



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.



DECEMBER 2023

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*Merry Christmas
and
Happy New Year*



Give More, Love More, Laugh More: Ways to Spread Holiday Cheer Together

1. Play music and sing songs.
2. Start a new family tradition.
3. Make something yummy.
4. Take time to be grateful.
5. Share what you have.
6. Be a good neighbor.
7. Get your Christmas kindness on (in 20 seconds or less)
8. Go above and beyond.

Let Christmas Quotes Light Up the Season

Christmas comes once a year, but the feelings, wonder, and family create memories to share for a lifetime. Light up the lives of those on your Christmas list with a few choice quotes. You can add these to their Christmas card, social media, or even stitch them onto an ornament. Your words might be just what someone needs.

- Let the magic of Christmas cheer last you through the year.
- May you sleigh December with Christmas cheer.
- Let Christmas light up your life.
- Rather than nice, you are the sugar and spice of Christmas.
- May you enjoy the magic of Christmas all year long.
- Peace, love, and joy are the true gifts of Christmas. Enjoy them all!
- The greatest gift is being present this Christmas.
- You are the sparkle in my holiday.

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
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

Kitchen Staff

Kim Maracle—Head Cook/ Ext 6
Michelle Jones—Assistant Cook
Paula DeHart—Kitchen Aid

Adult Day Service 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 for Active Adults

Bingo
Blood Pressure Checks
Bocce Ball
Book Club
Bridge
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
Progressive Bridge
Pub Trivia
Quilting
Rummage Sales
Sewing Group
Tuesday Fun Night
(2nd Tuesday)
Thursday Breakfast
Travel
Watercolor 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
 <p>DECEMBER 2023 The Center will be closed Monday & Tuesday, Dec. 25 & 26, 2023</p>		<p><i>Merry Christmas and Happy New Year</i></p>		<p>1 ART SHOW</p> <p>9:00 Fun Fit Party w/ Cheryl 10:00 Mahjong 12:15 Watercolor Class 1:00 Bingo</p>
<p>4 ART SHOW</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 1:00 Movie (The Man Who Invented Christmas)</p>	<p>5 ART SHOW</p> <p>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 ART SHOW</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Nine Ball 10:00 Dominoes Mexican Train 10:30 Acrylics and Beyond 12:30 Paint w/Friends 1:00 Happy Hookers</p>	<p>7 ART SHOW</p> <p>8:30 Breakfast 8:30 Ping Pong 9:00 Progressive 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 ART SHOW</p> <p>9:00 Fun Fit Party w/ Cheryl 12:15 Watercolor Class 1:00 Bingo</p>
<p>11</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 12:30 In The Know (Battling Dangerous Belly Fat)</p>	<p>12</p> <p>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</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Library In Motion 10:00 Chair Yoga 10:00 Nine Ball 10:30 Acrylics and Beyond 12:30 Paint w/Friends 1:00 W.W.W.W group 1:00 Happy Hookers</p>	<p>14</p> <p>9:00 Bridge 8:30 Breakfast 8:30 Ping Pong 9:00 Progressive 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</p> <p>9:00 Fun Fit Party w/ Cheryl 10:00 Book Club (In The Kingdom of Ice) 10:00 Mahjong 12:15 Watercolor Class 1:00 \$5.00 Bingo</p>
<p>18</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 1:00 Pub Trivia</p> <p>Wheelbarrow of Cheer Drawing at Noon</p>	<p>19</p> <p>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</p> <p style="text-align: center;">Ugly Sweater Party</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Nine Ball 10:00 Dominoes Mexican Train 10:30 Acrylics and Beyond 12:30 Paint w/Friends 1:00 Happy Hookers 1:00 Ugly Sweater Party</p>	<p>21</p> <p>9:00 Bridge 8:30 Breakfast 8:30 Ping Pong 9:00 Progressive Bridge 9:00 Cardio Drumming 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</p>	<p>22</p> <p>9:00 Fun Fit Party w/ Cheryl 12:15 Watercolor Class 1:00 Bingo</p>
<p>25</p> <p style="text-align: center;"><i>Merry Christmas</i></p>  <p style="text-align: center;">CENTER CLOSED</p>	<p>26</p> <p style="text-align: center;">CENTER CLOSED</p>	<p>27</p> <p>9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Nine Ball 10:30 Acrylics and Beyond 12:30 Paint w/Friends 1:00 Happy Hookers</p>	<p>28</p> <p>8:30 Breakfast 8:30 Ping Pong 9:00 Cardio Drumming 9:00 Progressive Bridge 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 Caregiver Mtg 1:00 LCR 1:00 Enhanced Exercise w/ Jackie</p>	<p>29</p> <p>9:00 Fun Fit Party w/ Cheryl 12:15 Watercolor Class 1:00 Bingo</p> <p style="text-align: center;">New Years Eve Party Sunday Dec. 31st 3-5 PM</p>

New Years Eve Party Sunday, December 31, 2023 3—5 PM Sponsored by Enriched Life Home Care with Entertainment by Tom Slatton




