

# Milford Senior Center

www.milfordtownship.com



1050 Atlantic  
Milford, MI 48381  
(248) 685-9008

*W*elcome 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.

## SEPTEMBER & OCTOBER 2014

**HOURS: 9:00AM - 3:00PM**  
**Monday through Friday**

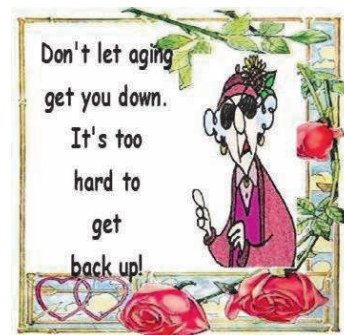
1050 Atlantic, Milford, MI 48381  
Phone: (248) 685-9008  
Fax: (248) 685-3447

- Nancy Hinzmann, Director
- Debbie Shew, Activities Director

### **LUNCH PROGRAM:**

Renee Colletti and Carole Meyers are our Site Hostesses  
Monday thru Friday lunch is served at noon; call  
Renee or Carole at (248) 684-0705.

**Milford Senior Center will be  
CLOSED  
Monday Sept 1st for Labor Day**



**WESTERN OAKLAND  
MEALS ON WHEELS PROGRAM**  
For homebound meals  
call the Nutrition Program office at (810) 632-2155

*Wi-Fi available at the Milford Senior Center*

September  
& October  
2014

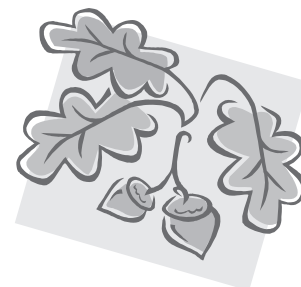
# Autumn

## Regularly Scheduled



# MILFORD SENIOR CENTER NEWSLETTER

- MON: Yoga 9:00
- MON: (2nd) Board Meeting 3:30
- MON: (2nd) Ask the Attorney 1:00
- MON: (3rd) Veterans Lunch 12:00
- TUES: Stretch & Strength 10:45
- TUES: Bridge 12:30
- TUES: (1st & 3rd) Bingo 1:00
- TUES: (3rd) Pot Luck 5:00
- TUES: (4th) Red Hats 12:00
- WED: Line Dancing 9:00
- WED: (2nd) Birthday Lunch 12:00
- WED: Mah-Jongg 12:30
- THUR: Stretch & Strength 10:45
- THUR: Euchre 12:30
- THUR: Pinochle 1:00
- FRI: Coffee Club (All morning)
- FRI: Sewing (Quilting) 9:30
- FRI: Friday Morning  
Knit/ Crochet 9:30
- FRI: Wii Bowling 12:30
- FRI: Cribbage 12:30



## Welcome New Members!

Ruth Russell  
Janet Whitman  
Susan Militello



The Milford Senior Center is sponsored by 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.

**Milford Senior Center, Inc. 1989-2014**



**Milford Senior Center Sept & Oct 2014**



**Board of Directors 2014**  
 PRESIDENT: Pat Kostin  
 1ST VICE PRESIDENT: Jim Shipley  
 2ND VICE PRESIDENT: John Johnson  
 TREASURER: Julie Branson  
 SECRETARY: Dorothy Bonnell-Tracy  
 SENIORS: Dorothy Madison, Don Ponto, Ken Michlewicz, & Max Kirschke

The meetings are held on the second Monday every month at 3:30 pm. The public is welcome and encouraged to attend. The next board meeting will be held on Sept 8th at 3:30 pm.

**( THANK YOU BOARD MEMBERS )**

**THANK YOU .....FOR YOUR TIME, TALENT, OR ITEMS OF DONATION**

Don & Marilyn Ponto, Pat & Dick Kostin, Mary Jo Fritz, Dorothy Bonnell-Tracy, Al & Anne Kossman, Max & Rose Kirschke, Joey McCollum, Ken Michlewicz, Connie & Gene Sypniewski, Bob & Julie Branson, Mary Jane Hollabaugh, Aki Christenson, Ida Barati, Dorothy Madison, Jim Shipley, Ottie Nott, Bill Schalk, Juanita Grant, Sally Fine, Sherry Heidlebaugh, Karen Strand, Bea Kimball, Charles Standhardt, Margaret Gray, Tim & Holly Brandt, Mike Rabideau, Kathy Wilson, Helga Scholz, Geri Wright, Karlene Gordinier, Dick Draper, HR Community Church Men's Group and an anonymous donor.

