



15275 South Dixie Highway
Monroe, MI 48161

NONPROFIT
ORGANIZATION
US POSTAGE PAID
MONROE, MI
PERMIT NO. 485



Your senior millage tax dollars at work!

October 2025

Engage!

VOLUME 25, ISSUE 10

**27 OF THE CENTER'S 77 MEMBERS WHO ARE 90+ YEARS
ATTENDED THE OVER 90 CELEBRATION ON AUGUST 20**



*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 / Bingo Coordinator:
Kevin Hemry

Program Manager:
Toni Solomon
toni@monroectr.org

Cooks: Scott Suttles
Esther Thompson
Josh Gearhart
Antonio Terry
Val Bezeau
Kim Morrison

Customer Service Coordinator:
Cheri Braunlich
cheri@monroectr.org

Accounting Clerk:
Nancy Guich
nancy@monroectr.org

Volunteer Coordinator:
JoAnn (Mikie) Kunich
mikie@monroectr.org

Balance Instructor:
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

BOARD MEMBERS:

Bill Bacarella

Troy Goodnough

Kevin Hemry

Hobby Nels

Kassie Nipper

Jennifer Sell

Bonnie Thompson

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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."*

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



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

*"As October ends, the leaves remind
us how beautiful it is to let go."*

~ Author Unknown

This month, my focus is on acceptance.

Acceptance is about acknowledging reality as it is, without resisting or denying it. Acceptance doesn't necessarily mean that we approve of the situation or don't **want** things to change. It simply means that we see things as they are without letting emotions distort our perception.

Every woman I'm sure has given or received the advice that you can't expect that you will be ever able to change your spouse — or anyone for that matter. It's futile. People are all unique and come with their own set of behaviors based on their experiences. We all have idiosyncrasies that others may or may not understand. The challenge is to accept, without judgment.

Again, it doesn't imply that we are satisfied with the status quo. It's simply a conscious choice to face reality with clarity to guide our actions. Acceptance of a situation or person usually results in a reduction in negative emotions, including stress, and helps us see things more clearly. Solutions are more likely to come from calm awareness than from a stressed one. Life would be boring if we were all the same. Let's celebrate our differences — we all have something to offer. (Even if it's a lesson on how *not* to act.)

Ageism Awareness Day is celebrated in October. It's one more area that we as a community could do better, which is appreciating the value of older adults. In retirement, we tend to lose a part of our identity. But, we should never lose the impact that we made in our families, our work, and our community. Please know that you made a difference — and continue to do so.

We also celebrate National Health & Fitness Day. It's a day for us to highlight the importance of taking care of ourselves. It's always a good time to practice prevention. Eating foods that nourish our bodies and getting some exercise are two good ways to improve our overall health. After all, we want to be around for a long time to come. We have people to see and places to be!

I'm happy to celebrate our longevity with all of you.

~ Sandie

News to Note . . .

- **Bingo is on Tuesdays!**
Card sales at 1:30 p.m.
Sunday Bingo— October 12
- **Monday Massages** (except the first Monday) with JoAnn — 10:00 to 1:00
- **October 1 — Birthday Celebration** during lunch
- **October 2** — Class of '69
- **October 8 — Trivia Night** at 5:00 p.m. Prizes!!
- **October 9** — at 11:30
Library in Motion Delivery
- **October 9** — Let's Talk Health with Maurine at 4:30
- **October 11 — Purse Auction**
- **October 12 — Lunch & Learn**
- **Oct. 14** — Class of '58—Lunch
- **October 8 — Movie** — 1:30
"Calendar Girls"
- **October 20 — Lunch & Learn** with Advance Physical Therapy
- **October 20 — MHS Classes of '65 and '66** Lunch
- **October 15** — MHS Class of '67 Breakfast— 3rd Wednesday
- **October 16 — Craft**— 3:00
- **Oct. 6 & 23** — Writing Group at 1:00 & 2:00 p.m.
- **October 23 — ProMedica Health Odyssey**
- **October 23 — Book Club**
The House of Spirits by Isabel Allende at 1:00
- **October 26 — Big Band Music** at 2:00 p.m.
- **October 29— Wellness Day**
- **October 31** — \$2 Soup & Sandwich Day

**Please Remember
to Scan**



Happy October Birthdays

Helen Anson	Melody Ellis	James Keck	
Susan Applin	Linda Foshag	Dee Kelham	Nancy V. Savage
Marge Auten	Glenda Gentner	Christine Kyko	Matt Schaffer
Ray Bak	Roberta Gibson	Kathie Langton	Frank Sottile
Marilee Ball	Charlotte Goins	Bill Lauer	Robert Stroupe
Irene Bond	Domenic Greco	Annie Loughridge	Esther Thompson
Ken Brooks	Janie Groven	Joe Maloche	Shirley Todd
David Burgard	Patt Hall	Eva Martinez	Linda Townsend
Tonia Burkey	Brian Hasley	Sharon Mays	Cheryl U'Ran
Ashley Calkins	Gene Haman	Diane Mesteller	Diane Vajcner
Valeria Campbell	Fred Hammack	JoAnn Mieden	Ron Van Dorn
Beverly Castellese	Janet Hartwig	Carlene Miller	Cheryl Weakly
Marie Conte	Juanita Hatcher	Dolores Mitchell	Diane Webb
Marney Cooley	Sharon Herrera	Patrick Muhleck	Lynn Weeman
Donalda "Sue" Cupp	Trina Hibbs	Nina Ochs	Thomas R. Weeman
Betty Curley	Ritz Hiltz	Jonnie Pratt	Jan Wells
Gordon Deaton	Steve Howerton	Arnold Reaume	Craig Wiley
Pat Diehl	Dru Hudson	Jim Reaume	Joe Wise
Joe Dobberstein	Sheridan Hudson	Mary Rhoades	Gerry Wiseman
Loraine Durrant	Nancy Hughes	Alice Richard	Mike Strube
Sharon Eby	Kathy Hummel	Dennis Richardville	Pamela Sherman
Dewey Edwards	Jim Hutchison	Larry Rutledge	

Birthday Celebration! — October 1, 2025

We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating an October birthday enjoy a complimentary lunch on Wed., October 1.

Cake sponsored by D & D Cycle



September Birthday Celebration Attendees

RECENT DONATIONS

Capaul Funeral Home
Nancy & Sam Guich
Jerry & Sandie Pierce
Nancy Kirwen in honor of her 89th birthday
Pinochle Group — donations of bottled water
Monday Canasta Group
Mark & Cheri Braunlich
Mikie Kunich Val Bezeau Debbie Lentz
Beth Berlin Linda Lamb Carla Strunk

In memory of Richard Genord

Mick & Mary Krueger

Rummage Sale on August 14 & 15 raised \$2,372.

*Thanks to Monroe Car Care
for sponsoring the Birthday Cake for September*

Scan Cards

Please use them. When? Every time you come in to the Center, and **every time** you leave. This process records the time you entered, when you left, and calculates the time you spent here. This number is used to calculate the amount of millage funding we receive. each month.



With Deepest Sympathy on the
Passing of Janet Ryan, IHM —
September 2, 2025

Sister Janet (Ann Rita) Ryan, IHM, entered eternal life on Sept. 2, 2025, at the age of 82. She joyfully lived 63 of those years as an IHM Sister, devoted to prayer, service and community. The Monroe Center was grateful for her service on the Board.

WELCOME NEW MEMBERS

Diane & Gary Delmotte	Sylvai Lueller
Charles Baldridge	Roberta McPeck
Kimberly Britten	Mary Ann Mullholand
Susan Carollo	Brian Rensi
Sharon G. Curry	Frank Shock
Dan Gilbert	Steven J. White
Richard Hutchison	Carol Wilson
Becky Leach	Jon Womack
Craig Liparoto	

Report on the 50/50 Raffles at Bingo

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

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

Food Donation Goal: \$2,000

Jan. to March — \$586.24
April — \$241
May — \$409
June — \$241
July — \$263

Thank you!!

Cheri's Quote of the Month

“Anyone who
Thinks fallen leaves
Are dead has never
Watched them
Dancing on a windy
day.”

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

With sympathy ...

