

# Milan Seniors for Healthy Living

empowering healthy aging and enhancing quality of life

## November 2024 Newsletter

**Open Monday—Thursday  
8—3pm (Closed Fridays)**

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### MSHL STAFF

**Executive Director:**  
MaryAnn Opal

**Senior Life Navigator:**  
Beverly Robinson

**Director of Operations/MOW:**  
Jodi Griffor

**Director of Transportation:**  
Alan Lown

**Director of Programming**  
Maxine Tewsley

**Kitchen Production:**  
Sherrie Schwartz

**Financial Consultant:**  
Amy Landingham

**Strategic Assistant:**  
Angela Thomas



As we enter November, a time traditionally dedicated to giving thanks, we at Milan Seniors for Healthy Living (MSHL) are filled with gratitude for the incredible support we receive.

As a stand-alone, 501(c)(3) non-profit entity, we rely solely on grants, sponsorships and donations to continue serving our community. One of our most significant donor partners is the City of Milan, and we are deeply thankful for their unwavering support.

The City generously allows us to use The Center from Monday through Thursday, 8am to 3pm, free of charge. Additionally, they cover the building's maintenance and janitorial needs, helping to ensure a welcoming and safe space for Milan Seniors.

MSHL worked diligently to advocate for the Senior Millage, a critical initiative that was placed on the ballot and successfully passed. The funds from this millage are administered through the City of Milan, and we are profoundly grateful that they pass on the majority of these funds to support our work.

We are truly grateful for the City of Milan's ongoing partnership, and we look forward to continuing our work together for the benefit of our senior community.

May the blessings of Thanksgiving find their way to you.

**CONTACT US /** 45 Neckel Ct., Milan, Mi 48160

**Main Phone:** (734) 508-6229

**Transportation:** (734) 322-8413

**Aging in Action:** (734) 418-0376

**Meals on Wheels:** (734) 508-6229

[mshl@milanseniors.org](mailto:mshl@milanseniors.org)

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

[Facebook/milanseniors](https://www.facebook.com/milanseniors)

# Health & Fitness

## 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.

### THE FITNESS PASS

Mix and match your favorites, marking off a square for each class you attend. When your card is used up, buy another!

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

### TRY ONE FREE

We believe you need to find the fitness class that best fits your needs. MSHL has a "Try One Free" Policy for just this reason. Please try any and all the classes out once for free! If you already have a Fitness Pass, please let the office or your instructor know that you are trying this class out for the first time, and your Fitness Pass will not be marked for that first session.



### BLOOD PRESSURE CHECKS

Every Monday between 11 and 12pm / Beverly Davenport

Want to check your blood pressure? Stop by MSHL lobby anytime on Mondays between 11:00 and 12:00 to get your blood pressure read.

# November Programs



Milan Seniors  
for Healthy Living

## HOLIDAY MARKET

Saturday, November 2nd  
9 am - 2 pm

**Start your shopping!**

*The Center -  
45 Neckel Court, Milan*

**MEMBER'S ONLY  
THANKSGIVING MEAL**  
Wednesday, November 20th @noon  
Sponsored by MSHL Staff

Enjoy a complimentary member's only  
Traditional Thanksgiving Meal.  
See page 9 for more details.



## SUPPORT OUR ADVERTISERS!



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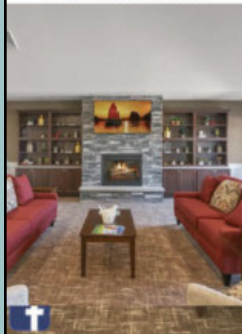
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# November Programs

## CHRISTMAS CARD CLASS

Wednesday, November 6th @10am

Hosted by Judy Chie

Join Judy to create your own set of Christmas Cards in time for the Holiday Season! With step-by-step instructions and tips and tricks, it will be a great creative experience. Most supplies included, but please bring scissors and your choice of adhesive.



**\$20 to register.**

## IT'S MEDICARE SEASON!

Wednesday, November 6th @11am

Hosted by Bill Milner, Milner Insurance

Join Bill Milner, licensed insurance agent with Milner Insurance, to hear about changes to this year's Open Enrollment Process. Bill is up-to-date on all things Medicare; he does not represent one insurance company but provides you with information on many different insurance programs so you can make an informed decision. Bill was well-received last year! Register with the office and let us know you are coming!

