Milan Seniors
for Healthy Living

November 2025

Activity Center, Meals on Wheels, Aging in Action, Transportation, Milan Oasis







45 Neckel Court - Milan, MI, 48160
734.508.6229 • milanseniors.org

Hours & Information

Milan Seniors for Healthy Living
45 Neckel Court, Milan, MI 48160
Phone: 734.508.6229
www.milanseniors.org

Open: 8 - 3 / M - Th
Closed:
Monday, November 3: Election Set-up
Tuesday, November 4: Voting
Tuesday, November 11: Veterans Day

MSHL Staff

Executive Director
MaryAnn Opal

Director of Aging in Action
Beverly Robinson

Director of Milan Oasis
Mandy Reams

Assistant Director of Milan Oasis
Peter Woodhouse

Director of Operations/MOW
Jodi Griffor

Director of Programming
Maxine Tewsley

Director of Transportation
Alan Lown

Kitchen Production
Sherrie Schwartz

Financial Consultant
Amy Landingham

Key

Member's Only Perk 

MSHL Board of Directors

Chair
Cindy Swope

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Matt West

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Directors
James Giordani
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Shannon Wayne / City Council Liaison

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From the Director...



Contact MaryAnn

Email:
MaryAnn0@MilanSeniors.org



Contact Mandy

Email:
MandyR@MilanSeniors.org

November is a season of gratitude, and I would like to take this opportunity to thank our staff for the incredible work they do each and every day.

As your Executive Director, my role is to cast the vision, raise funds for the vision, and clear away the obstacles so our talented staff can bring that vision to life. Steve Jobs once said, "Don't hire smart people and then tell them how to do their job." Leadership expert Matt Monge added, "Hire people that are smarter than you then lead and serve them by clearing obstacles out of their way so they can do their thing."

The MSHL staff is a very talented, passionate team. One empowered, their skills truly come to life. Thank you for being outstanding – not just in what you do, but in how you do it.

With gratitude,
MaryAnn

Staff Corner: Mandy

Hi, my name is Mandy Reams and I am the Director of the new Milan Oasis program. I'm so excited to be with MSHL and able to provide this wonderful respite opportunity for caregivers and people who are living with cognitive impairments.

I received my bachelor's from the University of Toledo in Art Therapy and Mental Health. After graduation, I received my master's in Gerontology. During my career, I've worked in many different settings, including senior care, skilled facilities, and assisted living focused on memory care. As a Gerontologist, I love to learn and have several additional certifications, including Certified Dementia Practitioner. I am currently working on my PhD in Gerontology.

I love spending time with my family which includes my husband, two amazing bonus children, and three fur-babies. We enjoy our lake house year-round in Brooklyn, and I really like a good adventure here and there.

I am so excited for Milan Oasis and for the opportunities it will present to the caregivers and participants. I am eager to share my knowledge and experience.

Health & Fitness

Chair Yoga

Mondays & Wednesdays @ 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 the basic poses, postures, and breath that will be the building blocks to take you to the next level.

Cardio Drumming

Mondays @ 10am
Instructor: Beverly Robinson

Seated or standing, cardio drumming is a fun and easy exercise to activate major muscle groups. This is a medium-paced class but highly adaptable to all fitness levels.

SitFit

Tuesdays @ 10am
Instructor: Beverly Robinson

Enjoy a seated workout to lively music, making exercising fun. SitFit is designed to improve core strength, flexibility, coordination, balance, and circulation.

eXercise4U

Thursdays @ 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 favorite fitness classes, marking off a square for each class you attend. Each card is good for 20 classes. When your card is used up, buy another.

Senior Member	Senior	Non-Senior
$40	$50	$60



Blood Pressure Checks

Mondays 11am - 12pm
Hosted by Beverly Davenport

Want to check your blood pressure? Stop by MSHL to get it read for free.

Hearing Aid Checks

Every Other Month
Hosted by The Hearing Depot

Check back next month!

November Programs

Membership Drive

Wed, November 5th, 9am to 2pm

Stop by the Membership Table in the MSHL lobby to update your papers and make your payment.

Everyone who gets their 2025 Membership during the Membership Drive will be entered into a drawing to win a prize!

Milan Area Skills Exchange

Thursday, November 6th @ 11am

Hosted by Ed Wollmann

The Milan Area Skills Exchange is bringing time banks to Milan! At its core, timebanking believes that everyone's time is equal,and everyone has something to offer. When you help someone – tutoring, cooking, driving, or lending a hand – you earn an hour of help in return. It's a simple, powerful cycle of giving and receiving. Time banks build real connections and mutual trust, turning neighbors into friends. Come and learn more about this exciting new Milan initiative!

Veterans Day Breakfast

Mon, November 10th @ 9:00am

All MSHL Veterans and families are invited to attend a Veterans Day Breakfast! Enjoy a hearty breakfast prepared by our very own Director of Operations, Jodi Griffor.

Hear from local speakers, learn about Milan's Veterans Wall, and honor our Veterans.

Ask the Pharmacist

Monday, November 10th @ 11am

Hosted by Betty Chaffee, Pharm. D.

As we get older, the risk of injury from a fall increases. One of the many things we can do to prevent falls, is to know how medications increase the risk.

Join Betty Chaffee, PharmD, of Better My Meds on November 10th to talk about meds that increase fall risk, and what to do if you're taking one.

Pre-registration required. Sign up at the office.

CreativeLeA Paints

Wed, November 12th @ 10am

Hosted by LeAnne Milkey

Join LeAnne to paint a delightful pumpkin bouquet.

Senior Member	Senior	Non-Senior
$25	$31.00	$37.00



November Programs

Rural Health Day

Thursday, November 20th
Hosted by Maxine Tewsley

Since 2011, the National Organization of State Offices of Rural Health celebrates the "Power of Rural" on National Rural Health Day. This day is an opportunity to bring attention to, and honor the incredible efforts of rural healthcare providers, communities, organizations, State Offices of Rural Health, and other stakeholders dedicated to addressing the unique healthcare needs of rural America. Celebrate the day at MSHL!

9:00: Breakfast, Welcome
Come for a light breakfast, morning activities, and casual conversation.

10:00: Wake Up & Warm Up
Join Beverly for a brief, low-impact exercise to start your day.

10:30: Rural Health 101
What issues do rural communities face compared to other communities? How may it impact you? What resources are available to you? Come ready to learn!

12:00: Lunch
Register in the office.

This program is completely free.



Shrimp & Grits Brunch

Wed, November 26th @ 11am
Hosted by Tom Opal

MaryAnn's husband was known in South Carolina as preparing, "the best Shrimp and Grits in the South."

Join us for brunch the day before Thanksgiving and try for yourself!

MSHL will only be open for brunch this day.

Holiday Market

Saturday, November 29th - 8 to 3

For this year's Holiday Market, we are excited to partner with Downtown Milan's Small Business Saturday: Pop on Main event.

Stop by The Center from 8am to 3pm for the Flurries & Finds Holiday Market to shop small vendors for Arts, Crafts, and Treasures while staying warm, dry and cozy!

Interested in being a vendor? Stop by the office or call 734.508.6229. Spaces are limited.

Live - Local - Music

Tuesdays @ 12:30

Cozy up in the library with us for some live, local, talent. Hear a range of styles, instruments, and genres.

18th: Laura Russeau
25th: AJ Landingham

Let us know if you are coming. Register in the office.

Ongoing Programs

Deby's Designs

1st Monday @ 12:30pm

Hosted by Deby Tubbs

Cancelled this month due to election set-up.

Diamond Art

2nd Monday @ 12:30pm

Staff-led

Diamond Art is a craft that involves applying tiny resin "diamonds" onto a fabric canvas. Like paint by numbers with cross stitch.

$5/person.

25 Words or Less

3rd Monday @ 12:30pm

Hosted by Wendy Tobler

A new game! In 25 Words or Less, can you describe the words on the card so that your teammates are able to guess them correctly?

Coloring with Laurie

4th Monday @ 12:30pm

Hosted by Laurie Novak

Spend the afternoon relaxing your brain with fun coloring patterns and conversation.

Jeopardy

Monday, November 24th @ 11am

Hosted by Maxine Tewsley

Test your knowledge on a wide variety of topics as you clear the board answering questions ranging from $100 to $500. Finish with Final Jeopardy.

AsKevin Help Desk

2nd Monday - 9am to 11am

Hosted by AsKevin

Are you experiencing an issue with your phone, laptop, or other device? Sign up for a 30 minute personalized help session with a Tech Coach from AsKevin.

$20/session. Register and pay at the office.

Fireside Chats

Wednesdays @ 10am

These weekly Fireside Chats will focus on history, science, and technology - all hosted by local experts. Come by on a Wednesday morning for conversation, coffee, and curiosity.

5th: Camyle & Laura Cryderman, Science
Meet Camyle and Laura of Ladybug Croft! Learn about gardening, farmers markets, harvests, and more. Maybe even get some samples.

12th: TBD, History
Check in with the office for your official speaker!

19th: Eamonn Reilly, Science
Meet Eamonn, a master's graduate from the Aerospace Engineering Department at the University of Michigan. Learn about engineering, aerodynamics, and what Eamonn does day-to-day.

Ongoing Programs

Men's Coffee Hour

Tuesdays @ 9am

Hosted by Gary Bourdeau

Come shoot the breeze, solve the world's problems, or simply enjoy the comradery of this great group of men. First time guests are always welcomed!

Women's Hour

Wednesdays @ 11am

Hosted by Cindy Swope

Cindy does a fabulous job initiating conversation, sparking dialogue, and giving everyone a safe place to share their insights, experiences, joy, and challenges. Join the conversation.

Pastor Matt's Neighborhood

2nd Wednesday @ 12:30pm

Hosted by Pastor Matt West

Join Pastor Matt from The Bridge - A United Methodist Community, for spiritual guidance. Enjoy conversation, guests, snacks, and more.

Talk of the Town

3rd Wednesday @ 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.

Quilting B's

Thursdays @ 10am

Hosted by Ellen Bell

Psychologists believe that quilting utilizing the entire brain as it involves creativity, logic, spatial awareness, color analysis, fine motor skills, and math!

Twistin' Strings & Things

Thursdays @ 11am

Hosted by Marcia Bolog & Evelyn Katona

Knitting and crocheting releases endorphins - natural chemicals that make you feel happy and calm. Stitch among friends and work at your own pace. Marcia and Evelyn are there to help you with new skills and projects.

Funders $5000+

Michigan DOT - Ann Arbor AAATA - City of Milan Senior Millage - Monroe County COA - Washtenaw County OCED - Michigan Health Edowment Fund - Greater Milan Area Community Foundation

Food and Fun

Senior Cafe

Monday - Thursday @ 12pm
Prepared by Jodi Griffor & Sherrie Schwartz

$5 Suggested Donation/Person
Join us 4 days a week for delicious homemade meals.

Members' Luncheon

Wednesday, November 5th @ 12pm
Prepared by Jodi Griffor & MSHL Kitchen Staff

$5 Suggested Donation/Person
Traditional Thanksgiving Meal
Turkey, stuffing, potatoes, and more

Birthday Celebration

Thursday, November 13th @ 11:30am
Prepared by Jodi Griffor

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

Patricia Auten
Richard Bancroft
Chris Benton
Antonio Briones
Mary Delf
James Early
Sharon Early
Rita Gall
Marie Hiler
Janae LeBar
Vance McCrumb
Melvin Mills
Betty Otto
Carolyn Richards
Janice Schmitt
Newt Squires
Brad Susterka
Linda E. Tackett
Michael Yates

Staff/Board
Amy Landingham
Sherrie Schwartz
Maxine Tewsley

Sponsors: Mullins Auto, Kroger, Green Witch Florals, Yeager Bomb Entertainment

Coming Up

Cookies & Cocoa

December 6th



Decemeber Bingo Night

December 9th



Christmas Party

December 18th



Games and Outings

Bingo

Mon, Wed, Thurs @ 12:30pm

Mon: 19 nickels, 2 dimes
Wed: 12 dimes, 1 nickel, 1 quarter
2nd Wed: 15 quarters
Thurs: 8 dimes, 8 quarters

Euchre

Tues, Wed, Thurs @ 12:30pm

Mah-Jongg

Thursday @ 12:30 pm

Out to Breakfast

Friday, November 28th @ 9am

Every 4th Friday

Reserve with Sue Bemis
Call 734.483.6351.

Out to Lunch

Saturday, November 15th @ 1pm

Every 3rd Saturday

Reserve with Donna Kneebush
Call 734.439.2103.

MSHL Lifetime Memebers

Linda Alair
Patricia Auten
Sallie Bancroft
Esther Bardon
Carol Barrett
Shelly Bauer
Sue Bemis
Marcia Bolog
Robert Brazeau
Antonio Briones
Pat Budd
Rose Budd
Arthur Burgess
Carolyn Burlingame
Patty Butts
Doris Campbell
Donna Carver
Christine Chie
Liz Cook
David Crane
Joyce Criswell
Joan Cullip
Mary Delf
Mary Dennison
Kathy Dominque
Diane Dziedzic
Mary Eddy
Joyce Emerson
Judy Falk
Roger Falk
Anne Farmer
James Fitch
Janett Ford
Sandra Frey
Carrie Furman
Larry Furman
Rita Gall
Barbara Gardinier
Muriel Gierke
Carolyn Gotts
Lou Ann Hanlon
Ron Hasselbring
Joyce Hearn
Fonda Heikka
Mary Hendrick
Carol Hewitt
Marie Hiler
Daniel Horvath
Sharri Horvath
Fran Howard
Hurshel Howard
John Howard
Susan Jantschak
Pat Kachenko
Evelyn Katona
Marilyn Kettenstock
John Koehler
Barbara Ann LaFleur
Janae LeBar
Todd LeBaron
Maria Long
Jeannie Luddeni
Eugene Maas
Nancy Malecki
Deb McFarlane
Mary Mehringer
Judy Mikkola
Cindy Montag
Marilyn Morawski
Chuck Morgan
Glenna Mullins
Laurie Novak
Carolyn Olds
Penny Olds
Roger Olds
Tom Opal
Betty Otto
Gordon Parker
Judy Parker
Danielle Peladeau
Terry Quillen
John Schauer
Tracy Shauer
Judy Schonek
Tina Schroeder
Linda Schultz
Marvin Schultz
Sherrie Schwartz
Joyce Shavers
Richard Sheff
Nancy Simpson
Yvonne Smiley
Colleen Smith
Irene Smith
Phyllis Smith
Linda Southward
Allison Spencer
Linda Squires
Newt Squires
John St. Pierre
Ann Stone
Gerald Straits
Cynthia Swope
Sharon Thatcher
Kristine Thomas
Lou Ann Thompson
Rose Timbers
James Timbers
Wendy Tobler
Carol Vollink
Elizabeth Waffle
Jennifer Ware
Loretta Watson
Shannon Wayne
Carolyn Wetzler
Chris Wetzler
Edward Wollmann
Susan Yasi
Alaynna Yates
Michael Yates
Kristen Zander
Patsy Zander

Wellness Services

Acupuncture

Mondays @ 9am

Hosted by Dr. Linda Mouacheupao

For members only, Dr. Linda uses acupuncture to diagnose, treat, and prevent illnesses and improve well-being.

Visit the MSHL Office for appointment.

Podiatry Service

By Appointment

With 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.

Visit the MSHL office for appointment.

Medication Review

By Appointment

With Betty Chaffee, Pharm D

Get help from Betty Chaffe, a certified medication expert. Find out if all of your meds are necessary, and learn how to talk more confidently with your doctor.

2026 Membership

Membership Perks

Standard $20 | Standard + Matching Gift $40 Lifetime $200

NEW THIS YEAR! Support your senior center with an annual gift of $20. Please consider the Standard + Matching Gift Membership. If everyone gives a little, it becomes a lot.

"No one has ever become poor by giving" ~Anne Frank

Membership perks include...

- Podiatry
- Acupuncture
- AsKevin Help Desk
- Free Birthday Lunch
- Member's Meal
- Newsletter

Renew your Membership

Annual Memberships run January 1st through December 31st

It's that time.

Stop by the office starting on November 1, 2025 and renew your membership for 2026.

And yes, even if you're a Lifetime Member, we still need new paperwork!

Register during our Membership Drive on Wednesday, November 5th for a chance to win a fun prize.

Support Services

Activity Center

Director: Maxine Tewsley

Offers a variety of **robust programs, services and activities** such as fitness, presentations, arts and crafts, seasonal parties, music, Senior Cafe, and more.

- Phone: 734.508.6229

Aging in Action

Director: Beverly Robinson

Enhances quality of life and encourages **aging with independence and dignity** by providing a coaching and referral service. Literally, helping you age in place.

- Phone: 734.418.0376

Meals on Wheels

Director: Jodi Griffor

Designed for those who are **home-bound** or whereby shopping/preparing meals takes considerable effort. Reach out to see if you or your loved one qualifies.

- Phone: 734.508.6229

Milan Oasis

Director: Mandy Reams

A no-cost, engaging **Dementia Friendly Respite program**. Enrollment required.

- Phone: 734-489-1075

Senior Café

Director: Jodi Griffor

Join us Monday through Thursday at noon for a **hot, delicious meal** prepared in-house by Jodi and/or Sherrie.

- $5 suggested donation
- Meal cards available for $50
- Phone: 734.508.6229

Transportation

Director: Alan Lown

Rides by appointment for those 60+ and living in the 48160 zip code

- Milan city limits: $2 each way
- Outside Milan city limits: $1.50/mile
- Phone: 734.322.8413

Support Your Center

Memorial/Honor Fund

Milan Seniors for Healthy Living is honored to receive donations in memory or honor of your loved one.

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

To do so, email: mshl@milanseniors.org.

Kroger

Support MSHL at NO COST by joining Kroger Community Rewards. Kroger donates to non-profits based on your purchases. Want to sign up? We can help you in the office!

Bottle & Can Drive

Drop off CLEAN bottles and cans in the front vestibule. The bottles and cans donated go a long way in helping us offset some of the costs of being a non-profit organization.

This Month's Wish List



Regular Keurig Coffee Pods, please!

Be a Sustaining Supporter

Research shows that non-profits recieveing a regular payment every month from their supporters are 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.
- and MORE quality activities and programs!

Call 734.508.6229 or stop by the office with your support. Thank you!

Announcments

Medical Supplies...

Did you know that we often have medical supplies and equipment to loan out or give away? If you have a need or would like to make a donation, call our Aging in Action program at **734.418.0376.**

Parking

Please refrain from parking in the loop in front of the building. You are welcome to drop something or someone off, but we then ask that you re-park your car. Thank you!

MILAN PHYSICAL THERAPY
905 Dexter St.
Milan, MI 48160
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We give you the tools to live a healthy life
M-F, 8am-5pm
Early morning and evening hours available.
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milanphysicaltherapy.com

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Right at Home Ann Arbor provides a range of in-home care options for seniors and adults with disabilities. Don't think of our services as one-size-fits all. We know everyone's needs are different, so our care plans are uniquely tailored to each individual. Whether it's helping with dressing and hygiene, providing medication reminders, or simply providing transportation to medical appointments, Right at Home's dedicated caregivers will help you or your loved one navigate life.



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Grostickm@gmail.com



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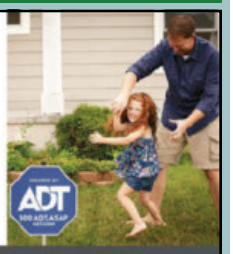
Assisted Living, Memory Care, Respite

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Calendar: November 2025

Monday	Tuesday	Wednesday	Thursday
3 ***Center is Closed: Election Set Up***	**4** ***Center is Closed: Election Day***	**5** 9:00 Membership Drive p5 10:00 Fireside Chats p7 11:00 Women's Hour p8 12:00 Members' Meal p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p4	**6** 10:00 eXercise4U p4 10:00 Quilting B's p8 11:00 Twistin' Strings p8 11:00 Skills Exchange p5 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-Jongg p10
10 9:00 Acupuncture p11 9:00 Veterans Day p5 9:00 AsKevin Help Desk p 11:00 BP Checks p4 11:00 Ask the Pharm p5 12:00 Senior Café p9 12:30 Diamond Art p7 12:30 Bingo p10 2:00 Chair Yoga p4	**11** ***Center is Closed: Veterans Day***	**12** 10:00 Fireside Chats p7 10:00 CreativeLeA Paints p5 11:00 Women's Hour p8 12:00 Senior Café p9 12:30 Bingo/Euchre p10 12:30 PM Neighborhood p8 2:00 Chair Yoga p4	**13** ***Rummage Sale*** 10:00 eXercise4U p4 10:00 Quilting B's p8 11:00 Twistin' Strings p8 11:30 Birthday Lunch p9 12:30 Bingo/Euchre/ Mah-Jongg p10 **15** 1:00 Out to Lunch p10
17 9:00 Acupuncture p11 10:00 Cardio Drumming p4 11:00 BP Checks p4 12:00 Senior Café p9 12:30 25 Words p7 12:30 Bingo p10 1:45 Podiatry p11 2:00 Chair Yoga p4	**18** 9:00 Men's Hour p8 10:00 SitFit p4 12:00 Senior Café p9 12:30 Euchre p10 12:30 Live Local Music p6	**19** 10:00 Fireside Chats p7 11:00 Women's Hour p8 12:00 Senior Café p9 12:30 Bingo/Euchre p10 1:00 Talk of the Town p8 2:00 Chair Yoga p4	**20** 9:00 Rural Health Day p6 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-Jongg p10
24 9:00 Acupuncture p11 10:00 Cardio Drumming p4 11:00 BP Checks p4 11:00 Jeopardy p7 12:00 Senior Café p9 12:30 Coloring w/ Laurie p7 12:30 Bingo p10 2:00 Chair Yoga p4	**25** 9:00 Men's Hour p8 10:00 SitFit p4 12:00 Senior Café p9 12:30 Euchre p10 12:30 Live Local Music p6	**26** ***11am: Shrimp & Grits Brunch p6*** ***No other activities scheduled***	**27** ***Center is Closed: Happy Thanksgiving!*** **28/29** 9:00 Out to Breakfast p10 8:00 Holiday Market p6

