



# 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.



## NOVEMBER 2023

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### Best Thanksgiving

Thanksgiving is here, so our minds have turned  
To what time has taught us, to what we've learned:

We often focus all our thought

On shiny things we've shopped and bought.

We take our pleasure in material things,  
Forgetting the pleasure that friendship brings.

If a lot of our stuff just vanished today,

We'd see the foundation of each happy day

Is special relationships, constant and true,

And that's when our thoughts go directly to you.

We wish you a Thanksgiving you'll never forget,

Full of love and joy—your best one yet!

*By Joanna Fuchs*

### Flu & Covid Shots

**Hometown Pharmacy will be here**

**Friday, November 3, 2023**

**12:00 pm—2:30 pm**



*Please Bring Your ID and Insurance Card*





# FRENCHTOWN CENTER LINK

2786 Vivian Road, Monroe, MI 48162

Phone: (734) 243-6210

e-mail: [seniors@frenchtownsenior.com](mailto:seniors@frenchtownsenior.com)

Website: [www.frenchtownsenior.com](http://www.frenchtownsenior.com)

## 2023 BOARD OF DIRECTORS

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- Dianne Beaudrie—Treasurer
- Mary Ann Mack—Secretary
- Charles Mushung—Member at Large
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- Linda Compura
- Jean Guyor
- Lance Slatton
- James Smith
- Alan VanWashenova—Frenchtown Charter Township Liaison

Board of Directors meet on the 3<sup>rd</sup> 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
- Paula DeHart—Kitchen Aid

### **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](http://www.frenchtownsenior.com)

## Activities & Services for Monroe County Older Adults at Frenchtown Center for Active Adults

- Bingo
- Bocce Ball
- Blood Pressure Checks
- Book Club
- Bunco
- Caregivers Support Group
- Card Making Classes
- Cardio Drumming
- Chair Yoga
- Chicks with Sticks
- Craft Classes
- Dominoes Mexican Train
- 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
- Mahjong
- 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
- 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.

**This institution is an equal opportunity provider.**



Mon

Tue

Wed

Thu

Fri

NOVEMBER 2023

FLU & COVID SHOTS  
Hometown Pharmacy  
will be here  
Friday, November 3rd  
12:00pm—2:30pm



1  
9:00 Fun Fit Party w/Cheryl  
9:30 Euchre  
10:00 Chair Yoga  
0:00 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

2  
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

3  
8:30 Flu & Covid Shots  
9:00 Video Fun Fit  
10:00 Mahjong  
12:15 Watercolor Class  
12:30 Flu & Covid Shots  
1:00 Bingo

6  
9:00 Fun Fit Party w/Cheryl  
9:00 Quilting  
10:00 Chair Yoga  
10:00 Chicks w/Sticks  
11:00 TAI CHI  
1:00 Movie "1954 The  
Fast and the Furious"

7  
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

8  
9:00 Fun Fit Party w/Cheryl  
9:30 Euchre  
10:00 Chair Yoga  
10:00 Nine Ball  
10:30 Acrylics and Beyond  
11:00 TAI CHI  
12:30 Paint w/Friends  
1:00 Happy Hookers

9  
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

10  
9:00 Video Fun Fit  
9:00 Monroe Sewing  
Club—All day Sew  
12:15 Watercolor Class  
1:00 Bingo

13  
9:00 Fun Fit Party w/Cheryl  
9:00 Quilting  
10:00 Chair Yoga  
10:00 Chicks w/Sticks  
11:00 TAI CHI  
12:30 In The Know  
"Understanding &  
Responding to  
Dementia Related  
Behaviors"

14  
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)

15  
9:00 Fun Fit Party w/Cheryl  
9:30 Euchre  
10:00 Library In Motion  
10:00 Chair Yoga  
10:00 Nine Ball  
10:00 Dominoes Mexican Train  
10:30 Acrylics and Beyond  
12:30 Paint w/Friends  
11:00 TAI CHI  
1:00 W.W.W.W group  
1:00 Happy Hookers

16  
9:00 Bridge  
8:30 Breakfast  
8:30 Ping Pong  
9:00 Cardio Drumming  
10:00 Geri-Fit  
10:00 Board Mtg  
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

17  
9:00 Video Fun Fit  
10:00 Book Club  
10:00 Mahjong  
12:15 Watercolor Class  
1:00 \$5.00 Bingo

20  
9:00 Fun Fit Party w/Cheryl  
9:00 Quilting  
10:00 Chair Yoga  
10:00 Chicks w/Sticks  
11:00 TAI CHI

21  
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

22  
9:00 Fun Fit Party w/Cheryl  
9:30 Euchre  
10:00 Chair Yoga  
10:00 Nine Ball  
10:30 Acrylics and Beyond  
11:00 TAI CHI  
12:30 Paint w/Friends  
1:00 Pub Trivia

