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

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ORGANIZATION
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Monroe County Senior Millage

Your senior millage tax dollars at work!

# Engage!

**October 2026**

**VOLUME 26, ISSUE 10**

Thanks to Maria McMullin, DDS for sponsoring the Over 90 Party on August 26.



*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 October 15 at 6:00p.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

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

*Let October be a time of new beginnings, positivity, personal growth. Just like trees release their leaves, autumn teaches us to let go of old worries in order to make room for new growth."*

*The above quote says that October is a time of new beginnings and personal growth. I always thought it was a time of harvest, but it makes sense that it is also a time for a refresh. Trees lose their leaves to get ready for the new season. So, it's also a time for letting go of things that no longer serve our purpose.*

*Worry is one of those things. Although I did read a quote on FACEBOOK that said "90% of things that I worry about never come true. Worrying works!" It's on the Internet. It must be true.*

*In all seriousness, however, worrying doesn't do much for our well being. Maybe it's time to look at those things that we have no control over and let them go. Things like:*

- *Other people: Their opinions, behaviors, feelings and choices.*
- *The past: What already happened is in past. We can't change it.*
- *Unpredictable events: Weather, traffic, natural disasters, and global news.*
- *Outcomes: The final result is yet to be seen; it makes sense to just do our best.*

What we **can** control is our reactions. Our actions — the effort we put in, the words we choose, and our boundaries. Sometimes we solve the problem by choosing not to participate in it.

So, let's reflect on ways to make our lives a little but happier, doing things that we enjoy, and being with others. You'll find lots of smiles at the Center. Stop in often for lunch, fellowship, and activites.

With gratitude,

*~Sandie*

## News to Note . . .

- **Sept. 25 — Jewelry Auction**
- **Bingo is on Tuesdays!** Card sales at 1:30 p.m. **Sunday Bingo— October 11**
- **October 7— Birthday Celebration** during lunch
- **October 1** — Class of '69
- **October 8 —** at 11:30 Library in Motion Delivery
- **October 12 & 22 —** Writing Group at 1:00 & 2:00 p.m.
- **October13**—Class of '58 Lunch
- **October14 —Trivia Night** at 5:00 p.m. Prizes!!
- **October14 — Movie** *"The Devil Wears Prada 2" 1:30*
- **October** — Health Habits — Germs — October 8 1:30
- **October 8 —** Let's Talk Health with Maurine at 4:30
- **October 21** — MHS Class of '67 Breakfast— 3rd Wednesday
- **October 15—Craft—** 3:00
- **October 19 — MHS Classes of '65 and '66** Lunch
- **October 26— Lunch & Learn** with Glass Peaks Senior Living
- **October 22—ProMedica Health Odyssey** - Parkinson's
- **Oct. 22 — Book Club** 1:00
- ***October 28 — Witches***
- **October 30 —** $2 Soup & Sandwich Day
- **October 30 — RIBS & CASINO Fundraiser**

**Please Remember to Scan**



# Happy October Birthdays

Helen Anson
Susan Applin
Connie Austin
Marge Auten "90"
Marilee Ball
Russell Begley
Irene Bond
Ken Brooks
Tonia Burkey
Ashley Calkins "80"
Valeria Campbell
Beverly Castelle
Concetta Colpaert
Marie Conte
Marney Cooley
James Coppedge
Larry Cornell
James Crawford
Donalda "Sue" Cupp
Betty Curley
Yvonne Davison
Pat Diehl "80"
Joe Dobberstein
Loraine Durrant Bowman
Gerald Dusseau
Sharon Eby
Dewey Edwards
Mark Farris
Linda Foshag
Glenda Gentner
Roberta Gibson
Charlotte Goins
Domenic Greco
Eugene Haman
Janet Hartwig
Brian Hasley
Juanita Hatcher
Shelly Hehl
Charlotte Goins
Donna Holloman
Sheridan Hudson
Kathy Hummel
Jim Hutchison
Kenneth Kanalos
Theresa Keane
James Keck
Dee Kelham
Denise Kellepourey
Patricia Kidd
Christine Kyko
Kathie Langton
Linda Lanier
Annie Loughridge
Joe Maloche
Eva Martinez
JoAnn Mieden "90"
Carlene Miller
Dolorest Mitchell
Patrick Muhleck
Jennifer Needham
Christine Noel
Jonnie Pratt
Jim Reaume
Dennis Richardville
Cheryl Roque
Nancy V. Savage
Matthew Schaffer
Pamela Sherman
Frank Sottile
Robert Stroupe
Penny Thacker
Esther Thompson
Shirley Todd "80"
Linda Townsend
Cheryl U'Ran
Diane Vajcner
Rosemary Vajcner
Cheryl Weakly
Diana Webb
Thomas R. Weeman
Lynn Weeman
Jan Wells
Craig Wiley
Karen A. Winchell
Joe Wise
Gerry Wiseman
Daniel Workman
Mark Devenney (Sept.)

