

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

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.

JANUARY & FEBRUARY 2012

Hours: 9:00 am–3:00 pm
 Monday thru Friday

**Milford Senior Center will be CLOSED on
 the following dates:**

January 2 for New Year's
January 16 for Martin Luther King Day

February 20 for President's Day
February 28 for Primary Election Voting

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

- Nancy Hinzmann, Director
- Debbie Shew, Activities Director
- Marilyn Fisher, Office

**Lunch Program: Western Oakland
 Meals on Wheels Program**

Chris Benner and Vicky Bonadeo,
 Site Hostesses

Monday thru Friday lunch is served at noon; call Chris or Vicky at (248) 684-0705. For homebound meals call the Nutrition Program office at (810) 632-2155.

**Don't forget: If the schools are closed for a SNOW DAY, the Senior
 Center will be CLOSED.**



JANUARY
& FEBRUARY
2012



MILFORD SENIOR CENTER
NEWSLETTER



WINTER WONDERLAND



Regularly Scheduled

MON: Movement 10:30	THUR: Stretch & Strength 10:45
MON: Walking Class 10:00	THUR: Euchre 12:30
MON: (1st) Book Club 1:00	THUR: Pinochle 1:00
MON: (2nd) Board Meeting 3:30	THUR: (3rd) Hearing Tests
MON: (2nd) Ask the Attorney 1:00	FRI: Coffee Club (All morning)
MON: (3rd) Veterans Lunch 12:00	FRI: Sewing (Quilting) 10:00
TUES: Stretch & Strength 10:45	FRI: Friday Morning Squares Knit/ Crochet 10:00
TUES: (1st & 3rd) Bingo 1:00	FRI: (1st) Staff of Congressman McCotter 10-11
TUES: (3rd) Pot Luck 5:00	FRI: Bridge 1:00
TUES: (4th) Red Hats 12:00	FRI: Wii Bowling 1:00
WED: Line Dancing 10:00	
WED: (2nd) Birthday Lunch 12:00	
WED: Wii Bowling 1:00	



Welcome New Members!

Mary Ann Weiland, Thomas Diaz,
Bobbie Lou Ferrari, Dale Tuchel, Phyllis Wigg,
Marsha Means, Ann Kaluzny, David Powell,
Lillian Lazuka

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 1989-2012**



Board Members 2012

PRESIDENT: Gene Sypniewski

1ST VICE PRESIDENT: Don Sheridan

2ND VICE PRESIDENT: Max Kirschke

TREASURER: Don Ponto

SECRETARY: Dorothy Bonnell-Tracy

SENIORS: Pat Kostin, Dorothy Madison,
Ken Michlewicz & John Johnson

(Bill McGrath Honorary Member)

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 Jan 9th at 3:30 pm.

(THANK YOU BOARD MEMBERS)

VOLUNTEER OF THE MONTH

**January
Karen Strand**

Karen liked Roy's idea from last time, so she is wanting to allow anyone who is in need of the special parking space to use it as her guest also.

**February
Bert Weening**



Volunteer of the month was picked randomly and will enjoy a special parking space for the month.

Milford Senior Center

January & February 2012

**THANK YOUFOR YOUR TIME, TALENT, OR ITEMS
OF DONATION**

Don & Marilyn Ponto, Pat & Dick Kostin, Mary Jo Fritz, Dorothy Bonnell-Tracy, Mary Besancon, Al & Anne Kossman, Max & Rose Kirschke, Carol Rosenberger, Marlene Alestra, Kathy Moore, Joey McCollum, Peggy Mesarosch, John Vick, Ken Michlewicz, Connie & Gene Sypniewski, Bob & Julie Branson, Mary Jane Hollabaugh, Bill Schalk, Bob Pigula, Tim & Holly Brandt, Aki & Chris Christenson, Paul & Barb Piazza, Juanita Grant, Roger Baroki, Tom Lemkie, Jeannette Morris, Bea Kimble, Jan Johnson, Ruth Bretz, Spiced and Naughty Red Hats, Anna Contreras, Ida Barati, Iris Mehoke, Patty Donovan, Independence Village and anonymous

