

# Milan Seniors for Healthy Living

empowering healthy aging and enhancing quality of life

## March 2025 Newsletter

Open: 8 to 3 / M—Th

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Alan Lown

**Director of Programming**  
Maxine Tewsley

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**Financial Consultant:**  
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**Strategic Assistant:**  
Angela Thomas

**Senior Life Navigator:**  
Beverly Robinson

**Aging in Action Support Staff:**  
Peter Woodhouse

Can you feel it? The first hints of spring are in the air, and we couldn't be more excited to welcome this new season together! As we say goodbye to the cold winter days (fingers crossed for no more snowstorms, though we all know how Michigan can be!), let's embrace the promise of longer days, blooming flowers, and the warmth of the sun on our faces. It's a fresh start, and we're ready to make the most of it with you! March brings with it New Beginnings and the first day of spring... March brings hope.

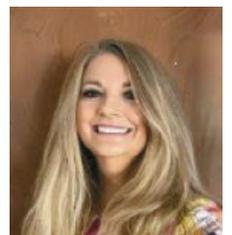
So, as March rolls in, let's make the most of it together! We hope you'll take full advantage of all the opportunities to connect, laugh, and grow. We can't wait to see all of your smiling faces, both familiar and new!

We're wishing you a month full of warmth, joy, and maybe even a little luck along the way. You all truly are the heart of MSHL, and your presence brings so much life to our community. Thank you for being such an important part of our family. You are loved, valued, and appreciated more than words can express.

Let's make this March one to remember—full of good health, happy moments, and plenty of laughter.

Stay healthy, stay happy, and let's make it a month to remember!

With warmth and gratitude, *MaryAnn*



**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 your blood pressure read.



## 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.

# March Programs

## FREE AARP TAX PREPARATION

Tuesdays: March 4 & 18, April 1st / Appointment Times: 9:30, 11 and 1pm

AARP's Tax Aide Assistance provides trained volunteers in partnership with the IRS and is geared toward seniors and modest-income taxpayers. They can do Federal 1040 forms, credits, and amended returns. They are able to do some simple business returns. Returns are filed electronically, and you receive a paper copy to take with you. They can also offer advice if you are filing your own return. They are **NOT** able to do business returns that include rental or farm income, depreciation, inventory, use of home offices or net losses. They are also **NOT** able to do returns involving crypto-currency or non-Michigan or non-US resident returns.

*Call MSHL to make an appointment and to pick up your tax information packet.*

<p><b>ACTIVITIES</b> Monday—Thursday 8am—3pm</p> <p>We have non-stop activities. Join us for one, or spend the whole day with us!</p>	<p><b>TRANSPORTATION</b> Monday—Thursday 8am—3pm</p> <p>Rides by appointment for those 60+ living in the 48160 zip code.</p>	<p><b>SENIOR CAFÉ</b> <b>4 DAYS A WEEK!</b> 12:00pm</p> <p>Monday, Tuesday Wednesday, Thursday</p>	<p><b>MEALS ON WHEELS</b> Monday—Friday</p> <p>Meals on Wheels is specially designed for those who are homebound.</p>
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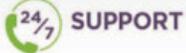
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# March Programs



## RETAIN YOUR BRAIN

Tuesday, March 4th @11

Hosted Edward Jones



It is understandable that we are desperate for a quick fix to one of the greatest collective health fears we have: losing cognitive function. So can we prevent, or at least slow, the aging of our brains? More and more research reveals a powerful message: that we—not our genes—can have control over our cognitive health today and the destiny of our brains. Join us to learn why your brain may not be the same age as you, how brain age can affect your lifestyle and finances. Learn practical tips to “age-proof” your brain.

## TECH TALK

Wednesday, March 19th @2:30

Hosted by James Giordani of Askevin

Cybercrime is a mutli-billion dollar industry that has touched everyone. Come learn who these bad actors are, how they operate, and most importantly, how to protect yourself.

*Register with the office.*

## DEMENTIA SERIES

Weds. in March @10:30 / Hosted by Dr. Claudia Drossel

- ◆ **March 12th**  
Dementia and Your Brain
- ◆ **March 19th**  
What to do When Things Change:  
Trouble Remembering, Thinking, or Problem-solving
- ◆ **March 26th**  
Dementia Facts and Myths

## PLAYLIST PARTY

Tuesday, Mar. 25th @11

Join Maxine in creating some playlists for MSHL. Reminisce on your favorite songs for all sorts of occasions. Maxine will add your songs to playlists that will play throughout the year at MSHL!



## CRAFTING WTH SHARON

Thursday, March 13th @9:30

Led by Sharon Early

This month, get ready for spring with painted and decoupage Easter Eggs!



