



FRENCHTOWN CENTER FOR ACTIVE ADULTS

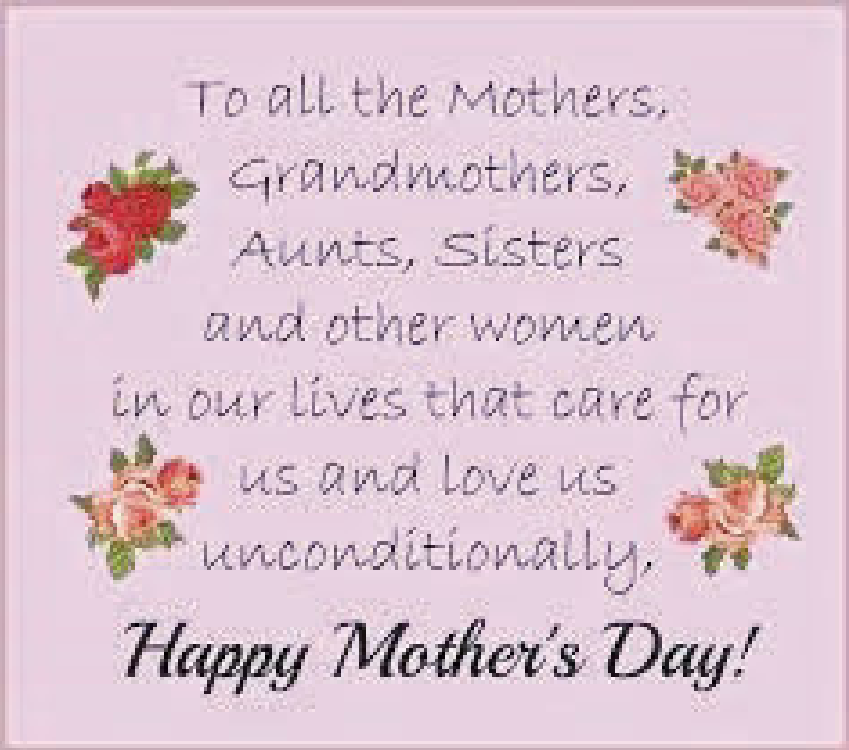
2786 VIVIAN ROAD
MONROE, MI 48162
Phone: 734-243-6210
CENTER HOURS:
Monday through Friday
8:30 a.m. - 4:00 p.m.

MAY 2024



In This Issue:

Board of Directors / Staff	2
May Activities	3
May Lunch Menu	4
Director's Corner	5
Mother's Day History	5
Senior Prom	6
Older American Month	7
Thank You	8
New Members	8
Birthday Wishes	8
Movie Monday (The Inspector General)	9
Brain Aerobics	9
Book Club (The Starless Sea)	10
In the Know (Q & A with Sheriff and Attorney General)	11
Rummage Sale	12
Senior Millage Information Sheet	13
Recipe/Strawberry BBQ Sauce	14
Bocce and Pickle Ball Return	14
Senior Millage Ballot Language	14
Balance & Stability – new class	15
In The Know (Heartland Hospice)	15
Library in Motion	15
Tuesday Fun Meal	15
Memorial Day	15
Little Humor	16
Travel Adventures	17-19
At A Glance	20





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
 Thomas Peckham
 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
 Dwight Werner—Building Attendant

Kitchen Staff

Kim Maracle—Head Cook/ Ext 6
 Paula DeHart—Assistant Cook
 Rita Stout-Andrews—Kitchen Aid

Adult Day Service Staff

Jean Siemik—Program Director/ Ext 7
 Pam Handegan—Adult Day Staff
 Doreen Sager—Adult Day Staff

