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Monroe, MI 48161

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Senior Centers

Monroe County  
Senior Millage

Your senior millage tax dollars at work!

**January 2026**

*Engage!*

**VOLUME 26, ISSUE 1**



*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

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cheri@monroectr.org

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Volunteer Coordinator:

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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.*



## Board of Directors

### PRESIDENT:

Mark S. Braunlich

### VICE PRESIDENT:

Diane Kamprath

### SECRETARY:

David Swartout

### BOARD MEMBERS:

Bill Bacarella

Troy Goodnough

Kevin Hemry

Kristen Irwin

Michelle LaVoy

Hobby Nels

Kassie Nipper

Jennifer Sell

Christina "Tina" Smith

15275 South Dixie Highway

Monroe, MI 48161

734-241-0404



Visit us on-line:  
[www.monroectr.org](http://www.monroectr.org)

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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](http://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

"The chief beauty about time is that you cannot waste it in advance. The next year, the next day, the next hour are lying ready for you, as perfect, as unspoiled, as if you had never wasted or misapplied a single moment in all your life. You can turn over a new leaf every hour if you choose."

— Arnold Bennett



Welcome 2026! How are we doing? Did we barely squeak through last year — or did we accomplish great things? The answer is undoubtedly somewhere in the middle.

Every January we go about the business of making New Year's resolutions. By February, we're back to business as usual. There are lots of reasons for this, but I believe that the primary reason is that we picked a "should" rather than a "want." When we decide that we want to do something and have the reasons — justifications to do it — our chances of success are much better.

It was that way for me. When I turned 75, it occurred to me that I can't wait another 10 years to actually practice health prevention. The average age of the onset of Alzheimer's is 85. Lifestyle and diet contribute to our odds of getting not only dementia, but heart disease, cancer, and diabetes, as well. A primary culprit turns out to be sugar. It was time to practice what I preach. I've decided that I want to be healthier.

Everyone gets to make their own decisions for themselves, but it makes sense to start by asking how do we want to live and feel for the rest of the days we have left on this earth. Life-style improvements do have an impact. Not just in January when we set those resolutions. Every day we have the opportunity to start fresh. Will we be healthier? Kinder? More patient with ourselves and others? More understanding?

I'm glad that we have each other and believe the song lyrics, "*People who need people are the luckiest people in the world.*" The Monroe Center truly is a place where everyone belongs. You're all shining stars who help to make our world brighter.

Best wishes for a Happy New Year!



With gratitude,

~ Sandie

## News to Note . . .

- **Bingo is on Tuesdays!** Card sales at 1:30 p.m. **Sunday Bingo — January 11**
- **Jan. 5 — Lunch & Learn** with Cornerstone
- **January 7 — Birthday Celebration** during lunch
- **January 8 — Class of '69**
- **January 8 —** at 11:30 Library in Motion Delivery
- **Jan. 8 — Class of '58—Lunch**
- **January 8 — Key Nutrients for the New Year — 1:30 p.m.**
- **January 8 — Let's Talk Health with Maurine at 4:30**
- **January 14 — Trivia Night** at 5:00 p.m. Prizes!!
- **January 14 — Movie "Knives Out" 1:30**
- **January 15 — Lunch & Learn** with Pastor Aaron Werner
- **January 16 — Friday Night Bingo** with Celebrity Caller Kaye-Lani Rafko Wilson
- **January 19 — MHS Classes of '65 and '66** Lunch
- **January 21 — MHS Class of '67 Breakfast** — 3rd Wednesday
- **January 15 — Craft** — 3:00
- **January 12 and 22 — Writing Group** at 1:00 & 2:00 p.m.
- **January 22 — ProMedica Health Odyssey**
- **January 22 — Book Club**
- **January 30 — \$2 Soup & Sandwich Day**
- **February 13 — Valentine Dinner and Show**

Please Remember  
to Scan





# Happy January Birthdays

Happy  
Birthday!

