Milan Seniors

for Healthy Living

October 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
Fall hours have begun. 9 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 Programs & Services
Director of Riverbank Rentals
Randall Strack

Director of Milan Oasis
Mandy Reams

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

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Richard Ilg

Vice Chair
Dave Snyder

Secretary
Jeanine Evans

Treasure
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.)

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From the Interim Director

Happy October, MSHL friends!

Fall is officially here, and with it comes cozy weather, beautiful colors, football season, and another busy month of connection, learning, and community at MSHL.

We are excited for our upcoming trip to Turkeyville to see A Closer Walk with Patsy Cline on October 6th. Trips like this are such a wonderful way for members to enjoy new experiences, spend time together, and stay active in community life. We are also looking forward to our MIS Nite Lites trip on December 10th, so please keep an eye out for more details and future outing opportunities.

We are especially excited to welcome Joanna LaFleur, Dementia Expert, to MSHL on October 20th for The Art of Redirection. This presentation will offer practical, real-life strategies that attendees can begin using right away when supporting someone living with dementia or memory loss. This event is sponsored by Milan Oasis and is FREE to all attendees. We hope caregivers, family members, professionals, and community members will take advantage of this meaningful opportunity. Advance registration required.

Our Philanthropy Playoffs campaign is also going strong! Team MSHL — Rally for Respite — is raising support for Milan Oasis, our respite program that provides a safe, engaging place for people living with memory loss while giving caregivers much-needed time to rest and recharge. There are many ways to support Team MSHL, including making a donation, becoming a sponsor, purchasing a game day ticket for PinSeekers, sharing and promoting our social media posts, and helping us spread the word. Be sure to use #TeamMSHL and #PhilanthropyPlayoffs when sharing online.

Please see our Team Captains — Angela, Mandy and Alana — for more information about how you can get involved and support Team MSHL Rally for Respite.

Thank you for being part of the heart of MSHL. Whether you attend programs, volunteer, donate, share our mission, or simply bring your smile through the doors, you help make this community stronger every day. We are looking forward to a meaningful and fun October 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. Equipment is provided

SitFit

Tuesdays @10am
Instructor: Beverly Robinson

SitFit improves core strength, flexibility, coordination, balance, and circulation. SitFit now incorporates **Cardio and Cognition** to strengthen 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.

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.

Seated Tai Chi for Arthritis

Wednesdays @10am
October 7,14,21,28 - November 4,18
Instructor: Beverly Robinson

Seated Tai Chi for Arthritis is a program by Dr. Paul Lam to relieve pain and improve health and quality of life.

Join us for a 6-week class led by Beverly.

Tai Chi benefits include less pain, better balance, increased strength, and improved flexibility. The Arthritis Foundation recommends Tai Chi for managing osteoarthritis.

October Programs

Tye-Dye Party

Wednesday October 7th @12:30pm
Hosted by MSHL Staff

Join us for an afternoon of fun tye-dying!

We will have tote bags and bandanas for you to color but you can bring your own shirt too!

WaterColor Paints

Thursday October 15th @9:30am

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.

Preparing for Financial Emergencies

Monday October 26th @12:30pm
Hosted by KeyBank

Join us for a presentation on how to prepare for a financial emergency.

Topics may include:

- Building an emergency fund
- Managing unexpected expenses
- Protecting your financial well-being
- Helpful tips and resources

CreativeLeA Paints

Wednesday October 14th @9:30am
Hosted by LeAnne Milkey



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

The Art of Redirection

Tuesday October 20th @1:00pm
Hosted by Joanna LaFleur

This presentation will explore how to respond when someone with dementia is distressed, resistant or stuck on a thought.

Halloween Party

Thursday October 29th @11:30am

Wear your Halloween costume and join us for a fun celebration. There will be spooky treats, drinks, music, games and more!



Trip Information

MIS Nite Lites

Join us for a trip to
Michigan International Speedway for their
Christmas Drive Thru Light Show!

Thursday December 10th, 2026
Cost for members of MSHL is $10
Cost for non-members is $15
We will be leaving MSHL at 4:30pm and
arriving back around 7:30pm.
Secure your spot today!



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 Desk 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.

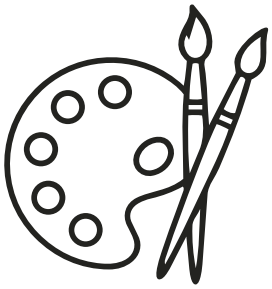
Riverbank Rentals: 734-489-1078

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 Tuesday @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 @1pm

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.



