



*"Serving the Specialized Needs
of Milford's Senior Population"*



Dear Members,

Happy Spring and welcome to all our new and returning members! It's wonderful to see everyone out and about, enjoying themselves here at the Center, the top spot for active adults 55+ in Milford.

Last month, we really packed in the fun with new classes, live music, giveaways and more. This month, we have several great activities and happenings, including our first ever Purse Auction Fundraiser to benefit the United Way of Milford. This event will take place on Monday, April 11th and is open to the Public. If you have not visited the Center in the past few months (or year), now is the right time to join and to get involved.

I hope to see you soon!

Leonora C. Rodriguez
Executive Director

**The Center will be closed on Friday April 15th & Sunday
April 17th in observance of Good Friday and Easter.**

April
2022



9 Jepson Drive Milford, CT 06460

Main Phone (203) 877-5131

Mayor Benjamin G. Blake

Chairperson Lillian A. Holmes

Executive Director Leonora C. Rodriguez



Purse Auction Fundraiser

9 Jepson Drive, Milford, CT

Monday, April 11, 2022

Preview & Silent Bid

1pm-2:30pm

Auction

4-6pm

Open to the Public, bring a friend!

Cash or Check only please

These purses have a purpose

All proceeds to benefit the United Way of Milford.

Refreshments will be served



LOOKING TO VOLUNTEER?
REACH OUT TO 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 4

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
April
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 & renewing memberships.

Milford Senior Center
9 Jepson Drive, Milford, CT 06460

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

Mocktail & Wine Glass Painting Extravaganza

Tuesday April 5, 2022 1:00 –2:30 PM
Parquet Room

Come Enjoy mocktails, treats & express your creativity painting your own wine glass.

Presented by: Senior Helpers of upper Fairfield
R.S.V.P to the Milford Senior Center front office
203-877-5131

Advanced Planning Questions? Let Us Help!

Wednesday April 6
1:00- 2:30 pm
Large Conference Room

Join us for our “Dignity of Life Seminar”. This program is successfully assisting seniors and their loved ones with elder care and the end-of-life planning. During this session our panel of experts will provide educational and resource information in the areas of burial and estate planning.

RSVP, to Outreach Coordinator, Barbara Gode at 203 780-8418 or email her bgode@ccacem.org or register on our website at www.ccacem.org go to EVENTS calendar

Celebrate Earth Day

Friday April 22

The theme for this years Earth Day is *Invest in our planet.*

Stop by the office at the center to pick up an easy flower planting kit and brighten the world!

The first Earth Day was celebrated in 1970 to provide a voice to the emerging environmental consciousness, and put environmental concerns on the front page.



To learn more about the history of and action spurred by this national day visit:

www.earthday.org

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

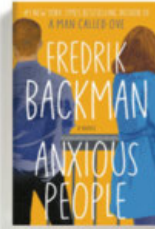
MSC Book Club

4th Tuesday, of the month at 11:30 am

The March book will be:

Anxious People

By Fredrik Backman



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 In person & Online Courses

Apr 27 1-5pm *In Person* here at MSC. Please call Nat Rosenberg 203 -795 -6159 to register.

online course at your own pace!

<http://www.aarpdriversafety.org>

Via a Zoom Class with a live teacher

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

River Cruising Presentation

Thursday April 28 1:00 pm
Large Conference Room

Karen Quinn-Panzer, Owner of Dream Vacations in Milford will be talking about river cruising on some of the world's greatest rivers - including right here in the USA.

American Queen Voyages can take you off the beaten path to discover North America by its waterways. Ama Waterways is an innovative river cruise line with 19 years of experience on the world's rivers.

Karen has owned Dream Vacations Quinn Panzer Travel since 2013, specializes in river cruising, and has worked with many Milford non-profits in fundraisings. She enjoys helping people travel the world safely.

In House Exercise Classes MSC April Calendar 2022

Spring Session April 1 - June 30th

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

Pre-Registration for the *Spring* session began Monday, March 21st and will be ongoing throughout the session as space is available. Please only register for two (2) Linda Ball classes & one (1) Dee Stephens class total per week.

Your membership must be current in order to register. You may register in person or on line (on line instructions p.6)

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

Please continue to be mindful of others personal space. Masks are optional in the building at this time.

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
	10:45 - 11:45 am	Ahrens Exercise Hour - Private	Staff	Card 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
	10:45 - 11:45 am	Ahrens Exercise Hour - Private	Staff	Card Room
	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 Chair Class	Roxie	Auditorium
	9:30 - 10:30 am	Tai Chi-Beginner	Marty	Parquet Room
	10:45 - 11:45 am	Tai Chi- Intermediate	Marty	Parquet Room
	10:45 - 11:45 am	Ahrens Exercise Hour - Private	Staff	Card Room
	1:00 - 3:30 pm	Pickleball	Self Lead	Auditorium
	Thursday	9:30 - 10:30 am	Yoga	Dee
10:45 - 11:45 am		Let Your Yoga Dance	Andrea	Auditorium
10:45 - 11:45 am		Theater Dance Fitness	Tina	Parquet Room
10:45 - 11:45 am		Ahrens Exercise Hour - Private	Staff	Card 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
	10:45 - 11:45 am	Ahrens Exercise Hour - Private	Staff	Card Room
	1:00 - 3:30 pm	Pickleball	None	Auditorium

In House Recreation Programs & Creative Classes

MSC April Calendar 2022

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

Please continue to be mindful of others personal space.

Masks are optional in the building at this time.

