

# Milan Seniors for Healthy Living

empowering healthy aging and enhancing quality of life

## September 2023 Newsletter

### INSIDE THIS ISSUE

September Programs.....	2-4
Caregiver Support Group.....	5
Support Services.....	6
Ongoing Programs.....	7
Fitness .....	8
Fun & Food .....	9
Art/Games/Outings.....	10
Member Perks.....	11
Support Your Center.....	12
Holiday Market.....	13
Members/Staff/Board.....	14
Looking to Oct/Funders.....	15
Calendar.....	16

### CONTACT US

45 Neckel Court  
Milan, MI 48160  
Ph: (734) 508-6229  
mshl@milanseniors.org  
www.milanseniors.org  
Facebook/milanseniors

### MEMBER PERKS

- ◆ Three levels for those 60+ (\$20, \$50, or \$200)
- ◆ Exclusive use of fitness room
- ◆ Program discounts
- ◆ Access to support services
- ◆ Free birthday lunch
- ◆ Member's Only Luncheon

### Hours

Monday—Thursday  
8:00am to 3:00pm  
(Closed Fridays)

## September is

## National Senior Center Month

This month we will celebrate the positive image of aging and highlight how Milan Seniors for Healthy Living improves the lives of older adults, our importance in the community, and create interest in prospective new participants and collaborative partners. As you can see, this month is for you, no matter your age, MSHL needs you... and, wants you!

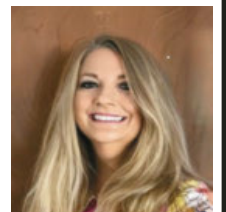
If you are an active member of MSHL, we love and appreciate you. Thank you for choosing to spend your time with us. If you are not yet active, we encourage you to join us for an activity or two this month. We believe once you join us, you'll keep coming back for more. If you are not yet a senior (50+), there are so many opportunities for you to partner with us. Please reach out to me for opportunities (maryanno@milanseniors.org). Let's celebrate life together, specifically life at Milan Seniors for Healthy Living. Life is better together!

### We have some exciting events coming this fall— be sure to save the date:

Tuesday, Sept 12—Special Bingo  
Tuesday, Oct 3—MSHL Health Fair  
Thursday, Oct 19—MSHL Third Thursday/Euchre Tournament  
Tuesday, Oct 31—Halloween Party  
Wednesday, Nov 1—Thanksgiving Feast  
Saturday, Nov 4—Holiday Market  
Thursday, Nov 16—MSHL Third Thursday/Euchre Tournament  
Wednesday, Dec 6—Christmas Party and Feast  
Sunday, Dec 31—New Year's Eve Party



**MSHL is Milan's  
Best Kept Secret!**



# September Programs

**DOOR PRIZES!**



**CASH PRIZES!**

**TUESDAY, SEPTEMBER 12, 2023**

Milan Seniors for Healthy Living  
45 Neckel Ct., Milan

**DOORS OPEN AT 5:30PM**

**BINGO STARTS AT 6:30PM**

**50/50 BINGO**

3 cards each--\$20  
6 cards each--\$25  
12 cards each--\$35

**FOOD!**

**AND MUCH MORE!!!**



## READING WITH ELAINE

### “Tap Dancing on Tombstones”

Tuesdays in September @12:30pm

Read by Elaine Cousino

Study after study confirms that reading aloud improves memory and vocabulary, no matter your age. And why not enjoy a fabulous book in the process! With her pleasant, calming voice, Elaine will read from a book about a child growing up during the World War II era. “Tap Dancing on Tombstones” is also a mystery.

Come enjoy this human audiobook experience.



## LIFE CHOICES

### SERIES:

2nd Wednesday

September 13th @10am

Hosted by Nicole Boyer, EHM

Solo agers face unique scenarios and joys as they get older. A plan to maintain your future independence, choices, and satisfaction is essential. Learn how to plan now so you can thrive later. Topics discussed include home modifications for aging in place, creating medical directives, building social networks, identifying your caregiving team before a crisis, and much more.

***Let us know you are coming!***

# September Programs

## “GRAY MATTERS” BRAIN HEALTH SERIES

Third Wednesday of the Month/September 20th @1:00am

Hosted by Jewish Family Services (JFS)

We are teaming up with Jewish Family Services to bring you different outside speakers each month whose expertise is in brain health. Join us for this free and beneficial program.



The presentation will be in video format.

But no worries!

We will take care of the technology.