**December
2023**

**** The Direct Line to place a lunch order is 734-636-9477 ****
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.

	New Years Eve Party Sunday Dec. 31st 3-5 PM			1 Italian Sausage w/ Red Peppers in a Red Sauce over Noodles
4 Chicken Breast with loaded potato	5 Tater Tot Casserole	6 Ham Dinner	7 Italian Sub with chips	8 Stroganoff with pea's
11 Sloppy Joe with tater tots	12 Pinto Beans with rice and Sausage	13 Betty Salad	14 Chicken Bowl With mashed pota- toes and corn	5 Pork Sausage Smothered with onions mashed potatoes and gravy
18 Taco Salad	19 Smoked Sausage with Sauerkraut and side	20 Hot Turkey Platter	21 Kmart Sub	22 Grilled Cheese With Tomato Soup
25 Center Closed	26 Center Closed	27 Greek Salad	28 Sweet & Sour Chicken over Rice	29 1/2 Ham Sandwich with Chicken Noodle Soup

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

December 7 Eggs Sausage Potatoes & Toast
December 14 Breakfast Skillet
December 21 Biscuit & Gravy
December 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
 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.**





I was surprised when only one member accepted the challenge to guess where the quoted paragraph came from in the November newsletter. Unfortunately, the answer was not the correct response, but for putting in the effort, I am going to buy that person's lunch the next time I see them here.

As the holidays draw nearer, folks will have little holiday celebrations in the various rooms. While we allow these celebrations to happen, we have a few rules that need to be followed, so please check with a staff member before making your plans.

Once again, Enhanced Life Home Care Services will sponsor our New Year's Eve celebration. Tom Slatton will be here to provide his well-received mixture of tunes. Lance Slatton normally brings the party favors. There will be an assortment of finger foods. If you have joined us in previous years, you know food choices are typically different, so don't expect the same thing you had last year unless it happens to be a holiday tradition. Of course, you know me, and I am always shopping for the food deal, so it depends. We only ask that you sign up by December 22 so we know the number of folks who may join us that day.

Our New Year's Eve celebration will end another very successful year at your Center. Even though we won't have the final numbers until after the New Year's Eve celebration, compared to last year, the number of hours folks used the Center is up by 37 percent. I am sure this increase in hours is attributed to the additional 300 new members joining us this year. The exercise programs have seen a dramatic increase in the number of folks participating. Lisa has added various activities: Movie Monday, In the Know, Tai Chi, Chair Yoga, Domino Mexican Train, and Mahjong. This was also the first year we used the Pickleball court. Kathleen reluctantly volunteered to take on yet another task and became the instructor. In addition to Pickleball, folks gave bocce ball a try, so more people used the outdoor amenities this year. We have also seen an increase in the number of folks attending special events. Both the Carnival and the Halloween party were a huge success.

Most of you already know that the Center tracks the number of hours folks use the Center. This is part of the accountability the Commission on Aging has in place to show the taxpayer just how successful the return on their investment is in the Senior Millage. While it is necessary to look at the numbers, there is much more than numbers that make this place a success. First and most importantly, it's you, the members. Staff and I strive to make this place a fun, educational, health-packed place where you can get together and socialize.

The Adult Day Care Service program has tried a variety of advertising and marketing strategies, and it still baffles me when people tell me they never heard of the program. Generally, the best advertising we can get is word of mouth. We know many unsung heroes in our community provide caregiving services to family members. You may even know someone. If so, mention the program that we have here. Caregivers sometimes forget that means they must take care of their own health to be strong enough to care for their loved one. Everyone needs time to get the simple things done and recharge. What better place than a place you are familiar with, a place you can feel confident about making a referral, a place where they can leave their loved one in a safe and secure environment for the day or even an hour?

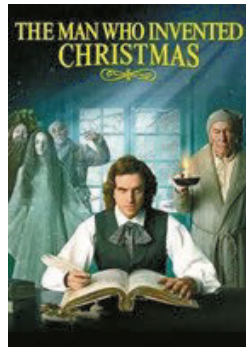
I want to ask if you would do us a small favor. If you watch the Hallmark channel's "Count Down to Christmas" event and enjoy their Christmas movies, keep an eye on the commercials. The Adult Day Care Service program has spots for a commercial during the event. If you're anything like me, the only time you watch the commercials is during the Super Bowl, so it is probably a big ask. If you come across one, let Jean know what you think and when you saw it. Be safe, enjoy the holidays, and come celebrate with us if you have the chance.

A handwritten signature in blue ink, appearing to read "Jean" followed by a surname.



**Join Us for Movie Monday
The Man Who Invented Christmas
December 4th at 1:00pm**

In 1843, celebrated British novelist Charles Dickens is at a low point in his career with three flops behind him and family expenses piling up at home. Determined to recover, Dickens decides to write a Christmas story and self-publish it in less than two months. As Dickens labors writing on such short notice, his estranged father and mother come to bunk with him. Still haunted by painful memories of his father ruining his childhood by his financial irresponsibility, Dickens develops a seemingly unsolvable writer's block. Dickens must face his personal demons epitomized through his characters, especially in his imagined conversations with Ebenezer Scrooge. With a looming deadline, Dickens struggles for inspiration against his frustrations and his characters' opinions in a literary challenge creating a classic tale that would define the essential soul of modern Christmas.



