

Milan Seniors for Healthy Living

empowering healthy aging and enhancing quality of life

February 2025 Newsletter

Open: 8 to 3 / M—Th

*Closed February 17th for
President's Day*

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Kitchen Production:

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Strategic Assistant:

Angela Thomas

Senior Life Navigator:

Beverly Robinson

Aging in Action Support Staff:

Peter Woodhouse



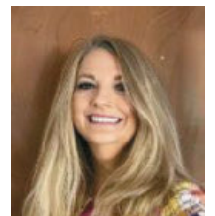
February is a month of celebrating love in all its beautiful forms—love for ourselves, love for our families, friends, and neighbors, and the shared bonds that weave our lives together. During this special month, I want to take a moment to express just how much you mean to all of us at Milan Seniors for Healthy Living, and most especially, to me.

You are the heart of our community. Your stories, your wisdom, and your resilience inspire us every day. Whether you're here for a meal, a class, a ride, or simply a smile, you bring a warmth to our Center that no words can fully capture. Each time I see the way you lift one another up—offering a kind word, a helping hand, or a laugh that brightens the room—I am reminded of the power of love in action. You remind us all that love isn't just about grand gestures but about small meaningful moments of connection that ripple outward.

You have given so much of your lives to others—your families, your communities, your careers—and now it is our joy and honor to give back to you. You are not just valued; you are cherished! You are the reason we are here, and we are committed to ensuring that MSHL continues to be a place where you feel supported, respected and deeply loved.

So, during the month of love, please know how much you mean to me and to all of us. You are loved beyond measure, and our community is brighter, richer, and more compassionate because of you.

Wishing you a month filled with love, joy, and the sweet reminder that you are never alone. You are part of something beautiful, and you are so very loved. With all my heart,
With all my heart, *MaryAnn Opal*



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

BLOOD PRESSURE CHECKS

Every Monday between 11 and 12pm
with Beverly Davenport

Want to check your blood pressure?
Stop by MSHL lobby and get checked out.



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 is designed to improve core strength, flexibility, balance, coordination and circulation.
Grab a seat!



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.

February Programs

AI AND THE FUTURE

Wed., February 19th @2:30

Hosted by Askevin and James Giordani

Is AI really that big of a deal?
Why does our tech keep changing, where is it going, and how will it affect seniors?
Come fine out—
Register soon!

FREE AARP TAX PREPARATION

Tuesdays: February 4 & 18, March 4 & 18, April 1st

Once again **AARP Tax Assistance** is graciously volunteering their time and expertise to help you get your taxes in order. They are trained to do Federal and Michigan 1040 forms and amended returns. They are **NOT** able to do returns with trust funds, business or farm income with the exception of schedule CEZ. They can also offer advice if you are doing your own return and have questions. **Call MSHL to make an appointment and to pick up your information packet.**

ACTIVITIES

Monday—Thursday
8am—3pm

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

TRANSPORTATION

Monday—Thursday
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.

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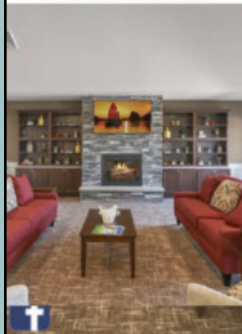
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February Programs

“DYING WELL” SERIES

February 3rd—February 6th from 9 to Noon

"Dying well" involves logistical, emotional and practical consideration to ensure your wishes are respected and your loved ones are supported. The **emotional aspect** of preparing to die is deeply complex and personal, often involving a range of feelings such as fear, sadness, acceptance, and even hope. Exploring these emotions thoughtfully can lead to profound personal growth, reconciliation, and a greater sense of peace. The **logistical and practical aspect** of dying well include legal and financial preparations, advanced directives, and funeral/burial arrangements. Join MSHL staff along with Hospice of Lenawee, Hamden Law, The Evergreen End of Life Care Foundation of Michigan, and Ochalek Stark Funeral Home as they help you—and those around you—approach the end of life with grace and love.

**Live Fully * Prepare Practically * Take Care of Emotional and Spiritual Needs
Manage Physical Well-being * Plan Rituals and Farewells * Embrace Presence
Face Fear and Anxiety * Process Grief * Seek Connection
Embrace Hope and Joy * Navigate Acceptance**



The following schedule will replace our normal morning activities for this week

Monday, February 3rd:

- ◆ 9:00 Welcome/Light Breakfast
- ◆ 9:30 Wake Up/Warm Up Light Exercise
- ◆ 10:00 “Five Wishes + 1”
- ◆ 10:45 Break
- ◆ 11:00 Hospice of Lenawee Q&A
- ◆ 12:00 Lunch (order ahead)

Tuesday, February 4th:

- ◆ 9:00 Welcome/Light Breakfast
- ◆ 9:30 Wake Up/Warm Up Light Exercise
- ◆ 10:00 Funeral Practices (Ochalek Stark)
- ◆ 10:45 Break
- ◆ 11:00 Wrap Up
- ◆ 12:00 Lunch (order ahead)

Wednesday, February 5th:

- ◆ 9:00 Welcome/ Light Breakfast
- ◆ 9:30 Wake Up/Warm Up Light Exercise
- ◆ 10:00 Wills, Trusts, POAs (Hamden Law)
- ◆ 10:45 Break
- ◆ 11:00 Legacy Projects (Evergreen ELCF)
- ◆ 12:00 Lunch (order ahead)

Thursday, February 6th:

- ◆ 9:00 Sponsor Breakfast
- ◆ 9:30 Wake Up/Warm Up Light Exercise
- ◆ 10:00 Obituary Workshop
- ◆ 11:00 “Go Wish Game:
Conversations about Death”
- ◆ 12:00 Lunch (order ahead)

February Programs

CREATIVE MEDITATION AND MAKING BOOKMARKS

Thursday, February 20th @9:30am

Hosted by Moon Mama, LLC

Join Ash from Moon Mama, LLC for a relaxing and creative morning. The workshop begins with a brief guided meditation to center our mind and body. We will then be crafting a pair of fancy schmancy bookmarks. The first one will be a hand-painted lace bookmark, and the second will be made with dried flowers and a little magic. All supplies will be provided for you. Come relax and get creative!

Register by
February
19th

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

THERAPY DOGS!

Tuesday, February 25th @12:30pm

Hosted by Nancy Harvey

Therapy dogs are coming to visit MSHL. Therapy dogs can provide a range of benefits including reduced anxiety and stress, improved mood, increased social interaction, pain reduction, enhanced self-esteem, lowered blood pressure, and overall improved well-being. Come meet Nancy Harvey, learn about her experience as a therapy dog trainer and meet man's best friends!



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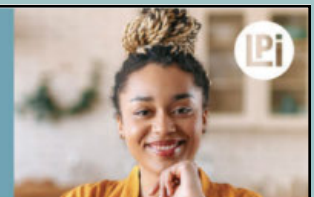
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Ongoing Programs



We are Adding More Fun to Mondays!



DEBY'S DESIGNS / Led by Deby Tubs

1st Monday, February 3rd @12:30pm

This "kitchen dishtowel angel" is a decorative craft made by folding and shaping a standard kitchen dish towel into the form of an angel, often using additional kitchen items like a dishcloth or pot holder to create the wings and other details. Come see the example at the MSHL office.

Sign up today—Free to participate!

JEOPARDY / Hosted by Maxine Tewsley

2nd Monday, February 10th @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!



DIAMOND ART / Staff Led

2nd Monday, February 10th @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, February 24th @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, Feb. 12th @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, snacks and more. Register with the office.

TALK OF THE TOWN / 3rd Wednesday, February 19th @1pm

Hosted by Mayor Ed Kolar & Mayor Pro-Tem Shannon Wayne

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

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 RETURNS! 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, February 3rd @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 in advance, please!*

Join us for three days a week for some homemade meals by Jodi Griffor and Sherrie Schwartz, and enjoy one lunch a week from our local community!

LUNCH AND LEARN / Tuesday, February 11th @11am / Ohioans Home Health



Learn about Ohioans Home Healthcare over lunch on Tuesday, February 11th. Hear about the incredible services Ohioans provide right here in Southeast Michigan. Come with questions...and an appetite!

MEMBER'S ONLY LUNCHEON

Wednesday, February 5th @12

featuring:

"Marry Me" Chicken Parmesan Green Beans

Marry me chicken is a dish of sautéed chicken in a creamy sun-dried tomato sauce. It can be served with pasta or on its own. The name comes from a video producer who exclaimed,

***"I'd marry you for
that chicken!"***

after tasting the dish.

***Sign up at the office
in advance.***

Suggested Donation \$5



BIRTHDAY CELEBRATION

Thursday, February 13th @noon

Gather @11:30 / Eat @noon

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

***Shelly Bauer
Arthur Burgess
Kathleen Drabik
Carolyn Dubay
Judy Falk
Carolyn Gotts
Joyce Hearn
Fran Howard***

***Mary Mehringer
Danny Myers
Roger Olds
Joe Porter
Barb Susterka
Liz Waffle
Gordie Wartella***



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Games and Outings

BINGO / Monday, Wednesday & Thursday @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 & Thursday @12:30

MAHJONGG / Thursday @12:30



OUT TO BREAKFAST

Every 4th Friday /

Reserve with Sue Bemis / 734.483.6351

Next Outing / February 28th @9am

BLACK HISTORY MONTH LIBRARY VISIT

Wednesday Feb. 12th @1:30

Hosted by Milan Public Library

Meet us at the library or walk over from MSHL to check out their Black History Month resources and display:

- ◆ Black History Resources
- ◆ Conversation & Dialogue
- ◆ Light Refreshments

If walking from MSHL, meet the group at 1:20 in the lobby.

