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Your senior millage tax dollars at work!

September 2025



VOLUME 25, ISSUE 9

COMEDY NIGHT ADVENTURES





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 Val Bezeau

Customer Service Coordinator:

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cheri@monroectr.org

Accounting Clerk: Nancy Guich

Volunteer Coordinator: JoAnn (Mikie) Kunich

brenda@monroectr.org

Bingo Coordinator: Kevin Hemry

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

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VICE PRESIDENT:

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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

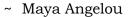
You may also watch it on-line at MPACT's website www.mpactstudio.org



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

"When we give cheerfully and accept gratefully, everyone is blessed."





Happy September and Welcome Fall!

This month, I want to focus on gratitude. I was at a meeting recently where someone stated that its so easy to take things for granted. Community assets that we should take pride in. When we look around, we are blessed with libraries, senior centers, a community college, a local theater, a National Park, bike trails, and the list goes on. Sometimes we need to be reminded of the old adage, "Stop and smell the roses." We are fortunate to live in a close knit community where we watch out for one another. Thanks for your part.

Our Lunch and Learn speaker in August talked about being mindful. Part of it focused on eating — really taking time to taste the food that we are eating, as well as being mindful of how the food nourishes our bodies. She went on to say that mindfulness also extends to other areas. We're mindful when we stop and count to ten to fully understand what we might be feeling. When we're walking, do we notice the beauty that's around us?

If we find ourselves just going through the motions or just noticing the cracks in the sidewalk that need repair, we might think about ways to change our mindsets to be focus more on the positive. It takes practice and starts with replacing our negative thoughts with a positive one. Over time, we change the connections in our brains and build new patterns that welcome joy into our lives.

One of the things that you'll hear more about is the 2026 calendar that we'll be selling soon. It features 14 of the Center's finest women who are posing *naturally*. It's very tasteful and was such a fun project. It brought smiles to all of us during the photo shot, and it'll certainly be something that we look back on with pride as one of our braver moments. The project falls right in line with our mission to be the place for *fun*, *fellowship*, *and support*. Watch for the "Calendar Signing" Day. And special thanks to my daughters, Amy Fuller and Christine Traub, for graciously serving as our photographer and assistant.

September is a busy month at the Center. We hope to see you often!

~ Sandie

News to Note . . .

- Bingo is on Tuesdays!
 Card sales at 1:30 p.m.
 Sunday Bingo— Sept. 14
- **Monday Massages** (except the first Monday) with JoAnn 10:00 to 1:00
- Sept. 3— September Birthday Celebration during lunch
- September 10 —Trivia Night at 5:00 p.m. Prizes!!
- **September 4** —at 11:30 Library in Motion Delivery
- **Sept. 11** Let's Talk Health with Maurine at 4:30
- Lunch & Learn
- **September 9** Class of '58— Lunch
- September 10 Movie "Flight Risk" 1:30 p.m.
- September 15 MHS Classes of '65 and '66 Lunch
- **Sept. 17** MHS Class of '67 Breakfast 3rd Wednesday
- **Sept. 18** —**Craft** 3:00 RSVP
- September 19— Paint & Sip 4:00 to 6:00 p.m. \$25
- **Sept. 8 & 25** Writing Group at 1:00 & 2:00 p.m.
- September 25 —ProMedica Health Odyssey—
- **Sept. 25 Book Club** at 1:00 "Rules of Civility" by Amor Towles
- September 26 Rib Night & Casino Games
- **September 30** \$2 Soup & Sandwich Day

Please Remember to Scan



Happy September Birthdays

Patricia Abbott Carol Dykstra Joyce Kipf-Trowbridge Lisa Sanders Dennis Scheich Diana Anderson James Ellerman Keith Kreger **Roland Barton** Angela Elmer Linda Larkins Kathy Sims **Eugene Bialy** Evelyn Eyler Matthew Lauer Linda Smith Mark Spenoso Bonnie Blohm Betty Frazer Jacqueline Linder Mary Ann Brancheau Mark C. Fredericks Marilyn Malters Melody Spillson Josh Gearhart Janet Sottile Millicent Brown Ron Mays Jan Brunswick Wayne Goda Bill Monte Rosemary Stoner Natalie Burns Kathleen Grasso Stephen Mosher Julie Strang Diane Harris Dan Burt Phil Nietubicz Judy Sype Duane Hearn **Bud Cheney** August Patania Dan Townsend Trish Cole **Barb Hicks Beth Perry** Marian Tyra Garland Coleman Pamela Hoffman Sandra Vance Pamalyn Peterson Sally Conlisk Jan Holmes Joyce Poore Vickie Waltz Naomi Coon Dianne Huddleston Ann Pulford Robert Weaver Cajetan D Cunha Joe Jablonski Norma Rauch Bonnie Weber Michele Rinne Brian Dehner Mary Ann Jackson Alma Weicht **Duane Behner** Gary A. Jewell Linda Russeau Darrick Whitaker Michael DeLovely Pat Johnson Linda Salisbury Donna Wickenheiser Lana Kaminska

Birthday Celebration! — September 3, 2025

We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a August birthday enjoy a complimentary lunch on Wed., September 3.

Cake sponsored by Monroe Car Care



August Birthday Celebration Attendees

RECENT DONATIONS

Dr. Arun Gupta MHS Class of 65 & 66
Mike Cook Monday Canasta Group

Gary Miller Richard Vancena
Ben & Rose Kern Carol Thompson
Helen Raymer Beth Berlin

Jerry & Sandie Pierce Vibrant Life— Lunch & Learn

In memory of Roger Younglove

Nancy Younglove

Bake Sale on July 28 & 29 raised \$621.

Thanks to Jim's Towing for their donation to the Center.

Thanks to Rehabilitation Hospice of NW Ohio for sponsoring the Birthday Cake for August.

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.



Tribute to Connie Carroll

Monroe County lost a dedicated community servant on July 21. Her commitment to all of us was unwavering. She has certainly left a hole in our hearts and in the community.

Rest in Peace.





WELCOME NEW MEMBERS

Kathy Brick Gerald Sampsel

William Davis Joanne Scheuerman

Sharon Grodi Esther Schneider

Carolyn Haines Myrna Stockard

Jim Hutchison Julie Strang

Colleen Janes Susan Trondson

Thomas Jaworski Alma Weicht

Lynda Myers

Report on the 50/50 Raffles at Bingo

\$ 1,172 — January—March \$466.50 — April \$381 — May

\$394 — June \$433 — July

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

Only by giving are you able to receive more than you already have.

~ Jim Rohn



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

With sympathy ...

Julius G. LaRoy — July 8, 2025 Connie Carroll — July 21, 2025 Betty Webb — July 28, 2025

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



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

Monroe Ford Retirees — Monday, Sept. 1 — 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 September 14

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

Gift Certificates can no longer be used.



Health Odyssey September 25, 2025

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

Topic: Diabetes Education with Taylor Lloyd

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

HOSTED BY Mikie Kunich

Wednesday, September 10th 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+

August 13th Movie "Flight Risk"



1:30 pm

A pilot transports an Air Marshal accompanying a fugitive to trial. As they cross the Alaskan wilderness, tensions

soar and trust is tested. Directed by Mel Gibson.

Rated R

Complimentary popcorn.

Save the Date!

Walk to End Alzheimer's October 18, 2025

Women's Coffee Hour with Maurine

Let's talk about health! September 11 — 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

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.

Calling All Bakers!

Talk to Toni if you'd like to be part of a team to bake for our Bake Sale. Bakers will bake in the Center's kitchen.

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

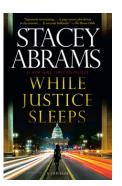
We are always grateful for donations of yarn and patterns.

Craft Sept. 18 — 3:00 p.m.

Tape Art on Canvas with Hayley Redfearn Please sign up at the Front Desk.

MONROE CENTER BOOK CLUB

September 25, 2025 — 1:00



While Justice Sleeps by Stacey Abrams

A gripping, complexly plotted thriller set within the halls of the United States Supreme Court, where a young law clerk finds herself embroiled in a shocking mystery.

Up-Coming Selection:

Oct.: The House of Spirits (Isabella Allende)
No Book Club in November or December

Please let us know if you are interested in having Bible Studies.

15 /15 Healthy Choices Support Group

We would like to start a support group on Monday mornings of interested members who would like to meet to support one another in making healthy life choices.

- 15 Weeks & 15 Pounds
- Setting Achievable Goals
- Learn about Foods that Nourish Us
- Why do we eat when we're not hungry?
 - Excuse-Busting Exercise Truths

We need at least 10 people to sign up.

Please add your name by September 8.

Group to begin on September 15.

Save the Dates! And more ...

• **Donations** of new or gently used purses are needed for a fun evening where people will bid on the purses full of surprises.

American Sign Language

We are offering a class in ASL. Every Friday in Sept. at 1:30 p.m. Please sign up at the Front Desk

- October 20. Lunch & Learn Beau Massingill, Advance Physical Therapy at 12 noon on "Preparing for Knee or Hip Replacement Surgery".
 - October Evening Bingo with guest caller, Tito Amaya
- United Way Health Checks

October 23 — Knights of Columbus, Monroe November 6 — United Methodist, Carleton

Monroe Aging Consortium
 Wellness Summit — October 14, 2025

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

Tickets are \$20 per person and **must** be purchased in advance. **Limited to 96 people.**

Sponsored by McMullin Dental

Pre-Sale Orders by Sept. 19

"Monroe Center — Naturally"
2026 Calendars

\$20 for members 25 for non-members

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

This is a MUST HAVE Calendar! Proceeds will help us reach our 2025 fundraising goal of \$43,400.

Paint & Sip

With Rhonda Gibson, professional painter

Friday, September 19 4:00 to 6:00 \$25 per person

Please pay in advance by September 19 at the Front Desk.

Brain Aerobics

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

Crosswords and Sudoku available daily.

Lunch & Learn with Dr. Adam Yazback

of One Dental

"Dental Health after 60"

Friday, September 12 Lunch at 11:30 a.m. Program at Noon

PLEASE Sign up at the Front Desk.

Flu Shots with Monroe County Health Department

Thursday, September 25 Thursday, October 16

8:00 to 11:00 a.m.

Please Sign Up.

Lunch & Learn

with Sharon Herrera

Thursday, September 18
Lunch at 11:30 a.m.
Program at Noon
Virtual Tour of Sharon's Safaris
To Zimbabwe and Botswana

Please sign up at the Front Desk.

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.

Flu Shots with Mike Stein, HomeTown Pharmacy

> Monday, September 29 Monday, October 20

8:00 to 11:00 a.m.

Please Sign up

Monroe Center participates in the KROGER COMMUNITY REWARDS PROGRAM

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

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

Calling All Writers

Sept. 8 and 25, 2025

Are you interested in crafting your life history?

Join Betsy Bradley on **second Monday** at 1:00 and the **fourth** Thursday of the month at 2:00

Each month we will work on the milestones of one of our members.

Please let us know if you'd like your legacy captured on paper.

~ Betsy Bradley



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



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
- Immediate Staffing

Contact: Emily Ferguson
Director of Operations
567-316-6745

RSVP IS HOLDING A FOOD DRIVE FOOD OR CASH DONATIONS ACCEPTED SEPTEMBER 5 AND 6 SEPTEMBER 12 AND 13

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.



Johnny Cash Tribute — The Man in Black at Caesar's Windsor Casino —

Thursday, September 25, 2025 Depart from Elevate Church \$49 per person Shawn Barker will be performing at Colosseum at Caesar's Windsor. He has an uncanning resemblance to the original "Man in Black" and revitalizes the true character and spirit of Mr. Cash himself, one of America's greatest musical icons, for a truly one of a kind show. Valid passport or Enhance Driver's License required.

Niagara Falls — Sunday, September 28 to Monday, September 29, 2025 \$259 per person, double occupancy. Trip includes one night at Hilton Niagara Falls, Gambling at Fallsview Casino and Seneca Casino. \$100 back in casino incentives. "Table Rock" visit to see the Falls. (This is not a boat ride; steps and walking.)

Passport or Enhanced Driver's License is required.

