



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.



FEBRUARY 2024

In This Issue:

Board of Directors / Staff	2
February Activities	3
February Lunch Menu	4
Director's Corner	5
Adult Day Care Services	6
In The Know, (Dementia Conversations)	7
Jigg Dinner	7
Sympathy	8
Thank You	8
Birthdays	8
New Members	8
Art Show	8
Book Club (<i>There There</i>)	9
Movie Monday (Topper Returns)	9
Walk Fit	10
Pool League	11
NEW Member's Recipe	11
Event Highlights & Member Pictures	12
Healthier Heart	13
Color Social Activity	14
Leap Year Fun Facts	15
Library in Motion	15
Tuesday Fun Meal	15
Little Humor	16
Travel Adventures	17-19
At A Glance	20

The Frenchtown Center for Active Adults has a unique **Adult Day Service Program** for your loved ones. Bringing them here for the day, a few hours, or just an hour can reduce the isolation of our frail older people. We offer a safe, support group environment. Activities here can help maintain their highest level of functioning and help prevent further decline, restoring their level of functioning to his/her highest level. They can enjoy foster socialization and peer interaction. Clients participate in various activities and can also enjoy lunch while here for the day. We also support family caregivers with respite, education, and other related assistance.

See page 6 see for more information and visit our website:



FRENCHTOWN CENTER LINK

2786 Vivian Road, Monroe, MI 48162

Phone: (734) 243-6210

e-mail: seniors@frenchtownsenior.com

Website: www.frenchtownsenior.com

2024 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 \$25.00 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 P.M.. 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
Thomas Little— Building Attendant

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
(Women's Pool League)
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
Seasonal Tax Services
Sewing Group
Tuesday Fun Night
(2nd Tuesday)
Thursday Breakfast
Travel
Walk-Fit
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>National Wear Red Day is February 2, 2024</p>  			<p>1 8:30 Breakfast 9:00 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>Happy Groundhog Day!</p>  <p>9:00 Fun Fit Party w/ Cheryl 10:00 Walk Fit 10:00 Mahjong 12:15 Watercolor Class 1:00 Bingo</p>
<p>5 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 1:00 Movie (Topper Returns)</p>	<p>6 9:00 Cardio Drumming 10:00 Walk Fit 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exercise w/Jackie</p>	<p>7 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</p>	<p>8 8:30 Breakfast 9:00 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>9 9:00 Fun Fit Party w/ Cheryl 9:00 Monroe Sewing Club (All Day Sew) 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo</p>
<p>12 Lincoln's Birthday 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks</p>	<p>13 9:00 Cardio Drumming 10:00 Walk Fit 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>14 Valentine's Day Ash Wednesday 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>15 8:30 Breakfast 9:00 Ping Pong 9:00 Progressive Bridge 9:00 Cardio Drumming 10:00 Board Meeting 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>16 9:00 Fun Fit Party w/ Cheryl 10:00 Book Club (There There) 10:00 Mahjong 10:00 Walk Fit 12:15 Watercolor Class 1:00 \$5.00 Bingo</p>
<p>19 President's Day 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks</p>	<p>20 9:00 Cardio Drumming 10:00 Walk Fit 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 Travel Meeting 1:00 Bunco 1:00 Enhanced Exercise w/Jackie</p>	<p>21 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Chair Yoga 10:00 Dominoes Mexican Train 10:00 Nine Ball 10:30 Acrylics and Beyond 12:30 Paint w/Friends 1:00 W.W.W group 1:00 Happy Hookers</p>	<p>22 Washington Birthday 8:30 Breakfast 9:00 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>23 9:00 Fun Fit Party w/ Cheryl 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo</p>
<p>26 9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 12:30 In The Know (Dementia Conversations)</p>	<p>27 9:00 Cardio Drumming 10:00 Walk Fit 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exercise w/Jackie</p>	<p>28 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 Pub Trivia 1:00 Happy Hookers</p>	<p>29 8:30 Breakfast 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Progressive Bridge 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 LCR 1:00 Enhanced Exercise w/ Jackie</p>	 <p>Accepting 2024 Membership Dues</p>

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

Due to the high volume of CALL-IN LUNCH ORDERS, we are UNABLE TO RETURN CALLS. If you placed an order via phone, the best way to check is to stop by and review the sign up sheets. We appreciate all the response to our lunches and apologize for the inconvenience.

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.