**Birthday Celebration! — October 7, 2026**

We'll have cake and ice cream and music with Bonnie, Jim, Harris, David, and the gang. Members who are celebrating an October birthday enjoy a free lunch Wednesday, October 7. **Cake sponsored by Marie Baehr.**

## 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. This is important to us and appreciate your help.

If you need a card, please let us know.



**September Birthday Attendees**

## Recent Donations

Classes of '65 & '66  Class of '58  Canasta Ladies
Tai Chi Class  Mike Cook  Carla Strunk—Basket
Pinochle Players — Donation of Bottled Water

**Sound System**
Virginia and John Hummer  Sandra Kozicki
Laura Simpson

**In memory of Lester Heller**
Jean and Marv Baumann

**In memory of Gary Standridge**
Darlene Raymer

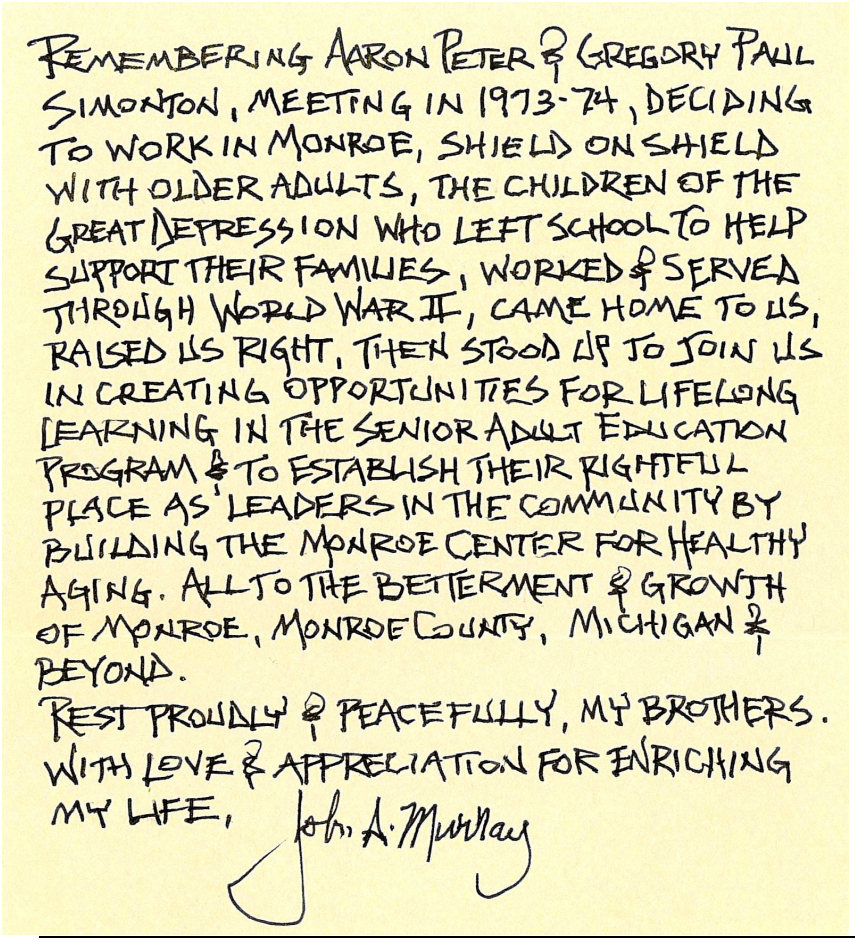
**In memory of George DeClercq** — Thank you for showing us how to live a wonderful life.
James, Donna, and Ron Reaume