If anyone's name is left off please forgive us. We appreciate your thoughtfulness for the donations but we are unable 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, Jennifer Elowsky, Mike Hickox, Larry Keef, Nancy Nawrocki, Richard Lemke, Steve Lebowksi & Mike Nelson

Kroger of Milford –Bread & Treats, Roger Baloki & Roy Brandon

Looney Baker—Donuts, Don Ponto

Starbucks– Treats, Gene Sypniewski

Photographers– John Meyer and Oattie Nott

In December we had the Lutheran school kids sing at our birthday party. They were enjoyed by all that attended.



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

THINGS TO DO.....

CARDS & GAMES



EUCHRE: Thursdays 12:30 PM

PINOCHLE: Thursdays 1:00 PM

BRIDGE: Fridays 1:00 PM

MAH JONGG: Cancelled due to lack of people

CRIBBAGE: Cancelled due to lack of people

WII BOWLING: Wednesdays & Fridays 1:00 PM

BINGO: Tuesdays (1st and 3rd) 1:00 PM

CRAFTS

FRIDAY MORNING SQUARES : KNITTING & CROCHETING : Fridays 10:00 AM
 Besides visiting and having fun the group has made over 1,550 afghans (plus hats & mittens) for donation to some very worthwhile groups.



Washable 4-ply Yarn Needed!
FRIDAY STITCHERS: Fridays 10:00 AM

CRAFTS WITH GAIL : Monday (monthly) 9:30 AM
SIGN UP PLEASE!!

January 9 Surprise \$10

February 27 Cards \$10

HEALTH

Dementia Workshop

John Schemanske from Kokopelli Financial Management group is hosting a dementia work shop.

February 13th at 1:00

Don't Forget to Come!

Milford Senior Center January & February 2012

HEALTH cont.

HEARING TESTS 3rd Thursdays 9 AM-12:30 PM
 Come have your hearing checked by a licensed hearing aid specialist. He will go thru a series of tests to see how well your hearing and understanding is. This is a free service, but does require an appointment time. Call 1-866-274-7399 for an appointment. They will come to your home for this exam if you'd prefer or the Milford Senior Center. Sponsored by



HEAR CLEAR.

THE FOOT DOCTOR: Dr. Tabak
Friday, January 27th, 9:30 - 1:30
 Sign up for an appointment.



Ask the Nurse: Thursday, Jan. 19, 11:45
Compassionate Care Hospice will have a nurse come to answer questions and take your blood pressure.



FITNESS



Stretch & Strength:

Every kind of work-out (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 -11:45 AM for \$3.00 a class.

LIFE...

Milford Senior Center January & February 2012

FITNESS CONT...

Line Dancing: Wednesdays, \$5.00 at 10 AM; intermediate class with Carolyn Culbert. Great exercise for the body and the memory, besides it is a fun way to exercise. (Must know basic steps) **Beginners class** will begin January 11, 2012.

**AWARENESS THROUGH MOVEMENT
FELDENKRAIS LESSONS IN MILFORD:
MONDAYS 10:30 AM**



Want to maintain and improve your ability to move? Learn how to move more efficiently with instructor Duane Karr, GCFP, RMT. Fee: \$28.00 for 4 classes. Bring a mat, 3 towels, and wear soft clothes. The emphasis is to find the pain free, comfortable and efficient way to move. For more information call Duane at 248-330-8803.

NUTRITION AND SERVICES

VETERANS LUNCH ROUND TABLE DISCUSSION: meets at Noon on the 4th Monday of the month due to closures. Call and reserve your lunch, provided by the Milford Senior Center, Inc.

January 23 & February 27 at Noon

Female Veteran's are always welcome!

Everyone else is welcome to come have lunch for \$3.00 and listen to the speakers (when we have one), but you must make a reservation in advance.