		February 2024		1 Cheeseburger w/side	2 Chicken Tortilla Soup w/Baked Potato
5 Beef, Bean & Cheese Tostada	6 Smoked Sausage Hash Dinner	7 Hamburger Stroganoff w/ Veggie	8 Italian Sub w/Chips	9 Sloppy Joe w/Side	
12 Hot Pork Platter w/ Mashed Potatoes & Gravy	13 2 Hard Taco's w/ Chips & Salsa	14 Cheese Pizza w/ Salad	15 Chili Dog w/Chili Cheese Fries	16 Grilled Cheese w/ Tomato Soup	
19 Chopped Sirloin w/Mashed Potatoes	20 Turkey Sandwich w/ Chips	21 Betty Salad	22 Chili Mac & Cheese	23 Egg Salad Sandwich w/Chips	
26 Taco Salad	27 Chicken Mashed Potato Bowl	28 Boiled Dinner Ham, Potato, Cabbage & Carrots	29 Corn Dog w/Fries		



Breakfast Menu—Promptly Served 8:30 A.M.

PLEASE—NO WALK-INS. Call or sign-up by 1:00 P.M. on the Wednesday before.

February 1st—Breakfast Skillet
 February 8th—Ham & Cheese Omelet
 February 15th—Biscuits & Gravy
 February 22nd—French Toast
 February 29th—Breakfast Sandwich



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

Carry out available for pick-up @ 11:30a.m.

Dining in available Monday—Friday 12:00 Noon

Please Call by 1:00 p.m. 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.**



As I started to write my article, I was reminded of an editorial piece I read regarding wishing a Happy New Year. The editorial questioned why we continually say Happy New Year weeks after the New Year. It asked why don't we say Merry Christmas or Happy Easter weeks after those holidays. Of course, I never really gave it much thought until I read the editorial. Happy New Year always seemed reasonable to say to someone you first saw at the beginning of the New Year. Then again, I didn't give much thought to telling someone to "Have a nice day," either. That was until I saw George Carlin on the Johnny Carson show. I don't want to be one of those loosed-lip people who put a tremendous amount of pressure on a person by insisting they "Have a nice day." According to George, we should give people the option to have a rotten day. While I often catch myself getting ready to tell the person at the drive-thru window, "Have a nice day," right before I do, I catch myself since I don't know how the previous drivers in front of me treated them. Since I am not going to tell someone to have a rotten day, I opted for the more generic phrase of asking, "How are you doing." Unfortunately, I saw a recent episode of Friends and heard Joey Tribbiani when he asked a girl in the café, "How you doin'?" which makes me question whether that is even acceptable to say.

You have undoubtedly already thought that Paul watches way too much TV, and you are probably right. I did, but more importantly, I figured my examples might illustrate how easily we can be manipulated by what we read and hear. Aaron Kipfmiller from Fifth Third Bank gave a presentation on identity theft during the In the Know sessions at the Center. Earlier in the year, Sheriff Troy Goodnough gave a presentation on scams. They both stressed that people must remain vigilant when protecting their identity. While many improvements in technology have changed, criminals seem to adapt quickly. Cable companies and pay-per-view providers used scramblers to transmit their signals, and they were then unscrambled once they reached your home. It didn't take long for black market descramblers to surface. Today, the rage is copying the signal from your car key fob. These black market devices allow a criminal to intercept your RFID signal, duplicate your key fob, and drive it away. The point is that criminals will go to any means to get something that doesn't belong to them. If this means calling you and impersonating your grandchildren, offering an item online at a ridiculously low price, or sending an email letting you know you won the Nigerian lottery, be vigilant with your belongings and personal information.

Winter has finally arrived. The outside temperature is zero, and the wind chill makes it feel like a -17. Even though we were fortunate with the unseasonably warm temperatures, it meant no white Christmas. The first real blast of snow took place on Friday afternoon around 3:00. The snow was wet and heavy and came down quickly. With bingo getting ready to end soon, I grabbed a broom and bucket of salt to get the sidewalk and ramp cleared to the parking lot. It only took about 10 minutes to complete the task. Bingo finished up about 10 minutes later. When folks started to leave the building, the only indication of my work was a few patches of blue from the salt compound I spread a few moments ago. Everything else was white, and even though I was dreaming of a white Christmas, I didn't get one.

We have quite a few things happening this year. Some of the things that we introduced last year we will approve upon. Lisa has some stuff in the works, and one is the Walk Fit program starting February 2nd. We will be having our annual Jiggs Dinner on March 16th. Mark your calendars and keep a watchful eye on the website, Facebook and future newsletters for updates.

Finally, I hope you will extend a warm Frenchtown welcome to Thomas Little, our new building attendant. Thomas will be working part-time Monday - Friday. Thomas was here to play bridge and heard we might need some help, so he stopped in my office and chatted. The nice thing about the part-time position is that the bridge group won't lose their newest player.

I have had a few people stop in my office to be notified by phone if the Center closes due to weather or a power outage, it is never to late to see me so I can get you on the list.

