

Milford Senior Center

www.milfordtownship.com

1989 - 2022



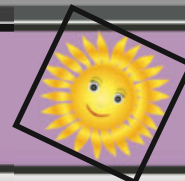
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Milford Senior Center Newsletter



May and June 2022



Welcome to the Milford Senior Center. We are a community recreation center serving area residents 50 and over since 1989. The Center's purpose is to serve as a community focal point on aging where older persons, as individuals or in groups, can come together for service and activities which enhance their involvement in and with the community.



New Members!

Betty & George Smojver, Ginny Peters, Shirley Jolly, Linda Becker, Katherine & Russell Rheaume, Suzannah Hart, Deborah Linn, Teresa McPharlin, Nancy Ebert, Robert & Janet Hamer, Janet & Jeff Burr, Joyce Bird, Cynthia Riehl

Regularly Scheduled Events

Birthday Party: Wed. June 1st

MON: Chair Yoga 10:00

MON: (3rd) Veterans Lunch 12:00

MON: Chair Volleyball 1:00

TUES: Stretch & Strength 10:45

TUES: Bridge 12:30

TUES: Bingo: (1st & 3rd) 1:00

TUES: (2nd & 4th) Scrabble Club 1:00

TUES: (4th) Spiced & Naughty 12:00

TUES: (3rd) Board Meeting 3:30

TUES: (3rd) Pot Luck 5:00

NOTE: Daily Lunch at Noon (Please sign up)

Coffee Club (All morning)

WED: Line Dancing 9:00

WED: Mahjong 12:00

WED: Cribbage 12:30

THURS: Chair Yoga 10:00

THURS: (2nd) Book Club 10:00

THURS: (2nd) BP Check 11:45

THURS: Stretch & Strength 11 - Noon

THURS: Euchre 12:30

THURS: Pinochle 1:00

FRI: Chair Massage 9:00 - Noon

FRI: Knit/Crochet/Quilting 9:30

FRI: (1st) Spaghetti Dinner 4:30-7:30

FRI: (3rd) Soup & Salad of the Day 12:00

FRI: Get Your Color On @ 12:00

Please don't forget to look at the Calendar in the back of the Newsletter (Pgs. 14 & 15) and keep it handy for upcoming events.

HOURS: 9:00AM - 3:00PM

Monday through Friday



This & That...

...a little of everything



Meet Our Directors:

Nancy Hinzmann

nhinzmann@milfordtownship.com

&

Debbie Shew

dshew@milfordtownship.com



Newsletter Editor:

Kathy Wilson

Kathy's Korner

Thank you everyone for your kind words about the Newsletter. I so appreciate it, and I truly enjoy doing it. Welcome new members!

If you lost a ring call Nancy.
248-685-9008



Veterans Free Lunch

Provided by: Milford Senior Center, Inc.
(reservations required)

248-685-9008

3rd Monday of the month at noon

May 16th & June 20th

Non-veterans are welcome

\$3.00 per person

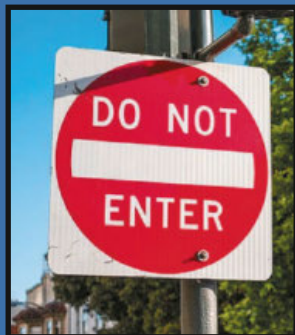
Lunch Bunch

THE RESTAURANTS FOR MAY AND JUNE TO BE DETERMINED.

If you have any suggestions of places you would like to go please let Debbie know.

Safety Alert!!

Please Notice
this sign closest to the
front door in our parking
lot.



ANNUAL Meeting

Elections of Board Members

See page 7 For details.

If you're thinking of having a bridal shower, baby shower, graduation, business meeting, funeral luncheon, or planning a wedding, you can do that right here on *week ends and evenings* at the **Milford Senior Center**.

Please call and speak to our Director, Nancy Hinzmann, who will be happy to give you all of the details such as our hours, etc. for the facility.

There are unlimited uses for this wonderful venue. Come and take a look!

