Milan Seniors

for Healthy Living

July 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: 8 - 3 / M - Th
Summer hours have begun. 8am 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

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.)

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Key

Member's Only Perk

From the Interim Director

As we celebrate the 250th birthday of the United States, we are also excited to celebrate a very special milestone for Milan Seniors for Healthy Living – MSHL's Sweet 16! Please join us on Thursday, July 16th as we recognize 16 years of connection, service, and support for older adults in our community.

This month also marks the official start of our new one-year lease with the City of Milan, and I am grateful for the opportunity it provides to continue serving our members in place, while working toward a long-term building agreement and a clear millage funds contract. MSHL is looking forward to strengthening our relationship with the City and exploring meaningful partnerships, including possible senior bus trips, community programs, and collaborative efforts that support Milan's older adults. With the new lease, MSHL will also be taking over the rental of space in our building; please see Randall with any questions about room rentals.

We are excited for the members joining us on the Detroit Princess Luncheon Cruise and look forward to offering more outings and opportunities like this in the future. As a reminder, MSHL membership is open to adults age 50 and older, and we are proud to continue creating a welcoming place for friendship, wellness, lifelong learning, and community connection.



With love and gratitude,
Angela Thomas
Interim 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

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.



July Programs

Register at the front desk

Brunch & Learn

Wednesday July 8th @9:30am

Hosted by Options Home Care

"Stay in Charge: How the Right Support at Home Can Protect Independence and Dignity".

Join us for a respectful, encouraging conversation about how the right support at home can actually help seniors stay independent longer, maintain dignity, and remain involved in decisions about their daily care.

Ask the Pharmacist

Monday July 13th @ 11am

"Cognitive Health: How the Lifestyle Choice and Medications Affect Brain Function.

Join Berrt Chaffee, PharmD, of Better My Meds to explore strategies that'll help you stay mentally sharp and support your brain health into the future.

Pie Eating Contest

Wednesday July 22nd @11am

Join us to watch our 10 volunteers race to eat as much pie as they can in 3 minutes.



CreativeLeA Paints

Wednesday July 8th @9:30am

Hosted by LeAnne Milkey



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

MSHL Sweet 16

Thursday July 16th @11am

Join us in celebrating 16 years of MSHL! There will be

- Food Trucks
- Ice Cream
- Games
- 50/50
- Photo Opt
- And More!!



Music with Kevin Devine

Monday July 27th @ 1pm

Join us in the Library for some music and fun! Let Randall know if you will be attending.

2026 Updates

Membership + Perks

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

50+ Membership perks include...

- Podiatry
- Acupuncture
- Chair Massage
- Free Birthday Lunch
- Members' Meal
- Newsletter
- Fitness Discounts
- Transportation Discounts

Register for Programs

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.

Building Rentals

Building Rental Discounts for Lifetime Members!

MSHL is now coordinating building rentals, please contact Randall with questions about available rooms, rental packages, tour times, deposits, and pricing.

The Riverbank Center offers beautiful rental spaces in a park-like setting along the Saline River, with options for weddings, receptions, meetings, showers, celebrations, and other gatherings.

Rental options include full-facility event packages, partial-facility rentals, and hourly weekday room rentals. A deposit is required to reserve a date, and all rental fees must be paid in full at least 30 days before the event.

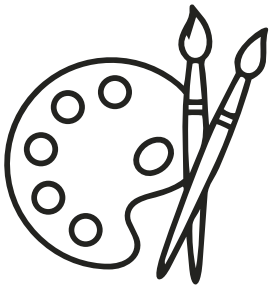
Ongoing Programs



Deby's Designs

1st Monday @12:30pm

Hosted by Deby Tubbs



Sign up in the front office

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.

Members Council

2nd Thursday @1pm

Hosted by Randall Strack

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

The Common Chapter

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!

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.

Quilting B's

Thursdays @10am

Hosted by Ellen Bell

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

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.

Coming Up

National Senior Citizens Day August 20th



Senior Health Fair September 16th



Apple Theme Fun Fair September 22nd



Food and Fun

Senior Cafe

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

$5 Suggested Donation/Person
Join us for the best meal in two counties.

Please reserve your spot 48 hours in advance

Members' Meal

Wednesday, July 1st @12pm
Prepared by Jodi Griffor & MSHL Kitchen Crew

$5 Suggested Donation/Person
Chicken and Sweet Potato Kebobs with Watermelon-Feta Salad

Birthday Lunch

Thursday, July 9th @11:30am
Prepared by Jodi Griffor

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

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

Pam Ackerman
Linda Beebe
Joyce Criswell
Mary Dennison
Diane Dziedzic
Mary Eddy
Anne Farmer
Sandra Frey
Linda Grady
John Griffin
Vivian Griffin
Lou Ann Hanlon
Dale Hinzmann
Boyce Jones
Helen Lauterwasser
Nancy Malecki
Marsha McClish
Cindy Montag
Gary Nowling
Marion OBryan
Carolyn Olds
Richard Sheff
Karen Steele
Cheryl Steiner
Gail Stiles
Christina Stout
Patricia Symons

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

Meals on Wheels

Meals on Wheels (MOW) is a service provided by Milan Seniors for Healthy Living (MSHL) in partnership with Nourish Nutrition Services, Washtenaw County, Monroe County, and our wonderful volunteers. The purpose of this program is to ensure that homebound, ill, or impoverished seniors (60+) in the greater Milan area to have access to nutritious meals.

