# Milan Seniors

*for Healthy Living*

## June 2026

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



"The summer night is like
a perfection of thought."

— Wallace Stevens



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
***Spring hours have begun. 8 am opening!***

# MSHL Staff

**Interim Executive Director**
Angela Thomas

**Assistant to the Executive Director**
Jodi Griffor

**Administrative Coordinator/ Aging in Action**
Beverly Robinson

**Director of Milan Oasis**
Mandy Reams

**Director of Programs & Services**
Randall Strack

**Assistant Director of Milan Oasis**
Peter Woodhouse

**Director of Transportation**
Alan Lown

**Kitchen Production**
Sherrie Schwartz

**Financial Consultant**
Amy Landingham

**Strategic Assistant**
Angela Thomas

# MSHL Board of Directors

**Chair**
James Giordani

**Vice-Chair/Secretary**
Jeanine Evans

**Treasurer**
John Schauer

**Directors**
Danny Myers
Chris Wetzler

Board Meetings are the third Wednesday of each month @ 4:30pm. (Dates and times subject to change.)

# What's Inside


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# Key

Member's Only Perk

# From the Acting Director

**Dear MSHL Members, Friends, and Community Partners:**

It is will full heart and deep responsibility that I step into the role of Acting Executive Director of Milan Seniors for Healthy Living during this season of transition.

MaryAnn has left very big shoes to fill. Her dedication, compassion, and steady leadership have shaped MSHL in lasting ways. I have been grateful to work alongside her as MSHL's Strategic Assistant since 2024, and I have seen firsthand the heart, strength, and commitment this work requires.

As we move forward, I want our members to know this clearly: MSHL is stable, our mission remains strong, and you will continue to be cared for. My priority is making sure you continue to feel seen, supported, and protected at MSHL. I also wanted to share why I feel prepared to help lead during this time. My service to the Milan community includes serving on the Aid in Milan Board from 2015–2017, then as Board President/CEO from 2017–2021. During that time, I also served as Interim Executive Director while the organization searched for its next permanent leader. I served on the Milan Area Chamber of Commerce Board from 2016–2022 and as Secretary on the Foundation 14 Executive Board from 2022–2023. These roles have given me experience in nonprofit leadership, partnerships, governance, operations, and navigating times of transition.

In this acting role, I will focus on restoring and strengthening community partnerships, especially with the City of Milan, improving communication and transparency, and helping develop capacity-building efforts that support MSHL's long-term sustainability. Most importantly, I am passionate about protecting the members of MSHL. You are the reason this work matters.
During this transition, I welcome your questions, thoughts, and conversations.
You can reach me at **angelat@milanseniors.org**. My office hours are typically **Monday -Friday, 8am to 3pm.**



With gratitude,
**Angela Thomas**
Acting Executive Director

# 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*

*No Drumming on June 1st

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

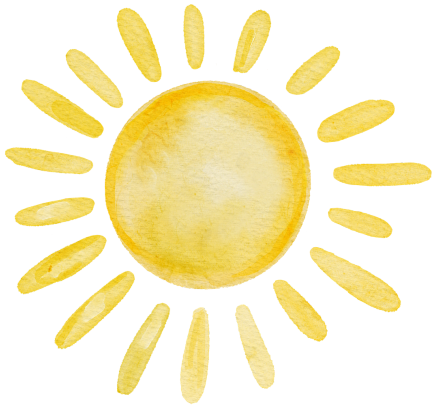
**Mondays 11am - 12pm**
*Hosted by Beverly Davenport*

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

## 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.



# June Programs

**Register at the front desk**

## Craft Supply Sale

**Thursday June18th 10am-2pm**

We will have to have a variety of craft supplies for sale. You name it and we may just have it! If you have anything you would like to add to it, please see Randall.

## Watercolor Made Easy

**Wednesday June 17th @ 10am**

Hosted by Julia Wellings

Kileah Mae Creative offers a beginner-friendly watercolor workshop created with seniors in mind:

- A warm, supportive environment-perfect for first-time painters
- No experience needed - just bring your curiosity
- Clear, step-by-step instruction with a gentle pace and plenty of individual help
- A relaxing way to unwind, try something creative, and take home a beautiful painting

## MSHL Family Cookbook

Turn in to the front desk 1-2 of your favorite recipes and a dessert. Help make our MSHL Family Cookbook.
Your recipe can be anything: soup, salad, bread, meals, whatever you like to make.

