

Milan Seniors for Healthy Living

empowering healthy aging and enhancing quality of life

October 2024 Newsletter

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CONTACT US

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Transportation: (734) 322-8413
Aging in Action: (734) 418-0376
Meals on Wheels: (734) 508-6229

HOURS

Monday—Thursday
8:00am to 3:00pm

(We are closed Fridays)



MSHL is a community hub where older adults can gather to meet their social, physical, emotional, and intellectual needs.

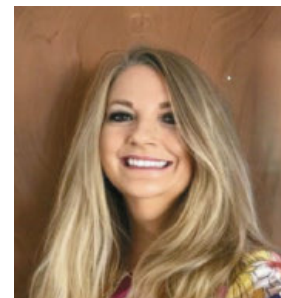
One of the key ways seniors can maintain happiness and health in the long term is by staying socially active. The more engaged you are, the better your quality of life tends to be. MSHL can fill this gap by providing opportunities for you to get active, enjoy various social events, and enhance your overall well-being.

For seniors looking to socialize, learn something new, or meet new people, MSHL is an excellent option. We offer opportunities to connect with peers and engage in a variety of activities. We provide a range of programs designed to appeal to our broad audience. MSHL is evolving to meet the needs and desires of the aging population. To cater to this dynamic generation, MSHL is constantly developing new programs and services.

Research indicates that older adults who participate in Senior Center programs can learn to manage and delay the onset of chronic diseases and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being.

Please join us! It could be the change you need for a healthier, happier life!

Great Love for all, MaryAnn



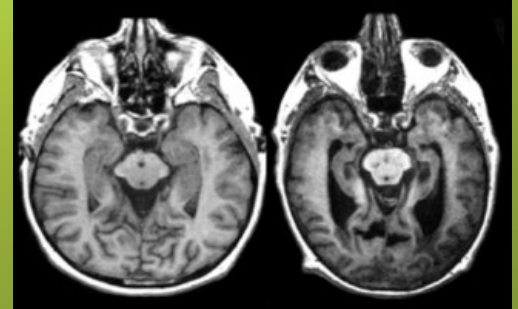
October Programs

DEMENTIA SERIES, PART 4: GOOD NEWS!

Tuesday, October 1st @11am

Presented by Dementia Friendly Saline

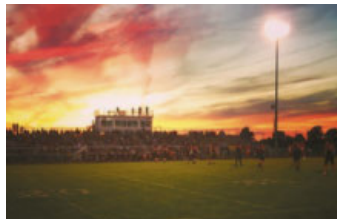
Although Alzheimer's Disease and most other dementias are not yet curable, we are learning a lot about practical lifestyle choices we can all make to reduce our risk of developing dementia. This session will discuss *Healthy Living for Brain and Body*, and then we will talk about the exciting recent advances in drug therapies that promise to slow down the progression of Alzheimer's.



MILAN FOOTBALL OUTING

Friday, Oct. 18th @6:30pm

200 Big Red Drive, Milan, MI



The Milan Big Reds are playing the Airport Jets on Friday, October 18th at 7:00pm at Joe O'Donnell Field. Wear your red and black and come support the Milan Big Reds. Meet outside Joe O'Donnell Field on October 18th at **6:30pm** to head into the game. Pre-register with MSHL and skip the line.

ADA and low-level seating available. Stop by the office to reserve your spot and buy your ticket.

LEARN ABOUT LINDEN SQUARE

Tuesday, October 29th @11am

Hosted by Jessica from Linden Square Assisted Living

Hang out with Jessica to hear what all Linden Square has to offer, then stick around for a spooky craft. *(Let us know you are coming!)*



MARBLE PARK CEMETERY

Monday, October 28th @11am

Presented by Jamie Vesper, Marble Park Caretaker



J.L. Marble founded Marble Park Cemetery Association in the spring of 1896. His dream was to provide a dignified and well-maintained cemetery where local citizens could come to memorialize and honor their deceased loved ones. Come meet Jamie Vesper, caretaker at Marble Park and learn about burials as well as the history and upkeep of a cemetery.

October Programs



HALLOWEEN & COSTUME PARTY

Thursday, October 31st

11:00—Costume Party

Wear your Halloween costume and join us for games, tricks, treats and a special Halloween performance. Best costume wins a Halloween treat!

12:00—Lunch

Sign up one week prior

Treat Bar

Bring your favorite treat to share: Mummy's Cake recipe, Jello Eyeballs, or Monster Cookies.

