

May 2024



# MILFORD SENIOR CENTER

## Serving the Milford Community

WHY do I have to sign in? WHY are these signs all over to remind me to sign in on the Kiosk? What happens if I don't sign in for everything I participate in at The Center? The answer is simple. Funding.

A portion of our budget comes from Aging Partners and we need to show how many people the Senior Center serves to get our fair share to continue to serve our community. Even if you just stop in for a few minutes, please sign in on the Kiosk.

### OPENING EARLY

The coffee hot-spot in Milford, Dragonfly Café & Bakery, is temporarily closed. From now until Dragonfly reopens, the Milford Senior Center is opening an hour earlier than normal to accommodate the early morning coffee drinkers. We may not have fancy coffee, but what we have is good! Sometimes there's even some yummy treats. Come on in and enjoy a cup, or more, of coffee and some good conversation. It's self-serve, and donations are welcome.

### BIRTHDAY MEAL & ENTERTAINMENT

HAPPY BIRTHDAY

Historian, Jeff Barnes, is the entertainment for the Birthday Meal on Wednesday, May 22 at 12:30 pm. "Giving talks from the shadow of Scotts Bluff National Monument to the top deck of a riverboat on the Missouri, Jeff is one of the most requested speakers available from Humanities Nebraska. Even beyond the boundaries of his home state, Jeff has presented more than 700 times to audiences in nine states. Drawing upon his newspaper-reporter past, Jeff is constantly digging to find the forgotten stories and fascinating images to make his talks memorable and requested again and again. Schedule Jeff today for your library, museum, community organization, or special event!" Quoted from [jeffbarnesauthor.com](http://jeffbarnesauthor.com).

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

Two opportunities for BINGO in April. First, Wednesday, May 1 at 12:45 pm. Second is Thursday, May 30 at 12:30 pm with Carla from Kinship.

### CRAFTING WITH CARLA

May 2nd will have us potting flowers 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.



### VOTER ID

Seward County Clerk, Sherry Schweitzer, will join us at 12:30 pm on Friday, May 3, 2024 to share information about the Voter ID and what the requirements are. Come find out the changes you need to know and ask any questions you may have!

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

### PULLED PORK SANDWICH FUNDRAISER

The **May fundraiser** will be held Wednesday, May 8. Sign-up sheets to volunteer will be out at the by the April birthday meal. Make sure to join us from 11:00 am to 1:00 pm on May 8 for a pulled pork sandwich, coleslaw, macaroni salad, and homemade desserts!



### DAYLIGHT DONUTS AT THE WAY STATION

Daylight Donuts trailer will be parked in the driveway at The Center on Wednesday, May 8 from 7 – 10 am. Pre-orders are welcome via email at

[DaylightYork@gmail.com](mailto:DaylightYork@gmail.com).



THIS IS A FUNDRAISING EVENT!

The Kiwanis Club of Milford is partnering with the Elementary school to raise funds for an ADA/ Handicap accessible swing/piece of equipment.



### 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, May 2 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.

### DISABILITY IS NOT INABILITY

Lynn Ihde will present about *Disability is not Inability: Welcoming those with differences in our communities*, on Monday, May 13 at 12:45 pm. She will share her experiences learning to navigate the world of individuals with special needs and answer any questions after her presentation.

### VETERAN SERVICE OFFICER


Meet Ray Foreman: the new Veterans Service Officer on May 14 at 12:30 pm. Ray will share his expertise, enthusiasm for, and insight regarding services for Seward County Veterans!

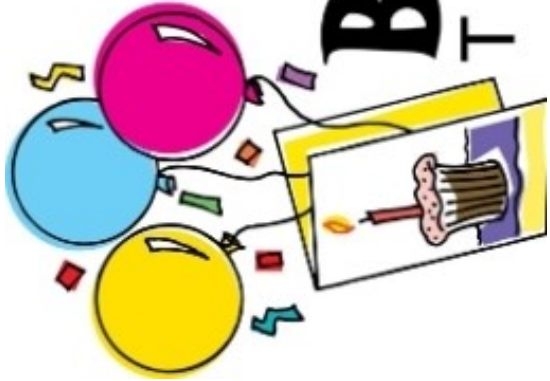
**Words to think about. . . If they can't privately address you, then understand their public criticism is only for attention, don't take it personal.**

# MAY 2024 ACTIVITIES & CONGREGATE AND DELIVERY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu is subject to change without notice.</p> <p>*Milk is always available upon request*</p> <p>*Whole Wheat Dinner Rolls available upon request*</p>				
<p>6 Coffee 7 - 11am Yoga 9:00 am Wii 9:00 am</p> <p>Roasted Chicken Long Grain Wild Rice Prince Edward Vegetable Dinner Roll Fruit Dessert</p>	<p>7 Coffee 7 - 11am Tai Chi 10:30 am Pitch 1:00 pm</p> <p>Sliced Pork Loin Roasted Potato Corn Fruit</p>	<p>1 Coffee 7 - 11am Yoga 9 am Resistance Bands 10:30 am <b>BINGO 12:45 pm</b></p> <p>Baked Ham Broccoli and Cheese Mixed Vegetable Fruit</p>	<p>2 Coffee 7 - 11am <b>Pot Plants w/ Carla 12:30 pm</b> Pitch 1:00 pm <b>Evening Pitch 7:00 pm</b></p> <p>Roast Beef Baked Potato Green Bean Casserole Fruit Dessert</p>	<p>3 Coffee 7 - 11am Yoga 9:00 am Video Exercise Class 10:30 am <b>Voter ID Presentation by Sherry Schweitzer 12:30 pm</b></p> <p>Lemon Garlic Grilled Chicken Rice Capri Blend Vegetable Fruit</p>
<p>6 Coffee 7 - 11am Yoga 9:00 am Wii 9:00 am</p> <p>Roasted Chicken Long Grain Wild Rice Prince Edward Vegetable Dinner Roll Fruit Dessert</p>	<p>7 Coffee 7 - 11am Tai Chi 10:30 am Pitch 1:00 pm</p> <p>Sliced Pork Loin Roasted Potato Corn Fruit</p>	<p>8 Daylight Donuts 7 - 10 am Coffee 7 - 11am Yoga 9 am Resistance Bands 10:30 am</p> <p><b>Pulled Pork Sandwich Fundraiser 11:00 am to 1:00 pm</b> <b>\$7.00 minimum donation</b></p>	<p>9 Coffee 7 - 11am <b>Board Meeting 12:30 pm</b> Pitch 1:00 pm</p> <p>Spaghetti and Meatballs Italian Green Beans Garlic Bread Fruit Dessert</p>	<p>10 Coffee 7 - 11am Yoga 9:00 am Video Exercise Class 10:30 am</p> <p>Meatloaf Mashed w/ Gravy Peas Fruit</p>
<p>13 Coffee 7 - 11am Yoga 9:00 am Wii 9:00 am <b>Lynn Ihde "Disability is not Inability" 12:45 pm</b></p> <p>London Beef Broil Baked Potato Green Beans Dinner Roll Fruit</p>	<p>14 Coffee 7 - 11am Tai Chi 10:30 am <b>Ray Foreman, Veteran Service Officer 12:30 pm</b> Pitch 1:00 pm</p> <p>Roasted Sliced Turkey Scalloped Potato Malibu Blend Veg Fruit Dessert</p>	<p>15 Coffee 7 - 11am Yoga 9 am Resistance Bands 10:30 am <b>Aging Partners: National Barbeque Month 12:30 pm</b></p> <p>Lasagna Garlic Bread Prince Edward Veg Fruit</p>	<p>16 Coffee 7 - 11am Pitch 1:00 pm</p> <p>Chicken Fried Steak Mashed w/ Gravy Corn Fruit Dessert</p>	<p>17 Coffee 7 - 11am Yoga 9:00 am Video Exercise Class 10:30 am</p> <p>Baked Fish Hush Puppies Broccoli Fruit</p>

# MAY 2024 ACTIVITIES & CONGREGATE AND DELIVERY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>20</b> Coffee 7 - 11am <b>Blood Pressure checks by HoriSun Hospice 8:30 am</b> Yoga 9:00 am Wii 9:00 am  Chicken Strips Parmesan Potato Wedges Green Beans Fresh Fruit	<b>21</b> Coffee 7 - 11am Tai Chi 10:30 am Pitch 1:00 pm  Spanish Hamburger, Black Bean and Rice Casserole Mandarin Orange Jello	<b>22</b> Coffee 7 - 11am Assisted Yoga 9:00 am Resistance Bands 10:30 am <b>Birthdays Meal 11:45 am</b> NO DELIVERY <b>Entertainment: Historian Jeff Barnes</b> Chicken Alfredo Tossed Salad Cucumber Salad Roll	<b>23</b> Coffee 7 - 11am Pitch 1:00 pm  Chili Dogs Chips Coleslaw Fruit	<b>24</b> Coffee 7 - 11am Yoga 9:00 am Video Exercise Class 10:30 am
<b>27 MEMORIAL DAY</b> The Center is closed. 	<b>28</b> Coffee 7 - 11am Tai Chi 10:30 am Pitch 1:00 pm  Scalloped Potatoes/Ham Carrots Strawberries	<b>29</b> Coffee 7 - 11am Yoga 9:00 am Resistance Bands 10:30 am  Salad Bar Fresh Fruit Salad Dinner Roll	<b>30</b> Coffee 7 - 11am <b>Coffee &amp; Conversation with Marshall from Greene and Arial America video 9 am</b> Pitch 1:00 pm  <b>Brunch with Kinship 12:00 pm</b> <b>Bingo with Kinship 12:30 pm</b>	<b>31</b> Coffee 7 - 11am Yoga 9:00 am Video Exercise Class 10:30 am  Sloppy Joes Chips Broccoli Salad Oranges



# BIRTHDAYS THIS MONTH

- Pam DeFisher 1
- Kathy Eberly 1
- Katy Pauley 2
- Jim Young 5
- Sandra Schroeder 9
- Sandy Erickson 10
- Ronda Eggerling 18
- Ronnie Finkbeiner 29

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

**\*Milk and Whole Wheat Dinner Rolls available upon request\***

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





## AERIAL AMERICA

People enjoyed learning about Puerto Rico and The US Virgin Islands. Thank You to Marshall from Greene (formerly Greene Place in Seward) for providing these programs.

Marshall will be at The Center again on Thursday, May 30 at 9 am. Come and see where we will learn about in May via Aerial America.

## THANK YOU TO . . .

April's Potato Bake was a wonderful success and The Center appreciates ALL the volunteers who assist in making 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!

Thank you also goes to Craig, and Main Street Market, for supplying The Center with items for The Bake! Your generosity is greatly appreciated and your support for the Milford Community does not go unnoticed!

The Center, and its yoga folks, owe a huge thank you to Friends of Senior Center for donating funds to purchase yoga blocks. What's a yoga block? Come on down Monday, Wednesday or Friday at 9:00 am to see how they're utilized to enhance the yoga experience!

**Contrary to popular opinion,  
quitting is for winners.**

**Knowing when to quit,  
change direction,  
leave a toxic situation,  
demand more from life,  
give up on something that wasn't  
working and move on... is a very  
important skill that people who win  
at life all seem to have.**

**-- Steven Bartlett**

## ACTIVITIES CALENDAR

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

## THINGS OVERHEARD at THE CENTER

"Can we play games even if it's not on the schedule/calendar?" YES! "Do we need Mystii to get one out and to get us set up to play?" NO! Look in the cabinet by the TV and you'll see lots of games to choose from. Pick one out and find someone to play with you. It's just that easy!

"Thanks for asking us to come sing for you. I think it helped to get the jitters out!" - Patty Joy, Choir Director from Harvard Public School who were in town for the District Music Contest at MHS.

**Senior Center:** "Did you sign in on the Kiosk?"

**Person:** "I thought that is just if I eat here."

**SC:** "NO! You need to sign in EVERY TIME you come to the center, even if it's just to pop in and say hi! Select every activity you're doing that day. The higher ups need to know how many people are served at The Center to get our fair share of funding."

The person was shown how to sign in to make sure their card and phone number worked.

**P:** "Thank you for letting me know how important it is to sign in. Now I'll do it every time I come in!"

## LET'S WATCH A MOVIE!

May Movie Day will be YOUR CHOICE! The May Movie will be YOUR CHOICE! Many available titles are available at The Center.

## LET'S PLAY A GAME!

Anytime you want to play a game, and there are MANY games to choose from at The Center, play a game! They're available to play whenever, it doesn't have to be on the schedule/calendar. There are many places around you can sit and play.



**CHECK OUT OUR FACEBOOK PAGE  
FOR UPDATES TO MENUS OR  
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, May 9, at 12:30 pm  
at the Senior Center.**

ADDRESS  
PLACE

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

POSTAGE