



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.



OCTOBER 2023

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

SOLD OUT

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

Deposit required on sign up — \$425.00
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

Travelers, Chrissy will contact you for your itinerary and forms to sign. Thank you!

Halloween Celebration

Tuesday, October 31

from 1 pm—3 pm

Featuring the

Lake Erie Hexenbruf



**FRIDAY, OCTOBER, 6 CENTER
WILL OPEN AT 11:00 A.M.**



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
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 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.

OCTOBER 2023

**FRIDAY, OCTOBER, 6 CENTER
WILL OPEN AT 11:00 A.M.**

Mon	Tue	Wed	Thu	Fri
<p>2 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 1:00 Movie "And Then There Were None"</p>	<p>3 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>4 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Pickleball 10:00 Nine Ball 10:00 Dominoes Mexican Train 10:30 Acrylics and Beyond 11:00 TAI CHI 12:30 Paint w/Friends 1:00 Happy Hookers</p>	<p>5 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>6 8:30—11:00 STAFF TRAINING 11:00 Center Opens 12:15 Watercolor Class 1:00 Bingo</p>
<p>9 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 "Healthy Living for Your Brain & Body"</p>	<p>10 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>11 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 Acrylics and Beyond 12:30 Paint w/Friends 11:00 TAI CHI 1:00 Happy Hookers</p>	<p>12 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>13 9:00 Fun Fit Party (Video) 10:00 Pickleball 12:15 Watercolor Class 1:00 Bingo</p>
<p>16 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 "Understanding Your Medicare Options " 1:00 Monroe Sewing Group</p>	<p>17 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>18 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Pickleball 10:00 Nine Ball 10:30 Acrylics and Beyond 10:00 Dominoes Mexican Train 11:00 TAI CHI 12:30 Paint w/Friends 1:00 W.W.W.W group 1:00 Happy Hookers</p>	<p>19 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 11:45 Blood Pressure Check 1:00 Card Making Class 1:00 LCR 1:00 Enhanced Exercise w/Jackie 1:00 Eight Ball</p>	<p>20 9:00 Fun Fit Party (Video) 10:00 Pickleball 10:00 Book Club 10:00 Mahjong 12:15 Watercolor Class 1:00 \$5.00 Bingo</p>
<p>23 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</p>	<p>24 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>25 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Pickleball 10:00 Nine Ball 10:30 Acrylics and Beyond 11:00 TAI CHI 12:30 Paint w/Friends 1:00 Pub Trivia 1:00 Happy Hookers</p>	<p>26 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 Caregiver Mtg. 1:00 LCR 1:00 Enhanced Exercise w/Jackie 1:00 Eight Ball</p>	<p>27 9:00 Fun Fit Party (Video) 10:00 Pickleball 12:15 Watercolor Class 1:00 Bingo</p>
<p>30 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</p>	<p>31 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>Halloween Celebration Tuesday, October 31 from 1 pm—3 pm Featuring the Lake Erie Hexenbrut</p>	



**October
2023**

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

Betty Salad ONE per member LIMIT.

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 busy preparing the lunches and don't have the luxury of extra time to spend completing the sign-in sheets. **THANK YOU!!!** We appreciate your help with this process.

2 Pork Patties w/Grilled Onions & Mashed Potatoes & Gravy	3 Sloppy Joe w/Side	4 Chicken & Broccoli Alfredo	5 Cheeseburger w/French Fries	6 Spaghetti w/Garlic Bread
9 Greek Salad	10 Loaded Nacho's	11 Turkey & Cheese Sliders w/Side	12 Shredded Chicken Mashed Potatoes & Gravy w/Corn Bowl	13 Half Ham Sandwich & Bowl of Chili
16 Salad w/Bowl of Chicken Noodle Soup	17 Vegetable Stir fry over Rice	18 Egg Salad Sandwich w/Chips	19 Hot Pork Sandwich w/Mashed Potatoes & Gravy	20 Taco Salad
23 Wet Burrito	24 Tater Tot Casserole w/Corn	25 Betty Salad	26 Sweet & Sour Chicken over Rice	27 Hamburger Philly w/Side
30 Chicken Nuggets w/French Fries	31 Corn Dog w/French Fries	In order to keep our meals at the \$3.00 cost it is necessary to increase any additional meal request over the first to \$5.00 regardless of age.		

Breakfast Menu—Promptly Served 8:30 AM

Please Call at least the Day Before to Reserve your Seat for Breakfast
October 5 — Eggs, Sausage, Potato & Toast October 12 — Breakfast Sandwich
October 19 — Biscuit & Gravy October 26 — 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

Dine in and Carry Out lunches for those members 60 and better will pay \$3.00.

