



### BAKED POTATO FUNDRAISER!



Wednesday,  
June 10, 2026  
5:00 - 7:00 pm

#### CHANGE CAN BE GOOD!

Our monthly potato bake *IS* the second Wednesday of the month..... However, there's a change brewin' this month!

Join us from 5:00 pm to 7:00 pm on Wednesday, JUNE 10 for our monthly POTATO BAR FUNDRAISER!

#### WALMART CURBSIDE FOOD ORDER PICK-UP PERSON NEEDED

A volunteer is needed to pick-up the curbside food order from Seward WalMart every Monday morning. Would you be interested in helping out for the summer? Could you commit to once a month? Every other week? Or would you want to do it every week? Please talk to Mystii and she can get you on the schedule.

#### MONDAY MOVIE MATINEE

One recent morning during coffee time, the group started talking about their favorite movies. Some were familiar to the others at the table, some were not. Some said they'd sure like to watch them again. We checked out what was showing on the TV through any of the free streaming apps we have at The Center and discovered many favorites are available.



Come and enjoy a favorite movie **Monday, June 15 at 12:30 pm.** (Streaming movies available today, may not be available in the future. If the selected movie is not available another will be selected.)

Have a favorite movie you would like to watch with friends? Just let Mystii or Joan West know. Joan has graciously volunteered to facilitate Monday Movie Matinees.

# HAPPY BIRTHDAY!

### JUNE BIRTHDAY MEAL ENTERTAINMENT BY ELVIS TRIBUTE ARTIST JOSEPH HALL

The June Birthday Meal is **Wednesday, June 24 at 11:45 am.** The **entertainment will be Elvis Tribute Artist Joseph Hall at 12:45 pm.** The meal is catered by Pizza Kitchen consisting of Roast Beef, Mashed Potatoes w/ Gravy, Carrots, and Roll. Cupcakes are supplied by Joan West. If you cannot make it for lunch, you are welcome to come for the entertainment! And really, where can you get a meal and entertainment for only \$10.00?!

**Please make your meal reservation by FRIDAY, June 19 at 1 pm. Stop by, email, or call The Center to reserve your spot.**



#### DANCE!

Come to The Center on Monday, June 8 at 12:45 pm for a variety of dancing and stories from the *Dale Baker Dance Duo* who will entertain us. Be prepared for a lively music filled time of line dances, polkas, the cha-cha, big band and swing dancing!

**10-POINT PITCH TOURNAMENT**

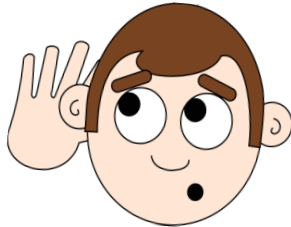
Join us **Thursday, June 4 at 6:30 pm** for a 10-Point Pitch Tournament. All ages are welcome!

Each player will keep their own score. Players will move tables after 4 hands. Highest score at the end of play WINS!



**OVERHEARD AT THE CENTER**

- ♥ A peaceful, warm place where you can get together with friends.
- ♥ I can be at home and thinking, and my thoughts get negative and so I can come down here and connect, and laugh, and redirect positively!
- ♥ You're pretty feisty for an older woman. I was feisty as a young woman, too.
- ♥ People: WOW! You're doing really well after your knee replacement surgery!  
Me: The doctors and physical therapists say it's because I stay active by doing Yoga 2-3 times a week. THANK YOU KELLY for leading our yoga classes at The Center!



**FRIDAY VIDEO EXERCISE CLASS WILL RESUME IN THE FALL. HAVE A GREAT SUMMER!**

*Thank you*

- ♥ Thanks to our wonderful police department, city, and Kelli Kieb for moving The Center forward in the cell phone era! Don't forget you can reach us by text at 402-400-4774; we will respond as soon as we are able. The landline and voicemail is still available at 402-761-3367 and email is always available at [milfordneseniorcenter@gmail.com](mailto:milfordneseniorcenter@gmail.com), too!
- ♥ We would like to thank the family of Sharon Bender for their generous memorial donation.

**Blue River Cattle Trail: Forging a New Era!**

We welcome Dwaine Fosler and Tom Fosler on Tuesday, June 23rd at 12:30 pm as they present the *Blue River Cattle Trail: Forging a new Era!* About a trail that ran along the Big Blue River between 1868 and 1871 through Abilene, Kansas to Schuyler, Nebraska.



**WORD OF THE WEEK**

Join us every **Tuesday at 10:30 am** to learn the Word of the Week with Pastor Lyn Seiser from the Milford United Methodist Church. Plan to stay for lunch! Make your reservation for lunch by 1 pm the Friday before.



**CREATING WITH MIKE**

SNAP! CRACKLE! POP!  
Have a BLAST with Mike on **Tuesday, June 9 at 12:45 pm.** This month we will be making firecrackers!

