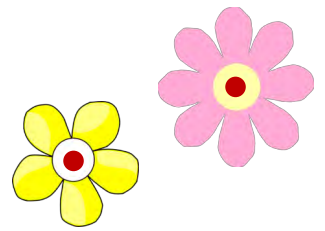


# What's Next?

## at 60 North Bow

Town of Milford MA. Ruth Anne Bleakney Senior Center



March / April

### Time for a Fresh Start!

So far, our winter weather hasn't been that bad. I can't remember a winter with such little snow, not that I miss it. It becomes difficult to enjoy this season when you're faced with snow removal, increased heating costs, and the very serious issue of loneliness. Recently I have read several articles on "Senior Loneliness" and the effects it can have on your mental and physical health. Often times you don't even have to be alone to feel lonely. You may have a feeling of being disconnected to life as it is today. Let's face it, so many things have changed during our lives that we may feel that we just don't fit in anymore. With all the new technology and life styles, it's like living on another planet. We may have lost a loved one, have trouble getting around, or are just not motivated to go out and interact with others. This can lead into social isolation and can have serious effects on your overall health.



**Have no fear!** That's why we are here. At the Senior Center, we can help you with all of these issues. You will never be truly alone if you stay connected with us at the center. There are plenty of people to interact with socially and



professionally. If you need transportation, Marie can help you. If you want to make new friends, come down so we can introduce you to people. If you need services, Catherine is here to help. If you need to get moving, our fitness experts have much to offer. Whatever you need, we will do our best to help you.

With Spring around the corner, let's celebrate with a fresh start. There's no time like the present to make some changes in your lives. Come and join us to make new connections, get healthier, and have some fun.



Daylight Saving  
Time Begins  
Sunday, March 10

Don't forget to turn your clocks  
ahead one hour!

### Welcome to our newest addition!

Please join us in welcoming **Denise Rizoli** as the newest member of our team. We are delighted to have Denise join us as a Program Coordinator.



Denise is no stranger to the Center. She has been the Meals on Wheels Site Manager for nine years and is very familiar with the Center and most of you. She is very excited to start this new endeavor. Please stop in and welcome Denise.

### FREE FITNESS continues through March

*sponsored by Blue Cross & Blue Shield*

Exercise, socialize, stimulate your mind, meditate...there's something for every level of fitness at our Senior Center. Let's fight ageism together. There are no stereotypes here. What is age?? Age is just a number!

*Blue Cross Blue Shield of Massachusetts* selected Milford Senior Center to participate in their health insurance pilot program. The pilot began in November and will continue through March, enabling us to offer 3 FREE fitness classes per week: Barre Above™, Strength & Balance/Fall Prevention, and POUND™



*See page 3 for further details*

Voice (508) 473-8334

email: [sclark@townofmilford.com](mailto:sclark@townofmilford.com)

TTD (508) 473-8334

Tri-Valley Nutrition (508) 478-8102

Fax (508) 634-2339

Shine (800) 243-4636

Open Monday – Thursday 8:30 am – 5:00 pm and Friday 8:30 am – 4:00 pm – visit us at [milfordmaseniorcenter.com](http://milfordmaseniorcenter.com)

## **ACTIVITY ROSTER – ALL FITNESS CLASSES REQUIRE A PUNCH CARD**

<b>ACTIVITY</b>	<b>TIME &amp; DAYS</b>	<b>COST</b>
Barre Above™	Monday 9:30 - 10:15 am Thursday 11:45 am —12:30 pm	\$3 (seniors) \$7 (under 60)
Bingo	Wednesday & Sunday 1:00 pm	50¢ Card / \$1.50 Paper Booklet
Book Club	3rd Tuesday of the Month 10:00 am	Free
Breakfast	Monthly 1st Wednesday 9:00 am (see calendar)	\$3 (seniors) \$7 (under 60)
Chess	Wednesday 1:00 – 5:00 pm	Free
COA Meeting	Bi-monthly 2nd Tuesday 10:00 am (no meetings July/August)	Free / Public Welcome
Cribbage	Monday 9:30 am – 12:00 pm, Thursday 1:00 – 3:30 pm	Free
Exercise Equipment	During Regular Business Hours	Free
Personal Trainers	Monday through Friday 8:00 am – 1:00 pm	Free
Express Muscle & Mat	Monday 8:30 – 9:15 am	\$3 (seniors) \$7 (under 60)
Fall Prevention/Strength & Balance	Wednesday 10:15 –11:00 am	Free
Gift Shop	Monday through Friday 10:00 am – 2:00 pm	Reasonable Prices
Hairdresser/Barber	Friday by Appointment 9:00 am – 12:00 pm	Price Chart Available
Healthy Living Luncheon	Monthly 3rd Thursday 12:30 pm (see calendar)	\$5.00 / Refundable
Internet Access	During Regular Business Hours	Free
Knitting/Sewing	Thursday 9:00 – 11:00 am	Free
Line Dancing	Thursday 10:30 – 11:30 am	\$3 (seniors) \$7 (under 60)
Mah Jongg	Tuesday 1:00 pm	Free
Meals on Wheels (Congregate Meals)	Monday – Thursday (see calendar for menu) 11:45 am -12:30 pm Call 508-478-8102	\$3 donation
Meals on Wheels (Home Delivery)	Call Tri-Valley 1-800-286-6640	\$3 donation
Men's Group	Last Thursday monthly 10:00 am – 12:00 pm (see calendar)	Free
Movie	Last Friday/Month (see calendar) / Movie time 12:30 pm	Free / Bring Your Own Lunch
Muscle Conditioning	Wednesday 11:15 am – 12:15 pm	\$3 (seniors) \$7 (under 60)
Notary Public	Call for an appointment	Free
Outreach Services	Monday & Wednesday 8:30 am – 4:00 pm Friday 8:30 am – 1:30 pm	Free
Red Hat Society	2nd Tuesday Monthly 12:00 pm	Free
Pound®	Tuesday & Friday 11:45 am –12:30 pm	\$3 (seniors) \$7 (under 60)
Safe Exercise	Monday & Thursday 1:15 – 2:15 pm	\$3 (seniors) \$7 (under 60)
S.H.I.N.E. (Health Insurance Information)	Monday through Friday (During Regular Center Hours)	Free (by Appointment)
Tap Dance	Tuesday & Friday 9:15 –10:15 am	\$3 (seniors) \$7 (under 60)
Tap Dance (Beginner/Review)	Friday 8:30– 9:15 am (2x / month, see calendar)	\$3 (seniors) \$7 (under 60)
Tap Dance (Advanced)	Friday 8:30 – 9:15 am (2x / month, see calendar)	\$3 (seniors) \$7 (under 60)
Threadhead Quilters Group	Friday 8:45 am – 2:45 pm	Free
Turkey Foot Dominoes	Tuesday 12:30 pm	Free
Walking Club (MSC Walkers)	Monday through Friday 8:00 am	Free
Watercolor Art Class	Wednesday 10:00 am – 12:00 pm	\$10 per class
Wellness Center (Nurse on Site)	Wednesday & Thursday 9:00 am – 12:00 pm	Free
Whist	Tuesday 11:00 am – 1:00 pm	Free
Yoga	Thursday 9:00 – 10:00 am	Free through March 2019
Zumba Gold®	Monday, Tuesday & Friday 10:30 – 11:30 am	\$3 (seniors) \$7 (under 60)
Zumba Gold Toning®	Wednesday 9:00 – 10:00 am	\$3 (seniors) \$7 (under 60)

