



FRENCHTOWN CENTER FOR ACTIVE ADULTS

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

APRIL 2023



In This Issue:

| | |
|----------------------------|-------|
| Board of Directors / Staff | 2 |
| April Activities | 3 |
| April Lunch Menu | 4 |
| Director's Corner | 5 |
| Program Updates | 6 |
| Library in Motion | 7 |
| Trivia Winners | 7 |
| Important Dates | 7 |
| Sympathy | 8 |
| Donations | 8 |
| Birthdays | 8 |
| Mackinac Island | 9 |
| Trivia | 10 |
| Betty Salad Limit | 11 |
| Tuesday Fun Meal | 11 |
| Exercise Precautions | 11 |
| Rummage Sale | 12 |
| Alzheimer Presentation | 13 |
| Is It Aging or Alzheimer's | 14—15 |
| Little Humor | 16 |
| Travel Adventures | 17—19 |
| Dates to Remember | 20 |

Please be consider of others.

The Center is a
Fragrance Free



Due to the high demand of the **Betty Salad** Lunches, beginning in April, they will be limited to **one per member**.



When signing the lunch reservation sheet, PLEASE print clearly your first and last name. **THANK YOU!!!!!!!!!!** And please remember, if you are a **no-show and we cannot sell your lunch, you will be charged.**

We currently have a vacancy on our Board of Directors. If interested, please contact Paul Iacoangeli, Executive Director.





FRENCHTOWN CENTER LINK

2786 Vivian Road, Monroe, MI 48162

Phone: (734) 243-6210

e-mail: seniors@frenchtownsenior.com

Website: www.frenchtownsenior.com

2023 BOARD OF DIRECTORS

Darla Myers—Chairman
Jon Moore—Vice Chairman
Dianne Beaudrie—Treasurer
Mary Ann Mack—Secretary
Charles Mushung—Member at Large
Jean Guyor
Daniel Lee Hartong
Thomas Peckham
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, 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 Ext 3
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
Pam Handegan—Adult Day Staff
Nancy Jones—Adult Day Staff
Doreen Sager—Adult Day Staff

www.frenchtownsenior.com

Activities & Services for Monroe County Older Adults at Frenchtown Center

Bingo
Blood Pressure Checks
Book Club
Bunco
Caregivers Support Group
Card Making Classes
Cardio Drumming
Chair Yoga
Chicks with Sticks
Craft Classes
Eight Ball Pool League
Enhanced Exercise
Euchre
Fundraising
Fun Fit Party Exercise
Geri-Fit
Health Screening
Informational Series
Knitting & Crocheting
Left Center Right
Legal Services
Men's Pool League
Movie Mondays
Newsletter
Nine Ball Pool League
Noon Lunches
Notary Services
Open Pool
Ping Pong
Pub Trivia
Quilting
Rummage Sales
Sewing Group
Tuesday Fun Night (2nd Tuesday)
Thursday Breakfast
Travel
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.