Don't delay. The dates for 2022 are available Now!

Use our kitchen or a caterer, alcohol is allowed, a spacious hall, a large patio, and convenient parking.

Our Information Page

Milford Senior Center Rentals

Basic Fee: ***Includes 5 hours of rental***

\$150 (50 people and under)

\$200 (51 - 75)

\$250 (76 - 110)

For more information:

Please contact: Nancy Hinzmann 248-685-9008
nhinzmann@milfordtownship.com

Milford Senior Center, Inc.

Board of Directors 2021-2022

OFFICERS -

PRESIDENT: Connie Sypniewski

1st Vice President: Pat Plemmons

2nd Vice President: Max Kirschke

TREASURER: Wayne Murphy

SECRETARY: Kathy Wilson

DIRECTORS:

Lynda Poole, Mary Balaythy,

Pat Kostin, and Jim Shipley.

Meetings are held on the third Tuesday every month at 3:30 pm. The public is welcome and encouraged to attend. The next board meetings will be held on:

Board Mtgs. 5/17/2022 & 6/21/2022

***WELCOM NEW BOARD MEMBERS ***



The Milford Senior Center is supported by the residents of the Charter Township of Milford

The Milford Senior Center complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended in Section 504 of the Social Rehabilitation Act of 1973

Equal opportunity employer program.

Reasonable accommodation will be provided upon notification or request.

The Milford Senior Center welcomes older adults without regard to race, gender, religious affiliation, handicap, or income.

ATTENTION!!

Milford Senior Center, Inc.
Don't forget to renew Membership!!!

Membership runs from
Jan 1 to Dec 31 each year. \$5.00
Renewals for 2022

REMEMBER

You're not required to be a member to enjoy our very active Senior Center

Thank you Terrell Tucker for Keeping our Computers up to date.
Also, thank you Natalie for all of your help.

To E-Mail:

Debbie: dshe@milfordtownship.com

Nancy: nhinzmann@milfordtownship.com

We have Wi-Fi available at the Milford Senior Center

NEW POLICY!

The Senior Center remains open even if the schools are closed due to bad weather. As long as Nancy and Debbie are here the doors will be open. Thank You.

Do It Yourself

Shredding is Available at the Senior Center on Fridays.



Facebook

That's right! The Milford Senior Center is now on Facebook. Check it Out!



Here's More Information



The People's Express

Reservation Line 877-214-6073
The Bus will run from 8:30am - 5pm
Call reservation line between 10 -7pm
Monday - Friday 3 days in advance.
Last pick up at 4:30pm



Travel Service Locations:

Village of Milford, Milford Township, and Ascension Providence Hospital, Novi. Includes the area south of M-59, north of I-96, west of M-5 and east of US-23

Cost:

\$2.00 each way for seniors, or individuals with disabilities. Available to all other Milford residents for \$4.00 each way!

For more details call:
877-214-6073

Please give us a hand !!! Here are some suggestions!

- ◇ Donations of Napkins or Paper Towels
- ◇ Wipe down Tables & Chairs
- ◇ Label & Seal Newsletters
- ◇ Setting up/taking down tables
- ◇ Sweeping floors/sidewalks
- ◇ Garden Work in the summer
- ◇ Shovel snow in the winter
- ◇ Decaf Coffee



THANK YOU FOR YOUR TIME, TALENT, OR DONATED ITEMS:

Pat Kostin, Don Green, Max Kirschke, Wayne Murphy, Connie Sypniewski, Kathy Wilson, Mary Balaythy, Pat Plemmons, Jim Shipley, Linda Certo, Lynda Poole, Aki Christenson, Dick Draper, Shirley Sobieck, Tim Brandt, Roger Baloki, Bobbi Bearup, Judy Paige, Shirley Pfeffer, Sherry Heidlebaugh, Kathy Hartman, Michelle Avallone, Bill Yawn, Barb Verse, American House, Sandy Jordan, Beyond the Quilt, Independence Village, Bobbie Whitton, & an anonymous donor.