www.frenchtownsenior.com

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

Balance & Stability
 Bingo
 Blood Pressure Checks
 Bocce Ball
 Book Club
 Brain Aerobics
 Bridge
 Bunco
 Caregivers Support Group
 Card Making Classes
 Cardio Drumming
 Chair Yoga
 Chicks with Sticks
 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 style="text-align: center;">May 2024</p>		<p>1</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</p>	<p>2 8:00 Cardio Drumming 8:30 Breakfast 9:00 Bridge 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Massage Therapy 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 LCR 1:00 Enhanced Exer w/Jackie</p>	<p>3</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Mahjong 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo</p>
<p>6</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 11:00 Balance & Stability (NEW) 1:00 Movie Inspector General</p>	<p>7</p> <p>8:00 Cardio Drumming 9:00 Cardio Drumming 9:00 Bridge 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>8</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</p>	<p>9 8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Bridge 9:00 Cardio Drumming 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 LCR 1:00 Enhanced Exer w/Jackie</p>	<p>10</p> <p>9:00 Fun Fit Party w/Cheryl 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo</p>
<p>13</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Chair Yoga 10:00 Chicks w/Sticks 11:00 Balance & Stability (NEW) 1:00 Caregiver Mtg (NEW DAY)</p>	<p>14 RUMMAGE SALE</p> <p>8:00 Cardio Drumming 9:00 Cardio Drumming 9:00 Bridge 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>15 RUMMAGE SALE</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 9:30 Euchre 10:00 Chair Yoga 10:00 Nine Ball 10:00 Library In Motion 10:00 Dominoes Mexican Train 10:30 Acrylics and Beyond 12:30 Paint w/Friends 11:00 Balance & Stability (NEW) 1:00 W.W.W.W group 1:00 Happy Hookers</p>	<p>16 RUMMAGE SALE</p> <p>8:00 Cardio Drumming 9:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Bridge 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 Exer w/Jackie</p>	<p>17 RUMMAGE SALE</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 9:00 Mahjong 10:00 Walk Fit 10:00 Book Club 12:15 Watercolor Class 1:00 \$5.00 Bingo</p>
<p>20</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Quilting 10:00 Bocce Ball 10:00 Chair Yoga 10:00 Chicks w/Sticks 11:00 Balance & Stability (NEW) 12:30 In The Know Heartland Hospice 1:00 Sewing Group</p>	<p>21</p> <p>8:00 Cardio Drumming 9:00 Cardio Drumming 9:00 Bridge 10:00 Walk Fit 10:00 Geri-Fit 11:00 Advanced Geri-Fit 11:45 In the Know (Q & A with Sheriff and Attorney General) 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exercise</p>	<p>22</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 9:30 Euchre 10:00 Chair Yoga 10:00 Nine Ball 10:30 Acrylics and Beyond 11:00 Balance & Stability (NEW) 12:30 Paint w/Friends 1:00 Pub Trivia 1:00 Happy Hookers</p>	<p>23 8:00 Cardio Drumming 8:30 Breakfast 9:00 Cardio Drumming 9:00 Ping Pong 9:00 Bridge 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Massage Therapy 1:00 LCR 1:00 Enhanced Exerc w/Jackie</p>	<p>24</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo</p>
<p>27</p> <p>CENTER CLOSED</p> 	<p>28</p> <p>8:00 Cardio Drumming 9:00 Cardio Drumming 9:00 Bridge 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>29</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 9:30 Euchre 10:00 Chair Yoga 10:00 Nine Ball 10:30 Acrylics and Beyond 11:00 Balance & Stability (NEW) 12:30 Paint w/Friends 1:00 Happy Hookers</p>	<p>30 8:00 Cardio Drumming 8:30 Breakfast 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Bridge 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 LCR 1:00 Enhanced Exer w/Jackie</p>	<p>31</p> <p>9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo</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.

 <h1 style="text-align: center;">MAY 2024</h1>		1 Cheeseburger w/Chips	2 Chicken Mashed Potato Bowl w/gravy	3 Vegetable Sub w/side
6 Tater Tot Casserole w/corn	7 Taco Tuesday! 2 Hard Taco's w/chips & cheese	8 Betty Salad	9 Hamburger Philly w/side	10 Chicken & Biscuits
13 Strawberry Spinach Salad	14 Sloppy Joe w/baked beans	15 Scoop of Chicken Salad w/fruit	16 Bratwurst w/pepper & on- ions w/fries	17 Loaded Nacho's
20 Homemade Mac & Cheese w/ sausage slices	21 Tostada	22 1/2 Sandwich w/Soup	23 Kmart Sub w/chips Carry Out Only	24 Hot Dog w/fries
27 CENTER CLOSED 	28 Taco Salad	29 Chef Salad	30 Pulled Pork Sandwich w/coleslaw	31 Loaded Potato w/side salad



