

Milan Seniors for Healthy Living

empowering healthy aging and enhancing quality of life

June 2022 Newsletter

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CONTACT US

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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

Explore this month's featured
Dimension of Wellness (p13)



Occupational

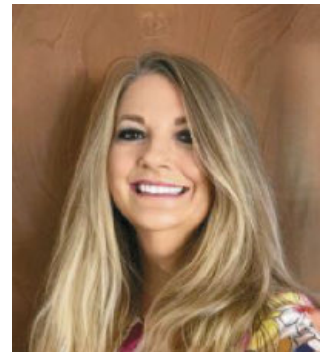
Farewell to MSHL's Executive Director: Jennifer Michalak!

21 years ago, I fell in love—with working here for you. I began as “the lunch lady” with Hermione Fauser teaching me the ropes in the kitchen. Through that, I saw how having people in our lives as well as programs and services can strengthen our ability to age with independence and dignity. And I deeply believe in the importance of that! We have seen much growth and change over these past years—adding a transportation service, becoming a nonprofit organization, providing Meals on Wheels, plus more. So much blood, sweat and tears have been shed along with laughter, love, and joy. I have always maintained that it is all about the relationships, and I have been blessed by the many ways I have been enriched by all of you. It is now time for both MSHL and me to transition to the next phase. I will be moving to the west side of the state to support family needs, and MSHL will flourish under the gifts and talents of the beautiful lady below. But I will be around until August so there's plenty of time to say goodbye.

Welcome MaryAnn Opal!

“I will strive daily to be a person of Integrity, Cheerfulness and Energy.”

I knew from an early age that my desire was to help people. It is my passion to put a smile on the faces of those who have endured the storms of life; to be a burst of sunshine in their day. Early on, I combined my ambition and my love for the elderly when I began working as a nurse's aide in an assisted living community and also in home health care. I later served as the director of a local senior program and established a business providing cosmetology services to homebound seniors. I then founded a very successful business in the world of sales, marketing, events, and business consulting. I have spent the last 15 years in the Sunny South. My husband and I are returning home to be near our adorable grandsons. I feel like I have been preparing my whole life for this next phase. I get to work with seniors in my hometown! Seniors and Milan, it doesn't get much better than this! Thank you for allowing me the opportunity to be the Executive Director for MSHL; it is an honor and a privilege. I am so excited to meet each of you, and hear your stories – belly laughs and tears, I embrace them all. I feel so fortunate to get to live my passion.



June Programs



ASK THE EXPERT: Sleep & Sleep Aids

Tuesday, June 7th @11am
Presented by Little Pharmacy



Do you struggle to fall asleep or have difficulty staying asleep? Come listen to what Little Pharmacy has to say about sleep and sleep aids to help you get a better night's sleep. Our local pharmacist, Ziad Ghamraoui, will discuss some over-the-counter medications as well as some natural products that may be beneficial to your sleep. **Register soon!**

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

BRUSH TO CANVAS

Wednesday, June 15th @noon
Presented by Jolie Petticord



Express 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. This is a sample of what you paint in June.

Register by June 13th

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

BREAKFAST W/ THE BETTY BRIGADE: Downsizing the Silver Tsunami

Tuesday, June 14th @9:30am
Sponsored by Sharon McRill of The Betty's Brigade

Does the thought of having friends over give you anxiety? Would you rather be out and about than home where your stuff overwhelms you? Have breakfast with The Betty Brigade and get some answers and strategies to help you organize and pare down your stuff. Sharon is the owner and founder of The Betty Brigade, an Ann Arbor business recently featured on The Dr. Phil Show, for their expertise on helping figure out how to sort and downsize. Sharon is a #1 BestSeller of Downsizing the Silver Tsunami: Who to Call and Where Does All the Stuff Go. Join the brigade and get some helpful tips (and maybe a pastry or two) on how to manage your overflow.

Register right away!

