



15275 South Dixie Highway
Monroe, MI 48161

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National Institute of
Senior Centers



Your senior millage tax dollars at work!

February 2026

Engage!

VOLUME 26, ISSUE 2

Happy Valentine's Day

*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
Customer Service Coordinator:	Cheri Braunlich cheri@monroectr.org
Accounting Clerk:	Nancy Guich 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 Monroe County.



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

SECRETARY:

David Swartout

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Kevin Hemry

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Jennifer Sell

Christina "Tina" Smith

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Carry-Out Meals are available. Call 734.241.0404	
Meals are Open to the Public. \$1 extra for non members.	

*"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

"Love has nothing to do with what you are expecting to get, only with what you are expecting to give — which is everything."

— Katherine Hepburn



Welcome February! Only 48 days until Spring! I love that our days are getting longer and that we see the sun a bit more. The sunshine certainly helps me feel more positive.

February is a time of numerous awareness opportunities. February is Heart Health Month. The Heart Association asks that we take care of our hearts. For me, it's not just the physical part by being mindful of what we eat and getting exercise, but also the feeling part. Are we kind to ourselves and others? Do we give freely and with a gracious heart? How's our level of compassion?

That leads to February being Diversity Month which is a time for acceptance. No two people are the same. We wouldn't want it any other way. Just because someone is different, does not mean that they are "less than." While we're practicing giving freely, is there also room in our lives for less judgment?

There are several other awareness opportunities, but one that I found delightful is Bird Feeding Month. Even these small creatures get our attention. Did you know that the month of February is the most difficult time of year for those birds of a feather? Food is scarce, and they struggle. Small acts of kindness for our feathered friends may help lessen their burden. Just try not to growl when the squirrels help themselves to the bird food. I guess all of those nuts they buried this fall are no longer to be found. When we give freely, we make our world a better place. And we enjoy the benefit of adding more joy to our own lives.

The Center offers lots of opportunities to give to others. Even a kind word can make someone's day. As we await more daylight with the coming of Spring, let's all let our lights shine brightly. It makes a difference.

With gratitude,

~ Sandie

News to Note . . .

- **Bingo is on Tuesdays!**
Card sales at 1:30 p.m.
Sunday Bingo— February 8
- **February 4 — Birthday Celebration** during lunch
- **February 5** — Class of '69
- **February 5** — at 11:30
Library in Motion Delivery
- **Feb. 10** — Class of '58—Lunch
- **Feb. 12** — Health Habits —
Science of Kindness — 1:30
- **February 12** — Let's Talk
Health with Maurine at 4:30
- **February 11 — Trivia Night** at
5:00 p.m. Prizes!!
- **February 11 — Movie** "The
Horse Whisperer" 1:30
- **February 13 — Valentine
Dinner and Show** with Tony
Orlando
- **February 16 — MHS Classes
of '65 and '66** Lunch
- **February 18** — MHS Class of
'67 Breakfast— 3rd Wednesday
- **February 19 — Craft—** 3:00
- **February 23 — Lunch &
Learn** with Cajie D'Cunha
- **February 9 & 26** — Writing
Group at 1:00 & 2:00 p.m.
- **February 26 — ProMedica
Health Odyssey**
- **February 26 — Book Club**
- **February 27** — \$2 Soup &
Sandwich Day
- **February 27** — Friday Night
Pictionary & Potluck
- **March 17 — St. Patrick's Day**

Please Remember
to Scan





Happy February Birthdays

Happy Birthday!

