

15275 South Dixie Highway Monroe, MI 48161 NONPROFIT
ORGANIZATION
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Your senior millage tax dollars at work!

December 2025





Leading in services, information, & assistance for quality lifestyles & healthy aging.

Open 365 Days a Year

Sun. 10:00 to 2:00 Mon—Thurs. 8:00 to 7:00 Fri 8:00 to 4:00 Sat 8:00 to 2:00

Breakfast 8:00 to 9:45 Lunch 11:00 to 1:00 Supper Mon.—Thurs. 4:15 to 6:00 Carry-Outs are available. Please call 734.241.0404

Staff

Executive Director: Sandie Pierce

sandie@monroectr.org

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toni@monroectr.org

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Bingo Coordinator:

Kevin Hemry

Matter of Balance Trainer:

JoAnn (Mikie) Kunich

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RSVP Volunteer Coordinator:

Jo Anne Bray

joanne@monroectr.org

Vision:

The Monroe Center for Healthy
Aging is committed to
improving the quality of life
and health of older adults in
Monroe County.



15275 South Dixie Highway Monroe, MI 48161

734-241-0404



Visit us on-line: www.monroectr.org

Board of Directors

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Carry-Out Meals are available.
Call 734.241.0404

"The Monroe Center is the place to be – for fun, fellowship, & support."

Monthly Menu

Watch "Off Your Rocker" on MPACT

Tuesdays at 5pm and Thursdays at 4pm Comcast: Channel 21 or Charter: Channel 187

You may also watch it on-line at MPACT's website www.mpactstudio.org



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Views & comments expressed in this newsletter are not necessarily the views and 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 — including the Monroe Center *for Healthy Aging*. Those receiving services from these programs may have certain personal data shared within the funded agencies, except where HIPPA applies.

From the Director's Desk

"Peace begins with a smile."

~ Mother Teresa



Happy Holidays! This is one of my favorite times of the year. A time that we make time for those who are most important to us. And a time when kindness seems to be heightened. Over the years, we've made lots of wonderful memories. Some traditions continue, but most change at least in some way (I certainly can't make Lebkuchen cookies the way my mother did). And, sometimes the most important people in our lives are no longer with us. Those are the memories we need to hold most closely.

A change that has occurred in our Commission on Aging (the governing body that oversees the senior millage) is the retirement of two long-standing members. Marty Kaufman retired in August, and Paul Simonton has retired as of the November meeting. Both of them were around when the senior millage first passed in 1980 and were instrumental in establishing the foundation for the aging services that are available today. We owe a world of gratitude to both of them. They were very prudent stewards of the taxpayers' dollars and always made wise decisions as to what was truly needed. Sometimes they said no to our requests; but usually they were right. Never did they take their position lightly. They were our history, and I will miss the expertise and experience that they brought to the table. Their legacy lives on in the groundwork that they created. Thanks, gentlemen.

Change is inevitable. We've lived long enough to know that in our brain. Maybe not so much in our hearts. As things change, the challenge is to continue to look for ways to keep joy in our lives. We live in a very caring community and have much to be grateful for.

My hope is that you will join in the celebrations at the Center where people come together to support each other, to lend a helping hand, to listen, and be there. All of you add to the upside of my life, and I'm looking forward to a bright holiday season.

~ Sandie

News to Note . . .

- Bingo is on Tuesdays!
 Card sales at 1:30 p.m.
 Sunday Bingo— December 14
- Dec. 1 Lunch & Learn
- December 3 Birthday
 Celebration during lunch
- **December 4** Class of '69
- **December 4** at 11:30 Library in Motion Delivery
- December 6 Holiday Kick
 Off Celebration 5:00 p.m.
- Dec. 8 Roberts for Senate
- **Dec. 9** Class of '58—Lunch
- December 10 —Trivia Night at 5:00 p.m. Prizes!!
- **December 10 Movie** "Green and Gold" 1:30
- **December 11** Let's Talk Health with Maurine at 4:30
- **December 12** Lunch & Learn Fire Safety
- December 15 MHS Classes of '65 and '66 Lunch
- **December 17** MHS Class of '67 Breakfast— 3rd Wednesday
- **December 18 Craft** 3:00
- **December 8 & 18** Writing Group at 1:00 & 2:00 p.m.
- December 18 —ProMedica
 Health Odyssey on Prescriptions
- **December 18 Book Club**Skipping Christmas by Grisham
- **December 17** Center's Christmas Dinner with music by Jon Moore & Ala Carte
- December 19 Lunch & Learn on Walk in My Shoes with AccentCare Hospice
- **December 31** \$2 Soup & Sandwich Day

