



15275 South Dixie Highway
Monroe, MI 48161

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National Institute of
Senior Centers



Your senior millage tax dollars at work!

August 2026

Engage!

VOLUME 26, ISSUE 8

Hello August

*Leading in services, information, & assistance for
quality lifestyles & healthy aging.*

Open 365 Days a Year

Sun. 10:00 to 2:00 Mon—Thurs. 8:00 to 7:00 Fri 8:00 to 4:00 Sat 8:00 to 2:00

Breakfast 8:00 to 9:45 Lunch 11:00 to 1:00 Supper Mon.—Thurs. 4:15 to 6:00

Carry-Outs are available. Public is welcome! Please call 734.241.0404

Staff

Executive Director:
Sandie Pierce
sandie@monroectr.org

Center Support:
Kevin Hemry

Program Manager:
Toni Solomon
toni@monroectr.org

Kitchen: Scott Suttles
Esther Thompson
Antonio Terry
Carrie Coleman
Val Bezeau
Kim Morrison

Customer Service Coordinator:
Cheri Braunlich
cheri@monroectr.org

Accounting Clerk:
Nancy Guich
nancy@monroectr.org

Volunteer Coordinator:
JoAnn (Mikie) Kunich
mikie@monroectr.org

Bingo Coordinator:
Kevin Hemry

Matter of Balance Trainer:
JoAnn (Mikie) Kunich

Operations Manager:
Beth Berlin
beth@monroectr.org

RSVP Volunteer Coordinator:
Jo Anne Bray
joanne@monroectr.org

Vision:

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



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.



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 again in September.
No meetings in July or August.

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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



From the Director's Desk

"Remember to be gentle with yourself and others. We are all children of chance, and none can say why some fields will blossom while others lay brown beneath the August sun."

– Kent Nerburn

The above quote that is reminding us to be gentle with yourself seems timely to me. Our society seems to have changed to think it's okay to put one another down. It's not. Yet it happens way too often. And unfortunately, it's often easy to remember the insults and hold them close, but forget about the compliments. That's not good for our souls. Breathe and let go.

Sometimes, though, compliments from others seem to be lacking. Either they don't see the good, or most likely, they're too wrapped up in their own selves to notice. There's another aspect too — most of us probably didn't grow up with lots of expressions of emotions. It is what it is, as we say. So, be gentle with yourself and remember Ricky Nelson's song lyrics: "ya can't please everyone, so ya got to please yourself."

*I went to a garden party to reminisce with my old friends
A chance to share old memories and play our songs again
When I got to the garden party, they all knew my name
No one recognized me, I didn't look the same*

*But it's all right now, I learned my lesson well
You see, ya can't please everyone, so ya got to please yourself.*

In reflection, though, I think there might be a middle ground. There are all types of people in this world. What if we remembered that everyone has their own challenges. What if we shared the first smile or offered a kind word? It may be all that is needed to start a ripple that flows out to others. Together we can make a difference.

There are lots of people to share smiles with here at the Center. I hope you come out of the heat to join in our meals, activities, and to share fellowship. The Center is the place to be!

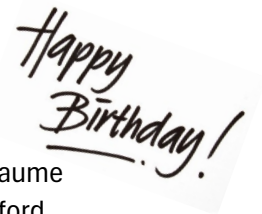
With gratitude,
~ Sandie

News to Note . . .

- **July 24 — Purse Auction —** 4:00 p.m.
- **Bingo is on Tuesdays!**
Card sales at 1:30 p.m.
Sunday Bingo— August 9
- **August 5 — Birthday Celebration** during lunch
- **August 6 —** Class of '69
- **August 6 —** at 11:30
Library in Motion Delivery
- **Aug. 10 & 27 —** Writing Group at 1:00 & 2:00 p.m.
- **Aug. 11—** Class of '58—Lunch
- **August 12 —Trivia Night** at 5:00 p.m. Prizes!!
- **August 12 — Movie** "The Lincoln Lawyer" 1:30
- **Aug. 13 & 14 — Rummage**
- **August 13 —** Health Habits —
— Beat the Heat 1:30
- **August 13 —** Let's Talk Health with Maurine at 4:30
- **August 17 — Lunch & Learn with Huron Valley PACE**
- **August 17 — MHS Classes of '65 and '66** Lunch
- **August 19 —** MHS Class of '67 Breakfast— 3rd Wednesday
- **August 20 —Craft—** 3:00
- **August 26 — Over 90 Party**
- **August 27 —ProMedica Health Odyssey**
- **August 27 — Book Club** 1:00
- **August 31 — \$2 Soup & Sandwich Day**