CREATE A PLATE II

Thursday, June 16th @10am
Presented by Linda Schultz



April's class was so successful that we are having another class! Linda shares her creative talents to guide you through the process of taking a clear glass plate and turning it into a decorative work of art made from patterned fabric, glue and trim. This time we will experiment with a card or picture placed inside. Stop by the office to see a sample or two.



**Register
by June**

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

June Programs



MEDICARE COVERAGE OF VACCINES

Monday, June 20th @10:45

Presented by Mich. Medicare & Medicaid Assistance Program (MMAP) **(Pre-recorded)**

Join MMAP for the Medicare coverage of vaccines. The Medicare Coverage of Vaccines Program goes over the basics of Medicare, which vaccines Medicare covers, under which program (Medicare Part B or Part D), as well as your out of pocket costs.

*This is a free presentation—
Register by June 17th*

www.milanseniors.org

HOMEMADE CLEANING SUPPLIES

Tuesday, June 21st @10am

Presented by Beverly Robinson

June is the perfect time to get into some spring cleaning. Cleaning products, however, are expensive and even harmful. The benefits of making your own cleaning supplies make it:

- Cost effective (about half the cost of regular cleaners)
- Environmentally friendly
- Less toxic/ Better air quality

We will teach you how to make three different cleaning products—laundry detergent, multi-surface cleaner, and glass cleaner. Then take home your samples and try them out!

Register by June 20th

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



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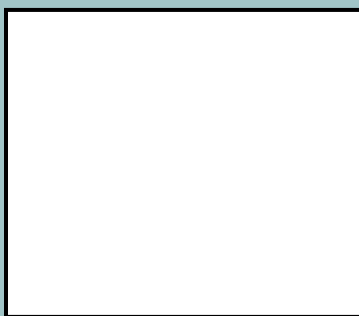
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Ongoing Programs



SPANISH CLUB

Next Session: June 13–July 18th (no class July 4)

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?

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.



NEW! WOMEN'S HOUR

Every Wednesday @11:00am

Hosted by Cindy Swope

Men have their time, now women have theirs! Formerly *Solo Seniors*, we are launching *Women's Hour*—a time for you to enjoy the company and comradery of other women. We gals can chat about whatever we like and steer the future of the group in whatever direction the wind fills our sails. Let's have some fun, ladies!



TECH TALK: BEST TECH DEVICES for OLDER ADULTS

Monday, June 13th @1:30pm

Hosted by Digital Connections Corp (DCC) —
An EMU/UM Collaboration



James Giordani is back with his advice on the best tech devices for older adults. Get his input and suggestions as to what can be most helpful to us in the ever-growing world of technology. Also take advantage of DCC's Tech Help Line to help with questions you might have between sessions. Information is located in MSHL's resource cabinets.

Register by June 9th

More June Programs



COOKING WITH THE INSTANT POT

Wednesday, June 22nd from 12—2pm

Presented by Christine Chie



Did you know that you can use your Instant Pot to make some scrumptious baby back ribs—and believe it or not—cheesecake? Learn how to make these two summer recipes and enjoy sampling a taste of each. Enroll soon as this promises to be a very popular class!

Register by June 20th

Senior Member	Seniors	Non-Seniors
\$10	\$11	\$12

ACID REFLUX

Tuesday, June 28th @11:00am

Betty Chaffee, PharmD of BetterMyMeds

Acid reflux disease or GERD is a digestive disorder that occurs when stomach acids back up from the stomach and into the esophagus. This backwash can irritate the lining of your esophagus leading to heartburn, nausea, chest pain, and other lung issues such as a chronic cough. Most people have experienced acid reflux from time to time, and GERD can affect people of all ages. Betty addresses this digestive disorder and talks about over-the-counter treatments as well as long-term medications.

Register by June 27th

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

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Support Services



TECHNOLOGY ASSISTANCE

**Second Thursday of the Month
June 9th 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, June 20th @1:45pm

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

Wednesday, July 6th @1:00pm

Library Card Sign-Up!

Stop by and get your new library card. Then stay and take a look at the cart of books and movies you can check out.