**In memory of Pamela Handegan**
Rick andSue Niciejewski

**In memory of Mary Ann Barbier**
Rose Harris

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

*Thanks to* Vibrant Life *for sponsoring the Birthday Cake for September*




## Welcome New Members

Connie Austin
Bettina Bartolo
Karen Brown
Elaine Cangaelose
Julianna Charron
Mary Connor
Yvonne Davison
Michael and Rhonda Field
Carol Fisher
Sandra Franzen
Ilene (Sandy) Head
Kathi Hibbs
Jerry and Peggy Iott
Pat Katanski
David F. Klein
Michael Kosmider
Patrick Oley
Oscar and Cheryl Roque
Bobbie Sherwood
Audrey K. Smith
Betty Smith
John D. Stadler
Penny Thacker
Rosemary Vajcner
Joyce Whittaker
Paul and Cheryl Wilkinson

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

## With sympathy ...

*Pamela Handegan — July 6*
*Mary Ann Barbier — July 31*
*Jo Anne Klootwyk — August 7, 2026*
*Karen Seger — August 9, 2026*
*Paula Coon—August 17, 2026*
*Gary Standridge —August 19,2026*
*Jo Ann "Mikie" Kunich— September 13*

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

# October 2026
# "What's Going On" at-a-Glance

Monroe Ford Retirees — Monday, October 5 — 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 October11**
Card Sales at 1:30. Bingo at 2:00

**50/50 Raffles at Bingo**
**2025 Total: $4,718**

January to March — $ 1,292
April to June — $ 1,306
July —$393 August — $437

PROMEDICA | WELL CONNECTED.

## Health Odyssey
**October 22 2026**

11:30 a.m. Lunch

12:00 Parkinson's or Essential Tremors? with Dr.Shafia Naeem, MD

**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

**HOSTED BY Beth Berlin**

Wednesday, October 14th
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+




**October 14th Movie**

1:30 pm

*"The Devil Wears Prada 2"*

Two decades after leaving *Runway* magazine, Andrea "Andy" Sachs has become a respected global journalist based in New York City. However, her entire newsroom is abruptly laid off by text message during an awards event. Meanwhile, Miranda Priestly, Andy's old *Runway* boss, is under fire for publishing a puff piece about a fashion brand that uses sweatshop labor.

To improve the magazine's credibility, Irv Ravitz, who owns *Runway*'s parent company, Elias-Clarke, and is Miranda's boss, hires Andy as the features editor without Miranda's knowledge.

Complimentary popcorn.

## Live Jewelry Auction

with Jim Alban
Friday, September 25, 2026

Doors Open at 4:00 p.m.

Hors D'oeuvres

Raffle Baskets

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

Thanks for your donations!

## 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

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

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

JackBox Game & Potluck

Friday, October 23

Doors open at 4:00 p.m.

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

## Flu Shots

October 15 with Mike Stein

September 30 & October 22 with Holly from Yinger Pharmacy

All are 8:30 to 11:00 a.m.
Please sign up!

## PLEASE VOLUNTEER

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

Because we have been able to keep our meal prices steady at $3.00 for dine-in meals, more and more people are enjoying their meals here. This increase in demand means that we could use more assistance. If you can spare a few hours a week and would like some great exercise, please join the team.

Volunteers are also need for Front Desk substitutes, rummage sale, and volunteer transportation.

If you'd like to help, please contact Beth at 241-0404.

## 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, and get $20 in extra chips.

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

## Cheri's Quote of the Month

I said to myself: "Self"
(and I knew it was me 'cause
I recognized my voice and
I was wearing my tutu)

**"Today is going to be a good day!**

THE Zekelman HOLOCAUST CENTER

## Lunch & Learn

Monday, September 28
11:30 Lunch
Program at noon

### Keeping the Stories of the Holocaust Alive

Founded in 1984, The Zekelman Holocaust Center (The HC) first opened its doors on the campus of the Jewish Community Center in West Bloomfield as the Holocaust Memorial Center and relocated to the current award-winning Farmington Hills building in 2004.