Frankie Bacarella  
Bill Bacarella  
Vonne Bess  
Kathy Bomia  
Janet Bozynski  
Bob Bransky  
Kathy Brick  
Lisa Brown  
Mary Lou Burke  
William Burkett  
Debby Burress  
Darlene Chinavare  
Jean Cohn  
Grover Connell  
Deborah Cosby  
Ron Crumley  
Karen Diedrich  
Elaine Doom  
Tonia Douglas  
Edna Drexler  
Sherry Duffey  
Larry Ellison  
Kathy Fairchild  
Mary Farzniarz

Chris Frayer  
Christene Frederick  
Cathy Friederichs  
Carol Gawlinski  
Toni Giarmo  
Verdell Giebel  
Karen Glover  
Troy Goodnough  
Barbara Grajewski  
Phillip Hall  
Barbara Hampton  
Ruie Hart  
Esther Hasspacher  
Oliver Hensley, Jr.  
Mary Hislop  
Shirley Hoffman-Owens  
Colleen James  
Diane James  
Danquole Janukaitis  
Rob Johnson  
Ivan Kamprath  
Lois Knegendorf  
Tommie Kruse  
Sue Leibenguth  
Becky Livingston  
Frank Macaluso  
David Manning  
Yvonne McBee  
Beverly McCain  
Nancy McDonald  
Brenda Merkle  
Bonnie Meyers  
Linda Micheles  
Beverly Moyers  
Michele Muhleck  
Rita Nagel  
Donna Nash  
Virginia Navarre  
Janet Niemann  
John Peterson  
Vicky Phillips  
William Poore  
Diane Pursley  
Marcelle Ramsey  
Sue Rauhut  
Dan Ripple  
Helen Rosenberger  
Theresa "Terrie" Rossi  
Dinah Russo  
Joseph Salisbury  
Sharon Schiller  
Valerie Seger  
William Self  
Toni Solomon  
Michael Stein, Sr.  
Tammy Suzor  
Robert Sweat  
Fritz Sype  
Linda Thomason  
Linda Thompson  
Joan Toah  
Renee Treenie  
Laura Trout  
Bob Trowbridge  
Barbara Turner  
Charles Van Belle  
Jim VanWormer  
Mary Beth Walsh  
Eddie Weaver  
Jackie Weier  
Paulette Wilkie  
Clarita Willingham  
Joan Willis  
Barbara Wolfenbarger  
Jon Womack

## Birthday Celebration! — January 7, 2026

We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a January birthday enjoy a complimentary lunch on Wednesday, January 7. **Cake sponsored by Huran Valley PACE**



## December Birthday Celebration Attendees

## RECENT DONATIONS

Rose and Ben Kern      David Neal  
Nancy & Sam Guich      Mike Cook  
Classes of '65 & '66      Diane & Tom Beck  
Monday Canasta Ladies      Jerry and Sandie Pierce  
First Presbyterian Church of LaSalle  
Bea Lajiness — three-wheel bicycle  
Dianne Stewart — donation of bottled water



### In memory of Ron "Cowboy" VanDorn

Tracy Sudduth  
Marv Bauman

### In memory of Jane Bomia

Ferl Bomia



### In memory of Iris Schroeder

Marcelle Ramsey

*Thanks to Merkle Funeral Services for sponsoring the  
Birthday Cake for December*

### Rummage Sale in November

Raised \$1,598

Thanks to everyone!

Next Sale is in May 14 & 15, 2026.

### THINGS TO KNOW:



- Remember **the Center is scent free**.
- **The cost of carry-out meals will be an additional dollar effective January 1, 2026.**
- **Flash Photography.** Please refrain from using a flash on your cameras. Some people have high sensitivity to flashes.
- **2026 Dues** are now payable.
- **Minimum amount** for gift certificates is \$20.

## WELCOME NEW MEMBERS

Charles Albain	Rob Johnson
David and Joyce Anteau	Tom Kraus
Chris Bastien	Vickie Lowrey
Patricia Blair	Thomas Luzanski
Wuiding Chan	Sarah Mental
Leonard "Art" Dicks	Debra Pettis
Mary Farzniarz	Leonard Presley
Rita Graves	Ann Reaume
Cecilia Hartle	Marlene Schneider
Shelly Hehl	Gary Vacjner



## Report on the 50/50

### Raffles at Bingo



\$ 1,172 — January to March  
\$ 1,241.50 — April to June  
\$ 1,294 — July to September  
\$ 321 — October  
\$ 358.50 — November

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

Food Donation Goal: \$2,000

Jan. to March — \$586.24  
April to June — \$891  
July to September — \$1,264  
October — \$242.61  
November — \$325.01

**Thank you!!**

## Cheri's Quote of the Month

Health is like money, we never have a true idea of its value until we lose it.

*Josh Billings*

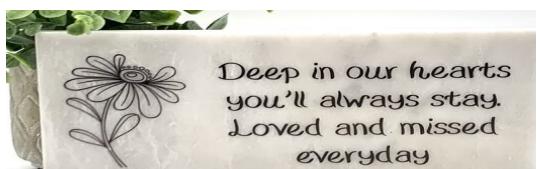


Memorial Leaves are available for \$10 each. Order at the Front Desk.

## With sympathy ...



*Michael Boudrie — November 10  
G. Paul Simonton — November 15  
Kenneth Lee Swartz — November 28  
Ron VanDorn — December 1  
Robert Wickenheiser — December 4  
Shirley Hoffman-Owens — December 3*



# JANUARY 2026

## “What’s Going On” at-a-Glance

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



**Bingo is held on Tuesdays**

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

**Sunday Bingo is January 11**

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

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

 **PROMEDICA** | WELL CONNECTED.

### Health Odyssey

#### January 22, 2026

11:30 a.m. Lunch

12:00 Program

**Topic: Services provided by Monroe Community Mental Health**

**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](http://www.mpactstudio.org)

**HOSTED BY Mikie Kunich**

Wednesday, January 14<sup>th</sup>

5:00 to 6:30 p.m.



**Free of charge.**

Prizes Awarded!

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



**January 14<sup>th</sup> Movie**



The family of wealthy mystery novelist Harlan Thrombey attends his birthday party at his estate. The next morning, Harlan's housekeeper Fran discovers him dead with a slit throat. Police detectives Lieutenant Elliot and Trooper Wagner believe Harlan died by suicide, but private detective Benoit Blanc is anonymously hired to investigate Harlan's death.

Complimentary popcorn.



**Lunch & Learn  
on Setting Boundaries**  
with Pastor Aaron Werner

**Thursday, January 15**

**Lunch at 11:15 a.m.**

**Program at 11:45 a.m.**

**Please sign up in Advance.**



## **Friday Night Bingo January 16, 2026**

**with “Celebrity” Caller  
Kaye Lani Rafko-Wilson,  
1988 Miss America**



**Ticket Sales start at 3:30 p.m.**

**Bingo begins at 4:00 p.m.**

**Sack Lunch available**

**Larger Payouts!**

**Drawings!    Special Games**



**Cornerstone  
CAREGIVING**

### **Lunch & Learn — January 5**

**Complimentary Lunch Served at 11:30 for those who arrive on time and stay for the program.**

#### **Program at Noon**

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



**HEATING & COOLING**

J&K Heating & Cooling is the Monroe HVAC contractor homeowners trust for fast AC repair, furnace repair, boiler service, and new system installs. We serve Monroe, Temperance, Dundee, Milan, and Downriver with same-day help and clear pricing.

474 North Telegraph Road  
Monroe, MI 48162

**734-508-8435**

*Serving  
Monroe  
County for  
35 years!*



# 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



# Valentine's Dinner & Show

**FRIDAY,  
February 13th,  
2026**

- ❖ Doors open at 4 p.m.
- ❖ Dinner served at 5 p.m.
- MENU: Lasagna, side salad, bread, and strawberry shortcake
- ❖ Music by "Tony Orlando" (*Homero Ortiz*) at 6 p.m.

**TICKETS: \$15 in advance;  
\$17 at the door**  
There will be a 50/25/25 raffle drawing!



## Save the Date!



Friday, February 27, 2026  
**Pictionary** & Potluck  
Supper

## Scan Cards

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

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



## Pinochle Winners



November 10 — Pat LaRoy  
November 12 — Dennis Eby  
November 14 — Joan Milam  
November 15 — Barb Crumm  
November 17 — Carol Swartz  
November 19 — Joan Milam  
November 21 — Barb Crumm  
November 22 — Gary Miller  
November 24 — Al Miller  
November 26 — Dennis Eby  
November 28 — Gary Miller  
November 29 — Gary Miller  
December 1 — Cindy Prusaitis  
December 3 — Pat LaRoy  
December 5 — Al Miller  
December 6 — Gary Miller  
December 8 — Dee Mitchell

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



## IN THE SPIRIT OF GIVING

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

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

Can you be someone's angel today?

Call us at  
**734-241-6088**  
[www.inthespiritofgiving.com](http://www.inthespiritofgiving.com)





## Women's Coffee Hour with Maurine

Let's talk about health!

January 8 — 4:30 p.m.



## Brain Aerobics

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



**Massages with JoAnn (Mikie)**  
Mondays (except first Monday)  
10:00 to 1:00 — \$1 per minute

**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

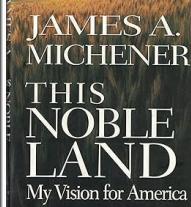
January 12 & January 22

Are you interested in crafting your life history?

Join Betsy Bradley on **second Monday** at 1:00 and the **second** Thursday of the month at 2:00

## MONROE CENTER BOOK CLUB

**January 22, 2026 — 1:00**



JAMES A.  
MICHEENER  
THIS  
NOBLE  
LAND  
My Vision for America

Delving deeper than the newspaper headlines, James Michener--storyteller, historian, teacher, government advisor, traveler, and student of his own and other cultures--gives readers his evaluation of nine fundamental problems facing America, offering insights into how to solve them. Written in Michener's trademark intimate style--so loved by readers in his bestselling memoir *The World Is My Home* — this book is a must for all Americans in election year.

February — *The Art Thief* by Finkel  
March — *The Frozen River* by Lawhon  
April — *The Live We Bury* by Eskens  
May — *Pelican Girls* by Julia Mayle

# Volunteers needed

Are you looking for something to fill your spare hours? We could use a few more 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!

Please remember to treat the volunteers with kindness.

~ 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.

## 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 it makes sense to call to inquire.

Items that we currently have:

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

Call to inquire: 734.241.0404

## Monroe Center participates in the KROGER COMMUNITY REWARDS

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

## Craft January 15 — 3:00

Button Art with Mary Rhoades  
Please sign up at the Front Desk.

RSVP Monroe County



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

If you would like to volunteer with us, call Beth or Jo Anne at 241-0408.  
Please remember to record and turn in your hours.



## MONROE CENTER TRAVEL

See the flyers at the Center for more details or call Maxine at 734.241.0404 on Wednesday or Friday mornings.

### New Year's — December 30 to January 1

Two nights in Traverse City. Soaring Eagle, Turtle Creek, Lelanau Sands. Leaving from Dearborn 7:15 a.m. \$329 per person double occupancy. \$429 single. \$110 in incentives

### "Fat Thursday" Polish Celebration

February 12, 2025 — \$169 per person  
Motorcoach to the Hamtramck Museum, New Place Bakery, Polish Art Center, and St. Florian Church. Six pack of Paczki. Buffet Lunch at Polonia.

*Monroe pickup is contingent on number of people.*

### 2026 Cruises:

- January — Mexican Riveria out of Los Angeles — 8 days on Royal Princess  
<https://grandamericantours.com/princessroyalmexriv-glp>
- May — Best of Greece — 9 days on Celebrity  
<https://grandamericantours.com/celeb-infinity-greek-isle>
- May — Alaskan Cruise, Land & Rail Anchorage, Mt. McKinley, Denali, Whittier) 11 days on Island Princess  
<https://grandamericantours.com/princessislandak-ct-ab3-k>
- August — Iceland — 8 days on Celebrity  
<https://grandamericantours.com/celeb-silhouette-iceland>



## 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.

### WHO SHOULD ENROLL?

Residents of Monroe County with disabilities or special needs, such as:

— Autism	— ADHD
— Down Syndrome	— Alzheimer's
— Brain Injury	— PTSD
— Diabetes	— Autoimmune Disorders
— Deaf or Blind	— Mental Health disabilities or limitations
— Any Chronic health problem	

### HOW DOES IT WORK?

When residents enroll in the program, the Records Division staff within the Sheriff's Department inputs relevant information into the dispatch system about the individual's special need. The individual/family then places a SAFE decal on their homes and vehicles. In an emergency, the decal signals first responders to approach with extra care. Having the information obtained during the enrollment, helps to ensure a positive, safe experience for all involved.

### HOW TO ENROLL

- Scan the QR Code for the enrollment form.
- Fill out the form online.
- Three decals will be mailed — one for the entry door and two for vehicles (driver side rear window).
- Additional decals can be requested from the Sheriff Department.



## Ask the Pharmacist!

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



### The Dangers of Vaping

Hello friends! I hope that you are well and staying warm in the recent cold weather!

For this month's newsletter, I wanted to share some information on vaping. The use of vape devices has increased greatly in the last few years and is seen in multiple age groups spanning from school-age children through older adults.

If you are not familiar, vaping is the use of a handheld electronic device to breathe a mist ("vapor") into the lungs. These devices work by heating a liquid mixture of nicotine, flavoring, propylene glycol and other additives. Many people believe that this "vapor" is water, but it actually contains small particles of nicotine, metal and other harmful substances. People who are exposed to this vapor second hand can also experience health issues.

Vaping is similar to smoking a cigarette, but vaping heats a nicotine liquid versus burning tobacco. Vaping is often thought of as a safer alternative to smoking but it should be noted that vaping is still addictive like smoking and also has significant health risks.

The particles that are inhaled while vaping can cause inflammation and irritation in the lungs and lung tissue. A chemical called diacetyl, used in vape devices, can cause a condition called bronchiolitis obliterans or "popcorn lung". This condition causes permanent scarring in the lungs.

In addition to lung damage, the nicotine in vaping devices can damage brain and heart tissues by slowing brain development, raising blood pressure and narrowing arteries.

I encourage you to use this information as a start to gathering more information on the dangers of vaping. Here are some key resources:

**Centers for Disease Control (CDC)** - Detailed info on health effects, nicotine risks, and poison control data.

**American Lung Association (ALA)**: Explains risks, chemicals in vapes, and offers quitting help.

**National Institutes of Health (NIH)**: DrugFacts on vaping devices, covering addiction and chemical exposure.

**American Cancer Society (ACS)**: Facts on e-cigarettes, health risks, and EVALI.

Take care and stay healthy!

*Jennifer*



## Monroe County Library in Motion Pick-Up January 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 — January 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

- **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

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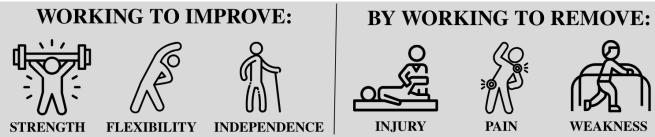
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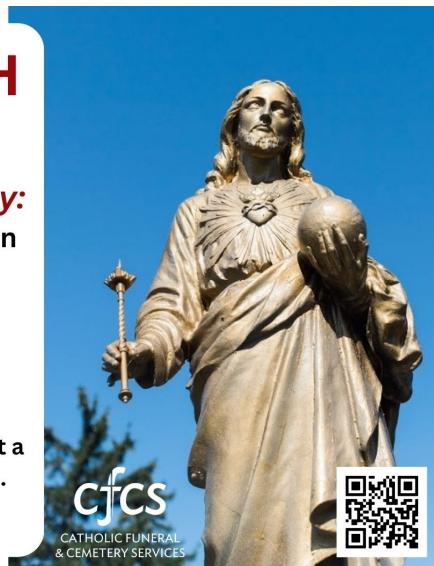
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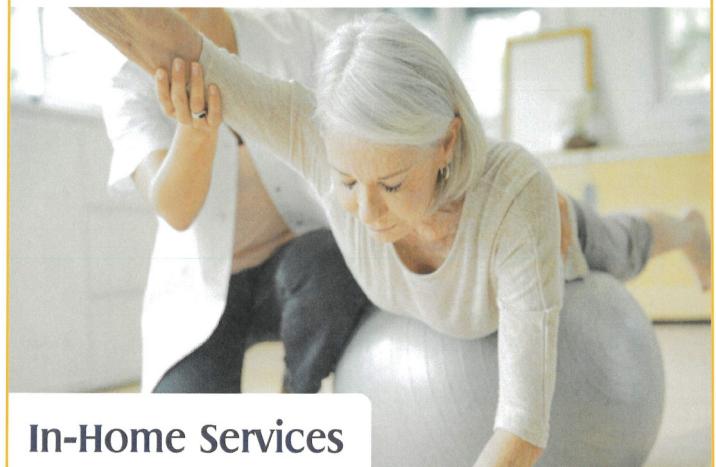
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- IV Therapy
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# January 2026