You can simply show up and engage.

Let us know you are coming by signing up at the office today!

www.milanseniors.org

3

(734) 508-6229

**SUPPORT OUR ADVERTISERS!**

**Ochalek Stark Funeral Service**  
*Cremation to Full Traditional Funerals*  
*Custom Monuments and Markers*  
 218 East Main St. • Milan  
**(734) 439-1100**  
[www.ochalekstark.com](http://www.ochalekstark.com)  
*Mary Ochalek, Mgr.*



**DK OUTDOOR SERVICES**  
 13015 Dennison Rd., Milan  
**734-439-8545**  
 Lawn Care • Snow Removal  
 Outdoor Services

**ADT-Monitored Home Security**  
 Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

**ADT** Authorized Provider | **SafeStreets** | **833-287-3502**

**Hampton Manor Of Dundee**  
 Dundee's Premier Independent, Assisted & Memory Care Community  
 123 Waterstradt Commerce Dr. • Dundee, MI  
**734-826-9191**

Studio, One & Two-Bedroom Apartments with Private Patios Available!

Call Now to Lock in Your Rate for 2 Years!

**UNDER OUR CARE THERE'S COMFORT**  
 Wherever you call home, an experienced Arbor Hospice care team will be at your side to help you focus on what's important.

**ARBOR HOSPICE** | **24/7 SUPPORT**

888-992-CARE • [arborhospice.org](http://arborhospice.org)

Ask About Our Bedford Location! Assisted & Memory Care Available



# National Senior Center Month

Join us all month long for activities and events as we celebrate **National Senior Center Month** with others across the country!

**YOUR** senior center is here to serve you through our many programs and services that are geared toward *“empowering healthy aging and enhancing quality of life”*



**Creative**—Using creative arts – like painting, music or dance – to promote psychological, physical and emotional wellbeing



**Cultural**—Awareness of one’s own culture, accepting and valuing other cultures, and expanding our knowledge of different cultures



**Emotional**—Coping effectively with life and creating satisfying relationships



**Environmental**—Awareness of the earth and the effects your daily habits have on the physical environment



**Intellectual**—Recognizing creative abilities and finding ways to expand knowledge and skills



**Occupational**—Contributing your unique gifts, skills, and talents to work that is personally meaningful and rewarding



**Physical**—Caring for your body to stay healthy now and in the future



**Social**—Maintaining healthy relationships, enjoying being with others, developing friendships and relations, caring about others, and letting others care about you



**Financial**—Managing your resources to live within your means, making informed financial decisions



**Spiritual**—Finding purpose, value, and meaning in your life

**YOUR Senior Center has you covered!**

## TRANSPORT

Monday—Friday  
7:30am – 3pm

Rides by appointment for those 60+ living in the 48160 zip code.

## SENIOR CAFÉ

**3 DAYS A WEEK!**

Tuesday  
Wednesday  
Thursday  
@11:45

Cost is \$3.00

## MEALS ON WHEELS

Monday-Friday

Meals on Wheels is specially designed for those who are homebound.

## ACTIVITIES

Monday-Thursday  
8am – 3pm

We have non-stop activities. Join us for one, or spend the day.

# Support Groups

## CAREGIVER SUPPORT

2nd Tuesday/September 12th @12:30

Hosted by Lindsay Mamp, Huron Valley Pace

This group offers informational, emotional and affirmational support to help reduce the care-giver burden that one experiences as a care partner. Huron Valley Pace provides a safe space offering strategies and support for those traveling down similar paths.



**“Caregiving often calls us to lean into love we didn’t know possible.” -Tia Walke**

[www.milanseniors.org](http://www.milanseniors.org)

5

(734) 508-6229



**FREE**  
AD DESIGN  
with purchase  
of this space  
**CALL 800-477-4574**

**THIS SPACE IS**  
**AVAILABLE**



**MILAN PHYSICAL THERAPY**  
905 Dexter St.  
Milan, MI 48160  
**734-439-8410**  
*We give you the tools  
to live a healthy life*  
M-F, 8am-5pm  
Early morning and  
evening hours available.  
[office@milanphysicaltherapy.com](mailto:office@milanphysicaltherapy.com)  
[milanphysicaltherapy.com](http://milanphysicaltherapy.com)

**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

**CONTACT ME**  
**Christopher Nance**

[cnance@lpicommunities.com](mailto:cnance@lpicommunities.com)

**(800) 477-4574 x6107**

**WE'RE HIRING!**  
AD SALES EXECUTIVES  
BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



**Contact us at**  
[careers@4lpi.com](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)



# Support Services



## PODIATRY SERVICES

September 11th

By Dr. Felhandler, DPM

Dr. Felhandler is a Foot Specialist and Surgeon specializing in the diagnosis and treatment of thick nails, ingrown toenails, neuropathy, corns and calluses, arthritis, swelling, bunions, hammer toes, and other conditions of the foot and ankle. Call MSHL office to register for an appointment.

## ACUPUNCTURE

Mondays from 9:15—Noon

Hosted by Dr. Linda Moacheupao,  
Licensed Acupuncturist

Experience community-style treatment as Linda treats a wide range of health issues including:

- **Arthritis**
- **Pain Management**
- **Respiratory Ailments**
- **Anxiety**
- **Depression**
- **Digestion**

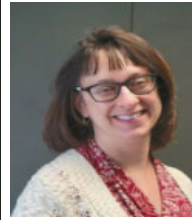
*\$20 for Members only / Call to Schedule*

## MoCA MEMORY TESTING

with Diane London, RN/by appointment

The Montreal Cognitive Assessment (MoCA) is designed as a preliminary screening tool for mild cognitive dysfunction. It assesses different cognitive domains like memory, language, attention and concentration. These results can be taken to your doctor for further consultation.

**Sign up at the office for an appointment!**



**NEW!**

## AGING in ACTION

By Appointment

Beverly Robinson

Aging in Action is our new program which takes a community-based approach in supporting older adults in their effort to remain living in their homes and communities safely, independently and comfortably, regardless of their age, income or abilities. Beverly, our Lead Resource Advocate, will assist clients in working around challenges faced when aging in place. Let us know if we can help. Call our new Aging in Action phone line at **734.418.0376**



## DID YOU KNOW...

Did you know that we often have medical devices and equipment to loan out or give away? We frequently have a large supply of incontinent products that are free to anyone who might need them. Call or stop by the office and we will be glad to share whatever we have in stock.

## TRANSPORTATION By MSHL

Monday—Friday/7:30am – 3pm

For those 60+ living in the 48160 zip code.



We can take you up to 20 miles outside of Milan. Visit our website for additional information or call us for a brochure.

# Ongoing Programs

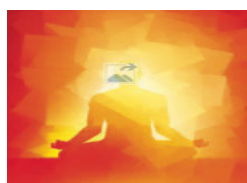


## WOMEN'S HOUR

Wednesdays  
@11:00am

Hosted by Cindy Swope

Join in the conversation! Cindy Swope does a fabulous job initiating conversation, sparking dialogue, and giving everyone a safe place to share insights, experiences, joys and challenges. Newcomers are always welcomed!



## GUIDED MEDITATION

Tuesdays @1:30pm

Hosted by MaryAnn Opal

Meditation can be particularly powerful for older adults because of its emotional and cognitive benefits. If you're looking for a new form of self-care or a way to improve your mental health, meditation could be a great addition to your life. It can greatly improve your emotional, physical, and brain health. For seniors, mindfulness and meditation can play a significant role in your overall well-being. Treat yourself to something special this summer!

## QUILTING B'S

Thursdays @10am



Enjoy a morning of stitching and friendly conversation with this group of Quilting B's. Bring your own project and work together with other fellow stitchers.

## PIE WITH THE PASTOR

Wednesday, September 13th @12:30pm

Hosted by Pastor Matt West

Join Pastor Matt from Marble Memorial United Methodist to carry on the tradition of spiritual guidance, and of course, pie!

*Let us know you are coming so that we have enough pie!*



## MEN'S COFFEE HOUR

Every Tuesday from 9—11am

Hosted by Gary Bourdeau

This is one of our biggest groups yet! Come "shoot the breeze", solve the world's problems, or simply enjoy the comradery of this great group of men. First time guests are welcomed!



## COFFEE WITH THE MAYOR

Third Wednesday/September 20 @1pm

Hosted by Mayor Ed Kolar or Council Member

Join our mayor as he shares his vision for Milan and address your questions, comments and concerns.

## LIBRARY IN MOTION

Wed., September 6th @2:00

Hosted by Monroe County Library



Library in Motion is here every month with loads of books and movies. Stop by and get your new library card then take a look at the cart of all the books and movies you can check out.

