



FEBRUARY

"Serving the Specialized Needs of Milford's Senior Population" 9 Jepson Drive Milford, CT 06460 (203) 877-5131

Mayor Benjamin G. Blake

Chairperson Lillian A. Holmes

Executive Director Leonora C. Rodriguez



Dear Members,

Happy February! As we enter the second month of 2022, we are looking forward to resuming our larger group activities and programs that we

temporarily suspended in January due to the influx of COVID-19 positivity rates throughout CT.

As a reminder, we ask members not to enter the Center if they are feeling symptomatic or have recently been informed they were exposed to someone with symptoms of COVID. All members are required to wear a mask throughout the Center and during all activities and programs. With these efforts we are looking forward to having a unique week of activities to celebrate the month of love, details which can be found on the back of this month's newsletter. I look forward in seeing you soon!

Best Regards,

Leonora C. Rodriguez, Executive Director

"Spread love everywhere you go. Let no one ever come to you without leaving happier."

MOTHER TERESA



Did you Know?

Lift Every Voice and Sing was a hymn written as a poem by NAACP leader James Weldon Johnson in 1900. It was first performed in public in Jacksonville, Florida to celebrate President Abraham Lincoln's birthday. At the turn of the 20th century, Johnson's lyrics poignantly captured the solemn yet hopeful appeal for the liberty of Black Americans.



Medical Equipment Closet

Are you in need of a wheelchair, walker or cane? Please call the Center if you are in need. Supplies are limited. First come, first serve.
CALL (203) 877-5131



Center Holiday Closure

The Center will be closed on Monday February 21, 2022 in observance of Presidents' Day

Pick up a copy of a **Brain Teasers Activity Booklet** at the Center filled with logic puzzles, trivia, and mind games. Learn more about Black History Month and other February holidays.

MILFORD SENIOR CENTER PRESENTS



EVERY SUNDAY | 11.30 - 2.30PM

GET OUT OF THE HOUSE ON SUNDAYS WITH THE SUNDAY SOCIAL FOR PICKLEBALL, MOVIES, GAME PLAYING, CARDS, READING AND SOCIALIZING.

FOOD AND DRINK AVAILABLE!

YOU CAN RESERVE A SANDWICH MEAL FOR JUST \$3.

YOU MUST RESERVE YOUR MEAL THE FRIDAY BEFORE BY 12PM.

COMPLIMENTARY COFFEE AND JUICE FOR \$1.



LOOKING TO VOLUNTEER? REACH OUT US TO LEARN MORE ON HOW TO BECOME A MILFORD SENIOR CENTER VOLUNTEER. MUST BE AGE 16+. 203-877-5131



Medicare Beneficiaries!

Did you know premiums are increasing for 2022?

The CT Medicare Savings program may help.

Call and ask to speak with John or Christine for more information.

203-877-5131



Connect with us on Social Media!

Facebook.com/milfordSC
www.milfordctseniorcenter.com

Volume 28 Issue 2

9 Jepson Drive, Milford, CT 06460 Phone: 203.877.5131

Center Hours:

Sun 11:30 am - 2:30 pm

Mon 9:00 am - 8:00 pm

Tue -Fri 9:00 am to 4:30 pm

The Second Glance Shop Hours: M - F 9:00 am - 1:00 pm

SAMHSA's Disaster Distress Hotline: 1.800.985.5990

This Hotline is available 24/7. Helpline specialists are trained to assist anyone who needs some help coping during this time.

*We apologize for any errors that may appear in this newsletter.
Schedules subject to change.*



Welcome New Members!

Annual membership at the Milford Senior Center is just \$15.00 and is available to Milford residents age 55+.

The office is open 9:00 am - 4:30 pm M - F for joining & renewing memberships.

Milford Senior Center
9 Jepson Drive, Milford, CT 06460

For more information about membership, please contact us at 203-877-5131

New Class! Retro Moves

Wednesdays 9:30 am
Auditorium Room

Join Roxie for this class of heart pumping music from the 70's and 80's in the style of Jane Fonda, Richard Simmons. This class tones the upper & lower body, and core muscles & concludes with a full body stretch.

No equipment is needed! Bring a smile & leave invigorated. This is a chair class but participants are welcome to stand.

Roxie has 27 years experience as a personal trainer, fitness instructor and health coach.