"How far you go in life depends on you being tender with young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and the strong. Because someday you will have been all these."

~George Washington Carver

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.

WANTED

The Walking group would like to start up again and is looking for men and women to come walk inside the Center, instructed by a DVD.

Also, if anyone would be interested in playing Cribbage, let the office know, so we can start that activity up again.

Line Dancing will start in January but there is still room for more people!!

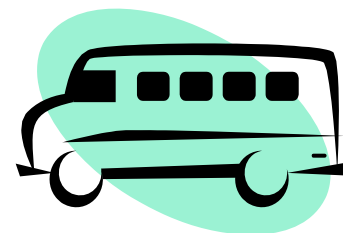
Come try something new!!

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 11:45 am. All new riders must submit a rider information form.

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.

Mandatory fee:

- \$4.00 each way inside Milford and

**FINANCIAL
WORKSHOP****PART 7**

Presented by
Paramount Financial
Advisors, LLC
Terry Price, CRPC
Back up and running
as of January 30, 2012
at 10:30 a.m.
Lunch will be provided.

INFORMATION PAGE

Milford Senior Center

January & February 2012

MILFORD SENIOR CENTER NEWSLETTER IS ONLINE! Go to www.villageofmilford.org or www.milfordtownship.com and then to the Senior Center Page. Thank you Becky Jacques and Holly Brandt for keeping our information up to date. We are wishing Becky a speedy recovery!

Life Line Screening

On Monday, March 26, 2012, at Milford Senior Center, there will be a Life Line Screening preventive health event to scan for the risk of stroke and other vascular conditions.

Pre-register for appointments.

For more information, call the Milford Senior Center.

ASK THE ATTORNEY: the 2nd 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 15 minute session.

January 9 Steve Lebowski

February 13 Tom Neff

**Donate used
eyeglasses/aids**

Bring in your old eyeglasses and hearing aids.

We have a box from the "Lions of Michigan" for your donations.

**BOOK CLUB
DISCUSSION
GROUP**

The Milford Senior Center Book Club meets the first Monday of each month at 1:00 pm. Margaret Simpson leads the group with facts on the book and author. Any questions, call Margaret at (248) 685-9487.

The next book will be *Purple Gang* by Paul KaviEFF.

SPAGHETTI DINNER

FRIDAY, JAN 6, 5-7 PM

FRIDAY FEB 3, 5-7 PM

AARP TaxAide Program

The AARP TaxAide Program is hosting a volunteer-run tax assistance and preparation service. Volunteers will be available on Thursdays: February 9 and 23, March 8 and 22, and April 5 and 12. Call Milford Senior Center to make an appointment.

Taxpayers should bring the following information:

- Copy of last years income tax returns
- All W2s
- All 1099s
- All forms showing federal income tax paid
- Dependent care information (Name, Employer ID, Social Security Number)
- Receipts or cancelled checks, if itemized deductions
- Property tax bills or rent information, if claiming Property Tax Credit
- Social Security Numbers for yourself and all dependents

Please Note that taxpayers with more complex tax returns will be advised to seek professional tax assistance.

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. We like to accept books, but at this point in time our shelves are full.

**RED HATS:**

NEW MEMBERS WELCOME!

Meet the 4th Tuesday of the month. For more information call Linda at 248-529-6616

THE STAFF OF CONGRESSMAN THADDEUS MCCOTTER: First Friday of each month, 10 AM. This allows the opportunity to speak with a staff member one on one regarding any federal issue. The staff can provide assistance with issues including Social Services, Medicare, military and veteran's affairs, small business concerns, IRS or other federal issues. The Congressman has an office in Milford (248) 685-9495.

BIRTHDAY CELEBRATIONS

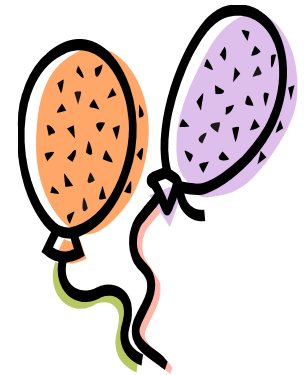
January



Susan Anderson, Gerry Anderson, Ldonna Andres, Elizabeth Bocian, Lillian Bryant, Francesca Cenzer, Shirley Coon, Arthur Dockery, Delphine Goodlein, Dorothy Gorden, Dorothy Greiner, Elizabeth Hollowell, Barb Howard, Kathy Hunsinger, Kenneth Jackson, Janace Johnson, Dolores Kieltyka, Martha Klemmer, Jeanne Koresky, Chris Kvasnak, William Makowsky, Peggy Mesarosch, Ruth Milan, Sonny Mullins, Can Oaks, Trudy Quesada, Frances Rabideau, Pat Rhea, Laura Rubritius, Robert Schiemann, Tim Schilk, Melanie Schwab, Gary Snyder, Cynthia Sobczak, Betty Spencer, Marilyn Stoner, Ruth Ann Taylor, Harlan Thome, Norma Weening, Evelyn Wesley, Mariane Wilson, Geraldine Wright



November
Birthday
People



December
Birthday
People

February

William Armstrong, Jo Ann Bowman, Jack Canfield, Larry Donnellon, Joyce Esper, Don Fraser, Beverly Golden, Mitzi Gray, Judith Guertin, Roger Hill, Patricia Jackson, Grace Keenan, Max Kirschke, Albert Kossman, Martha LaBenne, Margaret Leibler, Phyllis Lincoln, Cherie Link, Rose Monahan, Stan Morris, Gwendolyn Niemisto, Margurite Passarell, Gene Ricketts, Ida Roberts, Neal Ryan, Dorothy Sarkisian, Larry Shew, Helen Stewart, Suzanne Thinel, Alba Tolini, Judy Vincent, William Wiley, Estelle Woodcock

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.



ADDITIONAL EVENTS...

JANUARY

January 2– Center closed
January 3– Bingo– Mashed Potato Bar 12:30, Bingo @ 1:00
January 6– Spaghetti Dinner 5:00
January 9– Board Meeting 3:30
January 11– Birthday Lunch– 12:00
 Sign up to celebrate the January birthdays.
January 16– MLK Day– Center Closed
January 17– Bingo (Door Prizes) 1:00
January 17– Pot Luck– 5:00 Sign up, bring a dish to pass and \$1.
January 23– Veteran’s Lunch– 12:00
 Sign up to reserve your meal.

ATTENTION!!

Milford Senior Center, Inc. Membership: \$5 a year, due January 1st!

We are trying to get everyone on a calendar year schedule so it's easier to remember when to pay your dues. Now is the time!!

Also a reminder...

MSC Newsletter Subscriptions for NON – Milford Village and Township residents is an extra \$6.00 per year. You may also view the newsletter online at:

**www.milfordtownship.com or
www.villageofmilford.org and
 then to the Senior Center Page**

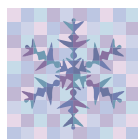


FEBRUARY

February 3– Spaghetti Dinner– 5:00
February 7– Bingo–Food 12:30, Bingo 1
February 8– Birthday Lunch– 12:00
 Sign up to celebrate the February birthdays.
February 9– Income Taxes– Sign up
February 13-- Dementia Seminar 1:00
February 20– Closed for Presidents Day
February 21-- Bingo (Door Prizes)1:00
February 21– Pot Luck Dinner– 5:00
 Sign up, bring a dish to pass and \$1.
February 23– Income Taxes– Sign up
February 27– Veterans’ Lunch– 12:00
 Sign up to reserve your meal.
February 28– Closed for Primary Election

The set-up for the Children’s Christmas Party. Santa is waiting for the kids!!





TRAVEL PAGE



JANUARY

JANUARY 9- WINDSOR RACEWAY- This is a buy one get one free trip, Departs Milford Senior Center at 9am returns approx. 4:30pm. Receive \$15 in coin per trip! COST: \$7 PP cks payable to: Travel, Treasures & Tours

JANUARY 18- POINT EDWARD & HIAWATHA CASINO- This casino is located just over the Blue Water Bridge in Port Huron. Depart from Milford Senior Center, (TBA) return approx. 6:30pm. You will receive \$15 from Point Edward and \$10 from Hiawatha, Total: \$25 in casino incentives!! COST: \$12pp cks payable to: Travel, Treasures & Tours.

JANUARY 23- FREE WINDSOR RACEWAY TRIP- It's free only if you went and paid for the January 9 trip; all others, cost is \$7 with availability.

FEBRUARY



FEBRUARY 1- CAESARS WINDSOR- This is a buy one get one free trip, receive \$15 in coin or food per trip. Departs Milford Senior Center @ 9am return approx. 5pm. COST: \$7 cks .payable to: Travel, Treasures & Tours. You must have a passport or Enhanced Drivers License.

FEBRUARY 6- SOARING EAGLE CASINO- Trip includes \$20 in coin, \$5 in food and ticket to the "Grand Ole Opry" Show!! Enjoy country classics as Whispering Bill Anderson, Jim Ed Brown, Helen Cornelius and Jeannie Seely make music memories! Departs Milford Senior Center at (TBA) return approx. 9:45p.COST: \$35PP receive \$25 in casino incentives and a show! Cks payable to: Travel, Treasures & Tours. It's not mandatory that you go to the show if you would prefer to continue gambling.

FEBRUARY 16- BLISSFIELD MURDER MYSTERY DINNER TRAIN- This trip is a 3 hour fine dining and entertaining experience aboard a moving train. The train departs from Blissfield and makes a leisurely 16 mile round trip through the countryside. You will be served a three course meal while being entertained by actors performing a interactive murder mystery. COST: \$89 Payable to: Travel, Treasures & Tours

FEBRUARY 17- PACZKI, PIEROGIES AND POLKAS- Learn about the wonderful culture of the Polish. Visit Historical churches, neighborhoods and other venues that have kept their polish tradition alive. COST: \$60 Includes transportation, meal, goodie bag, beverage, fun and wonderful prizes. Cks payable to: Step on Bus Tours.

FEBRUARY 22- FREE CAESARS WINDSOR-This trip is free only if you went on the 1st one. All others the cost is \$7pp with availability.

UPCOMING SIGHTSEEING TOURS:

- Hungary, Happiness, and Halleluiahs- Step on Bus Tours
- Arts, Amish, & Adventure— Step on Bus Tours
- Planes, Pizza & Micro Breweries- Selfridge Military Air Museum- Above & Beyond Tours
- Monroe Historic Church Tour- Above & Beyond Tours
- All trips must be paid for by check before your name can be put on the list. NO EXCEPTIONS, NO CASH

Final Notes

Its hard to believe that it's the New Year already! Where did 2011 go? I hope everyone had a very Merry Christmas and now we are ready to start the New Year all over again!

Our Christmas Party for some local children was a great success thanks to our Milford Senior Center Board and all the wonderful donations that came in to help support this venture. The children enjoyed Santa Claus (Max Kirschke) who by the way did a wonderful job, dinner, a magician, face painting, crafts and finally their gifts.

I would like to thank everyone for their donations and time to make their Christmas a little brighter!!!

*Thanks,
Debbie Shew*

LAST BUT NOT LEAST...NOTES FROM THE DIRECTOR...

Sorry the newsletter is late! I won't even try to explain other than the holiday schedule was a big factor. I really enjoyed my time with family and friends. I hope you did also.

Be sure to read the newsletter so you don't miss something that you would have enjoyed. We have the sign-up schedule in the office for **income tax preparations**. Sign up early because there are limited spaces available. Call or come into the office to do so. See page 6 for all the details.

For information, suggestions, or to sign up to help with something, call the office at 248-685-9008. Thanks to all who have volunteered in some way this past year. Remember, we can't accomplish much without the help of many!!

Enjoy every day!!
Nancy