If anyone's name is left off please forgive us. We appreciate your thoughtfulness for the donations. We try to thank each and everyone individually for all of your support and donations!!!!

**THANK YOU TO ALL THE COMMUNITY VOLUNTEERS**

**Ask the Attorney—Laura Gabel, Tom Neff, Jack Bolling, Eric Yeaster, Mike Hickox, Larry Keef, Nancy Nawrocki, Richard Lemke, Steve Lebowski, Daniel Bain, Jim Crane, Caroline Bielas & Mike Nelson**

**Kroger of Milford - Bread & Treats, Roger Baloki & Roy Brandon**

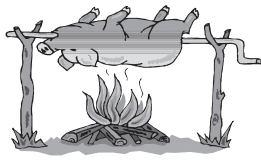
**Starbucks - we need someone to pickup on Tues & Fri**

Board of Directors: Don Ponto, John Johnson, Max Kirschke, Pat Kostin, Dorothy Bonnell-Tracy, Ken Michlewicz, Julie Branson & Jim Shipley (not in picture: Dorothy Madison)



**Pig Roast**

Our annual pig roast will be on Wednesday, Oct 1st, at 5pm. Debbie will be selling tickets soon to this popular dinner to the first 80 people that want to attend. Mark your calendar!



**"Do it yourself"**

Shredding available at MSC

Come Friday mornings to do your shredding.



We want to send a big THANK YOU to Dawn, owner of the Looney Baker, for all the years of providing donuts to the MSC. She has sold the bakery and we wish her the best.

Thanks also to Don for being the deliveryman.



THINGS TO DO.....

**CARDS & GAMES**



- EUCHRE: Thursdays 12:30 PM**
- PINOCHLE: Thursdays 1:00 PM**
- BRIDGE: Tuesdays 12:30 PM**
- MAH JONGG: Wednesday at 12:30PM**
- WII BOWLING: Fridays 12:30 PM**
- BINGO: Tuesdays (1st and 3rd) 1:00 PM**

**CRAFTS**

**FRIDAY MORNING SQUARES** : KNITTING & CROCHETING : Fridays 9:30 AM  
 Besides visiting and having fun the group has made over 2,000 afghans (plus hats & mittens) for donation to some very worthwhile groups.



**Washable 4-ply Yarn Needed!**

**FRIDAY STITCHERS:** Fridays 9:30 AM

\*\*\*\*\*

**CRAFTS WITH GAIL** : Monday (monthly) 9:30 AM  
SIGN UP PLEASE!! Cost for project is **\$10** .

Sept 8: Tiles  
Oct 6: TBD

**HEALTH**

**Please join us for an educational seminar.**  
**Monday, Sept 22, 2014**  
**10am—11am**  
**Audiologist Jacqueline Wieggers**  
**from**  
**Huron Valley Hearing**  
**at the**  
**Milford Senior Center**  
 (Cookies and juice will be served.)

**HEALTH cont.**

**HEARING TESTS 1st Wednesday** 9 am-12:00 pm on **Sept 3**. Come have your hearing checked by a licensed hearing aid specialist. This is a free service, but does require an appointment time. **Call 1-866-274-7399** for an appointment. Sponsored by **HEAR CLEAR**.



**THE FOOT DOCTOR:**

**Dr. Tabak**  
**Friday, Oct 17, 9:30 - 1:30**  
 Sign up for an appointment.



**CHAIR AND MAT YOGA:** Mondays from **9 am to 10 am** with **Darcy Grant**. Also new, a **balance class**. See pg. 6 for more details.