Please Remember to Scan





Happy December Birthdays



Jovce M. Allen Julie Alston Christine Assell Mark Barabe Ruth Beck Elizabeth Boitnott

Nancy Bonk Debra Borg Betsy Bradley **Bob Bradley** Kathy Brancheau Cheri Braunlich "70"

Seymour Bray

Cheryl Brightbill Janet Brindley Ellen Brockway Louise Carnes Pat Carpenter Cheryl Carter Tammy Castiglione

Joe Chytil **Luther Conner** Jim Cookley Paula Coon

Barbara Crumm Donn Cunningham William David Tom Dover Concetta "Tina" Duvall

Jerry Eichbauer Nancy Freimark Judy Geisenhaver

Christine George Rhonda Gibson Sharon Grodi

Timothy Hammonds

Kevin Hemry Pat Hemry Jim Hudson Joaquina Iacopelli Janet Knight Linda Krug Diane La Plante

Don Lezaotte **Kurtis Livingston** Loren Lohmever Herbert McIntosh Carol Merta Ken Morgan Ken Muir

Charles Mushung Deborah Nadeau

Richard Opolski Janet Pavlat

Rich Harper

Sharon Mansfield

(Irene) Nancy Savage Ethel Sebolt Janice Simmons **Darcy Simmons** Stan Simmons Tim Murphy Peggy Smith Myrna Stockard **David Neal Betty Stroud**

Deborah Dennis-Sucura Roxanne Pfund Carol Thompson

Rosemary Sutton

Henry L. Portillo Donna Thompson **David Poulson** Rosemary Tibai Valerie Tolbert **Greg Poupard** Alfreda Pugh Joyce Uden Mary Rains Roy Valentine Carolyn Rath Jane VanBelle Ronald Reaume Sandy Wagenhauser

Gail Rochowiak Nancy J. Waltz Joann Rhodes Wendy Waltz Phyllis Rhodes Carol Wiley

Melissa Richardville Lillian Williamson Johnny Rousseau Joan Wolfenbarger Jim Ryland Jim Wohlgamuth

Birthday Celebration! — December 3, 2025

We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a December birthday enjoy a complimentary lunch on Wednesday, December 3. Cake sponsored by Merkle Funeral Service



November Birthday Celebration Attendees

RECENT DONATIONS

Classes of '65 & '66 Mike Cook Bob and Donna Wickenheiser Dee Mitchell — Water Donations Jerry and Sandie Pierce



in loving memory of Sister Bonnie Merrill

Don and Barb Wolfenbarger

in loving memory of Margaret Brightbill

Marcelle Ramsey

in loving memory of Dominic Patania

Canasta Ladies

in loving memory of Don and Charlene Ferguson

Phyllis Gillispie

Thanks to Fountain View for sponsoring the Birthday Cake for November

Raffle Basket Drawing Raised over \$500

Thanks to Roger and Rose Post for donating the baskets are in memory of community servants, Pam LaPan and Aaron P. Simonton



THINGS TO KNOW:

- Remember the Center is scent free.
- The breakfast punch cards were discontinued effective November 1.
- **Flash Photography.** Please refrain from using a flash on your cameras. Some people have high sensitivity to flashes.
- **2026 Dues** are now payable.

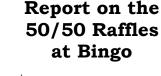
WELCOME NEW MEMBERS

Joyce M. Allen Bill Gardner **Gregg Blankley** Lorri Katschor Rita Bliss Tammy Leach Paul Brown Karen Orofino Michele Burke **Anthony Rutherford**

Gary Cannon Thad Scoles Concetta Colpaert Valerie Seger

Janice Fruchey

Gary Daniels Joan Wolfenbarger





\$1,172 — January to March \$ 1,241.50 — April to June \$1,294 — July to September \$321 — October

Thanks to Mikie, Val, & Debbie for selling tickets and to the **buyers**!

Food Donation Goal: \$2,000

Jan. to March — \$586.24 April to June — \$891 July to September — \$1,264 October — \$242.61

Thank you!!

Cheri's Quote of the Month





Memorial Leaves are available for \$10 each. Order at the Front Desk.

With sympathy ...

