



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.

SEPTEMBER 2023



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Remember!



This facility is
Fragrance Free.
Please have
consideration for
other members.



October 7, 2023
St. Mary's Park | 111 W. Elm
Avenue Monroe, MI 48162
Contact:
Marsha Oberleiter
734-652-8946

Mark Your Calendars—New Events

Fund Raising Event Wednesday September 20th and
Thursday, September 21st—see *page 15 for details*

Pig Roast and Pot Luck, Monday, September 25th @
12:00 PM NOON—**NO LUNCHES**, see *page 15 for
details*

Flu and Covid Shots, September 26th—see page 12 for
details ***COVID Vaccine could be delayed please call***
Halloween Celebration next Month, Tuesday October 31st
Featuring Lake Erie Hexenbrut



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
John Bocks
Linda Compota
Jean Guyor
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 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
Pam Handegan—Adult Day Staff
Doreen Sager—Adult Day Staff
Ayessa Pidruzny—Adult Day Staff

www.frenchtownsenior.com

Activities & Services for Monroe County Older Adults at Frenchtown Center

Bingo
Bocce Ball
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
Painting Programs
Pickle Ball
Ping Pong
Pub Trivia
Quilting
Rummage Sales
Sewing Group
Tai Chi
Tuesday Fun Night (2nd Tuesday)
Thursday Breakfast

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.

SEPTEMBER 2023

Due to lack of interest in the past 3 months, Deb Rose has decided to cancel Itchin' for Stitchin'. She will, in the future, offer some one-off special project classes, for a fee, dates to be determined.

Mon	Tue	Wed	Thu	Fri
<p>Sunday September 10, 2023 is Grandparent's Day. To all the Grandparents, we wish you a day wonderful!</p> 		 <p>Mark you calendars for the Halloween Celebration next Month. Tuesday October 31st. Featuring Lake Eerie Hexenbrut</p>		<p>1 9:00 Fun Fit Party w/Cheryl 10:00 Pickleball 12:15 Watercolor Class 1:00 Bingo</p>
<p>4 CENTER CLOSED</p> 	<p>5 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exercise w/ Jackie</p>	<p>6 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Pickleball 10:00 Nine Ball 10:30 Rock Painting 11:00 TAI CHI 12:30 Paint w/Friends 1:00 Happy Hookers</p>	<p>7 8:30 Breakfast 8:30 Ping Pong 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 LCR 1:00 Enhanced Exercise w/ Jackie 1:00 Eight Ball</p>	<p>8 9:00 Fun Fit Party w/ Cheryl 10:00 Pickleball 12:15 Watercolor Class 1:00 Bingo</p>
<p>11 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/ Sticks 10:00 Bocce Ball 11:00 TAI CHI 12:30 In The Know</p>	<p>12 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exercise w/ Jackie 4:30 Fun Night (Meal & Entertainment)</p>	<p>13 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Library In Motion 10:00 Chair Yoga 10:00 Pickleball 10:00 Nine Ball 10:30 Rock Painting 12:30 Paint w/Friends 11:00 TAI CHI 1:00 Happy Hookers</p>	<p>14 8:30 Breakfast 8:30 Ping Pong 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:00 Quilter's Guild 1:00 Caregiver Mtg 1:00 LCR 1:00 Enhanced Exercise w/ Jackie 1:00 Eight Ball</p>	<p>15 9:00 Fun Fit Party w/ Cheryl 10:00 Monroe Quilt Guild 10:00 Pickleball 10:00 Book Club 12:15 Watercolor Class 1:00 \$5.00 Bingo</p>
<p>18 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/ Sticks 10:00 Bocce Ball 11:00 TAI CHI 12:30 In The Know 1:00 Monroe Sewing Group</p>	<p>19 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 PM Travel Meeting 1:00 Bunco 1:00 Enhanced Exercise w/ Jackie</p>	<p>20 (Holiday & Bake Sale) HALLOTHANKSMAS 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Pickleball 10:00 Nine Ball 10:30 Rock Painting 11:00 TAI CHI 12:30 Paint w/Friends 1:00 W.W.W.W group 1:00 Happy Hookers</p>	<p>21 (Holiday & Bake Sale) HALLOTHANKSMAS 8:30 Breakfast 8:30 Ping Pong 9:00 Cardio Drumming 10:00 Board Mtg 10:00 Geri-Fit 11:00 Blood Pressure Check 11:00 Advanced Geri-Fit 1:00 Card Making Class 1:00 LCR 1:00 Enhanced Exercise w/ Jackie 1:00 Eight Ball</p>	<p>22 9:00 Fun Fit Party w/ Cheryl 10:00 Pickleball 12:15 Watercolor Class 1:00 Bingo</p>
<p>25 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/ Sticks 10:00 Bocce Ball 11:00 TAI CHI 12:00 Pig Roast **</p>	<p>26 9:00 Bridge 9:00 Cardio Drumming 9:00 Flu Shots 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exercise w/ Jackie</p>	<p>27 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Pickleball 10:00 Nine Ball 10:30 Rock Painting 11:00 TAI CHI 12:30 Paint w/Friends 1:00 Pub Trivia 1:00 Happy Hookers</p>	<p>28 8:30 Breakfast 8:30 Ping Pong 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 Caregiver Mtg. 1:00 LCR 1:00 Enhanced Exercise w/ Jackie 1:00 Eight Ball</p>	<p>29 9:00 Fun Fit Party w/ Cheryl 10:00 Pickleball 12:15 Watercolor Class 1:00 Bingo</p>



