Milan Seniors
for Healthy Living

March 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 have begun. 9 am opening!

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 Transportation
Alan Lown

Kitchen Production
Sherrie Schwartz

Financial Consultant
Amy Landingham

Key

Member's Only Perk 

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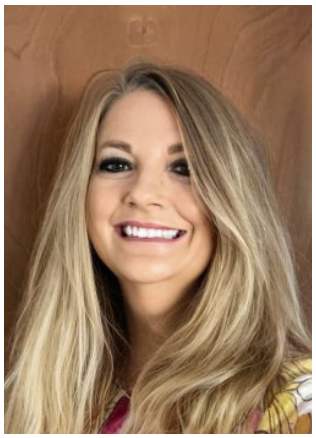
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Marie Gress / City Council Liaison

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From the Executive Director



Contact MaryAnn

Email:
MaryAnnO@MilanSeniors.org

As March arrives with its promise of spring, we feel a certain magic in the air — a sense of renewal, brighter days, and perhaps a little luck of the Irish just around the corner! Each year on March 17th we celebrate St. Patrick's Day, a joyful tradition filled with shamrocks, stories of good fortune, and the hopeful hunt for the rare four-leaf clover — a classic symbol said to bring luck to those who find it.

Here at Milan Seniors, we like to think that good health and happiness are the greatest luck of all. March — with its sprouting greens and laughter in the hallways — is a perfect time to celebrate well-being in all its forms. Just as wearing a splash of green on St. Patrick's Day lifts our spirits, choosing wholesome meals, gentle activity, and time with friends lifts our hearts and supports our health every day.

Maybe you'll feel lucky enough to join us for a stroll through budding gardens, share a hearty laugh over a game, or search (with a smile) for a four-leaf clover during a friendly afternoon walk. Perhaps your "pot of gold" this month will be a new friendship formed over tea, a moment of peaceful reflection, or the joy that comes from dancing a few happy steps with a neighbor.

May March bring you sunshine on your face, warmth in your heart, and just enough luck sprinkled into your days to keep you smiling. You are cherished here — and every day is richer because of the light you bring.

With warmth, gratitude, and a wink of Irish luck.

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 with our Fitness Pass, good for 20 classes! When your card is used up, buy another.

Senior Member / $40	Senior / $50	Non-Senior / $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.

New Classes!

Balls & Bands

Tuesdays @12:30pm
Instructor: Beverly Robinson

This class is a series of rhythmic exercises that use very bouncing handheld balls to strengthen focus and concentration. The class will finish with fitness bands and balance.

Floor Yoga

Tuesdays @1:30pm
Instructor: Janae LeBar

This class focuses on gentle stretching, mobility, and balance, using poses like Cat-Cow, Child's Pose, and Seated Forward Fold to improve flexibility without straining joints.

March Programs



CreativeLeA Paints

Wed, March 11th @9:30 am

Hosted by LeAnne Milkey

For this month's painting -
"The Changing of the Seasons"



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

St. Patrick's Day Party

Tuesday, March 17th @11:30am

Luncheon prepared by Jodi Griffor & Sherrie Schwartz

Come join us for some festivities to celebrate St. Patrick's Day!

- **Photo Op**
- **Irish Music**
- **Lucky Leprechaun Door Prize**
- **St. Patrick's Day Bingo**
- **Cabbage Roll Luncheon**

St. Patrick's Day Bingo starts at 11:30 followed by the Irish Feast at noon.

Register in the lunch book.
$5 suggestion donation



AARP Tax Appointments

Appointments Still Available

Appointments: ***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.

To secure an appointment, call MSHL at 734-508-6229. Then, pick up your **required tax packet** from MSHL **before your appointment** (45 Neckel Court, Milan).

This year, tax appointments are happening at a **NEW LOCATION:**
The Bridge UMC: 8 Park Ln, Milan MI.

Questions? Call MSHL or stop by the front desk.

One Friend Can Change Your Whole Life!



Hat Day (2016)



Oscars Party (2024)

Ongoing Programs

Deby's Designs

1st Monday @12:30pm

Hosted by Deby Tubbs



Join Deby to create this masterpiece!

$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.

Jeopardy

3rd Monday @11am

Staff-Led

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.

Cranium Crunch

3rd Monday @12:30pm

Hosted by Wendy Tobler

Enjoy a variety of word puzzles!

Coloring with Laurie

4th Monday @12:30pm

Hosted by Laurie Novak

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

The Common Chapter

2nd & 4th Tuesdays @12:30pm

Hosted by Elaine Cousino



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

.

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

Guided 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



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.

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!

Talk of the Town

3rd Wednesday @1pm

Hosted by Mayor Ed Kolar & Council Member Mary Kerkes

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 for delicious homemade meals.

Members' Meal

Wednesday, March 4th @12pm

Prepared by Jodi Griffor & MSHL Kitchen Crew

$5 Suggested Donation/Person

Corned Beef & Cabbage

Please reserve your spot 48 hours in advance

Birthday Lunch

Thursday, March 12th @11:30am

Prepared by Jodi Griffor

Join us in honoring MSHL Members with March Birthdays!

Birthday Members receive a free lunch.

Joan Anderson
Sallie Bancroft
Esther Bardon
Pat Budd
Carol Esch
Barbara Gardinier
Pauline Gatt
Ann Gee
Donna Kneebush
Renee Markgraff
Sandra Medos
Chuck Morgan
Laurie Novak
Arnie Robinson
Kay Schmenk
July Schonke
Allie Spencer
Richard Tackett
Gloria Wanty
Patsy Zander

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

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

Coming Up

EASTER EGG "Tie" Dye



Pet Grief Candlelight Remeberance



Women's Spa Day



Games and Outings

Bingo

Mon, Wed, Thurs @12:30pm

Mon: Bingo
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 Lunch

Saturday, March 21st @1pm
Every 3rd Saturday

Reserve with Donna Kneebush
Call 734.439.2103.

Out to Breakfast

Friday, March 27th @9am
Every 4th Friday

Reserve with Sue Bemis
Call 734.483.6351.

MSHL Lifetime Members

Linda Alair
Patricia Auten
Sallie Bancroft
Esther Bardon
Carol Barrett
Anne Barton
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
Martha Churchill
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
Debora Ledford
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
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
Joe Zurawski
Sue Zurawski

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

Reminder to Register

REGISTER! REGISTER! REGISTER!

Don't forget to register ahead of time for programs and meals!

When you register ahead of time, we are better prepared to create a great experience for you.

Support Services

Activity Center

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



Individual snacks, 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!



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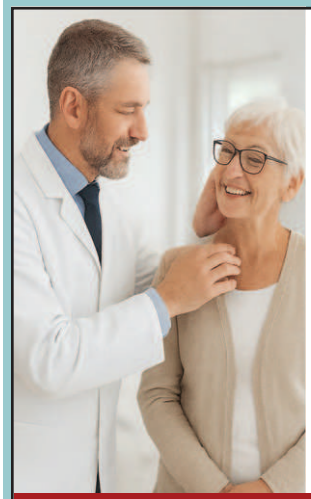

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Calendar: March 2026

Monday	Tuesday	Wednesday	Thursday
2 9:00 Acupuncture p11 10:00 Cardio Drumming p4 11:00 BP Checks p4 12:00 Senior Café p9 12:30 Deby's Designs p7 12:30 Bingo p10 2:00 Chair Yoga p4	**3** ***AARP Taxes p6*** 9:00 Men's Hour p8 10:00 SitFit p4 12:00 Senior Café p9 12:30 Euchre p10 12:30 Meditation p7 12:30 Balls & Bands p4 1:30 Floor Yoga p4	**4** 11:00 Women's Hour p8 12:00 Members' Meal p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p4	**5** 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
9 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 p10 2:00 Chair Yoga p4	**10** 9:00 Men's Hour p8 10:00 SitFit p4 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Common Chapter p7 12:30 Balls & Bands p4 1:30 Floor Yoga p4	**11** 9:30 CreativeLeA p5 11:00 Women's Hour p8 12:00 Senior Café p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p4	**12** 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
16 9:00 Acupuncture p11 10:00 Cardio Drumming p4 11:00 BP Checks p4 12:00 Senior Café p9 12:30 Deby's Designs p7 12:30 Bingo p10 2:00 Chair Yoga p4	**17** ***AARP Taxes p6*** 9:00 Men's Hour p8 10:00 SitFit p4 11:30 Party & Lunch p5 12:30 Euchre p10 12:30 Meditation p7 12:30 Balls & Bands p4 1:30 Floor Yoga p4	**18** 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	**19** 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 **21** 1:00 Out to Lunch p10
23 9:00 Acupuncture p11 10:00 Cardio Drumming p4 11:00 BP Checks p4 12:00 Senior Café p9 12:30 Coloring w/ Laurie p7 12:30 Bingo p10 1:45 Podiatry p11 2:00 Chair Yoga p4	**24** ***AARP Taxes p6*** 9:00 Men's Hour p8 10:00 SitFit p4 12:00 Senior Café p9 12:30 Euchre p10 12:30 Common Chapter p7 2:30 Balls & Bands p4 1:30 Floor Yoga p4	**25** 11:00 Women's Hour p8 12:00 Senior Café p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p4	**26** 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 **27** 9:00 Out to Breakfast p10
30 9:00 Acupuncture p11 10:00 Cardio Drumming p4 11:00 BP Checks p4 12:00 Senior Café p9 12:30 Bingo p10 2:00 Chair Yoga p4	**31** ***AARP Taxes p6*** 9:00 Men's Hour p8 10:00 SitFit p4 12:00 Senior Café p9 12:30 Euchre p10 2:30 Balls & Bands p4 1:30 Floor Yoga p4		