

NONPROFIT
ORGANIZATION
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PERMIT NO. 485



Your senior millage tax dollars at work!

November 2025



VOLUME 25, ISSUE 11



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

Center Support: Kevin Hemry

Program Manager: Toni Solomon toni@monroectr.org

Cooks: Scott Suttles

Esther Thompson Josh Gearhart Antonio Terry Val Bezeau Kim Morrison

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cheri@monroectr.org

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nancy@monroectr.org

Volunteer Coordinator:

JoAnn (Mikie) Kunich mikie@monroectr.org

Bingo Coordinator:

Kevin Hemry

Matter of Balance Trainer:

JoAnn (Mikie) Kunich

RSVP Director:

Beth Berlin

beth@monroectr.org

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



15275 South Dixie Highway Monroe, MI 48161

734-241-0404



Visit us on-line: www.monroectr.org

Board of Directors

PRESIDENT:

Mark S. Braunlich

VICE PRESIDENT:

Diane Kamprath

TREASURER:

Jaime McDonald

SECRETARY:

David Swartout

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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

"Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely."



~ Roy T. Bennett, "The Light in the Heart"

November. It's the time of thanksgiving and gratitude. We do have so much to be thankful for, especially here at the Center and in our little corner of the world.

Yet, for me, some days it's difficult not to get weighed down by the issues that are plaguing our nation. There isn't much good news on the news. Shootings. Name calling. Blame. Pride. Greed. Self-centeredness. It's troubling to see and hear all of this on a daily basis. How do we keep our wits about us? I want to stay informed, but I'm also tempted to bury my head in the sand and tune out. Deep down, I know that's not the answer. But it's very inviting.

So how do we balance the influx of news with our desire to choose to be positive, optimistic, kind, and respectful? I don't think there's an easy answer. Some experts say that we need to replace negative messages with positive ones. That's a high order. I have a difficult time trying to be understanding of some of the actions. Compassion doesn't work very well for me either. Acceptance?? Nope. Ugh.

Where to start? I believe it begins with knowing in my heart of hearts that the world is basically good and that love will prevail. Look around, and you'll see beauty in the changing colors of the trees and in the night skies. Nature is a great place to center ourselves. From there, we look for the good in others and ourselves. It's there. Yet, we can all do better. There's a quote that I have at my house that includes the words "I shall pass this way but once. If there is any good that I can do, let me not deter from it, for I shall not pass this way again." I love that message.

So at this time of thanksgiving, let us remember to be grateful, helpful, and kind. And remember, that people are doing the best that they can. Maybe not what we'd do and hopefully not malicious. Bottom line, the only person we have control over is ourselves. Choose wisely.

~ Sandie

News to Note . . .

- Bingo is on Tuesdays!
 Card sales at 1:30 p.m.
 Sunday Bingo— Nov. 9
- Monday Massages (except the first Monday) with JoAnn — 10:00 to 1:00
- **Oct.26** Big Band at 2:00
- October 29— Wellness Day
- Nov. 3 Lunch & Learn
- November 5 Birthday

 Celebration during lunch
- November 6 Class of '69
- Nov. 10 Lunch & Learn
- November 12 —Trivia Night at 5:00 p.m. Prizes!!
- **November 6** —at 11:30 Library in Motion Delivery
- **Nov. 13** Let's Talk Health with Maurine at 4:30
- Nov. 13 Lunch & Learn with Pastor Aaron
- Nov. 11 Class of '58—Lunch
- November 12 Movie "An Unfinished Life" 1:30
- November 17 MHS Classes of '65 and '66 Lunch
- **November 19** MHS Class of '67 Breakfast— 3rd Wednesday
- November 20 —Craft— 3:00
- **November 10 & 20** Writing Group at 1:00 & 2:00 p.m.
- November 20 —ProMedica Health Odyssey
 - November 20 Book Club

 The River We Remember
- **November 21** Center's Thanksgiving Dinner
- Nov. 24 Lunch & Learn with Kristen Reed, Health Ed.
- November 28 \$2 Soup & Sandwich Day

Please Remember to Scan





Happy November Birthdays



Jean Zochowski

Marlene Akans Diane Delmotte Richard Krueger Monte Petit Bob D'Haene JoAnn "Mikie" Kunich Linda Allen John Diehl Jerry Pierce - 70!! Paula Baker James Lang Bill Doom Mary Ann Barbier Dick Langton **Denise Roberts** Connie Barron Sally Essary Thomas Langton **Bandy Sanders** Susie Bates Betty Faunt - 80!! Jane Lathan Sandra Shanteau **Sherry Beaubiene** Fred Fedorowicz Lynn Leininger Bonnie Shinevar Jeff Beauman Anna Mae Fleeman - 90!! **Brenda Lewis** Cheryl Shores Don Beilman Ron Florian Arwada Liedel Julie Siech Beth Berlin - 60!! Karen Smith Gary Follbaum Debra Linday Shirley Bitz Linda Spenoso **Eddie Fortner Dennis Livernois** James Black **Polly Fredericks** Jacqueline Long Dianna Standifer Linda Boberg William K. Garner Sylvia Lueller Adele Stommel Fran Bomia Cheryl Genson-Cuprys Patsy Magee Herb Stotz Marge Bonner Sam Guich Art Mininni James Straub **Annett Breeding** Rose Harris Jeanette Mlynek **Tracy Sudduth** David L. Bryant Bonnie Sype Billy Haynes Lawrence Montague Susan Carollo George Hess Kimberly Moore Sandy Tedora Alyce Castellese Richard Hiltz Lynda Myers Linda Tyree **Tony Castiglione** Virginia Hummel Dave Nadeau Charles VanWasshenova Mary Coolman Charles Huston Bill Neboyskey Shirley Westfall Kay Coombe Don Kegerreis **Hobby Nels** Sharon Williams - 70!! Michelle Costello **Sharon Kimling** Rick Niciejewski Shirley Wyatt Ron Cutter **Avis King** Jimmie Nieswender Pat Wyman



Nancy Deaton

Sandy Kraus

Mary K. Krueger

Birthday Celebration! — November 5, 2025

Pam Palmer

Jim Patterson

We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a November birthday enjoy a complimentary lunch on Wed., Nov. 5. **Cake sponsored by Fountain View of Monroe**

RECENT DONATIONS

Dr. Adam Yazback, DDS Denise Auten Jennifer Sell Jack Sturn

Cheri & Mark Braunlich
JoAnn (Mikie) Kunich
Beth Berlin
Jerry & Sandie Pierce

Nancy & Sam Guich
Esther Thompson
Toni Solomon
Tracy Sudduth

Kevin & Pat Hemry and Pinochle — Water Donation

in memory of Mary Durell

Kari Durell

in memory of Margaret Brightbill

Cheryl Brightbill

Bake Sale on September 30 raised \$599 The Purse Auction on October 11 raised \$900

Thanks to D & D Cycle for sponsoring the Birthday Cake for October

Thanks to Neighbor Legal Services Elder Law & Advocacy



for sponsoring a Lunch & Learn on Identity Theft on September 30.

7310 Woodward Ave, Suite 301 Detroit, MI 48202 313.964.1974

Raffle Basket Drawing — Nov. 19



Roger and Rose Post have generously provided two baskets for this drawing.

The baskets are in memory of faithful community servants, Pam LaPan who died on November 11, 2021 and Aaron P. Simonton who died on August 11, 2023.

They made a tremendous impact in our world.

WELCOME NEW MEMBERS

James Black Rhonda Gibson

Bonnie Boggs Travis Hammac

Eileen Kay Bogoski Nancy Hughes

Patricia Brevoort Norm Sauer

Deborah Cosby Donna Thompson

Margaret Ellison Shirley Westfall

Report on the 50/50 Raffles at Bingo



\$ 1,172 — January—March \$ 1,241.50 — April — June \$433 — July \$398 — August \$463 — September

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 — \$250 August —\$571

Thank you!!

Cheri's Quote of the Month





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

With sympathy ...

Burton Johnson — August 28 Charles Holmes — September 2 Mary Penley —September 10 Carolyn Morrin — September 15 Naomi Braden — September 22 Margaret Brightbill — October 1







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

Monroe Ford Retirees — Monday, November 3 — 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 November 9

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

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



Health Odyssey November 20, 2025

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

Topic: Stroke Education with Julie Shawver

Please sign up: 734.241.0404

Registration includes the complimentary lunch for those **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, November 12th 5:00 to 6:30 p.m.



Free of charge.



Prizes Awarded!

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

November 12th Movie "An Unfinished Life"



1:30 pm

Robert Redford and Morgan Freeman star in this powerful story of risk and redemption. Einar Gilkyson (Redford) lives in the Wyoming ranchlands alongside his trusted friend, Mitch Bradley (Freeman).

Suddenly, the woman he



UNFINISHED LIFE

blames for the death of his only son arrives at his door broke, desperate and with a granddaughter he's never known. As anger resurface, the way is opened for connection and forgiveness.

Complimentary popcorn.

Thanksgiving Day Dinner



Thursday, November 27 11:00 to 1:00 — \$8 person

Please make reservations.



National Senior Health & Fitness Day

Wednesday, October 29, 2025

11:30 a.m. Complimentary Lunch
12:00 noon — "The Upside" with Guest
Speaker, Dr. Chris Boudrie
Dr. Boudrie is a retired Biology & Health Sciences
Professor at Lourdes University in Sylvania, Ohio,
and currently works part-time at the Monroe
County Library System. She lives in an old farm-house in LaSalle with her husband, five cats, and
one dog. Dr. Boudrie has been a friend of the
Monroe Center since 1987.

9:00 — Cholesterol Checks (Remember to fast)
Please register: 734.241.0404

Sponsored by:





Dancing Witches

Wednesday, Oct. 29 — 5:00 p.m.

Cauldron donations go to a family in need,



Monroe Center Fall Craft Show

Saturday, November 8th

From 8:00 a.m. to 1:00 p.m.



- Crochet
- Woodcrafts
- Jewelry
- Décor
- Art
- Accessories
- Baked Goods
- Food & More

Come Shop with Us!

Enjoy an afternoon of

Big Band & Show Tune

Music with Ryan Jewell's

Quintet

Sunday, October 26 2:00 to 4:00 p.m.

No admission fee.

Complimentary Snacks.





Thursday, Nov. 13 8:00 to 4:00

Friday, November 14 8:00 to Noon

Donations are being accepted. (No clothes, please)

Center's Thanksgiving Dinner



Friday, November 21 11:30 a.m. — \$5 person



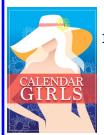
Brain Aerobics

with Tracy Sudduth Monday's at 9:00 a.m.

Crosswords and Sudoku available daily.

2026 Calendars

"Monroe Center – Naturally"



The calendar features 14 of the Center's finest women posing quite naturally.

\$20 for members \$25 for nonmembers

RIB DINNER & CASINO NIGHT RAISED \$979! THANKS TO THOSE WHO SUPPORT OUR EVENT.

Top Winners:

	•		Glenda Frederick	\$ 77			
•	Joe David	\$405		·			
•	David Manning	\$350	• Brenda Turnbull \$ 5				
	S	·	Rita Ernest \$ 5Myrna Stockard \$ 5				
•	Charles Myland	\$245					
•	Phyllis Keck	\$236	• Jon Moore \$				
•	Roy Valentine	\$150		.,			
•	Alyce Castellese	\$131	These winners each	drew			
•	Crystal Heft	\$125	for a \$50 or \$25 gift card. Congratulations!				
•	Valeria Campbell	\$122					
•	Yvonne Fuqua	\$122					
•	Judy Drake	\$ 85	Thanks to Beth Berlin and all of the Volunteers who made this night possible.				
•	Millie Daniels	\$ 84					

Lunch & Learn —Avon Health Care Monday, November 3

11:30 a.m. Lunch RSVP

Lunch & Learn

Medicare & Medicare Advantage

Updates for 2026

By Jim Bokshan

Monday, November 10

Lunch & Learn Thursday, November 13

11:30 Complimentary Lunch

12:00 Program



"Navigating the Holidays: Families, Feuds, Fears, and Feelings"

Pastor Aaron David Werner



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.



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.



The compassionate care seniors deserve.

Cornerstone Caregiving is a senior home care service that partners with your community to support staffing needs.

How we help:

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

Contact:

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.

Craft November 20 — 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.



Women's Coffee Hour with Maurine

Let's talk about health! November 13 — 4:30 p.m.



Friday, November 14 4:00 to 6:00 p.m. Sign Up!

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

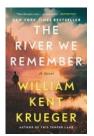


November 10 and 20, 2025

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

November 20, 2025 - 1:00



"The River We Remember" by William Kent Krueger

In 1958, a small Minnesota town is rocked by a shocking murder, pouring fresh fuel on old grievances in this dazzling standalone novel.

Dec. 18—Skipping Christmas by Grisham January — The Noble Land by Michener February — The Art Thief by Finkel March — The Frozen River by Lawhon April — The Live We Bury by Eskens May — Pelican Girls by Julia Mayle



MONROE CENTER TRAVEL

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

Shipshewana — November 11

Motorcoach from Monroe.
Shopping and Sightseeing in the morning.
Lunch and show at Blue Gate Theatre —
featuring "The Christmas Candy Caper"
\$150 per person. Checks payable to
Horizon Travel, 604 Main Street
Adrian, MI 49221

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.

