Milan Seniors

for Healthy Living

September 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. 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
Director of Riverbank Rentals
Randall Strack

Assistant Director of Milan Oasis
Peter Woodhouse

Director of Transportation
Alan Lown

Kitchen Production
Sherrie Schwartz

Financial Consultant
Amy Landingham

Key

Member's Only Perk ✦

MSHL Board of Directors

Chair
Richard Ilg

Vice Chair
Dave Snyder

Secretary
Jeanine Evans

Treasurer
John Schauer

Directors
Danny Myers
Paula Kartje
Flen Baker
Connie Harrison
Sally Straub

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

What's Inside

Information	2
From the Interim Director	3
Health & Fitness	4
September Programs	5
2026 Updates	6
Ongoing Programs	7/8
Funders	8
Food and Fun/MOW	9
Game/Outings/Lifetime	10
Wellness Services	11
Support Services	12
Support Your Center	13
Advertisements	14/15
Calendar	16

From the Interim Director

Happy September, MSHL friends!

As summer begins to wind down, we are welcoming all the good things September brings — fall weather, football season, back-to-school routines, and a new season of programs, connection, and community at MSHL.

We are also excited to support MAS students and families through our School Supplies Drive. Thank you to everyone who donates, helps spread the word, or encourages others to give.

September is also a BIG month at MSHL! Please mark your calendars for our **BIG Community Bingo Fundraiser on September 8th**. This is a wonderful opportunity to come together, have fun, invite friends and family, and support the work MSHL does every day for older adults in our community. We are also looking forward to our Health Fair with vendors on September 16th, where members and community guests can connect with helpful resources, services, and wellness information.

I also want to say **thank you** for being so diligent about signing in and out using MySeniorCenter. This tracking is incredibly important. It helps us better understand who we are serving, what programs are being used, and how we can continue improving services. Just as importantly, this data helps us report accurate numbers to the funders and partners who support MSHL. **Every time you sign in, you are helping us tell the story of MSHL's impact**.

Looking ahead, we are excited for our bus trip to Turkeyville to see A Closer Walk with Patsy Cline on October 6th. Trips like this are a great way to enjoy new experiences, spend time with friends, and stay connected. Be on the lookout for more outing opportunities, and please keep sharing your ideas for future destinations.

Thank you for being such an important part of MSHL. We are looking forward to a full, fun, and meaningful September together!

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

SitFit improves core strength, flexibility, coordination, balance, and circulation. SitFit now incorporates **Cardio and Cognition** strengthening both your body and brain.

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	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.

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.



September Programs

Register at the front desk

Ask the Pharmacist

Monday September 14th @ 11am

Vaccine Guidelines for the '26-'27 season: Fall vaccine guidelines often change. Some changes are minor, others are big. What's in store for us for the upcoming fall and winter?

Join Betty Chaffee, PharmD, of Better My Meds to hear the newest information about fall vaccines, and learn how to best protect yourself from fall and winter illnesses.

School Supply Drive

For the month of September we will be collecting school supplies for Milan Area Schools!
Supplies can be for any grade K-12.

There is a list available in the office if there is a specific grade you would like to help out.
All items can be brought to the front office.

See Randall if you have any questions.

Health Fair

Wednesday September 16th 10am-2pm

- Vaccine Clinic
- Wellness & Fitness Info
- Vendors & Resources
- Community Support

Please have your ID and Insurance Card ready if you plan on visiting the Vaccine Clinic.

CreativeLeA Paints

Wednesday September 9th @ 9:30am
Hosted by LeAnne Milkey



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

Watercolor Paints

Thursday September 17th @ 9:30am
Hosted by Julia Wellings

Join Julia from Kileah Mae Creative for a fun watercolor class!

Everyone is welcome if you've done water color before or not, come learn a new technique.

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

Reminder to Register

REGISTER!
REGISTER! REGISTER!

At the Front Dest or

www.myactivecenter.com

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.

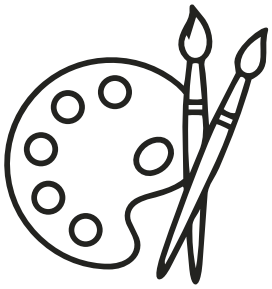
Riverbank Rentals: 734-489-1078

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

Diamond Art involves applying tiny resin "diamonds" onto a fabric canvas. Like paint by numbers with cross stitch.

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 Evelyn Katona

Dive into a novel with Evelyn. Read it on your own and come together once a month for discussion!

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

Members Council

2nd Thursday @ 12:30pm

Hosted by Randall Strack

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

Guided Meditation

1st & 3rd Tuesdays @ 12:30pm

Join me, Ash Eichner Pendell of Moon Mama LLC, for a guided imagery meditation. I am a certified practitioner in Art & Horticultural Therapies as well as Meditation. I am also a mama, artist, writer, and avid gardener. As I have moved through my own journey of growing as a human, anxiety, and depression, I found the benefits of meditation, connecting with nature and nourishing creativity to be so healing. I want to share that with you. Meditation helps to lower stress and anxiety, promotes better rest, can improve focus, encourages emotional health, fosters empathy and kindness, and allows you to connect with your own body, mind, spirit. Using breath work and visualization techniques I will guide you through meditation while bringing gentle attention to your body. I also use frequency healing to provide an additional layer of relaxation and interconnectedness. This meditation is perfect for beginners and people of all skill levels. Come take a deep breath and relax with me.

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.

Jeopardy

1st and 4th Wednesday @ 10am

Hosted by Alana Luckart

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.

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

Thursdays @11am

Hosted by Evelyn Katona, Marcia Bolog, and Helen Lauterwasser

Knitting and crocheting releases natural chemicals that make you feel happy and calm. Stitch among friends and work at your own pace. Evelyn, Marcia and Helen 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 Café

Monday - Thursday @12pm

Prepared by Jodi Griffor & Sherrie Schwartz

$5 Suggested Donation/Person

Join us for the best meal in two counties.

Members' Meal

Wednesday, September 2nd @12pm

Prepared by Jodi Griffor & MSHL Kitchen Crew

$5 Suggested Donation/Person

Butternut Squash Butter Chicken w/ Naan

Please reserve your spot 48 hours in advance

Birthday Lunch

Thursday, September 10th @11:30am

Prepared by Jodi Griffor

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

Join us in honoring MSHL Members with September Birthdays!

Birthday Members receive a free lunch.

Caroline Alexander	Jim DeSimpelare	Meryl Hindbaugh	Judy Mikkola	Larry Smith
Stephen Barney	Kathy Domingue	Dennis Humphrey	Maragaret Moyle	Timothy Smith
Carol Barrett	Mary Ender	Tharon Kershner	Keith Munsell	Christopher Wetzler
Tufemia Biscocho	Douglas Good	Amy Koepfer	Linda Nemeth	Arlene Wolf
Cheryn Bourdeau	Kathryn Greenleaf	Debora Ledford	Carolyn Pavey	Christine Wortmann
Jessica Brugh	Dorothy Hall	Maria Long	Virginia Phillips	Susan Yasi
Valerie Cousino	Diane Hansbro	Jerry Lund	Tracy Schauer	
Bonnie Cranson	Jeanette Haynes	Clarence Masson	Susan Schoeff	

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 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 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 now available for those in need; these require an authorization letter from the 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, September 19th @1pm

Every 3rd Saturday

Reserve with Donna Kneebush
Call 734.439.2103.

Out to Breakfast

Friday, September 25th @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
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
Sharlene Griffith
Thomas Griffith
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
David Snyder
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.

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.

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.

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

Aid in Milan Distribution

First Wednesday with Members' Meal

MSHL has partnered with Aid in Milan to bring food distribution to you once a month. Along with our monthly members meal, Aid in Milan will be here to pass out food if you would like to take anything home with you.

GriefShare Recovery Support

On Wednesdays starting August 26, 2026 until November 16, 2026.

6:30pm - 8:30pm
Located at Milan Free Methodist Church
950 E. Arkona Rd.

Please Register ahead with Laurie Clark at 734-216-2863

This group is sponsored by people who understand what you are experiencing and want to offer you comfort and encouragement during this difficult time.

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

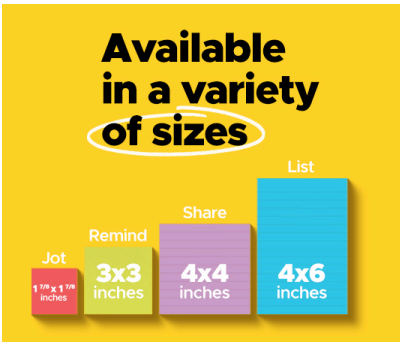
Support MSHL at NO COST by joining Kroger Community Rewards. Kroger donates to non-profits based on your purchases. Want to sign up? We can help you in the office!

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

Post-it notes
All Sizes



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.

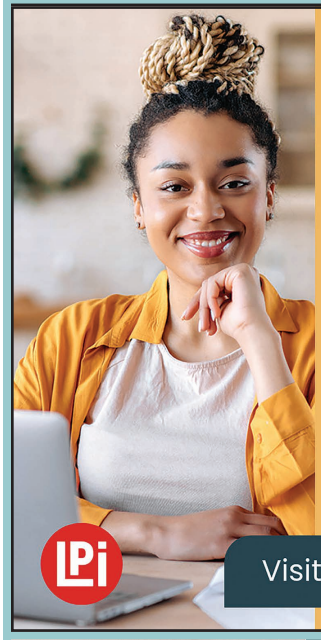
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milanphysicaltherapy.com

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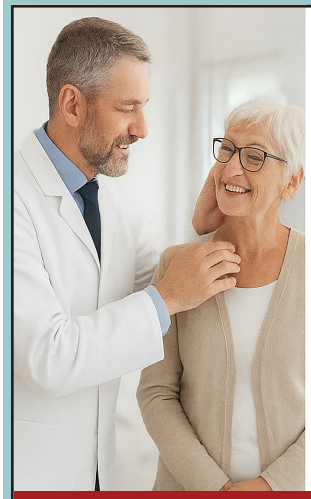
No act of kindness is ever wasted


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www.lpicommunities.com/advertising-solutions



Calendar: September 2026

Monday	Tuesday	Wednesday	Thursday
	1 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	**2 Aid in Milan** 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	3 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
7 	**8** 9:00 Men's Hour p8 10:00 SitFit p4 12:00 Senior Cafe p9 12:30 Euchre p10 12:30 Common Chapter p7 1:30 Floor Yoga p4 ***5:30 Community Bingo***	9 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	**10 *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 12:30 Members Council p7
14 9:00 Acupuncture p11 10:00 Cardio Drumming p4 11:00 Ask the Pharm p5 12:00 Senior Café p9 12:30 Bingo p10 12:30 Diamond Art p7 2:00 Chair Yoga p4	**15** 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	**16** **Senior Health Fair** **10am-2pm** 12:00 Senior Café p9	**17** 9:30 Watercolor Paint p5 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 **19** 1:00 Out to Lunch p10
21 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	**22** 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	**23** 10:00 Jeopardy p8 11:00 Women's Hour p8 12:00 Senior Café p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p4	**24** 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 **25** 9:00 Out to Breakfast p10
28 9:00 Acupuncture p11 10:00 Cardio Drumming p4 11:00 BP Checks p4 12:00 Senior Café p9 12:30 Bingo p10 12:30 Coloring w/ Laurie p7 2:00 Chair Yoga p4	**29** 9:00 Men's Hour p8 10:00 SitFit p4 12:00 Senior Café p9 12:30 Euchre p10 1:30 Floor Yoga p4	**30** 11:00 Women's Hour p8 12:00 Senior Café p9 12:30 Bingo/Euchre p10 2:00 Chair Yoga p4	