Milan Seniors

for Healthy Living

December 2026

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

Bingo Belles!!

Bingo Belles, Bingo Belles,
We girls are here to Play!
Lunch is great and Euchre's fine,
But BINGO makes our day! Hey!

Bingo Belles, Bingo Belles,
Nickels, quarters, dimes,
Laughter, chips, and lucky charms,
We gamble on good times! Hey!

Bingo Belles, Bingo Belles,
Who's calling games today?
Will my cards win? Oh, shoot, who cares?
'Cuz BINGO makes our day! Yay!

By Wendy Tobler





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

Treasurer
John Schauer

Directors
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 December, MSHL friends!

As we enter the holiday season, I find myself reflecting on what truly makes this time of year special – family, friendships, traditions, and the connections we share with one another. At MSHL, we believe that connection is one of the greatest gifts we can give, and I am so grateful that our center is a place where **friendships are made**, **laughter is shared**, and everyone has an opportunity to feel like they belong.

We also recognize that the holidays aren't always joyful for everyone. For some, this season brings memories of loved ones lost, loneliness, or difficult circumstances. On December 2nd, we will host Blue Christmas, a special opportunity to come together and offer comfort, understanding, and support to those who may be grieving or struggling. Sometimes the greatest gift we can offer someone is simply reminding them they are not alone.

We have some wonderful opportunities to celebrate together this month! Our BIG Community Bingo Fundraiser returns December 8th, bringing an evening of fun, friendship, and support for MSHL. And don't forget our MSHL Christmas Party on December 17th! We look forward to celebrating the season with the wonderful people who make our center so special.

Please remember that MSHL will be closed December 21st through January 1st, allowing our hardworking staff and volunteers time to enjoy the holidays with their loved ones. We will reopen on Monday, January 4th, refreshed and ready for another wonderful year together!

As we close out 2026, I want to extend my heartfelt appreciation to our members, volunteers, staff, board, donors, and community partners. Your kindness, generosity, participation, and support make everything we do possible. MSHL is so much more than a building or a collection of programs. It is a community of people who genuinely care about one another, and that is something worth celebrating!

My wish for each of you this holiday season is that you find moments of peace, reasons to smile, and opportunities to connect with those who matter most. Whether your holidays are filled with family gatherings or quieter moments, please know that **you are a valued part of our MSHL family**.

Merry Christmas
Happy Holidays
Cheers to a wonderful 2027!

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.



December Programs

Blue Christmas

Wednesday, December 2nd @ 12:30pm

Hosted by MaryAnn Opal

Blue Christmas is a service held to support people who are grieving or struggling during the holidays. These services acknowledge the darkness and complexity of life, and to offer a space for reflection, hope, and healing. If the holidays are difficult for you this year, please come to our Blue Christmas. If you are feeling strong and joyful, please come support those who may be struggling.

In addition to MaryAnn Opal's encouraging words, there will be gentle Christmas music, Chistmas Hymns and a special candle lighting.

Watercolor Paint

Thursday, December 10th @ 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.

Christmas Party

Thursday, December 17th @ 11:30pm

Join us for a fun and festive Christmas Party! We will be having a fun White Elephant game provided by MSHL.

Wear your best ugly sweater to be entered into the ugly sweater contest!

Christmas Cookie Decorating

Wednesday, December 9th @2:30pm

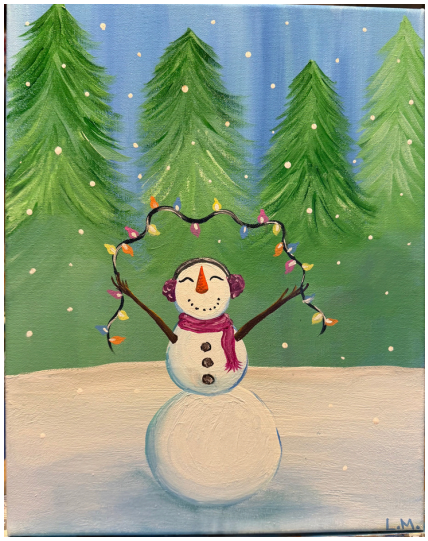
Join us as we decorate some Christmas cookies! We will be providing all the supplies.

Sign up before hand so we have enough cookies for everyone to join the fun!

CreativeLeA Paints

Wednesday, December 16th @9:30am

Hosted by LeAnne Milkey



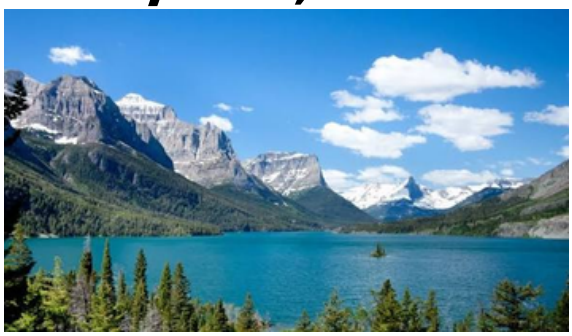
Senior Member $25	Senior $31	Non-Senior $37