**In the Know
Monday, December 11th 12:30 PM
Battling Dangerous Belly Fat**

Presented by Jim Hunt, Humana

Belly fat is the most dangerous kind of fat because it develops in the abdominal region and can surround internal organs. Research has shown that this kind of fat puts people at greater risk for developing several kinds of health problems, including heart disease, diabetes, liver problems, some types of cancer, and risk for sudden death. Come learn what you can do to combat this dangerous health risk.

**Progressive/Party Bridge—Thursday
December 7, 2023 @ 9:00 AM**

During the hiatus of duplicate bridge we will be trying Progressive/Party Bridge. If you like to play bridge, but do not have a partner, maybe this will work for you. Tables will be determined and assigned based on how many players. Continuation will depend on the level of interest/participation. If you have questions or suggestions, please call 734-243-6210.



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15-0719



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.



TUESDAY FUN NIGHT



Meal &

Entertainment

Tuesday December 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



FRENCHTOWN CENTER

Library in Motion will return

Wednesday, December

13th Please have returns ready by 10:00 am

PHONE: 734-241-5770



TAI CHI EXERCISES

TAI CHI is **CANCELLED** from this date forward. If there is a greater interest in the future, we will resume. Watch for future updates. We apologize for any inconvenience.

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15-0719



Rest In Peace

Ralph C. Bach
 Elaine M. Halstead
 Sharon Marie "Gale" Oberly
 Manny Perez

Welcome New Members

Debra S Beck	Randy J. Goins	Don Middleton
Paul M Beck	Frank Harris	Ivof A Novak
William H Betts	Kimberly A Jay	Linda J Novak
Eugene J Bialy	Thomas E Jay	Irene D. Polce
Patricia Bialy	Besty E Mason	Courtney L. Post
Patti E Bialy	Patricia A Mclennan	Shirlene A Stein
Anita Demario	Bob H Melvin	Paulette A Wilkie
Cherie A Domigan	Donna L Melvin	Sandra M Yettaw
		Louise A Zack

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



THANK YOU!

- Anonymous Donations for the Center's Wheelbarrow of Cheer Fundraiser
- Lake Erie Hexenbrut for great dance performance again this year!
- Creekside Farm for donating 30 pumpkins for Center's Halloween party painting contest.
- The Center's Halloween Party was successful because of our volunteers, staff and members.
- Linda M Gagne—donation for the kitchen
- Louise A Zack—donation for the Center
- Shirley Cox—donation for the Center



Linda F Austin	Louise D Carnes	Lucia A Furnari	Mike A Kontry	Rosemary S Schaub
Sue Barton	Jolene Anne Caudill	Mary Dolores Gagne	Clifford L Loop	Joyce F Schultz
William T Barton	Sharon K Cawood	Marilyn Gagne	Troy E Maiden	Elliana Rose Shuk-Stevens
Lucille A Beck	Wanda K Cole	Aldo V Gerbi	Shirley A McAllister	Marjorie H Sieb
Debra S Beck	Roger L Cole	Patricia A Gillenkirk	Becky S McFarlane	Janice S Simmons
Martha L Bell	Joyce Collins	Cindy M Girard	Mary F Merz	Peggy A Smith
Cheryl A Bellestri	Carol Copi	Doris M Glommen	Susan L Meyerholtz	Deborah June Smith
William Bender	Mary A Costello	Andrea M Gorman	Linda L Mignano	Mary Ann Smith
Cherie G Benisatto	Barbara J Crumm	Elgie Grabitz	Ron E Montri	James A Smith
Darrell J Bezeau	Susan L Denman	Diane B Grassley	Charles L Mushung	Robert C Soncrant
Patricia Bialy	Barbara M Denman	Lorena M Guthrie	Sue Neshkoff	Raymond Starll
Mary H Blohm	Deborah K Dennis	Lilly Haroon	Larry E Olson	Jackie M Steinman
Richard D Bolyard	Patricia C Ditty	Carol J Hartong	Linda M Parriet	Edward L Stump
Mary E Brancheau	Linda A Dudler	Joe C Hess	Janet K Pavlat	Rosemary Sutton
Kathy Brancheau	Sandra Lynn Duncan	Margaret A Hoffman	Charles Penrod	Paula Szabo
Lois F Breeding	Sally A Duvall	Kimberly S Hogan	Chrissy Pidruzny	Cheryl Taylor
Henry M Breitenbach	Julie A Ellison	Sherri Sue Iacoangeli	Sylvia Joyce Pollack	Carol F Thompson
Ellen L Brockway	Joseph H Emerick	Paul S Iacoangeli	Judith A Primpas	Susan M Toburen
Sandra K Brown	Susan J Emerick	Brenda Gail Jackson	Brenda Ramos	Patti Toth
Brandon M Burns	Stanley P Emerick	Stanley J Jarczewski	Joann R Rhodes	O. Jane VanBelle
Karen Rose Burns	William Carl Fehse	Janet K Johnson	Lora A Roberts	John Carl Weiss Jr.
Tammy S Burson	Lana L Finley	Jay P Jondro	Deane Rogers	Steve C Wilgocki
Judy C Byerley	Barbara L Flower	John D Kanya	Lindsey L Saloie	Nancy S Williams
Edith "Jerrie" Campbell	Cory D Fogle	Jack David Katz	Elizabeth M Samsel	Carol A Wright
	Linda M Fox	Alice L Knighten	Irene N Savage	





