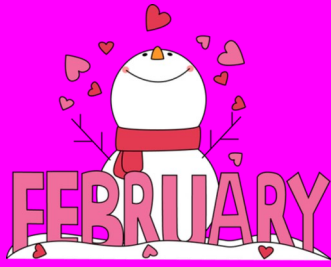


February 2024



Milford Senior Center

Milford Senior Connections

What a January!

Winter sure came in full boar the last week of December and into January. The Center has been closed many days. This gave Mystii the opportunity to clean the entire building from top to bottom. Susan Stutzman helped a great deal to get a head start on 'Spring' (wishful thinking) cleaning.

Anyone else learn a new word on January 18, 2024? Snow Squall . . . hope you all were safe and out of the elements when the alerts were going off and the weather made being outside less than pleasant.



Do you like to play any type of card games or board games? There are several options available at The Center. Mary W. compiled a list of those games and you don't need a formal invitation, and it doesn't need to be on the calendar for you to come on in, have a cup of coffee, and play Dominoes, Checkers, Farkle, Scrabble, or any other game. Do you have a game you'd like to enjoy with others? Call your friends and come on in!

HAPPINESS IS



...hot soup on a cold day.

The ice, snow and cold brought about the cancelation of the Soup Fundraiser, too. **However, we will have a great time on January 31 from 11 am - 1 pm** when all are able to come together to enjoy chili, turkey noodle, and vegetable beef soup, conversation, and the warm atmosphere at The Center. Cost of the fundraiser meals is \$7.00.

We're kicking things up a notch at The Center with the 2024 fundraisers. Potato Bakes will be every other month (the even months) and during the odd months we'll be offering different options. For example, we had the Soup's On Fundraiser which was scheduled for January 17 but that ol' Mother Nature threw a monkey wrench in the mix so we moved the fundraiser to January 31. February will be the traditional Potato Bake. Would you like to volunteer to head up one of the odd months and propose something for the fundraiser? Do you have an outstanding sloppy joe recipe or a killer recipe for lasagna? We would love to hear your ideas! Fundraisers will be on the second Tuesday of each month; put your thinking cap on and share your ideas!

LOOKING FORWARD TO FEBRUARY!

Daylight Donuts at the Way Station in York brought their donut food truck to Milford in January. This was the second time they were here and parked in the driveway at The Center. Once again they were sold out early. They will be here a third time on **Wednesday, February 21 from 7 – 10 am**. They have sold out earlier than 10 am the last two times they've been here, so come early or place your order in advance by phone or email and they'll have it ready for you to pick up. DaylightYork@gmail.com or 402-745-6122. We are happy to provide a place for them to park so the people of Milford can enjoy fresh donuts.

Mavis is bringing Drum Ball back on Mondays at 10:30 am starting February 5. See page 4 for more details!

WHAT'S GOING ON AT THE CENTER IN FEBRUARY?

BILLY TROY

Need a little **sunshine and music** to enhance the dreary days of Winter? The talented **BILLY TROY** returns to The Center on **February 13, 2024 at 12:30 pm**. Join us for **lunch at 11:45 am (special time this day)** which will be Ham Balls, Cheesy Hashbrowns, Green Beans, and Dinner Roll from Pizza Kitchen and then relax, sit a spell, and take in the music, stories and calming effect of Mr. Billy Troy.



FEBRUARY BINGO

Catch a game of B-I-N-G-O on February 7 at 12:30 pm called by Susan Trabert OR on February 29 at 12:30 pm with Carla from Kinship Pointe.

PITCH - PITCH!

Pitch has been being played at The Center on Tuesdays at 1:00 pm for years. Many of the players have found other times to fit a game in here and there in their schedules outside of that time slot. An additional scheduled time has been added to the calendar so if you can't make Tuesdays at 1:00 pm work, OR if one game a week isn't enough, come on up to The Center on Thursdays at 12:30 pm. In addition to the lively banter, there are many friendships being built and so much fun and laughter.



AND 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!**

**The first evening game will be on
Thursday, February 1 at 7 p.m.**

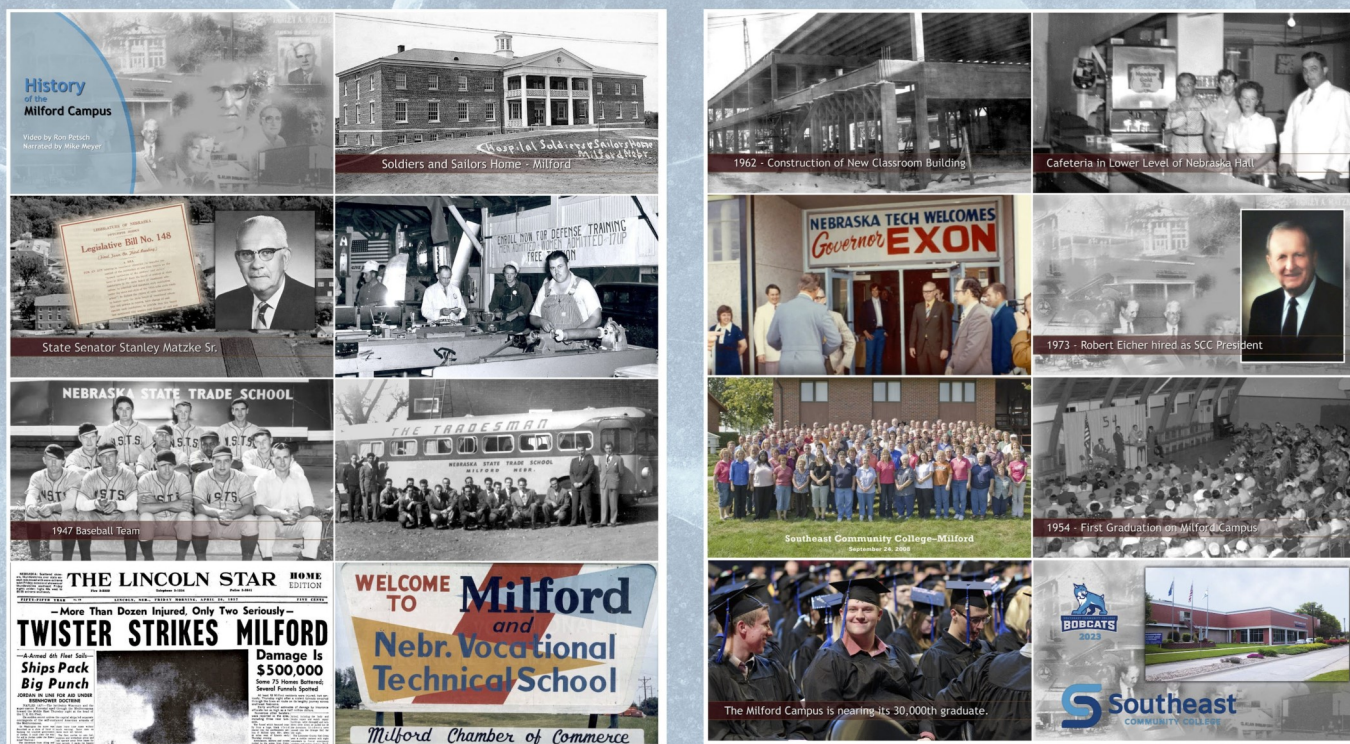
Don't be a **JOKER!** **SHUFFLE** on in and play a few games! Now you take the **LEAD** and invite your friends to join you for an evening of fun.



BIRTHDAY MEAL FEBRUARY 28!

Join us while we celebrate the people that have a February birthday. Following the meal we will have a presentation about the 75th Anniversary of Southeast Community College by Ron Petch. The meal is \$7 and will be Fried Chicken, Potatoes & Gravy, Green Bean Casserole, Roll, and cake.

See the History of the SCC Milford Campus
Come and enjoy a video history of the SCC Milford Campus
 Wednesday, February 28, 2024 - 12:30 p.m. - Milford Senior Center
 created and presented by Ron Petsch



FEBRUARY BIRTHDAYS

Happy Birthday

Donna Strinz	2
Marlene Whitney	2
Ron Erb	9
Gary Rucker	12
Kelly Moore	13
Betty Springer	14
Katherine Prochnow	15
Dale Anderson	17
Gary Bennett	17
Dave Welsch	22
Marianne Pasho	27
Shirley Dunlap	28
Marilyn Stauffer	29

HEALTH & FITNESS

Many people make a New Years Resolution to become more active and to get fit. 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 & Wednesdays at 9 am using a chair to assist in the poses. (Lower Level)

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

Yoga - Thursdays at 2 pm using a chair to assist in the poses. (Lower Level)

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

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

Resistance Bands - Wednesdays at 10:30 am (Main 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

DRUM BALL

Mavis is bringing Drum Ball back on Mondays at 10:30 am starting February 5. In drum ball class you'll get in touch with your rhythm, improve your coordination while reducing tension, stress, and anxiety. Self-conscious about exercise? Well, there's absolutely no wrong way to drum! Join Mavis for 30 minutes of music and drumming; you might just burn some calories laughing, too!



MONTHLY BLOOD PRESSURE CHECK

Monthly Blood Pressure Check will be Monday, February 26 at 8:30 am provided by HoriSun Hospice.

OVERHEARD AT THE CENTER . . .

"I just love it here at The Center."

"I really like the new table arrangement. The sofas by the windows are so nice and makes it feel homey and welcoming."

