

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.

JANUARY 2023



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Friendly

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

The Center may close in the event of inclement weather. PLEASE check our Website or FaceBook pages. Or call the Center 243-6210 before traveling out!





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

2023 BOARD OF DIRECTORS

Thomas Peckham—Treasurer
Darla Myers—Secretary
Charles Mushung—Member at Large
Dianne Beaudrie
Jean Guyor
Daniel Lee Hartong
Mary Ann Mack
Jon Moore
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
Lisa Ghigliazza—Program Coordinator
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

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
Geri-Fit
Golf Outings
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
 Center Closed	3 9:00 Cardio Drumming 10:00 Geri-Fit 12:30 Bunco 12:30 Color Social 1:00 PM Travel Meeting 1:00 Enhanced Exercise w/Jackie	4 9:00 Enhanced Exercise w/Cheryl 9:30 Euchre 10:00 Nine Ball 2:30 Paint w/Friends 1:00 Happy Hookers	5 8:30 Breakfast 9:00 Cardio Drumming 10:00 Geri-Fit 10:00 Ping Pong 12:30 LCR 1:00 Caregiver Mtg 1:00 Eight Ball 1:00 Enhanced Exercise w/Jackie	6 9:00 Enhanced Exercise w/Cheryl 12:30 Water Color Class 1:00 Bingo
9 9:00 Enhanced Exercise w/Cheryl 10:00 Library In Motion 11:00—1:00 Quilting	10 9:00 Cardio Drumming 10:00 Geri-Fit 12:30 Bunco 12:30 Color Social 1:00 Enhanced Exercise w/Jackie 4:30 Fun Night (Meal & Entertainment)	11 9:00 Enhanced Exercise w/Cheryl 9:30 Euchre 10:00 Nine Ball 12:30 Paint w/Friends 1:00 Happy Hookers	12 8:30 Breakfast 9:00 Cardio Drumming 10:00 Geri-Fit 10:30 Quilters Guild 10:00 Ping Pong 12:30 LCR 1:00 Eight Ball 1:00 Enhanced Exercise w/Jackie	13 9:00 Enhanced Exercise w/Cheryl 12:30 Water Color Class 1:00 Bingo
16 9:00 Enhanced Exercise w/Cheryl 11:00—1:00 Quilting	17 9:00 Cardio Drumming 10:00 Geri-Fit 12:30 Bunco 12:30 Color Social 1:00 Enhanced Exercise w/Jackie	18 9:00 Enhanced Exercise w/Cheryl 9:30 Euchre 10:00 Nine Ball 12:30 Paint w/Friends 1:00 Happy Hookers	19 8:30 Breakfast 9:00 Cardio Drumming 10:00 Geri-Fit 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 1:00 Enhanced Exercise w/Jackie	20 9:00 Enhanced Exercise w/Cheryl 12:30 Water Color Class 1:00 \$5.00 Bingo
23 9:00 Enhanced Exercise w/Cheryl 11:00—1:00 Quilting	24 9:00 Cardio Drumming 10:00 Geri-Fit 12:00 RSVP 12:30 Bunco 12:30 Color Social 1:00 Enhanced Exercise w/Jackie	25 9:00 Enhanced Exercise w/Cheryl 9:30 Euchre 10:00 Nine Ball 2:30 Paint w/Friends 1:00 Happy Hookers	26 8:30 Breakfast 9:00 Cardio Drumming 10:00 Geri-Fit 10:00 Ping Pong 12:30 LCR 1:00 Eight Ball 1:00 Enhanced Exercise w/Jackie	27 9:00 Enhanced Exercise w/Cheryl 12:30 Water Color Class 1:00 Bingo
30 9:00 Enhanced Exercise w/Cheryl 11:00—1:00 Quilting	31 9:00 Cardio Drumming 10:00 Geri-Fit 12:30 Bunco 12:30 Color Social 1:00 Enhanced Exercise w/Jackie	January Activities <i>ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING.</i>		

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!!