The HC is home to not only our core Holocaust museum exhibit, but an extensive research library, archives, and special exhibit galleries.

As The HC continues to grow, so do our educational outreach efforts. Each year, we reach more than 150,000 people through our teacher training workshops, virtual museum experiences, public programs, and visits to the museum.

***Our mission is to engage, educate, and empower by remembering the Holocaust.***



# 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**

- October 8 — Germ Prevention 101
- Nov. 12 — Rethinking Winter Wellness

Presented by
Kristen Reed
Health Educator

Healthy MONROE COUNTY HEALTH DEPARTMENT

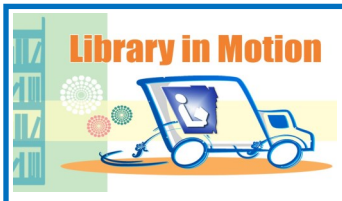
## Pinochle Winners

August 10 — Pat LaRoy
August 12 — Joan Milam
August 15 —Pat LaRoy
August 17 — Gary Miller
August 19 — Pat LaRoy
August 22 — Cindy Prusaitis
August 24 — Gary Miller
August 26 —Cindy Prusaitis
August 28 —Cindy Prusaitis
August 29 — Joan Milam
August 31 —Pat LaRoy
September 2 —Gary Miller
September 4 — Theresa Keane
September 5 — Cindy Prusaitis
September 9 — Renee Scheitzer
September 11 —Cindy Prusaitis
September 12 — Barb Crumm
September 14 — Lois Breeding

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

## Lake Erie Hexenbrut Dancing Witches

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




**Monroe County Library in Motion Pick-Up**
**October 8 — 11:30 a.m.**

## IN THE SPIRIT OF GIVING

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

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

*Can you be someone's angel today?*

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!

October 8 — 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 & Mahjong

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

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

## Fun with Yarn For all Ages!

Fridays at 12:00 noon

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

**Questions? Contact Toni at 734-241-0404**

We are always grateful for donations of yarn and patterns.

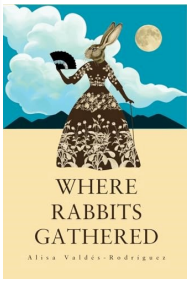
## Calling All Writers

October12 & 22 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




***October 22, 2026 — 1:00***

*"Where Rabbits Gathered"*
by Alisa Valdes-Rodriguez

In the high desert cliff-dwelling city of Puye, a young astronomer named Blue Water is about to become a mother. In the Tewa society in which Blue Water lives, women are the keepers of power, property and wisdom. The collective belief system is one of reverence and awe for nature and her many circular cycles.

But this balance is fragile. Drought forces the 1500 people of Puye (whose name means Where Rabbits Gathered) to leave the cliffs of the massive butte that has been home for 100 generations.

November – *The Bucket List* by Rachel Hanna
December – *My Friends* by Fredrik Backman

## October 15 at 3:00

# HALLOWEEN CRAFT

**Stuff, seal, and decorate your own**
**Jack-O-Lantern Pinata.**
**Makes a frightfully cute gift!**

Supplies are provided. Sign up by October 9.

## 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

## 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

Happy Fall friends! I hope you have started thinking about Medicare Part D for 2027 because open enrollment opens soon! Medicare Part D enrollment **opens 15, 2026 and proceeds through December 7, 2026.**

Medicare Part D Open Enrollment is an important opportunity for seniors to review and update their prescription drug coverage. Because plan costs, covered medications, and pharmacy networks can change each year, reviewing your options annually can help ensure you have the coverage that best meets your needs.

**Here are a few helpful tips:**

- **Review your current medications.** Make a list of all prescription drugs you take and verify that they are covered by your plan for the upcoming year.
- **Use the official government website Medicare.**gov
- Enter your zip code to see plans available in your area
- Log into or create an official Medicare account to enter your prescription meds from the list you created and preferred for pharmacy to obtain a personalized cost estimate.
- **Compare plan costs.** Look beyond monthly premiums and consider deductibles, copayments, and out-of-pocket expenses to determine your total annual cost.
- **Check preferred pharmacy networks.** Using an in-network pharmacy can help reduce prescription costs and maximize savings.
- **Watch for changes in coverage.** Read your Annual Notice of Change (ANOC) carefully to understand any changes to benefits, formularies, or costs.
- **Consider your health needs.** If your medications or healthcare needs have changed during the past year, another plan may provide better coverage.
- **Ask for assistance.** Medicare counselors, pharmacists, and insurance specialists can help you compare plans and understand your options.
- **Do not wait until the last minute.** Start reviewing plans early during the enrollment period so you have time to make an informed decision.