Please Remember
to Scan





Happy August Birthdays

Debby Ash "70"
Denise Auten
Louise Bauerschmidt
Linda Bess
Michael Boron
Elaine Boudrie
Vickie Butler
Gary Cannon
Karen Collins
Evelyn Copi
Inga Costello
Marlene Cunningham
Gary Cuthbert
Pat DiCarlo
Paula Diehl
Judy Drake
Pat Drummons
Sharon Ellerman
Carolyn England
Rita Ernest
Carol Eshelman
Carolyn Evans
John Falconer
Donna Fazekas
Jos Fazekas
Sharon Friedline

Lee Geisenhaver
Bev Gerber
Shelley Ghigo
Marie Gibson
Maxine Gowman
Mary Grenawitzke
Linda Haag
Cecilia Hartle
Eric Hatcher
Dwight Heck
Crystal Heft "80"
David Heft "80"
Lester Heller
Sandra Hensley
Manny Herrera
Timothy Hirabayashi
Lisa Hovater
Louella Howerton
Dan Hummel
Carla Huston "60"
Mitzi Jondro
Stephen Jones
Carol Kamprath
Phyllis Keck
Brenda Keenan
Nancy Kirwen "90"
James Knapp

Mary Kohler
Janice Kraus
Tom Labo
Andrea Labo
Sandy Lang
Lynette Langton
Laura Leicht
Clara Lloyd
Faye Loop
Frank Lowe
Sharon Lusch
Joyce Maddux
Robert McDonald
Roberta McPeck
Pat McPhail
Terri Meadows
Ray Micalle
Deborah Miller
Betty Morgis
Margaret Morrison
Nick Mushisky
Elaine Mushung
Donna Navarre
Cindy Nolan
Marsha Oberleiter
Tammy Perez
Ken Phillips

Donna Reaume
Harry Redford
Frank Regan
Joanna Russ
Vicky Sacks
Martha Sancrainte
Rosemary Satkowski
Pat Schassberger "90"
Loretta Scheich
Jon Shores
Cindy Snow
Joyce St. Bernard
Donna St. Pierre
Jack Sturn
Bonnie A. Thompson
Tom Treece
Brenda Turnbull
Ron Turner
Patricia Uecker
Kathy Vanisacker
Vernon VanWasshenova
Sr. Joselyn Weeman
Nancy Wortinger
Philip Wylie
Lisa Yates
Dennis Yates
Nancy Younglove

Birthday Celebration! — August 5, 2026

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

Members who are
celebrating an
August birthday
enjoy a free lunch
on Wednesday,
August 5.

**Cake sponsored
by Pat and Kevin
Hemry**



July Birthday Attendees

RECENT DONATIONS

Classes of '65 & '66 Denise Auten
Monroe Thrift Shop

Thanks to everyone who has donated towards our new Sound System. Contributors will be listed next month.

In memory of Lois Kneendorf

Sandy Kraus Patricia Anne Dey
Brenda Lewis Monica and Raymond Howe
Marcelle Ramsey

In memory of Mary Rhoades

Brenda Lewis

In memory of Joe Kraus

Sandy, Janice, and Tom Kraus
Marcelle Ramsey

*Thanks to David Manning for entertaining us with guitar
and song on Soup & Sandwich Days.*

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

DTE Energy®



*Thanks to DTE for
donating 48 cases
of water during our
summer heat wave!*

Report on the 50/50 Raffles at Bingo

2025 Total: \$4,718

January — \$ 606
February — \$ 297
March — \$389
April — \$469
May — \$399
June — \$438

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

Cheri's Quote of the Month

**Say less,
Smile more.**

Food Donation Goal: \$2,000

2025 Total: \$3,452.86

Jan. — \$316.79 Feb. — \$224.00 March — \$334.80
April — \$261 May — \$281 June — \$259

Thanks for your donations!



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

With sympathy ...

