

May 2025

**MILFORD SENIOR CENTER - Serving the Milford Community**  
**It's not just for 'old' people! EVERYONE is welcome!**



Milford Senior Center

# Milford Senior Connections

## STEPPING ON CLASS

Check your calendars for June/July and sign up for the Stepping On class that will begin on June 2 and meet each Monday through July 14 from 12:30 pm to 2:30 pm.

- ♦ The Stepping On Classes, are an evidence-based program, that has proven to decrease falls for older individuals through education, that includes an awareness of fall risks and exercises that can improve balance and strength.
- ♦ Knowledge of fall prevention tactics helps to decrease the number of ER visits and hospital admissions annually.
- ♦ The Stepping On Classes teach participants about vision changes, medication, and footwear and how each of these topics impact fall risks.
- ♦ Participants also learn how to make their home environment safer through small changes and steps they can take to ensure their safety. (Better lighting, bathtub safety strips, clothing changes that may prevent falling)
- ♦ Participating in a "Stepping On" program builds confidence in participants ability to remain independent and enjoy life to its fullest.



## BAKED POTATO FUNDRAISER!



The **Monthly Baked Potato Bar Fundraiser** is held on the second Wednesday of each month. Join us **Wednesday, May 14 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.**

## MAY BIRTHDAY MEAL

Be sure to join us for the May Birthday Meal on **Wednesday, May 28, 2025**; we'll be dining on roast beef, mashed potatoes with gravy, carrots, a roll and butter from Pizza Kitchen and a cupcake from Sweet Canvas Cakes! We'll eat at 11:45 am and then rev up the fun factor as The Music Bingo People return at 12:45 pm.

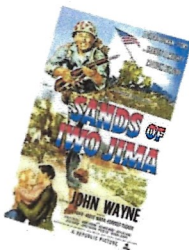


**\*\*Birthday Meals with Entertainment are now \$10 per person.\*\***



## FRIDAY MOVIES WITH WES

Everyone is welcome to view the 1949 classic *Sands of Iwo Jima* starring John Wayne at **12:30 pm on Friday, May 2.**



## DAYLIGHT DONUTS

The Donut Trailer will be at The Center on **Wednesday, May 14 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! Email [DaylightYork@gmail.com](mailto:DaylightYork@gmail.com) to pre-order your favorites!

## 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, talk to Jeanne at the City Office (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.

## ACTIVITIES

- ♦ Coffee - Fellowship Time
- ♦ Exercise Groups
- ♦ Pitch
- ♦ Bingo
- ♦ Footcare Clinic
- ♦ Noon Meals (reservations due by 1 pm previous day)
- ♦ Potato Bake (fundraiser)
- ♦ Birthday Meals with Entertainment
- See the Activities Calendar for dates and times.
- Have an idea for a new activity? Share your ideas with the center!
- VOLUNTEERS are welcome to help with activities. Just ask what you can do to help!

## KEEP YOUR CALENDARS HANDY!

**There's always something for you to participate in at The Center!**

THANK YOU to everyone that helped stuff the Easter Eggs for the Chamber of Commerce Egg Hunt. Thanks to Authors Carla Ketner and Joy Huber for sharing about their books. Thank you Malachi Miller for your banjo music.

Thanks to Marian Eicher for locating someone to reupholster the chairs that were in need of repair, and taking the seats/back into the provider.


The Milford Friends of the Senior Center would like to extend a BIG Thank You to all of you that joined us for our fundraiser. Anthony Manzella's tribute show of songs by "Frank Sinatra" was a Big Hit with the audience, and Pizza Kitchen's wonderful Roast Beef dinner was enjoyed by everyone. Thanks for your support! Mike Wiese, Connie Miller, Sandy Shaw, Gerry Dunlap and Arlene Moritz Board of Directors.

We at The Center are so grateful for the support from Friends of the Senior Center; without their generosity providing the variety of speakers and other entertainment, such as authors Carla Ketner and Joy Huber, or entertainers Anthony Manzella and Paul Siebert would not be possible!

Thank you to Mary Wiese for diagnosing the problem with the treadmill in the exercise room and repairing it. It's smooth walking from here on out.

*Thank You...*

# May 2025 ACTIVITIES, CONGREGATE, AND TO GO MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<b>5</b> Coffee 8 - 11 am Yoga 9:00 am Wii 9:00 am <b>Four Corners: Drowsy Driving 12:30 pm</b> Baked Chicken Rice Broccoli Fruit	<b>6</b> Coffee 8 - 11 am Tai Chi 10:30 am <b>Angel's Care: Eating Healthy as We Age 12:30 pm</b> Pitch 1:00 pm Carved Pit Ham Sweet Potato Casserole Green Beans Fruit	<b>7</b> Coffee 8 - 11 am Yoga 9 am Resistance Bands 10:30 am BINGO 12:45 pm Pulled Pork Sandwich Baked Potato Broccoli Fruit and Dessert	<b>8</b> Coffee 8 - 11 am Pitch 1:00 pm Chicken Cordon Bleu Potatoes Broccoli Fruit	<b>9</b> Coffee 8 - 11 am Yoga 9:00 am Video Exercise Class 10:30 am <b>Horisun Hospice presentation by Susan Burkey &amp; Dr. Bliecher 12:30 pm</b> Chicken Alfredo Noodles Cali Blend Fruit
<b>12</b> Coffee 8 - 11 am Yoga 9:00 am Wii 9:00 am <b>BINGO w/ Mark from Cornerstone 12:30 pm</b> Pork Loin Roasted Potato Green Beans Fruit	<b>13</b> Coffee 8 - 11 am Tai Chi 10:30 am <b>No Creating with Mike in May. See you in June!</b> Pitch 1:00 pm <b>Brunch w/ Kinship 11:30 am</b> Meatball Sub Rice Cali Blend Fruit	<b>14</b> <b>Daylight Donuts 7 - 10 am</b> Coffee 7 - 11 am Yoga 9 am NO Resistance Bands <b>Potato Bake Fundraiser 11 am to 1 pm</b> Dine in or Take Out!	<b>15</b> Coffee 8 - 11 am Pitch 1:00 pm Meatball Sub Rice Cali Blend Fruit	<b>16</b> Coffee 8 - 11 am Yoga 9:00 am Video Exercise Class 10:30 am Meat Marinara Noodles Garlic Bread Peas Fruit
<b>2</b> Coffee 8 - 11 am Yoga 9:00 am Video Exercise Class 10:30 am <b>Movie with Wes: Sands of Iwo Jima (1949) 12:30 pm</b> Chicken Fried Steak Mashed Potato n Gravy Cali Blend Fruit	<b>1</b> Coffee 8 - 11 am <b>Board Meeting 12:30 pm</b> Pitch 1:00 pm <b>Evening Pitch 7:00 pm</b> BBQ Pork Riblet Baked Beans Corn Fruit			

If April Showers bring May flowers, what do May flowers bring?



# May 2025 ACTIVITIES, CONGREGATE, AND TO GO MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>19</b> Coffee 8 - 11 am <b>BP check with HoriSun 8:30 am</b> Yoga 9:00 am Wii 9:00 am <b>LUNCH w/ Greene NOON</b> Chicken Enchiladas Lettuce Salad Fruit	<b>20</b> Coffee 8 - 11 am Tai Chi 10:30 am <b>Craft w/ Carla from Kinship 12:30 pm</b> Pitch 1:00 pm Tuna Salad/Whole Wheat Chips Beets Berries and Yogurt	<b>21</b> Coffee 8 - 11 am Yoga 9:00 am Resistance Bands 10:30 am <b>Aging Partners Nutrition Ed: How These Foods Impact Your Health 12:30 pm</b> Baked Chicken Caesar Salad Jello w/ Bananas Cottage Cheese	<b>22</b> Coffee 8 - 11 am Pitch 1:00 pm Sloppy Joes/ Whole Wheat Broccoli and Cauliflower Oranges	<b>23</b> Coffee 8 - 11 am Yoga 9:00 am Video Exercise Class 10:30 am Chicken Strips Potato Salad Carrots Strawberries
<b>26</b> <b>Memorial Day Center is Closed</b> 	<b>27</b> Coffee 8 - 11 am Tai Chi 10:30 am Pitch 1:00 pm White Chicken Chili Tossed Salad Oranges Crusty Bread	<b>28</b> Coffee 8 - 11 am Yoga 9:00 am Resistance Bands 10:30 am <b>Birthday Meal 11:45 am</b> <b>Music Bingo 12:30 pm</b> Roast Beef Mashed/Gravy Carrots Roll/Butter	<b>29</b> Coffee 8 - 11 am <b>Bingo w/ Kinship 12:30 pm</b> Pitch 1:00 pm Egg Salad Sandwich on Croissant Carrot and Celery Sticks Blueberries Root Beer Floats	<b>30</b> Coffee 8 - 11 am Yoga 9:00 am Video Exercise Class 10:30 am <b>Brunch with Greene 11:30 am</b> <b>Play Games w/ Rae 12:30 pm</b> Brunch with Greene
<b>*Milk and whole wheat roll available upon request*</b>	<b>Menu is subject to change without notice.</b>			
		Kathy Eberly May 1 Katy Pauley May 2 Jim Young May 5 Sandra Schroeder May 9 Sandy Erickson May 10 Ronda Eggerling May 18 Ronnie Finkbeiner May 29		

# MILFORD SENIOR CENTER WORD FIND

Y O G A H S E W H T I W S E I V O M U S N V U  
 A S G A S I V A M Y S T I I J P L J Z R K B W  
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CREATING WITH MIKE

FOUR CORNERS

VOLUNTEER

BRUNCH

YOGA

RESISTANCE BANDS

FUNDRAISERS

HORISUN

MYSTII

TONY

VIDEO EXERCISES

POTATO BAKE

KINSHIP

NUSTEP

WII

MOVIES WITH WES

ANGELS CARE

TABITHA

CARLA

RAE

BLOOD PRESSURE

MENS COFFEE

GREENE

MAVIS

ROY

AGING PARTNERS

NEWSLETTER

TAI CHI

LUNCH

PIZZA KITCHEN

FOOT CLINIC

COFFEE

PITCH

BIRTHDAY MEAL

TREADMILL

DONUTS

BINGO

Words can be found across, up or down, diagonally, and backwards.

Good luck and have fun!



**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  
TO BE DETERMINED.**

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

**ACTIVITIES AND MENUS ARE  
SUBJECT TO CHANGE**

While The Center works hard on  
providing an accurate calendar with the  
monthly menu and activities, sometimes  
there are changes outside of our control.  
Please keep up-to-date with our  
Facebook postings, and check your email  
for notifications of changes.

**KIOSK? WHAT'S A KIOSK? WHY IS IT IMPORTANT?**



The KIOSK sits on the shelf outside the  
office door. It is a touchscreen, just  
like a smartphone screen. All the  
activities for the day are on the  
screen. Please sign-in (once per day)  
each day you come into the center  
and select all the activities you  
participated in for the day. A check  
mark will appear next to the items you

selected. Press done when you are finished and that's it!

WHY do YOU have to sign in? 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.

**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  
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at Milford Senior Center



PLACE ADDRESS  
LABEL HERE

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