

WHY YOGA IS SO IMPORTANT!

Yoga is an amazing practice for the willing, you don't need to be flexible to do yoga. When you practice yoga on a regular basis, you gain flexibility and SO MUCH MORE. Yoga is a practice that provides many benefits to you both mentally and physically and will improve the quality of your life.

Come join us for yoga and experience what yoga might do for you:

- Increases flexibility and balance
- Increases strength, building vital lower body strength
- Eases joint pain and loosens stiff joints
- Assists in preventing falls
- Improves cardiovascular health, better heart function and lower blood pressure
- Soothes the nervous system lowering stress hormones like cortisol to reduce stress and anxiety
- Can protect against age related cognitive decline
- Improves cognitive function and memory
- Improves sleep
- Increases the brain chemical GABA which helps calms nerves and reduce depression

Easing into August with a change in the Yoga provisions:

Modified Alternative yoga will meet on Monday and Friday at 9 am (class length is 45 min; chair and props are used in this class), and Chair Yoga will meet on Wednesday at 9 am (class length 30 min). All yoga classes occur in the lower level.

August Birthday Meal

Join us on **Wednesday, August 26, at 11:45 a.m.** for our **August Birthday Meal!**

Pizza Kitchen will knock the meal out of the park with a delicious menu featuring **meatloaf, mashed potatoes and gravy, green beans, a roll, and a sweet cupcake** for dessert.

Be sure to reserve your meal by Friday, August 21 at 1:00 pm.

After lunch, sit back and enjoy entertainment by **Deb Carpenter Nolting** as she presents "**Well-Behaved Women Seldom Make History!**" It's sure to be an engaging and entertaining program. We look forward to celebrating with everyone!

MEAL SCHEDULE

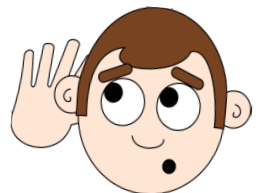
The meal schedule returns to M-F on Monday, August 17. Reservations must be made by 1:00 pm the day before each meal.

Since SCC will be back in session beginning Monday, August 17, the need for folks to help with meal pick up returns. Would you be willing to contribute time to picking up the meals from SCC, bring them to The Center, and then return the hot box to SCC after the meal? Call or stop into The Center and sign up!

OVERHEARD AT THE CENTER

"My goodness there are many opinions here today; I'm so glad this is a space where those opinions don't get in the way of friendships and can be shared in a safe place."

"Well. Good game, LOSERS!
Hahahahahahaha!!!!!!"



WORD OF THE WEEK

Join us every **Tuesday at 10:30 am** to learn the Word of the Week with Pastor Lyn Seiser from the Milford United Methodist Church. Plan to stay for lunch! Make your reservation for lunch by 1 pm the Friday before. OR the day before starting August 17.

MANY ACTIVITIES FOR AUGUST - REFER TO CALENDAR; MORE DETAILS BELOW. . .

- ♥ Join us on **Monday, August 3 at 12:30 pm** when our friends from **Angels Care** return to discuss *Happiness as You Age*.
- ♥ **Bingo** is always fun and you're in for a treat on **Wednesday, August 5 at 12:45 pm** as Bingo gets under way! Can't make it on the 5th? We can keep a Bingo Card for you to use on **Tuesday the 18th when Kinship brings lunch AND BINGO**. Lunch will be at 11:45 am (be sure to reserve your meal by 1:00 pm the day before) and then bingo gets underway at 12:30 pm.
- ♥ **"The Dwelling Circle,"** a new interactive study, will begin on **Thursday, August 6th at 10:00 am** meeting at The Center. Pastor Steve Griffin will guide the group Thursday mornings each week. All are welcome!
- ♥ Our new windows sure make seeing the goings on outside The Center so much clearer and it's always a joy to see the tiny people from **Little Leaps of Faith** as they meander by on their daily walks. On **Friday, August 7** our little friends will stop by at **10:00 am** and bring different activities, like puzzles, and some coloring sheets to complete with new friends they make at The Center. We hope you'll come to get acquainted with them, too!
- ♥ "Anyone who thinks they are too small to make a difference has never met the honeybee"; we'll be learning how those tiny and wonderful creatures make a difference on **Monday, August 10 at 12:45 pm** when professionals from **Kennelwood Farms** share their mission with us! Take a peek at Kennelwood Farms online. Don't forget to BEE awesome!
- ♥ Jerry Meyer, with the **National Guard Museum**, will be presenting on **Tuesday, August 11 at 12:45 pm**; come on down and listen to stories about his lengthy history with the museum.
- ♥ Unfortunately, our donut making friends can't join us in August; however, be ready for their return on September 9th from 7 to 10 am.
- ♥ Our **Potato Bake kicks off FUN DAYS on Friday, August 14 from 5:00 pm to 7:00 pm**. Lots of opportunities to help out; we'll also be needing delicious dessert contributions. Volunteer sign-up sheets are out at The Center.
- ♥ Stay out of the heat on **Tuesday, August 18** and come in to meet our friends from **Kinship who will provide lunch at 11:45 am** and an additional round of **Bingo at 12:30 pm**.
- ♥ Have a chat with **State Senator Hughes on Monday, August 24 at 12:45 pm** at The Center.
- ♥ **Birthday meal** at 11:45 am with a presentation by **Deb Carpenter Nolting, "Well Behaved Women Seldom Make History"** at 12:45 pm on Wednesday, August 26.
- ♥ More **BINGO** at The Center on **Thursday, August 27** hosted by Greene at 12:30 pm
- ♥ Stop by to have a HoriSun Hospice nurse take your Blood Pressure on Monday, August 31 at 8:30 am. We appreciate them volunteering their time at The Center.