Margaret Brightbill — October 1 Iris Schroeder — October 3 Dominic Patania — October 23 Jerry Partin — October 30 Michael Boudrie — November 10









DECEMBER 2025 "What's Going On" at-a-Glance

Monroe Ford Retirees — Monday, December 1 — 8:30 a.m. Breakfast 11:00 a.m. Lunch — Salaried



Bingo is held on Tuesdays

Card Sales at 1:00. Bingo at 1:30

Sunday Bingo is December 14

Card Sales at 1:30. Bingo at 2:00

Please be kind. We're all human. Our callers are Volunteers!



Health Odyssey December 18, 2025

11:30 a.m. Lunch 12:00 Program

Topic: Prescription Medications

with Jennifer Sell

Please sign up: 734.241.0404

Registration includes the complimentary lunch for those who arrive on time AND who listen to the program.

Please be courteous. No talking during the presentation.

After the events, watch presentations on-line at MPACT's website www.mpactstudio.org

HOSTED BY Mikie Kunich

Wednesday, December 10th 5:00 to 6:30 p.m.



Free of charge.



Prizes Awarded!

Get a Team Together limit of five people per team. Ages 12+

December 10th Movie "Green and Gold"

1:30 pm



A struggling family farmer wagers everything on a high-stakes Championship bet, while his granddaughter's musical ambitions could be their ticket to a new beginning

Complimentary popcorn.



Join Mike Roberts **US Senate Candidate**

at noon on Monday, December 8 to learn about his perspective on our Federal government.

Lunch & Learn

Monday, December 1, 2025

Complimentary Lunch at 11:30 a.m. (for those attending the program and arriving on time)

Program begins at Noon Please sign up!

"Holiday Advent Calendar for Health"

with Dr. Emily Neal

The holidays should fill our hearts — not our plates! In this festive and interactive wellness talk, Dr. Emily Neal, PT, LSVT-BIG, will guide participants through a "Holiday Advent Calendar for Health," sharing simple, joyful ways to stay active, mindful, and balanced all season long.

Learn how small daily habits — from gentle chair exercises to nutrition swaps and acts of kindness — can help manage stress, prevent weight gain, and improve mood during the holidays. Each "day" of the countdown offers one easy tip for movement, mindfulness, or nourishment that keeps both body and spirit light.

Participants will leave with a beautiful wellness calendar and a renewed sense of motivation to make this holiday season their healthiest one yet.

"Guided Sound Meditation"

with Betsy Thompson, RN, MSN, CCRN, AHN-BC Immersive Meditation Guide & Growth Coach

Join Betsy Thompson for a brief guided sound meditation designed to quickly calm your nervous system and restore your inner serenity. This brief yet powerful session offers a moment to pause, breathe, and immerse yourself in healing vibrations.

This experience is guided by Betsy, a Board Certified Advanced Holistic Nurse who discovered the power of meditation on her own journey through burnout. She founded Roaming Roots LLC to share accessible holistic practices that foster internal healing and empower others to connect with their authentic selves.

Lunch & Learn

Friday, December 19, 2025

Complimentary Lunch at 11:30 (for those attending the program and arriving on time)

Program begins at Noon Please sign up!

"Walk in My Shoes"

"Walk in my Shoes" is a program designed to help people understand the experience of living with Alzheimer's disease through empathy-building simulations.

These include physical sensory tools like special glasses, headphones, and gloves that recreate a person's perspective.

Presented by:

accentCare.

Hospice and Palliative Care 27355 John R Road Madison Heights, MI 48071

Holiday Kick-Off Celebration



Saturday, December 6 5:00 to 8:00 p.m.

Roast Beef Dinner at 5:30 p.m. Music at 6:30 by "Second Time Around"

Tickets are \$10 per person and sold by table.

La-Z-Boy Drawing at 7:00 p.m.

Sponsored by Sieb Plumbing

2026 Calendars "Monroe Center — *Naturally"*

The calendar features 14 of the



Center's finest women posing quite *naturally*.

\$20 for members \$25 for non-members **Only a few left!**

CHRISTMAS DAY DINNER
THURSDAY, DECEMBER 25, 2025
DINNER SERVED

11:00 a.m. to 1:00 p.m. \$8.00 per person

SPIRAL HAM, AUGRATIN POTATOES, PRINCE CHARLES VEGETABLES, SALAD, ROLL, AND DESSERT

PLEASE SIGN UP IN ADVANCE.