**BLACK
HISTORY
MONTH**



Valentine's Day Party

SPREAD THE LOVE

Thursday, February 13th (all day)

Stop by the lobby to write a Valentine's Day card to a loved one.

Wear red, pink and purple. Wear your festive colors to lunch and get entered to win a festive gift basket! (Order your lunch in advance)



Did you know that Conversation Hearts got their start as medical lozenges? Boston pharmacist Oliver Chase invented a machine that simplified the way medical lozenges could be made. The result was America's first candy-making machine. But it wasn't until 1866 that we first got sweet printed messages on conversation hearts.



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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

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



- Companion Care
- Personal Care
- 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

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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.

Announcements

Milan Seniors for Healthy Living follows the **Inclement Weather Policy** of Milan Areas Schools. If school is closed, MSHL is also closed. 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.

RUMMAGE SALE

Donate your clean **gently used** items for our rummage sale! Items can be dropped off the second week of the month. Then come and shop on the day of our birthday celebration to find some treasure you can't live without!



COMING UP...

BRAIN HEALTH ACTIVITY

March 4th

BINGO FUNDRAISER

March 11th

ST. PATRICK'S DAY CELEBRATION

Monday, March 17th

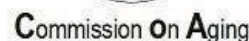
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Washtenaw County United Way



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Email mshl@milanseniors.org for more information.

WHAT'S HAPPENING AT MSHL

February 2025

Monday	Tuesday	Wednesday	Thursday
<p>3</p> <p>9:00 Dying Well Series p4 9:00 Acupuncture p8 12:00 Senior Café p9 12:30 Deby's Designs p6 12:30 Bingo p10 1:30 Podiatry p8 2:00 Chair Yoga p2</p>	<p>4</p> <p>9:00 Dying Well Series p4 9:00 AARP Tax Prep. p3 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading with Elaine p7 1:30 Meditation Plus p7</p>	<p>5</p> <p>9:00 Dying Well Series p4 12:00 Member's Only Luncheon p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p2</p>	<p>6</p> <p>9:00 Dying Well Series p4 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-jongg p10</p>
<p>10</p> <p>9:00 Acupuncture p8 10:00 Cardio Drumming p2 11:00 Jeopardy p6 11:00 BP Checks p2 12:00 Senior Café p9 12:30 Bingo p10 12:30 Diamond Art p6 2:00 Chair Yoga p2</p>	<p>11</p> <p>9:00 Men's Hour p7 10:00 SitFit p2 11:00 Lunch and Learn p9 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading with Elaine p7 1:30 Meditation Plus p7</p>	<p>12</p> <p>11:00 Women's Hour p7 12:00 Senior Café p9 12:30 Bingo/Euchre p10 12:30 Pastor Matt's Neighborhood p7 1:30 Black History at Milan Library p10 2:00 Chair Yoga p2</p>	<p>13 Rummage Sale</p> <p>10:00 eXercise4U p2 10:00 Quilting B's p7 12:00 Birthday Lunch p9 12:30 Bingo/Euchre/ Mah-jongg p10</p>
<p>17</p> <p><i>Closed</i></p>  <p><i>President's Day</i></p>	<p>18</p> <p>9:00 Men's Hour p7 9:00 AARP Tax Prep. p3 10:00 SitFit p2 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading with Elaine p7 1:30 Meditation Plus p7</p>	<p>19</p> <p>11:00 Women's Hour p7 12:00 Senior Café p9 12:30 Bingo/Euchre p10 1:00 Talk of the Town p7 2:00 Chair Yoga p2 2:30 AI and the Future p3</p>	<p>20</p> <p>9:30 Creative Meditation/ Making Bookmarks p5 10:00 eXercise4U p2 10:00 Quilting B's p7 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-jongg p10</p>
<p>24</p> <p>9:00 Acupuncture p8 10:00 Cardio Drumming p2 11:00 BP Checks p2 12:00 Senior Café p9 12:30 Wii Bowling p6 12:30 Bingo p10 2:00 Chair Yoga p2</p>	<p>25</p> <p>9:00 Men's Hour p7 10:00 SitFit p2 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading with Elaine p7 12:30: Therapy Dogs p5 1:30 Meditation Plus p7</p>	<p>26</p> <p>11:00 Women's Hour p7 12:00 Senior Café p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p2</p> 	<p>27</p> <p>10:00 eXercise4U p2 10:00 Quilting B's p7 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-jongg p10</p> <p>28</p> <p>9:00 Out to Breakfast</p>
<p>www.milanseniors.org</p>		<p>16</p>	<p>(734) 508-6229</p>