Members less than 60 will pay \$4.00 to help offset the raising cost of foam containers. \$5.00 for non members





Well, I hope most of you were more fortunate than many of us who work at the Center, and if you weren't, I feel bad for you. The heavy rains meant a lot of flooded basements, some worse than others. It has been a while, but there is nothing like getting up for work and discovering your sump pump decided to puke during one of the heaviest rainfalls you can remember. Worse than that, once I had my situation in the basement under control, I came upstairs to prepare for work. Glancing at my phone, I noticed it had blown up with messages and text. It didn't take me long to discover that at 8:15, everyone but Kim was at work. Sorry to say the majority of the staff had it worse than me. But being troopers, we pushed through and made the best of a bad situation. Then, to top it off, there was no power that Friday when we did show up. Having received a message from DTE saying the power would be restored on Sunday, I wondered if we would be able to have our Senior Carnival on Monday. Fortunately, DTE came through, and power was back on Sunday around 2:00 p.m.

Speaking of the Carnival, I know there is a little piece in the newsletter. See page 9, thanking those who helped out. This is just one more example of how much our volunteers mean to the Center. For weeks, Ellen was in one room or another working on crafts, which isn't unusual. Little did I realize what she had gotten herself into until the day of the Carnival. The photo booth, the games, all I can say is she truly is an artist.

All in all, the staff did a fantastic job making the dining area look like a carnival. I had the easy job of handing out hot dogs, taking credit for Kim's elephant ears, and eating my share of popcorn. I wish I had had some parmesan cheese. There's nothing like having something, in the words of my fire department shift Sergeant, "that smells like old tennis shoes" on popcorn. All I can say is don't knock it until you try it. I don't know about you, but when did you hear a group of Barbershoppers last? If you weren't here, you missed the Floral City Harmonizers. What an outstanding group of entertainers. The carnival was a great time. I had nothing but positive feedback, and people were already looking forward to the next one. So, thanks again to everyone who made the carnival a huge success. I will have more on this next month, but from all the glowing reviews of the carnival is any indication, my guess is our pig roast will be just as memorable.

With the holidays quickly approaching, it was probably evident in the lobby if things went according to plan. Sheila Barstad has been working on getting things ready for our first HalloThanksMas sale. It just so happens that the first day of the sale coincided with Betty Salad Day. In addition to the holiday items for sale, there should have been a bunch of baked goods for the bake sale. So, I expect the lobby would have been filled with people. Again, more on that next month.

The one thing I find problematic in writing this piece is the timing. Writing when things should have occurred, even though they haven't, makes it challenging. Talking about the following thing is easy because it won't happen for a little over seven weeks. Our next holiday event is a Halloween celebration featuring the Lake Eerie Hexenbrut dancing witch troupe. If you haven't seen them at one of their events, or even if you have, it is a great chance to catch their last spooky routine before they put their brooms away for another season. Last year, quite a few people, including



Featuring Lake Eerie Hexenbrut

me, were surprised at what the troupe of witches can do. Thankfully, even though they are greatly sought after, we have a little extra influence thanks to Kathleen. We will also have some pumpkin painting, a custom context, and even a good old-fashioned apple bobbing event. Oh, and don't forget your spooky treat. Last year brought out some frightening treats, and some even looked scary. Mark it on your calendar, bring a treat, and come for the fun. **(cont. on pg. 14—you gotta be kidding!)**



Scarry Snack Contest, Bring your masterpieces to share and chance to WIN!





In the Know

Monday, October 9th at 12:30 pm
Healthy Living for Your Brain & Body

Presented by the Alzheimer's Association, Michigan Chapter

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy living.

UNDERSTANDING

Medicare



In The Know

Monday, October 16th, 12:30pm

Understanding Your Medicare Options

Presented by Diversity Insurance

Are Medicare's constantly changing options confusing you? Not sure which options are right for you? Come to this 'In the Know' session to learn about all this year's new choices for Parts A, B, C, and D. This is **NOT** a sign-up session, but experts will give you all the information you need to make the best decisions for you.



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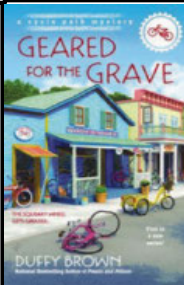
15-0719

FRENCHTOWN CENTER
Library in Motion will
return
Wednesday, October



11th

Please have returns ready
by 10:00 am
PHONE: 734-241-5770
EMAIL:
lim@monroe.lib.mi.us



October Book Club, Friday, Oct. 20th, 10:00am

Geared For The Grave

Mackinac Island is a peaceful summer resort town where everyone coasts through the streets on bicycles. But after someone sends a prominent local on her final ride, it's up to one resourceful visitor to get things running again. Hoping to shift her chances of a promotion in her favor, Evie Bloomfield heads to Mackinac Island to assist her boss's father. Rudy Randolph has broken his leg and operating his bike shop, Rudy's Rides, is too much to handle by himself. But Evie's good turn only leads to more trouble. After Evie's arrival, wealthy resident Bunny Harrington dies in what looks like a freak bike accident. Upon closer inspection, Bunny's brakes were tampered with, and now the prime suspect in her murder is also Bunny's number one enemy: Rudy. If Evie hopes to stay on her boss's good side, she'll need to steer Rudy clear of jail. Now she must quickly solve this mystery so she can put the brakes on the real killer's plan.



