

ANNOUNCEMENTS

The Senior Center will be closed July 4- 5, 2013 in observance of Independence Day and the week of August 19-23, 2013.

MSHL Seniors meet the 2nd Friday of every month for breakfast at the **Lighthouse Coffee Co.** on 9 W. Main St. in Milan starting at 8:30am.

Milan Seniors for Healthy Living would like to give a special thanks to

Mullins Auto Supply for providing the financial support to allow our birthday members to enjoy a free lunch.

Costco for providing our June Birthday Cake. A special thanks to **Toyota, Home Instead Senior Care, Milan Beautification Commission, and Milan Class of 1960** for their landscaping work around the center.

Many Thanks!!!

NEW AND EXCITING CLASSES AT MSHL!

WALK WITH EASE

At MSHL, we would like to invite you to join us as we gather three times a week to take part in an educational fitness program followed by a stroll through our town. This self-paced gentle program will help to motivate you to get in great shape, walk safely and comfortably, improve your flexibility, strength, balance, and stamina, and reduce pain and feel great. Proven to benefit those who complete it, this program is designed to help you become a knowledgeable, confident arthritis self-manager.

Will meet at the Senior Center on Mondays, Wednesdays and Thursdays from 6pm—7pm

This is a FREE program for our members. Participants will receive a free pedometer and a WALK WITH EASE participant guidebook.

Safety Awareness & Self Defense for the Mature Adult

Personal attacks can happen at any time, and the perpetrator can be either a stranger or someone you know or even love. The best way to survive is to be prepared.

Learn about simple self-defense techniques that can be utilized anywhere, and anytime in these **free** classes put on by our local Milan Police Department.

Self Defense: Situational Awareness/Preventative Measures

Wednesday July 24, 9am—10:15

In this lecture style setting, you can learn about ways to minimize your chances of becoming a victim of a personal attack.

Self Defense: Defensive Techniques

Wednesday August 7, 9am—10:15

Take things up a notch in your self-defense tools by learning techniques to utilize in the event of an attack. There will be actual practice of these techniques so wear stable shoes and comfortable clothing

Sign up for either or both of these free classes by calling our office at 734-508-6229.

Bible Study - **“Angels”** led by Marilee Riley.

Tuesday July 30 till September 10, 2013 9:30—11:00am

There is no cost to join this study. If you wish to purchase the book, we can order it for you for approximately \$10 (depending upon shipping costs)

“Angels”, a book by New York Times Bestselling author Dr. David Jeremiah. Fascinating studies of both Biblical and contemporary angels who are said to protect, comfort, strengthen, and encourage those who love the Lord. ***Newcomers are welcome!***

Register at: Milan Seniors for Healthy Living 45 Neckel Ct. Milan, MI 48160 (734) 508-6229

Crafting with Ellen

Craft classes with Ellen are typically held on the 2nd and 4th Wednesday of each month from 10:00am to 11:30am. Each month features a “take home” project that will be sure to please.

July 10 & 24 - **Macramé Bird Feeder**

August 14 & 28— **Pebbled Garden Ball**—*We need bowling balls for this craft please contact Ellen if you have any to donate*

September 11 & 25—**Frankenstein Wind Sock**

Registration Fee: \$10 members

Registration and fee is required at least one week prior to the beginning of each class. Please note: there is a minimum enrollment for these classes to run. Please sign up before the deadline to ensure the class runs.