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



Adult Day Care Center—continued from Front Page



What does the Program Cost? The Adult Day Service program is a non-profit organization which applies for state, federal, and county senior millage funds to keep cost to families low, along with basing the cost on income. The Frenchtown 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. FOR

MORE INFORMATION, Contact Jean Siemik, Program Director at 734-243-6210, Ext. 7



“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 a caregiver.” **“Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.”**

CAREGIVERS
go through more than they will tell you.
They give up a lot and rarely have a social life.
They can get sick and emotionally worn out. It's a lot for one person and you will never know until you have walked the road of a caregiver.

Right at Home
In Home Care & Assistance
Companionship Care and Homemaking
Physical Assistance • Hygiene, Wellness • Respite Care
Health & Medication Reminders
Alzheimer's & Dementia Care Services
Non-Medical Home Care
734-240-4974
Approved Veteran Homecare Provider Honoring the Veterans We Serve

Your Community Pride Bus
734.242.6766 **Call for your ride today!**
lakeerietransit.com
FOLLOW US!

visionary eyecare of monroe Kylee Kleppinger, O.D.
Tia Tucker, O.D.
1218 S. Telegraph Rd. • Monroe, MI 48161
(734) 243-0370
Accepting new patients

SIEB
Plumbing • Heating
Air Conditioning
734-241-8898

Allore Chapel - (734) 241-5225
Celebrate the life Cherish the memories.
THE Martenson
FAMILY OF FUNERAL HOMES, INC.
• Maybee • Trenton
• Rockwood • Monroe
martenson.com

Place Your Ad Here and Support our Community!
Instantly create and purchase an ad with
AD CREATOR STUDIO

lpicomunities.com/adcreator

Monroe County's Preferred Choice
Merkle Funeral Service
Now In Partnership with
Covenant Cremation
MERKLE FUNERAL SERVICE & FLORAL EXPRESSIONS
COVENANT CREMATION - OUR ON-SITE CREMATORY
With Our On-Site Crematory
Your Loved One Never Leaves Our Care
 merklefs,inc merklefs.com 734-384-5185

DEMENTIA CONVERSATIONS

An education program presented by the Alzheimer's Association®



When someone shows signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program offers tips on how to have honest and caring conversations to address some of the most common issues.

Topics covered in the program include:

- » Going to the doctor
- » Deciding when to stop driving
- » Making legal and financial plans

Monday, February 26
12:30 - 1:30 p.m.

Frenchtown Center for
Active Adults
2786 Vivian Rd.

Monroe, MI 48162

To register, please call:
(734) 243-6210

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

alzheimer's association

Mullins Elder Law PLLC



Call **Tina M. Mullins, Atty**
Downtown Monroe

Medicaid / Eligibility / Planning / Application,
Wills and Trust, Guardianship and Conservatorship
(734) 244-5457

Helping Families of all Ages, Preserve Dignity and Wealth

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Terry Sweeney

tsweeney@lpicommunities.com

(800) 477-4574 x6407

Frenchtown Center for Active Adults

Jiggs Dinner

Saturday, March 16, 2024

12:00pm—3:00pm

Tickets:

\$10.00 Member

\$15.00 Non-Member

*Please signup before Friday, March 8, 2024

If there is a lack of interest the event will be cancelled



BACARELLA FUNERAL HOME

William A. Bacarella — Owner | Jeffrey C. Rupp — Funeral Director
Deanna M. Maurice — Funeral Director

1201 South Telegraph Rd., Monroe, MI • 734-241-4600

www.bacarellafuneralhome.com

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider

SafeStreets

833-287-3502



Seacrest Rehab & Nursing

1215 N Telegraph Rd

734-242-4848

www.seacresthc.com

Please call and speak to our Admissions Department.



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

15-0719



Rest In Peace

Shirley June (Crowell) Matthews
William Mentel

Welcome New Members

Lisa Rae McGrath—Life Time
Gretchen M. Vandenberghe—Life Time

Annual Memberships

Michael G Adams	Rita Ernest	Brenda McCormick
Diane M Becker	Holly M. Griffith	Katelin A Mckenzie
Charles F Burnard	Jack A Gruska	Mary T Miller
Karen A Burnard	Krista A Hendrix	Jennifer L Sammons
Lucy M Hicks-Clawson	Dan L Koenemann	Anna Socall
Kimberly A Clear	Michael W Lenling	Valerie A Tolbert
Evelyn Copi	Arwada Liedel	Bob Trowbridge
Julie M Costello	Thomas J Little	Joyce A Kipf-Trowbridge
Michael S Costello	Patricia Eileen Loth	Cheryl F Wassus
Lynn G Dzikowicz	Patricia A Masserant	

THANK YOU!

so much

- Lynne M Johnson, Donna J Bender and Dianne Beaudrie for helping in the kitchen at the New Year's Eve party.
- Sheryl Sieb - for her donation to the Center
- H. Lyn M Peraino, water color class for her donation to the Center.
- Elaine and Marvin Culverhouse - for their donation to the Center
- Mary Jo Windels

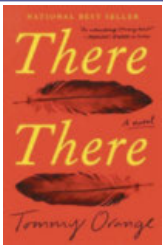
AND ALWAYS.....We Thank all **our volunteers** here at the Center. The contribution of your time to the Center, activities and events is **priceless**.