**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.**

May 2nd—Breakfast Sandwich

May 9th—Eggs, Sausage, Potato, Toast

May 16—French Toast

May 23—Biscuit & Gravy

May 30—Breakfast Skillet



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.**



I will keep my article shorter and try to make my points quicker. Not that I don't enjoy rambling, but we have a jam-packed newsletter. This month has some significant events, such as Memorial Day, Mother's Day, and Older Americans Month, which all deserve special mention. We will also introduce Brain Games with Pat and the Balance and Stability class with Lisa. The real reason to keep it brief is that I hate to dump on our newsletter volunteers by asking them to do another insert. Not that they complain. It is a significant amount of extra work to fold and stuff 800-plus pages for the newsletter in preparation for mailing. This way, I write less, you read less, and they work less, which is a win for everyone.

So what is so important that I would give up my space? Well, come August 7, we will find out whether the Senior Millage is renewed, this time for 10 years instead of 4. I hope everyone appreciates the importance of the Senior Millage. While your dues help with the operational expenses, the Senior Millage funding is what really keeps the doors open. Not just us but 16 other agencies that provide a multitude of services for everyone 60 or better. Therefore, it is important to provide education to those who may not be aware; that is why a flyer is on page 13.

Michigan allows a voter to request an absentee ballot up to 75 days before an election by submitting a completed absentee ballot application to their local clerk. Absentee ballots are available and distributed beginning 40 days before the election. As a result, you may receive your absentee ballot in the later part of June for the August 6 election. Please take a moment to read it and educate yourself on the need this millage has in providing for those who are more mature than other.

Remember it doesn't matter when, where or how you vote, just Vote!

What is the story behind celebrating mother's Day?



Anna Jarvis of Philadelphia, whose mother had organized women's groups to promote friendship and health, originated Mother's Day. On May 12, 1907, she held a

memorial service at her late mother's church in Grafton, West Virginia. Within five years virtually every state was observing the day, and in 1914 U.S. Pres. Woodrow Wilson made it a national holiday. Although Jarvis had

promoted the wearing of a white carnation as a tribute to one's mother, the custom developed of wearing a red or pink carnation to represent a living mother or a white carnation for a mother who was deceased. Over time the day was expanded to include others, such as grandmothers and aunts, who played mothering roles. What had originally been primarily a day of honor became associated with the sending of cards and the giving of gifts, however, and, in protest against its commercialization, Jarvis spent the last years of her life trying to abolish the holiday she had brought into being.



What is the theme of the Mother's Day colors?

Green represents the protective nature of mothers, while yellow alludes to their optimistic outlook towards life and for their children. Pink captures their compassionate and nurturing side and red focuses on their passion and empowerment drive.



Frenchtown Center for Active Adults is excited to present:

A Senior Prom

Friday, June 14th,

***Doors open at 4:30pm.**

Sit-Down Dinner, D.J., Dancing,

Corsages & Boutonnieres,

Prom King & Queen

Tickets \$10 members, \$15 non-members

Cut-Off Date: Friday, June 7th. *See Lisa for tickets.

In The Know

Monday, May 20th, at 12:30pm

Heartland 

HOSPICE

of Monroe

Presents an In-Depth Review of Hospice

We will discuss:

- 1) The 5 myths of hospice.
- 2) Can you receive chemotherapy/radiation while on hospice?
- 3) Can you receive physical therapy while on hospice?
- 4) Does hospice save you money?
- 5) Do you have to have a DNR in place to be on hospice?

***Light refreshments will be provided.**

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15-0719



Older Americans Month

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.



OAM History

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

Here are some easy ways to start finding a connection:

- Start a conversation with friends
- Listen to a podcast about something that interests you
- Give your time volunteering
- Join a club or group
- Pursue your faith
- Schedule a hang-out with someone
- Read about a topic of interest
- Join a gym or team



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Terry Sweeney

tsweeney@lpicommunities.com

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15-0719

Welcome New Members

Gregory S Allen	Mary E Hass	David C Ruman
Lynne M Allen	Ronnie M Hatcher	Randal Snyder
Dorie Bert	Paul J Jay	Dianna L Tomkinson
Kevin A Bruff	Terri L Kelley	Robert E Vallade
Paulene J Carr	Debra Lindsay	Kathy L Vallade
Rebecca Jayne Chick	Jerry R Lindsay	Leonard Van Daele
Toni A Clark	Karon A Liparoto	Nancy Van Daele
Rick E Didario	Rachel Marie Meloche	Emily C VanWassehnova
John C Echols	Susan Miller	Loretta L Weaver
Rosita Elders	Marcia S Miskey	Sharon M Weinstein
Donna M Gates	Tobi L Neff	Dwight E Werner
Candy E Goodwin	Linda Faye Pacheco	Karen K Werner
Barbara J Hall	Jim M Rains	Pat Wilson
David Hammar	Cindy L Rembowski	Jon D Womack
John A Hance		

THANK YOU!
so much

Joyce M Collins
Elaine B and Charles L Mushung
Becky and Tom Peckham
Karen and Dwight Werner
For their donation to the center.