UGLY Sweater Day
Wednesday, December 20, 2023
1:00—2:00 PM

Join us for some fun!!!!
Complimentary lunch for those
wearing their "UGLY Sweater"
Prize for the "Ugliest Sweater"

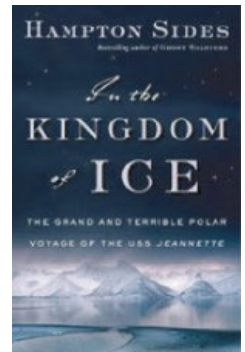


PLEASE
Sign up by
Friday,
December 15th



Christmas Sing-A-Long with A La Carte

December Book Club
Friday, December 15th, 10:00am
In The Kingdom of Ice



On July 8, 1879, Captain George Washington De Long and his team of thirty-two men set sail from San Francisco on the USS Jeannette. Heading deep into uncharted Arctic waters, they carried the aspirations of a young country burning to be the first nation to reach the North Pole. Two years into the voyage, the Jeannette's hull was breached by an impassable stretch of pack ice, forcing the crew to abandon ship amid torrents of rushing water. Hours later, the ship had sunk below the surface, marooning the men a thousand miles north of Siberia, where they faced a terrifying march with minimal supplies across the endless ice pack. Enduring everything from snow blindness and polar bears to ferocious storms and labyrinths of ice, the crew battled madness and starvation as they struggled desperately to survive. With thrilling twists and turns, *In The Kingdom of Ice* is a tale of heroism and determination in the most brutal place on Earth.

Adult Day Services

Purpose of Adult Day Services

- Reduce the isolation of frail older persons by offering a safe, support group environment.
- Maintaining the person's highest level of functioning and preventing further decline.
- Restoring a person's level of functioning to his/her highest level
- Foster socialization and peer interaction.
- Support family caregivers with respite, education, support, and other related assistance.

According to the National Adult Day Services Association:

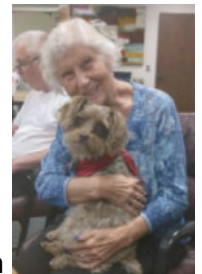
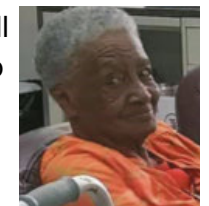
- Adult day services providers serve 150,000 people every day;
- 78% of adult day services centers are not-for-profit;
- 70% of adult day centers are affiliated with a larger organization like a nursing home or home care agency;
- 52% of adult day center clients have some cognitive impairment;
- Adult day services clients have an average age of 72 and two-thirds of clients are women.

What does the Program Cost?

The Dementia Adult Day Service programs are usually operated by non-profit organizations which apply for state, federal, and county senior millage funds to keep cost to families low, along with basing the cost on income. The Frenchtown Dementia Adult Day Service works diligently with families to control these costs and accepts donations from participants.



We proudly partner with **Gabby's Grief Center** hosting the **Caregivers' support group**. The group meets on the **2nd and 4th Thursday** of the month at 1:00 pm. All are welcome, but if it is your first time joining the group, we ask that you please stop in a little early so you can check in with Chrissy, our office manager. If you would like to join us for lunch that day, it is served at noon, so take a peek at our lunch menu for more details and order by 1:00 p.m. the day before.





**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)

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



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

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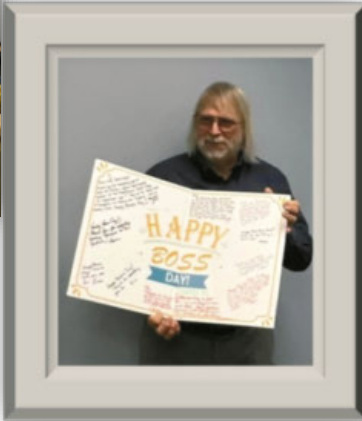


Happy Bosses Day

Boss Paul, we genuinely appreciate the opportunity to work under your leadership.

We Thank You so much for everything!
Your FCAA Staff

THE SECRET TO SUCCESS IS GOOD LEADERSHIP, AND GOOD LEADERSHIP IS ALL ABOUT MAKING THE LIVES OF YOUR TEAM MEMBERS OR WORKERS BETTER.