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.

Members' Meal

Wednesday October 7th @12pm
Prepared by Jodi Griffor & MSHL Kitchen Crew

$5 Suggested Donation/Person
Chicken and Dumplings

Please reserve your spot 48 hours in advance

Birthday Lunch

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

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

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

Rosanne Batalucco
Mary Bennett
Linda Berden
Elizabeth Bezal
Audrey Brown
Carolyn Burlingame
David Butler
Victor Caballero
Helen Callow
Douglas Canell
Donna Carver
Marlene Cleermans
Elayne Ellis
Margaret Harper
Elaine Hawks
Kevin Heath
Louise Hinzmann
Pat Kachenko
Dawn Kanitz
Frank Livermore
Neoma Robinson
Tina Schroeder
Cheryl Scott
Janine Sherman
Ann Stone
Jennifer Thomas
Debora Tubbs
Kathy Viets
Carol Vollink
Pamela Young
Adrian Yribar

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.

Coming Up

Thanksgiving Lunch

Join us in celebrating Thanksgiving with an fun festive Lunch.
Wednesday November 25th at 12:00pm.



Holiday Market/Vendor Fair



In collaboration with Pop on Main we will be hosting the vendor fair!
Saturday, November 28th 8am-3pm
Come check out what cool things our vendors will have!

Christmas Party

Join us in celebrating Christmas on **Thursday December 17th at 11:30am.**
We will have photo opts, games, food and fun!



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 @12:30pm

Out to Lunch

Saturday October 17th @1pm

Every 3rd Saturday

Reserve with Donna Kneebush
Call 734.439.2103.

Out to Breakfast

Friday October 23rd @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
Angela Thomas
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.

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.

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.

Aid in Milan Distribution

1st Wednesday with Members' Meal

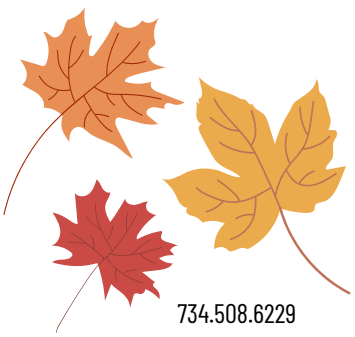
MSHL has partnered with Aid in Milan to bring food distribution to you once a month. Along with our monthly Members Meal, Aid in Milan will be here to pass out food if you would like to take anything home with you.

Chair Massages

By Appointment

Restoration massage Therapy Wellness Center is offering chair Massages.
$10 for a 20 minute session.

See Randall to make an appointment.



Volunteers

MSHL accepts donations to help offset some of our costs. If you would like to give, please consider the following:

- Snacks
- Clorox Wipes
- Printer Paper
- Hand Soap
- Hand Sanitizer
- Kleenex

If you would like to give your time, we have various volunteer opportunities available, including Meals on Wheels substitute drivers. We are also seeking MSHL Ambassadors: volunteers who are personable and would like to help give new members tours of MSHL.

Contact Randall for more information.

Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



LPi Call 800.950.9952

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

Large to go Containers



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.

Funders $5000+

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.

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 supports 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.

Michigan DOT - Ann Arbor AAATA - City of Milan Senior Millage - AgeWays- Monroe County COA - Washtenaw County OCED - Michigan Health Edowment Fund - Greater Milan Area Community Foundation

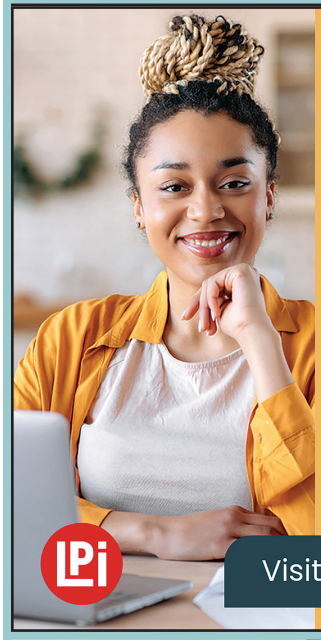
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We give you the tools to live a healthy life
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milanphysicaltherapy.com

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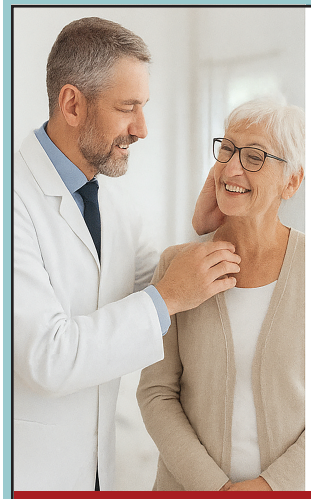
No act of kindness is ever wasted


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"Let our family help your family find your way home"

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Calendar: October 2026

Monday	Tuesday	Wednesday	Thursday
			**1** 10:00 eXercise4U p4 10:00 Quilting B's p9 11:00 Twistin' Strings p9 12:00 Senior Café p10 12:30 Bingo/Euchre/ Mah-Jongg p12
5 9:00 Acupuncture p13 10:00 Cardio Drumming p4 11:00 BP Checks p4 12:00 Senior Café p10 12:30 Deby's Designs p8 1:45 Podiatry p13 2:00 Chair Yoga p4	**6** 9:00 Men's Hour p9 10:00 SitFit p4 12:00 Senior Cafe p10 12:30 Euchre p12 12:30 Meditation p8 1:30 Floor Yoga p4	**7** ***Aid in Milan*** **p13** 10:00 Jeopardy p9 10:00 Tai Chi p4 11:00 Women's Hour p9 *12:00 Members Meal p10* 12:30 Bingo/Euchre p12 12:30 Tye Dye Party p5 2:00 Chair Yoga p4	**8** ***Rummage Sale*** 10:00 eXercise4U p4 10:00 Quilting B's p9 11:00 Twistin' Strings p9 *11:30 Birthday Lunch p10* 12:30 Members Council p8 12:30 Bingo/Euchre/ Mah-Jongg p12
12 	**13** 9:00 Men's Hour p9 10:00 SitFit p4 12:00 Senior Café p10 12:30 Euchre p12 12:30 Common Chapter p8 1:30 Floor Yoga p4	**14** 9:30 CreativeLeA p5 10:00 Tai Chi p4 11:00 Women's Hour p9 12:00 Senior Café p10 12:30 Bingo/Euchre p12 2:00 Chair Yoga p4	**15** 9:30 Watercolor Paint p5 10:00 eXercise4U p4 10:00 Quilting B's p9 11:00 Twistin' Strings p9 12:00 Senior Café p10 12:30 Bingo/Euchre/ Mah-Jongg p12 **17** 1:00 Out to Lunch p12
19 9:00 Acupuncture p13 10:00 Cardio Drumming p4 11:00 BP Checks p4 12:00 Senior Café p10 12:30 Bingo p12 2:00 Chair Yoga p4	**20** 9:00 Men's Hour p9 10:00 SitFit p4 12:00 Senior Café p10 12:30 Euchre p12 12:30 Meditation p8 1:00 Joanna LaFleur p5 1:30 Floor Yoga p4	**21** 10:00 Tai Chi p4 11:00 Women's Hour p9 12:00 Senior Café p10 12:30 Bingo/Euchre p12 2:00 Chair Yoga p4	**22** 10:00 eXercise4U p4 10:00 Quilting B's p9 11:00 Twistin' Strings p9 12:00 Senior Café p10 12:30 Bingo/Euchre/ Mah-Jongg p12 **23** 9:00 Out to Breakfast p12
26 9:00 Acupuncture p13 10:00 Cardio Drumming p4 11:00 BP Checks p4 12:00 Senior Café p10 12:30 Financial Emergency Presentation p5 12:30 Bingo Coloring w/Laurie p12 2:00 Chair Yoga p4	**27** 9:00 Men's Hour p9 10:00 SitFit p4 12:00 Senior Café p10 12:30 Euchre p12 12:30 Common Chapter p8 1:30 Floor Yoga p4	**28** 10:00 Jeopardy p9 10:00 Tai Chi p4 11:00 Women's Hour p9 12:00 Senior Café p10 12:30 Bingo/Euchre p12 2:00 Chair Yoga p4	**29** 10:00 eXercise4U p4 10:00 Quilting B's p9 11:00 Twistin' Strings p9 11:30 Halloween Party p5 12:00 Senior Café p10 12:30 Bingo/Euchre/ Mah-Jongg p12