Lunch & Learn
Friday, December 12
11:30 Complimentary
Lunch /12:00 Program



"Fire Safety at the Holidays" with Calvin Schmitt and Scott Pancone

PLEASE SIGN UP IN ADVANCE

Save the Dates:

- Lunch & Learn January 5 with Cornerstone Caregiving
- Friday Night Bingo January 16
 with "Celebrity" Caller Kaye Lani
 Rafko-Wilson, 1998 Miss America
 4:00 p.m. Sack Lunch available

CENTER'S CHRISTMAS DINNER



WEDNESDAY, DECEMBER 17, 2025

DINNER SERVED AT 11:30 A.M.

\$5.00 PER PERSON

SPIRAL HAM, AUGRATIN POTATOES, PRINCE CHARLES VEGETABLES, SIDE SALAD, ROLL, AND DESSERT

FOLLOWING DINNER,

JON MOORE & ALA CARTE

WILL LEAD US IN SOME



WILL LEAD US IN SOME CHRISTMAS CAROLS.

PLEASE SIGN UP IN ADVANCE.



Lunch & Learn
Thursday,
November 24

11:30 Complimentary Lunch 12:00 Program

"Redefining Home for the Holidays"

"When family dynamics and traditions shift, the holidays can feel different.

This presentation offers practical strategies for navigating these changes, creating new traditions, and finding meaningful connections during the season."

Presented by:

Kristen Reed, B.S., CPST Health Educator, Monroe County Health Dept.

Please Sign Up 734.241.0404



Women's Coffee Hour with Maurine

Let's talk about health!

December 11— 4:30 p.m.



Brain Aerobics

is in need of a leader. Please talk with Toni.

Crosswords and Sudoku available daily.

Exercise Classes

Chair Yoga — Tuesdays & Thursdays at 10:15 with Cheri

Balance Class— Tuesdays & Thursdays at 9:00 a.m. with Helen Mondays & Wednesdays at 3:00 with Sandie



EnhanceFitness®

Mon.—Wed.—Friday at 10:00

Line Dancing — Mondays at 1:00

Movin' & Groovin' — Mondays & Wednesdays at 9:00 with JoLynn

Massages with JoAnn (Mikie) Mondays (except first Monday) 10:00 to 1:00 — \$1 per minute



Drumming & Yoga with Betsy or Kathy Fridays 8:45 to 9:45

Friendly Poker Games (See Kevin)

Thursdays at 10:00 a.m.

Hand & Foot — Fridays

We need players. Let us know if you'd like to be play.



EUCHRE HAS RETURNED TUESDAYS AT 11:00 A.M. FRIENDLY PLAY. JOIN IN!



Fun with Yarn For all Ages!

Fridays at 12:00 noon

- Drop in and meet the new knitters and crocheters.
 - We have supplies and offer tutoring.
 It's fun and easy!
- Choose your project crochet a granny square; knit or crochet a pair of slippers or a water bottle or cellphone tote.
 - Or bring your own needlework.
 - Stop by to chat or watch.

Questions? Contact Maxine at 734-241-0404

We are always grateful for donations of yarn and patterns.

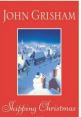
Calling All Writers



December 8 & 18, 2025

Are you interested in crafting your life history?
Join Betsy Bradley on **second Monday** at 1:00 and the **second** Thursday of the month at 2:00

MONROE CENTER BOOK CLUB



December 18, 2025 — 1:00

"Skipping Christmas" by John Grisham

#1 NEW YORK TIMES BESTSELLER • A classic tale for modern times from a beloved story-teller, John Grisham offers a hilarious look at

the chaos and frenzy that have become part of our holiday tradition. Imagine a year without Christmas. No crowded malls, no corny office parties, no fruitcakes, no unwanted presents. That's just what Luther and Nora Krank have in mind when they decide that, just this once, they'll skip the holiday altogether.

January — *The Noble Land* by Michener February — *The Art Thief* by Finkel March — *The Frozen River* by Lawhon



Are you looking for something to fill your spare hours? We could use a few more people who'd like to be servers for our meals – especially evenings and weekends.

Come talk with me!

Volunteering is good for our health and keeps our brains active!

Please remember to treat the volunteers with kindness.

~ JoAnn (Mikie) Kunich Volunteer Coordinator

St. Mary's Rosary Makers

St. Mary's Rosary Makers meet at the Monroe Center for Healthy Aging on the first Tuesday of every month at 9 a.m.

This group is open to everyone. Rosaries are sent to the missions. Supplies and instructions are provided, and you are able to keep the first rosary you make for yourself.



