



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.

DECEMBER 2022



In This Issue:

Board of Directors / Staff	2
December Activities	3
December Lunch Menu	4
Director's Corner	5
New Ad and United Way	6
Tuesday Fun Night	7
Library in Motion	7
Trivia Update and Progressive/Party Bridge	7
New Members	8
Birthdays	8
Pictures from Halloween and Mackinaw	9
Christmas Movie Fun Facts	10
A Christmas Carol	11
Art Show and Tuesday Fun Meal	12
Geri-Fit Exercise Program	13
Wheelbarrow of Cheer Tickets	14
New Years Eve Party	14
Members 60th Wedding Anniversary	15
Ugly Sweater Party	15
A Little Humor	16
Travel Adventures	17—19
Dates to Remember	20



Come Join Us and Have Some Fun





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

Thomas Peckham—Treasurer
Darla Myers—Secretary
Dianne Beaudrie
Jean Guyor
Daniel Lee Hartong
Mary Ann Mack
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
Kathleen McBee—Accountant/ Ext 5
Christine Pidruzny—Office Manager / Ext 4
Patricia Smith—Administrative Assistant / Ext 8
Ronald Benore—Building Attendant

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

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

www.frenchtownsenior.com






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
 	<h2>December Activities</h2> 		1 ART SHOW 8:30 Breakfast 9:00 Bridge 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Caregiver Mtg 1:00 Eight Ball	2 ART SHOW 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
5 ART SHOW 9:00 Enhanced Exercise 11:00—1:00 Quilting	6 ART SHOW 9:00 Party Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social 1:00 PM Travel Meeting	7 ART SHOW 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball 12:30 Paint w/ Friends 1:00 Happy Hookers	8 ART SHOW 8:30 Breakfast 9:00 Party Bridge 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Eight Ball	9 ART SHOW 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
12 ART SHOW 9:00 Enhanced Exercise 10:00 Library In Motion 11:00—1:00 Quilting	13 ART SHOW 9:00 Party Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social 4:30 Fun Night (Meal & Entertainment)	14 ART SHOW 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball 12:30 Paint w/ Friends 1:00 Happy Hookers	15 ART SHOW 8:30 Breakfast 9:00 Party Bridge 9:00 Cardio Drumming 10:00 Ping Pong 10:00 Board Mtg 11:00 IHM Blood Pressure Checks 12:30 LCR 1:00 Card Making Class 1:00 Caregiver Mtg. 1:00 Eight Ball	16 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 \$5.00 Bingo
19 9:00 Enhanced Exercise 11:00—1:00 Quilting	20 9:00 Cardio Drumming 9:00 Party Bridge 12:00 RSVP 12:30 Bunco 12:30 Color Social	21 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball 2:30 Paint w/Friends 1:00 Happy Hookers	22 8:30 Breakfast 9:00 Cardio Drumming 9:00 Party Bridge 10:00 Ping Pong 12:30 LCR 1:00 Eight Ball	23  <p style="text-align: center;">CENTER CLOSED</p>
26 CENTER CLOSED FOR THE HOLIDAY <p style="text-align: center;">CENTER CLOSED</p>	27 9:00 Cardio Drumming 9:00 Party Bridge 12:30 Bunco 12:30 Color Social	28 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball 2:30 Paint w/Friends 1:00 Happy Hookers	29 8:30 Breakfast 9:00 Party Bridge 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Eight Ball	30  <p style="text-align: center;">CENTER CLOSED</p>



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!!**



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

Mon	Tue	Wed	Thu	Fri
			1. Sweet & Sour Chicken Meatballs over Rice	2. Sloppy Joe w/ baked beans & chips
5. Ham w/side & veggie	6. Ground Chicken meatloaf w/ mashed potato & veggie	7. Lasagna	8. Beef Taco's w/chips & Salsa	9. Fish Fingers w/Fries & Coleslaw
12. Porkloin w/side & veggie	13. Beef Stroganoff w/pea's	14. Betty Salad	15. Homemade Chicken Patty w/mashed potatoes gravy & veggie	16. Vegetable Stir Fry over Rice
19. Sheppard's Pie	20. Scalloped Potatoes w/diced ham & veggie	21. Chicken Salad on Croissant w/side	22. Mostaccioli w/side	23. CENTER CLOSED
26. CLOSED FOR THE HOLIDAY CENTER CLOSED	27. Chicken & Biscuits	28. Taco Salad	29. Miniature Pigs in Blanket w/Mac & Cheese & Baked Beans	30. CENTER CLOSED

