



Mayor Benjamin G. Blake



Chairperson Lillian A. Holmes



Executive Director Leonora C. Rodriguez



Dear Members,

We have made it to the beautiful month of May! There are plenty of reasons to love May. It's the unofficial start of the summer, flowers are blooming, and you can finally begin entertaining outdoors again. As an avid gardener, I cherish the bright days of May which offers opportunities to plant without concern for frost.

The month of May also shares special days and holidays; Mother's Day, Memorial Day and Older Americans Month to name the most recognized. Mother's Day, (May 9th) is the day we pause to celebrate mothers for their support, teaching of important life skills, love and guidance.

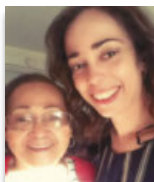
Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in military service for the United States. It is observed on the last Monday of May. **The Center will be closed in observance of the holiday on Monday May 30th.**

Lastly, I would like to thank our membership and all who donated, purchased, volunteered and assisted to make last month's Purse Auction fundraiser to benefit the United Way of Milford a success. We were able to raise \$2,206.00.

I invite members to look through this month's newsletter and discover all the happenings for the Month of May. From local trips to unique programs, we have it all!

I hope to see you soon!

Leonora C. Rodriguez
Executive Director



Leonora Rodriguez, Executive Director pictured with her mom.



Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That's why the theme for Older Americans Month (OAM) 2022 is **Age My Way.**

Every May, the Administration for Community Living (ACL) leads the celebration of Older American Month. This year's theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While *Age My Way* will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.



May 2022

“Serving the Specialized Needs of Milford's Senior Population”



Message regarding Focus Group:

The Milford Senior Center has concluded its focus group. **Thank you** to all who participated and contributed their time and thoughts. We will release the findings to the membership once analysis is completed and will present the group's findings. Stay tuned~!



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

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

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 5

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

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



AARP Smart Driver In person & Online Courses

Wednesday May 4th 9:15am - 1:15 am *In Person*
Please call Wren Harper (203) 929 0516 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>

Publishing Party

Wednesday May 18 11:30 am
Large Conference Room

Join our Creative Writing Class for a program featuring readings from their latest book!
Guest will receive a copy of the book.
Sure to be entertaining & intriguing.

Mother's Day Cupcake Decorating



Friday May 6, 2022 1:00 –3:00 PM
Large Conference Room

Learn how to decorate your own dozen Cupcakes to take home and enjoy for mothers day!

Presented by: Mimi's Cake Decorating School
Space is limited. Must pre register at the MSC

Art Show

Tuesday May 24th
9:30a - 1:30p

Throughout Center's 2nd Floor
May is National Older Americans Month!
Come celebrate the vibrant art being created by our Art class. This years Theme is "Meet Us!"



Stamp Out Stroke

Tuesday May 10 1:00 pm
Large Conference Room

We are a community outreach group affiliated with the Yale Stroke Department. We are comprised of physicians, nurses, and students and our goal is to educate the community about stroke. We focus on stroke risk factors, recognizing warning signs, and the importance of receiving prompt care. We will provide an interactive presentation followed by a Q&A session at the end.

MSC Book Club

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

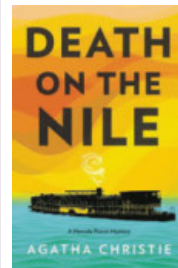
The March book will be:

Death on the Nile

By Agatha Christie

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.



Walk About Yoga

Mondays 10:45 - 11:45 am
May 9 - June 24

Join Andrea for a walk around the neighborhood, pausing periodically to do standing yoga poses.
No mat required. Will meet at the Center.
Class will be weather dependent.

Move Right

Thursday May 12 1:00 pm
Large Conference Room

Come Learn Strategies to move pain-free for longevity
Presented by: Katy Sullivan, PT, DPT, CMT
Physical Therapy & Sports Medicine Centers of Orange

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

SUNDAY MAY 1ST GRIFFIN HEALTH FREE BOOSTER CLINIC AT THE MILFORD SENIOR CENTER 10:30a-1:30p

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	Walk About Yoga - Details p.3	Andrea	Meet on Patio
	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
	9:30 - 10:30 am	Theater Dance Fitness	Tina	Parquet Room
	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 - looking for new instructor	Self lead/Temp	Parquet Room
	10:45 - 11:45 am	Tai Chi- Inter. - looking for new instructor	Self lead/Temp	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	Auditorium
	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	Large Conf 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	The Studio/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/2nd floor
	1:30 - 2:45 pm	Beginners Ukulele 2nd & 4th Wed.	Leonora	Large Conf room/2nd floor
Thursday	10:00 - 12:00 pm	Writers Unlimited 1st & 3rd Thur.'s	Anne-Marie	The Studio/2nd floor
	11:00 am - 12:00 pm	Italian Hour	Ana	Large Conf Room/2nd floor
	1:00 - 2:00 pm	Singles Social Club/2nd Thur.	Staff	TBA
	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	9:30 - 10:30 am	Tones Chimes	Rosemary	Large Conf Room/2nd floor
	10:00 - 11:30 am	Ceramics Class	Judy	Ceramics Room
	10:45 - 11:45 am	MSC Choral Group	Rosemary	Music Room
	1:00 - 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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May Menu

In-house dining, to-go and curbside orders are available Monday - Friday
Call for reservations and to-go between 9am - 1pm.

Must call by 10:00 am for same day reservations. 203-877-5131

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

All lunches include homemade soup, coffee, tea and desert!



M	T	W	T	F
2	3	4	5	6
Seafood Pasta Bake Tossed Salad	Chicken Stroganoff Egg Noodles Mixed Vegetables	Baked Fish Rice Pilaf Mixed Vegetables	Bar-b-que Pork Macaroni and cheese Cole slaw	Sloppy Joe Roast sweet potatoes Pickles
9	10	11	12	13
Spinach Quiche Roast Potatoes Tossed Salad	Roast Pork w/gravy Mashed Potato Peas	Chicken Cordon Bleu Rice Pilaf Broccoli	Sloppy Joe Potato Wedge Pickles	Baked Fish Mac & Cheese Green Beans
16	17	18	19	20
Swedish Meatballs Egg Noodles Mixed Vegetables	Stuffed Shells Italian Vegetables Garlic Knot	Breaded Fish Roast Potatoes Green Beans	Lemon Chicken Rice Pilaf Buttered Peas	Sausage & Peppers Pasta Side Green Beans
23	24	25	26	27
Baked Fish Mashed Potatoes Mixed Vegetables	Chicken Casserole Rice Pilaf Broccoli	Beef Stroganoff w/mushrooms Egg Noodles & Carrots	Bar-B-Que Pork Macaroni & Cheese Cole Slaw	Eggplant Rollatini Pasta Side Italian Vegetables
30	31			
Closed For Memorial Day	Salisbury Steak Mashed Potatoes Buttered Corn	All lunches includes; homemade soup, coffee or tea		

Join us at the Milford Senior Center for breakfast hour.

Monday—Friday 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.

BARTLETT ARBORETUM: MAY 31ST

Trip Price \$52 Sign up by 5/24

Join for a tour of the Bartlett Arboretum and Gardens in Stamford, CT. Contains 93 acres of parkland, gardens, landscapes, and hiking trails that focus on the regional plants, ecology and character of Southwestern New England.

Depart MSC @ 12
Bartletts: 1pm-3pm
Dinner: 4pm-5pm
Dinner will be at *Bin 100* a prix fixed menu with several choices
Return to MSC @ 5:30PM



MARITIME AQUARIUM: MAY 10TH

Trip Price \$53 Sign up by 5/5

Come view 75 live exhibits featuring nearly 7,000 animals of 363 species both freshwater, salt marshes, and deep water habitants from the open ocean. (Norwalk, CT)

Depart MSC @10:00am
Aquarium : 11am - 12:30pm
Lunch: 1:00 - 2:30 pm (approx.)
Lunch will be at : *La Vista* a prix fixed menu with several choices. See Asia for details.
Return to MSC @ 3pm



PRIME CLIMB: MAY19TH

Trip Price \$28 Sign up by 5/12

Come out and try indoor rock climbing in Wallingford, CT. Since 1998, Rock Spot Climbing has provided unforgettable experiences for climbers of all ages and ability levels. Whether you are new to the sport, or a seasoned climber, our gyms are warm and inviting. Adventure awaits!

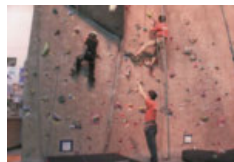
Depart MSC: 11am

Prime Climb: 12pm-1pm

Lunch: 1:30pm - 3pm

Lunch will be at: **99 Restaurant**
Lunch choices: Chicken Parmigiana, Top Sirloin, Balsamic Salmon (choice of 2 sides)

Return MSC: 3:30pm(approx.)



 See the Sneaker? Inquire with Asia about footwear.

MOHEGAN SUN:

May 23rd
Price: \$20



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



Depart MSC @ 9:30AM
Leave Mohegan @ 5:00PM
Return to MSC @ 7:00PM



In and Around Town

Milford Walmart Plaza
Tuesday May 24th
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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MILFORD SENIOR CENTER

9 Jepson Drive
Milford, CT 06460

Picnic Under the Pavillion

**Save the Date &
Celebrate Older American Month
Wednesday May 25 12:00—1:30 pm**

Join us for a picnic bagged lunch. Seating is limited!
Please register by contacting the front office at the Center at 203-877-5131.
Registration begins May 1st
Location: Rotary Pavillion at Fowler Field.



*Featuring entertainment by:
The Boogie Boys*