Milan Seniors
for Healthy Living

January 2026

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: 9 - 3 / M - Th
Winter hours begin in January! 9 am opening!

Closed:
January 1st: New Year's Day
January 19th: MLK 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

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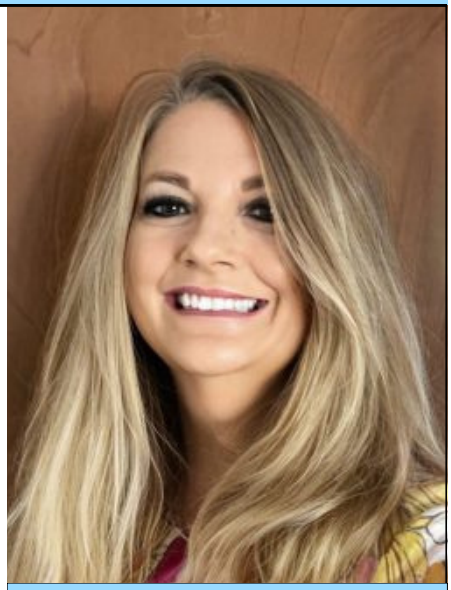
Alternates
Danny Myers
Chris Wetzler

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

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From the Director...



2026! A clean slate and the opportunity to reset.

The New Year invites us to reflect on what strengthened us, what stretched us, and where we want to grow next. For me, that means caring for my whole self-body, mind, and spirit. We can't pour from an empty vessel, and tending to our own well-being is one of the greatest gifts we can give to others.

As we age, our priorities shift. Instead of striving for "more," we often find ourselves valuing people, moments, and purpose. This year, let's commit to caring for ourselves and gently reaching in to support those around us. Rest when you need it, savor small joys, and then go spread kindness.

A few reminders for the journey… Care for yourself: sleep well, eat well, stay hydrated, stay social, move your body, keep learning, and protect your health. Care for others: offer a compliment, write a quick note, share a treat, express gratitude, and let kindness lead.

Contact MaryAnn

Email:
MaryAnn0@MilanSeniors.org

Thank you for the privilege of serving as your Executive Director. Your trust means everything, and I'm grateful every day to walk this journey with you.

Staff Corner: Beverly Robinson



Years ago, I came to MSHL for a Balance and Falls workshop. I immediately fell in love with the warm and lively atmosphere! In 2015, I left behind the life of a dancer/teacher to be part of the staff at Milan Seniors.

With the role of Senior Nutrition Program Coordinator, I took on the Meals on Wheels and Senior Café programs. Coming from the dance world, this was a good fit as I was already used to being "busy". I became certified in EnhanceFitness and taught alongside Jennifer Michalak and Gary Bourdeau. (This was also a great fit as I was aging, too!) Later, I found myself behind the desk at the front office, and finally the Senior Life Navigator for Aging in Action.

Over the years, MSHL has been such a rewarding part of my life. It is a pleasure to help our seniors age in place, making their aging journey a bit easier and richer. While my roots are in Tecumseh where I live with my husband and two sons close by, my heart is here at Milan Seniors.

Contact Beverly

Email:
BeverlyR@MilanSeniors.org
734-418-0376

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.



January Programs

Ask the Pharmacist

Monday, January 12th @ 11am

Hosted by Betty Chaffee, Pharm.

High Blood Pressure: Also known as hypertension, it's a common health concern. Join Betty Chaffee, PharmD, of Better My Meds on Monday, January 12 at 11am to talk about what causes high blood pressure, why it's dangerous, and how lifestyle choices and medications work together to lower blood pressure.

Register in the office.

CreativeLeA Paints

Wed, January 14th @ 9:30 am

Hosted by LeAnne Milkey

This month, join LeAnne to paint a Wintery Cardinal landscape.

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



Selma: About MLK

Wed, January 14th @ 12:30pm

Directed by Ava DuVernay, watch the epic story of the Reverend Dr. Martin Luther King Jr.'s march from Selma to Montgomery.

Settle down in the library for an afternoon movie and some popcorn, too.

Register in the office.



National Hat Day

Thursday, January 15th @ 12pm

Hang on to your hats and celebrate in style on National Hat Day. Celebrated each year on January 15th, don your favorite fedora, cap, cloche, derby, or sunhat.

Wear your hat all day and be sure to join us at lunch with your special hat and share the story the story behind it.



January Programs

Therapy Dogs

Therapy, January 20th @ 12:30pm

Cozy up in the library for an afternoon with some cute and cuddly therapy dogs.

Spending time with therapy animals decrease anxiety, trigger the release of endorphins, lower blood pressure, and improve motor skills, among many other benefits.





How to: AARP Taxes

Monday, January 26th @ 11am

Hosted by Teresa McMahon

Interested in utilizing the free AARP tax service this year? Get up to date on all you need to know and what to bring.

Meet Teresa McMahon, the AARP Tax Site coordinator, and hear her advice on how to ace your tax appointment. Bring questions!

Register in the office.

AARP Tax Appointments

Registration begins January 26th

Appointments: ***2/17, 3/3, 3/17, 3/24, 3/31, 4/7***

Once again, AARP Tax Assistance is graciously volunteering their time and expertise to help you get your taxes in order.

Starting Monday, January 26th, call MSHL or stop by the office to make an appointment and to pick up your information packet.

Ongoing Programs

Deby's Designs

1st Monday @ 12:30pm

Hosted by Deby Tubbs

Join Deby to create a unique bottle snowman. Plus, it lights up!

$5/person

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

Cancelled this month due to MLK Day.

Coloring with Laurie

4th Monday @ 12:30pm

Hosted by Laurie Novak

Enjoy a peaceful afternoon of coloring and music with our own, Laurie Novak.

Jeopardy

1st & 3rd Mondays @ 11am

Hosted by Maxine Tewsley

Now twice a month!

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.

The Common Chapter

2nd & 4th Tuesdays @ 12:30pm

Hosted by Maxine Tewsley & Elaine Cousino

A new book club! Dive into a novel with Maxine and Elaine. Read it on your own and come together twice a month to discuss!

Stop by the office or check out the screen in the lobby to learn The Common Chapter's first read.

Register in the office to get your copy of the book.

Meditation

1st & 3rd Tuesdays @ 12:30pm

Hosted by MaryAnn Opal

We're bringing meditation back to MSHL, and I couldn't be more excited to lead it! Meditation is a simple, uplifting way to calm the mind, boost mood, and bring a sense of peace into our everyday lives. Whether you're brand-new or already love quiet moments of reflection, this practice is for you.

If you have never tried meditation, I (MaryAnn) would love to chat with you personally about trying one session. Together, we'll explore easy techniques that help reduce stress, improve focus, and leave you feeling refreshed and re-energized. Let's start the New Year by nurturing our minds and spirits. Join me as we breathe, relax, and rediscover the power of stillness–together!

Register in the office.

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, January 7th @ 12pm
Prepared by Jodi Griffor & MSHL Kitchen Crew

$5 Suggested Donation/Person
Beef Stew
Corn Bread

Birthday Lunch

Thursday, January 8th @ 11:30am
Prepared by Jodi Griffor

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

Pauline Carr
Elaine Cousino
Larry Furman
Jeanne Getty
Mary Hendrick
Sandra Hooker
Marilyn Kettenstock
Barbara LeFleur
Todd LeBaron
Jeanne Luddeni
Derwood Novak
David Ochalek
Penny Olds
Sara Schubring
Linda Schultz
Gerald Straits
Jennifer Ware
Kristen Zander

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

Staff/Board
Beverly Robinson

Don't see your January birthday on the birthday list? Check the status of your 2026 membership!

Coming Up

Series: Behind the Wheels

February 2026



Valentine's Day Party

February 12th



AARP Tax Services

February 17th



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, January 23rd @ 9am

Every 4th Friday

Reserve with Sue Bemis
Call 734.483.6351.

Out to Lunch

Saturday, January 17th @ 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 & Post-it Notes, please!

