



JULY 2024 ACTIVITIES & CONGREGATE AND DELIVERY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Menu is subject to change without notice.</p> <p>*ALWAYS AVAILABLE ON REQUEST*</p> <p>Milk</p> <p>Whole Wheat Dinner Rolls</p>		<p>Deborah Lammers 2</p> <p>Tom Smith 4</p> <p>Marilyn Eberspacher 5</p> <p>Virginia Hauder 5</p> <p>Shannon Steele 5</p> <p>Ann Roth 7</p> <p>Kathy Nowotny 12</p> <p>Roy Cast 15</p> <p>Marcia Piening 15</p> <p>Paul Lukesh 16</p> <p>Terry Alfredson 17</p>	<p>Joyce Forst 17</p> <p>Cloy Stutzman 18</p> <p>Dennis Sturtevant 19</p> <p>Jody Kunze 20</p> <p>John Goertzen 21</p> <p>Gene Anderson 22</p> <p>Glenda Anderson 22</p> <p>Marian Eicher 24</p> <p>Joan West 25</p> <p>Mystii Lauer 28</p> <p>Arlene Moritz 31</p>
<p>1 Coffee 8-11 am</p> <p>Yoga 9:00 am</p> <p>Wii 9:00 am</p> <p>Firecracker Craft with APACE 10:00 am</p> <p>Runza (Beef and cabbage)</p> <p>Tossed Salad/Tomatoes</p> <p>Oranges</p> <p>Root Beer Floats</p>	<p>2 Coffee 8-11 am</p> <p>NO Tai Chi today</p> <p>Pitch 1:00 pm</p> <p>BBQ Chicken</p> <p>Sun Chips</p> <p>Green Beans</p> <p>Peaches</p>	<p>3 Coffee 8-11 am</p> <p>Yoga 9:00 am</p> <p>Resistance Bands 10:30 am</p> <p>Bingo 12:45 pm</p> <p>Tuna Salad/Whole Wheat</p> <p>Cucumber/Onion Salad</p> <p>Oranges</p>	<p>4 CENTER CLOSED</p> 	<p>5 Coffee 8-11 am</p> <p>Yoga 9:00 am</p> <p>Video Exercise Class 10:30 am</p> <p>Patty Melt Casserole</p> <p>(Hamburger, cheese, onions, sourdough)</p> <p>Broccoli and Cauliflower</p> <p>Pineapple</p>
<p>8 Coffee 8-11 am</p> <p>Yoga 9:00 am</p> <p>Wii 9:00 am</p> <p>Egg Salad/Wheat Bread</p> <p>Carrot and Celery Sticks</p> <p>Blueberries</p>	<p>9 Coffee 8-11 am</p> <p>Tai Chi 10:30 am</p> <p>Pitch 1:00 pm</p> <p>Crafting Kinship 12:30 pm</p> <p>Zucchini Cheese Ravioli w/ Meat Sauce</p> <p>Garlic Bread</p> <p>Lime Jello w/ Pears</p>	<p>10 Daylight Donuts 7 - 10 am</p> <p>Coffee 8 - 11 am</p> <p>Yoga 9 am</p> <p>Resistance Bands 10:30 am</p> <p>Fundraiser</p> <p>Sloppy Joe</p> <p>Salad Variety</p> <p>Desserts</p> <p>11:00 am to 1:00 pm</p> <p>\$7.00 minimum donation</p> <p>NO DELIVERY</p>	<p>11 Coffee 8-11 am</p> <p>Pitch 1:00 pm</p> <p>Board Meeting 12:30 pm</p> <p>Chicken Strips</p> <p>Twice Baked Potato</p> <p>Corn Chips</p> <p>Apple Slices/Peanut Butter</p>	<p>12 Coffee 8-11 am</p> <p>Yoga 9:00 am</p> <p>Video Exercise Class 10:30 am</p> <p>Salad Bar (Romaine, Kale, Turkey, Cottage Cheese, Bacon, Onions, Tomatoes, Peppers)</p> <p>Yogurt w/ Berries</p> <p>Dinner Roll</p>