23 Center Closed



27  
9:00 Fun Fit Party w/Cheryl  
9:00 Quilting  
10:00 Chair Yoga  
10:00 Chicks w/Sticks  
11:00 TAI CHI

28  
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

29  
9:00 Fun Fit Party w/Cheryl  
9:30 Euchre  
10:00 Chair Yoga  
10:00 Nine Ball  
10:30 Acrylics and Beyond  
11:00 TAI CHI  
12:30 Paint w/Friends  
1:00 Happy Hookers

30  
8:30 Breakfast  
8:30 Ping Pong  
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

Join us for a  
traditional  
Thanksgiving  
Dinner  
Saturday,  
November 18th  
1-4 PM





**November  
2023**

**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.**

**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.

	<p><b>A THANKSGIVING POEM</b>          May your stuffing be tasty,          May your turkey plump,          May your potatoes and gravy          have nary a lump,          May your yams be delicious          and your pies take the prize,          and may your          Thanksgiving dinner          stay off your thighs!</p>	<p>1          Turkey &amp; Stuffing          Rolls in gravy          w/Mashed          Potatoes</p>	<p>2          Chicken &amp; Biscuits</p>	<p>3          Mostaccioli</p>
<p>6          Vegetable Stir Fry          Over Rice</p>	<p>7          Loaded Potato          w/Side Salad</p>	<p>8          K-Mart Sub</p>	<p>9          Smoked Sausage          w/Kraut</p>	<p>10          Loaded Nachos</p>
<p>13          Chef Salad</p>	<p>14          Hot Pork Sandwich          w/Mashed          Potatoes</p>	<p>15          Betty Salad</p>	<p>16          Hamburger          Stroganoff</p>	<p>17          Egg Salad Sandwich          w/Chips</p>
<p>20          Scalloped Potatoes          w/Dice Ham &amp;          Corn</p>	<p>21          Pork Sandwich w/          Coleslaw</p>	<p>22          Antipasto Salad</p>	<p>23</p>	<p><b>WISHING EVERYONE          A BLESSED &amp; HAPPY WEEK          OF THANKSGIVING!</b>  <i>Be Positive Be Happy</i>  <b>Wishing you the          happiness of good friends,          the joy of a happy family,          and the wonder of the          Holiday Season. Have a          Blessed and Memorable          Thanksgiving!</b></p>
<p>27          Bowl of Chili w/          Cornbread Biscuit</p>	<p>28          Mexican Casserole</p>	<p>29          Sausage Scalloped          Potatoes</p>	<p>30          Biscuits &amp; Gravy          w/Sausage</p>	

**Breakfast Menu—Promptly Served 8:30 AM**  
**PLEASE—NO WALK-INS. Call or sign-up by**  
**1:00 PM on the Wednesday before.**

**November 2 — S.O.S.**  
**November 9 — Breakfast Sandwich**  
**November 16 — French Toast**  
**November 30 — Biscuits & Gravy**

**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 regardless of age. **Additional meals over the first are available for \$5.00 each.**





The gray skies have descended upon us. It takes longer to burn the dampness out of the morning air because the temperatures have started to drop, and you probably turned the air conditioning off and turned the furnace on. But as Michiganders, these are some things we expect because of the **Change** in seasons. Does anybody remember when and where this came from?

*"We understand the sensitivity associated with **Change**; it is not our intention to alienate any members or volunteers as we continue to move things forward. Compromise is in our vocabulary, regrettably not to the extent of things remaining the same. While we will always respect your opinion and take your suggestions, citing the old phrases doesn't mean things will not **Change**. Rest assured, we will continue to **Change** things progressively."*

There has been plenty of change in your Center, and if you are a more experienced member, you have witnessed many of those changes over the years. There have been retirements, replacements, better meals, new activities, larger events, more travel opportunities, and many more new members joining. The staff and I are overwhelmed by the number of people at your Center. There are times when the parking lot in front of the building is full, and people have had to park in the rear. From my perspective, this means we have been doing something right, and thanks to all of you for using the kiosk and scanner; we have the numbers to prove it. Comparing the number of hours people used the Center a few years ago to the same period this year, we have seen an increase of 68%.

Even though some of those changes have been controversial, we have been true to our word and made those changes progressively. Recently, I authorized raising the price of the 2<sup>nd</sup> lunch purchased by someone. Like everyone else, we have been trying to control costs. Raising the price of the 2<sup>nd</sup> lunch slightly allows us to keep the cost of the 1<sup>st</sup> lunch at \$3.00. If you recall, we only collect \$2.83 per meal. The other 17¢ goes to the State of Michigan for sales tax. Let me put it in perspective: that same \$2.83 gets you a McDouble© and almost enough to buy a double cheeseburger at Burger King.

