



# Hello JUNE 2022

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

Mayor Benjamin G. Blake

Chairperson Lillian A. Holmes

Executive Director Leonora C. Rodriguez



Dear Members,

TGIJ! (Thank Goodness It's June!). We have several great events happening this month I would like to highlight. On June 21st, we will be hosting a "cake-walk" bake sale to benefit the Alzheimer's Association Longest Day event. You may reach out to the event organizer Rose Kristie at the Center for more information. On June 24th, the Center is hosting a Health Fair for older adult members of the community. Free health-based screening will take place during the event. Our 2nd "Picnic Under the Pavilion" for members will take place on June 28th.

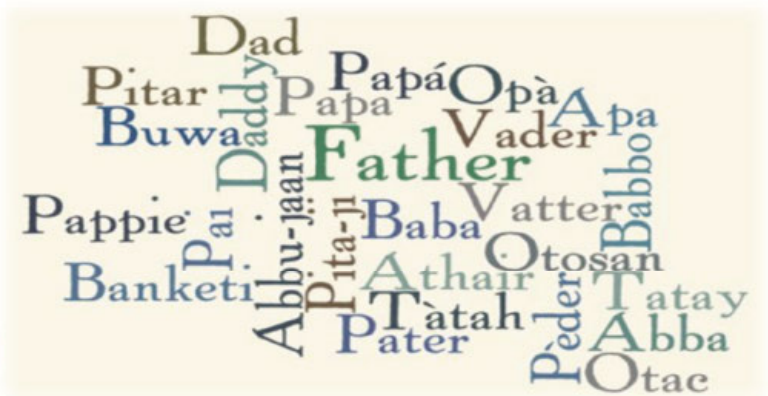
Celebrated in over 111 countries around the world, Sunday June 19th marks Father's Day. A special day for the special men in our lives whose guidance, love and support helped shaped who we are today.

Thank you for your continued support of the Milford Senior Center. I wish to acknowledge all who donated food during last month's U.S. Postal Worker Food Drive. The Milford community was able to supply the food bank with over 2,000 lbs. of food! And, a wonderful job by our postal workers!

Sincerely,

*Leonora C. Rodriguez*

Executive Director



**No matter what name you go by,  
we wish you a very Happy Father's Day!**

## CDBG Small Repairs Program

Thursday June 23 1pm

Large Conference Room

This is a program that provides financial assistance to eligible Milford residents to make small home repairs.

Come learn:

What type of repairs are covered (electrical & plumbing repairs are not eligible)

The eligibility requirements

The process for applying

Presented by

Sheila Dravis, CDBG Administrator - City of Milford, Department of Economic & Community Development

The program is administered through the Department of Economic & Community Development and funded by the U.S. Department of Housing & Urban Development, Community Development Block Grant (CDBG) Program



## 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  
Held in the Studio/2nd floor

## 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](https://www.facebook.com/milfordSC)  
[www.milfordctseniorcenter.com](http://www.milfordctseniorcenter.com)



Volume 28 Issue 6

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 June 8 9:15 - 1:15 pm  
In Person here at MSC.

Please call the MSC Front office to register. 203-877-5131

*Disclaimer: with COVID cases rising AARP is determining on a weekly basis if the next weeks classes will run.*

Online course at your own pace! <http://www.aarpdriversafety.org>

Zoom Class with a live teacher <http://aarp.cvent.com/dsvirtual>

### Today's Changing Real Estate Market

**Thursday June 9 1:00 PM**

Large Conference Room/2nd floor

Come learn how the market is shifting.

Come with your questions for  
"Ask The Agent" about selling, buying, renting or leasing  
real estate.

Presented by Lucy Morgan real estate agent at  
William Raveis Real Estate

### How to Simplify Your Finances For You and Your Heirs

**Tuesday June 14th 1:00 pm**

Small Conference Room/2nd floor

Steve Archer, retired Certified Financial Planner will  
cover the following topics:

pros and cons of multiple accounts.

The importance of account titles

What do you do with all the paper you get?

How you organize yourself can impact your  
income taxes.

What happens to your accounts when you pass away?

Do you have estate documents in place to protect you  
and your heirs?

### 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 Choral & Chimes Concert

**Friday June 17 11:00 am**  
Large Conference Room/2nd floor

The Milford Senior Center Choir will be  
presenting a concert to kick off the start of the summer  
with music of The Beach Boys!

Additionally, the Tone Chime Choir will perform some  
well known pieces of classical music.

### Coming out of COVID Darkness

**Wednesday June 22 1:00 pm**

Large Conference  
room /2nd floor



Are you ready to come out of the COVID  
darkness and jump into summer fun?"

Join us for the six essentials  
needed to get started!

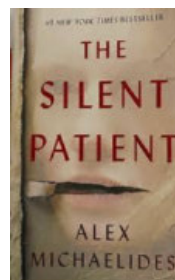
Presented by "Debbie Pausig, LMFT, CT"  
VNA Community Healthcare & Hospice

### MSC Book Club

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

*The June book will be:*

***The Silent Patient***  
By Alex Michaelides



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.

## In House Exercise Classes MSC June Calendar 2022

Spring Session April 1 - June 30th  
Summer Session July 1 - August 31, 2022

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

Pre-Registration for the *Summer* session begins Monday, June 27 at 9am 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](mailto: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
	<b>9:30 - 10:30 am</b>	<b>Stretch, Strengthen &amp; Stabilize</b>	<b>Linda</b>	<b>Auditorium</b>
	10:45 - 11:45 am	Qi Gong	Hedwige	Parquet Room
	10:45 - 11:45 am	Walk About Yoga	Andrea	Meet on Patio
	10:45 - 11:45 am	Ahrens Exercise Hour - Private	Staff	Card Room
	<b>4:00 - 5:00 pm</b>	<b>On The Ball</b>	<b>Linda</b>	<b>Auditorium</b>
	5:30 - 7:30 pm	Pickleball	None	Auditorium
6:00 - 7:00 pm	Yoga	Beth	Parquet Room	
Tuesday	<b>9:30 - 10:30 am</b>	<b>Stretch, Strengthen &amp; Stabilize</b>	<b>Linda</b>	<b>Auditorium</b>
	<b>9:30 - 10:30 am</b>	Theater Dance Fitness	Tina	Parquet Room
	10:45 - 11:45 am	Meditation	Andrea	Card Room
	<b>10:45 - 11:45 am</b>	<b>Stretch, Strengthen &amp; Stabilize</b>	<b>Linda</b>	<b>Auditorium</b>
	10:45 - 11:45 am	Ahrens Exercise Hour - Private	Staff	Parquet Room
	3:00 - 5:00 pm	Corn Hole	Self-Led	Parquet Room
<b>4:00 - 5:00 pm</b>	<b>Yoga</b>	<b>Dee</b>	<b>Auditorium</b>	
Wednesday	9:30 - 10:30 am	Retro Moves Chair Class	Roxie	Auditorium
	9:30 - 10:30 am	Tai Chi-Beginner - new instructor begins June 8	Linda	Parquet Room
	10:45 - 11:45 am	Tai Chi- Inter. - new instructor begins June 8	Linda	Parquet Room
	10:45 - 11:45 am	Ahrens Exercise Hour - Private	Staff	Card Room
	1:00 - 3:30 pm	Pickleball	Self Lead	Auditorium
Thursday	<b>9:30 - 10:30 am</b>	<b>Yoga</b>	<b>Dee</b>	<b>Auditorium</b>
	<b>10:45 - 11:45 am</b>	<b>Let Your Yoga Dance</b>	<b>Andrea</b>	<b>Auditorium</b>
	10:45 - 11:45 am	Theater Dance Fitness	Tina	Parquet Room
	10:45 - 11:45 am	Ahrens Exercise Hour - Private	Staff	Card Room
Friday	<b>9:30 - 10:30 am</b>	<b>Osteoporosis Preventive</b>	<b>Linda</b>	<b>Auditorium</b>
	9:30 - 10:30 am	Tap Group	Self-Led	Parquet Room
	10:45 - 11:45 am	Tap Class -Intermediate	Tina	Parquet Room
	<b>10:45 - 11:45 am</b>	<b>Stretch, Strengthen &amp; Stabilize</b>	<b>Linda</b>	<b>Auditorium</b>
	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 June 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	Varies
	9:30 - 11:00 am	Craft Class	Pat	Craft 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 - 11:30 am	Ceramics - new instructor begins June 7	Linda	Ceramics 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	<b>9:00 am - 12:15 pm</b>	<b>Free Haircuts</b>	<b>Maria</b>	<b>Contact Paula in Office</b>
	10:00 - 11:30 am	Creative Writing Class	Judy	The Studio/2nd floor
	9:30 - 11:30 am	Happy Hookers Knitting Group	Pat	Craft 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 - new instructor begins June 7	Linda	Ceramics Room
	10:45 - 11:45 am	MSC Choral Group	Rosemary	Music Room
	1:00 - 3:00 pm	Canasta	Self-Led	Card Room
	1:00 - 3:00 pm	Movie Matinee Available	Self-Led	Parquet Room

## Online Pre-Registration Instructions

### Summer Session July 1—August 31, 2022

Pre-Registration for the *Summer* session begins Monday, June 27 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](http://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



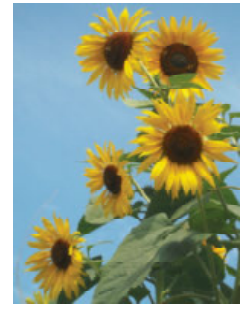
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# June Menu



In-house dining, and to-go 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 at 12:00/ noon. The cost of the Mini Lunch is \$3.00