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 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

<u>Survey for Horizon Travel & Cruises</u> — <u>Results!</u>

Top Six Day Trips:

- 11 Shipshewana Trying for Nov. 11
- 11 Frankenmuth
- 11 Fox Theatre in Detroit
- 11 Stratahan Theatre in Toledo
- 10 **Detroit Tigers Game Sept. 18** is a no go.
- 9 Holland Tulip Festival
- 9 Motown Museum
- 8 Toledo Zoo & Botanical Gardens

Top Five Overnight Trips:

- 12 Branson, Missouri
- 12 Amish Country, Berlin, Ohio
- 11 Fall trip to the East Coast, Maine
- 9 Mackinaw Island
- 8 Great Smokey Mountains, Dollywood

The travel company would like us to commit to 20 people before we can schedule a trip.

We have not reached that number. These trips are not yet scheduled.

If you're interested, please call Maxine as soon as possible. 734.241.0404 Wednesday or Friday mornings.

Ask the Pharmacist!

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

Fluoride and its Role in Dry Mouth

Hello friends! For this month's article, I want to discuss Fluoride and its role in managing a condition called Xerostomia, or dry mouth.

To start the discussion, let's take a look at why dry mouth is a concern and how addressing it can improve and protect oral health. Dry mouth is a concern because it reduces the amount of healthy saliva that is needed to neutralize acids and wash away food particles after eating. This reduced amount of saliva can lead to increased plaque formation and erosion of the natural enamel that protect the teeth. Ultimately, tooth decay and gum disease are more likely to occur when dry mouth is not addressed or treated.

There are many options for addressing and treating dry mouth. A quick review of your daily routine and the products you consume or use is a good first step.

- Limit caffeine intake as drink containing caffeine can further dry the mouth.
- Avoid mouth washes that contain alcohol because they can cause dry mouth.
- Stop the use of tobacco products.
- Use sugar-free gum or candies to stimulate saliva production.
- **Use antihistamines with caution** as they can worsen the symptoms of dry mouth.

Incorporating fluoride into your oral care regimen is also another option to combat dry mouth. Many people think that the need for fluoride as part of their oral care regimen goes away when adulthood is reached; however, adults need fluoride for protection of tooth enamel and gums. Sodium Fluoride rinses and toothpaste are easy ways to incorporate fluoride into your daily routine. Most dental experts recommend brushing with a fluoride-based toothpaste twice daily and using a fluoride rinse at night. If you are at a greater risk for tooth decay and gum disease, your dentist may also prescribe a more concentrated fluoride toothpaste for use at home or provide a topical treatment during your visits.

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



Suicide Awareness Vigil September 9 — 5:30 Loranger Square

Pinochle Winners

July 14 — Al Miller July 16 — Cindy Prusaitis

July 18 — Al Miller

July 19 — Mary Rhoades

July 21 — Gary Miller

July 23 — Dennis Eby

July 25 — Gary Miller

July 26 — Barb Crumm

July 28 — Pat LaRoy

July 30 — Al Miller

August 1 — Cindy Prusaitis

August 2 — Mary Rhoades

August 4 — Barb Crumm

August 6 — Pat LaRoy

August 8 — Gary Miller

August 9 — Al Miller

August 11 — Pat LaRoy

August 12 — Gary Miller

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 may be used for food purchases or Bingo only.
 Please note: As of June 1, Gift Certificates can no longer be used for Bingo. So sorry.
- The Center's serving staff are all volunteers. Remember to thank them for the great job they're doing.

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:

- 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.





Monroe County Library in Motion Pick-Up

Sept. 4 — 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 — 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 August 28 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!



Choices Counseling Solutions is accepting new patients and receives senior millage funding to offer services in the home.

Call 734.210.1071 with questions or to make an appointment.

Silver Sneakers Insurance

is accepted at **Courageous Rehab**

1507 North Telegraph Monroe, MI 48162

734-735-2421



Simplify your Meds!

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...to this!

Interested? Call us at 734-243-5451

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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

- We walk you through your Medicare Plan choices in plain language.
- You can attend a local workshop to learn more at your own pace.
- We offer one-on-one conversations no pressure,
- just answers.

Whether you're just starting to look at Medicare or ready to choose a plan, we're here when you need us!

Contact Us Today!

Phone: (248) 860-5883 Email: Jakesbriggs@outlook.com 425 W Huron St, Suite 230, Milford, MI 48380

DENTAL CONCERNS?

THE ORCHARD EAST COMMUNITY
HEALTH HUB **DENTAL CLINIC**PROVIDES SERVICES FOR THE
INSURED AND UNINSURED.



OPPORTUNITY CENTER 120 EASTCHESTER MONROE, MI 48161

Call to schedule an evaluation. 734.241.2775 ext. 244





community foundation of monroe county

LOOKING FOR SUPPORT FOR YOU OR A LOVED ONE?

Marijuana Anonymous MA12.org



SUBSTANCE ABUSE



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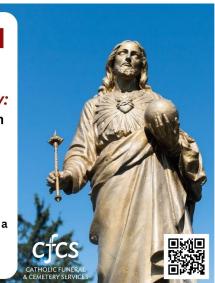
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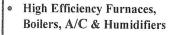
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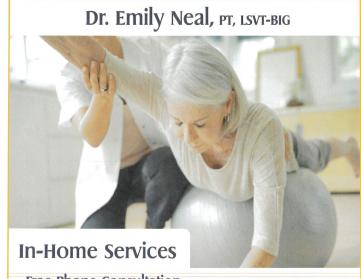
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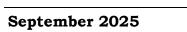
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6 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	13 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle	20 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	27 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	Monroe Center for Healthy Aging
5 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / C <u>rochet</u>	12 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 11:30 Lunch & Learn 12:00 Knit / Crochet	19 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet 4:00 Paint & Sip	26 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet 4:30 Rib Dinner & Casino Games	
4 Medicare with Jackie by appointment 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga 11:30 Library in Motion 7:00 Model A Club	11 Medicare with Jackie by appointment9:00 Balance Exercise10:15 Chair Yoga4:30 Let's Talk Health with Maurine	 18 Medicare with Jackie by appointment 9:00 Balance Exercise 10:15 Chair Yoga 11:30 Lunch & Learn 3:00 Craft — Sign up at the Front Desk 	25 Medicare w/ Jackie by appt. 8:00—11:00 FLU SHOTS 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga 11:30 Health Odyssey 1:00 Book Club 2:00 Writing Class	September 202
3 Birthday Dinner 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance	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	17 Class of '67 BK 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance	24 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance	Septen
2 9:00 Balance Exercise 9:00 Rosary Group 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	9 Class of '58 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	16 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	23 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	30 Soup & Sandwich 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers
1 Ford Retirees BK / Lunch Labor Day Holiday Center Open 8:00 a.m. to 2:00 p.m.	8 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 12:00 Pinochle 1:00 Dancing 1:00 Writing with Betsy 3:00 Balance	15 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 10:00 Brain Aerobics Noon Classes of '65 & '66 10—1 Massages with JoAnn 12:00 Pinochle 1:00 Dancing/3:00 Balance	22 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 12:00 Pinochle 1:00 Dancing 3:00 Balance	29 Canasta 8:00—11:00 FLU SHOTS 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 12:00 Pinochle 1:00 Dancing/3:00 Balance
Sunday Dinner 11 a.m. to 1 p.m.	7 Sunday Dinner 11 a.m. to 1 p.m.	14 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	Sunday Sunner Dinner 11 a.m. to 1 p.m.	Sunday Sunday Dinner 11 a.m. to 1 p.m.



September 2025

Evening Meals

Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thurs	day
1 Happy Labor Day No Evening Meal	2 BBQ Beef Sandwich French Fries Cole Slaw	3 Hamburger Gravy over Mashed Potatoes Vegetable	4 Mostaccolli Spinach Multi-Grain Bre Fruit	ead
Swiss Steak Mashed Potatoes Stewed Tomatoes	Teriyaki Chicken Brown & Wild Rice Stir-Fry Vegetables Fruit	Beef Stroganoff Vegetable Fruit	Roast Beef Mashed Potatoe Green Beans	es
Grilled Chicken over Lettuce Potato Salad Baked Beans	Beef Enchiladas /w Corn Tortillas Stewed Tomatoes Refried Beans Chips & Salsa	17 Egg McMuffins Sausage Banana & Orange	Turkey Mashed Potato Green Beans Cole Slaw	Paint & Sip by Advance Reservations
22 Chicken Thighs Country Potatoes Broccoli	23 Pork Chops in Mushroom Gravy Mashed Potatoes Vegetable	24 Patty Melt Sweet Potato Fries Broccoli Salad	25 Beef Burrito Chips & Salsa Fruit	26 Rib Dinner & Casino Games
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 Bro	ead

