

SEPTEMBER  
2026



Milford Senior Center  
The Center Chronicles

## OLLI (Osher Lifelong Learning Institute) CLASSES

Thank you to Marian Eicher for heading up bringing OLLI (Osher Lifelong Learning Institute) classes to The Center! We are so appreciative of her work, with Stephanie Nantkes, to get this going! The classes are free and anyone in the community is welcome to participate!

There are 3 options in September. Join us for one or all of them:

**Thursday, September 10 beginning at 6:30 pm: Restoring and Managing Resilient Prairies – with Chris Helzer.** Prairies are beautiful, diverse and fascinating. View photos and hear stories about Nebraska prairies and learn about how land stewards keep them vibrant and healthy. Explore seed harvest, prescribed fire, grazing, mowing, invasive species management, and the art and science of blending those in surprisingly sophisticated ways. Discover how bees, badgers, cows, and people can all interact and coexist.

**On Friday, September 18 from 9 to 10:30 am the class is AI in Daily Life: Promise and Peril.** Artificial Intelligence is no longer science fiction; it's helping us drive, cook, learn and even write. But what are the tradeoffs? Discover how AI is quietly embedded in our routines, where it helps, where it harms, and what's next.

**On Tuesday, September 22nd from 1-2:30 pm experience: Nebraska Perseveres: Life on the Plains.** The late 1800s were difficult years for the nearly formed state of Nebraska. There were many struggles in life, especially those attempting to farm for a living. Learn about life in sod houses, the locust invasion, the cattle boom and bust, the blessing and exploitation of railroads. We will conclude with the populist Party movement.

<https://olli.unl.edu/>

### SEPTEMBER BIRTHDAY MEAL

Join us on **Wednesday, September 30, at 11:45 a.m.** for our **September Birthday Meal!**

Lunch will consist of roast beef, mashed potatoes with gravy, corn, a roll, and a delicious cupcake.

**Be sure to reserve your meal by Friday, September 25 at 1:00 pm.**

After lunch, sit back and enjoy a presentation by Deb White at 12:45 pm with Spirit of Nebraska; she will have copies of her book to sign.

It's sure to be an engaging and entertaining program.

We look forward to celebrating with everyone!

★HAPPY★  
BIRTHDAY!

### BAKED POTATO FUNDRAISER!



**Wednesday,  
September 9, 2026  
5:00 – 7:00 pm**

Join us from 5:00 to 7:00 pm  
Wednesday, September 9  
for our BAKED POTATO BAR FUNDRAISER!  
Baked potato, salad bar, desserts,  
and beverages.

### 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 Joyce Forst on winning a free birthday meal for the month of July.

**Monday, September 14 at**

**8:30 am** Colleen Ozane: Information on Medicare Open Enrollment (October 15 - December 7) .



We want to thank all the people that helped at the potato bake in August. We couldn't have done it without you! The

night started out with serving 90+ people in the first 30 minutes! It was a fantastic evening and we are so grateful for the volunteers and all the people who came to eat. THANK YOU for your support!



**SING! SING A SONG!!**

Come enjoy children from Little Leaps of Faith Development Center sing songs with us on **Thursday, September 17 at 10 am.**

## GROWING OLDER, GROWING WISER: THE SCIENCE BEHIND LIFELONG LEARNING AND WELL-BEING.

Join us at The Center on **Wednesday, September 23rd at 12:30 pm** and hear Melissa Hayes-Connolly, Ph.D. to discover how continued learning can play a powerful role in supporting cognitive health, emotional well-being, and overall quality of life as we age. This presentation explores the science behind lifelong learning, including its connections to mental sharpness, social engagement, sense of purpose, and healthy aging. Participants will leave with a deeper understanding of how curiosity and learning can contribute to a more vibrant, fulfilling life at any age.

## WORD OF THE WEEK & THE DWELLING CIRCLE

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. Pastor Steve Griffin from Bellwood Mennonite Church leads The Dwelling Circle **Thursdays at 10:00 am**. Plan to stay for lunch! Make your reservation for lunch by 1 pm the day before.

## 10-POINT PITCH TOURNAMENT

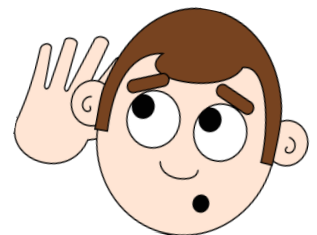
Join us **Thursday, September 3 at 6:30 pm** for a 10-Point Pitch Tournament. All ages are welcome!