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- One-Point of Contact
- Competitive Rates
- Staffing Portal
- On-Call 24/7 Managers
- Help with Waiting List

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Emily Ferguson
Director of Operations

567-316-6745

Monroe Center participates in the KROGER COMMUNITY REWARDS

Go to Kroger.com/i /community/community-rewards to sign in or create an account. The Center's number is WN763

Craft December 18 — 3:00

Please sign up at the Front Desk.

RSVP Monroe County





RSVP is a volunteer network for people 55 and over. Use the skills and talents you've learned over the years (or develop new ones) while serving in a variety of volunteer activities right here in Monroe County.

If you would like to volunteer with us, call Beth or Jo Anne at 241-0408.

Please remember to record and turn in your hours.



MONROE CENTER TRAVEL

See the flyers at the Center for more details or call Maxine at 734.241.0404 on Wednesday or Friday mornings.

Magical Christmas — December 3 & 4

Cherry City Honey Farms, Chateau Winery, Akron Hilton, Iron Grill Dinner, Stan Hywet Hall event, Fannie Mae Chocolates, Castle Noel Christmas Dinner. \$469 per person double occupancy. \$539 single. Four meals.

Eastern Market and MGM Grand Detroit — December 13 \$40 per person.

New Year's — December 30 to January 1

Two nights in Traverse City. Soaring Eagle, Turtle Creek, Lelanau Sands. Leaving from Dearborn 7:15 a.m. \$329 per person double occupancy. \$429 single. \$110 in incentives

"Fat Thursday" Polish Celebration

February 12, 2025 — \$169 per person Motorcoach to the Hamtramck Museum, New Place Bakery, Polish Art Center, and St. Florian Church. Six pack of Paczki. Buffet Lunch at Polonia.

Monroe pickup is contingent on number of people.

2026 Cruises:

- January Mexican Riveria out of Los Angeles — 8 days on Royal Princess https://grandamericantours.com/princessroy almexriv-glp
- May Best of Greece 9 days on Celebrity <u>https://grandamericantours.com/ce</u> <u>leb-infinity-greek-isle</u>
- May Alaskan Cruise, Land & Rail Anchorage, Mt. McKinley, Denali, Whittier) 11 days on Island Princess https://grandamericantours.com/princessislandak-ct-ab3-k
- August Iceland 8 days on Celebrity <u>https://grandamericantours.com/celeb-silhouette-iceland</u>



Monroe County Begins "SAFE PROGRAM"

WHAT IS THE SAFE PROGRAM?

The SAFE Program improves communication between Monroe County first responders and residents with special needs before emergencies occur.

WHO SHOULD ENROLL?

Residents of Monroe County with disabilities or special needs, such as:

- AutismADHD
- Down Syndrome Alzheimer's
- Brain InjuryPTSD
- Diabetes Autoimmune
- Deaf or Blind Disorders
- Mental Health disabilities or limitations
- Any Chronic health problem

How Does It Work?

When residents enroll in the program, the Records Division staff within the Sheriff's Department inputs relevant information into the dispatch system about the individual's special need. The individual/family then places a SAFE decal on their homes and vehicles. In an emergency, the decal signals first responders to approach with extra care. Having the information obtained during the enrollment, helps to ensure a positive, safe experience for all involved.

HOW TO ENROLL

- Scan the QR Code for the enrollment form.
- Fill out the form online.
- Three decals will be mailed one for the entry door and two for vehicles (driver side rear window).
- Additional decals can be requested from the Sheriff Department.



Ask the Pharmacist!

with Jennifer Sell, RPh, Director of Pharmacy Services ProMedica Monroe Regional Hospital





As we enter cough and cold season, I wanted to share some information about an old remedy that has become very popular in the last few years – **Elderberry Syrup**.

Elderberry syrup is made from the berries of the Sambucus tree and has been used in folk medicine for hundreds, maybe even thousands, of years. Throughout the years, elderberries and syrup made from them have been used to treat colds, constipation and other conditions. One cup of these berries contains 58% of the daily recommended amount of Vitamin C.

This syrup is touted as a cold prevention and remedy for those who have already contracted a cold. While not considered a "cure" for the common cold, numerous studies have demonstrated that elderberry syrup can help to shorten the duration and reduce the severity of cold symptoms.

Elderberries have other health benefits that include lowering blood sugar by increasing insulin secretion and decreasing uric acid levels. The berries also contain antioxidants like anthocyanin, which helps to reduce the damage caused by oxidative stress. The berries are also low in calories and high in fiber.