Eva Davis — May 12, 2026
Ruth Masserant — June 17, 2026
Bea Lajiness — June 18, 2026
Earl Reaume — June 26, 2026
Lester Heller — July 4, 2026
George DeClerq — July 6, 2026

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

WELCOME NEW MEMBERS

Karen Ahlheim	Teresa Gibala
Diane Bezeau	Vicki Grant
Kris Blagec	Donna Held
Bob and Sherry Cebina	Theresa Keane
Barbara Dusseau	James Knapp
Carolyn Gardetto	Maureen Sharp
Barbara Garrett	Bonnie Swatek
James Easter	John and Deanna Thoma

AUGUST 2026

“What’s Going On” at-a-Glance

Monroe Ford Retirees — Monday,
August 3 — 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 August 9

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

HOSTED BY Mikie Kunich

Wednesday, August 12th
5:00 to 6:30 p.m.

TRIVIA

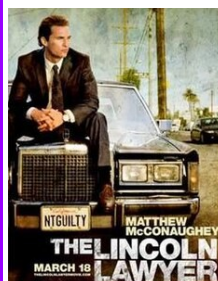
Free of charge. Prizes Awarded!

Get a Team Together! Limit of 5 people
per team. Ages 12+

August 12th Movie

1:30 pm

“The Lincoln Lawyer”



Criminal defense attorney Mickey
Haller works in Los Angeles from
the back of his Lincoln Town Car, chauffeured by
Earl Briggs. He typically works for low-end crimi-
nals including Eddie Vogel, leader of a biker gang.

Haller is unexpectedly hired to represent Louis
Roulet, a wealthy Beverly Hills playboy and the son
of real estate mogul Mary Windsor. Roulet is
accused of brutally beating prostitute Regina
Campo, and surprisingly, chose Haller specifically
for the case. Haller and his investigator, Frank
Levin, analyze photos and evidence and find
similarities to a prior case where a prostitute was
killed. Haller represented the defendant, Jesus
Martinez, and due to the overwhelming evidence
and in spite of Martinez's earnest proclamations of
innocence, convinced him to plead guilty to avoid
the death penalty

Complimentary popcorn.



Health Odyssey

August 27, 2026

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

**Topic: Heart Failure by
Dr. Ahmed Harhash**

Please sign up: 734.241.0404

Registration includes the complimentary
lunch for those who arrive on time AND **stay
to listen** to the program.

Please be courteous. No talking during
the presentation.

Purse Auction — July 24, 2026

Our second annual Purse Auction is
Friday, July 24,
and we would like to invite you
to a fun-filled evening.

We do ask that you sign up in advance..

4:00 p.m.

Hors d'oeuvres will be served.

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

Rummage & Bake Sale — August 13 & 14

Donations are being accepted.
No clothes please.

WE ALSO NEED VOLUNTEERS TO:

- Help set up on Wed., the 12th
- Work the sale both days
- Help with clean up

Note: Chair Yoga &
EnhanceFitness will be on
the patio (weather permitting.)

PLEASE VOLUNTEER

The Monroe Center is in desperate need of
volunteers to help us serve meals during the
evenings and on Saturday and Sunday.

As you know, we have been able to keep our
meal prices steady at \$3.00 for dine-in meals.
With the rising costs of food, more and more
people are enjoying their meals here. But this
increase in demand is putting a heavy toll on
the few volunteers we have. If you can spare
a few hours a week and would like some great
exercise, please consider helping us.

If interested, please contact
Mikie or Beth at 241-0404.