- | | | | |
|--------------------|--------------------|---------------------|-------------------|
| Debra Ananda | Pat Fazekas | Janice Kirch | Rose Robinson |
| Bob Beadles | Bryan Fowler | Becky Klawitter | Al Rosenberger |
| Patti Bialy | Nancy Gates | Valerie Knapp | Ann Rothman |
| David Bork | Dianne Gautz | Mick Krueger | Ann Marie Rowland |
| Barbara Bosse | John Gawle | Larry Laboe | Michael Saum |
| JoAnne Bray | Meri-Lynn Geisler | Denise Lambert | Renee Schweitzer |
| Paul Brown | Garry Gose | Judy Leininger | James Sherman |
| Ruth Brown | Kimberly Green | Dariel Loop | Jenell Simpson |
| Jackie Bunch | Diane Greenwood | Vickie Lowrey | Kathy Straub |
| Charles Burns | Carolyn Haines | Helen Luchs | Ray Swan |
| John Cangealose | Robin Halstead | John Meyer | John Trout |
| Pat Cicero | James Hess | Joan Milam | Holden Turner |
| Luch Clawson | Barbara Hogberg | Gary Miller | Mary Vreeland |
| Helen Cole | Fran Ingels | Marilyn Miller | Shirley Wargo |
| Bessie Cosby | Linda Jabe | Mary Ann Mullholand | Martha Welber |
| Marvin Culverhouse | Janice Johnston | Charles Myland | Deb Wilson |
| Doris Cutter | Carolyn Kallenberg | Mark Rafko | Dale Woolace |
| Darlene Dailey | Debby Kansier | Helen Raymer | Rita Wylie |
| Debra Deszell | Lorri Katschor | Debbie Revard | Shirley Yoaz |
| Ron Doom | | | |

Birthday Celebration! — February 4, 2026

We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a February birthday enjoy a complimentary lunch on Wednesday, February 4. **Cake sponsored by Vibrant Life**



January Birthday Celebration Attendees

RECENT DONATIONS

Nancy Kirwen
 Nancy & Sam Guich
 Donna Wickenheiser
 Classes of '65 & '66 Bev Gerber
 Monday Canasta Ladies Jerry and Sandie Pierce
 Brenda Lewis — donation of bottled water

Thank You

In memory of Ron "Cowboy" VanDorn

Tracy Sudduth Denise & Terry Travis
 Marv Bauman Lisa Anne Friend
 Duane & Ann Stokes Dayna and Dayna L. Stults

In memory of G. Paul Simonton

Stephen & Marilyn Hearst Michael & Wendy Gaynier
 Michael & Barbara Keedy Kent & Denise Kaiser

In memory of Karen Diedrich

Clara Lloyd

Thank You

In memory of Richard Vancena

Janice Thoma Diane Vajcner Florence Grajewski

In memory of Anne Gessner In memory of Joe Manger

Vicky Sacks Vicky Sacks

Thanks to Huron Valley PACE for sponsoring the

Report on the 50/50 Raffles at Bingo



\$ 1,172 — January to March
 \$ 1,241.50 — April to June
 \$1,294 — July to September
 \$321 — October
 \$358.50 — November
 \$326 — December

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

Food Donation Goal: \$2,000

Jan. to March — \$586.24
 April to June — \$891
 July to September — \$1,264
 October — \$242.61
 November — \$325.01
 December — \$262

Thank you!!

Cheri's Quote of the Month



Congratulations to Don and Cheryl Beilman on their wedding on November 20, 2025

THINGS TO KNOW:

- Remember **the Center is scent free.**
- Carry-out main entrees are now \$1 more.**
- 2026 Dues** are now payable.



WELCOME NEW MEMBERS

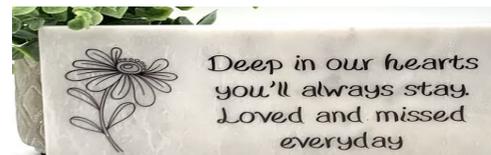
Charles and Natalie Albain	Chuck and Sue Leigenguth
Patricia Blair	Patrick and JoAnne Lietaert, Sr.
Claudia Cavin	Faye Loop
Larry Cornell	Patrica MacDougall
Theresa Fehse	Joyce Maddux
Thomas & Janice Fruchey	Raymond Micallef
Shelley Ghigo	Deborah Miller
Laurie Grady	Jennifer Needham
Manny Herrera	Debra Pettis
Richard and Carla Huston	Marlene Schneider
Jacob Klocinski	Don Spencer
Eleanor Krasko	Donna St. Pierre
	Dale & Lynde Woolace



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

With sympathy ...

Ron VanDorn — December 1
 Robert Wickenheiser — December 4
 Shirley Hoffman-Owens — December 3
 Joann Trouten — December 11
 Charles Huston — December 12
 Don Falhauber — December 25
 Karen Diedrich — December 27
 Richard Vancena — December 31



FEBRUARY 2026

“What’s Going On” at-a-Glance

Monroe Ford Retirees — Monday,
February 2 — 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 February 8

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

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

HOSTED BY Mikie Kunich

Wednesday, February 11th

5:00 to 6:30 p.m.



Free of charge.

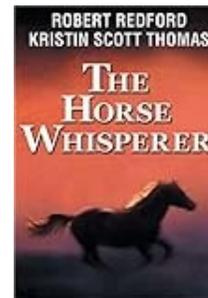
Prizes Awarded!



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

February 11th Movie

1:30 pm



“The Horse Whisperer”

The mother of a severely
traumatized daughter
enlists the aid of a unique
horse trainer to help the
girl's equally injured horse.

Starring Robert Redford

Complimentary popcorn.



Health Odyssey

February 26, 2026

11:30 a.m. Lunch

12:00 Program

Topic: To be Announced

Please sign up: 734.241.0404

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

Please be courteous. No talking during
the presentation.

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

Lunch & Learn

January 26, 2026

Hospice of Michigan

Karry Brooks

Please register 734.241.0404
Complimentary Lunch at noon.



**Valentine's
Dinner
& Show**

**FRIDAY,
February 13th,
2026**

- ❖ **Doors open at 4 p.m.**
- ❖ **Dinner served at 5 p.m.**
MENU: Lasagna, side salad, bread, and strawberry shortcake
- ❖ **Music by "Tony Orlando" (Homero Ortiz) at 6 p.m.**

TICKETS: \$15 in advance;
\$17 at the door
There will be a 50/25/25 raffle drawing!



Income Tax Assistance

John Bocks of Bocks Accounting & Auditing will be available at the Center to prepare income tax returns on Monday and Friday mornings from 9:00 a.m. until noon.

Please Call to make an appointment.
734.241.0404

Bring proof of income, relevant expenses, property tax statements, home heating costs, etc.

Lunch & Learn
Monday, February 23
11:30 a.m. Lunch/ 12:00 Program



"The Art of Happiness"
presented by Cajie Dcunha

Happiness evolves with time, experience, and wisdom. **The Art of Happiness** is a gentle, uplifting experience designed to support emotional well-being, connection, and joy. This session draws on life's journey while offering practical tools to nurture peace, gratitude, and fulfillment. Through thoughtful sharing, and simple practices, participants will explore ways to:

- Find joy in everyday moments
- Strengthen emotional resilience and inner calm
- Reflect on life experiences with appreciation / meaning
- Reduce stress, loneliness, and worry
- Cultivate connection with self and others

Please Register: 734.241.0404
Complimentary lunch for those who attend the program



HEATING & COOLING

J&K Heating & Cooling is the Monroe HVAC contractor homeowners trust for fast AC repair, furnace repair, boiler service, and new system installs. We serve Monroe, Temperance, Dundee, Milan, and Downriver with same-day help and clear pricing.

474 North Telegraph Road
Monroe, MI 48162

734-508-8435

Serving Monroe County for 35 years!