**FITNESS**

**Stretch & Strength:**

Every kind of workout (cardio, strength training, and stretching) combined into one awesome class. Adaptable for all fitness levels.

Bring hand-held weights.

Jo Schirtzinger has been teaching this popular class since 1994. Held Tuesdays and Thursdays 10:45 am –11:45am for \$5.00 a class.

**Congratulations to Jo for her 20th anniversary of teaching this class!!**  
**Wow, that is wonderful!**



LIFE...

Milford Senior Center Sept & Oct 2014



### FITNESS CONT...

**Beginning Line Dancing:** Wednesdays, \$6.00, at 9:00am; A new class with Pam Piacenti. Come join Pam and learn the steps needed for a variety of dances. This is your opportunity to give this a try. Great exercise for the body and the memory and it's a fun way to exercise.

### Intermediate Line Dancing

Wednesdays, \$6.00, at 10:00am



### FITNESS CONT...

Come meet Carole Myers, our newest site hostess. She is working on Wednesday, Thursday and Friday each week. Renee Colletti works on Mondays and Tuesdays. Our special THANKS to all the volunteers who are delivery drivers and assistants in the kitchen. Your help is greatly appreciated!!



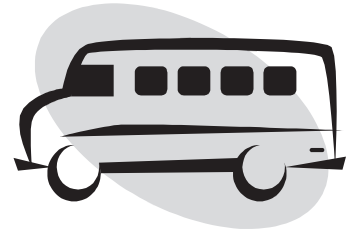
### TRANSPORTATION

#### NEED A RIDE? HIGHLAND/MILFORD TRANSPORTATION

Daily local runs to a doctor or hair appointment, shopping or to the Milford & Highland Senior Centers. Reservations must be made 24 hours in advance Monday through Friday. Call the Transportation number at (248) 887-4979. Please call between the hours of 8:00 am and 11:30am. All new riders must submit a rider information form.

- Mandatory fee:
- \$4.00 each way inside Milford and Highland Townships.
  - A medical appointment or transportation outside the townships, up to 16 miles, is \$8.00 each way.

The Van Program runs Monday thru Friday 9AM- 3 PM for Adults age 55 and older or certified handicapped.



### NUTRITION & SERVICES

#### Veterans' Lunch

Call to reserve your lunch, provided by the Milford Senior Center, Inc. The group normally meets at noon on the 3rd Monday of the month.

**Female Veterans are always welcome!**

Everyone else is welcome to come have lunch for \$3.00, but you must make a reservation in advance for lunch.

**Sept 15 & Oct 20**  
(reservations needed)

**DAILY LUNCH:** 12 PM Lunch for a \$3.00 donation is served every day. To be eligible you must be over the age of 60. To make a reservation call 248-684-0705.

**PLEASE** call by 11AM at least 1 weekday before the day you wish to eat.

**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 (888) 886-8971 or (810) 632-2155. This is a non-profit organization, not fully government funded.

**MILFORD SENIOR CENTER NEWSLETTER IS ONLINE!** Go to [www.villageofmilford.org](http://www.villageofmilford.org) or [www.milfordtownship.com](http://www.milfordtownship.com) and then to the Senior Center Page. Thank you Debbie Fraser and Terrell Tucker for keeping our information up to date.

### Yoga Class

We have a **yoga class** that takes place on Mondays from 9am to 10am, led by Darcy Grant who is a registered yoga teacher. Yoga is a good way to relieve stress, and because you can participate in the class either on a mat or on a chair, it's fun and easy for people of all ages! Yoga has also been shown to relieve tension in joints as well as the rest of the body. Darcy has a rate of \$45 for a 7 week series, and you are requested to pay up front. Walk-ins are welcome at \$8 a class. (Please bring a mat and a large towel to class.)

**ASK THE ATTORNEY:** one Monday of the month at 1:00 pm. By appointment only; please sign up. This program allows members to ask a legal question during a free, private, 15 minute session.

**Sept 8: Steve Lebowski**

**Oct 13: Jack Bolling**

Our thanks to all of the attorneys that are willing to be on our attorney roster.