Milk Shakes are available on Monday Nights

\$2.00

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

31 \$6 Special	1 Ford Retirees	2	3 Birthday Dinner	4	5	9
BBQ Ribs or Chicken Baked Potato Broccoli	Grilled Pork Chops Country Potatoes Broccoli / Applesauce	Russian or Blueberry Pancakes Sausage	Chicken Bruschetta Red Skin Potatoes Cauliflower Birthoge Stee & Ice Cream	Sloppy Joes with Ground Turkey French Fries Baked Beans	Chicken Fajitas Rice Pilaf Refried Beans	Breakfast 8:00 to 1:00
Dessert	683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	Fresh Oranges & Bananas	838cal. 31g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod. (No hamburgers today)	1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	871 calories; 28.9g fat;n1879 mg sodium. 97 carb, 8.2 sugar, 44.1 g protein	Noon Meal 11:00 to 1:00
7	8	9 Class of '58 Lunch	10	11	12 Lunch & Learn	13
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	Chicken Ala King with Peas & Carrots over Biscuits Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar	Salsa Meat Loaf Mashed Potatoes Green Beans 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod	Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein	Ranch Chicken Mashed Potatoes Normandy Vegetables 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	Baked Salmon Red Skin Potatoes Cauliflower OR CHEF SALAD (No Other Options today) 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
	10g pro. 689 mg sod.		1,838mg sod			
14 Bingo	15 Class of '65-66 Lunch	16	17 Class of '67 Breakfast	18 Lunch & Learn	19	20
Roast Turkey Sweet Potatoes Green Beans	USA Wild Caught Cod Brown and Wild Rice Broccoli / Fruit	Corn Flake Chicken Mashed Potatoes Mixed Vegetables	Beef Stew Dinner Roll Cottage Cheese	Sweet & Sour Pork Brown and Wild Rice Stir Fry Vegetables OR	Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli	Breakfast 8:00 to 1:00
Cranberries 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.	600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium	880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.	CHEF SALAD (NO Other Options today) 600 cal. 8g fat 94 carb 9g fiber 24g sug. 25g pro. 904mg sod.	656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod PAINT & SIP — 4:00 p.m.	11:00 to 1:00
21 Pork Roast /Chicken Mashed Potatoes Green Beans	22 BBQ Chicken Sandwich Sweet Potato Wedges Celery Salad	23 Stuffed Peppers Mashed Potatoes Stewed Tomatoes	24 Spiral Ham with pineapple Au Gratin Potatoes Mixed Vegetables	25 Health Odyssey Chicken Cordon Bleu Baked Potatoes / Fruit Broccoli / Side Salad	26 Spaghetti Green Beans / Side Salad Garlic Bread	27 Breakfast 8:00 to 1:00
Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	Fruit Cocktail 665 cal. 23g fat 59 carb 52g protein	896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod	828 Cal. 20g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium (No other options today)	616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod Rib Dinner & Casino Games	Noon Meal 11:00 to 1:00
28 \$6 Special BBQ Ribs or Chicken Baked Potato Green Beans	Beef Tips Over Noodles Beets Cottage Cheese	30 Soup & Sandwich \$2 Chicken Tortilla Soup or Chicken & Rice Soup Egg Salad or Grilled Ham & Cheese Sandwich	Monroe Center	Sep	September	ber
Dessert	765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod	Dessert (No other options today)	for Heaving Hyng 7	734.241.0404		2025
	Chef Salad Option Monday thru Th	ı s	Monroe Center meals are open to the public. sday. Salad Bar on Fridays. Soup, as avail	able.	Menus are subject to change.	