Breakfast Menu—Served 8:30 AM—9:30 AM

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

- December 1 Egg, Meat, Potato and Toast
- December 8 Breakfast Sandwich
- December 15 Biscuit & Gravy
- December 22 French Toast
- December 29 SOS



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 Call by 1:00 pm Friday for the following Monday

Carry Out lunches for those members 60 and better will remain at \$3.00. Members less than 60 will pay \$4.00 to help offset the raising cost of foam containers. \$5.00 for non members regardless of age. **Additional meals over two are available for \$5.00 each.** Dine in for members is still \$3.00.



I was abruptly reminded today that old man winter is breathing down our necks. Hard to believe the first days of the week were in the 70s, and today it snowed most of the day. Well, as I like to say, welcome to Michigan. But the snow prompts me to remind everyone of our closure policy. Whatever you do, don't focus on school closures, if you prefer to use it as a guide as to whether you want to travel, great, but it doesn't necessarily mean the Center is closed. For the past several years, we have used the Monroe County Road Commission Medium Level Advisory as the determining factor for closing, and this will continue. In addition to the local news channels, you can request to be added to our automated notification system or subscribe to the Monroe County Alert Notification System. As a last resort, you can always call the Center to double-check. No matter what, on those snowy wintery days, drive safely.

Veterans Day is always special but this November 11 was made a little more special with the kindness shown by Linda Salisbury. Linda made the day for the vets of the Center by giving each of them a crafted creation in honor of their day. The reaction of some of them is difficult to express but that little bit of appreciation went a long way in making their day with us even that much better. So, thanks Linda for brightening their day.

Speaking of brightening someone's day, it is that time of the year when the hookers gather up their needlecrafts and visit local area organizations and provide them some gifts. Even though the hookers have been doing this for a number of years it still surprises me when someone is unfamiliar with the group. Once again it was driven home during a conversation I was having with a sales rep from a local vendor. It seems this younger man and one of our hookers were in the same meeting together. During small talk the young man asked what she did, those of you who know anyone of the group won't be surprised that she proudly professed she was a "hooker". A little stunned the young man said "Oh" at which she replied, "I am quite good at it". Not wanting to offend, the young man said "I bet you are". Of course, she couldn't let it go telling the young man she would be happy to teach him, the subject of family man, wife, teaching her as well, all ran together. After a good laugh and many shades of red she explained what a "hooker" is and what they did. So, when he visited me his first words were "so this is the home of the hookers." He was hoping when he came we would have the giving trees decorated but it was just a little to early.

Other groups have been working on projects to brighten folks day, whether it for those in need, a caregiver or participant, or something unique to take home and make themselves feel good. We are fortunate to have a multitude of talent in the building who enjoy doing things for others. Thank goodness for this because without the help of the volunteers we have many things that would not get done or we would be severely limited on what we could offer.

Christmas will be here in a blink of an eye, time to celebrate with family and friends, make those once-in-a-year Christmas cookies, and for many, a time to celebrate their faith-based beliefs. Of course, the kids expect a visit from the jolly old man in the red suit, riding in the big sleigh, guided by no other than Rudolf. It is a time for giving, and as I mentioned before, giving means more than receiving to a number of people. I want everyone to remember that we observe a strict no-gift acceptance policy. I have the utmost confidence staff will remind you if you offer them a gift, but please don't. It puts them in an awkward, and because they don't want to hurt your feelings, a difficult position to say no. Enjoy the holidays, be safe. Merry Christmas and Happy New Year!