Recently, I heard we charge a "mandatory" membership for people using the Center. This is not true. We require everyone who regularly uses the Center to either be a member or purchase a scan card so that everyone has access to the kiosk. The Center purchased the kiosk and scan technology almost ten years ago to track the number of hours the Center is used. Tracking provides accountability, and since we are a recipient of your tax dollars, you should be appreciative. It also reduces the time it takes staff to prepare for an audit, and we don't waste paper-keeping logs. Even though some people have construed this as unwelcoming, it is a matter of fairness and how we justify our funding. Staff no longer has to figure out how to respond when asked, "So in so doesn't have to pay a fee, why should I." As for the unwelcoming aspect, I have been told we have a friendly, accommodating, and welcoming staff. And I have to agree because I think the numbers prove it.

Remember, we can take your membership or scan card payment for 2024 anytime, but they will expire in January. Think about this: while the membership or scan card cost is the same, being a member has benefits. You can get a free birthday lunch the month of your birthday. You save \$2.00 if you come to the Tuesday evening meal. Typically, you save \$5.00 on tickets purchased for special events. More importantly, you are invited to member-only events like the recently hosted pig roast. It only requires that a person gets past the fact they belong to a "Senior Center." Shame on that person for feeling that way because, with all of the changes made in the past few years, you can honestly tell someone you belong to a "Center for Active Adults."

I want to thank Veterans for their service this Veterans Day. Hopefully, you will as well. Enjoy your Thanksgiving, and don't forget to purchase your tickets for the pre-thanksgiving dinner on Saturday the 18<sup>th</sup> and the Wheelbarrow of Cheer raffle.

The first member who can tell me exactly where the italicized quoted paragraph was from, I will pay for your lunch. Keep yourself safe as we start the Holiday Season.

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





**Annual Art Show and Sale**  
**November 27—December 8, 2023**

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



# In The Know

**Monday, November 13<sup>th</sup> at 12:30 PM**

## Understanding & Responding to Dementia-Related Behaviors

Presented by the Alzheimer's Association, Michigan Chapter



Behavior is a powerful form of communication and is one of the primary ways people living with dementia communicate their needs and feelings, as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn how to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.



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**FRENCHTOWN CENTER  
Library in Motion will return  
Wednesday, November 15<sup>th</sup>**

Please have returns ready by  
10:00 am

**PHONE: 734-241-5770  
EMAIL: [lim@monroe.lib.mi.us](mailto:lim@monroe.lib.mi.us)**

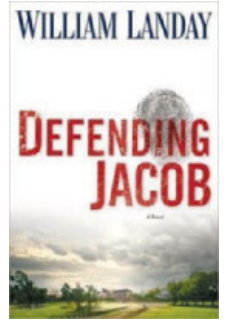


**November Book Club**

**Friday, Nov. , 10:00am**

**Defending Jacob**

Andy Barber has been an assistant district attorney in his suburban Massachusetts county for more than twenty years. He is respected in his community, tenacious in the courtroom, and happy at home with his wife, Laurie, and son, Jacob. But when a shocking crime shatters their New England town, Andy is blindsided by what happens next: His fourteen-year-old son is charged with the murder of a fellow student.



**Join Us for Movie Monday  
November 6<sup>th</sup>, at 1:00pm**



A trucker framed for murder breaks out of jail, takes a young woman hostage, and enters her sports car in cross-border road race hoping to get to Mexico before the police catch him. Starring John Ireland and Dorothy Malone this 1954 classic came before the modern-day franchise.

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15-0719



**Rest In Peace**

Margaret M. Campione  
William O. Doster  
Mary Lou Gautz  
Barbara Jean Lajiness



**Welcome New Members**

Victoria L Badalamenti	David Jerles
Ray A Bijarro	Michael E Kidwell
Linda L Bross	Anna M Klancnik
Shirley K Davis	Christine T Kyko
Deb Gill	Arlene Rose LaPrad
Bill B Dozier	Judy Loescher
Donna S Dozier	Ed McCarter
Jerome L Girard	Linda Mignano
Lilly Haroon	Donna K Modica
Kirk M Heller	Isaac Owens Jr.
Janice Hess	Lynn M Owens
Paula B Hudson	Roger L Studer

Thank You Sheila Barstad—HalloThanksMas  
Mark Brancheau—Center  
Robert Jeffers—In Memory of Stan Miller  
Entertainment—Manny Perez—Tuesday Fun Meal  
Floral City Harmonizers Barbershop Quartet—Pig Roast  
Rick Lindsay—to the Center for Barb Mazur Memorial Plaque  
Tom & Becky Peckham—DADC  
Center Pool League—Wheelbarrow 1st prize donation  
Sheryl L. Sieb—2nd prize donation  
Darla K. Myers—3rd prize donation  
  
And, Thank You to all the volunteers—we can always count you.