# Fitness!

## We Need Subs!

Fitness substitutes are needed for all classes. Please contact Sue Clark at 508-473-8334 if you are interested.



## FREE FITNESS classes *(continued from page 1)* *sponsored by Blue Cross & Blue Shield*

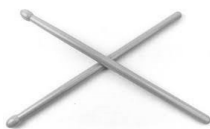


### Monday 9:30 am Barre Above™

Our Barre Above™ class blends classic ballet, pilates, yoga, and strength training, all taught to the beat of the music. It's a great active aging fusion class.

### Wednesday 10:15 am Fall Prevention/ Strength & Balance

This class is designed for people of all fitness levels. Each class includes a warm-up, stretching, structured group exercise, functional activity, and cool down. We focus on improving balance and posture.

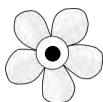


### Friday 11:45 am Pound™

Pound is a first-class jam session, inspired by the infectious, energizing and sweat dripping "playing of the drums." This class is designed for all fitness levels and all ages. Pound™ provides the perfect atmosphere for letting loose, getting energized, improving your health, and rocking out.

*Take your first steps towards fitness by trying one of these free classes!*

### Thursday, 9:00 am Yoga with Marsha Mancuso (FREE classes through March)



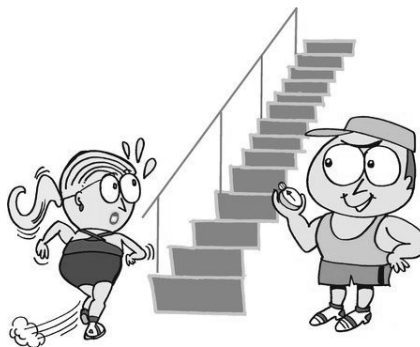
Marsha is an enthusiastic and sensitive teacher who has the desire to share yoga and healing with others. Her classes bring a calmness and serenity to her students by incorporating posture with breath and mindfulness. Marsha teaches and practices yoga to keep the body flexible with stretching and postures, and the mind calm thru strengthening the mind/body/soul connection.

## Trainers Corner

*by Jeff Knox*

## This may be the best "FREE" Workout You'll Ever Get!

When you can't get to the gym, there's a simple, effective and cost-free way to get some exercise... the "Stairs".



Yup, just doing a simple stair climbing workout once or twice weekly is a great addition or substitute for your regular gym workouts.

Climbing "Stairs" combines muscle conditioning and cardio

in a single easy routine. Stair climbing benefits your heart, lungs and circulatory system. Your HDL (the good cholesterol) will increase and improve the cleaning out of your LDL (bad cholesterol) from your bloodstream. Climbing stairs will also provide a great muscle conditioning workout. It will challenge your muscles, promote muscle hypertrophy (growth) and a tightening up of your quad, hamstring, glute, and calf muscles, depending on the duration and intensity levels of your workout!

Your 'unilateral' or single-leg strength will improve your hip-stability, plus more quad and glute strength.

After a while, you can challenge yourself with a higher intensity training level as you take your "stair" workouts to the next level! Check with Rebecca, Stanley or me for some helpful ideas!

## Personal Fitness Plans

Please drop in and have our Fitness Specialists develop an individualized fitness plan designed to meet your specific needs. Either Rebecca, Stan or Jeff are available Monday – Friday 8:00 am to 1:00 pm. Stop in so they can meet you and customize a plan to accomplish your health and fitness goals. *Our fitness room is open Monday through Thursday from 8:00 am to 5:00 pm and Friday until 4:00 pm.* Come in and join the fun while you work towards getting healthy and fit.



*Please check out our schedule of classes available:  
your first class is complimentary!*



## Breakfast

Wednesday, March 6

- Topic: Memory oh Memory. Where Art Thou?

Presentation by Summit Elder Care

Wednesday, April 3

- Topic: Dish Gardens and Succulents
- Presentation by Greenleaf Garden Club

Cost: \$3/Time: 9:00 am

## Book Club

Tuesday, March 19

- Murder in the Marais by author Cara Black



Tuesday, April 16

- Small Fry by author Lisa Jobs-Brennan

Free Event/Time: 10:00 am



## Healthy Living Luncheon

Thursday, March 21

- Topic: The Healthy benefits of Laughing, presented by St. Camillus Health Center

Thursday, April 18

- Topic: Infection Prevention and the Importance of Immunizations, presented by Milford Regional Medical Center

Cost: \$5 (refundable) / 12:30 pm



# Please Sign Up EARLY for Monthly Events



## Senior Center Singers



Tuesday, March 8

- Looking for newcomers
- Come Join Us!

