



15275 South Dixie Highway
Monroe, MI 48161

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National Institute of
Senior Centers



Your senior millage tax dollars at work!

June 2026

Engage!

VOLUME 26, ISSUE 6

Happy Flag Day

*Please join the
VFW Post 1138
and Jon Moore and the Ala
Carte Band
for a special
Flag Day Celebration
on Friday, June 12
at 11:30 a.m.*

*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. Public is welcome! Please call 734.241.0404

Staff	
Executive Director:	Sandie Pierce sandie@monroectr.org
Center Support:	Kevin Henry
Program Manager:	Toni Solomon toni@monroectr.org
Kitchen:	Scott Suttles Esther Thompson Antonio Terry Carrie Coleman 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 Henry
Matter of Balance Trainer:	JoAnn (Mikie) Kunich
Operations Manager:	Beth Berlin beth@monroectr.org
RSVP Volunteer Coordinator:	Jo Anne Bray joanne@monroectr.org



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

TREASURER:

Michelle LaVoy

BOARD MEMBERS:

Bill Bacarella

Troy Goodnough

Kevin Henry

Kristen Irwin

Hobby Nels

Kassie Nipper

Jennifer Sell

Christina "Tina" Smith

Board Meets June 18, 2026
at 6:00 p.m.

IN THIS ISSUE:

Page

Contacts & Board of Directors	2
From the Director's Desk	3
Birthdays / New Members	4
Thank You's / Memorials	5
Center Activities & News	6—11
Travel & Community News	12
Ask the Pharmacist	13
Age Accelerators	14
Silver Sneakers Fitness Test	15
Advertisers	16—21
Monthly Calendar	22
Evening Meals	23
Monthly Menu	24

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."*

Vision:

The Monroe Center for Healthy Aging is committed to providing opportunities for older adults in Monroe County to find purpose, enhance vitality, and experience growth.

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 HIPAA applies.

From the Director's Desk

"Keep your face always toward the sunshine
—and shadows will fall behind you."

~ Walt Whitman

Finally, sunshine. It was a long time getting here this year. Blue skies and warm breezes seem to help us all be more positive.

Being positive is one of the recommendations for us to add good years to our longevity. Research shows that even an artificially induced smile can boost our mood. Act happy. Plus, if other people see us smiling, they perceive us as being happy and friendly.

The warm weather also helps us get more sunshine and fresh air. Researchers say that light stimulates the brain chemicals and improve our mood and getting that sunlight first thing in the morning, can give us an extra energy boost. Seems like an easy thing to do.

These are two suggestions for all of us, especially as we get older — and as we are living longer. It is our choice on how we approach our “golden” years. Much is in our mindset. Do we anticipate that getting older means decline and poor health? Is that what we tell ourselves? In actuality, the wear-and-tear theory of aging has not held up under scrutiny. There are things we can do. 80% of how we age is within our control. We know what these are. It's up to each of us to decide how we want to spend the bonus years that we are afforded. It truly is an exciting time for us. We have a wonderful opportunity to pave the way for future generations.

Here at the Monroe Center, there are lots of activities to help us stay involved, to enjoy each other's company, to lend a helping hand, and to spread sunshine. I hope that we see you often! Thanks for the smiles that you bring.

With gratitude,

~ Sandie

News to Note . . .

- **May 30 — Special Bingo**
- **Bingo is on Tuesdays!**
Card sales at 1:30 p.m.
Sunday Bingo— June 14
- **June 3 — Birthday Celebration** during lunch
- **June 4 — Class of '69**
- **June 4 — at 11:30**
Library in Motion Delivery
- **June 5 — Music Trivia**
- **June 8 and 25 — Writing Group** at 1:00 & 2:00 p.m.
- **June 9— Class of '58—Lunch**
- **June 11 — Health Habits — Beat the Heat 1:30**
- **June 11 — Let's Talk Health with Maurine** at 4:30
- **June 10 —Trivia Night** at 5:00 p.m. Prizes!!
- **June 10 — Movie “A Time to Kill” 1:30**
- **June 15 — MHS Classes of '65 and '66 Lunch**
- **June 12 — Flag Day—11:30**
- **June 15 — Lunch & Learn with Yinger Pharmacy**
- **June 17— MHS Class of '67 Breakfast— 3rd Wednesday**
- **June 18 —Craft— 3:00**
- **June 22 — Lunch & Learn with Alzheimer's Association**
- **June 25 —ProMedica Health Odyssey**
- **June 25 — Book Club 1:00**
- **June 30 — \$2 Soup & Sandwich Day**