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



**Frenchtown Center
For Active Adults**

Dementia Adult Day Care

Mon-Fri 8am-4pm hourly or daily

The Help You Need... Close To Home

Support & Respite for CAREGIVERS
Care & Socialization for LOVED ONES

2786 Vivian Rd., Monroe
734.243.6210
frenchtownsenior.com

Above is our new ad campaign in the Town Money Saver

And a reminder that the United Way campaign has started. United Way is another sponsor of the Dementia Adult Day Care Program

Join us in a new way to **LIVE UNITED**[®]

JOIN US IN A NEW WAY TO LIVE UNITED

SUPPORT OUR CAMPAIGN

GIVE TODAY FOR YOUR COMMUNITY

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UNITED WAY OF MONROE / LENA WEE COUNTIES

THIS SPACE IS AVAILABLE



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one hospice patient
at a time.**

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PROMEDICA HOSPICE

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Allore Chapel - (734) 241-5225
Celebrate the life & Cherish the memories.

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careers@4lpi.com or
www.4lpi.com/careers

FRENCHTOWN CENTER

Library in Motion will return
Monday, December 12, 2022
Please have returns ready by 10:00 am
PHONE: 734-241-5770
EMAIL: lim@monroe.lib.mi.us



November Trivia Answers

Pat has been under the weather for the past several days so the Trivia portion of the newsletter has taken a break for December. Look for the November Trivia Answers and Winner in the January 2023 edition.

Progressive/Party Bridge starts November 29, at 9:30



During the hiatus of duplicate bridge we will be trying Progressive/Party Bridge. If you like to play bridge, but do not have a partner, maybe this will work for you. Tables will be determined based on how many show up. Table assignments will be made once people arrive. Plans call to start on Tuesday, November 29 at 9:00am. Continuation will depend on the level of interest/participation. If you have questions, feel free to call Charlotte Frary, 404-860-8430.



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Mullins Elder Law PLLC

Call **Tina M. Mullins, Atty**
Downtown Monroe

Medicaid / Eligibility / Planning / Application,
Wills and Trust, Guardianship and Conservatorship
(734) 244-5457



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15-0719

WELCOME NEW MEMBERS !!!!!

Marilyn K Brooks	Janis Layne
Richard E Brooks	Pat MacDougall
Helen Cole	Reanna MacDougall
Christina Cvengros	Alex Manoulian
David L Dawn	Margaret Mathewson
Mary Dolores Gagne	Robert A Neun
Christine M Gross	Jeanna M Pierce
Richard H Gross	Jackie M Steinman
William J Etchill	Ruth A Swauger
Ed Feldman	Bonita B Wheeler
	Jerome R Wheeler

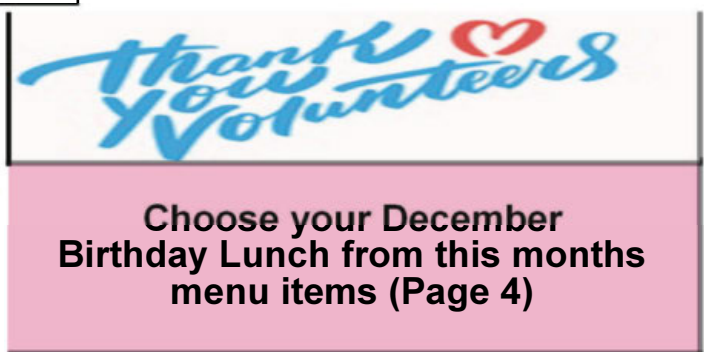


Donations

Blocks Stand and Greenhouse
Lake Erie Hexenbrut



Linda Austin	Barbara Denman
William Austin Jr.	Susan Denman
William Barton	Deborah Dennis
Lucille Beck	Linda Dudler
Martha Bell	Sandra Duncan
Cheryl Bellestri	Julie Ellison
William "Bill" Bender	Joseph Emerick
Mary Blohm	Susan Emerick
Betsy Bradley	Dennis Farley
Mary Brancheau	William Fehse
Kathy Brancheau	Lana Finley
Lois Breeding	Barbara Flower
Henry Breitenbach	Cory Fogle
Ellen Brockway	Linda Fox
Karen Burns	Lucia Furnari
Judy Byerley	Mary Dolores Gagne
Carol Calender	Patricia Gillenkirk
Edith "Jerrie" Campbell	Andrea Gorman
Louise Carnes	Elgie Grabitz
Jolene Caudill	Carol Hartong
Sharon Cawood	Joseph Hess
Roger Cole	Joe Hess
Wanda Cole	Margaret Hoffman
Joyce Collins	Kimberly Hogan
Carol Copi	Sherri Iacoangeli
Mary Costello	Paul Iacoangeli



