

IN CASE OF EMERGENCY

We require this information for our files

Please **PRINT**

MEMBERS INFORMATION:

NAME _____ PHONE _____ DOB _____

ADDRESS _____

DR. NAME _____ DR. PHONE _____

MEDICAL CONDITIONS: _____

MEDICATIONS: _____

EMERGENCY CONTACT PERSON:

NAME _____ PHONE _____

Signature _____ Date _____



How would you like your monthly newsletter: (circle one) **MAIL** or **ONLINE**

**Milford Senior Center, Inc.
Membership Registration**

Date Signed Up: _____ Relocated from which State? _____

Last Name: _____ First Name: _____

Address: _____
Street City, State Zip Code

County: _____ Phone: _____

Date of Birth: ___/___/___ Email Address: _____

Do you want your Birthday listed in the Newsletter: Yes ___ NO ___

Are you a Veteran? YES ___ NO ___ Branch Service: _____

Emergency Contact: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____

Do you have any medical conditions we should be aware of? (i.e. diabetes, heart, etc....) If so, please indicate _____

DISCLAIMER: Members participate independently all services, activities and programs at will. I hereby release MSC, Inc. from any liability resulting from my voluntary participation in programs, services and activities.
Signature: _____

**The suggested annual membership donation is \$25.00 per person/year
Please make this donation by June 30th each year.**

.....

FOR OFFICE USE: PAN: PICK UP ___ MAILED ___

MALE ___ FEMALE ___ PRI ___ SEC ___ ETHNICITY: 1 /2 /3 /4 /5 /6

MILFORD SENIOR CENTER CODE OF CONDUCT

The Milford Senior Center is committed to creating a safe, comfortable and memorable experience for our members. In order to provide an environment where all attendees can enjoy our many trips and activities, we have instituted a Code of Conduct that remains in effect indefinitely.

A violation from the Code of Conduct will result in a 30 day ban from future trips and activities without refund for associated fees. After trip and activity access is reinstated and a following violation is committed for the second time, a lifetime ban will be issued from all future MSC trips and activities.

TRIPS:

- Failure to follow the Group Leader or Bus Driver's instructions
- Irresponsible use of alcohol.
- Public nudity or obscene clothing.
- Accessing restricted areas without proper passes.
- Taunting, abusive or disruptive language and obscene or offensive gestures, or imagery.
- Not returning to designated meeting areas on time. (call group leader if you find you will be late due to an emergency)
- Urinating in public (anywhere other than a proper restroom).
- Fighting or engaging in any action that may harm, endanger, threaten or bring discomfort to anyone.
- Possession, use or sale of any illegal drugs.
- Damage, destruction, vandalism or theft of any property.

CENTER:

- Irresponsible use of alcohol.
- Public nudity or obscene clothing.
- Taunting, abusive or disruptive language and obscene or offensive gestures, or imagery.
- Urinating in public (anywhere other than a proper restroom).
- Fighting or engaging in any action that may harm, endanger, threaten or bring discomfort to anyone.
- Possession, use or sale of any illegal drugs.
- Damage, destruction, vandalism or theft of any property.

While you are enjoying your trip, you are representing the membership of the Milford Senior Center. Please enjoy yourself and leave a good impression so we can schedule more great trips and for you the future!

Print Name

Signature

_____/_____/_____ (date)

MILFORD SENIOR CENTER, INC. TRANSPORTATION SERVICES WAIVER AND RELEASE

Please read this form carefully and be aware that in consideration for the Milford Senior Center, Inc., you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you might sustain as a result of said services, including but not limited to, vehicle operations and boarding and exiting the vehicle. I recognize and acknowledge that the Milford Senior Center, Inc. transportation is a service for members and guests. I further recognize and acknowledge that there are certain risks of physical injury to vehicle passengers, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity, that I may sustain as a result of participating in any and all activities connected with or associated with receiving transportation services, including, but not limited to, injuries, damages and loss arising out of negligent operation or supervision of the vehicle. I further agree to waive and relinquish all claims I may have (or accrue to me) against Milford Senior Center, Inc., including its respective officials, agents, volunteers and employees (hereinafter collectively referred to as "Party"). I do hereby fully release and forever discharge the Party from any and all claims for injuries, damages or loss that I may have or which may accrue to me and arising out of, connected with, or in any way associated with said transportation services. I further agree that this agreement shall be governed by the laws of the Delaware. I have read and fully understand the above waiver and release of all claims.

I have read and fully understand the above waiver and release of all claims.

Executive Director _____

PLEASE PRINT Participant's Name _____

Signature _____

Date _____

Return the form to:
111 Park Ave
Milford, DE 19963
302-422-3385





MILFORD SENIOR CENTER

TRANSPORTATION SERVICES

**Available to all MSC Members
at no additional charge!**

DAILY TRANSPORTATION

Every weekday, we offer door-to-door service so you can participate in Center events & activities. We'll pick you up between 8:00 - 9:30 am and bring you home between 1:30 - 3:00 pm. Set up a daily schedule with the Transportation Coordinator any time during normal business hours.

**Mileage restrictions apply. Ask for details.*

DOCTOR'S APPOINTMENTS & ERRANDS

Let us take you to and from your local doctor's appointments and special needs trips. Transportation leaves from and returns to MSC and is limited to a first-come, first-serve basis. Doctor's appointments take priority over general errands. Please call at least 24 hours in advance to avoid cancellation of this service for the day.

Monday - Thursday: 10 am - 1 pm

(Please schedule appointments between 10 am - 12 pm)

CENTER TRIPS

We offer a variety of dining, shopping & recreational trips during the month throughout Milford and beyond! Check your monthly newsletter for dates, times and details.

You can call or stop by the front desk to reserve your seat.

Trips may be suspended in the event of inclement weather or cancelled due to low interest. Cancellations will be given 24 hours notice.

Refunds for cancellations of reservations will only be given in the event of an emergency, cancellations on our part for low interest, or standby fulfillment.

CONTACT US

Transportation Coordinator
Addie Shorts
(302) 422-3385

*Please leave a message if there is no answer.
Messages are checked daily prior to the
first scheduled trip.*

Email

addieshorts@milfordseniorcenter.com

Bus #1
(Green)
(302) 632-9034

Bus #2
(Red)
(302) 632-4068

Van
(302) 632-1181



PHOTO RELEASE FORM

The Milford Senior Center has my permission to use my photograph publicly to promote the center. I understand that the images may be used in print publications, online publications, presentations, websites, and social media. I also understand that no royalty fee or other compensation shall become payable to me by reason of such use.

Signature: _____ Date: _____

Print Name: _____

Phone Number: _____

MSC VOLUNTEER FORM



Please Print

Name (First, Last): _____ Date of Birth: _____

Street Address: _____

City, State, Zip: _____ Email: _____

Cell Phone: _____ Home Phone/Other: _____

Ethnic Group: *(This information is used for grant funding.)*

- Caucasian Native American/Alaskan Native African American
 Hispanic Asian, Pacific Islander Other

Emergency Contact Name: _____

Emergency Contact's Phone Number(s): _____

Employment Experience: _____

Special Skills/Languages: _____

Check any of the following volunteer opportunities at MSC that you would like to help with or learn more about:

- Greeter Thrift Store Library Fitness Center Lunch Ticket Sales
 Birthday Party Set Up Birthday Party Clean Up Special Events/Fundraisers
 Handyman/Maintenance Cafe/Kitchen Janitorial Crafts Assistant
 Decorating

Days & Hours you are available:

Mon _____ Tues _____ Weds _____ Thurs _____ Fri _____

Would you like to be included in our special call list? Please Circle: Yes or No

I understand that if I use my personal automobile to and from the Milford Senior Center, I will arrange to keep in effect automobile liability insurance equal to or greater than the minimum required by the State. I also understand that a background check may be required.

Signature of Volunteer _____ **Date** _____

MSC Director or Designee Signature _____ **Date:** _____

cc as required: Exec Director Café Mgr Housekeeping Mgr Outreach Coordinator Other

FITNESS CENTER



HOURS OF OPERATION:

MONDAY & WEDNESDAY 8:30AM-4:00PM

TUESDAY & THURSDAY 8:30AM-7:00PM

FRIDAY 8:30AM-3:00PM

WAYS TO JOIN:

- ❖ \$50 PER YEAR MEMBERSHIP
- ❖ FREE MEMBERSHIP W/ GYM PROGRAMS
 - SILVER SNEAKERS
 - RENEW ACTIVE
 - SILVER AND ACTIVE FIT
- ❖ ONE YEAR FREE W/ PURCHASE OF LIFETIME MEMBERSHIP
- ❖ FREE MEMBERSHIP W/ 4 VOLUNTEER HOURS PER WEEK