Be a Sustaining Supporter

Research shows that non-profits receiving 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

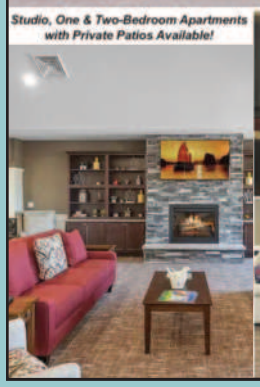
Inclement Weather Policy

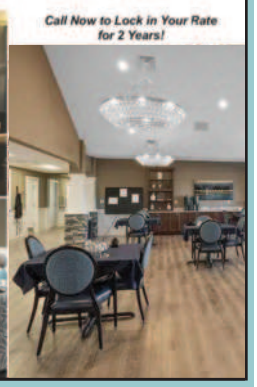
MSHL follows the inclement weather policy of Milan Areas Schools.
If Milan Area Schools are closed, MSHL is also closed. It is a very clean way to let everyone know when we are closed. One thing we have learned, there is not one right answer for everyone. We ask that you trust what we are doing is best 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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We give you the tools to live a healthy life
M-F, 8am-5pm
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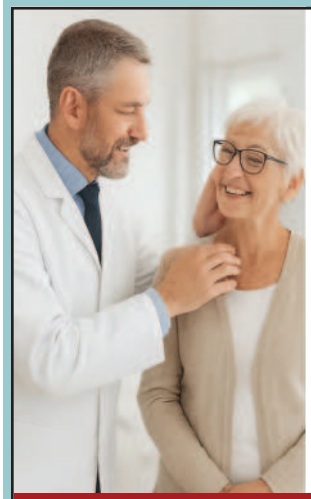

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- Specialty Care
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Right at Home Ann Arbor provides a range of in-home care options for seniors and adults with disabilities. Don't think of our services as one-size-fits all. We know everyone's needs 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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Calendar: January 2026

Monday	Tuesday	Wednesday	Thursday
5 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 Deby's Designs p7 12:30 Bingo p10 2:00 Chair Yoga p4	**6** 9:00 Men's Hour p8 10:00 SitFit p4 12:00 Senior Café p9 12:30 Euchre p10 12:30 Meditation p7	**7** 11:00 Women's Hour p8 12:00 Members' Meal p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p4	**8** ***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
12 9:00 Acupuncture p11 10:00 Cardio Drumming p4 11:00 BP Checks p4 12:00 Senior Café p9 12:30 Diamond Art p7 12:30 Bingo p7 2:00 Chair Yoga p4	**13** 9:00 Men's Hour p8 10:00 SitFit p4 12:00 Senior Café p9 12:30 Euchre p10 12:30 Common Chapter p7	**14** 9:30 CreativeLeA Paints p5 11:00 Women's Hour p8 12:00 Senior Café p9 12:30 Bingo/Euchre p10 12:30 PM Neighborhood p8 12:30 Selma Movie p5 2:00 Chair Yoga p4	**15** ***Nat'l Hat Day*** 10:00 eXercise4U p4 10:00 Quilting B's p8 11:00 Twistin' Strings p8 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-Jongg p10 **17** 1:00 Out to Lunch p10
19 ***Center is Closed: MLK Day***	**20** 9:00 Men's Hour p8 10:00 SitFit p4 12:00 Senior Café p9 12:30 Therapy Dogs p6 12:30 Euchre p10 12:30 Meditation p7	**21** 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	**22** 10:00 eXercise4U p4 10:00 Quilting B's p8 11:00 Twistin' Strings p8 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-Jongg p10 **23** 9:00 Out to Breakfast p10
26 9:00 Acupuncture p11 10:00 Cardio Drumming p4 11:00 BP Checks p4 11:00 How To: AARP p6 12:00 Senior Café p9 12:30 Coloring w/ Laurie p7 12:30 Bingo p10 1:45 Podiatry p11 2:00 Chair Yoga p4	**27** 9:00 Men's Hour p8 10:00 SitFit p4 12:00 Senior Café p9 12:30 Euchre p10 12:30 Common Chapter p7	**28** 11:00 Women's Hour p8 12:00 Senior Café p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p4	**29** 10:00 eXercise4U p4 10:00 Quilting B's p8 11:00 Twistin' Strings p8 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-Jongg p10