FREE Event/Time: 3:30 pm



## Dr. Gary Hylander

Tuesday, March 5

- The Sinking of The Indianapolis
- Light Refreshments Served
- Sponsored by Mass Cultural Council

FREE Event/Time: 10:30 am

## St Patrick's Day Party!

Thursday, March 14

- Corned Beef & Cabbage prepared by Chef Brenda Needleman
- Music by DJ Ronnie Auger

Cost: \$10/Time: 12:30 pm



## Men's Group

Thursday, March 28 &

Thursday, April 25

- Presentations TBD

Free Event/Time: 10:00 am

## FREE Friday Movies!

- Friday, March 29, Wonder, Rated PG-13

• *NOTE: No Movie in April*

Movie Time: 12:30 pm



## Senior Center Singers



Tuesday, March 8

- Looking for newcomers
- Come Join Us!

FREE Event/Time: 3:30 pm



## Senior Prom

Thursday, May 3

- Sponsored by Milford High School National Honor Society

Cost: \$5/Time: 5:00 pm



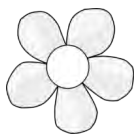


## Community Legal Aid (Legal Assistance)

Community Legal Aid provides free legal services to elders and low-income individuals who qualify for services. To apply for services, dial (855) 252-5342 Monday, Tuesday, Thursday & Friday from 9:30 am to 12:15 pm and Wednesday from 1:30 to 4:15 pm. You can also apply online at [www.communitylegal.org](http://www.communitylegal.org) or you can visit Milford District Court the first and third Wednesdays of the month from 2:00 – 4:00 pm.

## Fuel Assistance

Appointments for 2019 Fuel Assistance Program (SMOC) are now available. Call 508-473-8334 to schedule an appointment.



## Benefit Enrollment Center

### *Qualifications for Benefits Programs*

To qualify you must be a Medicare eligible senior or a person with a disability. You may be eligible for one or more programs, including Medicare Part D Extra Help/Low-Income Subsidy, Medicare Savings Programs, Medicaid, Supplemental Nutrition Assistance Program (SNAP), or Low-income Home Energy Assistance Program. Application Assistance will be provided for other services as well.

***To make an appointment with a counselor, please call Tri Valley at 508-949-6640.***

This program made possible through the National Council on Aging.

## BJ's Memberships

The Center offers discounted memberships to BJ's Wholesale Club to our resident Milford seniors. Drop by the center to request a discount letter. Discounted memberships are now \$30. If you have already paid full price, you can still get the discount refund by presenting the letter to BJ's.



## Whist & Pinochle Players

Looking for players.  
Please sign up at front desk

## Acknowledgements

- Brenda Needleman for helping at our Super Bowl Pep Rally
- Blackstone Valley Technical Vocational High School for preparing and serving the finger sandwiches and desserts at our Valentine's Tea Party.
- Milford High School String Quartet for playing beautiful music at our Valentine's Tea Party

## Powerful Tools for Caregivers FREE 6-week Program



Wednesdays, April 24 to May 29, 1 – 3 pm

Designed to help you take care of yourself while caring for an older adult. Get the tools you need to:

- Reduce stress
- Communicate effectively
- Reduce guilt, anger and depression
- Make tough decisions
- Set goals
- Problem solve

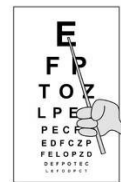
## Support Group for Low Vision/Blind Adults

Thursday, March 7 & Thursday,  
April 4, 9:30 – 10:30 am (extended  
to 11:00 am if there is a guest speaker)

The Milford Senior Center holds a monthly support group meeting and welcomes those who are experiencing vision loss or blindness. We can discuss any concerns or difficulties you are having with everyday life.

The group is continually looking for new ways to help navigate our surroundings and enable us to stay as independent as possible. There are so many products & services to assist with day to day living. Come by and learn about this helpful information. All personal information is kept confidential. We encourage participants to share their struggles and any ideas they may have in coping with vision loss. March 7, guest speaker Catherine Ziesmer, LSW from Client Services

You may contact Marie O'Leary at 508-473-8334.



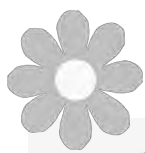
## Using DNA for Genealogical Research

If interested in a 6-week genealogy seminar, please contact the Center to sign up. *Dates and times to be determined.*

## Indoor Walking at the Milford Youth Center



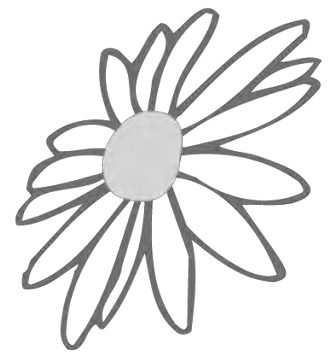
This program will be available, free of charge, from 9 to 10:30 am, Tuesday and Thursday mornings. This is open for all Milford residents to use the gym for walking.



# Road Trips 2019



March – MGM Springfield  
 May – Boston Museum of Fine Arts  
 June – Cape Cod 105th Annual Tour  
 July – Fosters Lobster Bake (Maine)  
 August – Northshore Theater: Jersey Boys  
 September – Granite State Spectacular  
 October – NH Turkey Train / Hart's Turkey Farm  
 December – Boston Pops



Flyers are available at the Center or you can visit our website at [milfordmaseniorcenter.com](http://milfordmaseniorcenter.com) for further details. You must sign up at the Center for all trips. Checks and cash accepted. We cannot accept credit cards. If signing up for multiple trips, one check per trip is required.