Stanley Jarczewski	Lora Roberts
Janet Johnson	Lindsey Saloiye
Jay Jondro	Elizabeth Samsel
John Kanya	Irene Savage
Jack Katz	Rosemary Schaub
Alice Knighten	Joyce Schultz
Clifford Loop	
Troy Maiden	Elliana Rose Shuk-
Shirley McAllister	Marjorie Sieb
Donald McCardle	Janice Simmons
Becky McFarlane	Deborah Smith
Mary Merz	Peggy Smith
Ron Montri	James Smith
Charles Mushung	Robert Soncrant
Larry Olson	Raymond "Ray" Starll
Linda Parriet	Jackie Steinman
Charles Penrod	Rosemary Sutton
Chrissy Pidruzny	Cheryl Taylor
Sylvia Pollack	Carol Thompson
Judith Primpas	Patti Toth
Michael Reinbolt	Jane VanBelle
Joann Rhodes	Nancy Williams
Roger Ringel	Suzan Williams





Thank you all for making the Halloween Party a HUGE success.

Costume contest Winners—Tie

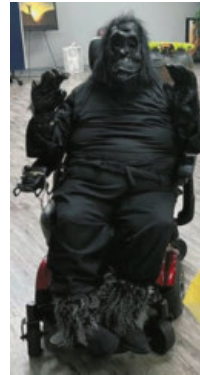
Pumpkin Painting Contest

- 1st - Ellen L. Brockway
- 2nd - Gladys L Drummonds
- 3rd - Bonnie M Hoppert

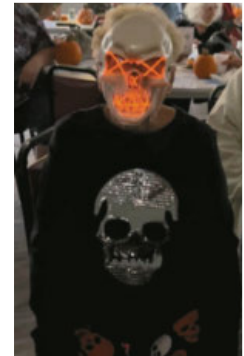
A Huge Thank You to Blocks Greenhouse for all the Pumpkins



AND Lake Erie Hexenbrut for the AWESOME Entertainment



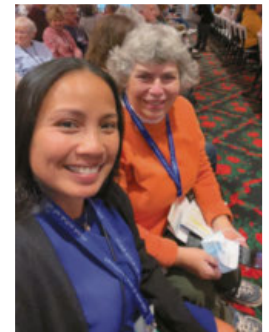
Rose A Harris



Mary Lue Manor

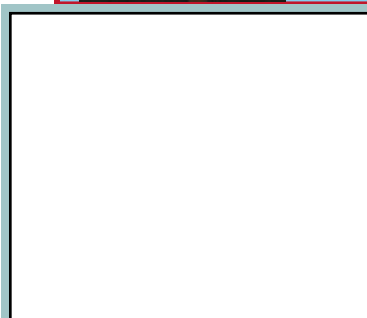


**Mackinaw
Island Trip
October 18 –21
2022**



Fun Facts About Your Favorite Holiday Movies

1. *It's A Wonderful Life* was a box office bomb.
2. *A Charlie Brown Christmas* was supposed to have a laugh track.
3. Natalie Wood still believed in santa when she filmed *Miracle On 34th Street*.
4. Ralphie's dad is never given a name in *A Christmas Story*.
5. "Frosty The Snowman" was a hit song long before it was a TV special.
6. "Santa Claus Is Coming To Town" was also a song before it was a holiday special.
7. *Gremlins* was intended to be much, much darker.
8. Bill Murray improvised a lot of his lines in *Scrooged*.
9. Jim Carrey was initially eyed to star in *Elf*.
10. *How The Grinch Stole Christmas* almost never happened.
11. The puppets from *Rudolph The Red-Nosed Reindeer* were rediscovered in 2006.
12. *A Charlie Brown Christmas* killed the aluminum tree business.
13. The Grinch's green color was inspired by a rental car.
14. *Christmas Vacation's* Cousin Eddie is based on a real guy.



