

JUNE 2025 ACTIVITIES & CONGREGATE AND TO GO MEAL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Coffee 8-11 am Yoga 9:00 am Wii 9:00 am Chicken Alfredo Ravioli w/ Spinach Tossed Salad Bananas	3 Coffee 8-11 am Tai Chi 10:30 am Tuna Salad/Whole Wheat Chips Green Beans Berries and Yogurt	4 Coffee 8-11 am Yoga 9:00 am Resistance Bands 10:30 am Angels Care: Speaking about Addiction 11:00 am BINGO 12:45 pm Veggie and Meat Quiche w/ Cheese Hash Browns Fresh Fruit Salad	5 Coffee 8-11 am Pitch 1:00 pm Evening Pitch 7:00 pm Shepherds Pie (beef/potato/ carrot) Peas Cottage Cheese Pineapple	6 Coffee 8-11 am Yoga 9:00 am Video Exercise Class 10:30 am Movie w/ Wes: The Long, Long Trailer 1954 12:30 pm Pepperoni and/or Cheese Pizza Garlic Bread Green Beans Mandarin Oranges
9 Coffee 8-11 am Yoga 9:00 am Wii 9:00 am Egg Salad Sandwiches on Whole Wheat Cucumbers and Onions Raspberries and Yogurt	10 Coffee 8-11 am Tai Chi 10:30 am Chicken Pot Pie w/ Veggies Jello w/ Pears Beets	11 Daylight Donuts 7 - 10 am Coffee 7-11 am Yoga 9:00 am Potato Bake Fundraiser 11:00 am to 1:00 pm	12 Coffee 8-11 am BINGO with Kinship 12:30 pm Pitch 1:00 pm Chef Salad Blueberries Crackers/Cheese	13 Coffee 8-11 am Yoga 9:00 am Video Exercise Class 10:30 am Ham & Potatoes 3-Bean Salad Fruit
16 Coffee 8-11 am Yoga 9:00 am Wii 9:00 am Taco Salad Carrots and Celery Sticks Kiwi	17 Coffee 8-11 am Tai Chi 10:30 am Air Plants in Teacups with Jack & Lynette 12:30 pm Baked Chicken Caesar Salad Sandwich on Croissant Jello w/ Bananas Cottage Cheese	18 Coffee 8-11 am Yoga 9:00 am Resistance Bands 10:30 am Nutrition Ed: Aging Vibrantly with Dairy 12:30 pm Board Meeting 7:00 pm Sloppy Joes/ Whole Wheat Broccoli and Cauliflower w/ Cheese Apples/Peanut Butter	19 Coffee 8-11 am Pitch 1:00 pm Kinship Brunch 11:30 am	20 Coffee 8-11 am Yoga 9:00 am Video Exercise Class 10:30 am Friends of the Senior Center Annual Meeting 12:45 pm Chicken Salad on Wheat Brussels Sprouts Chips Oranges Cottage Cheese

JUNE 2025 ACTIVITIES & CONGREGATE AND TO GO MEAL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>23</div> <div>Coffee 8-11 am Yoga 9:00 am Wii 9:00 am Crafting with Carla 12:30 pm</div> <div>Meatloaf Mashed Potatoes/Gravy Peas Strawberries</div>	<div>24</div> <div>Coffee 8-11 am Tai Chi 10:30 am</div> <div>Rotisserie Chicken Broccoli Oranges</div>	<div>25</div> <div>Coffee 8-11 am Yoga 9:00 am Resistance Bands 10:30 am Birthday Meal 11:45 am Entertainment: The Singing Nuns 12:30 pm</div> <div>Ham Balls Scalloped Potatoes Corn Roll/Butter</div>	<div>26</div> <div>Coffee 8-11 am Pitch 1:00 pm</div> <div>Runza Casserole (hamburger/ cabbage/crescent rolls and cheese) Beets Mandarin Oranges</div>	<div>27</div> <div>Coffee 8-11 am Yoga 9:00 am Video Exercise Class 10:30 am</div> <div>Baked Cheeseburgers/Whole Wheat w/ fixings (lettuce, tomato, onion) Baked Beans Bananas</div>
<div>30</div> <div>Coffee 8-11 am BP Check w/ HoriSun 8:30 am Yoga 9:00 am Wii 9:00 am Chicken Salad w/ Cranberries on Croissant Cole Slaw Corn Chips Oranges</div>	<div>Menu is subject to change without notice.</div> <div>*Milk and Whole Wheat Dinner Rolls available upon request*</div> <div>KEEP YOUR CALENDARS HANDY! There's always something for you to participate in at The Center!</div>			



