Monroe Center for Healthy Aging
15275 South Dixie Highway
Monroe, MI 48161

NONPROFIT
ORGANIZATION
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MONROE, MI
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Monroe County Senior Millage

Your senior millage tax dollars at work!

July 2026

Engage!

VOLUME 26, ISSUE 7

Happy 4th of July!

America is 250!

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.

Monroe Center for Healthy Aging

15275 South Dixie Highway
Monroe, MI 48161
734-241-0404

Visit us on-line:
www.monroectr.org

Board of Directors

PRESIDENT:
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VICE PRESIDENT:
Diane Kamprath

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David Swartout

TREASURER:
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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

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

"May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right."
~ Peter Marshall

Happy 250th Birthday, America! On July 4, 2026, our nation will celebrate the 250th anniversary of the signing of the Declaration of Independence. The journey toward this historic milestone is a perfect opportunity to pause and reflect on our nation's past, honor the contributions of all Americans, and look ahead toward the future we want to create for the next generation and beyond.

There are many quotes from our leaders about what American means to them. I especially relate to the words of the late President John F. Kennedy when he said "Ask not what your country can do for you, but what you can do for your country."

That's a powerful message. It transcends self and looks at the greater good. In this world of the desire for immediate gratification and material goods, it is important to reflect and to be grateful to live in a country where we enjoy many freedoms. Let's look inward to see how we can use our talents to make this world a better place to live.

Lois Knegendorf was one of those individuals who used her talents for the greater good. Sadly, she left this world on May 31, 2026. She was an inspiration. Our sympathy goes out to her family and friends. While she will be missed, her contribution will live on.

Loss is indeed difficult. Our challenge is to cherish the memories, yet continue to live our lives with joy, gratitude, and service. In America, we can be hopeful for the future because we live in the land of the brave, the land of opportunity, and of freedoms. Grow old with me, the best is yet to be.

With gratitude,

~ *Sandie*

News to Note . . .

- **May 30 — Special Bingo**
- **Bingo is on Tuesdays!** Card sales at 1:30 p.m. **Sunday Bingo— July 12**
- **July 1 — Birthday Celebration** during lunch
- **July 2** — Class of '69
- **July 3 — Duck Burgers, Walker Parade & Music** — 4:00 p.m.
- **July 9 —** at 11:30 Library in Motion Delivery
- **July 13 & 23 —** Writing Group at 1:00 & 2:00 p.m.
- **July 14**— Class of '58—Lunch
- **July 9** — Health Habits —— Beat the Heat 1:30
- **July 9 —** Let's Talk Health with Maurine at 4:30
- **July 8 —Trivia Night** at 5:00 p.m. Prizes!!
- **July 8 — Movie** *"The Patriot" 1:30*
- **July 20 — MHS Classes of '65 and '66** Lunch
- **July 15**— MHS Class of '67 Breakfast— 3rd Wednesday
- **July 16 —Craft—** 3:00
- **July 23 —ProMedica Health Odyssey**
- **July 23 — Book Club** 1:00
- **July 24 — Purse Auction —** 4:00 p.m.
- **July 31 —** $2 Soup & Sandwich Day

Please Remember to Scan

Happy July Birthdays

Charles Balridge
Maurice Barron
Carol Baumgartner
Sherry Bausman
Martha A. Beaudry
Donna Bender
Terry Benore
Jon Bess
Robert D. Bomia
Glenda Booker
Ricky Brown
Lillian Butler
Veronica Carlson
Judith Carr
Bonne Cheney
Bonnie Clukey
Carrie Coleman
Linda Coulter
Dennis Davidson "80"
Mary Dobberstein
Ruth Dombrowski
Helen Dowler
Joe Duford
Earl Freimark "99"
Nancy Guich
William Hancock, Jr.
Rolland Hatfield
Melissa Hug
James Jay
Jill Jewell
Brenda Jones
Christine Jones
Cindy Kellis
Ben Kern
Cathy Koch
Reah Kohler
Sandra Kroeger
Kathy Lawson
Tammy Leach
Jeanette Lesko
Donald Lutz
Donna Melvin
Mary Mitchell
Sandra Molenda
Carol Moore
Bonnie Morawa
Kim Pearch
Tom Petit
Debra Pettis
Sandie Pierce
Ruth Reinhardt
Mary Sancrainte
Lee Schmitz
Sr. Loretta Schroeder
Karen Seger
Faye Stromberger
Janice Thoma
Pat Turner
Donalee Turner
Gary Vajcner
Bari Waltz
Joan Webster
Carol Whitaker
Steven J. White
Lena Wilt
Jane Wolfenbarger

Birthday Celebration! — July 1, 2026

We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a July birthday enjoy a complimentary lunch on Wednesday, July 1. **Cake sponsored by Joyce Rober.**

June Birthday Celebration Attendees

Recent Donations

Classes of '65 & '66 Deb's Floral Shop Denise Auten
Carol Thompson Tai Chi Class Canasta Group
Bacarella Funeral Home EnhanceFitness — Water

In memory of Lois Knegendorf

Jeffery and Lynn Dils
Jerry & Sandie Pierce
Ken Masserant
Cyndy & Jose Cancel
Norm Ellison & Linda Britton
Sheryl & Shane Sieb
Mick and Mary Kruger
Mark & Cheri Braunlich
Sue & Charles Stadler
Sandy Kraus
Rose Kavanagh
Dan & Kathy Cooley
Bill & Kay Dushane
Deana Ellison
Karen Heiden
Jackie & Rebecca Gotz
Rob & Debbie Sieb
Bonnie Thompson
Beth Berlin

In memory of Justine M. DiCarlo
Pacquale DiCarlo

In memory of Lee J. Bunge
Jonnie Pratt

In memory of Mark Eason and Mary Rhoades
Beth Berlin

Thanks to Heartland Hospice *for sponsoring the Birthday Cake for June*

Hi-Lite Fresh Market *Thanks to Hi-Lite for sponsoring our special "Mom and Dad"*

Food Donation Goal: $2,000

2025 Total: $3,452.86

January — $316.79 February — $224.00
March — $334.80 April — $261 May — $281

Thanks for your donations!

Welcome New Members

Ron Bolster
Margaret Burton-Hall
Cindy Chesney
Carolyn England
Leo Engel
Tom Gerweck
Eric Glenn
John Hritz
Janet Komisarek
Nancy Koszegi
Larry and Marilyn Merkle
Lewis Poupard
Pam Ray
Randall Rosenberger
Deborah Saul
Pat Turner
Georgetta Weiss
Karen Winchell
Herman Clarence Wood
Denise Poet

Report on the 50/50 Raffles at Bingo

2025 Total: $4,718

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

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

Cheri's Quote of the Month

One person can
Make a difference,
and everyone
should try.

- John F. Kennedy

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

With sympathy ...

Lois Knegendorf — May 31, 2026
Board Member and Friend

Joseph Kraus — June 2, 2026
Charles Kelly Smelcer — June 2026
Eva Davis — May 12, 2026

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

July 2026
"What's Going On" at-a-Glance

Monroe Ford Retirees — Monday, July 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 July 12
Card Sales at 1:30. Bingo at 2:00

ProMedica | Well Connected.

Health Odyssey
July 23, 2026

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

Topic: Fall Prevention & Safety

Please sign up: 734.241.0404

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

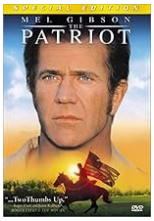
Please be courteous. No talking during the presentation.

Wednesday, July 8th
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+



July 8th Movie
1:30 pm
"The Patriot"

In 1776, during the American Revolutionary War, Benjamin Martin, is called to Charles Town (Charleston) to vote in the South Carolina General Assembly on a levy supporting the Continental Army. Benjamin abstains, fearing war against Great Britain and not wanting to force others to fight when he himself would not. Still, the vote passes, and Benjamin's oldest son, Gabriel, joins the Continental Army against his father's wishes.

Complimentary popcorn.

Meal Program Change

Please note: Beginning July 1, dessert will no longer be included in the items that can be substituted.

Substitutions are meant to be the side salads or vegetables. Condiments are also not included.

You may also substitute soup, but note that it is a "side" of soup.

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.

PLEASE VOLUNTEER

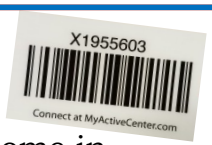
The Monroe Center is in desperate need of volunteers to help us serve meals during the evenings and on Saturday and Sunday.

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.

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 need a card, please let us know.

Duck Burgers
& Walker Parade

Friday, July 3, 2026
4:00 to 6:00 p.m.

with music by
Tom Treece

Tickets are $6.00

Decorate your own walker or one of ours to be included in a festive 4th of July Walker Parade.

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

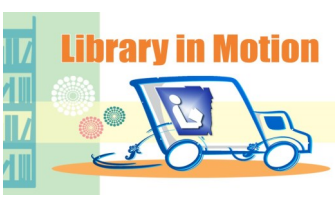
- July 9 — Foods for a Vibrant Summer
- August 13 — Habits for Better Sleep
- Sept. 10 — Conversations that Save Lives
- October 8 — Germ Prevention 101
- Nov. 12 — Rethinking Winter Wellness

Presented by
Kristen Reed
Health Educator

Healthy MONROE COUNTY HEALTH DEPARTMENT

Happy 99th Birthday
Earl Freimark!

Happy 80th Birthday
Dennis Davidson



Monroe County Library in Motion Pick-Up
July 9 — 11:30 a.m.

Pinochle Winners

May 11 — Dee Mitchell
May 13 — Gary Miller
May 15 — Joan Milam
May 16 — Barb Crumm
May 18 — Gary Miller
May 20 — Cindy Prusaitis
May 22 — Cindy Prusaitis
May 23 — Joan Milam
May 25 — Memorial Day
May 27 — Cindy Prusaitis
May 29 — Cindy Prusaitis
May 30 — Cindy Prusaitis
June 1 — Cindy Prusaitis
June 3 — Dennis Eby
June 5 — Cindy Prusaitis
June 6 — Barb Crumm
June 8 — Renee Schweitzer

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! All items donated are given out freely to those in need.

Can you be someone's angel today?

IN THE SPIRIT OF GIVING

Call us at
734-241-6088
www.inthespiritofgiving.com

Women's Coffee Hour with Maurine

Let's talk about health!

July 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 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 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 Toni at 734-241-0404

We are always grateful for donations of yarn and patterns.

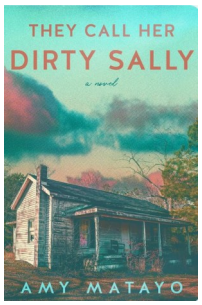
Calling All Writers

July 13 and 23, 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



July 23, 2026 — 1:00

They Call Her Dirty Sally
by Amy Matzyo

For years, the town of Silver Bell, Arkansas has quietly mourned the hospital fire that claimed the lives of nine of its residents—the town doctor, a young expectant mother, and seven infants. So, when journalist Finn Hardwick is assigned the story as part of a national thirtieth anniversary memorial service, he arrives at the town ready to interview its residents, thinking they'll be ready to eager to make headlines.

Aug. – *The Great Alone* by Kristin Hannah
Sept. – *Code Name Sapphire* by Pam Jenoff

Save the Dates!

Monday, August 17 — Lunch & Learn

Huron Valley PACE®

Monroe County
Fair Parade — August 2

Watch for our float!

Rummage Sale — August 13 & 14

Donations are being accepted.
No clothes please.

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.

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.

September 28 — Lunch & Learn

The Zekelman Holocaust Center
11:30 Lunch & Program at Noon

New Sound System
and WiFi 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 large or small donation to the Center to cover this cost.

Checks should be made payable to the Monroe Center and mailed or delivered to:
15275 South Dixie Hwy.
Monroe, MI 48161

Monroe Center participates in the Kroger Community Rewards

Go to 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.

Congratulations,
2025 Volunteer Recipients!

Volunteer of the Year: *Ken Masserant*

Rose Post Sunshine Award: *Michelle Owens*

Rohan-Simonton Leadership Award: *Joyce Rober*

Earl & Hazel Barron Service Award
Sally Essary and Pat Johnson

Pamela LaPan Humanitarian Award
Gary Miller

Sandie Pierce Above and Beyond Award
David Manning

Board of Directors

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.

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

family medical center of michigan

community foundation of monroe county

Looking for Support for You or a Loved One?

Marijuana Anonymous
MA12.org

Monroe County Substance Abuse Coalition

Craft — July 16—3:00

Please sign up at the Front Desk.

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

- 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

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)

HOPE BEGINS

THE SALVATION ARMY

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.

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
ProMedica Monroe Regional Hospital

WHY DOES THE ROOM FEEL LIKE IT'S SPINNING? UNDERSTANDING VERTIGO

with Mousa Sobh, Pharm D. Candidate

Have you ever rolled over in bed, stood up, or turned your head and suddenly felt like the room was spinning? This feeling is called vertigo.

Vertigo is a type of dizziness that makes you feel as though you or your surroundings are moving when they are still. While it can be alarming, vertigo is often treatable and is usually related to problems with the body's balance system.

What Causes Vertigo?

The most common cause of vertigo is a problem in the inner ear, which helps control balance. Vertigo can occur when tiny crystals in the inner ear move out of place, sending incorrect signals to the brain.

Other common causes include:

- Ear infections or inflammation
- Fluid buildup in the inner ear
- Migraine headaches
- Head injuries
- Certain medications

Some medications that may cause dizziness or vertigo include blood pressure medications, certain antibiotics, antidepressants, and sleeping medications.

Common Symptoms

People experiencing vertigo may notice:

A spinning sensation
Feeling off balance
Nausea or vomiting
Difficulty walking
Ringing in the ears
Changes in hearing

Symptoms may last for a few seconds, several hours, or occasionally longer.

How Is Vertigo Treated?

Treatment depends on the cause of the vertigo.

Non-Medication Treatments

Many people improve with simple head and body movements that help the inner ear function normally again. One common example is the Epley maneuver, which helps move misplaced crystals back into their proper position.

Other helpful tips include:

Standing up slowly
Avoiding sudden head movements
Drinking plenty of water
Getting enough sleep
Using support when walking if balance is poor

Medication Treatments

When symptoms are severe, medications may help reduce dizziness and nausea.

Examples include:

Meclizine – helps reduce dizziness
Dimenhydrinate (Dramamine) – helps with dizziness and nausea
Ondansetron (Zofran) – helps control nausea and vomiting

When Should You Seek Medical Attention?

Contact your healthcare provider if vertigo keeps returning or interferes with daily activities.

Seek emergency medical care immediately if vertigo occurs with:

Trouble speaking
Weakness or numbness in an arm or leg
Severe headache
Chest pain
Fainting or loss of consciousness

Take-Home Message

Vertigo is a common condition that causes a spinning sensation and balance problems. It is often related to the inner ear and can usually be managed with simple exercises, lifestyle changes, and medications. If symptoms persist or worsen, speak with your healthcare provider to determine the best treatment plan.

Stay well friends!

~ Jennifer

Tribute to Lois Knegendorf

January 8, 1931 to May 31, 2026

Lois J. (Hemry) Knegendorf, age 95 of Monroe, MI, passed away Sunday, May 31, 2026 at Brookdale of Monroe.

Born January 8, 1931 in Monroe, Lois was the daughter of the late Earl and Hazel (Blanchette) Barron. She graduated from St. Mary Academy in 1948 and married Jackie L. Hemry, Sr. on June 9, 1951 at St. John the Baptist Catholic Church. Together they raised six children. She later married Robert F. Knegendorf on June 15, 1991 at Trinity Lutheran Church. Sadly, he passed away on December 28, 2009.

Lois was employed by Monroe Public Schools as a paraprofessional for 20 years, retiring on February 1, 1993. She was an avid volunteer at the Monroe Center for Healthy Aging, a volunteer at RSVP, and a life member of Frenchtown Center for Active Adults. When she wasn't volunteering, she enjoyed playing bingo and being with her family.

Lois is survived by her children: Christine (Robert) Frayer of Chelsea, MI, Kevin (Patricia) Hemry of Monroe, MI, Nancy (Scott) Ellison of Monroe, MI, and Lisa Brown of Newport, MI; daughter-in-law, Melinda Hemry of Perry, MI; sister-in-law, Teresa Barron of Monroe, MI; 13 grandchildren: Robert (Jennifer) Frayer, III, Christopher (Kelly Foster) Frayer, Allison (Benjamin) Kellogg, Brooke Hemry, Kevin (Sarah) Hemry, II, Kelli (DJ) Eby, Kayla (Anthony) Warren, Paige (Noah King) Hemry, Corey (Mackenzie Deater) Cousino, Brittany (Shawn) Voyles, Nicholas Brown, Joshua (Nicole) Brown, and Jonathan Brown; and 13 great-grandchildren.

In addition to her parents and husband Bob, Lois was preceded in death by two sons, Earl Hemry and Jackie Hemry, Jr.; son-in-law, Thomas Brown; and brother, Raymond Barron.

* * * * * * *

Lois was indeed an avid volunteer of the Monroe Center. She began giving back as soon as she became a member in 1996. Lois coordinated the monthly assembly of our newsletter, ran the quarterly rummage sales, helped in the kitchen, baked cookies, worked at the Front Desk, and served on the Center's Board of Directors.

She truly is an inspiration to all us — giving of herself and using her talents for the good of all. Thanks, Lois. We miss you already.

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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 July 1.
- **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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July 2026

			1 **Birthday Dinner** 9:00 Movin' &Groovin' 10:00 Enhance®Fitness **10:00 BP Checks** 12:00 Pinochle 3:00 Balance	2 **Medicare by appointment** 9:00 Balance Exercise 10:15 Chair Yoga **Noon Class of '69** 4:15 Tai Chi 7:00 Model A Club	3 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet **4:00 Duck Burgers, Music & Walker Parade**	4 Breakfast 8:00 to 1:00 **Noon Meal 11:00 to 1:00** 11:00 Pinochle
5 Sunday Dinner 11 a.m. to 1 p.m.	6 **Ford Retirees** 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 3:00 Balance	7 Class of '58 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	8 **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	9 **Medicare by appointment** 9:00 Balance Exercise 10:15 Chair Yoga 11:30 **Library in Motion** **1:30 Habits for Health** 4:15 Tai Chi 4:30 Let's Talk Health with Maurine	10 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	11 Breakfast 8:00 to 1:00 **Noon Meal 11:00 to 1:00** 11:00 Pinochle
12 Bingo **Cards 1:30** **Play at 2:00** Sunday Dinner 11 a.m. to 1 p.m	**13 Canasta** 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	14 **MCOP Support Services** 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	15 **Class of '67 BK** 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	16 **Medicare by appointment** 9:00 Balance Exercise 10:15 Chair Yoga 3:00 **Craft**— Sign up 4:15 Tai Chi	17 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	18 Breakfast 8:00 to 1:00 **Noon Meal 11:00 to 1:00** 11:00 Pinochle
19 Sunday Dinner 11 a.m. to 1 p.m	**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	21 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	22 **Monroe Senior Legal** 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	23 **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	24 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet **4:00 Purse Auction**	25 Breakfast 8:00 to 1:00 **Noon Meal 11:00 to 1:00** 11:00 Pinochle
26 $6 BBQ RIB Dinner 11 to 1 p.m.	**27 Canasta** 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 3:00 Balance	28 **MCOP Support Services** 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	29 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	30 **Medicare by appointment** 9:00 Balance Exercise 10:15 Chair Yoga 4:15 Tai Chi	31 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	Monroe Center for Healthy Aging 734-241-0404

July 2026

Evening Meals

Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thursday
29 Lasagna Green Beans Garlic Bread Side Salad	30 Chicken Legs Red Skin Potatoes Vegetable Cottage Cheese	July 1 Turkey Burgers French Fries Broccoli Salad Fruit	July 2 Russian or Blueberry Pancakes Sausage Banana
6 Beef & Broccoli with Rice Cottage Cheese with Fruit	7 Grilled Chicken Parmesan with pasta sauce and spaghetti Vegetable Garlic Bread	8 Cider Glazed Pork Roasted Sweet Potatoes Vegetable Applesauce	9 Chicken Fajita Pasta (chicken, bell pepper, Onion, pasta, sauce) Fresh Fruit
13 Ranch Chicken Mashed Potatoes Vegetable Fruit	14 Patty Melt Sweet Potato Fries Broccoli Salad / Fruit	15 American Chop Suey (ground beef, tomato Chunks, vegetables) Garlic Bread Fruit	16 Roast Beef Mashed Potatoes Green Beans Fruit
20 Porcupine Meat Ball Potatoes O'Brien Carrots	21 Chicken Thighs Red Skin Potatoes Vegetable Cottage Cheese	22 Grilled Chicken Breast Potato Salad Baked Beans Fruit	23 Chicken & Broccoli Alfredo Garlic Bread Fruit
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

Milk Shakes are available on Monday Nights $2.00

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

July 2026

		30 **Soup & Sandwich $2** Vegetable Beef or Squash Soup Chicken Salad or Tuna Sandwich Cookie (No other options today)	1 Birthday Dinner Chicken Marsala Mashed Potatoes Broccoli Birthday Cake & Ice Cream 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod (No sandwiches today)	2 **Class of '69 Lunch** Sweet & Sour Pork Brown and Wild Rice Stir Fry Vegetables 600 cal. 8g fat 94 carb 9g fiber 24g sug. 25g pro. 904mg sod.	3 USA Wild Caught Cod Brown and Wild Rice Broccoli 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod **4:00 Duck Burgers & Music**	4 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00**
5 Spiral Ham pineapple Country Potatoes Charles Vegetables 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod	6 **Ford Retirees** Ranch Chicken Mashed Potatoes Normandy Vegetables Fresh Fruit 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	7 Chili Multi-Grain Bread Celery Salad 666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohydrates; 34.7 g protein	8 Chicken Noodle Casserole with Peas & Carrots / Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	9 Beef Tips Over Noodles Beets Broccoli Salad 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod	10 Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	11 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00**
12 **Bingo** 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	13 **Class of '65-66 Lunch** BBQ Chicken Sandwich Sweet Potato Wedges Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	14 **Class of '58 Lunch** Baked Salmon Red Skin Potatoes Mixed Vegetables 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	16 **Class of '67 Breakfast** 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	16 Corn Flake Chicken Red Skin Potatoes Cauliflower Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod.	17 Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	18 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00**
19 Pork Roast /Chicken Mashed Potatoes Broccoli Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	20 Chicken Fajitas Rice Pilaf Refried Beans 871 calories; 28.9g fat;n1879 mg sodium. 97 carb, 8.2 sugar, 44.1 g protein	21 Beef Stew Dinner Roll Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.	22 Stuffed Peppers Mashed Potatoes Stewed Tomatoes Fruit 665 cal. 23g fat 59 carb 52g protein	23 **Health Odyssey** Roast Turkey Mashed Potatoes Green Beans Fresh Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod. (No other options today)	24 Purse Auction 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	25 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00**
26 $6 Rib Special BBQ Ribs or Chicken Baked Potatoes Vegetable Dessert	27 Spaghetti Spinach Side Salad /Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod	28 Salsa Meat Loaf Mashed Potatoes Green Beans / Roll /Fruit 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod	29 Turkey Burgers with Sautéed Onions Sweet Potato Wedges Mixed Vegetables / Fruit 1,088 cal. 46g fat 98 carb 15g	30 BBQ Pork Sandwich Sweet Potato Wedges Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	31 **Soup & Sandwich $2** Broccoli or Clam Chowder Soup Egg Salad or Ham & Cheese Sandwich / Cookie (No other options today)	Monroe Center for Healthy Aging **734.241.0404**

Lunch is Served 11:00 a.m. to 1:00 p.m.

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