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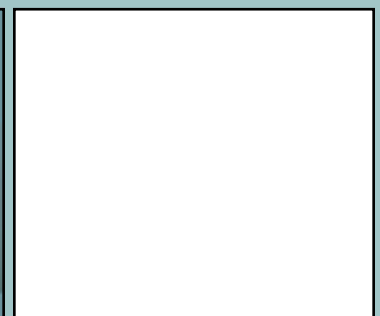
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**THIS SPACE IS
AVAILABLE**

Charles Dicken's Holiday Classic

A Christmas Carol

Presented by Monroe Community Players
Tickets at MonroeCommunityPlayers.org

December 9, 10 @ 7:00 and 11 @ 2:00
Mall of Monroe (2121 S. Monroe St)

Sponsored by Friendly Ford and Old National Bank



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Have our newsletter
emailed to you every week.



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4-D-5-5

For ad info. call 1-800-477-4574 • www.lpiseniors.com

15-0719

Art Sale & Show

Monday, November 28-December 16, 2022



Beautiful creations from the Watercolor Class will be on display for purchase. What a perfect time to find that beautiful Christmas Gift.



TUESDAY FUN NIGHT

Meal & Entertainment

RETURNS

2nd Tuesday

(December 13)

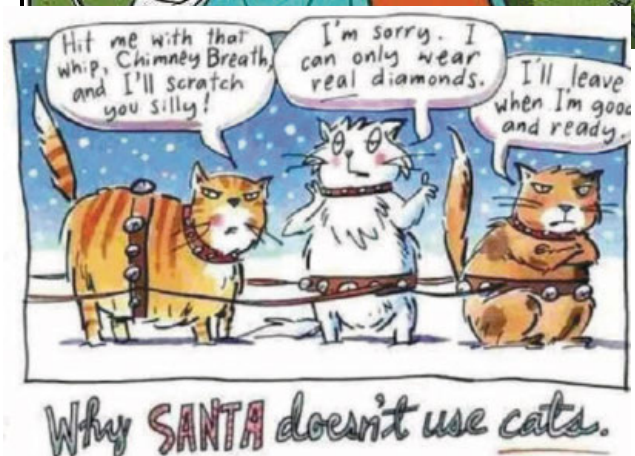
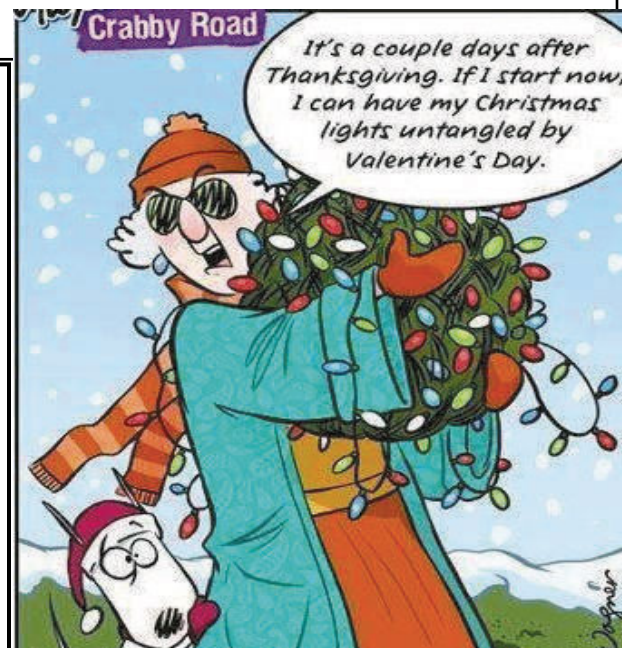
Each Month

4:30 p.m.—6:30 p.m.

Come Join Us for Some Food and Fun!!!

Members ONLY \$1.00

NON-MEMBERS \$3.00



Exciting New Program Coming To Our Center



Geri-Fit® is a tier III (highest level) evidence-based health promotion program and chronic disease self-management support program. Designed exclusively for older adults, Geri-Fit helps rebuild strength that's been lost through the aging process to help ensure a higher level of function as older adults continue to age.