"Great meal today! Yesterday's was good, too!" And his wife said they're signed up for the next day, also. (Come join us for a meal!)

"This is the only place I have iced tea and it's really good!"

"I heard on the news that it's important for mental health to get out of the house and gather with other people to visit, to play games, and do other activities to keep the mind working. I'm glad we have The Center as a place to gather!"

THANK YOUS AND ACKNOWLEDGEMENTS

Thank you to everyone that helped out with preparing the meals while SCC was on their winter break. Your help is very much appreciated.

Thank you to all the people that bring in treats to share at The Center. If you brought treats to the center check your cupboards to see if you are missing any of your cooking sheets or other dishes? They'll be on the coat rack for a couple weeks for you to grab on your way out. Any items left for a month will be repurposed or taken to ETC. In the future, please put your name on your items so they can be returned.

THEY CALL US "THE ELDERLY"

They call us "The Elderly"

We were born in the 40-50-60's.

We grew up in the 50-60-70's.

We studied in the 60-70-80's.

We were dating in the 70-80-90's.

We got married and discovered the world in the 70-80-90's.

We venture into the 80-90's.

We stabilize in the 2000's.

We got wiser in the 2010's.

And we are going firmly through and beyond 2020.

Turns out we've lived through EIGHT different decades...

TWO different centuries...

TWO different millennia...

We have gone from the telephone with an operator for long-distance calls to video calls to anywhere in the world.

We have gone from slides to YouTube, from vinyl records to online music, from handwritten letters to email and Whats App.

From live matches on the radio, to black and white TV, colour TV and then to 3D HD TV.

We went to the Video store and now we watch Netflix.

We got to know the first computers, punch cards, floppy disks and now we have gigabytes and megabytes on our smartphones.

We wore shorts throughout our childhood and then long trousers, Oxfords, flares, shell suits & blue jeans.

We dodged infantile paralysis, meningitis, polio, tuberculosis, swine flu and now COVID-19.

We rode skates, tricycles, bicycles, mopeds, petrol or diesel cars and now we drive hybrids or electric.

Yes, we've been through a lot but what a great life we've had!

They could describe us as "exennials," people who were born in that world of the fifties, who had an analog childhood and a digital adulthood.

We've kind of "Seen-It-All"!

Our generation has literally lived through and witnessed more than any other in every dimension of life.

It is our generation that has literally adapted to "CHANGE."

A big round of applause to all the members of a very special generation, which will be UNIQUE!

—Author unknown



WHO HAS LUNCH DUTY? (Volunteer Opportunity)

Sometimes you don't have to look any further than your own community to find a place to serve, a mission that takes only an hour or so each week. Milford Senior Center has opportunities for you to volunteer each day assisting with the meal at lunch. Perhaps you have a few minutes at 11:30 am to pick up meals at SCC and bring them to The Center. Or do you have time right before noon when you could come to The Center and serve meals? Meal delivery is at 12:10 pm; if you have a moment at that time, you could deliver meals which takes about 10 minutes (depending on the day).

Maybe you'd prefer to take on the all the duties and pick up meals at SCC, come to The Center and serve meals and then prepare the meals to be delivered and deliver them; this takes about an hour in total. Plus you'd get to interact with some of the most outstanding individuals who eat lunch at The Center. Stories are plentiful and conversation is lively during lunch at The Center; if you'd like to hear a lot of wonderful history, funny stories and anecdotes then come have lunch with us. We eat each day at noon; all you must do is **call The Center by 1 pm the day before** and let Mystii know you'd like to join us for a meal so she can reserve a spot for you. Meals are nutritious and prepared by Great Western Dining through SCC.

Want to get signed up to volunteer a day, or two each week? Call Mystii at (402)761-3367.



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.

POTATO BAKE FUNDRAISER

Wednesday, February 14

11 am - 1 p.m.

\$7.00

Potato Bar, Salad Bar, Desserts, Beverages

DAYLIGHT DONUTS AT THE WAY STATION

The trailer will be parked in the driveway at The Center on Wednesday, February 21 from 7 - 10 am