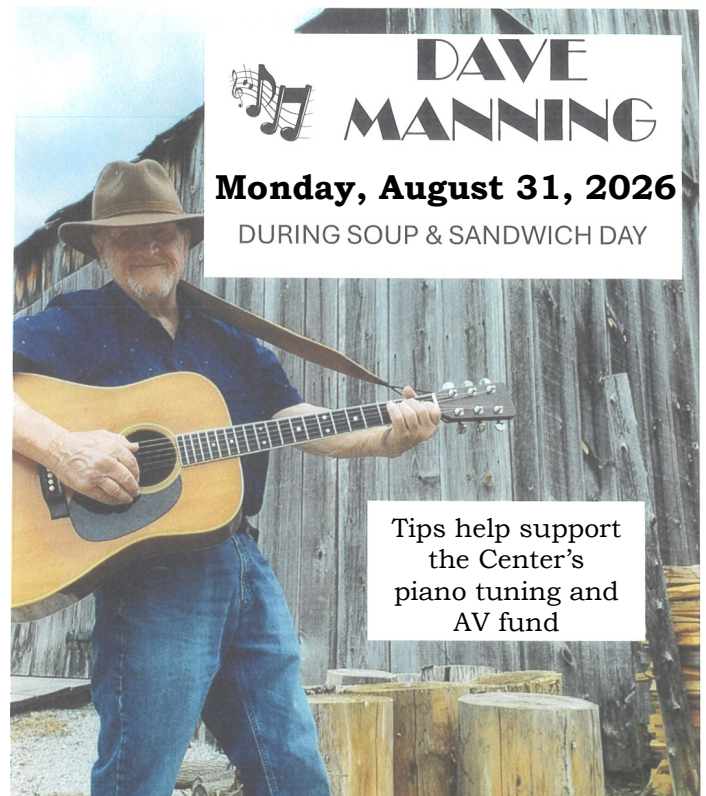
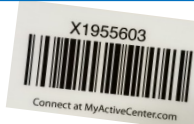
We need bakers for the Bake Sale!
Please see Toni.

Scan Cards

Please use them.

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

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



DAVE MANNING

Monday, August 31, 2026

DURING SOUP & SANDWICH DAY

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

Monday, August 17
— **Lunch & Learn**



PACE is a Program of All-Inclusive Care for the Elderly. The goal of PACE is to help older adults remain living in their community as independently as possible for as long as possible by providing a comprehensive package of medical, wellness and support services.

A person qualifies for PACE if

- they are 55 years of age or older
- live in a PACE service area
- are certified by the State of Michigan as meeting the need for the nursing home level of care, and
- are able to live safely in the community with the help of PACE services.

**Karaoke &
Potluck**

August 21

4:30 Potluck

5:00 Singing

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

Please sign up in advance.
734.241.0404

**Monroe County
Fair Parade**

Sunday, August 2
2:00 p.m.

Jones Avenue to South Roessler

Look for our Float!!

Over 90's Party

Wednesday, August 26

11:30 a.m.

Watch for your invitation in the mail. Those who are 90 and over and one guest receive a complimentary meal.

Others are welcome — \$5.00

Please RSVP: 734.241.0404



Meal Program Changes

Please note: Dessert is not included among the substituted items.

Substitutions are allowed with the main entrée only and include the side salads, soup, or vegetables. Condiments cannot be substituted. Note that soup is a “side” of soup.

With hamburgers and sandwiches, the choice is chips or the side of the day.



Habits for Health

A Senior Wellness Group

Join us on a journey to a healthier, more vibrant life! This FREE group, guided by a Health Educator from the Monroe County Health Department, explores a different health topic each month. We'll focus on adopting healthy habits to improve overall well-being and better manage chronic conditions.

2nd Thursday of Every Month

1:30 - 3:00 PM

Monroe Center for Healthy Aging

- ~~August 13 — Habits for Better Sleep~~
- Sept. 10 — Conversations that Save Lives
 - October 8 — Germ Prevention 101
 - Nov. 12 — Rethinking Winter Wellness

Presented by
Kristen Reed
Health Educator



Pinochle Winners

June 8 — Renee Schweitzer

June 10 — Joan Milam

June 12 — Gary Miller

June 13 — Barb Crumm

June 15 — Dee Mitchell

June 17 — Gary Miller

June 19 — Joan Milam

June 20 — Cindy Prusaitis

June 22 — Dee Mitchell

June 24 — Joan Milam

June 26 — Cindy Prusaitis

June 27 — Cindy Prusaitis

June 29 — Renee Schweitzer

July 1 — Joan Milam

July 3 — Cindy Prusaitis

July 4 — Joan Milam

July 6 — Ron Bowman

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

Bedford Senior Center's 3rd Annual Talent Show

August 7 at 6:00 p.m.

August 8 at 2:00 p.m.

Tickets are \$15 per person
and must be purchased in advance.



Monroe County

Library in Motion

Pick-Up

Aug. 6 — 11:30 a.m.