The Geri-Fit® program requires a set of light dumbbell weights, a sturdy chair, a stretch band, and water to drink during the workout. There's no dancing, choreography or floorwork and participants never have to get on the floor. Men and women find Geri-Fit a challenging, effective and very safe workout to do. Participants in Geri-Fit will literally turn back the hands of time each time they do the workout and they will marvel at the results this program provides.

The workout is considered a "**progressive resistance exercise program**" meaning that once participants have built up enough strength and endurance using a set of 2 or 3-pound dumbbells, they can graduate to using heavier dumbbells weights in order to become even stronger. In essence, Geri-Fit is **bodybuilding for older adults!** A typical Geri-Fitter will work up to using a set of 4 or 5-pound dumbbells within a year's time.

Geri-Fit Incorporates:

- Stretching and range of motion exercises
- Stability
- Balance training for fall prevention
- Cardiovascular activity for heart health
- Gait exercises to help improve walking.

Positive Outcomes of Geri-Fit:

- Becoming stronger
- Improvement in balance and functional capacity (*helps lessen the chance of falls*)
- Improvement in activities of daily living
 - carrying groceries getting in and out of a car
 - standing up from a seated position
 - picking up a pet
 - walking up and down stairs
 - AND just being able to walk freely again

A noticeable improvement will also be seen in mood. Most participants experience decreased anxiety and depression within just a few weeks of starting the Geri-Fit program.

Geri-Fit is an ideal ongoing evidence-based self-management support program for chronic disease management, i.e., pre-diabetes and type 2 diabetes, heart disease, arthritis, behavioral health, obesity/weight loss/weight management, mental health, as well as chronic pain management. Geri-Fit is especially **beneficial for those that are over the age of 75**, however, any senior age and fitness level can participate.

For more information visit: www.gerifit.com





**TICKETS ARE ON SALE FOR OUR ANNUAL
WHEELBARROW OF CHEER RAFFLE**

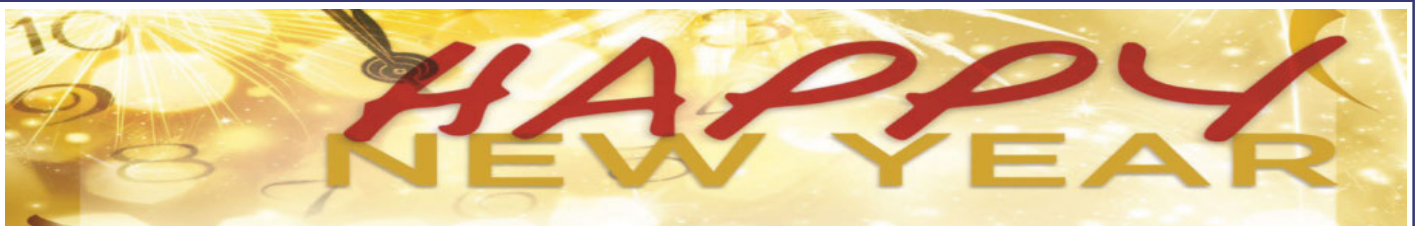
\$1.00 Each OR 6 Tickets for \$5.00

DRAWING WILL BE AT THE CENTER

**NOON in the Dining Area,
WEDNESDAY, DECEMBER 21, 2022**

****Must be at least 21
years old to enter**

License #X07261



**New Year's Eve Celebration
Saturday, December 31, 2022**

3:00 PM—5:00 PM

Sponsored by



**Please RSVP by
Thursday,
December 22, 2022
Complimentary
Refreshments and
Finger Foods**

Entertainment by Tom Slatton





Members celebrate 60 Years!!

Chuck and Jane Van Belle celebrated their 60th wedding anniversary on November 3, 2022..

Their family surprised them by joining Friday's Bingo and treating players to cupcakes.

They also enjoyed a small family dinner at Angelo's Northwood Villa



Do you have a special occasion happening. Contact Patricia Smith, newsletter creator, and we will highlight you in the monthly newsletter.

Thursday, December 22, 2022

at 12 Noon

Join us for some fun!!!!



Complimentary lunch for those wearing their

“Ugly Sweater”

Prize for the

“Ugliest Sweater”

PLEASE Sign up in Advance

'Laughter IS the Best Medicine.'