**Join Us for Movie Monday
October 2nd, at 1:00pm**

Seven guests, a newly hired personal secretary and two staff are gathered for a weekend on an isolated island by the hosts, the Owens, who are delayed. At dinner, a record is played, and the host's message alleges that all of the people present are guilty of murder, and suddenly the first of them is dead, then the next. It seems that one of them is the murderer, but the leading person is always the person who is murdered next, and at last, only two people are left.

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15-0719



Rest In Peace
Harold D. Schlipp
Patricia Ann Kull
Stanley F. Miller



Senior Carnival Day Volunteers, Members and Floral City Harmonizers Barbershop Quartet. Your attendance & performance truly made a difference and contributed to the event's success.

Welcome New Members

Floyd W. Adkins	Kerry G. Pierce
Harold Felty	Denise A. Richileau
Aldo V Gerbi	Sharon A. Spain
Terry A Hicks	Michelle F. Spencer
Jerry F. Kuhn	Debbie S. Sprinkles
Edna P. Lancour	Edward L. Stump
Charles Lanham	Marianna Taormina
Mary Lanham	David J. Torrence
Nadine B. Maurer	Edward J. Vanisacker
Mike A. McHugh	Gerry M. Wiseman
Jim R Mohler	Carol B. Yount
Pat A Orr	

To all Center's regular volunteers for different events, Thank You as always.

We, at Frenchtown Center for Active Adults, greatly appreciate your holiday item donations and bake sale for our Fundraising Event on September 20 and 21 led by Sheila J Barstad.

Thanks to Sheryl Sieb for the donation of bingo prizes for our Tuesday night meal.



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

Elaine Adkins	James Crawford	Kathy Heller	Ruby Minton	Ann Savonen
Barbara Allen	George "Skip" Culp	Ruth Ann Henry	Allen Mrock	Rose Smith
Natalie Askar	Donalda Sue Cupp	Charlotte Hicks	Barbara Munch-Kohn	Lizz Smith
Eleanor Bayer	Betty Curley	Richard Hubbell	Christine Noel	Beverly Sobieski
Patricia Beach	Nancy Dalpe	Karen Humphrey	Sharon Oberly	Mary Soncrant
James Beck	E. Diane Daly	Annie Kaye	Kristina Pelz	Frank Sottile
Russell Begley	Steve Demers	James Keck	Chere Perhatch	Margie Stone
Lynn Bennett	Kathleen DeSloover	Sandy Keesee	Jean Priest	Myron Strube
Lynda Jo Bleyaert	Joan DeSloover	Stephen Kinsland	Terry Pulcheon	Barbara Sweat
Mark Brancheau	Michael Donnelly II	Maxine Kull	Brenda Pulcheon	Cynthia Tabaczynski
Charles Briggs	Lexi Ellison	Dawn Kurtz	Frank Rafko	Marvin Tarjeft
Tom Bruck	Hoyt England	Charles Lanham	Jim Reaume	Candice Thacker
David Burgard	Linda Gartner	Kathleen Langton	Crystal Reed	Daniel Van Wasshenova
Stacee Burkardt	Glenda Gentner	Linda Lanier	Judy Reno	Patricia Venier-Starkman
Ashley Frederick Calkins	Terry Grabowski	William "Bill" Lay	Donna Revell	Lela Wadlin
Margaret Campione	Marianna Grachek	Rose Leddy	Jerome Richards	Cheri Weakly
Dian Carmichael	Patt Hall	Veronica Lyons	Charles Rochowiak	Lois White
William Clare	Lisa Hammar	Alex Manoulian	Mary Rugila	Kim Marie Wirick
Peter Collino	Kelly Hammer	Kay Manvell	Kay Rutledge	Joseph "Joe" Wise
Kathryn Cooley	Karen Hehl	James McGuire	Janice Saez	Donise Yard
James Coppedge	Kevin Heller	JoAnn Mieden	Shirley Saum	Patricia Yeager

Senior Carnival 2023

Our first **Senior Carnival** was a fantastic success! Everyone had a lot of fun playing games, getting their picture taken at the photo booth, and eating carnival foods, especially **Kim's famous Elephant Ears**. We had a few technical difficulties with the music for the Cupcake Walk, however, everyone had fun playing. We all cheered when Phyllis finally won her cupcakes! The **Floral City Harmonizers** entertained everyone with songs and made us all laugh when they serenaded Kathleen and Lisa.

We couldn't have done it without all our wonderful volunteers. **Ellen Brockway** lent her creativity and artistic flare in making some of the games and the beautiful photo booth. **Susan Bentley, Jenny Charlton, Kathleen, Ronda Kinsland, and Darla Myers** helped everyone tap into their inner child as they played the carnival games. **Ayessa Pidruzny** made the members feel special by taking their picture at the photo booth. **Nancy Jones and Tracy Jaskot** made the delicious cupcakes for the cupcake walk. And everyone who stayed to help clean-up after the carnival was over. **THANK YOU ALL FOR YOUR VALUABLE CONTRIBUTIONS TO THE SUCCESS OF OUR CARNIVAL!**





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.