**Please Note: Refunds will only be issued if:**

- a trip is canceled by the Center
- someone on the waiting list can take your spot
- you find someone to go in your place

## Candidates Forum



Monday, March 18  
 Meet the Candidates  
 Informal Question &  
 Answer Session  
 Coffee & Pastry Served  
 10:00 am to 12:00 pm

## Town of Milford – Ruth Anne Bleakney Senior Center Staff

**Senior Center Director/Editor:** Susan Trotta Clark  
**Administrative Assistant/Graphic Design:** Susie Cadrin  
**Program Coordinator:** Denise Rizzoli  
**Program Coordinator:** Nancy Potter  
**Receptionist:** Fran Letizia  
**Client Services (Outreach) Coordinator:** Catherine G. Ziesmer, LSW  
**Transportation Coordinator:** Marie O'Leary  
**Weekend Coordinator:** Claudia Cormier  
**Coordinator of Volunteer Services:** Jean Dudley  
**Van Driver:** Robert Remy  
**Custodian:** Burt Cormier  
**Volunteer Proofreaders:** Gail Brown & Sherry Alleman  
**Fitness/Wellness Instructors:** Rebecca Tredeau, Jeff Knox and Stanley Parker  
**Volunteer Chef:** Brenda Needleman

### Volunteer Support Staff (alphabetically)

Carol Abbott	Nancy Milani
Sherry Alleman	Joan Motuzas
Sandra Bane	Ed Motuzas
Nancy Barnes	Rose Mary Natelson
Patricia Berry	Gerard Patulak
Peter Bertonazzi	Joanne Rosen
Virginia Brenna	Joe Tomaski
Lucille Ciaramicoli	Walda Vasile
Sandy Comastra	Gina Villa
Dino DeBartolomeis	John Wacławik
Linda Gosselin	Chris Wyspianski
Elaine McNanna	Pam Zabchuk

### MILFORD COUNCIL ON AGING

Edwin Roth	<b>Chairperson</b>
Charles Skaff	<b>Vice Chairperson</b>
Vincent Squiciari	<b>Secretary</b>

### Council on Aging Members

Dino DeBartolomeis  
 Regina Ferrera  
 Paul Gallagher  
 Josephine Magliocca  
 Chief Thomas O'Loughlin  
 Francis Small, Esq.

### Board Emeritus

Joan Bagaglio	Domenic D'Alessandro
Emma Barry	Adam Diorio
Nina Barry	Ernest Giardini
James Berrini	Mary Goddard
Jeanne Brattin	Elaine McNanna
Mary Costantino	Ernest O'Brien
Catherine Curtin	

\*Council on Aging Meetings are held the **2nd Tuesday every other month** in the COA Board Room at 10:00 am **except for the months of July and August – Public Invited**

Production/Distribution of this newsletter is funded by the Friends of Milford Senior Center, the Executive Office of Elder Affairs and from generous donations from the community.

**Thank You!**

# NEWS FROM SHINE

## New Medicare Advantage Plan OEP Continues

Beginning in 2019 Medicare will have a NEW Medicare Advantage Plan Open Enrollment period. This new period will run from January 1st to March 31st of each year. During this timeframe you can change to another Medicare Advantage Plan. You can also leave your Medicare Advantage Plan and return to Original Medicare and pick up a drug plan and supplement coverage. YOU MUST BE IN A MEDICARE ADVANTAGE PLAN ON JANUARY 1ST TO TAKE ADVANTAGE OF THIS OEP.



## IMPORTANT INFORMATION

ALWAYS REMEMBER THAT IF YOU ARE TURNING 65 YOU SHOULD CONTACT SOCIAL SECURITY TO ENROLL IN MEDICARE. MEDICARE ELIGIBILITY HAS NO CONNECTION TO YOUR ELIGIBILITY FOR SOCIAL SECURITY BENEFITS. ALSO COVERAGE FROM THE HEALTH CONNECTOR DOES NOT EXEMPT YOU FROM THIS REQUIREMENT TO ENROLL IN MEDICARE, AS YOU WILL LOSE YOUR HEALTH CONNECTOR SUBSIDY WHEN YOU TURN 65. IF YOU HAVE ANY QUESTIONS YOU SHOULD CONTACT YOUR SHINE REGIONAL OFFICE AT 1-800-243-4636 OPTION #3.

## Central Mass SHINE Website

The Central Mass SHINE Program has recently launched a new more interactive website. You can visit us at [www.shinema.org](http://www.shinema.org). The site has valuable general information, links to other agencies and resources and applications that can may provide you with financial assistance.

Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call **1-800-AGE-INFO (1-800-243-4636)**, then **press or say 3**. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back.

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## Congregate Meals

The Tri-Valley Meals on Wheels program offers a Congregate Meal at the Milford Senior Center daily (Monday through Thursday) from 11:45 am-12:30 pm. To reserve your meal, please call 508-478-8102. A \$3 donation is requested. Meals on Wheels home delivery is also available by contacting Tri-Valley directly at 1-800-286-6640.

## News from Outreach

Our Client Services Coordinator, **Catherine G. Ziesmer, LSW**, provides assistance with the challenges of aging to those 60 and older, as well as to disabled adults younger than 60. If there is difficulty completing personal care, housework or food preparation, Catherine will make a referral to the VNA and/or Tri-Valley, Inc. Grief support and referrals to support groups are offered to help through the grieving process. She provides home visits, as well as telephone reassurance, and will also make referrals to support groups for other issues such as Alzheimer's disease, Parkinson's disease, strokes, etc. Many elders need help with completing applications for services such as SNAP (formerly food stamps), MassHealth, and Housing. Catherine provides referrals to protective services, the food pantry, legal assistance, and to charities including St. Vincent De Paul, Salvation Army, and Catholic Charities. She is trained in the SMART 911 program, a system that shares vital personal and medical information with response teams in the event of an emergency. Catherine works on Monday, Wednesday & Friday. You can reach Catherine at 508-473-8334 or via email at [cziesmer@townofmilford.com](mailto:cziesmer@townofmilford.com).