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

Please call Maxine immediately if you are interested in the above trips at 734.241-0404, 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/princessroyalmexriv-glp
- May Best of Greece 9 days on Celebrity <u>https://grandamericantours.com/ce</u> leb-infinity-greek-isle
- 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>



FREE + LOW COST HEALTH SCREENINGS

Presented by ProMedica Monroe Regional Hospital, Charles & Virginia Hickman Hospital, and United Way of Monroe/Lenawee Counties

Thursday, October 9, 2025

8 a.m.-12 noon
First United Methodist Church
1245 W. Maple Avenue
Adrian, MI 49221

Thursday, October 23, 2025

8 a.m.-12 noon

Monroe Knights of Columbus Hall 202 W. Front Street Monroe, MI 48161

Thursday, November 6, 2025

Carleton United Methodist Church 11435 Grafton Road Carleton, MI 48117

Sponsored by

- United Way of Monroe/Lenawee Counties
- ProMedica Monroe Regional Hospital
- ProMedica Charles & Virginia Hickman Hospital
 Family Medical Center of Michigan
- Michigan Dept. of Health & Human Services
- Lenawee County Health Department
- Monroe County Health Department
- Monroe County Retired Senior Volunteer Program (RSVP)



◆ PROMEDICA

MONROE REGIONAL

HOSPITAL

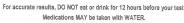
We DO NOT Accept: HSA, FSA or HRA cards.

Labs/Screenings Available:

- 22 Point Blood Panel* \$20
- Vitamin D Screen \$1
- Hemoglobin A1C \$15

Services Available:

- Adult Immunizations*
- Blood Pressure Check
- Nutrition Counseling
- Medication Counseling



ALL TESTING IS SUBJECT TO AVAILABILITY.

Call 734.242.1331 or 517.264.6821 www.UnitedWayMLC.org



The following vaccines may be available to adults 19 years of age or older who are uninsured*, or underinsured* and meet certain risk factors

COVID, flu and pneumonia vaccines will be available for Medicare Part B recipients.

* Adults with vaccines insurance coverage or Medicaid DO NOT qualify for this program.

MONROE COUNTY SENIOR LEGAL SERVICES Annual Bingo/Raffle Party



SATURDAY, November 22, 2025

at 6:00 P.M. (doors open at 5:15 p.m.)

at the

VFW HALL Post 1138 400 Jones Avenue, Monroe, MI 48161

(Corner of Jones Ave. and LaPlaisance Rd.)

Cost: \$25.00 for 6 Regular Bingo cards

Special bingo sheets available for sale OPEN TO THE PUBLIC

Food and Beverages available for purchase

RAFFLE TICKETS RAFFLE TICKETS

RAFFLE TICKETS

RAFFLE DRAWING PRIZES:

1st Prize: \$599.00 La-Z-Boy Furniture Certificate

2ND Prize: Air Pods Pro 3rd Prize: \$100 Cash

Raffle Tickets: \$1.00 each or 6 tickets for \$5.00

Raffle Drawing immediately following Bingo. NEED NOT BE PRESENT TO WIN! Purchase tickets in advance at our office or call 734-241-7644 for more information.

BINGO LICENSE # V11416

RAFFLE LICENSE # R81449

Ask the Pharmacist!





Take care and stay healthy!

Jennífer

The Community's Partner in Lifelong Learning

- Physical fitness and yoga
- Culinary and wines
- 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

September 10 — Barb Crumm September 12 — Cindy Prusaitis

September 13 — Cindy Prusaitis

September 15 — Ron Bowman

September 17 — Cindy Prusaitis

September 19 — Cindy Prusaitis

September 20 — Joan Milam

September 22 — Cindy Prusaitis

September 24 — Nancy Dale

September 26 — Joan Milam

September 27 — Joan Milam

September 29 — Ron Bowman

October 1 — Dennis Eby

October 3 — Barb Crumm

October 4 — Cindy Prusaitis

October 6 — Pat LaRoy

October 8 — Cindy Prusaitis

October 10 — Cindy Prusaitis

Thanks to Gary Miller for running the Pinochle Games!





Medical Closet

The Monroe Center has a "medical closet" available to anyone who might benefit from an assistive device. What's available is based on what we have on hand, so it makes sense to call to inquire.

Items that we currently have:

- Low-vision reading machine
- Shower chairs Wheelchairs
- Walkers with and without wheels
 - Bedside commodes Canes
 - Hair Wash Station

Call to inquire: 734.241.0404

THINGS TO KNOW:

- The first row outside of the Center is reserved for guests of the Center. The Monroe Center reserves the right to tow cars.
- Please remember that the Center is scent free.



- Gift Certificates are a minimum of \$20 for new and additions.
- The **breakfast punch cards** were discontinued effective November 1.
- When ordering meals, if you aren't going to eat the vegetables (for example), you don't have to take them.
- **Flash Photography.** Please refrain from using a flash on your cameras.



Individual Donations generate 5% of our annual budget (\$35,000)

Total amount donated through August 31, 2025: \$9,813.73. We should be at \$23,000.

Your support helps to ensure we maintain a balanced budget.



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 BlindDisorders
- 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.





Monroe County Library in Motion Pick-Up

November 6 — 11:30 a.m.

FRENCHTOWN-DIXIE BRANCH LIBRARY DEMENTIA SUPPORT GROUP econd & 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 — November 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

- Jackie Drouillard can answer your **Medicare** and insurance questions. Please call for an appointment: 734.241.0404 Note: Jackie is working on insurance coverage for Eliquis. She **may** be able to help with getting this medication cheaper.
- **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** November 20 at 10:00 a.m. (To be confirmed)



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!







Medicare Planning Solutions of Michigan

We're here to help you feel more confident, informed, and supported as you explore your Medicare options. Our goal is to provide clarity and comfort through every step of your Medicare journey.

What We Offer

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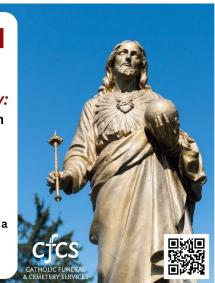
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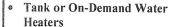
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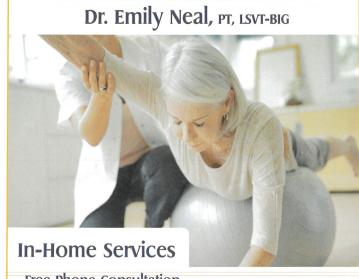
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Monroe Center		ovember 2025				1 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
Sunday Dinner 11 a.m. to 1 p.m.	3 Medicare with Jackie 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 11:30 LUNCH & LEARN 12:00 Pinochle 1:00 Dancing 3:00 Balance	4 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers 7:00 Coin Club	5 Birthday Dinner Medicare with Joyce 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance	6 Medicare with Jackie by appointment 9:00 Balance Exercise 10:15 Chair Yoga 11:30 Library in Motion Noon Class of '69 7:00 Model A Club	7 Medicare with Joyce 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
Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	Medicare with Jackie 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 11:30 LUNCH & LEARN 1:00 Writing with Betsy 12:00 Pinochle 1:00 Dancing/3:00 Balance	11 Class of '58 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	12 Monroe Senior Legal Medicare with Joyce 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Movie 3:00 Balance 5:00 Trivia w/JoAnn aka	13 Medicare with Jackie by appointment Rummage Sale 9:00 Balance Exercise 10:15 Chair Yoga 11:30 LUNCH & LEARN 4:30 Let's Talk Health with Maurine	14 Rummage Sale 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet 4:00 Name that Tune	15 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
Sunday Dinner 11 a.m. to 1 p.m.	17 Newsletter Crew Medicare with Jackie 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn Noon Classes of '65 & '66 12:00 Pinochle 1:00 Dancing/3:00 Balance	9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo	19 Class of '67 BK Medicare with Joyce 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	20 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	21 Center's Thanksgiving Medicare with Joyce 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
23 Sunday Dinner 11 to 1 p.m. 30 Rib Dinner 11 to 1 p.m	24 Canasta Medicare with Jackie 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 11:30 LUNCH & LEARN 10—1 Massages with JoAnn 12:00 Pinochle 1:00 Dancing/3:00 Balance	25 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	26 Monroe Senior Legal Medicare with Joyce 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance	Thanksgiving Dinner 11:00 to 1:00 p.m. \$8 per person Please register 734.241.0404	28 Soup & Sandwich Medicare with Joyce 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet Center closes at 2:00	29 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00



November

2025

Evening Meals

Served 4:15 to 6:00 pm

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

Tuesday 28 Apple Butter Pork Stuffing Tegetable Coast Beef	Wednesday 29 Hawaiian Meat Balls Brown Rice Stir Fry Vegetables 5	Thursday 30 Breakfast Burrito with Egg, Sausage, Cheese Hashbrowns / Banana
apple Butter Pork Stuffing Vegetable	Hawaiian Meat Balls Brown Rice Stir Fry Vegetables	Breakfast Burrito with Egg, Sausage, Cheese Hashbrowns / Banana
tuffing Tegetable	Brown Rice Stir Fry Vegetables	Egg, Sausage, Cheese Hashbrowns / Banana
egetable 	Stir Fry Vegetables	Hashbrowns / Banana
		,
	5	
Roast Beef		6
	Patty Melt	Baked Cod
lashed Potatoes	Sweet Potato Fries	Brown and Wild Rice
reen Beans	Broccoli Salad	Vegetable / Cole Slaw
1 piral Ham Slices weet Potatoes egetable/Side Salad	12 Grilled Chicken Potato Salad Baked Beans Fruit	Pot Roast with Potatoes, Carrots, Celery, Onion Applesauce
8 ineapple Chicken frown Rice regetables	19 BBQ Pork Sandwich French Fries Cole Slaw	20 Spaghetti Green Beans Garlic Bread Fruit
	26 Chicken Caesar Wrap	27 Thanksgiving
	ss Steak	26 Ss Steak Chicken Caesar Wrap Shed Potatoes Veggie Chips

Milk Shakes are available on Monday Nights

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

\$2.00



1 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	8 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	15 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	22 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	29 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES STUES	7 Baked Salmon Red Skin Potatoes Cauliflower 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro.	14 Rummage Sale Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb &g fiber 8g sugar 29g protein 1,548 sod	21 \$5 meal Roast Turkey Mashed Potatoes Dressing / Green Beans Cranberries Pumpkin Pie 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.	28 Soup & Sandwich \$2 Chicken Tortilla or Vegetable Beef Soup Egg Salad or Ham & Cheese Sandwich / Cookie (No other options today) (Center closes at 2:00)
72	6 Class of '69 Lunch Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	Lunch & Learn BBQ Chicken Sandwich Sweet Potato Wedges Celery Salad OR CHEF SALAD (No Other Options today) 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	20 Health Odyssey Grilled Chicken over a Bed of Lettuce Cottage Cheese Multi-Grain Bread / Fruit 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod (No other options today)	27 Thanksgiving Roast Turkey Mashed Potatoes Dressing / Green Beans Cranberries / Roll Pumpkin Pie 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.
mber	S Birthday Dinner Chicken Bruschetta Red Skin Potatoes Cauliflower Birthday Cake & Ice Cream 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod. (No sandwiches today)	12 Ranch Chicken Mashed Potatoes Normandy Vegetables 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	19 Class of '67 Breakfast Pork Chops with Sauerkraut Mashed Potatoes Brussel Sprouts 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	26 Spaghetti Green Beans / Side Salad Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod
Novem	4 Stuffed Peppers Mashed Potatoes Stewed Tomatoes Fruit Cocktail 665 cal. 23g fat 59 carb	11 Class of '58 Lunch Chili Multi-Grain Bread Celery Salad 666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohy- drates; 34.7 g protein	Chicken Noodle Casserole with Peas & Carrots / Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	25 Beef Tips Over Noodles Beets Cottage Cheese 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod
	2 Ford Retirees Lunch & Learn USA Wild Caught Cod Brown and Wild Rice Broccoli OR CHEF SALAD (No Other Options today) 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod.	10 Lunch & Learn Open-Face Beef Sandwiches /Gravy Mased Potatoes / Beans OR CHEF SALAD (No Other Options today) 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	17 Class of '65-66 Lunch Salsa Meat Loaf Mashed Potatoes Green Beans 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod	24 Lunch & Learn Turkey Burgers with Sautéed Onions French Fries Mixed Vegetables OR CHEF SALAD (No Other Options today) 1,088 cal. 46g fat 98 carb 15g
Monroe Center	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	9 Bingo Chicken Marsala Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	16 Pork Roast /Chicken Mashed Potatoes Green Beans Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	23 Spiral Ham pineapple Au Gratin Potatoes Mixed Vegetables 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod 30 \$6 Rib Special

Menus are subject to change. Chef Salad Option Monday thru Thursday. Salad Bar on Fridays. Soup, as available. Monroe Center meals are open to the public.