Betty Salad and
ProMedica Volunteers
and ALL Volunteers at the Center
ALL Rummages Sale Donations

Thank you so much!!!

NEW LifeTime Members

Cheryl A Bellestri
Jason J Lynch
Rosanne L Lynch



Beverly Ankenbrandt	Kathleen Fogle	Ronda Kelley	Jim Rains
Wava Balk	Diane Fore	Mary Kenney	Doreen Richards
Sheila Barstad	Jacqueline Gale	Joe Kerchinsky	Jeanne Riley
Diane Bartley	Michael Garrison	Mary Kohlman	Christine Rounsifer
Stella Mary Battistone	Craig Garrison	Patrick Leibold	Sherry Sue Salter
Sonny Beaudrie	Donna Gates	Evonne Loop	Ronald Schultz
Gay Brinkmeier	Jerome Girard	John Lotter	Randal Snyder
Kevin Bruff	Martha Goetz	Mary Kay MacTavish	Sue Stadler
Carol Burkhart	Barbara Golubic	Richard Marchese	Peggy Staten
Karen Burnard	Peter Dale Hartner	Gene Mathus	Terri Stevens
Charlene Calkins	Daniel Hartong	Kathleen McCarter	Mitzi Straub
Peter Carlton	Mary Hass	Brenda Miller	Brenda Kay Stump
LaVern Curley Jr.	Karen Hauser	Allison Miller	Gretchen Vandenberghe
Kathy Dian Derbeck	Irene Herrmann	Bonnie Mrock	Joe VanSlambrouck
Raymond Dushane	Bonnie Hoppert	Deborah Neely	Emily VanWassehnova
Jacqueline Etchill	Michael Hoydic	Richard Peters	Joe Allen Vernot
Don Faulhaber	Elaine Hudkins	Cindy Prusaitis	Ellen West
Carol Fehse	Paula Hudson	Linda Psalmonds	Paula Wilgocki
Patricia Ferguson	Lynne Johnson	Charlene Quiel	Carol Yount
Loretta Feroni	Angela Katz	Dawn Rafko	Sandra Zeestraten
Janet Finley			

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





**Join Us for Movie
Monday
May 6, at 1:00pm
The Inspector General**

An illiterate stooge in a traveling medicine show wanders into a strange town and is picked up on a vagrancy charge. The town's corrupt officials mistake him for the inspector general whom they think is traveling in disguise. Fearing he will discover they've been pocketing tax money, they make several bungled attempts to kill him.

**Caregivers Support Group
Please Join us on our new Day
2nd & 4th Mondays @ 1:00 PM
Starting May 13**



**Brain Aerobics New Exercise—for our BRAINS
2nd & 4th Mondays
@ 1:00 P.M.**



Brain Games



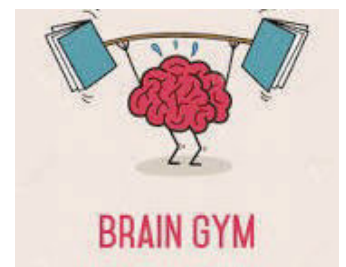
Exercising the brain helps to improve brain function and boost connectivity between the different areas in the brain. It helps protect the brain from age-related degeneration. Developing brain health habits is a key way to keep your brain healthy. This includes following safety measures and keeping your brain active and engaged. Focusing on your brain health is one of the best things you can do to improve your concentration, focus, memory, and mental agility no matter what age you are. By incorporating brain exercises into your everyday life, you'll get to challenge your mind, sharpen your cognitive skills, and possibly learn something new and enriching, along the way, too.