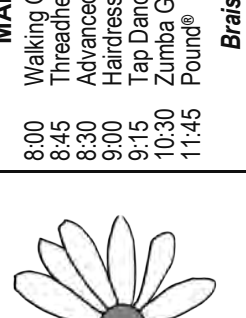
## Transportation Program

Milford residents over the age of 60, or under the age of 60 and disabled, are eligible to use our senior van for medical appointments within Milford or Hopedale, as well as for all errands or grocery shopping within Milford. Hopedale residents over the age of 60, or under the age of 60 and disabled, may use our senior van for medical appointments only, within Milford or Hopedale. All MassHealth members must use the M.A.R.T. program provided through MassHealth for all their medical transportation.










Out-of-town medical transportation service is for eligible Milford residents only who are seeking a ride to a specialist. Contact our transportation coordinator, **Marie O'Leary at 508-473-8334** for more details before making your appointment as we have limitations on the use of our out-of-town service.

**Please note:** Hopedale residents must call the Hopedale Senior Center at 508-634-2208 to request the transportation.

# MARCH / APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<b>MARCH 4</b> 8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise  <b>Chicken Pesto</b>	<b>MARCH 5</b> 8:00 Walking Group 9:15 Tap Dance 10:30 DR. GARY HYLANDER 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg  <b>Jambalaya</b>	<b>MARCH 6</b> 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 BREAKFAST 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess  <b>Vegetable Cheese Bake</b>	<b>MARCH 7</b> 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 11:45 Barre Above™ 1:00 Cribbage 1:15 Safe Exercise  <b>Roast Pork Loin with Gravy</b>	<b>MARCH 8</b> 8:00 Walking Group 8:30 Beginner / Review Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®  <b>Braised Beef</b>
<b>MARCH 11</b> 8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise  <b>Shepherd's Pie</b>	<b>MARCH 12</b> 8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg  <b>Greek Chicken</b>	<b>MARCH 13</b> 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  <b>Meatloaf</b>	<b>MARCH 14</b> 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:45 Barre Above™ 1:00 Cribbage 12:30 ST. PATRICK'S DAY 1:15 Safe Exercise  <b>Cornd Beef</b>	<b>MARCH 15</b> 8:00 Walking Group 8:30 Advanced Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®  <b>Lemon Pepper Haddock</b>
<b>MARCH 18</b> 8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:00 CANDIDATE FORUM 10:30 Zumba Gold® 1:15 Safe Exercise  <b>American Chop Suey</b>	<b>MARCH 19</b> 8:00 MGM SPRINGFIELD TRIP 8:00 Walking Group 9:15 Tap Dance 10:00 BOOK CLUB 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg  <b>Beef Stir Fry</b>	<b>MARCH 20</b> 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  <b>Chicken Milano</b>	<b>MARCH 21</b> 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:45 Barre Above™ 12:30 HEALTHY LIVING LUNCHEON 1:00 Cribbage 1:15 Safe Exercise  <b>Salisbury Steak with Gravy</b>	<b>MARCH 22</b> 8:00 Walking Group 8:30 Beginner / Review Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®  <b>Potato Crunch Fish</b>
<b>MARCH 25</b> 8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold®  <b>MARCH 29</b> 8:00 Walking Group 8:30 Advanced Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance  <b>MEN'S GROUP</b>	<b>MARCH 26</b> 8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound®  <b>MARCH 28</b> 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:00 MEN'S GROUP	<b>MARCH 27</b> 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention  <b>MARCH 28</b> 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:00 MEN'S GROUP	<b>MARCH 28</b> 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:00 MEN'S GROUP	<b>MARCH 29</b> 8:00 Walking Group 8:30 Advanced Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance



<div>1:15 Safe Exercise</div> <div>12:30 Turkey Foot Dominoes</div> <div>1:00 Mah Jongg</div>	<div>BBQ Chicken</div> <div>APRIL 2</div> <div><div></div><div>ELECTION DAY</div><div>7:00 Walking Group</div><div>8:00 Tap Dance</div><div>9:15 Zumba Gold®</div><div>10:30 Whist</div><div>11:00 Pound®</div><div>11:45 Turkey Foot Dominoes</div><div>12:30 Mah Jongg</div><div>1:00</div></div>	<div>11:15 Muscle Conditioning</div> <div>1:00 Bingo</div> <div>1:00 Chess</div> <div>Marinated Pork Loin</div> <div>APRIL 3</div> <div><div></div><div>BREAKFAST</div><div>8:00 Walking Group</div><div>9:00 Zumba Gold Toning®</div><div>9:00 Wellness Nurse</div><div>10:00 Water Color Class</div><div>10:15 Fall Prevention</div><div>11:15 Muscle Conditioning</div><div>1:00 Bingo</div><div>1:00 Chess</div></div>	<div>10:00 Line Dancing</div> <div>11:45 Barre Above™</div> <div>1:00 Cribbage</div> <div>1:15 Safe Exercise</div> <div>Meatballs</div> <div>APRIL 4</div> <div><div></div><div>LOW VISION SUPPORT GROUP</div><div>8:00 Walking Group</div><div>9:00 Knitting &amp; Sewing</div><div>9:00 Wellness Nurse</div><div>9:00 Yoga</div><div>9:30</div><div>10:30 Line Dancing</div><div>10:30 Barre Above™</div><div>11:45 Cribbage</div><div>1:00 Safe Exercise</div></div>	<div>8:00 Walking Group</div> <div>8:30 Beginner / Review</div> <div>Tap Dance</div> <div>8:45 Threadhead Quilters Group</div> <div>9:00 Hairdresser</div> <div>9:15 Tap Dance</div> <div>10:30 Zumba Gold®</div> <div>11:45 Pound®</div> <div>Fish with Crumb Topping</div> <div>APRIL 5</div> <div><div>8:00 Walking Group</div><div>8:30 Beginner / Review</div><div>Tap Dance</div><div>8:45 Threadhead Quilters Group</div><div>9:00 Hairdresser</div><div>9:15 Tap Dance</div><div>10:30 Zumba Gold®</div><div>11:45 Pound®</div></div>	<div>10:30 Zumba Gold®</div> <div>11:45 Pound®</div> <div>12:30 FREE MOVIE</div>	
<div>8:00 Walking Group</div> <div>8:30 Express Muscle &amp; Mat</div> <div>9:30 Cribbage</div> <div>9:30 Barre Above®</div> <div>10:30 Zumba Gold®</div> <div>1:15 Safe Exercise</div> <div>APRIL 8</div> <div><div>8:00 Walking Group</div><div>8:30 Express Muscle &amp; Mat</div><div>9:30 Cribbage</div><div>9:30 Barre Above®</div><div>10:30 Zumba Gold®</div><div>1:15 Safe Exercise</div></div>	<div>8:00 Walking Group</div> <div>9:15 Tap Dance</div> <div>10:00 COA MEETING</div> <div>10:30 Zumba Gold®</div> <div>11:00 Whist</div> <div>11:45 Pound®</div> <div>12:30 Turkey Foot Dominoes</div> <div>12:30 RED HAT SOCIETY</div> <div>1:00 Mah Jongg</div> <div>APRIL 9</div> <div><div></div><div>COA MEETING</div><div>8:00 Walking Group</div><div>9:15 Tap Dance</div><div>10:00 Zumba Gold®</div><div>10:30 Whist</div><div>11:00 Pound®</div><div>11:45 Turkey Foot Dominoes</div><div>12:30 RED HAT SOCIETY</div><div>1:00 Mah Jongg</div></div>	<div>8:00 Walking Group</div> <div>9:00 Zumba Gold Toning®</div> <div>9:00 Wellness Nurse</div> <div>10:00 Water Color Class</div> <div>10:15 Fall Prevention</div> <div>11:15 Muscle Conditioning</div> <div>1:00 Bingo</div> <div>1:00 Chess</div> <div>APRIL 10</div> <div><div>8:00 Walking Group</div><div>9:00 Zumba Gold Toning®</div><div>9:00 Wellness Nurse</div><div>10:00 Water Color Class</div><div>10:15 Fall Prevention</div><div>11:15 Muscle Conditioning</div><div>1:00 Bingo</div><div>1:00 Chess</div></div>	<div>8:00 Walking Group</div> <div>9:00 Knitting &amp; Sewing</div> <div>9:00 Wellness Nurse</div> <div>9:00 Yoga</div> <div>10:30 Line Dancing</div> <div>11:45 Barre Above™</div> <div>1:00 Cribbage</div> <div>1:15 Safe Exercise</div> <div>APRIL 11</div> <div><div>8:00 Walking Group</div><div>9:00 Knitting &amp; Sewing</div><div>9:00 Wellness Nurse</div><div>9:00 Yoga</div><div>10:30 Line Dancing</div><div>11:45 Barre Above™</div><div>1:00 Cribbage</div><div>1:15 Safe Exercise</div></div>	<div>8:00 Walking Group</div> <div>8:30 Advanced Tap Dance</div> <div>8:45 Threadhead Quilters Group</div> <div>9:00 Hairdresser</div> <div>9:15 Tap Dance</div> <div>10:30 Zumba Gold®</div> <div>11:45 Pound®</div> <div>APRIL 12</div> <div><div>8:00 Walking Group</div><div>8:30 Advanced Tap Dance</div><div>8:45 Threadhead Quilters Group</div><div>9:00 Hairdresser</div><div>9:15 Tap Dance</div><div>10:30 Zumba Gold®</div><div>11:45 Pound®</div></div>		