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

- What's the best thing about a waffle? The W. Without it it would be awful.
- I didn't know I was a ladies man until today!
- What were those little non peaches we got to have for lunch yesterday? Mangoes??
- We are so busy trying to get rid of darkness instead of shining our light.
- You need to come in more often. This is the happening place!
- When you have sweat equity involved things taste better. That was the best potato!
- What I want to say when I get a spam call, but my wife won't let me:  
"Murphy's Mule Emporium. Would you like to speak to another jackass?"



## A vertical illustration of seven healthcare workers. From top to bottom: a male worker in an orange lab coat and cap; a female worker in a yellow lab coat and cap; a male worker in a blue lab coat and cap; a female worker in a light blue lab coat and cap; a male worker in an orange lab coat and cap; a female worker in a blue lab coat and cap; and a male worker in an orange lab coat and cap. All workers are wearing face masks and have their hands clasped in front of them.

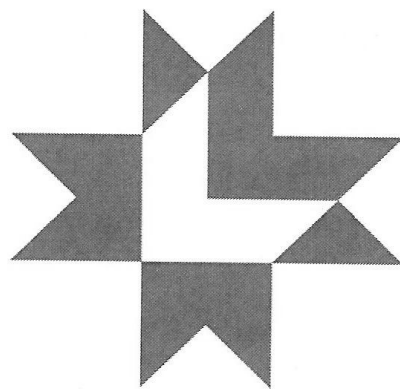
A vertical illustration of seven healthcare workers standing in a row. From top to bottom: a male worker in an orange lab coat and cap; a female worker in a yellow lab coat and cap; a male worker in a blue lab coat and cap; a female worker in a light blue lab coat and cap; a male worker in an orange lab coat and cap; a female worker in a blue lab coat and cap; and a male worker in an orange lab coat and cap. All workers are wearing face masks and have their hands clasped in front of them.

# SEPTEMBER 2026 ACTIVITIES & CONGREGATE AND TO GO MENU

| MONDAY                                                                                                                                                    | TUESDAY                                                                                                                                                                                                                                             | WEDNESDAY                                                                                                                                                                                                                                                                                           | THURSDAY                                                                                                                                   | FRIDAY                                                                                  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| <b>21</b> Coffee 8-11 am<br>Men's Coffee: 8-?<br>Yoga 9:00 am<br>Creating with Mike 12:45 pm<br><br>Sloppy Joes<br>Mashed Potato n Gravy<br>Corn<br>Fruit | <b>22</b> Coffee 8-11 am<br>Tai Chi 10:00 am<br>Word of the Week 10:30 am<br>Pitch 1:00 pm<br><b>OLLI: Nebraska</b><br><b>Perseveres; Life on the Plains 1 - 2:30 pm</b><br><br>Pit Smoked Ham<br>Sweet Potato Casserole<br>Cali Vegetable<br>Fruit | <b>23</b> Coffee 8-11 am<br>Yoga 9:00 am<br>Resistance Bands 10:30 am<br><b>Melissa Hayes-Connelly, PH.D.: Growing Older, Growing Wiser: The Science Behind Lifelong Learning and Well-Being. 12:30 pm and Well-Being. 12:30 pm</b><br><br>Salsbury Steak<br>Mashed Potato n Gravy<br>Corn<br>Fruit | <b>24</b> Coffee 8-11 am<br>The Dwelling Circle w/ Pastor Steve 10:00 am<br>Pitch 1:00 pm<br><br>Meatball Sub<br>Rice<br>Broccoli<br>Fruit | <b>25</b> Coffee 8-11 am<br>Yoga 9:00 am<br><br>Chicken Cutlet<br>Rice<br>Corn<br>Fruit |
| <b>28</b> Coffee 8-11 am<br>Men's Coffee: 8-?<br>Yoga 9:00 am<br><br>Smothered Pork Loin<br>Scalloped Potatoes<br>Cauliflower<br>Fruit                    | <b>29</b> Coffee 8-11 am<br>Tai Chi 10:00 am<br>Word of the Week 10:30 am<br>Pitch 1:00 pm<br><br>Brisket<br>Baked Beans<br>Green Beans<br>Fruit                                                                                                    | <b>30</b> Coffee 8-11 am<br>Yoga 9:00 am<br>Resistance Bands 10:30 am<br><b>BIRTHDAY MEAL 11:45 am</b><br>Roast Beef<br>Mashed Potatoes/Gravy<br>Corn<br>Roll<br><b>Entertainment: Deb White: Spirit of Nebraska 12:45 pm</b>                                                                       |                                                                                                                                            |                                                                                         |



|                  |              |                   |              |
|------------------|--------------|-------------------|--------------|
| Joanne TeSelle   | September 2  | Coral Eberspacher | September 15 |
| Lois Upton       | September 3  | Diane Barton      | September 16 |
| Jerre Bontrager  | September 4  | Sharon Grutch     | September 17 |
| Sherri Gorski    | September 6  | Deb McGowen       | September 19 |
| Ron Piening      | September 7  | Mary Wiese        | September 19 |
| Lisa Slama       | September 7  | Linda Stutzman    | September 21 |
| Herb Greenwade   | September 9  | Lynette Oltman    | September 23 |
| Cheryl Hostetler | September 9  | Ella Demaray      | September 24 |
| Doyle Roth       | September 9  | Mel Brown         | September 25 |
| Anna Mae Roth    | September 11 | Mike Moritz       | September 25 |
| Ron Sorenson     | September 11 | Paul Rexroad      | September 25 |
| Robin Tellier    | September 12 | Jeff Rownd        | September 25 |
| Peg Burkey       | September 15 | Jan Fischer       | September 30 |



# City of Lincoln AGING PARTNERS

## **FY2026 Survey – Seward County**

Senior Center Name (optional): \_\_\_\_\_

1. How often does attending the senior center help you feel socially connected?

- Never
- Rarely
- Sometimes
- Often
- Very often
- Does not apply

2. On a scale of 1 to 5, how much has attending the senior center reduced feelings of loneliness or isolation?

- 1 = Not at all
- 2 = A little
- 3 = Somewhat
- 4 = Quite a bit
- 5 = Very much
- 0 = Does not apply

3. How much do senior center programs help you continue living independently?

- Not at all
- A little
- Somewhat
- Quite a bit
- Very much
- Does not apply

4. If you participate in senior center meals, how much have the meals improved your overall nutrition?

0 = I do not participate in meals

1 = Not at all

2 = A little

3 = Somewhat

4 = Quite a bit

5 = Significantly

5. How would you rate the overall quality of the meals served at the senior center?

- Poor

- Fair

- Good

- Very good

- Excellent

- Does not apply

6. How welcoming do you find the senior center environment, including staff and other participants?

- Not welcoming

- Slightly welcoming

- Moderately welcoming

- Very welcoming

- Extremely welcoming

- Does not apply

7. How would you rate the information services we provide (such as resources, referrals, or assistance with questions)? Excellent Very Good Good Fair Poor

8. How would you rate the entertainment programs and activities we offer (like games, music, movies, or special events)? Excellent Very Good Good Fair Poor

9. Do you know where to turn if you have questions about community resources? Yes No

10. If you answered 'No' to #9, what information would be helpful?

11. Overall, in the last twelve months, how helpful have the programs through the senior center been to you? Very Helpful Helpful Not very helpful

12. Comments: Please share any suggestions or experiences

# '60s Fads

Match the clues to the words that are '60s fads.

- |                                         |                    |
|-----------------------------------------|--------------------|
| 1. Groovy light source _____            | A. super ball      |
| 2. Old tape format _____                | B. sea monkeys     |
| 3. Colorful T-shirt _____               | C. miniskirt       |
| 4. Snug-collared top _____              | D. lava lamp       |
| 5. Girlfriend of Ken _____              | E. banana seat     |
| 6. Gotham hero _____                    | F. 8-track         |
| 7. Trendy furniture of the '60s _____   | G. surfing         |
| 8. Fashionable '60s shoes _____         | H. fallout shelter |
| 9. They are actually brine shrimp _____ | I. tie-dye         |
| 10. Popular pants of the '60s _____     | J. Barbie          |
| 11. Short garment _____                 | K. Tang            |
| 12. Orange drink _____                  | L. Twister         |
| 13. Bouncer for kids _____              | M. turtleneck      |
| 14. Popular '60s party game _____       | N. beanbag chairs  |
| 15. Elongated bicycle perch _____       | O. Batman          |
| 16. Color-changing jewelry _____        | P. bell-bottoms    |
| 17. Hanging ten _____                   | Q. mood ring       |
| 18. Underground safety spot _____       | R. go-go boots     |



THANK YOU Kathy Nowotny for sending us this puzzle.

### 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, SEPTEMBER 16 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

### "WHAT'S HOLDING YOU BACK?"

Rightsizing expert and CEO of Changing Spaces SRS,  
Jeannine Bryant, will be here **Friday, November 6**  
**from 12:30 – 1:30 pm** sharing a presentation titled  
"What's Holding You Back? Stuff, Stress, and  
Letting Go". She will speak for 45 minutes with 15  
minutes for questions afterwards.

### 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.

### VOLUNTEERS NEEDED!

The Senior Center provides meals that are prepared at SCC.  
Volunteers from the community are needed to pick the meals  
up around 11:15 am each day. Individuals from SCC would help  
load the hot box into your vehicle and then someone at The  
Center would assist in taking the hot box out of the vehicle.  
There will be a sign-up sheet at The Center. You are also  
welcome to call The Center and have Mystii sign up for you.

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

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

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

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