Thank you to the **Water Color Class** for the wonderful Art Show. We saw a beautiful display of your talents. AND, thank you members for your support in admiring and purchasing.



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

Jessica Ambrose	Denny Foster	Georgia Leslie	Jeanette Marie - Pierce Sawicki
Ethel Austin	Edward Friedline	Sue Lewis	Curtis Posuniak
Jon Baldock	Chris Gambino	Thomas Little	Ritchie Radcliffe
Bonnie Banning	Nancy Gates	Mary Livernois	Jackie Rains
Daniel Batista	Mary Goode	Patricia Loth Loth	Nancy Redmon
Salvatore Benisatto	James Gotha	Brenda Lymond	Ann Rothman
Patti Bialy	Christine Gross	Martha Marchette	James Ryder
Michele Bieszki	Diane Groulx	David Marietta	George Satterfield
Mary Blanchett	Carolyn Haines	Patricia Massie	Kathy Schafer
Sarah Boghosian	Rosalie Frey- Hamm	Marilyn McAfee	Lynn Smith
Dennis Bomia	Frank Harris	Keith McBee	Shirlene Stein
Alek Boylan	George Hoffman	Lynda Lee McCarty	Susan Stoll
Marlene Briggs	Frances Ingels	Nancy McLaughlin	Roger Studer
Jean Brose	Roger Jennings	Gerald (Jerry) McWilliams	Judy Stump
Doris Brown	Darlene Jennings	Michael R. Miller	Jackie Van Houten
Deborah Caines	Janice Marie Johnston	Jim Mohler	Mark Weddington
Lucy M Hicks-Clawson	Susan "Sue" Jondro	Rita Mudget	Jerome Wheeler
Helen Cole	Carolyn Kallenberg	Franklin Nation	Ellen Wickenheiser
Joyce Craanen	Russell Kenyon	Beth Anne Paul	Margaret Willis
Marvin Culverhouse	Joyce Kiebler	Rikki Paulun	Mary Windels
Darlene Dailey	Gerry Kilts	Betty Peraino	John Wright
Shirley Davis	Adele Konyha	Tom Perry	Rita Wylie
Barbara Dillinder	Edward Kowalczyk	Mary Peters	Robert Zochowski
Patricia Fazekas	Denise Lambert		
Cheryl Fitzpatrick	Juanita LeBlanc		



**February Book Club
Friday, Feb. 16th at 10:00am
There There**

Tommy Orange's wondrous and shattering novel follows twelve characters from Native communities: all traveling to the Big Oakland Powwow, all connected to one another in ways they may not yet realize. Among them is Jacquie Red Feather, newly sober and trying to make it back to the family she left behind. Dene Oxendene, pulling his life together after his uncle's death and working at the powwow to honor his memory. Fourteen-year-old Orvil, coming to perform traditional dance for the very first time. Together, this chorus of voices tells of the plight of the urban Native American--grappling with a complex and painful history, with an inheritance of beauty and spirituality, with communion and sacrifice and heroism.

**Join Us for Movie Monday
February 5th, at 1:00pm
Topper Returns**



Cosmo Topper (Roland Young) is once again tormented by a fun-loving spirit. This time, it's Gail Richards (Joan Blondell), who was mistakenly murdered while staying at the home of her wealthy friend, Ann Carrington (Carole Landis), the intended victim. With Topper's help, Gail sets out to find her killer with the expected zany results.

Complimentary popcorn and soda.



The Facts about Women and Heart Disease

Cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year.

Fact: Cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year. It's a third of our mothers, sisters, friends, neighbors, coworkers and more. It's a third of the women we can't bear to live with it.

Fact: Cardiovascular disease impacts some women at higher rates than others, but the simple truth is that most cardiovascular diseases can still be prevented with education and healthy lifestyle changes.

Fact: Heart disease and stroke can affect a woman at any age, making it vital for all women to understand their personal risk factors and family history. Women can also experience unique life events that can impact their risk, including pregnancy and menopause. Furthermore, research shows that stress may impact health, making it important for women to understand the mind-body connection and how to focus on improving both their physical health and mental well-being.

Fact: Losing even one woman to cardiovascular disease is too many.