### Creative Writing Workshop

**This spring, local author/writer, Susan McCoy, has lead two different group sessions through a series of writing exercises. They laid the foundation for their personal writing projects. The next workshop will begin in October, so if you are interested in attending let Nancy or Debbie know. New people welcome.**

**There is a \$50.00 fee for this eight week class. You will be amazed at what you will learn; even if you think you don't have writing talent!**

### Balance—Use it or Lose it

As we age, our eyes, ears and sensory feel (feet/joints) decrease, thus affecting our balance. Yoga for balance will strengthen muscles used in balance, such as toes, ankles, legs and hips and also stimulate our sense of feel in feet and toes. Our sense of awareness, concentration and confidence will all increase. **This will be a six week course on Monday mornings at 10am.** Please contact the office if you are interested in taking this class.

**\*\* Darcy Grant is offering a demo-balance class Sept 8 @ 10am to see if this class would benefit you.\*\***

### Did you know?

- ~ If you don't want cheese to stick to the cheese grater, spray it first with Pam.
- ~ Salt and lemon juice mixed together remove mildew stains, and will clean brass.
- ~ Spray WD40 on a cloth and wipe over leather shoes and boots, then buff with a soft clean cloth to shine and make them water-resistant.
- ~ Do you know what the WD in WD-40 stands for??? (Water Displacement)
- ~ Do you have any tips we can us?

### Lending Library Open

Our Lending Library is always open and we encourage members to take a book! Reading is knowledge, and it is also relaxing and can take you into a world of imagination. Readers, make use of this service.

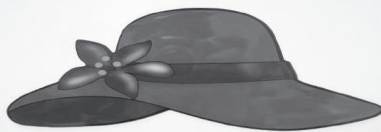


### Spaghetti dinners start up again on Friday, **September 5th**

from 5 to 7pm. Hope you can regularly attend this 1st Friday of the month fundraiser. This is a good opportunity to meet friends and have a great meal.

\*\*\*\*\*

**Thanks also for buying ice cream at the Concerts in the Park!**



### RED HATS:

**NEW MEMBERS WELCOME!**

**Meet the 4th Tuesday of the month at noon. For more information call Zita at 248-684-8502.**

### We need E-Mails!!

We have started a new system in which we are emailing seniors in bulk about updates and changes to trips, etc. Give Debbie your e-mail address to get into our contacts. We will not sell your address!!



## BIRTHDAY CELEBRATIONS

September

Martha Abercrombie, Roberta Bearup, Joan Borchardt, Cindy Dillon, Delores Donnellon, Mary Ann Fraser, George Grant, Robert Huff, Robert Hunt, Barbara Johnson, Shirley Orolim, Linda Prescher, Joanne Rabideau, Michael Rabideau, Inger Rasmussen, Shelley Rogers, Beverly Rue, Ed Sikora, Corinne Thompson, Phyllis Wigg, Ruth Russell

October



Jim Anderson, Delores Ann Bright, Linda Brynaert, Pauline Burgio, Peggy Green, Betty Kastelen, Jeanne Lauzon, Edith Nader, Vince Piacenti, Lari Jackson, Bernard Shubitowski, Irene Skarjune, Bill Witt

As members of the Milford Senior Center, Inc. you can receive a FREE lunch if you make a reservation two days before our monthly party the month of your birthday.

## SPECIAL EVENTS

### Flu shots

We are currently scheduling **Flu Shot Clinics**. At this time, there are four scheduled with a couple more dates to be added to the list: **Sept 17, Oct 1, Oct 6, and Oct 20.**



Please call the office to find out the latest details.

**Enriched Life Home Care** has been providing a lot of fun events here, with more scheduled. At our Sept. 10th Birthday Party they will have us playing **silly charades** and on Oct. 8th put on an **auction** with play money for bidding on items they bring, and we can keep! Then on Halloween they will help with a party. **Tom Slatton** has provided us with wonderful musical entertainment and will be back!!