SEE THE FRONT DESK FOR MORE INFORMATION



**ENROLLMENT THRU GYM PROGRAMS IS AVAILABLE WITH MOST MEDICARE SUPPLEMENT PLANS

**LIFETIME MEMBERSHIP IS AVAILABLE FOR VETERANS AND FIRST RESPONDERS ONLY

Take a peek inside



Milford Senior Center

Mission Statement

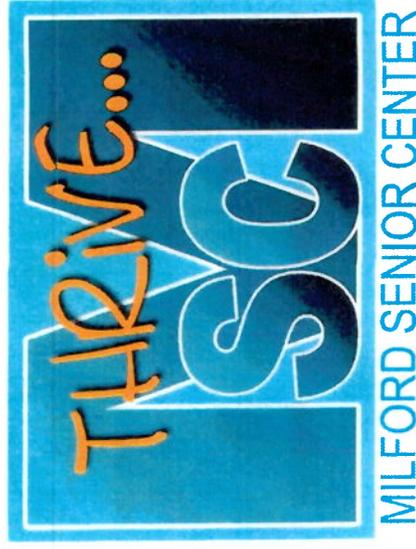
Our mission at MSC is to encourage and support an independent lifestyle by designing and providing excellence in services, activities, and programs that meet the continuing and diverse needs of seniors age 50 and over, who seek to maintain the highest quality of life and contribute to the good of the community. MSC provides activities, programs, and many supportive services with respect for individual needs and differences. We treat all members and guests with respect and dignity to promote genuine joy for life throughout the aging process.

302.422.3385

mssceniors11@gmail.com

Milford Senior Center

111 Park Ave
Milford, DE 19963



What's in it for You?

MSC Member Center Hours
M-F 8:30am-3:00pm

It'll be the best \$25 you will ever spend!

The Milford Senior Center has been serving members of our community aged 50+ since 1973. With annual dues of just \$25, membership is affordable for everyone.

Your annual membership entitles you to enjoy regularly scheduled **free** activities like weekly instructor-led Line Dancing, Tai Chi classes, Cardio Drumming, Chair and Group Exercise classes that will help you stay active and engaged.

Exercising not your thing? We also offer weekly Crafts, Woodcarving, a Billiards Room, Bible Study, Mah Jong, Bridge, Quilting, Knitting & Crocheting, Pinochle, Backgammon, and Bingo. Monthly free activities include Scrapbooking, Therapy Dog sessions, Bingocize, Grief Support Group Meetings, Prize Bingo, Legal Assistance, and more, all included with membership.

We like to party! Everyone is invited to the monthly birthday celebrations featuring free continental breakfast in the morning and live entertainment during the luncheon. Enjoy lunch on us when it's your birthday month!

Grab a Bite to Eat!

Did you know we have a Café? Breakfast and Lunch at affordable prices available Monday through Friday.

Transportation Services

MSC provides transportation services for members that no longer drive. We will pick you up, bring you to the Center to enjoy activities, and take you home in the afternoon. You may also schedule doctor appointments or local errands with our Transportation Dept.

Stay Engaged & Make a Difference

Staying engaged and getting out of the house is important for your mental health. Even if you just want to come in for a cup of coffee, breakfast or lunch, you will always find a comfy place to sit, and we know you will make friends quickly!

If you like helping others, ask about volunteering at the Center or for a fundraiser. Just an hour or 2 a month is a big help.

Do Something Extra for Yourself!

Treat yourself to a Fitness Center Membership, Haircut, Guitar Lessons, a Yoga or Jazzercise Class, or perhaps a Chair Massage or Mini Manicure. All these services are available at the Center (additional charges apply).

Hop on the Bus, Gus!

Our center also coordinates interesting local day trips to museums, festivals, casinos, boat and fishing trips, shopping trips, Sight & Sound, farmers markets, and we schedule 4 dinner trips per month.

Want to venture a little farther away? Be sure to check out our 2026 long distance trips to Louisville KY, New York City, Lancaster PA, Washington DC, and a Caribbean Cruise. Recently, our members enjoyed trips to Savannah & Charlotte GA, Western MD, and a Canadian Cruise. *All trips are extra.*

Visit our Facebook page at [mscseniors.org](#) or go to our website to download our monthly newsletter for all current activities

Milford Senior Center helps you **THRIVE!**

