

# Milan Seniors for Healthy Living

empowering healthy aging and enhancing quality of life

## May 2022 Newsletter *May 30th closed for Memorial Day*

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### CONTACT US

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Facebook/milanseniors

### 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

Explore this month's featured  
Dimension of Wellness



**Environmental**

*"Spring has sprung, the grass is riz;  
wonder where the flowers is?"  
-- unknown*



**May** is known as a month of transition. May is a time of change no matter where in the world you are. Perhaps it is one of the most beautiful months of the year for change with the rebirth of nature at every turn. What a perfect month to celebrate another one of our wellness dimensions—

### **Environmental Wellness.**

Environmental Wellness is the way you feel about, respect, and protect the world around you. It is how you interact with nature. Environmental wellness is a process that involves learning about and contributing to the health of the world around you.

In this month's newsletter, we have two exciting presentations that speak to Environmental Wellness. We are beginning with a new biology series starting with "A Virtual Walk Through Draper-Houston Meadows Preserve." (p2). John Farmer, biologist and Milanite, will lead us with slides and conversation through one on Milan's most beautiful preserves. Consider coming to "Coffee With a Solar Farmer" (p3) and hear about solar energy and sustainability with APEX Clean Energy. Both programs promise to be exciting and informative.

### *How Do I Find the Newsletter Online?*

- Go to [www.milanseniors.org](http://www.milanseniors.org)
- Click on the **News & Information** tab on the top left
- Click on the **Newsletter Archive**
- Scroll down the page to the little brown tap that says **View the latest newsletter**
- Click on the far left newsletter with the yellow banner that says "New" (**Note: the dates listed indicate when issues are published, NOT the newsletter month.**)

# May Programs



## EHS SENIORS SERVICES

**Wednesday, May 11th @11:00am**

Sponsored by EHS Senior Solutions

Meet Lindsay Maap of EHS Senior Solutions as she speaks about Home Care, Outpatient and Sub Acute Rehab and how all three of these services work hand-in-hand with one another for a full continuum of care. Then plan to stay for a pizza lunch!



**Register by  
May 9th**

## ASK THE EXPERT: BETTER HEARING & SPEECH

**Thursday, May 12th @10:45am**

Jana Lown, Speech Pathologist & Certified Brain Injury Specialist

May is Better Hearing & Speech Month. What a better time to discuss some common age-related changes that occur such as word retrieval, word recognition, rate of speech, or even difficulty producing certain sounds. Jana will also share new research that is coming out about how Covid has affected cognitive-communication skills. Stay for the presentation then have questions ready to Ask the Expert!

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

**Register by  
Tuesday, May 10th**

## MEDICARE COVERAGE OF DURABLE MEDICAL EQUIPMENT

**Monday, May 16th @10:45**

Presented by Michigan Medicare & Medicaid Assistance Program (MMAAP) (Pre-recorded)

Join MMAAP for the Medicare coverage of Durable Medical Equipment program. The Medicare Coverage of Durable Medical Equipment program goes over the basics of Medicare and how Medicare covers Durable Medical Equipment, including your out of pocket costs.

***This presentation is FREE but register by May 15th.***

Plan ahead and order a Curbside meal to take home for lunch after the presentation. There is a suggested donation of \$3 for this meal.

## BIOLOGY SERIES:

### A Virtual Walk Through Draper-Houston Meadows Preserve

**Thursday, May 19th @12:30am**

Presented by John Farmer

Local biologist—John Farmer—with his extensive background in biology, plants, critters and ecosystems, is coming to lead us on a “walk” through Draper-Houston Meadows Preserve. Through slides and conversation, John will give an overview of the history of the preserve, and talk about the landscape, beauty and plant life unique to this wonderful Milan park. Come meet John and take part in some fascinating information on Milan’s own Draper-Houston.



**Register by May 17th**

# May Programs



## BRUSH TO CANVAS

Wednesday, May 18th

@noon

Presented by Jolie Petticord



Enjoy expressing yourself with paint! Experience a relaxing and creative atmosphere to create without the pressure to be perfect. Jolie is very passionate about painting and leads you step-by-step with detail and patience as she guides you in creating your own masterpiece. See a sample displayed at the front office.

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

Register by April 18th.

