

Milan Seniors for Healthy Living

empowering healthy aging and enhancing quality of life

January 2025 Newsletter

Open: 8 to 3 / M—Th

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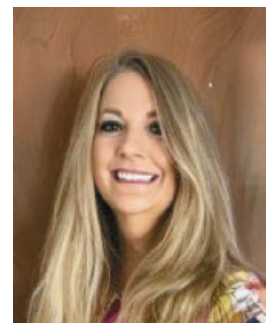
Kitchen Production:
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Welcome 2025! While your life might look different now than it did when you were younger, it's never too late to set goals and improve yourself. You still have the power to improve your life, your future, and yourself, no matter what stage of life you're in. Here are 10 ideas for New Year's resolutions for seniors.

1. **Eat healthier.** Prioritize nutrient-dense foods to boost energy and well-being.
2. **Stay active.** Find enjoyable ways to move daily for better health and strength.
3. **Learn something new.** Try a hobby, language, or skill you've always wanted to explore.
4. **Connect with others.** Strengthen old friendships or make new ones to combat loneliness.
5. **Get organized.** Simplify your life by tackling finances, paperwork, or clutter.
6. **Improve sleep.** Focus on creating a restful nighttime routine or addressing sleep issues.
7. **Be creative.** Take up art, music, or crafting to keep your mind sharp and engaged.
8. **Share your story.** Record memories or create keepsakes for future generations.
9. **Embrace technology.** Learn new tech to stay connected with loved ones.
10. **Be authentic.** Speak honestly, live boldly, and embrace your true self.



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

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Health & Fitness

ASK THE PHARMACIST / WINTER ILLNESSES

Monday, January 13th @11am / Betty Chaffe, PharmD

Gross, but true—winter illness can be messy! We're all likely to come down with something requiring lots of Kleenex this winter. Join Betty to learn why colds and flu cause so much leakage, phlegm and congestion. Even better, learn what you can do about it.

Register today!

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. Try any and all fitness classes out once for free! Just let your instructor know that you are trying this class out for the first time. After class, let us know if you would like to continue.

January Programs

EMPOWERED AGING SERIES / Tuesdays in January @11am



- ◆ **Tuesday, January 7th: Aging in the Community**
Hosted by Jill Tewsley
- ◆ **January 14th: Aging Fears**
Hosted by Huron Valley PACE
- ◆ **January 21st: Extending Independence in the Home**
Hosted by The Housing Bureau for Seniors
- ◆ **January 28th: Empowered Aging Wrap Up**
Hosted by MaryAnn Opal

This program highlights strategies for staying active, fostering lifelong learning, maintaining health and wellness, and embracing modern technology. With engaging stories, expert advice, and a supportive community, we celebrate the vibrant potential of aging and help individuals thrive in every stage of life. Come for as many sessions as you like, but benefit most by attending all of our educational and engaging presentations. Aging isn't so scary. Let's demystify, hear some good news, and talk about ways we are empowered to continue aging.

Register with the office!

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January Programs

MLK PRESENTATION

Wednesday, January 15th
@10:30am

Hosted by: Maxine Tewsley

Celebrate the legacy of Dr. Martin Luther King, Jr. Watch “When I Get Grown,” a short documentary about a seven-year-old MLK and the events that set him on the course to become a civil rights legend and change the course of a nation. Afterwards, stick around for a brief discussion and simple writing activity.

MILAN’S DEMENTIA FRIENDLY CHALLENGE: COMMUNITY PRESENTATION

Thursday, January 23rd @6:30pm

Hosted by Dementia Friendly Saline and MSHL

What does a Dementia Friendly Community look like? Why is it important? This presentation is for Milan businesses and organizations to learn how they can become dementia friendly. Presented by Dementia Friendly Saline and supported by Milan Seniors for Healthy Living and Milan Area Chamber, we hope Milan takes advantage of this awesome opportunity. **Let us know you are coming!**

CHOICES COUNSELING SOLUTIONS

Monday, January 27th @11am

Hosted by Audrey Schroeder

Learn about free mental health counseling for those in Monroe county. Choices Counseling Solution’s mission is to champion the mental well-being of seniors, fostering a community where every older adult feels valued, supported and empowered to thrive. Through tailored programs and compassionate care, they strive to promote resilience, alleviate isolation, and enhance quality of life of older individuals facing mental health challenges with person-centered support. **Register today at the office!**