(Let the office know what you are bringing!)

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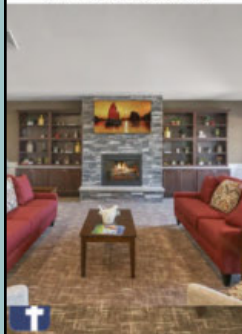
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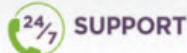


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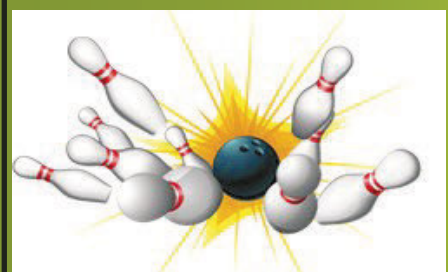
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Ongoing Programs

PEER LED ACTIVITIES *We are adding more fun to Mondays!*



BEAD & JEWELRY MAKING / Led by Laurie Novak
October 7th @12:30pm



DIAMOND ART / Led by Judy Mikkola
October 14th @12:30pm

CRANIUM CRUNCH / Led by Wendy Tobler
October 21st @12:30pm

Cranium Crunch sails new waters with Wendy Tobler at the helm guiding you through word games that are moderately challenging and fully fun!



WII BOWLING / Led by Maxine Tewsley
October 28th @12:30pm

TWISTIN' STRING / Led by Marcia Bolog & Evelyn Katona
Every Monday @11:00 am

Knit and crochet every Monday under the experienced guidance of Marcia and Evelyn. Ladies and gents are welcomed. **Cost is \$10 for the month. Sign up by Sept. 30th.**

JEOPARDY / **Monday, October 7th @11am**

Hosted by Maxine Tewsley

READING WITH ELAINE / **Tuesdays in October @12:30pm**

PT TODD / **Third Thursdays, October 17th @2pm**

Hosted by Todd Thurman, PT/DPT

TECH TALK: TECH HEISTS / **Wednesday, October 16th @2:30pm**

Hosted by James Giordani, Clear Computing

Did you know that a mysterious, daring hack slowed the Iranian nuclear program and that North Koreans nearly brought down Sony Pictures with a cyber attack? Grab a seat and get ready to be amazed by the clever tactics and incredible feats of the tech masterminds! Let the office know you are coming.



More Programming

DEBBY'S DESIGNS

Wednesday, October 16th @10
Hosted by Deby Tubbs

Join Debby to create a fall Breakout Picture. Use your creativity to make a fun, fall frame for the season.

(This is an example of a breakout frame.) Supplies are provided and it is free to join. **Register soon!**



PUMPKIN PAINTING WORKSHOP AND CREATIVE MEDITATION

Thursday, October 24th @ 9:30am
Hosted by Moon Mama, LLC

Join me, Moon Mama, for a relaxing and creative experience. We will be painting and decorating wooden pumpkin wall art to celebrate the season. Creative Meditation is the opportunity to explore with paint while quieting the chatter of the busy mind and engaging with the calm energy of your creative spirit.

Register by October 23rd

Senior Member	Seniors	Non-Seniors
\$20	\$25	\$30

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mweber@4LPi.com

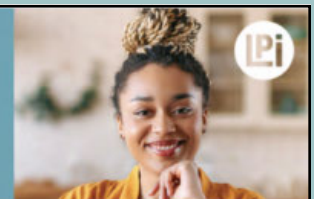
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Ongoing Programs

MEDITATION(+)TUESDAYS / Tuesdays @1:30pm

Hosted by MaryAnn Opal

For centuries now, meditation has been used to help people feel more at peace. In recent years, meditation has increased in popularity due to its scientifically proven benefits. In fact, according to the NIH, the number of adults practicing meditation more than tripled in five years, from 4.1% to 14.2%. Meditation involves training your mind to focus, relax and redirect your thoughts.

1st & 3rd -
Guided Meditation
2nd -
EFT Tapping
4th -
Book Club

WOMEN'S HOUR / Wednesdays @11am

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!

MEN'S COFFEE HOUR / Tuesdays @9am

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!



POPCORN W/ THE PASTOR / Wednesday, October 9th @12:30pm

Hosted by Pastor Matt West

Join Pastor Matt from Marble Memorial United Methodist to carry on the tradition of spiritual guidance. Pastor Matt is bringing a new treat this month: popcorn!

TALK OF THE TOWN / 3rd Wednesday, October 16th @1pm

Hosted by Mayor Ed Kolar & Council

Pull up a chair and join in on the conversations that impact you and your community. Come with questions!



QUILTING B'S

Thursdays @10am

Hosted by Ellen Bell

Did you know that sewing releases endorphins which are natural chemicals that make you feel happy and calm? Stitch among friends and work at your own pace. All are welcomed.

Support Services

NEW - MEDICATION REVIEW

Betty Chaffee of **BetterMyMeds**, PharmD / By Appointment / Contact MSHL Office

Too many meds? Too many doctors? Side effects? Get help from a medication expert! Find out if all your meds are necessary, and learn how to talk more confidently with your doctor.

M—Th from 8—3pm / 734.322.8413 / MSHL TRANSPORTATION



Alan Lown, Transportation Director

Rides by appointment for those 60+ and living in the 48160 zip code.
Call ahead to schedule your ride with us.

734.508.6229 / MEALS ON WHEELS (MOW)

Meals on Wheels is specially designed for those who are homebound or whereby shopping and preparing meals takes considerable and taxing effort. **Call the office to see if you qualify.**

734.418.0376 / AGING IN ACTION

Beverly Robinson, Lead Resource Advocate

Aging in Action enhances quality of life and encourages aging with independence and dignity by providing a coaching and referral service designed to assist seniors as they work around challenges and barriers faced while aging. **Call for assistance.**

Mondays @9am / ACUPUNCTURE

Hosted by Dr. Linda Moaucheupao

Linda uses acupuncture to diagnose, treat, and prevent illnesses and improve well-being. Herbal Medicine and non-needle modalities are often used with acupuncture to help manage pain and promote health. **\$20 Members only.**

Monday, October 21st @1:30pm / PODIATRY SERVICE

By Dr. Felhandler, DPM

Dr. Felhandler is a Foot Specialist and Surgeon specializing in the diagnosis and treatment of many conditions of the foot and ankle. Rates are based on your medical insurance plan and deductibles. **Call MSHL office for an appointment.**

By Appointment / VIRTUAL DEMENTIA TOUR

With MaryAnn Opal/by appointment

As a trained facilitator, MaryAnn will guide participants outfitted with patented devices, that alter their senses while they try to complete everyday tasks. The tour enables caregivers to experience for themselves the physical and mental challenges those with dementia face.

Contact MaryAnnO@milanseniors.org

By Appointment / MoCA MEMORY TESTING

With Diane London, RN

The Montreal Cognitive Assessment (MoCA) is designed as a preliminary screening tool for mild cognitive dysfunction. These results can be taken to your doctor for further consultation.

Make your appointment at the office.

Fitness

LEARN THE THRILLER DANCE

Wednesday, October 30th @10am

Instructors Maxine Tewsley & Beverly Robinson

Join Maxine and Beverly in their other area of expertise: **Dance!** Learn the iconic Thriller Dance in honor of Halloween. You can do it sitting or standing—whatever feels best for you! Learn the dance just for fun, and if you'd like, perform it the next day at MSHL's Halloween party October 31st.



MONDAY & WEDNESDAY / CHAIR YOGA @2pm

Instructor: Janae LeBar

Yoga targets muscle strength, softness, and flexibility. It encourages the body, mind and spirit to remain healthy and strong. This series will introduce you to basic poses, postures and breath that will be the building blocks to take you to that next level.



MONDAY / CARDIO DRUMMING @10am

Instructor: Beverly Robinson

Seated or standing, cardio drumming is a fun and easy exercise that helps activate major muscle groups with high-impact drumming movements. Ball, bucket and drumsticks are all that is needed. This is a medium-paced class but highly adaptable to all fitness levels.

TUESDAY / SITFIT @10am

Instructor: Beverly Robinson

Enjoy a seated workout to lively music making exercising fun! SitFit targets upper and lower body strength, flexibility and range of motion for a complete one-hour workout.

THURSDAY / EXERCISE4U @10am

Instructor: Beverly Robinson

This class is designed to challenge the mature adult of any fitness level through low-impact cardio, strength conditioning, and stretching, with balance exercises sprinkled throughout.

All fitness classes require a fitness pass. Mix and Match your favorite fitness classes. Each card is good for 20 classes. When your card is used up, buy another!



GET A FITNESS PASS FOR ALL FITNESS CLASSES

Senior Member	Seniors	Non-Seniors
\$40	\$50	\$60

Eat Well—Live Well

BIRTHDAY CELEBRATION

Thursday, October 10th

Gather @11:30 / Lunch served @noon

Mary Bennett	Hurshel Howard
Carolyn Burlingame	Pat Kachenko
Victor Caballero	Terry Quillen
Donna Carver	Neoma Robinson
Dorothy Dickson	Tina Schroeder
Elayne Ellis	Cheryl Scott
Margaret Harper	John Troy
Louise Hinzmann	Carol Vollink

Join us in honoring MSHL Members with Birthdays in October. Birthday members receive a free lunch!

Sponsors: Mullins Auto, Kroger, Milan Florist, and Yeager Bomb Entertainment.



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

MEALS ON WHEELS (MOW)

7 Days a Week

Meals on Wheels is specially designed for those who are homebound or whereby shopping and preparing meals takes considerable and taxing effort. Call MSHL to see if you qualify.

MEMBER'S ONLY LUNCHEON

Wednesday, October 2nd @12pm

Prepared by Jodi Griffor

Spinach & Artichoke Stuffed Spaghetti Squash, Stuffed Pepper Soup, Dinner Roll

\$5 Suggested Donation

SENIOR CAFÉ

Monday—Thursday @noon

\$5 Suggested Donation

Now serving Zilke's Vegetable Farm meals! Sign up one week prior to request your lunch.

Our dream is for you to come early for activities, have lunch, then stay the afternoon for more activities. We want to spend more time with you at your senior center.

LUNCH AND LEARN with ATLAS HOME HEALTH

Tuesday, October 8th @11:30 / Lunch @noon

Join Sarah of Atlas Home Safety for a compassionate and informative seminar that will cover essential topics:

- The main causes of slips, accidents and injuries
- Practical modifications to significantly reduce risks and associated rehabilitation costs

Sign up at the office for the seminar and to reserve your lunch.

Games & Outings



EUCHRE TOURNAMENT

Tuesday, October 15th @ 6:30 pm
Doors open at 5:30

Fundraiser | Refreshments | 50/50 Raffle

Buy-in: \$20

Pay out: 50% of the purse
1st place: 60%
2nd place: 30%
3rd place: 10%

45 NECKEL COURT MILAN, MI - 734-508-6229

WIARD'S ORCHARD OUTING

Wednesday, October 9th @ 1:30 pm

Get in the fall spirit with an outing to Wiard's Orchard. Enjoy cider and donuts, visit the store, and take a wagon ride through the orchard.



Meet at Wiard's on October 9th at 5565 Merritt Rd, Ypsilanti @1:30.

\$10/person

Pay at the MSHL office to reserve your spot.

OUT TO BREAKFAST OUT TO LUNCH BUNCH



Out to Breakfast
Every 4th Friday—October 25th @9am

Out to Lunch Bunch
Every 3rd Saturday—October 20th @1pm

Reserve with Sue Bemis:
734.483-6351

Bingo	Monday	12:30	(25 pennies & 1 dime)
	Wednesday	12:30	(12 dimes, 1 nickel & 1 quarter)
	2nd Wed.	12:30	(15 quarters)
	Thursday	12:30	(8 dimes & 8 quarters)
Bunco	2nd Mon.	12:30	NEW!
Euchre	Tuesday	12:30	
	Wednesday	12:30	
	Thursday	12:30	
Mahjong	Thursday	12:30	

Announcements

RUMMAGE SALE

Donate your gently used items for our rummage sale! Items can be dropped off the second week of each month. Come and shop on the day of our birthday celebration to find some treasure you can't live without! All donations help support our center.

(No clothing items, please.)



COMMUNITY COMPUTERS FOR USE

Did you know MSHL has a desktop and laptop here at the Center for you to use? Call or stop by if you would like some screen time!

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Support Your Center

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 non-profit organization.



If you shop at **Kroger**, you can support MSHL at **NO COST** to you. **Kroger** donates to non-profits based on your purchases. Check out **Kroger Community Rewards**. Come to the office—we can help you sign up!



Donate your old but usable eyeglasses!

MSHL MEMORIAL/HONOR FUND

MSHL is honored to receive donations in memory or honor of loved ones. This is a great way to recognize your loved one while supporting MSHL. You can also bequeath a donation in memory/honor by including MSHL in your final wishes and/or including us in your will.



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



Greeting Cards are only 25 cents!



