

FOR CONGREGATE MEALS AT MILFORD SENIOR CENTER
CALL DENISE AT 508-478-8102 TWO DAYS PRIOR TO RESERVE A MEAL

March / April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			MARCH 1 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 9:30 LOW VISION SUPPORT GROUP 10:30 Line Dancing 1:15 Safe Exercise  Pot Roast with Gravy	MARCH 2 8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® Catch of the Day
MARCH 5 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 11:00 LIFELONG LEARNING SERIES 1:15 Safe Exercise  Roast Turkey	MARCH 6 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg Stuffed Pepper Casserole	MARCH 7 8:00 Walking Group 9:00 BREAKFAST 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess  Garlic Herbed Chicken	MARCH 8 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise  Beef with Pearl Onions	MARCH 9 8:00 Walking Group 8:15 ABSOLUTE BEGINNER TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® Egg Frittata
MARCH 12 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise Beef Burgundy	MARCH 13 8:00 Walking Group 9:30 Strength & Stretch 10:00 COA MEETING 10:30 Zumba Gold® 11:00 Whist 12:00 RED HAT SOCIETY 12:30 Turkey Foot Dominoes 1:00 Mah Jongg Hot Dog on Bun	MARCH 14 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess American Chop Suey	MARCH 15 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 12:30 ST. PATRICK'S DAY PARTY 1:15 Safe Exercise St. Patrick's Day Meal	MARCH 16 8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® Breaded Fish
MARCH 19 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:00 CANDIDATE FORUM 10:30 Zumba Gold® 1:15 Safe Exercise  Ranch Chicken	MARCH 20 8:00 Walking Group 9:30 Strength & Stretch 10:00 BOOK CLUB 10:00 BEGINNER GENEALOGY 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg  Beef with Onions & Peppers	MARCH 21 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess Roast Pork with Gravy	MARCH 22 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 12:30 HEALTHY LIVING LUNCHEON 1:15 Safe Exercise  Spaghetti & Meatballs	MARCH 23 8:00 Walking Group 8:15 ABSOLUTE BEGINNER TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 12:30 MOVIE  Macaroni & Cheese
MARCH 26 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:00 INTERMEDIATE GENEALOGY 10:30 Zumba Gold® 1:15 Safe Exercise  Greek Chicken	MARCH 27 8:00 Walking Group 9:30 Strength & Stretch 10:00 BEGINNER GENEALOGY 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg 6:00 HIDDEN TREASURES  Lasagna	MARCH 28 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess Meatloaf & Gravy	MARCH 29 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:00 MEN'S GROUP 10:30 Line Dancing 1:15 Safe Exercise  Glazed Ham with Pineapple	MARCH 30 8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® Fish Victor
APRIL 2 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 10:00 INTERMEDIATE GENEALOGY 1:15 Safe Exercise  TBA	APRIL 3 8:00 TOWN ELECTION 8:00 Walking Group 9:30 Strength & Stretch 10:00 BEGINNER GENEALOGY 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg  TBA	APRIL 4 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess TBA	APRIL 5 8:00 Walking Group 9:00 NEWPORT PLAYHOUSE 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 9:30 LOW VISION SUPPORT GROUP 10:30 Line Dancing 1:15 Safe Exercise  TBA	APRIL 6 8:00 Walking Group 8:15 ABSOLUTE BEGINNER TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® TBA
APRIL 9 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:00 INTERMEDIATE GENEALOGY 10:30 Zumba Gold® 1:15 Safe Exercise  TBA	APRIL 10 8:00 Walking Group 9:30 Strength & Stretch 10:00 BEGINNER GENEALOGY 10:30 Zumba Gold® 11:00 Whist 12:30 RED HAT SOCIETY 12:30 Turkey Foot Dominoes 1:00 Mah Jongg  TBA	APRIL 11 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess TBA	APRIL 12 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:00 APRIL BRUNCH 1:15 Safe Exercise  TBA	APRIL 13 8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® TBA
 CLOSED PATRIOTS' DAY	APRIL 17 8:00 Walking Group 8:15 TAP DANCE! (MAKEUP) 9:30 Strength & Stretch 10:00 BOOK CLUB 10:00 BEGINNER GENEALOGY 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg  TBA	APRIL 18 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess TBA	APRIL 19 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 12:30 HEALTHY LIVING LUNCHEON 10:30 Line Dancing 1:15 Safe Exercise  TBA	APRIL 20 8:00 Walking Group 8:15 ABSOLUTE BEGINNER TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 12:30 MOVIE  TBA
APRIL 23 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:00 INTERMEDIATE GENEALOGY 10:30 Zumba Gold® 1:15 Safe Exercise  TBA	APRIL 24 8:00 Walking Group 9:30 Strength & Stretch 10:00 BEGINNER GENEALOGY 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg  TBA	APRIL 25 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess TBA	APRIL 26 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:00 MEN'S GROUP 10:30 Line Dancing 12:00 FREE CHAIR TAP CLASS 1:15 Safe Exercise  TBA	APRIL 27 8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 12:30 VOLUNTEER RECOGNITION TBA
APRIL 30 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:00 INTERMEDIATE GENEALOGY 10:30 Zumba Gold® 1:15 Safe Exercise 	 FREE CHAIR TAP CLASS, THURSDAY, APRIL 26, 12:00 – 1:00 PM LET’S TRY IT!			