Support Groups



CAREGIVER SUPPORT

Second Tuesday
June 14th @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.



GRIEF SUPPORT

First Thursday
June 2nd @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".

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.

Let MSHL support you in your wellness journey! We have rebranded our Activity Center to the 'Wellness Center'. As a Wellness Center, 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!



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.



Fitness



FITNESS PASS—FOR EXERCISE PROGRAMS

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



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!



MONDAY MORNING WORKOUT

Mondays 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 as she leads you through a gentler class focusing on range of motion, strength-building, and comprehensive stretching.



The schedule is as follows:

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

Use your Fitness Pass for all of these fitness classes!

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
- Helps you maintain a healthy metabolism

FITNESS INSTRUCTORS WANTED

We are seeking fitness instructors to add to our current lineup. Contact MSHL's office if you are interested or know of someone who can help up stay fit!

Dance



THE PARKINSON'S DANCE PROJECT

Thursdays @1:30pm
Instructor: Beverly Robinson



The Parkinson's Dance Project is modeled after the Brooklyn –based Parkinson's Group—"Dance for PD". Dance is first and foremost a stimulating mental activity that connects the mind to body. Dance is a means for the human spirit to transcend the limitations and challenges of persons living with PD. Dance focuses attention on eyes, ears and touch as tools to assist in movement and balance. Dance focuses the body like an instrument – like the paintbrush of an artist. 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. No experience is required!

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

Use our new pink "Parkinson's Pass" to pay for each class. Each card has ten classes, and when you use it up, buy another!

Entertainment



GAME SCHEDULE

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

WANTED

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

Contact John Western (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, June 9th @11:30am

Please join us to honor these individuals.

June Birthdays

Gail Burgess	Evelyn Katona
Martha Churchill	Margaret Katona
Ken Cross	Carolyn Kinde
Richard Creviston	Linda Hissong
Jim Cullip	Marcia Sanders
Julia DiLaura	Vicky Sasin
Jenneatte Ferenczy	Yvonne Smiley
Maria Ferraiuolo	John St. Pierre
Laura Galindo	Joann Viger
Terrie Hoskins	Alaynna Yates
Bernice Joplin-Richardson	

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



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

RUMMAGE SALES HAVE RETURNED!

Do some spring cleaning and donate your gently used items for our rummage sale! Items may be dropped off the first week in June. Then come shop on the day of our birthday celebration and find some treasure you can't live without!



EAT WELL! LIVE HEALTHY!

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

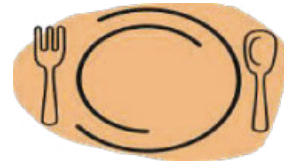
Eating a well-balanced diet is an important part of wellness as you age. It can help you maintain a healthy weight, stay energized, get the nutrients you need, and lower your risk of developing chronic health conditions.

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

COMMUNITY RUMMAGE SALE

Saturday, June 25th from 9—3

Milan Seniors for Healthy Living is hosting a community rummage sale in Wilson Park. If you would like to sell some of your treasures or just want to shop, then this is the place to be! Rent a space for \$25—the profits are yours to keep and the entry fee is a fundraiser for Milan Seniors for Healthy Living. Pick up an application at MSHL or call for more details.

*Please note—you must live in the 48160 zip code in order to rent a space.

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.”

www.milanseniors.org

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HUMOR

I just hate spring cleaning. The darn things bounce all over the place!

My dentist was cleaning my teeth and told me I should open up more. I told him I hadn't seen my father in three years...

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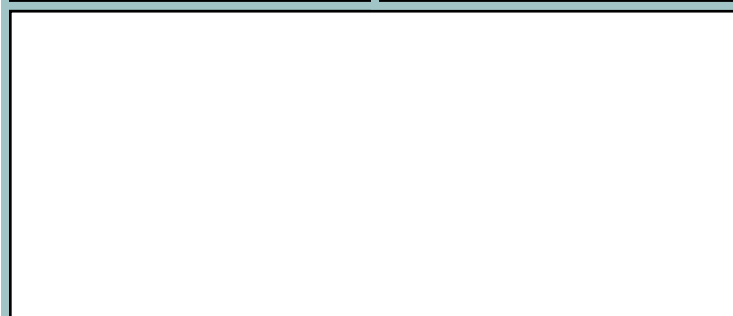
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Support Your Center

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

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.

