UWF offers life long learning

Studies have shown that individuals who continue the pursuit of knowledge and remain active in their communities feel more empowered, healthier and happier. For more than 23 years, University of West Florida's Leisure Learning has provided invigorating programs for adults 55 and older. From cultivating new interests that you may not have discovered otherwise, to meeting new people and exploring new ideas - continue your education in a creative environment full of like-minded individuals who understand the significance and importance of always continuing to learn and grow.

The $35 annual membership fee covers 12 months from the date you join. With your Leisure Learning membership, you are entitled to: register for all classes, tours and events, a Leisure Learning parking decal for parking on the UWF Pensacola campus, and a printed Fall, Spring and Summer class catalog mailed to you. Leisure Learning classes are very affordable, starting at only $12. There are a variety of classes about personal enrichment, community, education and much more. These classes open the door to experience things you've always wanted to know more about - free of tests, grades and homework. Classes are available at a number of convenient locations in Pensacola including the Milton Community Center. Our instructors are experts in their fields and include distinguished university faculty, both active and retired, as well as community educators and leaders. We also invite Leisure Learning members who wish to share their personal passion for a particular subject to teach a class. Instructors tell us they enjoy an audience with life experience and a desire to learn.

Leisure Learning members share the common bond of intellectual curiosity and the experience of their generation. They are self-motivated learners; eager to share opinions, knowledge and expertise with humor and mutual respect. As a member of Leisure Learning, you will have access to attend lectures, social events, tours and participate in a myriad of other classes that can improve your quality of life and provide you with a personal sense of health, engagement and overall well-being. For more information visit uwf.edu/leisurelearning or call the Student Support office at 850-473-7468.
1. Never Give Personal Information over the Phone
   Providing information, such as, your credit card numbers, phone numbers, social security numbers or bank account information can lead to identity theft. The law forbids telemarketers to ask for these numbers to confirm a prize or gift.

2. Don’t call back
   The scammer is hoping you’ll call back, because it’s really an international toll number and will appear as a charge on your phone bill.

3. Don’t crack under the pressure
   Take your time to make an decision and do not allow an aggressive con artist to pressure you into doing something you feel is wrong.

4. Don’t forsake your own personal power.
   You have the ability to say No! If someone on the other end of the phone makes you suspicious, assert yourself and get off the phone. The longer you stay on the phone, the greater the changes are you will commit to something.

5. Don’t pay to win!
   Common swindles usually involve a request for payment in order to receive a prize. Payments are usually requested in gift cards since the money can not be tracked. NEVER send money to someone you do not know, especially if they are threatening you or someone you know.

6. Government agencies don’t call people with threats or promises
   Real government agencies will never contact you unexpectedly or tell you to put money on a gift card, visit a Bitcoin ATM, or to wire money.

7. Don’t trust your Caller ID
   Scammers use spoofing technology to make the call appear as though it’s coming from a legit agency.

8. Avoid crowdfunding scams
   Crowdfunding is one way to support a project you believe in and get rewards for that support.

9. Hang up on illegal robo calls.
   Is the recording trying to sell you something? Did you give your written permission to get calls from that company?

10. Report scams to the proper agency.
    Report any suspected con schemes to local law enforcement.
RSVP recognizes volunteers

As we are at the mid-summer mark, it is time to start thinking about school starting back. There is a huge need of school supplies for children of Santa Rosa County, so if you would like to help there is a box in the main office of the Milton Community Center for school supplies. The main items that are needed are: Wide Ruled Paper, Pencils, Folders-3 prong w/pockets, Glue Sticks, Rulers, Erasers. These items will be sorted and given out at the National Night Out event on August 6th, please help if you can.

Volunteer Opportunities connected with school starting back.

August 2nd – packing backpacks from Stuff the Bus. These backpacks will go to children who the schools have determined have the greatest need.

August 6th and 7th – passing out backpacks to children with vouchers.

August 6th – work at the National Night Out, giving out school supplies to children in the community that may not qualify for the backpacks.

Another Volunteer Opportunity that is always needed is in our transportation program. Many seniors in our community can no longer drive and need others to get them to medical appointments, get medications or groceries, and some would just like to get to the community center for a little social interaction. Many of these are local (Milton or Pace) appointments but there are some Veterans who need to get to the VA in Pensacola.

If you want to help come by the RSVP offices and talk to Faye or Kiwi. Call 983-5220.

July Birthdays

Happy birthday to:
Patricia Lange
Holly Walker
Maye Lambert
Barbara Farrell
Thomas Magerko
Donna Miller
Mary Thressa Fine
Laquitta Birch
Betty Hart
Barbara Moradek
Pamela Putillion
Teresa Shows
Barbara Wheeler
Angela Peterson
Gerry Finkle
Welcome UW of West Florida

United Way of West Florida’s information and referral service, 2-1-1 Northwest Florida, has been connecting individuals and families in need with critical resources, answers, and support for over 25 years. When unexpected hardships happen, and you don’t know where to turn, 2-1-1 Northwest Florida is there to help empower individuals with the information they need to meet life’s challenge.

When you dial 2-1-1, you will be connected with a trained Information and Referral Specialist that will listen to you, determine what available services may be able to help you, and provide information on how to connect with those programs, services, or agencies.

“It’s our mission to provide the public with free, comprehensive, current, and accurate information and referrals that address health and human service needs,” said 2-1-1 Director, Mike Martin. “In April alone, we received over 1,600 calls and were able to offer more than 5,500 referrals for medical assistance, food assistance, utilities, rent, and housing,” Martin added.

Available to residents of Escambia, Santa Rosa, Bay, Calhoun, Gulf, Jackson, Washington, and Holmes counties, 2-1-1 provides access to a continuously updated database of community resources over the phone and on-line at 2-1-1nwfl.org. The service is available to anyone, completely free, is confidential, and available 24/7.

The program also recognizes that we live in a region, and state, with a large veteran population. Per the Department of Veteran Affairs, Florida has over 1.5 million veteran residents – the third largest such population in the nation.

The Crisis Center of Tampa Bay recognized the unique needs of Florida’s veterans, and their families, as they struggled to adjust and assimilate after serving their country and developed The Florida Veterans Support Line, also known as MYFLVET. This service is now offered throughout the entire state, and managed by 2-1-1 Northwest Florida locally. The Florida Veteran Support Line marries the resources available through local 2-1-1 affiliates with peer care coordination.

“Peer care coordination means veterans are answering the calls and providing support,” said Martin. “Peer support is distinct from other forms of support in that the source of support is a peer, a person who is similar in fundamental ways with the recipient; their relationship is one of equality.”

After the devastation of Hurricane Michael, a local veteran lost everything and was relocated to Pensacola through the support of an area agency. However, having fallen ill, he was faced with losing everything once again. Unable to work, his employment was terminated, and he fell into a pattern of substance abuse as a coping mechanism for anxiety, depression, and suicidal thoughts.

Just as he began to spiral out of control, unsure of where to turn, he called 1-844 MYFLVET. With the support and resource guidance of a MYFLVET Care Coordinator – a fellow veteran – he was able to regain employment, re-enter a support program, and secure his stable housing. Today, he is nearly current on rent and utilities, he’s budgeting, saving, and working towards his future.

Help is out there. Talk with someone who understands by calling 2-1-1 or the Florida Veterans Support Line at 1-844-MYFLVET (693-5838). Veterans and their loved ones can speak confidentially with a veteran trained to provide emotional support and connections to valuable community resources.

<table>
<thead>
<tr>
<th>MYFLVET</th>
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<th>211 NWFL</th>
<th>GET CONNECTED. GET ANSWERS.</th>
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<td>2-1-1 Northwest Florida is a free and confidential service available 24 hours a day, 7 days a week. Dial 2-1-1 for information and referrals to community resources.</td>
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United Way of West Florida fights for the health, education, and financial stability of every citizen in Escambia and Santa Rosa counties.

LIVE UNITED
www.uwwf.org

United Way of West Florida
Getting to know ... Faye Henry

Faye Henry is the RSVP Director 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 was born in Atlanta. I have live in Milton since 1985

2. What is the favorite place you have visited? New Orleans

3. What are the three things you will always find in your refrigerator? Chocolate Milk, Mayonnaise, and Jelly

4. What is your favorite food or meal? Chicken and dressing, potato salad, and coleslaw.

5. What hobbies do you have? Bowling and teaching kids bible studies.

6. What was the last movie you watched and enjoyed? Butter Cream Gang

7. What invention has had the biggest impact in your lifetime and why? Computers, I do everything on them.

8. What historical event in your lifetime stands out in your mind the most? September 11 (9/11). I had a friend who worked in the first tower.

9. What do you prefer – water, coffee, soda, or something stronger? Water

10. Name one more thing to do that is still on your bucket list? Visit all 50 states.

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tortilla Wraps

Ingredients:
- Whole Wheat tortilla
- Sliced low-sodium deli meat (choose ones that have the American Heart logo)
- Low-fat Cheese
- Mixed greens
- Tomato
- Hummus

Instructions:
Spread the hummus onto the center of the tortilla; lay your deli meat, cheese, greens, tomato and any other veggies you want to add. Fold one end of the tortilla over, turn in the sides and roll up!

This is a simple but versatile no cook recipe. Great for a quick summer meal.

If you are vegan or vegetarian, skip the meat and maybe the cheese, load up on veggies, and even add black beans.

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

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RSVP NEEDS YOU! CAN YOU...

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

CALL RSVP AT 983-5220!
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>9:00am</td>
<td>Tai</td>
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<tr>
<td>10:00am</td>
<td>Line Dance ($5)</td>
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<tr>
<td>11:00am</td>
<td>Art Group</td>
</tr>
<tr>
<td>11:30am</td>
<td>RSVP POT LUCK LUNCHEON/BINGO</td>
</tr>
<tr>
<td>12 Noon</td>
<td>Game Time</td>
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<tr>
<td>1:00pm</td>
<td>Senior Movie (Fire Fox)</td>
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<tr>
<td>2:00pm</td>
<td>Chair Aerobics/Yoga ($5)</td>
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<tr>
<td>3:00pm</td>
<td>Partnership Bridge Class</td>
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<td>5:00pm</td>
<td>Senior Wellness</td>
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<td>Martial Arts ($80/Month)</td>
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**COFFEE AND ICE TEA WILL BE PROVIDED**

Your Florida Public Service Commission—AFSP1702

**LIMITED SPACE**

**RECOMMEND**

- For more information or to make reservations please see our website:
  - www.mil-Coa.com
  - Monday-Friday (7:30 am-3:30 pm)
  - 386-415-6800

**TERMS**

- **Fees:** All programs are $5 unless otherwise stated.
- **Equipment:** Bring your own equipment.
- **Partial scholarships:** Available for those who qualify.
- **No refunds:** No refunds will be given.
- **Participation:** You agree to assume all risks associated with participation in activities at the Milion Community Center.
- **Liability:** Milion Community Center, its employees, agents, and/or volunteers shall not be liable for any injury to persons or property or for loss or damage resulting from the use of this facility.
- **Programs:** All programs are subject to change without notice.