

June 2024



# Milford Senior Connections

## BIRTHDAY MEAL & ENTERTAINMENT

# HAPPY BIRTHDAY

The **Music Bingo People** will be here to entertain us following the birthday meal on Wednesday, June 26. The meal will be Meatloaf, Mashed Potatoes and Gravy, Green Beans, Roll, and Birthday Cake.  
**MEAL AT 11:45 am and BINGO AT 12:45 pm.**

### 10/11 WEATHER SHIELD

Meteorologists from the 10/11 Weather Shield are scheduled to educate us on Friday, June 28 at 10:00 am. Get ready to learn fun weather facts, historical information and what it's like in the day in the life of a meteorologist.

### MORE JUNE ACTIVITIES

#### Nail Painting

Want to get your fingers fancified? Taylor will be at The Center on Thursday, June 6, from 1 - 4 pm to do nail painting/polish; be sure to sign up if you'd like to get your nails painted!

#### Four Corners

Four Corners will present Beyond the Wheel; Senior Citizens and Driving, on Friday, June 7 at 12:30 pm!

#### Medicare Questions?

Have a question regarding Medicare? Colleen Ozane will be at lunch on Monday, June 10 at noon to chat and answer any questions you may have. Be sure to sign up for lunch by 1:00 pm on Friday, June 7 if you'd like to reserve a meal!

### AERIAL AMERICA

Marshall from Greene will be at The Center again on **Thursday, June 27 at 9 am**. Come and see where we will learn about in June via Aerial America.

## BAKED POTATO BAR FUNDRAISER



The June fundraiser will be held **Wednesday, June 12**. Sign-up sheets to volunteer are on the table as you enter the center. Make sure to join us from 11:00 am to 1:00 pm for baked potato bar, salad bar, and homemade desserts! Stay around following the Potato Bake for the Aging Partners presentation at 1:30 pm titled "You and Your Eyes".

## CRAFTING WITH CARLA

Tuesday, June 18 will have us crafting an Independence Day door hanger 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.

## ACTIVITIES CALENDAR

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

**"Attitudes are contagious. Make yours worth catching."**

# WHAT'S GOING ON AT THE CENTER IN JUNE?

## DAYLIGHT DONUTS AT THE WAY STATION

Daylight Donuts trailer will be parked in the driveway at The Center on Wednesday, June 19 from 7 – 10 am. Pre-orders are welcome via email at [DaylightYork@gmail.com](mailto:DaylightYork@gmail.com).

## B-I-N-G-O!

Three opportunities for BINGO in June. First, Wednesday, June 5 at 12:45 pm. Second is Music Bingo following the Birthday meal on Wednesday, June 26 at 12:45 pm. Third is Thursday, June 27 at 12:30 pm with Carla from Kinship. Come join the fun!

## THANK YOU TO . . .

May's Fundraiser of Pulled Pork Sandwiches, salads, and desserts was a wonderful success! The Center appreciates ALL the volunteers who stepped in at the last minute and made everything run smoothly. Thanks to the Milford Community for showing up for The Center and for taking time out of your day for food and camaraderie!



**SENIORS FARMER'S MARKET  
NUTRITION PROGRAM**

# Farmer's Market Program

If you or a loved one is 60+, they may qualify for farmer's market coupons. Farmer's Market coupons are used at farmers markets to purchase fresh, nutritious, unprepared fruits, vegetables, herbs, and honey. Coupons may be used at any farmer's market in the state.

Coupons are granted to seniors qualifying through both age and income guidelines and will be distributed in June.

**2024 Income Guidelines:**  
**One person household: \$2322/month**  
**Two person household: \$3151/month**

Call Seward County Aging Services office at 402-646-7110 or email Alison at [arook@sewardcountynegov](mailto:arook@sewardcountynegov) for more information.

Alison Rook, Seward County Aging Services, will be at the Milford Senior Center on Wednesday, June 6 from 10 - 11:30 pm to distribute Farmer's Market Coupons. She will meet with people in the multi-purpose room.