A TRULY GREAT Boss IS HARD TO FIND DIFFICULT TO PART WITH AND impossible TO FORGET



New Year's Eve Celebration



Sunday, December 31, 2023

3:00 PM—5:00 PM

Join Us For A Fun Filled Afternoon of Celebration

Please **RSVP** by Friday, **December 22, 2023**

Complimentary Refreshments and Finger Foods



Sponsored by



Entertainment by Tom Slatton

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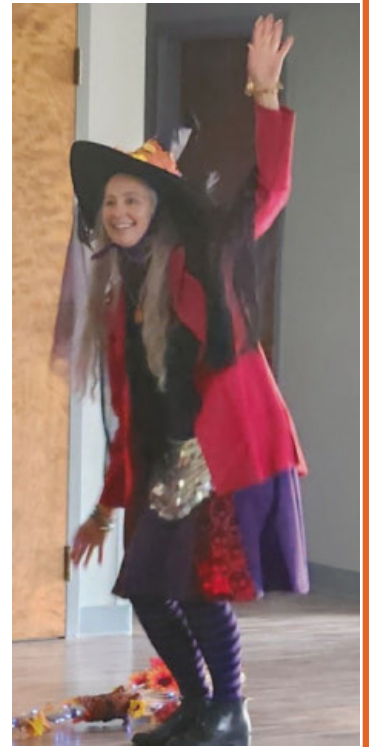


VISIT WWW.MYCOMMUNITYONLINE.COM





Pumpkins Painting Contest
 Dianne M. Beaudrie - 1st place
 Mary Ann Mack - 2nd place
 Bev Betts - 3rd place



Costume Contest
 Ellen L. Brockway - 1st Place
 Linda Gagne - 2nd Place
 Helen L Brown - 3rd Place





11 Tips For Helping Seniors Stay Healthy During The Holiday Season

By: Megan Horst-Hatch

While the holidays are a time of gatherings with family and friends, they can also be a source of stress, as exercise schedules might be disrupted for shopping excursions and rich holiday meals make it difficult to adhere to a particular diet. Staying healthy can be a challenge during this time of year, especially for seniors.

Get a senior's caregiver involved to help manage expectations at this time of year.

According to Amy Fuchs, a licensed clinical social worker and owner of The Elder Expert, LLC in Saddle River, New Jersey, one of the difficulties of the holiday season is not knowing an elderly relative's limits. "You can anticipate that they might need help, but they might not express to you that they've slowed down," Fuchs says.

Robyn Golden, a licensed clinical social worker and director of the health and aging department at Rush University in Chicago, agrees. "Offer older relatives options and ask them what they want to do, but don't assume their limitations," she advises.

To help seniors stay healthy during the holidays, reduce their stress and avoid the holiday blues, keep the following tips in mind:

1. Make healthy choices

From rich meals to tempting and tasty homemade snacks, the holidays are a time for many to indulge in food — or overindulge. Try to plan meals with other events in mind.

For example, if a big dinner is planned for New Year's Eve, consider serving a lighter lunch of salad or soup. "You don't want to deny anyone of the food they like to eat at this time of year, but you don't want anyone to gorge themselves, either," Fuchs says.

2. Stay hydrated

Drinking water is one way you can stay healthy during the holidays. "Senior citizens, especially, need to drink plenty of fluids, as not drinking enough water could cause hospitalization," Fuchs says. To make it easier to stay hydrated, have water easily accessible at home and keep bottled water in a purse or bag when running errands.

3. Follow dietary restrictions

Some seniors must follow special diets, such as one that is low in sodium. It can be difficult to adhere to a diet during busy, stressful times, especially if there aren't any healthy options available. "When people get stressed, they tend to overeat and don't stick to their diets," Golden says. To make it easier to follow dietary guidelines, keep healthy options like fresh-cut vegetables and fruit on hand.

4. Drink in moderation

"Drinking too much can impair functions, and for some senior citizens, drinking alcohol with certain medications can have adverse side effects," Golden says. Consider offering fun, alcohol-free drinks so everyone can celebrate the holidays.



"Nice iron. Your wife will love it. While I wrap it, you might want to go over to sporting goods and pick out a helmet."



continued on page 14

5. Keep exercising

In many parts of the country, the holidays are synonymous with cold weather and snow. To stick to an exercise schedule, bundle up and invite your parents for a walk around the block if the sidewalks are dry. If it's snowing or icy outside, drive to an indoor shopping mall and walk a few laps while window-shopping.

6. Shake up traditions

Between cleaning the house and cooking for a crowd, hosting a big holiday meal can be a source of stress. If an older relative traditionally hosts a big holiday meal, consider passing the tradition on to the younger generation of family members. If the relative insists on hosting, Fuchs recommends younger family members volunteer to clean or prepare part of the meal.

7. Decrease gifts

For many seniors, especially those on a fixed income, the holidays can be a financial challenge due to purchasing gifts for many family members. To reduce stress from paying for gifts, consider having a family grab bag, where everyone contributes one gift.



8. Rest after traveling

For some seniors, the holidays are a time to travel long distances to visit family and friends. Whether they travel by car, rail or plane, keep in mind that an older relative might want to rest upon arrival. Golden suggests offering the options of watching television or taking a nap instead of planning a day of shopping and visiting.

9. Make homes accessible

If older relatives are visiting your home for the holidays, ensure your home is safe and accessible. "Be mindful of hazards in your home. For instance, someone with a cane could trip over area rugs," Fuchs advises. Consider having your relative sleep on the first floor of your home. If that's not possible, let them stay in a room close to the bathroom. In addition, use nightlights in the hallway so they don't stumble in the dark.