Christmas is so much harder when you get older. It's like "what do you want this year?" I don't know, maybe a sense of purpose, financial security, could use more sleep, a bottle of wine and maybe some new bras.



Springtime IN THE SMOKIES



Nite Lights at MIS Michigan International Speedway

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, please feel free to call and speak with a staff member. All payments must be done with a check or money order at the Center.




The Frenchtown Voyagers present:
LAKES, GRAPES, COMEDY, AND CRUISES
June 11th/16th, 2023



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.



New travel opportunities are being added all the time so please check our website— frenchtownsenior.com/travel for more and updated travel information regularly or stop in during travel hours and talk to a member of our staff



Springtime in the Smokies
4 days / 3 nights
\$1,149.00
(per person double occupancy)

Presented by **Frenchtown Center for Active Adults**
See dates: **May 21-24, 2023**
Sunday - Wednesday

YOUR BENEFIT FOR INCLUDES:
Round Trip Transportation: For the duration of your trip, we will provide you with round trip airfare, hotel, and ground transportation.
Accommodations:
• 3 nights in the Smoky Mountains at a 3-Star Hotel, 30% off
Included Meals:
• Breakfast • Lunch • Dinner
Features:
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• Guided Mountain Hike
• Guided Mountain Hike
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• Guided Mountain Hike

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Call Lisa Cooley at (734) 243-6210



Iceland
Land of Fire and Ice
Departure Dates: July 12, 2023

Mayflower
CRUISES & TOURS

\$350 AIRFARE

Presented by **Frenchtown Center for Active Adults**
See dates: **May 21-24, 2023**
Sunday - Wednesday

YOUR BENEFIT FOR INCLUDES:
Round Trip Transportation: For the duration of your trip, we will provide you with round trip airfare, hotel, and ground transportation.
Accommodations:
• 3 nights in the Smoky Mountains at a 3-Star Hotel, 30% off
Included Meals:
• Breakfast • Lunch • Dinner
Features:
• Guided Nature Walk
• Dinner at Smoky Mountain Lodge
• Guided Mountain Hike
• Guided Mountain Hike
• Guided Mountain Hike
• Guided Mountain Hike
• Guided Mountain Hike
• Guided Mountain Hike
• Guided Mountain Hike
• Guided Mountain Hike

Escorted by a professional driver.

Reserve your seat today! A deposit is required. See our website for more details.

Call Lisa Cooley at (734) 243-6210



The Charms of Holland and Belgium
Departure Dates: March 19, 2023

Mayflower
CRUISES & TOURS

FREE AIRFARE

Presented by **Frenchtown Center for Active Adults**
See dates: **June 21-22, 2023**
Wednesday - Thursday

YOUR BENEFIT FOR INCLUDES:
Round Trip Transportation: For the duration of your trip, we will provide you with round trip airfare, hotel, and ground transportation.
Accommodations:
• 2 nights in the Smoky Mountains at a 3-Star Hotel, 30% off
Included Meals:
• Breakfast • Lunch • Dinner
Features:
• Guided Nature Walk
• Dinner at Smoky Mountain Lodge
• Guided Mountain Hike
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The Frenchtown Voyagers present:
LAKES, GRAPES, COMEDY, AND CRUISES
June 11th/16th, 2023

\$1,599.00 per person
Double Occupancy

Native American culture existed in this area. According to Native American legend, the lakes were formed when the great Spirit laid his hands on the land to form it. The Spirit laid his hands on the land with love, before the waters "Voyager Lakes" were so we might all be beautiful again. It's our mission, lakes, boats, and more.