<div><div></div><div>APRIL 15</div></div> <div>CLOSED PATRIOTS DAY</div>	<div>8:00 Walking Group</div> <div>9:15 Tap Dance</div> <div>10:00 BOOK CLUB</div> <div>10:30 Zumba Gold®</div> <div>11:00 Whist</div> <div>11:45 Pound®</div> <div>12:30 Turkey Foot Dominoes</div> <div>1:00 Mah Jongg</div> <div>APRIL 16</div> <div><div></div><div>BOOK CLUB</div><div>8:00 Walking Group</div><div>9:15 Tap Dance</div><div>10:00 Zumba Gold®</div><div>10:30 Whist</div><div>11:00 Pound®</div><div>11:45 Turkey Foot Dominoes</div><div>12:30 Mah Jongg</div></div>	<div>8:00 Walking Group</div> <div>9:00 Zumba Gold Toning®</div> <div>9:00 Wellness Nurse</div> <div>10:00 Water Color Class</div> <div>10:15 Fall Prevention</div> <div>11:15 Muscle Conditioning</div> <div>1:00 Bingo</div> <div>1:00 Chess</div> <div>APRIL 17</div> <div><div>8:00 Walking Group</div><div>9:00 Zumba Gold Toning®</div><div>9:00 Wellness Nurse</div><div>10:00 Water Color Class</div><div>10:15 Fall Prevention</div><div>11:15 Muscle Conditioning</div><div>1:00 Bingo</div><div>1:00 Chess</div></div>	<div>8:00 Walking Group</div> <div>9:00 Knitting &amp; Sewing</div> <div>9:00 Wellness Nurse</div> <div>9:00 Yoga</div> <div>10:30 Line Dancing</div> <div>11:45 Barre Above™</div> <div>12:30 HEALTHY LIVING LUNCHEON</div> <div>1:00 Cribbage</div> <div>1:15 Safe Exercise</div> <div>APRIL 18</div> <div><div></div><div>HEALTHY LIVING LUNCHEON</div><div>8:00 Walking Group</div><div>9:00 Knitting &amp; Sewing</div><div>9:00 Wellness Nurse</div><div>9:00 Yoga</div><div>10:30 Line Dancing</div><div>11:45 Barre Above™</div><div>12:30 Cribbage</div><div>1:00 Safe Exercise</div></div>	<div>8:00 Walking Group</div> <div>8:30 Beginner / Review</div> <div>Tap Dance</div> <div>8:45 Threadhead Quilters Group</div> <div>9:00 Hairdresser</div> <div>9:15 Tap Dance</div> <div>10:30 Zumba Gold®</div> <div>11:45 Pound®</div> <div>APRIL 19</div> <div><div>8:00 Walking Group</div><div>8:30 Beginner / Review</div><div>Tap Dance</div><div>8:45 Threadhead Quilters Group</div><div>9:00 Hairdresser</div><div>9:15 Tap Dance</div><div>10:30 Zumba Gold®</div><div>11:45 Pound®</div></div>		
<div>8:00 Walking Group</div> <div>8:30 Express Muscle &amp; Mat</div> <div>9:30 Cribbage</div> <div>9:30 Barre Above®</div> <div>10:30 Zumba Gold®</div> <div>1:15 Safe Exercise</div> <div>APRIL 22</div> <div><div>8:00 Walking Group</div><div>8:30 Express Muscle &amp; Mat</div><div>9:30 Cribbage</div><div>9:30 Barre Above®</div><div>10:30 Zumba Gold®</div><div>1:15 Safe Exercise</div></div>	<div>8:00 Walking Group</div> <div>9:15 Tap Dance</div> <div>10:30 Zumba Gold®</div> <div>11:00 Whist</div> <div>11:45 Pound®</div> <div>12:30 Turkey Foot Dominoes</div> <div>1:00 Mah Jongg</div> <div>APRIL 23</div> <div><div>8:00 Walking Group</div><div>9:15 Tap Dance</div><div>10:30 Zumba Gold®</div><div>11:00 Whist</div><div>11:45 Pound®</div><div>12:30 Turkey Foot Dominoes</div><div>1:00 Mah Jongg</div></div>	<div>8:00 Walking Group</div> <div>9:00 Zumba Gold Toning®</div> <div>9:00 Wellness Nurse</div> <div>10:00 Water Color Class</div> <div>10:15 Fall Prevention</div> <div>11:15 Muscle Conditioning</div> <div>1:00 Bingo</div> <div>1:00 Chess</div> <div>1:00 POWERFUL TOOLS FOR CAREGIVERS</div> <div>APRIL 24</div> <div><div></div><div>POWERFUL TOOLS FOR CAREGIVERS</div><div>8:00 Walking Group</div><div>9:00 Zumba Gold Toning®</div><div>9:00 Wellness Nurse</div><div>10:00 Water Color Class</div><div>10:15 Fall Prevention</div><div>11:15 Muscle Conditioning</div><div>1:00 Bingo</div><div>1:00 Chess</div><div>1:00</div></div>	<div>8:00 Walking Group</div> <div>9:00 Knitting &amp; Sewing</div> <div>9:00 Wellness Nurse</div> <div>9:00 Yoga</div> <div>10:00 MEN'S GROUP</div> <div>10:30 Line Dancing</div> <div>11:45 Barre Above™</div> <div>1:00 Cribbage</div> <div>1:15 Safe Exercise</div> <div>APRIL 25</div> <div><div></div><div>MEN'S GROUP</div><div>8:00 Walking Group</div><div>9:00 Knitting &amp; Sewing</div><div>9:00 Wellness Nurse</div><div>9:00 Yoga</div><div>10:00 Line Dancing</div><div>10:30 Barre Above™</div><div>11:45 Cribbage</div><div>1:00 Safe Exercise</div></div>	<div>8:00 Walking Group</div> <div>8:30 Beginner / Review</div> <div>Tap Dance</div> <div>8:45 Threadhead Quilters Group</div> <div>9:00 Hairdresser</div> <div>9:15 Tap Dance</div> <div>10:30 Zumba Gold®</div> <div>11:45 Pound®</div> <div>APRIL 26</div> <div><div>8:00 Walking Group</div><div>8:30 Beginner / Review</div><div>Tap Dance</div><div>8:45 Threadhead Quilters Group</div><div>9:00 Hairdresser</div><div>9:15 Tap Dance</div><div>10:30 Zumba Gold®</div><div>11:45 Pound®</div></div>		
<div>8:00 Walking Group</div> <div>8:30 Express Muscle &amp; Mat</div> <div>9:30 Cribbage</div> <div>9:30 Barre Above®</div> <div>10:30 Zumba Gold®</div> <div>1:15 Safe Exercise</div> <div>APRIL 29</div> <div><div>8:00 Walking Group</div><div>8:30 Express Muscle &amp; Mat</div><div>9:30 Cribbage</div><div>9:30 Barre Above®</div><div>10:30 Zumba Gold®</div><div>1:15 Safe Exercise</div></div>	<div>8:00 Walking Group</div> <div>9:15 Tap Dance</div> <div>10:30 Zumba Gold®</div> <div>11:00 Whist</div> <div>11:45 Pound®</div> <div>12:30 Turkey Foot Dominoes</div> <div>1:00 Mah Jongg</div> <div>APRIL 30</div> <div><div>8:00 Walking Group</div><div>9:15 Tap Dance</div><div>10:30 Zumba Gold®</div><div>11:00 Whist</div><div>11:45 Pound®</div><div>12:30 Turkey Foot Dominoes</div><div>1:00 Mah Jongg</div></div>	<div>FOR CONGREGATE MEALS AT MILFORD SENIOR CENTER</div> <div>CALL 508-478-8102 TWO DAYS PRIOR TO RESERVE A MEAL</div> <div>MEALS ON WHEELS HOME DELIVERY CALL TRI VALLEY 1-800-286-6640</div> <div>Meals on Wheels Menu for APRIL 2019 - TBA</div>				