# Fitness

## FITNESS PASS—FOR EXERCISE PROGRAMS

Senior Member	Seniors	Non-Seniors
\$25	\$31.25	\$37.50

Mix and match your favorite exercise classes!  
Each card is good for 20 classes.  
When your card is used up, buy another.

*ALL morning fitness classes begin at  
10:00am.*



*Use your Fitness Pass  
for all our fitness classes!*

### FITNESS SAMPLER

**Mondays @10/Video Format**

Monday's Fitness Sampler is in video format and professionally led by instructors from 'GetSetUp'. Instructors will guide you through a variety of fitness styles including cardio yoga, strength training, tai chi, walking classes, and more. Give Mondays a try!

### SITFIT

**Tuesdays @10/Instructor: Beverly Robinson**

Enjoy a seated workout with lively music to make exercising fun! SitFit targets upper and lower body strength while focusing in on range of motion, stretches and balances that make for a complete workout in just one hour.

### EXERCISE4U

**Thursdays @10/Instructor: Beverly Robinson**

This one-hour exercise class is designed to challenge the mature adult of any fitness level, and maintain abilities to perform day to day activities through low-impact cardio, strength conditioning, and stretching with balance exercises sprinkled throughout.

### CHAIR YOGA

**Monday & Wednesday @2pm**

Instructor: Janae LeBar

Yoga targets muscle strength, softness, and flexibility. It can encourage the body, mind and spirit to remain healthy and strong. What are some benefits of participating in yoga?

- Helps ease symptoms of arthritis
- Improves balance, strength, and flexibility
- Helps manage and relieve stress
- Boosts energy levels and brightens your mood
- Helps ease back pain
- Improves your heart health
- Relieves anxiety and depression
- Helps you maintain a healthy metabolism





# Fun & Food

*Please join us to honor these individuals!*

## BIRTHDAY CELEBRATION

Thursday, September 14th  
Gather @11:15/Eat @11:45



**With  
Live  
Music!**

## SEPTEMBER BIRTHDAYS

Caroline Alexander	Maria Long
Carol Barrett	Tom Louks
Cheryn Bourdeau	Judy Mikkola
Kathy Dominique	Judy Parker
Richard Early	Shelly Rothwell
Mary Ender	Susan Schoeff
Glenda Enriquez	Barb Slagle
Dorothy Hall	Lou Ann Thompson
Fonda Heikka	Ted Townsley
Susan Jantschak	Arlene Wolf
Betty Koczman	Susan Yasi

Thanks to a donation from Mullins Auto, all MSHL members whose birthday is in September will receive a complimentary lunch.

*\*\*If you are a member whose birthdate is in September and your name is not listed, please contact the office\*\**

## EAT WELL! LIVE HEALTHY!

At MSHL we are passionate about providing tools and resources to empower healthy aging.

### SENIOR CAFÉ— 3 DAYS A WEEK!

Tuesday, Wednesday &  
Thursday @11:45  
Cost is \$3

Come enjoy a hot,  
nutritious meal in the  
community of others!

Sign up or call in 48 hrs.  
in advance

Stay afterward for one of our  
many activities

### MEALS ON WHEELS

Monday thru Friday

Meals on Wheels  
is specially designed for those  
who are homebound or  
whereby shopping and  
preparing meals takes a  
considerable and  
taxing effort.  
Registration is simple—  
call MSHL to see if you qualify.  
Meal delivery can often begin  
within 48 hrs.

### MEMBERS ONLY LUNCHEON

1st Wednesday of the Month  
September 6th  
Gather at 11:15/Eat at 11:45  
Cost is \$3

**This Month Jodi will cook  
breakfast!**

**German Pancakes  
and  
Breakfast Casserole**  
(Eggs, Potatoes, Meat, Cheese)

# Arts & Crafts

## BRUSH TO CANVAS

Wednesday  
September 27th  
@12:00pm

Hosted by Jolie Choe



Jolie is very passionate about painting, and she leads you step-by-step with detail and patience as she guides you in creating your own masterpiece in a relaxing, creative atmosphere. If you haven't already, give it a try!

*See a sample of September's painting at the office  
Register by September 26th*

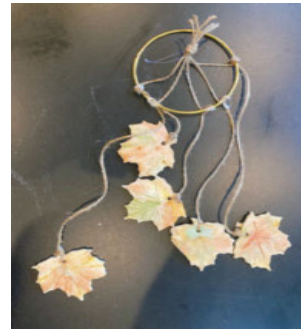
Senior Member	Seniors	Non-Seniors
\$25	\$31.25	\$37.50

## CRAFTING With SHARON

Thursday  
September 14th

@10:00am

Hosted by Sharon Early



This windchime is made of leaves of air-dried clay and with alcohol coloring. Come create a unique craft that will give you some fall décor to display.

*Register by September 13th*

Senior Member	Seniors	Non-Seniors
\$10	\$12.50	\$15

# Games & Outings



Bingo	Monday	12:30	(25 pennies & 1 dime)
	Wednesday	12:30	(12 dimes, 1 nickel & 1 quarter)
	2nd Wed	12:30	(15 quarters)
Euchre	Thursday	12:30	(8 dimes & 8 quarters)
	Tuesday	12:30	
	Wednesday	12:30	
Mah-jongg	Thursday	12:30	



## OUT TO BREAKFAST OUT TO LUNCH BUNCH

### Out to Breakfast

Every 4th Friday—September 22nd @9:00am

### Out to Lunch Bunch

Every 3rd Saturday—Sept. 16th @1:00pm

*Contact Donna Kneebush to make reservations:  
734.439.2103*

# Member Perks

## MEMBER'S ONLY PERKS

As a member, you can take part in:

- Acupuncture
- Podiatry
- Free Birthday Lunch
- Member's Only Luncheon
- Use of Fitness Room
- Discounts on Programming



If you haven't already, get your 2023 membership (Standard, Premium or Lifetime) today. You will get your monthly newsletter mailed or emailed to you so you never have to miss out on the great things we are doing here at MSHL!



## FITNESS PASS

Fitness passes are only \$30 for members which makes each class just \$1.50—**What a deal!**

## MEMBER'S EXERCISE ROOM

The Exercise Room is open Monday through Thursday, 8am—3pm. Members can use the exercise room with a medical release form on file. We have treadmills, elliptical, recumbent bike and free weights. For your safety, there are additional hygiene protocols so be sure to check!

*Medical release forms & membership need to be resubmitted annually.*

[www.milanseniors.org](http://www.milanseniors.org)

11

(734) 508-6229

**SALINE'S PREMIER FAMILY-OWNED SENIOR LIVING COMMUNITY**

HERITAGE SENIOR COMMUNITIES

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

- ASSISTED LIVING
- MEMORY CARE
- RESPITE

*Come Home to Where the Care Begins...*

**Linden Square**  
Assisted Living Center

*Call today!* **(734) 429-7600**

# SUPPORT OUR ADVERTISERS!

Danielle Grostick  
(734)637-5897  
[daniellegrostick@gmail.com](mailto:daniellegrostick@gmail.com)



Homes are where our hearts are

**Real Estate One**

The Grostick Team

Montgomery Lindemann  
(734)323-5046  
[Grostickm@gmail.com](mailto:Grostickm@gmail.com)



*"Let our family help your family find your way home"*

[www.daniellegrostick.com](http://www.daniellegrostick.com) 1164 Dexter St. Milan, MI 48160



**THRIVE**  
LOCALLY



# Support Your Center

## CONSIDER SUSTAINING SUPPORT

Will you consider being a sustaining supporter of Milan Seniors for Healthy Living? Research shows that non-profits receiving a regular payment every month from their supporters are much more likely to succeed and grow. Call the office with your support—Thank You!!

## THIS MONTH'S WISH LIST

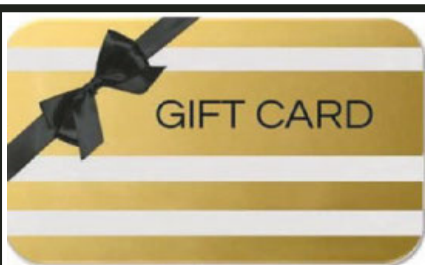
- Stamps
- 10 oz. coffee cups
- Coffee
- Snacks
- Small Dessert Plates



If you shop at **Kroger**, you can help support MSHL at NO COST to you. **Kroger** will donate to nonprofits based on your purchases. Kroger's program is named **Kroger Community Rewards**. Come to the office—we can help you sign up!



**Donate your spare change and change seniors' lives.**



Consider donating your unused gift cards! We can use any of your new gift cards that you no longer want or need. Just drop them off at the front office when you are here next.

## DID YOU KNOW...

Did you know that using your credit card costs us nearly **7 percent?! While** we will not discourage payment of any form, we encourage you, if possible, to pay with a check or cash. Thank you for your support as we continue to bring quality programs and activities to MSHL.