VITA Tax Preparation

Sundays 11:30 am - 2:30 pm & Mondays 5-8 pm

The VITA Program will be providing free income tax preparation for all ages and low income families

January 30, 2022 - April 11, 2022

Participants will be required to register by calling 211- choose option 3, then 6 or online at <https://uwc.211ct.org/tax>

Low Vision Support Group

If you have vision problems, we welcome you to join us here at the Center the **2nd Monday of the Month at 10:30 am.** This is not an advocacy group rather a forum for discussion and support.

For more information contact facilitator **Eileen Torow, at 203.878.8904**

New Class! Theatre Dance Fitness

Thursdays 10:45 am
Parquet Room

Join our tap instructor, Tina for a low impact dance fitness class designed to improve strength, flexibility, balance and endurance!

Each class will combine warm-ups, theatre and jazz dance steps in a safe, fun and non-threatening environment.

Tina has 25 years experience as a dancer & choreographer in film, TV and stage.

Legal Presentation on...

How to keep long term care from becoming a long term financial crisis

Wednesday February 9th 1:00 pm
Large Conference Room

Learn strategies for preventing impoverishment should you or a loved one need long term care in Connecticut. Presented by Drazen Law

Did You Know?

We have a Computer Kiosk on the 2nd floor with two large screen computers available to use for your online needs?

It is open the same hours as the building. Let us know in the front office if you would like to use one.



MSC Book Club

4th Tuesday, of the month at 11:00 am

The February book will be:

The Love Story of Missy Carmichael
By Beth Morrey

Download book on digital reader or pick up at the Library Reference desk. Facilitated by Rose Nolan. Please contact Rose for more info at 203.877.2342.



AARP Smart Driver Online Courses

For measures of safety - AARP has canceled their in-person programs for January 2022. If you need to renew your car insurance discount try one of the following:

online course at your own pace!

Website: <http://www.aarpdriversafety.org>

Via a Zoom Class with a live teacher

Website: <http://aarp.cvent.com/dsvirtual>



Seniors Technology Assistance for You!

One on one appointments with Claire to assist you with your tech questions. Contact Amanda, Program Director to schedule your appointment. 203-877-5131

In House Exercise Classes MSC February Calendar 2022

Pre-Registration required for classes in **bold type**

Extended Winter Session January 3 - March 31

Please only register for one (1) Linda Ball class & one (1) Dee Stephens class total per week.

Your membership must be current in order to register.

Remember to wear appropriate footwear for exercise classes and your MASK.

Please continue to be mindful of others personal space.

We will also be offering Zoom options concurrent to the live classes (thus creating a hybrid system) for all of Linda's and Dee's Classes.

Email Amanda for the log on Details: abmilfordseniorcenter@yahoo.com

Day	Time	Program	Teacher	Location
Monday	9:30 - 10:30 am	Laughter Yoga	Connie	Parquet Room
	9:30 - 10:30 am	Stretch, Strengthen & Stabilize	Linda	Auditorium
	10:45 - 11:45 am	Qi Gong	Hedwige	Parquet Room
	4:00 - 5:00 pm	On The Ball	Linda	Auditorium
	5:30 - 7:30 pm	Pickleball	None	Auditorium
	6:00 - 7:00 pm	Yoga	Beth	Parquet Room
Tuesday	9:30 - 10:30 am	Stretch, Strengthen & Stabilize	Linda	Auditorium
	10:45 - 11:45 am	Meditation	Andrea	Parquet Room
	10:45 - 11:45 am	Stretch, Strengthen & Stabilize	Linda	Auditorium
	3:00 - 5:00 pm	Corn Hole	Self-Led	Parquet Room
	4:00 - 5:00 pm	Yoga	Dee	Auditorium
Wednesday	9:30 - 10:30 am	Retro Moves	Roxie	Auditorium
	9:30 - 10:30 am	Tai Chi-Beginner	Marty	Parquet Room
	10:45 - 11:45 am	Tai Chi- Intermediate	Marty	Parquet Room
	1:00 - 3:30 pm	Pickleball	None	Auditorium
Thursday	9:30 - 10:30 am	Yoga	Dee	Auditorium
	10:45 - 11:45 am	Let Your Yoga Dance	Andrea	Auditorium
	10:45 - 11:45 am	Theater Dance Fitness	Tina	Parquet Room
Friday	9:30 - 10:30 am	Osteoporosis Preventive	Linda	Auditorium
	9:30 - 10:30 am	Tap Group	Self lead	Parquet Room
	10:45 - 11:45 am	Tap Class	Tina	Parquet Room
	10:45 -11:45 am	Stretch, Strengthen & Stabilize	Linda	Auditorium
	1:00 - 3:30 pm	Pickleball	None	Auditorium

In House Recreation Programs & Creative Classes

MSC January Calendar 2022

Appointment required for programs in **bold type** - 203.877.5131

Please continue to be mindful of others personal space.

Day	Time	Program	Teacher	Location
Monday	9:30 - 11:00 am	Band Rehearsal	Duane	Conference Room/2nd floor
	9:30 - 11:00 am	Craft Class	Maryann	Craft Room
	10:00 - 11:30 am	Ceramics	Judy	Ceramics Room
	10:00 am -12:00 pm	Bridge	Self Lead	Card Room
	10:30 am - 12:00 pm	Low Vision Support Group 2nd Mon.	Eileen	Conference Room/2nd floor
	1:00 - 3:00 pm	Bingo/Super Bingo 2nd Mon.	Volunteers	Auditorium
	1:00 - 3:00 pm	Mahjong	Self Lead	Card Room
Tuesday	10:00 am - 12:00 pm	Chess Group/Independent play	Self Lead	Card Room
	10:00 - 11:30 am	Art Class	Gayle	Conference Room/2nd floor
	11:00 - 12:30 pm	Book Club/ Details p.3 4th Tue.	Rose	Small Conf. Room/ 2nd floor
	1:00 - 2:30 pm	Art Class	Gayle	Conference Room/2nd floor
	1:00 - 3:00 pm	Bingo	Volunteers	Auditorium
	1:00 - 3:00 pm	Quilting	Self Lead	Craft Room
Wednesday	9:00 am - 12:15 pm	Free Haircuts	Maria	Contact Paula in Office
	10:00 - 11:30 am	Creative Writing Class	Judy	Card Room
	10:30 - 11:30 am	Happy Hookers Knitting Group	Pat	Craft Room
	1:00 - 3:00 pm	Canasta	Self Lead	Card Room
	1:00 - 3:00 pm	Wii Bowling Available	Self Lead	Parquet Room
	2:00 - 3:00 pm	Spanish Language 1st & 3rd Wed.	Leonora	Large Conf room
	1:30 - 2:45 pm	Beginners Ukulele 2nd & 4th Wed.	Leonora	Large Conf room
Thursday	10:00 - 12:00 pm	Writers Unlimited 1st & 3rd Thur.'s	Anne-Marie	Card Room
	11:00 am - 12:00 pm	Italian Hour	Ana	Music room
	1:00 - 3:00 pm	Bingo	Volunteers	Auditorium
	1:00 - 3:00 pm	Wii Bowling Available	Self Lead	Parquet Room
Friday	10:00 - 11:30 am	Ceramics Class	Judy	Ceramics Room
	10:00 - 11:30 am	Tones Chimes New time begins 1/14 10:30 - 12:00	Rosemary	Conference Room/2nd floor
	1:00 pm-3:00 pm 1:00 pm-3:30 pm	3/11: Movie Matinee: Loving 3/25: Movie Matinee: Les Misérables	Self Lead	Parquet Room



Online Pre-Registration Instructions

Spring Session April 1—June 20th

Pre-Registration for the *Spring* session begins
Monday, March 21st at 9 am

and will be ongoing throughout the session as space is available.

**Please be prepared to register online or in person on 3/21/2022.
Due to heavy call volume, we are unable to take registrations
by phone on that day.**

Please only register for one (1) Linda Ball class total per week and
one (1) Dee Stephens class per week.

Classes requiring pre-registration are indicated on the
In House Exercise Class Calendar on page 4.

Your membership must be current in order to sign up.

<https://schedulesplus.com/milford>

- ⇒ Type the link above into your browser
- ⇒ Click green login button
- ⇒ Enter your phone number no area code & use a dash (111-1111)
- ⇒ Click Green Search button
- ⇒ Click on your name
- ⇒ On your welcome screen click Register button
- ⇒ Click on the name of the class
- ⇒ Find the day and time of the class
- ⇒ Click Blue add to cart button (for this to be visible you must log on at 9am or after)
- ⇒ Repeat this process for each class you want to take
- ⇒ Click yellow check-out button
- ⇒ Review registration
- ⇒ If all is good Click the grey save and proceed button
- ⇒ If you need to make a change, click Cancel-return to cart button
and repeat process above
- ⇒ Once on final review page click yellow complete my order button
- ⇒ Print or email yourself your receipt



Title VI: Do you know your rights under Title VI?

Title VI ensures that no person in the United States shall on the grounds of race, color, national origin, sex, age or disability be excluded from participation in, be denied the benefits of, or be otherwise subject to discrimination under any program or activity receiving Federal funding.

Milford Council on Aging supports Title VI.

For more information contact Human Resources Manager, Liz Kassay.

Memorial Donations: Donations in honor of someone can be made to:

The Milford Council on Aging 9 Jepson Drive, Milford CT, 06460
Attention: Leonora C. Rodriguez, Executive Director

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Senior Center Services

Contact us at: **203.877.5131**

Social Services

Our **Social Services Coordinator, Christine Lyas, CRS-A/D, DCP** provides assistance with the challenges of aging to those 55 and older, as well as to disabled adults of any age. Housing, energy assistance, DMV renewals, applications and more.

Smriti Saxena, Wellness Assistant & Nick Olshansky, Social Service Worker are available to support concerns of older adults.

For assistance in these areas please call 203.877.5131 and ask to speak to someone from social services or email:
CLmilfordseniorcenter@yahoo.com

Senior Benefit Enrollment

To qualify, you must be a Medicare eligible senior or a person with a disability. You may be eligible for one or more programs including:

Medicare Part D Extra Help/ Low-Income Subsidy, Medicare Savings Programs, Medicaid, Supplemental Nutrition Assistance Program (SNAP), or Low-income Home Energy Assistance Program.

Contact our **Senior Benefit Specialist, John Cornelius**, for an appointment. 203.877.5131

Ahrens Program

The Ahrens Program is a respite and social-based program designed for persons with mild cognitive impairments. It provides a safe space to enjoy stimulating activities and socialization while offering caregivers needed personal time.

Program runs Monday - Friday 9:30 am to 1:30 pm

If you would like to schedule an interview or would like more information please contact:
Christine Lyas, Social Services Coordinator

Transportation

Milford Senior Center members 55 and above, or disabled adults of any age are eligible to use our transportation services for medical appointments (within 7 miles of the senior center), grocery shopping and to the Center. Contact our **Transportation Supervisor, Denise Arpino**.

Out-of-town service please contact
Milford Transit, 203.874.4507.

Milford Food Bank

We are a community food bank that serves the City of Milford and the surrounding areas. The Milford Food Bank provides both perishable and nonperishable foods as well as a limited number of hygiene products.

Designated times for in-person shopping is available one person at a time.

Emergency bags are always available.

For more information or to schedule an appointment, please call **Robyn Segal, Food Bank Coordinator**, at 203.877.5131

Meals On Wheels

Do you or someone you know need meals for a homebound elderly resident?

Contact our **Meals on Wheels Coordinator, Marie Vaughn** for more information
203.877.5131

Community Services

Alzheimer's Association 24/7 Helpline
800.272.3900 or www.aoascc.org

Area Agency on Aging 203.785.8533

CT Dept. of Social Services 203.974.8000

CT Protective Services of the Elderly 1.888.385.4225
(SAMHSA's) Disaster Distress Hotline 1.800.985.5990

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February Menu

The cost of the Mini Lunch is \$3.00

In-house dining, to-go and curbside orders are available Monday - Friday

Call for reservations and to-go between 9am - 1pm. 203-877-5131

Must call by 10:00 am for same day reservations.

Seatings available for 11:30 AM and 12:30 PM



M	T	W	T	F
	1	2	3	4
	Breaded Fish w/Lemon & Tartar Sweet Potatoes Broccoli	Spaghetti with Marinara Parmesan Cheese Tossed Salad Garlic Knot	Teriyaki Meatballs Rice Pilaf Green Beans	Roast Pork with Gravy Mashed Potatoes Peas
7	8	9	10	11
Tortellini with Alfredo Sauce Italian Vegetables	Beef Stew Corn Bread Tossed Salad	Baked Fish w/Lemon & Tartar Roast Potatoes Mixed Vegetables	Sliced Ham Pineapple Sweet Potatoes Broccoli	Chicken Parmesan Pasta Side Italian Vegetables
14	15	16	17	18
Eggplant Rollatini Pasta Side Green Beans	Roast Pork with Gravy Mashed Potatoes Buttered Peas	Chicken Florentine Rice Pilaf Carrots	Meatloaf w/Gravy Mashed Potatoes Buttered Corn	Breaded Fish w/Lemon & Tartar Roast Potatoes Mixed Vegetables
21	22	23	24	25
Closed For President's Day	Sliced Roast Beef with Gravy Mashed Potatoes Buttered Carrots	Shrimp in Lemon Sauce with Pasta Tossed Salad	Tuscan Chicken Rice Pilaf Broccoli	Quiche Lorraine Roast Sweet Potatoes Green Beans
28				
Breaded Chicken w/Gravy Mashed Potatoes Buttered Corn	<i>All lunches include homemade soup, coffee, tea and dessert</i>			

Join us at the Milford Senior Center for breakfast hour.

Wednesdays Only 9 am - 10 am Complimentary coffee or tea.

Breakfast Menu:

Bagel with butter \$1.00 Cream Cheese \$.50 Scone with butter \$2.00 Mini Muffin with butter \$1.00 Assorted juices \$1.00 ea.

No reservations needed ~ First Come First Served Breakfast may be purchased in the dining room at the kitchen window.

Staff Spotlights

Tiara Harris joined Milford Senior Center in October of last year as the Ahrens Program Coordinator.

There is lots to keep Tiara very busy as she coordinates and schedules all the activities for members within the Ahrens Program, which provides a structured, safe and fun environment for persons with various memory/cognitive impairments. Much of her day is spent doing vital outreach work, marketing and communicating with family and caregivers. Of course, no two days are ever the same but she also enjoys getting involved with the fun including painting, singing, dancing, laughter and much more!

Tiara started her career in the medical field as a certified nursing assistant. She then worked at a nursing facility on a memory care unit where she was offered to take a course which would qualify her as a memory care coordinator. She was later promoted to Memory Care Coordinator on that unit.

When asked about what aspects of her role she most enjoyed, Tiara was passionate about the true honor of working with individuals who allow her into their space. When working with seniors, she often comes across those who have lived through loss, immigrations, wars and so much more. With all of their life history, she always feels thankful and honored that she becomes entrusted to get to know them and provide the best possible care she can. She also loves to reassure members that there is life after being diagnosed with Dementia and Alzheimers.

Tiara's two greatest achievements in life thus far are: Raising her 7 year old twin boys, who enjoy baking with mom. Also, officially starting her new part time business in January - Grace's Candi Customs which gives her the opportunity to create sweet treats for special occasions and holidays.

Tiara is excited to continue to grow the Ahrens Program for members and give back to the community as much as possible.

In her spare time, Tiara enjoys spending time with her family, reading and creating new items for her business.





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– William Ewart Gladstone, Former Prime Minister of the United Kingdom

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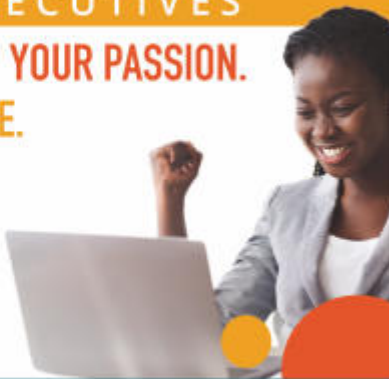
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MILFORD SENIOR CENTER

9 Jepson Drive
Milford, CT 06460



Week of Love

We are celebrating the love we have for life and would like to offer you a few gifts of Kindness and Renewal this Valentine's week.

Flowers for You

Sunday February 13TH

Come by the center and pick up a small bouquet of flowers for yourself or a friend!*

11:30 AM - 2:00 PM

Valentine's Tea for Two and Tea To-Go

Monday February 14TH

Enjoy Valentine's Day a with a take home tea and goodies bag to savor a calming and delightful moment at home.

*Please register in front office by Thursday, Feb. 10th
Pick up will be Monday Feb. 14 from 1:30 - 4:00 PM*

Sweetheart Sale

Tuesday February 15TH

Browse our Second Glance Shop and find some sweet deals all day!

*Quantities are limited.

Entertainment with The Coconuts!

Wednesday February 16TH

1:00PM - 2:00PM

Join in for an afternoon of toe tapping and laugh out loud with The Coconuts!

Chocolate Time!

Thursday February 17TH

Sometimes you just need Chocolate!
Come by the center and receive a small bag. *

Trivia Time! Win a Valentine Gift Basket!

What is the name of person responsible for popularizing Valentine's Day greeting cards in America?

- A. Bobby Valentine
- B. Esther Howland
- C. Martha Stewart

Submit your guess by Feb. 17th to the front office and be entered into a drawing to win one of three gift baskets!