American Heart Association



Here are 10 other facts you need to know about women and cardiovascular disease:

1. Cardiovascular disease kills more women than all forms of cancer combined and yet only 44% of women recognize that cardiovascular disease is their greatest health threat.
2. Among females 20 years and older, nearly 45% are living with some form of cardiovascular disease and less than 50% of women entering pregnancy in the United States have good heart health.
3. Cardiovascular disease is the No. 1 killer of new moms and accounts for over one-third of maternal deaths. Black women have some of the highest maternal mortality rates.
4. Overall, 10% to 20% of women will have a health issue during pregnancy, and high blood pressure, preeclampsia and gestational diabetes during pregnancy greatly increase a women's risk for developing cardiovascular disease later in life.
5. Going through menopause does not cause cardiovascular disease, but the approach of menopause marks a point in midlife when women's cardiovascular risk factors can accelerate, making increased focus on health during this pivotal life stage is crucial.
6. Most cardiac and stroke events can be prevented through education and lifestyle changes, such as moving more, eating smart and managing blood pressure.
7. 51.9% of high blood pressure deaths, otherwise known as hypertension or the "silent killer," are in women, and out of all women, 57.6% of Black females have hypertension — more than any other race or ethnicity.
8. While there are an estimated 4.1 million female stroke survivors living today, approximately 57.5% of total stroke deaths are in women.
9. Women are often less likely to receive bystander CPR because rescuers often fear accusations of inappropriate touching, sexual assault or injuring the victim.
10. Women continue to be underrepresented in Science, Technology, Engineering and Math (STEM) fields, as well as in research. In fact, women occupy nearly half of all U.S. jobs (48%), but only 27% of jobs in STEM fields. Furthermore, only 38% of participants in clinical cardiovascular trials are women.

SOURCE: <https://www.goredforwomen.org/en/about-heart-disease-in-women/facts>



NEW / Walk Fit Class

Looking to add something new to your fitness routine this winter? Try our **New Walk Fit** class, Tuesdays and Fridays from 10a.m. to 11a.m. in the dining room. **The first session will be on February 2nd**. If you are interested in this class, see Lisa for more details. **As with all our exercise programs, please check with your doctor to see if this class is right for you.**



According to an article published by the Mayo Clinic, walking is a gentle, low-impact cardio exercise that can ease you into a higher level of fitness and health. It's safe and simple. Regular brisk walking can provide many of the same benefits as more vigorous exercises, such as jogging. For example, just 21 minutes of walking a day can reduce your risk of heart attack by 30%. Walking burns calories and trims the waistline, but it's also important for your lymphatic and immune systems.

Walking for fitness can help you:

- ▶ Control your blood pressure.
- ▶ Lose or maintain weight.
- ▶ Improve balance and coordination.
- ▶ Increase core strength.
- ▶ Manage stress and improve mood by releasing endorphins.
- ▶ Manage your diabetes.
- ▶ Reduce the risk of a heart attack.
- ▶ Reduce the risk of developing Type 2 diabetes.
- ▶ Stay strong and active.

Walking has also been shown to:

- ▶ Improve sleep.
- ▶ Slow mental decline.
- ▶ Lower the risk of dementia.
- ▶ Reduce the risk of some cancers.
- ▶ Help you lead a longer life.
- ▶ Maintain independent living into older age.



An advertisement for Groulx Buick GMC. It features a red GMC truck driving on a dirt road through a rocky, desert landscape. The text 'GROULX' is prominently displayed at the top in large, bold letters, with 'BUICK • GMC' below it. At the bottom, the address '15435 S Dixie Hwy | Monroe' and contact information 'groulxgmc.com | 734-241-3704' are provided.

SUPPORT OUR ADVERTISERS!

Pool League

The men's pool league enjoyed their annual Holiday Dinner December 21, 2023. The main course was provided by our awesome kitchen staff and friends and family of the players brought great desserts and side dishes.

The **Nine Ball** Pool league plays on Wednesday mornings at 10:00 a.m. and **Eight Ball** is played on Thursday afternoons at 1:00 p.m.

The **Chicks w/Sticks** league is played on Monday mornings at 10:00 a.m.

Open Pool is available Monday - Friday, except during league play. The Center has four pool tables. Bring a friend and come enjoy some play.



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



UGLY Sweater Day

We had a wonderful turnout for the Ugly Sweater Event held on Wednesday, December 20, 2023. Those wearing their sweaters were treated to a complimentary lunch of a delicious hot turkey platter. AND, we had an awesome group of singers, A La Carte, lead by Jon Moore our Board Vice Chairman.

THANK YOU!



Ugly Sweater Winners!

- 1st - Sharon Buckley
- 2nd - Cheryl Scaroleta
- 3rd - Chuck Mushung



We want to thank the **Jefferson Jazz Band** for stopping and spreading a bunch of Christmas Joy!