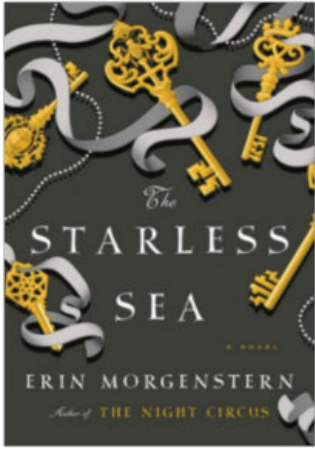
Brain health tips:

- | | | |
|----------------------|---|--------------------------|
| Work up a sweat | Protect your head | Take care of your health |
| Meet up with friends | Get a good night's rest | Make a salad |
| Challenge your brain | Be careful with medicines and limit alcohol | |

Join us for this fun and beneficial class. We'll learn some education information and play some fun games.

Led by Pat Smith





May Book Club

Friday, May 17, 10:00am

The Starless Sea



Zachary Ezra Rawlins is a graduate student in Vermont when he discovers a mysterious book hidden in the stacks. As he turns the pages, entranced by tales of lovelorn prisoners, key collectors, and nameless acolytes, he reads something strange: a story from his own childhood. Bewildered by this inexplicable book and desperate to make sense of how his own life came to be recorded, Zachary uncovers a series of clues—a bee, a key, and a sword—that lead him to a masquerade party in New York, to a secret club, and through a doorway to an ancient library hidden far below the surface of the earth. What Zachary finds in this curious place is more than just a buried home for books and their guardians—it is a place of lost cities and seas, lovers who pass notes under doors and across time, and of stories whispered by the dead. Zachary learns of those who have sacrificed much to protect this realm, relinquishing their sight and their tongues to preserve this archive, and also of those who are intent on its destruction. Together with Mirabel, a fierce, pink-haired protector of the place, and Dorian, a handsome, barefoot man with shifting alliances, Zachary travels the twisting tunnels, darkened stairwells, crowded ballrooms, and sweetly soaked shores of this magical world, discovering his purpose—in both the mysterious book and in his own life.



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15-0719



Join us for a special

In the Know

Tuesday, May 21, 2024

11:45 a.m. in the Dining Room

Monroe County Sheriff Troy Goodnough and Attorney General Dana Nessel



They will be discussing senior scams affecting Michigan seniors, followed by a Q & A. Come with your questions and concerns, they will be here to help you .

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15-0719

FRENCHTOWN CENTER FOR ACTIVE ADULTS

2786 Vivian Road, Monroe, MI 48166

Phone: 734-243-6210

RUMMAGE

The word "SALE" is written in large, bold, white letters on four colorful tags (red, yellow, green, blue) that are hanging from the bottom of the word "RUMMAGE".

Scheduled on the following days:

Tuesday, May 14th 2024 - 8:30 AM to 3:30PM

Wednesday, May 15th 2024 - 8:30 AM to 3:30PM

Thursday, May 16th 2024 - 8:30 AM to 3:30PM

Friday, May 17th 2024 - 8:30 AM to Noon

We will be accepting donations first week of April.

Assorted household items and clothing, including
working small kitchen appliances,
Laptops, Tablets, anything small.

**PLEASE NO Large TV's, NO Large Appliances, NO
Books or Magazines.**

Thank you so much!

Monroe County Senior Millage

SUPPORT SENIORS: August 6, 2024

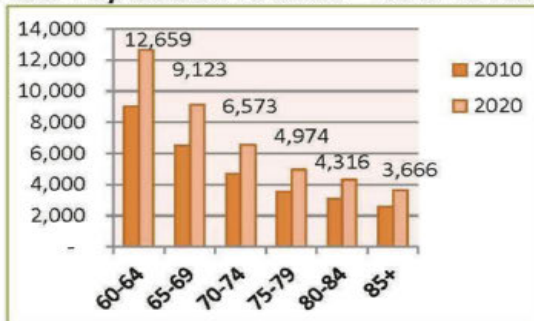
Vote



SENIOR MILLAGE REQUEST / NEED

- The 2024 senior millage proposal is a **renewal** of the current millage which is up to .75 mills.
- The request does, however, increase the length of time of the request from four to ten years. This change will offer funding **stability** for the agencies providing vital services for older adults in Monroe County.
- The older population is growing, and this growth is not stopping. In 1980, one out of 9 Americans were age 60 and over. In 2024, seniors comprise nearly one out of every 4 Americans. The millage renewal will ensure that the increasing needs can be met.

Older Population Growth – 2010 to 2020



NUMBER OF SERVICES PROVIDED IN 2023:

- ✓ 8,509 older adults were provided services in 2023 – the majority of whom were 75 years of age and older.
- ✓ 232,785 meals were served to 13,794 people – both home delivered and at the congregate meal sites.
- ✓ 433,755 pounds of food were provided to 1,643 people.
- ✓ 2,103 individuals received 22,310 hours of in-home services that help keep them independent and safe.
- ✓ 1,114 people received 29,884 rides to meet their needs.
- ✓ 5,122 older adults spent 194,462 hours at the eight senior centers funded through the millage – providing meals and helping older adults to remain connected, involved, and supported.
- ✓ 997 older adults received legal assistance.

WHAT HAS THE SENIOR MILLAGE DONE?

The Monroe County Senior Millage has funded senior services since 1980. Currently, 17 non-profit agencies that provide services to individuals who live in Monroe County who are 60 years of age or older are supported by the Monroe County Senior Millage.

These services help to meet the basic needs of older adults – food, shelter, home care, legal services, transportation, community involvement, and socialization.

AGENCIES CURRENTLY BEING FUNDED:

- Ash Senior Citizens
- Bedford Senior Community Center
- Berlin Township Seniors
- Choices Counseling Solutions
- Dundee Area Senior Citizens Center
- Frenchtown Center for Active Adults
 - Adult Day Care
- Health Van
- Lake Erie Transit
- Living Independence for Everyone
- MemoryLane Care Services
- Milan Seniors for Healthy Living
- Monroe Center for Healthy Aging
- Monroe County Opportunity Program
 - Food Assistance
 - Home Care
 - Home Chore
 - Home Injury Control
 - The Opportunity Center at ALCC
 - Senior Advocacy
 - Specialized Transportation
 - Unmet Emergency Needs
 - Utility Assistance
 - Volunteer Caregiver Program
- Monroe County Senior Legal Services
- Monroe Family YMCA – Enhanced Fitness
- RSVP of Monroe County
- United Way of Monroe/Lenawee Counties
 - Barrier Free Access Ramp Program

THE AUGUST 6, 2024 BALLOT PROPOSAL:

*“Shall the Monroe County Senior Citizen Millage be levied upon the taxable real and tangible personal property within the County of Monroe, Michigan at a rate of **up to .75 mill** per \$1,000 of taxable value for a period of ten (10) years, commencing in 2025 and continuing through 2034, for the sole and exclusive purpose of providing funds for senior citizen services to the residents (60 years of age and older) of Monroe County? The estimated revenue for the first year of the renewal (based on 2023 taxable property values) is \$5,305,541.”*

MAY—National Strawberry Month *(hope you enjoy this different strawberry recipe)*

Strawberry-Cabernet Barbecue Sauce

Fresh berries make an unbeatable base for an easy homemade BBQ sauce.

YIELDS: 2 cups
PREP TIME: 20 mins
TOTAL TIME: 24 mins

Ingredients

- **1 tbsp.** canola oil
- **1/2** medium onion, chopped
- Kosher salt and freshly ground black pepper
- **4 oz.** strawberries, trimmed and quartered (about 3/4 cup)
- **1/2 c.** Cabernet Sauvignon
- **1/3 c.** apple cider vinegar
- **1/4 c.** sugar
- **1/4 c.** ketchup
- **2 tbsp.** Worcestershire sauce
- **1 tbsp.** pure maple syrup
- **1 tbsp.** pure maple syrup
- **3** cloves garlic, chopped
- **1/2** to 1 jalapeño, seeded and diced



STEP 1:

Heat oil in a medium saucepan over medium heat. Add onion and season with salt and pepper. Cook, stirring occasionally, until golden brown, 7 to 9 minutes. Stir in strawberries and Cabernet Sauvignon. Increase heat to medium-high, and cook until berries soften, 3 to 4 minutes. Add vinegar, sugar, ketchup, Worcestershire, maple syrup, garlic, and jalapeño. Bring to a boil. Reduce heat, and simmer until slightly thickened, 8 to 12 minutes. Let cool slightly.

