



FEBRUARY 2025 ACTIVITIES & CONGREGATE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
3 Coffee 8:00 - 11:00 am Yoga 9:00 am Wii 9:00 am Roasted Chicken Diced Potatoes Green Beans Fruit	4 Coffee 8:00 - 11:00 am Tai Chi 10:30 am Pitch 1:00 pm Chicken Fried Steak Mashed Potato and Gravy Corn Fruit	5 Coffee 8:00 - 11:00 am Yoga 9 am Resistance Bands 10:30 am Bingo 12:45 pm Pulled Pork Sandwich Baked Potato Broccoli Fruit	6 Coffee 8:00 - 11:00 am Board Meeting 12:30 pm Pitch 1:00 pm Pitch 7:00 pm Scrambled Eggs Sausage Biscuit n Gravy Carrots Fruit	7 Coffee 8:00 - 11:00 am Yoga 9:00 am Video Exercise Class 10:30 am Pasta in Meat Marinara Garlic Bread Cali Blend Fruit
10 Coffee 8:00 - 11:00 am Yoga 9:00 am Wii 9:00 am Salisbury Steak Mashed Potato n Gravy Green Beans Fruit	11 Coffee 8:00 - 11:00 am Tai Chi 10:30 am Creating with Mike 12:30 pm Watercolor Hearts Pitch 1:00 pm Pork Loin Roasted Vegetable Broccoli Fruit	12 Daylight Donuts 7 - 10 am Coffee 8:00 - 11:00 am Yoga 9:00 am NO Exercise Bands 10:30 am BAKED POTATO FUNDRAISER 11 am - 1 pm	13 Coffee 8:00 - 11:00 am Pitch 1:00 pm Meatball Sub Rice Cali Blend Fruit	14 Coffee 8:00 - 11:00 am Yoga 9:00 am Video Exercise Class 10:30 am Movie with Wes: Pigskin Parade 12:30 pm Chicken Alfredo in Pasta Garlic Bread Carrots Fruit

FEBRUARY 2025 ACTIVITIES & CONGREGATE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 Coffee 8:00 - 11:00 am Yoga 9:00 am Wii 9:00 am Question Persuade Refer (Suicide Prevention) 12:30 pm Roast Beef Mashed Potato/Gravy Corn Roll and Butter Fruit	18 Coffee 8:00 - 11:00am Tai Chi 10:30am Pitch 1:00pm Brunch with Greene 11:30 am	19 Coffee 8:00 - 11:00am Yoga 9:00am Exercise Bands 10:30 am Nutritional Education by Aging Partners: Cholesterol Health 12:30 pm Meatloaf Mashed Potato n Gravy Corn Fruit	20 Coffee 8:00 - 11:00 am Pitch 1:00 pm B-I-N-G-O with Kinship 12:30 pm Roasted Chicken Rice Capri Blend Fruit	21 Coffee 8:00 - 11:00 am Yoga 9:00 am Video Exercise Class 10:30 am Carved Ham Sweet Potato Casserole Broccoli Fruit
24 Coffee 8:00 - 11:00 am Blood Pressure Horisun Hospice 8:30 am Yoga 9:00 am Wii 9:00 am Sloppy Joe Mashed Potato Gravy Green Beans Fruit	25 Coffee 8:00 - 11:00 am Tai Chi 10:30 am Pitch 1:00 pm Chicken Fried Steak Mashed Potato and Gravy Corn Fruit	26 Coffee 8:00 - 11:00 am Yoga 9:00 am Exercise Bands 10:30 am BIRTHDAY MEAL 11:45 am Birthday Meal \$8.00 Fried Chicken Mashed Potato with Gravy Green Beans Roll Cupcake Entertainment Music People Bingo at 12:45 pm	27 Coffee 8:00 - 11:00 am Pitch 1:00 pm BBQ Pork Riblet Diced Potato Broccoli Fruit	28 Coffee 8:00 - 11:00 am Yoga 9:00 am Video Exercise Class 10:30 am Lasagna Garlic Bread Capri Blend Fruit
				*Milk is always available upon request* Menu is subject to change without notice.
The City of Milford observes following holidays and The Center is closed. New Year's Day - Memorial Day - Independence Day - Labor Day - Veteran's Day - Thanksgiving Day - Black Friday - Christmas Eve - Christmas Day				

February 2025

MILFORD SENIOR CENTER - Serving the Milford Community
It's not just for 'old' people!



Milford Senior Center

Milford Senior Connections

BAKED POTATO FUNDRAISER!



The **Monthly Baked Potato Bar Fundraiser** is held on the second Wednesday of each month. Join us **Wednesday, February 12 from 11 am - 1 pm.**

For just \$10 you will get a baked potato with all the toppings, salad bar, wide selection of desserts, and beverage. Sign-up sheets to volunteer are available now.

QPR – QUESTION – PERSUADE – REFER

Three steps anyone can learn to help in the world of suicide prevention. The Center will host a one-hour seminar on **February 17, 2025 beginning at 12:30 pm** regarding this important topic. All material will be provided, and this is of no cost to those who attend. **Please pre-register by Friday, February 14** at the center to attend. This, as are all, presentations is open to the public.

COLD/FLU/COVID - KNOW THE SYMPTOMS

Angels Care presents Cold/Flu/Covid – Know the Symptoms on **Monday, February 10 at 12:30 pm.** Join us for lunch, stay for the presentation!

FRIDAY MOVIES WITH WES



Everyone is welcome to view the 1936 movie, Pigskin Parade, at The Center on **Friday, February 14 at 12:30 pm.**

FEBRUARY BIRTHDAY MEAL

Be sure to join us for the February Birthday Meal on **Wednesday, February 26 at 11:45 am.** The entertainment will be **The Music Bingo People at 12:45 pm.** The meal is catered by Pizza Kitchen consisting of Fried Chicken, Potatoes, Gravy, Green Beans, and Roll. Cupcakes are supplied by Sweet Canvas Cakes. If you cannot make it for lunch, you are welcome to come only for the entertainment! Everyone is welcome! Sign-up for the meal by 1 pm Tuesday, February 25.

CREATING WITH MIKE



Plan on creating with Mike **Tuesday, February 11 at 12:30 pm** to make some Watercolor Hearts suitable for framing or sending as a card. Take it home or leave it to be used at The Center. You are welcome to join us for lunch then stay to create. Make your lunch reservation by 1 pm on Monday, February 10.

DAYLIGHT DONUTS

The Donut Trailer will be at The Center on **Wednesday, February 12 from 7 – 10 am.** Don't forget that The Center will be open at 7:00 am as well; bring your treats in and sit and chat for a bit before heading out into the day!

AGING PARTNERS - NUTRITIONAL EDUCATION:

CHOLESTERAL HEART HEALTH At **12:30 pm, Wednesday, February 19,** Aging Partners will be having a presentation on Cholesterol Heart Health. Everyone is welcome to attend the presentation.

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

Mystique Lauer, Manager

Senior Center Board Members

Marian Eicher

Kelly Haney

Kelli Keib

Marianne Pasho

Mary Wiese

City Council Liaison - Tony DeLong

**The next Senior Center Board meeting is
Thursday, February 6, at 12:30 pm
at the Senior Center.**

THANK YOU'S

The Center is grateful for the many, many volunteers, helping hands, and support of any kind. We'd like to take a minute to thank Ron Burianek for his generous donation of a case of Folgers Coffee; what a blessing! Also on our list to be grateful for is Tom Smith and Diane Kemper for their Pre-Christmas Celebration and donation of delicious food. Folks at The Center were also pleased to receive sweet treats of hot chocolate from Seward County Extension and 4H! Nothing better to warm up these cold days of Winter! Friends of the Senior Center made a large donation for The Center to use to enhance the daily activities of folks and the Multi-Purpose Room has been cleaned, painted, and organized using some of those funds for which we are extremely grateful!

ACTIVITIES AND MENUS ARE SUBJECT TO CHANGE

While The Center works hard on providing an accurate calendar with the monthly menu and activities, sometimes there are changes outside of our control. Please keep up-to-date with our Facebook postings, and check your email for notifications of changes.

PLACE ADDRESS
LABEL HERE

POSTAGE

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Hours: Monday - Friday 8 am - 3 pm
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at Milford Senior Center