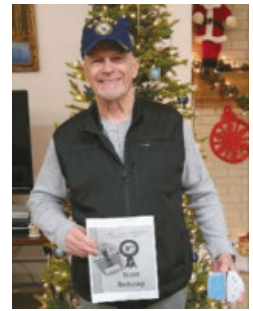
New Year's Eve Party

A great time was had by all at our New Year's Eve Party sponsored by **Enriched Life Home Care Services!** Thank You **Tom Slatton** for the wonderful entertainment and to all the **volunteers** helping us make these special events happen.

And all the tasty food made by awesome **Director, Paul Iacoangeli.**

WHEELBARROW OF CHEER RAFFLE.

We truly appreciate your support and help in making our fundraiser a success! Congratulations to our winners!!



1st Place Mark Brancheau

2nd Place Greg Staten

3rd Place Scott Belknap



Reduce Stress for a Healthier Heart

Whether it's from everyday deadlines, financial struggles, or the COVID-19 pandemic, stress shows up often in life. And your body reacts to it: your heart rate increases, your blood vessels narrow—and over time, these little blows can add up and do damage to your health, particularly your heart. With chronic stress, you're more likely to have high blood pressure, heart disease, diabetes, obesity, and poor sleep. Even other parts of your body – from your lungs to your gut – can take a hit.

But while you can't always limit the amount of stress in your life, you can work on changing how you respond to it. Just like the automatic "fight or flight" response that kicks in when you're scared – your muscles tense, heart rate increases, and brain becomes more alert – your body also has a built-in, healthy relaxation response. When that's triggered, the opposite happens: your breathing and heart rate slow down, and your blood pressure decreases.

Luckily, with practice, you can learn to trigger that response. Try these techniques on your own or find a teacher or class to help you get started. Don't get discouraged if you don't get the hang of it quickly. And if one approach doesn't work for you, try something new. You can learn to de-stress in lots of other ways.

Meditation. One of the most studied approaches for managing stress, this involves developing your ability to stay focused on the present, instead of worrying about the past or future. Find a quiet location with as few distractions as possible. Get comfortable by either sitting, lying or walking. Focus your attention on a specific word or set of words, an object or your breathing. And let distractions, including thoughts, come and go without judgment.

Progressive muscle relaxation. To feel the effect, first tense your muscles for a few seconds, then relax them. Start by tensing and relaxing your toes, then your calves and on up to your face. Do one muscle group at a time.

Deep breathing. Take in a slow, deep breath, let your stomach or chest expand and then exhale slowly. Repeat a few times. Many people don't breathe deeply, but it is relaxing and something you can do anytime, anywhere.

Guided imagery. This involves a series of steps that include relaxing and visualizing the details of a calm, peaceful setting, such as a garden.

Getting your mind and body to a place of calm doesn't always mean being still, however. Other healthy ways to manage stress include taking a yoga or tai chi class, talking to a professional counselor, joining a stress management program or an art class, or meeting up with friends for a brisk walk. Being in nature can be very soothing for some people.

Combining de-stressors like these with other healthy habits can go a long way toward strengthening your heart. Eat more veggies, fruits and whole grains, and less sodium, sugar and saturated fats, for example. Move your body more – like through dancing and walking meetings. Find exercises you actually love and do them regularly. Get enough good, quality sleep. And develop a strong social support system. Then rethink some of the familiar ways you may be coping with stress, such as drinking alcohol frequently, using drugs and other substances, smoking or overeating. They can actually worsen your stress – and your health.

Taking care of your heart health is a lifelong journey, but at a time when the risk of severe illness from COVID-19 remains higher in people with poor cardiovascular health, learning new ways to make your heart strong has become even more important.

Learn how to stress less for a healthier heart and more about heart health from the National Heart, Lung, and Blood Institute by visiting www.nhlbi.nih.gov. If you need help finding additional resources to help you cope with stress, talk to a healthcare provider. Seek urgent care if you can't cope at all or have suicidal thoughts.

Resources are also available at nimh.nih.gov/health/find-help

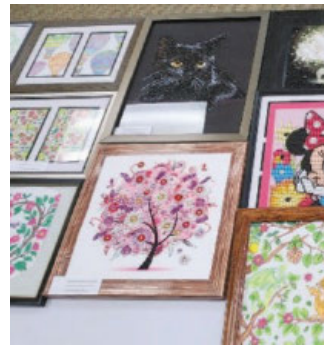
Source: National Heart, Lung, and Blood Institute





Colors Social Class

A **BIG THANK YOU** to the **Colors Social Class**. The group put a display of their wonderful work in the Craft Room and invited our clients from the Adult Day Care to come view and shop. They had an amazing time. Here are some samples of their creations. The group meets on Tuesdays, 12:30 pm - 3:00 pm. Come and enjoy the company of the group for color, for fun, or learn to shade, blend and others. You can also bring your diamond painting. No charge for class at this time (subject to change).



The group is also looking for old picture frames for their pieces. Thank you advance for any donations.