10. Take breaks

Between parties and shopping, the holidays often involve busy days and late nights. If you are planning an all-day outing, carve some time for a nap or a way to relax for a bit, even if it is just to sip tea in a cafe. Little kids, seniors and everyone in between will appreciate it.

11. Stay involved

Recognize that seniors still want to feel that they are part of the holidays. For many, that may include helping out with holiday preparations. "It's fine to reduce senior citizens' stress by offering to hold the holiday event at your home instead of theirs, but still keep them involved by having them cook a favorite dish or maybe help decorate the home," Golden says.

With a few preventative measures and a willingness to change some traditions, seniors can stay healthy and follow their diets, while also having fun with their family members this holiday season.

Megan Horst-Hatch is a Chicago-based mother, runner, baker, gardener, knitter and other words that end in "-er."

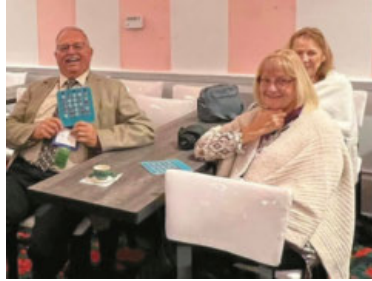
SOURCE: <https://www.care.com/c/holiday-health-for-seniors/>

Mackinac Island Trip October 17—20 2023

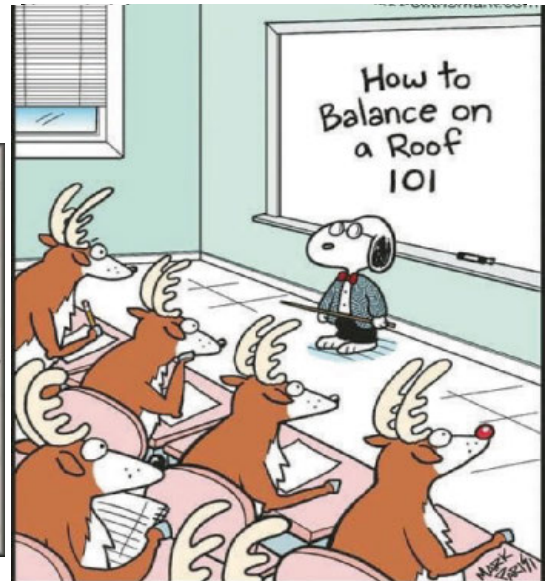
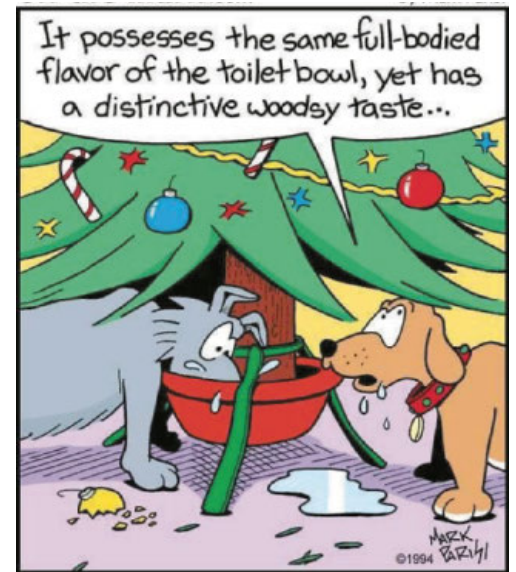
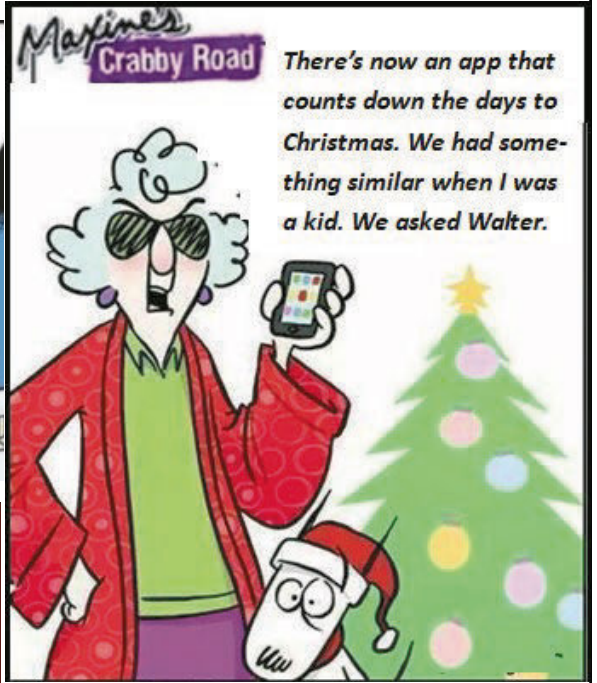
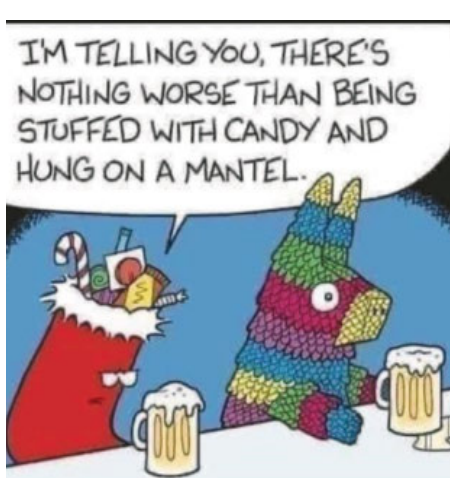
To My Grand Hotel/Mackinac Island Travelers 2023,

The trip was amazing! Everyone made my job so much easier! Thank you all so much for your support, for being kind, for being thoughtful and generous, especially to our bus driver. I am so grateful to have such a nice and awesome group! I hope to see you again next year for this trip.