Habits for Health

A Senior Wellness Group

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

Please Sign Up

2nd Thursday of Every Month

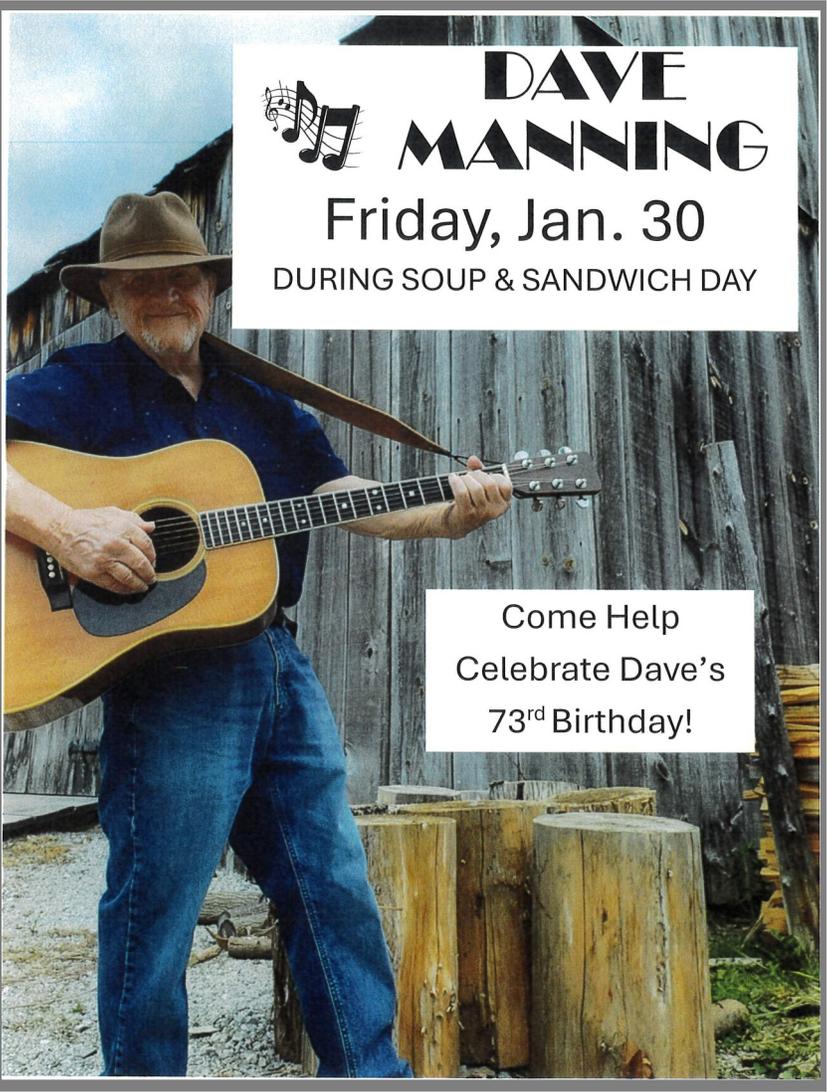
1:30 - 3:00 PM

Monroe Center for Healthy Aging

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

Presented by
Kristen Reed
Health Educator





DAVE MANNING

Friday, Jan. 30
DURING SOUP & SANDWICH DAY

Come Help
Celebrate Dave's
73rd Birthday!



Pinochle Winners

- December 10 — Gary Miller
- December 12 — Gary Miller
- December 13 — Cindy Prusaitis
- December 15 — Dee Mitchell
- December 17 — Al Miller
- December 19 — Cindy Prusaitis
- December 20 — Cindy Prusaitis
- December 22 — Ron Bowman
- December 26 — Al Miller
- December 27 — Al Miller
- January 3 — Al Miller
- January 5 — Renee Schweitzer
- January 7 — Pat LaRoy
- January 9 — Joan Milam
- January 10 — Joan Milam
- January 12 — Joan Milam

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




Friday, February 27, 2026
**Pictionary & Potluck
Supper**
4:00 p.m.

IN THE SPIRIT OF GIVING

Looking to downsize and find just the right place to donate your good, used furniture, beds, lamps, and other household goods?

In the Spirit of Giving is looking for all of these things! And all items donated are given out freely to those in need.

Can you be someone's angel today?

Call us at
734-241-6088

www.inthespiritofgiving.com



Scan Cards

Please use them. When? **Every time** you come in to the Center, and **every time** you leave.



This process calculates the time you spent here. This number is used to calculate the amount of millage funding we receive. each month.



Women's Coffee Hour with Maurine

Let's talk about health!
February 12 — 4:30 p.m.



Brain Aerobics with Francine Roscoe and Gloria Payne

Crosswords and Sudoku
available daily.

Exercise Classes

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

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



EnhanceFitness®
Mon.—Wed.—Friday at 10:00

Line Dancing — Mondays at 1:00

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

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



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



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.