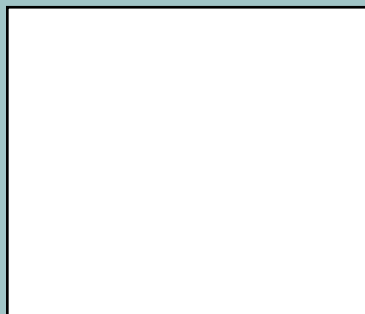
Route Length: 2 miles

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.



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THIS SPACE IS AVAILABLE





Scarry Snack Contest
Bring your Scariest Masterpiece to share and a chance to WIN!



Pumpkin Painting Contest
Pumpkins and supplies provided



HALLOWEEN PARTY

Tues., Oct 31st, 1:00p -3:00p

*Bring a SPOOKY TREAT to share.

*Best Costume Contest

*Pumpkin Painting (pumpkins & paint supplied)

*Bobbing for Apples

Lake Erie Hexenbrut Dancing Witches



Costume contest



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Mahjong

Mahjong is a tile-based game that was developed in China during the Qing dynasty and spread throughout the world since the early 20th century and has become popular in Western countries. Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. Come learn to play, expand your world, and improve your mind. [Join us the 1st & 3rd Fridays of the month, from 10:00am – 12:00pm.](#) *See [Lisa](#) for more details.



Dominoes Mexican Train

Despite the name, Mexican Train Dominoes, also known simply as Trains, is primarily played in the United States. One of the most popular domino games, it can be played with two to 14 players. The goal of Mexican Train is to be the first player to lay down all your dominoes in each round, and earning the overall smallest point total when all rounds are completed. Come have a lot of fun while strategizing your way to a win. [Join us the 1st & 3rd Wednesdays of the month, from 10:00am – 12:00pm.](#) *See [Lisa](#) for more details.

TUESDAY FUN NIGHT



Meal & Entertainment

Tuesday

October 10, 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



We're hoping this is a handy aid to put on you refrigerator

Many, but not all are toll-free.

Note: numbers are subject to change.

Source: State Senator, Joseph Bellino Jr. Mailer

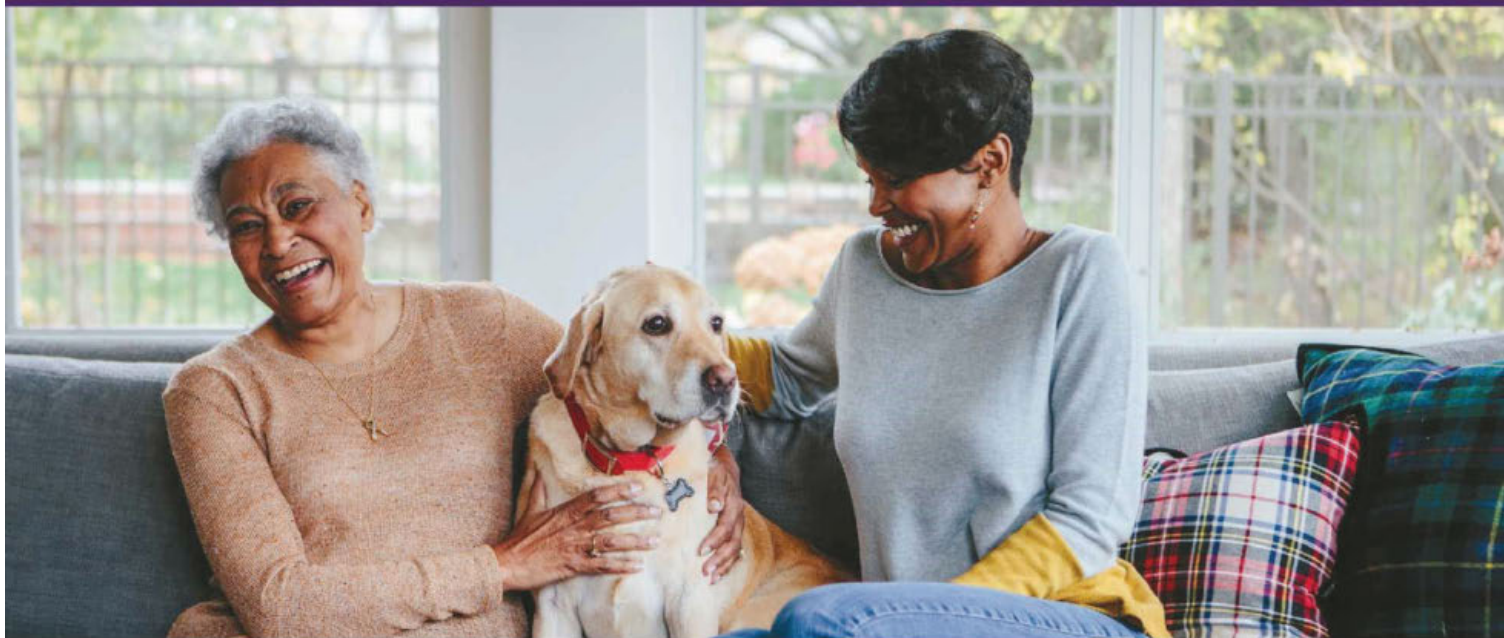
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Area Agency on Aging	
Region 1-B—Monroe	800-862-7795
Region 2—Hillsdale and Lenawee	800-335-7881
Commission on Aging	734-240-7363
“Do Not Call” Registry	888-382-1222
Emergency	911
Eldercare Location	800-677-1116
First Call for Help	211
Health Department	734-240-7800
Lake Erie Transit	734-242-6766
LIFE Program	734-242-6800
Medicare	800-633-4227
Medicare/Medicaid Assistance Program	800-803-7174
MCOP	734-241-2775
Mi Long Term Care Ombudsman	866-485-9393