STEP 2:

Transfer mixture to a blender and puree until smooth (or use an immersion blender directly in the pan), about 30 seconds. Return to pan and simmer, if necessary, until sauce thickens, 1 to 2 minutes. Let cool, and use to baste grilled chicken, ribs, or pork chops.



**STARTING UP WEDNESDAY,
MAY 15TH AT 9:00AM**
Wednesdays & Fridays 9:00am

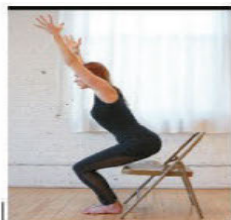


**STARTING UP MONDAY,
MAY 20TH AT 10:00AM**
Mondays 10:00am



THE AUGUST 6, 2024 BALLOT PROPOSAL:

*“Shall the Monroe County Senior Citizen Millage be levied upon the taxable real and tangible personal property within the County of Monroe, Michigan at a rate of **up to .75 mill** per \$1,000 of taxable value for a period of ten (10) years, commencing in 2025 and continuing through 2034, for the sole and exclusive purpose of providing funds for senior citizen services to the residents (60 years of age and older) of Monroe County? The estimated revenue for the first year of the renewal (based on 2023 taxable property values) is \$5,305,541.”*



Coming Monday, May 13 at 11:00am

Balance & Stability

The newest addition to our fitness classes will focus on strengthening your whole body in order to improve your balance, coordination, and stability. The goal of this class is to help you improve your sense of balance & stability and gain the confidence you need to continue to live your life to the fullest. * **Wear comfortable clothes you can move in and sturdy shoes and bring a water bottle. Please check with your physician to make sure this class is right for you.**

Classes will be held every Monday & Wednesday at 11:am.

FRENCHTOWN CENTER

Library in Motion will return

Wednesday, May 15, 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 May 14, 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



Memorial Day is more than just a great excuse for a cookout and a day off from work. The holiday was created to honor the many American men and women who died in military service. This focus on those who made the ultimate sacrifice sets it apart from Veterans' Day, which honors all military veterans, living and dead.

Here are some facts and history on the holiday:

- The day was originally set aside to remember Union soldiers who died during the Civil War, but following World War I, its scope expanded to include those who died in any war or military action. At the end of the Civil War, many US cities held their own memorial observations for their hometown heroes.
- The idea for a specific holiday came in 1868 from Illinois Senator John Alexander Logan, a former Union general and keynote speaker at one early observation. Logan used his position as commander-in-chief of the Grand Army of the Republic, a fraternal organization of Union soldiers, to issue a proclamation for a national "Decoration Day" to be observed on May 30 of that year by decorating the tombs of Union soldiers.
- The name "Memorial Day," started cropping up from time to time. The new name became more common after World War II, and in 1967 was declared the official name by Federal law.
- Memorial Day was celebrated on May 30 until 1968, when Congress passed the Uniform Holidays Bill, moving 4 holidays — Columbus Day, Presidents' Day, Veterans Day and Memorial Day—to designated Mondays in order to create the ever-popular three-day weekends. (Veterans Day eventually reverted to its traditional November 11 date, which mirrors Armistice Day and Remembrance Day celebrations in the United Kingdom and other Commonwealth nations).



"Grandpa, tell us about the days when you had to buy the whole album even if you only wanted one song."



A Little Humor

RETIREMENT, A WIFE'S VIEW

A frustrated wife told me the other day her definition of retirement:
 "Twice as much husband on half as much pay."



An old Italian man lived alone in New Jersey. He wanted to plant his annual tomato garden; but it was very difficult work as the ground was hard. His only son, Vincent, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament:

Dear Vincent,

I am feeling pretty sad, because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot. Know if you were here my troubles would be over. I know you would be happy to dig the plot for me, like in the old days. Love, Papa

A few days later he received this letter from his son:

Dear Pop, Don't dig up that garden. That's where the bodies are buried. Love, Vinnie

At 6 am the next morning, FBI agents and local police arrived and dug up the entire area without finding any bodies. They apologized to the old man and left. That same day the old man received another letter from his son.

Dear Pop, Go ahead and plant the tomatoes now.

That's the best I could do under the circumstances.

Love, Vinnie

An old man and a 20 year old are paired together at a golf tournament. They're playing a long par 5 that dog legs around some tall trees. As the 20 year old sets up his tee shot to hit onto the fairway the old man notes "when I was your age we used to hit over the trees - not around to the side."

