a requirement we have chosen to provide a courtesy notice when we discover one of our guest has tested positive for COVID. We will only notify those who have been in close contact with the individual following CDC regulations.

Below is the **WHEN TO STAY HOME** chart from the CDC and found at <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#>

<p>IF YOU Were exposed to COVID-19 and are NOT up to date on COVID-19 vaccinations</p>	<p>Quarantine for at least 5 days</p> <p>Stay home Stay home and quarantine for at least 5 full days.</p> <p>Wear a well-fitting mask if you must be around others in your home.</p> <p>Do not travel.</p> <p>Get tested Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</p>	<p>After quarantine</p> <p>Watch for symptoms Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p>Avoid travel It is best to avoid travel until a full 10 days after you last had close contact with someone with COVID-19.</p> <p>If you develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitting mask around others.</p>	<p>Take precautions until day 10</p> <p>Wear a well-fitting mask Wear a well-fitting mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.</p> <p>If you must travel during days 6-10, take precautions.</p> <p>Avoid being around people who are more likely to get very sick from COVID-19.</p>
<p>IF YOU Were exposed to COVID-19 and are up to date on COVID-19 vaccinations</p>	<p>No quarantine You do not need to stay home unless you develop symptoms.</p> <p>Get tested Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</p>	<p>Watch for symptoms Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p>If you develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitting mask around others.</p>	<p>Take precautions until day 10</p> <p>Wear a well-fitting mask Wear a well-fitting mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.</p> <p>Take precautions if traveling</p> <p>Avoid being around people who are more likely to get very sick from COVID-19.</p>

Some Trivia Fun

NEW—watch for more trivia in future newsletters and a chance to win a complimentary lunch.



1. How many seconds do you have in a year?
2. If five peacocks lay ten eggs in 2 days, how many peacocks will lay 100 eggs in 24 days?
3. How many oranges can you put in an empty container?
4. When you add two letters, the five-letter word becomes shorter. What is that?
5. A farmer had 20 cows. Due to a contagious disease, all cows except 11 died suddenly. How many cows does he have now?



5. Answer: 11 cows – ALL but 11 cows died – 11 cows survived.

4. Answer: Short

3. Answer: A single orange – If you put an orange, it will not be an empty container.

2. Answer: Peacocks don't lay eggs. Peahens do.

1. Answer: 12 seconds – January 2, February 2, March 2, etc.



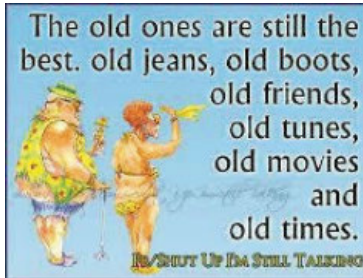
HELP WANTED

Building Attendant/Kitchen Aide

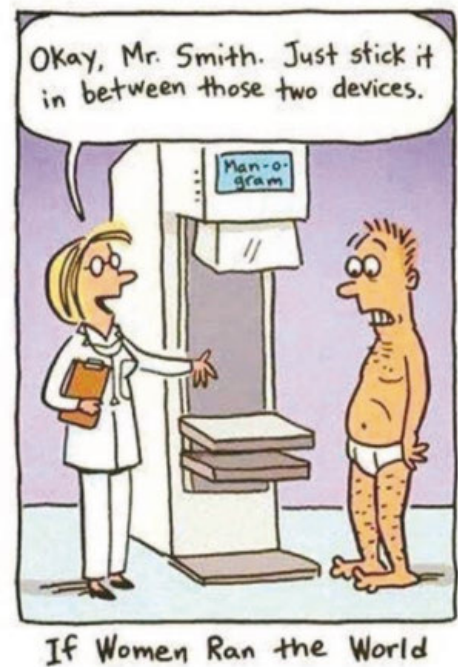
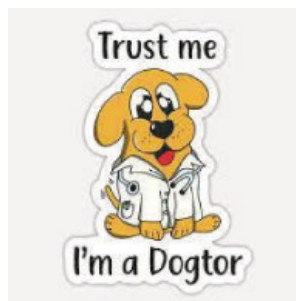
We are looking for a self-motivated individual to work independently and alongside the kitchen staff. The job may not be glamorous but can be fun and rewarding. Employment can be full-time or part-time. I am willing to work with anyone concerning hours. Tasks include; sweeping and mopping floors, washing pots, pans and dishes, setting up tables and chairs, taking down tables and putting away chairs, making refreshments, and helping with Friday bingo. The person needs dependable transportation and works well with our more mature population. If interested, call or stop in and see Paul. For more information, visit our website, frenchtownsenior.com/job-opportunities.html

'Laughter IS the Best Medicine.'

Most people are at the age where they are using their phones to document the good times in their lives. I'm at the age where I use my phone to take pictures of labels that I can't read and use my phone to enlarge the print so that I can read it.



“One of the shortest wills ever written: ‘Being of sound mind, I spent all the money.’ — Arthur Bland”



My 3 year old daughter asked: "Where does poo come from?"
To make it simple, I said: "You just had breakfast?"
"Yes", she replied.
"Well, the food goes in your mouth down into your tummy. Our body takes all the good stuff it needs out of the food and then what's left goes down to your bottom and when you go to the toilet that comes out as poo."
She looked confused and stared at me in stunned silence for a few seconds.
Then she asked: "And Tigger?"