Warning Signs & Symptoms of Heart Attack and Stroke

Heart attack and stroke are life-or-death emergencies — every second counts. If you think you or someone you're with has any symptoms of heart attack or stroke, call 911 immediately.

Signs and Symptoms of Heart Attack

If you have any of these signs, call 9-1-1 and get to a hospital right away.

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
5. As with men, women's most common heart attack symptom is chest pain or discomfort.

But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Signs and Symptoms of Stroke

If you have any of these signs, call 9-1-1 and get to a hospital right away.

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
2. Sudden confusion, trouble speaking or understanding
3. Sudden trouble seeing or blurred vision in one or both eyes
4. Sudden trouble walking, dizziness, loss of balance or coordination
5. Sudden severe headache with no known cause.

The American Heart Association's Go Red for Women movement was launched in 2004 with the goal of raising awareness and fighting a woman's greatest health threat — cardiovascular disease. Today, Go Red for Women not only advocates for the health of all women, funds lifesaving research and educates women across the United States and around the world but is committed to removing the unique barriers women face to experiencing better health and well-being.

National Wear Red Day® and American Heart Month
National Wear Red Day is February 2, 2024



Leap Year Fun Facts



While you probably know that leap year occurs once every four years, you may not be familiar with the purpose or origins behind it. Here are some fun facts that can turn anyone into a leap year expert.



- Four-million people in the world are leap day babies, in that, they were born on February 29th.
- While four-million is a big number, there is only a one in 1461 chance of being born on a leap day.
- Those born on leap day are often nicknamed leapers or leaplings.
- There are quite a few celebrity leap day babies, too, including Dinah Shore, Ja Rule, Giovanni Rivera, and Nickolas Ray.
- Since leap years are special, many women choose to propose to men on February 29th.
- However, over in Greece, getting married in leap year is considered bad luck and there are still many couples who try and avoid it.
- Ready for some math? Every year that is divisible by 4 is a leap year.
- But, if the year is also divisible by 100, it is not a leap year.
- The one exception, however, is if the year is divisible by 400. Then, in fact, it is a leap year.
- We can thank Julius Caesar for leap years. He believed that by adding in an extra day every four years, our calendar was in direct alignment with the Earth's position of the sun.

What are the three rules for Leap Year?

- What is a leap year? To be a leap year, **the year number must be divisible by four – except for end-of-century years, which must be divisible by 400.** This means that the year 2000 was a leap year, although 1900 was not. 2024, 2028, 2032 and 2036 are all leap years.

Leap year rules:

- 1) Add an extra day every 4 years
- 2) Skip it if it's a new century
- 3) Unless the century is divisible by 400

<https://www.google.com/search?q=leap+year+trivia&rlz>

FRENCHTOWN CENTER

Library in Motion will return
Wednesday, February 14, 2024
Please have returns ready by 10:00 a.m.
PHONE: 734-241-5770
EMAIL: lim@monroe.lib.mi.us



TUESDAY FUN NIGHT Meal & Entertainment

Tuesday February 13, 2024
4:30 p.m.—6:30 p.m.
Come Join Us for
Some Food and Fun!!!

Members ONLY

\$1.00

NON-MEMBERS

\$3.00



Notification/Call List

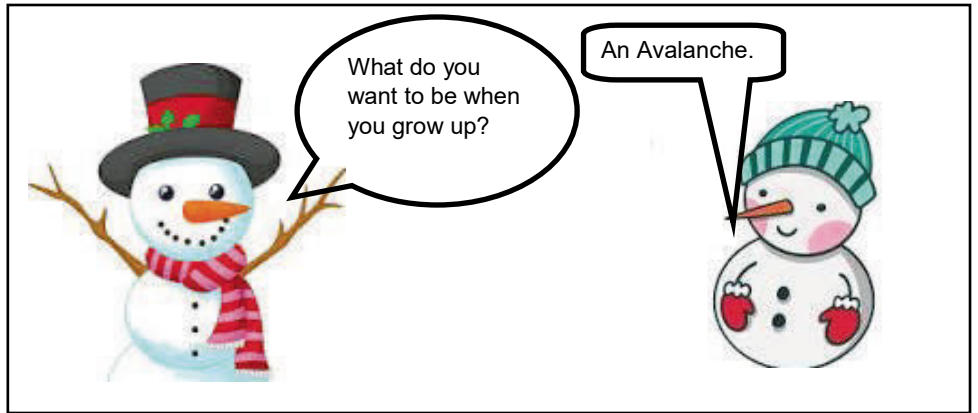
We can call you if there is an activity cancellation or in the event of the Center being Closed. Our Director can add you to the notification system. Just let a staff member know if you would like to be included on this list.