Earl Fosler	June 5
Calvin Kunze	June 11
Jim Wesley	June 11
Elaine Phillips	June 16
Mark Hostetler	June 18
Pam Kilzer	June 22
John Slama	June 27
Wilma Roth	June 30

We are happy to let you know that the contract with Great Western Dining (SCC's meal provider) has been signed and your cost per meal will NOT increase.

Amanda, the lead in the kitchen at SCC, has done a great job ensuring the meals meet necessary standards of the Older Americans Act, and follows protocol to provide quality, well balanced meals while SCC is in session.

Milford Senior Connections

JUNE 2025

MILFORD SENIOR CENTER - Serving the Milford Community

It's not just for 'old' people! EVERYONE is welcome!



JUNE BIRTHDAY MEAL

Be sure to join us for the June Birthday Meal on **Wednesday, June 25, 2025**; We'll be dining on Ham Balls, Scalloped Potatoes, Corn, and a Roll from Pizza Kitchen with a delicious cupcake from Sweet Canvas Cakes. We'll eat at 11:45 am and then get ready for entertainment with **The Singing Nuns at 12:30 pm.**

****Birthday Meals with Entertainment are \$10 per Person.****



BAKED POTATO FUNDRAISER!



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

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. **The Center is grateful for the many, many volunteers, helping hands, and support of any kind.**

FRIDAY MOVIES WITH WES

Everyone is welcome to view the 1954 classic **The Long, Long Trailer** starring Lucille Ball and Desi Arnez at **12:30 pm on Friday, June 6.**



CREATE WITH THE BRODERICKS - TUESDAY, JUNE 17 AT 12:30 PM

Do you enjoy plants, but not the work to keep them alive? Join Jack and Lynette as they share with us on how to display air plants. Everyone attending will create a teacup and rock arrangement. Everything will be provided, but if you have a favorite teacup or rock you may bring your own. Please register by Monday, June 9 so they can be sure to have enough materials for everyone. Jack and Lynette are retired teachers from Seward.

Thank You...

A HUGE and HEARTFELT thank you to Amy Miller and family who are dismantling the old upright piano that has been collecting dust in the basement for years. What a task!

Thank you to Good Shepherd Lutheran Church for the May Day treats! We appreciate the community support!

The Potato Bake Fundraiser was a great success in May; many thanks to those who attended and to those who contribute in so many ways, shapes, and forms each month! Greene Senior Living donated most of the salad bar items this month and we are so appreciative!

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
WEDNESDAY, JUNE 18 AT 7 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

STEPPING ON CLASS POSTPONED

Take NOTE that the 7-week Stepping On
educational opportunity that was originally
scheduled to begin on June 2 HAS BEEN CANCELED
and will be rescheduled. Stay tuned!

DAYLIGHT DONUTS

The Donut Trailer will be at The Center on
Wednesday, June 11 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! To pre-order your
favorites, email DaylightYork@gmail.com !

MILFORD FRIENDS OF THE SENIOR CENTER ANNUAL MEETING

Milford Friends of the Senior Center is a 501 c-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 Friends of the Senior Center will be
held on **Friday, June 20, 2025 at 12:45 pm.** Please join us.

OLD AGE IS DEFINED BY THE YOUNG

"But what is old age? To a great extent we've made it a verdict, something that happens to people who didn't have
the good sense to take up yoga before it was too late, meaning roughly in their twenties. ***Which is to say, old age is
a concept largely defined by the people who have never lived it.***" (John Leland, *Happiness is a Choice Your Make*)

THINGS OVERHEARD AT THE CENTER... by a visitor: "Your Senior Center is, by far, the nicest and most welcoming center."

PLACE ADDRESS
LABEL HERE

POSTAGE

Milford Senior Center
105 S. B Street
PO Box 374
Milford, NE 68405
402-761-3367
MilfordNESeniorCenter@gmail.com
Hours: Monday - Friday 8 am - 3 pm
Like and Follow us on Facebook
at Milford Senior Center

