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Monroe, MI 48161

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National Institute of
Senior Centers



Your senior millage tax dollars at work!

March 2026

Engage!

VOLUME 26, ISSUE 3

Hello Spring!

*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

BOARD MEMBERS:
Bill Bacarella
Troy Goodnough
Kevin Hemry
Kristen Irwin
Michelle LaVoy
Hobby Nels
Kassie Nipper
Jennifer Sell
Christina "Tina" Smith

Board Meets March 19, 2026
at 6:00 p.m.

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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

"Spring is when you feel like whistling, even with a shoe full of slush."

— *Doug Larson*

Springtime. It's a time of new growth and feeling hopeful for the sunshine and promises of new beginnings. I love that sense of optimism.

Yet, we're all at that season of life that is sometimes referred to as our "autumn." While Spring is around the corner, we may not be. After all, 70 is no longer "middle age." Sometimes it feels like life's challenges are a lot of effort. Do we really have it in us to have hope and new beginnings? The short answer is yes. And it makes sense.

All information that we have about longevity has much to do about continuing to have purpose in our lives. We know that eating healthy and getting our bodies moving help to get our physical self in better shape. Having a reason to get up helps our mental self. And having a belief in a higher power adds to our spiritual health. All of those things combined contributes to our wellness. So the more attention we give to these four dimensions of wellness, the better our overall quality of life. And helps add life to our years. Isn't that what healthy aging is all about after all? Remember, research says that 80% of our health is totally within our control. We can have hope and new beginnings!

Here at the Center in March, we have a fun evening planned for St. Patrick's Day. We're serving a Jigs Dinner at 4:00 p.m. followed by some uplifting music by Jon Moore and Ala Carte. Please sign up at the Front Desk. Tickets will be sold at the door. We also have Family Feud planned on March 20, and a couple health programs — March 23 and 26th.

Staying active and involved is important for all of us. The Center is a great place to be with other people for fun, fellowship, and support. I'm glad you're here!

With gratitude,

~ *Sandie*

News to Note . . .

- **Bingo is on Tuesdays!**
Card sales at 1:30 p.m.
Sunday Bingo— March 8
- **February 27** — Friday Night **Pictionary & Potluck**
- **March 4** — **Birthday Celebration** during lunch
- **March 5** — Class of '69
- **March 5** — at 11:30
Library in Motion Delivery
- **March 5**— Class of '58—Lunch
- **March 12** — Health Habits —
Science of Kindness — 1:30
- **March 12** — Let's Talk Health
with Maurine at 4:30
- **March 11** —**Trivia Night** at
5:00 p.m. Prizes!!
- **March 11** — **Movie "F1" 1:30**
- **March 16** — **Breakfast** with
Lauren Beaudry — 8:00 a.m.
- **March 16** — **MHS Classes of
'65 and '66** Lunch
- **March 17** — **St. Patrick's Day
Dinner & Music** — 4:00 p.m.
- **March 18** — MHS Class of '67
Breakfast— 3rd Wednesday
- **March 19** —**Craft**— 3:00
- **March 20** — **Family Feud**
- **March 9 & 26** — Writing
Group at 1:00 & 2:00 p.m.
- **March 23** — **Lunch & Learn
with Maurine Sharp-Schaffer**
- **March 26** —**ProMedica Health
Odyssey**
- **March 26** — **Book Club**
- **March 31** — \$2 Soup &
Sandwich Day

**Please Remember
to Scan**



Happy March Birthdays

Diane Adair	Ruthanne Elmer	Betty Knapp	Millard Nieswender
Joyce M. Anteau	Joanne Franks	Randy Knapp	John Nikolich
Pam Arnold	James Frederick	Sandy Kozicki	James Penley
Bob Bates	Glenda Frederick	Eleanor Kraslo	Ralph Presto
Bonnie Bellino	Barbara Friar	Jo Lynn Laderach	Cindy Prusaitis
Alice Bennett	Phyllis Gillispie	Becky Leach	Darlene Raymer
Valerie Bezeau	Sylvia Gore	Rebekah Legg	Earl Reaume
Joanne Bowman	Laurie Grady	Craig Liparoto	Catherine Roberts
Patricia Bevoort	Rita Graves	Frances Longworth	Lettie Sanders
Darlene Brittain	Walter Graves	Milt Lovell	Brian Sanders
Candice Britten	Karen Haman	Ida Ludwick	Renee Saul
Helen Brown	David Heilman	Linda Marlow	Esther Schneider
Kelli Collingsoth	Dorthey Hentz	Kathy Marlow	Sherry Sieb
Dorothy Conger	Sally Hess	Mary Ann McBee	Barbara Siebarth
Al Conner	Bob Hoffman	Bob McCain	Ellen Sinon
Mike Cook	Charles Homolka	Lois McDonald	Mary Skinlo
Julia B. Copi	Ernie Howerton	Mariann Meyer	Mary Theisen
Elaine Culverhouse	Gabriele Huber	Todd Meyer	James Thompson
Millie Daniels	Janet Ingels	Barb Michaud	Sherri Troxler
Pat Dees	Sue Jewell	Harry J. Micka	Betty Ann Uhl
Nancy Ellison	Shelly Johnson	Vicki Micka	Cathy Verner
Tim Ellison	Irene Kelly	Matthew Miller	Jim Weber
	Beth Knapp	Bob Neely	Brenda Wertenberger

Birthday Celebration! — March 4, 2026

We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a March birthday enjoy a complimentary lunch on Wednesday, March 4. **Cake sponsored by Monroe County Community College.**



February Birthday Celebration Attendees

RECENT DONATIONS

Patchwork Pals Extension Group
Mike Cook
Classes of '65 and '66

In memory of Richard Vancena

Janice Thoma Diane Vajcner Florence Grajewski

In memory of Don Faulhaber

Paul and Marjorie Assenmacher

*Thanks to Vibrant Life for sponsoring the
Birthday Cake for February*

Congratulations, 2026 Board Officers!

Mark S. Braunlich, President

Diane Kamprath, Vice-President

Michelle LaVoy, Treasurer

Dave Swartout, Secretary

Welcome: Michelle LaVoy and Kristin Irwin

Thanks: Jaime McDonald and Bonnie Thompson

THINGS TO KNOW:

- Remember **the Center is scent free.**
- **Carry-out main entrees are now \$1 more.**
- **2026 Dues** are now payable. This will be the last newsletter you receive if your dues are not paid for 2026. We appreciate your attention to this.

WELCOME NEW MEMBERS

Kim Carmon	Karen Meyer
Eric Hatcher	Shawna Meyer
Ron Jabe	Harry J. Micka
Denise Kellepourey	Vicki Micka
Margie Loduca	Roger Morgan
Patricia "Eileen" Loch	Cal Smith
Roger T. Meyer	Naomi Tucker
Todd Meyer	Faye Vajcner
	James E. Vacjner

Report on the 50/50 Raffles at Bingo

2025 Total: \$4,718

January — \$ 606

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

Food Donation Goal: \$2,000

2025 Total: \$3,452.86

January — \$316.79

Thanks for your donations!

Cheri's Quote of the Month

If we had no winter,
the spring would not
be so pleasant.

~ Anne Bradstreet



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

With sympathy ...

Robert H.S. Bomyea — January 10
Margaret Cole — January 19

Please let us know if we
have inadvertently missed
someone.

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

MARCH 2026

“What’s Going On” at-a-Glance

Monroe Ford Retirees — Monday,
March 2 — 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 March 8

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

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

 **PROMEDICA** | WELL CONNECTED.

Health Odyssey

March 26, 2026

11:30 a.m. Lunch

12:00 Program

Topic 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

HOSTED BY Mikie Kunich

Wednesday, March 8th

5:00 to 6:30 p.m.

TRIVIA

Free of charge.

Prizes Awarded!

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



March 8th Movie

1:30 pm

F1 (marketed as **F1 The Movie**) is a 2025 American sports drama film starring Brad Pitt as Formula One (F1) racing

driver Sonny Hayes, who returns after a 30-year absence to save his former teammate's underdog team, APXGP, from collapse.

Complimentary popcorn.

March 16 — Breakfast with
Lauren Beaudry,
Assistant Prosecutor
8:00 a.m.

Join us for a conversation of current events and policies.

Lunch and Learn

Monday, February 23

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

“The Art of Happiness”

presented by Cajie Dcunha

St. Patrick’s Day Jigs Dinner

Tuesday, March 17, 2026

4:00 to 6:00 p.m.

Corned Beef, Cabbage,
Potatoes, Carrots
Pistachio Cake

\$8 per person

Please sign up in advance.

Music by Jon Moore
and Ala Carte

Lunch and Learn with

Maurine Sharp-Schaffer, Retired R.N.
on “A Wholistic View of Vitamins
and Supplements”

Monday, March 23, 2026

11:30 lunch

Program at noon

Please register at the Front Desk.

Complimentary lunch for those who arrive on
time and stay for the program.

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.

HEALTH *Matters* Herbs & More



Nutrition — Herbs — Recipes

Maurine Sharp-Schaffer, Retired R.N.

- BY APPOINTMENT ONLY -

3546 S. Otter Creek Rd.
LaSalle, Michigan 48145

734-755-4213

www.monroehealthmatters.com



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
Tuesday, March 31, 2026
 DURING SOUP & SANDWICH DAY

Tips generated help
 to support the
 Monroe Center!

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

- Save the Dates:
- Monday, **April 6**, Lunch and Learn with AARP
 - Monday, **May 4**, Lunch and Learn with Jackie & Joyce on Medicare
 (Please submit questions in advance to help us better prepare for things to cover.)

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.

- Pinochle Winners**
- January 12 — Joan Milam
 January 14 — Pat LaRoy
 January 16 — Gary Miller
 January 21 — Al Miller
 January 23 —
 January 24 —
 January 26 —
 January 28 —
 January 30 —
 January 31 —
 February 2 —
 February 4 —
 February 6 —
 February 7 —
- 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! 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



Women's Coffee Hour with Maurine

Let's talk about health!
March 12 — 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 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

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

Friendly Poker Games (See Kevin)

Thursdays at 10:00 a.m.

Hand & Foot — Fridays

We need players. Let us know if
you'd like to be play.

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

Fun with Yarn For all Ages!

Fridays at 12:00 noon

- Drop in and meet the new knitters and crocheters.
- We have supplies and offer tutoring. It's fun and easy!
- Choose your project — crochet a granny square; knit or crochet a pair of slippers or a water bottle or cellphone tote.
 - Or bring your own needlework.
 - Stop by to chat or watch.

**Questions? Contact Maxine
at 734-241-0404**

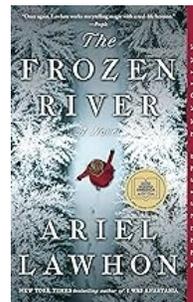
We are always grateful for donations
of yarn and patterns.

Calling All Writers

March 9 & March 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



March 26, 2026 — 1:00

The Frozen River
by Lawhon

Thrust into a legal battle
concerning sexual assault
and murder, midwife Martha
Ballard must fight for her
friends and family, while continuing her
life-saving vocation.

April — *The Live We Bury* by Eskens

May — *Pelican Girls* by Julia Mayle

June — *The Light Between the Oceans* by
M.L. Stedman

July — *They Call Her Dirty Sally* by Matzyo

VOLUNTEERS NEEDED!

Volunteers Are Needed Hello Friends!
As you know, the Monroe Center takes great pride in serving meals 365 days a year, including dinners Monday – Thursday, breakfasts and lunches Mondays - Saturdays and lunches on Sundays. We need your help, especially on the weekends! We are in desperate need of more volunteer servers. If you are able, please consider donating 3 hours a week serving meals. It's a wonderful way to stay active and meet more friends. If you can help, please ask to speak with Jo Ann (Mikie) Kunich or ask the front desk to take your contact information. THANK YOU FOR YOUR HELP!

~ 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
- Low Vision Machine - Canes

Call to inquire: 734.241.0404

Family Feud & Potluck

Friday, March 20 — 4:00 p.m.

Bring a dish to pass or pay
\$5 at the door.

Get your team together!

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.

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 — March 19

3:00

Please sign up at the Front Desk.

RSVP Monroe County



RSVP is a volunteer network for people 55 and over. Use the skills and talents you've learned over the years (or develop new ones) while serving in a variety of volunteer activities right here in Monroe County.

If you would like to volunteer with us, call Beth or Jo Anne at 241-0408.

Please remember to record and turn in your hours.



MONROE CENTER TRAVEL

See the flyers at the Center for more details.

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>



HEATING & COOLING

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Monroe
County for
35 years!*

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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.

Daylight Savings Time begins March 8, 2026

Turn clocks ahead one hour!

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

with Saja Herzallah, Pharm. D Candidate and Jennifer Sell RPh

Hello Friends! I hope you are doing well and staying healthy.

This month's newsletter is about medication reconciliation. This is what the hospital team does to make sure all your medications are correct when you are admitted, transferred, or sent home from the hospital. Nurses, doctors, and pharmacists all contribute to this process, and your help is very important.

When a nurse or technician asks about your medications, not only are they compiling a current list of active medications, they are looking for several different things to keep you safe. One important thing they check is whether you are taking the medicine the same way it was prescribed. This includes how often you take it and if you sometimes skip doses or stop taking it. Being honest helps your providers make better decisions for your care.

They also look for medicines that may cause problems when taken together. This includes prescription drugs, over the counter products, vitamins, and herbal products. Even products like sleep aids, pain relievers, or supplements can cause side effects or drug interactions in the hospital.

Another thing your providers check for is side effects or past reactions. If a medication has had an effect like making you dizzy, confused, nauseous, or causing a rash, it is important to mention this.

The hospital team will review your medications to see if any should be stopped, adjusted, or restarted while you are in the hospital and at discharge. Some things may not be safe for certain illnesses or procedures, while others may require a different dose.

You can help the team by creating an updated medication list and keeping it with you at all times. This list should include all prescription medications, over the counter medications, vitamins, and herbal products. You should also have the strength, how you have been taking it (ex: 2 tablets once a day), and how long you have been taking it. They also need to know about any drug allergies and what reaction you had.

Medication reconciliation helps prevent medication errors and keeps your care safe and organized. If you have questions about your medications or making a current medication list, your pharmacist is always a great place to start.

Take care!

Jennifer



**Monroe County
Library in Motion
Pick-Up
March 5 — 11:30 a.m.**



**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)*

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

- **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.monroecc.edu/LL
 734-384-4127



Silver Sneakers Insurance

is accepted at
Courageous Rehab
 1507 North Telegraph
 Monroe, MI 48162
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FLEXIBILITY



INDEPENDENCE



INJURY



PAIN



WEAKNESS

BY WORKING TO REMOVE:



**Medicare
Planning Solutions
of Michigan**

**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
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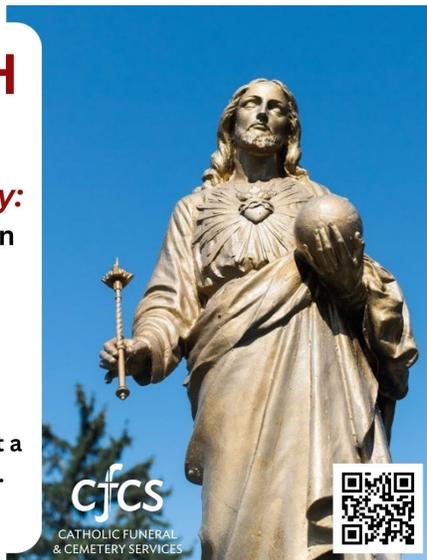
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1	2	3	4	5	6	7
Sunday Dinner 11 a.m. to 1 p.m.	Ford Retirees 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 3:00 Balance	9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers 7:00 Coin Club	Birthday Dinner 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	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	Tax Assistance 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
8	9	10	11	12	13	14
Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	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	Class of '58 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo	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	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	Tax Assistance 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
15	16	17	18	19	20	21
Sunday Dinner 11 a.m. to 1 p.m.	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	9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:00 St. Pat's Dinner 6:00 Woodcarvers	Class of '67 BK 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	Medicare w/ Jackie by appt. 9:00 Balance Exercise 10:15 Chair Yoga 3:00 Craft— Sign up	Tax Assistance 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet 4:00 Family Feud & Potluck	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
22	23	24	25	26	27	28
Sunday Dinner 11 a.m. to 1 p.m.	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	MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	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	Tax Assistance 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
29	30	31	<h1 style="text-align: center;">March 2026</h1> 			
\$6 BBQ RIB Dinner 11 to 1 p.m.	Canasta Tax Assistance 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing/3:00 Balance	Soup & Sandwich Day 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers				

March 2026 Evening Meals

Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thursday
February 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
March 2 Baked Cod Country Potatoes Vegetable/Cole Slaw	3 Grilled Chicken Potato Salad Baked Beans Fruit	4 Lasagna Green Beans Garlic Bread Side Salad	5 Pot Roast with Potatoes, Carrots, Celery, Onion Applesauce
9 Tuna Melts Sweet Potato Wedges Applesauce	10 Sloppy Joes French Fries Baked Beans / Fruit	11 Apple Butter Pork Stuffing Vegetable	12 Teriyaki Chicken Brown & Wild Rice Stir-Fry Vegetables
16 Porcupine Meat Ball Potatoes O'Brien Carrots	17 St. Patrick's Day Corned Beef  Cabbage / Potatoes Carrots / Dessert Music \$8 person	18 Chicken Thighs Red Skin Potatoes Vegetable Fruit	19 Hot Turkey Sandwiches Mashed Potatoes Vegetables / Fruit
23 Swiss Steak Mashed Potatoes Stewed Tomatoes Fruit	24 Pineapple Chicken Brown Rice Vegetables	25 Salmon Patties with Peas & Cream Sauce Mashed Potatoes Fruit	26 Baked Potato Bar with Chili, Cheese, Broccoli Fruit
30 Chicken Fajitas Stewed Tomatoes Refried Beans	31 Swedish Meat Balls Brown Rice Stir Fry Vegetables Cottage Cheese	April 1 BBQ Pork Sandwich Potato Salad Cole Slaw Fruit	April 2 Patty Melt Sweet Potato Fries Broccoli Salad / Fruit

Milk Shakes are available on Monday Nights \$2.00

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

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.	4 Birthday Dinner Hot Beef Sandwiches Mashed Potatoes Green Beans Birthday Cake and Ice Cream 805cal. 48g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod. (No sandwiches today)	5 Class of '69 Lunch Shepherd's Pie Cottage Cheese with Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium	6 Baked Salmon Red Skin Potatoes Brussels Sprouts 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	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 Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	10 Class of '58 Lunch Ranch Chicken Mashed Potatoes Normandy Vegetables 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.	11 Salsa Meat Loaf Mashed Potatoes Green Beans 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod	12 Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	13 Tuna Noodle Casserole with Peas & Carrots / Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	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 Chicken Bruschetta Red Skin Potatoes Cauliflower / Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod.	17 St. Patrick's Day Stuffed Peppers Mashed Potatoes Stewed Tomatoes Fruit Cocktail 665 cal. 23g fat 59 carb 52g protein	18 Class of '67 Breakfast Spaghetti Spinach / Side Salad Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod	19 Sloppy Joes with Ground Turkey Potato Salad Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	20 USA Wild Caught Cod Brown and Wild Rice Broccoli 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod	21 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	
22 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	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 Beef Tips Over Noodles Beets Broccoli Salad 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod	25 Turkey Burgers with Sautéed Onions Sweet Potato Wedges Mixed Vegetables 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	26 Health Odyssey Chicken Marsala Mashed Potatoes Broccoli / Fruit 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod (No other options today)	27 Meatless Chili with Lentils Multi-Grain Bread Celery Salad 666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbo- hydrates; 34.7 g protein	28 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	
29 \$6 Rib Special BBQ Ribs or Chicken Baked Potatoes Normandy Veggies Dessert 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	30 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	31 Soup & Sandwich \$2 Chicken Noodle or Clam Chowder Soup Egg Salad or Grilled Ham & Cheese Sandwich Cookie (No other options today)	March			2026	 Monroe Center <i>for Healthy Aging</i> 734.241.0404
Monroe Center meals are open to the public. Soup, as available. Menus are subject to change.							
Chef Salad Option Monday thru Thursday. Salad Bar on Fridays. Soup, as available. Menus are subject to change.							