Travel—For upcoming trips, flyer, and more information can be found at www.frenchtownsenior.com/travel.html or to make your reservations, please stop by the Center, Monday—Thursday 8:30 am—4:00 pm and Friday 8:30 am—Noon. If you have any concerns or questions, contact Lisa Cooley at 734-243-6210. PLEASE REMEMBER: STAFF IS UNAVAILABLE FOR TRAVEL QUESTIONS ON FRIDAYS FROM NOON—4:00PM. All payments must be done at the Center.



Responsibility Clause: The Frenchtown Center for Active Adults acts as agent for the various companies whose accommodations are made available and assumes no responsibility for liability in connection with the service of any train, vessel, aircraft or other conveyance. Neither will Frenchtown Center for Active Adults be responsible for any act, error or omission, or for any other injury, loss, accident, delay or irregularity which may be occasioned by reason or any defect, in any vehicle or through neglect or default of any company.

Frenchtown Voyagers Travel Meeting

August 7, 2022

You can find the latest travel information on our Website, FaceBook page and in the newsletter. www.frenchtownsenior.com.
Contact Lisa Cooley (734)-243-6217

***** 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. *****



We can not accept cash for trips.
Checks or money orders only.

PLEASE REMEMBER: Lisa IS UNAVAILABLE FOR TRAVEL QUESTIONS ON FRIDAYS FROM NOON—4:00PM. She is happy to answer all of your questions on Monday—Thursday 8:30am—4:00pm, and Fridays 8:30am—Noon.

- ◆ **Amish Country, October 28-29, 2022**—presented by Custom Holidays \$369 pp dbl \$359 pp triple \$349 pp Quad. “The Mouse Trap” in the Round Barn Theatre, Amish Buffet Dinner, Olympia Candy Kitchen, Soap Making Tour, 3 included meals and more adventure.
- ◆ **Best of the Amalfi Coast & Rome**, November 1-8, 2022—presented by Adventura World from \$3,549 Air & Land 8 days, 6 nights including hotels, meals, day trips, and airfare from Detroit, Michigan.
- ◆ **Southern Charms**, November 5-12, 2022—presented by Custom Holidays, \$1,883 pp dbl, \$1,749 pp trp, \$2,512 single. Trolley Tour of Savannah, Riverboat Dinner, St. Simons Island, Charleston Tour, and more plus 12 meals, 7 Breakfast, 1 lunch and 4 Dinners.
- ◆ **Hallmark Christmas Town**, November 20-21, 2022—presented by Bianco \$390 pp dbl Includes 1 Breakfast, 1 Lunch 7 ! Dinner. Das Dutch Village, Las Vegas Live! Christmas Revue, Firestone Park Joy of Christmas Holiday Lights Display, Arms Family Museum and more.
- ◆ **Firekeepers, November 29, 2022**—presented by Bianco, \$41.00 Includes \$20 slot credit and \$5 to be used for food, slot play or gift shop.
- ◆ **Nite Lights at MIS**, December 14, 2022—presented by Bianco Round Trip Transportation, Jerry’s Pub (included lunch) Buffet consisting of Chicken Kabob, Lake Perch, Half Slab of Roasted Baby Back Ribs. MIS holiday display of 65 different themes, 250 Foot lighted tunnel.
- ◆ **Still Dreaming of a White Christmas, December 14, 2022**—presented by Custom Holidays. \$112 A Cornwell’s original! A sister act, tow dashing song and dance men, and a whole lot of Christmas Cheer. Cornwell’s Turkeyville—Fresh carved turkey, mashed potatoes, dressing, gravy, vegetable, casserole, rolls, dessert.
- ◆ **A Smoky Mountain Christmas, Nov. 28-Dec. 2, 2022**—presented by Ed & Ted’s \$1,299 pp dbl A five-time awards winner of America’s Best Christmas Event, Dollywood’s Smoky Mountain Christmas Festival. Dinner at Five Oaks Farm Kitchen, Free time for shopping & lunch on your own, Dolly Parton’s Stampede Dinner & Show. 8 meals—4 dinners & 4 Breakfast.



Frenchtown Center Link

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A Monthly Publication



Commission on Aging



Current Resident

NEWS TO NOTE:

- ◆ **Travel Meeting—Tuesday, August 2, 2022 @ 1:00 PM**
- ◆ **Library will be here on Monday August 8, 2022 @ 10:00 AM**
- ◆ **FUN NIGHT MEAL & Entertainment—Tuesday, August 9, 2022 @ 4:30 PM *Members \$1.00 / NON-MEMBERS \$3.00***
- ◆ **Board Meeting—Thursday, August 18 @ 10:00 am**
- ◆ **Picnic/Potluck—Monday, August 22 at 12:00 Noon**
- ◆ **Pool Leagues return September 7 & 8, 2022. See page 11 for more info.**
- ◆ **NEW—Trivia page 15.....watch for more trivia in future newsletters and a chance to win a complimentary lunch.**

ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING