



15275 South Dixie Highway
Monroe, MI 48161

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National Institute of
Senior Centers



Your senior millage tax dollars at work!

April 2026

Engage!

VOLUME 26, ISSUE 4

HAPPY EASTER

*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

TREASURER:

Michelle LaVoy

BOARD MEMBERS:

Bill Bacarella

Troy Goodnough

Kevin Hemry

Kristen Irwin

Hobby Nels

Kassie Nipper

Jennifer Sell

Christina "Tina" Smith

Board Meets April 16, 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 HIPAA applies.

From the Director's Desk

"April is a reminder that life is a beautiful, ever-renewing cycle."

– E. E. Cummings

April. New beginnings. Lots of opportunities present themselves every day. Are we taking advantage of them? My yoga instructor recently suggested that we live our lives with positive intentions and that committing to just a 1% positive change will make a difference. That sounds doable. Until something happens, and then we get annoyed. People.

How do we stay positive without having other people interfere? It's tough sometimes. I believe that we all want to make a difference and be thought of as someone who has a real desire to be helpful, to share willingly, and to be a friend. If that's in all of our hearts, where does impatience, gossiping, lack of understanding, and jealousy come from? Not us, of course. It must be those other people.

Seriously, we all know this is our soul. I believe that it truly starts with that 1% commitment to do better. It can start with a smile, a kind word. It often means that we are less judgmental. While we were all created equal, we are all not all the same, and we have not had the same opportunities, and in some cases may have made poor choices that we regret. Yet, we all want to belong, to feel love, and to be accepted. How can we work together to make this a reality for everyone? It starts with the man in the mirror. Let's all commit to doing our part.

I witness these 1% commitments at the Monroe Center every day, and I thank you for that. I appreciate your smiles and welcoming attitudes. You are making a difference every day and are true inspirations.

With gratitude,

~ Sandie

News to Note . . .

- **Bingo is on Tuesdays!**
Card sales at 1:30 p.m.
Sunday Bingo— April 12
- **April 1 — Birthday Celebration** during lunch
- **April 1 — April Fool's Day**
4:00—6:00 p.m. Share a Joke!
- **April 2 — Class of '69**
- **April 3 — Final 4 Bingo** 5:00
- **April 5 — Easter Brunch**
- **April 6—AARP Lunch & Learn**
- **April 7— Jane Pauley at 2:00**
- **April 9 — at 11:30**
Library in Motion Delivery
- **April 14— Class of '58—Lunch**
- **April 9 — Health Habits — Science of Kindness — 1:30**
- **April 9 — Let's Talk Health with Maurine at 4:30**
- **April 8 —Trivia Night at 5:00 p.m. Prizes!!**
- **April 8 — Movie "Imagine" 1:30**
- **April 10 — Paint & Sip—5:30**
- **April 20 — MHS Classes of '65 and '66 Lunch**
- **April 15 — MHS Class of '67 Breakfast— 3rd Wednesday**
- **April 16 —Craft— 3:00**
- **April 13 & 23 — Writing Group at 1:00 & 2:00 p.m.**
- **April 23 —ProMedica Health Odyssey**
- **April 23 — Book Club**
- **April 24 — Name That Tune**
- **April 30 — \$2 Soup & Sandwich Day**

**Please Remember
to Scan**



Happy April Birthdays

| | | | |
|--------------------|------------------|---------------------|------------------------|
| Dori Adams | Judy Fowler | Francine Leonard | Bob Russ |
| Sue Anspaugh | Bruce Freimark | Donald Marchese | Jim Satkowski |
| Gene Baker | Josephine Gaglio | Bob Melvin | Nancy Scaggs |
| Iris Baker | Nancy Groom | John Miller | Reba Scarffe |
| Chantres Birton | Travis Hammac | Jon Moore | Joanne Scheuerman |
| Bonnie Boggs | Steve Haynes | Roger Moran | Marlene Schneider |
| Majorie Bogle | Joe Haynes | Charles Mosher | Maurine Sharp-Schaffer |
| Eileen Kay Bogoski | Barbara Heising | Gail Sachs-Muir | Frank Shock |
| Ronald Bowman | Ginny Irwin | Cindi Murphy | Elizabeth Smith |
| Al Brehmer | Thomas Jawoski | Sue Niciejewski | Diane Stewart |
| Linda Brehmer | Don Jeffery | Gene Opfermann | Mary Stoner |
| Kenneth Canupp | Wilma Johnson | Louise Patania | Iris Stotz |
| Theresa Canupp | Sue Kamprath | Janet Patterson | Edward Straub |
| Jennifer Carter | Gregory Kapp | RuthAnn Peters | David Swartout |
| Chip Certo | Rose Kern | John R. Petree, Sr. | Brenda Thomas |
| Mike Cheney | Joanna Kettinger | Jim Pulford | Naomi Tucker |
| Dennis Cole | Vikcy Kidwell | Sandra Raymond | Georgia VanWasshenova |
| Beverly DeRouchie | Kathyrn Kopke | Marlene Reynolds | Easter Vining |
| Rick Didario | Earl Larrow | Phyllis Roberts | Connie Volpi |
| Marian M. DuVall | Chuck Leibenguth | Patsy Rochowiak | Esteva Westfall |
| | | Francine Roscoe | |

Birthday Celebration! — April 1, 2026

We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating an April birthday enjoy a complimentary lunch on Wednesday, April 1. **Cake sponsored by Pat and Kevin Henry.**



March Birthday Celebration Attendees

RECENT DONATIONS

Classes of '65 and '66

| | |
|--------------------------|------------------|
| Gabrielle Huber | David Manning |
| River Raisin Woodcarvers | Joyce Rober |
| Denise Auten | Canasta Players |
| Nancy Guich | Paul Assenmacher |

In memory of Michael Bert

Mable Kehres Residents Association

In memory of James and Cosette Weaver

Eddie Weaver

In memory of Karen A. Smith

Linda Jabe Marcelle Ramsey

*Thanks to Cornerstone Caregiving for sponsoring the
Birthday Cake for March*

Report on the 50/50 Raffles at Bingo

2025 Total: \$4,718

January — \$ 606

February — \$ 297

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

Cheri's Quote of the Month

*One kind
Word
CAN
Change
Someone's
ENTIRE day.*

Food Donation Goal: \$2,000

2025 Total: \$3,452.86

January — \$316.79 February — \$224.00

Thanks for your donations!

THINGS TO KNOW:

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

WELCOME NEW MEMBERS

| | |
|-----------------------|------------------------|
| Kathleen Barley | Vicki Kidd |
| Maurice Barron | Kathy Lawson |
| Gwendolyn Blunt | Norma Loomis |
| Elaine Boudrie | Pat McLaughlin |
| Lisa Boudie | Kathy and Mike Meagher |
| Dave Bullock | Homero Ortiz |
| Mark Farris | Tom Petit |
| Cynthia and Jeffrey | Gerald Rath |
| Marilyn Gensler | Ronald Reame |
| Amber Ghesquire | Michael Richardson |
| Linda Haag | George Robbins |
| Lynn and Scott Harter | Cindy and John Snow |
| Joe Haynes | Nancy Spina |
| Dolora Hazekamp | LeeAnne Warner |
| Christine Jones | Rana Willit |
| Kenneth Kanalos | Dennis Yates |



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

With sympathy ...

Robert H.S. Bomyea — January 10
Margaret Cole — January 19
Joanne Franks — March 21, 2025
Marlene Voelker — February 5
Michael Bert — February 7



APRIL 2026

“What’s Going On” at-a-Glance

Monroe Ford Retirees — Monday,
April 6 — 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 April 12

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

★ **Final Four Bingo — April 3**
5:00 Big Prizes! Wear Team
Gear for another chance to win!

HOSTED BY Mikie Kunich

Wednesday, April 8^h

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+

April 8th Movie

1:30 pm

“I Can Only Imagine”



"I Can Only Imagine" is a widely popular 2001 Contemporary Christian song by [MercyMe](#), written by lead singer [Bart Millard](#) about imagining heaven and meeting Jesus. The song inspired a 2018 biopic detailing the, at times, abusive relationship between Millard and his father, which served as the foundation for the song's themes of redemption and forgiveness

Complimentary popcorn.

Next month: “I Can Only Imagine 2”

 **PROMEDICA** | WELL CONNECTED.

Health Odyssey

April 23, 2026

11:30 a.m. Lunch

12:00 Program

**Topic by: Cardia and Pulmonary
Rehabilitation**

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

PAINT & SIP
FRIDAY, APRIL 10, 2026
AT 5:30 P.M.
WITH RHONDA GIBSON
\$25 PER PERSON
PLEASE PURCHASE BY
APRIL 3, 2026

Monday, **April 6**,
Lunch and Learn — AARP's
Virtual Program on AI
11:30 Lunch / 12:00 Program
Please sign up in advance.

Easter Brunch
Easter Bonnet Parade

Sunday, April 5
11:00 to 1:00 p.m.

Ham / Chicken / Potatoes / Pasta
Quiche / Vegetables / Salads / Desserts

Brunch is \$8
Please sign up in advance

Wear an Easter Bonnet and receive \$1 off
the Easter meal.

Monroe ISD Tech Millage Renewal
Vote: May 5, 2026

Don Spencer will be at the Center on
Wednesday, April 1, at 11:30 a.m. to
explain why this millage is so important for
our kids and community.

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 pre-
pare income tax returns on Monday
and Friday mornings from 9:00 to noon.

Please Call to make an appointment.
734.241.0404

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

"Reimagining the Rest of Your Life"
with Jane Pauley

Join us in the conference room on
April 7 at 2:00 p.m. to listen in to
her presentation.

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

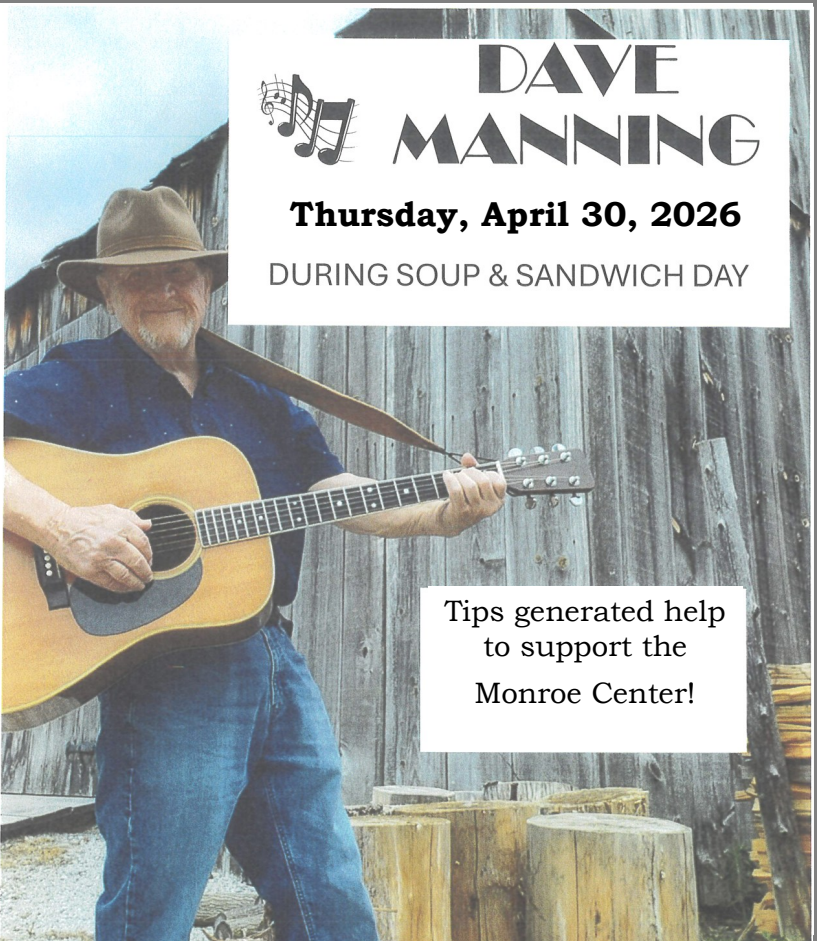
1:30 - 3:00 PM

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

Thursday, April 30, 2026
DURING SOUP & SANDWICH DAY

Tips generated help to support the Monroe Center!

Pinochle Winners

February 6 — Pat LaRoy
 February 7 — Renee Schweitzer
 February 9 — Al Miller
 February 11 — Joan Milam
 February 13 — Ron Bowman
 February 14 — Joan Milam
 February 16 — Renee Schweitzer
 February 18 — Al Miller
 February 20 — Pat LaRoy
 February 21 — Cindy Prusaitis
 February 23 — Ron Bowman
 February 25 — Pat LaRoy
 February 27 — Al Miller
 February 28 — Cindy Prusaitis
 March 2 — Joan Milam
 March 4 — Al Miller
 March 6 — Gary Miller
 March 7 — Joan Milam
 March 9 — Dee Mitchell

Thanks to Gary Miller for running the Pinochle Games!

April Fool's Day

Wednesday, April 1
4:15 to 6:00 p.m.


Share a joke and receive \$1 off your meal.
 Tell three jokes and receive a complimentary sundae.

IN THE SPIRIT OF GIVING

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


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

Can you be someone's angel today?
 Call us at **734-241-6088**
www.inthespiritofgiving.com



Scan Cards

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



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

Women's Coffee Hour with Maurine

Let's talk about health!
April 9 — 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

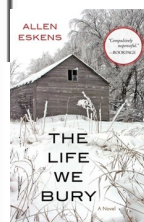
April 13 & April 23

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

MONROE CENTER BOOK CLUB

April 23, 2026 — 1:00

"The Life We Bury"
by Allen Eskens



The Life We Bury is a mystery about college student Joe Talbert, who is assigned to write a biography of a dying, convicted murderer. This led him to uncover secrets about the decades-old crime and confront his own difficult family life. This book blends a coming of age story with a murder mystery, exploring themes of justice, guilt, and redemption.

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

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

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.

Name That Tune & Potluck

Friday, April 24 — 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.

Craft — April 16

3:00

Please sign up at the Front Desk.

SAVE THE DATES:

- 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.)
 - Purse Auction — **May 8**
 - Thurs. and Fri, **May 14 & 15** Rummage Sale Donations Needed
 - **June 22** — Lunch & Learn with Alzheimer's Association

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

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

HOPE BEGINS WITH HELP



What we offer:

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

MONROE HARBOR LIGHT

(734) 384-3402

HARM REDUCTION & TREATMENT SERVICES

3250 N. Monroe St.
Monroe MI. 48161



All harm reduction services are free and anonymous

Hours of Operation: Monday-Friday 8am-4pm

Library in Motion



Monroe County Library in Motion

Pick-Up

April 9 — 11:30 a.m.



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

Presented by ProMedica Monroe Regional Hospital, Charles & Virginia Hickman Hospital, and United Way of Monroe/Lenawee Counties



PROMEDICA MONROE REGIONAL HOSPITAL

PROMEDICA CHARLES AND VIRGINIA HICKMAN HOSPITAL

We DO NOT Accept: HSA, FSA or HRA cards.

Thursday, April 23, 2026

8 a.m.-12 noon

St. Mary's Activity Center
305 Division Street
Adrian, MI 49221

Thursday, May 14, 2026

8 a.m.-12 noon

Our Lady of Mount Carmel Church
8330 Lewis Avenue
Temperance, MI 48182

Thursday, May 28, 2026

8 a.m.-12 noon

Dundee Assembly of God Church
13790 S. Custer Road (M-50)
Dundee, MI 48131

Sponsored by

- United Way of Monroe/Lenawee Counties
- ProMedica Monroe Regional Hospital
- ProMedica Charles & Virginia Hickman Hospital
- Family Medical Center of Michigan
- Michigan Dept. of Health & Human Services
- Lenawee County Health Department
- Monroe County Health Department
- Monroe County Retired Senior Volunteer Program (RSVP)

Labs/Screensings Available:

- 22 Point Blood Panel* \$20
- Vitamin D Screen \$10
- Hemoglobin A1C \$15
- PSAS \$10

Services Available:

- Adult Immunizations*
- Blood Pressure Check
- Nutrition Counseling
- Medication Counseling



For accurate results, DO NOT eat or drink for 12 hours before your test. Medications MAY be taken with WATER.

ALL TESTING IS SUBJECT TO AVAILABILITY.

Call 734.242.1331 or 517.264.6821
www.UnitedWayMLC.org



The following vaccines may be available to adults 19 years of age or older who are uninsured*, or underinsured* and meet certain risk factors. COVID, flu and pneumonia vaccines will be available for Medicare Part B recipients.
* Adults with vaccines insurance coverage or Medicaid DO NOT qualify for this program.



LOOKING FOR SUPPORT FOR YOU OR A LOVED ONE?

Marijuana Anonymous
MA12.org



Ask the Pharmacist!

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

April showers bring May flowers, but they can also bring congestion, a runny nose and sneezing. While we have anxiously awaited Spring after a long winter, this time of year can cause a spike in seasonal allergy symptoms for many people. In fact, the Centers for Disease Control and Prevention (CDC) estimates that approximately 80 million people in the United States suffer from seasonal allergies, also known as allergic rhinitis. This number represents 1 in 4 adults and 1 in 5 children. Allergists have reported a steady increase in this number since 2021 and some computer models suggest that climate change could be causing increased pollen loads and the number of people suffering with seasonal allergies.

If you are included in this group, there are some actions you can take to reduce your exposure to pollen and other outdoor allergens and reduce your allergy symptoms.

- Stay indoors on dry, windy days when pollen is being displaced by the wind.
- Pollen counts are highest in the early morning – consider changing your exercise or gardening time to later in the day.
- Wear a pollen mask when performing lawn care.
- Change clothes and shower promptly when entering your house after lawn care and outdoor work.
- While it's tempting to open windows for some fresh air, that is an invitation for pollen to enter and cause symptom flares.
- Use allergen filters in your furnace and consider an air purifier equipped with a HEPA filter.

For those people who require medications to help manage their symptoms, consider starting them before pollen counts surge. Most local news stations and The Weather Channel provide pollen forecasts to help prepare allergy sufferers.

- Antihistamines provide a drying effect, helping to ease runny noses and sneezing. There are numerous over-the-counter antihistamines available and most are very affordable.
- Decongestants help to relieve nasal congestion and are available as oral tablets and nasal sprays. Regardless of the type you choose, be sure to only use these for a few days or they can actually worsen congestion.
- Nasal rinses and Neti-Pots are also a good way to relieve nasal congestion due to allergy symptoms.

Your pharmacist is a great resource that can help you choose the right seasonal allergy medication. They can review your medication profile and help you select a medication that will bring you relief while avoiding any interactions with your maintenance medications.

Stay healthy,

~ Jennifer

Make a Difference in the Lives of Others:
Volunteer with Arbor Hospice



Every day, hospice volunteers make a difference in the lives of our patients and their families—offering companionship, providing relief for caregivers, and sharing their talents.

Arbor Hospice is currently seeking volunteers in Washtenaw, Livingston, Jackson, Lenawee, and Monroe counties and surrounding areas.

All Arbor Hospice volunteers attend an interview, a one-day orientation, and complete background checks, fingerprinting, and TB testing.

For more information, please visit www.arborhospice.org

SCAN HERE TO VOLUNTEER



A member of NorthStar Care Community



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
734-735-2421



**Courageous Rehab
 and Wellness**
 Create a new normal

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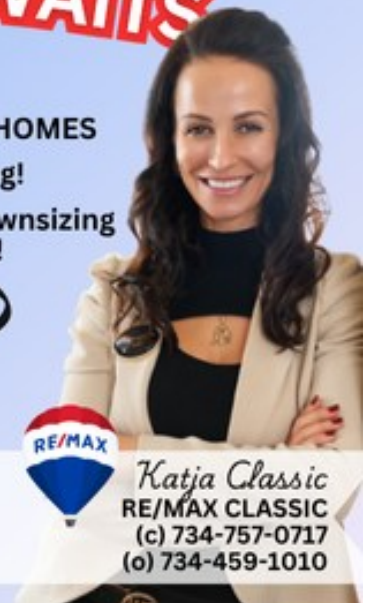
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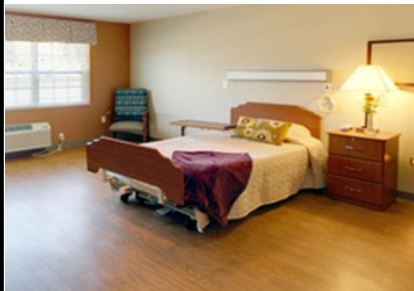
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April 2026

| | | | | | | |
|--|---|--|--|--|--|--|
| <p>5 EASTER Sunday Brunch \$8 11 a.m. to 1 p.m.</p> | <p>6 Ford Retirees Tax Assistance 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 11:30 LUNCH & LEARN 12:00 Pinochle 1:00 Dancing/3:00 Balance</p> | <p>7 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jane Pauley on "Reimagining your Life"</p> | <p>1 Birthdays Dinner 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance 4:00 April Fool's Jokes</p> | <p>2 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</p> | <p>3 Tax Assistance 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet 5:00 pm. Final 4 Bingo</p> | <p>4 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle</p> |
| <p>12 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.</p> | <p>13 Canasta Tax Assistance 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Writing with Betsy 1:00 Dancing/3:00 Balance</p> | <p>14 Class of '58 MCOB Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers</p> | <p>15 Class of '67 BK 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance</p> | <p>16 Medicare w/ Jackie by appt. 9:00 Balance Exercise 10:15 Chair Yoga 3:00 Craft— Sign up</p> | <p>17 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet</p> | <p>18 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle</p> |
| <p>19 Sunday Dinner 11 a.m. to 1 p.m.</p> | <p>20 Newsletter Crew 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</p> | <p>21 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers</p> | <p>22 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance</p> | <p>23 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</p> | <p>24 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet 4:00 Name that Tune</p> | <p>25 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle</p> |
| <p>26 \$6 BBQ RIB Dinner 11 to 1 p.m.</p> | <p>27 Canasta Tax Assistance 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing/3:00 Balance</p> | <p>28 MCOB support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers</p> | <p>29 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance</p> | <p>30 Medicare w/ Jackie by appt. Soup & Sandwich Day 9:00 Balance Exercise 10:15 Chair Yoga</p> | <p>Purse Auction is Coming up!</p> | <p>26 \$6 BBQ RIB Dinner 11 to 1 p.m.</p> |

April

2026

Evening Meals

Served 4:15 to 6:00 pm

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

| Monday | Tuesday | Wednesday | Thursday |
|--|---|---|---|
| March 30 Chicken Fajitas Stewed Tomatoes Refried Beans | March 31 Swedish Meat Balls Brown Rice Stir Fry Vegetables Cottage Cheese | 1 April Fool's BBQ Pork Sandwich Potato Salad Cole Slaw Fruit | 2 Patty Melt Sweet Potato Fries Broccoli Salad / Fruit |
| 6 Hamburger Gravy Mashed Potatoes Vegetables | 7 Chicken Thighs Red Skin Potatoes Vegetable Cottage Cheese | 8 Roast Beef Mashed Potatoes Green Beans | 9 Lasagna Green Beans Garlic Bread Side Salad |
| 13 Pork Chops with Mushroom Gravy Mashed Potatoes Vegetables Applesauce | 14 Baked Cod Country Potatoes Vegetable Cole Slaw | 15 Sloppy Joes French Fries Baked Beans Fruit | 16 Teriyaki Chicken Brown & Wild Rice Stir-Fry Vegetables Fruit |
| 20 Tuna Melts Sweet Potato Wedges Broccoli Salad Applesauce | 21 Apple Butter Pork Stuffing Vegetable Side Salad | 22 Turkey Burgers French Fries Broccoli Salad Fruit | 23 Hot Turkey Sandwiches Mashed Potatoes Vegetables Fruit |
| 27 Spaghetti Green Beans Garlic Bread Fruit | 28 Spiral Ham Slices Sweet Potatoes Vegetable Side Salad | 29 Grilled Chicken Potato Salad Baked Beans Fruit | 30 Pot Roast with Potatoes, Carrots, Celery, Onion Applesauce |

Milk Shakes are available on Monday Nights \$2.00

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

April 2026

| | | | | | | |
|---|--|---|--|---|--|--|
| <p>5 Easter Brunch — \$8 Ham / Chicken Potatoes / Pasta Quiche / Vegetables Salads / Desserts Bonnet Parade</p> | <p>6 Lunch & Learn 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)</p> | <p>7 Beef Stew Dinner Roll Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod. (No other options today)</p> | <p>1 Birthday Dinner Roast Turkey Mashed Potatoes Green Beans Birthday Cake and Ice Cream 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod. (No sandwiches today)</p> | <p>2 Class of '69 Lunch Tuna Noodle Casserole with Peas & Carrots / Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.</p> | <p>3 Baked Salmon Red Skin Potatoes Brussels Sprouts 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p> | <p>4 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p> |
| <p>12 Bingo Pork Roast / Chicken Mashed Potatoes Broccoli Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p> | <p>13 Stuffed Cabbage Mashed Potatoes Stewed Tomatoes Fruit 665 cal. 23g fat 59 carb 52g protein</p> | <p>14 Class of '58 Lunch Beef Tips Over Noodles Beets Broccoli Salad 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod</p> | <p>15 class of '67 Breakfast Spiral Ham with pineapple Au Gratin Potatoes Prince Charles Vegetables 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod</p> | <p>16 USA Wild Caught Cod Brown and Wild Rice Broccoli 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod</p> | <p>17 Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod</p> | <p>18 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p> |
| <p>19 Roast Beef / Salmon Red Skin Potatoes Green Beans / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p> | <p>20 class of '65-66 Lunch Salsa Meat Loaf Mashed Potatoes Green Beans 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod</p> | <p>22 Russian or Blueberry Pancakes Sausage Fresh Fruit</p> | <p>22 Sweet & Sour Pork Brown and Wild Rice Stir Fry Vegetables 600 cal. 8g fat 94 carb 9g fiber 24g sug. 25g pro. 904mg sod.</p> | <p>23 Health Odyssey Ranch Chicken Mashed Potatoes Normandy Vegetables Fresh Fruit / Roll 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.</p> | <p>24 BBQ Chicken Sandwich Sweet Potato Wedges Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p> | <p>25 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p> |
| <p>26 \$6 Rib Special BBQ Ribs or Chicken Baked Potatoes Normandy Veggies Dessert 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod.</p> | <p>27 Chicken Bruschetta Red Skin Potatoes Cauliflower / Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod.</p> | <p>28 Chicken Fajitas Rice Pilaf Refried Beans 871 calories; 28.9g fat; 1879 mg sodium. 97 carb, 8.2 sugar, 44.1 g protein</p> | <p>29 Pork Chops with Sauterkraut Mashed Potatoes Green Beans / Fresh Fruit 683 cal. 15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p> | <p>30 Soup & Sandwich \$2 Minestrone or Potato Leek Soup Tuna Fish or Grilled & Cheese Sandwich Cookie (No other options today)</p> | <p>3 Baked Salmon Red Skin Potatoes Brussels Sprouts 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p> | <p>4 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p> |
| <p style="text-align: center;">Monroe Center for Healthy Aging 734.241.0404</p> | | | | | | <p>25 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p> |