



## SUMMER MEAL RESERVATION AND SERVICE SCHEDULE

### Reservation Requirement:

Beginning on Friday, May 8, meal reservations must be made by **EACH FRIDAY** for the following week's meals. (As always, reservations are **NOT** needed for the Potato Bake)

### Meals will be served on:

- ◆ Tuesdays
- ◆ Wednesdays
- ◆ Thursdays

### Service Dates:

- ◆ Service begins **Tuesday, May 12, 2026**
- ◆ Runs through **Thursday, August 13, 2026**

The Center opens at 8:00 am Monday through Friday!



### 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 of their favorites are available.

**Monday, May 18 at 12:30 pm** come and enjoy a favorite movie, Mrs. Doubtfire. (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.

### BAKED POTATO FUNDRAISER!

Wednesday, May 13, 2026

11 am - 12:30 pm



You'll enjoy a delicious salad of your own design, a large baked potato with generous yummy toppings, a refreshing beverage AND fantastic dessert! Bring a friend, you want them to have fun, too! Volunteers are always needed! Please look over the sign-up sheets and see where YOU can help out!

# HAPPY BIRTHDAY!

Come on over for a fun-filled experience with one of our favorites—**Billy Troy is BACK!** Billy will entertain us with his stories, music, and charm following our May Birthday Meal



on **Wednesday, May 27 at 12:45 pm.**

Come hungry! Lunch will be served at **11:45 am**, catered by Pizza Kitchen, and includes:

- Meatloaf
- Mashed potatoes with gravy
- Green bean casserole
- A roll

And a delicious cupcake for dessert to end with a sweet treat. ALL that for only \$10!

Reserve your meal by **1 pm, Friday, May 22**—stop by, email, or call to save your spot.

Are you not able to join us for lunch? No problem! You're still welcome to come enjoy the entertainment with Billy.

Birthday Meal Drawing – FREE MEAL!

We have a drawing each month for a free meal. See calendar for details.

## 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.

*Thank you*

- ♥ We're so happy that the Kountry Kids 4H Club can utilize The Center and have their monthly meetings here. Their willingness to provide a service in return for meeting here doesn't go unnoticed! So much appreciation to them for helping sanitize all the tables and chairs, pulling weeds, planting flowers, and washing windows over the years. We are truly blessed!
- ♥ The Milford Senior Center is extremely grateful and wants to thank the Stauffer family, for the monetary donations given in memory of Marilyn.
- ♥ As the school year draws to a close, we would like to thank the folks who have assisted in making sure the meals are picked up each day from SCC and delivered to The Center, we are forever grateful for our volunteers! Thanks to Julie Blow, Tony Brown, Connie Miller, Marianne Pasho, John Slama, Joan West, and Mary Wiese for taking the time to make sure this task has been taken care of. SCC will be on summer break beginning May 11 and will resume August 17 when volunteers will be needed again.

## 10-POINT PITCH TOURNAMENT

Join us **Thursday, May 7 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!



## VOLUNTEER OPPORTUNITY

Dave Welsch will be sharing an opportunity to volunteer at the Milford Childhood Learning Center. Come on down for a quick, 15 minute share session on Tuesday, May 12 at 12:30 pm. One of the main areas for help is to rock our many babies. And who doesn't like to rock a baby! Come and learn how to be a part of this service to our community.

Plan to attend and **MARK YOUR CALENDARS!**




## CREATING WITH MIKE


Join Mike on **Tuesday, May 12 at 12:45 pm**. This month we will be painting wooden figures. Items will be available to embellish the figures. Join us and get creative!



# MAY 2026 ACTIVITIES & CONGREGATE AND TO GO MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p><b>1</b> Coffee 8 - 11 am Yoga 9 am Video Exercises 10:30 am</p> <p>Chicken Fried Steak Mashed Potato w/ Gravy Cali Blend Fruit</p>
<p><b>4</b> Coffee 8 - 11 am Men's Coffee: 8 am - ? Yoga 9 am</p> <p>Smothered Pork Loin Scalloped Potato Broccoli Fruit</p>	<p><b>5</b> Coffee 8 - 11 am Tai Chi 10 am <b>Word of the Week 10:30 am</b> <b>Heroism on the Plains w/ Dan Holtz 12:45 pm</b> Pitch 1 pm (MPR)</p> <p>Philly Cheesesteak Rice Green Beans Fruit</p>	<p><b>6</b> Coffee 8 - 11 am Yoga 9 am Resistance Bands 10:30 am BINGO 12:45 pm</p> <p>Grilled Cheese Tomato Soup Corn Fruit</p>	<p><b>7</b> Coffee 8 - 11 am <b>Four Corners presents: What to Know about Skin Cancer 12:45 pm</b> Pitch 1 pm <b>Pitch Tournament 6:30 pm</b></p> <p>Chicken Cutlet Baked potato Cali Blend Fruit</p>	<p><b>8</b> Coffee 8 - 11 am Yoga 9 am Video Exercises 10:30 am</p> <p>Chicken Alfredo Noodles Broccoli Fruit</p>
<p><b>11</b> Coffee 8 - 11 am Men's Coffee: 8 am - ? Yoga 9 am</p> <p><b>NO LUNCH</b></p>	<p><b>12</b> Coffee 8 - 11 am Tai Chi 10 am <b>Word of the Week 10:30 am</b> <b>Dave Welsch: MCLC volunteering 12:30 pm</b> <b>Creating w/ Mike 12:45 pm</b> Pitch 1 pm</p> <p>Tuna Salad Sandwich Chips Cucumber and Onions Fruit</p>	<p><b>13</b> Daylight Donuts 7 - 10 am Coffee 7 - 11 am Yoga 9 am <b>NO</b> Resistance Bands</p> <p><b>BAKED POTATO BAR FUNDRAISER</b> 11 am to 12:30 pm</p>	<p><b>14</b> Coffee 8 - 11 am Pitch 1 pm</p> <p>Cheese Omelets Hash Browns w/ Peppers and Onions Tossed Salad Fruit</p>	<p><b>15</b> Coffee 8 - 11 am Yoga 9 am Video Exercise 10:30 am</p> <p><b>NO LUNCH</b></p>

# MAY 2026 ACTIVITIES & CONGREGATE AND TO GO MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18 Coffee 8 - 11 am Men's Coffee: 8 am - ? <b>BP Check with HoriSun Hospice 8:30 am</b> Yoga 9 am Monday Movie Matinee 12:30 pm (Mrs. Doubtfire)</p> <p><b>NO LUNCH</b></p>	<p>19 Coffee 8 - 11 am NO Tai Chi <b>Word of the Week 10:30 am</b> Pitch 1 pm</p> <p>Brunch w/ Greene Egg and Veggie Casserole Fruit Muffins Orange and Tomato Juice</p>	<p>20 Coffee 8 - 11 am Yoga 9 am Resistance Bands 10:30 am <b>Board Meeting 6 pm</b></p> <p>Chicken Pot Pie Mixed Veg Beets Jello w/ Pears</p>	<p>21 Coffee 8 - 11 am Pitch 1 pm</p> <p>Chicken Caesar Salad on Croissant Potato Salad Peas Fruit</p>	<p>22 Coffee 8 - 11 am Yoga 9 am Video Exercise 10:30 am</p> <p><b>NO LUNCH</b></p>
<p>25</p> 	<p>26 Coffee 8 - 11 am Tai Chi 10 am <b>Word of the Week 10:30 am</b> Pitch 1 pm</p> <p>Chicken Salad Sandwich Jello w/ Bananas 3 Bean Salad</p>	<p>27 Coffee 8 - 11 am Yoga 9 am Resistance Bands 10:30 am <b>Birthday Meal 11:45 am</b></p> <p>Meatloaf Mashed Potatoes w/ Gravy Green Bean Casserole Roll w/ Butter <b>Music w/ Billy Troy 12:45 pm</b></p>	<p>28 Coffee 8 - 11 am Pitch 1 pm</p> <p>Sloppy Joes Tater Tots Carrots Fruit</p>	<p>29 Coffee 8 - 11 am Yoga 9 am Video Exercise 10:30 am</p> <p><b>NO LUNCH</b></p>



## May Birthdays

Katy Pauley May 2  
Sandra Schroeder May 9  
Julie Blow May 22

## 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 Pat Grimes for winning a free meal in March for her birthday.



## ISOLATION. WHY ATTEND A SENIOR CENTER?

Seniors who are homebound, live alone, or experience limited mobility can be especially vulnerable to social isolation—and the depression that often follows. Feelings of loneliness, boredom, and frustration can quickly grow into sadness and hopelessness.

The good news is there are simple, meaningful ways to stay connected and uplift your spirit. Make it a goal to spend time outside the home whenever possible—enjoy nature, visit a library, stop by The Center, or invite a friend for coffee or a shared activity like a musical at the high school, a fundraiser for the fire station or any activity at The Center, through the Chamber, or at the library. Like to craft and have an idea? Volunteer to lead a craft. Enjoy playing board games and want to get folks together to have some fun? Get it started. Do you need to get some exercise? Start on Wednesday mornings with Yoga or Exercise Bands, there's Tai Chi on Tuesday mornings, and Chair Exercises on Fridays. All are great, low impact, ways to get your blood flowing. Take small steps—both literally and figuratively—to stay engaged. Your community has so much to offer, and staying connected can make a powerful difference in your overall well-being.

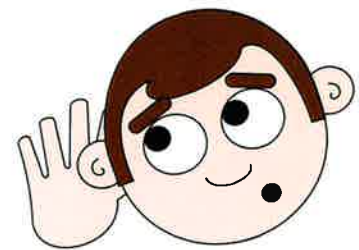
## OVERHEARD AT THE CENTER

- ♥ **"She gets to spend her first Easter WITH Jesus? Cool!!!"**
- ♥ **"Well, this is where all the people are!"**
- ♥ **"Oh, this place feels like pure JOY!"**  
**"Um, (and side eye) stop it with the positivity."**  
**"OK. I smell coffee and that's JOY in a cup and my friends are here; that's JOY I tell ya!"**
- ♥ **"Ugh. I forgot."**  
**"Are you new here? We forget everything."**
- ♥ **"Don't let the facts get in the way of a good story. Don't quote me. Mark Twain said that."**
- ♥ While sharing that someone was chatting with a family member about making sure to get enough protein, they stated there is a great new protein drink with 42g or protein. "That protein drink is kind of expensive. I guess I'll just drink your inheritance."
- ♥ **"Hey! I drive 17 miles each day to come to the Senior Center! I'd drive 50 miles to see these faces!"**
- ♥ **"I like coming to the Senior Center! As much as I enjoy seeing my family, I like seeing other people as well!"**

## HEROISM ON THE PLAINS: STORY SONGS OF COURAGE AND DETERMINATION

Join us on **Tuesday, May 5 at 12:45** as Dan Holtz shares about Heroism on the Plains In "Heroism on the Plains," Dan Holtz and Gary Zalud present songs about fascinating stories from Nebraska and Great Plains history. Their songs include stories about homesteaders, Native Americans, World War II heroes, Nebraska's natural wonders and more. Holtz and Zalud, whose musical collaboration goes back to their days growing up in Ord, NE, now perform as "Flatwater Reunion," after recently reconnecting. They played together in a musical group named "Calico," nearly 50 years ago.

Dr. Holtz is a Peru State College Emeritus Professor of English; Dr. Zalud is Emeritus Professor of Literacy Education and was the longtime Chair of Curriculum and Instruction at the University of South Dakota in Vermillion. In the year 2000, Holtz was the recipient of the Nebraska State College System Teaching Excellence Award and has given more than 500 musical, historical-storytelling programs statewide and beyond through the sponsorship of Humanities Nebraska. Zalud received the USD School of Education 2015-16 Excellence in Service award for impactful work with school districts in North and South Dakota, Nebraska, Minnesota, Wyoming and Iowa. The duo brings Nebraska and Great Plains history alive through their acoustic-electric renditions of Holtz's and Zalud's story songs.



### 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, MAY 20 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.**

## UPCOMING IN JUNE!

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

June's birthday meal is Wednesday, June 24 and Elvis impersonator, Joseph Hall, returns at 12:45 pm.

Milford Senior Center  
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Like and Follow us on Facebook at

## Milford Senior Center