## MSHL LEGACY ENDOWMENT FUND

You can invest in Milan Senior Services through MSHL's Legacy Endowment Fund. MSHL is honored to receive donations in memory or honor of loved ones. You can bequeath a donation in memory by including MSHL in your final wishes and/or including us in your will.



## BOTTLE/CAN DRIVE

Drop off **CLEAN** bottles and cans in the front vestibule. The bottles and cans you donate go a long way in helping us to offset some of the costs we experience being a nonprofit organization.

# Holiday Market



**Calling all Vendors...**

**Saturday, November 4th from 9:00—2:00**  
**Table and two chairs \$25 / MSHL Members \$20**

Reserve your spot by **October 22nd**  
Nicole—nicolew@milanseniors.org

You can also reserve a spot by calling MSHL at (734) 508-6229.

[www.milanseniors.org](http://www.milanseniors.org)

13

(734) 508-6229

**Place Your Ad Here and  
Support our Community!**

Instantly create and  
purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

**NEVER MISS  
OUR NEWSLETTER!**

**SUBSCRIBE**

Have our  
newsletter  
emailed  
to you.



Visit

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

**THRIVE  
LOCALLY**



For ad info. call 1-800-477-4574 • [www.lpiseniors.com](http://www.lpiseniors.com)

15-0778

# MSHL Made Possible By:

## LIFETIME MEMBERS

Linda Alair  
Carol Barrett  
Marcia Bolog  
Rose Budd  
Carolyn Burlingame  
Donna Carver  
Christine Chie  
Liz Cook  
Joyce Criswell  
Joan Cullip  
Kathy Dominique  
Diane Dziedzic  
Judy Falk  
Roger Falk  
Anne Farmer  
Janett Ford  
Carrie Furman  
Larry Furman  
Barbara Gardinier  
Muriel Gierke  
Lou Ann Hanlon  
Joyce Hearn  
Fonda Heikka  
Mary Hendrick  
Marie Hiler  
Daniel Horvath  
Fran Howard  
Hurshel Howard  
John Howard  
Susan Jantschak  
Pat Kachenko  
Evelyn Katona  
Marilyn Kettenstock  
Barbara Ann La Fleur  
James LeBar  
Diane London  
Maria Long  
Jeanne Luddeni

Eugene Maas  
Nancy Malecki  
Deb McFarlane  
Mary Mehringer  
Judy Mikkola  
Glenna Mullins  
Laurie Novak  
Carolyn Olds  
Penny Olds  
Rogers Olds  
Betty Otto  
Gordon Parker  
Judy Parker  
John Schauer  
Judy Schonek  
Linda Schultz  
Marvin Schultz  
Richard Sheff  
Nicole Siefert  
Nancy Simpson  
Yvonne Smiley  
Colleen Smith  
Irene Smith  
Phyllis Smith  
Allison Spencer  
Linda Squires  
Newt Squires  
John St. Pierre  
Kristine Thomas  
Lou Ann Thompson  
Wendy Tobler  
Carol Vollink  
Jane Ann Wanty  
Jennifer Ware  
Edward Wollmann  
Susan Yasi  
Patsy Zander

## GET YOUR 2023 MEMBERSHIP

**Standard (\$20)** - You will receive a personal copy of the newsletter, discounts on all programs sponsored by MSHL, access to select support services, a free birthday lunch, and access to the member's gym.

**Premium (\$50)** - All benefits listed above for you AND for someone else! The remainder is a donation made in your name and is tax deductible. Standard and Premium memberships are good from January to December.

**Lifetime (\$200)** - All the benefits of a standard membership for the remainder of your lifetime. You will be recognized as a lifetime member in the newsletter and annual report.