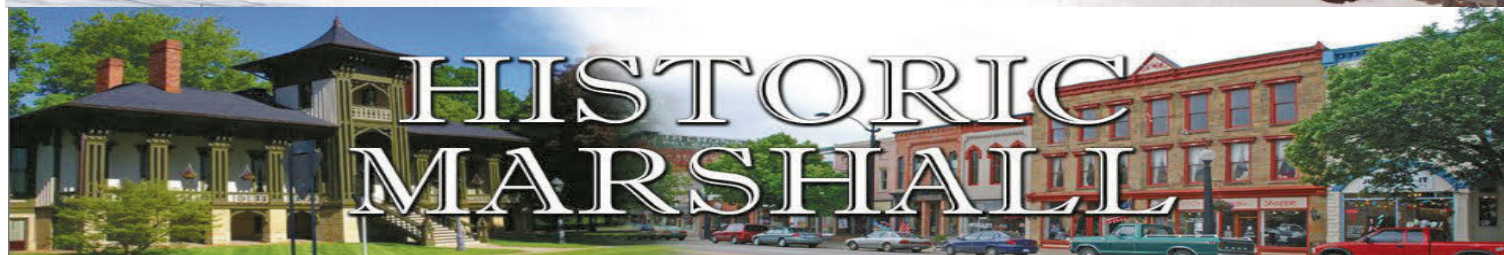
Sincerely, Chrissy Pidruzny



A Little Humor



Colorado's Historic Trains



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.

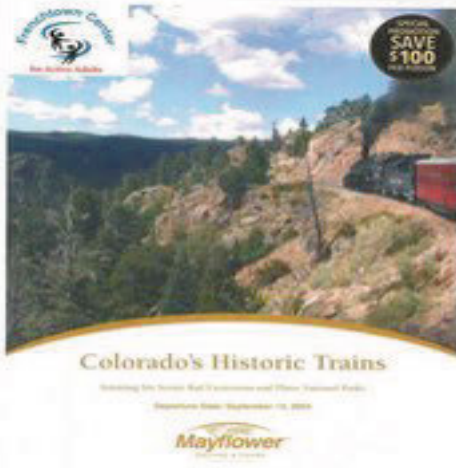
All payments must be made with a check or money order at the Center.

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



Colorado's Historic Trains
 Celebrating the Golden Rule Centennial and Three Centennial Years
 Departing: Monday, September 16, 2024

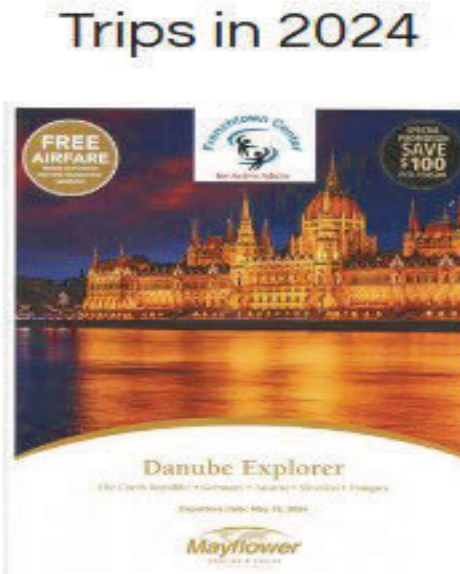
Mayflower
 TRAVEL & TOURS

YOUR BRAND-TOUR INCLUDED:
 Round Trip Transportation - The historic Golden Rule Centennial Celebration, a special celebration with a variety of activities and a luncheon for each attendee. Includes a luncheon for each attendee. Includes a luncheon for each attendee. Includes a luncheon for each attendee.

Frenchtown Center for Active Adults
 Tuesday, September 16, 2024
 Depart: 8:00 AM - Return: 5:00 PM

Lisa Ghigliazza
 (734) 243-6217

\$117.00
 No Alcohol / 7 seat price in dependent



Trips in 2024

Danube Explorer
 The Danube Explorer - European Cultural & Historical Explorer
 Departing: Friday, May 17, 2024

Mayflower
 TRAVEL & TOURS

YOUR BRAND-TOUR INCLUDED:
 Round Trip Transportation - The Danube Explorer - European Cultural & Historical Explorer. Includes a luncheon for each attendee. Includes a luncheon for each attendee. Includes a luncheon for each attendee.