### Life Line Screening

Preventive health screenings can detect your risk for serious disease. **Pre-registration is required for a package of tests for stroke, vascular disease, heart rhythm and even osteoporosis screening.**

**Milford Senior Center**  
**Mon. Oct. 27, 2014**  
**9am—4pm**  
**1-888-653-6450**



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## NEW DAY TRIPS

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### TRAVEL, TREASURES & TOURS

GUN LAKE– NOVEMBER 6

CAESAR’S WINDSOR CASINO– NOVEMBER 11 & 25

CHRISTMAS IN CHICAGO- DECEMBER 07-09

FIREKEEPERS– DECEMBER 16

NEW YEARS IN TRAVERSE CITY– DECEMBER 31-JANUARY 2

### ABOVE AND BEYOND TOURS

EXTENDED TRIP- THE BEST OF IRELAND

HOMETOWN HOSPITALITY ON THE ST. CLAIR RIVER & MARINE CITY– OCTOBER 15

KALAMAZOO AIR ZOO– NOVEMBER 3

“YOU BE THE JUDGE”- NOVEMBER 11

## DAY TRIPS

### SEPTEMBER

FRIDAY, SEPTEMBER 12-FIREKEEPER'S COST:\$30

Receive \$20 in coin + \$5 in food. Checks payable to: Milford Township.

WEDNESDAY, SEPTMBER 16- Putt-Putt Golf Outing at Kensington Falls behind Holden's Party store. See detailed flyers for more information. Lunch and golf. Cost: \$24

Monday-Tuesday- September 22-24- Western Michigan Adventure. Cost: \$339 Detailed flyers at the Center.



### OCTOBER

Tuesday, October 14- Motor City Casino- Cost: \$18

Receive \$30 in casino incentives. Time of departure from the senior center TBA. Checks payable to: Milford Township.

Monday October 20- Traverse City- Arrive at little River Casino where you will enjoy 5 hours of gambling. Receive \$20 in slot play and \$10 in food. Depart for Turtle Creek where we will spend the night in this beautiful hotel connected to the Casino. Receive \$15 in E-Credits + \$2 off food coupon. Day 2 you will be making a stop at Soaring Eagle Casino where you will receive \$20 in slot play and \$5 in food. Cost: \$119 per person. Checks made payable to : Milford Senior Center.

Thursday, October 23- "MOTOWN" the musical at the Fisher Theatre. Main floor seating with Dinner at Sinbads. COST: \$149 per person. Detailed flyers at the Senior Center.



### OVERNIGHT TRIPS

MONDAY-THURSDAY, OCTOBER 20-23-

Mackinac Island "Land Cruise" Plenty of room still left on this beautiful experience to the Grand Hotel on Mackinac Island. Enjoy the Island at your leisure and all the exciting things that go along with this trip. Your Breakfast and Dinner are included. The island shops are still open offering discounts on merchandise and of course **FUDGE!** For further details please contact Debbie at the Center for more detailed information.

If you have a bucket list this trip should be on it! So many things to do and one of the most beautiful places in the state of Michigan.

Join us for a journey somewhere in time on Mackinac Island.

### UPCOMING EVENTS

WEDNESDAY, OCT 1- PIG ROAST 5 pm

Please sign up with Debbie

WEDNESDAY, OCTOBER 8- BIRTHDAY

PARTY. Come join us for an afternoon of fun. Enriched for Life home health care will be holding an AUCTION! They will provide the play money to everyone and the auction items. Please sign up for lunch at least 2 days prior!!

FRIDAY, OCTOBER 10- BOCCE BALL-

Plazza De Bocce in Lake Orion. Bocce at 11am and lunch to follow.

Lots of flyers for other upcoming trips available at the Milford Senior Center.

## ADDITIONAL EVENTS...

### September

**Sept 1 — CLOSED**

**Sept 2 -- Bingo 1:00 pm**

**Sept 5 - Spaghetti Dinner 5 - 7pm**

**Sept 8 -- Board Meeting 3:30 pm**

**Sept 10 -- Birthday Party 12:00 pm**

Sign up to celebrate yours or someone else's birthday

**Sept 10 - New Hope Grief Support**

Weekly/Wednesdays 10-11:30 am thru Oct 22

**Sept 15 -- Veterans Lunch 12:00 pm**

Sign up to reserve your meal.

**Sept 16 – Bingo 1:00 pm**

**Sept 16 – Pot Luck 5:00 pm**

Sign up, bring a dish to pass and \$1

**Sept 22 – Huron Valley Hearing 10am**

### October

**Oct 1 - Flu Shots 10 - 12**

**Oct 3 - Spaghetti Dinner 5 - 7pm**

**Oct 7 - Bingo 1:00 pm**

**Oct 8 - Birthday Party 12:00 pm**

Sign up to celebrate yours or someone else's birthday

**Oct 10 - Bocce Ball 11:00 am** Sign up

**Oct 13 - Board Meeting 3:30 pm**

**Oct 20 - Veterans Lunch 12:00 pm**

Sign up to reserve your meal

**Oct 21 - Bingo 1:00 pm**

**Oct 21 - Pot Luck 5:00 pm**

Sign up, bring a dish to pass and \$1

**Oct 27 - Life Line Screening 9-4pm**



## ATTENTION!!

**Milford Senior Center, Inc. Membership:**

**Renewals are being taken for 2015**

**for only \$5.00 per year!**

In an attempt to assist members in remembering when to pay for membership we have a calendar year due date, but it's okay to pay your dues now!

Also a reminder...

**MSC Newsletter Subscriptions for**

**NON – Milford residents is an extra \$6.00 per year.**

**Don't forget to renew!!!**

You may also view the newsletter online for free at:



**[www.milfordtownship.com](http://www.milfordtownship.com) or**

**[www.villageofmilford.org](http://www.villageofmilford.org)**

**and then to the Senior Center page.**



### **Milford Senior Center Rentals**

Basic Fee :

(includes 5 hours of rental)

\$150 (50 people and under)

\$200 (51-75)

\$250 (76-110)

Please contact:

Nancy Hinzmann



for more information:

(248) 685-9008

# Sept 2014

## Milford Senior Center


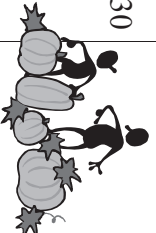
### 248-685-9008

| Sun   | Mon   | Tue  | Wed  | Thu   | Fri   | Sat |  |
|---|---|--|--|---|---|-----|--|
|  | 1<br><b>CLOSED FOR LABOR DAY</b>  | 2<br>Stretch/Strength 10:45<br>Bridge 12:30<br><b>Bingo 1:00</b>   | 3<br>Line Dancing 9:00<br><b>Hearing Test Appt.</b><br>Mah-Jongg 12:30<br>New Hope Grief Support 10-11:30    | 4<br>Stretch/Strength 10:45<br>Euchre 12:30<br>Pinochle 1:00  | 5<br>Coffee Club 9:30<br>Quilt/Crochet /Knit 9:30<br>Cribbage 12:30<br><b>Spaghetti Dinner 5—7pm</b>                      | 6   |  |
| 7   | 8<br>Yoga 9:00<br><b>Crafts 9:30</b><br><b>Demo Balance Class 10</b><br><b>Attorney 1:00</b><br><b>Board Meeting 3:30</b> | 9<br>Stretch/Strength 10:45<br>Bridge 12:30  | 10<br>Line Dancing 9:00<br><b>Birthday Party 12:00</b><br>Mah-Jongg 12:30<br>New Hope Grief Support 10-11:30 | 11<br>Stretch/Strength 10:45<br>Euchre 12:30<br>Pinochle 1:00 | 12<br>Coffee Club 9:30<br>Quilt/Crochet /Knit 9:30<br><b>Blood Pressure Checks</b><br>Wii Bowling 12:30<br>Cribbage 12:30 | 13  |  |
| 14  | 15<br>Yoga 9:00<br><b>Veterans Lunch 12:00</b>  | 16<br><b>Putt - Putt 9:45</b><br>Stretch/Strength 10:45<br>Bridge 12:30<br><b>Bingo 1:00</b><br><b>Pot Luck 5:00</b> | 17<br>Line Dancing 9:00<br><b>Flu Shots 10-12</b><br>Mah-Jongg 12:30<br>New Hope Grief Support 10-11:30      | 18<br>Stretch/Strength 10:45<br>Euchre 12:30<br>Pinochle 1:00 | 19<br>Coffee Club 9:30<br>Quilt/Crochet /Knit 9:30<br>Wii Bowling 12:30<br>Cribbage 12:30                                 | 20  |  |
| 21  | 22<br>Yoga 9:00<br><b>Huron Valley Hearing Seminar 10-11</b>  | 23<br>Stretch/Strength 10:45<br>Bridge 12:30<br><b>Red Hats 12:00</b>  | 24<br>Line Dancing 9:00<br>Mah-Jongg 12:30<br>New Hope Grief Support 10-11:30                                | 25<br>Stretch/Strength 10:45<br>Euchre 12:30<br>Pinochle 1:00 | 26<br>Coffee Club 9:30<br><b>Blood Pressure Checks</b><br>Quilt/Crochet /Knit 9:30<br>Wii Bowling 12:30<br>Cribbage 12:30 | 27  |  |
| 28  | 29<br>Yoga 9:00   | 30<br>Stretch/Strength 10:45<br>Bridge 12:30   |                          |   |   |     |  |

# Oct 2014

**Milford Senior Center**  
**248-685-9008**

Sun      Mon      Tue      Wed      Thu      Fri      Sat

|  |   |   |   |   |   |  |
|--|---|---|---|---|---|--|
|  |   |   |   |   |   |  |
| 5  | 6<br>Yoga 9:00<br><b>Crafts 9:30</b><br><b>Flu Shots 10-12</b>    | 7<br>Creative Writing<br>Stretch/Strength 10:45<br>Bridge 12:30<br><b>Bingo 1:00</b>                          | 8<br>Line Dancing 9:00<br>Mah-Jongg 12:30<br><b>Birthday Party 12:00</b><br>New Hope Grief Support 10-11:30 | 9<br>Stretch/Strength 10:45<br>Euchre 12:30<br>Pinochle 1:00  | 10<br><b>Blood Pressure Checks</b><br>Coffee Club 9:30<br>Quilt/Crochet /Knit 9:30<br>Bocce Ball 11:00<br>Wii Bowling 12:30 | 11   |
| 12   | 13 Yoga 9:00<br><b>Attorney 1:00</b><br><b>Board Meeting 3:30</b> | 14<br>Creative Writing<br>Stretch/Strength<br>Bridge 12:30  | 15<br>Line Dancing 9:00<br>Mah-Jongg 12:30<br>New Hope Grief Support 10-11:30                               | 16<br>Stretch/Strength 10:45<br>Euchre 12:30<br>Pinochle 1:00 | 17<br>Dr. Tabak Appt.<br>Coffee Club 9:30<br>Quilt/Crochet /Knit 9:30<br>Wii Bowling 12:30<br>Cribbage 12:30                | 18   |
| 19   | 20 Yoga 9:00<br><b>Flu Shots 10-12</b><br>Veterans Lunch 12:00    | 21<br>Creative Writing<br>Stretch/Strength 10:45<br>Bridge 12:30<br><b>Bingo 1:00</b><br><b>Pot Luck 5:00</b> | 22<br>Line Dancing 9:00<br>Mah-Jongg 12:30<br>New Hope Grief Support 10-11:30                               | 23<br>Stretch/Strength 10:45<br>Euchre 12:30<br>Pinochle 1:00 | 24<br><b>Blood Pressure Checks</b><br>Coffee Club 9:30<br>Quilt/Crochet /Knit 9:30<br>Wii Bowling 12:30<br>Cribbage 12:30   | 25   |
| 26   | 27<br>Yoga 9:00<br><b>Life Line Screening 9-4</b>                 | 28<br>Creative Writing<br>Stretch/Strength 10:45<br>Bridge 12:30<br><b>Red Hats 12:00</b>                     | 29<br>Line Dancing 9:00<br>Mah-Jongg 12:30  | 30<br>Stretch/Strength 10:45<br>Euchre 12:30<br>Pinochle 1:00 | 31<br>Coffee Club 9:30<br>Quilt/Crochet /Knit 9:30<br>Cribbage 12:30<br><b>Halloween Party</b>                              |  |

## Notes from The Directors

Where did the summer go? I don't know about you but I sure didn't see much of it!

Fall will be here before we know it and our line up of trips will be changing. Trips to the Cider Mills, Holiday festivities and only 136 days left till CHRISTMAS!!!!

Whatever might peak your interest, more than likely you will find it at the Milford Senior Center.

As usual, I have a variety of trips coming up for your enjoyment, so stop by and take a flyer or stop in my office to find out what's going on! For those Mackinac Island Lovers our trip is the 20-23 of October this year. Sue and I are already gearing up for this much anticipated trip. If you are interested please contact Debbie at the Center. Thanks for all your support!!  
Debbie



Warmest greetings,

I hope you have noticed that our newsletter looks different! **Liturgical Publications Inc.** is now printing for us and offering new features. Also, Kathy Wilson, is helping me put it all together—my thanks to her for her willingness to be involved.

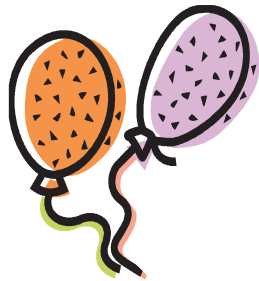
**Spaghetti dinners** start up again on September 5th. On Wed., Sept. 10th, **New Hope Grief Support Group** will begin seven weekly sessions for anyone needing their help because of a loss. We currently are taking names for a **Creative Writing** class starting up in October. Also, we have an audiologist coming from **Huron Valley Hearing** for a seminar on Sept 22nd and in October there will be **flu shot clinics** (check on dates) and **Life Line Screening** (27th). There are **parties, putt-putt** and **pig roast** planned as well! Please attend these extra events, as well as any of the regularly scheduled activities. Keep checking on added events so you don't miss out. We love seeing you here.

Thanks to everyone who volunteers their time, as well as those who make donations to help make the Center the wonderful place that it is. We had great ice cream sales at the summer concert series thanks to the faithful workers and supporters!! You can help around here also—we will find a job for you.

Fondly,  
Nancy



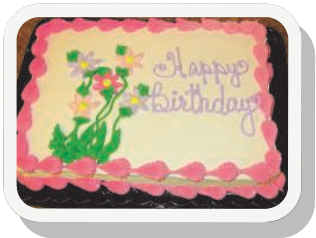
# BIRTHDAYS



July  
Birthday  
People



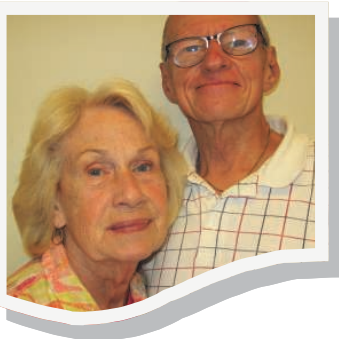
August  
Birthday  
People



# VOLUNTEERS of the MONTH

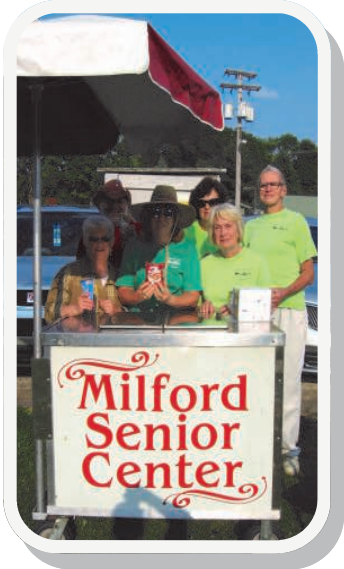


September  
Joey McCollum



October  
Max & Rose Kirschke

Thanks to these dedicated  
Ice Cream Workers:  
Bob & Julie Branson  
Max & Rose Kirschke  
Dorothy Bonnell Tracy  
Sherry Heidlebaugh



**Volunteer of the month was picked randomly and will enjoy a special parking place.**