# Milan Seniors
*for Healthy Living*

## Something Beautifully New.

Living Well. Aging Vibrantly. Belonging Always.

We are delighted to share a refreshed look that reflects the warmth, vitality, and loving spirit that make MSHL such a special place. Our new logo was thoughtfully designed to capture the essence of who we are – people connected by love, care, and a joyful sense of community. It's full of life and serves as a gentle reminder of the energy, togetherness, and vibrancy that continue to grow here every day. A fresh expression of who we are.

## December 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

Hours: 8 - 3 / M - Th

Closed:
***December 22nd - January 1st: Holiday Break***

## 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

**Vice Chair**
Matt West

**Treasurer**
John Schauer

**Secretary**
Jeanine Evans

**Directors**
James Giordani
Josh Kofflin
Terry Dollhoff

**Alternates**
Danny Myers
Chris Wetzler

**Non-voting Board Members**
MaryAnn Opal / Executive Director
Shannon Wayne / City Council Liaison

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# From the Director...



As the Holiday Season approaches, we are reminded of the joy, connection, and traditions that make this time of year so special. Here at the Senior Center, we are grateful for each of you–your stories, your laughter, and the community you help create every day.

We know the holidays can be both wonderful and emotional, especially for those missing loved ones or navigating difficult memories. To lift one another up with compassion this season, I invite you to our Blue Christmas Service, where I will share a message of hope and gentle renewal. I am an Ordained Minister, and it is my honor to offer a peaceful space where we can reflect, remember, and find comfort together.

May this season bring you warmth, hope, and the gift of togetherness.
With gratitude,

MaryAnn

## Contact MaryAnn

**Email:**
***MaryAnnO@MilanSeniors.org***

## Staff Corner: Jodi Griffor



Jodi first joined MSHL in 2016 as a volunteer. His remarkable dedication quickly made him indispensable and he officially became part of the MSHL staff.

Today, Jodi serves as both Director of the Senior Nutrition Program and Director of Operations, ensuring that hundreds of meals reach our community each week while also keeping our facility running smoothly and safely. Whether he's coordinating Meals on Wheels deliveries, repairing equipment, or lending a hand wherever it's needed, Jodi does it all with creativity, teamwork, and a smile.

## Contact Jodi

**Email:**
***JodiG@MilanSeniors.org***

# 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.



# December Programs

## The Hearing Depot

**Thurs, December 4th @ 12pm**

*Hosted by The Hearing Depot*

Join Trever Fluke from The Hearing Depot for a Lunch & Learn about insurances, hearing loss, and devices. Bring your questions.

Make sure to sign up for lunch, but your meal will be free!

## Cookies & Cocoa

**Saturday, December 6th @ 2pm**

Whether you're 9 or 92, join us for Cookies & Cocoa!

Enjoy performances from Dance Xplosion, board games, Holiday Card writing, and of course, Christmas Cookies and Hot Cocoa!

This event is part of a day of festivities in Milan before the Christmas Parade. It's completely free to attend. Bring your friends and family.

***Register in the office.***

## Live - Local - Music

**Tuesdays @ 12:30pm**

Cozy up in the library with us for some live, local, talent.

**2nd: Kerry Westfall**
**9th: Deby Tubbs**
**16th: Beverly Robinson**
*Christmas Carols + Sing-a-Long*

## Community Christmas

**Wednesdays @ 10am**

Give back to your local community this season through simple volunteer tasks on Wednesday mornings.

**3rd: Christmas Cards**
*Write & decorate cards for Aid in Milan, Compassion Ministry, and Meals on Wheels.*

**10th: Meals on Wheels Gift Wrapping**
*Help assemble gifts to be given out to Meals on Wheels recipients.*

## Christkindl Celebration

**Monday, December 8th @ 1pm**

Christkindl, German for Christ-child, is the traditional Christmas gift-bringer in Germany. Hosted in partnership with Milan Oasis, sip on mulled wine, decorate Christmas cookies, and learn about German traditions of Christmas.



# December Programs

## CreativeLeA Paints

**Wed, December 10th @ 10am**

*Hosted by LeAnne Milkey*

Join LeAnne to paint a vibrant "Baby it's Cold Outside" snowman scene.