January 2023 Menu
 Choose your January Birthday Lunch from this month's menu items until we can resume our Birthday Celebration

Mon	Tue	Wed	Thu	Fri
2 <i>Happy New Year</i> Center Closed	3 Hot Turkey Platter	4 Chili w/Grilled Cheese	5 Chicken Shepard Pie	6 BBQ Pork Sandwich w/Side
9 Spaghetti	10 K-Mart Sub	11 Hot Pork Sandwich w/ Mashed Potatoes	12 Baked Lemon Garlic Cod w/Rice	13 Scallop Potatoes w/ Ham & Corn
16 Chef Salad	17 Chicken Soft Tacos	18 Hamburger Vegetable Soup w/Ham Sandwich	19 Pizza w/Salad & Garlic Knot	20 Biscuits & Gravy w/ Sausage
23 Cheesy Potatoes w/Sausage Casserole w/ Green Beans	24 Taco Salad	25 Betty Salad	26 Baked Chicken w/Side	27 Swedish Meatballs over Pasta
30 Chicken & Biscuits	31 Meatloaf w/ Mashed Potatoes & Veggie	<p>Please call 734-636-9477 by 1:00 pm the day before to order lunch. <u>Please Call by 1:00 pm Friday for lunch the following Monday</u></p>		

Breakfast Menu—Served 8:30 AM—9:30 AM

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

January 5 Eggs, Meat, Potatoes & Toast

January 12 Pancakes

January 19 Breakfast Sandwich

January 26 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.



As we usher in 2023, some things have changed, and others remain the same, and while many resist, change will probably continue. Your Board of Directors usually meets every third Thursday of the month. They may cancel an occasional meeting if things are running smoothly and no business is pressing. This month they will meet and select new leadership from their current members. Two long-time board members, Floreine Mentel, Chairman, and Larry VanWasshenova, Vice Chairman, were termed limited in October. Floreine and Larry have a significant amount of history they will take with them, but we know how to reach them. A couple of familiar faces joined the board, filling those empty seats. From the three applications received, Diane Beaudrie, who volunteers regularly, and Mary Ann Mack, our retired Program Director of the Dementia Adult Day Care program, were selected. Dianne is retired and one of the people when Chrissy needs extra hands calls. Unless she is out enjoying one of our many travel opportunities, Dianne is ready to pitch in. With over 20 years of service, Mary Ann needs a little introduction. She continues to support the Dementia program, is here the third Thursday of the month, helping with the card-making class, and from now on, will be here a majority of the third Thursday since joining the board.

In addition to changes on the board, we have also seen changes with the staff. We have had planned departures and some unexpected ones as well. Many of you who regularly visit probably have met Kathleen, who took over from Joe. Kathleen retired from Tenneco, and we were fortunate enough that she stopped one day for some information. Ron Benore started as our Building Attendant in September, filling the position that had been vacant since late May. Ron is an excellent addition to the team, working diligently to meet your needs. Many have told me how much they appreciate his attitude and the work he does. Lisa Ghigliazza started right after Thanksgiving as our Program Coordinator. She came at a good time of the year, which traditionally slows down during the holiday. You might know as I write this the place is a madhouse, but this has allowed her to get acclimated to the job slowly. Thankfully she has a background in community service and nonprofits, which makes things easier. Stop in and say hello, if she hasn't rushed out to meet you first.

You don't know all the little things a person does until their absent. With Joe's retirement, it felt much different than the absence of Lisa Cooley. Lisa was like the energizer bunny. She was always moving, rarely sitting still. I know her recent difficulties were more than just physical. Knowing how active she is, it had to impose tremendous challenges on her. Lisa had a unique skill set when dealing with people and was everyone's friend. It never ceased to amaze me when someone who had never been to the Center showed up, she almost always knew them. She was also accomplished in the kitchen and loved to grill, she was the primary reason we had a fundraiser for a new large grill a couple of years ago. While her thrill of cooking hamburgers may have dwindled, she always took the spatula when needed. She also had a knack for decorating. One minute a room was devoid of anything, the next, the room magically filled with holiday-themed decorations. One thing I did learn when she was decorating was not to get in her way. When furniture needed to be moved, if you were in the path, you weren't for long. Like I said before, you don't realize the things someone does until there absent. **(Continued on Next Page)**

