

Serving the Specialized Needs of Milford's Senior Population



August 2022



Dear Members,

August brings us memories of travels to the beach on hot summer days. There's nothing like it! I can remember walking on the beach with my grand-father, collecting sand dollars and sea-shells as we listened to the sounds of the waves before heading to the neighborhood grocery store for homemade ice cream. August also reminds us that most of summer is behind us and to enjoy each and every sunny day. Living on the coast, we are afforded a beautiful scene to enjoy before the changes of the season. Enjoy some of that time with us at the Center. With all the wonderful programs and activities available for our members, there is always something to do. There are opportunities for friendship, laughter, travel and more. Take a look at this month's offerings. I look forward to seeing you soon!

Leonora C. Rodriguez
Executive Director

Did you know?

The ancient Romans called the hottest, most humid days of summer "diēs caniculārēs" or "dog days."

The name came about because they associated the hottest days of summer with the star Sirius.

Sirius was known as the "Dog Star" because it was the brightest star in the constellation Canis Major (Large Dog).

Mark Your Calendar!
August 20, 2022
48th Annual Milford
Oyster Festival

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 8

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

MSC Gospel Choir Summer Concert Sing & Love Every Day

Sunday, August 7th 2:00- 3:00 pm

Milford Senior Center's Gospel (4-part & polyphonic harmony) Choir presents their 29th Annual Summer Concert, the program has songs of America, songs in memory of loved ones, traditional spirituals and choral songs of hope & peace. We have a guest drummer for one song, hand claps on one and two for the audience to sing along.



Free and open to the public.



AARP Smart Driver In person & Online Courses

Wednesday August 10th 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>

Coastal Mix

Sunday August 21st 1-2 pm



Coastal Mix is a mixed-voice a cappella choir based in Trumbull, CT. Coastal Mix loves to entertain audiences of all ages with a repertoire spanning decades and genres, arranged in the barbershop close harmony style.



Free and open to the public.
This event is co-sponsored by the
Milford Senior Center &
Carriage Green at Milford

Picnic Under the Pavillion

Tuesday August 23rd 12:00 - 1:30 pm

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.

You may register yourself, a significant other or
an adult child, only

Registration begins August 1st

Location: Rotary Pavilion at Fowler Field.



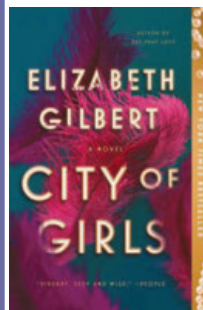
Featuring entertainment by:
Over Easy Band



MSC Book Club

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

The August book will be:
City of Girls
by Elizabeth Gilbert



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 August Calendar 2022

Summer Session July 1 - August 31, 2022

Fall Session September 1—October 31, 2022

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

Pre-Registration for the *Fall* session will begin Monday, August 29 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

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
	9:30 - 10:30 am	Theater Dance Fitness	Tina	Parquet Room
	10:45 - 11:45 am	Meditation	Andrea	The Studio/2nd floor
	10:45 - 11:45 am	Stretch, Strengthen & Stabilize	Linda	Auditorium
	10:45 - 11:45 am	Ahrens Exercise Hour - Private	Staff	Parquet 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	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	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 August 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 - 11:30 am	Art Class	Gayle	Large Conf Room/2nd floor
	11:30 - 12:30 pm	Book Club/ Details p.3 4th Tue.	Rose	Card Room
	12:00 pm - 2:00 pm	Pinochle	Self Led	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
	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
Fall Session September 1—October 31, 2022

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

Pre-Registration for the *Fall* session will begin Monday, August 29 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. 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 staff 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.

**Social Services Coordinator,
Christine Lyas, CRS-A/D, DCP**

**Social Services Worker,
Susan Lukas, LCSW**

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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August 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	4	5
Pasta w/ Marinara Sauce Italian vegetables Garlic Knot	Garlic Butter Chicken Rice Pilaf Creamed Spinach	Baked Fish Lemon & Tartar Sauce Roast Potatoes Green Beans	Pork Roast w/ Gravy Mashed Potatoes Carrots	Sliced Turkey w/ gravy Stuffing Green Beans Cranberry sauce
8	9	10	11	12
Jerk Chicken w/Rice Mixed Vegetables	Sausage & Peppers Pasta Side Green Beans	Meatloaf w/gravy Mashed Potatoes Corn	Stuffed Rigatoni w/ Marinara Tossed Salad	Breaded Fish W/Lemon & tartar Potatoes Peas
15	16	17	18	19
Teriyaki Meatballs Over Rice Broccoli	Eggplant Parmesan Pasta Side Tossed Salad	Chicken & Gnocchi Italian Style Vegetables	Grilled Shrimp in a light cream sauce over linguini Green Beans	Sliced Ham w/pineapple Sweet Potatoes Buttered Peas
22	23	24	25	26
Spinach Quiche Roast Sweet Potatoes Sliced Tomatoes	Baked Fish Lemon & Tartar Mashed Potatoes Green Beans	Philly cheesesteak w/onions & peppers Macaroni salad	Roast Pork W/Gravy Potatoes Mixed Vegetables	Lemon Pepper Chicken Rice Pilaf Broccoli
29	30	31		
Turkey Chili Rice Cornbread Tossed Salad	Baked Ziti Green Beans Garlic Knot	Sausage & Peppers Pasta Side Green Beans		

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

For more information contact Amanda, Program Director 203-877-5131

Registration available in the Front Office, beginning the first of the month.

You may register yourself, a significant other or adult child, only. Payment required at time of registration.

Please arrive at MSC 15 minutes prior to departure time and check in inside the building.

The Planetarium at the Discovery Museum: August 15th

Trip Price \$64 Sign up by 8/12

Skies Tonight

Join our expert planetarium staff as they take you on a fantastic journey through the nighttime sky. Identify the planets, the stars and constellations visible in the evening sky at the time of our visit.



The galaxy awaits...coming to a dark sky near you. Then we will have some time to explore the many hands on exhibits at the museum

Lunch at Vazzy's 19th Hole

Day of will chose a grinder: Eggplant parmigiana,
Steak, onion & cheese, Sausage & peppers
Chicken caesar salad wrap

Served with garden salad, fries,
coleslaw and beverage.

Depart MSC @10:30am
Planetarium 11:15 am– 12:15pm
Explore Museum 12:15 - 1:15pm
Lunch: 1:30—2:30 pm
Return to MSC @ 3pm approx.



THIMBLE ISLAND BOAT TOUR Round 2: August 22nd

Trip Price \$35 Sign up by 8/15

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

This trip is for those who where unable to attend the July Trip.

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

Depart MSC @ 10am
Boat tour: 11 am– 12pm
Lunch: 12:30—1:30pm
Return to MSC @ 2pm approx.



MOHEGAN SUN: August 29th

Trip Price
Members \$30
Non-Members \$40
Sign up by 8/19

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



Laugh A Little

How do you keep a bagel from getting away?

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

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An Afternoon with
**THE YALE
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Parson's Veteran Memorial Auditorium
70 West River Street. Milford

**SAVE THE DATE**

Sunday, October 9th
1:00 - 2:00pm

**FREE and open to the
public**

**Members can register through
the center in person or online**
**Non-Members must contact
the center at 203 877 5131**

Registration required.
Presented by



Non- Members my also register on Eventbrite.com
Search: music events in Milford on Oct 9

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!