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

Nancy K Abb	Larry E Dailing	Phyllis S Kinkead	Dennis J Miller	Robert J Sacka
Pepper Austin	Goldie M Dhans	Mary M Kittle	Art F Mininni	John "Jack" C Schwab
Michele R Ball	Elizabeth A Dickey	John P Klosinski	David A Mistiatis	Cheryl Shepherdson
Mary Ann Barbier	Diana L Duvall	Judy A Klungler	Jeanette M Mlynek	Bonnie J Shinevar
Charlie H Barron	Judith I Eberline	Judy Krueger	John S Morris	Julianne Siech
Suzanne M Beamish	Alberta M Engel	Jo Ann Kunich	Beth A Mullen	Edward Slatinsky
Karen L Beaudrie	Brenda L Facey	Richard J Langton	Hobby Nels	Kim Slaughter
Linda A Boberg	Ronald Florian	Linda S Lauer	Gregory W Newsom	Mark R Smith
Doris A Bomyea	Karen K Foster	Carol Ann Leachman	Pete Nied	Gregory H Staten
Kristin S Bostic	Mary K Fuhlbrigge	Sandra F Lenling	Rose A Nisley	Mary E Sutton
Kerry E Boudrie	Mary F Gerweck	George T Lewis	Stanley R Opfermann	Debra S Tuttle
Barbara L Boudrie	William E Gessner	Judy A Lindquist	Isaac Owens Jr.	Mary A Van Wasshenova
Tommy W Bray	Deb Gill	Kathleen Loveridge	Thomas J Peckham	Oscar M Vandeveld
Mary Bruck	Marshala M Goins	Alex S Luci	Suzanne T Pegouske	Bonnie Ann Verville
Anna L Burgess	Charles Ray Hammer	Jane F Manor	John C Perniciaro	Gena M Vuich
Patricia A Busenbark	Rose A Harris	Betty Manoulian	Linda A Peters	Bonnie Watson
Mary L Carmona	Yvonne M Harvell	Deb J Massengill	Salvatore Pizzo	Diane K Wechter
Alyce Castellese	Tammy S Heinzerling	Kay E. Matykowski	Theresa H Pritchett	Melissa A Weems
Amy L Cevora	George W Hess	Kate McDevitt	Maria A Pursley	Jerry White
Pamela B Clay	Brenda C Hopkins	Jacquelyn C McEachran	Douglas L Redding	Adel A Widman
Mary A Collino	Wanell James	Karen D McLaughlin	Lawrence G Riggins	Karen L Wolfe
Kay M Coombe	David Jerles	Jean M McManaway	Denise Roberts	Russ A Yard
Carol A Coppersmith	James D Jones	Linda L Mell	Terri Robinson	
	Judith L Karas		Bill H Ryan	







## 5 Facts to Know About Veterans Day Nov. 5, 2018 | By Katie Lange

Veterans Day is a well-known American holiday, but there are also a few misconceptions about it — like how it's spelled or whom exactly it celebrates. To clear some of that up, here are the important facts you should know.

### 1. Veterans Day does NOT have an apostrophe.

A lot of people think it's "Veteran's Day" or "Veterans' Day," but they're wrong. The holiday is not a day that "belongs" to one veteran or multiple veterans, which is what an apostrophe implies. It's a day for honoring all veterans — so no apostrophe needed.

### 2. Veterans Day is NOT the Same as Memorial Day.

A lot of Americans get this confused, and we'll be honest — it can be a little annoying to all of the living veterans out there. Memorial Day is a time to remember those who gave their lives for our country, particularly in battle or from wounds they suffered in battle. Veterans Day honors all of those who have served the country in war or peace — dead or alive — although it's largely intended to thank living veterans for their sacrifices.

### 3. It was originally called Armistice Day, commemorating the end of World War I.

World War I officially ended when the Treaty of Versailles was signed on June 28, 1919. However, the fighting ended about seven months before that when the Allies and Germany put into effect an armistice on the eleventh hour of the eleventh day of the eleventh month. For that reason, Nov. 11, 1918, was largely considered the end of "the war to end all wars" and dubbed Armistice Day. In 1926, Congress officially recognized it as the end of the war, and in 1938, it became an official holiday, primarily a day set aside to honor veterans of World War I.

But then World War II and the Korean War happened, so on June 1, 1954, at the urging of veterans service organizations, Congress amended the commemoration yet again by changing the word "armistice" to "veterans" so the day would honor American veterans of all wars.

For a while, Veterans Day's date was changed, too, and it confused everybody.

Congress signed the Uniform Holiday Bill in 1968 to ensure that a few federal holidays — Veterans Day included — would be celebrated on a Monday. Officials hoped it would spur travel and other family activities over a long weekend, which would stimulate the economy.

### 4. For some inexplicable reason, the bill set Veterans Day commemorations for the fourth Monday of every October.

On Oct. 25, 1971, the first Veterans Day under this new bill was held. We're not sure why it took three years to implement, but not surprisingly, there was a lot of confusion about the change, and many states were unhappy, choosing to continue to recognize the day as they previously had — in November. Within a few years, it became pretty apparent that most U.S. citizens wanted to celebrate Veterans Day on Nov. 11, since it was a matter of historic and patriotic significance. So on Sept. 20, 1975, President Gerald Ford signed another law (Public Law 94-97), which returned the annual observance to its original date starting in 1978.

