



Milford Senior Connections

CELEBRATING OCTOBER BIRTHDAYS!

Join us as we celebrate those with birthdays in October! The birthday meal will be on **October 23, 2024 at 11:45 am**. Our meal, from Pizza Kitchen, will be smothered Swiss steak, mashed potatoes with gravy, green beans, fruit, and a dinner roll with butter. We will also be enjoying a birthday cake from Sweet Canvas Cakes and Treats! **Entertaining us at 12:30 pm will be Milford's own Cloy and Linda Stutzman.**

OVERHEARD:

Discussing the upcoming birthday meal: "I had a plain Runza and a Chocolate Shake a couple of days ago and with my senior discount the total was \$10.50. Just thought you might be interested. And Runza didn't have entertainment!"

OCTOBER BAKED POTATO FUNDRAISER



The last Potato Bake of 2024 will be **Wednesday, October 9 from 11:00 am to 1:00 pm.**

Be sure to stop in for a huge baked potato, with lots of fixings, salad bar, dessert and a beverage for \$10.00; this is a great way to feed your soul and support YOUR Senior Center. Were you aware that we can accommodate those who are in a hurry? Get your meal to go and be in and out in minutes! All are welcome to join us on October 9!

OVERHEARD:

"Fundraiser! No one wants to miss the fundraiser. There's PIE!"

TREAT BAGS FOR LITTLE LEAPS of FAITH

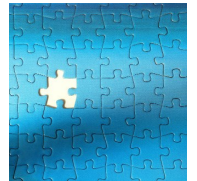
Always looking forward to seeing our friends from Little Leaps on Halloween. This year's treat for Little Leaps will be Witch Broom treat bags. Let Mystii know if you'd like to provide individually wrapped candy to fill the bags and bring the items up to The Center by Friday, October 25; you're welcome to donate funds to purchase candy, too. We'll be assembling the treat bags on **Tuesday, October 29 at 10:00 am** and we would love it if you would like to help.



JIGSAW PUZZLE COMPETITION!

A JOINT COMMUNITY EVENT COMING NOVEMBER 4!

Do you enjoy hanging out with friends and family? Are putting jigsaw puzzles together your thing? Join us on **Monday, November 4**, as the Milford Senior Center and Webermeier Memorial Library partner to bring you an evening of fun with an exciting Jigsaw Puzzle Tournament Community Event where teams will race to complete a puzzle to win prizes.



Pizza (choice of either cheese/pepperoni/beef - one per team) is provided at **5:30 pm**. Then at **6:00 pm** each table will be given a 500-piece puzzle of the exact same design when the timer begins. Register your team of up to 4 people for only \$40.00 per team (payable by Wednesday, October 30 at the library or Senior Center. Register by using the QR code (below), or find the link at wmlmilford.org, or the Milford Senior Center Facebook page, or turn in the registration form on the back of the newsletter to The Center or the library by Wednesday, October 30 with your payment. All ages welcome, with one adult minimum per team. Tables are limited so sign up early! The event will take place at the Milford Senior Center.



FLU SHOTS

Memorial Healthcare will be providing flu shots on **Thursday, October 3** beginning at **1:00 pm**. Be sure to bring your insurance card so a copy can be made.

HYGIENE AS WE AGE PRESENTATION

AmanaCare will be presenting *Hygiene as we Age* on **Monday, October 7 at 12:30 pm.**

SHIIP

Have Medicare health insurance questions? Kathy Ruzicka will be at The Center to answer SHIIP questions on **Friday, October 11 at 12:30 pm** to help you out!



FRIDAY MOVIE!

Do you like to watch old movies? Join us on **Friday, October 25 at 12:30 pm** when Wes shows *Abbott and Costello meet Frankenstein*. There's always a bit of movie history thrown in (with a prize) and we also get to snack on popcorn or other treats!

pageborders.org

WHY IS CRAFTING IMPORTANT AS WE AGE?

A quick Google search for "Why is crafting important as we age" produced this list.

Crafting can be important for older people for many reasons, including:

- ◆ **MENTAL HEALTH:** Crafting can help improve mood, reduce stress, and manage depression. It can also help people feel more confident and accomplished.
- ◆ **COGNITIVE STIMULATION:** Crafting can help keep the brain active and engaged, which can help prevent cognitive decline.
- ◆ **MOTOR SKILLS:** Crafting can improve both gross and fine motor movements. Fine motor skills are important for everyday tasks like writing, cutting, and using cutlery, as well as buttoning shirts, opening jars, and unlocking doors.
- ◆ **CREATIVITY:** Crafting can help people discover and express their creativity.
- ◆ **SENSE OF ACCOMPLISHMENT:** Creating and finishing a project can make people feel better about themselves and their abilities.
- ◆ **SOCIAL INTERACTION:** Crafting can be enjoyed together with others and provide a sense of purpose, which can boost mental state.

Some easy crafting ideas for the elderly include:

- ☉ Coloring in an adult coloring book
- ☉ Baking and decorating cookies
- ☉ Easy sewing projects
- ☉ Making holiday crafts
- ☉ Anything offered at the Milford Senior Center because it's fun and you benefit from all of the items listed above.

You can craft just for the sake of crafting, you don't need to take your creations home, you can leave them at the center for everyone to enjoy. It's up to you!

CRAFT TIME



Do a craft with us on **Friday, October 4 at 12:30 pm**; we're making Halloween Faces on wood blocks. Don't want to take one home? Great! Make one, or more, and leave them here to help decorate The Center for October! Mike Wiese is going to lead this activity.

Another craft in October is making glue ghosts. Join us on **Thursday, October 10 at 12:30 pm** as Carla from Kinship leads us in this craft. These will be used to decorate at The Center.



THANK YOU!

Thank you Joyce Daake for seeing a need and donating additional dinner plates to The Center. You are appreciated!

October 2024 ACTIVITIES & CONGREGATE AND DELIVERY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7 Coffee 8 - 11am Yoga 9:00 am Wii 9:00 am Amana Care Presents Hygiene as We Age 12:30 pm</p> <p>Chicken Alfredo Noodles Mixed Veg Fruit Dessert</p>	<p>1 Coffee 8 - 11am Tai Chi 10:30 am Pitch 1:00 pm</p> <p>Lasagna Garlic Bread Broccoli Fruit</p>	<p>2 Coffee 8 - 11am Yoga 9 am Resistance Bands 10:30 am BINGO 12:45 pm</p> <p>Brisket Baked Potato Corn Fruit Dessert</p>	<p>3 Coffee 8 - 11 am Board Meeting 12:30 pm Pitch 1:00 pm Memorial Health Care provides Flu Shots 1:00 pm Evening Pitch 7:00 pm</p> <p>Italian Roasted Chicken Roasted Potato Capri Vegetable Fruit</p>	<p>4 Coffee 8 - 11am Yoga 9:00 am Video Exercise Class 10:30 am Halloween Blocks Crafts 12:30 pm</p> <p>Chicken Fried Steak Mashed Potato and Gravy Green Beans Fruit</p>
<p>7 Coffee 8 - 11am Yoga 9:00 am Wii 9:00 am Amana Care Presents Hygiene as We Age 12:30 pm</p> <p>Chicken Alfredo Noodles Mixed Veg Fruit Dessert</p>	<p>8 Coffee 8 - 11am Tai Chi 10:30 am Pitch 1:00 pm</p> <p>Roasted Pork Loin Scalloped Potatoes Green Beans Fruit Dessert</p>	<p>9 Daylight Donuts 7 - 10 am Coffee 7 - 11am Yoga 9 am Resistance Bands 10:30 am</p> <p>Baked Potato Bar Fundraiser 11 am - 1 pm NO MEAL DELIVERY</p>	<p>10 Coffee 8 - 11 am Board Meeting 12:30 pm Make Glue Ghosts with Carla from Kinship 12:30 pm Pitch 1:00 pm</p> <p>Salisbury Steak Mashed Potato and Gravy Cali Blend Veg Fruit</p>	<p>11 Coffee 8 - 11am Yoga 9:00 am Video Exercise Class 10:30 am SHIIP with Kathy Ruzicka 12:30 pm</p> <p>Meatloaf Mashed Potato and Gravy Green Beans Fruit</p>
<p>14 Coffee 8 - 11am Yoga 9:00 am Wii 9:00 am</p> <p>Sloppy Joes Roasted Potato Peas Fruit Dessert</p>	<p>15 Coffee 8 - 11am Tai Chi 10:30 am Aerial America: Nebraska 12:30 pm Pitch 1:00 pm</p> <p>Smoked BBQ Beef Mashed Potato and Gravy Cali Blend Veg Fruit</p>	<p>16 Coffee 8 - 11am Yoga 9 am Resistance Bands 10:30 am Nutrition Ed with Aging Partners: Reducing Food Waste 12:30 pm</p> <p>Spaghetti and Meatballs Garlic Bread Peas Fruit Dessert</p>	<p>17 Coffee 8 - 11 am Brunch by Kinship 11:30 am Pitch 1:00 pm</p> <p>Runza Bake Baked Potato Corn Fruit</p>	<p>18 Coffee 8 - 11am Yoga 9:00 am Video Exercise Class 10:30 am</p> <p>Chicken Cordon Bleu Rice Capri Blend Veg Fruit</p>

