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Monroe, MI 48161

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National Institute of
Senior Centers



Your senior millage tax dollars at work!

Engage!

May 2025

VOLUME 25, ISSUE 5



WE HAD A WONDERFUL TIME ON ST. PAT'S DAY. THANKS TO JON MOORE & ALA CARTE!

*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
Josh Gearhart
Val Bezeau

Customer Service Coordinator:
Cheri Braunlich
cheri@monroectr.org

Accounting Clerk:
Nancy Guich

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



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

TREASURER:

Jaime McDonald

SECRETARY:

Sister Janet Ryan, IHM

BOARD MEMBERS:

Bill Bacarella

Troy Goodnough

Kevin Hemry

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Bonnie Thompson

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—10
Travel News	11
Members' Page	12
Ask the Pharmacist	13
Community News	14-15
Eat the Rainbow	16
Advertisers	17—21
Monthly Calendar	22
Evening Meals	23
Monthly Menu	24
Carry-Out Meals are available. Call 734.241.0404	

*"The Monroe Center is the place to be –
for fun, fellowship, & support."*

Watch **"Off Your Rocker"** on MPACT

Tuesdays at 5pm and Thursdays at 4pm

Comcast: Channel 21 or Charter: Channel 187

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



Views & comments expressed in this newsletter are not necessarily the views and comments of the Monroe County Commission on Aging. The Monroe County Commission on Aging is a governmental agency, which funds community senior programming through millage dollars — including the Monroe Center for Healthy Aging. Those receiving services from these programs may have certain personal data shared within the funded agencies, except where HIPPA applies.

From the Director's Desk

"Isn't it nice to think that tomorrow is a new day with no mistakes in it yet?"

~ L.M. Montgomery



May is Older Americans Month! It's a time to celebrate us — our accomplishments, our longevity, the impact we've made in our world. Successful aging, after all, is who we've become and thinking positive about getting older.

Society often depicts us older folks as fragile, losing it, slow, and possibly helpless. I guess they haven't walked a mile in our shoes. Sure, our bodies lose muscle mass and we might not be as strong as we once were, but we're not afraid to ask for help. And our brains sometimes take a bit longer to make a connection. But that's okay. We still have a lot of wisdom, perspective, and life experience to offer. And our life expectancy is growing. At age 75, statistics say we have 11 (men) and 13 (women) more years ahead. That's more than life expectancy at birth which is 76 for men and 81 for women. At the Monroe Center, we're making the most of those bonus years! I see lots of vibrant, engaged people enjoying life every day who are making healthy choices. Way to go.

May 28th is National Senior Health and Fitness Day. It's a day for us to celebrate at the Center. Bring a friend who hasn't been here before and you both enjoy a complimentary lunch. We'll have the salad bar open where we can enjoy eating the rainbow. And we're offering a plant based main choice as a alternative. We hope you'll join us.

A project being undertaken by the directors of services funded by the senior millage is a community needs assessment. The number of older adults is continuing to increase as the last of the baby boomers have become seniors and as longevity increases. We want to better understand what people are thinking. We are partnering with the University of Michigan StatCom graduate students to provide expertise with this project, and we're asking all older adults (age 55+) in Monroe County to complete a survey. While paper copies are available, we encourage the use of the electronic format. A QR code and computer links are available at the Center and on page 11 of this newsletter. Please participate and spread the word.

Thanks for being in this journey together. We're making a difference.

~ Sandie

News to Note . . .

- **Bingo is on Tuesdays!**
Card sales at 1:30 p.m.
Sunday Bingo—May 4
- **Monday Massages & 1st-Wednesday of the month—**
with JoAnn — 10:00 to 1:00
- **May 2** — Women's Bible Study
— 3:00 p.m.
- **May 7 — May Birthday Celebration** during lunch
- **May 1 — Israel Presentation**
- **May 14 —Trivia Night** at 5:00 p.m. Prizes!!
- **May 8** — Let's Talk Health with Maurine at 4:30
- **May 8** —at 11:30
Library in Motion Delivery
- **May 11 — Mother's Day**
- **May 13** — Class of '58
- **May 14 — Movie — "The Unbreakable Boy: 1:30 p.m.**
- **May 15 —Craft—** Furry Friends—3:00 Please sign up.
- **May 13** — MHS Class of '67 Breakfast — 3rd Wed.
- **May 22** — Writing Group at 2:00 p.m.
- **May 22 —ProMedica Health Odyssey— Heart Failure**
- **May 22 — Book Club** at 1:00
Ride of Her Life by Eliz. Letts
- **May 24 — Men's Bible**
- **May 28— Health/Fitness Day**
- **May 28 — Voting Program**
- **May 29 — Blood Drive** 10-3:00
- **May 30** — \$2 Soup & Sandwich Day
- **May 30** —Game Night — 3:00

Please Remember
to Scan



Happy May Birthdays

Janice Adams	Diana Hammack	Evonne Loop	Millie Rieger
Carolyn Alston	Elizabeth Harrington	Walter Love	Dennis Rohmyer
Mary Ball	Kathy Hartwig	Frank Lucas	Patti Rousselo
Sue Bastien	Mary Ann Hill	Kathleen Maloche	Jess Sortor
Thomas Beck	Elaine Hudkins	Jill McBee	Sue Stadler
Bob Bess	John Hughes	Jane McDonald	Mitzi Straub
Gregg Blankley	Violet Ingram	Shirley Mell	Chris Sturn
Robert Bomyea	Mark K. Kenney	Al Miller	Scott Suttles —"50"
Charlene Calkins	Russell Kiebler	Joyce Miller	Peter Sucura
Joe Costello	Mary Kohlman	Dean Mink	Brenda Swathell
Karen Davis	Barbara Kozicki	Bill Minney	Jayne Van Belle
Adam Emmendorfer	Marg Krepes	Charlotte Moore	Sue Vandavelde
Don Faulhaber	Jerry Kuehnlein	Dale Morgan	Jim Wells
Rick Gagne	Linda Lamb	Roxanne Morris	Jan Wood
Daniel Gautz	Martha Leonard	LeRoy Peters	Clint Worrell
Constance Goolsby		Richard Peters	Carol Yount

Birthday Celebration! — May 7

We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang.
Members celebrating a May birthday enjoy a complimentary meal on Wed., May 7.

Cake sponsored by Huron Valley PACE

*"Success is like
reaching an
important
birthday and
finding you're
exactly the same."*

~Audrey Hepburn



April Birthday Celebration Attendees

RECENT DONATIONS

in memory of Paul Wagner

Reah Kohler

in memory of Rebecca Estes

Carol Gawlinsky

in memory of Dave Duvall

Mable Kehres Association

in memory of Michael Brooks

Mable Kehres Association

in memory of Jimmie Bates

Mable Kehres Association

in memory of Jean Moore

Kurt & Becky Livingston

in memory of Jack and Elaine Champion

Dennis Richardville

in memory of Margaret Howerton

Joyce Kipf-Trowbridge

*Thanks to Hospice of Northwest Ohio
for sponsoring the April Birthday Cake.*

Individual Donations
generate 5% of our
annual budget
(\$35,000)

Your support helps to
ensure we maintain a
balanced budget.

Thanks!

Report on the 50/50 Raffles at Bingo

\$ 404 — January

\$ 382 — February

\$386.50 — March

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

Food Donation Goal: \$2,000

January — \$150.24

February — \$224

Cheri's Quote of the Month

**"Garden as
though you will
live forever."**

~ William Kent

Memorial Leaves are available
for \$10 each.

Order at the Front Desk

WELCOME NEW MEMBERS

Ruth Beck

Debra Deszell

Laura Dye

Jean Ann Geiger

Christine George

Charlotte Goins

Danquole Janukaitis

Janice Kirch

Kathryn Kopke

Daniel and Frances Longsworth

Donna Melvin

Dale and Virginia Navarre

Kojo Quartey

Deborah Shaul

Linda Tyree

With sympathy ...

Paul Wagner 3/2

David Duvall 3/2

Karen Smeltzer 3/3

Jimmie Bates 2/20

Jane Karau 3/31

Ruby Lanni 4/02

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

MAY 2025

“What’s Going On” at-a-Glance

Monroe Ford Retirees — Monday,
May 5 — 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 May 4

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

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

HOSTED BY Mikie Kunich

Wednesday, May 14th
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

May 22, 2025

11:30 a.m. Lunch

12:00 Program

**Topic: Heart Failure
by Heart Failure Clinic**

Please sign up: 734.241.0404

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

Please be kind. No talking during
the presentation.

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

May 14th Movie

“The Unbreakable Boy”

1:30 pm



When Scott and Teresa learn that their son, Austin, is autistic and has brittle bone disease, they initially worry about his future.

However, with Scott's growing faith and Austin's incredible spirit, they become unbreakable as they find joy, gratitude and courage in the most trying times.

Rated General Audiences

Complimentary popcorn.



Women's Coffee Hour with Maurine

Thursday, May 8 at 4:30
Let's talk about health!
(June — Summer break)

Exercise Classes

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

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

Balance Machine

Ask at the Front Desk if you'd like to learn
how to use the Balance Machine



EnhanceFitness®

Mon.—Wed.—Friday at 10:00

Line Dancing — Mondays at 1:00

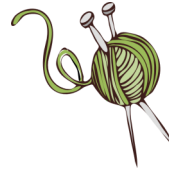
Movin' & Groovin' — Mondays &
Wednesdays at 9:00 with JoLynn

Massages with JoAnn

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



Fun with Yarn For all Ages!

Fridays at 12:00 noon

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

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

We are always grateful for donations
of yarn and patterns.

Craft May 15 — 3:00 p.m.

Furry Friends

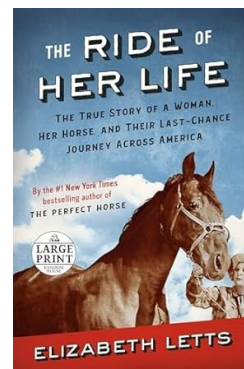
Please sign up at the Front Desk.

MONROE CENTER BOOK CLUB

May 22, 2025 — 1:00 p.m.

Ride of Her Life

by Elizabeth Letts



The triumphant true
story of a *woman who*
rode her horse across
America in the 1950s,
fulfilling her dying wish
to see the Pacific Ocean.

Up-Coming Selections:

June: *The Lighthouse Keepers Daughter*
July: *Faith Bass Darling's Last Garage Sale*
August: *Rules of Civility*



Silver Sneakers Insurance
is accepted at
Courageous Rehab

Courageous Rehab
and Wellness
Create a new normal

1507 North Telegraph
734-735-2421

Women's Bible Study with Clara
Friday, May 2, 2024 at 3:00 p.m.

Men's Bible Study —
will return in September

Rummage Sale: May 8 & 9, 2025

Thursday:

8:00 a.m. to 4:00 p.m.

Friday: 8:00 a.m. to Noon

Donations are welcome.

(No Clothes, please)

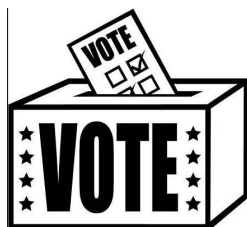


Monroe Democratic Party
will present on
voting requirements.

(No politics involved.)

May 28, 2025

1:00 p.m.



**American
Red Cross**

**American Red Cross
Blood Drive**

Thursday, May 29

10:00 to 3:00 p.m.

Please sign up at the Front Desk
or online at:

<https://www.redcrossblood.org/give.html/donation-time?zipSponsor=48161>

Music by Dave Manning and Friends

Complimentary lunch for those who donate.



Carey Damitio from the Michigan Secretary of State office will also be here to help fill out paperwork for handicap stickers, voter's registrations and other items.



Wednesday, May 28th National Senior Health & Fitness Day

LET'S CELEBRATE OUR LONGEVITY!

- Bring a guest (someone who has not been to the Center before) and you both eat for free.
- Salad Bar is Open at Lunch.
- Choose the Plant-Based Option from the Main Choice Selection and eat for free.
- Blood Cholesterol Tests available from 9:00 to 11:00 Must sign up — Remember to fast.

ISRAEL - ENGLISH SUMMER CAMP by Cajie D'Cunha

Thursday, May 1, 2025 1:00 p.m.