(continued from page 5)

Since Lisa's responsibilities also included travel, our travelers were accustomed to the Center being open when they arrived and someone greeting them at the start of their tour. Unfortunately, I never quite got the hang of this, and often when I arrived in the morning, the coach would be in the parking lot. Even though Jean was generally in the building to open it up, Lisa was missing to greet them.

Lisa knows I regret how things turned out, but sometimes things happen for a reason, and I sure hope this is the case. I am thankful she is doing better and looked great when she stopped in today. When she can, I know she will be here lending a hand. Maybe I can even get her to step up to grill some hamburgers. What do you think, Donna? Of course, this will have to wait since this is the time of the year she and her husband Paul make their yearly excursion to Florida to get some much-needed R&R. It goes without saying she is missed, and we all wish her the best and look forward to her involvement once they get back.




**Frenchtown Center
For Active Adults**
Dementia Adult Day Care
Mon-Fri 8am-4pm hourly or daily

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Care & Socialization for LOVED ONES

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FRENCHTOWN CENTER

Library in Motion will return

Monday, January 9, 2023

Please have returns ready by 10:00 am

PHONE: 734-241-5770

EMAIL: lim@monroe.lib.mi.us



November Trivia Answers & Winners Congratulations

Answers

1. Colchester
2. Detroit Lions
3. Philadelphia
4. A live racoon
5. Turkey
6. No



Rita Andrews
Jeanna Pierce
Charles VanBelle



Martin Luther King Jr. Day, Monday, January 16, 2023

Things You May Not Know About Martin Luther King Jr.

- King's Birth Name Was Michael, Not Martin. ...
- King Entered College At the Age of 15. ...
- King Received His Doctorate in Systematic Theology. ...
- King Was Imprisoned Nearly 30 Times.
- King's Last Public Speech Foretold His Death
- King's Mother Was Also Slain by a Bullet
- George Washington, Abraham Lincoln and Cesar Chavez are the Only Other Americans to Have Had Their Birthdays Observed as a National Holiday

Visit: <https://www.history.com/news/10-things-you-may-not-know-about-martin-luther-king-jr> for more information

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WELCOME NEW MEMBERS !!!!!

Diane Bartley	Terri A. Kohn
John A. Bartley	Mary P. Manoulian
Sandra K. Brown	Brenda Ramos
Loretta Feroni	Crystal F. Reed
Ronald F. Feroni	John Carl Weiss Jr.
Robin N. Gillis	Linda Younglove
Lynne M. Johnson	



Donations and Thank You!!

- Barbara M. Golubic in memory of her loving husband - Ronald "Bud" Golubic
 - Bob Jeffers and the Bridge Group
- Debra Smith—Selling all the Wheelbarrow of Cheer Tickets at Monroe Sport Center
 - Chuck Penrod—Wall Clock for the pool players
 - Volunteers who helped put up Christmas Decorations
 - Volunteers who help our Kitchen Staff
- AND to all our Volunteers for their continuous dedication