**September
2023**

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

NO CARRY OUT LUNCHESES MONDAY SEPTEMBER 25TH

Mon Tue Wed Thu Fri
When calling 734-636-9477 to place your lunch order, PLEASE place an order for ONE day only. Lunch can only be ordered for one day via telephone. When you come for your lunch, either dine-in or carry-out, you may sign the sheet in the kitchen for any other days you wish to have lunch. The Center staff are extremely happy with the increased volume of lunches ordered everyday. However, due to the increased demand, the kitchen staff are very

Monday, September 25th, there will be NO LUNCHESES. Enjoy the Pig Roast				1 Polish Sausage w/ Sauerkraut & Side
 Labor Day	5 Cheeseburger w/Side	6 K-Mart Sub	7 Mostaccioli	8 Turkey & Cheese Wrap w/Side
11 Chef Salad	12 Hamburger Stroganoff w/Peas	13 Chicken Fajita's	14 Meatball Sub	15 Pulled Pork Sandwich w/Coleslaw
18 Spicy Italian Sausage w/Sweet Red Peppers & Onions Over Pasta	19 Sweet & Sour Chicken over Rice	20 Betty Salad	21 Goulash w/Bread	22 Taco Salad
25 No Lunches Pig Roast 12pm	26 Pork Nacho's	27 Soup & Salad	28 Chili Dog w/Chips	29 Chicken Nuggets w/Fries

Breakfast Menu—Promptly Served 8:30 AM

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

September 7— Biscuit & Gravy September 14—Skillet
September 21— SOS September 28— French Toast

Please call 734-636-9477 by 1:00 pm the day before to order lunch.
Carry out available for pick-up @ 11:30am
****Dining in available Monday—Friday 12:00 Noon**
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.





We are quickly approaching that first Monday in September, more commonly known as Labor Day. Then the first Sunday after Labor Day is National Grandparents' Day in the United States. They say you learn something new every day, and once again, that old saying is true. It wasn't till I joined as a member a few years back did I pay much attention to Grandparents' Day. I always thought this was just another "Hallmark" day. You know, a day pushed by the famous card maker to increase profits. This year I did some checking and discovered Congress passed the legislation proclaiming the first Sunday after Labor Day as National Grandparents' Day in the U.S. and, on August 3, 1978; then-president Jimmy Carter signed the proclamation. This doesn't change the fact Hallmark probably profits from it, but at least I feel a little bit better. The sad truth is I never knew my grandparents, my dad's dad died when he was 43 and his mother died in Italy when the family returned for a family visit. My mom's parents died at an early age, leaving her to be raised by relatives. So, I never had much reason to know, let alone appreciate, Grandparents Day. So to all you grandkids, cherish what you have and show your grandparents some appreciation. Grandparents enjoy your day because of some of the things I have witnessed grandkids do; you undoubtedly deserve it.

In last month's newsletter, you found an insert reminding you about influenza and COVID shots in September. We generally don't do inserts because it is a lot of additional work for our volunteers, but there was an ulterior motive, so here is my opportunity to fill you in. For several years, the Center has partnered with HomeTown Pharmacy to make it convenient to get your flu shot, and this year is no different. As States gear up for this fall's triple threat of respiratory viruses: Covid-19, flu, and RSV, we already have our immunization program in place. While we always want you to be safe and encourage you to get proper medical care, this year will not only benefit you but, for the first time, it has some additional benefits for us. Should you choose to get a flu or COVID shot or both and have Medicare or other insurance, bring your card and help us while we help you. Taking advantage of this offering provides protection from respiratory viruses so you can enjoy some time with us instead of feeling lousy at home. As it turns out, this year, we have the chance to turn it into a fundraising opportunity. In addition to HomeTown Pharmacy, we have partnered with the National Council on Aging. NCOA is making an additional investment in senior centers to support the work they have been doing all along in reaching older adults. Their philosophy is that people 65 and older are at high risk of severe flu-related health complications. Getting the flu shot protects you from getting it and keeps you from spreading it to others. So this year, grab a few friends, young, old, it doesn't matter, bring your insurance card and come on down, roll up your sleeve, and think of it as giving us a shot in the arm this year.

As of my writing there is a concern the COVID Vaccine may not be available on the 26th. If not we will schedule another day for the COVID vaccination. Regardless the flu vaccine will still be available on the 26th.

Last but not least, I want to recognize my brothers and sisters in the labor movement as we celebrate Labor Day. Labor Day originated on September 5, 1882, when 10,000 workers took unpaid time off to march from City Hall to Union Square in New York City, holding the first Labor Day parade in U.S. history. The idea of a "workingmen's holiday," celebrated on the first Monday in September, caught on in other industrial centers across the country, and many states passed legislation recognizing it. Congress recognized it 12 years later as a way to honor workers and recognize their contributions to society and the economy.

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



A BIG Thank you to the Volunteers and Staff for working the Beer Tent!!



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15-0719



In the Know

Monday, September 11th at 12:30 PM

Fire Safety & Prevention in the Home – presented by
Josh Maddix/ Frenchtown Fire Inspector



Come learn how to prevent fires in and around your home. Learn what causes fires, how to quickly extinguish different types of fire, how often to have your smoke & carbon monoxide detectors checked, if your fire extinguishers are still useable, much more. This presentation is a must for all seniors.



In the Know

Monday, September 18th at 12:30 PM

Cold Weather and Cardiovascular Health
Presented by Corewell Health



Cold weather can affect the cardiovascular system and increase the risk of heart attacks. Exposure to cold causes a contraction of blood vessels as well as an increase in blood pressure, heart rate, and how your heart muscles work. People with existing cardiovascular conditions are at particularly high risk of heart attacks during cold weather. In this session we will learn how cold weather affects your heart health and how to protect yourself during the cold winter months.

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Deanna M. Maurice — Funeral Director

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Donna L. Stein
Jerry Dale Meek



Donation for Day Care
from Ashley Frederick &
Charlene Calkins

Memorial Donation
from Linda Clancy,

Richard & Victoria Crooks for Day Care
in Memory of Monica Johnson.

Donation for the Center from Bonnie J
Mrock.

Beer Booth Monroe County Fair Volun-
teers, Thank You so much for generous-
ly volunteering your time to support our
Day Care Program.

Welcome New Members

Bill Andrews	Sherry L Hawkins	Ann Savonen
Velda Mae Arnold	Theresa Heitkamp	Janice Sawyer
Suzanne Beamish	Wilma "Jean" Johnson	Debra Sigg
Patrick Buckley	Beverly Kuderik	Kenny Sigler
Alyce Castellese	Mary Kay MacTavish	Kim Slaughter
Beth Ann Choate	David Marietta	Patricia M Studer
Kay Coombe	Jacquelyn McEachran	Paula Szabo
Kim Faison	Sue Neshkoff	Chuck Troxler
Janet Finley	Leroy "Pete" Nied	Sherri Troxler
Ronald Finley	Betty Peraino	Sandy Turner
Jill Fountain	Frank Rafko	Veda Tyler
Mary Fuhlbrigge	Jim Satkowski	Vickie Waltz
Scott Hanosh	Rosemary Ann Satkowski	



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

Nancy Adams	Stephanie Derry	Kathryn Sue Hedrick	Mary Ann Mack	Velvet Rauton
Janet Allen	Shelley Desrosiers	Theresa Heitkamp	Phyllis Madden	Ann Reaume
Mary Jean Amolsch	Joann Dotson	Jacqueline Hirst	Margaret Mathewson	Rosa Reed
Kevin Angove	Barbara Drake	Donna Houck	Michael McCarty	Jayme Richards
David Baker	Timothy Durkin	Marie Hutchison	Anita McFarland	Michele Rinne
Margaret Beason	Barbara Emerick	Rick Hyden	Myrna Meek	Leona Kay Rogers
Scott Belknap III	Cheryl Everett	Linda Imber	Ron Merrick	Linda Salisbury
Ray Bergmooser	Evelyn Eyler	Donald Janiszewski	Les Messer	Dennis Scheich
Trish Blair	Judith Ferry	Marlene Johnson	Gerald Miller	Caroline Short
Ilah Brancheau	Ronald Finley	Kathy Kanitz	Dale Mitchell	Janet Sottile
Brian Brow	Ronald Florian	Donna Kelley	Brenda Montri	Cheryl Southworth
Janice Brunswick	Mary Anne Fowler	James Knapp	Diane Moran	Donna Streeter
Patrick Buckley	Betty Frazer	Nancy Koszegi	Jerry Mudget	Mary Turner
Sharon Buckley	Deborah Gedelian	Bonnie Kregel	Marcia Nagowski	Veda Tyler
Sam Cangealose	Gregg Gentil	Beverly Kuderik	Jo Ann Naida	Frances VanSlambrouck
Mark Cicero	Beverly Gessner	Chris Kull	Janet Notario	Vickie Waltz
Naomi Coon	Richard Gross	Laura Lauer	Jeffrey Paeth	Donna Wickenheiser
Michael Cunningham	Catherine Haddix	Elizabeth Leski	John Piekarski	Lawrence Wilcousky
Barbara Daniels	Shari Hall	Erlinda Little	Jeanna Pierce	Betty Wilhelm
David Dawn	Janice Hammer	Paul Livernois	William Plass	Barbara Wood
Duane Dehner	Nora Hartman	Drew Lyons	Loraine Poteracki	Jane Worden
Marcia Denoyer	Duane Hearn	Patricia Ann MacDougall	Maureen Quinn	Reggena Wortinger



FRENCHTOWN CENTER

Library in Motion will return

Wednesday, September 13th

Please have returns ready by
10:00 am

PHONE: 734-241-5770

EMAIL:

lim@monroe.lib.mi.us

Grand Hotel/Mackinac Island Trip

4days/3 Night stay Grand Hotel
October 17—20, 2023

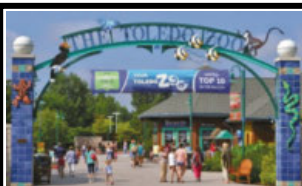
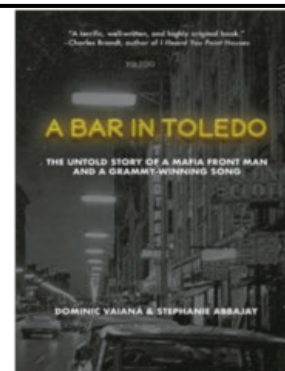
Cost per person	
Room Double	\$1,247.00
Room Triple	\$1,247.00
Room Single	\$1,547.00

Deposit required on sign up — \$200.00
Additional registration fee of \$225.00 due by August 25th
30 people are required to have the total \$425.00 paid by August 25th or the trip will be cancelled
Final Payment Due September 1, 2023

For more Details Call Chrissy @ 734-243-6210 ext. 4

BOOK CLUB—September 15th @ 10:00 AM

When Duane Abbajay took over his brother’s bankrupt nightclub in 1962, he promised his wife it would be a quick turnaround to protect his family’s name. Instead, he became the face of a bar that transformed Toledo’s entertainment scene and inspired a Grammy-winning country song—all under the thumb of a trigger-happy mafia boss. Emotional, theatrical, and dripping with nostalgia, *A Bar in Toledo* is a love letter to the golden age of American music—and the dark underworld that helped make it all possible.

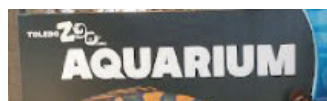


ENJOY SENIOR DAYS AT THE TOLEDO ZOO! WEDNESDAYS IN SEPTEMBER & OCTOBER

Seniors take advantage of FREE admission & activities every Wednesday!

Mondays - Fridays in September & October, seniors 60 and better enjoy...

- Free parking in the Anthony Wayne Trail & Broadway parking lots
- Free small coffee & mini-muffin at the Timberline Bakery (10 a.m. – 2 p.m.)
- 15% discount on merchandise in our gift shops
- 20% discount on Memberships, when purchased at the Membership Sales window
- \$1 off either individual or family baskets at our Giraffe feed deck
- Free admission on **Wednesdays**



The Center Puzzlers have completed another beautiful puzzle. This one had no straight edges.

GRANDPARENTS

Grandparents are special people
with wisdom and pride.
They are always offering love and kindness
and are always there to guide.
They often make you feel
so confident and strong.
Their arms are always open
no matter what you did wrong.
They try to help out
in every way that they can.
They love all their grandchildren
the same whether you're a child, woman or man.
They are always there to listen
and to lend a helping hand.
They show you respect
and they try to understand.
They give their love, devotion and so much more,
that's easy to see.
Grandparents,
what perfect examples
of the kind of person that we should be.

~By Stacy Smith~



www.LearningStationMusic.com

TUESDAY FUN NIGHT



Meal & Entertainment

Tuesday

September 12, 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



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15-0719

NOTICE



This Center is Fragrance Free

Symptoms of Fragrance Sensitivity



Men's 8 and 9 Ball 2023-2024 Season

Welcome back to the new season of our 8 and 9 ball leagues. **Congratulations to Fritz Peterson for winning the 2022-2023 Nine Ball league.**

Our leagues will start after Labor Day. Nine Ball on Wednesday, September 6th at 10:00 am. and Eight Ball on Thursday, September 7th at 1:00 pm.

Looking forward to all of our returning members and welcome to any new players. Anticipating another great season.

Fred Gartner, President

Pat Daly, Secretary/Treasurer

Anyone wanting to join either league, please call Fred Gartner @ 734-497-6166

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Frenchtown Center for Active Adults is once again offering Flu & Covid Shots

Hometown Pharmacy will be here
Tuesday, September 26, 2023 from 9:00 am– 12:00 pm

- *Please Bring Your Insurance Card*

The COVID vaccine formulation targeting the omicron XBB.1.5 variant may not be released at this time. If not, another date will be scheduled for COVID Shots.

From the CDC: Why should I get a flu vaccine and a COVID-19 vaccine at the same visit? Getting both vaccines at the same time if you are due for both is an option for consumers. Some people might prefer to get their vaccines at one time. This might be more convenient than having two separate visits.

Studies conducted throughout the COVID-19 pandemic indicate that it is safe to get both a flu vaccine and a COVID-19 vaccine at the same visit.



Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

Getting your flu shot and updated COVID-19 booster offers the best protection against serious illness. You can safely get vaccinated for COVID at the same time you get a flu shot—one visit, two vaccines.



Monroe County 2023 Walk to *End Alzheimer's*

October 7, 2023

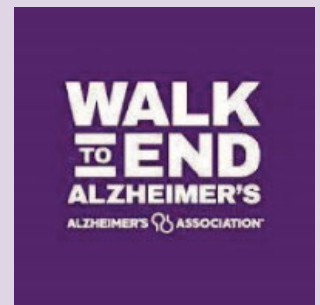
St. Mary's Park 111 W. Elm Avenue

Schedule of Events:

Registration at 9:30 a.m. Opening Ceremony 10:45 a.m. Walk 11 a.m.

Route Length: 2 miles

Contact: Marsha Oberleiter | 734-652-8946 | moberleiter@alz.org



Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease.

While there is no fee to register for Walk, all participants are encouraged to raise critical funds that allow the Alzheimer's Association to provide 24/7 care and support and advance research toward methods of prevention, treatment and, ultimately, a cure. Each registered participant will receive a Promise Garden flower. What do the colors represent?

- **Blue** represents someone living with Alzheimer's or another dementia
- **Purple** is for those who have lost a someone to the disease.
- **Yellow** represents someone who is currently supporting or caring for a person living with Alzheimer's.
- **Orange** is for those who support the cause and the Association's vision of a world without Alzheimer's and all other dementia.



SEPTEMBER SELF-CARE AWARENESS MONTH

September is **self-awareness month**, which means that we all have a whole month devoted to ourselves. Self-awareness is vital for mental health and wellbeing, for when we know, truly know, who we are, we can shape our life.



SEPTEMBER IS
SELF ♥ CARE
AWARENESS
MONTH

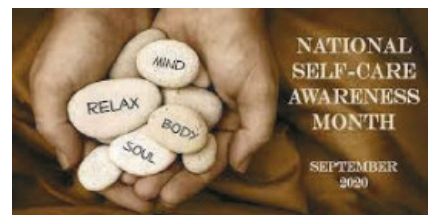
How To Increase Your Self-Awareness

Three key questions can help us increase our self-awareness:

- Who am I?
- What do I want?
- How do I want to be in my life?

Reflecting on these self-awareness questions will lead you to new insights about yourself. As you reflect on these, perhaps in a journal dedicated to your self-awareness, pay attention to

- Labels your slapping on yourself
- Negative thoughts and beliefs you have about who you are
- Your personal values—what's important to you
- Your unique character strengths
- What you're doing well and what you want more of
- What changes you want to make
- Your immediate goals
- Your life goals



Give yourself the attention you deserve. When you do, you'll be equipped to create the you, you want to be and create the life you want to have. Observing self-awareness month allows us all to determine who we are, what we want, and then create a life of mental health and wellbeing, a life worth living.

<https://www.healthyplace.com/other-info/mental-health-newsletter/September-is-self-awareness-month>

How to Feel Better in Less Than 15 Minutes

1. Clear Your Mind

- a. Take a brief meditation break. It's simple: Sit quietly, close your eyes, and focus on your breathing. When you get distracted, just bring your attention back to your breath.
- b. When you're done, you could feel more positive and patient. That's just what you need to shift the energy of your day and help you bounce back from stress.



2. Get Outside

- a. Step outdoors for a few minutes to pull some weeds, sit in the sunshine, or just get some fresh air. Research shows that time outside can give you more energy, a better memory, and less anxiety. Even if you're in a city, notice trees, flowers, and parks. Soak up nature to give yourself a boost.

3. **Have a Laugh** Read a few pages of a funny book, watch a clip of your favorite comedian, or call a friend who always cracks you up. Laughter obviously lightens your mood, plus it stimulates your heart, lungs, and muscles. It makes your brain release more feel-good endorphins. And it can relax your muscles and help your circulation.

continued on page 14

4. Count What's Good Pick up a pen and list at least a few things you're grateful for today. Think about your relationships, things that went well, and any positive parts of your life -- big or small. People who do this feel better and are less bothered by stress. And it can take very little time to do.

5. Wish Someone Well Practicing compassion for others tends to make you feel better, too. Choose someone: a friend, family member, co-worker, or even a stranger. In your mind, send them wishes to be happy and healthy and live with ease. This quick exercise can make you more satisfied with your own life.

6. Take a Walk Lace up your shoes. A stroll around the neighborhood can lift your mood and bust stress. Stuck in a rut? Research shows your next big idea could be just a walk away. It can boost creative thinking.

7. Turn on Some Tunes DJ, put on something peppy! Play a few of your favorite songs to relax and lighten your mood. Research shows music has all kinds of benefits -- it can reduce anxiety and pain. If you feel moved to get up and dance, even better.

8. Check a Chore off Your List What small task has been lurking in the back of your mind for too long? Change that burned-out light bulb, return that email, make that appointment. The satisfaction of getting something small done could stop stress and give you the momentum to tackle more.

9. Connect Call a friend to catch up, email a family member to check in, or text a colleague to meet you for coffee. Making contact with other people builds social connections and gives you more support. Studies support this: Better relationships are one of the best ways to become happier.

10. Eat a Smart Snack Fuel up, but keep it healthy and simple. Some ideas:

- a. **Oranges.** Citrus fruits are high in vitamin C, which is good for your immune system.
- b. **Nuts.** Enjoy a small handful of walnuts, almonds, or pistachios for some omega-3 fatty acids that even out your stress hormones.
- c. **Whole grains.** A bowl of oatmeal or a piece of whole wheat toast could help your brain make more serotonin, which can improve your mood.

11. Do a Good Deed

Open a door for someone. Donate to a cause you believe in. Sign up for a volunteer project. Help a family member with a small task. Studies prove that when you show kindness to other people, it makes *you* feel good. And it can be quick to do, any day of the week.

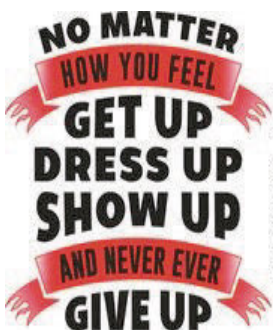
12. Stretch Yourself Reach for your toes! Take a short break to gently stretch your neck, shoulders, lower back, thighs, and hips. Try yoga moves, like downward dog, mountain pose, or cat-cow. When you stretch, it lowers stress and sends extra blood to your muscles.

13. Hug It Out Find a friend or family member and ask for a hug. That warm squeeze will give you a lift -- and could even make conflict less upsetting, according to one study. Hugging could also help your immune system, another study says.

14. Give Yourself a Pep Talk "I can handle this." Practice positive self-talk. Try to reverse any negative thoughts you have. If you're worried about a mistake you made, tell yourself, "Everyone messes up. I can fix it."

Say a few upbeat mantras to yourself out loud -- it can change your thinking and cut your stress.

15. Write a Thank You Note Jot down a few words of appreciation to someone who has helped you. You can express thanks for recent favors, birthday gifts, or long-lasting support. One study showed people who did this actually trained themselves to be more grateful.



gg110890718 GoGraph.com

<https://www.webmd.com/balance/stress-management/>



Fund Raising Event
Wednesday, September 20 and
Thursday, September 21, 2023
Holiday Items and Bake Sale



We will be collecting **NEW** or **SLIGHTLY/GENTLY** used **Halloween, Thanksgiving and Christmas** items.

Also, this is an opportunity for you to showcase your baking skills. Bake your favorite item for us to include in the **BAKE SALE**. All items must be wrapped and ready for sale.

Accepting the **Halloween, Thanksgiving and Christmas** items in August. Bring your baked goods September 18th—21st.



This will be held in the Lobby.



Member's Fall Festival—Pig Roast and Pot Luck

Monday, September 25, 2023

12:00 PM NOON

No Lunches on this day.



We provide the Pig, you provide the sides and desserts.

Join us for a fun afternoon filled with food, games, entertainment and awesome people!



Please sign your name and what dish you will be bringing on the sheet at the front desk.



Floral City Harmonizers Barbershop Quartet



Corn Hole Fun

There is no fee for this event.

This is a member only event.



What are a school teacher's 3 favorite words?

June, July, and August.

Why do bananas use sunscreen in August?
Because they peel.

A woman walked into the kitchen to find her husband stalking around with a fly swatter. "What are you doing?" she asked.

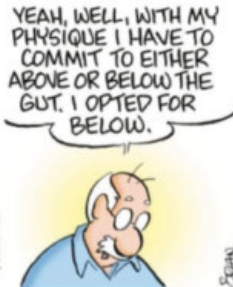
"Hunting flies," he replied.

"Oh, killed any?" she said.

"Yep, 3 males, 2 females," came the answer.

Intrigued, the wife asked, "How can you tell them apart?"

Husband: "3 were on a beer can, 2 were on the phone."



A PESSIMIST sees a dark tunnel
An OPTIMIST sees light at the end of the tunnel
A REALIST sees a freight train
The TRAIN driver sees 3 idiots standing on the tracks.



shared by womenafter50.com



Marie
OSMOND

in Shipshewana



Travel—All upcoming trips, flyers, 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



Zehnders
OF FRANKENMUTH
"Women of Country"



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, September 19, 2023

PLEASE NOTE—Travel meetings are now on the 3rd Tuesday @ 1:00 PM

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.**

- ◆ **Maire Osmond in Shipshewana, September 23-24, 2023, presented by Bianco Tours.** Dbl. \$485.00, triple \$422.00, single \$581.00. **There are still seats available.**
- ◆ **Autumn in Vermont, October 8-14, 2023, presented by Bianco Tours.** Dbl. \$1969.00, triple \$1783.00, single \$2529.00. **SOLD OUT, taking names for waitlist .**
- ◆ **Firekeepers Casino, October 11, 2023, presented by Bianco Tours.** This day trip, departing a 9:00am and returning at 6:00pm, is only \$54.00. Please visit our website for all details.
- ◆ **Grand Hotel/Mackinac Island Trip, October 17-20, 2023, presented by Frenchtown Center for Active Adults.** Dbl. \$1,247.00, triple \$1,247.00 single \$1,547.00 Please visit our website for all details.
- ◆ **Zehnders of Frankenmuth - Women of Country, October 18, 2023, presented by Bianco Tours.** This day trip, departing at 8:45am and returning at 7:15pm, is only \$118.00. Please visit our website for all details.
- ◆ **The Parade Company, November 9, 2023, presented by Bianco Tours.** This day trip, departing at 8:30am and returning at 4:00pm, is only \$112.00. **SOLD OUT, taking names for waitlist.**
- ◆ **Country Christmas, December 5-6, 2023, presented by Bianco Tours.** Dbl. \$343.00, triple \$322.00, single \$407.00. Please visit our website for all details.
- ◆ **Huckleberry Railroad Holiday Magic, December 9, 2023, presented by Bianco Tours.** This day trip, departing at 11:45am and returning at 10:00pm, is only \$127.00. Please visit our website for all details.

**Stay tuned to this space for our exciting 2024
trip line up.**





Frenchtown Center Link

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A Monthly Publication



Commission on Aging



Current Resident

NOTICE



This facility is
Fragrance Free.
Please have
consideration for
other members.

NEWS TO NOTE:

- ◆ **FUN NIGHT MEAL & Entertainment**
Tuesday, September 12, 2023 @ 4:30 PM
- ◆ **Library will be here on Wednesday, September 13, 2023 @ 10:00 AM**
- ◆ **Travel Meeting—Tuesday, September 19, 2023 @ 1:00 PM**
- ◆ **Board Meeting—Thursday, September 21, 2023**
- ◆ **NEW—Fund Raising Event Wednesday Sept. 20th and Thursday, Sept. 21st—see page 15 for details**
- ◆ **Pig Roast and Pot Luck, Monday, September 25, 2023, 12:00 PM NOON—No Lunches see page 15 for details**
- ◆ **Flu and Covid Shots, September 26, 2023**
- ◆ **Due to the 1st Monday being a Holiday, there will be no Movie in September**

CORRECTION

In the July newsletter, the article on CARD MAKING stated the cost was \$3.00. We apologize for the error. The class is \$5.00 for the class and materials.