October 2024 ACTIVITIES & CONGREGATE AND DELIVERY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 Coffee 8 - 11am Yoga 9:00 am Wii 9:00 am Chicken Fried Steak Mashed Potato and Gravy Cali Blend Veg Fruit	22 Coffee 8 - 11am Tai Chi 10:30 am Pitch 1:00 pm Chicken and Rice Casserole Capri Blend Veg Fruit Dessert	23 Coffee 8 - 11am Yoga 9 am Resistance Bands 10:30 am BIRTHDAY MEAL 11:45 am Smothered Swiss Steak Mashed Potatoes/Gravy Green Beans Fruit Roll/Butter Birthday Cake NO DELIVERY Entertainment 12:30 pm Cloy and Linda Stutzman	24 Coffee 8 - 11 am BINGO by Kinship 12:30 pm Pitch 1:00 pm Lasagna Garlic Bread Green Beans Fruit	25 Coffee 8 - 11am Yoga 9:00 am Video Exercise Class 10:30 am Friday afternoon movie with Wes: Abbott and Costello Meet Frankenstein 12:30 pm Grilled Chicken Baked Potato Peas Fruit Dessert
28 Coffee 8 - 11am Blood Pressure Checks with Horizon 8:30 am Yoga 9:00 am Wii 9:00 am Crafting Cards with APACE 10:00 am <i>Living Well with Chronic Illness Four Corners 12:30 - 3 pm</i> Pulled Pork Sandwich Roasted Potato Mixed Veg Fruit & Dessert	29 Coffee 8 - 11am Tai Chi 10:30 am Pitch 1:00 pm Assemble Treat Bags for Little Leaps of Faith Trick or Treating 10 am BBQ Pork Riblet Sandwich Rice Broccoli Fruit	30 Coffee 8 - 11am Aerial America - Wild West 9:00 am Yoga 9 am Resistance Bands 10:30 am Brisket Baked Potato Peas Fruit	31 Coffee 8 - 11 am Pitch 1:00 pm Salisbury Steak Mashed Potatoes/Gravy Cali Blend Veggie Fruit and Dessert	Menu is subject to change without notice. *Milk and Whole Wheat Dinner Rolls available upon request*



Katherine Adams	10	Bev Wehrs	20
Joann Sieck	11	Ila Matthes	20
Maralee Meyer	12	Virginia Piening	21
Karen Barker	15	Beverly Churchill	22
Chris Woebecke	15	Rosanna Schreiner	23
Lynn Schlotman	18	Charleen Gausman	26
Beverly Obermeier	18	Kathie Bennett	28
Sue Roth	18	Eleanor Harms	30
Donnette Massa	18		

The City of Milford observes the holidays listed below.

The Center is closed on these days.

New Year's Day - Memorial Day - Independence Day - Labor Day -
 Veteran's Day - Thanksgiving Day - Black Friday -
 Christmas Eve - Christmas Day

AERIAL AMERICA

Two more options of Aerial America will be shown in October. Come in and sit a spell to view one of the Aerial America showings.

Terry, from Greene, will be here on **Tuesday, October 15 at 12:30 pm** to show Aerial America's "Nebraska".

Terry returns **Wednesday, October 30 at 9:00 am** when you can view Aerial America's "Wild West".

The Wild West whisks you across the western frontier, from the St. Louis Arch to the Pacific shores to the Alaskan wilderness.



LIVING WELL WITH CHRONIC ILLNESS WORKSHOP

Four Corners will be providing a 6-week workshop: *Living Well with Chronic Illness* which helps individuals with chronic conditions take steps to manage their health and live happier, healthier lives. The classes will begin on **Monday, October 28 from 12:30 pm to 3:00 pm** at The Center and will continue each Monday for 6 weeks. The class is open to all ages and especially caregivers and loved ones. Contact and/or registration information: Four Corners Health Department, 402-362-2621, info@fourcorners.ne.gov

DAYLIGHT DONUTS AT THE WAY STATION

Don't forget the donuts!! Daylight Donuts at the Way Station will be in the driveway **Wednesday, October 9** beginning at 7:00 am and here until they see out or 10:00 am . . . whichever occurs first. Don't forget that The Center opens at 7:00 am on donut days so you can come on in and enjoy your donuts and have some coffee and conversation, too. Pre-orders are welcome via email at DaylightYork@gmail.com.



EVENING PITCH!

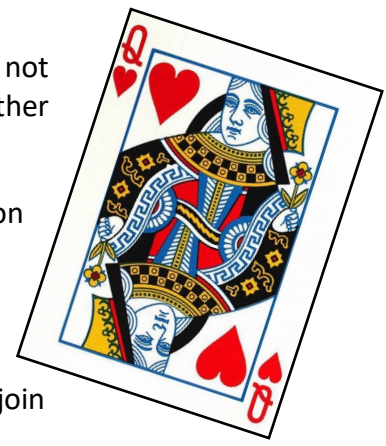
Here's the **DEAL**. We are taking the **LEAD** and not going to **PASS** up the opportunity to have another chance to play some **PITCH!**

We **SET** the date and the next game will be on **THURSDAY, OCTOBER 3 at 7 pm**

Don't be a **JOKER!**

SHUFFLE on in and play a few games!

Now take the **LEAD** and invite your friends to join you for an evening of fun!



MEALS AT THE CENTER

Please **NOTE**: The price of daily meals has increased. If you are 60 years old or older the price of a lunch is now \$8.00. For those who are younger than 60 years of age the price has increased to \$9.00. Meal tickets are an easy way to pay for meals; you can purchase as many meals at a time as you'd like. For example, if you'd like to purchase 20 tickets, and you're 60 and over, you can send, or bring in, \$160.00 and Mystii will keep the meal tickets for you to use when you have a meal. Remember to call in by 2:00 pm the day before you'd like to reserve a meal, or come up to The Center to sign up for a meal in the notebook placed next to the Kiosk.

GENTLE REMINDER: if you have reserved a meal and for whatever reason are not able to make it that day, please find someone who might want to take your place. If you can't then you are responsible for paying for the meal.

PUZZLE CONTEST REGISTRATION

Deadline for registration is Wednesday, October 30.

**Please return this form with payment to
Webermeier Memorial Library or the Senior Center**

TEAM NAME _____

TEAM MEMBERS 1. _____ 2. _____
3. _____ 4. _____

TEAM CONTACT PHONE _____ **EMAIL** _____

Pizza (one per table, circle one) CHEESE PEPPERONI BEEF

\$40 PER TEAM - All ages welcome, with at least one adult per table.

- ◆ Pizza served at 5:30 pm. Puzzle competition begins at 6:00 pm.
- ◆ Every team will be given the same puzzle.
- ◆ No one will see the puzzle until the timer begins.
- ◆ There will be a time limit for the competition.
- ◆ There will be prizes.

Questions? Webermeier Library 402-761-2937
Senior Center 402-761-3367

Mystique Lauer, Manager
Senior Center Board Members
Marian Eicher, Chairperson; Kelly Haney, Secretary; Joyce Daake; Diane Kemper; Mary Wiese
City Council Liaison - Kelli Kieib
The next Senior Center Board meeting is Thursday, October 3, at 12:30 pm at the Senior Center.

Milford Senior Center
105 S. B Street
PO Box 374
Milford, NE 68405
402-761-3367
MilfordSeniorCenter@gmail.com
Hours: Monday - Friday 8 am - 4 pm
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Milford Senior Center



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