### 5. Other countries celebrate it, too, in their own ways.

World War I was a multinational effort, so it makes sense that our allies also wanted to celebrate their veterans on Nov. 11. The name of the day and the types of commemorations differ, however.

Canada and Australia both call Nov. 11 "Remembrance Day." Canada's observance is pretty similar to our own, except many of its citizens wear red poppy flowers to honor their war dead. In Australia, the day is more akin to our Memorial Day.

Great Britain calls it "Remembrance Day," too, but observes it on the Sunday closest to Nov. 11 with parades, services and two minutes of silence in London to honor those who lost their lives in war.

SOURCE: <https://www.defense.gov/News/Feature-Stories/story/article/1675470/5-facts-to-know-about-veterans-day/>



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

**\$1.00 Each OR 6 Tickets for \$5.00**

**DRAWING WILL BE AT THE CENTER**

**NOON in the Dining Area**

**Monday , December 18, 2023**

**1st Place—Wheelbarrow of Cheer**  
*(Donated by the Frenchtown Center for Active Adults Pool League)*

**2nd Place—Hand Made Quilt**  
*(Donated by Sheryl L. Sieb, Frenchtown Center Active Member/Volunteer)*

**3rd Place—\$20.00 Gift Card**  
*(Donated by Darla K. Myers, Chairman, Frenchtown Center Board of Directors)*

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

License number—X09651



We Are Accepting Donations to fill this wheelbarrow (Liquid Refreshments, Cheese, Crackers, Chips, Candy, Cookies, etc.....)



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**THIS SPACE IS AVAILABLE**





## EXERCISE

The Center offers six exercise programs: Fun Fit with Cheryl, Chair Yoga, Tai Chi, Cardio Drumming, Enhance Exercise with Jackie, Geri-Fit and Advanced Geri-Fit. Everyday there is one to fit your needs.

**Kathleen McBee Leads Geri-fit classes on Tuesdays and Thursdays. There is a Beginners class @ 10:00 a.m.—11:00 a.m. and an Advanced Geri-fit 11:00 a.m.—12:00 p.m.**

**What is Geri-Fit?** Once a person reaches the age of 50, unless they do some sort of strength training on a regular base, then they begin to lose one pound of muscle each year. Once we reach the age of 70, that muscle loss increases to two pounds lost per year. Designed exclusively for older adults, Geri-Fit helps rebuild strength that's been lost through the aging process to help ensure a higher level of function as older adults continue to age. For more information contact Kathleen McBee.



### **Which class will be right for you?**

10:00 to 11:00 is the best class for people just getting started with Geri-fit and will offer a variety of seated strength training exercises and instruction.

11:00 to 12:00 will offer more variety in exercises and add the challenge of more repetitions and supersets as well as performing some standing exercises.

Continuing to challenge our muscles with regular strength training is the best way to maintain our quality of life and reduce muscle loss as we age. Balance, leg strength and core training will be included in both classes.

# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter  
emailed to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)





**Ping Pong or Table tennis, Thursdays, @ 8:30 AM.**  
 We have two tables, lots of fun and look forward to new players. AND, did you know breakfast is served on Thursday mornings at 8:30 AM. So come enjoy some breakfast and stay to play. **NOTE: For breakfast, you will need to call or sign-up by 1:00 PM, the Wednesday before.**

## TUESDAY FUN NIGHT



### Meal & Entertainment

Tuesday

November 14, 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**



## National Family Caregivers Month (NFCM)

A time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

November is the month where we take time to recognize and give praise and support to the 78 million people who dedicate their time, often unpaid, caring for a family member in need.

Particularly as we approach the festive season when focus is placed on family and quality time, it is important that we show our appreciation for those who work tirelessly to provide care; whether it be financial, medical, domestic or emotional support. We must never underestimate the strength that caregivers have for providing this support to those people who need it the most, nor the toll that it can take both emotionally and physically upon them.

The devotion and love that these people show to their loved ones therefore quite rightly ought to be celebrated. A Presidential Proclamation declaring November as National Family Caregivers Month provides much recognition for these devoted family members and acts as a backdrop for many national and local organizations to structure events, raise funds, provide support networks and most of all celebrate these wonderful people.

Being a caregiver is not often something we choose but something that chooses us. Millions of people care for aged or chronically ill family members every day.

