

March 2024



Milford Senior Connections

SHORT MONTH FULL OF ACTIVITIES!

FRAUD

Two opportunities to heighten our awareness of Fraud were shared in February. First with Chief of Police, Darrin Kremer who shared many stories of the impact he has seen fraudulent activity have on various individuals. A big takeaway Chief shared is that if you feel someone is calling who is not on the up and up ask them to give you time to contact a friend, relative, your bank, etc. Generally speaking, if the call is a scam the caller will be adamant that the transaction needs to occur right away --- or they'll hang up. A legitimate caller would allow you the time you need to investigate and get input you need.

Farmers & Merchants Bank has rescheduled their Fraud presentation. Join us on Friday, March 15 at 12:30 pm. We look forward to the information they will share regarding how Fraud impacts from a financial institution's perspective. Should you find yourself with questions about any calls, mail, etc. please reach out to your bank or to law enforcement.

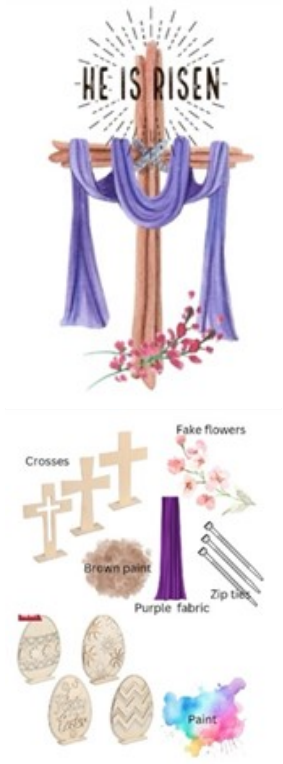
APACE

Our friends from APACE (formerly Region 5) have graciously provided The Center with seasonal decorations that they make. The adorable snowmen they brought in February were enjoyed by many who wanted to make one, too. Several folks signed up to make the snowmen and the group had fun getting to know each other! We'll be crafting with our friends on March 18 at 11:00 am making an Easter craft. Sign up at The Center if you want to participate.

FEBRUARY CRAFTING WITH APACE - MAKING SNOWMEN



MARCH CRAFTING WITH APACE - MAKING EASTER CRAFT



WHAT'S GOING ON AT THE CENTER IN MARCH?

LET'S WATCH A MOVIE!

Easter is at the end of March, so let's reminisce about Easter's past and watch Irving Berlin's *Easter Parade*. We will show the movie on Friday, March 1 at 12:30 pm.

Come for lunch and stay for the movie, or just come for the movie. Everyone is welcome.

Is there a movie you would like to watch with others at The Center? Let us know what movie and we'll see if we have it or can get it.



CRAFTING WITH CARLA

Crafting with Carla, from Kinship Pointe, never disappoints! Artistic juices (and paint) were flowing as many gathered to make Shamrock door signs for March! We appreciate Carla's artistic insight and encouragement as we got creative!



Carla comes to The Center to craft again on March 4th with a blank flower for us to paint as we wish. Call or sign-up at The Center. Seating is limited.



RECOGNIZING VETERANS

We welcome Heartland Hospice to The Center on March 5th at 12:30 pm. They will share how they recognize Veterans and how they are available to help locate services for Veterans.



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, March 7 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.

WHAT'S GOING ON AT THE CENTER IN MARCH?

SKIN CARE

Angels Care Home Health comes to The Center on March 8th at 12:30 pm to share about skin care. Did you know that the skin is the largest organ of the body? Despite only being a few millimeters thick, skin can weigh between 7.5 and 22 pounds and cover a surface area of 16 to 22 square feet. Your skin, along with your hair, nails, oil glands and sweat glands, are a part of the integumentary system. "Integumentary" means a body's outer covering. Taking care of this vital organ is important for your overall health because the skin serves as more than a cover for our muscles and bones. Join Angels Care Home Health as we discuss how we can keep our skin healthy.

ADULT PROTECTIVE SERVICES

Amy Winter has worked for the Department of Health and Human Services for years; she will give a presentation regarding Adult Protective Services and provide us with a great deal of valuable information on March 22nd at 12:30 pm. Everyone is welcome to attend.

ACTIVITIES

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

BIRTHDAY MEAL

HAPPY BIRTHDAY

The birthday meal in March is on Wednesday, March 20, 2024, at 11:45 am. The meal will be catered by Pizza Kitchen; we'll enjoy baked ham, scalloped potatoes, baked beans and a dinner roll for \$7.00. Be sure to let Mystii know by March 19th if you want to reserve a birthday meal.

Following the meal, at 12:30 pm, we'll be entertained by Mr. Tom Strohmeyer – or, Rockin' Woody! Tom has been entertaining for the past 20 years by the name "Woody." He performs playing piano, guitar, trumpet, sax, and harmonica while incorporating juggling and magic into his act.

MONTHLY FUNDRAISER



Our monthly Fundraiser will be March 13, 2024, from 11:00 am to 1:00 pm.

Tipping our Irish hat to you we are serving Irish Stew, green Jello salads, bread, and homemade desserts.

DAYLIGHT DONUTS AT THE WAY STATION



The trailer will be parked in the driveway at The Center on Wednesday, March 15 from 7 - 10 am. Enjoy a cup of coffee in the center with your donut!

HEALTH & FITNESS

The Senior Center has multiple exercise opportunities and several pieces of exercise equipment. Try them out anytime The Center is open.

Wii Bowling - Mondays at 9 am (Main level)

Yoga - Mondays & Wednesdays at 9 am using a chair to assist in the poses. (Lower Level)

Drum Balls - Mondays at 10:30 am (Lower Level)

Yoga - Thursdays at 2 pm using a chair to assist in the poses. (Lower Level)

Yoga - Fridays at 9 am using a floor mat. (Lower Level)

Tai Chi - Tuesdays at 10:30 am (Lower Level)

Resistance Bands - Wednesdays at 10:30 am (Main level)

Video Exercise Class - Fridays at 10:30 am (Main level)

Exercise Equipment - Available for use anytime The Center is open. (Lower Level)

2 NuStep machines	Elliptical
Treadmill	Stationary Bike
Light Weights	Resistance Bands

DRUM BALL

Drum Ball is back on Mondays at 10:30 am. In drum ball class you'll get in touch with your rhythm, improve your coordination while reducing tension, stress, and anxiety. Self-conscious about exercise? Well, there's absolutely no wrong way to drum! Join us for 30 minutes of music and drumming; you might just burn some calories laughing, too!



WHAT WE DO... The Senior Center provides various activities geared toward, but not limited to, the senior citizen population in the Milford area. From morning coffee and treats to many options to learn yoga, tai chi, play cards, and bring in entertainment like speakers, musicians, and other performers.

What would you like to do at the Senior Center?

MONTHLY BLOOD PRESSURE CHECK

Monthly Blood Pressure Check will be Monday, March 26 at 8:30 am provided by HoriSun Hospice.

JOIN US FOR LUNCH MONDAY - FRIDAY

Want to know the best way to ensure you get a well-balanced lunch each weekday from the Milford Senior Center? THE BEST WAY is to get monthly meal tickets; each meal is \$7.00 if you're over 60 years of age and \$8.00 if you're under age 60. Please send a check for the month and you'll be assigned meal tickets you can use on the days you receive a meal; the meal tickets are in the office at the Senior Center and Mystii deducts a meal each time you get one. **Sign up by 1:00 pm the day prior to the meal you'd like.** To sign up for meals just come on into The Center and sign up in the book that's beside the kiosk; if you can't come in to sign up just call Mystii and let her know and she'll get you signed up. On the FLIP SIDE – It's greatly appreciated if you know you are signed up for a meal but can't make it that you either get someone to join us in your absence or that you call and let Mystii know you'll be unable to come to The Center that day.

MARCH 2024 ACTIVITIES & CONGREGATE AND DELIVERY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>*Milk is always available upon request*</div> <div>Menu is subject to change without notice.</div>	<div>MARCH BIRTHDAYS</div> <div><div>Shirlene Theis2Arden Svoboda2</div><div>Carol Morrow6Jackie Anderson6</div><div>Pat Rixtine7Sharon White15</div><div>Mavis Ferris16Ron Oswald20</div><div>Pat Grimes22Sharon Bender24</div><div>Char Roth28</div></div>			<div>1</div> <div>Coffee 8 - 11am</div> <div>Yoga 9:00 am</div> <div>Video Exercise Class 10:30 am</div> <div>Movie: Easter Parade 12:30 pm</div> <div>Chicken Alfredo</div> <div>Mixed Vegetables</div> <div>Dinner Roll</div> <div>Fruit</div>
<div>4</div> <div>Coffee 8 - 11am</div> <div>Yoga 9:00 am</div> <div>Wii 9:00 am</div> <div>Drum Ball 10:30 am</div> <div>Craft with Carla/Kinship 12:30 pm</div> <div>Baked Chicken</div> <div>Mashed Potato</div> <div>Gravy</div> <div>Carrots</div> <div>Fruit</div>	<div>5</div> <div>Coffee 8 - 11am</div> <div>Tai Chi 10:30 am</div> <div>Heartland Hospice: How We Recognize Veterans 12:30 pm</div> <div>Pitch 1:00 pm</div> <div>Pulled Pork</div> <div>Coleslaw</div> <div>Fruit</div> <div>Garlic Bread</div> <div>Cookies</div>	<div>6</div> <div>Coffee 8 - 11am</div> <div>Yoga 9 am</div> <div>Resistance Bands 10 am</div> <div>BINGO 12:45 pm</div> <div>Called by Susan Trabert</div> <div>Meatloaf</div> <div>Roasted Potato</div> <div>Green Beans</div> <div>Fruit</div>	<div>7</div> <div>Coffee 8 - 11 am</div> <div>Yoga 2:00 pm</div> <div>Pitch 12:30 pm</div> <div>Pitch 7:00 pm</div> <div>Hamburger</div> <div>Home Fried Potato</div> <div>Corn</div> <div>Apple Sauce</div> <div>Cake</div>	<div>8</div> <div>Coffee 8 - 11am</div> <div>Yoga 9:00 am</div> <div>Video Exercise Class 10:30 am</div> <div>Angels Care: Healthy Skin 12:30 pm</div> <div>Salisbury Steak</div> <div>Mashed Potato</div> <div>Gravy</div> <div>Peas</div> <div>Fruit</div>
<div>11</div> <div>Coffee 8 - 11am</div> <div>Yoga 9:00 am</div> <div>Wii 9:00 am</div> <div>Drum Ball 10:30 am</div> <div>Millionaire Spaghetti</div> <div>Garlic Bread</div> <div>Jello/fruit</div> <div>Peas</div>	<div>12</div> <div>Coffee 8 - 11am</div> <div>Tai Chi 10:30 am</div> <div>Pitch 1:00 pm</div> <div>Chicken Tenders</div> <div>Potato Wedges w/parm</div> <div>Green Beans</div> <div>Fruit</div>	<div>13</div> <div>Coffee 8 - 11 am</div> <div>Yoga 9 am</div> <div>Resistance Bands 10 am</div> <div>Fundraiser</div> <div>Irish Stew</div> <div>Green salads</div> <div>Bread</div> <div>Desserts</div> <div>NO DELIVERY</div>	<div>14</div> <div>Coffee 8 - 11am</div> <div>Board Meeting 12:30 pm</div> <div>Pitch 12:30 pm MPR</div> <div>Yoga 2:00pm</div> <div>BRUNCH W/Kinship at 11:30pm</div> <div>NO MEAL DELIVERY</div>	<div>15</div> <div>Coffee 8 - 11am</div> <div>Yoga 9:00 am</div> <div>Video Exercise Class 10:30 am</div> <div>Fraud Presentation by Farmers & Merchants Bank 12:30 pm</div> <div>Cod Nuggets</div> <div>Scalloped potatoes</div> <div>Glazed Carrots</div> <div>Fruit</div>

MARCH 2024 ACTIVITIES & CONGREGATE AND DELIVERY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 Coffee 8 - 11 am Yoga 9:00 am Wii 9:00 am Drum Ball 10:30 am Craft with APACE 11:00am Turkey Tetrazzini Mixed veggie Pineapple Bread Sticks	19 Coffee 8 - 11 am Tai Chi 10:30 am Pitch 1:00 pm Spaghetti Corn Garlic Bread Fruit Cookie	20 Coffee 8 - 11 am Assisted Yoga 9:00 am Resistance Bands 10:00 am Daylight Donuts Trailer 7 - 10 am BIRTHDAY MEAL NO DELIVERY Baked Ham Scalloped Potatoes Baked Beans Entertainment: Tom Strohmeyer - music/ juggling/magic	21 Coffee 8 - 11 am Coffee & Conversation with Marshall from Greene 9:00 am Yoga 2:00 pm Hamburger French Fries Green Beans Fruit Cookie	22 Coffee 8 - 11am Yoga 9:00 am Video Exercise Class 10:30 am Amy Winter presentation about Adult Protective Services 12:30 pm Fried Catfish Au Gratin Potato Peas & Carrots Garlic Bread Fruit
25 Coffee 8 - 11 am Blood Pressure Check by HoriSun Hospice 8:30 am Yoga 9:00 am Wii 9:00 am Drum Ball 10:30 am AARP Smart Driver Safety Course 12:30-4:30 pm Chicken Pesto Buttered Noodles Green Beans Fruit	26 Coffee 8 - 11 am Tai Chi 10:30 am Pitch 1:00 pm Tuna & Noodles Corn Fruit Cookies	27 Coffee 8 - 11 am Yoga 9:00 am Resistance Bands 10:00 am Nutrition BINGO 12:30 pm with Aging Partners BBQ Baked Chicken Mashed Potato Gravy Carrots Rolls	28 Coffee 8 - 11 am Pitch 12:30 pm Bingo w/ Kinship 12:30 pm Yoga 2:00 pm Bacon Carbonara Garlic Bread Peas	29 Coffee 8 - 11am Yoga 9:00 am Video Exercise Class 10:30 am Baked Ham Au Gratin Potato Mandarin Oranges Rolls Cake
Milk is always available upon request	Menu is subject to change without notice.	This is the list of the holidays that the City of Milford has for observed holidays. 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		

THANK YOUS AND ACKNOWLEDGEMENTS

THANK YOU TO . . .

All the volunteers who made the Birthday meal, and the monthly fundraiser successful! It's wonderful to work with individuals who volunteer with such a joyous spirit.

Billy Troy for the wonderful performance, and to the anonymous donors that provided the funding to bring him back.

Ron Oswald for fixing the doors so they shut well.

Sue Stutzman for washing the drapes.

Mary Wiese for fixing the microphones.

Roy Cast & Tony Brown for picking up and delivering meals. (More volunteers welcome! Call Mystii.)

THINGS OVERHEARD at THE CENTER

"This coffee is really good! How do you make it taste so good?" Like coffee? Come check out the coffee at The Center.

"Coming into The Center the first time can be a scary, but one you do it's all fine! And then you come the next day, try something else new . . . and it's all fine, too!"

"Being not timid, I just started talking to them."



On March 25, 2024, the AARP Smart Driver™ – the driving refresher course from AARP Driver Safety will be offered in the Meeting Room at the Milford Senior Center from 12:30 p.m. until 4:30 p.m. The class will be taught by certified volunteer instructor, Norm Huber.

Participants can register by contacting Mystii at 402-761-3367.

Since 1979, AARP Driver Safety has helped over 15 million older drivers stay safe, educated and confident behind the wheel. AARP Smart Driver course participants will learn:

- Valuable defensive driving skills.
- Proven safety strategies.
- How to stay current with the latest driving technologies.
- The current rules of the road, specific to your community.
- How to manage and accommodate common age-related changes in vision, hearing and reaction time.

Many participants may be eligible for a multi-year insurance discount after taking the course.

Participants are encouraged to check with their insurance agent to see if they are eligible. There are no tests required to pass the course. The course is open to drivers of all ages and costs \$20 for AARP members and \$25 for non-members.

YOGA . . . YOGI . . . YOGURT . . . ?

Did you know that the Senior Center offers several *Yoga* classes? Did you know that your fellow Yoga classmates are called *Yogis*? Did you know *yogurt* is a refreshing treat?

Katy Pauley shared how much she has enjoyed the various Yoga classes offered at Milford's Senior Center. The classes are led by Kelly, a certified Yoga instructor, who makes you feel welcome, and like you can do things you have not tried in two decades! Katy has attended all four of the offered classes at least once, and she loves them! Katy loves how she feels getting to move, and getting in a good stretch while having a laugh (usually at herself) during our time together! Katy shares that she is amazed thankful that our little towns Senior Center offers so many quality classes!

Thank you, Kelly, for leading us, thank you Mystii for making the classes known to the community, and thank you fellow Yogis for the support! Katy hopes more people will try out the classes. Such a little thing that makes such a big difference! Maybe next month Katy will try out the exercise room...

Yoga is offered on Monday, Wednesday, and Friday at 9:00 am and Thursday afternoons at 2:00 pm.

Kelly Haney is a Certified Yoga Instructor, who has been leading yoga classes for many years. Kelly leads various levels of Yoga at The Center 4 days a week. In addition to the required curriculum for Yoga teachers, Kelly has special training in working with the Senior population and she has been leading senior yoga classes for 8 years. Kelly taught many different types of yoga classes and all age groups. Kelly loves to share with others what yoga can do for everyone; both physically and mentally. Kelly encourages others to come to The Center and try it out, everyone is always welcome!

Yoga as we age:

A regular yoga practice can help slow the harmful effects of aging. There are studies out there that suggest consistent yoga practice can slow physical aging and the harmful impact of stress at the cellular level. Yoga is accessible to everyone willing to give it a try.

Participating in a regular yoga practice, including slow yoga, and chair yoga (Chair yoga provides the same benefits as any other yoga practice) people may experience the following benefits:

- Increased lung capacity and oxygen intake, breath work is a big part of a yoga practice.
- Better overall balance, strength and stability.
- Better flexibility and mobility.
- Reduced swelling in joints, joint pain relief, promotes bone strength, helps prevent osteoporosis.
- Lowers cholesterol and blood pressure.
- Improves the quality of sleep.
- Improves digestion and helps maintain a healthy weight and balanced metabolism.
- Improved circulation.
- Reduced stress and anxiety while improving depression, and an increased feeling of overall wellbeing.



March 1 is Nebraska Statehood Day. What do you know about Nebraska?

1. The Nebraska capitol was declared the _____ ranking modern architectural wonder of the world by the American Institute of Architects.
2. Headquarters for the Strategic Air Command (SAC) is at _____.
3. Creighton University, a _____ institution, is in Omaha.
4. The world's most famous _____ testing laboratory is at the University's Agricultural College.
5. Kool-Aid was invented in _____, Nebraska.
6. The world's largest _____ fossil was found in south central Nebraska.
7. Nebraska is the largest producer and user of _____ irrigation.
8. Fort Atkinson, north of Omaha, was the first military post west of the _____ River, and had the first _____ in the state.
9. _____ Railroad linked the east and west coasts with the Golden Spike.
10. Nebraska was the first state to complete its segment of the mainline _____ system.
11. Lake McConaughy at _____ is the largest lake between the Great lakes and the Great Salt Lake.
12. Nebraska is the only state with a non-partisan unicameral, a _____ - _____ legislature.
13. Post No. 3 in Lincoln is the world's largest _____ post.
14. The first Forest Service nursery in the nation was planted at _____ in the world's largest hand-planted forest.

Answer:

- | | | | | | | | | | | | | | |
|-----------|-------------|-----------|------------|-------------|-------------|-----------------|--------------------|------------------|----------------|--------------|---------------|---------------------|------------|
| 1. fourth | 2. Bellevue | 3. Jesuit | 4. tractor | 5. Hastings | 6. elephant | 7. Center Pivot | 8. Missouri/school | 9. Union Pacific | 10. interstate | 11. Ogallala | 12. one-house | 13. American Legion | 14. Halsey |
|-----------|-------------|-----------|------------|-------------|-------------|-----------------|--------------------|------------------|----------------|--------------|---------------|---------------------|------------|



Milford Senior Center

105 S. B Street

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Milford, NE 68405

402-761-3367

MilfordNESeniorCenter@gmail.com

Hours: Monday - Friday 8 am - 4 pm



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**CHECK OUT OUR FACEBOOK PAGE
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ACTIVITIES
Milford Senior Center**

Mystique Lauer, Manager

Senior Center Board Members

Marian Eicher, Chairperson

Joyce Daake

Mary Wiese

Diane Kemper

Kelly Haney

City Council Liaison - Kelli Kieb

The next Senior Center Board meeting is

Thursday, March 14, at 12:30 pm

at the Senior Center.

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

POSTAGE

PLACE
ADDRESS