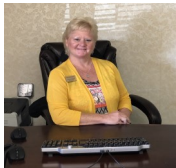


*“The Park Avenue News”*



Center Highlights!



**EXECUTIVE DIRECTOR’S REPORT**  
Brenda Coppock, Executive Director

Hello & Happy Labor Day to All,

We are open at 30% capacity, which means you must call to make a reservation for activities and lunch a day in advance. 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. My staff and I will continue to work extremely hard to make it safe for our members.

Just a friendly reminder-No one is permitted to enter our Center without a reservation or appointment.

Please follow the guidelines we have put in place. It is a whole new normal for all of us. I have instructed all staff to be on the lookout 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.

Our parking lot is finally finished. Please be considerate and follow the arrows. There is one Entrance and one Exit. They are not one in the same.

Flu shots will be available starting September 8, 2020. Please contact our Program Coordinator, Rebecca Kibbe, for an appointment and more information. I look forward to seeing each and everyone of you real soon!

**“A BIG SHOUT OUT TO THE MILFORD GARDEN CLUB”  
WE APPRECIATE IT HERE AT THE MILFORD SENIOR CENTER.  
THANK YOU SO MUCH FOR YOUR DEDICATION AND HARD WORK!**



*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 8:30AM-3:00PM

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**SPECIAL NOTE:**

**\$20 Membership**

**7/1/20-6/30/21**



Rebecca Kibbe  
Program/Activities Coordinator

Hello,

I would like to take a moment and introduce myself. My name is Rebecca Kibbe and I am the new Program/Activities Coordinator. To start, we brought back a few activities that allow for Social Distance Guidelines. To make a reservation for an activity, please call 302-422-3385 by 3:00 p.m. the day prior to the scheduled activity to reserve your spot. Spots are limited due to us being opened at 30% capacity. You are permitted to arrive 30 minutes prior to be properly screened. Please do not forget our Fitness Center, Resource Center, Quilting, Library and Billiards Room are open for reservations as well. As a friendly reminder, to participate in our activities, you will be required to have a valid membership status.



**Kent Pharmacy will host our annual Flu Clinic at The Milford Senior Center starting on Tuesday, September 8, 2020.**  
Call Rebecca Kibbe, Program Coordinator @ 302-422-3385 to make an appointment.

**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!**

We're slowly getting back into the swing of things. Activities are being planned, so check out the schedule and reserve a seat on the bus. I will pick you up and take you home after your scheduled activity. Remember to wear your mask. Your temperature will be checked and you will be asked a short questionnaire before boarding the bus.

Hope to see you soon.

Addie.



## WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WALKING 9:00AM QUILTING 9:45AM-10:45AM TAI CHI 11:30AM-12:30PM LUNCH 3:00PM TAI CHI STARTING 9/14/2020	WALKING 9:00AM-10:00AM JAZZERCISE 10:15AM-11:15AM EXERCISE CLASS 10:30AM-11:30AM CHAIR EXERCISE 11:30-12:30 LUNCH 1:00PM-2:00PM BINGO	WALKING 9:00AM QUILTING 9:00AM-10:30PM LINE DANCE 11:30AM-12:30PM LUNCH 1:00PM-2:00PM SOCIAL POW WOW	WALKING 9:45AM-10:45AM TAI CHI 11:30AM-12:30PM LUNCH 2:00PM-3:00PM YOGA	WALKING 9:00AM-9:45AM TAI CHI 10:00AM-11:00AM JAZZERCISE 11:30AM-12:30PM LUNCH 1:00PM-2:00PM BINGO

## SEPTEMBER LUNCH MENU

	9/1/2020 Baked Chicken Cranberry Glaze Red Potatoes Green Beans Cookies	9/2/2020 BBQ Pork Chop Wild Rice Collard Greens Applesauce	9/3/2020 Baked Chicken Scalloped Potatoes Succotash Pears	9/4/2020 Cheeseburger on Bun W/ Lettuce & Tomato Sweet Potato Fries Coleslaw Strawberries
9/7/2020 <b>CENTER IS CLOSED IN OBSERVANCE OF LABOR DAY!</b>	9/8/2020 Sloppy Joe Hamburger Bun Baked Potato or Wedges Green Beans Applesauce	9/9/2020 Fried Chicken Macaroni & Cheese Collard Greens Pudding	9/10/2020 Pot Roast Au Jus Red Potatoes Carrots Cake 	9/11/2020 Chicken & Dumplings Biscuit Grape Juice Peas Cookies
9/14/2020 Meatloaf Mashed Potatoes Gravy Succotash Rice Pudding	9/15/2020 Baked Chicken W/ Pineapple Glaze Brown Rice Bahama Blend Vegetables Pears	9/16/2020 Creamy Cauliflower Soup Chicken Salad On Hamburger Roll Orange Juice Cookies	9/17/2020 Liver & Onions Mashed Potatoes Gravy Green Beans Peaches	9/18/2020 Baked Chicken W/ Gravy Garlic Parmesan Egg Noodles Peas Applesauce
9/21/2020 Beef Pasta Casserole Meat Sauce Italian Bread Peas Fruit	9/22/2020 Baked Chicken W/ White Rice Gravy Chef's Blend Veggies Pears	9/23/2020 Vegetable Soup Tuna Salad Hamburger Roll Cran-Apple Juice Cookies	9/24/2020 Baked Chicken Baked Potato Broccoli Bread Pudding	9/25/2020 Reduced Sodium Ham Cabbage Red Potatoes Applesauce
9/28/2020 Sloppy Joe Hamburger Roll Baked Potato Broccoli Pudding	9/29/2020 Salad W/ Chicken, Tomato, Cheese, Dressing Dinner Roll Juice Cookies	9/30/2020 BBQ Pulled Pork Hamburger Bun Baked Beans Collard Greens Pineapple		

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.**

## September Birthdays



1 Robert Patillo  
2 Jean Callaway  
Howard Davis  
Joann Laskiewicz—Smith  
Deborah Mackey  
3 Michael Blackwell  
4 William Holmes  
5 Sharon Collins  
Carolyn Jarman  
Herma Pinkerton  
7 Donald Ingram  
11 Terry Andrews  
12 Neil Olmo  
Judy Shuster  
18 Michael Dumont  
Anton Lindale  
19 Jan Perkins  
Richard Watson

20 Richard Collins  
21 Clara Hudson  
24 Gloria Mullan



**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](http://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**

