Dates to remember

Lunch and Learn
Date: July 3
Topic: Curiosity Never Retires presented by UWF Leisure Learning.
RSVP by calling: 983-5466 before June 28th.

RSVP Fun Bunch!
The RSVP Fun Bunch meets at the Milton Community Center the third and fourth Wednesday’s of each month at 11:30 a.m. Please bring a dish to share for this potluck.

Line Dancing!
Every Monday at 10 a.m. come out and enjoy learning how to dance a shuffle, slide, soul, or modern country and western steps while getting some great exercise.

For more information check us out online at www.miltonfl.org/205/Senior-Citizens-Program.
Here are 10 tips for hurricane season from Ginny Palmer with the Santa Rosa County Emergency Operations Center.

- **Know your risk and pay attention to emergency notifications**
  Sign up for AlertSantaRosa.com to receive emergency alerts in your area.

- **Assemble an emergency kit**
  Include items such as water, non-perishable food, medications, batteries and flashlights.

- **Develop a communications plan**
  Know how you will reach family or friends if you lose power or phone service.

- **Establish an evacuation plan/route**
  Know the best evacuation route from your home. Plan ahead where you will stay in case you need to evacuate.

- **Secure your home**
  Cover your home’s windows, put anything lightweight or that could become airborne inside.

- **Protect important documents**
  Take important medical and financial documents with you if you evacuate. Place important documents in a waterproof container to prevent damage from flooding.

- **Know your insurance policy**
  Most homeowner policies do not cover flood damages. NFIP flood insurance may cover costs in loss-avoidance purchases such as sandbags, water pumps, etc.

- **Fill your gas tank**
  Do not wait until the last minute to fill up your vehicle. If you wait too late you may end up sitting in line for an extended period of time or the gas stations could run out of fuel before you can fill up.

- **Charge your cell phone before the storm**
  If the power goes out, you will be unable to charge any electronic devices. Charge them early and use them only when needed to preserve the battery.

- **Obey all instructions and warnings from local authorities**
  Closed roads and bridges, orders to seek shelter indoors, etc. are for your safety. Please heed all warnings.

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**Senior Tips**

**Ten big tips for Hurricane Season**

We want to hear from you!

The editors of the Milton Golden Gazette wants to hear from you!

As you are reading the sixth edition of our newsletter, we are wanting you to tell us what you would like to have added to the Golden Gazette.

Please send your responses to this question to either Joe Paschal at jpaschal@miltonfl.org or to Bill Gamblin at bgamblin@miltonfl.org.

The editors of the Golden Gazette will take this information and consider every suggestion to improve our e-newsletter to serve you, those who participate at the Milton Community Center.

Would you want more photos? More profiles? Topic affecting seniors? Features? We are wanting to hear from you.

We value your opinions and we want this to be a newsletter that you enjoy receiving and reading.

The editors of the Golden Gazette want to hear from you! So what are you waiting for?

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**Lunch and Learn**

**July 3, 2019**

**11 a.m. to Noon**

*Curiosity Never Retires*

**Presented by UWF Leisure Learning**

**Milton Community Center**

LIMITED SEATING - RSVP BY JUNE 28TH TO RSVP CALL 983-5466
RSVP recognizes volunteers

In May RSVP had their annual Volunteer Recognition, there was about 65 volunteers present. Nice Lunch provided by Sonny’s BBQ.

There are lots of volunteer opportunities coming up: Backpack stuffing for needy children on July 31 and Aug 1 from 8 to 4, you can work a couple of hours or all day your choice. Backpacks will be given out the week of Aug 5th. Then on Aug 6th from 5 to 8 pm the National Night Out will be giving out school supplies. If interested in helping on any of these projects, please come by the RSVP office and sign up for the hours and days you would like to volunteer.

RSVP will be a drop off place for donated school supplies for the National Night Out. Target’s budget for the event was cut by $500 this year, so if you can pick up school supplies and drop them off at our office. School Supplies are a huge need in this community. The main needs are Paper, Pencils, Folders – 3 prong w/pockets, Glue Sticks, Rulers, Erasers.

All help is appreciated both with supplies and volunteering. Any question contact Faye or Kiwi at the RSVP offices or call (850)983-5220.

If you would like to know more about RSVP and what you can do as a volunteer we invite you to go to www.rsvpofsr.com.

June Birthdays

Happy birthday to the following:
RayeAnn Sherrill
Gertie Pegg
Ronnie Clark
Margaret Lewis
Sharon Botts
Debbie Scott
LeRoy Skinner
Emily Kuritz
Julia Buis
Jacqueline Claussen
David Beard
Susan Larsen
Karen Reed
Barbara Gray
Simonne Ware
Patt Patterson
Susan Shelton
John Capps
Joan Jarvis
Older residents of Milton now have a new resource for food, fellowship and fun. The Milton Community Center located at 5629 Byrom St. is now home to a Council on Aging senior dining site. The site is free to attend Monday through Friday from 9 am to noon and offers games, fun activities, exercise, guest speakers and a free lunch every day.

Many elder adults have been going to the site for years and report positive experiences. Some have met lifelong friends at the center, while others see it as a reason to get up in the morning and a chance to remain mentally and socially engaged through bingo and other games. Still others are thankful for the food that is offered, which helps alleviate more expensive and troublesome dining options.

The only requirement for seniors wishing to attend the site is that they be over 60. Those interested should call 432-1475 or 983-4500 the day before they intend to begin participating so that a meal can be ordered for them.

The site also offers fun birthday, holiday and special event activities throughout the year to keep energy and enthusiasm high. Santa may visit with gifts in December while a Mardi Gras krewe swings in, tossing beads in the spring. From costume contests to local children’s bands, there is always something to be excited about at the Council on Aging senior dining site located inside the Milton Community Center. Participation is free and fun is mandatory, so call us today!

Talk with a Doc

Ask questions
Various topics
Get health tips
And much more

Starting July 10th you can speak to a doctor at the Milton Community Center from 11 a.m. to noon the second Wednesday of the month.

Reserve your seat today by calling 983-5466

Sponsored by: Santa Rosa

Limited seating is available!
Getting to know Paul Lanham

Paul Lanham is the volunteer who heads up the bridge group and teaching the beginner’s bridge class here at the Milton Community Center.

1. Are you a native of Northwest Florida? If not where are you from and how long have you live here? No, I have lived in Kansas City, Mo., Cincinnati, Ohio, Rochester, NY, Harrisburg, Penn., and have lived in Milton since 2015.

2. What is the favorite place you have visited? Lake Tahoe for the Reno Air Races.

3. What are the three things you will always find in your refrigerator? Ice, bottle of wine, and catsup.

4. What is your favorite food or meal? Steak or Tuna.

5. What hobbies do you have? Toy trains, car races, collecting coins, and my dog.

6. What was the last movie you watched and enjoyed? Any old John Wayne movie.

7. What invention has had the biggest impact in your lifetime and why? Iphone. Electricity.

8. What historical event in your lifetime stands out in your mind the most? World War II.

9. What do you prefer – water, coffee, soda, or something stronger? Soda (Ginger Ale)

10. Name one more thing to do that is still on your bucket list? Cross Canada on a rail trip. Vancouver, BC to Fairbanks, Alaska Cruise (Lux).

Tomato Cucumber and Onion Salad

Ingredients:
- 3 cups sliced cucumbers seeds removed
- 2 cups cherry tomatoes halved
- 1/4 cup red onion thinly sliced
- 1/4 cup chopped herbs such as parsley, dill, chives or green onion *optional
- 4 tablespoons olive oil
- 1 1/2 tablespoons red wine vinegar
- 1 teaspoon Dijon mustard
- salt and pepper to taste
- 1/4 teaspoon dried oregano

Instructions:
Place the cucumbers, cherry tomatoes, red onion, and herbs in a large bowl. In a small bowl, whisk together the olive oil, red wine vinegar, Dijon mustard, salt, pepper and oregano. Pour the dressing over the vegetables and slightly toss to coat. Serve.

Nutritional bonus:
- Calories: 107kcal
- Carbohydrates: 5g
- Protein: lg
- Fat: 9g
- Saturated Fat: lg
- Sodium: 17mg
- Potassium: 243mg
- Fiber: lg
- Sugar: 2g
- Vitamin A: 7.3%
- Vitamin C: 36.2%
- Calcium: 1.7%
- Iron: 3.4%

This is a great summer side dish loaded with Vitamin C and Potassium as well as Vitamin A, Calcium and Iron. It takes ten minutes to make and everything is in season!

This recipe is courtesy of the Santa Rosa County Extension Office located on Dogwood Drive in Milton.

RSVP NEEDS YOU!

CAN YOU...

DRIVE
PACK DISASTER KITS
HELP AT A LOCAL FOOD BANK
AND MUCH MORE!

CALL RSVP AT 983-5220!
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**June 2019**

Like us on Facebook: Senior Activities at the Milton Community Center

**Activities for Seniors**

**Milton Community Center**

**Schedule:**
- **Mon:** 8:00 AM - 9:00 PM
- **Tue:** 8:00 AM - 9:00 PM
- **Wed:** 8:00 AM - 9:00 PM
- **Thu:** 8:00 AM - 9:00 PM

**Limited Space:**
- Reserve Required
- Lunch Required
- No Visitors
- No Pets

**Center Closed:**
- Holiday

**Activities:**
- Social Activity Committee Meeting
- Bingo
- Board Games
- Open Yoga Class
- Open Art Group