Trip Information

Canadian Rockies and Glacier National Park

July 11 - 17, 2027



Itinerary at a glance

Day 1: Calgary Marriott Downtown - Calgary, Alberta
Day 2 & 3: Bayshore Inn, Waterton Lakes National Park- Alberta
Day 4 & 5: Banff Inn-Banff, Alberta
Day 6: Calgary Marriott Downtown - Calgary, Alberta

For more information visit https://gateway.gocollette.com/link/1459692

Shades of Ireland

Itinerary at a glance

Day 1: Overnight Flight
Day 2 & 3: Hotel Riu Plaza The Gresham Dublin-Dublin
Day 4: Granville Hotel - Waterford
Day 5 & 6: Killarney Towers - Killarney
Day 7 & 8: The George Hotel Limerick - Limerick
Day 9: Cabra Castle - Kingscourt

September 18 - 27, 2027



For more information visit https://gateway.gocollette.com/link/1459786

Iceland's Magical Northern Lights Discovery

November 5 - 11, 2027



Itinerary at a glance

Day 1: Overnight Flight
Day 2: Centerhotel Plaza - Reykjavik
Day 3 - 5: Hotel Dyrholaey - Vik
Day 6: Centerhotel Plaza - Reykjavik

For more information visit https://gateway.gocollette.com/link/1459916

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.

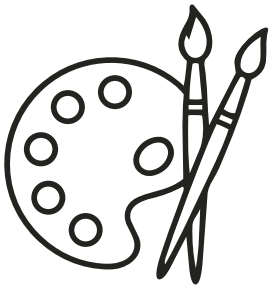
Riverbank Rentals: 734-489-1078

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.

Quilting B's

Thursdays @10am & 6pm ($2pp)

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.

Trivia Time

1st and 3rd Monday @ 2pm

Hosted by Alana Luckart

Test your knowledge on a wide variety of topics with a pub style trivia game. Every three months there will be a top scorer trivia showdown!

Talk of the Town

3rd 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, December 2nd @12pm

Prepared by MSHL Board

$5 Suggested Donation/Person

Christmas Meal

Please reserve your spot 48 hours in advance

Birthday Lunch

Thursday, December 10th @11:30am

Prepared by Jodi Griffor

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

Join us in honoring MSHL Members with December Birthdays!

Birthday Members receive a free lunch.

Ron Weber	Patricia Clark	Christine Chie	Jim Brasfield
David Stuckman	Garry Massengill	Mary Linda Williamson	John Howard
Tom Opal	Beverly Powell	Deborah McFarlane	Joyce Shavers
Carol Hewitt	MaryAnn Blaszak	Robert Walther	Matt Gruden
David Lovelace	Nancy Harvey	Carrie Furrman	Marlene Berkley
John Koehler	Pamela Armstrong	Richard Ilg	Kimberly Crawford
Patty Butts	Sharlene Griffith	Christine Jones	James Timbers
Carolyn Wetzler	Grace Stuckman	Christine Sayre	

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

Bingo



Join us Tuesday December 8th, 2026
for one last Community Bingo of 2026!
Doors Open at 5:30pm
Bingo Starts at 6:30pm

There will be Door Prizes, 50/50 Bingo,
Cash Prizes and food!

2027

MSHL wants to wish you a safe and fun
Holiday Season!
We will be closed
December 21st - January 3rd.

Meals on Wheels will remain open on all regularly scheduled days Monday-Thursday December 21, 2026-January 3, 2027.

We will deliver meals on Christmas Day and New Years Day.

We will resume normal business hours and activities/events starting **January 4th, 2027.**





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

Postponed until Spring!

Every 3rd Saturday

Reserve with Donna Kneebush
Call 734.439.2103.

Out to Breakfast

No gathering this month

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 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
MaryAnn Opal
Tom Opal
Betty Otto
Judy Parker
Danielle Peladeau
Terry Quillen
John Schauer
Christine Sayer
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.

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.



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.



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. Best meal in TWO counties, for the price!

- $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

Snacks



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.

Thank you Funders

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.

WASHTENAW COUNTY Michigan

Help Sustain MSHL for Generations to Come!

Every meal delivered, ride provided, friendship formed, and caregiver supported is made possible through the generosity of people who believe in our mission. As we look toward the future, we invite individuals, businesses, and foundations to consider making a lasting impact through major gifts, program sponsorships, or multi-year funding commitments. **Your investment helps ensure MSHL remains a place where older adults can thrive, stay connected, and receive the support they deserve for years to come.** Interested in becoming a sustaining partner? Contact our Executive Director, Angela Thomas, to explore how your generosity can make a meaningful difference.

Michigan DOT - Ann Arbor AAATA - AgeWays-
Monroe County COA - Washtenaw County OCED - Michigan Health Endowment Fund -
Greater Milan Area Community Foundation

GMACF Greater Milan Area Community Fund For good. For ever.

MDOT Michigan Department of Transportation

MICHIGAN HEALTH ENDOWMENT FUND

TheRide Ann Arbor Area Transportation Authority

Area Agency on Aging 1-B AgeWays Nonprofit Senior Services

WASHTENAW COUNTY MICHIGAN 1826

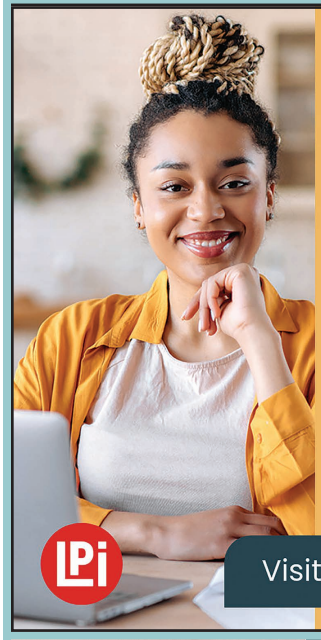
MILAN PHYSICAL THERAPY
905 Dexter St.
Milan, MI 48160
734-439-8410
We give you the tools to live a healthy life
M-F, 8am-5pm
Early morning and evening hours available.
office@milanphysicaltherapy.com
milanphysicaltherapy.com

DK OUTDOOR SERVICES
13015 Dennison Rd., Milan
734-439-8545
Lawn Care • Snow Removal
Outdoor Services

Every Person. Every Time.
Because no one should navigate care alone.
Call us anytime, day or night.
888-247-5701 or visit hom.org
Hospice of Michigan
A member of NorthStar Care Community

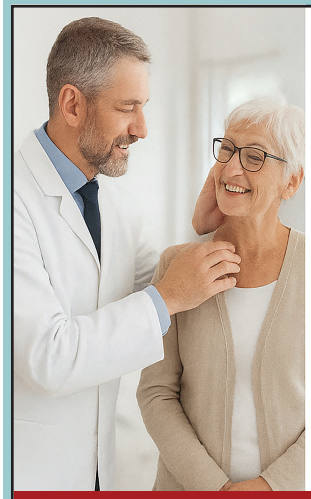
No act of kindness is ever wasted


Hampton Manor Of Dundee
Dundee's Premier Independent, Assisted & Memory Care Community
123 Waterstradt Commerce Dr. • Dundee, MI
734-826-9191
Studio, One & Two-Bedroom Apartments with Private Patios Available!
Call Now to Lock in Your Rate for 2 Years!



WE'RE HIRING
Ad Sales Executives
- Paid Training
- Some Travel
- Work-life Balance
- Full-time with Benefits
- Serve Your Community
Visit www.4lpi.com/careers

Right at Home
In Home Care & Assistance
- Companion Care
- Personal Care
- Specialty Care
734-971-5000
Right at Home Ann Arbor provides a range of in-home care options for seniors and adults with disabilities. Don't think of our services as one-size-fits all. We know everyone's needs are different, so our care plans are uniquely tailored to each individual. Whether it's helping with dressing and hygiene, providing medication reminders, or simply providing transportation to medical appointments, Right at Home's dedicated caregivers will help you or your loved one navigate life.

We treat your loved one like family, offering respite for you and enhancing the caregiving experience


Hearing Depot™
Discover Better Hearing with Hearing Depot
At Hearing Depot, we believe better hearing means better living. As a small, family owned company, we pride ourselves on personalized care and honest service – because our clients are our neighbors.
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✓ Affordable Hearing Aid Options
✓ Free Consultations and Screenings
✓ Friendly, Local Service You Can Trust
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Locations in Brighton and Livonia

Danielle Grostick
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Calendar: December 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 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	**2** **Aid in Milan p13** 11:00 Women's Hour p9 *12:00 Members Meal p10* 12:30 Bingo/Euchre p12 12:30 Blue Christmas p5 2:00 Chair Yoga p4	**3** 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 6:00P Quilting B's p9	**4** Closed	**5**
6	**7** 9:00 Acupuncture p13 10:00 Cardio Drum p4 11:00 BP Checks p4 12:00 Senior Café p10 12:30 Deby's Designs p8 2:00 Chair Yoga p4 2:00 Trivia Time p9	**8** 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 **5:30 Community Bingo**	**9** 11:00 Women's Hour p9 12:00 Senior Café p10 12:30 Bingo/Euchre p12 2:00 Chair Yoga p4 2:30 Cookie Decorating p5	**10** **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 6:00P Quilting B's p9	**11** Closed	**12**
13	**14** 9:00 Acupuncture p13 10:00 Cardio Drum p4 11:00 BP Checks p4 12:00 Senior Café p10 12:30 Bingo p12 12:30 Diamond Art p8 Podiatry p13 2:00 Chair Yoga p4	**15** 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	**16** 9:30 Creative LeA p5 11:00 Women's Hour p9 12:00 Senior Café p10 12:30 Bingo/Euchre p12 1:00 Talk of the Town p9 2:00 Chair Yoga p4	17 10:00 eXercise4U p4 10:00 Quilting B's p9 11:00 Twistin' Strings p9 11:30 Christmas Party p5 12:00 Senior Café p10 12:30 Bingo/Euchre/ Mah-Jongg p12 6:00P Quilting B's p9	**18** Closed	**19**
20	**21** Closed	**22** Closed	**23** Closed	**24** Closed	**25** 	**26**
27	**28** Closed	**29** Closed	**30** Closed	**31** 		