Your Escorted Adventure includes:

- Round Trip Deluxe Motor Coach Transportation
- 2 Nights Accommodations at The Harbor Hotel in Chesterson, NY and 3 in Geneva, NY
- A tour of the National Comedy Center in Jamestown, NY
- A tour of the Seneca Park Zoo and Museum
- A guided tour of Seneca Falls, including the Seneca Falls Declaration
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Ohio Wine Land

YOUR BENEFIT FOR INCLUDES:
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The Oak Ridge Boys
SHILOH'S WAGON IN THE WILDERNESS

2 days / 1 night
\$374.00
(per person double occupancy)

Presented by **Frenchtown Center for Active Adults**
See dates: **June 21-22, 2023**
Wednesday - Thursday

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Cruisin' Kalamazoo

YOUR BENEFIT FOR INCLUDES:
Round Trip Transportation: For the duration of your trip, we will provide you with round trip airfare, hotel, and ground transportation.
Accommodations:
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Included Meals:
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Travel opportunities
2023



The Keepers

YOUR BENEFIT FOR INCLUDES:
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You can now go to our website— <https://www.frenchtownsenior.com/travel.html> for the latest downloadable flyers and upcoming trip information

Frenchtown Voyagers Travel Meeting

December 6, 2022

You can find the latest travel information on our Website, FaceBook page and in the newsletter. www.frenchtownsenior.com
or Call 734-243-6210 for more information

***** 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.

- ◆ **Savannah, Charleston, and Myrtle Beach, April 16-24, 2023**—**WAITLIST** presented by Ed & Ted's Excellent Adventures \$2,599 pp/dbl, \$3,299 Single. 9 Days, 8 Nights. 16 Meals—7 Dinners, 8 Breakfasts and 1 Lunch. Trolley Tour, Old Fort Jackson with Cannon Firing, Cathedral of St. John the Baptist, Prohibition Museum South Carolina Aquarium and more.
- ◆ **A Branson Adventure, May 15-20, 2023**—**WAITLIST** presented by Ed & Ted's Excellent Adventures. \$1,399 dbl, Drury Hotels in the St. Louis, MO area, 3 nights a the Hilton at Branson Landing, Admission to and reserve seating for shows, 2 Dinners and 5 Breakfasts (plus 2 light dinners at the Drury Hotels—and MORE.
- ◆ **Springtime in the Smokies Sunday, May 21—Wednesday, May 24, 2023**—presented by Bianco Tours. \$1,149.00 pp/dbl 4 days / 3 nights 3 Breakfasts, 1 Lunch & 2 dinners. Gatlinburg's Space Needle, Downtown Gatlinburg (shopping), Guided Mountain Top Tour possibly by Jean S., Dixie Stampede (included dinner), and more.
- ◆ **Lakes, Grapes, Comedy, and Cruises, June 11-16, 2023**, presented by Ed & Ted's Excellent Adventures. \$1,599.00 pp dbl. 5 nights at The Harbor Hotel in Chautauqua, NY and 3 in Geneva, NY. Tour of National Comedy Center, Sonnenburg Gardens and mansion, Lucy Desi Museum, Jamestown—Lucille Ball's Hometown. Pre dinner cruise aboard the Chautauqua Belle Steam Boat. Dinner and Wine Tasting at Ventosa Vineyards. 12 Meals-5 Breakfast, 5 Dinners, and 2 lunches.
- ◆ **The Oak Ridge Boys, June 21-22, 2023**, presented by Bianco Tours. \$374.00 pp/dbl 2 days / 1 night. **Shipshewana Flea Market** (shopping)-The Midwest's largest flea market has nearly 700 booths and several food courts in an open air market covering 100 acres. **Blue Gate Restaurant** (included dinner). **The Oak Ridge Boys**-With phenomenal harmonies and an amazing career that's spanned several decades; They've definitely earned the right to be called country music legends... this is the "Oak Ridge Boys!" Shopping stops at **Linton's Enchanted Garden** and **Dutch Country Market**. Tour and Shopping at **Teaberry Wood Products**





Frenchtown Center Link

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Monroe, MI 48162

A Monthly Publication



Commission on Aging



Current Resident

NEWS TO NOTE:

- ◆ Travel Meeting—Tuesday, December 6, 2022 @ 1:00 PM
- ◆ Library will be here on Monday, December 12, 2022 @ 10:00 AM
- ◆ **FUN NIGHT MEAL & Entertainment—Tuesday, December 13, 2022**
- ◆ **Tickets are now on sale for our Annual Wheelbarrow of Cheer.**
- ◆ Board Meeting—Thursday, December 15 No Meeting Holiday Break
- ◆ Trivia will return in January.

ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING

