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Your senior millage tax dollars at work!

Engage!

VOLUME 24, ISSUE 9

September 2024





Annual Steak Roast is Friday, September 20 — 4:30 to 6:30 p.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. 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 Sue Stoner Esther Thompson Carol Huffman Kitchen Assistants: Val Bezeau

Customer Service Coordinator:

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Accounting Clerk:

Linda Guyor

linda@monroectr.org

Volunteer Coordinator:

JoAnn (Mikie Kunich) brenda@monroectr.org

Bingo Coordinator:

Lisa Brown

Balance Instructor:

JoAnn (Mikie) Kunich

RSVP Director:

Beth Berlin

beth@monroectr.org

RSVP Volunteer Coordinator:

Jo Anne Bray

joanne@monroectr.org

Vision:

The Monroe Center for Healthy Aging is committed to improving the quality of life and health of older adults in Monroe County.



15275 South Dixie Highway Monroe, MI 48161

734-241-0404



Visit us on-line: www.monroectr.org

Board of Directors

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Call 734.241.0404

Carry-Out Meals are available.

"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 https://www.youtube.com/user/MPACTstudio/videos





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

"The best classroom in the world is at the feet of an elderly person."

~ Andy Roony

Growing older certainly has its challenges, but aging in America? I think we could do better. In our culture old age is often presented negatively. We hear it everyday — the common stereotypes — "old biddies", "one foot in the grave", the list goes on. A streak of grey hair shows up and people go mad, trying to find ways to dye their salt and pepper mane back to a more favorable color and stay away from anything that labels them as "old". Old age is often viewed with distaste, as our society tends to associate it with immobility and the inability to work, despite the technologically advanced age we live in today.

In Eastern cultures, the elderly fare much better.

- People in East Asia are bound by a moral of respect for the elderly.
- China has an Elderly Rights Law.
- In Singapore, elderly parents can sue their children for an allowance.
- "Old man" is a term of endearment in Greece.

When President Biden announced that he wasn't going to run again, I lamented — not over his decision, but over the seemingly lack of understanding of what aging means and the underlying lack of respect. As we age, things slow down. We lose muscle mass and aren't as physically strong as we once were. Our vision and hearing fade. It happens to all of us. Aging also affects how fast our brain processes information. Coming up with the correct word is a challenge for all of us at times. We have years of files to search through! It doesn't mean that we're no longer smart or capable. It means that our retrieval system is slower. Understanding the aging process means that we get this. Since we're usually not in a hurry any more, we have the luxury to slow things down. Let's remember to be patient with ourselves and others, and enjoy these years.

At the Center in August, we celebrated 62 members who are 90 and over. It's awesome that they have so much life experience and wisdom to share. Way to go!

~ Sandie

News to Note . . .

- Bingo is on Tuesdays!
 Card sales at 1:30 p.m.
 Sunday Bingo—Sept. 8
 Saturday Bingo Sep. 28
- Monday Massages & 1st-Wednesday of the month with JoAnn — 10:00 to 1:00
- September 4 Birthday
 Celebration during lunch
- **Sept. 4—Trivia Night** at 5:00 p.m. Prizes!!
- **Sept. 5** Women's Bible Study 3:00 p.m.
- **September 5**—at 11:30 Library in Motion Delivery
- **September 9** Class of '58
- September 11— Movie "Anyone but You" 1:30
- **Sept. 12 —Craft—**3:00
- **Sept. 12** Let's Talk Health with Maurine at 4:30 p.m.
- Sep. 14 & 28— Men's Bible
- Sept. 16 Lunch & Learn on Scams by Sgt. Hooper
- **Sept. 18** MHS Class of '67 Breakfast 3rd Wed.
- **Sept. 19** Writing Group
- **Sept. 20 Steak Roast** sponsored by McMullin Dental
- Sept. 25 Flu Shots
- Sept. 26—ProMedica Health Odyssey
- Sept. 26 Book Club "The Kite Runner"
- **Sept. 30** \$2 Soup & Sandwich Day

Please Remember to Scan



Happy September Birthdays

Patrica Abbott Kathleen Grasso Pat Moran Shannon Scott Diane Harris Patrica Allen Stephen Mosher Kathy Sims Maryjean Amolsch Constance Hatt **Gregory Narvarre** Linda Smith **Roland Barton Duane Hearn** Phil Nietubicz Mark Spenoso Bonnie Blohm Pamela Hoffman Gloria Noland Melody Spillson Dianne Huddleston Roger Bohmer August Patania Janet Sottile Joe Jablonski Mary Ann Brancheau Alyssa Peer Rosemary Stoner Millicent Brown Richard Janssens **Beth Perry** Judy Sype Dan Burt Gary A. Jewell Joyce Poore Marian Tyra **Bud Cheney** Patricia Johnson **Deb Poupard** Sandra Vance Trish Cole Lana Kaminska Ann Pulford Javne Vanderlind Norma Rauch Garland Coleman Joyce Kipf-Trowbridge James Voelker Naomi Coon Keith Kreger Sharon Walker Pam Ray Vickie Waltz Cajetan D Cunha Linda Larkins Michele Rinne Michael DeLovely Jacqueline Linder Johnny Rodriguez James Waxler Robert Weaver Mary Devenney Linda Little Linda Russeau Linda Salisbury Bonnie Weber Carol Dykstra Evelyn Maniaci Angela Elmer Ron Mays Lisa Sanders **Darrick Whitaker Dennis Scheich** Wayne Goda Gerald Miller Donna Wickenheiser

Birthday Celebration! — September 4

We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang.

Members celebrating a birthday in September enjoy a complimentary meal on Wednesday, September 4

Roselawn Cemetery sponsored the cake.



August Birthday Celebration Attendees

RECENT DONATIONS

Yvonne McBee Richard Vancena Bob Weaver Joanna Kettinger

in memory of Mario Pace

Jane Van Kirck Jean Cohn Brad & Constance Weber

in memory of Mildred "Millie" Degraer

Sr. Janet Ryan

Jim Kiebler — donation of 12 cases of water Dee Mitchell — donation of water

Thanks to:

- Thanks to Pat and Kevin Hemry for donating the August Birthday Cake and ice cream in memory of their brothers.
- Thanks to everyone who supported our **Duck Burger Fundraiser**. We raised \$616.77
- Thanks to all those who supported the August **Rummage Sale**. We raised \$ 2,252.73! Lois Knegendorf and her team of volunteers did another amazing job!

WELCOME NEW MEMBERS

Elaine Black Lois McDonald Lois Breeding Faye Patterson

Anne Carstensen Pam Ray Rick Gagne Cheryl Stein

Fred Hammack Edward and Mitzi Straub

Dianne Huddleson James Straub
Lana Kaminska Debra Vreeland
Randy Knapp Mary Vreeland
Linda Little Rich Weaks
Joe Maloche Denna Webb
Kathleen Maloche Judy Webb

Report on the 50/50 Raffles at Bingo

\$ 594 — July

Year to Date: \$3,912

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

THANKS FOR FOOD DONATIONS! GOAL IS \$2.000 FOR YEAR

\$ 381 — January to March

\$206 in April

\$164 in May

\$175 in June

\$158 in July

Year-to-Date: \$1,084

Memorial Leaves are available for \$10 each. Order at the Front Desk or see Linda Guyor.

With sympathy ...

Mildred Degraer 7/03

Norman Heath 7/15

John Binns 8/01

Carol Bergmooser 8/03

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



SEPTEMBER 2024 "What's Going On" at-a-Glance

Monroe Ford Retirees — Monday, Sept. 5— 8:30 a.m. Breakfast Salaried — 11:00 a.m. Lunch

BINGO

Bingo is held on Tuesdays

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

Sunday Bingo is September 8

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

NEW: Saturday Bingo — Sept. 28

HOSTED BY Mikie Kunich

Wednesday, September 4th 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+



Health Odyssey September 26, 2024

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

Topic: Fitness & Balance — using the Rock Steady Boxing Technique with Teri Scznsny and Angel Vance

Please sign up: 734.241.0404

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

After the events, watch presentations on-line at https://www.youtube.com/user/MPACTstudio/videos

Craft with Val Bezeau September 12 — 3:00 p.m.

Please sign up at the Front Desk.

September 11th Movie



"Anyone But You" — 1:30 p.m.

In the aftermath of a captivating first encounter, Bea and Ben discover that their initial fiery passion has

inexplicably dwindled to frosty misunderstanding. However, fate intervenes: Thrown together again at a dreamy Australian wedding, they opt for a charade of coupledom. But sparks reignite amid the sun-kissed scenery, forcing them to confront their true feelings and embrace a second chance at love.

Rated R Complimentary popcorn.

Women's Coffee Hour with Maurine

Thursday, Sept. 12 at 4:30 p.m. Let's talk about health!

Exercise Classes

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

Balance Class— Tuesdays & Thursdays at 9:00 a.m. with JoAnn (Mikie) Mondays & Wednesdays at 3:00 with Sandie

Balance Machine

Mikie will be in the exercise room at 4:00 p.m. on Mondays to show folks how to use the Balance Machine.



EnhanceFitness®

Mon.—Wed.—Friday at 10:00

Line Dancing — Mondays at 1:00

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

Massages with JoAnn

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

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



Silver Sneakers Insurance is accepted at

Courageous Rehab

1507 North Telegraph 734-735-2421

Women's Bible Study by Toni Solomon Friday, Sept. 6, 2023 at 3:00 p.m.

Men's Bible Study — 9:00 a.m. September 14 and 28 with Minister Solomon

Fun with Yarn For all Ages!

Fridays at 12:00 noon

Share your skills and challenges with knitters and crocheters — or bring any other needlework. Tutoring for knitting and crocheting is always available.

The one-of-a-kind afghan created by this group will be on sale (silent auction) soon!

CRAFT SALE — Wednesday Nov 6 11am - 1pm

The Friday Knitter/Crocheter Group is sponsoring a craft sale with all proceeds to benefit the Monroe Senior Center. The group invites all crafters to donate their finest creations to this sale.

Items may be dropped off at the Center between October 14-30. Each item should be clearly marked with your name and suggested price. If no information is provided, items will be marked for sale or donated where needed.

Questions? Contact Maxine at 241-0404 We are always grateful for donations of yarn.

MONROE CENTER **BOOK CLUB**



September 26, 2024 at 1:00 p.m.

"The Kite Runner"

1970s Afghanistan: Twelve-yearold Amir is desperate to win the local kite-fighting tournament and his loyal friend Hassan promises to help him. But neither of the boys can foresee what

would happen to Hassan that afternoon, an event that is to shatter their lives. After the Russians invade and the family is forced to flee to America, Amir realises that one day he must return to an Afghanistan under Taliban rule to find the one thing that his new world cannot grant him: redemption.

October's Selection: "Demon Cooperhead" by Kingsolver

Brain Aerobics

is Back — with Mikie Monday's at 9:00 a.m.

THINGS TO KNOW:

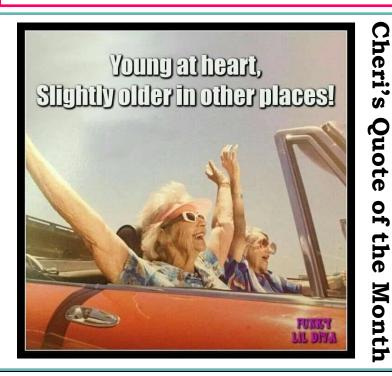
- The first row outside of the Center is reserved for guests of the Center. The Monroe Center reserves the right to tow cars that are in violation.
 - Please remember that the Center is scent free.
- Gift Certificates may be used for food purchases or Bingo only.



MUSICIANS WANTED FOR TUESDAY **JAM SESSIONS!**

Dave Manning, Bruce Freimark, and a few other musicians are getting together on Tuesday afternoons at 2:00 p.m. in the conference room.

> You're invited to join in the fun. Bring your instrument



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.

Calling All Writers

Are you interested in crafting your life history?

Join Betsy Bradley on the fourth Thursday this month at 2:00 p.m. to get tips on how to write your life story.

It's a fun way to capture your favorite memories of your childhood, school-age years, marriage, children, work, vacations, pets, and other highlights.

Save the Date! Friday, October 18 "Anniversary Party" celebrating longest marriage, most marriages, newest marriage, never married."

ANNUAL STEAK ROAST

FRIDAY, SEPTEMBER 20, 2024 4:30 to 6:30 p.m.

New York Strip Steak
Baked Potato / Tossed Salad
Dessert

Music by David Manning & Eric

Tickets are \$15.00 per person If purchased by September 15. \$18 after September 15.

SPONSORED BY MARIA MCMULLIN, DDS

Flu Shots

September 25 and October 16 8:00 to 11:00 a.m.

Please sign up!





Lunch & Learn —

Monday, September 16, 2024

"Latest Trends in Frauds and Scams — Things We Need to Know"

by Sgt. Jeffery Hooper Monroe County Sheriff Office

Complimentary Lunch at 11:30 for those who stay for the program.

Please RSVP: 734.241.0404

Save the Date!

Lunch & Learn

Thursday, October 17

Pastor Aaron Werner
will return to provide tips
on how to talk to one
another in a productive
way — even when we don't
share the same opinion.

FROM THE VOLUNTEER COORDINATOR:

Let me introduce myself. I'm JoAnn (Mikie) Kunich — your new Volunteer Coordinator. If I haven't met you, please stop in so I can put a face with a name.

We have a wonderful group of volunteers here at the Center, and I'm impressed with the amount of time, energy, and care that is willingly given in service to others.

Volunteering is good for our health and keeps our brains active!

~ JoAnn (Mike) Kunich



LOOKING FOR A CHALLENGING VOLUNTEER OPPORTUNITY?

The Michigan Medicare Assistance Program, part of AgeWays Nonprofit Senior Services, is looking for volunteers who would like to help Medicare beneficiaries navigate their benefits – and ideally save money. Training is provided. Counselors work year-round by phone or in person, typically at a library or senior center.

Please call 248-602-1879 for information about how to sign up to volunteer.

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.



Monroe County RSVP Volunteers are creating Baked Goods Baskets for our local police, sheriff, EMS and firefighting heroes to thank them for their brave service to Monroe County residents. If you would like to join in, we'd love to have your help.

- Bake your favorite goody and bring it to the Monroe Center for Healthy Aging on Monday, Sept. 9th between 9 a.m. - 1 p.m.
- For individual sized baked goods, please individually wrap them (1 or 2 items in each package) for easy and clean grab-and-go
- For larger baked goods (bread loafs or whole cakes/pies) wrap them as you would for freshness/cleanliness during transport
- Feel free to add a special and simple "thank you note" if you would like





Questions? Call Beth or Jo Anne at: 734-241-0408 15275 S. Dixie Hwy, Monroe



MONROE CENTER TRAVEL

The Center is offering trips in 2024. See the flyers at the Center for more details or call Maxine at 734.241.0404 on Wednesday or Friday mornings.

Reefs and Rhythms — Oceania Cruises — December 3 to 13, 2024
Depart Miami, cruising the Straights of Florida to Costa Maya, Belize, Guatemala,
Honduras, Costa Rica, Panama, and Colombia. Rates range from \$3,346—\$5,646 per
person. Double occupancy. Includes airfare. Passport.

Eastern Caribbean — Sky Princess — February 2 to 9, 2025

Departs Ft. Lauderdale, sailing to Princess Cays, Bahamas, San Juan, Puerto Rico; Amber Cove, Dominican Republic; Grant Turk, returning to Ft. Lauderdale. Princes range from \$2,242 to \$2,629 per person, double occupancy. Includes roundtrip airfare from Detroit.

California Coast — Ruby Princess — April 20 to 27, 2025

Departs San Francisco, sails to Santa Barbara, San Diego, and Ensenada, Mexico, returning to San Francisco. Prices range from \$2,790 for an inside cabin to \$3,214 for a Balcony cabin. Per Person, Double Occupancy. Includes roundtrip airfare from Detroit.

Alaska — Queen Elizabeth — August 21 to 28, 2025
Departs Seattle, sails to Sitka Alaska, Glacier Bay National Park, Ketchikan, Victoria,
British Columbia, returning to Seattle. \$2,250 to \$3,248 per person, double occupancy.
Includes roundtrip airfare from Detroit.



Senior Discovery Days



From Sept. 4 - Oct. 30, seniors take advantage of great activities every Wednesday!

Mondays-Fridays in September & October, seniors 60 and better enjoy...

- Free parking in the Anthony Wayne Trail & Broadway parking lots
- Free small coffee & mini-muffin at the Timberline Bakery (10 a.m. 2 p.m.)
- 15% discount on merchandise in our gift shops
- 20% discount on Memberships, when purchased at the Membership Sales window
- \$1 off either individual or family baskets at our Giraffe feed deck
- Free admission on Wednesdays

Member Spotlight ... Submitted by Maxine Gowman:

LIES WE TELL OUR KIDS

- We got our daughter to eat fish by calling it Argentinian chicken.
- If the ice cream truck is playing music, it means it has run out of ice cream.
- Our parents used to tell my only brother and me that we used to have another brother who turned into a mushroom from not taking a bath. Even added him to the family albums.



- My dad said if I looked after a special growing rock and watered it each day until it stopped growing, I could get a dog. I'd water it, and every week, while I was at school, he'd replace it with a slightly bigger rock.
- When I was little, my dad told me that toys grew under the weeds in the yard and that if I pulled them, eventually a toy would pop out. And I believed it!
- They don't sell replacement batteries for that toy.

Sources: boredpanda.com and reddit.com

Rincleus' Digest





Our Community

The Willow Neighborhood Memory Care

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

Pinochle Winners

July 10 — Barb Burman

July 12 — Joan Milam

July 13 — Gary Miller

July 15 — Renee Schweitzer

July 17 — Jean Moore

July 19 — Luther Conner

July 20 — Al Miller

July 22 — Al Miller

July 24 — Mike Strube

July 26 — Jean Moore

July 27 — Al Miller

July 29 — Gary Miller

July 31 — Dennis Eby

August 2 — Barb Burman

August 3 — Mary Rhoades

August 5 — Joan Milam

August 7 — Gary Miller

Thanks to Gary Miller Pinochle Games!

Friendly Poker Games

(See Kevin) 1st & 3rd Thursdays at 10:00 a.m.

Hand & Foot — Fridays

We need players. Let us know if you'd like to help form a group.

ASK THE PHARMACIST

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

Ways to Treat Water Retention

Last month, you heard about water retention and some of the reasons our bodies tend to retain water. This is a medical condition called edema and can cause ankle and foot swelling as well as puffiness in the abdomen and face.

Water retention can be treated with medications, but there are also non-therapeutic ways to reduce the extra water in our bodies. Reducing sodium intake through our diet is a proven and effective way to reduce water retention. While we do need some sodium in our diet, the goal should be to limit the dietary intake to less than 2,300 mg per day.

Sitting or prolonged standing in one place can also cause ankle and leg swelling. If either of these situations applies to your daily life, be aware of this and take the opportunity to get up or move around throughout your day to support good circulation and reduce swelling potential. Compression stockings can also assist with maintaining good circulation and reduce swelling.

Medications used to treat water retention are called diuretics, or "water pills". These medications stimulate the kidneys to excrete (get rid of) the extra sodium in our bodies. When this happens, the water follows the sodium and urination increases. By doing this, these medications not only reduce the sodium levels but also help to reduce blood pressure as well.

There are three types of diuretics available: thiazide diuretics, loop diuretics and potassium-sparing diuretics. Each of these types works in a different part of the kidney to help move the extra sodium and water from our bodies. The diuretics may also cause fatigue, headache, frequent urination and low levels of potassium. You should have frequent lab work done if you are on a diuretic to ensure your electrolyte levels are in balance.

Try to take diuretics in the morning if possible since they cause an increase in frequency of urination. Taking them early in the day will help to reduce the disruption to your sleep and help you get the rest you need.

Stay well my friends!

~ Jennífer



Monroe County Library in Motion Pick-Up

September 5 - 11:30 a.m.

FRENCHTOWN-DIXIE BRANCH LIBRARY EMENTIA SUPPORT GROUP econd & Fourth Wednesday **OF THE MONTH** From 1:00 pm - 3:00 pm This is an informal, unmoderated support group for current and former caregivers of loved ones with dementia to give voice to their frustrations, concerns and moments of joy during this journey we are on with this disease. Frenchtown-Dixie Branch Library 2881 Nadeau Road, Monroe MI (734) 289-1035 **Drop-In Advice for Laptops, Cell Phones, Tablets** Third Thursday — September 17 - 2:00 to 3:00 p.m. Frenchtown-Dixie Branch Library

You are invited to Virtual Caregiver Coffee with MemoryLane Staff



Would you like to talk to other caregivers about their experiences? Join us for Virtual Coffee with MemoryLane Staff Wednesdays at 2 pm without having to leave home.

This is your chance to talk with other caregivers and to share insights, advice, and encouragement. The discussion will provide practical tips and resources that provide support and assistance.

You may choose video-conference or phone.

Bring your own coffee! For details, call: 419-720-4940

Support Services

- Jackie Drouillard can answer your **Medicare** and insurance questions. Please call for an appointment: 734.241.0404
- **Monroe County Senior Legal Services** can answer your legal questions. Please call for an appointment: 734.241.0404
- MCOP Resource Advocates can assist with questions about Medicare, Medicaid, Home Heating Tax and other issues: Call 734.241.0404 to make an appointment.
- **Blood Pressure Checks** with Gena Craft from IHM Sept. 25 at 10:00 a.m.



MemoryLane Care Services offers coaching and support groups for caregivers and in-person Adult Day Care for individuals with memory loss. Contact Cheryl Conley at MemoryLane: 2500 North Reynolds Toledo, Ohio 43615 Phone: 419-720-4940 Serves Monroe County!



Choices Counseling Solutions is accepting new patients and has received senior millage funding to provide services in the home.

Call 734.210.1071 with questions or to make an appointment.

Congratulations to
Home, Inc.
on 50 years of service
to Monroe County.

You are to be commended on your commitment to helping others.

Voters were asked to renew the Senior Millage on August 6.

Up to .75 mill for a period of 10 years.

We are pleased to report that the community overwhelming approved this renewal with 77.2%!

We are grateful!





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)







DENTAL CONCERNS?

THE ORCHARD EAST COMMUNITY
HEALTH HUB **DENTAL CLINIC**PROVIDES SERVICES FOR THE
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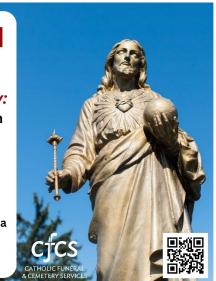
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	1	2	3	4 Birthday Dinner	5 Medicare with Jackie	9	7
	Sunday Dinner 11 a.m. to 1 p.m.	9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn Labor Day Center closes at 2:00 p.m.	9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers 7:00 Coin Club	9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance 5:00 Trivia w/JoAnn aka Mikie and Louise	9:00 Balance Exercise 10:15 Chair Yoga 11:30 Library in Motion 7:00 Model A Club	8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot (?) 12:00 Knit / Crochet 3:00 Women's Bible	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 9:00 Men's Bible 11:00 Pinochle
	8 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	9 Canasta Ford Retirees BK / Lunch 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 12:00 Pinochle 1:00 Dancing / 3:00 Balance	10 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 11:30 Class of '58 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers	11 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Movie: "Anyone But You" 3:00 Balance	12 Medicare with Jackie by appointment 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga 3:00 Craft— Sign up at the Front Desk 4:30 Let's Talk Health with Maurine	13 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot (?) 12:00 Knit / Crochet	14 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
L	Sunday Dinner 11 a.m. to 1 p.m.	16 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 11:30 Lunch & Learn—Scams 12:00 Pinochle 1:00 Dancing / 3:00 Balance	9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers	18 Class of '67 BK 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	19 Medicare with Jackie by appointment 9:00 Balance Exercise 10:15 Chair Yoga 1:00 Book Club 2:00 Writing Class	20 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot (?) 12:00 Knit / Crochet 4:00 Steak Roast	2.1 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 9:00 Men's Bible 11:00 Pinochle
	Sunday Dinner 11 a.m. to 1 p.m.	23 Canasta 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 12:00 Pinochle 1:00 Dancing / 3:00 Balance	24 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers	25 Monroe Senior Legal Flu Shots — Sign Up 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	 26 Medicare with Jackie by appointment 9:00 Balance Exercise 10:00 Poker Game 11:30 Health Odyssey 10:15 Chair Yoga 	8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot (?) 12:00 Knit / Crochet	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 SAT BINGO
	29 Sunday Ribs Dinner \$6 11 a.m. to 1 p.m.	30 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 11:00 Soup & Sandwich 12:00 Pinochle 1:00 Dancing / 3:00 Balance		otember 202	F 202		Monroe Center for Healthy Aging

2024



Evening Meals

Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thurso	lay
26 Chicken Enchilada Corn Casserole Chips & Salsa	27 Spaghetti and Meatballs Green Beans Multi-Grain Bread	28 Cuban Sandwich Pasta Salad Fruit	29 Grilled Chicken Salad Cottage Cheese Corn on the Cob	30 Over 90 Meatloaf Mashed Potatoes Veggies Crisp
2 Labor Day No Evening Meal	3 Hawaiian Meatballs Brown Rice Stir Fry Vegetables	4 Potato & Ham Soup Grilled Cheese Fruit	5 Grilled Chicken Cottage Cheese Fruit	on Lettuce
9 Ham and Broccoli Pot Pie Fruit	10 Teriyaki Chicken Brown Rice Vegetable	11 Beef Tips over Noodles Vegetable	12 Spaghetti Squas Mushrooms & Fruit	
16 Stuffed Pepper Soup Corn Bread Fruit	17 Pot Roast with Potatoes & Carrots Side Salad	18 Baked Potato Bar with Chili, Cheese, Broccoli Fruit	19 Trio Salad - Chicken, Tuna Cottage Cheese Multi-Grain	20 Steak Roast
23 Sausage, Egg, and Cheese Muffin Hash Browns Banana	24 Ham Steak Macaroni & Cheese Vegetable	25 Spaghetti with Meat Sauce Side Salad Fruit	26 Salmon Patties Creamed Peas Mashed Potatoe Fruit	over

Milk Shakes are available on Monday Nights

\$2.00

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

П	2 Labor Day	3	4 Birthday Dinner	5	9	7
Roast Beef / Salmon Red Skin Potatoes Cauliflower Pears	BBQ Chicken Sandwich Potato Salad Baked Beans	Chicken or Beef Pot Pie Cottage Cheese with Peaches	Chicken Bruschetta Red Skin Potatoes Green Beans Birthday Cake & Ice Cream	Stuffed Cabbage Casserole Mashed Potatoes	Sloppy Joes with Ground Beef French Fries Baked Beans	Breakfast 8:00 to 1:00
805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	Watermelon 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium	858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod. (No hamburgers today)	Pears 665 cal. 23g fat 59 carb 52g protein	1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	Noon Meal 11:00 to 1:00
8 Bingo Roast Turkey Sweet Potatoes	9 Ford Retirees BK/ Lunch Marinated Chicken Breast	10 Class of '58 Lunch Salsa Meat Loaf Mashed Potatoes	11 Taco Salad with Chips Rice and Beans	12 Sweet & Sour Pork Brown and Wild Rice	13 Baked Salmon	14 Breakfast 8:00 to 1:00
Green beans Cranberries 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.	Sweet Polato Peas 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod	Mixed Vegetables 464 cal. 30g far 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.	Stewed Tomatoes 906 cal. 29g fat 133 carb 12g fiber 4g sugar 34g protein 1,838 mg sod	Stir Fry Vegetable 600 cal. 8g fat 94 carb 9g fiber 24g sug. 25g pro. 904mg sod.	Spinach Spinach 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	Noon Meal 11:00 to 1:00
15	16 Lunch & Learn	17	18 Class of '67 Breakfast	19	20	21
Pork Roast or Cod Mashed Potatoes Corn / Applesauce	Cornflake Chicken Legs Baked Potatoes Mixed Vegetables	Egg Casserole Hashbrowns	Beef Tips Over Noodles Beets	Pork Chops with Mushroom Gravy Mashed Potatoes	Chicken Ala King with Peas & Carrots over Biscuits Fruit	Breakfast 8:00 to 1:00
503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	OR Chef Salad (No other options today) 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	Sausage Banana	Fruit 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro.1,189mg sod	Green Beans Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod. Steak Roast at 4:00 p.m.	Noon Meal 11:00 to 1:00
22	23	24	25	26 Health Odyssey	27	28
Spiral Ham With pineapple Au Gratin Potatoes	Spaghetti Green Beans Garlic Bread / Fruit	BBQ Pork Sandwich Sweet Potato Wedges Celery Salad	USA Wild Caught Cod Country Potatoes Broccoli	Ranch Chicken County Potatoes Green Beans /Fresh Fruit	Liver & Onions or Salisbury Steak Mashed Potatoes	Breakfast 8:00 to 1:00
Cauliflower 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod	518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod	1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium	880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod. (No other options today)	Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	Noon Meal 11:00 to 1:00
29 \$6 Special BBQ Ribs or Chicken Baked Potatoes	30 Soup & Sandwich \$2 Broccoli Soup or Vegetable Beef Soup Grilled Cheese or Chicken		softember	Ber	≥0	Monroe Center
Vegetable Dessert	Cookie (No other options today)				2024 73	for Healthy Aging 734.241.0404

Menus are subject to change. Monroe Center meals are open to the public. Chef Salad Option Monday thru Thursday. Betty's Salad on Fridays. Soup, as available. Note: Main Choice or Chef's Salad ONLY on Lunch and Learn —September 16