THANK YOU TO ALL THE COMMUNITY VOLUNTEERS

- Ask the Attorney - Laura Gabel, Jack Bolling, Tom Neff, Eric Yeaster, Mike Hickox, Caroline Bielas, Jim Crane, Steve Lebowski, and Kathryn Wayne.
- Kroger's of Milford - Roger Baloki & Roy Brandon.
- We appreciate your thoughtfulness for donations. We try to thank each and everyone individually for all of your support and donations!!!

Important! Please Read:

The Milford Township provides the Milford Senior Center Newsletter to Milford Residents. **SUBSCRIPTIONS** for **NON** Milford residents is **\$2.00** for Mailing in addition to your membership fee of \$5.00.

Also, you can view the Newsletter online for **Free** @ www.milfordtownship.com then go to the Senior Center page.

Spaghetti Dinner 1st Friday
From 4:30 to 7pm.
Curb side pick-up.



WESTERN OAKLAND MEALS ON WHEELS PROGRAM :

This nutrition program, which is **not free**, delivers food to those who are home bound. For more information on home delivery please call (810) 632-2155 This is a non-profit organization, not fully government funded.



Your Health Corner

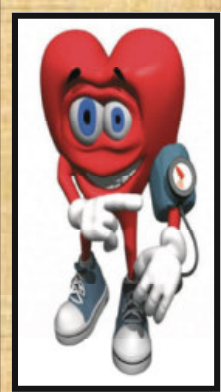


CHAIR YOGA CLASS

Chair Yoga: Monday & Thursday @ 10:00

Please come for this wonderful class led by Darcy Grant, who is a registered yoga teacher. Come and join us. It's fun and easy for people of all ages!

The cost is \$10.00 per class
Yoga, it's a good thing!!



BP
Checks
Second
Thursday
11:45am
with Gail

**Registered
Nurse**



Stretch & Strength

With Jo Schirtzinger

This class offers cardio, strength training, and stretching combined into one awesome class.

Adaptable for all fitness levels.

Bring hand-held weights.

\$5.00 a class.

Tuesdays 10:45 am – 11:45am

Thursday from 11:00 till - Noon

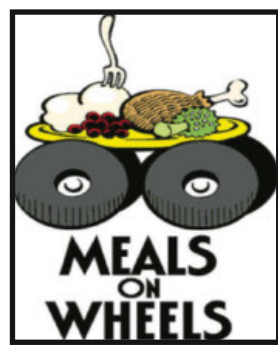
Some similar signs of heart attack in men and women.



- ◇ Chest pain
- ◇ Shortness of breath
- ◇ Dizziness or nausea
- ◇ Discomfort in arms, neck, jaw, shoulder, or back
- ◇ Abdominal discomfort
- ◇ Perspiring, cold sweat, clammy skin
- ◇ Anxiety, A feeling of impending doom, and palpitations.



**Happy Seniors,
Happy Lives!!**



EXERCIZE



Doing **PUZZLES** is exercise for the brain!



Chair Massage



When: Friday from 9-12
Cost: 10 minutes \$15 / 15 minutes \$20 / 20 minutes \$25
Walk-ins Welcome! Or by appointment!
Sign up @ The Senior Center, or call for an appointment today!!

Relieve that stress and enjoy a relaxing massage by Emma.

What's Happening Now!!!



Line Dancing: Come and dance!
 This is a great exercise for the body, the memory, and it's fun!

Beginners: 9 - 10am
 The beginner class teaches the steps needed for a variety of dances.
 For information call Pam 248-676-9150

Intermediate: 10 -11:30
Wednesdays, and the price is \$7.00 per person.



**ASK THE ATTORNEY,
 IT'S FREE**

By appointment only;
 Please call the Senior Center for details. 248-685-9008



DAILY LUNCH:
 at 12 pm A complete meal with dessert & milk for a \$3.00 donation served M-F.
To be eligible you must be over the age of 60. To make a reservation sign up in person, or call 248-684-0705. **PLEASE** call by 11AM at least 1 weekday before the day you wish to eat. Menus are available. **Come meet our kitchen site hostesses,**

Grace Berryman & Bobbi Bearup


Crossword puzzle on page 13

	N	O	R	A		N	A	G	
	V	L	A	M		D	E	N	P
Y	M	O	L	G		N	S	H	I
M	Y	G		C	T	I	R	R	A
M	S	I	A	S	M	I	S		
	E	A	G	L	E	S	D	E	N
		D	H	I	D	E	D	T	I
	L	C	A	L	H	I	E	T	A
	L	D	E	L		S	O	N	E
	A	L	A	I		R	B	B	I
	A	G	T			O	R	L	O

PUZZLE 33

ANNUAL Meeting
Elections of Board Members
 (3) Positions Available
 Sign up sheet is on the office window to run.

**PLEASE
 VOTE!
 VOTE!
 VOTE!**



Milford Senior Center Inc.
 Wednesday, May 25th, 2022 @ 5pm


Pizza & pop after elections are over.

Your dues must be paid **30** days before you can Vote! So Please

VOTE VOTE VOTE VOTE VOTE

Join the Club Read a Book
It's good for the mind.
 10 am on the second Thursday each month.

- May - *How Quickly She Disappears*
 By: Raymond Fleischmann
- June - *The Guest Book*
 By: Sarah Blake



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HEALTH CAMPUS SERVICES

- Assisted Living - Long-Term Care
- Short-Term Rehab - Skilled Nursing Care
- Respite Care - Memory Care
- Transitional Care

Westlake Health Campus



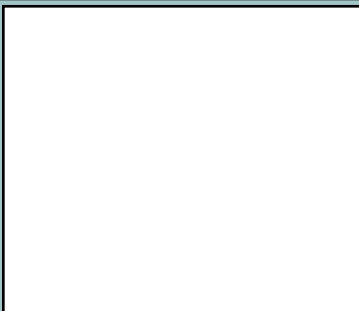
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Community Banking

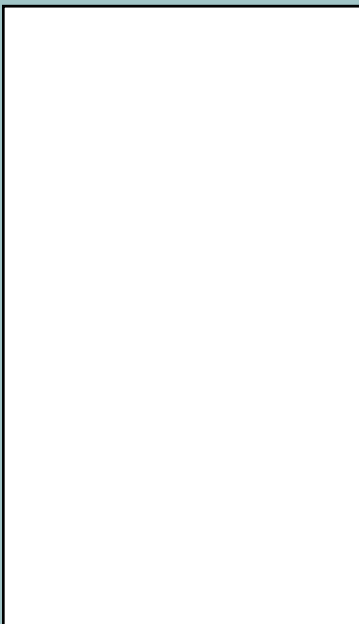
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The Lebowski Law Firm, P.C.
ELDER LAW & ESTATE PLANNING

Located in Downtown Milford
206 E. Commerce Milford, MI 48381
www.lebowskipc.com

Our office is now open for client visitation.

2021 Readers Choice AWARD WINNER



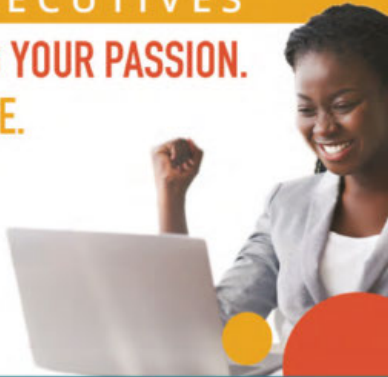
Steven J. Lebowski, Attorney | CPA

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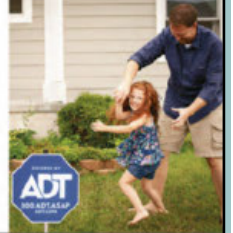


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SAVE THE DATE

The Birthday Party is Back!!

We will celebrate birthdays from January through June
 The birthday Party this year is Wednesday, June 1st, 2022, at 1pm
 All of the birthday boys and girls who are paid members are FREE!
 The other guests will pay \$4.00. A catered hot lunch is provided.
 You must sign up with Debbie by May 23rd, 2022
 Happy Birthday to everyone from the Milford Senior Center



Hey, you can attend anyone's Birthday Party!

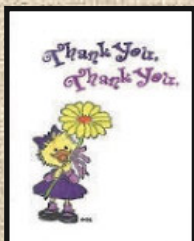
Meet your Milford Senior Center Board Members for 2021 - 2022



Jim Shipley



Mary Balaythe



Kathy Wilson



Wayne Murphy



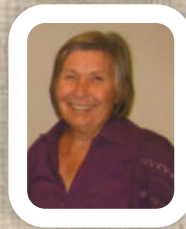
Lynda Poole



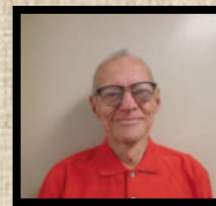
Pat Plemmons



Connie Sypniewski



Pat Kostin



Max Kirschke

Painting Class
 May 27th @ 9:30



Sign up for CPR classes



Hearing Solution
 Lunch & Learn @ Noon
 May 13th. RSVP to:
 Nancy 248-685-9008



Tool Box for STRESS
 By: Kathleen Housey
 An explanation of how stress affects the body.
 Friday, May 20th. @12
 Along with Soup & Salad Day

HAPPY SUMMER!!

MAY

MOTHER'S DAY TEA– Wednesday, May 11
1 pm. COST: \$10. Lunch provided by:
Jennifer's Café. Guest Speaker: Kathy
Crawford will be here entertaining us with her
funny stories. Enjoy browsing the tables for
special finds during our Purse & Jewelry sale.
Donations only.

MID-MICHIGAN SIGHTSEEING TOUR–
Friday, May 17th, 2022. COST: \$114 PER PER-
SON. Flyers available @ the Senior Center.
Checks payable to: TRAVEL, TREASURES &
TOURS.

GOING GLOBAL ADVENTURE! OPC 5/19/22
departs @ 10:30 Join us for an afternoon at the
Rochester Senior Center (OPC) for a show and
lunch. COST: \$25 INCLUDES: show, transporta-
tion & lunch. Please contact Debbie for more
information.

JUNE

CORNWELL DINNER THEATRE PRESENTS:

HONKY TONK ANGELS– Turkeyville.
Wednesday, June 8th. Lunch will be served @
12:00 and then the show @ 2pm. COST: \$56 in-
cludes:
All you can eat turkey dinner, ticket to the show
& transportation. Departs Milford Senior Center
@ 9am

JUNE 22, @ 1pm HEALTHY LIVING– This is a
FREE EVENT A registered Dietitian from
Independence Village in Oxford will be here to
talk to us about healthy eating. Lunch provided
by: Independence Village, giveaways, raffle.
Contact Debbie for more information. Limited
to 50 people. Sign up early!!!
FLYERS FOR CASINO TRIPS AVAILABLE AT
THE SENIOR CENTER.

NOTE: BIRTHDAY PARTY FOR JUNE IS:
WEDNESDAY, JUNE 1ST @ 1PM.

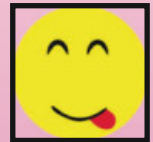
Cooking With Debbie



DORITOS CASSEROLE

INGREDIENTS:

1 lb. ground beef
1 pkg. taco seasoning mix
1 can black beans
1 can yellow corn (optional)
1 can nacho cheese
1 can rotel tomatoes
1 large bag Dorito Chips
1 bag Mexican shredded cheese
Sour cream



DIRECTIONS:

Place a layer of chips in the bottom of a 9x13 pan.
You can crush the chips up if you like. I leave mine
whole and enough to cover the bottom of the pan.
Brown the meat. Drain and add the taco seasoning.
Add tomatoes
Beans
Cheese
Corn
Mix well.
Place half of the mixture on top of the Doritos, then
top with the shredded cheese.
Place another layer of Doritos on top and spread the
remaining meat mixture. Finish up with the remain-
ing cheese.
Bake @ 350 degrees for about 20-25 minutes.

This is a great recipe for a pot luck or for a group of
guests. Before serving, add a dollop of sour cream or
plain yogurt on top.

ENJOY!!!

Debbie's Follies and More

Louisville, Kentucky!

Join us on October 10– 13th for a trip to beautiful Kentucky. Enjoy a 3 night 4 day stay at the Historic

Brown Hotel located in the heart of Louisville.

Your trip includes: 3 breakfasts, 1 lunch & 2 dinners.

Trip to the Kentucky Derby museum

The Louisville Slugger museum

Shopping , a trolley tour of the city & much more!! COST: \$882 DBL/ \$1156 SINGLE

Lunch Bunch Review

CRACKER BARREL RESTAURANT

The lunch bunch group ate at the Cracker Barrel restaurant in Brighton. Great service, Great Lunch!!

*I give the Cracker Barrel 5 STARS!!******



Debbie's Picks!



Senior of the Month for May is:

Ken Michelwicz



Ken has been involved with the Milford Senior Center for several years. He started out as our Bingo caller and started our White Elephant Auction and much more! Ken is responsible for all the e-mail updates you receive regarding the events @ the Senior Center. Ken went on to work for a couple of travel companies as a escort for their trips. Ken loves to see people smile. He donates bingo prizes and much more to the center. Thank you Ken!!!

Senior of the month for June is:

Shirley Pfeffer



Shirley is new to the Milford Senior Center. Overcoming some health issues Shirley plays chair volleyball and participates in most of our activities. I like to refer to her as my "mouth piece" because I can give Shirley a flyer for a trip or event and she spreads the word!! (I mean that in a kind way Shirley!) Thank you Shirley for supporting the Milford Senior Center!!

Hello From Nancy

Socialization is vital for physical, mental and emotional health. The 6 reasons to spend more time with people is it:

- Protects the brain.** Loneliness is a dangerous state of being. It raises the risk of Alzheimer's disease, stroke and falls.
- Boosts the immune system.** People with strong social connections are better able to fight off infections that cause disease.
- Provides mental stimulation.** Puzzles and education are all good brain exercises—but interacting with other people is even better.
- Encourages healthy behaviors.** Close connections make it more likely we'll exercise, eat well and manage our health conditions.
- Nurtures a support network.** Friends can help us when we need help ... and helping our friends promotes self-esteem and a sense of purpose.
- Decreases pain.** Brain chemicals released when we're socializing can lessen the impact of pain. We might even need less medication!

So, come to the senior center!! We are still looking for people interested in playing games: **Cribbage, Scrabble, and Bridge.** Players are needed to come participate with others that want to play. Also, all other activities are open to new people. Check out the calendars for new activities and come in to find out about added events.

Our thanks to Mary and her grandson, along with Lynda, for completing a big project in the storage room. The knitting supplies are all safely organized now on shelves!

Fondly,
Nancy

Everyone is enjoying the decorating being done by Shirley! We sure do appreciate people that volunteer around the Center!!

33

ACROSS

- 1 Man-made fabric
- 6 CIA employee (abbr.)
- 9 Jewish clergyman
- 10 Jai ___
- 11 Light bulb inventor
- 12 Small valley
- 13 Camel color
- 14 Morally acceptable
- 16 Fit to be ___
- 18 Concealed oneself
- 19 Chilean mountains
- 21 Philly football player
- 25 Behave or print
- 27 "Shall We Dance?" locale
- 28 Unpredictable
- 32 Exercise locale
- 33 Catcher's padded spot
- 34 Dismal
- 36 Be undecided
- 37 Actress
- 38 Hound constantly
- 39 Cook's

DOWN

- 1 Confer holy orders
- 2 Showered
- 3 Pounds (abbr.)
- 4 Wind instrument
- 5 Eighth follower
- 6 A Baldwin brother
- 7 Inaugural ball, e.g.
- 8 Cash box
- 10 Nike competitor
- 11 "Tell Mama" singer
- James
- 15 Move quickly
- 17 Urgent

request

- 20 Hold session
- 22 "American ___" (Richard Gere film)
- 23 Clergyman's opposite
- 24 TV award
- 26 "The Sweetheart of ___ Chi"
- 28 "Sports-Center" network
- 29 Caroline of "Sabrina"
- 30 Wedding ___
- 31 Put your hands together
- 35 Hockey's Bobby

Answer page: 120

Answers on page 7



2022

Milford Senior Center

248-685-9008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2 Chair Yoga 10:00 Chair Volleyball 1:00	3 Stretch/Strength 10:45 Bridge 12:30 Bingo 1:00	4 Line Dancing 9:00 Mahjong 12:00 Cribbage 12:30	5 Chair Yoga 10:00 Stretch/Strength 11:00 Euchre 12:30 Pinochle 1:00	6 Spaghetti Dinner 4:30-7:00 (curbside pick-up) Chair Massage appt. Coffee Club (All morning) Quilt/Crochet/Knit 9:30 Get Your Color On 12:00	7
8	9 Chair Yoga 10:00 Chair Volleyball 1:00	10 Stretch/Strength 10:45 Bridge 12:30 Scrabble 1:00 Lunch Bunch 1:00	11 Line Dancing 9:00 Mother's Day Tea 1:00 (sign up)	12 Chair Yoga 10:00 Book Club 10:00 Stretch/Strength 11:00 BP Check 11:30 Euchre 12:30 Pinochle 1:00	13 Chair Massage appt. Quilt/Crochet/Knit 9:30 Lunch & Learn 12:00 "Hearing Solutions" (sign up)	14
15	16 Chair Yoga 10:00 Veterans Lunch 12:00 Chair Volleyball 1:00	17 Stretch/Strength 10:45 Bridge 12:30 Bingo 1:00 Board Meeting 3:30 Pot Luck 5:00	18 Line Dancing 9:00 Mahjong 12:00 Cribbage 12:30	19 Chair Yoga 10:00 Stretch/Strength 11:00 Euchre 12:30 Pinochle 1:00 Trip to OPC	20 Chair Massage appt. Coffee Club (All morning) Quilt/Crochet/Knit 9:30 Soup & Salad along with "Tool Box for Stress" 12:00	21
22	23 Chair Yoga 10:00 Chair Volleyball 1:00	24 Stretch/Strength 10:45 Bridge 12:30 Spiced & Naugty 12:00 Scrabble 1:00	25 Line Dancing 9:00 MSC, Inc, Annual Meeting 5:00	26 Chair Yoga 10:00 Stretch/Strength 11:00 Euchre 12:30 Pinochle 1:00	27 Chair Massage appt. Coffee Club (All morning) Quilt/Crochet/Knit 9:30 Painting with Steve 9:30 Get Your Color On 12:00	28
29	30 CLOSED Memorial Day	31 Stretch/Strength 10:45 Bridge 12:30				



2022

Milford Senior Center
248-685-9008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
			1	2	3	4

Recent Activities



Our Vietnam Vets received blankets from Beyond The Quilt

Milford's Cookie Lady, Sharon who came and gave us a demonstration on decorating cookies. Thank you, Sharon!!



We traveled far and wide to find the mystery of the Blarney stone. Low and behold, Rock park in Southfield was harboring it. The ladies and gentleman searched in hopes to find the stone and have good luck for the rest of the year. The Blarney stone was found by Janine Cole and soon the others followed to see its beauty. Good luck to all!! Then off to the Twisted Shamrock for some shopping, lunch at Patti Finnigan's in Rochester and a stop for Shamrock Shakes at McDonalds.



The Trivia & Pizza Games



Our own Don Green served in the US Coast Guard 1966 - 1970



Local artists Painting with Steve