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

## COFFEE WITH A SOLAR FARMER

Tuesday, May 17th @12:30

Sponsored by APEX Clean Energy

Apex Clean Energy of Charlottesville, Virginia, is developing Azalia Solar, a local solar farm to be located in Milan and London Townships. The project is expected to generate enough homegrown Michigan clean energy to power up to 26,400 homes each year. If approved, the project would generate millions of dollars in tax revenue, hundreds of construction jobs, and support farm families with annual rent payments. Have a cup of coffee and learn more about the Azalia Solar Project, its sustainability, and the shift toward clean energy solutions.



Register by Monday, May 16th

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# Ongoing Programs



## SPANISH CLUB

**Next Session: May 16th–June 20th  
Mondays @11am (5 weeks)**

Presented by Eunice Pizarro

If you ever wanted to learn a new language and dabble in its culture with music, food and dance, look no further. We have a super fun, native Spanish speaker who teaches both English and Spanish as a second language who leads and inspires our new Spanish Club. The group fosters interest in the Hispanic culture and provides 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 on learning, the emphasis is on FUN! Come be a part of our Spanish Club—Si?

*Newcomers are welcome!*

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



## QUILTING B'S

**Every Thursday @10am**

This month, the project will be hand-stitched baby quilts. If you would enjoy a morning of stitching and friendly conversation, check this group out!

## MEN'S HOUR

**Every Tuesday from 9—11am**

Hosted by Gary Bourdeau, MSHL's Board Chair

This is one of our biggest groups yet! 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. And if that's not enough, there's coffee and delicious treats to enjoy.



## TECH TALK: SECURITY

**Monday, May 9th @1:30pm**

Hosted by Digital Connections - An EMU/UM Collaboration

Using technology can be intimidating. But no worries. Back by popular demand, James will offer practical steps anyone can take to ensure they're being as safe as possible online. Take advantage of this free assistance and also stop by the center to take advantage of the tech information available in our resource cabinets.



**Register by May 8th**

## Why do I need to Register if it is FREE?

Registering for any of our programs provides us with a way to communicate with you. Occasionally, MSHL or the presenter must cancel, and by enrolling in that program, we have a way to contact you. By registering, we also know how many participants to plan for.

# More Programs



## OSTEOARTHRITIS

Tuesday, May 24th @10:30am

Presented by Betty Chaffee, PharmD of BetterMyMeds

Osteoarthritis is the most common form of arthritis affecting the cushion at the end of the bones causing pain, stiffness and swelling. Also known as the “wear and tear” arthritis, there is no cure but symptoms can be managed. Betty will touch upon the symptoms and causes of osteoarthritis, but her main focus will be on the treatment through medication. If you are one of the many arthritis sufferers wanting to understand your current medication or learn about new treatments for arthritis, join us!

Register by  
May 23rd

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



## CHAT WITH THE MAYOR

Tuesday, May 31st @1:00pm

Hosted by Ed Kolar

Ed Kolar was very popular back in March with 18 in attendance to hear what he had to say! Join him again as he shares his vision for Milan and addresses your comments, concerns and questions. There is always a pot of hot coffee on so come by and join in on the conversation.

Register by May 27th

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# Support Services



## TECHNOLOGY ASSISTANCE

**Second Thursday of the Month  
May 12th 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.



*Call MSHL to reserve your spot.*

## 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.

## 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.

## PODIATRY SERVICES

**Monday, May 23rd @1:30pm**

By Dr. Felhandler, DPM



Dr. Felhandler is a Foot Specialist and Surgeon. He will be on hand monthly 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.

## RESOURCE ADVOCACY

**By Appointment**

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.



**LIBRARY  
IN  
MOTION**

***Coming Back Soon!***

# Support Groups



## CAREGIVER SUPPORT

Second Tuesday  
May 10th @12:30pm

Presented by Huron Valley Pace

This group offers informational, emotional and affirmational support to help reduce the caregiver burden that one experiences as a care partner. Huron Valley Pace provides a safe space offering strategies and support for those traveling down similar paths.

## SOLO SENIORS

Fourth Wednesday  
May 25th @11:00am

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  
May 5th @10:30am

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! Earlier this year we announced that we have rebranded our Activity Center to the 'Wellness Center'. While it may sound as though we are a doctor's office or medical clinic, it is actually a progressive way of thinking as we move toward **empowering healthy aging and enhancing quality of life**.

Our programs and services are geared toward your 'whole' wellness:

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

*Come live life well with us at our Wellness Center!*





# 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. What a bargain!



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 focuses on range of motion, comprehensive stretching, and strength-building without weights.

The schedule is as follows:

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



### 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.**

### 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 @2pm

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

**Use your Fitness Pass for all of these fitness classes!**



# Dance



## THE PARKINSON'S DANCE PROJECT

Session 3422.101 April 28-June 2

Thursdays @1:30pm

Instructor: Beverly Robinson

**The Parkinson's Dance Project** is modeled after the Mark Morris Dance Group and the Brooklyn Parkinson's Group—"Dance for PD". 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. **The Parkinson's Dance Project** is appropriate for all levels and no dance experience is required!

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

# Entertainment



## GAME SCHEDULE

<b>Bingo</b>	Monday	12:30	(pennies)
	Wednesday	12:30	(dimes)
	2nd Wed	12:30	(quarters)
<b>Bridge</b>	Monday	12:30	
<b>Euchre</b>	Tuesday	12:30	
	Thursday	12:30	
<b>Pinochle</b>	Wednesday	12:30	
<b>Mah-jongg</b>	Thursday	12:30	

**WANTED**

**Dead or Alive:**  
Bridge Players on Mondays @12:30pm

Contact John Wester (734) 649-6439

**Reward:**  
Fun and Comradery

## OUT-TO-BREAKFAST BUNCH

4th Friday of the Month  
9:00am at Milan's Coney Island

Contact Donna Kneebush  
(734) 439-2103

## OUT-TO-LUNCH BUNCH

3rd Saturday of the Month  
Contact Donna Kneebush for location  
(734) 439-2103

Make Friends  
Satisfy Hunger

# Fun & Food 🍷🍷🍷

## BIRTHDAY CELEBRATIONS

Join us for a birthday celebration on  
**Thursday, May 12th @11:30am**

Please join us to honor these individuals.

### MAY BIRTHDAYS

Linda Alair	Danial Horvath
Sue Bemis	Charles Justice
Brenda Bevins	Larry McCrae
Katherine Bibee	Harriett Searfoss
Rose Budd	Nancy Simpson
Joan Cullip	Irene Smith
Mary Gatt	Randal Snyder
Marie Goins	Joe Tomecek
Greg Hissong	Bonnie Turner

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



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

## OUR MONTHLY RUMMAGE SALES HAVE RETURNED

Come shop on the day of our birthday celebrations. If you have any donations to add to the rummage sale, items may be dropped off the week before.



## EAT WELL! LIVE HEALTHY!

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

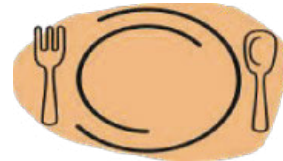
Eating a well-balanced diet is an important part of wellness as you age. It can help you maintain a healthy weight, stay energized, get the nutrients you need, and lower your risk of developing chronic health conditions.

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.

**Reserve your meal 48 hrs. in advance by calling 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.

# This and That

CHECK OUT OUR 

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."

## ATTENTION:

MSHL is looking for plant lovers to come and maintain our flowerbeds. We are in need of people willing to water, weed and prune to make our center beautiful! Let the office know if you are interested.



## What types of programs would you like to see?

If you have ideas for future programs of any type, talk to our Director of Programs & Service and let us know what you would like to see at MSHL.

## HUMOR

Did you hear that the government is trying to outlaw circular hay bales? **The cows aren't getting a square meal.**  
I ordered giant duck at a fancy restaurant last night. **The bill was huge.**

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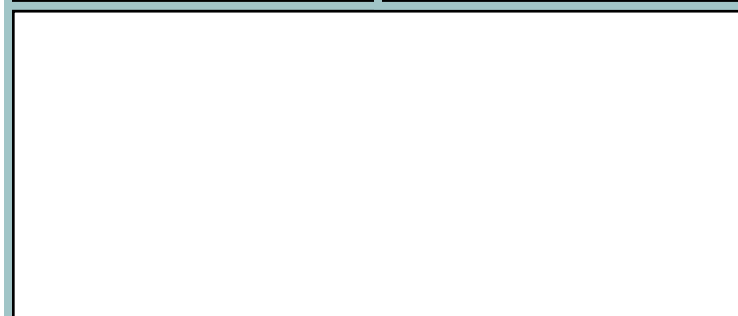
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# Support Your Center

## 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.

Standard and Premium memberships are good from Jan-December. You also have an option of a Lifetime membership. Buy it once and it is good for the remainder of your lifetime.

**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 copy paper—Thank you!**

## DONATIONS:

Thank you so much for your generous gifts so far this year. 14% of our budget is dependent upon your donations and support.

We do accept financial donations via cash/check/credit card/PayPal. You can give through our Facebook page, on our website, by phone, U.S postal service, or stop by!



## 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? As of April, we have had \$1000 worth brought in. Help us hit that goal.





# Let's Meet: Mary Gatt

Born at home on her family's dairy farm in 1933, Mary has lived in southeast Michigan her entire life. The Gatt's original farm was west of Detroit in what is now Livonia. The family later moved to a farm in Plymouth, then moved again to a farm in Saline. At all three farms, Mary worked long days from hand-milking the cows to stacking hay. In Saline, they modernized to mechanical milking equipment until eventually phasing out of dairy farming to raise beef cattle and grow crops.

Mary moved to Willis last summer to live with her niece and husband, Larry and Carrie Furman, the fun couple that most of us know at MSHL. Now a threesome, Larry, Carrie and Mary frequent the center every week where Mary's favorite activities include Bingo, Senior Café, Matter of Balance, Parkinson's Dance, and just generally socializing with everyone. The balance class has helped considerably with Mary's mobility as this tiny dynamo can now burn rubber with her walker down the MSHL corridors. Mary enjoys jigsaw puzzles, collecting dolls, and going out to eat with family and friends. She loves animals and vegetable gardening. With a yet-to-fade craving to be outdoors working, Mary anxiously awaits warmer weather when she can once again spend her days helping in the Furman's yard and garden, and grabbing siestas under the maple trees.



Larry Mary Carrie

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Sallie Bancroft	Tom Gotts
Brenda Bevins	Marilyn Hosler
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Gary Bourdeau	Greg Hissong
Gail Burgess	Judith Hofweber
Sandra Chandler	Barbara Ilg
Christine Chie	Richard Ilg
John Chie	Margaret Katona
Martha Churchill	Donna Kneebush
Lonnie Collins	Carol Preston
Dianne Coss	Robert Preston
Ken Coss	Marcia Sanders
Paula Doan-Collins	Kay Schmenk
Pat Durston	Richard Schmenk
Richard Early	Julie (Judy) Schonek
Sharon Early	Barb Susterka
Mary Ender	Cindy Swope
Carol Esch	Arden Tomecek
Jeanette Ferenczy	Joe Tomecek
Jacqueline Fital	John Troy
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Carol Fitch	Dan Wisner
James Fitch	Marilyn Wisner
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## MSHL STAFF

### Executive Director:

Jennifer Michalak

### Administrative

#### Assistant:

Cindy Schlottman

### Director of Programs &

#### Services:

Beverly Robinson

### Program & Facility

#### Assistant:

Jodi Griffor

### Wellness Coach:

Lisa Klinkman

### Director of

#### Transportation:

Alan Lown

### 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 honor  
Jerry Berkley, Jennifer Criss, Clifton Kuhn,  
Marlene Howe, Gloria Rosen and Jerry Weaver.**

## LIFETIME MEMBERS

Linda Alair	James LeBar
Carol Barrett	Diane London
Marcia Bolog	Jeanne Luddeni
Rose Budd	Carol Massie
Carolyn Burlingame	Deb McFarlane
Donna Carver	Judy Mikkola
Joyce Criswell	Glenna Mullins
Joan Cullip	Laurie Novak
Kathy Dominique	Betty Otto
Diane Dziedzic	Gordon Parker
Judy Falk	Judy Parker
Anne Farmer	Linda Schultz
Janett Ford	Marvin Schultz
Carrie Furman	Richard Sheff
Larry Furman	Nancy Simpson
Barbara Gardinier	Irene Smith
Muriel Gierke	Phyllis Smith
Lou Ann Hanlon	Linda Squires
Joyce Hearn	John St.Pierre
Fonda Heikka	Kristine Thomas
Mary Hendrick	Lou Ann Thompson
Robert Henninger	Wendy Tobler
Marie Hiler	Carol Vollink
Daniel Horvath	Jane Ann Wanty
Fran Howard	Jennifer Ware
Hurshel Howard	Edward Wollmann
John Howard	Susan Yasi
Susan Jantschak	Patsy Zander
Pat Kachenko	
Evelyn Katona	
Marilyn Kettenstock	

## BOARD OF DIRECTORS

### Chair:

Gary Bourdeau

### Vice-Chair:

Cindy Swope

### Secretary:

Diane London

### Treasurer:

Ron Hasselbring

### Directors:

Sallie Bancroft

Steve Barney

Lou Ann Thompson

### Alternates:

Terry Dollhoff

Dr. Eduardo Enriquez

### Milan City Council

**Liaison:** Shannon Dare-Wayne

*MSHL Board Meetings are open to the public.*

**Next Meeting: May 18th at 4 pm**

# MSHL Made Possible By:

## FUNDERS \$5000+

Anna Botsford Bach Fund/AAACF  
City of Milan Senior Millage  
Michigan Department of Transportation  
Specialized Services & 5310 (AAATA)  
Washtenaw County United Way

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



Commission on Aging



# WHAT'S HAPPENING AT MSHL

# MAY 2022

Monday	Tuesday	Wednesday	Thursday
<b>2</b> 10:30 Monday Workout p8 11:00 Spanish Club 12:30 Penny Bingo p9 12:30 Bridge p9 2:00 Chair Yoga p8	<b>3</b> 9:00 Men's Hour p4 10:00 eXercise4U p8 11:45 Senior Cafe p10 12:30 Euchre p9	<b>4</b> 12:30 Dime Bingo p9 12:30 Pinochle p9 2:00 Chair Yoga p8	<b>5</b> 10:00 eXercise4U p8 10:00 Quilting B's p4 10:30 Blood Pressure p6 10:30 Grief Support p7 11:45 Senior Cafe p10 12:30 Mah-jongg p9 12:30 Euchre p9 1:30 Parkinson's Dance p9
<b>9</b> 10:30 Monday Workout p8 11:00 Spanish Club 12:30 Penny Bingo p9 12:30 Bridge p9 1:30 TechTalk p4 2:00 Chair Yoga p8	<b>10</b> 9:00 Men's Hour p4 10:00 eXercise4U p8 11:45 Senior Cafe p10 12:30 Euchre p9 12:30 Caregiver Support p7	<b>11</b> 11:00 EHS p2 12:30 Quarter Bingo p9 12:30 Pinochle p9 2:00 Chair Yoga p8	<b>12 Rummage Sale</b> 9:00 Tech Assistance p6 10:00 eXercise4U p8 10:00 Quilting B's p4 10:30 Blood Pressure p6 10:45 Ask the Expert p2 11:30 Birthday Lunch p10 12:30 Mah-jongg p9 12:30 Euchre p9
<b>16</b> 10:30 Monday Workout p8 10:45 MMAP p2 11:00 Spanish Club p4 12:30 Penny Bingo p9 12:30 Bridge p9 2:00 Chair Yoga p8	<b>17</b> 9:00 Men's Hour p4 10:00 eXercise4U p8 11:45 Senior Cafe p10 12:30 Euchre p9 12:30 Coffee w/ a Solar Farmer p3	<b>18</b> 12:00 Brush to Canvas p3 12:30 Dime Bingo p9 12:30 Pinochle p9 2:00 Chair Yoga p8	<b>19</b> 10:00 eXercise4U p8 10:00 Quilting B's p4 10:30 Blood Pressure p6 11:45 Senior Café p10 12:30 Mah-jongg p9 12:30 Euchre p9 12:30 Biology Series p2 1:30 Parkinson's Dance p9
<b>23</b> 10:30 Monday Workout p8 11:00 Spanish Club p4 12:30 Penny Bingo p9 12:30 Bridge p9 1:30 Podiatry p6 2:00 Chair Yoga p8	<b>24</b> 9:00 Men's Hour p4 10:00 eXercise4U p8 10:30 Osteoarthritis p5 11:45 Senior Cafe p10 12:30 Euchre p9	<b>25</b> 11:00 Solo Seniors p7 12:30 Dime Bingo p9 12:30 Pinochle p9 2:00 Chair Yoga p8	<b>26</b> 10:00 eXercise4U p8 10:00 Quilting B's p4 10:30 Blood Pressure p6 11:45 Senior Café p10 12:30 Mah-jongg p9 12:30 Euchre p9 1:30 Parkinson's Dance p9
<b>30</b> Closed for Memorial Day	<b>31</b> 9:00 Men's Hour p4 10:00 eXercise4U p8 11:45 Senior Cafe p10 12:30 Euchre p9 1:00 Chat w/ the Mayor p5		