Day	Time	Program	Teacher	Location
Monday	9:30 - 11:00 am	Band Rehearsal	Duane	Music Room
	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 Led	Card Room
	6:00 - 8:00 pm	Model Trains	Self Led	Train Room/ Basement
Tuesday	9:30 - 11:00 am	Beading Class	Micky	Craft Room
	10:00 - 11:30 am	Gospel Choir	Debra	Music 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
	11:30 - 12:30 pm	Book Club/ Details p.3 4th Tue.	Rose	The Studio/ 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 Led	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	Music Room
	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
11:00 am - 12:00 pm		Italian Hour	Ana	Music room
1:00 - 3:00 pm		Bingo	Volunteers	Auditorium
1:00 - 3:00 pm		Knitting Group	Self-Led	Craft Room
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	Music Room
	1:00 pm - 3:00 pm	Movie Matinee Available	Self-Led	Parquet Room

Online Pre-Registration Instructions

Spring Session April 1- June 30th

Pre-Registration for the *Spring* session began Monday, March 21 and will be ongoing throughout the session as space is available.

Please only register for two (2) Linda Ball classes 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 the **Milford Food Bank**, 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.aoscc.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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April Menu

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.

Lunch is served from 12:00 pm –1:00 pm
 The cost of the Mini Lunch is \$3.00

M	T	W	T	F
				1
<i>All lunches include homemade soup, coffee, tea and desert!</i>				Sliced Turkey with gravy Stuffing Green Beans Cranberry sauce
4	5	6	7	8
Jerk Chicken w/Rice Mixed Vegetables	Sausage & Peppers Pasta Side Green Beans	Meatloaf Mashed Potatoes Corn	Stuffed Rigatoni With Marinara Tossed Salad	Breaded Fish With Lemon & tartar Potatoes/ Peas
11	12	13	14	15
Teriyaki Meatballs Over Rice Broccoli	Eggplant Rollatini Pasta Side Tossed Salad	Chicken & Gnocchi Italian Style Vegetables	Grilled Shrimp in a light cream sauce over linguini Green Beans	CLOSED FOR GOOD FRIDAY
18	19	20	21	22
Spinach Quiche Roast Sweet Potatoes Sliced Tomatoes	Baked Fish Lemon & Tartar Mashed Potatoes Green Beans	Philly Cheesesteak Macaroni salad	Roast Pork W/Gravy Potatoes Mixed Vegetables	Lemon Pepper Chicken Rice Pilaf Broccoli
25	26	27	28	29
Turkey Chili Rice Cornbread Tossed Salad	Baked Ziti Green Beans Garlic Knot	Sausage & Peppers Pasta Side Green Beans	Salisbury steaks With gravy Mashed Potatoes Corn	Breaded Fish Lemon & Tartar Roast Potatoes Carrots

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.
Please arrive at MSC 15 minutes prior to departure time.

Trip to Candyland: PEZ Visitor Center

Tuesday April 5

11:00AM - 3:00PM

\$40.00 Sign up by 4/1

Departs MSC @ 11:00am

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.

Lunch at **Kimberly Restaurant** choice of:
Sautéed Chicken Francaise, Baked Meatloaf or Broiled Stuffed Filet Sole. Dessert and beverage included.



Your sweet adventure awaits you...

HARTFORD STAGE: APRIL 20TH

Trip Price \$69 Sign up by 4/13

"Lost in Yonkers" Lets go see a play about two teenage Brooklyn boys and what they get into in a small apartment in Yonkers with their unwelcoming grandmother, over excitable aunt and gangster uncle.

Lunch at Sorellas

Caesar salad or rocket arugula with choice of:
Salmon, Chicken Parmigiano, Fettuccini Bolognese

Depart MSC @ 10:30am

Lunch: 12:00 - 1:00 pm

Showtime: 2pm

Return to MSC @ 5pm



YALE ART GALLERY: APRIL 12TH

Trip Price \$28 Sign up by 4/7

The Yale University Art Gallery collects, preserves, studies, and presents art in all media, from all regions of the globe and across time.

The museum's exceptional collection—numbering nearly 300,000 objects—is the core of its identity.

Depart MSC @ 9:30AM

Art gallery 10 am - 12pm

Lunch at Harvest 12 - 1pm (across the street)

Prix fixed menu with several different choices

Return to MSC @ approximately 1:30 pm



MOHEGAN SUN: APRIL 28TH

Trip Price \$10 Sign up by 4/25

Lets take a trip to a place where you can test your luck, find something great to eat and shop till you drop.

Depart MSC @ 9:30am

Leave Mohegan @ 4:30pm

Return to MSC @ 5:30pm

In and Around Town

Walnut Beach Stroll
Tuesday April 26th 10:30AM - 12:30PM



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

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



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“Show me the manner in which a nation cares for its dead and I will measure with mathematical exactness the tender mercies of its people, their respect for the laws of the land and their loyalty to high ideals.”
– William Ewart Gladstone, Former Prime Minister of the United Kingdom

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MILFORD SENIOR CENTER

9 Jepson Drive
Milford, CT 06460

MEET US!

A collaboration of:

April 8-10

Firehouse Gallery
81 Naugatuck Ave
Milford

Works by 13
emerging artists



Opening reception Friday April 8, 5—8:00

Saturday 1—4:00 Sun 12-3:00



Learn to Belly Dance

Learn the Art of belly dancing in two sessions with Kelvia!
Come to one or both.

Monday April 18th and 25th

4:30pm - 5:30pm

No registration required. Call Amanda, Program Director for more details.

Milford Senior Center Members Only