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

## TWISTIN' STRINGS

Thursdays @11

**NEW DAY!**

Marcia Bolog and Evelyn Katona will be on hand for tutoring and advice. Work on your own project in the company or other knitters and crocheters. **No fee!**

# Exciting News!

Milan Seniors for Healthy Living has been awarded a generous grant to launch **Milan Oasis**, a new dementia-friendly respite program designed to provide much-needed support for individuals living with dementia and their caregivers. This program is poised to be a game-changer for the Milan community, offering a safe, welcoming environment for those with dementia while giving their caregivers a much-needed break.

The grant, awarded by the **Michigan Health Endowment Fund**, and is supported by **Claudia Droßel, PhD, Eastern Michigan University, Department of Psychology**, will help fund the development and operation of **Milan Oasis**, which will provide respite care, social engagement activities, and enrichment programs for people living with dementia.

MSHL is committed to enriching the lives of seniors and their families in the Milan community, and **Milan Oasis** is another step toward fulfilling that mission. **Milan Oasis** hopes to open its doors spring/summer 2025.

This grant is a huge step forward, but it's only the beginning. We're looking forward to watching **Milan Oasis** grow and evolve into a cornerstone of support for our community. MSHL continues to be a beacon of support, compassion, and community for seniors in Milan and beyond, and **Milan Oasis** will only expand our ability to serve this growing population in need.



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# Ongoing Programs



**We're Adding More Fun to Mondays!**

**DEBY'S DESIGNS /** Led by Deby Tubs

**1st Monday, March 3rd @12:30pm**

It's time to start decorating for Easter! Get your craft on and make an Easter Bunny design with Deby and friends. **Sign up today—Free to participate!**

**DIAMOND ART /** MaryAnn Opal

**2nd Monday, March 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!

**CRANIUM CRUNCH /** Led by Wendy Tobler

**3rd Monday, March 17th @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

**4th Monday, March 24th @12:30pm**

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

**JEOPARDY /** Hosted by Maxine Tewsley

**2nd Monday, March 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 Final Jeopardy!



# 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, March 12 @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, March 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.**

## **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, March 10th @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, Executive Director

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

Join us for three days a week for some homemade meals lovingly prepared by Jodi Griffor and Sherrie Schwartz. Enjoy one lunch a week from our local community! Menus can be found at the main office. **Order in advance, please.**

### MEMBER'S ONLY LUNCHEON

Wednesday, March 5th  
@noon

### Corned Beef and Cabbage Meal



Sign up in advance  
at the office.

Suggested Donation \$5



### BIRTHDAY CELEBRATION

Thursday, March 13th @noon / Gather @11:30 / Eat @noon

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

Joan Anderson

James Aurand

Sallie Bancroft

Esther Bardon

Archie Boettcher

Carol Esch

Ruth Finch

Barbara Gardinier

Pauline Gatt

Ann Gee

Donna Kneebush

Renee Markgraff

Sandra Medos

Barbara Mills

Chuck Morgan

Laurie Novak

Diane O'Dell

Ted O'Dell

Arnie Robinson

Kay Schmenk

Allie Spencer

Jake Staley

Richard Tackett

Gloria Wanty

Dawn Willard

Patsy Zander

Thank you Sponsors! Mullins Auto, Kroger, Milan Florist, and Yeager Bomb Entertainment



Two Irishmen were eating in a pub. The bartender shouts, "Here lads—you can't eat your own food in here!" The Irishmen paused then swapped sandwiches.

# 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

## MAH-JONGG / Thursday @12:30

**TUESDAY, MARCH 11**  
**DOORS OPEN: 5:30 PM**  
**BINGO STARTS: 6:30 PM**  
**THE CENTER: 45 NECKEL COURT**

Join us for a night of Bingo complete with Door Prizes, 50/50 Bingo, Cash Prizes, and food. Raise some money for Milan Seniors for Healthy Living and get ready to shout "BINGO!"

## OUT TO BREAKFAST

Every 4th Friday

Reserve with Sue Bemis

734.483.6351

Next Outing

March 28th @9am



# Parties

## ST. PATRICK'S DAY PARTY

Monday, March 17th @11\*

- **11:00—Treasure Hunt**  
Follow riddles & clues to find the Pot 'Gold!
- **12:00—Lunch**  
Wear green, listen to Irish music, and enjoy a festive Irish dessert!



## SPRING INTO SUMMER PARTY

Thursday, March 20th @noon\*



Celebrate the first day of spring with a little bit of Summer! Dress for summer, enjoy a festive summer lunch, play summer games, and hear some summer tunes.