So the 20 year old readjusts and tries to hit over the trees - but can't clear them and loses his ball. He tries again and loses that one too...

Then the old man says "of course, when I was your age, the trees were only 6 foot tall."



SMOKY MOUNTAINS

Pigeon Forge & Gatlinburg, Tennessee

HAUNTED HAPPENINGS

A SPOOKY TRIP TO NORTHEAST OHIO



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



Nite Lites at MIS

Michigan International Speedway



Frenchtown Voyagers Travel Meeting

Tuesday, June 18th, 2024 at 1:00pm

***** 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 cannot accept cash for trips. Checks or money orders only.

- ◆ **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 . The cost is \$117. Please visit our website for full details.
- ◆ **Heart of America, June 17-20, 2024, presented by Bianco Tours.** Single \$1,153, Double \$962, Triple \$898. Please visit our website for full details.
- ◆ **Michigan Princess Cruise & Tour of Capital, June 26, 2024, presented by Bianco Tours.** This day trip departs at 7:30am . The cost is \$118. Please visit our website for full details.
- ◆ **The Purple Rose Theater — “What Springs Forth” & lunch at Weber’s Restaurant, July 10, 2024, presented by Bianco Tours.** This day trip departs at 10:15am. The cost is \$140.
- ◆ **Firekeepers, July 25, 2024, presented by Bianco Tours.** The cost for this day trip is \$56. Please visit our website for full details.
- ◆ **Saugatuck, MI, Aug. 14, 2024 presented by Bianco Tours.** The cost for this day trip is \$163. Please visit our website for full details.
- ◆ **Skybridge & Sunflowers, August 26-27, presented by Bianco Tours.** Single \$600, double \$491, triple \$454. Please visit our website for full details.
- ◆ **Kellogg Manor, Aug. 28, 2024, presented by Bianco Tours.** The cost for this day trip is \$118. Visit the website for full details.
- ◆ **Traverse City Fireworks, Sept. 5-7, 2024, presented by Bianco Tours.** Single \$1,075, double \$785, triple \$693. Please visit our website for full details.
- ◆ **Pioneer Wine Trail, Sept. 12, 2024, presented by Bianco Tours.** This day trip is \$115. Visit the website.
- ◆ **Boston, Sep. 22-27, 2024, presented by Bianco Tours.** Single \$2,164, Double \$1,699, Triple \$1,640. Please visit our website for full details.
- ◆ **Heaven & Hell, Oct. 10, 2024, presented by Bianco Tours.** This day trip is \$98. Please visit our website for full details.
- ◆ **Horsin’ Around, Oct. 14-18, 2024, presented by Bianco Tours.** Single \$2,199, double \$1,737, triple \$1,584. Please visit our website for full details.



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Commission on Aging



Current Resident



- ◆ **Movie Monday (The Inspector General) May 6, 2024 @ 1:00 p.m.**
- ◆ **NEW—Balance & Stability Class beginning Monday, May 6, 2024 @ 11:00 a.m. (Mondays and Wednesdays)**

◆ **2024 Rummage Sale will be May 14—17, 2024.**

◆ **FUN NIGHT MEAL & Entertainment—Tuesday, May 14, 2024 @ 4:30 p.m.**

◆ **Library will be here on Wednesday, May 15, 2024 @ 10:00 a.m.**

◆ **Pickle Ball Resumes on Wednesday, May 15, 2024 @ 9:00 a.m.**

◆ **Board Meeting—Thursday, May 16, 2024 @ 10:00 a.m.**

◆ **Blood Pressure Thursday, May 16, 2024 @ 11:45 a.m.**

◆ **In The Know, Heartland Hospice May 20, 2024, @ 12:30 p.m.**

◆ **Bocce Ball resumes on Monday, May 20, 2024 @ 10:00 a.m.**

◆ **In the Know (Q & A with Sheriff and Attorney General) Tuesday, May 21, 2024 @ 11:45 a.m.**

◆ **Lunch—Thursday, May 23, 2024 will be CARRY-OUT only.**

◆ **Pub Trivia will be on Wednesday, May 22, 2024 @ 1:00 p.m.**

◆ **SAVE THE DATE: Friday, June 21, 2014—Senior Prom—See page 9—Watch for more details to come**

◆ **2024 Mackinac Island—WAIT LIST**

ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING