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

## Blue Christmas

**Mon, December 15th @ 12:30pm**

*Hosted by MaryAnn Opal*

Blue Christmas is a service held to support people who are grieving or struggling during the holidays. These services acknowledge the darkness and complexity of life, and to offer a space for reflection, hope, and healing. If the holidays are difficult for you this year, please come to our Blue Christmas. If you are feeling strong and joyful, please come support those who may be struggling.

In addition to MaryAnn's encouraging words, there will be gentle Christmas music, Christmas Hymns lead by Tom Opal, and a special candle lighting.



## Stained Glass Watercolors

**Thurs, December 18th @ 9:30am**

*Hosted by Ash, Moon Mama LLC*

Class will begin with a short guided meditation to allow your mind and body to relax. Then you will begin your relaxing watercolor painting. All supplies will be provided.

| Senior Member | Senior | Non-Senior |
|---|---|---|
| $15 | $20 | $25 |

***Register in the office.***

## Christmas Party

**Thurs, December 18th @ 11am**

Put on your Christmas sweater, bring your Christmas spirit, and stick around for a festive meal afterwards at noon.

Sip on a warm drink, play some games, taste yummy Christmas cookies, listen to Christmas carols, and visit Santa!

## Saline Fiddlers Philharmonic

**Thursday, December 18th @ 7pm**

Spend a festive evening with America's premier youth fiddling show band from Saline, Michigan. Enjoy Christmas tunes with warm beverages and good company.

Doors open at 6:30, music begins at 7.

This event is free and open to all!

# Ongoing Programs

## Deby's Designs

**1st Monday @ 12:30pm**

*Hosted by Deby Tubbs*

Join Deby to decorate a festive wreath.

**$5/person - only 12 spots this month!**

## Diamond Art

**2nd Monday @ 12:30pm**

*Staff-led*

Diamond Art 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*

In 25 Words or Less, can you describe the words on the card so your teammates can guess them correctly?

## Coloring with Laurie

**4th Monday @ 12:30pm**

*Hosted by Laurie Novak*

***Cancelled this month - enjoy your Holiday Break!***

## Jeopardy

**Monday, December 8th @ 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.

# Giving Tuesday

**Tuesday, December 2nd - 4 to 7pm**

Giving Tuesday is an annual, global movement that encourages people to give back through donations, volunteer work, or acts of kindness.

Join us this Giving Tuesday at **The Owl, Morning 'til Night** (9 W Main St, Milan) for a Drink to Donate. On Tuesday, December 2nd from 4 - 7pm, a percentage of every purchase made will be donated back to Milan Seniors for Healthy Living.

Enjoy live music by Jim Burd; known for his guitar and classic rock tunes.

Sip on coffee, cocktails, or another beverage of choice. Bring a friend or come alone. We hope to see you there!






# 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' Meal

**Wednesday, December 3rd @ 12pm**
*Prepared by The MSHL Board of Directors + Volunteers*

**Donations Welcomed**
Traditional Christmas Dinner
Dessert

## Birthday Lunch

**Thursday, December 11th @ 11:30am**
*Prepared by Jodi Griffor*

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

Marlene Berkley
Jimmie Brasfield
Patty Butts
Christine Chie
Patricia Jean Clark
Suzanne Cohen
Vera Doyla
Carrie Furman
Matt Gruden
Nancy Harvey
Carol Hewitt
John Howard
Christine Jones
William Keenan
John Koehler
Dave Lovelace
Garry Massengill
Debbie McFarlane
Tom Opal
Bonnie Plester
Beverly Powell
Marvin Schultz
Joyce Shavers
David Stuckman
Grace Stuckman
James Timbers
Carolyn Wetzler
Mary Williamson

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

# Coming Up

## *Book Club: The Common Chapter*

**Tuesdays in 2026**




## *National Hat Day*

**January 15th**



## *Series: Behind the Wheels*

**February**



# 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, December 26th @ 9am**

*Every 4th Friday*

Reserve with Sue Bemis
Call 734.483.6351.

## Out to Lunch

**Saturday, December 20th @ 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
Sharon Early
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
Derwood Novak
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 Updates

## Membership + Perks

***Standard $20***

***Standard + Matching Gift $40***

***Lifetime $200***

Membership perks include...

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

## Hours

***NEW OPENING TIME***

Michigan has some pretty cold, dark winter days. With that in mind, for the winter months, The Center will open at 9am.

***Starting Monday, January 5th, the new hours will be Monday through Thursday, 9am - 3pm.***

# 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

## Inclement Weather Policy

MSHL follows the inclement weather policy of Milan Areas Schools. If school is closed, MSHL is also closed. It is a very clean way to let everyone know when we are closed. One thing we have learned, there is not one right answer for everyone. We ask that you trust what we are doing is best for all involved. We want our members, staff, transportation and Meals on Wheels drivers safe – this is our top priority. Like you, we are happiest when we are all together.

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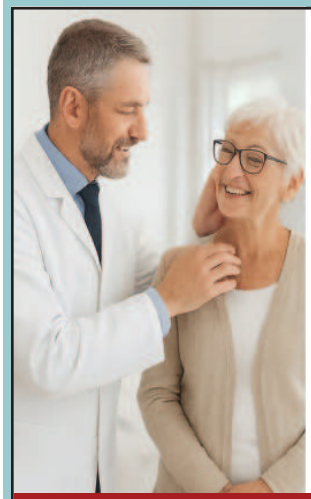

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# Calendar: December 2025

| Monday | Tuesday | Wednesday | Thursday |
|---|---|---|---|
| **1**<br>9:00 Acupuncture p11<br>10:00 Cardio Drumming p4<br>11:00 BP Checks p4<br>12:00 Senior Café p9<br>12:30 Deby's Designs p7<br>12:30 Bingo p10<br>2:00 Chair Yoga p4 | **2** ***Giving Tuesday p7***<br>9:00 Men's Hour p8<br>10:00 SitFit p4<br>12:00 Senior Café p9<br>12:30 Euchre p10<br>12:30 Live Local Music p5 | **3**<br>10:00 Community Xmas p5<br>11:00 Women's Hour p8<br>12:00 Members' Meal p9<br>12:30 Bingo/Euchre p10<br>2:00 Chair Yoga p4 | **4**<br>10:00 eXercise4U p4<br>10:00 Quilting B's p8<br>11:00 Twistin' Strings p8<br>12:00 Lunch & Learn p5<br>12:30 Bingo/Euchre/<br>Mah-Jongg p10<br><br>**6**<br>2:00 Cookies/Cocoa p5 |
| **8**<br>9:00 Acupuncture p11<br>10:00 Cardio Drumming p4<br>11:00 BP Checks p4<br>11:00 Jeopardy p7<br>12:00 Senior Café p9<br>12:30 Diamond Art p7<br>1:00 Christkindl p5<br>2:00 Chair Yoga p4 | **9**<br>9:00 Men's Hour p8<br>10:00 SitFit p4<br>12:00 Senior Café p9<br>12:30 Euchre p10<br>12:30 Live Local Music p5<br>***6:30: Bingo Night p5*** | **10**<br>9:30 CreativeLeA Paints p6<br>10:00 Community Xmas p5<br>11:00 Women's Hour p8<br>12:00 Senior Café p9<br>12:30 Bingo/Euchre p10<br>12:30 PM Neighborhood p8<br>2:00 Chair Yoga p4 | **11**<br>10:00 eXercise4U p4<br>10:00 Quilting B's p8<br>11:00 Twistin' Strings p8<br>11:30 Birthday Lunch p9<br>12:30 Bingo/Euchre/<br>Mah-Jongg p10 |
| **15**<br>9:00 Acupuncture p11<br>10:00 Cardio Drumming p4<br>11:00 BP Checks p4<br>12:00 Senior Café p9<br>12:30 Blue Christmas p6<br>12:30 25 Words p7<br>12:30 Bingo p10<br>1:45 Podiatry p11<br>2:00 Chair Yoga p4 | **16**<br>9:00 Men's Hour p8<br>10:00 SitFit p4<br>12:00 Senior Café p9<br>12:30 Euchre p10<br>12:30 Live Local Music p5 | **17**<br>11:00 Women's Hour p8<br>12:00 Senior Café p9<br>12:30 Bingo/Euchre p10<br>1:00 Talk of the Town p8<br>2:00 Chair Yoga p4 | **18**<br>9:30 Stained Glass p6<br>10:00 eXercise4U p4<br>10:00 Quilting B's p8<br>11:00 Twistin' Strings p8<br>11:00 Christmas Party p6<br>12:00 Senior Café p9<br>12:30 Bingo/Euchre/<br>Mah-Jongg p10<br>***7:00: Saline Fiddlers p6*** |

**22-31**
**MSHL Closed:**
**Happy Holidays!**

**20**
2:00 Out to Lunch p10

**26**
9:00 Out to Breakfast p10