CYBERSECURITY: STAYING SAFE ONLINE

Thursday, January 16th @11am

Hosted by Catholic Social Services

With a growing number of cyber predators targeting seniors, it’s important to consider how you can stay safe online. **Register soon!**



ACTIVITIES

Monday—Thursday
8am—3pm

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

TRANSPORTATION

Monday—Friday
8am—3pm

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

SENIOR CAFÉ

4 DAYS A WEEK!
12:00pm

Monday, Tuesday
Wednesday, Thursday

MEALS ON WHEELS

Monday—Friday

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

Arts & Crafts



CRAFTING W/ SHARON

Thursday, January 9th @9:30am

Hosted by Sharon Early



For this month, try your hand at creating a special wreath ahead of Valentine's Day. This wreath is crafted with deco mesh and ribbon.

Sign up today!

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



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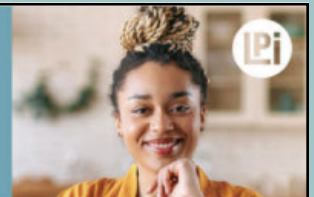
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www.4lpi.com/careers

Ongoing Programs

PEER LED ACTIVITIES

We are adding more fun to Mondays!

TWISTIN' STRINGS / Hosted by Marcia Bolog & Evelyn Katona **Every Monday @11am**

Bring in your own project to work on in the friendly company of fellow knitters and crocheters. Marcia and Evelyn will be on hand for advice and questions. **No fee!**

JEOPARDY / Hosted by Maxine Tewsley **1st Monday, January 6th @11am**

This game is a hoot! Test your knowledge on a wide variety of topics as you clear the board answering \$100 to \$500 questions. Finish with a Final Jeopardy question. Give it a try!



DEBY'S DESIGNS / Led by Deby Tubs **1st Monday, January 6th @12:30pm**

Join Deby to create a free craft of a lighted wine bottle! Use it as winter décor or give it away as a winter gift. **Free to participate!**

DIAMOND ART **2nd Monday, January 13th @12:30pm**

Diamond art, also known as diamond painting, is a craft that involves applying tiny resin "diamonds" to a fabric canvas with an adhesive backing to create a shimmering piece of art. It's a cross between paint by numbers and cross stitch. Try it out!

Wii BOWLING / Led by Maxine Tewsley **4th Monday, January 27th @12:30pm**

In Wii Bowling, players simulate real-life bowling by using the Wii Remote as if it were a bowling ball. The game is known for its simplicity, accessibility, and fun!

Ongoing Programs

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!

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.

PASTOR MATT'S NEIGHBORHOOD / 2nd Wed., Jan. 8th @12:30pm

Hosted by Pastor Matt West

Welcome to Pastor Matt's neighborhood! Join Pastor Matt from Marble Memorial UMC to carry on the tradition of spiritual guidance. Each month will be a little bit different with conversations, guests, snack and more. Register with the office.

TALK OF THE TOWN / 3rd Wednesday, January 15th @1pm

Hosted by Mayor Ed Kolar & Council & Mayor Pro-tem Shannon Wayne

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

MEDITATION (+) TUESDAYS / Tuesdays @1:30pm / Hosted by MaryAnn Opal

Guided meditation uses breathing, posture, and focus to keep you in the present, steering your mind away from past regrets or future worries. Regular practice helps cultivate calmness, even during challenging times, by fostering stillness and emotional balance. Similarly, EFT Tapping involves tapping specific meridian points on the body while addressing present concerns, offering a different path to achieving emotional clarity.

Week 1: Guided Meditation

Week 2: EFT Tapping

Week 3: Guided Meditation

Week 4: Book Club

QUILTING B'S Thursdays @10am

Hosted by Ellen Bell

Sewing can release endorphins which are natural chemicals that make you feel happy and calm. Stitch among friends and work at your own pace.

READING WITH ELAINE

Tuesdays @12:30pm / Hosted by Elaine Cousino

A growing body of research suggests that we may be missing out by reading only with the voices inside our minds. Reading aloud has a number of benefits for adults, from helping improve our memories and understand complex texts, to strengthening emotional bonds between people. Come listen in!

MSHL Support Services

ACUPUNCTURE / Mondays @9 / Hosted by Dr. Linda Mouacheupao

Linda uses acupuncture to diagnose, treat, and prevent illnesses and improve well-being. Acupuncture can help manage pain and promote health. **Make your appointment at the office.**

AGING IN ACTION / 734.418.0376 / Beverly Robinson, Senior Life Navigator

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.**

MEALS ON WHEELS / 734.508.6229

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.**

MEDICATION REVIEW / By Appointment / With Betty Chaffee, Pharm D

Get help from a medication expert! Find out if all your meds are necessary, and learn how to talk more confidently with your doctor. **Contact MSHL office.**

MoCA MEMORY TESTING / By Appointment / 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.**

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

Alan Lown, Transportation Director

Rides by appointment for those 60+ and living in the 48160 zip code. **Call to schedule a ride.**

PODIATRY SERVICE / Monday, January 6th @1:30 / 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.**

VIRTUAL DEMENTIA TOUR / By Appointment

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 facing those with dementia.

Contact MaryAnnO@milanseniors.org

Food and Fun



SENIOR CAFÉ
Monday—Thursday @noon
 Suggested Donation \$5
Order 1 week in advance!



We have been incredibly fortunate to have Zilke Farm to Kitchen supply delicious meals for our café over the past several months. While we are thrilled for them as they step into retirement and begin living their dream, we will miss their dedicated partnership and the wonderful meals they've provided.

Jodi and Sherrie have graciously volunteered to cook our senior café lunches in the interim. Their generosity is deeply appreciated, but we recognize that this is not a sustainable long-term solution.

We are actively seeking a new caterer to provide the high-quality, nutritious meals that our community has come to enjoy. Rest assured, we'll keep you updated every step of the way - and keep your bellies full!

MEMBER'S ONLY LUNCHEON

Wednesday, January 15th
 @noon

*Beef Chuck Roast
 With Gravy
 Mashed Potatoes
 Peas*



*Sign up at the office in advance
 Suggested Donation \$5*



BIRTHDAY CELEBRATION

Thursday, January 9th @noon
 Gather @11:30 / Eat @noon

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

*Gary Bourdeau
 Ilene Briggs
 Elaine Cousino
 Larry Furman
 Jeanne Getty
 Muriel Gierke
 Sue Gondek*

*Mary Hendrick
 Sandra Hooker
 Kui Bin Im
 Marilyn Kettenstock
 Todd LeBaron
 Diane London
 Jeanne Luddeni
 Sandra Martinez*

*Sara Schubring
 Derwood Novak
 Penny Olds
 Linda Schultz
 Gerald Straits
 Jennifer Ware
 Kristen Zander*

Games and Outings

BINGO / Monday, Wednesday & Thursdays @12:30



- ⇒ Monday (25 pennies / one dime)
- ⇒ Wednesday (12 dimes / one nickel / one quarter)
- ⇒ 2nd Wednesday of the Month (15 quarters)
- ⇒ Thursday (8 dimes / 8 quarters)



EUCHRE / Tuesday, Wednesday & Thursdays @12:30

MAHJONGG / Thursdays @12:30



OUT TO BREAKFAST

Every 4th Friday

Reserve with Sue Bemis

734.483.6351

Next Outing:

January 24th @9am

Coming Up...

VALENTINE'S DAY CELEBRATION



Thursday, February 13th

"DYING WELL" WORKSHOP

- ⇒ Kickoff Breakfast
- ⇒ "5 Wishes"
- ⇒ Getting Your Legal Affairs in Order
- ⇒ Burials & Cremations
- ⇒ Discussions
- ⇒ Presentations
- ⇒ Q & A

February 3th—6th

BINGO FUNDRAISER



SAVE THE DATE!

Tuesday, March 11th

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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



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!



Donate your old but usable eyeglasses!

Memberships

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.

How do your regularly planned dollars help?

- **MORE** time spent working directly with you because...
- **LESS** time spent writing grants that make ends meet.
- **MORE** senior neighbors reached because...
- **LESS** time spent courting corporate sponsors to meet the budget.
- **MORE** quality activities and programs

You can set up your sustaining support by calling the office at 734-508-6229 or by visiting our website at www.milanseniors.org.