**Please Remember
to Scan**



Happy June Birthdays

Kevin Adams	Jean Ann Geiger	Dianne Leppek	LaVerne Rothman
Nancy Allen	Corry Gessner	Daniel Longworth	Catherine Rykse
Ron Anson	Carolyn Hall	Josetta Lynch	Gerald Sampsel
Marie Baehr	Gloria Hardzieg	Roland Mettie	Laurie Schultz
Marv Baumann	Lynn Harter	Shawna Meyer	Nancy Spina
Diane Beck	Sue Ann Hartford	Karen Mickens	Gary Standridge
Kathy Blevins	Dolora Hazekamp	Paul Miller	Ken Steward
David Brodie	Jim Novater	Gloria Moyer	Dave Stoner
Gary Daniels	Lorraine Hudson	Harvey Mudge	Carla Strunk
George DeClercq	John Hummel	Dale Navarre	Nancy Thompson
Cathy Didario	Chris Jones	Connie Ochs	Dorothy Timko
Laura Dye	Kathy Jones	Mary Ann Pancone	Ruth Tiszai
Margaret Ellison	Jacob Klocinski	Gloria Payne	Jim Vanisacker
Teresa Esper	Tony Koch	Mary Pearsall	Carrie Williams
Theresa Fehse	Nancy Krueger	Shirley Poore	Katherine Woodrum
Janice Fruchey	Dennis Lamb	Joyce Rober	Helen Ziembowicz
	Dick Leonard	Kathy Rohmyer	

Birthday Celebration! — June 3, 2026

We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a June birthday enjoy a complimentary lunch on Wednesday, June 3. **Cake sponsored by Heartland Hospice.**



May Birthday Celebration Attendees

RECENT DONATIONS

Classes of '65 and '66 Jan Myrl Wood
Maria T. McMullin, DDS Carol Thompson
Senator Joe Bellino — donation of a Michigan Flag

In memory of Frankilene Kerkenbush

Teresa Esper

In memory of Victor Siech

Julie Siech

In memory of Mary Rhoades and Henry Portillo

Mable Kehres Residents Council

In memory: Mary Rhoades, Sherry Duffey, Henry Portillo

Clara Lloyd

*Thanks to Joyce Rober for sponsoring the
Birthday Cake for May*



*Thank you to HPS for awarding a
\$2,313.75 grant to purchase new
pots and pans for our kitchen!*

Food Donation Goal: \$2,000

2025 Total: \$3,452.86

January — \$316.79 February — \$224.00
March — \$334.80 April — \$261

Thanks for your donations!

WELCOME NEW MEMBERS

Russell Begley	Mike Morgan
Lois J. Graham-Bocks	David Parrott
Inga Costello	Sharon Parrott
Michael Costello	Laura B. Schultz
Corry Gessner	Ken Steward
Pamela Handegan	Diane Vasbinder
Winnard Holloman	Carrie Williams
Jayne Jewell	Kathy Wozniak
Brenda Jones	Helen Ziembowicz
Linda Lanier	

Report on the 50/50 Raffles at Bingo

2025 Total: \$4,718

January — \$ 606
February — \$ 297
March — \$389
April — \$469

Thanks to **Mikie** for selling tickets
and to all of the **buyers!**

Cheri's Quote of the Month

be
someone's
SUNSHINE
when their
skies are
grey.



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

With sympathy ...

Sandra Vanisacker — April 25, 2026

Richard Arend — April 27, 2026

Betty Joyce Hanson — April 24, 2026

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

JUNE 2026

“What’s Going On” at-a-Glance

Monroe Ford Retirees — Monday,
June 8 — 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 June 14

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

HOSTED BY Mikie Kunich

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

TRIVIA

Free of charge. Prizes Awarded!
Get a Team Together! Limit of 5 people
per team. Ages 12+

June 10th Movie

1:30 pm

“A Time to Kill”



In 1984 in Canton, Mississippi, ten-year-old African American girl, Tonya Hailey is abducted, raped, and beaten by two local white men, Billy Ray Cobb and Pete Willard, while on her way home from getting groceries. The duo dump her in a nearby river after a failed attempt to hang her. Tonya survives, and Sheriff Ozzie Walls arrests Cobb and Willard.

Complimentary popcorn.



 **PROMEDICA** | WELL CONNECTED.

Health Odyssey

June 25, 2026

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

**Topic: Vertigo by Family Residency
Center**

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

National Senior Health and Fitness Day — May 27



“Move a Little. Live a Lot.”

11:30 complimentary lunch — please RSVP!

*12:00 Noon — **Dr. Chris Boudrie** returns to talk about not only the importance of movement, but also the joy it can bring.*

*9:00 to 11:00 a.m. Cholesterol Checks
(Must register. Remember to fast.)*

Lip Sync & Spaghetti Dinner

Friday, June 19, 2026

Dinner: 4:00 to 5:30 p.m.
Lip Sync: 5:00 to 7:00 p.m.
Tickets are \$8 per person



June 15 — Lunch & Learn with Yinger Pharmacy

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

Please Sign Up in Advance.
Complimentary lunch for those who arrive on time and stay for the program.

June 22 — Lunch & Learn

with Cheryl Dufore
of Alzheimer's Association

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

Please Sign Up in Advance.
Complimentary lunch for those who arrive on time and stay for the program.

Mothers & Fathers Celebration Bingo

Saturday, May 30, 2026 —

Doors open at 1:00 p.m.

\$20 per person for one book & five door cards (purchase by May 29)

- Extra books — \$5 Light Lunches
50/25/25 Raffle

Sponsored by:

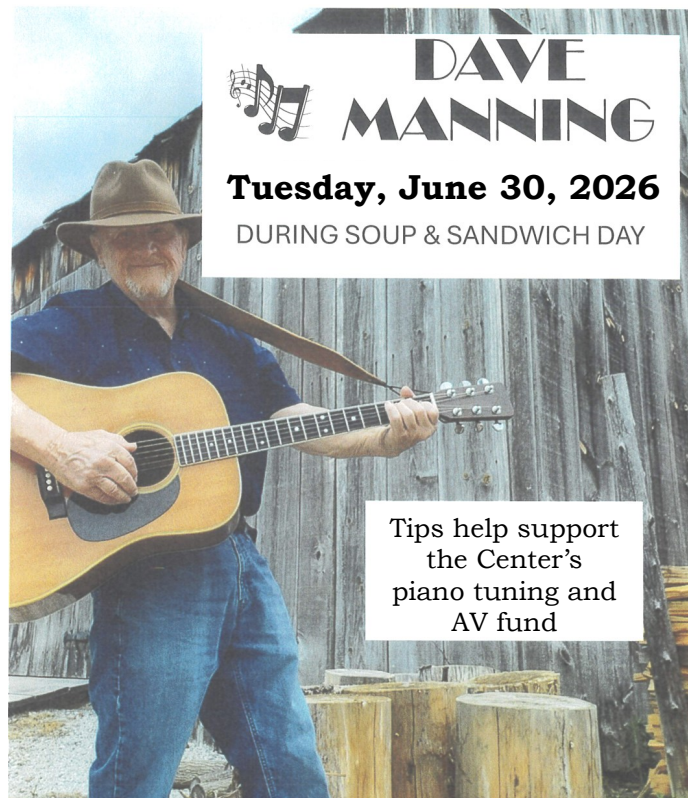


Scan Cards

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.

If you need a card, please let us know.



DAVE MANNING

Tuesday, June 30, 2026

DURING SOUP & SANDWICH DAY

Tips help support the Center's piano tuning and AV fund



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.

2nd Thursday of Every Month

1:30 - 3:00 PM

Monroe Center for Healthy Aging

- June 11 — Beat the Heat: Summer Safety
- July 9 — Foods for a Vibrant Summer
- August 13 — Habits for Better Sleep
- Sept. 10 — Conversations that Save Lives
 - October 8 — Germ Prevention 101
- Nov. 12 — Rethinking Winter Wellness

Presented by
Kristen Reed
Health Educator



Music Trivia

with Beth Berlin

Friday, June 5, 2026

4:00 p.m. Potluck Dinner

5:00 p.m. Trivia

Please sign up in advance.

Pinochle Winners

April 13 — Dee Mitchell

April 15 — Cindy Prusaitis

April 17 — Al Miller

April 18 — Renee Schweitzer

April 20 — Nancy Dale

April 22 — Al Miller

April 24 — Al Miller

April 25 — Al Miller

April 27 — Pat LaRoy

April 29 — Cindy Prusaitis

May 1 — Joan Milam

May 2 — Cindy Prusaitis

May 4 — Cindy Prusaitis

May 6 — Joan Milam

May 8 — Al & Gary Miller (tied)

May 9 — Barb Crumm

May 11 — Dee Mitchell

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

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! 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

Women's Coffee Hour with Maurine

Let's talk about health!
June 11 — 4:30 p.m.

Brain Aerobics

Monday Mornings

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 Mikie
Mondays & Wednesdays at 3:00 with Sandie

Tai Chi — Tuesdays & Thursdays at
4:15 p.m. with Betsy



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

Line Dancing — Mondays at 1:00

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

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 Toni
at 734-241-0404**

We are always grateful for donations
of yarn and patterns.

Calling All Writers

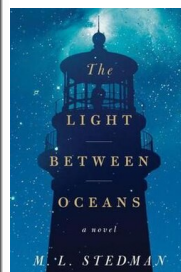
June 8 and 25, 2026

Are you interested in crafting some prose?
Join Betsy Bradley on **second Monday**
(life history) at 1:00 and the **fourth**
Thursday (poetry) of the month at 2:00

MONROE CENTER BOOK CLUB

June 25, 2026 — 1:00

The Light Between the Oceans
by M.L. Stedman



Thomas "Tom" Sherbourne returns home to Eastern Australia after fighting in the Western Front trenches of World War I with the First Australian Imperial Force.

He left physically unscathed and with several decorations, but he suffers from nightmares and survivor guilt and seeks a quiet, remote job. Tom becomes the lighthouse keeper for Janus Rock, a small island southwest of Australia

July – *They Call Her Dirty Sally* by Matzyo
August – *The Great Alone* by Hannah
September – *Code Name Sapphire* by Jenoff

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!

SAVE THE DATES!

Purse Auction — July 24, 2026

Our second annual Purse Auction is coming up on Friday, July 24, and we would like to invite you to donate your gently used or new purses plus a variety of items to fill the purses.

This fundraiser supports the Monroe Center in our mission — committing to improving the quality of life for older adults in Monroe County.

Please bring your donations to the Center by Tuesday, June 30.

Jewelry Auction with Hors d'oeuvres — Friday, September 25, 2026

On Friday, September 25, we're debuting a Jewelry Auction and are seeking donations of new or used jewelry items.

Please bring your donations to the Center by Monday, August 31.

Duck Burgers and Walker Parade
July 3, 2026
(Decorate in Red White & Blue)

September 28 — Lunch & Learn
The Zekelman Holocaust Center

SHARE A STORY ABOUT YOUR LIFE

FRIDAY, MAY 29, 2026

Join us Friday, May 29, for an opportunity to share a story about your life — and to listen to others as they talk about important milestones, accomplishments, mistakes, and memories.

Maybe we'll find something in common with a fellow member. Maybe we'll shed a tear or share some laughter.

The events begins at 4:00 p.m. Pizza and Salad will be served at 4:30 p.m. Cost is \$5 per person.

Please sign up in advance.

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

THINGS TO KNOW:

- Remember the Center is scent free.
- Carry-out main entrees are now \$1 more than the dine-in price for main entrees.
- \$20 minimum to buy or add to gift certificates.
- The first row of parking is reserved for those attending the Monroe Center.
- Members are requested to ask staff or volunteer servers to get ice from the machine.



VOLUNTEER

**Center Volunteers were honored
at our Annual Volunteer
Appreciation Dinner
on May 28, 2026**

Thanks for all you do!

*~ JoAnn (Mikie) Kunich
Volunteer Coordinator*

LOOKING FOR SUPPORT FOR YOU OR A LOVED ONE?

Marijuana Anonymous
MA12.org

MONROE COUNTY
SUBSTANCE ABUSE
COALITION

Craft — June 18—3:00

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.

*David Manning
2026 Monroe
Farmers Market
Schedule
June 6th, 20th
July 4th, 18th
August 1st, 15th
Sept. 5th, 19th
Oct. 3rd, 17th
Pickin & Grinnin
8a-12n*

*David Manning
2026
Dundee Farmers
Market
June 14th
July 12th, 26th
Aug. 23rd
Sept. 13th 27th
Pickin & Grinnin
10:30-1:30*

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

- August 2026 — **Iceland** — 8 days on Celebrity <https://grandamericantours.com/celeb-silhouette-iceland>
- February 15—27, 2027 — **Australia** — 13 days on Norwegian Spirit Sydney, Edit, Burnie, Melbourne, seven stops in New Zealand Call Grand American Tours: 1-800-423-0247
- May 2027 — Alaskan Cruise, Land & Rail Anchorage, Mt. McKinley, Denali, Whittier) 11 days on Island Princess



FREE MEDICARE WEIGHT LOSS PROGRAM

Dietitian-led program for those with a BMI (body mass index) greater than /equal to 30 and Medicare Part B.

Up to 22 visits with dietitian in one year.

You'll need a referral from your physician.

They can fax it to 734-240-1892, provide you with a paper referral or complete an electronic order if they are a ProMedica-affiliated provider.

Questions call Diabetes Education and Nutrition Services 734-240-1813 (Monday-Thursday 8am - 4:30pm)



Monroe County Library in Motion Pick-Up June 4 — 11:30 a.m.

HOPE BEGINS



What we offer:

- Needle Exchange Program
- Syringe Disposal
- Overdose Reversal Kits
- First Aid Supplies
- Drug Testing Kits
- Connection to Community Resources



MONROE HARBOR LIGHT (734) 384-3402

HARM REDUCTION & TREATMENT SERVICES 3250 N. Monroe St. Monroe MI. 48161

All harm reduction services are free and anonymous
Hours of Operation: Monday-Friday 8am-4pm



Choices
COUNSELING SOLUTIONS

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.



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

Beating the Summer Heat

by Madisen Faryniarz, PharmD. Candidate Class of 2028

Summer months have finally arrived, which means the sun will be shining and temperatures will be rising! During warmer months it is important to understand how heat affects medications both in the body and where they are stored. One factor to keep in mind is that some medications react with heat in ways that can cause unwanted side effects. Certain medications used for high blood pressure (ACE inhibitors, ARBs, and diuretics) when combined with heat may affect how the body senses thirst. This is dangerous because it makes it easier to become dehydrated without realizing it.

Another concern is that some medications can make it hard for the body to cool itself down when exposed to heat. Medications used to treat allergies, mental health conditions and some heart medications may cause a reduction or absence in sweating which makes it hard to recognize when the body is too hot. This is dangerous because it can lead to heat related illnesses like heat exhaustion or heat stroke. It is also important to consider how medications affect the skin when exposed to sunlight.

Certain medications like antifungals and some antibiotics can increase the skin's sensitivity to the sun. This sensitivity can be harmful due to the risk of developing a sunburn or sun rashes.

Furthermore, heat exposure can cause damage to or degrade medication delivery devices. Inhalers are an example of a device that could burst when stored in a hot environment for an extended period. Another example is an insulin pen that are normally stored in the refrigerator because if this medication were to be left in a hot environment, it could break the medication down leading to it being less effective. It is important to avoid storing any medication in direct sunlight because of the effect it has on the potency and overall effectiveness of the medication and it should be stored according to individual storage recommendations.

To stay safe during the warmer months, it is important to ensure adequate hydration by drinking plenty of water throughout the day, avoiding prolonged sun exposure especially during the hottest parts of the day, applying broad-spectrum sunscreens, and wearing light, loose fitting clothing. Taking these precautions can help reduce the risk of heat related problems while continuing to take necessary medications safely.

Additionally, it is important to talk to your healthcare provider about medications and any concerns with the rising temperatures. They can review medications and provide any education on proper storage as well as recommendations to reduce any unwanted effects. Understanding to never stop taking medications without talking to your healthcare provider.

Stay well friends!

~ Jennifer

Self-Assessment

This assessment will help quickly identify things that we're doing that can be helping to extend our healthspan (Age Decelerants) and those that could be eroding it (Age Accelerants).

Put a check mark next to each item done regularly. Be honest.

Looking at the answers, where could improvements be made? Choose things that can easily be accomplished to start. Quick win! That progress will help energize and make other changes.