IN THE SPIRIT OF GIVING

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

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

*Can you be
someone's
angel today?*



Call us at
734-241-6088

www.inthespiritofgiving.com

Women's Coffee Hour with Maurine

Let's talk about health!
August 13 — 4:30 p.m.

Brain Aerobics

Monday Mornings

with Francine Roscoe and Gloria
Payne

Crosswords and Sudoku
available daily.

Exercise Classes

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

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

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



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

Line Dancing — Mondays at 1:00

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

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

Friendly Poker Games (See Kevin)

Saturdays at 9:00 a.m.

Hand & Foot & Maj Tong

We need players. Let us know if
you'd like to 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 Toni
at 734-241-0404**

We are always grateful for donations
of yarn and patterns.

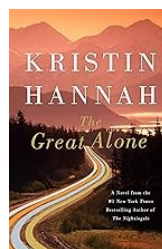
Calling All Writers

August 10 & 27, 2026

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

MONROE CENTER BOOK CLUB

August 27, 2026 — 1:00



The Great Alone
by Kristin Hannah

The Great Alone is a 2018 historical fiction novel by Kristin Hannah about the Allbright family's move to the Alaskan wilderness in 1974, where they attempt to live off the grid, but their new life is threatened by the harsh environment and the father's PTSD from the Vietnam War.

Sept. — *Code Name Sapphire* by Pam Jenoff
October — *Where Rabbits Gathered* by Alisa
Valdes-Rodriguez
November — *The Bucket List* by Rachel Hanna
December — *My Friends* by Fredrik Backman

SAVE THE DATES!

Live Jewelry Auction

with Jim Alban

Friday, September 25, 2026

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

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

Newlywed Game

Friday, September 11

Potluck at 4:30 p.m.

Game begins at 5:00 p.m.

Members' Talent Show

Friday, September 18

We're looking for some talented — or not so talented — members to participate.

Tell a joke. Do a skit. Dance.

Play music. The world is your oyster.

PLEASE SIGN UP!

We need people to help with costumes, to do make-up and to BE characters.

Talk with Clara Lloyd.

September 28 — Lunch & Learn

The Zekelman Holocaust Center

11:30 Lunch & Program at Noon

New Sound System Upgrade

The Center is getting an upgrade to its sound system and WiFi. The cost is \$13,400 for both.

We are asking for Members to consider a donation to the Center to cover this cost.

Thanks in Advance!



Monroe Aging Consortium

Caregiver Summit

Thursday, August 20

10:00 — 2:00

LaRoy's Hall

Monroe Center participates in the KROGER COMMUNITY REWARDS

Go to [Kroger.com/i/community/community-rewards](https://www.kroger.com/i/community/community-rewards) to sign in or create an account. The Center's number is WN763

THINGS TO KNOW:

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





LOOKING FOR SUPPORT FOR YOU OR A LOVED ONE?

Marijuana Anonymous
MA12.org

MONROE COUNTY
SUBSTANCE ABUSE
COALITION

Craft — Book Markers

August 20 —3:00

Please sign up at the Front Desk.

St. Mary's Rosary Makers

St. Mary's Rosary Makers meet at the Monroe Center for Healthy Aging on the first Tuesday of every month at 9 a.m.

This group is open to everyone. Rosaries are sent to the missions. Supplies and instructions are provided, and you are able to keep the first rosary you make for yourself.



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

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

DENTAL CONCERNS?

THE ORCHARD EAST COMMUNITY HEALTH HUB
DENTAL CLINIC
PROVIDES SERVICES FOR THE
INSURED AND UNINSURED.



OPPORTUNITY CENTER
120 EASTCHESTER
MONROE, MI 48161

CALL TO SCHEDULE AN EVALUATION.
734.241.2775 EXT. 244



Medical Closet

The Monroe Center has a medical Closet available to anyone who might benefit from an assistive device. What's available is based on what we have on hand, so call to inquire.