<b>Monroe Center for Healthy Aging</b>		<b>January 2026</b>					
		1	2	3	4	5	6
31 New Year's Eve Soup & Sandwich Day	12:00 Pinochle Center open 8:00 to 2:00	1	2	3			
		New Year's Day Center open 8:00 to 2:00	8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle Open 8:00 to 2:00	8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet			
4	5 <b>Lunch &amp; Learn</b> <b>Ford Retirees</b> 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 3:00 Balance	6	7	8	9	10	
Sunday Dinner 11 a.m. to 1 p.m.	9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers 7:00 Coin Club	9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	9:00 Balance Exercise 10:15 Chair Yoga 11:30 <b>Library in Motion</b> Noon <b>Class of '69</b> 1:30 <b>Habits for Health</b> 7:00 Model A Club	9:00 Balance Exercise 10:15 Chair Yoga 11:30 Pinochle 12:00 Knit / Crochet 11:00 Pinochle			
11	12 <b>Canasta</b> 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 1:00 Writing with Betsy 12:00 Pinochle 1:00 Dancing 3:00 Balance	13	14	15	16	17	
Sunday Dinner 11 a.m. to 1 p.m.	9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo	9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:30 Movie 3:00 Balance 5:00 <b>Trivia</b> w/JoAnn aka Milkie and Louise	9:00 Balance Exercise 10:15 Chair Yoga 11:30 Pinochle 12:00 Knit / Crochet 4:30 Let's Talk Health with Maurine	9:00 Balance Exercise 10:15 Chair Yoga 11:30 Pinochle 12:00 Knit / Crochet 4:00 <b>Bingo</b> with Kaye Lani Raffo-Wilson 11:00 Pinochle			
18	19 <b>Newsletter Crew</b> 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics Noon <b>Classes of '65 &amp; '66</b> 12:00 Pinochle 1:00 Dancing 3:00 Balance	20	21	22	23	24	
Sunday Dinner 11 a.m. to 1 p.m.	9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	9:00 Balance Exercise 10:15 Chair Yoga 11:30 <b>Health Odyssey</b> 1:00 Book Club 2:00 <b>Writing Class</b> 3:00 <b>Craft— Sign up</b>	9:00 Balance Exercise 10:15 Chair Yoga 11:30 Pinochle 12:00 Knit / Crochet 11:00 Pinochle			
25	26 <b>Canasta</b> 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 3:00 Balance	27	28	29	30	27	
\$6 BBQ RIB Dinner 11 to 1 p.m.	9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	9:00 Balance Exercise 10:15 Chair Yoga 11:30 Pinochle 12:00 Knit / Crochet 11:00 Pinochle	9:00 Balance Exercise 10:15 Chair Yoga 11:30 Pinochle 12:00 Knit / Crochet 11:00 Pinochle			



# January 2026

## Evening Meals

**Served 4:15 to 6:00 pm**

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

Monday	Tuesday	Wednesday	Thursday
29 Hamburger Gravy Mashed Potatoes Vegetables / Fruit	30 Grilled Chicken Potato Salad Baked Beans Fruit	31 <b>New Year's Eve</b> No Evening Meal	January 1 <b>New Year's Day</b> No Evening Meal
5 Spiral Ham Slices Sweet Potatoes Vegetable/Side Salad	6 Pork Chops with Mushroom Gravy Mashed Potatoes Vegetables	7 Chicken Thighs Country Potatoes Broccoli Fruit	8 Pot Roast with Potatoes, Carrots, Celery, Onion Applesauce
12 Turkey Chili Multi-Grain Bread Fruit	13 Chicken Thighs Country Potatoes Broccoli Fruit	14 Patty Melt Sweet Potato Fries Broccoli Salad / Fruit	15 Grilled Chicken Potato Salad Baked Beans Fruit
19 Breakfast Burrito with Egg, Sausage, Cheese Hashbrowns Banana	20 BBQ Pork Sandwich French Fries Broccoli Salad Fruit	21 Lasagna Green Beans Garlic Bread Side Salad	22 Tuna Melts Sweet Potato Wedges Applesauce
26 Swiss Steak Mashed Potatoes Stewed Tomatoes Fruit	27 Baked Cod Country Potatoes Vegetable Cole Slaw	28 Swedish Meat Balls Brown Rice Stir Fry Vegetables Cottage Cheese	29 Roast Beef Mashed Potatoes Green Beans Fruit