Dorothy D'Haene — August 6
Robert G. Strimbel — August 25
Sister Janet Ryan — September 2

***Deep in our hearts you'll always stay
loved and missed everyday***

OCTOBER 2025

“What’s Going On” at-a-Glance

Monroe Ford Retirees — Monday,
October 6 — 8:30 a.m. Breakfast
11:00 a.m. Lunch — Salaried

BINGO

Bingo is held on Tuesdays

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

Sunday Bingo is October 12

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

Monday Night Bingo — October 27

With Guest Caller Tino Amaya
4:00 p.m.

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

HOSTED BY Mikie Kunich

Wednesday, October 8th
5:00 to 6:30 p.m.

TRIVIA

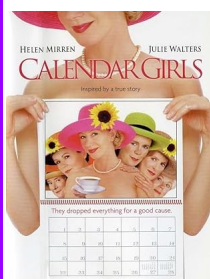
Free of charge.

Prizes Awarded!

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

October 8th Movie

“Calendar Girls”
1:30 pm



Annie Clarke and Chris Harper live in the Yorkshire village of Knapely, where they spend much time at the Women's Institute and with each other. When Annie's husband, John, is diagnosed with terminal leukemia, Chris regularly visits him at the hospital. Chris complains about the uncomfortable couch in the waiting room. After noticing a "girlie" calendar in a mechanic's shop, she hits upon an idea to raise funds to buy a new sofa. Chris proposes producing a calendar featuring members of the Knapely branch of the Women's Institute discreetly posing nude while engaged in traditional WI activities, such as baking and knitting.

Complimentary popcorn.



Health Odyssey

October 23, 2025

11:30 a.m. Lunch

12:00 Program

Topic: Family Residency Center

Please sign up: 734.241.0404

Registration includes the complimentary
lunch for those who attend the program.

Please be kind. No talking during
the presentation.

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

Walk to End Alzheimer's

October 18, 2025
Loranger Square

"Monroe Center – Naturally" 2026 Calendars

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



Purchase your calendar at the "Calendar Signing" with all of the Women on Thursday September 25th 11:00 a.m. to 1:00

\$20 for members
\$25 for non-members

Lunch & Learn on Scams

with Lauren Beaudry
Asst. Prosecuting Attorney

Friday, October 10
11:30 a.m. Lunch
12:00 Program

Please Sign up at the Front Desk

September 26 — Ribs Dinner and Casino Night

Dinner: 4:30 to 5:30 p.m.
50/25-25 Drawing at 5:30 p.m.
Casino Games: 5:30 to 8:30 p.m.
Prizes Awarded!

Menu: BBQ Ribs, Baked Potato,
Green Beans, Side Salad, Tuxedo Cake

Sponsored by
McMullin Dental

Lunch & Learn with Dr. Beau Massingill Advanced Physical Therapy

Monday, October 20
11:30 a.m. — Lunch
12:00 — Program on Hip Replacements

Please sign up at the Front Desk.

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.

Women's Coffee Hour with Maurine

Let's talk about health!

October 9 — 4:30 p.m.

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

Balance Machine

Ask at the Front Desk if you'd like to learn how
to use the Balance Machine



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*) & the 1st
Wednesday of the month from 10:00 to
1:00 — \$1 per minute

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



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

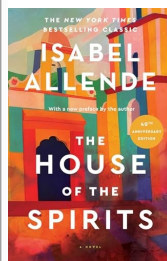
October 13 and 23, 2025

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

MONROE CENTER BOOK CLUB

October 23, 2025 — 1:00

The House of Spirits
By Isabel Allende



The House of the Spirits brings to life the triumphs and tragedies of three generations of the Trueba family. The patriarch Esteban is a volatile, proud man whose voracious pursuit of political power is tempered only by his love for his delicate wife Clara, a woman with a mystical connection to the spirit world. When their daughter Blanca embarks on a forbidden love affair in defiance of her implacable father, the result is an unexpected gift to Esteban: his adored granddaughter Alba, a beautiful and strong-willed child who will lead her family and her country into a revolutionary future.

Nov. 20—The River We Remember by Krueger
Dec. 18—Skipping Christmas by Grisham

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!

Brain Aerobics

with Tracy Sudduth

Monday's at 9:00 a.m.

Crosswords and Sudoku available daily.

Flu Shots

with Monroe County Health Dept.

Thursday, October 16

8:00 to 11:00 a.m.

with Mike Stein, HomeTown Pharmacy

Monday, September 29

Monday, October 20

8:00 to 11:00 a.m.

Please Sign Up.

Lunch & Learn

with Betty Gonzalez

Monday, Sept. 29

11:30 a.m. Lunch

12:00 noon Program on Scams
& Financial Exploitation

PLEASE SIGN UP.

Ageism Awareness Day is October 7, and

is led by the American Society on Aging
(ASA) to combat age-based stereotypes
and to promote inclusive aging. The

theme for 2025 is

"Age is a Strength: Building Belonging,
Challenging Ageism," with a focus on
intergenerational connection and
advocating for healthy, inclusive aging.



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 to 11:00 — Cholesterol Checks
(Must register. Remember to fast)

Health Education Information

Please register: 734.241.0404

Monroe Center

Purse Auction



**Come Join Us Here at the
Monroe Center for Our Very
1st Ever "Purse Auction" on
October 11th From 4-6 pm.
With Guest Speaker,**

Kaye Lani Rafko-Wilson

Dress Code: Dress
Outrageous, Fancy,
Shocking, Glamorous,
Throwback, Creative
(You Choose).

**Bid on Purses and
Handbags with Special
Surprises Inside. Entry to
the Event is Free but You
Must Sign Up on or Before
the 8th of Oct.**

#Food #Drinks #50/50
#Fashion Show #Fun #Laughter
#Purses #And More!

Dancing Witches

Wednesday, Oct. 29 — 5:00 p.m.

Cauldron donations go to a family in need,

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.

FROM THE VOLUNTEER COORDINATOR:

WE NEED YOUR HELP!

Are you looking for something to fill your spare hours? We could use a few more energetic 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



Cornerstone
CAREGIVING

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](https://www.kroger.com/i/community/community-rewards) to sign in or create an account.

Craft October 16 — 3:00 p.m. Pillows with Esther

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.

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

Register and Pay by October 17.



Horizon Travel requires at least
30 people for this trip.

Please call Maxine early if you are
interested in this trip at 734.241-0404

2026 Cruises:

- January — Mexican Riviera out of Los Angeles — 8 days on Royal Princess
<https://grandamericantours.com/princessroyalmexriv-glp>
- May — Best of Greece — 9 days on Celebrity Infinity
<https://grandamericantours.com/celeb-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 Silhouette
<https://grandamericantours.com/celeb-silhouette-iceland>



Health FALL 2025




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
8 a.m.-12 noon
Carleton United Methodist Church
11435 Grafton Road
Carleton, MI 48117

Labs/Screenings Available:

- 22 Point Blood Panel* \$20
- Vitamin D Screen \$10
- Hemoglobin A1C \$15

Services Available:

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

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

For accurate results, DO NOT eat or drink for 12 hours before your test. Medications MAY be taken with WATER. ALL TESTING IS SUBJECT TO AVAILABILITY.

Call 734.242.1331 or 517.264.6821
www.UnitedWayMLC.org

DRUG Take-Back Event
Safe disposal of unused or expired medications.
DROP-OFF IS ANONYMOUS!
ANY IDENTIFYING PATIENT INFORMATION WILL BE DESTROYED.

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 AGING CONSORTIUM HEALTH & WELLNESS SUMMIT

Tuesday, October 14, 2025 10:00AM
LaRoy's Hall 12375 S Telegraph Rd LaSalle, MI

10:00 Visit Sponsor and Vendor Tables
11:00 Brunch (\$5.00 suggested donation)
11:30 **SPEAKERS:**

Audrey Schroeder, LMSW, CTC-SW Choices Counseling Solutions, LLC
Mental Wellness in Aging Adults - Managing mental health symptoms (anxiety, depression, grief) as we navigate life transitions
Dr. Emily Neal, PT, LSVT-BIG CRWellness (Courageous Rehab and Wellness)
Pain Perception: Mechanisms and the Role of Stress, Exercise, and Breathing

Get ready to see if you're a winner!
The amazing raffle baskets will be drawn as the event concludes

Register by Tuesday, September 30
Please include names and contact information
Gardens of Carleton at 833-931-5853 or Email: monroeagingconsortium@gmail.com

Sponsored by:


 Saint Therese
HIM SENIOR LIVING


 SOBAKS
HOME MEDICAL


 MONROE HOME CARE SHOPPE


 Visiting Angels
LIVING ASSISTANCE SERVICES


 Integrity
INSURANCE SOLUTIONS


 Monroe Springs


 MERKLE
FUNERAL SERVICE & ESTATE REPRESENTATION


 Vibrant Life
Senior Living


 Seacrest
SENIOR & NURSING CENTER


 Huron Valley PACE


 Trinity Health

Ask the Pharmacist!