## MSHL STAFF

### Executive Director:

MaryAnn Opal

### Director of Transportation:

Alan Lown

### Administrative Support:

Jodi Griffor

### Transportation Drivers:

Alan Lown

Peter Woodhouse

### Director of Programming:

Nicole Wingefeld

### Kitchen Production:

Sherrie Schwartz

### Aging in Action Advocate:

Beverly Robinson

## BOARD OF DIRECTORS

### Chair:

Steve Barney

### Directors:

Eduardo Enriquez

James Giordani

John Schauer

### Vice-Chair:

Terry Dollhoff

### Secretary:

Diane London

### Alternates:

Janice Duval

Matt West

### Treasurer:

Chris Wetzler

### Milan City Council

**Liaison:** Shannon

Dare-Wayne



# Senior Health Fair

**Senior Living**  
**Home Health**  
**Flu Shots**  
**Resources**  
**Medicare & Medicaid**  
**Advanced Directives**  
**Estate Planning**  
**PT & OT Therapies**  
**Hospice**



**Q: What do you call a horse with good mental health?**  
**A: Stable!**



## MSHL Made Possible By:

### FUNDERS \$5000+

Michigan DOT  
 Ann Arbor AAACF  
 Ann Arbor AAATA  
 City of Milan Senior Millage

McCalla Trust Fund  
 Monroe County COA  
 Washtenaw County OCED  
 Washtenaw County United Way



# WHAT'S HAPPENING AT MSHL

# SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday
<b>4</b> <b>Closed Labor Day</b> 	<b>5</b> 9:00 Men's Hour p7 10:00 SitFit p8 11:45 Senior Cafe p9 12:30 Euchre p10 12:30 Reading w/ Elaine p2 1:30 Meditation p7	<b>6</b> 11:00 Women's Hour p7 11:15 Member's Lunch p9 12:30 Dime Bingo p10 12:30 Euchre p10 2:00 Chair Yoga p8 2:00 Library in Motion p4	<b>7</b> 10:00 eXercise4U p8 10:00 Quilting B's p7 11:45 Senior Café p9 12:30 Bingo p10 12:30 Mah-jongg p10 12:30 Euchre p10
<b>11</b> 9:15 Acupuncture p6 10:00 Fitness Sampler p8 12:30 Penny Bingo p10 1:30 Podiatry p6 2:00 Chair Yoga p8	<b>12</b> 9:00 Men's Hour p7 10:00 SitFit p8 11:45 Senior Cafe p9 12:30 Euchre p10 12:30 Caregiver Support p5 12:30 Reading w/ Elaine p2 1:30 Meditation p7 5:30 <b>Special Bingo</b>	<b>13</b> 10:00 Life Choices p2 11:00 Women's Hour p7 11:45 Senior Café p9 12:30 Quarter Bingo p10 12:30 Euchre p10 12:30 Pie w/ the Pastor p4 2:00 Chair Yoga p8	<b>14 Rummage Sale</b> 10:00 eXercise4U p8 10:00 Quilting B's p7 10:00 Craft w/ Sharon p10 11:15 Birthday Lunch p9 12:30 Bingo p10 12:30 Mah-jongg p10 12:30 Euchre p10
<b>18</b> 9:15 Acupuncture p6 10:00 Fitness Sampler p8 12:30 Penny Bingo p10 2:00 Chair Yoga p8	<b>19</b> 9:00 Men's Hour p7 10:00 SitFit p8 11:45 Senior Cafe p9 12:30 Euchre p10 12:30 Reading w/ Elaine p2 1:30 Meditation p7	<b>20</b> 11:00 Women's Hour p7 11:45 Senior Café p9 12:30 Dime Bingo p10 12:30 Euchre p10 1:00 Coffee w/ Mayor p7 1:00 Gray Matters p3 2:00 Chair Yoga p8	<b>21</b> 10:00 eXercise4U p8 10:00 Quilting B's p7 11:45 Senior Café p9 12:30 Bingo p10 12:30 Mah-jongg p10 12:30 Euchre p10
<b>25</b> 9:15 Acupuncture p6 10:00 Fitness Sampler p8 12:30 Penny Bingo p10 2:00 Chair Yoga p8	<b>26</b> 9:00 Men's Hour p7 10:00 SitFit p8 11:45 Senior Cafe p9 12:30 Euchre p10 12:30 Reading w/ Elaine p2 1:30 Meditation p7	<b>27</b> 11:00 Women's Hour p7 11:45 Senior Café p9 12:00 Brush to Canvas p10 12:30 Dime Bingo p10 12:30 Brush to Canvas p10 12:30 Euchre p10 2:00 Chair Yoga p8	<b>28</b> 10:00 eXercise4U p8 10:00 Quilting B's p7 11:45 Senior Café p9 12:30 Bingo p10 12:30 Mah-jongg p10 12:30 Euchre p10
<b>Save the Date!</b>	<b>Special Bingo</b> September 12th p2	<b>Health Fair</b> October 3rd p15	<b>Holiday Market</b> November 4th p13