

MARCH WAS FULL OF ACTIVITIES!

April 2024

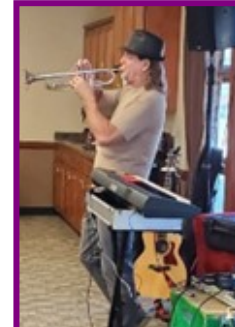


Everyone had an EGGcellent time crafting with APACE.



Tom Strohmeyer performed at the March Birthday meal. He was very entertaining and enjoyed by all.

No one enjoys music and singing along more than Mavis!



Monday mornings are full of coffee drinkers and lots of conversation! Come on down and join them. Come on down any day! Come on down, the coffee is always on.

WHAT'S GOING ON AT THE CENTER IN APRIL?

LET'S WATCH A MOVIE!

We had 8 people watch the movie Easter Parade on March 1. They just don't make movies like this anymore. Everyone in attendance enjoyed the show.

By request we will be watching "Who Framed Roger Rabbit" on Wednesday, April 17 at 1:30 pm. If you have a movie you would like to watch at The Center, please contact Mystii by phone or email with the name of the movie. We have several DVDs at The Center, or we can see if anyone else might have it on DVD, or perhaps we can stream it.



While these two movies have been scheduled on the calendar, we can play a movie (or any TV program) any day. Just ask!

AERIAL AMERICA

Join us on Wednesday, April 10 at 1:15 pm to see the first in a series of Aerial America with Marshall from Greene! The title is "On the Water"; this program is approximately 50 minutes and will take you on an aerial exploration of waterways, canals, and wetlands. If you can't make this work in your schedule, we have another option on Thursday, April 18 at 9:15 am and you can see Puerto Rico and the US Virgin Islands.

RECOGNIZING VETERANS

We welcome Heartland Hospice to The Center on Wednesday, April 17 at 12:30 pm.

They will share how they recognize Veterans and how they are available to help locate services for Veterans.

B-I-N-G-O!

Two opportunities for BINGO in April. First, Wednesday, April 3 at 12:45 pm called by Susan Trabert. Second is Thursday, April 25 at 12:30 pm with Carla from Kinship.



MORE 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 schedule.
The next game will be on
Thursday, April 4 at 7 p.m.

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.

WHAT'S GOING ON AT THE CENTER IN MARCH?

BIRTHDAY MEAL

The Birthday Meal is on Wednesday, April 24 at 11:45 am; our meal is from Pizza Kitchen consisting of Roast beef, mashed potatoes with gravy, fresh fruit, and a dinner roll. **Entertaining us will be Joe Taylor: Mr. Memories at 12:30 pm.**

**HAPPY
BIRTHDAY**

“Joe IS Mr. Memories and is an experienced and professional singer - songwriter - entertainer who has been performing for audiences across Mid-America and beyond for over 30 years. He has performed over 5,000 + shows for Merrymakers. His show of songs and stories will entertain you and your guests and leave them with unforgettable memories.” Quoted from mrmemories.com.

SKIN CARE

Angels Care Home Health comes to The Center on **Friday, April 5 at 12:30 pm** to share about skin care. Did you know that the skin is the largest organ of the body? Despite only being a few millimeters thick, skin can weigh between 7.5 and 22 pounds and cover a surface area of 16 to 22 square feet. Your skin, along with your hair, nails, oil glands and sweat glands, are a part of the integumentary system. “Integumentary” means a body’s outer covering. Taking care of this vital organ is important for your overall health because the skin serves as more than a cover for our muscles and bones. Join Angels Care Home Health as we discuss how we can keep our skin healthy.

Four Corners Health Department

Dental health is a priority, not only as we age, but in general. Be sure to join us as Four Corners will be presenting Dental Health and You on Monday, April 22 at 12:30 pm.

BAKED POTATO BAKE FUNDRAISER

The Potato Bake is back on Wednesday, April 10; **Main Street Market** has generously donated items for the fundraiser, and we appreciate their support! Sign-up sheets to volunteer will be out at the beginning of April. Make sure to join us from 11:00 am to 1:00 pm on April 10 for a huge baked potato with toppings, salad bar, and homemade desserts! Cost is a \$7.00 minimum donation.



DAYLIGHT DONUTS AT THE WAY STATION



The trailer will be parked in the driveway at The Center on Wednesday, April 17 from 7 - 10 am. Enjoy a cup of coffee in the center with your donut!

HEALTH & FITNESS

The Senior Center has multiple exercise opportunities and several pieces of exercise equipment. Try them out anytime The Center is open.

Wii Bowling - Mondays at 9 am (Main level)

Yoga - Mondays at 9 am - 9:45 am using a chair to assist in the poses. (Lower Level)

Drum Balls - Mondays at 10:30 am (Lower Level)

Tai Chi - Tuesdays at 10:30 am (Lower Level)

Yoga - Wednesdays at 9 am - 9:30 am using a chair to assist in the poses. (Lower Level)

Resistance Bands - Wednesdays at 10:30 am (Main level)

Yoga - Fridays at 9 am - 9:45 am using a floor mat. (Lower Level)

Video Exercise Class - Fridays at 10:30 am (Main level)

Exercise Equipment - Available for use anytime The Center is open. (Lower Level)

2 NuStep machines	Elliptical
Treadmill	Stationary Bike
Light Weights	Resistance Bands

MONTHLY BLOOD PRESSURE CHECK

Monthly Blood Pressure Check will be Monday, April 29 at 8:30 am provided by HoriSun Hospice.

JOIN US FOR LUNCH MONDAY - FRIDAY

Want to know the best way to ensure you get a well-balanced lunch each weekday from the Milford Senior Center? THE BEST WAY is to get monthly meal tickets; each meal is \$7.00 if you're over 60 years of age and \$8.00 if you're under age 60. Please send a check for the month and you'll be assigned meal tickets you can use on the days you receive a meal; the meal tickets are in the office at the Senior Center and Mystii deducts a meal each time you get one. **Sign up by 1:00 pm the day prior to the meal you'd like.** To sign up for meals just come on into The Center and sign up in the book that's beside the kiosk; if you can't come in to sign up just call Mystii and let her know and she'll get you signed up. On the FLIP SIDE – It's greatly appreciated if you know you are signed up for a meal but can't make it that you either get someone to join us in your absence or that you call and let Mystii know you'll be unable to come to The Center that day.

FOR RENT

The Senior Center is a great place for receptions, bridal or baby showers, graduation parties, and many other gatherings. The Center may be rented for \$100/day for one level of the center. Both the basement and street level are available to rent. If interested, talk to Jeanne at the City Office (402-761-3247) to get your event on the calendar.

Or during the week when the Senior Center is open. . . If you need a place to meet up with friends, you are welcome to meet at the Senior Center. You can meet in the main area, or if it's available, there is a multi-purpose room you can use if you prefer more privacy.

ACTIVITIES CALENDAR

Check out the monthly calendar for even MORE activities at The Center!

APRIL 2024 ACTIVITIES & CONGREGATE AND DELIVERY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Coffee 8 - 11am Yoga 9:00 am Wii 9:00 am Drum Ball 10:30 am Hamburger Fries Fruit Brussels Sprouts	2 Coffee 8 - 11am Tai Chi 10:30 am Pitch 1:00 pm Baked Fish Hush Puppies Broccoli Fruit	3 Coffee 8 - 11 am Yoga 9:00 am Resistance Bands 10:30 am BINGO 12:45 pm Called by Susan Trabert Meatloaf Mashed Potato/Gravy Mixed Veg Cake	4 Coffee 8 - 11am Pitch 1:00 pm Pitch 7:00 pm Spaghetti Garlic Bread Green Beans Fruit	5 Coffee 8 - 11am Yoga 9:00 am Video Exercise Class 10:30 am Angels Care presents "Healthy Skin" 12:30 pm Chicken Alfredo Mixed Veg Dinner Roll Fruit
8 Coffee 8 - 11am Yoga 9:00 am Wii 9:00 am Drum Ball 10:30 am Baked Chicken Mashed Potato/Gravy Carrots Diner Roll	9 Coffee 8 - 11am Tai Chi 10:30 am Pitch 1:00 pm Pulled Pork Coleslaw Fruit Garlic Bread Cookies	10 Coffee 8 - 11am Yoga 9 am Resistance Bands 10:30 am Aerial America: On the Water 1:15 pm FUNDRAISER! POTATO BAKE 11 am -1 pm NO DELIVERY \$7.00 Minimum Donation	11 Coffee 8 - 11 am Board Meeting 12:30 pm Pitch 1:00 pm MPR Hamburger Home Fried Potato Corn Apple Sauce Cake	12 Coffee 8 - 11am Yoga 9:00 am Video Exercise Class 10:30 am Salisbury Steak Mashed Potato/Gravy Peas Fruit
15 Coffee 8 - 11am Yoga 9:00 am Wii 9:00 am Drum Ball 10:30 am Chicken Cordon Bleu Prince Edward Veg Dinner Roll Cake Fruit	16 Coffee 8 - 11am Tai Chi 10:30 am Pitch 1:00 pm Bacon Carbonara Garlic Bread Peas Fruit	17 Daylight Donuts 7 - 10 am Coffee 8 - 11 am Yoga 9 am Resistance Bands 10:30 am Heartland Hospice: Services for Vets 12:30 pm Movie: "Who Framed Roger Rabbit" 1:30 pm Baked Chicken Au Gratin Potato Mandarin Oranges Rolls	18 Coffee 8 - 11am Aerial America: Puerto Rico & US Virgin Islands 9:15 am Pitch 1:00 pm Meatloaf Roasted Potato Green Beans Fruit	19 Coffee 8 - 11am Yoga 9:00 am Video Exercise Class 10:30 am Chicken Fried Steak Mashed Potato/Gravy Corn Fruit

APRIL 2024 ACTIVITIES & CONGREGATE AND DELIVERY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 Coffee 8 - 11 am Yoga 9:00 am Wii 9:00 am Drum Ball 10:30 am Four Corners: Dental Health 12:30 pm Turkey Tetrazzini Mixed Veg Pineapple Bread Sticks Cookie	23 Coffee 8 - 11 am Tai Chi 10:30 am Pitch 1:00 pm Spaghetti Corn Garlic Bread Fruit	24 Coffee 8 - 11 am Yoga 9:00 am Resistance Bands 10:30 am BIRTHDAY MEAL 11:45 am NO DELIVERY Roast Beef Mashed Potato/Gravy Fresh Fruit Dinner Roll Entertainment 12:30 pm Joe Taylor—Mr. Memories	25 Coffee 8 - 11 am Coffee & Conversation with Marshall from Greene 9:00 am Bingo w/ Kinship 12:30 pm Pitch 1:00 MPR Hamburger French Fries Green Beans Fruit	26 Coffee 8 - 11am Yoga 9:00 am Video Exercise Class 10:30 am Fried Catfish Au Gratin Potato Peas & Carrots Garlic Bread Fruit
National Volunteer Week - April 21 - 27 THANK YOU to our MANY volunteers!				
29 Coffee 8 - 11 am Blood Pressure Check by HoriSun Hospice 8:30 am Yoga 9:00 am Wii 9:00 am Drum Ball 10:30 am Chicken Pesto Buttered Noodles Green Beans Fruit Rolls	30 Coffee 8 - 11 am Tai Chi 10:30 am Pitch 1:00 pm Tuna Noodles Corn Fruit Cookies Rolls	APRIL BIRTHDAYS April 1 Beth Stutzman April 18 April 2 Susan Finkbeiner April 20 April 5 Edna Riedl April 20 April 6 Diane Kemper April 22 April 9 Prue Coccodrilli April 23 April 9 Connie Hoile April 24 April 14 Diane Burianek April 29 April 15 Noel Koch April 30 April 15 Burdette Piening April 30 April 16 Shelley Bruha		

Milk is always available upon request

Menu is subject to change without notice.

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

THANK YOUS AND ACKNOWLEDGEMENTS

THANK YOU TO . . .

All the volunteers who made the Birthday meal, and the monthly fundraiser successful! It's wonderful to work with individuals who volunteer with such a joyous spirit.

Thank you to Main Street Market for their donation for the April Baked Potato Bar Fundraiser! We very much appreciate your support.

Insure Nebraska provided a generous donation to go toward fundraisers; we are grateful for the donation and for their support of the Milford Senior Center.

THANK YOU goes out to Joyce Daake for her baking prowess and always having fresh, homemade goodies for coffee on Monday mornings!

Along with her time calling BINGO each month, Susan Trabert has been keeping us festive at The Center by ensuring decorations are out; thank you, Susan, for your willingness to keep up with this.

Much appreciation to all the volunteers who assist with the fundraiser each month; it's so nice to have folks give with a joyous heart and positive energy!

THANK YOU – THANK YOU – THANK YOU – THANK YOU

In APRIL we recognize our VOLUNTEERS during NATIONAL VOLUNTEER WEEK from April 21-27! The Center welcomes, and is grateful for, individuals who want to donate their time and efforts toward making a healthy, active environment for everyone! We have folks who contribute by baking goods for Monday morning coffee and for various events or fundraisers. Some individuals enjoy wrapping silverware each week, so we are prepared for lunches. Others pick the meal up from SCC, bring it to The Center and then deliver meals to members of the community. Of course, our fundraisers couldn't occur without MANY individuals who assist in preparing for the fundraiser and executing aspects that occur behind the scenes. There are many ways to volunteer your time and talents to The Center to keep things running smoothly.

Volunteer Opportunities

Many opportunities exist for volunteers to share their time and talents. Volunteers help by picking up meals, preparing and serving meals, training people to use the exercise equipment, preparing for our fundraisers, teaching crafts and exercise classes to name a few. Contact the center to volunteer your talents.

ONGOING OPPORTUNITIES

- Provide a program.
- Pick up meals from SCC and take to center.
- Help serve meals.
- Deliver meals to seniors around the community.
- Teach a group how to play a new game.
- Assemble newsletter.
- Take fliers around town to advertise events.
- Set up for meals.
- Clean up after meals.

Fundraiser Meal Opportunities:

- Provide dessert.
- Prepare food.
- Serve drinks.
- Clear tables as needed.
- Cashier & welcome guests.
- Take fliers around town to advertise meal.
- Serve food.
- Keep salad bar stocked.





Gentle Reminder:

The Kiosk (computer) is located right south of the manager's office as you enter The Center. Each time you join us for any activity.... even to just sit and chat, we would like you to sign in. There are many events at The Center each month; signing in each time you participate helps the manager and Aging Partners see which activities are enjoyed the most. This helps gear future activities and shows how The Center supports the vibrant active older population in Milford and the surrounding areas. If you're computer shy just ask Mystii to show you how to sign in. If you haven't filled out an Intake Form (which is the information entered into the Kiosk so you can sign in) let Mystii know, and she'll get one to you.

Which meal do I choose when I sign in for a meal? Is it an OAA Meal or a Non OAA Meal?

REGARDING THE PERSON:

- * The individual who is **OAA (Older Americans Act) eligible** is age 60 and older.
- * Their spouse of any age who accompanies them.
- * A child of any age with a disability who resides with & is accompanied by eligible parent.
- * An individual with a disability who resides in elder housing facilities where congregate meal site exists.
- * An individual of any age who provides volunteer service during meal hours.

REGARDING THE SITUATION:

- * The meal is served and eaten in a congregate setting offering the opportunity for social interaction, nutrition education, and health programming, which reduce the harmful effects of isolation.

REGARDING THE MEAL:

- * The meal meets dietary guidelines and has been approved through the Nutrition Services menu approval process.
- * The meal is prepared and served according to all applicable state and local food service guidelines.

CONTRIBUTION:

- * There is an opportunity to contribute.
- * The eligible person is offered the opportunity to contribute in a manner that is private, anonymous and for the support of the meal.
- * A person who is eligible is not refused service if they cannot or will not contribute.
- * The contributions are handled in a fiscally sound manner having two people count.

COMMON TYPES OF NON-OAA MEALS: for which you **STILL** need to sign in....

- * Meals that are for ineligible individuals
- * Potlucks
- * Meals that will be paid for by another source, such as Med Waiver or SSAD/Block Grant/ Title XX
- * Meals that have a fee associated with them, for example, special events where everyone who attends is charged a flat fee, or groups that go out to eat at a restaurant together and pay their own way.
- * Fundraisers where the money is going to other center costs and not to support the meal program.

THINGS OVERHEARD at THE CENTER

"I'm just so thankful Milford has a Senior Center!" (We are too!)

"I haven't been here for so long; things are so clean and it's so welcoming!" (We're happy you're here!)

"You mean you can play cards here even if it's not on the schedule?!" (YES! ANYTIME! Not everything needs to be scheduled or on the calendar. Bring friends and meet here to play games, watch a movie, use the exercise room, grab a book from our library, or just sit and knit.)

"I've performed at many venues, and I have to tell you this is so nice; this center is clean, welcoming and so inclusive; it's clear everyone is welcome." (Thank you!)"





CHECK OUT OUR FACEBOOK PAGE FOR UPDATES TO MENUS OR ACTIVITIES Milford Senior Center

Milford Senior Center

105 S. B Street
PO Box 374
Milford, NE 68405
402-761-3367
MilfordNESeniorCenter@gmail.com



Hours: Monday - Friday 8 am - 4 pm
Like and Follow us on Facebook at
Milford Senior Center

Mystique Lauer, Manager

Senior Center Board Members

Marian Eicher, Chairperson Diane Kemper
Joyce Daake Kelly Haney
Mary Wiese City Council Liaison - Kelli Kieb

**The next Senior Center Board meeting is
Thursday, April 11, at 12:30 pm
at the Senior Center.**

ADDRESS
PLACE

POSTAGE

Milford Senior Center
105 South B Street
PO Box 374
Milford, NE 68405