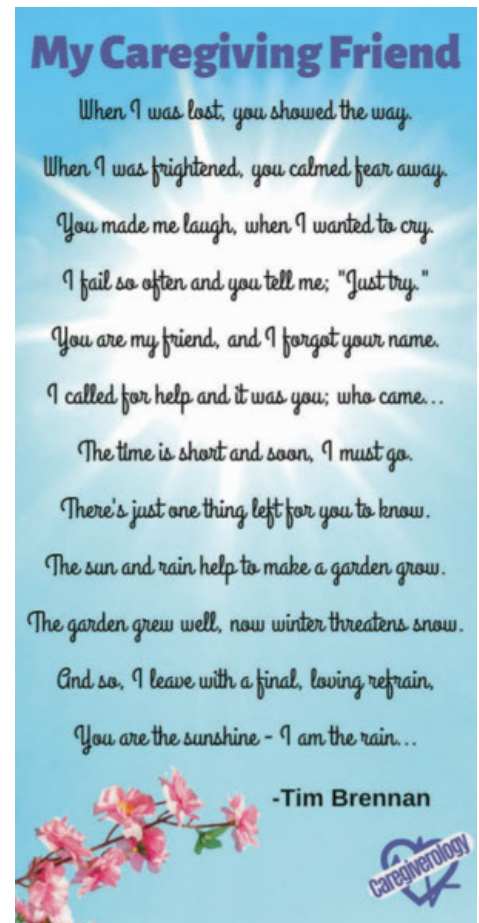
The role comes with sometimes daily peaks and valleys — acknowledged in the diverse caregiver quotes and poems below.

On a good day, you may see your prima ballerina Alzheimer's patient recall her greatest passion. On a bad day, Mom's dementia means she might not be able to remember you at all anymore.

Those tough times can leave you utterly drained.

Being a caregiver is a lot like walking through a wilderness full of unforeseen twists and turns. Whether a caregiver by profession or duty to a loved one, your care and attention make a vast difference in the daily life of the recipient. We hear you. We see you. We support you. Check out these caregiver quotes for inspiration, a laugh, or to just feel seen.

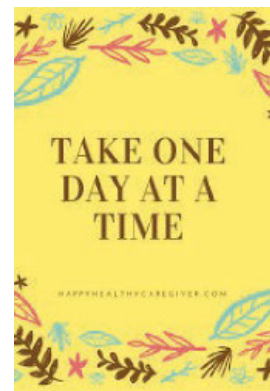
1. "You have not lived today until you have done something for someone who can never repay you." — John Bunyan
2. "No one is useless in this world who lightens the burdens of another." — Charles Dickens
3. "A hero is an ordinary individual who finds the strength to persevere and endure despite overwhelming obstacles." — Christopher Reeve
4. "It is so important as a caregiver not to become so enmeshed in the role that you lose yourself. It's neither good for you nor your loved one." — Dana Reeve



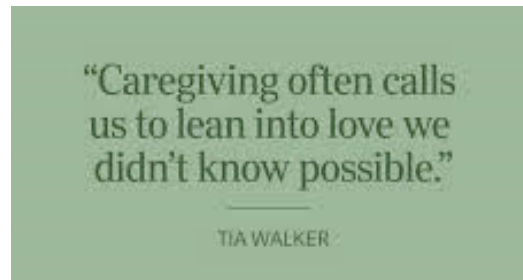
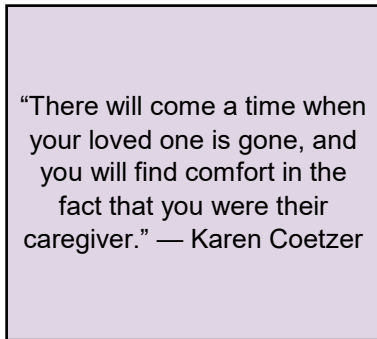
*continued on page 14*

**National Family Caregivers Month (NFCM) - continued from page 13**

5. "Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure." — Oprah Winfrey
6. "Try to be a rainbow in someone's cloud." — Maya Angelou
7. "What matters most is how well you walk through the fire." — Charles Bukowski
8. "One person caring about another represents life's greatest value." — Jim Rohn
9. "There are only four kinds of people in the world: Those who have been caregivers, those who are currently caregivers, those who will be caregivers,



and those who will need caregivers." —



Rosalynn Carter



**Saturday, November 18, 2023**

**1:00—4:00 PM**

Join us for a traditional Thanksgiving Dinner

Turkey and all the Fixing's

**Music Entertainment by Mary Ouelette**

Members \$10.00

Non-Members \$15.00

**Pre-Sold Tickets ONLY**

**Cut-off Date: Friday, November 10, 2023**



# THANK YOU!! Our Holiday Items and Bake Sale Fund Raising Event

was a huge success. We appreciate all the donations of NEW or SLIGHTLY/ GENTLY used Halloween, Thanksgiving and Christmas Items.

And a giant thank you to SHEILA BARSTAD for the idea for this fundraiser and putting it all together. Also, to all the VOLUNTEERS. Our volunteers are

the backbone of these events, and because of all their hard work, these events are possible!



