

Milan Seniors for Healthy Living

empowering healthy aging and enhancing quality of life

February 2022 Newsletter

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CONTACT US

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Milan, MI 48160
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MEMBER PERKS

- ◆ Three levels for those 60+ (\$15, \$50, or \$200)
- ◆ Personal copy of the newsletter mailed or emailed
- ◆ Discounts on programs
- ◆ Exclusive use of fitness room
- ◆ Access to support services
- ◆ Free birthday lunch

CLOSED

**MSHL will be closed
Monday, February 21st
for President's Day**

While February might be one of the coldest months in Michigan, it is cozy and warm here at MSHL! We have many new activities to warm your heart, mind, and soul. Join us for our first night of poetry reading (see p3), try your hand at painting with our new class “Brush to Canvas” (see p2), and learn about the Five Love Languages (see p3) with our neuropsychologist, Beverly Griffor. You may also be interested in our other offerings with craft, cooking or finance classes (p2). Warm up inside and share a meal among friends with our Senior Café (p10), and don't forget—it's time to think about your taxes, too.

FREE AARP TAX ASSISTANCE

Tuesdays:

February 22nd, March 8 & 22, April 5th

10am—4pm

AARP Tax Assistance Volunteers are trained to do Federal and Michigan 1040 forms and amended returns. They are unable 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. Appointments are being scheduled in two-hour increments with appointments at 10:00, noon, and 2:00pm for each date. Social distancing and Covid protocols will be in place to minimize exposure.

**Call MSHL at (734) 508-6229 for your appointment
as space is limited.**

February

*The sun rides higher
every trip.
The sidewalk shows.
Icicles drip.*

*A snowstorm comes,
and cars are stuck,
Though road salt
flies
from the old town
truck.*

*The chickadees
grown plump on seed
That Mother pours
where they can feed.*

*And snipping,
snipping scissors run
To cut the hearts
for everyone.*

—by John Updike





February Programs

CRAFTING WITH SHARON: Flower Fairies

Thursday, February 3rd @ 10am
Presented by Sharon Early

Have fun making these whimsical fairies with dresses made out of flowers. Form tiny feet, shape little arms, and add some playful hair to your creation. Then give your special flower fairy to someone you love for Valentine's Day. Sharon will have all the necessary supplies on hand.



Senior Member	Senior	Non-Senior
\$5	\$6	\$7

Register by February 1st

COOKING WITH CHRISTINE: Stuffed Peppers

Wednesday, February 9th @ 11:30am
Presented by Christine Chie

Christine is back in the kitchen ready to help you make stuffed peppers. She will guide you step-by-step through the process of properly blanching the green peppers then making the stuffing for filling them. She will supply you with all ingredients needed, and when you are finished, you will have several stuffed peppers to take home and bake. Samples will be on hand for tasting. Get your cooking on and register soon!

Senior Member	Seniors	Non-Seniors
\$8	\$9	\$10

Register by February 7th

OPEN MIC POETRY READING

Friday, February 4th @ 4pm
Presented by MSHL and Milan Public Library

Come to our first-ever evening of poetry readings where everyone is welcome! Poetry is a form of expression and can have a positive impact on our social and emotional selves. Writing poetry allows you to creatively express your feelings and thoughts on a subject, while reading it encourages us to connect and find meaning in our experiences. Bring an original work, or if you don't consider yourself a writer, enjoy reading a poem from your favorite collection. Amateurs and novices alike are encouraged to participate.

Light refreshments will be provided for donation. Call or stop by MSHL to register by February 2nd.

FOCUS ON FIXED INCOME:

Thursday, February 10th @ 1pm
Presented by Angela Leaser
Financial Advisor for Edward Jones



Owning investments that may provide you with regular income can be a smart decision. That's why it's a good idea to learn how such fixed-income investments such as bonds may help you reach your financial goals. Participants will learn:

- Bond characteristics and features
- Relationship between interest rates and bond prices
- Tax advantages of municipal bonds
- How bonds may help investors weather fluctuating markets

Join Angie for this discussion on bonds, then stay for questions and answers.

Senior Member	Seniors	Non-Seniors
\$1	\$2	\$3

Register by February 9th



February Programs

ASK THE EXPERT: Love Languages

Tuesday, February 15th @ 1:00

Presented by Beverly Griffor, PhD, JD, MBA, MS



In honor of Valentine's Day, Beverly Griffor is excited to talk about the different love languages and how we can learn to use them to grow our relationships with those around us. From our families and friends, to our most intimate relationships, understanding the way we love can help us deepen our bonds with others and show our appreciation effectively. Join us and explore the five different ways of expressing and receiving love: Physical touch, words of affirmation, quality time, receiving gifts, and acts of service.