Items that we currently have:

- Shower chairs - Commodes
- Walkers with and without wheels
- Low Vision Machine - Canes

Call to inquire: 734.241.0404



MONROE CENTER TRAVEL

- **Caesars Windsor** — August 17, 2026. \$30 per person. Passport or enhanced driver's license required. Five hours of gambling and \$15 in casino play. Travel Treasures & Tours
- October 21, 2026 — A Journey through Jewish History, Culture, and Resilience \$69 person
 - ◆ Depart Monroe Center at 9:00 a.m.
 - ◆ Tour Zekelman's Holocaust Center
 - ◆ Lunch on your own
 - ◆ Tour Adat Shalom Synagogue
 - ◆ Depart for Monroe Center at 3:30 p.m.
- August 2026 — **Iceland** — 8 days on Celebrity <https://grandamericantours.com/celeb-silhouette-iceland>
- February 15—27, 2027 — **Australia** — 13 days on Norwegian Spirit Sydney, Edit, Burnie, Melbourne, seven stops in New Zealand Call Grand American Tours: 1-800-423-0247
- May 2027 — Alaskan Cruise, Land & Rail (Anchorage, Mt. McKinley, Denali, Whittier) 11 days on Island Princess

Contact Maxine at 734-241-0404

**HOPE
BEGINS**



What we offer:

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



MONROE HARBOR LIGHT
(734) 384-3402

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

All harm reduction services are free and anonymous

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



Choices
COUNSELING SOLUTIONS

Choices Counseling Solutions is accepting new patients and receives senior millage funding to offer services in the home. Call 734.210.1071 with questions or to make an appointment.



FREE MEDICARE WEIGHT LOSS PROGRAM

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

Up to 22 visits with dietitian in one year.

You'll need a referral from your physician.

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

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



Monroe County Begins “SAFE PROGRAM”

WHAT IS THE SAFE PROGRAM?

The SAFE Program improves communication between Monroe County first responders and residents with special needs before emergencies occur.

HOW TO ENROLL

- Scan the QR Code for the enrollment form.
- Three decals will be mailed — one for the entry door and two for vehicles (driver side rear window).



ask the Pharmacist....

with Jennifer Sell, RPh, Director of Pharmacy Services

Medication Adherence

Hello friends! I want to talk about Medication Adherence with you and why it's important. Medication adherence means taking prescribed medications at the right dose, right frequency and right time while also taking the medication for as long as your healthcare provider recommends. Why does medication adherence matter? It has been proven that when medication regimens are adhered to, the management of chronic illnesses improves, complications can be prevented and therapeutic goals are better achieved.

And while this sounds easy, there are many things that prevent patients from being adherent with their medication regimens. Medication cost, side effects, complex regimens, cognitive/memory issues and symptom improvement are all reasons why patients are non-adherent with their medications.

Here are some tips to help reduce these barriers:

- If a medication is too expensive, ask the pharmacist if there are other options or alternatives that may be more affordable. The pharmacist can work with the provider to make a change.
- If there are no alternatives and the medication is needed long term, ask if there are any discount cards or offers from the manufacturer.
- If a medication is causing side effects that are not tolerable, this may be another opportunity to find an alternative medication that may cause less side effects or identify ways to manage the side effects. It is important to communicate the side effect concerns to your provider or pharmacist as they can provide guidance on how to safely manage the side effects.
- For complex medication regimens that are difficult to follow, your pharmacist can help to review this and work with your provider to simplify the regimen.
- There are many tools that can help to remind patients to take medications if cognitive or memory issues are a cause of non-adherence.
- Pill boxes, blister packaging and technology tools like phone apps are examples.
- Patients sometimes stop taking medications because they no longer have symptoms — it is critical to keep taking medications until the provider gives instructions to stop. This is especially important for antibiotics – even if you feel better after a few days of treatment, finish taking the antibiotic until gone to help prevent antibiotic resistance.

Stay well,

Jennifer

10 HEALTHY HABITS FOR YOUR BRAIN

TAKE CHARGE OF YOUR BRAIN HEALTH. THESE HEALTHY HABITS CAN LOWER THE RISK OF DEVELOPING COGNITIVE DECLINE AND POSSIBLY DEMENTIA. THIS IS TRUE EVEN FOR PEOPLE WITH A HISTORY OF DEMENTIA IN THEIR FAMILIES.

Follow as many of these tips as possible to achieve the most benefits for your brain and body. It's never too late or too early. Start now!



Protect your head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.



Be smoke-free

Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.



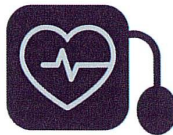
Get moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!

Challenge your mind



Be curious. Put your brain to work and do something that is new or hard for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.



Control your blood pressure

Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help too. Work with a health care provider to control your blood pressure.



Manage diabetes

Type 2 diabetes can be prevented or controlled by healthier eating, increasing physical activity and medication, if necessary.



Sleep well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.



Stay in school

Education reduces your risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library, college or online.



Eat right

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.



Maintain a healthy weight

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list — eating right, physical activity and sleep — can help with maintaining a healthy weight.

Learn more at alz.org/healthyhabits.



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- **MCOP Resource Advocates** can assist with questions about Medicare, Medicaid, **Home Heating Tax** and other issues: Call 734.241.0404 to make an appointment.
- **Blood Pressure Checks** — Maurine Sharp will be at the Center at 10:00 on Aug. 5.
- **MemoryLane Care Services** offers coaching and support groups for caregivers and in-person Adult Day Care for individuals with memory loss. Contact Cheryl Conley at MemoryLane: 2500 North Reynolds Toledo, Ohio 43615 Phone: 419-720-4940 Serves Monroe County!



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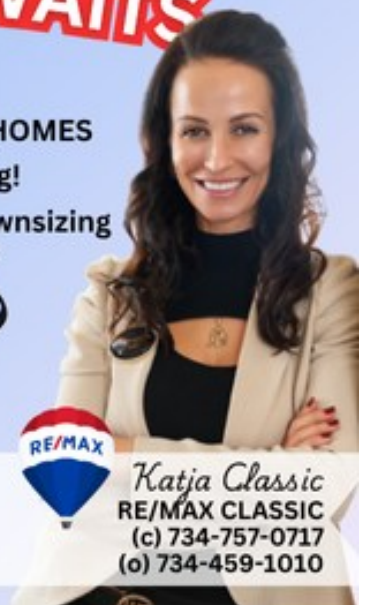
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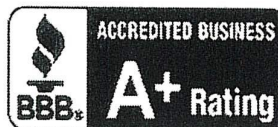
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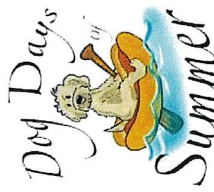
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2	Sunday Dinner 11 a.m. to 1 p.m.	3 Ford Retirees 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 3:00 Balance	4 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers 7:00 Coin Club	5 Birthday Dinner 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 BP Checks 12:00 Pinochle 3:00 Balance	6 Medicare by appointment 9:00 Balance Exercise 10:15 Chair Yoga Noon Class of '69 4:15 Tai Chi 7:00 Model A Club	7 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	7 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
9	Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	10 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 1:00 Writing with Betsy 3:00 Balance	11 Class of '58 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	12 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:30 Movie 3:00 Balance 5:00 Trivia w/JoAnn aka Mikie and Louise	13 Rummage/Bake Medicare by appointment 9:00 Balance Exercise 10:15 Chair Yoga on Patio 11:30 Library in Motion 1:30 Habits for Health 4:15 Tai Chi 4:30 Let's Talk Health with Maurine	14 Rummage/Bake 8:45 Cardi-Yo 10:00 Enhance®Fitness (on patio—weather ??) 11:30 Pinochle 12:00 Knit / Crochet	15 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
16	Sunday Dinner 11 a.m. to 1 p.m.	17 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 11:30 Lunch & Learn Noon Classes of '65 & '66 12:00 Pinochle 1:00 Dancing / 3:00 Balance	18 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	19 Class of '67 BK 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	20 Medicare by appointment 9:00 Balance Exercise 10:15 Chair Yoga 3:00 Craft— Sign up 4:15 Tai Chi	21 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet 4:00 Karaoke / Potluck	22 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
23	Sunday Dinner 11 a.m. to 1 p.m.	24 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing / 3:00 Balance	25 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	26 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 11:30 Over 90 Party 12:00 Pinochle 3:00 Balance	27 Medicare by appointment 9:00 Balance Exercise 10:15 Chair Yoga 11:30 Health Odyssey 1:00 Book Club 2:00 Writing 4:15 Tai Chi	28 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	29 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
30	\$6 BBQ RIB Dinner 11 to 1 p.m.	31 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 11:00 Soup & Sandwich 12:00 Pinochle 1:00 Dancing/3:00 Balance					734-241-0404