**Take care and stay healthy!**

~ Jennifer




# 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.
- 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.



# 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.




Last Rummage Sale of the year is November 12 & 13

## Health & Wellness Summit

October 20, 2026
10:00 a.m. to 1:00 p.m.
at LaRoy'sHall

Adrianna Crocket on Food as Medicine

Dr. Emily Neal on Engaging the Brain

RSVP: 734-240-3290

## Looking for Support for You or a Loved One?

Marijuana Anonymous

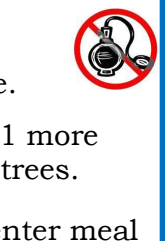
MONROE COUNTY SUBSTANCE ABUSE COALITION

## 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.






Low and No Cost HEALTH SCREENINGS

# Health Fall 2026

PRESENTED BY

UNITED WAY Monroe/Lenawee Counties

family medical center of michigan

**Thursday, Sept. 24, 2026**
8 a.m.-12 noon
ADRIAN AREA HEALTH CHECK
Align Center
440 E. Church Street
Adrian, MI 49221

**Thursday, Oct. 15, 2026**
8 a.m.-12 noon
BEDFORD AREA HEALTH CHECK
Our Lady of Mount Carmel Church
8330 Lewis Avenue
Temperance, MI 48182

## Labs/Screenings Available:

- Comprehensive Metabolic (Blood) Profiles $ 5
- Includes Vitamin D $ 18
- Includes Hemoglobin A1C $ 7
- Includes Lipids Panel $ 7

*No Fasting Needed*

## Services Available:

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

**Sponsored by:**

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

**Call 734.242.1331 or 517.264.6821**
**www.UnitedWayMLC.org**



## DRUG Take-Back Event

Safe disposal of unused or expired medications.
DROP-OFF IS ANONYMOUS!
ANY IDENTIFYING PATIENT INFORMATION WILL BE DESTROYED.

Syringe disposal services are available at Monroe County Sites ONLY.
Please bring used syringes in a puncture-resistant, leak-proof container with a secure lid.

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.**

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## 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 Oct. 7
- **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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Office of Lifelong Learning
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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!*



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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.

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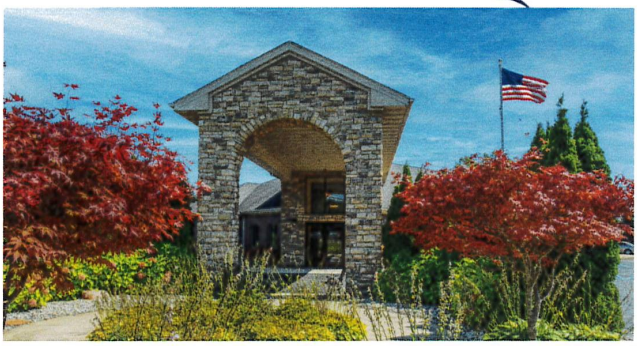





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Contact: *Karry Brooks*

**888-247-5701**

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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.

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**www.arborhospice.org**

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## How we help:

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- On-Call 24/7 Managers
- Help with Waiting List
- Immediate Staffing