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**

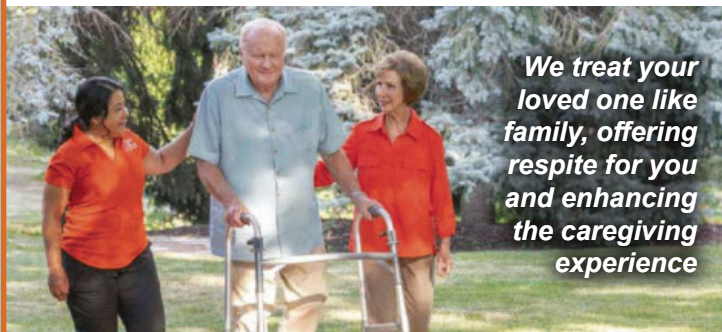


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We treat your loved one like family, offering respite for you and enhancing the caregiving experience

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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.

Inclement Weather

Milan Seniors for Healthy Living follows the inclement weather policy of Milan Areas Schools. If school is closed, MSHL is also closed. Neither the school system nor the Senior Center takes closing lightly. We have total trust in Mr. Girbach and his team and the hours they put into making the decision. We do not feel a need to recreate the wheel. It is also a very clear way to let everyone know when we are closed. One thing we have learned, there is not one right answer for everyone. We ask that you trust what we are doing is best for all involved. We want our members, staff, transportation and Meals on Wheels drivers safe – this is our top priority. Like you, we are happiest when we are all together.

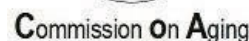


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Email mshl@milanseniors.org for more information.

WHAT'S HAPPENING AT MSHL

January 2025

Monday	Tuesday	Wednesday	Thursday
		1 <p style="text-align: center;"><i>Closed Happy New Year!</i></p>	2 10:00 eXercise4U p2 10:00 Quilting B's p7 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-jongg p10
		6 9:00 Acupuncture p8 10:00 Cardio Drumming p2 11:00 Jeopardy p6 11:00 Twistin' Strings p6 12:00 Senior Café p9 12:30 Deby's Designs p6 12:30 Bingo p10 1:30 Podiatry p8 2:00 Chair Yoga p2	7 9:00 Men's Hour p7 10:00 SitFit p2 11:00 Aging Series p3 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading with Elaine p7 1:30 Meditation Plus p7
13 9:00 Acupuncture p8 10:00 Cardio Drumming p2 11:00 Winter Illnessesp2 11:00 Twistin' Strings p6 12:00 Senior Café p9 12:30 Diamond Art p6 12:30 Bingo p10 2:00 Chair Yoga p2	14 9:00 Men's Hour p7 10:00 SitFit p2 11:00 Aging Series p3 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading with Elaine p7 1:30 Meditation Plus p7	15 10:30 MLK Presentation p4 11:00 Women's Hour p7 12:00 Member's Only Luncheon p9 12:30 Bingo/Euchre p10 1:00 Talk of the Town p7 2:00 Chair Yoga p2	16 10:00 eXercise4U p2 10:00 Quilting B's p7 11:00 Cybersecurity Presentation p4 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-jongg p10
20 <p style="text-align: center;"><i>Closed Martin Luther King Day</i></p>	21 9:00 Men's Hour p7 10:00 SitFit p2 11:00 Aging Series p3 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading with Elaine p7 1:30 Meditation Plus p7	22 11:00 Women's Hour p7 12:00 Senior Café p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p2	23 10:00 eXercise4U p2 10:00 Quilting B's p7 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-jongg p10 6:30 Dementia Friendly Challenge p4
27 9:00 Acupuncture p8 10:00 Cardio Drumming p2 11:00 Choices Counseling Solutions p4 11:00 Twistin' Strings p6 12:00 Senior Café p9 12:30 Wii Bowling p6 12:30 Bingo p10 2:00 Chair Yoga p2	28 9:00 Men's Hour p7 10:00 SitFit p2 11:00 Aging Series p3 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading with Elaine p7 1:30 Meditation Plus p7	29 11:00 Women's Hour p7 12:00 Senior Café p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p2	30 10:00 eXercise4U p2 10:00 Quilting B's p7 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-jongg p10