

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



**JULY 2022**

9 Jepson Drive Milford, CT 06460

Main Phone (203) 877-5131



Dear Members,

Happy Fourth of July! I want to first say 'thank you' to all who were able to support our "Cake-walk Fundraiser" for the Alzheimer's Association's Longest Day event which highlights the need to continue to find a cure for Alzheimer's Disease and other Related Dementias.

As we celebrate Independence Day, the federal holiday commemorating the Declaration of Independence of the United States, I hope you can join us for live patriotic and Summer music on Sunday July 3rd with the Milford Concert Band. A variety of music will be played on July 17th by the Stratford Community Band. Both events will be held in the auditorium. Also, we are looking forward to another "Picnic Under the Pavilion" event that has really made a splash with our members. Take a look at all the great activities happening at the Center. We hope to see you soon! Have a wonderful July!

Sincerely,

*Leonora C. Rodriguez*

Executive Director

**Trivia Time!**

**Win a fabulous Summer basket**

**Q: Who wrote the Star Spangled Banner?**

Submit answers to the front desk by July 10th

Mayor Benjamin G. Blake

Chairperson Lillian A. Holmes

Executive Director Leonora C. Rodriguez

# FLU SHOT



**FIGHT - THE - FLU**

**The Milford Senior Center Flu Clinic will  
be held *Indoors* on**

**Monday October 17TH  
9 am – 12 noon**

To get a jump start on registration and for more details contact  
our Senior Benefits Specialist, John Cornelius  
on Mondays, Wednesdays or Fridays at 203 877- 5131

Note: We are unable to provide this service to folks with a  
Medicare Advantage, PPO or HMO plan.

## **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**  
**www.milfordctseniorcenter.com**



Volume 28 Issue 7

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 July 20 9:15 - 1:15 pm  
In Person here at MSC.

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

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

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

## Milford Concert Band at the Milford Senior Center

Sunday, July 3, 1:00pm



Join us for an afternoon of toe tapping  
Music by the official band of the  
City of Milford!

Show Medleys, Patriotics, &  
Pop Legends.

Free and open to the public.



## Stratford Community Concert Band at the Milford Senior Center

Sunday , July 17 at 1 :00 pm

Come enjoy Broadway Favorites and  
Swing Standards.

Free and open to the public.



### Seniors Technology Assistance for You!

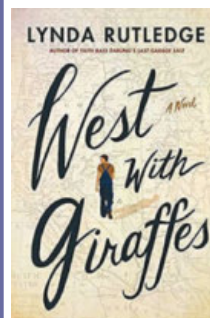
One on one appointments with Claire to assist you  
with your tech questions.

Contact Amanda, Program Director  
to schedule your  
appointment. 203-877-5131

### MSC Book Club

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

The July book will be:  
**West with Giraffes**  
By Lynda Rutledge



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 July Calendar 2022

**Summer Session July 1 - August 31, 2022**

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

Pre-Registration for the *Summer* session began Monday, June 27 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 , Roxie's 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	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	The Studio/2nd floor
	<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	Linda	Parquet Room
	10:45 - 11:45 am	Tai Chi- Inter.	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 July 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	Linda	Ceramics Room
	10:00 am - 12:00 pm	Chess Group/Independent play	Self-Led	Card Room
	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
Friday	9:30 - 10:30 am	Tones Chimes	Rosemary	Large Conf Room/2nd floor
	10:00 - 11:30 am	Ceramics	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 began 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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## July 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
				Grilled Hot Dog Baked Beans Potato Salad
4	5	6	7	8
Closed For Fourth of July	Quiche Lorraine Roast Sweet Potatoes Green Beans	Roast Pork with Gravy Mashed Potatoes Buttered Peas	Stuffed Shells Green Beans Garlic Knot	Swedish Meatballs Egg Noodles Mixed Vegetables
11	12	13	14	15
Baked Fish w/lemon & tartar Rlce Pilaf Buttered Peas	Bar-B-Que Chicken Baked Beans Macaroni Salad	Eggplant Rollatini Pasta Side Green Beans	Penne with Sausage and Mushrooms in a light cream sauce Tossed salad	Shepherds Pie With Gravy Tossed Salad
18	19	20	21	22
Stuffed Pork Roast Mashed Potatoes Green Beans	Tuna Noodle Casserole Tossed Salad	Meatloaf with Gravy Mashed Potatoes Buttered Carrots	Chicken Casserole Rice Pilaf Mixed Vegetables	Baked Ziti With Marinara Italian Vegetables Garlic knot
25	26	27	28	29
Tuscan chicken Rice Pilaf Broccoli	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

**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 and check in inside building.

## THIMBLE ISLAND BOAT TOUR: JULY 21

**Trip Price \$35 Sign up by 7/14**

Lets go relax and enjoy a 45 minute narrated cruise around The Thimble Islands.

Lunch at The Hornets Nest  
choice of a sandwich or a salad from the menu/  
along with chips and a drink

Depart MSC @ 11am  
Boat tour: 12-1:30pm  
Lunch: 2-3pm  
Return to MSC @ 4pm approx.



## CT SCIENCE CENTER: JULY 12TH

**Trip Price \$68 Sign up by 7/6**

### Science Center/ Butterfly Encounter

Lets go rediscover the wonders of science and then surround yourself with mother natures beautiful creatures.

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  
CSC:2 - 3:30pm  
Return to MSC @ 5pm



## MOHEGAN SUN: JULY 18TH

**Trip Price \$27 Sign up by 7/11**

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



## SPA DAY JULY 14TH

**Trip Price \$22 Sign up by 7/7**

Come enjoy a mani/pedi day at the Branford Academy of Hair & Cosmetology—  
Bridgeport Campus



Lunch @ Crossroads Pizza House  
Depart MSC @ 10:00AM  
Branford Academy: 10:30 am - 12pm  
Lunch @ 12 -1pm  
Return to MSC @ approximately 1:30 pm



## Laugh A Little

What do you call a parade of rabbits hopping backwards?



A receding hare-line.





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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

### Check In Reminders:

- ☺ If the screen that lists all the classes of the day is blank– please come into the office (you need to renew your membership)
- ☺ If you are picking up a to go lunch, please check in as socializing



# Thanks!

## Picnic Under the Pavillion

Save the Date

Wednesday, July 27 12:00 - 1:30 pm



Featuring entertainment by:  
**Jan & Willie**

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 July 1st

Location: Rotary Pavilion at Fowler Field.