| Mon | Tue | Wed | Thu | Fri |
|---|--|---|---|---|
| <p>APRIL 2023</p>  | | | | |
| <p>3</p> <p>9:00 Fun Fit Party w/Cheryl 9:00—1:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/ Sticks 1:00 Movie Monday</p> | <p>4</p> <p>8:00 Cardio Drumming 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Bunco 12:30 Color Social 1:00 Enhanced Exercise w/ Jackie</p> | <p>5</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Nine Ball 12:30 Paint w/Friends 1:00 Happy Hookers</p> | <p>6</p> <p>8:00 Cardio Drumming 8:30 Breakfast 8:30 Ping Pong 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 LCR 1:00 Eight Ball 1:00 Enhanced Exercise w/Jackie</p> | <p>7</p> <p style="text-align: center;">Center Closed</p>  |
| <p>10</p> <p>9:00 Fun Fit Party w/Cheryl 9:00—1:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/ Sticks 12:30 In the Know</p> | <p>11</p> <p>8:00 Cardio Drumming 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Bunco 12:30 Color Social 1:00 RSVP 1:00 Enhanced Exercise w/ Jackie 4:30 Fun Night (Meal & Entertainment)</p> | <p>12</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Library In Motion 10:00 Chair Yoga 10:00 Nine Ball 12:30 Paint w/Friends 1:00 Happy Hookers</p> | <p>13</p> <p>8:00 Cardio Drumming 8:30 Breakfast 8:30 Ping Pong 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:00 Quilter's Guild 12:30 LCR 1:00 Caregiver Mtg 1:00 Eight Ball 1:00 Enhanced Exercise w/Jackie</p> | <p>14</p> <p>9:00 Fun Fit Party w/ Cheryl 12:15 Watercolor Class 1:00 Bingo</p> |
| <p>17</p> <p>9:00 Fun Fit Party w/Cheryl 9:00—1:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/ Sticks 1:00 Monroe Sewing Group 12:30 In the Know</p> | <p>18</p> <p>8:00 Cardio Drumming 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Bunco 12:30 Color Social 1:00 PM Travel Meeting 1:00 Enhanced Exercise w/ Jackie</p> | <p>19</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Nine Ball 12:30 Paint w/Friends 1:00 Happy Hookers</p> | <p>20</p> <p>8:00 Cardio Drumming 8:30 Breakfast 8:30 Ping Pong 9:00 Bridge 9:00 Cardio Drumming 10:00 Board Mtg 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 LCR 1:00 Eight Ball 1:00 Card Making Class 1:00 Enhanced Exercise w/Jackie</p> | <p>21</p> <p>9:00 Fun Fit Party w/Cheryl 10:00 Book Club 12:15 Watercolor Class 1:00 \$5.00 Bingo</p> |
| <p>24</p> <p>9:00 Fun Fit Party w/Cheryl 9:00—1:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/ Sticks</p> | <p>25</p> <p>8:00 Cardio Drumming 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Bunco 12:30 Color Social 1:00 Enhanced Exercise w/ Jackie</p> | <p>26</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Nine Ball 12:30 Paint w/Friends 1:00 Pub Trivia 1:00 Happy Hookers</p> | <p>27</p> <p>8:00 Cardio Drumming 8:30 Breakfast 8:30 Ping Pong 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 LCR 1:00 Caregiver Mtg. 1:00 Eight Ball 1:00 Enhanced Exercise w/Jackie</p> | <p>28</p> <p>9:00 Fun Fit Party w/ Cheryl 12:15 Watercolor Class 1:00 Bingo</p> |



When signing the lunch reservation sheet in the kitchen, PLEASE print clearly your first and last name.

THANK YOU!!!!!!!!!!!!

April 2023

Due to the high demand of the Betty Salad Lunches, beginning in April, there will be a ONE per member LIMIT.

Mon Tue Wed Thu Fri

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, your first & last name and include your telephone number. THANK YOU!!

| | | | | |
|-------------------------------|------------------------------------|-------------------------|--------------------------------------|--|
| 3 K-Mart Sub w/Chips | 4 Chicken Fajitas | 5 Chili Mac | 6 Smother Chicken w/side | 7 Center Closed  |
| 10 Chicken Sandwich w/Side | 11 Loaded Nacho | 12 Baked Cod w/ Rice | 13 1/2 Ham Sandwich w/Pasta Salad | 14 Shephard's Pie |
| 17 Turkey Wrap w/Side | 18 Chicken Parmesan | 19 Greek Salad | 20 Hamburger Philly | 21 Scoop of Chicken Salad w/crackers & Fruit |
| 24 Mostaccioli | 25 Chicken Kabab Bowl over Rice | 26 Betty Salad | 27 Chili Dog w/Chips | 28 2 Hard Taco's w/ Tortilla Chips & Cheese |

Breakfast Menu—Promptly Served 8:30 AM

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

April 6—S.O.S. April-13—Waffle April 20—Skillet April 27—Breakfast Sandwich

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

Carry out available for pick-up 11:30am—12:00pm

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

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 am excited to tell you that things started on excellent footing as we quickly approach the official beginning of spring 2023. Your adult activity center has been busting at the seams. We saw more activity in the first two months of this new year than in the first four and a half months of last year. Our lunch program has almost doubled from last year. The number of folks attending our social events has skyrocketed. Many of you may remember the Saturday Night Live Schwarzenegger-esque brothers Hans & Franz and their famous phrase, "We're here to PUMP, You UP," not to mention the added humiliation they doled out on those selective Saturday evenings. The fitness classes Kathleen, Lisa, Cheryl, and Jackie offer strengthen bones and muscles, help manage weight, reduce the risk of disease, and improve your ability to do everyday activities. They do it in such a way that people keep coming back for more. While these classes are provided as part of your yearly membership, we encourage folks to check with their doctor before starting one of our exercise programs. More fitness activities are coming this spring with Pickle Ball, Bocce Ball, Walk Fit, and Gardening in the Courtyard. If interested, please see Lisa.

Like many in our general service area, we lost power twice in just as many weeks. The first instance happened on a Wednesday evening and lasted until midday Sunday. Thursday is the one morning we serve breakfast, and since the outage occurred after we left for the day, it didn't give us time to call those expecting breakfast. The second outage didn't impact our operation because it happened Friday evening and lasted again till Sunday. As a friendly reminder, if we close, which has only happened because we lost power, you can be notified with a robocall, but you have to see me to get on our list.

The outages came when preparations had been completed for such an event. Thankfully, our Generac generator is in place and the installation completed at the beginning of February. Having experienced extended power outages, the generator purchase to power the kitchen appliances and lights in the dining area proved its worth. Because of supply chain issues, it was a 19-month ordeal, but it was worth the wait. Kim was able to cook omelets, the ping pong players were able to play a few games, and the rest of the staff moved frozen and refrigerated products from our other refrigerators to the kitchen for safe-keeping. Through the generosity of others and Kim's watchful eye for sales, our freezers are commonly full. Without the generator, we would have been in a world of hurt food-wise. Many folks told me they had to throw all their food away because they were without power for so long.

Another new addition to the facility is the sliding entrance doors. After watching our more mature members struggle with our manually activated power doors, I approached the township board for help. When I explained the troubles folks were having and the solutions we had tried that didn't work, they didn't hesitate to address the issue. Even though it took eight months for the doors to arrive, almost everyone felt it is worth it. When you get a chance, thank the township board for the new doors on our behalf.

In addition to the new spring offerings, we will have the bridge players returning toward the end of the month. Having them back should prove interesting since a few bridge players have been in the Geri-Fit program, and their times clash. If I know Bob, he will twist some arms just enough and get his bridge players back. Of course, he might be surprised at the challenge since they have been working out with free weights.

Keep in mind we have various travel programs available. Who doesn't want to visit Shipshewana and walk around the flea market, to sweeten the pot, you get to see the Oak Ridge Boys. How about a chance to visit the site of the Christopher Reeves and Jane Seymour movie *Somewhere in Time* and enjoy the Grand Hotel and the amenities on Mackinaw Island. For more details, visit our website www.frenchtownsenior.com/travel.html.

Enjoy your spring, and don't forget we have many different opportunities for you to put an additional spring in your step. So, in those legendary words of Bob Barker, "Come on Down" and join us.

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



Program Updates

In The Know, 3rd Monday, April 17th 12:30pm: This month we'll hear from Michelle N. Phalen, Program Coordinator for the Alzheimer's Association Michigan Chapter, on the "10 Warning Signs" - Alzheimer's and other dementias cause memory, cognitive problems, and behavior problems – all of which interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources. *See flyer page 13*

Movie Monday – Join us the 1st Monday of every month at **1:00pm** for our movie and popcorn. April's movie is, "Laura." This 1944 film noir classic stars Gene Tierney, Dana Andrews, Judith Anderson, Vincent Price, and Clifton Webb. Detective Lieutenant Mark McPherson (Andrews) is investigating the killing of Laura Hunt (Tierney) found dead on her apartment floor. As McPherson begins to get a mental picture of Laura from the suspects he interviews, all of whom seemed to have fallen in love with her, he, too, begins to fall under her spell. Halfway through his investigations, a bizarre event causes him to re-think the whole case.

NOTE: Time Changes for **Book Club** (now begins @ 10:00 a.m.) and **Pub Trivia** (now begins at 1:00 p.m.)

AND.....Look for these exciting new activities coming in May:

▶ **Bocce Ball** ▶ **Pickle Ball** ▶ **Gardening in the Courtyard**

- ▶ **Walk Fit** – Walking is a great way to stay fit because it improves your cardio health, increases strength and coordination, improves mental health, and helps to maintain a healthy weight. Come walk the track behind the center with us.
- ▶ **Cardio Drumming**—A second class has been added at 8:00 a.m. on Tuesdays and Thursdays.

If you are interested in participating, please see Lisa Ghigliazza, Program Coordinator.

**THIS SPACE IS
AVAILABLE**



**Enriching lives,
one hospice patient
at a time.**

833-984-1272
promedica-hospice.org/monroe


 **PROMEDICA
HOSPICE**

© 2022 ProMedica Health System, Inc., or its affiliates



**FREE
AD DESIGN**
with purchase
of this space

CALL 800-477-4574

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

 **THE Martensen**
FAMILY OF FUNERAL HOMES, INC.

- Maybee • Trenton
- Rockwood • Monroe

martenson.com

**THRIVE
LOCALLY**

WE'RE HIRING! 

AD SALES EXECUTIVES

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



**Contact us at
careers@4lpi.com or
www.4lpi.com/careers**

FRENCHTOWN CENTER

Library in Motion will return

Wednesday, April 12, 2023

Please have returns ready by 10:00 am

PHONE: 734-241-5770

EMAIL: lim@monroe.lib.mi.us



March Trivia Answers & Winner Congratulations

Answers

1. The Apartment
2. Gregory Peck
3. Cleopatra
4. Anthony Perkins
5. Wild Bunch
6. B-52
7. Mary Poppins
8. Sidney Poitier
9. A Space Odyssey

Winner

Chuck Hammer

Important Dates to Remember

- ◆ **Tuesday, May 2nd**—there will be no dine in lunches, carry-out only
 - ◆ **Monday, May 15th**, the Center will close at 1:00 p.m.
 - ◆ **Rummage Sale**—May 16-19, 2023 (see flyer on page 12)
- ◆ **Time Changes** for **Book Club** 10:00 a.m. and **Pub Trivia** 1:00 p.m.
- ◆ **Breakfast Menu**—**Promptly Served 8:30 AM and Dine-In Only**
 - ◆ **NO CARRY OUT FOR BREAKFAST**

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

THIS SPACE IS
AVAILABLE

Mullins Elder Law PLLC

Call **Tina M. Mullins, Atty**

Downtown Monroe

Medicaid / Eligibility / Planning / Application,
Wills and Trust, Guardianship and Conservatorship

(734) 244-5457

Helping Families of all Ages, Preserve Dignity and Wealth

Your Community Pride Bus

734.242.6766 **Call for your ride today!**

lakeerietransit.com



FOLLOW US!

SUPPORT OUR ADVERTISERS!



4-D-5-5

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

15-0719



Rest In Peace

Thomas S. Lakin

Victor Siech

Donations

Rick R Lindsay in memory of Floreine M Mentel.

Tom and Becky Peckham in memory of Floreine M Mentel.

Elgie Grabitz in honor of her mother

Roxie Drummonds who was 92 year old.

Thank You!!

Welcome New Members

Trish L. Blair
 David L. Burgard
 Marilyn J Burgard
 Stacey L. Burkhardt
 Tammy L. Cebalt
 Pamela B. Clay
 Barbara Dillinder
 Alberta M. Engel
 Laura J. Ferguson
 Mary F. Gerweck
 Marshala M. Goins
 Dee D. Goudos
 Barbara Hampton
 Alan Hillosky
 Judith L. Karas
 Ronnie A. Keesee
 Judy A. Klungler
 Denise Lambert
 Laura B. Lauer

Mark Lauer
 Terry Ann Masserant
 Sheryl Lee Nadeau
 Alan E. Notario
 Beth Anne Paul
 Brenda M. Pulcheon
 Terry L. Pulcheon
 Judy M. Reno
 Lawrence G. Riggins
 Shirley M. Rimel
 Peggy M .Staten
 Larry Stevens
 Gena M. Vuich
 Paula A. Wilgocki
 Steve C. Wilgocki
 Dawn L. Witmer
 Denise E. Witmer
 Donise F. Yard
 Russ A. Yard

This is your newsletter!!!

What would you like to see in it?

How can we make it better for you?



If you have any suggestions for articles, please chat with Patricia Smith. We are looking forward to better serving you.



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

| | | | |
|-----------------------|------------------------|--------------------------|---------------------------|
| Susan A Anspaugh | Marian Duvall | Barbara Kinne | Ruth Ann Peters |
| Jerry Baker | Brenda Joan Farris | Terri A Kohn | Steve M Peterson |
| John J Booth | Ronald F Feroni | Michaelene A. Kowalczyk | Debra M Poupard |
| Verma A Boss | Pamela G Fosselman | Douglas J Kuras | Liz M Reynolds |
| Patricia A Boucher | Patricia A Foster | Joyce Janet Lee | Dolores A Robideau |
| Leo C Boylan | Crystal J Friedline | Francine Leonard | Robert (Rusty) Russ |
| Kathleen F Breininger | Josephine N Gaglio | Shelle G Lieto | Gail M Sachs |
| Mary Ann Broadbridge | Linda M Gagne | Larry E Lymond | Judy M Sacka |
| Rebecca Burkett | Catherine Giarmo | Margaret (Peggy) M Manor | Reba L Scarffe |
| Lori Lee Caswell | Teresa A Gibala | Donald J Marchese | Joanne M Scheurman |
| Jackie K Chinavare | Robin N Gillis | Marjorie Martin | Colleen L Smith |
| Daniel T Chlebos | Patricia "Pat" A Green | Thelma McCarty | Carolyn Anne Spillson |
| Karen E Conner | Barb J Griffith | Christine Marie McCollum | Anthony J Spine |
| Barbara J Conroy | Brenda Hibbs | Debra L Meyer | Mary A Stiehl |
| Lois M Cupp | Elicia M Hodson | Nancy S Miller | Charlene M Stoddard |
| Christina M Cvengros | Jessica Sue Huff | Ronald "Ron" E Mills | Edward Straub |
| Bernice Deering | Carol L Irvine | Ralph "Butch" Monticello | Deanna M Thoma |
| Shelley A DeLano | Wilma Johnson | Jon R Moore | Sandra Vanisacker |
| Carol J Donnelly | Kathleen A Jondro | Roger D Morgan | Judith M Vanisacker |
| Gladys L Drummonds | Eva Karalewitz | Margaret C Nelles | Georgia Mae VanWassehnova |
| | Rosalyn A Kern | Elizabeth M Nied | Jacqueline M Walock |
| | | Alan E. Notario | Denna Webb |
| | | | Ardieth C Zawacki |



Grand Hotel/Mackinac Island Trip

4days/3 Night stay Grand Hotel

October 17—20, 2023

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

| Cost per person | |
|-----------------|------------|
| Room Double | \$1,247.00 |
| Room Triple | \$1,247.00 |
| Room Single | \$1,547.00 |

Deposit required on sign up — \$200.00
Additional registration fee of \$225.00 due by June 8th
**30 people are required to have the total \$425.00
paid by June 8th or the trip will be cancelled**
Final Payment Due September 1, 2023



For more Details Call Chrissy @ 734-243-6210

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

Name: _____

Address: _____

Telephone: _____

Roommate Name: _____

Please send insurance forms: Yes No

I do not want insurance Yes No

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

Special Needs: _____

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



Easter



True or False

1. The word "Easter" appears in the Old Testament in the Bible. T or F
2. A lamb is one of the symbols of Easter, as it was a sacrificial animal in the Old Testament. T or F
3. The rabbit is an ancient symbol of fertility. T or F
4. The egg represents "new life," or the resurrection of Christ. T or F
5. The most popular American Easter candy is the chocolate bunny. T or F

Multiple Choice

1. Easter always falls between which two dates? a. March 22 & April 25 b. April 1 & 29 c. March 14 & April 22.
2. Is more candy sold for Easter, Christmas, Valentine's Day or Halloween?
3. About how many chocolate bunnies are produced each year? a. 2 billion b. 100 thousand c. 90 million d. 75 million
4. Where is the most popular Easter parade held each year? a. Detroit b. Los Angeles c. New York d. Denver
5. The first Easter eggs were dyed what color? a. yellow b. pink c. red d. green
6. When was the first White House Easter Egg Roll? a. 1902 b. 1878 c. 1943 d. 1890.



SUPPORT OUR
ADVERTISERS!

*Monroe County's Only
Full Service Funeral
Provider*
Advanced Planning
Cremation Services
Floral Arrangements
Granite & Bronze Memorials
Keepsake and Memorial Jewelry
Veterans Services

North Monroe
South Monroe
Dundee
Erie
734-384-5185



www.merklefs.com

LET US
PLACE
YOUR AD
HERE.

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Terry Sweeney

tsweeney@lpicommunities.com

(800) 477-4574 x6407

THIS SPACE IS
AVAILABLE



4-D-5-5

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

15-0719



Due to the high demand of the **Betty Salad** Lunches, beginning in April they will be limited to **one per member.**

TUESDAY FUN NIGHT Meal & Entertainment



Tuesday
April 11, 2023
2nd Tuesday of the 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



The Center has many exercise programs.

- Cardio Drumming
- Chair Yoga
- Enhanced Exercise
- Fun Fit w/Cheryl
- Geri-Fit

Before beginning any new exercise program, please check and discuss with your doctor.

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you every week.



VISIT WWW.MYCOMMUNITYONLINE.COM



FRENCHTOWN CENTER FOR ACTIVE ADULTS

2786 Vivian Road, Monroe, MI 48166

Phone: 734-243-6210

RUMMAGE SALE

Scheduled on the following days:

Tuesday, May 16, 2023 8:30 AM—3:30 PM

Wednesday, May 17, 2023 8:30 AM—3:30 PM

Thursday, May 18, 2023 8:30 AM—3:30 PM

Friday, May 19, 2023 8:30 AM—Noon

We are now accepting clean, used, items for our Rummage Sale.

Assorted household items and clothing, including working small kitchen appliances, Laptops, Tablets, anything small.

10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®



WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

Join us to learn about:

- » The difference between normal aging and Alzheimer's.
- » Common warning signs.
- » The importance of early detection and benefits of diagnosis.
- » Next steps and expectations for the diagnostic process.
- » Alzheimer's Association resources.

Monday April 17

12:30—1:30 p.m.

**Frenchtown Center for Active Adults
2786 Vivian Rd.
Monroe, MI 48162**

Open to the public - All are welcome!

Visit alz.org/CRF to explore additional education programs online and in your area.

alzheimer's  association®

18205172



Is Your Memory Slipping?

We all forget things sometimes, especially when life gets busy. You may start to notice this happening more often as you get older. Mild memory loss can be a normal part of aging. It doesn't necessarily mean you're going to have dementia. Only 1% of people over age 65 with normal age-related memory issues will get dementia each year.



When Forgetfulness Is a Problem

If memory loss makes it hard for you to handle your daily tasks, that's a sign you shouldn't ignore. Are you forgetting things you only just heard? Asking the same question over and over again? Relying on lots of paper or electronic reminders just to get through the day? Talk to your doctor if you or your family notices that happening to you.

Hard to plan or solve problems

Everybody makes a mistake sometimes. Maybe you made an error in the checkbook last month or paid the wrong amount on a bill. That's normal stuff we all do. But if you are really struggling to do things like follow directions in a familiar recipe or keep track of bills the way you used to do, it could be a warning sign of memory problems.

Struggling with every day task

Having trouble using that TV remote? Forgot how to set the microwave? If you need a little help now and then with those kinds of things, it's likely nothing to worry about. But if you have problems doing regular activities you're used to doing, like driving to places you always go, playing favorite games, or finding your way at the grocery store, it may be a sign of a more serious memory issue.

Where did I park



We've all had it happen. You come out of the store and think, "Now, where'd I leave my car?" It's normal to forget where you parked now and again. If it happens regularly, though, check with your doctor. It could be a warning sign of dementia.

Can't find your keys

Most of the time when you forget where you've left something, like your keys or your glasses, you should be able to think back, retrace your steps, and find whatever it is. If you notice you're losing things all the time and you can't go back and spot them, that's a common sign of a bigger memory problem.

Losing track of time

Most of us have woken up and thought to ourselves, "What day is it?" It won't take you too long to figure it out. But if you are often losing track of dates, seasons, or the passage of time, that's another sign of real memory trouble.

How did I get here

If you walk into a room and can't remember what you were doing, that's not cause for concern. It happens to all of us. But people with Alzheimer's disease sometimes forget where they are. Or they find themselves somewhere and don't remember how they got there. If that's a problem you have, it's a good idea to get help.



What's the word for it

It's normal to have trouble finding the right word sometimes. Or you might use a word the wrong way. Not to worry. But people with Alzheimer's disease often start to have real trouble talking or writing. They might find it hard to recall the right term for familiar objects or the name of somebody they know well. If you're struggling with names, words, or what to say next, it may be a sign of more serious memory loss.

Withdrawn from family and friends

Are you avoiding friends, family, or co-workers? Is it hard to carry on or follow a conversation? When memory problems become more severe, it's common for people to lose interest in hobbies, social events, or other activities they used to like doing. If that sounds like you, it's time to talk to someone about it.

Take a memory test

If you aren't sure if what you're going through is just regular aging, a doctor can help you figure it out. They'll know if the memory loss you have falls within the normal range or not. Your doctor will ask you questions and may ask you to take a series of tests. They may also check you for other problems that can look like dementia, such as medication side effects or depression.

Is there anything I can do?

If your memory is OK but you're still worried, there may be something you can do about it. People who spend time reading, solving puzzles, or otherwise staying engaged are less likely to get Alzheimer's. It's possible that these activities can help you to keep your mind sharp. It's also a good idea to lower your stress, eat right, and exercise.



Source: <https://www.webmd.com/alzheimers/ss/slideshow-is-it-aging-or-alzheimers?>



April—Volunteer Appreciation Month

We truly appreciate and thank all our volunteers.

“Volunteers do not necessarily have the time; they just have the heart.”

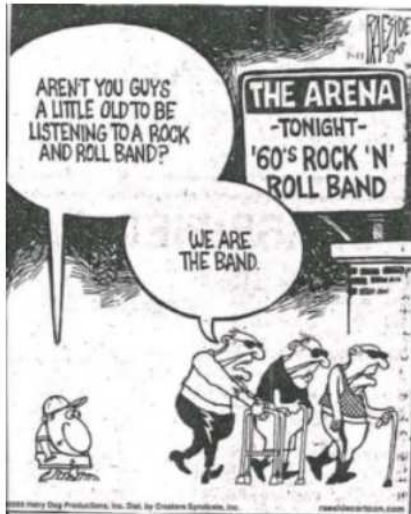
~Elizabeth Andrew

“You make a living by what you get. You make a life by what you give.” ~Winston Churchill

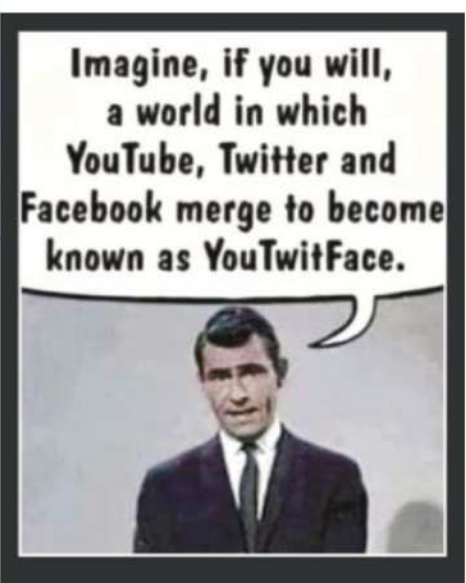
“Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another.” ~Erma Bombeck



'Laughter IS the Best Medicine.'



My uncle just texts me asking what does IDK mean? I said: I don't know... He said: Damn, nobody does!



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 Lisa, Program Coordinator. All payments must be made with a check or money order at the Center. Call 734-243-6217



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

Tuesday, April 18, 2023

PLEASE NOTE—Travel meetings are now on the 3rd Tuesday

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

Or call Lisa Ghigliazza 734-243-6217 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.**

- ◆ **Cruisin Kalamazoo, August 16, 2023, presented by Bianco.** \$123.00 Round Trip Transportation, Air Zoo, Main Street Pub, Gilmore Car Museum.
- ◆ **Ohio Sampler, August 18—19, 2023, presented by Bianco.** \$434.00 2 days / 1 night. Includes one night in Medina, OH. 1 Breakfast, 1 Lunch & 1 Dinner. Brandywind Falls, MAPS, Air Museum, Williams on the Lake, Brecksville Nature Center, Hartville Kitchen & Market Place.
- ◆ **Marie Osmond in Shipshewana, September 23—24, 2023, presented by Bianco.** \$485.00
- ◆ 2 days / 1 night. Includes one night at the Blue Gate Garden Inn, 1 Breakfast & 1 Dinner, Shopping, Marie Osmond, Linton's Enchanted Garden, Hartland Winery.
- ◆ **Autumn in Vermont, October 8—14, 2023, presented by Bianco.** \$1,994.00 pp dbl. 1 night in Corning, NY, 1 night in Brattleborro, VT, 3 nights in Burlington, VT and 1 night in Niagara Fall, NY. 6 Breakfasts, 1 Lunch, 5 Dinners. Corning Museum of Glass, Vermont Country Store, Ben & Jerry's, Spirit of Ethan Allen (dinner cruise) and more.
- ◆ **Grand Hotel/Mackinac Island Trip, October 17-20, 2023, presented by Frenchtown Center for Active Adults.** Dbl \$1,247.00, Trpl \$1,247.00 single \$1,547.00 See flyer page 9 or website for all details.
- ◆ **The Parade Company, November 9, 2023, presented by Bianco.** \$112.00 Departs 8:30 am and Returns 4:00 pm. Behind the scenes look at Detroit's hidden treasures at the Parade Company Studio. Lunch included at Sinbad's Restaurant. The Whitney, Detroit—guided tour through the mansion while sipping champagne.
- ◆ **A Lancaster Christmas, November 27—December 2, 2023, presented by Ed & Ted's Excellent Adventures.** \$1,399 pp dbl. Includes "Miracle of Christmas" at Sight & Sound Theatre, tour Lancaster Amish Community, Scenic Train Excursion, Turkey Hill, Dinner & Wine Tasting, Hershey World, 11 Meals— 5 dinners-5 breakfast, and 1 lunch.



Frenchtown Center Link

Presorted

Standard

U. S. Postage Paid

A Non-Profit Organization
2786 Vivian Road
Monroe, MI 48162
A Monthly Publication



Commission on Aging



Current Resident

NEWS TO NOTE:



- ◆ Due to the high demand of the **Betty Salad Lunches**, beginning in April, there will be a **ONE per member LIMIT**.
- ◆ **Cardio Drumming**—A second class has been added at 8:00 a.m. on **Tuesdays and Thursdays**.
- ◆ **FUN NIGHT MEAL & Entertainment**—Tuesday, April 11, 2023
- ◆ **Library will be here on Wednesday, April 12, 2023 @ 10:00 AM**
 - ◆ **Travel Meeting**—Tuesday, April 18, 2023 @ 1:00 PM
- ◆ **Board Meeting**—Thursday, April 20, 2023 (We currently have a vacancy on our Board of Directors. If interested, please contact Paul Iacoangeli, Executive Director.)
- ◆ **Tuesday, May 2nd**—there will be no dine-in lunches, carry-out only
 - ◆ **Monday, May 15th**, the Center will close at 1:00 p.m.
 - ◆ **Rummage Sale**—May 16-19, 2023
 - ◆ **Time Changes** for **Book Club** 10:00 a.m. and **Pub Trivia** 1:00 p.m.
- ◆ **Breakfast Menu**—**Promptly Served 8:30 AM and Dine-In Only** — **NO CARRY OUT FOR BREAKFAST**
- ◆ **Let's Dance is Cancelled** until further notice. We are currently looking for an instructor. If interested, contact Lisa Ghigliazza, Program Coordinator.