Mi Veterans Affairs Agency	800-642-4838
Monroe County Library System	734-241-5277
Monroe County Mental Health	734-243-7340
Nursing Home Complaints	800-882-6006
RSVP	734-850-6040
Salvation Army	734-230-0033
Senior Legal Services	734-241-7644
Social Security	800-772-1213
Surplus Food Distribution	734-241-2775
Taxpayer Information (State)	517-636-4486
Taxpayer Information (Federal)	800-829-1040
Utilities (Public Service Commission)	800-292-9555
U.S. Veterans Information & Assistance	800-827-1000
Senator Joseph Bellino Jr.	855-347-8016
United Way of Monroe	734-242-1331

HEALTHY LIVING FOR YOUR BRAIN AND BODY

TIPS FROM THE LATEST RESEARCH

An education program presented by the Alzheimer's Association®



For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

**Monday, October 9
12:30 - 1:30 p.m.**

**Frenchtown Center For Active Adults
2786 Vivian Road
Monroe, MI 48162**

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

 **ALZHEIMER'S
ASSOCIATION**
Greater Michigan Chapter

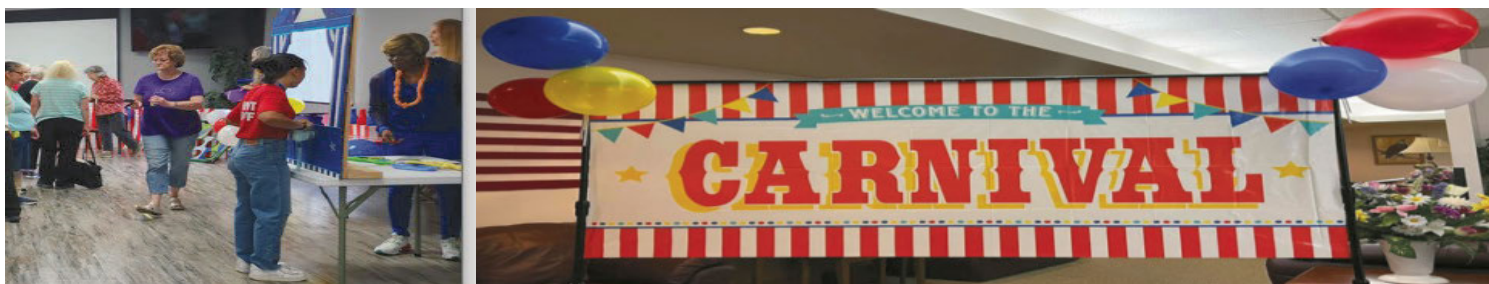
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(Directors Corner cont. from pg. 3. (I guess he wasn't)

With the recent power outage, this would be an excellent time to remind you; if you want to receive a notification of closures, let me know. If we close, we can do a broadcast message, but you have to tell me that you want on the list. Currently, we have 36 people on that list. If we close for any reason, you will receive a brief message letting you know the day and date of the closure. Unless you happen to be on another list, you won't receive a phone call unless it is a closure. I do have a list of classes as well. Please let me know if you would like to be notified of a class cancellation to save you a trip to the Center.

Since we are discussing closures, the Center won't **open until 11:00 a.m. on Friday, October 6**. Notice I didn't say closed; as soon as I do, people will miss the 11:00 a.m. and assume we are closed for the day.

One last thing. In an attempt to keep our lunch cost \$3.00 for members 60 and over, the 2nd lunch you order, regardless of age, will cost \$5.00 starting October 1. Kim has done an outstanding job keeping the price under control for as long as she did, yet food costs remain high, so the time has come, and raising it only on the 2nd lunch purchased should have a small impact on a few people. Keep your fingers crossed for a dryer Fall.



Mental Illness and Awareness Week

Sun, Oct 1, 2023 – Sat, Oct 7, 2023

October is depression and mental health awareness month. These are topics often not discussed in our personal or work lives, and yet mental health disorders affect millions of American workers. As such, we are taking a moment to bring everyone's attention to these taboo topics, which will hopefully spark conversation and help those in need find the services and resources they deserve. There are many types of depression and mental health disorders. From seasonal affective disorder (SAD) to bipolar to generalized anxiety to alcohol use, each one of these and many other mental health disorders can be diagnosed and treated in their own specific ways.



There are some steps you can take to help manage your mental health, but these suggestions should not be taken as a substitute for seeing a medical professional and receiving appropriate therapy.

- Eat a regularly healthy diet with lots of fruits, vegetables, whole grains, lean protein, and low fat dairy
 - Be physically active every day, whether it's a few 10 minute walks throughout the day or spending 60 minutes at the gym
 - Set aside time for fun and relaxation, which could mean spending an afternoon playing outside with your kids or curling up on a couch to read a book
 - Avoid alcohol and drugs, both of which can alter your mood and make a bad situation seem even worse
 - Stay connected with friends and family, because having a strong social support network is key to maintaining a happy, healthy mindset
- Mental health is just as important as our physical health, so it is key to understand the resources available as you seek to improve this aspect of your health.

SOURCE:https://germancentre.org/docs/October_is_Depression_and_Mental_Health_Awareness_Month.pdf

10 WAYS TO HELP SENIORS DEAL WITH ISOLATION AND DEPRESSION

- 1. Treat sleeping problems:** Many seniors who live alone are prone to sleeping problems which can aggravate depression. To prevent serious depressive episodes, see to it that the older adult keeps a regular sleep schedule and doesn't take daytime naps. If the person suffers from sundowning or sleep disorder, keep engaging activities or necessary medication close at hand.
- 2. Promote a sense of purpose:** Struggle with depression is much tougher for people who've lost their sense of purpose in life. To keep loneliness and brooding at bay, encourage the senior to take up a hobby such as knitting or gardening. You can also talk them into trying social pastime activities such as card playing, yoga, or volunteer work for a local charity.
- 3. Encourage social interaction:** Don't let your loved one deal with depression on their own: encourage them to visit friends and extended family, take part in group outings, and attend community events. Studies suggest that an active social life improves physical, mental, and emotional health, which are especially important for the elderly struggling with loneliness and depression.
- 4. Keep them physically active:** Research found that physical activity can be a lifesaver for aging persons. Gentle exercises such as walking, stair climbing, and age-appropriate workouts can help a senior stay in solid physical, mental, and emotional shape. You can also encourage the depressed person to sign up for a group exercise class like yoga or tai chi – they might even make friends with like-minded peers.
- 5. Make sure they eat healthy:** Dealing with an aging person's depression is easier if you know what foods to serve them. Fiber-rich food such as fruit and vegetables are a must for seniors, and so are whole grains and lean protein. Serve vegetables lightly cooked, and minimize sugar, starch, and unhealthy fats.
- 6. Entrust them with a chore:** Seniors who live alone often get caught up in a whirlwind of negative thinking. It would be great if you could entrust them with a meaningful responsibility. For mobile seniors, a dog will make a perfect companion that will make them feel loved and needed, keep them physically active, and serve as a social lubricant.
- 7. Show them they're loved:** Love makes the world go round, and it can help keep a senior's depression under control. Show aging seniors that you love and need them, listen to them, and hug them often. Expressions of love are especially important for widowed seniors who need more support and affection to deal with grief.
- 8. Seek professional help:** Decreases in appetite and behavioral changes can be a symptom of depression getting worse. Contact a mental health professional and sign the senior up for counseling if you suspect the disorder is getting out of hand. The therapist may recommend antidepressants, but in less serious cases, alternative medicine like aromatherapy or occupational therapy may be a better option.
- 9. Keep an eye on pills:** In case your depressed family member is using antidepressants, you should make sure they take medications regularly and obey doctor's orders in terms of dosage, lifestyle and diet. You may also need to help manage medication. Remind them to take their daily dose and watch the medicine cabinet for signs of abuse or skipped doses
- 10. Consider home care:** For senior family members who are living independently, you can hire someone to check in on them once a day and help with day-to-day chores such as grocery shopping and bathing.

<https://dailycaring.com/10-ways-to-help-seniors-deal-with-isolation-and-depression/>



THE DIFFERENCE WHEN YOU MARRY A MICHIGAN GIRL

The first man married a woman from North Carolina. He told her that she was to do the dishes and house cleaning. It took a couple of days, but on the third day, he came home to see a clean house and dishes washed and put away.

The second man married a woman from Colorado. He gave his wife orders that she was to do all the cleaning, dishes and the cooking. The first day he didn't see any results, but the next day he saw it was better. By the third day, he saw his house was clean, the dishes were done and there was a huge dinner on the table.

The third man married a girl from Michigan. He ordered her to keep the house cleaned, dishes washed, lawn mowed, laundry washed, and hot food on the table for every meal. He said the first day he didn't see anything. The second day he didn't see anything. But, by the third day some of the swelling had gone down, he could see a little out of his left eye, and his arm was healed enough that he could fix himself a sandwich and load the dishwasher. He still has some difficulty when he pees.

It's my wife's birthday tomorrow, she's been leaving jewellery catalogues all over the house, so I've bought her a magazine rack.

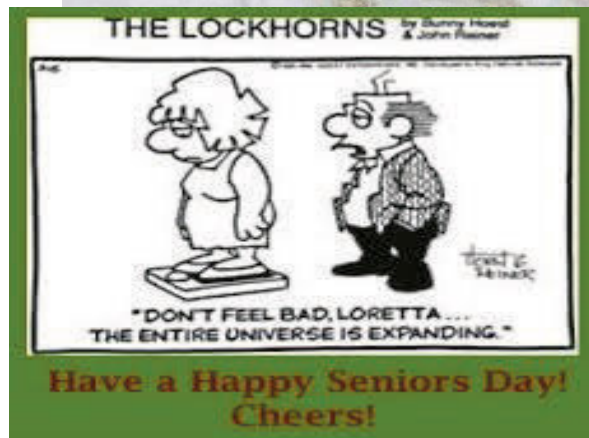
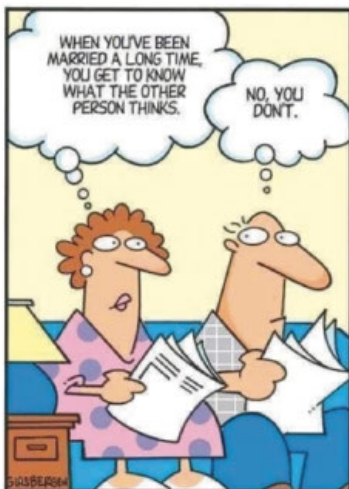


What do expired cake mix and seniors have in common? They both have a hard time rising!



Being a little older, I am very fortunate to have someone call and check on me everyday. He is from India and is very concerned about my car warranty.

What do cast iron pans and seniors have in common? They're both well-seasoned.





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



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

New travel opportunities are being added all the time so please check our website—
 frenchtownsenior.com/travel for more and updated travel information.
 Stop and talk to Lisa or call (734) 243-6217 during regular travel hours
 8:30 A.M. - 4:00 P.M. Monday - Thursday and 8:30 A.M. - 11:30 A.M. on Fridays

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

SOLD OUT

YOUR BRANCO TOUR INCLUDES:
 Round Trip Transportation...
 Breakfast...
 Hotel...
 Dinner...
 Entertainment...
 Souvenirs...
 Transportation...
 Games...

Price: \$1,387.00
 \$5,947.00
 \$1,947.00

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

Zehnders OF FRANKENMUTH "The Heart of Country"

YOUR BRANCO TOUR INCLUDES:
 Round Trip Transportation...
 Breakfast...
 Hotel...
 Dinner...
 Entertainment...
 Souvenirs...
 Transportation...
 Games...

October 18, 2023
 11AM - Returns 7:15PM

Lisa Ghigliazza (734) 243-6217

\$118.00

THE KEEPER'S

YOUR BRANCO TOUR INCLUDES:
 Round Trip Transportation...
 Breakfast...
 Hotel...
 Dinner...
 Entertainment...
 Souvenirs...
 Transportation...
 Games...

Presented by Frenchtown Center for Active Adults
 Tuesday, October 11, 2023
 Departs 9:00 AM - Returns 6:00 PM

Lisa Ghigliazza (734) 243-6217

\$54.00

The Frenchtown Voyagers present:
A Lancaster Christmas
 November 27th / December 2nd, 2023
\$1,399.00 pp
 Double Occupancy

YOUR EXCELLENT ADVENTURE INCLUDES:
 2 Round Trip Transportation...
 2 Night at the Strasburg Inn...
 2 Night at the Pennsylvania State...
 Admission to and seating for the...
 "Mistletoe of Lancaster"
 A guided tour of the Lancaster...
 A Souvenir Train...
 Central Railroad...
 Dinner at the Strasburg Inn...
 "A Lancaster Christmas"
 The Strasburg Inn...
 Entertainment...
 Souvenirs...
 Transportation...
 Games...

Lisa Ghigliazza (734) 243-6217

Country Christmas

2 days / 1 night \$343.00
 per person/available occupancy

YOUR BRANCO TOUR INCLUDES:
 Round Trip Transportation...
 Breakfast...
 Hotel...
 Dinner...
 Entertainment...
 Souvenirs...
 Transportation...
 Games...

December 5 - 6, 2023
 Tuesday - Wednesday

Lisa Ghigliazza (734) 243-6217

Blackberry Railroad HOLIDAY MAGIC

YOUR BRANCO TOUR INCLUDES:
 Round Trip Transportation...
 Breakfast...
 Hotel...
 Dinner...
 Entertainment...
 Souvenirs...
 Transportation...
 Games...

Presented by Frenchtown Center for Active Adults
 Saturday, December 9, 2023
 Departs 11:45AM - Returns 10:00PM

Lisa Ghigliazza (734) 243-6217

\$127.00

Frenchtown Center for Active Adults

Colorado's Historic Trains
 Departure Date: September 15, 2023

SPECIAL PROMOTION SAVE \$100 PER PERSON

Mayflower

YOUR BRANCO TOUR INCLUDES:
 Round Trip Transportation...
 Breakfast...
 Hotel...
 Dinner...
 Entertainment...
 Souvenirs...
 Transportation...
 Games...

THE PARADE COMPANY

YOUR BRANCO TOUR INCLUDES:
 Round Trip Transportation...
 Breakfast...
 Hotel...
 Dinner...
 Entertainment...
 Souvenirs...
 Transportation...
 Games...

October 30, 2023
 11AM - Returns 6:00PM

Lisa Ghigliazza (734) 243-6217

\$112.00

CHARLESTON, SC

6 days / 5 nights \$1,786.00
 per person/available occupancy

YOUR BRANCO TOUR INCLUDES:
 Round Trip Transportation...
 Breakfast...
 Hotel...
 Dinner...
 Entertainment...
 Souvenirs...
 Transportation...
 Games...

Presented by Frenchtown Center for Active Adults
 April 7 - 12, 2024
 Sunday - Friday

Lisa Ghigliazza (734) 243-6217

Frenchtown Voyagers Travel Meeting

Tuesday, October 17, 2023

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

For more information, call Lisa Ghigliazza 734-243-6217.

***** If you are not a member of the Frenchtown Center for Active Adults, we ask that you pre-register with our Office Manger, Christine Pidruzny. *****

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

- ◆ **Firekeepers Casino, October 11, 2023, presented by Bianco Tours.** This day trip, departing a 9am & returning at 6pm, is only \$54.00. Please visit our website for full 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 full details. **SOLD OUT.**
- ◆ The Parade Company, November 9, 2023, presented by Bianco Tours. This day trip, departing at 8:30am & returning at 4pm, is only \$112.00. **SOLD OUT, taking names for waitlist.** Please visit our website for full details.
- ◆ **Country Christmas, December 5-6, 2023, presented by Bianco Tours.** Dbl. \$343.00, triple \$322.00, single \$407.00. Please visit our website for full details.
- ◆ **Huckleberry Railroad Holiday Magic, December 9, 2023, presented by Bianco Tours.** This day trip, departing at 11:45am & returning at 10pm, is only \$127.00. Please visit our website for full details.
- ◆ **Hamtramck History Tour, March 20, 2024, presented by Bianco Tours.** This is a day trip departing at 9am & returning at 3:30pm. The cost is \$117.00. Please visit website for full details.
- ◆ **Historic Marshall, MI, April 17, 2024, presented by Bianco Tours.** This is a day trip departing at 7am & returning at 5:30pm. The cost is \$107. Please visit website for full details.
- ◆ **Charleston, SC, April 7-12th, 2024, presented by Bianco Tours.** Single \$2,128, Double \$1,786, Triple \$1,673. Please visit our website for full details.
- ◆ **A Little Bit Country, Nashville & Louisville, May 6-10, 2024, presented by Bianco Tours.** Single \$2,372, Double \$1,858, Triple \$1,687. Please visit our website for full details.
- ◆ **Danube Explorer River Cruise, May 15-25, 2024, presented by Mayflower Cruises & Tours.** Prices starting at \$3,519. Please visit our website for full details.
- ◆ **Colorado's Historic Trains, September 13-21, 2024, presented by Mayflower Cruises & Tours.** Prices starting at \$3,899. Please visit our website for full details.



Frenchtown Center Link

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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:

NOTICE



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

- ◆ **Movie Monday, October 2, 2023—**”And Then There Were None,”
- ◆ **Friday, October 6, 2023—OPENING LATE—See you at 11:00 AM**
 - ◆ **FUN NIGHT MEAL & Entertainment**
Tuesday, October 10, 2023 @ 4:30 PM
 - ◆ **Travel Meeting—Tuesday, October 17, 2023 @ 1:00 PM**
- ◆ **Library will be here on Wednesday, October 11, 2023 @ 10:00 AM**
 - ◆ **Board Meeting—Thursday, October 19, 2023**
- ◆ **Halloween party—Tuesday October 31, 2023 @ 1:00 PM Lake Erie Hexenbrut**

NEW—STARTING THIS MONTH

- ◆ **Dominoes Mexican Train—the 1st & 3rd Wednesdays, 10am – 12pm**
 - ◆ **Mahjong – the 1st and 3rd Fridays, 10am – 12pm**
 - ◆ **Acrylics and Beyond—10:30am, Wednesday**

ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING