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

Monroe Center for Healthy Aging

734-241-0404

# October 2026

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | | **1 Class of '69 Lunch**<br>9:00 Balance Exercise<br>10:15 Chair Yoga<br>Noon Class of '69<br>4:15 Tai Chi<br>7:00 Model A Club | 2<br>8:45 Cardio-Yo<br>10:00 EnhanceFitness<br>11:30 Pinochle<br>12:00 Knit/Crochet | 3<br>Breakfast<br>8:00 to 1:00<br>**Noon Meal**<br>**11:00 to 1:00**<br>11:00 Pinochle |
| 4<br>Sunday Dinner<br>11:00 a.m.<br>To<br>1:00 p.m. | 5 **Ford Retirees – BK & Lunch**<br>9:00 Movin' & Groovin'<br>10:00 Enhance Fitness<br>10:00 Brain Aerobics<br>12:00 Class of '65 &'66<br>12:00 Pinochle<br>1:00 Dancing<br>3:00 Balance | 6<br>9:00 Balance Exercise<br>10:15 Chair Yoga<br>11:00 Euchre<br>1:30 Bingo<br>4:15 Tai Chi<br>6:00 Woodcarvers<br>7:00 Coin Club | 7 **Birthday Dinner**<br>9:00 Movin' & Groovin'<br>10:00 Enhance Fitness<br>10:00 BP Checks<br>12:00 Pinochle<br>3:00 Balance | 8<br>9:00 Balance Exercise<br>10:15 Chair Yoga<br>1:30 Habits for Health<br>4:15 Tai Chi<br>4:30 Let's Talk Health With Maurine Sharp | 9<br>8:45 Cardio-Yo<br>10:00 EnhanceFitness<br>11:30 Pinochle<br>12:00 Knit/Crochet | 10<br>Breakfast<br>8:00 to 1:00<br>**Noon Meal**<br>**11:00 to 1:00**<br>11:00 Pinochle |
| 11 **Bingo**<br>Cards at 1:30<br>Play at 2:00<br>Sunday Dinner<br>11:00 a.m.<br>To<br>1:00 p.m. | 12<br>9:00 Movin' & Groovin'<br>10:00 Enhance Fitness<br>10:00 Brain Aerobics<br>12:00 Pinochle<br>1:00 Dancing<br>1:00 Writing with Betsy<br>3:00 Balance | 13 **Class of '58 Lunch**<br>MCOP Support Services<br>9:00 Balance Exercise<br>10:15 Chair Yoga<br>11:00 Euchre<br>1:30 Bingo<br>4:15 Tai Chi<br>6:00 Woodcarvers | **14** Monroe Senior Legal<br>9:00 Movin' & Groovin'<br>10:00 Enhance Fitness<br>10:00 BP Checks<br>12:00 Pinochle<br>1:30 Movie – Prada 2<br>3:00 Balance<br>5:00 **TRIVIA with Beth** | 15<br>**8:30 Flu Shots w/Mike**<br>9:00 Balance Exercise<br>10:15 Chair Yoga<br>3:00 **Crafts with Beth**<br>4:15 Tai Chi | 16 **Medicare with Joyce**<br>8:45 Cardio-Yo<br>10:00 EnhanceFitness<br>11:30 Pinochle<br>12:00 Knit/Crochet | 17<br>Breakfast<br>8:00 to 1:00<br>**Noon Meal**<br>**11:00 to 1:00**<br>11:00 Pinochle |
| 18<br>Sunday Dinner<br>11:00 a.m.<br>To<br>1:00 p.m. | 19 **Newsletter Crew**<br>9:00 Movin' & Groovin'<br>10:00 Enhance Fitness<br>10:00 Brain Aerobics<br>12:00 Class of '65 &'66<br>12:00 Pinochle<br>1:00 Dancing<br>3:00 Balance | 20<br>9:00 Balance Exercise<br>10:15 Chair Yoga<br>11:00 Euchre<br>1:30 Bingo<br>4:15 Tai Chi<br>6:00 Woodcarvers | 21 **Class of '67 Breakfast**<br>**Medicare w/ Joyce & MCOP**<br>9:00 Movin' & Groovin'<br>10:00 Enhance Fitness<br>10:00 BP Checks<br>12:00 Pinochle<br>3:00 Balance | 22 **Health Odyssey**<br>**8:30 Flu Shots w/Yinger**<br>9:00 Balance Exercise<br>10:15 Chair Yoga<br>**Medicare with MCOP**<br>1:00 Book Club<br>2:00 Writing with Betsy<br>4:15 Tai Chi | 23 **Medicare with Joyce**<br>8:45 Cardio-Yo<br>10:00 EnhanceFitness<br>11:30 Pinochle<br>12:00 Knit/Crochet<br>4:00 Games & Potluck | 24<br>Breakfast<br>8:00 to 1:00<br>**Noon Meal**<br>**11:00 to 1:00**<br>11:00 Pinochle |
| **25**<br>$6 Rib Special<br>11:00 a.m.<br>To<br>1:00 p.m. | 26 **Canasta**<br>**Lunch & Learn**<br>9:00 Movin' & Groovin'<br>10:00 Enhance Fitness<br>10:00 Brain Aerobics<br>12:00 Pinochle<br>1:00 Dancing<br>3:00 Balance | 27<br>9:00 Balance Exercise<br>10:15 Chair Yoga<br>11:00 Euchre<br>1:30 Bingo<br>4:15 Tai Chi<br>6:00 Woodcarvers | 28 Monroe Senior Legal<br>**Medicare w/ Joyce & MCOP**<br>9:00 Movin' & Groovin'<br>10:00 Enhance Fitness<br>10:00 BP Checks<br>12:00 Pinochle<br>3:00 Balance<br>4:15 Hexenbrut Witches | 29<br>9:00 Balance Exercise<br>10:15 Chair Yoga<br>**Medicare with MCOP**<br>3:00 **Crafts**<br>4:15 Tai Chi | 30 **Soup & Sandwich $2**<br>**Medicare with Joyce**<br>8:45 Cardio-Yo<br>10:00 EnhanceFitness<br>11:30 Pinochle<br>12:00 Knit/Crochet<br>**RIBS & CASINO NIGHT** | 31 Breakfast<br>8:00 to 1:00<br>**Noon Meal**<br>**11:00 to 1:00**<br>11:00 Pinochle |