A Little Humor



I'm not saying my wife orders from Amazon a lot but my wife just received a wedding invitation from one of their drivers!



me: hi my name is Tiffany and I'm an alcoholic
 AAA: ma'am, this is triple A
 me: I know, I'm explaining why my car is in the lake.





Hamtramck History Tour



Holland Tulip Time



HISTORIC MARSHALL

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 a.m.—4:00 p.m. and Friday 8:30 a.m.—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



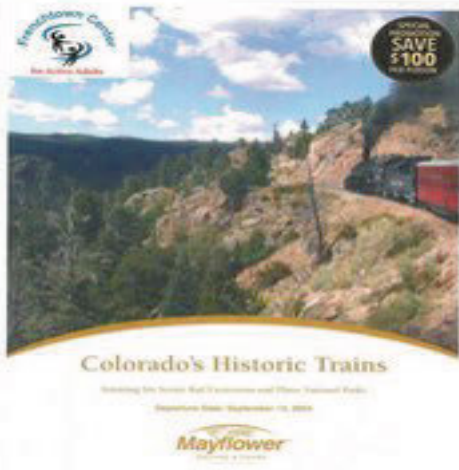
A LITTLE BIT COUNTRY Nashville & Louisville



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 Golden State's Enduring and Thriving Railroad Roots
 Departing: Monday, September 16, 2024
 Mayflower

SAVE \$100
 per person

FREE AIRFARE
 per person



Trips in 2024
Danube Explorer
 The Danube Explorer is a historic 7-deck motorcoach that cruises the Danube River
 Departing: Friday, May 17, 2024
 Mayflower

SAVE \$100
 per person

FREE AIRFARE
 per person



Frenchtown Center for Active Adults
 Wednesday, February 7, 2024
 Depart: 9:00 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: 9:00 AM - Return: 3:00 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
 Lisa Ghigliazza (734) 243-6217
\$1,786.00
 per person (double occupancy)



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: 9 AM - Return: 5:00 PM
 Lisa Ghigliazza (734) 243-6217
\$146.00



A Little Bit Country
 Nashville & Louisville
 Frenchtown Center for Active Adults
 May 6 - 10, 2024
 Lisa Ghigliazza (734) 243-6217
\$1,858.00
 per person (double occupancy)



DETROIT PROHIBITION TOUR
 Frenchtown Center for Active Adults
 Thursday, May 30, 2024
 Depart: 7:45 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, February 20, 2024 at 1:00 p.m.**



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

For more information, 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.

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.
- ◆ **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.
- ◆ **Lakes & Legends, May 19—22, 2024, presented by Bianco Tours.** Single \$1,409, Double \$1,173, Triple \$1,112. 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.
- ◆ **Heart of America, June 17—20, presented by Bianco Tours.** Single \$1,153, Double \$962, Triple \$898. 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.
- ◆ **Saugatuk, MI, Aug. 14, presented by Bianco Tours.** The cost for this day trip is \$163. Please visit our website for full details.
- ◆ **Boston, Sep. 22—27, presented by Bianco Tours.** Single \$2,164, Double \$1,699, Triple \$1,640. Please visit our website for full details.
- ◆ **Yoopeland, USA, Set. 30—Oct. 4, presented by Bianco Tours.** Single \$1,548, Double \$1,260, Triple \$1,165. Please visit our website for full details.





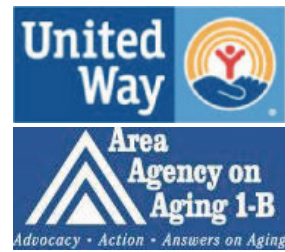
Frenchtown Center Link

Presorted

Standard

U. S. Postage Paid

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



Commission on Aging



Current Resident



- ◆ NEW Walk Fit Class, February 2, 2024 (see page 7 for details)
- ◆ Movie Monday (Topper Returns), February, 5, 2024 @ 1:00 p.m.
- ◆ FUN NIGHT MEAL & Entertainment—Tuesday, February 13, 2024 @ 4:30 p.m.
 - ◆ Library will be here on Wednesday, February 14, 2024 @ 10:00 a.m.
 - ◆ Board Meeting—Thursday, February 15, 2024 @ 10:00 a.m.
 - ◆ Blood Pressure Thursday, February 15, 2024 @ 11:45 a.m.
 - ◆ Travel Meeting—Tuesday, February 20, 2024 @ 1:00 p.m.
 - ◆ In The Know, Monday, February 26, 2024 (Dementia Conversations)
 - ◆ Pub Trivia will be on Wednesday, February 28, 2024 @ 1:00 p.m.
 - ◆ Jigg Dinner, Saturday, March 16, 2024
- ◆ 2024 Rummage Sale will be May 14—16, 2024. Donations will be accepted the first week of April
 - ◆ 2024 Mackinac Island dates are set—September 20—25, 2024
 - ◆ It's that time of year to renew your membership for 2024

ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING