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

M	T	W	T	F
		1	2	3
		Baked Ziti Tossed Salad Garlic knot	Chicken Marsala Rice Pilaf Mixed Vegetables	Kielbasa Sauerkraut Potatoes/ Carrots
6	7	8	9	10
Hot Seafood Roll Roasted Potatoes Cole Slaw	Breaded Chicken w/gravy Mashed Potatoes Buttered Corn	Roast Pork w/Gravy Mashed Potatoes Peas	Spaghetti w/Marinara Parmesan cheese Tossed Salad Garlic Knot	Sliced Turkey w/gravy Apple Stuffing Carrots Cranberry Sauce
13	14	15	16	17
Teriyaki Meatballs Rice Pilaf Green Beans	Chicken Florentine Rice Pilaf Carrots	Tortellini with Alfredo Sauce Italian Vegetables	Breaded Fish w/Lemon & Tartar Roast Potatoes Green Beans	Sliced Ham Pineapple Sweet Potatoes Broccoli
20	21	22	23	24
Chicken Parmesan Pasta Side Italian Vegetables	Eggplant Rollatini Pasta Side Green Beans	Roast Pork with Gravy Mashed Potatoes Buttered Peas	Baked Fish w/lemon & tartar Roast Potatoes Mixed Vegetables	Meatloaf w/gravy Mashed Potatoes Buttered Corn
27	28	29	30	
Breaded Fish w/lemon & tartar Roast Potatoes Mixed Vegetables	Sausage & Peppers Pasta Side Garlic Knot	Sliced Roast Beef w/Gravy Mashed Potatoes Buttered Carrots	Shrimp in lemon sauce with Pasta Tossed Salad	

**Join us at the Milford Senior Center for breakfast hour.**

Monday—Friday 9 am - 10 am Complimentary coffee or tea.

### Breakfast Menu:

Assorted baked goods and juices . Prices Vary. 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.

### HARTFORD CONVENTION CENTER JUNE 17th

Trip Price: \$48 Sign up by 6/15

**Michelangelo's Sistine Chapel Exhibition:** This unique exhibition in Hartford invites you to step into the universe of the greatest masterpieces of Michelangelo, seen from a totally new perspective.

Lunch options @**Salute:**  
*Ragu Bolognese, Pomodoro Pasta, or  
Chicken Ala Bella*

Depart MSC 10:30am  
Lunch: 11:30am –12:30pm  
Exhibition 2:00pm - 3:30pm  
Return to MSC by 5:00pm approx.



### GOODSPEED OPERA HOUSE: JUNE 16th

Trip Price: \$100 Call Amanda for sign up info

"Cabaret" Lets go see a musical legendary musical about a British nightclub singer Sally Bowles, American writer Cliff Bradshaw, and the decadence of 1929 Berlin.

Lunch: **The Gelston House**  
*Lunch options: parmesan encrusted cod,  
Gelston chicken parmesan, bistro steak, pasta cavatappi, or  
Kobe beef burger*

Depart MSC: 10:00am  
Lunch: 11:30am - 12:30pm  
Showtime: 2pm  
Return to MSC 6:00pm approx.



**\*\*Proof of vaccination is required as well as a mask**



### SLIPAWAY RIVERBOAT TOUR: JUNE 30th

Trip Price \$53 Sign up by 6/23

Lets take a narrated river boat tour of the CT River.

Lunch options @**Salute:**  
Pomodoro pasta, Short Rib Bolognese, Chicken Alla Bella

Depart MSC: 10:30am  
Lunch: 11:30am –12:30pm  
Tour: 12:45pm - 1:45pm  
Return to MSC 3:00pm approx.



### BEARDSLEY ZOO: JUNE 21st

Trip Price \$26 Sign up by 6/14

Let your curiosity run wild! Connecticut's only zoo, celebrating its 99th year, features 350 animals from all over the world.

Lunch: **Captains Pizza House**  
Lunch will be 2 slices of 1 topping and a beverage

Depart MSC: 11:30am  
Lunch: 12pm –1pm  
Zoo: 1pm-3pm  
Return to MSC  
Approximately: 3:30pm



### In and Around Town

Milford Audubon Society Presentation on Osprey

Thursday June 9th 2:00 – 3:30 pm

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.

There is no handicap ramp available at this venue.





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

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Milford Senior Center, Milford, CT 06-5021

  
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Milford Senior Center, Milford, CT

06-5021

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## Come Join Us for The Milford Senior Center Health Fair

**When: Friday, June 24th 2022 11am-1pm**

**Where: Senior Center Auditorium**

**Featuring: The Alzheimer's Association, The Agency on Aging and Center Rehabilitation**

**\*Raffle prizes and blood pressure checks\***



## Picnic Under the Pavillion

**Save the Date**

**Tuesday June 28 12:00 - 1:30 pm**



Featuring entertainment by:  
**The Coconuts**

Members— Join us for a picnic bagged lunch. Seating is limited!

Please register by contacting the front office at the Center at  
203-877-5131 or online –see page 6.

Registration begins June 1st

Location: Rotary Pavilion at Fowler Field.

