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

NONPROFIT
ORGANIZATION
US POSTAGE PAID
MONROE, MI
PERMIT NO. 485

Accredited by ncoa National Institute of Senior Centers

Monroe County Senior Millage

Your senior millage tax dollars at work!

Engage!

November 2026

VOLUME 26, ISSUE 11

Happy Thanksgiving!

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
Melissa Stump

Customer Service Coordinator:
Cheri Braunlich
cheri@monroectr.org

Accounting Clerk:
Nancy Guich
nancy@monroectr.org

Volunteer Coordinator:
Vacant

Bingo Coordinator:
Kevin Hemry

Matter of Balance Trainer:
Sandie Pierce

Operations Manager:
Beth Berlin
beth@monroectr.org

MVP 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:
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 on November 19 at 6:00p.m.

IN THIS ISSUE:

	Page
Contacts & Board of Directors	2
From the Director's Desk	3
Birthdays / New Members	4
Thank You's / Memorials	5
Center Activities & News	6—11
Ask the Pharmacist	12
Travel & Community News	13-14
In Memory of Jo Ann Kunich	15
Advertisers	16—21
Monthly Calendar	22
Evening Meals	23
Monthly Menu	24

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

"If nature has made you a giver, your hands are born open and so is your heart. Though there may be times when your hands are empty, your heart remains full. You can give out of that— kind gestures, help, comfort, and laughter—and sometimes giving of the heart is the best help of all."

— **Frances Hodgson Burnett,** A Little Princess

Happy Thanksgiving. My wish for you is that your heart is full and that you are surrounded with love and support from family and friends.

Looking inward, how are we doing with offering a helping hand, offering support, and giving from the heart?

It starts with taking an assessment of how we see and show up in the world. Are we grateful for what we have? Do we look for the good in others? This month, throughout the Holiday season, and through all of our days, let's recommit to finding joy and showing it through our words and actions.

Here at the Center, we have much to be thankful for. Quite often, I hear that other places don't have a senior center in their town. We are fortunate. The Center is a true blessing for all of us. Not only can we enjoy nutritious meals, but it's a place to be with others, to use our talents, to learn new things, and to participate in many new things. I hope you're taking advantage of everything the Center has to offer. We can thank our community for their part in making the Center possible.

And while we enjoy the good things, some times a bit of sadness comes. In September, we all lost a friend and colleague with the passing of Jo Ann "Mikie" Kunich. Mikie served as the Center's Volunteer Coordinator and showed up with a sense of humor, helping hand, and support from the heart. We will celebrate her at the Center on Tuesday, November 3, at noon. Please join us as we honor her memory.

With gratitude,
~Sandie

News to Note . . .

- ***October 28 — Witches*** *4:15 and* ***Ghost Stories*** *5:00*
- **October 30 — RIBS & CASINO Fundraiser**
- **Bingo is on Tuesdays!** Card sales at 1:30 p.m. **Sunday Bingo— November 8**
- **November 4— Birthday Celebration** during lunch
- **November 5** — Class of '69
- **November 5 —** at 11:30 Library in Motion Delivery
- **November 9 & 19 —** Writing Group at 1:00 & 2:00 p.m.
- **Nov. 10** —Class of '58 Lunch
- **November 11 —Trivia Night** at 5:00 p.m. Prizes!!
- **November 11 — Movie** "Practical Magic" *1:30*
- November 12 — Health Habits Winter Wellness — Nov.12 1:30
- **November 12 —** Let's Talk Health with Maurine at 4:30
- **Nov. 12 & 13 — Rummage**
- **November 18**— MHS Class of '67 Breakfast— 3rd Wednesday
- **November 19 —Craft—** 3:00
- **November 16 — MHS Classes of '65 and '66** Lunch
- **November 19—ProMedica Health Odyssey** - Osteoporosis
- **November 19 — Book Club** 1:00 —*The Bucket List*
- **November 20** — Center's Thanksgiving Diner
- ***Nov. 26 — Thanksgiving***
- **Friday, November 27 —** $2 Soup & Sandwich