We provide hot, well-balanced, nutritious meals delivered to our clients' doorsteps Monday through Thursday. We also offer frozen meals for the days when hot meals are not delivered. In addition, medically tailored meals are available for those in need; these require an authorization letter from a doctor.

Meals typically include a protein, starch, vegetables, fruit, and milk. All meals are overseen by a registered dietitian to ensure they meet the nutritional needs of the elderly community.

Games & 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, July 18th @1pm

Every 3rd Saturday

Reserve with Donna Kneebush
Call 734.439.2103.

Out to Breakfast

Friday, July 24th @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.

Chair Massage

By Appointment

Restoration Massage Therapy Wellness Center is offering chair massages.
$10 for a 20 minute session.
See Randall to make an appointment

Funders $5000+

In May 2021, City of Milan voters renewed the 0.5 mill Senior Services Millage, generating approximately $110,000 annually to support older adult services in our community. Each year, the City of Milan allocates $78,000 of these funds to Milan Seniors for Healthy Living to help provide essential programs such as Meals on Wheels, Senior Café, and Aging in Action which support members with much-needed projects that help them age in place safely and independently.
MSHL is honored to serve as Milan's dedicated senior services provider and is grateful for the community's continued investment in older adults.

Washtenaw County voters approved a 0.5 mill Older Persons Millage in November 2024.
The Older Adults Millage Operations Framework Policy identifies 10 senior centers, including Milan Seniors for Healthy Living to receive approximately $128,000 annually. MSHL is grateful for this investment in older adults and looks forward to using these funds to strengthen programs, services, and supports that help Milan-area seniors remain connected, independent, and well-cared for.

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

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 Months Wish List





Clorox wipes and Stamps

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!

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.

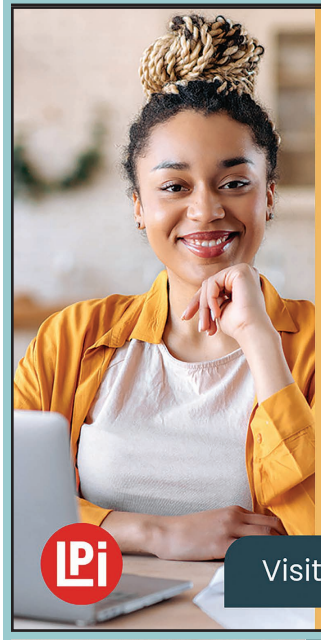
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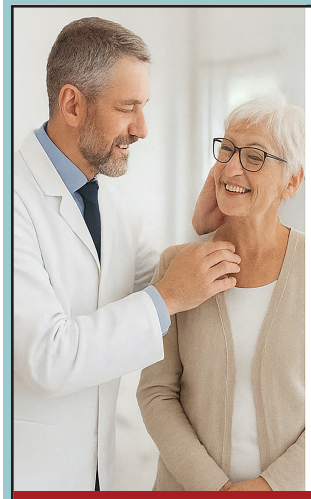
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Calendar: July 2026

Monday	Tuesday	Wednesday	Thursday
		**1** 10:00 Jeopardy p8 11:00 Women's Hour p8 *12:00 Members' Meal p9* 12:30 Bingo/Euchre p10 2:00 Chair Yoga p4	**2** 10:00 eXercise4U p4 10:00 Quilting B's p8 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-Jongg p10
6 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 2:00 Chair Yoga p4	**7** 9:00 Men's Hour p8 10:00 SitFit p4 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Meditation p7 1:30 Floor Yoga p4	**8** 9:30 CreativeLeA p5 9:30 Brunch & Learn p5 11:00 Women's Hour p8 12:00 Senior Café p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p4	**9** ***Rummage Sale*** 10:00 eXercise4U p4 10:00 Quilting B's p8 *11:30 Birthday Lunch p9* 12:30 Bingo/Euchre/ Mah-Jongg p10 1:00 Members Council p7
13 9:00 Acupuncture p11 10:00 Cardio Drumming p4 11:00 Ask the Pharmacist 12:00 Senior Café p9 12:30 Diamond Art p7 12:30 Bingo p10 2:00 Chair Yoga p4	**14** 9:00 Men's Hour p8 10:00 SitFit p4 12:00 Senior Café p9 12:30 Euchre p10 1:30 Floor Yoga p4	**15** 11:00 Women's Hour p8 12:00 Senior Café p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p4	**16** ***Sweet 16 p5*** 10:00 eXercise4U p4 10:00 Quilting B's p8 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-Jongg p10 **18** 1:00 Out to Lunch p10
20 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	**21** 9:00 Men's Hour p8 10:00 SitFit p4 12:00 Senior Café p9 12:30 Euchre p10 12:30 Meditation p7 1:30 Floor Yoga p4	**22** 10:00 Jeopardy p8 11:00 Women's Hour p8 11:00 Pie Eating Contest p5 12:00 Senior Café p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p4	**23** 10:00 eXercise4U p4 10:00 Quilting B's p8 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-Jongg p10 **24** 9:00 Out to Breakfast p10
27 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 1:00 Music with Kevin p5 2:00 Chair Yoga p4	**28** 9:00 Men's Hour p8 10:00 SitFit p4 12:00 Senior Café p9 12:30 Euchre p10 12:30 Common Chapter p7 1:30 Floor Yoga p4	**29** 11:00 Women's Hour p8 12:00 Senior Café p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p4	**30** 10:00 eXercise4U p4 10:00 Quilting B's p8 12:00 Senior Café p9 12:30 Bingo/Euchre/ Mah-Jongg p10