In August 2023 a team of eight US volunteers visited Israel to do a conversational English Summer Camp for Arab-Israeli high school students. After the camp, they visited many of the historical and religious biblical sites.

Cajie D'Cunha, who is with Monroe County Community College and a volunteer at the Center will share his experience of the visit with plenty of pictures.

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

Crosswords and Sudoku available daily.

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.

**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.

**MUSICIANS WANTED FOR TUESDAY
JAM SESSIONS!**

Dave Manning, Dean Mink, 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

Diamond Art

The group of ladies who do Diamond Art is in need of frames for their masterpieces.

Donations of frames are appreciated.

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, but it makes sense to call to inquire.

Items that we currently have:

- **Low-vision reading machine**
 - Shower chairs
 - Wheelchairs
- Walkers with wheels
- Walkers without wheels
- Bedside commodes
 - Canes

Call to inquire: 734.241.0404

**Member Game Night
May 30 —
3:00 to 6:00 p.m.**

Bring a team. Bring a game.
Come alone and join a group.
Fun and fellowship!!

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

Calling All Writers

May 22, 2025



Are you interested in crafting your life history?
Join Betsy Bradley on
the **fourth** Thursday of the month at 2:00 p.m.

We continue to work on important
life milestones.

- * Schools attended
- * Engaged and Married
- * First child
- * Special vacations
- * Jobs you had
- * Hobbies / Skills you learned
- * First Pet
- * Other things that made your life real

~ Betsy Bradley

FROM THE VOLUNTEER COORDINATOR:

Are you looking for something to fill your
spare hours? We could use a few more
energetic people who'd like to be servers
for our meals — especially evenings and
weekends. Come talk with me.

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

**Volunteers — Watch for your invitation
to the annual Volunteer Appreciation
Dinner on May 21, 2025.**



~ JoAnn (Mikie) Kunich



Cornerstone
CAREGIVING

The compassionate care seniors deserve.

Cornerstone Caregiving is a senior home
care service that partners with your
community to support staffing needs.

How we help:

- Vetted Candidates
- One-Point of Contact
- Competitive Rates
- Staffing Portal
- On-Call 24/7 Managers
- Help with Waiting List
- Immediate Staffing

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

*After 15 years of service, Linda Guyor has
retired. We wish her the very best on her
new chapter. Come back to visit!*

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 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.

Hollywood Casino — Toledo, Ohio — Tuesday, May 27, 2025

\$39 per person includes \$20 in casino incentives. (Provide valid email address to receive incentives.) Departs Elevate Church in Monroe

Caesars Windsor — Monday, June 16, 2025

\$30 per person includes \$15 in casino play. Departs from Elevate Church.

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. Additional \$114 per person government fees. Currently two traveling from Monroe.

Canada & New England — Norwegian Cruise Line — October 5—12, 2025

New York, Rhode Island, Maine, Nova Scotia \$2,215 to \$2,578 pp double occupancy. Includes roundtrip airfare from Detroit. Currently, four people are traveling from Monroe.

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 Infinity
<https://grandamericantours.com/celeb-infinity-greek-isle>
- May — Alaskan Cruise, Land & Rail (Anchorage, Mt. McKinley, Denali, Whittier) 11 days on Island Princess
<https://grandamericantours.com/princessislandak-ct-ab3-k>
- August — Iceland — 8 days on Celebrity Silhouette
<https://grandamericantours.com/celeb-silhouette-iceland>

Member Highlights ...

- **Cell Phone Help?** We've had a few inquiries about having someone available to help with cell phones. Ryan Jewell has indicated that he could help — by appointment. If you'd like some assistance, please sign up at the Front Desk.
- **Scan Cards.** Please use them. When? **Every** time you come in to the Center, and **every** time you leave. This process records the time you entered, when you left, and calculates the time you spent here. This number is used to calculate the amount of millage funding we receive each month.
- **2025 Community Needs Survey for those 55 years and older:**
https://umich.qualtrics.com/jfe/form/SV_8JnkR1ybMSKykHI





It's time to get rid of your unused and expired medication.

Drug Take Back is part of Health Check — See pg. 15

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 part of a group.

Pinochle Winners

March 10 — Joan Milam

March 12 — Nancy Dale

March 14 — Pat LaRoy

March 15 — Gary Miller

March 17 — Joan Milam

March 19 — Cindy Prusaitis

March 21 — Al Miller

March 22 — Al Miller

March 24 — Joan Milam

March 26 — Joan Milam

March 28 — Barb Crumm

March 29 — Luther Conner

March 31 — Pat LaRoy

April 2 — Barb Crumm

April 4 — Luther Conner

April 6 & 9 — Al Miller

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



THINKING OF BUYING OR SELLING? DON'T WAIT!

**NEWLY BUILT LIPAROTO CONSTRUCTION
CONDO UNITS AVAILABLE ON VOLTERRA
DRIVE IN MONROE STARTING AT
JUST \$219,900!**



**MULTIPLE LOTS AND FLOOR PLANS
AVAILABLE WITH LIPAROTO CONSTRUCTION
TO BUILD NEW HOMES IN NEWPORT'S
EAGLE POINTE SUBDIVISION!**

Katja Classic
RE/MAX CLASSIC
(c) 734-757-0717
(o) 734-459-1010



Ask the Pharmacist!

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

For this month's newsletter, I wanted to address the topic of lowering cholesterol levels using medications and methods that are not statin-based.

I think it is important to note that the HMG-CoA reductase inhibitors, which we know as "statins", are highly effective at lowering cholesterol. They tend to be first line therapy for lowering cholesterol levels and helping to reduce cardiovascular risk. And while these drugs are very effective, there may be occasions where adequate cholesterol control has not been achieved or they cause side effects to the degree that a patient may not be able to tolerate them.

There are a number of medications that can be given without a statin to reduce cholesterol levels or that can be added to statin therapy to help further reduce cholesterol levels. Also, making dietary changes and maintaining a healthy lifestyle that includes adequate exercise are also great non-statin ways to help reduce and control cholesterol levels.

The non-statin medications to help control and reduce cholesterol levels include:

- Ezetimibe – this drug blocks cholesterol absorption in the small intestine and helps to reduce LDL levels
- Gemfibrozil – this drug is called a "fibrate" and it targets triglyceride levels; it can be combined with a statin or Ezetimibe to reduce total cholesterol levels, but when given alone, will only help to reduce triglyceride levels.
- Cholestyramine – this is a bile acid sequestrant that attaches to bile acids in the liver to help remove cholesterol from the body
- Omega-3 Fatty Acids – these are available over-the-counter, but in higher strengths, still require a prescription. These are typically added to a statin versus being given alone.
- PCSK9 Inhibitors – These are a new class of drugs that are given by injection and are usually only considered when statins and Ezetimibe have not reduced cholesterol levels adequately.
- ACL Inhibitors – These are newer oral medications that help to lower LDL cholesterol and can be given with or without a statin, but do need to be paired with a low-cholesterol diet to be most effective.

Some foods that can help to tackle high cholesterol levels include:

- Nuts/grains
- Fatty fish, like salmon
- Avocados
- Fruits (especially berries!)
- Vegetables
- Legumes

Stay well my friends! Talk soon!

~ Jennifer



**Monroe County
Library in Motion
Pick-Up
May 8 — 11:30 a.m.**



FRENCHTOWN-DIXIE BRANCH
LIBRARY
**Informal DEMENTIA
SUPPORT GROUP**

**Second & Fourth Wednesday
OF THE MONTH**

From 1:00 pm - 3:00 pm

.....
This is an informal, unmoderated support group for current and former caregivers of loved ones with dementia to give voice to their frustrations, concerns and moments of joy during this journey we are on with this disease.
.....



FRENCHTOWN-DIXIE BRANCH LIBRARY
2881 Nadeau Road, Monroe MI (734) 289-1035

Drop-In Advice for Laptops, Cell Phones, Tablets
Third Thursday — May 15 — 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 — May 22 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

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.



**FREE
+ LOW COST
HEALTH SCREENINGS**



United Way of
Monroe/Lenawee
Counties

**Health Spring
2025**

PROMEDICA
CHARLES AND VIRGINIA
HICKMAN HOSPITAL

May 8 — Temperance May 22 — Dundee



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)

PROMEDICA
MONROE REGIONAL
HOSPITAL



**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.
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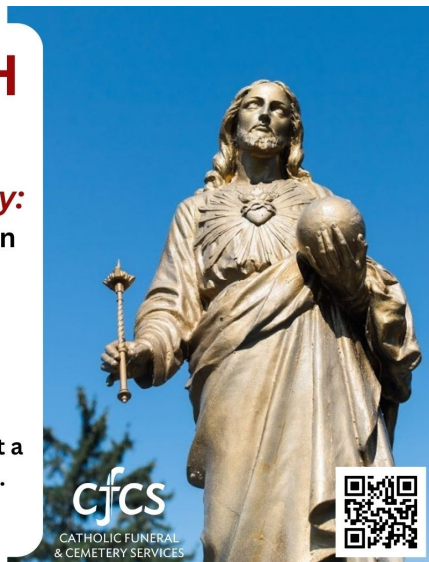
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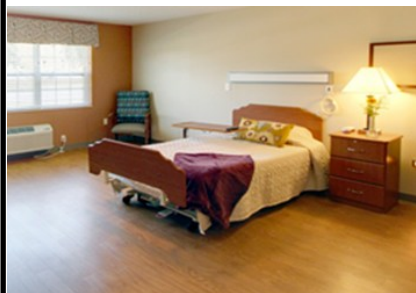
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May 2025

Monroe center for Healthy Aging May 2025					734.241.0404								
4	Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	5	Ford Retirees BK /Lunch 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Messages with JoAnn 12:00 Pinochle 1:00 Dancing 3:00 Balance	6	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	7	9:00 Movin' & Groovin' 10:00 Enhance®Fitness May Birthday Dinner 12:00 Pinochle 3:00 Balance	8	Rummage Sale Medicare with Jackie by appointment 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga 11:30 Library in Motion 4:30 Let's Talk Health with Maurine	9	Rummage Sale 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	10	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
11	Mother's Day Sunday Dinner 11 a.m. to 1 p.m.	12	Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Messages with JoAnn 12:00 Pinochle 1:00 Dancing 3:00 Balance	13	MCOP 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	14	Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:30 Movie <i>Unbreakable Boy</i> 3:00 Balance 5:00 Trivia	15	Medicare with Jackie By appointment 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga 3:00 Craft 4:30 Volunteer Dinner	16	8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	17	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
18	Sunday Dinner 11 a.m. to 1 p.m.	19	Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Messages with JoAnn 12:00 Pinochle 1:00 Dancing 3:00 Balance	20	9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers	21	Class of '67 BK 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	22	Medicare with Jackie by appointment 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga 11:30 Health Odyssey 1:00 Book Club 2:00 Writing w/Betsy	23	8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	24	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle 9:00 Women's Bible
25	Sunday Dinner \$6 11 a.m. to 1 p.m.	26	No Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Messages with JoAnn 12:00 Pinochle Center Open 8:00—2:00 Memorial Day	27	MCOP Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers	28	Nat'l Senior Health Day Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:00 Voting Presentation 3:00 Balance	29	Medicare with Jackie By appointment 9:00 Balance Exercise 10:00 Blood Drive 10:00 MI Secretary of State 10:00 Poker Game 10:15 Chair Yoga	30	8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Soup & Sand. 11:30 Pinochle 12:00 Knit / Crochet	31	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle

May

2025

Evening Meals

Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thursday
28 Turkey Chili Multi-Grain Bread Fruit	29 Spaghetti with Meat Sauce Green Beans Garlic Bread	30 Hot Turkey Sandwiches Mashed Potatoes Vegetables	May 1 Beef Stroganoff Vegetable Fruit
5 Cinco de Mayo Taco Salad Stewed Tomatoes Spanish Rice Refried Beans Virgin Margaritas	6 Chicken Caesar Wraps Broccoli Salad Veggie Chips	7 Beef Stew Multi-Grain Bread Cottage Cheese with Pineapple	8 Pork Chop with Mushroom Gravy Mashed Potatoes Vegetable
12 Mostaccioli Side Salad Garlic Bread	13 Pot Roast with Potatoes, Carrots Celery Applesauce	14 Pork Stir Fry Brown & Wild Rice Egg Rolls	15 Volunteer Appreciation Dinner No public meal tonight
19 Baked Cod County Potatoes Vegetable	20 Island Meatballs Brown Rice King Charles Mix	21 BBQ Chicken Macaroni and Cheese Side Salad	22 French Onion Soup Grilled Cheese Fresh Fruit
26 Memorial Day Center Closes at 2:00 p.m.	27 Chicken Thighs Stuffing Vegetable	28 Baked Potato Bar with Turkey Chili, Broccoli, Cheese Fruit	29 Rueben Sandwich French Fries Applesauce

Milk Shakes are available on Monday Nights \$2.00

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

				1 Israel Presentation	2	3
				Ranch Chicken County Potatoes Green Beans Fresh Fruit 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.	Spiral Ham w/pineapple Scalloped Potatoes Green Beans / Side Salad 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
4 Bingo	5 Ford Retirees BK/ Lunch	6	7 Birthday Dinner	8 Rummage Sale	9 Rummage Sale	10
Pork Roast or Cod Mashed Potatoes Corn / Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	Baked Salmon Brown and Wild Rice Mixed Vegetables Multi-Grain Bread 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	Chicken Ala King with Peas & Carrots over Biscuits Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	Open-Face Turkey Sandwiches /Gravy Mased Potatoes / Beans Birthday Cake & Ice Cream 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod (No hamburgers today)	Sloppy Joes Veggie Chips Cole Slaw Fresh Fruit 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	BBQ Chicken Sandwich Potato Salad Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
11 Mother's Day	12	13 Class of '58 Lunch	14	15 Volunteer Dinner (in evening)	16	17
Roast Turkey Mashed Potatoes Green Beans Side Salad / Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod	Shepherd's Pie Cottage Cheese with Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g protein 602mg sodium	USA Wild Caught Cod Country Potatoes Broccoli Fresh Fruit 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod	Shrimp Fettuccini Mixed Vegetables Side Salad / Fresh Fruit 540 cal. 11g fat 58 carb 11g fiber 10g sugar 29g pro. 689 mg sod.	BBQ Pork Sandwich Sweet Potato Wedges Celery Salad 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	Salsa Meat Loaf Mashed Potatoes Stewed Tomatoes Dinner Roll 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.	Breakfast 8:00 to 12:00 Noon Meal 11:00 to 1:00
18	19	20	21 Class of '67 Breakfast	22 Health Odyssey	23	24
Roast Beef / Salmon Red Skin Potatoes Cauliflower Pears / Dinner Roll 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	Lasagna Green Beans / Side Salad Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod	Grilled Pork Chops Mashed Potatoes Broccoli / Fruit Salad 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	Chicken Bruschetta Red Skin Potatoes Peas / Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod. (No other options today)	Taco Salad Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	Breakfast 8:00 to 12:00 Noon Meal 11:00 to 1:00
25	26 Memorial Day	27	28 Nat'l Senior Health Day	29	30 Soup & Sandwich \$2	31
\$6 Special BBQ Ribs or Chicken Baked Potatoes Vegetable Dessert	Turkey Burgers with Sautéed Onions French Fries Fresh, raw vegetables Watermelon 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	Broccoli Quiche or Ham and Onion Quiche Hash Brown Potatoes Fresh Oranges & Bananas	1. Salad Bar — Eat the Rainbow 2. Marinated Chicken Breast / Brown and Wild Rice / Beets 3. Plant Based Entrée (This selection is complimentary) Voter's Presentation	Beef Tips Over Noodles Beets Cottage Cheese 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro.1,189mg sod (No other options today)	Chicken Noodle or Clam Chowder Soup Chicken Salad or Egg Salad Sandwich Cookie (No other options today)	Breakfast 8:00 to 12:00 Noon Meal 11:00 to 1:00

Monroe Center meals are open to the public. Chef Salad Option Monday thru Thursday. Betty's Salad on Fridays. Soup, as available. Menus are subject to change.
On Lunch & Learn days, the Main Choice or Chef Salad are available — no other options — Lunch & Learn meal served at 11:30 a.m.