10-POINT PITCH TOURNAMENT

Join us **Thursday, August 6 at 6:30 pm** for a 10-Point Pitch Tournament. All ages are welcome!

Each player will keep their own score. Players will move tables after 4 hands. Highest score at the end of play WINS!



HAVE A CONCERN?

Reminder: If you have a concern that the Senior Center Board would like to address, fill out an Agenda Request form which can be found by the Kiosk in a blue folder.

Video Exercise Class

Fridays Video Exercise Class took a hiatus for the summer. Is this offering something you're interested in beginning again? Would you like to lead the class or other classes at The Center? Give Mystii a call with your ideas.

AUGUST 2026 ACTIVITIES & CONGREGATE AND TO GO MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Coffee 8-11 am Men's Coffee: 8-? Yoga 9:00 am Angels Care: Happiness as We Age 12:30 pm	4 Coffee 8-11 am NO Tai Chi 10:00 am Word of the Week 10:30 am Pitch 1:00 pm Egg Salad on Whole Wheat Cole Slaw Broccoli Fruit	5 Coffee 7-11 am Yoga 9:00 am Resistance Bands 10:30 am BINGO 12:45 pm Pigs in a Blanket w/ Cheese Potato Salad Baked Beans Fruit	6 Coffee 8-11 am The Dwelling Circle w/ Pastor Steve 10:00 am Pitch 1:00 pm Pitch Tournament 7:00 pm Grilled Chicken Caesar Salad (with Parmesan and Croutons) Cauliflower Sun Chips Fruit Roll	7 Coffee 8-11 am Yoga 9:00 am FUN w/ Little Leaps 10:00 am NO Video Exercises
10 Coffee 8-11 am Men's Coffee: 8-? Yoga 9:00 am Kennelwood Farms Bee Keepers 12:45 pm	11 Coffee 8-11 am NO Tai Chi 10:00 am Word of the Week 10:30 am Jerry Miller: The National Guard Museum 12:45 pm Pitch 1:00 pm Sloppy Joes Tator Tots 3 Bean Salad Fruit	12 NO Daylight Donuts Coffee 8-11 am Yoga 9:00 am Resistance Bands 10:30 am Nutrition Education 12:30 pm Baked Chicken Mashed Potatoes w/ Gravy Tossed Salad Fruit	13 Coffee 8-11 am The Dwelling Circle w/ Pastor Steve 10:00 am Pitch 1:00 pm Turkey and Swiss on a Croissant Cole Slaw Green Beans Fruit	14 Coffee 8-11 am Yoga 9:00 am NO Video Exercises MILFORD FUN DAYS! BAKED POTATO BAR FUNDRAISER 5:00 am to 7:00 pm
17 Coffee 8-11 am Men's Coffee: 8-? Yoga 9:00 am Baked Chicken Baked Potato Broccoli Fruit	18 Coffee 8-11 am NO Tai Chi 10:00 am Word of the Week 10:30 am Bingo w/ Kinship 12:30pm Pitch 1:00 pm Lunch with Kinship	19 Coffee 7-11 am Yoga 9:00 am Resistance Bands 10:30 am Board Meeting 6:00 pm Meatloaf Mashed Potatoes w/ Gravy Green Beans Fruit	20 Coffee 8-11 am The Dwelling Circle w/ Pastor Steve 10:00 am Pitch 1:00 pm Pulled Pork Sandwich Broasted Potatoes Cali Blend Fruit	21 Coffee 8-11 am Yoga 9:00 am NO Video Exercise Class am Chicken Alfredo in Noodles Broccoli Fruit

AUGUST 2026 ACTIVITIES & CONGREGATE AND TO GO MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 Coffee 8-11 am Men's Coffee: 8-? Yoga 9:00 am Chat with Senator Hughes 12:45 pm Sloppy Joe Mashed Potato w/Gravy Corn Fruit	25 Coffee 8-11 am NO Tai Chi 10:00 am Word of the Week 10:30 am Pitch 1:00 pm Pit Smoked Ham Sweet Potato Casserole Green Beans Fruit	26 Coffee 8-11 am Yoga 9:00 am Resistance Bands 10:30 am BIRTHDAY MEAL 11:45 am Meatloaf Mashed Potatoes w/ gravy Green Beans Roll Cupcake Entertainment: Deb Carpenter Nolting: Well Behaved Women Seldom Make History 12:45 pm	27 Coffee 8-11 am The Dwelling Circle w/ Pastor Steve 10:00 am BINGO with Greene 12:30 pm Pitch 1:00 pm Meatball Sub Rice Broccoli Fruit	28 Coffee 8-11 am NO Yoga 9:00 am NO Video Exercise Class Chicken Cutlet Veggie Salad Broccoli Fruit
31 Coffee 8-11 am Men's Coffee: 8-? BP Check w/ HoriSun Hospice 8:30 am Yoga 9:00 am Smothered Pork Loin Scalloped Potatoes Corn Fruit				

Menu is subject to change without notice.

***Milk and Whole Wheat Dinner Rolls**
available upon request*

MONDAY THROUGH FRIDAY MEALS RESUME
ON AUGUST 17

Tami Barrett	August 1
Elaine Plessel	August 9
Gladys Stephens	August 12
Jerry Boden	August 14
Susan Trabert	August 19
Bonnie Rediger	August 20
Connie Rucker	August 21
Wayne Busboom	August 22
Jo Pohlman	August 22
Janet Ahl	August 27
Norma Cast	August 27
Becky Imig	August 28
Char Soper	August 29



MAHJONG GAME GATHERINGS

Have you ever heard of Mahjong? Have you played? Would you like to learn? There are spots in the community where folks are getting together, enjoying each other's company, learning to play, and having fun.

- Open play is open to everyone *who knows how to play mahjong* — center regulars, community members, anyone. The only ask is letting us know in advance, since mahjong is a 4-player game and there needs to be a seat available and there needs to be enough tile sets. We'd never want to turn someone away at the door because we didn't have a spot ready.

- Anyone is welcome to stop by and watch, and we're happy to give quick explanations of what's happening at the table. Most Fridays there will be games going on from 10 to noon. Stop in and watch to see if it's something that interests you. Already interested and want to join? Give Mystii a call so she can share that you want to join.

If there's enough interest from folks who'd like to learn the game, this can be coordinated with an instructor, Alex Wallace with The Modern Mahj Society, to schedule Mahjong 101 class (\$60 per person). Southern Sparrow YouTube is a great option if anyone wants a DIY mahjong class. There'd just need to be a tile set to utilize.

VOLUNTEERS NEEDED!

The Senior Center provides meals that are prepared at SCC.

Volunteers from the community are needed to pick the meals up around 11:15 am each day. Individuals from SCC would help load the hot box into your vehicle and then someone at The Center would assist in taking the hot box out of the vehicle. There will be a sign-up sheet at The Center. You are also welcome to call The Center and have Mystii sign up for you.



FOR RENT - Both levels available

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, contact the City Office at 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.

BIRTHDAY MEAL DRAWING - FREE MEAL!

We are having a drawing each month for a free meal. Everyone who attends the birthday meal and has a birthday that month, will have their name put in a drawing. Whoever has their name drawn will get their meal for free! Be sure to reserve your spot by the Friday before. CONGRATULATIONS to John Slama on winning a free birthday meal for the month of June.



THANK YOU:

Julie Blow, Connie Miller, and Susan Trabert have been a great help in picking up Walmart curbside orders, and we appreciate their willingness to help!

Thanks to Julie, as well, for donating several reams of copy paper!

WORD, PUZZLE, & COLORING BOOKS

Word puzzle books, game books, and coloring books are available for everyone to enjoy at The Center. Please do not remove these books from The Center, as they are shared resources for all participants. If there's a page you'd like to take home, you're welcome to ask for a copy. You can also begin working on a page at The Center and take a copy home to finish if you'd like.

Mystique Lauer, Manager

Senior Center Board Members

Marian Eicher Kelli Keib Marianne Pasho

Joan West Mary Wiese, Chairperson

City Council Liaison - Tony DeLong

The next Senior Center Board meeting is

WEDNESDAY, AUGUST 19 AT 6 PM.

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

CONTACTING THE CENTER

When contacting The Center you may leave a voice message on the answering machine, send an email, or stop in. The phone number 402-761-3367 is NOT a cell phone and there is NO texting to that number....HOWEVER The Center now has a cell phone where you CAN send a text message. That number is 402-400-4774.

MILFORD SENIOR CENTER
Serving the Milford Community. It's not just for 'old' people! EVERYONE is welcome!

PLACE ADDRESS
LABEL HERE

POSTAGE



Milford Senior Center

105 S. B Street

PO Box 374

Milford, NE 68405

402-761-3367 - Landline

402-400-4774 - Cell

MilfordNESeniorCenter@gmail.com

Hours: Monday - Friday 8 am - 3 pm

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Milford Senior Center