BRUSH TO CANVAS

Wednesday, February 16th from 10 -12pm

Presented by Jolie Petticord

New! Enjoy expressing yourself with paint in a relaxing and creative space with no pressure to be perfect! Jolie provides all needed supplies for your paintings including step-by-step, easy-to-follow instructions and one-on-one attention. Here is February's masterpiece. Come join us and put your own brush to canvas!



Senior Member	Seniors	Non-Seniors
\$2	\$3	\$4

Register for either class by February 14th

Senior Member	Seniors	Non-Seniors
\$25	\$30	\$35

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Ongoing Programs

SPANISH CLUB

**Second Session: February 28th—March 28th
Mondays @ 11am (5 weeks)**

Presented by Eunice Pizarro

Have you ever wanted to learn a new language and dabble in its culture with music, food and dance? We are bringing in a super fun, native Spanish speaker who teaches both English and Spanish as a second language to lead and inspire our new Spanish Club. The group will foster interest in the Hispanic culture and provide the opportunity to speak Spanish in an informal setting. Join Eunice as she leads you through exciting and engaging activities to promote learning the Spanish language. While the goal is learning, the emphasis is FUN! Come be a part of the new Spanish Club—Si?

Senior Member	Seniors	Non-Seniors
\$30	\$37.50	\$45

MUSIC BY JUDITH

Every Wednesday @12:30pm

MSHL enjoys piano melodies through the talented fingers of Judith Hofweber on Wednesdays at 12:30 pm. Be sure to stop in and enjoy this treat.

QUILTING B'S

Every Thursday @10am

If you would like to enjoy a morning of stitching and chatting, join this group. You can work on the group project or enjoy the time to work on your own individual project.

MEN'S HOUR

Every Tuesday from 9—11am

Hosted by Gary Bourdeau, MSHL's Board Chair
A casual place for men only!

Come "shoot the breeze", solve the world's problems, or simply enjoy the comradery of this great group of men.



TECH TALK: ON-LINE BANKING & SCAMS

Monday February 14th @1:30pm

By Digital Connections
An EMU/UM Collaboration

James Giordani, a Master of Social Work candidate from The University of Michigan, will tackle passwords: how to make them less of a pain while keeping them safe, secure, and organized. (He comes highly recommended!) As always, stick around after his presentation to get advise and ask questions. This is a free offering but please register beforehand at MSHL's office.



**Free! Register by
February 11th**

Thank you to all who participated in our "Spirit of Christmas" event and donated their time and resources to make it a success. MSHL's Wellness Center was filled with warmth, beauty and the joy of Christmas. Our lucky raffle basket winners were:
Jenni Babik, Fran Howard and Patty Butts. Enjoy your gifts!

Other News...

INCLEMENT WEATHER POLICY



MSHL closes for inclement weather when Milan Area Schools close for inclement weather. If the roads aren't safe for our children, they aren't safe for us either! Listen to the radio or watch the news to find out if Milan Public Schools are closed. If reasonably safe to do so, Transportation and Meals on Wheels will continue to provide services. If either of these need to be canceled due to weather, we will be sure to notify all those affected as soon as possible.

Memories of Mah-jongg—

“My mother gathered friends to play. She neatly arranged the tiles and racks. Set out pineapple slices and mixed nuts for snacks. Cup and saucers for coffee and cake sat ready for the fifth player, the bettor, who was “out” while others played. The sounds drifted toward my bedroom as I fell asleep. I couldn't wait to be old enough to have my own mah-jongg game. After 50 years it happened. I enjoy it as much as my mother did!” - *Dorothy Dworkin of Portland, Oregon*



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Support Services (exclusive for MSHL members)

MASSAGE

Tuesdays & Wednesdays from 9:30– 1pm
By Jamie Mercer

Jamie Mercer of **FHL Massage** is excited to be able to offer massage here at MSHL. She specializes in full-body, relaxation, as well as upper body massages. She will be on hand Tuesdays and Wednesdays to provide your problematic areas with the gift of healing touch.

New Rates (must be an MSHL member):
\$25 for 1/2 hr.
\$45 for 1 hr.

(Payable directly to Jamie at time of service)
Please contact MSHL office to schedule an appointment.

TECHNOLOGY ASSISTANCE

Second Thursday of the Month
February 10 from 9–2pm

By Kovir, LLC

CEO of Kovir, LLC is Marie Gress, LMSW and her team are here to assist you with your technology needs.

- \$20 for 30 mins (non-members \$25)
- \$40 for 1 HR (non-members \$45)
- \$10 for no shows.
- One person at a time.
- Pay at time of service with check or credit card.



TRANSPORTATION

By MSHL
Monday through Friday
7:30am – 4pm

For those 60+, living in the 48160 zip code. We can take you up to 20 miles outside of Milan. Visit our website for additional information or call us for a brochure.

PODIATRY SERVICES

Mondays, February 14th & 28th @1:30pm
By Dr. Felhandler, DPM

Dr. Felhandler is a Foot Specialist and Surgeon. He will be on hand twice a month for MSHL members.



Dr. Felhandler specializes in the diagnosis and treatment of:

Thick Nails * Ingrown Toenails * Neuropathy
Corns & Callouses * Arthritis * Swelling *
Bunions * Hammer Toes * Conditions of the
Foot & Ankle

Call MSHL office to register for an appointment.

BLOOD PRESSURE CHECKS

Every Thursday from 10:30—11:30am

Come get your blood pressure checked by IHA's paramedic Glory Harris! Walk-ins are welcomed.



RESOURCE ADVOCACY

By Diane London

Diane is a retired RN and brings her passion for helping people by sharing her resource advocacy skills. She is available to help members discuss and plan for the care they want to receive when faced with serious health problems, and to assist with the completion of an Advance Care Planning (Living Will) document. She can also help you find resources to improve your quality of life (in-home care, in-home podiatry visits, Covid vaccine assistance, etc). If you need resource assistance, please call the office at 734-508-6229.



Support Groups

CAREGIVER SUPPORT

Second Tuesday
Feb. 8th @ 1pm

Presented by Huron Valley Pace

As care partners, when it comes to finding help, it is difficult to know where to turn and the process can be overwhelming. Caretakers can gain valuable information from others in this group setting.

SOLO SENIORS

Fourth Wednesday
February 23rd @11:00 am

Peer Led Support Group

Join this informal peer support group to discuss the challenges of living alone, share resources, create methods of 24/7 mutual assistance, and be a support to each other.



GRIEF SUPPORT

First Thursday
February 3rd @10:30 am

Presented by Ann Gerlach of Gabby's Ladder

Support groups **normalize the grief process**. During periods of intense grief, it's okay to feel a wide array of emotions. A grief support group **will help guide you towards living life again**. Ann will support you through the grieving process, as you walk towards healing and rebuilding your life within this "new normal".

Let MSHL support you in your wellness journey! Last month we announced that we are rebranding our 'Activity Center' to the 'Wellness Center'. While it may sound as though we are a doctor's office or medical clinic, it is a progressive way of thinking as we move toward **empowering healthy aging and enhancing quality of life**. All of our programming is geared toward your 'whole' wellness:

- * Creative * Cultural * Emotional * Environmental * Financial * Intellectual *
- * Occupation * Physical * Spiritual * Social *

Come live





Fitness

FITNESS PASS—FOR EXERCISE PROGRAMS

Mix and Match your favorite exercise classes marking off a square for each class you attend. When your card is used up, buy another! Each Fitness Pass is good for 20 classes.

Senior Member	Seniors	Non-Seniors
\$30	\$40	\$50

MONDAY MORNING WORKOUT

Every Monday from 10:30—11:15am

Come workout every Monday morning with **SitFit** and **Dynamic Stretch & Strength**. Join Andrea from Plymouth Physical Therapy as she guides you through a full-body workout from warm ups, to free weights, to stretches. Try out SitFit with Beverly Robinson as she gives a more comprehensive series of stretches followed by strengthening and toning using free weights and therabands.

The schedule is as follows:

- Week 1: SitFit**
- Week 2: SitFit**
- Week 3: SitFit**
- Week 4: Dynamic Stretch & Strength**

Stay tuned as we hope to add more fitness instructors to our morning rotation.



TUESDAY AFTERNOONS with KAIZEN

Tuesdays @1:30pm

Presented by Karen Kaizen, RN

Back by popular demand, Karen from Kaizen Home Health will be back Tuesday afternoons to lead you through stretch and strength conditioning using weights, balls and therabands.

EXERCISE4U

Tuesdays & Thursdays 10—11am

Instructors: Jennifer Michalak/Beverly Robinson

This one-hour exercise class is designed to challenge the mature adult of any fitness level, maintain abilities to perform day-to-day activities through low-impact cardio, strength conditioning, and stretching movements, with balance exercises sprinkled throughout.

CHAIR YOGA

Mondays & Wednesdays 2—3pm

Instructor: Janae LeBar

Yoga targets muscle strength, softness, and flexibility. It can encourage the body, mind and spirit to remain healthy and strong.

What are some benefits of participating in yoga?

- Helps ease symptoms of arthritis
- Improves balance, strength, and flexibility
- Helps manage and relieve stress
- Boosts energy levels and brightens your mood
- Helps ease back pain
- Improves your heart health
- Relieves anxiety and depression
- Helps you maintain a healthy metabolism

Experience some of these benefits for yourself and sign up for the class today!

Use your Fitness Pass for each of these fitness classes!



Fitness

THE PARKINSON'S DANCE

Project NEW SESSION/5 Weeks

Thursdays, February 10th—March 10th @ 1:30

Instructor: Beverly Robinson

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

The Parkinson's Dance Project, modeled after the Mark Morris Dance Group and the Brooklyn Parkinson's Group's "Dance for PD", is a five-week session led by Beverly Robinson. With an extensive background in dance performance and education, Beverly has completed over 40 hours of intensive Parkinson's dance training and wants to bring a quality program like "Dance for PD" to our Wellness Center.

The Parkinson's Dance Project is appropriate for all levels and no dance experience is required! Class is open to those living with *PD and their care partners*. It may also be appropriate for those recovering from stroke, MS or other diseases with balance challenges. This class is NOT physical therapy, but rather movement experiences that speak to the heart, mind, body and soul.

MEMBER'S EXERCISE ROOM

The Exercise Room is open! Members can use the exercise room with a medical release form on file. We have treadmills, elliptical, recumbent bike and free weights.

For your safety there are additional hygiene protocols so be sure to check! Thank you!

Medical release forms & membership need to be resubmitted annually.



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

Senior Member	Seniors	Non-Seniors
\$35	\$31.25	\$37.50

Wednesdays, February 16th-April 6th from 10-12pm

Instructor: Lisa Klinkman

Matter of Balance will give you practical strategies to manage falls and minimize your risk of falling. Lisa Klinkman, a licensed **Matter of Balance** trainer and coach, will help you set goals for increasing activity, make changes to reduce fall risks at home, and provide exercises to increase your strength and balance. Anyone who has fallen in the past, or has concerns about falling, or who wishes to proactively reduce their risk of falling should NOT miss this excellent series. Hint—we all fall into at least one of these categories, thus the class is for EVERYONE!!



Fun & Food

BIRTHDAY CELEBRATIONS

Join us for a birthday celebration on Thursday, February 10th @ 11:45

Thanks to a donation from Mullins Auto, all MSHL members whose birthday is in February will receive a complimentary lunch.

Please join us to honor these individuals.

February Birthdays

Judy Falk
Joyce Hearn
Fran Howard
Roland Struve
Barb Susterka
Jane Ann Wanty
Gordon Wartella

If you are a member whose birthdate is in February and your name is not listed here, please call the office.



GAME SCHEDULE

Bingo- Mon. @12:30 (Penny Bingo)
Wed. @12:30 (Dime Bingo)
2nd Wed. (Quarter Bingo)
Bridge- Mon @ 12:30
Euchre- Tues. at 12:30
Pinochle- Wed. at 12:30
Mah-jongg- Thurs. at 12:30

We are adding Bridge to our game line-up, so we need players to show up if this is to fly. It will be a casual, non-competitive, just-for-fun group!!

EAT WELL! LIVE HEALTHY!

Eating a well-balanced diet is an important part of wellness as you age. It can help you maintain a healthy weight, stay energized, get the nutrients you need, and lower your risk of developing chronic health conditions.

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

To that end, we partner with AAA1-B, OCED, and MCCOA to bring you several meal options:

- ◆ enjoy a meal with friends at our Senior Café,
- ◆ pick up a meal to go (Curbside Cuisine),
- ◆ or receive a ready-to-eat meal (Meals on Wheels) delivered to your door.

Call MSHL to reserve your meal

48 hrs. in advance.

734-508-6229

Menus available at the office and on our website.

Senior Café: Tuesday and Thursday @11:45 am

For a suggested donation of \$3 per meal you may enjoy a delicious, nutritious lunch eaten in community with others.

(Younger than 60 requires a \$5.50 charge per meal)

Curbside Cuisine: Monday thru Friday

Pick-up between 11:30 am and 12:30 pm.

For those times when you need the convenience of just grabbing a meal on the go.

Meals on Wheels: Monday thru Friday

Meals on Wheels is specially designed to come alongside those who are homebound.

Registration is simple, can be done over the phone and can be implemented within 48 hours of registration.



Entertainment

Cryptogram:

Each letter represents another letter to spell out a short phrase. Look for common letters, solve short words first, and look for repeated letters and patterns. **Hint: W is a "B"**

UGWTOXTB QR LSG WNTIGT WGLYGGP YQPLGT
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Support Your Center

GET YOUR 2022 MEMBERSHIP

Standard (\$15) - You will receive a personal copy of the newsletter, discounts on all programs sponsored by MSHL, access to select support services, a free birthday lunch, and access to the member's gym.

Premium (\$50) - All benefits above for you AND someone else! The remainder is a donation made in your name and is tax deductible. Premium members are thanked in the newsletter year-round.

Lifetime (\$200) - All the benefits of a standard membership for the remainder of your lifetime. You will be recognized as a lifetime member in the newsletter and annual report.



*Help us defray some of our overhead expenses by donating the following items: **postage stamps, bottled water, snacks for resale at the front counter, and zippered lunch baggies—Thank you!***

Wanting to help but not wanting to shop?

CHECK OUT OUR [amazonwishlist](#)

On your Amazon account's home page, tap on the “**find a wish list**” or “**Registry.**” To **find MSHL’s wish list**, enter “Milan Seniors for Healthy Living” in the **search** field and then click or tap on the “**Search**” option and you should see the list. To save that particular link, click or tap on “**Remember.**”

DONATIONS:

Thank you so much for your generous gifts so far this year. 14% of our budget is dependent upon donations. We do accept financial donations via cash/check/credit card/PayPal. You can give through our FaceBook, on our website, by phone, or stop by!

Thank You

Did you know...

If you shop at **Kroger** or on **Amazon**, you can help support MSHL at NO COST to you. Both of these organizations will donate to nonprofits based on your purchases. Kroger's program is named Kroger Community Rewards; Amazon's program is called Amazon Smile.

MSHL received over \$1500 last year from these two sources. We can help you sign up for either of these programs at the office. It truly is a painless way to support Milan senior services.



BOTTLE/CAN DRIVE

Drop off your bottles and cans in the front vestibule. We were super close to hitting our goal of raising \$5000 in 2021 so let's start all over again. How much can we raise this year?



Let's Meet: Krissy & Sara



If you are a frequent visitor at MSHL, you've undoubtedly seen Krissy and Sara busily volunteering. Those of us who enjoy the Senior Café lunches know these ladies as our meal-preparation helpers, our servers, and the dishwashing crew. Krissy grew up just east of town and is related to the Morawski family, which is well known in the area for their roofing and freight hauling company. Krissy has had various jobs over the years, but her favorite spot is



MSHL where she's been a member for many years. "I really love being at the center," she says. "I enjoy the work and the people."

Sara, too, has had previous employment, but like Krissy, she's happiest at the center where she's been involved for about 3 years. Sara also loves birds. Her flock of 13 includes macaws, cockatiels, and parrotlets, which are very small parrots. She also enjoys occasional craftwork, and her favorite activity at MSHL is playing Bingo.

Krissy and Sara met at MSHL and quickly became friends, which makes their work at the center even more enjoyable. We're fortunate to have them both.

NEVER MISS A NEWSLETTER!

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MSHL Made Possible By:

2022 PREMIUM MEMBERS

Caroline Alexander	Thelma Gauntlett
Brenda Bevins	Wendy Gauntlett
Sandra Chandler	Laura Hawkins
Martha Churchill	Margaret Katona
Dianne Coss	Donna Kneebush
Ken Coss	Marcia Sanders
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Jodi Griffor

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Lisa Klinkman

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Transportation

Drivers:

Shelly Bauer

Greg Bell

MSHL LEGACY ENDOWMENT FUND

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

In 2022 we remember and/or honor

Jerry Berkley, Jennifer Criss, Marlene Howe, Gloria Rosen

LIFETIME MEMBERS

Carol Barrett	Evelyn Katona
Marcia Bolog	Marilyn Kettenstock
Rose Budd	James Lebar
Carolyn Burlingame	Frances (Diane) London
Donna Carver	Jeanne Luddeni
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Joan Cullip	Debbie McFarlane
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Terry Dollhoff

Dr. Eduardo Enriquez

Milan City Council

Liaison: Vacant

MSHL Board Meetings are open to the public.

Next Meeting: March 16 at 4 pm

MSHL Made Possible By:

FUNDERS \$5000+

City of Milan Senior Millage
Michigan Department of Transportation
Specialized Services (AAATA)
Washtenaw County United Way

Monroe County Commission on
Aging Senior Millage
Washtenaw County Office of Community and
Economic Development



Commission on Aging



WHAT'S HAPPENING AT MSHL

FEBRUARY 2022

Monday	Tuesday	Wednesday	Thursday
	1 9:00 Men's Hour p4 9:30 Massage p6 10:00 eXercise4U p8 11:45 Senior Cafe p10 12:30 Euchre p10 1:30 Tuesday w/ Kaizen p8	2 9:30 Massage p6 10:00 Matter of Balance p9 12:30 Music by Judith p4 12:30 Dime Bingo p10 12:30 Pinochle p10 2:00 Chair Yoga p8	3 /4* 10:00 eXercise4U p8 10:00 Quilting B's p4 10:00 Crafting w/ Sharon p2 10:30 Blood Pressure p6 10:30 Grief Support p7 11:45 Senior Cafe p10 12:30 Mah-jongg p10 1:30 Parkinson's Dance p9
7 10:30 Mon. Workout p8 11:00 Spanish Club p4 12:30 Penny Bingo p10 12:30 Bridge p10 2:00 Chair Yoga p8	8 9:00 Men's Hour p4 9:30 Massage p6 10:00 eXercise4U p8 11:45 Senior Cafe p10 12:30 Euchre p10 12:30 Caregiver Support p7 1:30 Tuesday w/ Kaizen p8	9 9:30 Massage p6 10:00 Matter of Balance p9 11:30 Cooking p2 12:30 Music by Judith p4 12:30 Quarter Bingo p10 12:30 Pinochle p10 2:00 Chair Yoga p8	10 9:00 Tech Assistance p6 10:00 eXercise4U p8 10:00 Quilting B's p4 10:30 Blood Pressure p6 11:45 Birthday Luncheon p10 12:30 Mah-jongg p10 1:00 Standing Guard p2 1:30 Parkinson's Dance p9
14 10:30 Mon. Workout p8 11:00 Spanish Club p4 12:30 Penny Bingo p10 12:30 Bridge p10 1:30 Tech Talk p4 1:30 Podiatry p6 2:00 Chair Yoga p8	15 9:00 Men's Hour p4 9:30 Massage p6 10:00 eXercise4U p8 11:45 Senior Cafe p10 12:30 Euchre p10 1:00 Love Languages p3 1:30 Tuesday w/ Kaizen p8	16 9:30 Massage p6 10:00 Matter of Balance 10:00 Brush to Canvas p3 12:30 Music by Judith p4 12:30 Dime Bingo p10 12:30 Pinochle p10 2:00 Chair Yoga p8	17 10:00 eXercise4U p8 10:00 Quilting B's p4 10:30 Blood Pressure p6 11:45 Senior Café p10 12:30 Mah-jongg p10 1:30 Parkinson's Dance p9
21 <p style="text-align: center;">MSHL closed to commemorate President's Day</p>	22 9:00 Men's Hour p4 10:00 eXercise4U p8 10:00 Tax Assistance p1 11:45 Senior Cafe p10 12:30 Euchre p10 1:30 Tuesday w/ Kaizen p8	23 9:30 Massage p6 10:00 Matter of Balance p9 11:00 Solo Seniors p7 12:30 Music by Judith p4 12:30 Dime Bingo p10 12:30 Pinochle p10 2:00 Chair Yoga p8	24 10:00 eXercise4U p8 10:00 Quilting B's p4 10:30 Blood Pressure p6 11:45 Senior Café p10 12:30 Mah-jongg p10 1:30 Parkinson's Dance p9
28 10:30 Mon. Workout p8 11:00 Spanish Club p4 12:30 Penny Bingo p10 12:30 Bridge p10 1:30 Podiatry p6 2:00 Chair Yoga p8			*Friday, February 4th: 4:00 Poetry Night