*\*Order lunch in advance for each party!*

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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!**

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

## 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.



## 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!!

**Greeting Cards are only 25 cents!**



## THIS MONTH'S WISH LIST

**We need stamps, please!**



# 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](http://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!

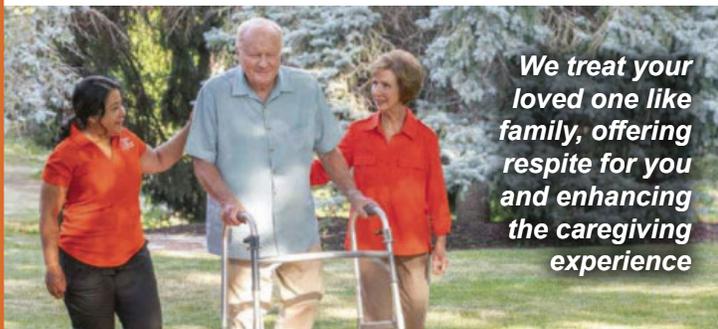
- Acupuncture
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- Free Birthday Lunch
- Member's Only Luncheon
- Discounts on Programming & Passes



- Companion Care
- Personal Care
- Specialty Care

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Judy Falk	Barbara Ann LaFleur	Sherrie Schwartz	Patsy Zander
Roger Falk	James LeBar	Richard Sheff	

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Cindy Swope

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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.*

# 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...**

**VOLUNTEER APPRECIATION**



**EARTH DAY CELEBRATION**



**EASTER LUNCHEON**

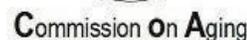
# Funders

## FUNDERS \$5000+

Michigan DOT  
Ann Arbor AAATA  
City of Milan Senior Millage



Monroe County COA  
Washtenaw County OCED  
Michigan Health Endowment Fund  
Greater Milan Area Community Foundation



## BECOME A CORPORATE SPONSOR

Sponsor an Event or Adopt-A-Service such as Meals on Wheels or Aging in Action. Email [mshl@milanseniors.org](mailto:mshl@milanseniors.org) for more information.

# WHAT'S HAPPENING AT MSHL

# March 2025

Monday	Tuesday	Wednesday	Thursday
<b>3</b> 9:00 Acupuncture p8 10:00 Cardio Drumming p2 11:00 BP Checks p2 12:00 Senior Café p9 12:30 Deby's Designs p6 12:30 Bingo p10 2:00 Chair Yoga p2	<b>4</b> 9:00 Men's Hour p7 9:30 AARP Tax Prep. P3 10:00 SitFit p2 11:00 Retain Your Brain p4 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading w/ Elaine p7 1:30 Meditation Plus p7	<b>5</b> 11:00 Women's Hour p7 12:00 Member's Only Luncheon p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p2	<b>6</b> 10:00 eXercise4U p2 10:00 Quilting B's p7 11:00 Twistin' Strings p4 12:00 Senior Café p9 12:30 Bingo/Euchre/Mah-jongg p10
<b>10</b> 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 1:30 Podiatry p8 2:00 Chair Yoga p2	<b>11</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 p7 1:30 Meditation Plus p7 <b>5:30 Bingo Fundraiser</b> p10	<b>12</b> 10:30 Dementia Series p4 11:00 Women's Hour p7 12:00 Senior Café p9 12:30 Bingo/Euchre p10 12:30 Pastor Matt's Neighborhood p7 2:00 Chair Yoga p2	<b>13 Rummage Sale</b> 9:30 Crafting w/ Sharon p4 10:00 eXercise4U p2 10:00 Quilting B's p7 11:00 Twistin' Strings p4 12:00 Birthday Lunch p9 12:30 Bingo/Euchre/Mah-jongg p10
<b>17</b> 9:00 Acupuncture p8 10:00 Cardio Drumming p2 11:00 BP Checks p2 11:00 St. Patrick's Party p11 12:00 Senior Café p9 12:30 Cranium Crunch p6 12:30 Bingo p10 2:00 Chair Yoga p2	<b>18</b> 9:00 Men's Hour p7 9:30 AARP Tax Prep. P3 10:00 SitFit p2 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading w/ Elaine p7 1:30 Meditation Plus p7	<b>19</b> 10:30 Dementia Series p4 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 Tech Talk p4	<b>20</b> 10:00 eXercise4U p2 10:00 Quilting B's p7 11:00 Twistin' Strings p4 12:00 Spring into Summer Party p11 12:00 Senior Café p9 12:30 Bingo/Euchre/Mah-jongg p10
<b>24</b> 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	<b>25</b> 9:00 Men's Hour p7 10:00 SitFit p2 11:00 Playlist Party p4 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Reading w/ Elaine p7 1:30 Meditation Plus p7	<b>26</b> 10:30 Dementia Series p4 11:00 Women's Hour p7 12:00 Senior Café p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p2	<b>27</b> 10:00 eXercise4U p2 10:00 Quilting B's p7 11:00 Twistin' Strings p4 12:00 Senior Café p9 12:30 Bingo/Euchre/Mah-jongg p10  <b>28</b> 9:00 Out to Breakfast
<b>31</b> 9:00 Acupuncture p8 10:00 Cardio Drumming p2 11:00 BP Checks p2 12:00 Senior Café p9 12:30 Bingo p10 2:00 Chair Yoga p2			