Monroe Center for Healthy Aging

# October Evening Meals

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

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

| | | | |
|---|---|---|---|
| 28<br>Swedish Meat Balls<br>Brown & Wild Rice<br>Stir Fry Vegetables<br>Cottage Cheese | 29<br>Lemon Herb Pork<br>Sweet Potatoes<br>Corn<br>Applesauce | 30<br>Patty Melts<br>Mashed Sweet Potato<br>Cauliflower<br>Fruit | October 1<br>Chicken Caesar Wraps<br>Veggie Chips<br>Celery Salad<br>Fruit |
| 5<br>Pork Loin Roast with Potatoes, Carrots, Celery<br>Applesauce | 6<br>Turkey Rueben with Swiss on Rye<br>Sweet Potato Fries<br>Celery Salad | 7<br>Swiss Steak<br>Mashed Potatoes<br>Stewed Tomatoes<br>Fruit | 8<br>BBQ Pork Sandwich<br>French Fries<br>Baked Beans<br>Fruit |
| 12<br>Grilled Chicken<br>Potato Salad<br>Side Salad<br>Fruit | 13<br>Beef Stroganoff<br>Vegetable<br>Fruit | 14<br>Russian or Blueberry Pancakes<br>Sausage<br>Whole Banana | 15<br>Baked Cod<br>Country Potatoes<br>Vegetable<br>Cole Slaw |
| 19<br>Patty Melts<br>Mashed Sweet Potato<br>Cauliflower<br>Fruit | 20<br>Chicken Enchilada<br>Stewed Tomatoes<br>Refried Beans<br>Chips & Salsa | 21<br>Pot Roast with Potatoes, Carrots, Celery, Onion<br>Cole Slaw | 22<br>Chicken Parmesan with pasta sauce and spaghetti<br>Green Beans<br>Garlic Bread |
| 26<br>Island Meat Balls<br>Brown & Wild Rice<br>Normandy Vegetables<br>Cottage Cheese | 27<br>Chicken Pot Pie<br>Dinner Roll<br>Fruit | 28 **Dancing Witches**<br>Apple Butter Pork<br>Stuffing<br>Vegetable<br>Fruit | 29<br>Pizza – Pepperoni Or Vegetable<br>Side Salad |