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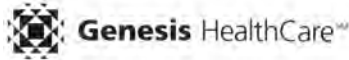
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*The Friends gratefully acknowledge these donations*

## In Loving Memory

- ♥ Wife Gail Brown in memory of Stan Brown's Birthday on March 17th
- ♥ Irene and Frank Ferrante in memory of William Toomey
- ♥ Whitcomb House in memory of Lena Ferretti
- ♥ Sue Giampietro in memory of Connie and Dante Villani
- ♥ Raye Ferrera in memory of Gino Iannitelli
- ♥ Grace, Rebecca and granddaughters in memory of Paul Lavallee
- ♥ Del. Mary Lou, Ann. and Mikey in memory of Gino Iannitelli
- ♥ Barbara Miller in loving memory of her husband Joseph Miller.  
2nd anniversary
- ♥ Netta Grillo for the Grillo and DeCapua families
- ♥ Wife Gloria DePaolo in memory of her husband Richard DePaolo
- ♥ Ruth O'Connor in memory of Janet Beccia

## Donations

- ♥ David and Jo-Ann Morgan in honor of the 90th Birthday of Anthony "Babe" Oliva
- ♥ Terrie & Paul Sharp in honor of Arthur E. Morin, Jr.
- ♥ Kaye and Ed Peltier in honor of Ed Roth and the Shine Program Team
- ♥ Anonymous donation
- ♥ Veronica Moore

## Wellness Nurse



On-site Wednesday & Thursday from 9:00 am to 12:00 pm for blood pressure assessments, medication consultations, referrals and preventative health care advice. Funded by Milford Board of Health & administered by Salmon VNA.

## Do You Live Alone?

In case of an emergency, do you have a family member or friend to call? If the power goes out, are you able to stay with a family member or friend or are you left in a dark house by yourself?

Please let us know: we will be able to send someone to check on you. Call us with your information and we will be able to keep track of who is alone and needs help.

Remember, if the power goes out you might not be able to call us, let us know **now** so we can be prepared to help you when you need it.

## FRIENDS OF THE MILFORD SENIOR CENTER

Dino B. DeBartolomeis, President; Jillian Celozzi Esq., Vice-President; Joseph F. Edwards, Jr., Treasurer; Melissa Tomas, Secretary.  
Other members include: Brian Murray, Johnna O'Loughlin, Assistant Treasurer and Gary Castiglioni.

**The Friends is a private, non-profit organization whose donations provide funds for programs, services and equipment for the Milford Senior Center that cannot be provided by local or state government. Milford seniors do not need to join the Friends to receive services from the Senior Center.**

Membership is open to all regardless of age or residency. A membership is \$5 per year. Out-of-town members subscribe to the newsletter for an additional \$5 per year to cover the postage.

Please consider making a donation to the Friends in memory of a loved one or in honor of a special occasion. An acknowledgment of your donation will be sent to whomever you designate and will be published in the newsletter. **Please make checks payable to the Friends of the Milford Senior Center.**

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☐ I am not a resident of Milford, please mail me the newsletter. Enclosed is additional \$5.

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# Valentine's Tea Party





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**Christa Ferraro at 774.217.4118 or [cferraro@egmcare.com](mailto:cferraro@egmcare.com)**

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3 days of nonperishable / non-cook food  
water (1 gal. per day per person), medication



flashlight, battery operated radio, extra batteries



first aid kit, cash, cell phone and charger



ID cards, information: (Dr., meds, allergies), family / friends  
contacts, toothbrush / toothpaste, blanket and washcloth



clothes and baby or pet supplies if you need them

**DISASTER PREPAREDNESS:** The likelihood that you will recover from an emergency tomorrow often depends on the planning and preparation done today. This list may help you get through the first 3 days, after a disaster.

It is a starting point, as individual needs vary depending upon circumstances.

For additional information, visit: [www.Ready.gov](http://www.Ready.gov)

Friends of the  
Milford Senior Center, Inc.  
60 North Bow Street  
Milford, MA 01757-3405

Return Service Requested

NON-PROFIT  
U.S. Postage  
PAID  
Milford, MA  
Permit No. 41

## At a-Glance

### March

Tuesday, March 5 <i>Dr. Gary Hylander</i>	Tuesday, March 19 <i>ROAD TRIP – MGM Casino</i>
Wednesday, March 6 <i>Breakfast</i>	Tuesday, March 19 <i>Book Club</i>
Thursday, March 7 <i>Low Vision Support Group</i>	Thursday, March 21 <i>Healthy Living Luncheon</i>
Thursday, March 14 <i>St. Patrick's Day Party</i>	Thursday, March 28 <i>Men's Group</i>
Monday, March 18 <i>Candidate's Forum</i>	Friday, March 29 <i>FREE Movie</i>

### April

Tuesday, April 2 <i>Election Day</i>	Tuesday, April 16 <i>Book Club</i>
Wednesday, April 3 <i>Breakfast</i>	Wednesday, April 17 <i>Powerful Tools for Caregivers</i>
Thursday, April 4 <i>Low Vision Support Group</i>	Thursday, April 18 <i>Healthy Living Luncheon</i>
Tuesday, April 9 <i>Red Hat Society</i>	Thursday, April 25 <i>Men's Group</i>
Sunday, April 14 <i>NO BINGO</i>	Friday, April 26 <i>Volunteer Recognition</i>
Monday, April 15 <i>CLOSED</i> <i>Patriot's Day Observed</i>	<b><i>NO MOVIE IN APRIL</i></b>

Bingo every Wednesday and Sunday (except where noted for holiday closings)

PLEASE NOTE: YOU MUST BE 60 OR DISABLED TO PLAY BINGO