



"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



Leonora C. Rodriguez

Dear Members,

As you know March 20th marks the first day of Spring. A time to rejoice in the thoughts of longer and (hopefully) warmer days. At the Center, we were hoppin' in February with a Week of Love, which offered a special treat each day. We also introduced new programs and welcomed both new and returning members. Great things are happening at the Center! We want to keep the momentum going by continuing to offer unique and entertaining activities and programs as well as all your favorites. I invite you to check out the many events this month. Take a look at the return of our day trips this month— the beginning of more to come. I do hope you are able to find something that you'll enjoy at the Center. See you soon!

Leonora C. Rodriguez

Executive Director



Singles Social Club "Speed Friendship"

Are you looking to get to know other single seniors? Join our new social club and make some new friends. Refreshments will be offered.

Call for more information!
2nd Thursdays 1:00pm—2:00pm
Room TBA

What does Pancake Day, Paczki Day and Mardi Gras have in common?

They all fall on March 1st this year. Stop by the Center on the following days for a special treat to celebrate the Month.

March 1st: Pick up a Paczki (Polish pastry) and Mardi Gras beads

March 2nd: Breakfast Pancakes 9am-10am
March 17th: St. Patrick's Day Leprechaun treat.

Milford Food Bank presents our 2nd annual

Date: Tuesday, March 1, 2022

Time: 10am-2pm

Place: Milford Senior Center
9 Jepson Dr.
Milford, CT



This is an outdoor market!



Spring Farmers Market

Bring your own bag & wear a mask to join us for this fun & easy way to fill your pantry!!

Purse Auction Fundraiser



LOOKING FOR PRE-LOVED PURSES, HANDBAGS AND TOTES

For our upcoming Purse Auction Fundraiser to benefit the United Way of Milford
If you have a gently used purse to donate, please drop it off at the Milford Senior Center Monday-Friday between the hours of 9am and 3pm until March 31st

**EVENT WILL TAKE PLACE ON
MONDAY APRIL 11TH**

**1PM TO 2:30PM Preview & Silent bidding
Followed by
4PM TO 6PM Purse Auction Event**



FOCUS GROUP

We Want to Hear From You...

1. We are looking for individuals for a Focus Group
We are seeking volunteers in the following age groups to join us:
55-64
65-74
75-84
85+
The Focus Group will be broken down into smaller groups consisting of 4-5 members of various ages.
2. Initial Meeting:
Date: April 7th
Time: 12noon or 4pm
Place: Milford Senior Center Large Conference Room on the 2nd floor at 9 Jepson Drive Milford, CT 06460

3. Focus Group Participants will meet 1-2x a month to discuss programs and activities to engage in a guided discussion to provide feedback on current and future programs and activities of the Center.

If interested, rsvp to Rose Kristie 203-877-5131 or email rjkmilfordseniorcenter@yahoo.com

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

Connect with us on Social Media!

**Facebook.com/milfordSC
www.milfordctseniorcenter.com**

Volume 28 Issue 3

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

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

*To Our
March
Birthday and Anniversary
Celebrants
Best Wishes and Congrats!*

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 & re-newing memberships.

Milford Senior Center
9 Jepson Drive, Milford, CT 06460

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

BEGINNER'S LATIN DANCE WORKSHOP



Join in for an instructional workshop on Latin dancing. Come to one or both!

Session 1: March 7th
Session 2: March 21st
5:00pm—6:00pm

Limited space. Call for details (203) 877-5131
Milford Senior Center Members Only

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 until 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

Thinking Of Selling Your Home?

Monday March 7th 1:00 pm
 Large Conference Room

Join us for a discussion about everything you ever wanted to know about selling your property. Presented by David Frankel, Realtor at Property World



MSC Book Club

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

The March book will be:
The Dressmaker's Gift
 By Fiona Valpy

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.



Brain Health: Keeping the Mind Active

Wednesday March 23rd 1:00 pm
 Large Conference Room

What are the risks or threats to brain health and what can you do to protect your brain health?

Learn from the memory care experts about how positive lifestyle choices may help you maintain a healthy body – and brain. Get tips on what you can do to start today.

Presented by: Bridges by Epoch Trumbull

Enter the raffle to win a MorePro Fitness Tracker Smart Watch that tracks : fitness, heart rate, sleep and blood pressure.*

AARP Smart Driver Online Courses

For measures of safety - AARP has canceled their in-person programs for this location for 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 March Calendar 2022

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

Spring Session April 1 - June 30th 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.

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 Dee's Classes and most of Linda'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-Led	Parquet Room
	10:45 - 11:45 am	Tap Class -Intermediate	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 March 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-Led	The Studio/2nd floor
	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	9:30 - 11:00 am	Beading Class	Micky	Craft Room
	10:00 am - 12:00 pm	Chess Group/Independent play	Self-Led	The Studio/2nd floor
	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	Conference Room/2nd floor
	10:30 - 11:30 am	Happy Hookers Knitting Group	Pat	Craft Room
	1:00 - 3:00 pm	Canasta	Self-Led	Card Room
	1:00 - 3:00 pm	Wii Bowling Available	Self-Led	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-Led	Parquet Room
Friday	10:00 - 11:30 am	Ceramics Class	Judy	Ceramics Room
	10:30 am - 12:00 pm	Tones Chimes	Rosemary	Conference Room/2nd floor
	1:00 pm-3:00 pm	Movie Matinee: 3/11 Patsy & Loretta	Self-Led	Parquet Room

Online Pre-Registration Instructions

Spring Session April 1- June 30th

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 is available to listen & lend support to 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.aosccc.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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March 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
	Stuffed Shells Green Beans Garlic Knot	Swedish Meatballs Egg Noodles Mixed Vegetables	Baked Fish w/lemon & tartar Rice Pilaf Buttered Peas	Roast Pork w/gravy Mashed Potatoes Carrots
7	8	9	10	11
Shephard's Pie With Gravy Tossed Salad	Bar-B-Que Chicken Baked Beans Potato Salad	Eggplant Rollatini Pasta Side Green Beans	Penne with Sausage & Mushrooms in a light cream sauce Tossed salad	Breaded Fish w/lemon & tartar Potatoes Broccoli
14	15	16	17	18
Stuffed Pork Roast Mashed Potatoes Green Beans	Tuna Noodle Casserole Tossed Salad	Meatloaf with Gravy Mashed Potatoes Buttered Corn	Bangers and Mashed Buttered Carrots Irish Soda Bread	Baked Ziti With Marinara Italian Vegetables Garlic knot
21	22	23	24	25
Chicken Casserole Rice Pilaf Mixed Vegetables	Salisbury Steak Mashed Potatoes Buttered Corn	Pulled Pork Sandwich Potato Salad Pickles	Pasta Primavera With Caesar Salad Garlic knot	Baked Fish With lemon & Tartar Roast Potatoes Mixed Vegetables
28				
Pasta with Marinara Sauce Italian vegetables Garlic Knot	<i>All lunches include homemade soup, coffee, tea and Desert!</i>	Attention: Because of our upcoming kitchen renovation some meals may be suddenly changed. Please call for accuracy. Sorry for the inconvenience.		

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.

MSC Local Trips

Unless otherwise noted, for more information contact our Travel Department 203-877-5131
Registration available in the Travel Office and the Front Office.
Payment required at time of registration.

In and Around Town

Christmas Tree Shopping Plaza
Monday March 21st
10:30AM - 12:00PM

Hop on the bus and let us drive you to a great day of shopping!



Please contact Denise in Transportation to make your reservation. Space is limited.

Palace Theater—Behind the Scenes Tour

100 E Main Waterbury, CT 06702

Tuesday March 22, 2022
10:00AM - 3:00PM
\$30.00

Get an all access pass to explore ten decades of onstage history and backstage mystique during this 90-minute guided venue tour. Each tour explores the theater's rich history, architectural design and entertaining anecdotal information.

Followed by lunch at
Domenick & Pia Downtown Pizzeria
Includes your choice of:
two slices of pizza and beverage.

Pick up time: 10:00am
must arrive 15 minutes prior at MSC.

Please sign up with payment by
Friday, March 18, 2022

*Palace Theater Covid-19 information:
Show proof of full Covid-19
vaccination or present proof of a negative Covid-19 PCR
test (not a at home test) taken within 72 hours. Also,
mask must be worn at all time regardless of
vaccination status except while actively eating or drinking.

The Chocolate Factory Returns

44 Chase River Rd, Waterbury, CT 06704

Wednesday March 30, 2022
11:00AM - 3:00PM
\$55.00

We will spend an hour at **Fascia's Chocolates** beginning with a presentation by the owner on the history of the company and chocolate. You will see the production area through big glass windows and different camera angles.

Then, make your own chocolate bar!

Followed by lunch at **Verdi's Italian Restaurant.**

Your choice of: Pasta Ala Vodka,
Chicken Parmigiana, North Atlantic Salmon
All served with your choice of soup or salad, a
beverage and small dessert.

Pick up time: 11:00am
must arrive 15 minutes prior at MSC

Please sign up with payment by
Friday, March 25, 2022

Trip to Candyland: PEZ Visitor Center

35 Prindle Hill Road, Orange, CT 06477

Tuesday April 5, 2022 11:00AM - 3:00PM \$40.00

Over 4,000 square feet dedicated to all things PEZ!
See the largest, most comprehensive collection of PEZ
memorabilia on public display in the world, viewing area
into our production area, retail area, and much more.

We will have lunch at **Kimberly Restaurant.**
Your choice of: Sautéed Chicken Francaise,
Baked Meatloaf or Broiled Stuffed Filet Sole.
Dessert and beverage included.

Pick up time: Pick up time 11:00am at the MSC

Please sign up with payment by
Friday, April 1, 2022

Your sweet adventure awaits you...



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

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MILFORD SENIOR CENTER

9 Jepson Drive
Milford, CT 06460

March Festivities

Celebrate the Luck of the Irish and welcome Spring with us this Month!

Irish Tunes with Pierce Campbell

**Tuesday March 8th
1:00PM - 2:00PM**

Join us for an engaging program of traditional and original Irish pub style songs in The Clancy Brothers tradition.



Pierce was the Connecticut State Troubadour for the years 2007/08 and has been a fulltime musician for over 35 years. Playing guitar and singing most of his life, he receives high praise for his dazzling guitar work, superb songwriting and powerful vocals.

Leprechaun Treats!

Thursday March 17th

Come by the center and receive a small goody bag that will take you to the end of the rainbow! Quantities are limited.



Spring Fling Party!

**Monday March 21st
6:00PM - 7:30PM**

Come kick up your heels with the **The NoSmo Kings**

Tickets \$10 50/50 Raffle
Sign up in the front office beginning March 1st



Open to the Public 55+

St. Paddy's Photo Booth

**Tuesday March 15th
10:30AM- 1:00PM**



Smile!
Stop in to take a photo in festive green garb to celebrate St. Patrick's Day

Sponsored by Anthem, Inc.