Milk Shake are available on Monday Nights — $2.00

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

Monroe Center for Healthy Aging
734-241-0404

# October 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.**

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | | **1 Class of '69 Lunch**<br>Spaghetti<br>Spinach<br>Side Salad /Garlic Bread<br>616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod | 2<br>Turkey Burgers with Sautéed Onions<br>Sweet Potato Wedges<br>Mixed Vegetables<br>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar | 3<br>Breakfast 8:00 to 1:00<br>**Noon Meal 11:00 to 1:00** |
| 4<br>Roast Beef / Salmon<br>Red Skin Potatoes<br>Green Beans / Pears<br>805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod | 5 **Ford Retirees**<br>Chicken Bruschetta<br>Brown & Wild Rice<br>Cauliflower<br>858 cal. 51g fat 65 card. 7g fiber 5g sugar 39g protein 1,278 mg sodium | 6<br>Pork Chops with Mushroom Gravy<br>Mashed Potatoes<br>Green Beans<br>683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod | 7 **Birthday Dinner**<br>Spiral Ham pineapple<br>Country Potatoes<br>Charles Vegetables<br>Birthday Cake & Ice Cream<br>896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod<br>(No sandwiches today) | 8<br>USA Wild Caught Cod<br>Brown and Wild Rice<br>Broccoli<br>600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod | 9<br>Corn Flake Chicken<br>Brown & Wild Rice<br>Cauliflower<br>858 cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod. | 10<br>Breakfast 8:00 to 1:00<br>**Noon Meal 11:00 to 1:00** |
| 11 **Bingo**<br>Chicken Cordon Bleu<br>Baked Potatoes<br>Broccoli<br>828 Cal. 20g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium | 12<br>Shepherd's Pie<br>Dinner Roll<br>Fruit<br>695 cal. 24g fat 82 carb. 6g fiber 4g sugar 22g prot. 60 mg sodium | 13 **Class of '58 Lunch**<br>Sweet and Sour Pork<br>Brown and Wild Rice<br>Stir Fry Vegetables<br>600 cal. 9g fat 94 carb 7g fiber 24g sugar 25g prot 904mg sodium | **14**<br>Beef Stew<br>Multi-Grain Bread<br>Cottage Cheese<br>621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sodium | 15<br>BBQ Chicken Sandwich<br>Sweet Potato Wedges<br>Baked Beans<br>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar | 16<br>Chili<br>Multi-Grain Bread<br>Celery Salad<br>666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbs; 34.7 g protein | 17<br>Breakfast 8:00 to 1:00<br>**Noon Meal 11:00 to 1:00** |
| 18<br>Pork Roast /Chicken<br>Baked Potatoes<br>Broccoli<br>Applesauce<br>503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium | 19 **Class of '65-66**<br>Baked Salmon<br>Red Skin Potatoes<br>Mixed Vegetables<br>500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sod. | 20<br>Taco Salad w/ Chips<br>Spanish Rice<br>Refried Beans<br>Stewed Tomatoes<br>906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod | 21 **Class of '67 Breakfast**<br>Tuna Noodle Casserole with Peas & Carrots / Fruit<br>469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod. | 22 **Health Odyssey**<br>Ranch Chicken<br>Country Potatoes<br>Normandy Vegetables<br>Fresh Fruit<br>880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.<br>(No other options **today)** | 23<br>Sloppy Joes<br>Spaghetti Salad<br>Baked Beans<br>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar | 24<br>Breakfast 8:00 to 1:00<br>**Noon Meal 11:00 to 1:00** |
| **25** $6 Rib Special<br>BBQ Ribs or Chicken<br>Baked Potatoes<br>Vegetable<br>Dessert | 26 **Lunch & Learn**<br>Grilled Chicken over Lettuce /Cottage Cheese<br>Multi-Grain Bread / Fruit<br>880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod | 27<br>Liver & Onions or Salisbury Steak<br>Mashed Potatoes<br>Broccoli<br>656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod | 28<br>Salsa Meat Loaf<br>Mashed Potatoes<br>Green Beans / Fruit<br>464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod | 29<br>Beef Tips Over Noodles<br>Beets / Cottage Cheese<br>765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod | 30 **Soup & Sandwich $2**<br>Potato Soup or Chicken and Rice Soup<br>Grilled Cheese or Grilled Ham & Cheese Sandwich<br>Cookie<br>(No other options today) | 31<br>Breakfast 8:00 to 1:00<br>**Noon Meal 11:00 to 1:00** |