August

Evening Meals

2026

Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thursday
July 27 Pork Chops with Mushroom Gravy Mashed Potatoes Vegetables	28 Grilled Chicken Breast Potato Salad Baked Beans Fruit	29 Pork Loin Roast with Potatoes, Celery, Onion, and Carrots Fruit	30 Baked Cod Country Potatoes Vegetable Cole Slaw
3 Homemade Pizza with Vegetables or Pepperoni Side Salad	4 Chicken Legs Red Skin Potatoes Vegetable Cottage Cheese	5 Swedish Meat Balls Brown & Wild Rice Stir Fry Vegetables Cottage Cheese	6 Tuna Melts Sweet Potato Wedges Broccoli Salad Applesauce
10 Pot Roast with Potatoes, Carrots, Celery, Onion Applesauce	11 Turkey Burgers French Fries Broccoli Salad Fruit	12 Lemon Herb Pork Sweet Potatoes Corn Applesauce	13 Three Salad Plate: Chicken — Potato —Cottage Cheese Fruit Multi-Grain Bread
17 Patty Melt Sweet Potato Fries Broccoli Salad / Fruit	18 Roast Beef Mashed Potatoes Green Beans Fruit	19 Baked Cod Brown & Wild Rice Vegetable Cole Slaw	20 Chicken Caesar Wrap Veggie Chips Fruit
24 Grilled Chicken Breast Macaroni Salad Baked Beans Fruit	25 Chicken Fajitas Stewed Tomatoes Refried Beans Chips & Salsa	26 Pork Chops with Mushroom Gravy Mashed Potatoes Vegetables	27 BBQ Chicken Sandwich French Fries Broccoli Salad Fruit

Milk Shakes are available on Monday Nights \$2.00

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

2	Spiral Ham Country Potatoes Charles Vegetables 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod Fair Parade at 2:00	3	Ford Retirees Chicken Marsala Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	4	Turkey Chili Multi-Grain Bread Celery Salad 666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohydrates; 34.7 g protein (No sandwiches today)	5	Birthday Dinner Chicken Cordon Bleu Baked Potatoes Broccoli Birthday Cake & Ice Cream 828 Cal. 20g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium (No sandwiches today)	6	Class of '69 Lunch Spaghetti Spinach Side Salad /Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod	7	Beef Tips Over Noodles Beets Broccoli Salad 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod	8	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
9	Bingo Pork Roast /Chicken Baked Potatoes Broccoli Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	10	Ranch Chicken Country Potatoes Normandy Vegetables Fresh Fruit 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.	11	Class of '58 Lunch Stuffed Peppers Mashed Potatoes Stewed Tomatoes Fruit 665 cal. 23g fat 59 carb 52g protein	12	USA Wild Caught Cod Brown and Wild Rice Broccoli 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod	13	Rummage Sale BBQ Chicken Sandwich Sweet Potato Wedges Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	14	Rummage Sale Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	15	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
16	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	17	Lunch & Learn Class of '65-66 Lunch Baked Salmon Red Skin Potatoes Mixed Vegetables OR Chef Salad 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	18	Turkey Burgers with Sautéed Onions Sweet Potato Wedges Mixed Vegetables / Fruit 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	19	Class of '67 Breakfast Beef Stew Dinner Roll Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.	20	Tuna Noodle Casserole with Peas & Carrots / Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	21	Pork Chops with Sauerkraut Mashed Potatoes Green Beans Fresh Fruit 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	22	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
23	Roast Turkey Sweet Potatoes Green Beans Fresh Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.	24	Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	25	Corn Flake Chicken Brown & Wild Rice Cauliflower Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod.	26	Over 90 Party Salsa Meat Loaf Mashed Potatoes Green Beans / Roll Birthday Cake & Ice Cream 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod Meal is \$5 for under 90	27	Health Odyssey Grilled Chicken over Lettuce /Cottage Cheese Multi-Grain Bread / Fruit 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod (No other options today)	28	Sloppy Joes Spagetti Salad Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	29	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
30	\$6 Rib Special BBQ Ribs or Chicken Baked Potatoes Vegetable Dessert	31	Soup & Sandwich \$2 Chicken Noodle or Vegetable Beef Soup Sloppy Joe Cookie (No other options today)	 August 2026								 734.241.0404	