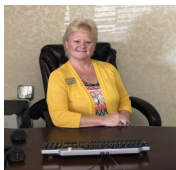


*“The Park Avenue News”*



Center Highlights!



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



Hello to all as we welcome Fall!

We have all had a very tough spring and summer. Hopefully, we will see a positive change for our future. I would like to personally thank each and every one of our members and volunteers for making our activities become a reality. I want to assure everyone my staff and I are doing everything possible to make MSC a safe haven for all of us. So, do not be reluctant to come on in. It gives me great joy to see our members each day. I have missed all of you so much. We have lunch available from 11:30am-12:30pm every day. Reserve your lunch and activity by 3:00pm the day prior to ensure you have a spot. We are still operating on a 30% capacity level so spaces are limited.

Our parking lot has been rezoned so please follow the arrows. Our MSC Hidden Treasures Thrift Store is open by appointment only. If you would like to see all the goodies we have hiding in our store, feel free to do so by calling Rebecca Kibbe to arrange a reservation. We have homemade crab cakes for sale \$7 each or \$84 for a baker’s dozen. Open enrollment starts October 15, 2020 through December 7, 2020. Call 302-422-3385 and we will provide you with information needed to work remotely.

It seems some people are confused about our activity, lunch & appointment process. Call us at 302-422-3385 by 3:00pm the day before to reserve a spot for activities, lunch, fitness center, etc. Everyone must enter wearing a mask and go through our screening process. We are adding more activities to our calendar. We have a Social Pow Wow on Wednesday for fellowship, puzzles, and snacks. I intend to be present so we can catch up! So, come on in and enjoy the company of others in a safe environment

*“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

INSIDE THIS ISSUE

- Directors Report .....1
- Activities.....2
- Transportation.....2
- Calendar.....3
- Menu.....3
- Birthdays.....4

**SPECIAL NOTE:**

**\$20 Membership**

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



Rebecca Kibbe  
Program/Activities Coordinator

Hello Members,

Fall and cooler weather are right around the corner. I hope everyone is enjoying the Activities and Programs we have available at our Center. Please remember to call (302) 422-3385 by 3:00p.m. the day before each Activity/Program to make a reservation/appointment. Please keep in mind, any time we are closed for a holiday you can make a reservation a day early; otherwise we do not take reservations made in advance. We are bringing back more activities that include Bereavement Group, No Sew Blankets (October 9, 2020) and The Flu Clinic (October 5 and October 19, 2020). Please see the Weekly Activities Calendar to see the full schedule of our activities. I look forward to hearing from you when you call me to make your appointment/reservation.

I look forward to seeing everyone real soon!

## 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

### Milford Senior Center Board of Directors

If you would like to become a Officer of the Board you can do so by calling the Executive Director Brenda Coppock at 302-422-3385.

The process:

1. Call to make an appointment to fill out the application.
2. I will present it to the Board of Directors at our December 9, 2020 meeting.
3. The Board will vote and I will call you with the results.

Did you know you can vote from you own home?

Call the Office of the State Election Commissioner at [\(302\) 739-4277](tel:3027394277) if you have questions about your eligibility.

Or follow the link provided to request your mail in ballot. <https://elections.delaware.gov>



Addie Shorts  
Transportation Coordinator

### TRANSPORTATION NOTE:

#### Happy Travels!

Fall! What a beautiful time of the year. I hope all is well and you're staying safe. Many have asked about transportation to Dr appt, grocery stores, etc. We have to wait before we can go back to offering these benefits. Delaware has not yet entered into phase 3. Hopefully we can get back to offering these and our trips. We look forward to serving our members again. Until then, we can bring you in for your scheduled activity here at the center and take you home. Just remember to call the day before if you need transportation. I'm here until 3:00, Monday thru Friday. Be Blessed  
Hope to see you soon.

Addie.



## WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WALKING 9:00AM-11:00AM FLU CLINIC (10/5 /2020 & 10/19/2020) 9:45AM-10:45AM TAI CHI 10:00AM-1:00PM QUILTING 11:30AM-12:30PM LUNCH 12:45PM-1:30PM ZUMBA 1:45PM-2:45PM STRENGHT & BALANCE (10/19/2020) 3:00PM-3:30PM TAI CHI	WALKING 9:00AM-10:00AM JAZZERCISE 10:15AM-11:15AM EXERCISE CLASS 10:30AM-11:30AM CHAIR EXERCISE 11:30AM-12:30PM LUNCH 1:00PM-2:00PM BINGO	WALKING 9:00AM-10:30PM LINE DANCE 9:00AM-1:00PM QUILTING 11:30AM-12:30PM LUNCH 1:00PM-2:00PM SOCIAL POW WOW 2:00PM-3:00PM BEREAVEMENT GROUP	WALKING 9:45AM-10:45AM TAI CHI 10:30PM CHAIR EXERCISE 11:30AM-12:30PM LUNCH 1:00PM-2:00PM YOGA	WALKING 9:00AM-9:45AM TAI CHI 9:45AM NO SEW BLANKETS (10/9/2020) 10:00AM-11:00PM PUZZLE MANIA 10:00AM-11:00AM JAZZERCISE 11:30AM-12:30PM LUNCH 1:00PM-2:00PM BINGO

## OCTOBER LUNCH MENU

		10/1/2020  Fried Chicken Mashed Potatoes Gravy Succotash Wheat Bread/Milk Peaches	10/2/2020  Meatballs Burgundy Egg Noodles Chef's Blend Vegetables Wheat Bread/Milk Fruit Cocktail		
10/5/2020  Sloppy Joe Hamburger Roll Baked Potato/Wedges Milk/Wheat Bread Chef's Blend Vegetables Strawberries	10/6/2020  Liver and Onions Mashed Potatoes Gravy Wheat Bread/Milk Green Beans Applesauce	10/7/2020  Chef Salad Ham, Turkey, Cheese, Tomato, Dressing, Wheat Bread/Milk Pineapple Tidbits	10/8/2020  Roast Pork Mashed Potatoes Gravy, Peas, Wheat Bread/Milk Cake  	10/9/2020  Baked Chicken Sweet Potatoes Wheat Bread/Milk California Blend Vegetables Mixed Fruit	
		10/13/2020  Spaghetti With Meat Sauce Wheat Bread/Milk Broccoli Orange	10/14/2020  Baked Chicken with BBQ Sauce Scalloped Potatoes Wheat Bread/Milk Succotash Rice Pudding	10/15/2020  Taco Chili Salad Lettuce, Tomato, Cheese, Tortilla Chips, & Dressing Wheat Bread/Milk Pineapple	10/16/2020  Chicken A La King Egg Noodles Wheat Bread/Milk Carrots Applesauce
10/19/2020  Reduced Sodium Ham Cabbage Red Potatoes Wheat Bread/Milk Applesauce	10/20/2020  Fried Chicken Macaroni & Cheese Wheat Bread/Milk Collard Greens Pears	10/21/2020  Beef Barley Soup Tuna Salad Hamburger Roll Milk Collard Greens Pears	10/22/2020  Baked Chicken Mashed Sweet Potato Wheat Bread/Milk Green Beans Pudding	10/23/2020  Salisbury Steak Mashed Potatoes Gravy Wheat Bread/Milk Succotash Orange	
10/26/2020  Veal Parmesan Spaghetti W/ Marinara Sauce Milk/Italian Bread Chef's Blend Vegetables Cookies	10/27/2020  Baked Chicken Cranberry Glaze Baked Potatoes or Wedges Wheat Bread/Milk Broccoli Mandarin Oranges	10/28/2020  Reduced Sodium Ham Pineapple Cherry Glaze Red Potatoes Wheat Bread/Milk Bahama Blend Vegetables Strawberries	10/29/2020  Homemade Meatloaf Mashed Potatoes Gravy Wheat Bread/Milk Succotash Fruit Cocktail	10/30/2020  Williamsburg Chicken Egg Noodles Wheat Bread/Milk Carrots Rice Pudding	

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.

## OCTOBER BIRTHDAYS

1  
Lois Bradley  
7  
Charles Ivins SR.  
11  
Harry Fitser  
12  
Beth Waite  
15  
Marian Hood  
19  
Robert Carroll  
20  
Barbara Stolz  
21  
Ann Spence  
22  
Rosie Babel  
Glenn Geesaman  
25  
Virginia Wilkins  
26  
Durella Gibble  
27  
Jane Wilkins  
30  
Ed Carey  
Paul Esposito  
Donald Harris



## 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)



**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***



## Homemade Crab Cakes for Sale

\$7 Each

\$84 Baker's Dozen  
Made Fresh Weekly