## Member's Fall Festival—Pig Roast and Pot Luck



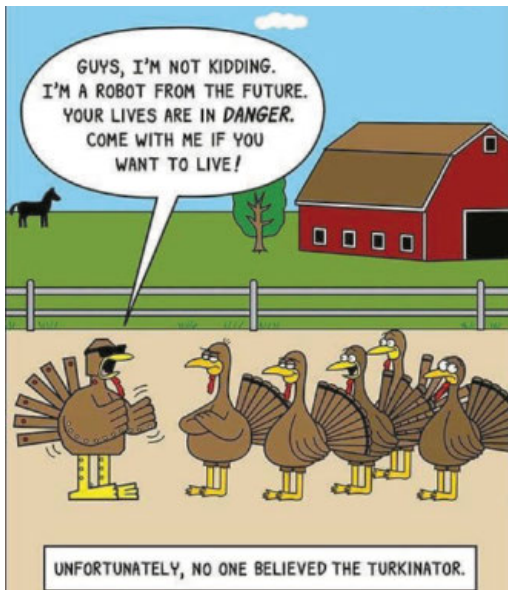
Thank you members!! This event was a huge success because of YOU. Your appearance and all the amazing dishes that were brought.



Floral City Harmonizers Barbershop Quartet

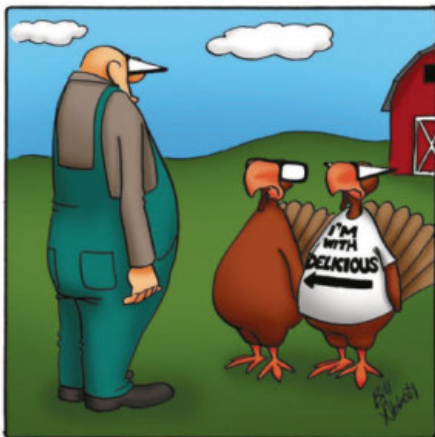


## A Little Humor

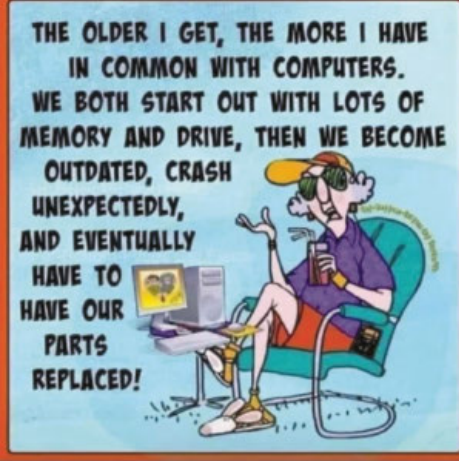


**I'm not saying your perfume is too strong. I'm just saying the canary was alive before you got here.**

1978	2023
Long hair	Longing for hair
8 Tracks	Cataracts
KEGs	EKGs
Streaking	Leaking
Acid Rock	Acid Reflux
Seeds and stems	Fiber
Stayin' Alive (the song)	Stayin' Alive (the goal)
Hoping for a BMW	Hoping for a BM
Going to a new, hip joint	Getting a new hip joint
Rolling Stones	Kidney Stones
Bell bottoms	Big bottoms
Disco	Costco
Whatever	Depends
Rock n' roll all night	Sleep through the night
Think you know everything	Think you know your name



1. If you call a big turkey a gobbler, what do you call a small one? A goblet.
2. Why did the farmer report the turkey to the police? He sensed fowl play.
3. What sound does a limping turkey make? Wobble, wobble!
4. What did the turkey say to the computer? Google, google!
5. What type of glass does a turkey drink from? A goblet.
6. What kind of weather does a turkey like? Fowl weather.
7. What do turkeys give thanks for on Thanksgiving? Vegetarians.
8. Why did the turkey get detention? He used fowl language.



I'M MISSING A SENSE OF PURPOSE, DOC, SOMETHING TO FILL THIS EMPTINESS INSIDE...





# Country Christmas



## Colorado's Historic Trains



# Huckleberry Railroad

## HOLIDAY MAGIC

Travel—For upcoming trips, flyer, and more information can be found at [www.frenchtownsenior.com/travel.html](http://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.

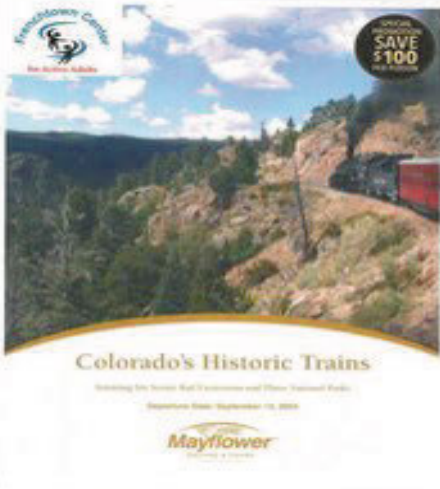
Call 734-243-6217




# CHARLESTON, SC

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



**Colorado's Historic Trains**  
 Celebrating the Denver, West 250th Anniversary and Denver Transformed.  
 September 18th - September 22nd, 2024  
 \$100 OFF SPECIAL SAVE \$100  
 Frenchtown Center for Active Adults  
 Lisa Ghigliazza (734) 243-6217  
 \$56.00



