Milan Seniors

for Healthy Living

November 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 - 4 / 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 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

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 November, MSHL friends!

October was a full and wonderful month at MSHL. We hosted several care partner workshops, welcomed community members into meaningful conversations and resources through Milan Oasis, and enjoyed a sold-out bus trip to Turkeyville for A Closer Walk with Patsy Cline. MSHL was also out in the community at several vendor shows, continuing to share who we are and how we support older adults, caregivers, and families in the greater Milan area.

We are also incredibly grateful for everyone who supported our Layers of Love Lasagna Dinner, raising funds for Milan Oasis through our Philanthropy Playoffs campaign. Every donation, ticket purchase, shared post, sponsorship, and word of encouragement helps us continue providing respite, dementia support, and care partner resources for our community. Thank you for rallying with us!

As we move into November, we enter a season of gratitude. I am thankful for our members, volunteers, staff, board, funders, community partners, and all who make MSHL such a meaningful place to gather, learn, receive support, and stay connected.

Please note that MSHL will be closed November 2nd and 3rd for City Election voting, November 11th in honor of Veterans Day, and November 26th so our staff and volunteers can celebrate Thanksgiving with their families.

From all of us at MSHL, thank you for being part of this community. We are grateful for you and look forward to another month of connection, support, and service 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.

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
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.

November Programs

Ask the Pharmacist

Monday November 9th @ 11am

Heartburn - a common but annoying problem: Heartburn and GERD (gastroesophageal reflux disease) are common and uncomfortable problems.

Join Betty Chaffee, PharmD, of Better My Meds to talk about the causes and symptoms of heartburn/GERD, and how to choose between the available nonprescription treatments.

CreativeLeA Paints

Wednesday November 18th @9:30am
Hosted by LeAnne Milkey



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

Cooking with Chris

Monday November 9th @12:30pm
Hosted by Christine Chie

Join Chris in the kitchen while she cooks up something delicious!

Watercolor Paint

Thursday November 12th @ 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.

Collage Art with Alana

Monday November 16th @12:30pm
Hosted by Alana Luckart

Cut. Paste. Create!
Join us for a fun, relaxed collage class where we'll turn old magazines, paper scraps, and unexpected finds into one-of-a-kind art.
No experience needed, just bring your imagination!

The Aging Driver

Monday November 23rd @12:30pm
Hosted by Patricia Heiler

In this session you will learn how to stay active and safe behind the wheel, decide when it may be time to transition to non-driving and finding alternative transportation options.

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.

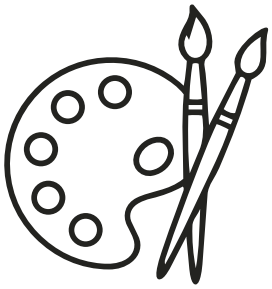
Riverbank Rentals: 734-489-1078

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 @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.

Talk of the Town

2nd Wednesday @ 1pm

Hosted by Mayor Ed Kolar & Council Member Mary Kerkes

Pull up a chair and join in on the conversations that impact you and your community.



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 November 18th @12pm
Prepared by Jodi Griffor & MSHL Kitchen Crew

$5 Suggested Donation/Person
Thanksgiving Feast

Please reserve your spot 48 hours in advance

Birthday Lunch

Thursday November 12th @11:30am
Prepared by Jodi Griffor

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

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

Robert Brazeau
Richard Bancroft
Sherrie Schwartz
Minaz Ladha
Michael Grady
Herb Diehr
Antonio Briones
Sharon Early
Kenneth Bibee
Kathryn Shock
Patricia Auten
Rita Gall
Suzanne McDonell-Tippett
Melvin Mills
Elizabeth Otto
Michael Yates
Mary Delf
Marie Hiler
Newt Squires
Beth Askew
Gary Bush
Christine Benton
Ron Weber
Janae LeBar
Linda E Tackett
Ross Medos
Vance McCrumb

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.

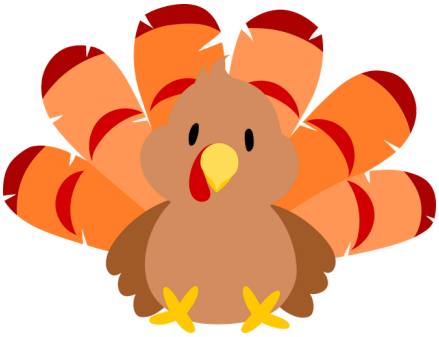
All meals are overseen by a registered dietitian to ensure they meet the nutritional needs of the elderly community.

Coming Up

Join us Tuesday, November 17th for
our first Quarter Mania!
Doors open at 5:30pm
Game starts at 6:30pm



Thanksgiving Lunch



This months Members Meal will be on
Wednesday, November 18th at
12pm.
We will be having a Thanksgiving
Feast!
Please RSVP so we have plenty of
food for everyone.

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 November 21st @1pm

Every 3rd Saturday

Reserve with Donna Kneebush
Call 734.439.2103.

Out to Breakfast

Friday November 27th @9am

Every 4th Friday

Reserve with Sue Bemis
Call 734.483.6351.

MSHL Lifetime Members

Linda Alair
Patricia Auten
Sallie Bancroft
Esther Bardon
Carol Barrett
Anne Barton
Shelly Bauer
Sue Bemis
Marcia Bolog
Robert Brazeau
Antonio Briones
Pat Budd
Rose Budd
Arthur Burgess
Carolyn Burlingame
Patty Butts
Doris Campbell
Donna Carver
Christine Chie
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
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 Mass
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
MaryAnn Opal
Tom Opal
Betty Otto
Judy Parker
Danielle Peladeau
Terry Quillen
Christine Sayer
John Schauer
Tracy Shauer
Judy Schonek
Tina Schroeder
Linda Schultz
Sherrie Schwartz
Joyce Shavers
Richard Sheff
Nancy Simpson
Yvonne Smiley
Colleen Smith
Denene Smith
Irene Smith
Phyllis Smith
Timothy 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
James Timbers
Rose Timbers
Wendy Tobler
Carol Vollink
Elizabeth Waffle
Jennifer Ware
Loretta Watson
Shannon Wayne
Carolyn Wetzler
Chris Wetzler
Peggy Wilson
Arlene Wolf
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

K-Cup Coffee Pods



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

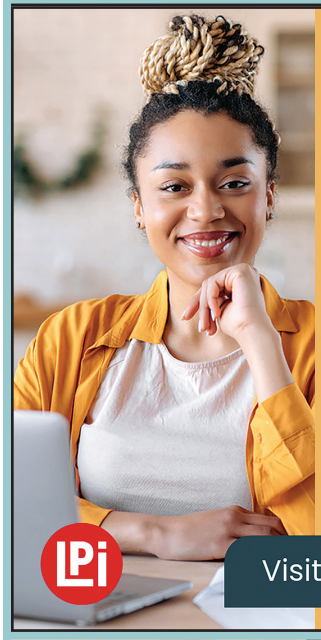
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We give you the tools to live a healthy life
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office@milanphysicaltherapy.com
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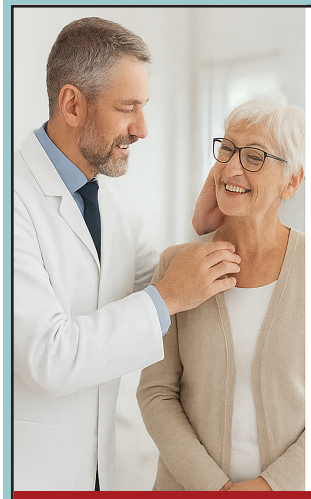
No act of kindness is ever wasted


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www.lpicommunities.com/advertising-solutions



Calendar: November 2026

Monday	Tuesday	Wednesday	Thursday
2 	**3** **Closed for Voting** 	**4** **Aid in Milan p13** 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	**5** 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
9 9:00 Acupuncture p13 10:00 Cardio Drumming p4 11:00 Ask the Pharm p5 12:00 Senior Café p10 12:30 Bingo p12 12:30 Diamond Art p8 12:30 Cooking with Chris p5 2:00 Chair Yoga p4	**10** 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	**11** **Closed** 	**12** ***Rummage Sale*** 9:30 Watercolor Paint p5 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
16 9:00 Acupuncture p13 10:00 Cardio Drumming p4 11:00 BP Checks p4 12:00 Senior Café p10 12:30 Bingo p12 12:30 Collage Art w/Alana p5 Podiatry p13 2:00 Chair Yoga p4	**17** 9:00 Men's Hour p9 10:00 SitFit p4 12:00 Senior Café p10 12:30 Euchre p12 12:30 Meditation p8 1:30 Floor Yoga p4	**18** 9:30 CreativeLeA p5 10:00 Tai Chi p4 11:00 Women's Hour p9 *12:00 Members' Meal p10* 12:30 Bingo/Euchre p12 2:00 Chair Yoga p4	**19** 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 **21** 1:00 Out to Lunch p12
23 9:00 Acupuncture p13 10:00 Cardio Drumming p4 11:00 BP Checks p4 12:00 Senior Café p10 12:30 Bingo p12 12:30 Coloring w/Laurie p8 12:30 Aging Driver Pres.p5 2:00 Chair Yoga p4	**24** 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	**25** 10:00 Jeopardy p9 11:00 Women's Hour p9 12:00 Senior Café p10 12:30 Bingo/Euchre p12 2:00 Chair Yoga p4	**26**  **27** 9:00 Out to Breakfast p12
30 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	