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15 Coffee 8-11 am Yoga 9:00 am Wii 9:00 am Sloppy Joes/Whole Wheat Broccoli and Cauliflower Oranges	16 Coffee 8-11 am Tai Chi 10:30 am Pitch 1:00 pm Spinach, Hamburger, Black Bean, and Rice Casserole Mandarin Oranges Cucumbers	17 Coffee and Donuts from Ridgewood 8 - 11 am Yoga 9:00 am Resistance Bands 10:30 am Angels Home Healthcare: Dehydration—What to Know! 12:30 pm Tuna Salad/Whole Wheat Pea Salad Strawberries/Blueberries	18 Coffee 8-11 am Aerial America: The South— with Greene 9:00 am Pitch 1:00 pm Runza (Cabbage/Hamburger) Lime Jello w/ Pears Lettuce/Kale Salad	19 Coffee 8-11 am Yoga 9:00 am Video Exercise Class 10:30 am Jan Lambrecht with Medical Transport speaks at 12:30 pm Brunch with Kinship 11:30 am
22 Coffee 8-11 am Yoga 9:00 am Wii 9:00 am Chicken Caesar Salad Wrap (whole wheat) Jello w/ Bananas Cottage Cheese	23 Coffee 8-11 am Tai Chi 10:30 am Pitch 1:00 pm Ham & Swiss/Whole Wheat Sauerkraut Salad Oranges	24 Coffee and Donuts from Ridgewood 8 - 11 am Yoga 9:00 am Resistance Bands 10:30 am Birthday Meal 11:45 am Roast Beef Mashed Potatoes/Gravy Corn Roll/Butter NO DELIVERY Entertainment: Elvis Impersonator: Bill Chrastil 12:30 pm	25 Coffee 8-11 am BINGO with Kinship 12:30 pm Pitch 1:00 pm Cream Cheese Chicken Chili Green Beans Tapioca Pears	26 Coffee 8-11 am Yoga 9:00 am Video Exercise Class 10:30 am Chicken Strips Beets/Onions Potato Salad Apple Slices
29 Coffee 8-11 am Yoga 9:00 am Wii 9:00 am Fish Sandwich/Whole Wheat Bun Cottage Cheese Pineapple 3 Bean Salad	30 Coffee 8-11 am Tai Chi 10:30 am Pitch 1:00 pm Egg Salad Sand/Whole Wheat Carrot and Celery Sticks Kiwi/Strawberries	31 Coffee 8-11 am Yoga 9:00 am Resistance Bands 10:30 am Aging Partners: Portion Controls 12:30 pm Baked Chicken Broccoli Salad Cilantro Lime Rice Oranges	<p>The City of Milford observes the holidays listed below.</p> <p>The Center is closed on these days.</p> <p>New Year's Day - Memorial Day - Independence Day - Labor Day - Veteran's Day - Thanksgiving Day - Black Friday - Christmas Eve - Christmas Day</p>	

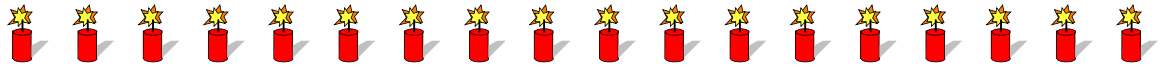
July 2024

JULY

Milford Senior Center

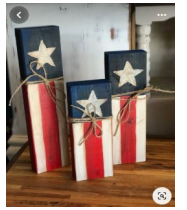
Milford Senior Connections

WHAT'S GOING ON AT THE CENTER IN JULY?



CRAFTING AT THE CENTER!

Our friends from APACE will join us for crafting on **Monday, July 1 at 10:00 am** to make wooden fire crackers as we dive into the week of 4th of July!



Sign up at the center to join the fun!

Tuesday, July 9 will have us crafting with Carla from Kinship at 12:30 pm. There is a limit of 10 spaces, so be sure to sign-up ASAP for this activity to ensure your spot.



Mystique Lauer, Manager

Senior Center Board Members

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

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

AERIAL AMERICA

Greene will be at The Center again on **Thursday, July 18 at 9 am** to share about The South via Aerial America.

Check out the calendar for even more events happening in July. Keep updated by following our Facebook page. Come join us at The Center!

THANK YOU TO...

The Milford Friends of the Senior Center would like to THANK all of you who participated in voting in our election for our Board Members this year! We appreciate those who attended the annual meeting on July 20, 2024, too. Sandy Shaw, Pam Slama, and Mike Wiese were elected to the board. We appreciate Chris Schwindt for her 8 years of service on the board.

The purpose of our organization is to receive and disperse funds from charitable gifts intended for support of the Milford Senior Center. We appreciate your help in selecting our Board Members.
-- Arlene Moritz, President

Gladys Stephens thanks her friends who hosted a coffee so everyone could get together to see her before she moves to Chadron. Gladys appreciated the time and effort put into getting everyone together and loved sharing jokes, stories, and laughter.

Thanks to Pat Grimes for donating kitchen items that The Center can use!

Thank you Sharon Bender for donating an electric knife.

Thank you to Ron Oswald and Tony Brown for brainstorming solutions to make using the oven easier.

SLOPPY JOE FUNDRAISER



The July fundraiser will be held **Wednesday, July 10** from

11:00 am to 1:00 pm.

Join us for sloppy joe sandwich, a variety of salads, and scrumptious desserts!

\$7.00 minimum contribution.

VOLUNTEERS WELCOME!

Sign-up sheets to volunteer or to provide salads or desserts are on the table as you enter the center.

BIRTHDAY MEAL & ENTERTAINMENT

Bill Chrastil is scheduled for July's Birthday Meal on **Wednesday, July 24 at 12:45 pm, following the meal served at 11:45 am.**

He is a singer and Elvis impersonator.

Bill has been a full-time musician and entertainer. In addition to being a songwriter and producer, he is also an accomplished instrumentalist, playing the guitar, piano, bass guitar, drums and harmonica.

Bill has been honored with numerous awards in Branson, MO including Best Gospel Cd of the year, Best Vocal Impressionist of the year, Best Horizon Show of the year. Bill has been inducted into the Nebraska and South Dakota Country Music Hall of Fame. He is also a member of the Nashville Songwriters Association. Quoted from billcrastil.com.

HAPPY BIRTHDAY

KIOSK

Make sure to LOG IN on the Kiosk and sign in! This affects the funding the Senior Center receives. You can log in more than once if you forget to select an activity or if you decide to stay and do additional activities. ALL activities you participate in need to have a checkmark to be counted.

PLACE ADDRESS
LABEL HERE

POSTAGE

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