## 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, June 6 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.

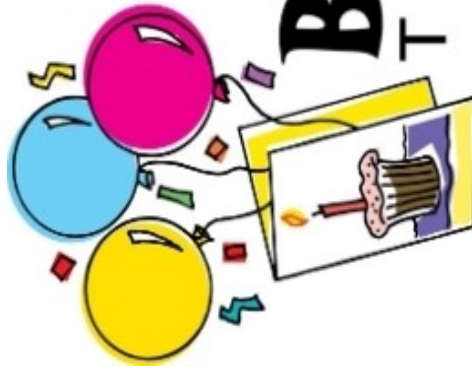
# JUNE 2024 ACTIVITIES & CONGREGATE AND DELIVERY MENU

MONDAY	TUESDAY	WEDNESDAY
<p>The Senior Center will continue to open at 7 am for your early morning coffee needs until Dragonfly reopens. Watch for the announcement of when we start opening at 8 am in your email or on our Facebook page.</p>		
<p>3 Coffee 8 - 11am Yoga 9:00 am Wii 9:00 am</p> <p>Tuna Salad Sandwich/Wheat Bread Cucumber Tomato Salad Apples Sun Chips</p>	<p>4 Coffee 8 - 11am Tai Chi 10:30 am Pitch 1:00 pm</p> <p>Baked Chicken Broccoli Cauliflower Salad Cilantro Lime Rice Oranges</p>	<p>6 Coffee 8 - 11 am Pitch 1:00 pm <b>Nail Painting/Polish by Taylor 1 - 4 pm</b> Pitch 7:00 pm</p> <p>Patty melt (Beef, Bread, Cheese, Onion) Casserole Green Beans Pineapple</p>
<p>10 Coffee 8 - 11am Yoga 9:00 am Wii 9:00 am <b>Colleen Ozane answers Medicare questions during lunch 12:00 pm</b></p> <p>Hamburgers Baked Beans Oven Fries Banana</p>	<p>5 Coffee 8 - 11am Yoga 9:00 am <b>Farmer's Market Coupon Distribution Multipurpose Room 10 - 11:30 am</b> Resistance Bands 10:30 am Bingo 12:45 pm</p> <p>Cheese Ravioli w/ Zucchini and meat sauce Lettuce Salad Garlic Bread Peaches</p>	<p>7 Coffee 8 - 11am Yoga 9:00 am <b>Four Corners Presentation 12:30 pm "Beyond the Wheel; Senior Citizens and Driving"</b></p> <p>Chicken Nuggets Garlic Parm Potato Fingers Pea Salad Jello with Fruit</p>
<p>11 Coffee 8 - 11am Tai Chi 10:30 am <b>Scam Education by SHIP w/ Kathy R. 12:30 pm</b> Pitch 1:00 pm</p> <p>Runza Tossed Salad Peaches Root Beer</p>	<p>12 Coffee 8 - 11 am Yoga 9:00 am Resistance Bands 10:30 am <b>Aging Partners: You and Your Eyes 1:30 pm</b></p> <p><b>Baked Potato Bar Fundraiser 11 - 1:00 pm</b> <b>\$7.00 minimum donation</b></p>	<p>13 Coffee 8 - 11 am <b>Board Meeting 12:30 pm</b> Pitch 1:00 pm</p> <p>Egg Salad Sandwich/Wheat Sauerkraut Salad Jello w/ Fruit Sun Chips</p>
<p>14 Coffee 8 - 11am Yoga 9:00 am</p> <p></p> <p>Tuna Noodle Casserole/w Cheese and Peas Broccoli and Cheese Pears</p>		



# JUNE 2024 ACTIVITIES & CONGREGATE AND DELIVERY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>17</b> Coffee 8 - 11 am Yoga 9:00 am Wii 9:00 am  Cheese Ravioli w/ Spinach and Meat Sauce Garlic Sticks Peas Fruit Cup	<b>18</b> Coffee 8 - 11 am Tai Chi 10:30 am <b>Crafting with Carla from Kinship 12:30 pm</b> Pitch 1:00 pm  Chicken Strips Au Gratin Potatoes Green Beans Yogurt and Blue Berries	<b>19</b> <b>Daylight Donuts 7 - 10 am</b> Coffee 8 - 11 am Yoga 9:00 am Resistance Bands 10:30 am  Ham/Swiss on Wheat Apple Slices Tossed Salad Carrot and Celery Sticks	<b>20</b> Coffee 8 - 11 am Pitch 1:00 pm <b>Annual Friends of the Senior Center Meeting 12:30 pm</b>  Sloppy Joes Potato Salad Peas Oranges	<b>21</b> Coffee 8 - 11am Yoga 9:00 am  Baked Chicken Brussels Sprouts Rice Kiwi
<b>24</b> Coffee 8 - 11 am Yoga 9:00 am Wii 9:00 am  Chicken Salad w/ Cranberries on Croissant Cole Slaw Corn Chips Oranges	<b>25</b> Coffee 8 - 11 am Tai Chi 10:30 am Pitch 1:00 pm  Beef Taco Bar w/ Fixings Peas Fresh Fruit Salad	<b>26</b> Coffee 8 - 11 am Yoga 9:00 am Resistance Bands 10:30 am <b>Birthdays Meal 11:45 am</b> NO DELIVERY <b>The Music Bingo People 12:45 pm</b>  Meatloaf Mashed/Gravy Green Beans Roll	<b>27</b> Coffee 8 - 11 am <b>Coffee - Conversation and Aerial America with Marshall from Greene 9 am</b> <b>Bingo with Kinship 12:30 pm</b> Pitch 1:00 pm  Breakfast Casserole with Bacon Tossed Salad Yogurt and Fruit	<b>28</b> Coffee 8 - 11am Yoga 9:00 am <b>10/11 Weather Shield Meteorologists presentation at 10:00 am</b>  Broccoli Cheese Soup Egg Salad Sand/Wheat Banana Carrot Sticks



Imogene Burkey	2	Pam Kilzer	22
Earl Foster	5	Keith TeSelle	23
Calvin Kunze	11	Elaine Phillips	26
Jim Wesely	11	John Slama	27
Mark Hostetler	18	Wilma Roth	30

**Menu is subject to change without notice.**

**\*Milk and Whole Wheat Dinner Rolls**

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

# Milford Friends of the Senior Center Annual Meeting

June 20, 2024 at 12:30 PM

Milford Friends of the Senior Center is a 501c-3 charitable organization whose purpose is to receive and disburse funds from the charitable gifts intended for support for the Milford Senior Center. Choosing the Milford Friends of the Senior Center to receive memorial gifts is a way to celebrate a person's life and at the same time help channel needed funds directly to programs that benefit our older adults.

The Annual meeting of the Milford Friends of the Senior Center will be held on June 20, 2024 at 12:30 pm at the Milford Senior Center.

Please come and join us.

Arlene Moritz, President

----- CUT THIS OUT AND RETURN TO THE SENIOR CENTER -----

You may vote early by completing the ballot at the bottom of this page and returning it to the Senior Center by June 19, 2024.

VOTE FOR THREE. The current members of the board up for re-election:

\_\_\_\_\_ Pam Slama    \_\_\_\_\_ Sandy Shaw    \_\_\_\_\_ Chris Schwindt

or you may write in the name of another person or persons who you would like to vote onto the board:

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Please sign your name and drop your ballot off at the Senior Center or Mail to Arlene Moritz, 306 N. Welch Park Rd, Milford, NE 68405 by June 15, 2024.

PLEASE VOTE: Your vote is important to us!!!!!!



**LIKE AND FOLLOW OUR FACEBOOK  
PAGE FOR UPDATES TO 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, June 13, at 12:30 pm  
at the Senior Center.**

ADDRESS  
PLACE

POSTAGE

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