With all of these health benefits, it is easy to understand why elderberry preparations have become popular. A few points to consider so you can use this product safely:

- Elderberries being used to make syrup must be ripe and cooked thoroughly. Unripe berries, along with the bark and seeds, contain lectin which can cause gastrointestinal problems.
- Only the berries of the Sambucus plant should be consumed the leaves and bark have been used topically to treat burns but ingesting them can be toxic.
- If you take diuretics or diabetes medications, please consult your doctor before trying the syrup.
- There is no universal recommended dose, but one tablespoonful (15 ml) taken three to fives times per day is the amount that most studies showed was effective for colds.
- There are both commercially-made and homemade sources for the syrup be sure to purchase any homemade product from a reputable business to ensure the berries have been cooked thoroughly.

Take care friends!

Take care and stay healthy!

Jennifer

The Community's Partner in Lifelong Learning

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- Arts and crafts





- Computer skills
- Puppy training
- Photography
- · And so much more!



Office of Lifelong Learning www.monroeccc.edu/LL 734-384-4127



Silver Sneakers Insurance is accepted at

Courageous Rehab 1507 North Telegraph Monroe, MI 48162

734-735-2421





Pinochle Winners

October 10 — Cindy Prusaitis

October 11 —Cindy Prusaitis

October 13 — Dee Mitchell

October 15 — Nancy Dale

October 17 — Gary Miller

October 18 — Cindy Prusaitis

October 20 — Dee Mitchell

October 22 — Gary Miller

October 24 — Gary Miller

October 25 — Cindy Prusaitis

October 27 — Carol Schwartz

October 29 — Pat LaRoy

October 31 — Gary Miller

November 1 — Joan Milam

November 3 — Gary Miller

November 5 — Cindy Prusaitis

November 7 — Cindy Prusaitis

November 10 — Pat LaRoy

Thanks to Gary Miller for running the Pinochle Games!







Habits for Health

A Senior Wellness Group

Join us on a journey to a healthier, more vibrant life! This <u>FREE</u> group, guided by a Health Educator from the Monroe County Health Department, explores a different health topic each month. We'll focus on adopting healthy habits to improve overall well-being and better manage chronic conditions.

2nd Thursday of Every Month 1:30 - 3:00 PM Monroe Center for Healthy Aging

- January 8 Key Nutrients for the
 New Year
- July 9 Foods for a Vibrant Summer
- February 12 The Science of Kindness
- August 13 Habits for Better Sleep
- March 12 Thriving with Healthy
 Kidneys
- September 10 Conversations that Save Lives
- April 9 Mindful Movement
- October 8 Germ Prevention 101
- May 14 Your Lifeline against Stroke
- November 12 Rethinking Winter Wellness
- June 11 Beat the Heat: Summer Safety

Presented by Kristen Reed Health Educator





Monroe County Library in Motion Pick-Up

December 4 — 11:30 a.m.

FRENCHTOWN-DIXIE BRANCH LIBRARY DEMENTIA PPORT GROUP Second & Fourth Wednesday **OF THE MONTH** From 1:00 pm - 3:00 pm This is an informal, unmoderated support group for current and former caregivers of loved ones with dementia to give voice to their frustrations, concerns and moments of joy during this journey we are on with this disease. Frenchtown-Dixie Branch Library 2881 Nadeau Road, Monroe MI (734) 289-1035 **Drop-In Advice for Laptops, Cell Phones, Tablets** Third Thursday — December 18 - 2:00 to 3:00 p.m. Frenchtown-Dixie Branch Library

You are invited to Virtual Caregiver Coffee with MemoryLane Staff



Would you like to talk to other caregivers about their experiences? Join us for Virtual Coffee with MemoryLane Staff Wednesdays at 2 pm without having to leave home.

This is your chance to talk with other caregivers and to share insights, advice, and encouragement. The discussion will provide practical tips and resources that provide support and assistance.

You may choose video-conference or phone.

Bring your own coffee! For details, call: 419-720-4940

Support Services

- **Open Enrollment!** Jackie Drouillard and Joyce Rober can answer your **Medicare** and insurance questions. Please call for an appointment: 734.241.0404
- **Monroe County Senior Legal Services** can answer your legal questions. Please call for an appointment: 734.241.0404
- MCOP Resource Advocates can assist with questions about Medicare, Medicaid, Home Heating Tax and other issues: Call 734.241.0404 to make an appointment.
- **Blood Pressure Checks** Looking for a provider to do these.
- MemoryLane Care Services offers coaching and support groups for caregivers and in-person Adult Day Care for individuals with memory loss. Contact Cheryl Conley at MemoryLane: 2500 North Reynolds



Toledo, Ohio 43615 Phone: 419-720-4940 Serves Monroe County!