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

Hello Friends and Happy Fall! The summer surely went by fast and the cooler months are upon us! I always think that the message I am going to share in this month's newsletter is important to hear at this time of year as we start spending more times indoors.

Unwanted or expired medications can accumulate in our homes quickly and having these medications in your home is a risk for a number of reasons. Accidental exposure, accidental poisoning and even overdose are all risks when this supply of medications could be accessed by a child or adult visiting or living in your home. Addressing this supply of unwanted or expired medications through removal and safe destruction is important to:

- Protect Public Health
- Prevent Misuse
- Avoid Environmental Contamination

The CDC reports that 100,000 Americans perish every year due to a drug poisoning or overdose. In 2022, children under the age of five accounted for 42% of accidental poisonings in the state of Michigan – with significant concern for exposure to medications, cannabis and nicotine.

Identifying these medications and removing them from the home is the first step – the safe destruction is also important. Throwing these medications in the trash creates risk for accidental exposure and flushing them down the toilet can impact the community water supply. The best option for safe and thorough destruction is to bring them to a medication disposal event or to a location that offers ongoing safe medication disposal.

The Drug Enforcement Agency (DEA) sponsors a national effort to encourage citizens to safely dispose of old, unwanted or expired medications in two ways – everyday, ongoing disposal and focused events that occur each year in April and October. There are approximately 17,000 locations that offer ongoing medication disposal and they can be located at **dea.gov/everyday-takeback-day**.

The next national DEA Prescription Drug Take Back Day is Saturday, October 25, 2025 from 10 am to 2 pm. Sites participating in this focused event can also be located on the DEA website. Locations hosting these events will also promote them through flyers, newspaper ads and radio communications – so stay on the lookout to find an event on October 25 or locate a site that offers ongoing disposal. Do your part to keep our communities healthier and safer – get rid of those old and expired meds!

Take care and stay healthy!

Jennifer

ZERO-INCREASE MILLAGE RENEWAL FOR MAINTENANCE AND IMPROVEMENT

Monroe County voters approved a five-year Maintenance and Improvement Millage in 2016 and again in 2020 so that MCCC could implement Phases 1 and 2 of critical facility and technology updates.

MCCC will place a **zero-increase renewal** of that millage for five years on the **Nov. 4, 2025** ballot to implement **Phase 3** of projects to maintain and improve MCCC's Main Campus in Monroe and the Whitman Center in Temperance.

These improvements are vital for MCCC to remain competitive and ensure an excellent environment for **student service and learning, safety, accessibility** and **efficiency**.

Learn more -- including a **list of completed, in-progress and proposed projects** -- at: www.monroeccc.edu/millage

Silver Sneakers Insurance

is accepted at
Courageous Rehab
1507 North Telegraph
Monroe, MI 48162
734-735-2421



**Courageous Rehab
and Wellness**
Create a new normal

Pinochle Winners

August 13 — Gary Miller
August 15 — Mary Rhoades
August 16 — Cindy Prusaitis
August 18 — Gene Ofperman
August 20 — Gene Ofperman
August 22 — Barb Crumm
August 23 — Cindy Prusaitis
August 25 — Joyce Uden
August 27 — Gary Miller
August 29 — Joan Milam
August 30 — Al Miller
September 1 — Joan Milam
September 3 — Gary Miller
September 5 — Joyce Uden
September 6 — Joan Milam
September 8 — Ron Bowman

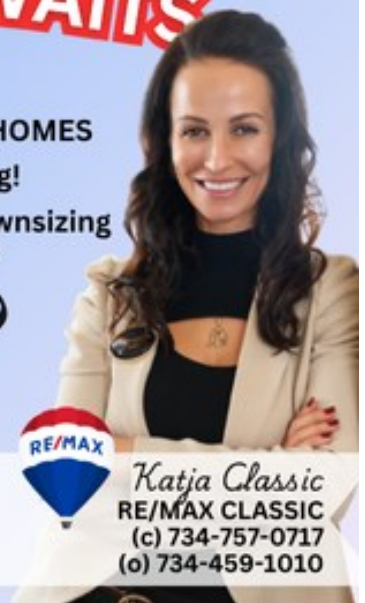
*Thanks to Gary Miller
for running the
Pinochle Games!*

YOUR DREAM HOME AWAITS



LIPAROTO NEW CONSTRUCTION HOMES

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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 may be used for food purchases only.
- The Center’s serving staff are all volunteers. Remember to thank them for the great job they’re doing.
- When ordering meals, if you aren’t going to eat the vegetables (for example), you don’t have to take them.

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

Total amount donated through July 31, 2025:
\$8,053.48

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:

- Autism
- Down Syndrome
- Brain Injury
- Diabetes
- Deaf or Blind
- Mental Health disabilities or limitations
- Any Chronic health problem
- ADHD
- Alzheimer’s
- PTSD
- Autoimmune Disorders

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
October 9 — 11:30 a.m.**



FRENCHTOWN-DIXIE BRANCH
LIBRARY
**Informal DEMENTIA
SUPPORT 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 — September 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** with Gena Craft from IHM — October 30 at 10:00 a.m.
- **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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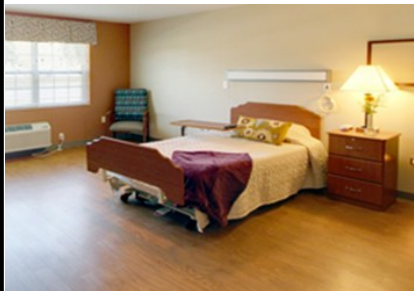
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October 2025

<div>5</div> <div>Sunday</div> <div>Dinner</div> <div>11 a.m.</div> <div>to 1 p.m.</div>	<div>6</div> <div>Canasta</div> <div>9:00 Movin' & Groovin'</div> <div>10:00 Enhance®Fitness</div> <div>10:00 Brain Aerobics</div> <div>10—1 Messages with JoAnn</div> <div>12:00 Pinochle</div> <div>1:00 Dancing</div> <div>1:00 Writing with Betsy</div> <div>3:00 Balance</div>	<div>7</div> <div></div> <div>9:00 Balance Exercise</div> <div>10:15 Chair Yoga</div> <div>11:00 Euchre</div> <div>1:30 Bingo</div> <div>6:00 Woodcarvers</div> <div>7:00 Coin Club</div>	<div>1</div> <div>Birthday Dinner</div> <div>9:00 Movin' & Groovin'</div> <div>10:00 Enhance®Fitness</div> <div>12:00 Pinochle</div> <div>3:00 Balance</div>	<div>2</div> <div>Medicare with Jackie by appointment</div> <div>9:00 Balance Exercise</div> <div>10:00 Poker Game</div> <div>10:15 Chair Yoga</div> <div>Noon Classes of '69</div> <div>7:00 Model A Club</div>	<div>3</div> <div>8:45 Cardi-Yo</div> <div>10:00 Enhance®Fitness</div> <div>11:30 Pinochle</div> <div>12:00 Knit / Crochet</div>	<div>4</div> <div>Breakfast</div> <div>8:00 to 1:00</div> <div>Noon Meal</div> <div>11:00 to 1:00</div>
<div>12</div> <div>Bingo</div> <div>Cards 1:30 Play at 2:00</div> <div>Sunday</div> <div>Dinner</div> <div>11 a.m.</div> <div>to 1 p.m.</div>	<div>13</div> <div></div> <div>9:00 Movin' & Groovin'</div> <div>10:00 Enhance®Fitness</div> <div>10:00 Brain Aerobics</div> <div>10—1 Messages with JoAnn</div> <div>12:00 Pinochle</div> <div>1:00 Dancing/3:00 Balance</div>	<div>14</div> <div>Class of '58</div> <div>MCOP Support Services</div> <div>9:00 Balance Exercise</div> <div>10:15 Chair Yoga</div> <div>11:00 Euchre</div> <div>1:30 Bingo</div> <div>6:00 Woodcarvers</div>	<div>15</div> <div>Class of '67 BK</div> <div>9:00 Movin' & Groovin'</div> <div>10:00 Enhance®Fitness</div> <div>12:00 Pinochle</div> <div>3:00 Balance</div>	<div>16</div> <div>Medicare with Jackie by appointment</div> <div>8:00 Flu Shots</div> <div>9:00 Balance Exercise</div> <div>10:15 Chair Yoga</div> <div>3:00 Craft— Sign up at the Front Desk</div>	<div>17</div> <div>8:45 Cardi-Yo</div> <div>10:00 Enhance®Fitness</div> <div>11:30 Pinochle</div> <div>12:00 Knit / Crochet</div>	<div>18</div> <div>Breakfast</div> <div>8:00 to 1:00</div> <div>Noon Meal</div> <div>11:00 to 1:00</div>
<div>19</div> <div>Sunday</div> <div>Dinner</div> <div>11 a.m.</div> <div>to 1 p.m.</div>	<div>20</div> <div>Newsletter Crew</div> <div>Medicare with Jackie</div> <div>8:00 Flu Shots</div> <div>9:00 Movin' & Groovin'</div> <div>10:00 Enhance®Fitness</div> <div>10:00 Brain Aerobics</div> <div>10—1 Messages with JoAnn</div> <div>11:30 LUNCH & LEARN</div> <div>Noon Classes of '65 & '66</div> <div>12:00 Pinochle</div> <div>1:00 Dancing/3:00 Balance</div>	<div>21</div> <div>9:00 Balance Exercise</div> <div>10:15 Chair Yoga</div> <div>11:00 Euchre</div> <div>1:30 Bingo</div> <div>6:00 Woodcarvers</div>	<div>22</div> <div>Monroe Senior Legal</div> <div>Medicare with Joyce</div> <div>9:00 Movin' & Groovin'</div> <div>10:00 Enhance®Fitness</div> <div>12:00 Pinochle</div> <div>3:00 Balance</div>	<div>23</div> <div>Medicare w/ Jackie by appt.</div> <div>9:00 Balance Exercise</div> <div>10:00 Poker Game</div> <div>10:15 Chair Yoga</div> <div>11:30 Health Odyssey</div> <div>1:00 Book Club</div> <div>2:00 Writing Class</div>	<div>24</div> <div>8:45 Cardi-Yo</div> <div>10:00 Enhance®Fitness</div> <div>11:30 Pinochle</div> <div>12:00 Knit / Crochet</div>	<div>25</div> <div>Breakfast</div> <div>8:00 to 1:00</div> <div>Noon Meal</div> <div>11:00 to 1:00</div>
<div>26</div> <div>Sunday</div> <div>Dinner</div> <div>11 a.m.</div> <div>to 1 p.m.</div>	<div>27</div> <div>Canasta</div> <div>Medicare with Jackie</div> <div>9:00 Movin' & Groovin'</div> <div>10:00 Enhance®Fitness</div> <div>10:00 Brain Aerobics</div> <div>10—1 Messages with JoAnn</div> <div>12:00 Pinochle</div> <div>1:00 Dancing/3:00 Balance</div>	<div>28</div> <div>MCOP Support Services</div> <div>9:00 Balance Exercise</div> <div>10:15 Chair Yoga</div> <div>11:00 Euchre</div> <div>1:30 Bingo</div> <div>6:00 Woodcarvers</div>	<div>29</div> <div>Medicare with Joyce</div> <div>9:00 Movin' & Groovin'</div> <div>10:00 Enhance®Fitness</div> <div>12:00 Pinochle</div> <div>3:00 Balance</div>	<div>30</div> <div>Medicare with Jackie by appointment</div> <div>9:00 Balance Exercise</div> <div>10:15 Chair Yoga</div>	<div>31</div> <div>Soup & Sandwich</div> <div>Halloween</div> <div>Medicare with Joyce</div> <div>8:45 Cardi-Yo</div> <div>10:00 Enhance®Fitness</div> <div>11:30 Pinochle</div> <div>12:00 Knit / Crochet</div>	 <div>Monroe Center for Healthy Aging</div> <div>734-241-0404</div>

October 2025

Evening Meals

Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thursday
29 Russian Pancakes Sausage Banana	30 Beef Pot Pie Cottage Cheese Fruit	October 1 Baked Cod Country Potatoes Vegetable/ Cole Slaw	October 2 Turkey Chili Multi-Grain Bread Fruit
6 Salmon Patties with Cream Sauce Mashed Potatoes Fruit	7 Ham Slices Sweet Potatoes Vegetable	8 Baked Potato Bar with Chili, Cheese, and Broccoli Fruit	9 Spaghetti Green Beans Multi-Grain Bread Fruit
13 Teriyaki Chicken Brown & Wild Rice Stir-Fry Vegetables	14 Porcupine Meat Ball Country Potato Carrots	15 Chicken Legs Red Skin Potatoes Vegetable	16 Hot Turkey Sandwiches Mashed Potatoes Vegetables
20 Swiss Steak Mashed Potatoes Stewed Tomatoes	21 Turkey Chili Corn Bread Fruit	22 Sloppy Joes French Fries Baked Beans Fruit	23 Chicken Caesar Wraps Veggie Chips Fruit
27 Tuna Melts Sweet Potato Wedges Applesauce	28 Apple Butter Pork Stuffing Vegetable	29 Hawaiian Meat Balls Brown Rice Stir Fry Vegetables	30 Breakfast Burrito with Egg, Sausage, Cheese Hashbrowns / Banana

Milk Shakes are available on Monday Nights \$2.00

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

<div>  October 2025 734.241.0404 </div>					2	3	4
5	Roast Beef / Salmon Red Skin Potatoes Cauliflower / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 44g pro 1,117 mg sod	6 Ford Retirees Corn Flake Chicken Mashed Potatoes Mixed Vegetables 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	7 Shepherd's Pie Cottage Cheese with Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium	1 Birthday Dinner Ranch Chicken Mashed Potatoes Normandy Vegetables Birthday Cake & Ice Cream 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod. (No hamburgers today)	1 Class of '69 Lunch Chicken Noodle Casserole with Peas & Carrots / Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	3 Turkey Burgers with Sautéed Onions French Fries Mixed Vegetables 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	4 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
12	Bingo Chicken Cordon Bleu Baked Potatoes Broccoli / Side Salad 828 Cal. 20g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium	13 Beef Tips Over Noodles Beets Cottage Cheese 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod	14 Class of '58 Lunch Chicken Marsala Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	8 BBQ Pork Sandwich Sweet Potato Wedges Celery Salad 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	9 White Chicken Chili Multi-Grain Bread Celery Salad 666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohydrate; 34.7 g protein	10 Lunch & Learn USA Wild Caught Cod Brown and Wild Rice Broccoli OR SALAD BAR (No Other Options today) 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium	11 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 Purse Auction
19	Pork Roast /Chicken Mashed Potatoes Green Beans Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	20 class of '65-66 Lunch Lunch & Learn BBQ Chicken Sandwich Sweet Potato Wedges Celery Salad OR Chef Salad (No other options) 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	21 Salsa Meat Loaf Mashed Potatoes Green Beans 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod	15 Class of '67 Breakfast Sloppy Joes with Ground Turkey French Fries Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	16 Baked Salmon Red Skin Potatoes Cauliflower 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	17 BBQ Pork Sandwich Potato Salad Cole Slaw 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	18 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
26	\$6 Special BBQ Ribs or Chicken Baked Potato Green Beans Dessert	27 Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	28 Beef Stew Dinner Roll Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.	22 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	23 Health Odyssey Roast Turkey Sweet Potatoes Green Beans Fresh Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod. (No other options today)	24 Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	25 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
31	Halloween Soup & Sandwich \$2 Squash or Bean & Ham Soup Tuna or Chicken Salad Sandwich / Cookie (No other options today)	30 Spaghetti Green Beans / Side Salad Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod	29 Health & Wellness 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	31 Halloween Soup Tuna or Chicken Salad Sandwich / Cookie (No other options today)	31 Halloween Soup Tuna or Chicken Salad Sandwich / Cookie (No other options today)	31 Halloween Soup Tuna or Chicken Salad Sandwich / Cookie (No other options today)	31 Halloween Soup Tuna or Chicken Salad Sandwich / Cookie (No other options today)

Monroe Center meals are open to the public.

Chef Salad Option Monday thru Thursday. Salad Bar on Fridays. Soup, as available. Menus are subject to change.