Frenchtown Center for Active Adults
 Wednesday, March 20, 2024
 Depart: 8:00 AM - Return: 5:00 PM

Lisa Ghigliazza
 (734) 243-6217

\$178.00
 No Alcohol / 7 seat price in dependent



KEEPERS

Frenchtown Center for Active Adults
 Wednesday, February 7, 2024
 Depart: 8:00 AM - Return: 4:00 PM

Lisa Ghigliazza
 (734) 243-6217

\$56.00
 No Alcohol / 7 seat price in dependent



Hamtramck History Tour

Frenchtown Center for Active Adults
 Wednesday, March 20, 2024
 Depart: 8:00 AM - Return: 5:00 PM

Lisa Ghigliazza
 (734) 243-6217

\$117.00
 No Alcohol / 7 seat price in dependent



CHARLESTON, SC

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

Lisa Ghigliazza
 (734) 243-6217

\$1,786.00
 per person/both way return

YOUR BRAND-TOUR INCLUDED:
 Round Trip Transportation - The Charleston SC tour includes round trip transportation, a luncheon for each attendee, and a luncheon for each attendee.



HISTORIC MARSHALL

Frenchtown Center for Active Adults
 Wednesday, April 17, 2024
 Depart: 7:00 AM - Return: 5:00 PM

Lisa Ghigliazza
 (734) 243-6217

\$107.00
 No Alcohol / 7 seat price in dependent



Holland Tulip Time

Frenchtown Center for Active Adults
 Monday, May 6, 2024
 Depart: 8:00 AM - Return: 5:00 PM

Lisa Ghigliazza
 (734) 243-6217

\$146.00
 No Alcohol / 7 seat price in dependent



A LITTLE BIT COUNTRY
 Nashville & Louisville

Frenchtown Center for Active Adults
 May 6 - 10, 2024
 Monday - Friday

Lisa Ghigliazza
 (734) 243-6217

\$1,858.00
 per person/both way return

YOUR BRAND-TOUR INCLUDED:
 Round Trip Transportation - The Nashville & Louisville tour includes round trip transportation, a luncheon for each attendee, and a luncheon for each attendee.



DETROIT PROHIBITION TOUR

Frenchtown Center for Active Adults
 Thursday, May 30, 2024
 Depart: 7:00 AM - Return: 6:00 PM

Lisa Ghigliazza
 (734) 243-6217

\$117.00
 No Alcohol / 7 seat price in dependent

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, December 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, or our FaceBook page and in the newsletter downloadable at 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.**

—————The 2024 Travel Season—————

- ◆ **Firekeepers Casino, February 7, 2024, presented by Bianco Tours.** This day trip, departing a 9:00am and returning at 6:00pm, is only \$56.00. Please visit our website for all 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.
- ◆ **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.
- ◆ **Danube Explorer River Boat Cruise, departing May 15, 2024, presented by Mayflower Cruises & Tours.** Please visit our website for pricing and 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.
- ◆ **Michigan Princess Cruise & Tour the Capital, June 26, 2024, presented by Bianco Tours.** This is a day trip departing at 7:30am & returning at 5:30pm. The cost is \$118. Please visit our website for full details.
- ◆ **The Purple Rose Theater — “What Springs Forth” play & lunch at Weber’s Restaurant, July 10, 2024, presented by Bianco Tours.** This is a day trip departing at 10:15am & returning at 6:45pm. The cost is \$140. Please visit our website for full details.



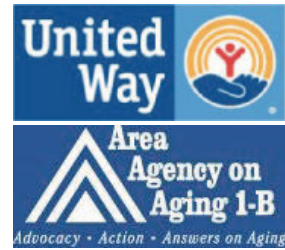
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Commission on Aging



Current Resident

NEWS TO NOTE:



At Christmas play and make good cheer, for Christmas

- ◆ **TAI CHI is cancelled from this date forward. Watch for future updates. We apologize for any inconvenience.**
- ◆ **Movie Monday, December 4, 2023 @ 1:00 PM**
The Man Who Invented Christmas
- ◆ **Progressive/Party Bridge begins Thursday, December 7, 2023 @ 9:00 AM**
(see page 6 for details)
- ◆ **In The Know, Monday, December 11th @ 12:30 PM—Battling Dangerous Belly Fat**
- ◆ **FUN NIGHT MEAL & Entertainment—Tuesday, December 12, 2023 @ 4:30 PM**
- ◆ **Library will be here on Wednesday, December 13, 2023 @ 10:00 AM**
- ◆ **Wheelbarrow of Cheer Drawing, Monday, December 18, 2023 NOON**
 - ◆ Pub Trivia will be on Monday, Dec. 18, 2023.
(This is a change from the normally 4th Wednesday date.)
- ◆ **Travel Meeting—Tuesday, December 19, 2023 @ 1:00 PM**
- ◆ **Ugly Sweater , Wednesday, December 20, 2023 12:00-2:00 PM **Sign Up by Friday, December 15th****
- ◆ **Board Meeting—Thursday, December 21, 2023 @ 10:00 AM**
- ◆ **NOTE NEW TIME: Blood Pressure Thursday, December 21, 2023. Checks are now at 11:45 AM**
- ◆ **New Year's Eve Celebration—Sunday, December 31, 2023, 3:00-5:00 PM **Sign Up by Friday, December 22nd****

ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING