

THE MILFORD MAILER

DECEMBER 2016

Christmas time is almost here again. Time has gone so quickly.

Here are a few things that will be going on this month.

The Crossmakers will be here to give us a program on Dec. 7th at 12:30 . Plan to join us then.

Hopefully we will have someone from the high school to perform for the birthday meal on Dec. 19.

A reminder that when the public schools are closed for bad weather, the center will be closed also.

Have a good Christmas!



Aging Services Newsletter

The holiday season can be a stressful time for both caregiver and their loved ones. Plan ahead and focus on what is most meaningful: perfection is not the goal of the

holidays—Joy is! Cramming more into your already crazy schedule can push you over the edge, so consider what is doable before you commit. Above all, making good memories with your loved ones is especially valuable at this time. Simplify your holiday activities—try to schedule the major activities early in the day. We all know as the day wears on, we all tend to become tired under normal conditions, this is more so for your loved one. Saving time for sitting and quietly visiting or listening to music towards the end of the day will benefit both you and your loved one.

Part D open enrollment ends on December 7, if you haven't looked at your current plan, now is the time to schedule an appointment before the 7th.

Terri Lynn Nuts and Apricots are in:

Almonds, cashews, deluxe mixed, pecan pieces and walnuts are \$10. Apricots are \$7. You can stop in at the center to pick them up or call Kathy to place an order at 402-762-3593.

Be sure to like us on our Facebook page—Seward County Aging Services, it will have updated county information posted.

Kathy Ruzicka, Seward County Aging Program Manager.

Dec 7—Crossmakers 12:30

Dec 9—Brunch and Bingo

Dec 29— Blood Pressure check

Dec 19—Birthday Meal

Tuesdays— Tai Chi & Cards

Wednesdays—Wii Bowl and

Hot Dish/Salad Bar

2nd Thursday— Brunch & Bingo

Fridays—Exercises

December Birthdays

4- Pam Slama

10- Vi Stutzman

12- Elna Lambert

15- Don Strinz