## LET'S TALK EPILEPSY / Thursday, November 7th @10am

Hosted by Maxine Tewsley

November is Epilepsy Awareness Month. Hear from Maxine as she presents about Epilepsy, seizure first-aid, and her own personal journey with epilepsy. **Register with the office.**

## CRAFTING W/ SHARON

Thursday, November 14th @9:30am

Hosted by Sharon Early

Sharon will lead you in creating a painted Christmas tree with gems. What a sparkly idea!

Senior Member	Seniors	Non-Seniors
\$10	\$12	\$14

## COOKING WITH CHRISTINE

Monday, November 18th @1pm

Hosted by Christine Chie

Join Christine in the kitchen to make some delicious apple butter just in time for Thanksgiving.

Senior Member	Seniors	Non-Seniors
\$10	\$12	\$14

## SENIOR CARE SYMPOSIUM

Tuesday, November 19th @1:30pm

Spend the afternoon with a group of local professionals discussing a myriad of topics on aging and offering peace of mind to you, your caregivers and your families.

Hear from professionals in Medicare, real estate, eldercare, and beyond.

This seminar is free to attend and will be followed with a Q&A.

**Register in the office.**



# November Programs

## VETERAN'S DAY BREAKFAST

Tuesday, November 12th @9am

Presented by MSHL

Speakers: Jill Tewsley (City of Milan)  
and Amy Taylor (American Legion)

All MSHL Veterans and families are invited to attend a Veteran's Day Breakfast! Enjoy a hearty breakfast prepared by our very own Director of Operations, Jodi Griffor. Learn from speakers Jill Tewsley and Amy Taylor about Milan's community initiatives that honor our Veterans such as Milan's Veteran's Wall and the Veteran's Banner Project.

*Register by November 6th*



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## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Maureen Weber**

[mweber@4LPi.com](mailto:mweber@4LPi.com)

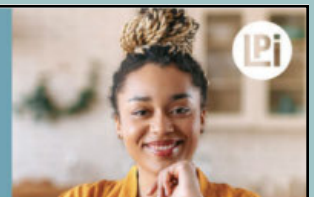
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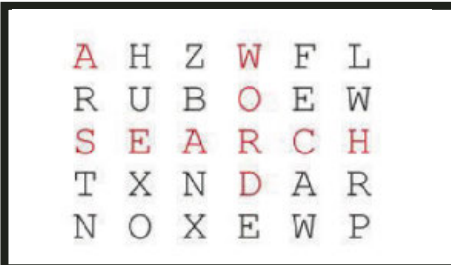
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# Ongoing Programs

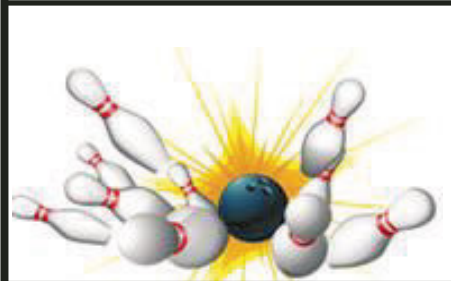
## PEER LED ACTIVITIES *We are adding more fun to Mondays!*



### **CRANIUM CRUNCH /** Led by Wendy Tobler

**November 18th @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 /** Hosted by Maxine Teswsley

**November 25th @12:30pm**

Wii bowling can improve balance, hand-eye coordination, and strength. Wii bowling can also increase social connectedness and decrease loneliness as players cheer each other on. Join Maxine for 10 frames of fun!



### **TWISTIN' STRINGS /** Led by Marcia Bolog & Evelyn Katona

**Every Monday @11am**

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

### **JEOPARDY / Monday, November 25th @11am**

Hosted by Maxine Tewsley

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

Hosted by Elaine Cousino

### **TECH TALK: PEOPLE'S CHOICE / Wednesday, Nov. 20th @1:30pm**

Hosted by James Giordani of Clear Computing

### **PT TODD: FALL PREVENTION / Thursday, November 21st @2pm**

Hosted by Todd Thurman, PT, DPT

This month's focus is Fall Prevention—navigating those icy and slick surfaces.

### **ASK THE PHARMACIST / Monday, November 18th @11am**

Hosted by Betty Chaffee, PharmD

Call them Charlie Horses, Spasms, Cramps—by any name they hurt! Join Betty to talk about why muscle cramps happen and what you can do to prevent them. **Register today!**



# 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.

**Week 2: EFT Tapping    Week 3: Guided Meditation    Week 4: 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, Nov. 13th @12:30pm**

Hosted by Pastor Matt West

Join Pastor Matt from Marble Memorial United Methodist to carry on the tradition of spiritual guidance. Plus, he brings popcorn!

## **TALK OF THE TOWN / 3rd Wednesday, November 20th @1pm**

Hosted by Mayor Ed Kolar & Council

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



## **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!

# MSHL Support Services

## **M—Th from 8 to 3 / 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 @9 / 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, November 18th @1:30 / 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](mailto: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.**



# Eat Well—Live Well

## BIRTHDAY CELEBRATION

Thursday, November 14th @noon

Gather @11:30 / Eat @noon



Patricia Auten	Sharon Early	Janice Pack
Richard Bancroft	Rita Gall	Carolyn Richards
Christine Benton	Michael Grady	Janice Schmitt
Kenneth Bibee	Marie Hiler	Sherrie Schwartz
Robert Brazeau	Suzanne McDonell-	Newt Squires
Antonio Briones	Tippett	Brad Susterka
Susan Clemmer	Ross Medos	Peter Swope
Mary Delf	Melvin Mills	Linda E. Tackett
James Early	Betty Otto	Michael Yates

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

## THANKSGIVING BRUNCH

Wed., November 27th @noon

Hosted by Tom Opal

MaryAnn's husband was known in South Carolina as preparing, "The best Shrimp and Grits in the South." Join us for brunch the day before Thanksgiving, and cast your vote! #yummy

### Southern Shrimp & Grits



Register at the office. No other programming Scheduled on this day.

At MSHL we are passionate about providing 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.

## SENIOR CAFE

Monday—Thursday @noon

\$5 Suggested Donation

Now serving *Zilke's Vegetable Farm meals!*  
Sign up 1 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.

Milan Seniors for Healthy Living  
empowering healthy aging & enhancing quality of life

Please join us for  
**Thanksgiving**  
DINNER

**November 20th @12:00**

**MEMBERS ONLY LUNCHEON**  
45 Neckel Ct  
Milan, MI 48160

Please sign up in the office or call  
734-508-6229 to reserve your spot!

# Games and Outings



<b>Bingo</b>	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)
<b>Bunco</b>	2nd Mon.	12:30	<b>NEW!</b>
<b>Euchre</b>	Tuesday	12:30	
	Wednesday	12:30	
	Thursday	12:30	
<b>Mahjongg</b>	Thursday	12:30	



## OUT TO BREAKFAST

Every 4th Friday  
November 22nd @9am



Reserve with Sue Bemis:  
734.483.6351



# Looking Ahead...

## New Year's Eve Party

Tuesday, December 31, 8pm -12 am

Live Dance Band

Party Favors

Refreshments

Cash Bar

Countdown to

Midnight



### Public Invited

Your ticket is more than an entrance to a party; it will help **MSHL** Tremendously!

This party is brought to you by:



For more info contact  
[MaryAnnO@MilanSeniors.org](mailto:MaryAnnO@MilanSeniors.org)



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**THRIVE**  
LOCALLY



# 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!



## 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

**Bottled Water**



**Donate your old but usable eyeglasses!**

# Memberships

## MEMBERSHIP DRIVE ALL DAY!

Wednesday, November 20th from 8 – 3pm

Get your  
2025 MSHL Membership!

Stop by the Membership Table in the MSHL lobby to update your papers and make your payment.

Everyone who gets their **2025 Membership** during the Membership Drive will be entered into a drawing to win a prize!

ENTER TO WIN



## MEMBER'S ONLY PERKS

Now accepting 2025 Memberships!

Standard (\$20)

Premium (\$50)

Lifetime (\$200)

We have 3 levels of memberships. 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



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- Companion Care
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- Specialty Care

734-971-5000

Right at Home Ann Arbor provides a range of in-home care options for seniors and adults with disabilities. Don't think of our services as one-size-fits all. We know everyone's needs are different, so our care plans are uniquely tailored to each individual. Whether it's helping with dressing and hygiene, providing medication reminders, or simply providing transportation to medical appointments, Right at Home's dedicated caregivers will help you or your loved one navigate life.



*We treat your loved one like family, offering respite for you and enhancing the caregiving experience*

# NEVER MISS OUR NEWSLETTER!

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# MSHL Made Possible By:

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**Alternates:**

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Cindy Swope

**Milan City Council Liaison:**

Shannon Wayne

## MAKE AN IMPACT - MSHL'S LEGACY ENDOWMENT

*You can invest in Milan senior services through MSHL's new Legacy Endowment Fund.  
MSHL is honored to receive donations in memory of loved ones.*



# Coming in December:

# BINGO

**Food**

**Tuesday, December 10th**

**50/50 Bingo**

**Milan Seniors for Healthy Living  
45 Neckel Ct., Milan**

**Doors open @5:30; Bingo starts @6:30**



**Bingo**

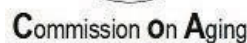
**Cash Prizes**

## Funders:

### FUNDERS \$5000+

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Ann Arbor AAATA  
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Washtenaw County OCED  
Washtenaw County United Way





## BECOME A CORPORATE SPONSOR

Advertise your business on our MSHL Transportation Service vehicles, Sponsor an Event and host a table, OR "Adopt-A-Service" such as Meals on Wheels or our brand new RAMS (Resource Advocacy at Milan Seniors). Email [mshl@milanseniors.org](mailto:mshl@milanseniors.org) for more info.

# WHAT'S HAPPENING AT MSHL

# November 2024

Monday	Tuesday	Wednesday	Thursday
<b>4</b> <b>Closed</b> The Center is closed for election set up	<b>5</b> <b>Closed</b> The Center is closed for Election Day	<b>6</b> 10:00 Christmas Craft p4 11:00 Women's Hour p7 11:00 Medicare Presentation p4 12:30 Bingo/Euchre p10 2:00 Chair Yoga p2	<b>7</b> 10:00 Epilepsy Talk p4 10:00 eXercise4U p2 10:00 Quilting B's p7 12:00 Senior Café p9 12:30 Bingo/Euchre/Mah-jongg p10
<b>11</b>  <b>Closed</b> For Veteran's Day	<b>12</b> 9:00 Veteran's Breakfast p5 9:00 Men's Hour p7 10:00 SitFit p2 12:00 Senior Cafe p9 12:30 Reading w/Elaine p6 12:30 Euchre p10 1:30 Meditation p7	<b>13</b> 11:00 Women's Hour p7 12:00 Senior Café p9 12:30 Bingo/Euchre p10 12:30 Popcorn w/ Pastor p7 2:00 Chair Yoga p2	<b>14 Rummage Sale</b> 9:30 Crafting w/Sharon p4 10:00 eXercise4U p2 10:00 Quilting B's p7 12:00 Birthday Lunch p9 12:30 Bingo/Euchre/Mah-jongg p10
<b>18</b> 9:00 Acupuncture p8 10:00 Cardio Drumming p2 11:00 Twistin' String p6 11:00 BP Checks p2 11:00 Ask Pharmacist p6 12:00 Senior Café p9 12:30 Bingo p10 12:30 Cranium Crunch p6 1:00 Cooking Class p4 1:30 Podiatry p8 2:00 Chair Yoga p2	<b>19</b> 9:00 Men's Hour p7 10:00 SitFit p2 12:00 Senior Cafe p9 12:30 Reading w/Elaine p6 12:30 Euchre p10 1:30 Meditation p7 1:30 Senior Care Symposium p4	<b>20</b> 11:00 Women's Hour p7 12:00 Member's Only Thanksgiving Meal p9 12:30 Bingo/Euchre p10 1:00 Talk of the Town p7 2:00 Chair Yoga p2 2:30 Tech Talk p6 <b>Membership Drive 8-3pm</b>	<b>21</b> 10:00 eXercise4U p2 10:00 Quilting B's p7 12:00 Senior Café p9 12:30 Bingo/Euchre/Mah-jongg p10 2:00 PT Todd p6
<b>25</b> 9:00 Acupuncture p8 10:00 Cardio Drumming p2 11:00 Twistin' String p6 11:00 BP Checks p2 11:00 Jeopardy p6 12:00 Senior Café p9 12:30 Bingo p10 12:30 Wii Bowling p6 2:00 Chair Yoga p2	<b>26</b> 9:00 Men's Hour p7 10:00 SitFit p2 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading w/Elaine p6 1:30 Meditation p7	<b>27</b> <b>Thanksgiving Brunch p9</b> No other activities scheduled	<b>28</b> <b>Closed</b> Happy Thanksgiving! 
<b>ACTIVITIES</b> Monday-Thursday 8am – 3pm We have non-stop activities. Join us for one, or spend the whole day with us!	<b>TRANSPORTATION</b> Monday—Friday 7:30am – 3pm Rides by appointment for those 60+ living in the 48160 zip	<b>SENIOR CAFÉ</b> <b>4 DAYS A WEEK!</b> 12:00pm Monday, Tuesday Wednesday, Thursday	<b>MEALS ON WHEELS</b> Monday-Friday Meals on Wheels is specially designed for those who are homebound.