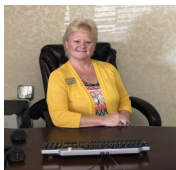


“The Park Avenue News”



Center Highlights!



EXECUTIVE DIRECTOR’S REPORT
Brenda Coppock, Executive Director

Hello All!

We will be opening at 30% capacity by appointment or reservation only on August 11, 2020. Everyone must enter “WEARING A MASK” through the main entrance. You will have your temperature checked, asked a questionnaire and given a daily wrist band. Anyone with a temperature of 99.5 or higher will not be permitted to enter our Center. Only social distancing activities will be held at this time. All lunch must be pre-ordered a day in advance by 3:00pm. We have worked very hard to make it safe for our members to return.

Please follow the guidelines we have put into play. It’s a whole new normal for all of us. I have instructed all staff to be on the look out for anyone that is not wearing a wrist band. You all should be as well. As a reminder there is absolutely no smoking on the MSC property.

Activities: you must call 302-422-3385 the day before the activity is planned by 3:00pm to reserve your spot. To do so you must speak directly to our Program/Activities Coordinator Rebecca Kibbe. This includes our Fitness Center and Billiards Room.

Lunch/Appointment: you must speak directly to our Office Manager Amy Stratton by 3:00pm. You are permitted to arrive 1/2 hour only prior to your reservation or appointment to go through the screening process.

Transportation: you must speak directly to our Transportation Coordinator Addie Shorts. Day Trips are postponed until further notice. Failure to follow these guidelines may result in the loss of your reservation or appointment.

You will be required to have a valid membership status to reserve a spot for one of our activities.

“If you can be anything, be Kind”

Brenda~

As a reminder...For inclement weather and Center closings, please watch WBOC TV OR WMDT 47abc news. It can also be found on the WBOC website. We are closed when Milford School District is Closed. Also, when the district has a delay, we are open with no transportation.

MILFORD SENIOR CENTER IS A NON-SMOKING FACILITY.

SMOKING OR VAPING IS PROHIBITED ON THE GROUNDS OR IN ANY VEHICLE PARKED ON OUR GROUNDS DURING BUSINESS HOURS 7:30AM-3:00PM

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SPECIAL NOTE:

\$20 Membership

7/1/20-6/30/21

Executive Director Continues:

All of our rooms have a sign outside the door stating how many occupants are permitted at one time. The Thrift Store will remain closed until further notice. Our Breakfast Program will resume in the future.

Our Newsletter will be available on line until further notice. If you or someone you know does not have access to a computer, feel free to make an appointment to use our Resource Center to print a Newsletter. If you need help my office staff are always available. If you have any suggestions or concerns feel free to make an appointment to discuss your ideas.

PROTECT YOURSELF & OTHERS FROM CORONAVIRUS (COVID-19)

1. WASH YOUR HANDS FREQUENTLY AND USE SANITIZER
2. DO NOT TOUCH YOUR FACE
3. CLEAN SURFACES REGULARLY
4. COUGH OR SNEEZE INTO YOUR ELBOW
5. STAY HOME WHEN YOU ARE SICK
6. PREVENT THE FLU, GET VACCINATED
7. KEEP 6 FEET IN DISTANCE FROM OTHERS
8. WEAR A MASK



Addie Shorts,
Transportation Coordinator

TRANSPORTATION **NOTE:**

Happy Travels!

Hope all is well during these times. Transportation will resume on Tuesday, August 11, 2020, by appointment only. If you have scheduled an activity for that day, a "Request" for transportation must be reserved 24hrs prior, due to limited seat availability on the bus. You will be transported to the Center, and when your activity ends, (lunch, bingo, etc..) you will be transported home. This is due to social distancing and limited space at the Center.

Hope to see you soon.


Addie.



WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WALKING 9:45AM-10:45AM TAI CHI	WALKING 9:00AM-10:00AM JAZZERCISE STARTING 8/18/2020	WALKING 9:00AM-10:00AM LINE DANCE	WALKING 9:45AM-10:45AM TAI CHI	WALKING 9:00AM -9:45AM TAI CHI
11:30AM-12:30PM LUNCH	10:00AM CHAIR EXERCISE	QUILTING 10:00AM-1:00PM	11:30AM-12:30PM LUNCH	JAZZERICISE 10:00AM-10:00AM
3:00AM TAI CHI STARTING 9/14/2020	11:30AM-12:30PM LUNCH	11:30AM-12:30PM LUNCH	2:00PM-3:00PM YOGA STARTING 8/20/2020	11:30AM-12:30PM LUNCH
	1:00PM-2:00PM BINGO			1:00PM-2:00PM BINGO

August Lunch Menu

8/3/2020	8/4/2020	8/5/2020	8/6/2020	8/7/2020
8/10/2020	8/11/2020 Fettuccine W/ Meatballs Marinara sauce Veggies Applesauce	8/12/2020 Baked Chicken Jasmine Rice/Gravy Succotash Fruit Cocktail	8/13/2020 Roast Beef/Gravy Mashed Potatoes Carrots Cake 	8/14/2020 Baked Chicken Potatoes W/Onions & Peppers Spinach Pears
8/17/2020 Chicken Parmesan Spaghetti W/ Marinara Sauce Wheat Bread Brussels Sprouts Fruit Cocktail	8/18/2020 Tossed Salad Chicken, Cheese, Tomato Dressing Roll Grape Juice Pears	8/19/2020 Liver & Onions Mashed Potatoes/Gravy Green Beans Peaches	8/20/2020 Baked Chicken Mashed Sweet Potatoes Veggies Pudding	8/21/020 BBQ Pork/Roll Potato Wedges Corn Applesauce
8/24/2020 Chicken A La King Egg Noodles Broccoli Strawberries	8/25/2020 Spaghetti W/Meat Sauce Veggies Italian Bread Cookies	8/26/2020 Baked Chicken White Rice/Gravy Peas Pears	8/27/2020 Chef Salad Turkey, Ham, Cheese & Tomatoes Dressing Orange juice Orange	8/28/2020 Fried Chicken Mac & Cheese Collard Greens Fruit Cocktail
8/31/2020 Meatloaf/Gravy Mashed Potatoes Carrots Apple				

The Division of Aging has established suggested meal donation of \$5 for all members and spouses aged 60 and older. Members and spouses under the age of 60 requested to pay \$8 per lunch. Menu is subject to change. Sponsored by the Modern Maturity Center Inc., MANNA Program.

Lunch will be served 11:30am-12:30pm by reservation only!

LUNCH MUST BE PRE-ORDERED THE DAY BEFORE BY 3:00PM.

August Birthdays



1
Denis O'Brien
4
Rita Bennett
5
Faith Swain
7
Joann Jefferson
8
Steven Beneventano
10
Betty Ann Daly
12
Nancy Kassner
19
Cindy Horsman
20
Theresa Lewis
Beverly Lindale
21
Maha Awayes
24
Lorraine Plescia
27
Joyce Webb
31
Roland Jackson



Just a Friendly Reminder!

\$20 Membership Renewal

7/1/2020-6/30/2021

We still have Easter Eggs for Sale \$2 Each. They are frozen to keep them fresh.

STAFF

Brenda Coppock, Executive Director
Amy Stratton, Office Manager
Rebecca Kibbe, Program Coordinator
Marie Kandrak, Outreach Coordinator
Addie Shorts, Transportation Coordinator
Chuck Vattimo, Sr., Transportation Driver
Jim Sheppard, Transportation Driver
Lainey Wright, Cook
Ben Wagner, Maintenance
Albert McAllister, Maintenance
Margarita Gonzales, Housekeeping
Earlest Mumford, Housekeeping
Ernest Jenkins, Housekeeping
Phone 302-422-3385
Fax: 302-422-6414

Room Rentals

Looking for a beautiful place to celebrate your Special Occasions? We have the perfect room for rent. Visit us on our Website milfordseniorcenter.net to download a rental agreement, or call the office between 8:30am-3:00pm to schedule an appointment.

302-422-3385 (phone)
302-422-6414 (fax)



Homemade Crab Cakes for Sale

\$7 Each

\$84 Baker's Dozen
Made Fresh Weekly