# JUNE 2026 ACTIVITIES & CONGREGATE AND TO GO MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> Coffee 8 - 11 am Men's Coffee 8 am - ? Yoga 9 am</p>	<p><b>2</b> Coffee 8 - 11 am Tai Chi 10 am <b>Word of the Week 10:30 am</b> Pitch 1 pm</p> <p>Beef Taco Salad (Lettuce, Tomatoes, Black Beans, Onions, Green Peppers, Cucumbers, Cheese, Dressing) Tortilla Chips Fruit</p>	<p><b>3</b> Coffee 8 - 11 am Yoga 9 am Resistance Bands 10:30 am <b>BINGO 12:45 pm</b></p> <p>Chicken w/ Broccoli and Brown Rice Cucumbers and Tomatoes Fruit</p>	<p><b>4</b> Coffee 8 - 11 am Pitch 1 pm <b>Pitch Tournament 6:30 pm</b></p> <p>Ham and Potatoes Tossed Salad Fruit</p>	<p><b>5</b> Coffee 8 - 11 am Yoga 9 am NO Video Exercises</p>
<p><b>8</b> Coffee 8 - 11 am Men's Coffee 8 am - ? <b>NO</b> Yoga <b>Dancing Duo Dale and LaDean 12:45 pm</b></p>	<p><b>9</b> Coffee 8 - 11 am Tai Chi 10 am <b>Word of the Week 10:30 am</b> <b>Creating with Mike 12:45 pm</b> Pitch 1 pm</p> <p>Meatloaf Mashed Potato w/ Gravy Green Goddess Salad Berries w/ Yogurt</p>	<p><b>10</b> Daylight Donuts 7 - 10 am Coffee 7-11 am Yoga 9 am Resistance Bands 10:30 am</p> <p>Pepperoni or Cheese Pizza Tossed Salad Garlic Bread Fruit</p> <p><b>BAKED POTATO BAR FUNDRAISER</b> <b>5:00 - 7:00 pm</b></p>	<p><b>11</b> Coffee 8 - 11 am Pitch 1 pm</p> <p>Hashbrown and Egg Casserole (w/ cheese, onions, salsa) Cucumber/Tomato/Onion Salad Fruit Muffins</p>	<p><b>12</b> Coffee 8 - 11 am Yoga 9 am NO Video Exercises</p>
<p><b>15</b> Coffee 8 - 11 am Men's Coffee 8 am - ? Yoga 9 am <b>Monday Movie Matinee 12:30 pm</b></p>	<p><b>16</b> Coffee 8 - 11 am Tai Chi 10 am <b>Word of the Week 10:30 am</b> <b>BINGO w/ Greene 12:30 pm</b> Pitch 1 pm</p> <p><b>Brunch w/ Greene 11:45 am</b></p>	<p><b>17</b> Coffee 8 - 11 am <b>NO</b> Yoga Resistance Bands 10:30 am <b>Nutrition Ed 12:30 pm</b> <b>Board Meeting 6:00 pm</b></p> <p>BBQ Chicken Cole Slaw Peas Fruit</p>	<p><b>18</b> Coffee 8 - 11 am Pitch 1 pm</p> <p>Chef Salad (Chicken, Cheese, Cherry Tomatoes, Cucumber, Boiled Egg, Crouton) Cracker w/ Cheese Berries</p>	<p><b>19</b> Coffee 8 - 11 am Yoga 9 am NO Video Exercises Deadline for Birthday Meal Reservation 1 pm</p>

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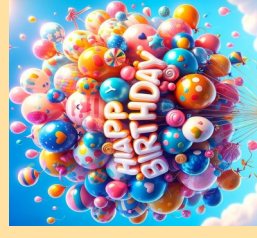
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>22 Coffee 8 - 11 am Men's Coffee 8 am - ? Yoga 9 am</p>	<p>23 Coffee 8 - 11 am Tai Chi 10 am <b>Word of the Week 10:30 am</b> <b>Dwayne Fosler and Tom Fosler present Blue River Cattle Trail: Forging a New Era 12:30 pm</b> Pitch 1 pm</p> <p>Baked Chicken Scalloped Potatoes Broccoli Berries w/ Yogurt</p>	<p>24 Coffee 8 - 11 am Yoga 9 am Resistance Bands 10:30 am <b>BirthDay Meal 11:45 am</b> <b>Entertainment: Joseph Hall 12:45 pm</b></p> <p>Roast Beef Mashed Potatoes w/ Gravy Carrots Roll Cupcake</p>	<p>25 Coffee 8 - 11 am Friends of the Senior Center Annual Meeting 12:30 pm Pitch 1 pm</p> <p>Roast Beef and Cheddar Sandwich Pasta Salad Peas Fruit</p>	<p>26 Coffee 8 - 11 am Yoga 9 am NO Video Exercise Class</p>
<p>29 Coffee 8 - 11 am Men's Coffee 8 am - ? <b>BP Check w/ HoriSun Hospice 8:30 am</b> Yoga 9 am</p> <p>30 Coffee 8 - 11 am Tai Chi 10 am <b>Word of the Week 10:30 am</b> Pitch 1 pm</p> <p>Chicken Caesar Salad Carrots Bread Sticks Fruit</p>				
<p><b>Menu is subject to change without notice.</b></p> <p><b>*Milk and Whole Wheat Dinner Rolls available upon request*</b></p> <p><b>MONDAY AND FRIDAY MEALS RESUME ON AUGUST 17</b></p>				



- Earl Foster June 5
- Jim Wesely June 11
- Pam Kilzer June 22
- Keith TeSelle June 23
- Elaine Phillips June 26
- John Slama June 27
- Wilma Roth June 30

## BIRTHDAY MEAL DRAWING - FREE MEAL!

We are having a drawing each month for a free meal. Everyone who attends the birthday meal and has a birthday that month, will have their name put in a drawing. Whoever has their name drawn will get their meal for free! Be sure to reserve your spot by the Friday before. CONGRATULATIONS to Deb Welsch for winning a free meal in April for her birthday.



## THINGS TO THINK ABOUT

There are important and well-supported points about mental health in older adults. Conditions like depression, anxiety, grief-related disorders, substance misuse, and cognitive decline are common among seniors, yet they're frequently overlooked or mistaken for "normal aging." In reality, persistent emotional distress is not an inevitable part of getting older.

A few especially important takeaways:

- Social isolation and bereavement can significantly increase risk for depression and anxiety.
- Chronic pain, reduced mobility, caregiving stress, and medication side effects can also affect mental health.
- Older adults may describe emotional distress through physical symptoms rather than directly saying they feel depressed or anxious.
- Early recognition and treatment can improve daily functioning, independence, sleep, relationships, and overall health outcomes.

The warning signs listed are also clinically consistent with what providers look for in geriatric mental health assessments, particularly:

- withdrawal from activities,
- sudden cognitive or behavioral changes,
- appetite or sleep disruption,
- increased alcohol or medication misuse,
- and persistent hopelessness or excessive worry.

These organizations provide reliable information and support:

- [National Council on Aging](https://www.ncoa.org/older-adults/health/behavioral-health/) <https://www.ncoa.org/older-adults/health/behavioral-health/>
- [World Health Organization – Mental Health of Older Adults](#)
- [National Institute of Mental Health – Older Adults and Mental Health](#)
- [988 Suicide & Crisis Lifeline](#)

One additional point worth emphasizing: many older adults respond very well to treatment, including counseling, social support programs, medication when appropriate, exercise, structured routines, and community engagement like using community resources such as libraries, attending community events, joining friends at local eating establishments or a senior center. Family members and caregivers often play a key role in noticing changes early and encouraging support.

## Check out some of the May activities!



**Mystique Lauer, Manager**

**Senior Center Board Members**

Marian Eicher Kelli Keib Marianne Pasho  
Joan West Mary Wiese, Chairperson  
City Council Liaison - Tony DeLong

**The next Senior Center Board meeting is  
WEDNESDAY, JUNE 17 AT 6 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

**CONTACTING THE CENTER**

When contacting The Center you may leave a voice  
message on the answering machine, send an email,  
or stop in. The phone number 402-761-3367  
is NOT a cell phone and there is NO texting to that  
number....HOWEVER The Center now has a cell  
phone where you CAN send a text message. That  
number is 402-400-4774.

**FOR RENT - Both levels available**

The Senior Center is a great place for receptions, bridal or  
baby showers, graduation parties, and many other  
gatherings. The Center may be rented for \$100/day for one  
level of the center. Both the basement and street level are  
available to rent. If interested, contact the City Office at 402  
-761-3247 to get your event on the calendar.

**Or during the week when the Senior Center is open, if you  
need a place to meet up with friends, you are welcome to  
meet at the Senior Center. You can meet in the main area,  
or if it's available, there is a multi-purpose room you can use  
if you prefer more privacy.**

**FRIENDS OF THE SENIOR CENTER**

**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 Thursday, June 25, 2026, at 12:30 pm. Please join us.

PLACE ADDRESS  
LABEL HERE

POSTAGE

Milford Senior Center  
105 S. B Street  
PO Box 374  
Milford, NE 68405  
402-761-3367 - Landline  
402-400-4774 - Cell  
MilfordNESeniorCenter@gmail.com  
Hours: Monday - Friday 8 am - 3 pm  
Like and Follow us on Facebook at  
Milford Senior Center

**Milford Senior Center**

