



15275 South Dixie Highway  
Monroe, MI 48161

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National Institute of  
Senior Centers



Your senior millage tax dollars at work!

**May 2026**

*Engage!*

**VOLUME 26, ISSUE 5**



*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
Kitchen:	Scott Suttles Esther Thompson Antonio Terry Val Bezeau Kim Morrison
Customer Service Coordinator:	Cheri Braunlich cheri@monroectr.org
Accounting Clerk:	Nancy Guich nancy@monroectr.org
Volunteer Coordinator:	JoAnn (Mikie) Kunich mikie@monroectr.org
Bingo Coordinator:	Kevin Hemry
Matter of Balance Trainer:	JoAnn (Mikie) Kunich
RSVP Director:	Beth Berlin beth@monroectr.org
RSVP Volunteer Coordinator:	Jo Anne Bray joanne@monroectr.org

**Vision:**  
*The Monroe Center for Healthy Aging is committed to improving the quality of life and health of older adults in Monroe County.*



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



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

**Board of Directors**

**PRESIDENT:**  
Mark S. Braunlich

**VICE PRESIDENT:**  
Diane Kamprath

**SECRETARY:**  
David Swartout

**TREASURER:**  
Michelle LaVoy

**BOARD MEMBERS:**  
Bill Bacarella  
Troy Goodnough  
Kevin Hemry  
Kristen Irwin  
Hobby Nels  
Kassie Nipper  
Jennifer Sell  
Christina "Tina" Smith

Board Meets April 16, 2026  
at 6:00 p.m.


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Carry-Out Meals are available.  
Call 734.241.0404  
Meals are Open to the Public.  
\$1 extra for non members.

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

Watch **"Off Your Rocker"** on MPACT  
Tuesdays at 5pm and Thursdays at 4pm  
Comcast: Channel 21 or Charter: Channel 187

You may also watch it on-line at MPACT's website [www.mpactstudio.org](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 HIPAA applies.

## From the Director's Desk

"If we had no winter, the spring  
would not be so pleasant."  
~ Anne Bradstreet



"Into our lives, a little rain must fall" is a saying that we have all heard throughout our lives. We need rain, although it's tough to endure when the temperature is 35 degrees and the rain goes right through our bodies and chills our bones. Yet, we know we need the rain.

When adversity hits our lives, it's often not as easy to see or understand whether it is something we need. We lose friends, family and loved ones, and we are left with a hole in our heart. Last month, we lost a dear friend of the Center, Mary Rhoades. She had a heart of gold and is missed by many of us. We are all better people because of her example. So, hopefully, when we have a loss, we do actually learn to be more compassionate and grateful. Compassion for those who are hurting. Grateful for the experiences we enjoyed.

As members of the "older" generation, we have had many things to overcome. Those experiences shaped who we are today. Collectively, as a group who have lived a long time, we demonstrate resilience, strength, and wisdom on our way to finding hope, satisfaction, and peace.

The Month of May is Older Americans Month. It's a time to celebrate us! We worked hard our entire lives building and shaping our families, communities, and country. I sincerely believe that our world is better because of our contributions. So congratulations to all of you for the difference you've made. Honesty, grit, love, and good manners are a part of us. Our legacies will live on for generations to come.

As the weather turns warmer, I hope to see you often at the Center. Remember, we are open to the public and your friends are welcome to enjoy a meal or activity with you. They don't necessarily have to become a member, but we love it when our family grows.

With gratitude,

~ Sandie

## News to Note . . .

- **Bingo is on Tuesdays!**  
Card sales at 1:30 p.m.  
**Sunday Bingo— May 10**
- **May 6 — Birthday Celebration** during lunch
- **May 7 —** Class of '69
- **May 4 — Medicare Lunch & Learn** with Jackie and Joyce
- **May 7 —** at 11:30  
Library in Motion Delivery
- **May 12—** Class of '58—Lunch
- **May 14 & 15 —Rummage Sale**
- **May 14 —** Health Habits —  
Lifeline Against Stroke 1:30
- **May 14 —** Let's Talk Health  
with Maurine at 4:30
- **May 13 —Trivia Night** at 5:00  
p.m. Prizes!!
- **May 13 — Movie "I Can Only Imagine 2"** 1:30
- **May 18 — MHS Classes of '65 and '66** Lunch
- **May 20 —** MHS Class of '67  
Breakfast— 3rd Wednesday
- **May 21 —Craft—** 3:00
- **May 11 & 28 —** Writing Group  
at 1:00 & 2:00 p.m.
- **May 27 — National Senior Health & Fitness Day**
- **May 28 —ProMedica Health Odyssey**
- **May 28 — Book Club**
- **May 28 — Volunteer Appreciation Dinner**
- **May 29 — \$2 Soup & Sandwich Day**

**Please Remember  
to Scan**





# Happy May Birthdays

*Happy Birthday!*

Janice Adams  
 Carolyn Alston  
 Mary Ball  
 Sue Bastien  
 Thomas Beck  
 Rita Bliss  
 Mark Braunlich "70"  
 Mary Bullard  
 Charlene Calkins  
 Dan Gautz  
 Dan Gilbert  
 Constance Goolsby  
 Sue Ann Greener  
 Elizabeth Harrington "105"  
 Kathy Hartwig

Sandra Hojnacki  
 Elaine Hudkins  
 Marcia Hutchinson  
 Violet Ingram  
 Nancy Jackson  
 Mary K. Kenney  
 Marh Kohlman  
 Barbara Kozicki  
 Marg Kreps  
 Jerry Kuehnlein  
 Joe Kuehnlein  
 Linda Lamb  
 Martha Leonard  
 Evonne Loop  
 Frank Lucas  
 Kathleen Maloche

Karen Meyer  
 Al Miller "102"  
 Joyce Miller  
 Dean Mink  
 Bill Minney  
 Teri Monday  
 Dale Morgan  
 Roxanne Morri  
 Ron Niemann  
 Beth Olson  
 Karen Orofino  
 Homero Ortiz  
 Rich Peters  
 Dennis Rohmyer  
 Anthony Rutherford  
 Don Spencer

Sue Stadler  
 Mitzi Straub  
 Jerry Stromberger  
 Chris Sturn  
 Peter Sucura  
 Scott Suttles  
 Brenda Swathell  
 Sue Vandavelde  
 Chad Webb  
 Jim Wells  
 Jan Myrl Wood  
 Clinet Worrell  
 Carol Yount  
 Bob Bess  
 John Hughes  
 Roger T. Meyer

## Birthday Celebration! — May 6, 2026

We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating an May birthday enjoy a complimentary lunch on Wednesday, May 6. **Cake sponsored by Joyce Rober.**



**April Birthday Celebration Attendees**

## RECENT DONATIONS

*Thank You*

Classes of '65 and '66  
Mike Cook Donna Wickenheiser  
Jerry and Sandie Pierce  
Holly Simon — donation of a raffle basket

### In memory of Lee Bunge

Marvin Bauman  
Rosemary Stoner

### In memory of Mary Rhoades

Carol Thompson  
Sandie Pierce  
Monroe Center's Fun with Yarn Group

### In memory of David J. Goins

David Ziegler, Sr.

### In memory of Sherry Duffey

Linda Lamb

### In memory of Frankie Kerkenbush

Linda Lamb

*Thanks to Pat and Kevin Henry for sponsoring the  
Birthday Cake for April*

## Report on the 50/50 Raffles at Bingo



**2025 Total: \$4,718**

January — \$ 606

February — \$ 297

March — \$389

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

## Cheri's Quote of the Month

*Make a Difference!*  
**DONATE**

Food Donation Goal: \$2,000

**2025 Total: \$3,452.86**

January — \$316.79 February — \$224.00

Thanks for your donations!

## WELCOME NEW MEMBERS

Debra (Debby) Ash	Donna Holloman
James Ash	Jim Hovater
Clementina Bacarella	Lisa Hovater
Donna Bender	Marcia Hutchinson
Sharon Benore	Angy Ingel
John Boyd	Stephen Jones
Mary Boyc	Wendy Jone
James Coppedge	Marilyn Lorimor
John Creekmore	John Miller
Gerald Dusseau	Teri Monday
Daniel Gentnere	Harvey Mudge
Marie Gibson	Isaac Murphy
Charlie N. Gibson	Christine Noel
Ray Gossiaux	Beth Olson
Sue Ann Greener	Chad Webb
Dwight Heck	Joyce Wylie
Sandra Hojnacki	Philip Wylie



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

## With sympathy ...

*Lee Bunge — March 13*  
*Henry Portillo — March 10*  
*Mary Rhoades — March 19*  
*David J. Goins — March 19*  
*Frankie Kerkenbush — 25*  
*Sherry Duffey — March 30*



# MAY 2026

## “What’s Going On” at-a-Glance

Monroe Ford Retirees — Monday,  
May 4 — 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 May 17**

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

**HOSTED BY Mikie Kunich**

Wednesday, May 13<sup>th</sup>  
5:00 to 6:30 p.m.



**Free of charge.** Prizes Awarded!



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

**May 13<sup>th</sup> Movie**

1:30 pm

“I Can Only Imagine 2”



The movie “I Can Only Imagine 2” is of a rare breed. The sequel continues the story of MercyMe’s Bart Millard (John Michael Finley) and captures the struggles of life so well that it resonates with many. “I Can Only Imagine 2” is a treasure.

Complimentary popcorn.



 **PROMEDICA** | WELL CONNECTED.

**Health Odyssey**

**May 28, 2026**

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

**Topic by: Family Residency Center**

**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)



**National Senior Health and Fitness Day — May 27**

*“Move a Little. Live a Lot.”*

*11:30 complimentary lunch — please RSVP!*

*12:00 Noon — Dr. Chris Boudrie returns to talk about not only the importance of movement, but also the joy it can bring.*

*9:00 to 11:00 a.m. Cholesterol Checks (Must register. Remember to fast.)*

## Lunch and Learn

### Medicare De-Mystified

with Jackie Drouillard and Joyce Rober

Monday, **May 4**

11:30 a.m. Complimentary Lunch

12:00 noon Program

Please sign up in advance.

(Please submit questions in advance to help us better prepare for things to cover.)

Sponsored by Merkle Funeral Home



## RUMMAGE SALE



Thursday, May 14

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

Friday, May 15

8:00 a.m. to Noon

Donations Needed

(Please no clothes)

Letter Carriers



## STAMP OUT HUNGER

May 9, 2026

## Monroe ISD Tech Millage Renewal

Vote: May 5, 2026

Your vote on this millage is so important for our kids and community.

Your support is appreciated.

## 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.

If you need a card, please let us know.



## DAVE MANNING

Friday, May 29, 2026

DURING SOUP & SANDWICH DAY

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



# 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**

- 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



## Pinochle Winners

March 9 — Dee Mitchell

March 11 —

March 13 —

March 14 —

March 16 —

March 18 —

March 20 —

March 21 —

March 23 —

March 25 —

March 27 —

March 28 —

March 30 —

April 1 —

April 3 —

April 4 —

April 6 —

*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?*

Call us at  
**734-241-6088**

[www.inthespiritofgiving.com](http://www.inthespiritofgiving.com)





## Women's Coffee Hour with Maurine

Let's talk about health!  
April 9 — 4:30 p.m.



## Brain Aerobics

Monday Mornings

with Francine Roscoe  
and Gloria Payne

Crosswords and Sudoku  
available daily.



## 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.

## 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

## Calling All Writers

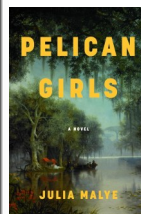
May 11 and 28, 2026



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

**May 28, 2026 — 1:00**



**"Pelican Girls"** by Julia Mayle

*Pelican Girls* by Julia Mayle is a historical novel about a group of women, including three unlikely friends—Charlotte, Pétronille, and Geneviève—who are sent from a Paris asylum to New Orleans in 1720 to marry settlers, exploring themes of female friendship, survival, and resilience in the face of hardship, adventure, and the harsh realities of colonial life. Inspired by true events, the story follows their journey and lives over 14 years as they navigate pirates, slavery, war, heartbreak, and the search for home in the Louisiana Territory.

June – *The Light Between the Oceans* by  
M.L. Stedman

July – *They Call Her Dirty Sally* by Matzyo

## 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!

# SAVE THE DATES!

## Purse Auction — July 24, 2026



Our second annual Purse Auction is coming up on Friday, July 24, and we would like to invite you to donate your gently used or new purses plus a variety of items to fill the purses.

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



Please bring your donations to the Center by Tuesday, June 30.

## Jewelry Auction with Hors d'oeuvres — 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.

**June 22** — Lunch & Learn with  
Alzheimer's Association

## Lip Sync & Spaghetti Dinner Friday, June 19, 2026

Dinner: 4:00 to 5:30 p.m.

Lip Sync: 5:00 to 7:00 p.m.

## SHARE A STORY ABOUT YOUR LIFE



FRIDAY, MAY 29, 2026

Join us Friday, May 29, for an opportunity to share a story about your life — and to listen to others as they talk about important milestones, accomplishments, mistakes, and memories.

Maybe we'll find something in common with a fellow member. Maybe we'll shed a tear or share some laughter.



The events begins at 4:00 p.m. Pizza and Salad will be served at 4:30 p.m. Cost is \$5 per person.

Please sign up in advance.

## 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.



Center Volunteers will be honored at our Annual Volunteer Appreciation Dinner on May 28, 2026

Watch for your invitation in the mail.

~ JoAnn (Mikie) Kunich Volunteer Coordinator



Name That Tune & Potluck

Friday, April 24 — 4:00

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

Get your team together!

Please sign up at the Front Desk.

Craft — May 21—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.



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.

# Mary Rhoades

October 4, 1951 to March 20, 2026

## HEAVEN GAINED AN ANGEL.

Mary Rhoades, dear friend and Center member, left our world on March 20, 2026. Her faith saw her through; yet, she will be greatly missed.

Mary had a heart of gold, always shared a smile, and spoke well of everyone.

She has left a lasting imprint on our hearts and souls. Thanks, Mary.



## MARY

- M — Magnificent
- A — Amazing
- R — Resilient
- Y — Young at Heart



*“Mary did a lot for us. AND, she taught us a lot!”*

*~Fun with Yarn Group*





## MONROE CENTER TRAVEL

- 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



## Monroe County Library in Motion

**Pick-Up**  
**May 7 — 11:30 a.m.**

## FREE WORKSHOP:

# Medicare For Beginners

Confused by Medicare? You are not alone! Come and learn more at this event, hosted by top Medicare advisor and national Medicare trainer, Nathan Lawson. This free educational event will cover the basics of Medicare and reveal the latest strategies for maximizing benefits and reducing costs. No RSVP. Just walk in.

- Are you turning 65?
- When can I enroll or make changes?
- The 4 essential parts of Medicare – A,B,C,D
- How to make sure I can keep my Doctor
- What is a Medigap plan?
- Learn the steps to save thousands of dollars in insurance premiums

**Monroe Center for Healthy Aging**  
15275 S. Dixie Hwy • Monroe 48161  
Weds. May 20<sup>th</sup> @2:00pm

Questions call: 734-404-6977

Presented by:  
**THE AFFINITY GROUP**  
OF COMPANIES

As seen on:  
**Forbes** **RETIREMENT NEWS TODAY**  
**Newsmax FINANCE**

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



**FREE + LOW COST HEALTH SCREENINGS**

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

**Thursday, April 23, 2026**

**8 a.m.-12 noon**

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

**Thursday, May 14, 2026**

**8 a.m.-12 noon**

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

**Thursday, May 28, 2026**

**8 a.m.-12 noon**

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

*Sponsored by*

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

PROMEDICA  
MONROE REGIONAL HOSPITAL

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

### Labs/Screenings Available:

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

### Services Available:

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



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

ALL TESTING IS SUBJECT TO AVAILABILITY.

Call 734.242.1331 or 517.264.6821  
[www.UnitedWayMLC.org](http://www.UnitedWayMLC.org)



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

*Ask the Pharmacist!*

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



Stay healthy,

*~ Jennifer*

# The Four Seasons

by John Falconer

## Winter Moon

No artist's etching can match the beauty of a frosty windowpane aglow in the moonlight.

Thoughts crystalize in a pattern to match that which is before my eyes.

Beyond the chilled glass memories float over the deep drifts and covered walkways.

While dark figures in the shape of trees reach into the corners of my mind.

## April Snow

A rushing wind gathers in the distant forest as the ghosts of winter's past linger on in my mind.

I see racing clouds above an ice choked river.

Then a brief white out, then the morning sun bursts forth over the land.

At last the aura of Spring sparkles in the radiant light.

## Ode to High Summer

Anticipation in a gentle breeze brings memories of a blessed youth in time eternal.

Streets and sidewalks warm in the sun, chalk and hopscotch, earth and grass.

These things are mine forever.

A life of love lived in the past.

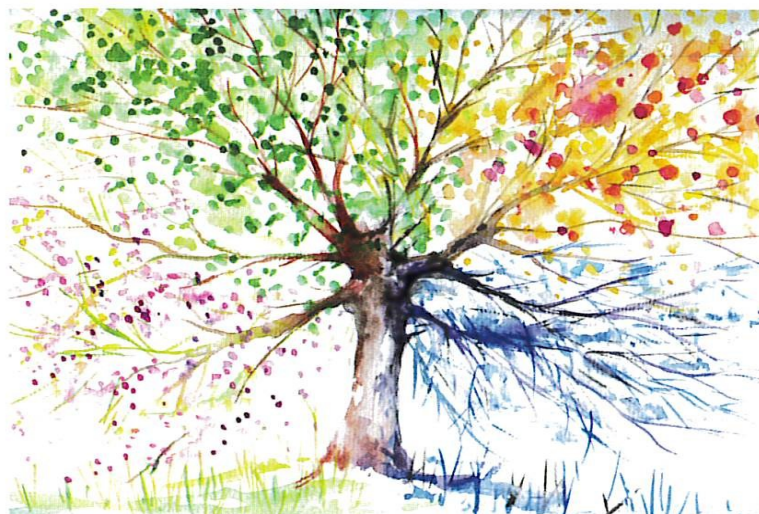
## Early Autumn

A freshening breeze over sparkling water warms my heart like a familiar dream.

The sand and shore seem to speak of a time before life was my own.

A hush descends on this lovely world under the welcome twilight.

My mind at ease contemplates eternity.



# Bacarella Funeral Home

Traditional Funerals ~ Cremation  
Pre-Planning ~ Personalized Services  
Monuments & Markers



Wm. A. Bacarella Dee Maurice Jeffery C. Rupp

1210 S. Telegraph Rd, Monroe  
(734)241-4600  
bacarellafuneralhome.com

MG-32287947

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** — Maurine Sharp will be at the Center at 10:00
- **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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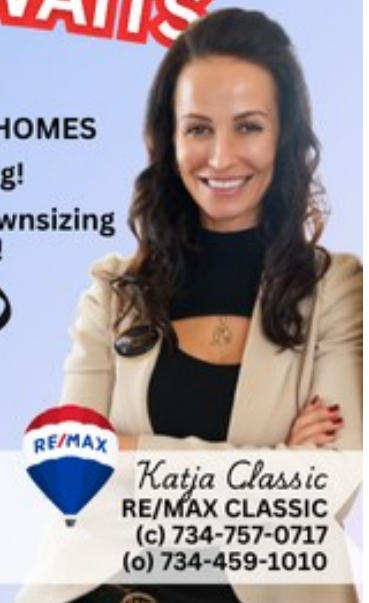
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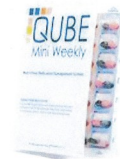
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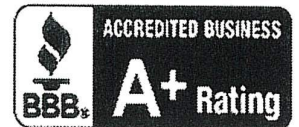


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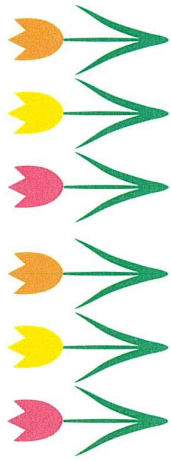
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# May 2026



<p>2 Breakfast 8:00 to 1:00 <b>Noon Meal</b> <b>11:00 to 1:00</b> 11:00 Pinochle</p>	<p>1 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet</p>					<p>3 Sunday Dinner 11 a.m. to 1 p.m.</p>
<p>9 Breakfast 8:00 to 1:00 <b>Noon Meal</b> <b>11:00 to 1:00</b> 11:00 Pinochle</p>	<p>8 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet</p>	<p>7 <b>Medicare with Jackie by appointment</b> 9:00 Balance Exercise 10:15 Chair Yoga 11:30 <b>Library in Motion</b> <b>Noon Class of '69</b> 4:15 Tai Chi 7:00 Model A Club</p>	<p>6 <b>Birthday Dinner</b> 9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance</p>	<p>5 <b>Cinco de Mayo</b> 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</p>	<p>4 <b>Ford Retirees</b> 9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 11:30 <b>LUNCH &amp; LEARN</b> 12:00 Pinochle 1:00 Dancing/3:00 Balance</p>	<p>10 Mother's Day Sunday Dinner 11 a.m. to 1 p.m.</p>
<p>16 Breakfast 8:00 to 1:00 <b>Noon Meal</b> <b>11:00 to 1:00</b> 11:00 Pinochle</p>	<p>15 8:00 <b>Rummage Sale</b> 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet</p>	<p>14 <b>Medicare with Jackie by appointment</b> 8:00 <b>Rummage Sale</b> 9:00 Balance Exercise 10:15 Chair Yoga 1:30 <b>Habits for Health</b> 4:15 Tai Chi 4:30 Let's Talk Health with Maurine</p>	<p>13 <b>Monroe Senior Legal</b> 9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:30 Movie 3:00 Balance 5:00 Trivia w/JoAnn aka Mikie and Louise</p>	<p>12 <b>Class of '58</b> <b>MCP Support Services</b> 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers</p>	<p>11 <b>Ford Retirees</b> <b>Canasta</b> 9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Writing with Betsy 1:00 Dancing/3:00 Balance</p>	<p>17 Bingo <b>Cards 1:30</b> <b>Play at 2:00</b> Sunday Dinner 11 a.m. to 1 p.m.</p>
<p>23 Breakfast 8:00 to 1:00 <b>Noon Meal</b> <b>11:00 to 1:00</b> 11:00 Pinochle</p>	<p>22 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet</p>	<p>21 <b>Medicare with Jackie by appointment</b> 9:00 Balance Exercise 10:15 Chair Yoga 3:00 <b>Craft— Sign up</b> 4:15 Tai Chi</p>	<p>20 <b>Class of '67 BK</b> 9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 2:00 The Affinity Group 3:00 Balance</p>	<p>19 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers</p>	<p>18 <b>Newsletter Crew</b> 9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics <b>Noon Classes of '65 &amp; '66</b> 12:00 Pinochle 1:00 Dancing 3:00 Balance</p>	<p>24 Sunday Dinner 11 a.m. to 1 p.m.</p>
<p>30 Breakfast 8:00 to 1:00 <b>Noon Meal</b> <b>11:00 to 1:00</b> 11:00 Pinochle</p>	<p>29 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet</p>	<p>28 <b>Medicare with Jackie by appointment</b> 9:00 Balance Exercise 10:15 Chair Yoga 11:30 <b>Health Odyssey</b> 1:00 Book Club / 2:00 Writing 4:15 Tai Chi 5:00 Volunteer Appreciation</p>	<p>27 <b>Monroe Senior Legal</b> 9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 11:30 <b>Health &amp; Fitness</b> 12:00 Pinochle 3:00 Balance</p>	<p>26 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers</p>	<p>25 <b>Memorial Day</b> (Center open 8:00 a.m. to 2:00 p.m.) </p>	<p>31 \$6 BBQ RIB Dinner 11 to 1 p.m.</p>



# May

2026

## Evening Meals

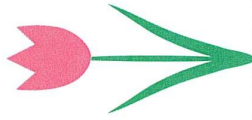
Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thursday
April 27 Spaghetti Green Beans Garlic Bread Fruit	28 Spiral Ham Slices Sweet Potatoes Vegetable Side Salad	29 Grilled Chicken Potato Salad Baked Beans Fruit	30 Pot Roast with Potatoes, Carrots, Celery, Onion Applesauce
4 Chicken Caesar Wrap Veggie Chips Fruit	5 Cinco de Mayo Taco Casserole Chips & Salsa Lettuce and Tomato	6 Turkey Chili Multi-Grain Bread Fruit	7 BBQ Pork Sandwich Potato Salad Cole Slaw Fruit
11 Patty Melt Sweet Potato Fries Broccoli Salad / Fruit	12 Chicken Thighs Red Skin Potatoes Vegetable Cottage Cheese	13 Baked Cod Country Potatoes Vegetable Cole Slaw	14 Roast Beef Mashed Potatoes Green Beans
18 Chicken Fajitas Stewed Tomatoes Refried Beans Chips & Salsa	19 Tuna Melts Sweet Potato Wedges Broccoli Salad Applesauce	20 Swedish Meat Balls Brown Rice Stir Fry Vegetables Cottage Cheese	21 Apple Butter Pork Stuffing Vegetable Side Salad
25 Memorial Day  No Evening Meal	26 Pork Chops with Sauerkraut Mashed Potatoes Vegetables	27 Pot Roast with Potato, Carrots, Onions Gravy Broccoli Salad	28 Volunteer Appreciation Dinner for Invited Guests Only

Milk Shakes are available on Monday Nights \$2.00

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



<p><b>3</b></p> <p>Chicken Cordon Bleu Baked Potatoes Broccoli Side Salad 828 Cal. 20g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium</p>	<p><b>4 Lunch &amp; Learn Ford Retirees</b></p> <p>Hot Beef Sandwiches Mashed Potatoes Green Beans 805cal. 48g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod. (No other options today)</p>	<p><b>5</b></p> <p>Stuffed Peppers Mashed Potatoes Stewed Tomatoes Fruit 665 cal. 23g fat 59 carb 52g protein</p>	<p><b>6 Birthday Dinner</b></p> <p>Spiral Ham with pineapple Au Gratin Potatoes Prince Charles Vegetables Birthday Cake &amp; Ice Cream 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod (No sandwiches today)</p>	<p><b>7 Class of '69 Lunch</b></p> <p>Beef Tips Over Noodles Beets Broccoli Salad 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod</p>	<p><b>8</b></p> <p>Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p>	<p><b>1</b></p> <p>Sweet &amp; Sour Pork Brown and Wild Rice Stir Fry Vegetables 600 cal. 8g fat 94 carb 9g fiber 24g sug. 25g pro. 904mg sod.</p>	<p><b>2</b></p> <p>Breakfast 8:00 to 1:00  <b>Noon Meal</b> 11:00 to 1:00</p>
<p><b>10 Bingo</b></p> <p>Roast Turkey Mashed Potatoes Green Beans Cranberries 858cal. 5.1g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.</p>	<p><b>11</b></p> <p>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</p>	<p><b>12 Class of '58 Lunch</b></p> <p>Baked Salmon Red Skin Potatoes Brussels Sprouts 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p><b>13</b></p> <p>Liver &amp; Onions or Salisbury Steak Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod</p>	<p><b>14 Rummage Sale</b></p> <p>Sloppy Joes Potato Salad Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p><b>15 Rummage Sale</b></p> <p>BBQ Chicken Sandwich Sweet Potato Wedges Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p><b>16</b></p> <p>Breakfast 8:00 to 1:00  <b>Noon Meal</b> 11:00 to 1:00</p>	<p><b>9</b></p> <p>Breakfast 8:00 to 1:00  <b>Noon Meal</b> 11:00 to 1:00</p>
<p><b>17</b></p> <p>Roast Beef / Salmon Red Skin Potatoes Green Beans / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p><b>18 Class of '65-66 Lunch</b></p> <p>Beef Stew Dinner Roll Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.</p>	<p><b>19</b></p> <p>Pork Chops with Mushroom Gravy Mashed Potatoes Green Beans / Fresh Fruit 683 cal. 15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p><b>20 Class of '67 Breakfast</b></p> <p>Spaghetti Spinach Side Salad Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod</p>	<p><b>21</b></p> <p>Chicken Marsala Mashed Potatoes Broccoli / Fruit 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod</p>	<p><b>22</b></p> <p>USA Wild Caught Cod Brown and Wild Rice Broccoli 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod</p>	<p><b>23</b></p> <p>Breakfast 8:00 to 1:00  <b>Noon Meal</b> 11:00 to 1:00</p>	<p><b>23</b></p> <p>Breakfast 8:00 to 1:00  <b>Noon Meal</b> 11:00 to 1:00</p>
<p><b>24</b></p> <p>Pork Roast /Chicken Mashed Potatoes Broccoli Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p><b>25 Memorial Day</b></p> <p>Turkey Burgers with Sauted Onions Sweet Potato Wedges Mixed Vegetables / Fruit 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p><b>26</b></p> <p>Salsa Meat Loaf Mashed Potatoes Green Beans / Roll 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod</p>	<p><b>27 Health &amp; Fitness</b></p> <p>Ranch Chicken Mashed Potatoes Normandy Vegetables Fresh Fruit 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod. (No other options today)</p>	<p><b>28 Health Odyssey</b></p> <p>Chicken Bruschetta Red Skin Potatoes Cauliflower / Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod. (No other options today)</p>	<p><b>29 Soup &amp; Sandwich \$2</b></p> <p>Wedding Soup or Chicken Noodle Soup Egg Salad or Grilled Ham &amp; Cheese Sandwich Cookie (No other options today)</p>	<p><b>30</b></p> <p>Breakfast 8:00 to 1:00  <b>Noon Meal</b> 11:00 to 1:00</p>	<p><b>30</b></p> <p>Breakfast 8:00 to 1:00  <b>Noon Meal</b> 11:00 to 1:00</p>
<p><b>31 \$6 Rib Special</b></p>	<p><b>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.</b></p>						