**Milk Shakes are available on Monday Nights \$2.00**

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



# January

734.241.0404

**31** **soup & sandwich \$2**  
Clam Chowder or White  
Chicken Chili  
Egg Salad Sandwich  
Cookie  
(No other options today)  
(Center closes at 2:00)

**2026**

<b>4</b> Roast Beef / Salmon Red Skin Potatoes Cauliflower / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	<b>6</b> Lunch & Learn Ford Retires (conf room) Salsa Meat Loaf Mashed Potatoes Green Beans OR Chef Salad (No Other Options) 464 cal. 30g fat 29 carb 12g sugar 30g pro. 369 mg sod	<b>7</b> Birthday Dinner Beef Tips Over Noodles Beets Cottage Cheese Birthday Cake & Ice Cream 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod	<b>8</b> Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133 carb 12g fiber 4g sugar 34g protein 1,838mg sod	<b>9</b> 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	<b>10</b> Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
<b>11</b> <b>Bingo</b> Roast Turkey Mashed Potatoes Dressing / Green Beans / Cranberries 880 cal. 23g fat 127 carb 12g fiber 47g sugar 40g pro 1,211 mg sod. 858cal. 51g fat 65 carb 7g fiber 3g sugar 39g pro 1,278 mg sod.	<b>12</b> Ranch Chicken Mashed Potatoes Normandy Vegetables Baked Salmon Red Skin Potatoes Cauliflower 500 cal. 15g fat 66 carb 4g fiber 10g sugar 31g pro. 869mg sodium	<b>13</b> <b>Class of '58 Lunch</b> Chicken Noodle Casserole with Peas & Carrots / Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	<b>14</b> Chicken Noodle Casserole with Peas & Carrots / Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	<b>15</b> Sweet & Sour Pork Brown and Wild Rice Stir Fry Vegetables 600 cal. 8g fat 94 carb 9g fiber 24g sug. 25g pro. 904mg sod.	<b>16</b> Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli OR SALAD BAR (No other options) 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod
<b>18</b> Pork Roast /Chicken Mashed Potatoes Broccoli Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 745mg sodium	<b>19</b> <b>class of '65-66 Lunch</b> Chicken Marsala Mashed Potatoes Broccoli / Fruit 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	<b>20</b> Beef Stew Dinner Roll Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.	<b>21</b> <b>Class of '67 Breakfast</b> Sloppy Joes with Ground Turkey French Fries Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	<b>22</b> <b>Health Odyssey</b> Hot Turkey Sandwich Dressing / Gravy Green Beans Fruit (No other options today)	<b>23</b> Spaghetti Spinach / Side Salad Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod
<b>25</b> <b>\$6 Rib Special</b> BBQ Ribs or Chicken Baked Potatoes Normandy Veggies Dessert 871 calories; 28.9g fat; n1879 mg sodium. 97 carb, 8.2 sugar, 44.1 g protein	<b>26</b> Chicken Fajitas Rice Pilaf Refried Beans 866 cal. 11.6 g fat; 2726 mg sodium. 53 g carbohydrates; 34.7 g protein	<b>27</b> Chili Multi-Grain Bread Celery Salad 666 cal. 46g fat 98 carb 15g fiber 18g sugar	<b>28</b> BBQ Chicken Sandwich Sweet Potato Wedges Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	<b>29</b> Shepherd's Pie Cottage Cheese with Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium	<b>30</b> <b>Soup &amp; Sandwich \$2</b> Vegetable Beef or Potato Soup Tuna or Grilled Cheese Sandwich Cookie (No other options today)

Monroe Center meals are open to the public.  
Chef Salad Option Monday thru Thursday. Salad Bar on Fridays. Soup, as available. Menus are subject to change.