Age Decelerants (Helpful Things)

- Allow for at least 7 hours of sleep
- Regularly feel you've slept soundly
- Get 30 minutes of moderate exercise at least five times a week
- Lift weights regularly
- Have a regular mindfulness practice (like meditating, yoga, tai chi, or praying)
- Stand or get up out of your seat every hour or so
- Brush and floss
- Stick to fruit and/or dark chocolate to satisfy sweet tooth
- Avoid fried or charred foods
- Eat leafy greens, cruciferous vegetables or deeply hued vegetables daily
- Eat primarily whole foods
- Drink half my body weight of water daily (in ounces)
- Drink unsweetened coffee or tea
- Eat fatty fish such as salmon
- Eat fermented foods
- Spend at least 30 minutes outside daily
- Make time for friends
- Volunteer or socialize
- Learn new skills or do something that challenges the brain
- Pursue a hobby or do something that feels like play
- Feel positive about getting older
- Make and keep appointments for check-ups and screenings
- Get teeth cleaned twice a year
- Feel excited about the future
- Feel connected to a sense of purpose
- Live within my means now and invest so I'll have more financial resources later

Age Accelerants (Non-Helpful Things)

- Sleep less than seven hours
- Regularly awakened two or more times a night
- Go a day (or more without exercising)
- Smoke or vape
- Drinking more than one alcoholic drink a day
- Sit more than three hours without getting up
- Skip brushing teeth
- Eat sweets (cookies, pie, ice cream, candy)
- Eat fried or charred foods
- Go a whole day without eating a fresh fruit or vegetable
- Eat ultra-processed foods
- Drink soda or fruit juice
- Drinking sweet coffee drinks or sweet tea
- Eat processed meats, such as sausage, bacon, and hot dogs
- Eat right before bedtime
- Stay on screens right up until bedtime
- Feel moderately or extremely stressed
- Stay home; don't engage with people
- Watch more than two hours of TV daily
- Don't do any activity I enjoy (hobby)
- Think negatively about getting old
- Avoid going to the doctor
- Avoid going to the dentist
- Feel pessimistic about the future
- Feel adrift, wondering what my purpose is
- Worry about not saving / investing enough for the years left in my retirement

How Fit Are You? Take This Test

By K. Aleisha Fetters

Being fit is fundamentally about being able to function. Everyday feats of strength, balance, and endurance — such as getting up off the couch, climbing stairs, and playing hide and seek with the grandkids—aren't just great goals. They're important markers of overall fitness.

That's why, when patients enter his exam room, the first thing family medicine physician Rob Danoff, D.O., asks is this: "Does anything keep you from your normal activities? Have you noticed a change in your ability to do what you used to do?" If the answer is yes, Dr. Danoff knows his patient isn't fit enough.

The following fitness tests can help you identify weak spots and also help reveal your greatest areas of strength.

Fitness Test #1: Sit to Stand

Sit on a sturdy chair with your feet hip-width apart and your arms crossed in front of your chest. From here, press through your heels to stand up. Count how many times you can stand up and sit back down in 30 seconds.

How'd you do? The average adult, ages 60 to 79, should be able to perform 10 to 19 reps.

Fitness Test #2: Arm Curl

Sit on a sturdy chair with your feet hip-width apart. Hold a dumbbell down at your side in your dominant hand, palm facing your body. (Women should use a five-pound dumbbell, and men an eight-pound dumbbell.) Keeping your upper arm stationary, curl the weight up to your shoulder, rotating your palm to face your shoulder as you do so. Count how many times you curl up and lower the weight back down in 30 seconds.

How'd you do? The average adult, ages 60 to 79, should be able to perform 11 to 22 reps.

Fitness Test #3: Chair Sit and Reach

Sit on a sturdy chair with your feet hip-width apart. Extend one leg straight out in front of you, toes pointed toward the ceiling. The opposite foot should remain flat on the floor. With one hand on top of the other—and your back

straight—reach as far toward your toes as you comfortably can, making sure not to bounce to go deeper into the stretch. Hold the farthest position for two seconds. Perform the test twice on both sides, and record your best result for each leg.

How'd you do? The average adult, ages 60 to 79, should be able to reach within four inches of the toes to five inches past them, no matter which leg is forward.

Fitness Test #4: Back Scratch

Stand tall, and reach one hand over your shoulder and down the middle of your back as far as possible, your palm against your back. Reach your other hand around your side and up the middle of your back as far as possible, the back of your hand against your back. Without causing pain, try to bring your hands as close as possible to each other.

How'd you do? The average adult, ages 60 to 79, should be able to get both hands within nine inches of each other. Women tend to be able to get their hands closer than men can.

Fitness Test #5: Stand Up and Go

Sit on a sturdy chair with your feet hip-width apart and your hands resting on your knees. From here, time how long it takes you to stand up, walk for eight feet, turn around, and return to your seat. Perform the test twice, and record the best result.

How'd you do? The average adult, ages 60 to 79, should be able to finish the test in 3.8 to 7.4 seconds.

Fitness Test #6: March in Place

March in place for two minutes, bringing your knees to mid-thigh level with each move. You can put a piece of tape on the wall next to you to mark how high you should raise your knees. Count how many times your right knee hits the mark within the two-minute period.

How'd you do? The average adult, ages 60 to 79, should be able to perform 68 to 115 marches per side.

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- **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** — Maurine Sharp will be at the Center at 10:00 on May 6.
- **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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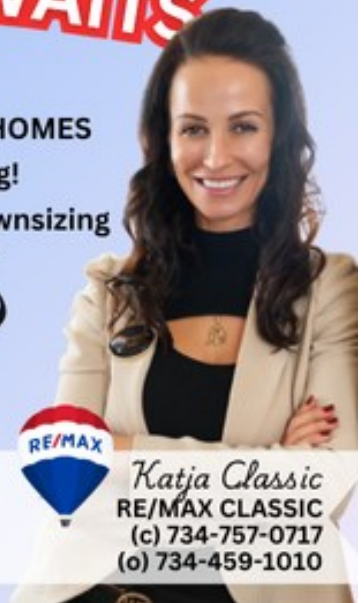
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31	1 Ford Retirees 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 3:00 Balance	2 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers 7:00 Coin Club	3 Birthday Dinner 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 BP Checks 12:00 Pinochle 3:00 Balance	4 Medicare with Jackie by appointment 9:00 Balance Exercise 10:15 Chair Yoga 11:30 Library in Motion Noon Class of '69 4:15 Tai Chi 7:00 Model A Club	5 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet 4:00 Potluck & Music Trivia	6 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle	
7	8 Ford Retirees Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Writing with Betsy 1:00 Dancing/3:00 Balance	9 Class of '58 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	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 Mikie and Louise	11 Medicare with Jackie by appointment 9:00 Balance Exercise 10:15 Chair Yoga 1:30 Habits for Health 4:15 Tai Chi 4:30 Let's Talk Health with Maurine	12 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Flag Day 11:30 Pinochle 12:00 Knit / Crochet	13 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle	
14	15 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 11:30 LUNCH & LEARN Noon Classes of '65 & '66 12:00 Pinochle 1:00 Dancing / 3:00 Balance	16 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	17 Class of '67 BK 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 2:00 The Affinity Group 3:00 Balance	18 Medicare with Jackie by appointment 9:00 Balance Exercise 10:15 Chair Yoga 3:00 Craft — Sign up 4:15 Tai Chi	19 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet 4:00 Spaghetti Dinner and Lip Sync	20 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle	
21	22 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 11:30 LUNCH & LEARN 12:00 Pinochle 1:00 Dancing / 3:00 Balance	23 MCOP support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	24 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	25 Medicare with Jackie by appointment 9:00 Balance Exercise 10:15 Chair Yoga 11:30 Health Odyssey 1:00 Book Club 2:00 Writing 4:15 Tai Chi	26 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	27 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle	
28	29 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 3:00 Balance	30 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	 <h1 style="font-size: 4em; margin: 0;">June 2026</h1>				
31	30 \$6 BBQ RIB Dinner 11 to 1 p.m.						

June 2026

Evening Meals

Served 4:15 to 6:00 pm

Main Choice: \$3.00 for Eat-In / \$4.00 for Carry-Out

Monday	Tuesday	Wednesday	Thursday
May 25 Memorial Day No Evening Meal	26 Pork Chops with Sauerkraut Mashed Potatoes Vegetables	27 Pot Roast with Potato, Carrots, Onions Gravy Broccoli Salad	28 Volunteer Appreciation Dinner for Invited Guests Only
1 Baked Cod Country Potatoes Vegetable Cole Slaw	2 Patty Melt Sweet Potato Fries Broccoli Salad / Fruit	3 Chicken Thighs Red Skin Potatoes Vegetable Cottage Cheese	4 Chili Multi-Grain Bread Fruit
8 Porcupine Meat Ball Potatoes O'Brien Carrots	9 Roast Beef Mashed Potatoes Green Beans Fruit	10 Apple Butter Pork Stuffing Vegetable Side Salad	11 Grilled Chicken Breast Potato Salad Baked Beans Fruit
15 Swedish Meat Balls Brown Rice Stir Fry Vegetables Cottage Cheese	16 Lemon Herb Pork Mashed Potatoes Corn Applesauce	17 Chicken Caesar Wrap Veggie Chips Fruit	18 Sloppy Joes French Fries Baked Beans Fruit
22 Spiral Ham Slices Sweet Potatoes Vegetable Side Salad	23 Tuna Melts Sweet Potato Wedges Broccoli Salad Applesauce	24 Chicken Fajitas Stewed Tomatoes Refried Beans Chips & Salsa	25 Pot Roast with Potatoes, Carrots, Celery, Onion Applesauce
29 Lasagna Green Beans Garlic Bread Side Salad	30 Chicken Legs Red Skin Potatoes Vegetable Cottage Cheese	July 1 Turkey Burgers French Fries Broccoli Salad Fruit	July 2 Russian or Blueberry Pancakes Sausage Banana

Milk Shakes are available on Monday Nights \$2.00

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



June

2026

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<p>31 \$6 Rib Special BBQ Ribs or Chicken Baked Potatoes Vegetable Dessert</p>		<p>1 Ford Retirees Salisbury Steak Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod</p>		<p>2 Corn Flake Chicken Red Skin Potatoes Cauliflower Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod.</p>		<p>3 Birthday Dinner Hot Beef Sandwiches Mashed Potatoes Green Beans Birthday Cake & Ice Cream 805cal. 48g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod. (No sandwiches today)</p>		<p>4 Class of '69 Lunch Baked Salmon Red Skin Potatoes Brussels Sprouts 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>		<p>5 Sloppy Joes Potato Salad Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>		<p>29 Sweet & Sour Pork Brown and Wild Rice Stir Fry Vegetables 600 cal. 8g fat 94 carb 9g fiber 24g sug. 25g pro. 904mg sod.</p>		<p>30 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>	
<p>7 Bingo Chicken Cordon Bleu Baked Potatoes Broccoli / Side Salad 828 Cal. 20g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium</p>		<p>8 Beef Tips Over Noodles Beets Broccoli Salad 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod</p>		<p>9 Class of '58 Lunch Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p>		<p>10 BBQ Chicken Sandwich Sweet Potato Wedges Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>		<p>11 Spiral Ham with pineapple Country Potatoes Prince Charles Vegetables 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod</p>		<p>12 Flag Day USA Wild Caught Cod Brown and Wild Rice Broccoli / Dessert 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod</p>		<p>13 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>			
<p>14 Roast Beef / Salmon Red Skin Potatoes Green Beans / Pears 805 cal. 48 g fat. 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>		<p>15 Lunch & Learn Class of '65-66 Lunch 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 (No other options today)</p>		<p>16 Spaghetti Spinach Side Salad Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod</p>		<p>17 Class of '67 Breakfast Shepherd's Pie Cottage Cheese with Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium</p>		<p>18 Beef Stew Dinner Roll Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.</p>		<p>19 Turkey Burgers with Sautéed Onions Sweet Potato Wedges Mixed Vegetables / Fruit 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>		<p>20 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>			
<p>21 Pork Roast /Chicken Mashed Potatoes Broccoli Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>		<p>22 Lunch & Learn Salsa Meat Loaf Mashed Potatoes Green Beans / Roll /Fruit 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod (No other options today)</p>		<p>23 BBQ Pork Sandwich Sweet Potato Wedges Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>		<p>24 Stuffed Cabbage Mashed Potatoes Stewed Tomatoes Fruit 665 cal. 23g fat 59 carb 52g protein</p>		<p>25 Health Odyssey Ranch Chicken Mashed Potatoes Normandy Vegetables Fresh Fruit 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.</p>		<p>26 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</p>		<p>27 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>			
<p>28 \$6 Rib Special</p>		<p>29 Hot Roast Beef Sandwiches</p>		<p>30 Soup & Sandwich \$2 (No other options today)</p>		<p>Chef Salad Option Monday thru Thursday. Salad Bar on Fridays. Soup, as available. Menus are subject to change.</p>									