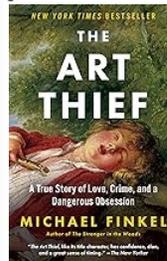
Calling All Writers



February 9 & February 26

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

MONROE CENTER BOOK CLUB



February 26, 2026 — 1:00

The Art Thief by Finkel

The Art Thief: A True Story of Love, Crime, and a Dangerous Obsession by Michael Finkel is a true-crime book about Stéphane Breitwieser, a prolific French art thief who stole over 200 artworks from European museums, not for money, but to hoard them in his attic bedroom with his girlfriend, who acted as a lookout. The book details his audacious, daylight heists, his obsession with possessing beauty, and eventual downfall of his criminal enterprise, blending elements of thriller, psychology, and art history

March — *The Frozen River* by Lawhon
April — *The Live We Bury* by Eskens
May — *Pelican Girls* by Julia Mayle

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!



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*

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 call to inquire.

Items that we currently have:

- Shower chairs - Wheelchairs
- Walkers with and without wheels
 - Canes

Call to inquire: 734.241.0404

Save the Dates:



- St. Patrick's Day—Dinner & Music — March 17 at 4:00 p.m.
- Family Feud & Potluck — March 20
- March 16 — Breakfast with Lauren Beaudry, Assistant Prosecutor
- March 23 — Lunch & Learn with Maurine Sharp, R.N.

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.

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. The Center's number is WN763

Craft February 19 — 3:00 Diamond Art

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.

“Fat Thursday” Polish Celebration

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

Monroe pickup is contingent on number of people.



2026 Cruises:

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

“Love Me Now”



*If you're ever going to love me,
love me now while I am living;
do not wait until I'm gone
and the cold dark earth's upon me,
and the grass grows all around.*

*If you speak kind words about me,
speak them now while I can hear.
Do not wait until tomorrow
when they fall on deafen ears.*

*Now when at last in sweet repose,
I make my last recline,
say it now and say it well:
“She was a friend of mine.”*

*For God is in His heaven
and cradled now I be.
If only you have told me
that in life you treasured me!*

Reprinted with permission of
Nancy Younglove, 2022

1 oneBOOK one COMMUNITY OF MONROE COUNTY

2026 Pick: “The Art Thief”

by Michael Finkel

Main Event: March 25, 2026

7:00 p.m.

**Lecture and Book Signing at
the Ellis Library**



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.

HOW TO ENROLL

- Scan the QR Code for the enrollment form.
- Three decals will be mailed — one for the entry door and two for vehicles (driver side rear window).



Ask the Pharmacist!

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



Herbal Product Kratom with Saja Herzallah, Pharm D. Candidate

Hello Friends! I hope you are doing well and enjoyed the Holidays! This month's newsletter is about an herbal product with dangerous effects that is becoming more and more popular in the United States called Kratom.

Kratom is a tree that is native to Southeast Asia, the leaves of the tree can be chewed or made into tablets, capsules, powders, and teas. At lower amounts, Kratom can have stimulating effects, and at higher doses can have a similar sedating effect to opioids. It is estimated that around 15 million people worldwide use Kratom every year, people take Kratom to self-treat their pain, anxiety, depression, and even opioid withdrawal. However, Kratom can also be highly addictive and has been classified by the Food and Drug Administration as unsafe.

Kratom has many dangerous effects on the body including liver toxicity, seizures, hallucinations, and increased heart rate. Withdrawal from Kratom use also causes harmful symptoms such as insomnia, muscle aches, and restlessness. The effects of Kratom on the body combined with other substances can lead to overdose and result in coma or death.

In 2017, 152 drug overdose deaths in the country involved Kratom, with 7 of them finding that Kratom was the only cause. In 2019, over 1,300 calls to Poison Control Centers in the U.S involved exposure to Kratom. In 2021, 103 drug deaths in Michigan alone included the use of Kratom. As of December 12th 2025, Ohio has placed an emergency ban on all kratom-derived products.

Currently, 26 states have no regulations on the purchasing and possession of Kratom, and in these states there is no minimum age to purchase the product. In states that do have regulations, teens are still able to purchase Kratom online. This creates a risk for addiction in teens and children since it is easier to access than other products. Manufacturers have begun to create flavored Kratom products geared towards young people with misleading claims that market their products as "natural" and "plant-based" which leads younger people to believe it is safe without warning consumers of the possible risks.