## CreativeLeA Paints

**Wednesday June 10th @9:30am**

Hosted by LeAnne Milkey



| Senior Member / $25 | Senior / $31 | Non-Senior / $37 |
|---|---|---|

## Elder Abuse Presentation

**Tuesday June 30th @ 11am**

Join us for an engaging and practical training during World Elder Abuse Awareness Day month, that explores five easy things anyone can do to help protect older adults in our community.
Facilitated by Rachael Dawson-Baglien, Senior Resource Manager at Catholic Charities Washtenaw County. The session covers:

- Common types of elder abuse
- Risk factors and warning signs
- Practical ways to check in with older adults
- Local resources that can help

**If you can't afford activities, membership, or meals, please don't let that keep you away. We want you to join us!**

## Transportation Scholarship/Donor

We are pleased to share that a generous donation has been made to support transportation scholarships for our senior community.
These funds are available to help individuals who need transportation assistance but may experience financial hardship.
If you or someone you know, could benefit from this support, please contact our Director of Transportation, Alan Lown at 734-322-8413 or AlanL@MilanSeniors.org for more information.
This scholarship has been made possible through the living trust of Audrey and Don Staulter. We are deeply grateful for their thoughtful generosity and the meaningful difference their gift can make in the lives of others.

## The Detroit Princess Luncheon Cruise

We have **8 spots** available to attend The Detroit Princess Luncheon Cruise!
Groove with the Motown sounds of the Prolific!
Add a delicious luncheon and a cruise along the Detroit River, and you have a great summer day!

**Thursday, August 13, 2026**. Depart from Target parking lot on Carpenter Rd.
**Depart at 10:00am and back around 3:00pm**



**Tour Includes:**
Round trip Motorcoach Transportation
Luncheon Cruise aboard The Detroit Princess
Motown Entertainment by The Prolifics
All Taxes and Tips

**MSHL Sponsored Cruise No Cost**
**Sign up in the front office by July 2nd**

# Ongoing Programs

## Pet Therapy

**@12:30pm**

Join us for Pet Therapy on the last Wednesday of every other month in the library

## Deby's Designs

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

*Hosted by Deby Tubbs*



**$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.***

## Coloring with Laurie

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

*Hosted by Laurie Novak*

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

## NEW! Members Council

**2nd Thursday @1pm**

*Hosted by Randall Strack*

Come talk about the upcoming events and give your feedback about programs.

## 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**

Meditation is the practice of training your mind to develop awareness, focus, and emotional balance. At its core, it involves directing attention - often to the breath, a word (mantra), or bodily sensations - while gently bringing the mind back whenever it wanders.

There are many forms of meditation, but most share a few key elements:

- Attention: Focusing on a single point (like breathing)
- Awareness: Noticing thoughts and feelings without judgement
- Relaxation: Allowing the body and mind to settle

***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!

## 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!

## 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.

## Jeopardy

**Wednesday @ 10:00am**

*Hosted by Randall Strack*

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.



# 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, June 3rd @12pm**

*Prepared by Jodi Griffor & MSHL Kitchen Crew*

**$5 Suggested Donation/Person**

Peach Glazed Grilled Chicken with Veggies

**Please reserve your spot 48 hours in advance**

## Birthday Lunch

**Thursday, June 11th @11:30am**

*Prepared by Jodi Griffor*

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

**Join us in honoring MSHL Members with June Birthdays!**

Birthday Members receive a free lunch.

Doris Campbell
Jacquelyn Canine
Martha Churchill
Richard Creviston
James Cullip
Jeanette Ferenczy
Maria Ferraiuolo
Marion Finch
Claudia Hale
Bernice Joplin-Richardson
Paul Kanitz
Evelyn Katona
Pete Kinde
Gene Maas
Linda Mahey-Hissong
Shelia McHenry
Jodi Metski
Danielle Peladeau
Lynda Ridenour
Vickoria Sasin
Yvonne Smiley
Colleen Smith
John St. Pierre
Edward Swope
Marilynn Toplin
Marcia Troy
Susan Trudeau
Joann Viger
Barbara Weaver
Peter Weston
Alaynna Yates
Yvonne Yribar
Joseph Zurawski

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

# Coming Up

## *Sweet 16 for MSHL July 16th*




## *National Senior Citizens Day August 20th*




## *Apple Theme Fun Fair September 22nd*



# Games and Outings

## Bingo

**Mon, Wed, Thurs @12:30pm**

***No bingo on the first Monday**

Mon: 8 nickles, 8 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 Lunch

**Saturday, June 20th @1pm**

*Every 3rd Saturday*

Reserve with Donna Kneebush
Call 734.439.2103.

## Out to Breakfast

**Friday, June 26th @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
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
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

*Director: Randall Strack*

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



**Colored Printer Paper**

## 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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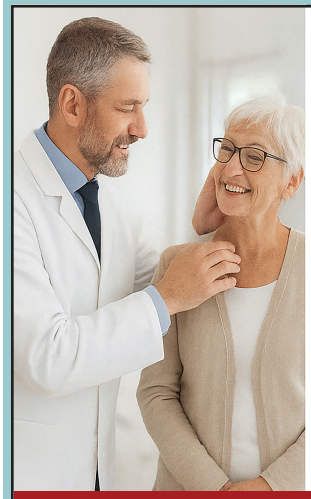

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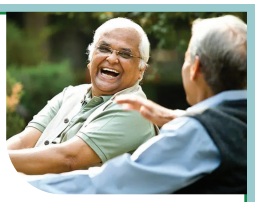


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# Calendar: June 2026

| 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>2:00 Chair Yoga p4 | **2**<br>9:00 Men's Hour p8<br>10:00 SitFit p4<br>12:00 Senior Cafe p9<br>12:30 Euchre p10<br>12:30 Meditation p7<br>1:30 Floor Yoga p4 | **3**<br>10:00 Jeopardy p8<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>12:00 Senior Café p9<br>12:30 Bingo/Euchre/<br>Mah-Jongg p10 |
| **8**<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 Diamond Art p7<br>12:30 Bingo p10<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 Common Chapter p7<br>1:30 Floor Yoga p4 | 10<br>9:30 CreativeLeA p5<br>11:00 Women's Hour p8<br>12:00 Senior Café p9<br>12:30 Bingo/Euchre p10<br>2:00 Chair Yoga p4 | **11** ***Rummage Sale***<br>10:00 eXercise4U p4<br>10:00 Quilting B's p8<br>*11:30 Birthday Lunch p9*<br>12:30 Bingo/Euchre/<br>Mah-Jongg p10<br>1:00 Members Council p7 |
| **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 Bingo p10<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 Meditation p7<br>1:30 Floor Yoga p4 | **17**<br>10:00 Watercolor Class<br>11:00 Women's Hour p8<br>12:00 Senior Café p9<br>12:30 Bingo/Euchre p10<br>2:00 Chair Yoga p4 | **18** ***Craft Supply Sale***<br>10:00 eXercise4U p4<br>10:00 Quilting B's p8<br>12:00 Senior Café p9<br>12:30 Bingo/Euchre/<br>Mah-Jongg p10<br>**20** 1:00 Out to Lunch p10 |
| **22**<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 Coloring w/Laurie p7<br>12:30 Bingo p10<br>2:00 Chair Yoga p4 | **23**<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 Common Chapter p7<br>1:30 Floor Yoga p4 | **24**<br>10:00 Jeopardy p8<br>11:00 Women's Hour p8<br>12:00 Senior Café p9<br>12:30 Pet Therapy<br>12:30 Bingo/Euchre p10<br>2:00 Chair Yoga p4 | **25**<br>10:00 eXercise4U p4<br>10:00 Quilting B's p8<br>12:00 Senior Café p9<br>12:30 Bingo/Euchre/<br>Mah-Jongg p10<br>**26** 9:00 Out to Breakfast p10 |
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