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, Maria Klump, Clifton Kuhn, Marlene Howe, Gloria Rosen, Rosemary Soja, and Jerry Weaver.

You can bequeath a donation in your memory by including MSHL in your final wishes and/or including us in your will.

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!



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!**

BOTTLE/CAN DRIVE

Drop off **CLEAN** 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 May, we have had \$1500 worth brought in. Help us hit that goal.



Other News



This month's wellness dimension: **OCCUPATIONAL WELLNESS**

Occupational Wellness is about finding gratification and enrichment in one's career. Careers that are consistent with one's personal values, passions and beliefs are often more rewarding than those that are not. But for those who are no longer in the work force, you can contribute both intellectually and occupationally to your communities by sharing your skills and gifts through work, volunteer or mentorship opportunities. In fact, people who participate in activities that are meaningful to them report feeling healthier and happier. Explore where you can share your time and talents here at MSHL!

SENIOR INTERVIEWS

This summer, MSHL is partnering with Aid in Milan and their Teen Volunteer Program in hopes that some of you will take part in a video documentary. The interviews will focus on three questions:

- What is something you know that you wish you had known 20 years ago?
 - What is one moment you could live over and over and never tire of?
 - What do you wish for Milan and its neighbors in the next 10 years?

Sound tempting? Stop by the office and let us know you would like to be part of this documentary!

www.milanseniors.org

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Sallie Bancroft	Marilyn Hosler
Sue Barney	Laura Hawkins
Brenda Bevins	Greg Hissong
Cheryn Bourdeau	Judith Hofweber
Gary Bourdeau	Barbara Ilg
Gail Burgess	Richard Ilg
Sandra Chandler	Margaret Katona
Christine Chie	Donna Kneebush
John Chie	Carol Preston
Martha Churchill	Robert Preston
Lonnie Collins	Marcia Sanders
Dianne Coss	Kay Schmenk
Ken Coss	Richard Schmenk
Paula Doan-Collins	Julie (Judy) Schonek
Pat Durston	Barb Susterka
Richard Early	Cindy Swope
Sharon Early	Arden Tomecek
Mary Ender	Joe Tomecek
Carol Esch	John Troy
Jeanette Ferenczy	Loretta Watson
Russel Finch, Jr.	Dan Wisner
Ruth Finch	Marilyn Wisner
Jacqueline Fital	Kristen Zander
Carol Fitch	
James Fitch	
Laura Galindo	



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	John Schailer
Janett Ford	Linda Schultz
Carrie Furman	Marvin Schultz
Larry Furman	Richard Sheff
Barbara Gardinier	Nancy Simpson
Muriel Gierke	Irene Smith
Lou Ann Hanlon	Phyllis Smith
Joyce Hearn	Linda Squires
Fonda Heikka	John St.Pierre
Mary Hendrick	Kristine Thomas
Robert Henninger	Lou Ann Thompson
Marie Hiler	Wendy Tobler
Daniel Horvath	Carol Vollink
Fran Howard	Jane Ann Wanty
Hurshel Howard	Jennifer Ware
John Howard	Edward Wollmann
Susan Jantschak	Susan Yasi
Pat Kachenko	Patsy Zander
Evelyn Katona	
Marilyn Kettenstock	

MSHL STAFF

Executive Director:

Jennifer Michalak/
MaryAnn Opal

Administrative

Assistant:

Cindy Schlottman

Director of Programs & Services:

Beverly Robinson

Program & Facility

Assistant:

Jodi Griffor

Director of

Transportation:

Alan Lown

Transportation

Drivers:

Shelly Bauer

Greg Bell

BOARD OF DIRECTORS

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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

Let's Meet: John St. Pierre



Originally from Brighton, Michigan, John lived in Lakeland through out his 33 year career at the Chrysler Proving Grounds where he began as a test driver, then fabricator, and finally a trainer/communicator in quality process. John's late wife, RoseMarie, had lived in Milan and liked the area, so when the couple decided to sell their Lakeland home on the lake for something easier to maintain, they moved here 12 years ago. John has one son and one daughter who both live nearby. John has been an MSHL member for about five years, and is particularly fond of the weekly Men's Hour. He also enjoys the various educational presentations and holiday meals. If you've ever been to an MSHL arts and crafts sale, and you saw a gentleman with a display of gorgeous wooden intarsias, that was John! Intarsia is when an item is made up of individually crafted pieces. When it's made from wood, every piece is cut, sanded, and carefully fit together like a dimensional jigsaw puzzle. Ideally, all the colors are natural to the wood, and are simply topped with a clear protective finish. There can be hundreds of pieces in one project, and they can range in size from tiny to large. The process is time consuming and precise, and can have breathtaking results. John has won numerous blue ribbons for his work, including Best of Show in the Phoenix Woodworkers Show! Well done, John!

—written by Wendy Tobler



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

JUNE 2022

Monday	Tuesday	Wednesday	Thursday
		1 11:00 Women's Hour p4 12:30 Dime Bingo p9 12:30 Pinochle p9 2:00 Chair Yoga p8	2 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
6 10:30 Monday Workout p8 12:30 Penny Bingo p9 12:30 Bridge p9 2:00 Chair Yoga p8	7 9:00 Men's Hour p4 10:00 eXercise4U p8 11:00 Ask the Expert p2 11:45 Senior Cafe p10 12:30 Euchre p9	8 11:00 Women's Hour p4 12:30 Quarter Bingo p9 12:30 Pinochle p9 2:00 Chair Yoga p8	9 Rummage Sale 9:00 Tech Assistance p6 10:00 eXercise4U p8 10:00 Quilting B's p4 10:30 Blood Pressure p6 11:30 Birthday Lunch p10 12:30 Mah-jongg p9 12:30 Euchre p9 1:30 Parkinson's Dance p9
13 10:30 Monday Workout p8 11:00 Spanish Club p4 12:30 Penny Bingo p9 12:30 Bridge p9 1:30 Tech Talk p4 2:00 Chair Yoga p8	14 9:00 Men's Hour p4 9:30 Betty's Brigade p2 10:00 eXercise4U p8 11:45 Senior Cafe p10 12:30 Caregiver Support p7 12:30 Euchre p9	15 11:00 Women's Hour p4 12:00 Brush to Canvas p2 12:30 Dime Bingo p9 12:30 Pinochle p9 2:00 Chair Yoga p8	16 10:00 eXercise4U p8 10:00 Quilting B's p4 10:00 Create a Plate II p2 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
20 10:30 Monday Workout p8 10:45 MMAP/Vaccines p3 11:00 Spanish Club p4 12:30 Penny Bingo p9 12:30 Bridge p9 1:45 Podiatry p6 2:00 Chair Yoga p8	21 9:00 Men's Hour p4 10:00 eXercise4U p8 10:00 Homemade Cleaning Supplies p3 11:45 Senior Cafe p10 12:30 Euchre p9	22 11:00 Women's Hour p4 12:00 Cooking w/ an Instant Pot p5 12:30 Dime Bingo p9 12:30 Pinochle p9 2:00 Chair Yoga p8	23 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
27 10:30 Monday Workout p8 11:00 Spanish Club p4 12:30 Penny Bingo p9 12:30 Bridge p9 2:00 Chair Yoga p8	28 9:00 Men's Hour p4 10:00 eXercise4U p8 11:00 Acid Reflux p5 11:45 Senior Cafe p10 12:30 Euchre p9	29 11:00 Women's Hour p4 12:30 Dime Bingo p9 12:30 Pinochle p9 2:00 Chair Yoga p8	30 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