BE A SUSTAINING SUPPORTER

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

**We Need Stamps!
Please and Thank you.**



Memberships / Registering

MEMBER'S ONLY PERKS

Now accepting 2024 Memberships! We have 3 levels of memberships: **Standard (\$20), Premium (\$50) and Lifetime (\$200)**. Stop by to fill out your annual paperwork. 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!

- *Acupuncture*
- *Podiatry*
- *Free Birthday Lunch*
- *Member's Only Luncheon*
- *Discounts on Programming & Passes*

Enroll me in this course



We are excited to offer **SO MANY FREE programs** here at MSHL! We often ask that you register at the office so we know you are coming. If enrollment is low, we may choose to cancel the program, not knowing you were planning on attending. If we have to cancel due to inclement weather, we would like to be able to notify you. So **PLEASE** sign up!



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- Companion Care
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Coming in November!



**HOLIDAY
MARKET**

**VETERAN'S DAY
CELEBRATION**

**MEMBERSHIP
DRIVE**

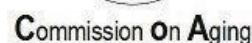
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MEMBER'S MEAL**

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

OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday
	1 9:00 Men's Hour p6 10:00 SitFit p8 11:00 Dementia Series p2 12:00 Senior Cafe p9 12:30 Reading w/Elaine p4 12:30 Euchre p10 1:30 Meditation p6	2 11:00 Women's Hour p6 12:00 Member's Meal p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p8	3 10:00 eXercise4U p8 10:00 Quilting B's p6 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-jongg p10
	7 9:00 Acupuncture p7 10:00 Cardio Drumming p8 11:00 Twistin' String p4 11:00 Jeopardy p4 12:00 Senior Café p9 12:30 Bingo p10 12:30 Bead/Jewelry p4 2:00 Chair Yoga p8	8 9:00 Men's Hour p6 10:00 SitFit p8 11:30 Lunch & Learn p9 12:00 Senior Cafe p9 12:30 Reading w/Elaine p4 12:30 Euchre p10 1:30 Meditation p6	9 11:00 Women's Hour p6 12:00 Senior Café p9 12:30 Bingo/Euchre p10 12:30 Popcorn w/ Pastor p6 1:30 Wiard's Orchard p10 2:00 Chair Yoga p8
14 9:00 Acupuncture p7 10:00 Cardio Drumming p8 11:00 Twistin' String p4 12:00 Senior Café p9 12:30 Bingo/Bunco p10 12:30 Diamond Art p4 2:00 Chair Yoga p8	15 9:00 Men's Hour p6 10:00 SitFit p8 12:00 Senior Cafe p9 12:30 Reading w/Elaine p4 12:30 Euchre p10 1:30 Meditation p6 5:30 Euchre Tournament p10	16 10:00 Debby's Designs p5 11:00 Women's Hour p6 12:00 Senior Café p9 12:30 Bingo/Euchre p10 1:00 Talk of the Town p6 2:00 Chair Yoga p8 2:30 Tech Talk p4	17 10:00 eXercise4U p8 10:00 Quilting B's p6 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-jongg p10 2:00 PT Todd 18 - Friday 6:30 Milan Football p2
21 9:00 Acupuncture p7 10:00 Cardio Drumming p8 11:00 Twistin' String p4 12:00 Senior Café p9 12:30 Bingo p10 12:30 Cranium Crunch p4 1:30 Podiatry p7 2:00 Chair Yoga p8	22 9:00 Men's Hour p6 10:00 SitFit p8 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading w/Elaine p4 1:30 Meditation p6	23 11:00 Women's Hour p6 12:00 Senior Café p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p8	24 9:30 Creative Watercolors p5 10:00 eXercise4U p8 10:00 Quilting B's p6 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-jongg p10
28 9:00 Acupuncture p7 10:00 Cardio Drumming p8 11:00 Marble Cemetery p2 11:00 Twistin' String p4 12:00 Senior Café p9 12:30 Bingo p10 12:30 Wii Bowling p4 2:00 Chair Yoga p8	29 9:00 Men's Hour p6 10:00 SitFit p8 11:00 Linden Square p2 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading w/Elaine p4 1:30 Meditation p6	30 10:00 Learn Thriller Dance p8 11:00 Women's Hour p6 12:30 Bingo/Euchre p10 2:00 Chair Yoga p8	31 10:00 eXercise4U p8 10:00 Quilting B's p6 11:00 Halloween Party p3 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-jongg p10