Kratom is metabolized in the body by an enzyme called CYP3A4, this enzyme is also responsible for breaking down over 50% of medications currently on the market. Because Kratom blocks CYP3A4 from metabolizing other drugs, combining these drugs must be avoided so that buildup does not happen in the body. Some common examples are benzodiazepines (ex: Xanax), statins, loperamide, verapamil, and alcohol.

I hope this information helps give an understanding of what Kratom is and the effects it can have on the body. Please consult your pharmacist if you have any questions.

Take care and stay healthy!

Jennifer



Library in Motion

**Monroe County
Library in Motion
Pick-Up**

February 5 — 11:30 a.m.

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



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 — February 19 — 2:00 to 3:00 p.m.
Frenchtown-Dixie Branch Library

Support Services

- **Open Enrollment!** Jackie Drouillard can answer your **Medicare** and insurance questions. Please call for an appointment: 734.241.0404
- **Monroe County Senior Legal Services** can answer your legal questions. Please call for an appointment: 734.241.0404
- **MCOP Resource Advocates** can assist with questions about Medicare, Medicaid, **Home Heating Tax** and other issues: Call 734.241.0404 to make an appointment.
- **Blood Pressure Checks** — Looking for a provider to do these.
- **MemoryLane Care Services** offers coaching and support groups for caregivers and in-person Adult Day Care for individuals with memory loss. Contact Cheryl Conley at MemoryLane: 2500 North Reynolds Toledo, Ohio 43615 Phone: 419-720-4940 Serves Monroe County!



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
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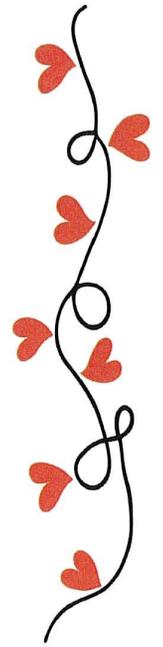
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1	Sunday Dinner 11 a.m. to 1 p.m.	2 Ford Retirees 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 3:00 Balance	3 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers 7:00 Coin Club	4 Birthday Dinner 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	5 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	6 Tax Assistance 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	7 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
8	Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	9 Canasta Tax Assistance 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 1:00 Writing with Betsy 12:00 Pinochle 1:00 Dancing/3:00 Balance	10 Class of '58 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo	11 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 Mikie and Louise	12 Medicare with Jackie by appointment 9:00 Balance Exercise 10:15 Chair Yoga 1:30 Habits for Health 4:30 Let's Talk Health with Maurine	13 Tax Assistance 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet Valentine's Music	14 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
15	Sunday Dinner 11 a.m. to 1 p.m.	16 Newsletter Crew Tax Assistance 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics Noon Classes of '65 & '66 12:00 Pinochle 1:00 Dancing/3:00 Balance	17 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	18 Class of '67 BK 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	19 Medicare w/ Jackie by appt. 9:00 Balance Exercise 10:15 Chair Yoga 3:00 Craft— Sign up	20 Tax Assistance 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	21 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
22	\$6 BBQ RIB Dinner 11 to 1 p.m.	23 Canasta Tax Assistance Lunch & Learn 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing/3:00 Balance	24 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	25 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	26 Medicare with Jackie by appointment 9:00 Balance Exercise 10:15 Chair Yoga 11:30 Health Odyssey 1:00 Book Club 2:00 Writing Class	27 Tax Assistance Soup & Sandwich Day 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet 4:00 Pictionary	28 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle





February 2026

Evening Meals

Served 4:15 to 6:00 pm

Monday	Tuesday	Wednesday	Thursday
26 Swiss Steak Mashed Potatoes Stewed Tomatoes Fruit	27 Baked Cod Country Potatoes Vegetable Cole Slaw	28 Swedish Meat Balls Brown Rice Stir Fry Vegetables Cottage Cheese	29 Roast Beef Mashed Potatoes Green Beans Fruit
2 Pork Chops with Mushroom Gravy Mashed Potatoes Vegetables	3 Baked Potato Bar with Chili, Cheese, Broccoli / Fruit	4 Chicken Legs Red Skin Potatoes Vegetable	5 Baked Cod Country Potatoes Vegetable / Cole Slaw
9 Grilled Chicken Potato Salad Baked Beans Fruit	10 Roast Beef Mashed Potatoes Green Beans	11 Hamburger Gravy Mashed Potatoes Vegetables	12 BBQ Pork Sandwich Potato Salad Cole Slaw Fruit
16 Patty Melt Sweet Potato Fries Broccoli Salad Fruit	17 Pot Roast with Potatoes, Carrots, Celery, Onion Applesauce	18 Salmon Patties with Peas & Cream Sauce Mashed Potatoes Fruit	19 Swiss Steak Mashed Potatoes Stewed Tomatoes Fruit
23 Porcupine Meat Ball Country Potato Carrots	24 Chicken Legs Red Skin Potatoes Vegetable	25 Teriyaki Chicken Brown & Wild Rice Stir-Fry Vegetables	26 Hot Turkey Sandwiches Mashed Potatoes Vegetables

Milk Shakes are available on Monday Nights \$2.00

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

1	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	2	Ford Retires (conf room) Corn Flake Chicken Mashed Potatoes Mixed Vegetables 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.	3	Baked Salmon Red Skin Potatoes Cauliflower 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	4	Birthday Dinner Roast Turkey Mashed Potatoes Green Beans Birthday Cake and Ice Cream 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod. (No sandwiches today)	5	Class of '69 Lunch Beef Stew Dinner Roll Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.	6	Sloppy Joes with Ground Turkey Potato Salad Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	7	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	
8	Bingo Spiral Ham with pineapple Au Gratin Potatoes Salad/Prince Charles 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod	9	Beef Tips Over Noodles Beets Cottage Cheese 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod	10	Class of '58 Lunch Salsa Meat Loaf Mashed Potatoes Green Beans OR Chef Sal- ad (No Other Options) 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod	11	Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	12	Ranch Chicken Mashed Potatoes Normandy Vegetables 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.	13	Turkey Burgers with Sautéed Onions French Fries Mixed Vegetables 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar Tony Orlando Night	14	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	
15	Pork Roast /Chicken Mashed Potatoes Broccoli Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	16	Class of '65-66 Lunch Stuffed Cabbage Mashed Potatoes Stewed Tomatoes Fruit Cocktail 665 cal. 23g fat 59 carb 52g protein	17	Chicken Bruschetta Red Skin Potatoes Cauliflower 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod.	18	Class of '67 Breakfast Ash Wednesday USA Wild Caught Cod Brown and Wild Rice Broccoli 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod.	19	Turkey Burgers with Sautéed Onions French Fries Mixed Vegetables 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	20	Tuna Noodle Casserole with Peas & Carrots / Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	21	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	
22	\$6 Rib Special BBQ Ribs or Chicken Baked Potatoes Normandy Veggies Dessert 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod	23	Lunch & Learn One Option: Grilled Chicken over Lettuce Cottage Cheese Multi-Grain Bread/ Fruit 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod	24	Spaghetti Spinach / Side Salad Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod	25	Chili Multi-Grain Bread Celery Salad 666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbo- hydrates; 34.7 g protein	26	Health Odyssey 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 (No other options today)	27	soup & sandwich \$2 Broccoli or Squash Soup Tuna or Grilled Cheese Sandwich Cookie (No other options today)	28	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	
March 1	Roast Turkey Mashed Potatoes Green Beans Cranberries 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.	2	BBQ Chicken Sandwich Sweet Potato Wedges Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	3	Sweet & Sour Pork Brown and Wild Rice Stir Fry Vegetables 600 cal. 8g fat 94 carb 9g fiber 24g sug. 25g pro. 904mg sod.	 February 2026							 734.241.0404	
Monroe Center meals are open to the public. Menu are subject to change.														
Chef Salad Option Monday thru Thursday. Salad Bar on Fridays. Soup, as available. Menu are subject to change.														