FEBRUARY 2024 ACTIVITIES & CONGREGATE AND DELIVERY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu is subject to change without notice.</p> <p>*Whole wheat roll and Milk always available upon request*</p>	<p>Meals are \$7.00 for patrons aged 60 and over; \$8.00 for patrons under age 60.</p> <p>Come join us!</p>	<p>Reservations must be made by 1 p.m. the day before.</p>	<p>1 Coffee 8 - 11 am Foot Clinic by appointment only. All spaces full. Pitch 12:30 pm Yoga 2:00 pm Pitch 7:00 pm Spaghetti Corn Breadstick Fruit Cookie</p>	<p>2 Coffee 8 - 11 am Yoga 9:00 am Video Exercise Class 10:30 am</p> <p>Roast Beef Mashed Potato Gravy Mixed Vegetable Oranges</p>
<p>5 Coffee 8 - 11 am Yoga 9:00 am Wii 9:00 am Drum Ball 10:30 am</p> <p>Baked Ham Scalloped Potato Peas and Carrots Fruit</p>	<p>6 Coffee 8 - 11 am Tai Chi 10:30 am Pitch 1:00 pm</p> <p>Hamburger Home Fried Potato Green Beans Apple Sauce Cookie</p>	<p>7 Coffee 8 - 11 am Yoga 9 am Resistance Bands 10:30 am BINGO 12:30 pm Called by Susan Trabert</p> <p>Salisbury Steak Mashed Potato Gravy Vegetable Blend Peaches</p>	<p>8 Coffee 8 - 11 am Board Meeting 12:30 pm Pitch 12:30 pm in multi-purpose room Yoga 2:00 pm</p> <p>Baked Chicken Steak Fries Broccoli Pineapple</p>	<p>9 Coffee 8 - 11 am Yoga 9:00 am Video Exercise Class 10:30 am</p> <p>Bacon Carbonara Corn Breadstick Banana Cookie</p>
<p>12 Coffee 8 - 11 am Yoga 9:00 am Wii 9:00 am Drum Ball 10:30 am</p> <p>Tator Tot Casserole Mixed Veggies Peaches Dinner Roll</p>	<p>13 Coffee 8 - 11 am Tai Chi 10:30 am Lunch at 11:45 am! BILLY TROY 12:30 pm Pitch game following the entertainment. Hamballs Cheesy Hashbrowns Green Beans Dinner Roll</p>	<p>14 Coffee 8 - 11 am Yoga 9 am Resistance Bands 10:30 am</p> <p>Potato Bake Fundraiser \$7.00 each 11:00 am - 1:00 pm NO MEAL DELIVERY</p>	<p>15 Coffee 8 - 11 am Coffee & Conversation with Marshall from Greene Place 9 am Pitch 12:30 pm Yoga 2:00 pm</p> <p>Beef Marinara Corn Breadstick Mixed Fruit Cookie</p>	<p>16 Coffee 8 - 11 am Yoga 9:00 am Video Exercise Class 10:30 am</p> <p>Pollock Party Whipped Potatoes Peas and Carrots Grapes</p>

FEBRUARY 2024 ACTIVITIES & CONGREGATE AND DELIVERY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 Coffee 8 - 11 am Yoga 9:00 am Wii 9:00 am Drum Ball 10:30 am Chicken Alfredo Mixed Vegetable Mixed Fruit Bread Cookie	20 Coffee 8 - 11 am Tai Chi 10:30 am Pitch 1:00 pm Chicken Nuggets French Fries Cauliflower Pineapple Bread	21 Daylight Donuts 7 - 10 am Coffee 8 - 11 am Assisted Yoga 9:00 am Resistance Bands 10:30 am Nutrition Ed 12:30 pm "Savvy Shopping" Grilled Chicken Broiled Red Potatoes Green Beans Fresh Fruit	22 Coffee 8 - 11 am Pitch 12:30 pm Yoga 2:00 pm Pork Chop Mashed Potato Gravy Corn Apple Sauce Dinner Roll	23 Coffee 8 - 11 am Yoga 9:00 am Video Exercise Class 10:30 am Meatloaf Baked Beans Vegetable Medley Fruit Dinner Roll
26 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 Pasta Green Beans Mixed fruit Breadstick	27 Coffee 8 - 11 Chicken am Tai Chi 10:30 am Pitch 1:00 pm Pulled Pork with Bun Mashed Potato & Gravy Veggie Blend Peaches	28 Coffee 8 - 11 am Yoga 9:00 am Resistance Bands 10:30 am BIRTHDAY MEAL NO DELIVERY Fried Chicken Mashed Potatoes/Gravy Green Bean Casserole Dinner Roll	29 Coffee 8 - 11 am Pitch 12:30 pm in multi-purpose room Bingo by Kinship Pointe 12:30 pm Yoga 2:00 pm Roast Beef Mashed Potatoes Gravy Green Beans Pears Dinner Roll	
Menu is subject to change without notice. *Whole wheat roll and Milk always available upon request*	Meals are \$7.00 for patrons aged 60 and over; \$8.00 for patrons under age 60. Come join us!	Reservations must be made by 1 pm the day before.		

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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

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

Mystique Lauer, Manager

Senior Center Board Members

Marian Eicher, Chairperson

Joyce Daake

Mary Wiese

Diane Kemper

Kelly Haney

City Council Liaison - Kelli Kieb

**The next Senior Center Board meeting is
Thursday, February 8, at 12:30 pm
at the Senior Center.**

ADDRESS
PLACE

POSTAGE

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