Please Remember to Scan



Happy November Birthdays

Marlene Akans
Charles Albain
Linda Allen
Paula Baker
Connie Barron
Sherry Beaubiene
Jeff Beauman
Don Beilman
Sharon Benore
Beth Berlin
Shirley Bitz
James Black
Anna Blasdel
Linda Boberg
Fran Bomia
Marge Bonner
Annett Breeding
David L. Bryant
Michele Burke
Tony Castiglione
Bob Cebina
Kay Coombe
Michael Costello
Michelle Costello
John Creekmore
Ron Cutter
Diana Delmotte
Leonard Dicks
John Diehl
Bill Doom
Sally Essary
Betty Faunt
Anna Mae Fleeman
Gary Follbaum
Eddie Fortner
Dan Gentner
Sam Guich
Rose Harris
Billy Haynes
Caroline Hensley
George Hess
Virginia Hummel
Vicki Kidd
Sharon Kimling
Avis King
Michael Kosmider
Sandy Kraus
Tom Kraus
Mary E. Krueger
Richard Krueger
Jim Lang
Dick Langton
Jane Lathan
Lynn Leininger
Brenda Lewis
Debra Lindsay
Dennis Livernois
Jackie Long
Tom Luzanski
Patsy Magee
Jane Manor
Ken Masserant
Earl Matthews
Jean McManaway
Sarah Mental
Al Michaud
Sue Miller
Art Mininni
Jeanette Mlynek
Larry Montague
Dave Nadeau
Bill Neboyskey
Jamie Kay Neidlinger
Hobby Nels
Rick Niciejewski
Pam Palmer
Sharon Parrott
Monte Petit
Jerry Pierce
Gerald Rath
Denise Roberts
Bandy Sanders
Thad Scoles
Sandy Shanteau
Bonnie Shinevar
Cheryl Shores
Julie Siech
Linda Spenoso
John D. Stadler
Dianna Standifer
Herb Stotz
Jim Straub
Tracy Sudduth
Antonio Terry
Charlotte VanWasshenova
Joyce Whittaker
Sharon Williams
Lynde Woolace
Shirley Wyatt
Pat Wyman
Jean Zochowski

Birthday Celebration! — November 4

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

Members who are celebrating a November birthday enjoy a free lunch Wednesday, November 4.

Cake sponsored by Bev Gerber.

September Birthday Attendees



Recent Donations

Classes of '65 & '66 Canasta Ladies Tai Chi Class
Denise Auten Mike Cook Bandy Sanders

Sound System
Pamela Ray

In memory of Aaron & Paul Simonton
John Murray

In memory of JoAnn "Mikie" Kunich
Val Bezeau Jerry and Sandie Pierce
Ken Steward Michael and Mary Krueger
Crystal Heft Irene Savage
Joyce Rober

In memory of Robert D'Haene
Shirley Bitz

In memory of Gary Standridge
Darlene Raymer & Mable Kehres Residents Association

In memory of Paula Cook
Mable Kehres Residents Association

In memory of Joanne Klootwyk
Mable Kehres Residents Association

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

Thanks to Marie Baehr *for sponsoring the Birthday Cake for October.*

Food Donation Goal: $2,000

2025 Total: $3,452.86

Jan. — $316.79 Feb. — $224.00 March — $334.80 April — $261 May — $281 June —$259 July — $515 August — $270 September — $295

Thanks for your donations!

Welcome New Members

Kelly Ayers
Anna Blasdel
Darlene Cook
Barbara DiFiore
Roxana Dobbs
Dennis Evans
Donna Evans
Ida McBee
Jamie Neidlinger
Ronald Smith
Maxine Sutherland
Heather Webb-McCuskey

Daylight Savings Time

Ends Sunday,

November 1

Cheri's Quote of the Month

Beautiful blessings

Come at the most

Unexpected hour.

- Allene Von Girschot

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

With sympathy ...

Robert D'Haene — Sept. 1, 2026

Esther Hasspachar—Sept. 2026

Jo Ann "Mikie" Kunich— Sept. 13, 2026

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

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

Monroe Ford Retirees — Monday, November 2 — 8:30 a.m. Breakfast — 11:00 Lunch — Salaried

BINGO

Bingo is held on Tuesdays
Card Sales at 1:00. Bingo at 1:30

Sunday Bingo is November 8

50/50 Raffles
2025 Total: $6,142
January to March — $ 1,755
April to June — $ 1,362
July —$634 August — $46
September — $879

ProMedica | Well Connected.

Health Odyssey
November 19, 2026

11:30 a.m. Lunch

12:00 Osteoporosis by Dr. Nuradin Abdishikur

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.

HOSTED BY Beth Berlin

Wednesday, November 11th
5:00 to 6:30 p.m.

TRIVIA

Free of charge.
Prizes Awarded!
Get a Team Together! Limit of 5 people per

November 11th Movie



"Practical Magic"

1:30 pm

Practical Magic follows two witch sisters, raised by their eccentric aunts, who navigate love and life under a family curse that dooms any man they love.

Blending fantasy, romance, and drama, it offers a mix of heartfelt sisterhood, small-town prejudice, and supernatural charm. While critics were mixed, its atmospheric story telling, strong chemistry between Sandra Bullock and Nicole Kidman, and enduring cult following make it a memorable watch

Complimentary popcorn.



MAHJONG

Now Playing on the first and third Thursdays of each month.

Please sign up.

November 5 & 19
1:00 to 4:00 p.m.

CALENDARS ARE NOW ON SALE!

$20 EACH





Last Rummage Sale of the year is

November 12 — 8:00 to 4:00

November 13 — 8:00 to Noon

We need volunteers!
Donations are wanted.
Please no clothes.



November Craft

Thurs., November 19

3:00 p.m.

Snowmen with Esther

PLEASE SIGN UP

GLASS PEAKS SENIOR LIVING

LUNCH & LEARN

with Glass Peaks Senior Living

October 26, 2026

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

Please sign up in advance.

GLASS PEAKS IS THE CHOICE FOR INDEPENDENT, ASSISTED LIFESTYLE & MEMORY CARE COMMUNITY

3501 Executive Pkwy.
Toledo, OH 43606
(419) 531-9211

Mitten FAMILY PHARMACY

LUNCH & LEARN with Mitten Family Pharmacy

Monday, November 2
11:30 a.m. Lunch
12:00 Program

Please sign up in advance.

1170 West Front Street
Monroe, MI 48161

734.799.9000

Rib Dinner & Casino Night

Friday, October 30
Dinner: 4:30 to 5:30
Games: 5:30 to 7:30

$20 includes $100 in chips.
(No cash value)

Come in a Halloween costume, get $20 in extra chips.

Prizes for the most chips at the end of the night. Please no combining.

Ghost Stories

OCTOBER 28

5:00 to 6:00

(after the Witches)

Lake Erie Hexenbrut Dancing Witches

will perform again
at the Center at 4:15p.m.
on Wednesday, October 28

Thanksgiving Celebrations

Friday, November 20
11:30 a.m.
$5.00 per person
DTE Volunteers are Serving.

Thanksgiving Day
November 26
11:00 to 1:00
$8.00 per person

Please sign up for both.

Veteran's Day November 11, 2026

All Veterans receive one complimentary meal on Thursday, November 11.

Thank you for your service.

e



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

- Nov. 12 — Rethinking Winter Wellness

Presented by
Kristen Reed
Health Educator

Healthy MONROE COUNTY HEALTH DEPARTMENT

Pinochle Winners

September 14 — Lois Breeding
September 16 — Pat LaRoy
September 18— CindyPrusaitis
September 19 — Barb Crumm
September 21 — Cindy Prusaitis
September 23 — Pat LaRoy
September 25 — Cindy Prusaitis
September 26— Cindy Prusiatis
September 28—Gary Miller
September 30 — Renee Scheitzer
October 3 —Teresa Keane
October 5 — Cindy Prusaitis
October 7 — Nancy Dath
October 12 —Brian DeLand

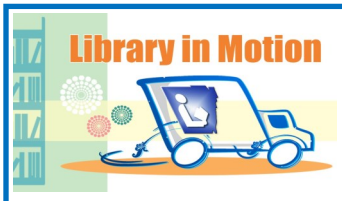
Thanks to Gary Miller for running Pinochle Games!

GAME NIGHT
Friday,
November 13

5:00 — Pizza & Salad

5:30 to 7:30 — Variety of Games led by Michelle

Please sign up. $6 at the door.



Monroe County Library in Motion Pick-Up
November 5 — 11:30

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!

November 12 — 4:30 p.m.

Brain Aerobics

Monday Mornings

with Francine Roscoe and Gloria Payne

Crosswords and Sudoku available daily.

Exercise Classes

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

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

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

We need players. Let us know if you'd like to play.

EUCHRE HAS RETURNED
TUESDAYS AT 11:00 A.M.
FRIENDLY PLAY. JOIN IN!

Fun with Yarn For all Ages!

Fridays at 12:00 noon

- Drop in and meet the new knitters and crocheters.
- We have supplies and offer tutoring. It's fun and easy!
- Choose your project — crochet a granny square; knit or crochet a pair of slippers or a water bottle or cellphone tote.
- Or bring your own needlework.
- Stop by to chat or watch.

Questions? Contact Maxine at 734-241-0404

We are always grateful for donations of yarn and patterns.

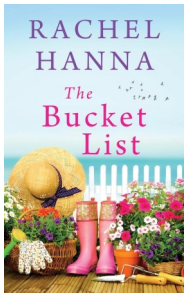
Calling All Writers

November 9 & 19, 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



November 19, 2026 — 1:00

"The Bucket List"
by Rachel Hanna

I've never been the thrill-seeker type. At forty-nine, I still refuse to ride a roller coaster, let alone leap out of a plane. I've always thought people who do those things—especially my best friend, Monica—were a little nuts. And now, I'm sitting here, staring at a list of daredevil stunts she's somehow left for me... during her will reading. I swear, if it is possible to get back at someone in the afterlife, I'm going to find a way.

December – *My Friends* by Fredrik Backman

MONROE COUNTY SENIOR LEGAL SERVICES
Annual Bingo/Raffle Party

SATURDAY, November 21, 2026

at 6:00 P.M. *(doors open at 5:15 p.m.)*

at the

VFW HALL Post 1138
400 Jones Avenue, Monroe, MI 48161
(Corner of Jones Ave. and LaPlaisance Rd.)

Cost: **$25.00 for 6 Regular Bingo cards**

Special bingo sheets available for sale

OPEN TO THE PUBLIC

Food and Beverages available for purchase

RAFFLE TICKETS | RAFFLE TICKETS | RAFFLE TICKETS

RAFFLE DRAWING PRIZES:
1st Prize: $599.00 La-Z-Boy Furniture Certificate
2ND Prize: Roomba Vacuum
3rd Prize: $100 Cash

Raffle Tickets: **$1.00 each or 6 tickets for $5.00**

Raffle Drawing immediately following Bingo. NEED NOT BE PRESENT TO WIN! Purchase tickets in advance at our office or call 734-241-7644 for more information.

BINGO LICENSE # V11979 **RAFFLE LICENSE # R87348**

Health Fall 2026

PRESENTED BY: UNITED WAY Monroe/Lenawee Counties

FEATURING NEW HEALTH PARTNER: MOBILE HEALTH UNIT

PREVENTATIVE HEALTH SCREENING SERVICES & RESOURCES

SERVICES OFFERED:

- Blood pressure screening
- General health screening: diabetes, cholesterol, kidney function, and thyroid function screenings
  ** Fasting is not required **
- Influenza vaccinations (5+ years old)
- Linkage to care and community resources
- Other Services:
  - Point-of-Care Lead Testing
  - HIV Testing (13+ years old)
  - Hepatitis C Testing (18+ years old)

MORE INFORMATION:

- No appointment needed.
- Please bring your photo ID.
- If you have insurance, please bring your insurance card(s) with you. We do bill health insurance for vaccine services provided. With most insurances, there is no cost for vaccines or other preventative services.

THURSDAY, NOVEMBER 5, 2026
10:00 AM - 2:00 PM
Dundee Assembly of God
13790 S. Custer Rd (M-50)
Dundee, MI 48131

PRE-REGISTER HERE:



EVENT SPONSORED BY:

- United Way of Monroe/Lenawee Counties
- Family Medical Center of Michigan/Quest Labs
- MDHHS
- Lenawee County Health Department
- Monroe County Health Department
- ProMedica Monroe Regional Hospital
- Monroe Volunteer Program (MVP)
- Wayne Mobile Health Unit
- ProMedica Charles
- Virginia Hickman Hospital

CONTACT INFORMATION:

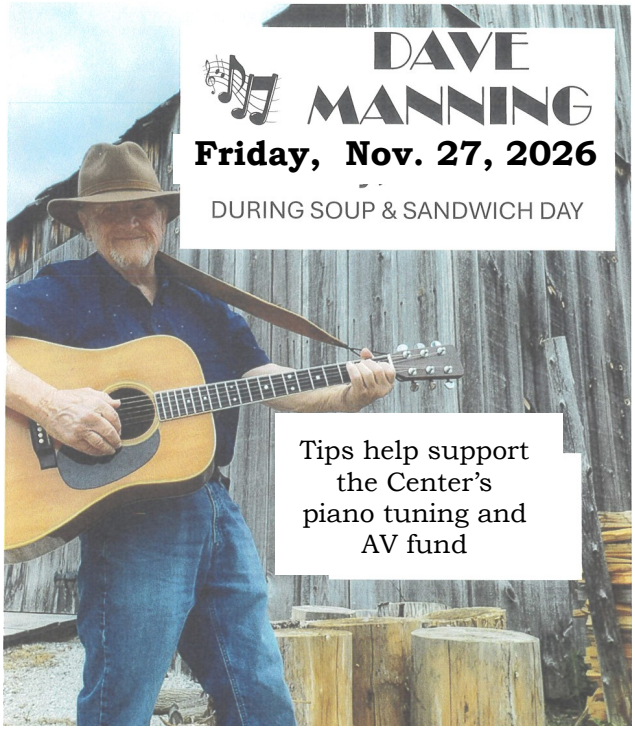
For event related questions, please contact the United Way at:
734-242-1331
517-264-6821
UnitedWayMLC.org

For health services questions, please contact the Wayne Mobile Health Unit:
313-448-9850
waynehealthcares.org
@WAYNEMHU

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 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

Ask the Pharmacist....

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

Medication Safety

Hello friends! I hope you had a great start to the Fall!

Medication safety is a passion of mine and a topic that is worth a regular revisit to ensure we are using our medications safely and to their fullest potential. This starts with taking medications correctly and also includes storing them safely and disposing of them in a safe manner when they are no longer needed or have expired.

- Take your medications as prescribed – closely follow the instructions on the label and if those instructions are unclear, ask your physician or pharmacist to clarify.
- Do not take a medication prescribed for someone else – while you may be experiencing similar symptoms, your medication and allergy profiles are unique to you. Someone else's prescription may interact with your medications or cause you to have a reaction.
- Be sure to store your medications in a cool, dry place up and away from the reach of children.
- Use a pill organizer or reminder system to help prevent extra or missed doses.
- Be sure to check the expiration dates of any over-the-counter products and discard them when they have reached that date.
- A good general rule to follow with prescription medications is to safely dispose of any medication one year from the date it was dispensed to you. While some medications may have a bit longer shelf life, there are many that do not. These may not work as effectively or could become harmful and cause more side effects.
- There are many options to safely discard old or expired medications – Monroe County law enforcement agencies have Red Med boxes that accept old medications and Pro-Medica Monroe Regional Hospital has a MedSafe receptacle for collecting old medications in the main lobby. Remember – these receptacles cannot accept needles or sharps.
- Keep an up-to-date medication list and take it with you to all appointments. It's also a great idea to keep a second copy of the list at home but be sure both lists get updated when there are changes to your medications.
- Be sure to include any herbal supplements, vitamins or other over-the-counter products on your medication list too.

Take care and stay healthy!

~ Jennifer

MONROE CENTER TRAVEL

- 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
- September 2027 — Alaskan Cruise, Land & Rail (Anchorage, Mt. McKinley, Denali, Whittier, Glacier Bay, Skagway, Juneu, Ketchikan, Vancouver BC 11 days on Island Princess

Check TravelTreasuresandTours.com or Contact Maxine at 734-241-0404 for additional trips with pick up in Dearborn.

Trip flyers are always available at the Center.

DENTAL CONCERNS?

THE ORCHARD EAST COMMUNITY HEALTH HUB **DENTAL CLINIC** PROVIDES SERVICES FOR THE INSURED AND UNINSURED.
CALL TO SCHEDULE AN EVALUATION.
734.241.2775 EXT. 244



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).

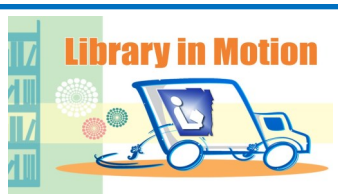
Sheriff Troy Goodnough and the Monroe County Sheriff's Office are excited to announce that the ConfirmOK program is live!

What is ConfirmOk?

ConfirmOk partners with government agencies, nonprofit organizations, and families to provide automated daily wellness check-ins for seniors and other vulnerable residents. Through simple, reliable communication, ConfirmOk helps ensure participants are safe and connected each day. If a scheduled check-in is missed, designated contacts or responders can be notified, providing peace of mind while supporting independent living and enhancing community care.

How the Program Works:

ConfirmOK allows individuals to establish a personalized check-in schedule. If a participant misses three consecutive check-ins, caregivers are alerted via automated text or email and an automated call is placed to Central Dispatch to initiate a wellness check. If the individual needs assistance, they are instructed to call 911, if they are unable to call 911, they can push 3 # at which time they will be transferred to a non-emergency number at Central Dispatch.



Monroe County Library in Motion Pick-Up

November 5 — 11:30 a.m.

Summer's Swan Song

by John Falconer

The Wheel of Life turns slowly in Summer
because Summer is life and Winter is slumber.
Beauty is an evening spent in contemplation
with a quiet feline companion
on the front porch of my world.
The moon over street lights with rustling leaves
cast shadows I long for in my dreams.
The past reminds me that
I have seen this scene before.
Then my eyes refocus and I am back to now.
But when will it end?
Summer is not forever and one evening it will
be time to say goodbye
and welcome the colors of Autumn.

LOOKING FOR SUPPORT FOR YOU OR A LOVED ONE?

Marijuana Anonymous
MA12.org

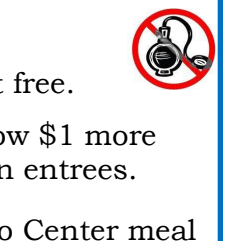
MONROE COUNTY SUBSTANCE ABUSE COALITION

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 Center meal gift certificates.
- The first row of parking is reserved for those attending the Monroe Center. The First parking space is Reserved for a 90+ member.
- Please remember to scan. Every time you come in to the Center and when you leave.







Rest in Peace

Jo Ann "Mikie" Kunich

November 1, 1949 – September 13, 2026





Join us on Tuesday, November 3,at noon for a Celebration of Life.

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 or phone.

Bring your own coffee!

For details, call: 419-720-4940

Support Services

- **Medicare** and insurance questions? Please call for an appointment: 734.241.0404 Open Enrollment begins October 6 and runs through December 7.
- **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 on Nov. 4
- **MemoryLane Care Services** offers coaching and support groups for caregivers and in-person Adult Day Care for individuals with memory loss. Contact Cheryl Conley at MemoryLane: 2500 North Reynolds Toledo, Ohio 43615 Phone: 419-720-4940 Serves Monroe County!

The Community's Partner in Lifelong Learning

- Physical fitness and yoga
- Culinary and wines
- Arts and crafts
- Computer skills
- Puppy training
- Photography
- And so much more!







Office of Lifelong Learning
www.monroeccc.edu/LL
734-384-4127

MONROE COUNTY COMMUNITY COLLEGE

Huron Valley PACE®

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

A person qualifies for PACE if

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

MEDICARE OPEN ENROLLMENT 2027

Navigating Medicare options on your own can be overwhelming. Let us do the hard work for you. With over 25 years of experience specializing right here in Monroe County, our goal is simple, to help you save money while finding the coverage that meets your needs.

We will review your options to ensure your plan:

- Covers your doctors
- Minimizes your prescription costs
- Accounts for 2027 Medicare changes

Visit us for a complimentary, no-obligation consultation and personalized plan review.

Visit Us In-Store

As the Walmart trusted Medicare representatives for six years running, we make getting help convenient and stress-free.

Location: Medicare booth inside the Monroe Walmart Store, 2150 N. Telegraph Rd, Monroe, MI

Dates: October 5th – December 7th

Hours: Monday – Saturday, 9:30 AM – 4:00 PM

NO APPOINTMENT IS NEEDED:
Walk-ins are always welcome, so bring a friend!



CALL OR STOP BY TODAY!

GREAT LAKES MEDICARE & RETIREMENT SERVICES
Medicare Simplified | Wealth Multiplied

THOMAS MORROW 734.474.6263 | KERRI MORROW 734.201.3214

GreatLakesMedicare.com



We do not offer every plan available in your area. Currently we represent 7 organizations which offer 74 products in your area. Please contact Medicare.gov or call 1-800-MEDICARE to get information on all of your options.

Monroe Springs
REHAB & NURSING CENTER

5 STAR
CMS RATED

700 Stewart Road Monroe, MI 48162
(734) 240-1820

PHYSICAL ADVANCED THERAPY
advphysicaltherapy.com

Advanced Physical Therapy
Call Us Today!

(734)243-0300
advphysicaltherapy.com

1291 N. Telegraph Rd.,
Monroe, MI 48162

Schedule an evaluation
in 24/48 hours!

WORKING TO IMPROVE:
STRENGTH FLEXIBILITY INDEPENDENCE

BY WORKING TO REMOVE:
INJURY PAIN WEAKNESS

HEALTH Matters
Herbs & More



Nutrition — Herbs — Recipes

- BY APPOINTMENT ONLY -

3546 S. Otter Creek Rd.
LaSalle, Michigan 48145
734-755-4213

Maurine Sharp-Schaffer, Retired R.N.
www.monroehealthmatters.com

Simplify your Meds!

Compliance Packaging

Offered at

YINGER PHARMACY
1704 S Custer Rd, Monroe, MI 48161

Go from this...

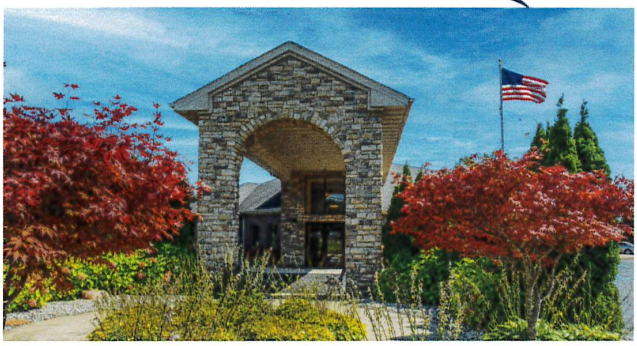




...to this!

Interested? Call us at 734-243-5451
-Home Delivery Available-

MERKLE
Funeral Service, Inc



14567 South Dixie Highway
Monroe, MI 48161
734.384.5185



2442 North Monroe
Monroe, MI 48162
734.241.7070

FULL SERVICE FUNERAL PROVIDER
Visit us at merklefs.com

- Dundee
- Erie
- Romulus

GLASS PEAKS
SENIOR LIVING

GLASS PEAKS IS THE CHOICE FOR INDEPENDENT, ASSISTED LIFESTYLE & MEMORY CARE COMMUNITY

The seven-story community houses studio, one-bedroom, and two-bedroom apartments, each with its own kitchenette, private bathroom and emergency response system.

3501 Executive Pkwy.
Toledo, OH 43606
(419) 531-9211

SIEB
Plumbing Heating & A/C

Serving you since 1868!

- High Efficiency Furnaces, Boilers, A/C & Humidifiers
- Tank or On-Demand Water Heaters
- Bath & Kitchen Faucets, Sinks & Fixtures
- Walk-in Showers & Bath remodeling
- Plumbing repairs, Pipes Replaced
- Backflow checks & certifications
- Sump pumps & back-up systems

BBB ACCREDITED BUSINESS A+ Rating

Plumbing Heating SIEB Air Conditioning
Request Service/Estimates

(734) 241-8898

Thank you to our Sponsors & Advertisers.

Disclaimer - The views & opinions expressed here are solely those of the paid advertiser.



(734) 241-5115

116 Cole Rd. Monroe 48162

www.McMullinDentalCare.com

Hospice of Michigan

"When a serious illness progresses into the final months of life, ***Hospice of Michigan***'s end-of-life experts are here, with comprehensive resources and support, to comfort, ensure quality of life, and help patients reach their goals.

When you have to make one of life's most important decisions, ***Hospice of Michigan*** is here for you and your family so that the time that remains is peaceful and meaningful for all."

Contact: *Karry Brooks*

888-247-5701

Make a Difference in the Lives of Others:

Volunteer with Arbor Hospice

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

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

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

For more information, please visit

www.arborhospice.org

SCAN HERE TO VOLUNTEER

ARBOR HOSPICE

A member of NorthStar Care Community

We Honor Veterans

PROMEDICA
MONROE REGIONAL HOSPITAL

YOUR HEALTH. OUR MISSION.

Offering Pace-Setting Health Care in Monroe, MI

Thanks to ProMedica Monroe Regional Hospital for sponsoring the Health Odyssey Program.

Silver Sneakers is accepted at **Courageous Rehab**
1507 North Telegraph
Monroe, MI 48162

Courageous Rehab and Wellness
Create a new normal

Thank you to our Sponsors & Advertisers.

Disclaimer - The views & opinions expressed here are solely those of the paid advertiser.

Roselawn
MEMORIAL PARK

A name you can trust- Since 1928



Over 50 years combined service to Monroe County families

Michael Huggins
General Manager

Charley Towne
Assistant Manager

Now Offering Green Burial

13200 S. Dixie Hwy., LaSalle, MI 48145 • 734-242-2475
roselawnmemorialpark.com

Mable H. Kehres

A Rose Community

Now Accepting Applications
1 & 2 Bedroom Apartments

734.241.6222 TTY 711
MableHKehres.com

EQUAL HOUSING OPPORTUNITY

Frenchtown Place

A Rose Community

Now Accepting Applications
1 Bedroom Apartment from $600

734.241.8500 TTY 711
FrenchtownPlace.com

EQUAL HOUSING OPPORTUNITY

First Merchants Bank
Helping you prosper

Commercial — Personal — Wealth

Community: The True Return on Investment

We believe in lifting up our communities through more than just banking — we volunteer, sponsor education, and dig in. That's because we are our communities. We're the dependable little league coach approving your car loan, or the welcoming financial advisor stocking shelves at the food pantry. We are neighbors first, and bankers second. For more information, please call 1.800.205.3464 or check us out at firstmerchants.com

Deposit accounts and loan products are offered by First Merchants Bank, Member FCIS, Equal Housing Lender.

First Merchants Private Wealth Advisors products are not FDIC insured, are not deposits of First Merchants Bank, are not guaranteed by any federal government agency, and may lose value. Investments are not guaranteed by First Merchants Bank and are not insured by any government agency.

Cornerstone
CAREGIVING

The **compassionate care** seniors deserve.

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
- Immediate Staffing

Contact:
Emily Ferguson
Director of Operations
567-316-6745

1  Sunday Dinner 11:00 a.m. To 1:00 p.m.	2 **Ford Retirees – BK & Lunch** 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 Brain Aerobics 12:00 Class of '65 &'66 12:00 Pinochle 1:00 Dancing 3:00 Balance	3 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	4 **Birthday Dinner** **Medicare with Molly** 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 BP Checks 12:00 Pinochle 3:00 Balance	5 **Class of '69 Lunch** **Medicare w/ Jackie & Molly** 9:00 Balance Exercise 10:15 Chair Yoga 11:30 **Lunch & Learn** Noon Class of '69 1:00 **Mahjong** 4:15 Tai Chi 7:00 Model A Club	6 **Medicare with Joyce** 8:45 Cardio-Yo 10:00 EnhanceFitness 11:30 Pinochle 12:00 Knit/Crochet	7 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00** 11:00 Pinochle
8 **Bingo** Cards at 1:30 Play at 2:00 Sunday Dinner 11:00 a.m. To 1:00 p.m.	9 **Canasta** 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 1:00 Writing with Betsy 3:00 Balance	10 **Class of '58 Lunch** MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	11 **Veteran's Day** Monroe Senior Legal **Medicare w/ Joyce & Molly** 9:00 Movin' & Groovin' 10:00 Enhance Fitness 12:00 Pinochle 1:30 Movie – Prada 2 3:00 Balance 5:00 **TRIVIA with Beth**	12 **Rummage Sale** **Medicare w/ Jackie & Molly** 9:00 Balance Exercise 10:15 Chair Yoga 1:30 Habits for Health 4:15 Tai Chi 4:30 Let's Talk Health With Maurine Sharp	13 **Rummage Sale** **Medicare with Joyce** 8:45 Cardio-Yo 10:00 EnhanceFitness 11:30 Pinochle 12:00 Knit/Crochet **5:00 – Pizza & Game Night**	14 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00** 11:00 Pinochle
15 Sunday Dinner 11:00 a.m. To 1:00 p.m.	16 **Newsletter Crew** 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 Brain Aerobics 12:00 Class of '65 &'66 12:00 Pinochle 1:00 Dancing 3:00 Balance	17 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	**18 Class of '67 Breakfast** **Medicare w/ Joyce & Molly** 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 BP Checks 12:00 Pinochle 3:00 Balance	19 **Health Odyssey** **Medicare w/ Jackie & Molly** 9:00 Balance Exercise 10:15 Chair Yoga 1:00 **Mahjong** **2:00** Writing with Betsy 3:00 **Crafts** 4:15 Tai Chi	20 Center's Thanksgiving **Medicare with Joyce** 8:45 Cardio-Yo 10:00 EnhanceFitness 11:30 Pinochle 12:00 Knit/Crochet	21 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00** 11:00 Pinochle
22 Sunday Dinner 11:00 a.m. To 1:00 p.m.	23 **Canasta** 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 3:00 Balance	24 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	25 Monroe Senior Legal **Medicare with Molly** 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 BP Checks 12:00 Pinochle 3:00 Balance	26 **Thanksgiving Day** Dinner Served 11:00 to 1:00 p.m.	27 **Soup & Sandwich $2** Day after Thanksgiving Center Open 8:00 to 2:00	28 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00** 11:00 Pinochle
29 $6 Rib Special 11:00 a.m. To 1:00 p.m.	30 **Canasta** 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 3:00 Balance					

November 2026

Monroe Center for Healthy Aging

Monroe Center for Healthy Aging

November Evening Meals

Served 4:15 to 6:00 p.m.

Main Choice: $3 for dine-in / $4 for carry-out

October 26 Island Meat Balls Brown & Wild Rice Normandy Vegetables Cottage Cheese	27 Chicken Pot Pie Dinner Roll Fruit	28 Apple Butter Pork Stuffing Vegetable Fruit	29 Pizza – Pepperoni Or Vegetable Side Salad
2 Chicken Legs Red Skin Potatoes Vegetable Cottage Cheese	3 Chimichangas Refried Beans Tortilla Chips & Salsa Sour Cream	4 Baked Potato Bar with Chili, Cheese, Broccoli, Bacon Fresh Fruit	5 Spaghetti Green Beans Garlic Bread Fruit
9 Chicken Caesar Wraps Veggie Chips Celery Salad Fruit	10 Roast Beef Mashed Potatoes Green Beans Fruit	11 Pork Chops with Sauerkraut Mashed Potatoes Broccoli Applesauce	12 Swiss Steak Mashed Potatoes Stewed Tomatoes Fruit
16 Sloppy Joes Potato Salad Baked Beans	17 Grilled Chicken Red Skin Potatoes Side Salad Fruit	18 Baked Cod Country Potatoes Vegetable Cole Slaw	19 Pork Loin Roast with Potatoes, Carrots, Celery Applesauce
23 Turkey Rueben with Swiss on Rye Sweet Potato Fries Celery Salad	24 Grilled Chicken Brown & Wild Rice Broccoli Fruit	25 Bean and Ham Soup Corn Bread Banana & Pineapple	26 Thanksgiving No Evening Meal

Milk Shake are available on Monday Nights — $2.00

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

1 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	2 **Ford Retirees** Patty Melts with Sautéed Onions French Fries Mixed Vegetables / Fruit 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	3 Chili Multi-Grain Bread Celery Salad 666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbs; 34.7 g protein	4 **Birthday Dinner** Chicken Bruschetta Brown & Wild Rice Cauliflower Birthday Cake & Ice Cream 858 cal. 51g fat 65 card. 7g fiber 5g sugar 39g protein 1,278 mg sodium (No sandwiches today)	**5 Class of '69 Lunch** **Lunch & Learn** Pork Chop with Orange Balsamic Glaze Country Potatoes Normandy Vegetables Applesauce OR Chef's Salad	6 Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	7 Breakfast 8:00 to 1:00 **Noon Meal 11:00 to 1:00**
8 **Bingo** Spiral Ham pineapple Country Potatoes Charles Vegetables 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod	9 Sweet and Sour Pork Brown and Wild Rice Stir Fry Vegetables 600 cal. 9g fat 94 carb 7g fiber 24g sugar 25g prot 904mg sodium	10 **Class of '58 Lunch** Salsa Meat Loaf Mashed Potatoes Green Beans / Fruit 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod	11 USA Wild Caught Cod Red Skin Potatoes Broccoli 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod	12 Rummage Sale Turkey Burgers with Sautéed Onions Sweet Potato Wedges Mixed Vegetables 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	13 Rummage Sale BBQ Chicken Sandwich Veggie Chips Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	14 Breakfast 8:00 to 1:00 **Noon Meal 11:00 to 1:00**
15 Chicken Cordon Bleu Baked Potatoes Broccoli 828 Cal. 20g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium	16 **Class of '65-66** Baked Salmon Country Potatoes Mixed Vegetables 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sod.	17 Beef Stew Multi-Grain Bread Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sodium	18 **Class of '67 Breakfast** BBQ Pork Sandwich Potato Salad Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	19 **Health Odyssey** Grilled Chicken over Lettuce /Cottage Cheese Multi-Grain Bread Fruit 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod **(No other options today)**	20 Center's Thanksgiving Roast Turkey Mashed Potatoes Stuffing Green Beans Cranberry Sauce Pumpkin Pie $5	21 Breakfast 8:00 to 1:00 **Noon Meal 11:00 to 1:00**
22 Pork Roast /Chicken Baked Potatoes Broccoli Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	23 Ranch Chicken Country Potatoes Normandy Vegetables 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	24 Beef Tips Over Noodles Beets Cottage Cheese 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod	25 Mostacolli Dinner Roll Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod	26 Thanksgiving Day - $8 Roast Turkey Mashed Potatoes Stuffing Green Beans Cranberry Sauce Roll Pumpkin Pie	27 **Soup & Sandwich $2** Squash or Vegetable Beef Soup Grilled Cheese & Apple or Grilled Cheese Sand. Cookie	28 Breakfast 8:00 to 1:00 **Noon Meal 11:00 to 1:00**
29 $6 Rib Special BBQ Ribs or Chicken Baked Potatoes Vegetable Dessert	30 Sloppy Joes French Fries Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	Monroe Center for Healthy Aging 734-241-0404	**November** 2026	**Lunch is Served 11:00 a.m. to 1:00 p.m.** **Chef Salad Option Monday thru Thursday.** **Salad Bar on Fridays.** **Soup, as available.** **Menus are subject to change.**		