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- iust answers.

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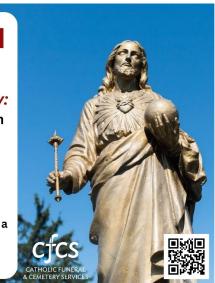
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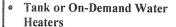
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30	1 Medicare with Jackie 9:00 Movin' & Groovin'	2 0.00 Balanco Evancico	3 Birthday Dinner	4 Medicare with Jackie by appointment	5 Medicare with Joyce	9
Rib Dinner \$6 Special 11 to 1 p.m	10:00 Enhance®Fitness 10:00 Brain Aerobics 11:30 LUNCH & LEARN Dr. Emily & Sound Bath 12:00 Pinochle 1:00 Dancing 3:00 Balance	10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers 7:00 Coin Club	9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance	9:00 Balance Exercise 10:15 Chair Yoga 11:30 Library in Motion Noon Class of '69 7:00 Model A Club	8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
7 Sunday Dinner 11 a.m. to 1 p.m.	Medicare with Jackie 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 10:00 Writing with Betsy 12:00 Chat with Roberts 11:00 Pinochle 1:00 Dancing /3:00 Balance	9 Class of '58 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers Christmas Party	10 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Movie 3:00 Balance 5:00 Trivia w/JoAnn aka	11 Medicare with Jackie by appointment 9:00 Balance Exercise 10:15 Chair Yoga 4:30 Let's Talk Health with Maurine	8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet Mable Kehres residents' Christmas Dinner	13 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
14 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	15 Newsletter Crew Medicare with Jackie 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Bnain Aerobics Noon Classes of '65 & '66 12:00 Pinochle 1:00 Dancing 3:00 Balance	16 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	Center's Christmas 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance	18 Medicare w/ Jackie by appt. 9:00 Balance Exercise 10:15 Chair Yoga 11:30 Health Odyssey 1:00 Book Club 2:00 Writing Class 3:00 Craft— Sign up	19 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle "Walk in My Shoes" 12:00 Knit / Crochet	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
21 Sunday Dinner 11 to 1 p.m.	22 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Acrobics 12:00 Pinochle 1:00 Dancing 3:00 Balance	23 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	24 Christmas Eve 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle Center open 8:00 a.m. to 2:00 p.m.	25 Center open 10 to 2:00 Christmas Dinner 11:00 to 1:00 p.m. \$8 per person Please register 734.241.0404	26 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet Center open 8:00 a.m. to 2:00 p.m.	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
28 Rib Dinner \$6 Special 11 to 1 p.m	29 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 1 0:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing / 3:00 Balance	30 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	31 New Year's Eve Soup & Sandwich Day 9:00 Movin' & Groovin' 10:00 Enhance Eitness 12:00 Pinochle Center open 8:00 to 2:00	December 2025	er 2025	Monroe Center for Healthy Aging



December 2025 Evening Meals

Served 4:15 to 6:00 pm

Main Choice: \$3.00 Eat-In or Carry Out

Monday	Tuesday	Wednesday	Thursday
1	2	3	4
Patty Melt Sweet Potato Fries Broccoli Salad 8 Pot Roast with Potatoes, Carrots, Celery, Onion	Chicken Thighs Country Potatoes Broccoli 9 Pineapple Chicken Brown Rice	Baked Potato Bar with Chili, Cheese, Broccoli / Fruit 10 Salmon Patties with Peas & Cream Sauce Mashed Potatoes	Baked Cod Country Potatoes Vegetable/ Cole Slaw 11 Ham Slices Sweet Potatoes
Applesauce 15 Sloppy Joes French Fries Baked Beans Fruit	Vegetables 16 Russian Pancakes Sausage Banana	Fruit 17 Chicken Fajitas Stewed Tomatoes Refried Beans	Vegetable 18 Swiss Steak Mashed Potatoes Stewed Tomatoes
22 Apple Butter Pork Stuffing Vegetable	23 Baked Cod Brown and Wild Rice Vegetable / Cole Slaw	24 Christmas Eve No Evening Meal	25 Christmas Day No Evening Meal
29 Hamburger Gravy Mashed Potatoes Vegetables	30 Grilled Chicken Potato Salad Baked Beans Fruit	New Year's Eve No Evening Meal	January 1 New Year's Day No Evening Meal

Milk Shakes are available on Monday Nights

\$2.00

Wednesday is Sundae Night \$2.00 Vanilla, Chocolate, Caramel or Strawberry

6 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 Holiday Celebration at 5:00 p.m.	n 13 Breakfast 8:00 to 1:00 AR Noon Meal 11:00 to 1:00	n 20 Breakfast 8:00 to 1:00 b Noon Meal s) 11:00 to 1:00	27 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	Monroe Center Center String April 2025	
Sweet & Sour Pork Brown and Wild Rice Stir Fry Vegetables 600 cal. 8g fat 94 carb 9g fiber 24g sug. 25g pro. 904mg sod.	12 Lunch & Learn Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli OR SALAD BAR (No other options) 656 cal. 34g fat 76 carb & fiber	19 Lunch & Learn Salsa Meat Loaf Mashed Potatoes Green Beans OR SALAD BAR (No other options) 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod	26 BBQ Chicken Sandwich Sweet Potato Wedges Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar (Center closes at 2:00)	December	Menus are subject to change.
4 Class of '69 Lunch Chicken Bruschetta Red Skin Potatoes Cauliflower 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod.	11 USA Wild Caught Cod Brown and Wild Rice Broccoli 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod.	19 Health Odyssey Chicken Marsala Mashed Potatoes Broccoli / Fruit 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod (No other options today)	Spiral Ham with pineapple Au Gratin Potatoes / Salad Prince Charles Veg. / Dessert 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761ng sod \$8 meal (Center closes at 2:00)	1 New Year's Day Chili Multi-Grain Bread Celery Salad 666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohy- drates; 34.7 g protein (Center closes at 2:00)	able.
Birthday Dinner Open-Face Roast Beef Sandwiches /Gravy Mashed Potatoes / Beans Fruit Birthday Cake & Ice Cream 805 cal. 48 gfat 133 cab 10g fiber 20g sugar 41g pro 1,117 mg sod (No sandwiches today)	Toco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	Center's Christmas Dinner Spiral Ham with pineapple Au Gratin Potatoes / Salad Prince Charles Veg. / Dessert 896 cal. 36 pta 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod \$5 meal	24 Christmas Eve Pork Chops with Sauerkraut Mashed Potatoes Brussel Sprouts 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro.1,655mg sod (Center closes at 2:00)	31 Soup & Sandwich \$2 Clam Chowder or White Chicken Chili Egg Salad Sandwich Cookie (No other options today) (Center closes at 2:00)	Monroe Center meals are open to the public. day. Salad Bar on Fridays. Soup, as avail
2 Stuffed Cabbage Mashed Potatoes Stewed Tomatoes Fruit Cocktail 665 cal. 23g fat 59 carb 52g protein	9 Class of '58 Lunch Pork Chops with Mushroom Gravy Mashed Potatoes Green Beans / Fresh Fruit 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	Sloppy Joes with Ground Turkey French Fries Baked Beans 1,088 cal. 46g fat 98 carb	Spaghetti Green Beans / Side Salad Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod	30 BBQ Pork Sandwich Sweet Potato Wedges Cole Slaw 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	Monroe Chef Salad Option Monday thru Thursday. S
Lunch & Learn Lunch & Learn Grilled Chicken over a Bed of Lettuce Cottage Cheese Multi-Grain Bread/ Fruit (No other options today) 880 cal. 23g fat 127 carb 12gfiber 47g sugar 40g pro 1,211 mg sod	Tuna Noodle Casserole with Peas & Carrots / Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	15 Class of '65-66 Lunch Baked Salmon Red Skin Potatoes Cauliflower 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	Corn Flake Chicken Mashed Potatoes Mixed Vegetables 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	Ranch Chicken Mashed Potatoes Normandy Vegetables 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	Chef Salad Option N
\$6 Rib Special BBQ Ribs or Chicken Country Potatoes Broccoli Dessert	Roast Beef / Salmon Red Skin Potatoes Cauliflower / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	14 Bingo Pork Roast /Chicken Mashed Potatoes Green Beans Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	Roast Turkey Mashed Potatoes Dressing / Green Beans / Cranberries 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.	\$6 Rib Special BBQ Ribs or Chicken Baked Potatoes Normandy Veggies Dessert	