**Trips in 2024**  
**Danube Explorer**  
 The Danube Explorers • Germany • Austria • Slovakia • Hungary  
 September 28th - October 12, 2024  
 \$100 OFF SPECIAL SAVE \$100  
 Frenchtown Center for Active Adults  
 Lisa Ghigliazza (734) 243-6217  
 \$117.00



**Keepers**  
 Frenchtown Center for Active Adults  
 Wednesday, February 7, 2024  
 Depart 9:00 AM - Returns 4:00 PM  
 Lisa Ghigliazza (734) 243-6217  
 \$56.00



**Hamtramck History Tour**  
 Frenchtown Center for Active Adults  
 Wednesday, March 20, 2024  
 Depart 9:00 AM - Returns 3:00 PM  
 Lisa Ghigliazza (734) 243-6217  
 \$117.00



**Charleston SC**  
 6 days / 5 nights  
**\$1,786.00**  
 Frenchtown Center for Active Adults  
 April 7 - 12, 2024  
 Lisa Ghigliazza (734) 243-6217  
 \$107.00



**HISTORIC MARSHFIELD**  
 Frenchtown Center for Active Adults  
 Wednesday, April 17, 2024  
 Depart 7:00 AM - Returns 3:00 PM  
 Lisa Ghigliazza (734) 243-6217  
 \$107.00



**Holland Tulip Time**  
 Frenchtown Center for Active Adults  
 Monday, May 6, 2024  
 Depart 8:00 AM - Returns 4:00 PM  
 Lisa Ghigliazza (734) 243-6217  
 \$146.00



**A LITTLE BIT COUNTRY**  
 Nashville & Louisville  
 5 days / 4 nights  
**\$1,858.00**  
 Frenchtown Center for Active Adults  
 May 6 - 10, 2024  
 Monday - Friday  
 Lisa Ghigliazza (734) 243-6217  
 \$117.00



**DETROIT PROHIBITION TOUR**  
 Frenchtown Center for Active Adults  
 Thursday, May 20, 2024  
 Depart 7:00 AM - Returns 4:00 PM  
 Lisa Ghigliazza (734) 243-6217  
 \$117.00

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



## Frenchtown Voyagers Travel Meeting

Tuesday, November 21, 2023

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

You can find the latest travel information on our Website, or our FaceBook page and in the newsletter downloadable at [www.frenchtownsenior.com](http://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.**

- ◆ **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.

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### 2024

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- ◆ **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.
- ◆ **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.
- ◆ **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.
- ◆ **Holland Tulip Time, May 6, 2024, presented by Bianco Tours.** This is a day trip departing at 6:30am & returning at 9:15pm. The cost is \$146. 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.
- ◆ **Detroit Prohibition Tour, May 30, 2024, presented by Bianco Tours.** This is a day trip departing at 7:45am & returning at 4:30pm. The cost is \$117. Please visit our website for full details.
- ◆ **The Michigan Princess, presented by Bianco Tours.** The cost is \$118.00. This a day trip departing at 7:30am & returning at 5:30pm. Guided tour of Michigan State Capital Building, Michigan Princess Riverboat Lunch Cruise, and Horrocks Farm Market.

**Responsibility Clause:** *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 Center Link

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Commission on Aging



Current Resident



### NEWS TO NOTE:

- ◆ Wheelbarrow of Cheer Tickets are now on sale
  - ◆ Friday, November 3, 2023—12:30pm Flu and Covid Shots
  - ◆ Movie Monday, November 6, 2023, “1954 The Fast and the Furious”
  - ◆ In The Know Monday, November 13<sup>th</sup> at 12:30 PM - Understanding & Responding to Dementia-Related Behaviors
  - ◆ FUN NIGHT MEAL & Entertainment—Tuesday, November 14, 2023 @ 4:30 PM
    - ◆ Library will be here on Wednesday, November 15, 2023 @ 10:00 AM
  - ◆ **NOTE NEW TIME: Blood Pressure Thursday, November 16, 2023. Checks are now at 11:45 a.m.**
    - ◆ Thanksgiving Dinner, Saturday, November 18, 2023, 1:00—4:00 PM
  - ◆ Board Meeting—Thursday, November 16, 2023 @ 10:00 AM
    - ◆ Travel Meeting—Tuesday, November 21, 2023 @ 1:00 PM
  - ◆ Dominoes Mexican Train—the 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, 10am – 12pm
    - ◆ Mahjong – the 1<sup>st</sup> and 3<sup>rd</sup> Fridays, 10am – 12pm
    - ◆ Acrylics and Beyond—10:30am, Wednesday
  - ◆ Annual Art Show and Sale—November 27—December 8, 2023
- ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING