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

Yvonne Acton	Judith DeAngelis	Barb Korka	Leonore Prunty
Diana Allen	Robert Duffey II	Kenneth Kreuchauf	Janice Sue Quatro
William Austin	Janet Esper	Jeffrey Lacy	Theresa Radu
Mark Baker	Rollie Fisher	Emerson Linton	Patsy Ramsey
Harry Barker	Erika Fisher	Debbie Lush	Camden Regis
John Bartley	Carol Gawlinski	Rosemary Maitland	Jim Rohrbach
Jean Baumann	Lisa Ghigliazza	Yvonne McBee	Joseph Salisbury
Diane Bilicic	Walter Gibala	Beverly McCain	Haroldean (Jeri) Schmitz
John Bocks	Barbara Grajewski	Karen McCalpin	Beverly Small
Betty Bomia	Obie Green	Tom McCammon	Karen Smeltzer
Kay Bostater	Agnes Gutierrez	Nancy McDonald	Betsy Stone
Howard Boyce	Jean Guyor	Paul Merz	Ruth Swauger
Barbara Breitenbach	Kathy Heatherly	Ronald Metz	Thomas Tarr
Clarence Brooks Sr	Orella Henderson	Joanne Minney	Joan Toth
Barton Burguard	Barbara Henley	Anna Modica	Charles VanBelle
William Burkett	Jack Hubbell	Julie Murphy	Larry VanWasshenova
Chris Burkett	Margaret (Peggy) Iott	Rita Nagel	Eddie Weaver
Joyce Bush	Shirley Jay	Mary Noble	Lori West
Carolyn Centers	Martin Kaufman	Virginia Oliver	Bonita Wheeler
Susan Collier	Ilene Kazensky	Rebecca Peckham	Kathy Wozniak
Joyce Collins	Ralph Kirby	Katherine Petrovich	Cheryl Wyatt
Rhonda Collins	Lois Knegendorf	Carol Pratt	

We Want Your Feedback and Ideas!



Hi All,

I'm the new Program Coordinator here at the Center and I'd love to hear from you regarding possible new activities and programming. If you could take a minute and fill out this brief survey and return it to me, I'd really appreciate it. My office is the one with the glass windows. Stop by to meet me and say hi.

Thanks much,
Lisa Ghigliazza
Program Coordinator

Would you be interested in any of the following activities: (check all that apply)

- Book Club
- Providing after school tutoring to students K-12
- Craft classes (each week make and take a different craft) **a fee will be charged*
- Jewelry making class **a fee will be charged*
- Senior Olympics
- Yoga
- Trivia Night
- Sing-along and/or karaoke
- Tai Chi for Arthritis & Health
- Christmas carols sing-along
- Christmas cookie exchange
- Christmas cookie decorating
- Bells, chimes, or choir concert
- Superbowl party/chili cook-off
- Pottery class/outing **a fee will be charged*
- Stained glass outing at Copper Moon in Toledo **a fee will be charged*
- Dances
- Lecture series
- Preparing healthy, affordable meals
- Gardening in the courtyard

Write your ideas below: (or submit on an extra sheet if needed)

TRIVIA

1. What was the name of the first novel that was ever written using a typewriter?
 - a. Black Beauty by Anna Sewell
 - b. Tom Sawyer by Mark Twain
 - c. Around the World in Eighty Days by Jules Verne
 - d. Alice's Adventures in Wonderland / Through the Looking-Glass by Lewis Carroll
 - e. The Great Gatsby by Scott Fitzgerald
2. What do fire escapes, laser printers, bulletproof vests and windshield wipers have in common?
 - a. Invented in the 30's
 - b. Invented in Alaska
 - c. There is a current shortage
 - d. All invented by women.
3. Each day, Hasbro prints more money for Monopoly than the United States Treasury prints for the entire country. True—or—False
4. In 1963, the United States Postal Service added something to every address in the United States. What was it? _____
5. Bob Dylan said you should not trust people over a certain age. What age was that? _____
6. In the 1950s, What was the slang name for a drive-in movie? _____
7. When did Hawaii become a state? a. 1898 b. 1946 c. 1959 d. 1912
8. What year did Disneyland open? a. 1960 b. 1955 c. 1971 d. 1945

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Income Tax Help

We will again be offering this service to our MEMBERS.

John Bocks will be at the Frenchtown Center for Active Adults

Tuesday—Friday beginning the last week of January 2023.

This is FREE of charge for the Center's MEMBERS.

Please bring any necessary documentation.



To Schedule an appointment you can call
John Bocks @ 734-790-5971 or the Center
at 734-243-6210

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Have our newsletter
emailed to you every week.



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Exciting New Program Starting This Month Tuesdays & Thursdays—10 AM



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.

- For more information contact Kathleen McBee and visit: www.gerifit.com



TUESDAY FUN NIGHT



Meal & Entertainment RETURNS

2nd Tuesday

(January 10)

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



2023 Dues are Due

2023 dues will be \$20.00 per person. Life Time memberships will be \$200.00 per person. If you are not a resident of Monroe County, dues will be \$22.00 per person.

MISSING

HAVE YOU SEEN THESE PEOPLE?



DESCRIPTION: Ambitious young adults with shovels during a snow storm, who are looking to make money by shoveling sidewalks, driveways, etc.

LAST SEEN: Sometime before the invention of Microsoft's Xbox, Sony's Play Station, Cell Phones, and Nintendo's Wii home video consoles.

Mental Wellness Month

January is identified as mental wellness month. There's no better time than the beginning of a new year to take stock of your mental health and learn new ways to improve your overall well-being.

What Is Mental Wellness?

The World Health Organization, which you're probably familiar with as WHO, defines mental wellness as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."

This doesn't mean that you simply have an absence of mental health issues. It also does not mean that you're just coping well with any disorders that you may have. Mental wellness refers to having positive characteristics that allow you to thrive, even during times of stress.

Those with a hefty sense of mental wellness have some traits in common.

- **Contentment** refers to feeling secure no matter what your circumstances. Those with high levels of contentment are able to laugh and enjoy life.
- **Resiliency** means that you can stand up to stressful situations, effectively deal with them, and return to a sense of normality. Resilient individuals can adapt to changing situations and life events.
- **Work/life balance** is healthy. Having this balance means that you can separate your home and work life. Those with balance in this area make sure to allow time for both work and play.
- **Ability to build/maintain relationships** refers to your social abilities and confidence. Those who are good at managing their relationships adhere to the concept of give and take. They understand the importance of other people in their lives.
- **Self-confidence** refers to high self-esteem. These individuals have a strong sense of self, use their strengths to their advantage, and learn to overcome any weaknesses.
- **An unwavering sense of purpose** can help with all of these characteristics, even when times get tough. When you have meaning in your life, you tend to take more positive steps to accomplish your goals.

During mental wellness month, you may want to take a look at your own mental health. Determine if there are some positive characteristics that you need to work on. Additionally, you should identify potential obstacles or a negative mindset that might prevent you from reaching your full potential.

Mental Wellness Month: Tips To Improve Your Overall Mental Wellness

Even if you've neglected your mental wellness in the past, it's never too late to make improvements. In addition to bringing awareness to the issue, mental wellness month is designed as a time for you to become more mentally resilient. You can learn to better handle stressful situations and negative circumstances that often occur as a part of life.

Although you may be new to working on your mental wellness, there are some steps that you can take right now to improve the health of your mind. Stick with these tips, and you'll soon notice that you're more content at home, work, and in your relationships. You'll be more resilient and able to deal with stress and change easily.

MINDFULNESS

You've probably heard a lot about mindfulness. That's because researchers are finding that living in the present moment without judgment can help you to be more positive and to better deal with situations as they arise. Practicing mindfulness or quieting your mind with meditation or prayer can help you to stop dwelling on the past or worrying about the future. You learn to live your best life right now.

continued on page 14

There are plenty of resources that are dedicated to the topic of **mindfulness**. You can also talk with a therapist or counselor. They can help guide you through the process so that you can incorporate this practice into your daily life.

LOOK FOR THE POSITIVES

It seems so much easier to focus on the negative when the world around you seems to be falling apart. However, you're more likely to stay in that mindset unless you work to pull yourself out of it. You can start by finding some small positive things that are also happening. For example, if you have a place to live, at least you are warm, secure, and protected from the elements.

Another way to find the positive is to look for the silver lining. Perhaps you can find a new opportunity within a negative situation.

Additionally, you can practice some tips on becoming more positive. Create a more positive environment where you live and where you work. Learn to identify the fears that may be holding you back so that you can overcome them, and you'll soon see more positive effects in your life.

TAKE A BREAK

If your life is hectic with your time spent running from one event to the next, this can become overwhelming for both your mind and your body. Be sure to find time to take small breaks throughout the day. You can do something relaxing that you enjoy, or you might choose to just spend the time existing. This would be a great time to pray, **meditate**, or practice mindfulness.

Other ways many people find enjoyment are by reading books, taking baths, lying in a darkened room with a scented candle. Ideally, you'll want to take several breaks throughout the day for at least 10 minutes each time to let your mind slow down and come back to the present moment.

STAY ACTIVE

When you're in a slump, it can be so tempting just to lounge around all day doing nothing. However, when you do this day after day, it actually increases your negative energy. Make sure to create a proper work/rest balance. Stay active, whether it be with the housework, learning how to cook new meals, getting outside and admiring nature, or going for a drive in the country.

You may also want to make time to stay mentally active as well. When you focus on something pleasurable or challenging, your mind doesn't have time to dwell on negativity. Some people like crossword puzzles and word games.

QUALITY TIME WITH FRIENDS AND FAMILY

People really do need other people. Socializing is important for your mental well-being. When making human connections, chemicals are released in the brain that allow you to feel better.

Make sure you're spending quality time with those who are close to you. Learn more about each other. Find ways to be a better friend. Learn a new skill together. Sure, sitting back and watching TV can be a nice break from the day, but make sure you actually engage with others in your life to create more meaningful relationships that will improve your mental wellness and theirs.

*Focus on all of life's good
And you will find things work out as they should
Feeling sorry and just sitting around
It is a sure thing to bring you down.*

*Take some action, make a move
It doesn't matter if others approve
Nothing lasts forever
You will move past this if you endeavor!*

<https://everydaypower.com/famous-poems/>

SOURCE: <https://integrativelifecenter.com/january-is-mental-wellness-month/>

Members celebrate 60 Years!!



Life Time Members, LaVerne and Ann Rothman, celebrated their 60th wedding anniversary on December 8, 2022. Long time Monroe residents, with 3 Children (1 surviving) and 4 Grandchildren. They celebrated this special occasion with their family.



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

T'was the month after Christmas, and all through the house,
nothing would fit me, not even a blouse;
The cookies I'd nibbled, the eggnog I had to taste,
at the holiday parties had gone to my waist;



When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber),
I'd remember the marvelous meals I'd prepared,
The gravies and sauces and beef nicely rare;

The wine and the rum balls; the bread and the cheese,
and the way I'd never said, "No thank you, please."
As I dressed myself in my husband's old shirt,
and prepared once again to do battle with dirt,
I said to myself, as only I can,
"You can't spend a winter disguised as a man!"

So, away with the last of the sour cream dip.
Get rid of the fruit cake, every cracker and chip.
Every last bit of food that I like must be banished,
'til all the additional ounces have vanished.

I won't have a cookie--not even a lick.
I'll want only to chew on a long celery stick.
I won't have hot biscuits, or corn bread, or pie,
I'll munch on a carrot and quietly cry.



I'm hungry, I'm lonesome,
and life is a bore,
But isn't that what January is for?
Unable to giggle, no longer a riot.
Happy New Year to all and to all a good diet!

'Laughter IS the Best Medicine.'

I am 71 years old and I have so many unanswered questions!!!!

- * I still haven't found out who let the Dogs Out
- * where's the beef
- * how to get to Sesame Street
- * why Dora doesn't just use Google Maps
- * why do all flavors of fruit loops taste exactly the same
- * how many licks does it take to get to the center of a tootsie pop
- * why eggs are packaged in a flimsy paper carton, but batteries are secured in plastic that's tough as nails
- * why "abbreviated" is such a long word; or why is there a D in 'fridge' but not in refrigerator
- * why lemon juice is made with artificial flavor yet dish-washing liquid is made with real lemons
- * why they sterilize the needle for lethal injections
- * why do you have to "put your two cents in" but it's only a "penny for your thoughts" where's that extra penny going to
- * why do The Alphabet Song and Twinkle Twinkle Little Star have the same tune
- * why did you just try to sing those two previous songs
- * just what is Victoria's secret?

Do you really think I am this witty?? ... I actually got this from a friend, who stole it from her brother's girlfriend's, uncle's cousin's, baby momma's doctor who lived next door to an old class mate's mail man...Now it is your turn to take it from me...Peace!!



**New seatbelt design:
45% less car accidents!!**



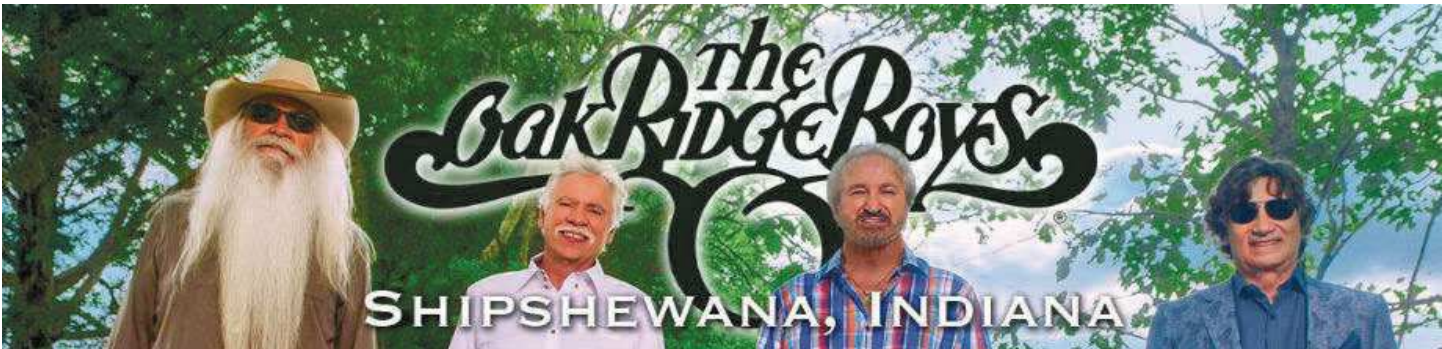
By the Yard™ by Jen Lopez



Springtime IN THE SMOKIES



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.

Frenchtown Voyagers Travel Meeting

January 3, 2023

You can find the latest travel information on our Website, FaceBook page and in the newsletter. www.frenchtownsenior.com.
Or call Lisa Ghigliazza 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.

- ◆ **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**
- ◆ **Ohio Wine Tour, June 16, 2023, presented by Bianco Tours \$116.00** Round Trip Transportation. Knotty Vines Winery. The Barn—Archbold, OH. Majestic Oak Winery & Noon Groundhog Brewery. Chateau Tebeau—Helena, OH
- ◆ **A Mystery Trip, July 17-20, 2023, presented by Ed & Ted's Excellent Adventures.** \$1,199.00 pp dbl. Round Trip Transportation. 3 nights accommodations. Admission to all attractions. 6 meals—3 dinners and 3 breakfasts. Baggage handling, taxes, and gratuities on items included.
- ◆ **Cruisin Kalamazoo, August 16, 2023, presented by Bianco.** \$123.00 Round Trip Transportation, Air Zoo, Main Street Pub, Gilmore Car Museum.



Frenchtown Center Link

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A Monthly Publication



Commission on Aging



Current Resident

NEWS TO NOTE:

- ◆ **2023 Dues are due**
- ◆ Travel Meeting—Tuesday, January 3, 2023 @ 1:00 PM
- ◆ Library will be here on Monday, January 9, 2023 @ 10:00 AM
- ◆ FUN NIGHT MEAL & Entertainment—Tuesday, January 10, 2023
 - ◆ Board Meeting—Thursday, January 19, 2023
- ◆ **New Fitness Program “Geri-Fit” starts in January—Tuesdays & Thursdays 10:00 AM** *(contact Kathleen McBee for more information)*

ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING