

What's Next? at 60 North Bow

Town of Milford MA, Ruthanne Bleakney Senior Center

March / April



NEWS FROM Sue Clark



When was the last time you visited the Senior Center? If it was while ago, or if you have never visited, you are in for a very pleasant surprise. If you expect to find a bunch of older people sitting around doing nothing but wasting time, you are mistaken. We are full of life and having a great time living it. We continue to expand our programs and services, making sure there is something for everyone at the center. If you are in need of social services you are in luck; we have experienced staff members who can assist you in finding services, counseling or completing applications. Our staff can also help you with SMOC (fuel assistance), SNAP (formerly food stamps), SHINE (health insurance information) or any other assistance you need. There is a nurse in-house each Wednesday and Thursday from 9:00 am to 12:00 noon. She can help you with many of your medical concerns. The Fitness Program has grown into one of the finest in the area. We now have state of the art fitness equipment and experienced trainers on staff who are available for assistance. The classes are fun, with a wide variety of choices. If you're looking for social activity, look no more. We have it all here from great breakfasts, luncheons and special events, as well as fantastic bus trips.

All programs and services are listed in this newsletter, so check it out. I'm sure you can find something of interest. If you have an idea for a new program, call me so we can talk about it. We are always looking for new and different ideas to better serve you.

So, if you haven't dropped in lately, please come and visit, ask for a tour and check us out. You will be glad you did and we will be even happier to see you.

Hope to see you soon!

Sue



At a-Glance

Thursday, March 1
Low Vision Support Group

Monday, March 5
Lifelong Learning Series

Wednesday, March 7
Breakfast

Tuesday, March 13
Red Hat Society

Thursday, March 15
St. Patrick's Day Party

Monday, March 19
Candidate Forum

Tuesday, March 20
Book Club

Tuesday, March 20 – May 1
Beginner Genealogy Classes

Thursday, March 22
Healthy Living Luncheon

Friday, March 23
FREE Movie

Monday, March 26 – May 7
Intermediate Genealogy Classes

Tuesday, March 27
Hidden Treasures

Thursday, March 29
Men's Group

Tuesday, April 3
Town Election

Thursday, April 5
Low Vision Support Group

Thursday, April 5
Newport Playhouse

Tuesday, April 10
Red Hat Society

Thursday, April 12
April Brunch

Monday, April 16
CLOSED – Patriots' Day

Tuesday, April 17
Book Club

Thursday, April 19
Healthy Living Luncheon

Friday, April 20
FREE Movie

Thursday, April 26
Men's Group

Friday, April 27
Volunteer Recognition

BINGO

Every Wednesday &
Sunday (except where
noted for holiday
closings)

Daylight Savings Time Begins Sunday, MARCH 11



Don't FORGET to
TURN YOUR
clocks AHEAD
ONE HOUR!

Voice (508) 473-8334

email: 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

ACTIVITY ROSTER – ALL FITNESS CLASSES REQUIRE A PUNCH CARD



ACTIVITY	TIME & DAYS	COST
Bingo	Wednesdays & Sundays 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
Chess	Wednesday 1:00 – 5:00 pm	Free
COA Meeting	Bi-monthly 2nd Tuesday 10:00 am	Free / Public Welcome
Cribbage	Monday 9:30 am – 12:00 pm	Free
Exercise Equipment	During Regular Business Hours	Free
Personal Trainers	Monday through Friday 8:00 am – 1:00 pm	Free
Fall Prevention Exercise Classes	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 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 Denise 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
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)
Strength & Stretch	Tuesday, 9:30 – 10:15 am	\$3 (seniors) \$7 (under 60)
Tap Dance	Monday & Friday 9:15 – 10:15 am	\$3 (seniors) \$7 (under 60)
Tap Dance (Beginner)	Monday & Friday 8:15 – 9:15 am (2x / month, see calendar)	\$3 (seniors) \$7 (under 60)
Tap Dance (Advanced)	Monday & Friday 8:15 – 9:15 am (2x / month, see calendar)	\$3 (seniors) \$7 (under 60)
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	\$3 (seniors) \$7 (under 60)
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)

LIFELong LEARNING SERIES

Monday, March 5

- The Election of 1968, presented by Dr. Gary Hylander
- Lunch Served

FREE / Time: 11:00 am



BREAKFAST

Wednesday, March 7

Presentation by Fallon Health Summit Health Elder Care

- Topic: Senior Care Options
- Cost: \$3 / Time:** 9:00 am

St. Patrick's Day Party

Thursday, March 15

- Corned Beef & Cabbage prepared by Chef Brenda Needleman
- Entertainment by Big Smile Entertainment

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

TICKETS ON SALE NOW!



Hidden TREASURES

Tuesday, March 27

- Presentation on Emeralds and Rubies by Richard Goldberg of Marshall Jewelers
- Free Appraisals

FREE / Time: 6:00 – 8:00 pm



Book Club

Tuesday, March 20

H is for Hawk

Author: Helen Macdonald

Tuesday, April 17

The Swans of Fifth Avenue

Author: Melanie Benjamin

FREE / Time: 10:00 am

FREE Friday MOVIES

Friday, March 23

A Dog's Purpose, Rated PG

Friday, April 20

The Mountain Between Us, Rated PG-13

Movie Time: 12:30 pm

Bring your own lunch



BEGINNER GENEALOGY CLASSES

Tuesday, March 20 – May 1

- Six 90 Minute Sessions
- Start, Organize, Research and Write Your Family History

Cost: \$20 / Time: 10:00 am



INTERMEDIATE GENEALOGY CLASSES

Monday, March 26 – May 7

- Six 90 Minute Sessions
- 3Rs of Genealogy – Records, Research and Regulations

Designed for those who wish to continue the research of their family history

Cost: \$20 / Time: 10:00 am

HEALTHY Living LUNCHEON

Thursday, March 22

Presentation by Atria of Franklin / Topic: TBD

Thursday, April 19

- Milford Regional Medical Center
- Topic: Men's Health – Men & their Families, presented by Dr. Jeffery Steinberg, Urology Specialist of Milford

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

THE BEATLES



1967

BRUNCH

Thursday, April 12

- Beatles Tribute
- Brunch prepared by Center Staff

Cost: \$5 / Time: 11:00 am

MEN'S GROUP

Thursday, March 29

Presentation by Arthur Bergeron

Topic: Senior Issues -

Irrevocable Trust, What to do and not to do

Thursday, April 26 / Presentation TBD

Time: 10:00 am / **FREE**



SENIOR PROM – Friday, May 4

Sponsored by Milford High School

National Honor Society – Cost: \$5 / Time: 5:00 pm

Tickets Available at the Senior Center

NEWS FROM THE Town Clerk's Office



Upcoming Town Elections:

Special Town Election: Tuesday March 6th (Marijuana Referendum Question), Polls will be open from 8:00 am until 8:00 pm. Absentee ballots are now available for this election in the Town Clerk's Office.

There is **NO Early Voting** for this election.

Local Town Election: Tuesday, April 3rd, Polls will be open 8:00 am until 8:00 pm.

State Primary: Tuesday, September 4th, Polls will be open 7:00 am until 8:00 pm.

State Election: Tuesday, November 6th, Polls will be open 7:00 am until 8:00 pm

Absentee Voting:

If you are unable to vote at your Precinct during normal polling hours on Election Day for one of the following three (3) reasons:

1. Absence from Milford during normal polling hours; or
2. Physical disability preventing you from going to the polling place; or
3. Religious belief, you would be eligible to vote by Absentee Ballot. Please apply as soon as possible to ensure sufficient time for receiving a ballot by mail and also sufficient time to mail the ballot back to the Town Clerk's Office before 8:00 p.m. on Election Day. The deadline to apply for an absentee is 12:00 noon the day before the election, but that will not allow sufficient time for a ballot to be mailed to you. Those wishing to vote Absentee at the Town Clerk's Office can do so in person up until the deadline which is 12:00 noon the day before the election. Please contact our office if you need an application or if you have any questions.

Candidates Forum Monday, March 19

Meet the Candidates

Informal Question & Answer Session

Coffee & Pastry Served

10:00 am – 12:00 pm

Milford Senior Center



NEWPORT PLAYHOUSE – APRIL 5

MAINE'S FAMOUS BULL AND CLAW

LOBSTER BAKE – MAY 31

SPIRIT OF BOSTON – JUNE 27

CELEBRATE ITALIA – JULY 17

**THE FAMOUS BOSTON DUCKS TOUR –
AUGUST 21**

FOXWOODS – APRIL DATE TBD

You must sign up at the Senior 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.

Flyers available at the Center or you can visit our website at milfordmaseniorcenter.com for more information.

NEWS FROM THE Board of Assessors

The Board of Assessors offers tax exemptions for qualified property owners. Please call Liz at the Assessors' Office at 508-634-2306 to discuss your eligibility.

Deadline to file is April 1st.

Clause 41C - Elderly Exemption

Must be 66 years of age by July 1st

Income and assets considered

Clause 37 - Blind

Must be considered legally blind as of July 1st

Clause 22 - Disabled Veterans/Surviving Spouses

Certification of disability from VA required

Clause 18 - Financial Hardship

Aged and infirmed or activated military

Clause 18A - Financial Hardship Deferral

Activated Military or hardship

Clause 41A - Tax Deferral

Must be 65 years of age by July 1st Income is considered



In THE SPOTLIGHT Walking Club!

Gentle, low-impact exercise that's easy, free and available to everyone – here's why walking with the "MSC Walkers rocks!"



Walking Strengthens Your Heart

Reduce your risk of heart disease and stroke by walking regularly. It's great cardio exercise, lowering levels of LDL (bad) cholesterol while increasing levels of HDL (good) cholesterol. The Stroke Association says that a brisk 30-minute walk every day helps to prevent and control the high blood pressure that causes strokes, reducing the risk by up to 27 percent.

Walking Lowers Disease Risk

A regular walking habit slashes the risk of type 2 diabetes by around 60 percent, plus you're 20 percent less likely to develop colon or breast cancer.

Walking Helps You Lose Weight

You'll burn around 75 calories simply by walking at 2mph for 30 minutes. Up your speed to 3mph and it's 99 calories, while 4mph is 150 calories!). Work that short walk into your daily routine and you'll shed the pounds in no time.

Walking Prevents Dementia

Older people who walk six miles or more per week are more likely to avoid brain shrinkage and preserve memory as the years pass. Since dementia affects 1 in 14 people over 65 and 1 in 6 over 80, we reckon that's a pretty great idea.

Walking Tones Up Legs, Bums and Tums

Give definition to calves, quads and hamstrings while lifting your glutes (bum muscles) with a good, regular walk. Add hill walking into the mix and it's even more effective. Pay attention to your posture and you'll also tone your abs and waist.

Walking Boosts Vitamin D

We all need to get outside more. Many people are vitamin D deficient, affecting important things like bone health and our immune systems. Walking is the perfect way to enjoy the outdoors while getting your vitamin D fix.

Walking Gives You Energy

You'll get more done with increased energy, and a brisk walk is one of the best natural energizers around. It boosts circulation and increases oxygen supply to every cell in your body, helping you to feel more alert and alive.

Walking Makes You Happy

It's true – exercise boosts your mood. Studies show that a brisk walk is just as effective as antidepressants in mild to moderate cases of depression, releasing feel-good endorphins while reducing stress and anxiety.



Fitness!

TRAINERS CORNER *by JEFF KNOX*



GENETICS do MATTER? Right? THEY SURE do!

The training and workout philosophies of 20 years ago don't necessarily apply to today's aging population. Especially so for women! Working on specific muscle groups on specific days is thinking from the 70s. Today's studies (Scott-Dixon et al. 2017. Henselmans 2015) show that women's response to exercise differ substantially from men.

- Women are actually more efficient at converting fat to fuel which translates into a better endurance-like profile.....this means low load/higher repetitions are much better for you than low reps with higher loads.
- Women can handle higher overall volumes of work and 'Steady-State' lifting tempos.
- Women can train at greater frequency levels!
- Women don't require as much rest/recovery time between sets or total work efforts as men.

In conclusion, women will achieve better results with consistent, steady-state training, both aerobic and resistance, than with any HIIT or high intensity interval training because of their propensity towards a 'slow-twitch' metabolic profile.

As we age, this dynamic is even more pronounced!

See you at the Fitness Center!

HEALTH BENEFITS OF **Tap Dancing**

You'll strengthen muscles (some you didn't even know you had!)

and get a great cardio workout. It's not just your body that we'll tap into shape; we'll work your mind too!

TAP DANCE classes meets every Monday & Friday at 9:15 am. All levels are welcome.



Absolute Beginner TAP & Advanced TAP classes also available. Check the March/April calendar!

FREE Fall PREVENTION Program

This class is designed for people of all fitness levels. Each class will include warm-up and stretching; structured exercise and functional activity; plus group exercise and a cool down.

Classes are held on Wednesday from 10:15 to 11:00 am. No sign up necessary; you can attend any class!



SUPERBOWL PEP RALLY



Valentine's Tea Party



Acknowledgements

- Nicky Oliva for donation of soup and desserts
- Bobby DeVita for helping at our Superbowl Pep Rally and Robert Lahanka for taking pictures
- Blackstone Valley Tech for preparing finger sandwiches and desserts for our Valentine's Day Tea Party
- Milford High School String Duo for entertaining
- Woodland School for making Valentines and Milford Youth Center for making candy gift bags
- To all of you who donated coffee, we thank you.



SUPPORT GROUP FOR GRANDPARENTS Raising Grandchildren



If you or someone you know is interested in participating in a support group for Grandparents Raising Grandchildren, please contact: Milford Senior Center at 508-473-8334 or Holly Morand at Community Impact at 508-377-3180 or email hmorand.communityimpact@gmail.com.

The Milford Senior Center is partnering with Community Impact, Inc. for a monthly support group for grandparents who are raising or living with their grandchildren.



Fuel Assistance

Appointments for 2018 Fuel Assistance Program (SMOC) are available. Call the Center to book an appointment.

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 or you can visit Milford District Court the first and third Wednesdays of the month from 2:00 – 4:00 pm.



FREE Fitness Program

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



Yarn Donations

The Knitting and Sewing Cub is looking for donations of yarn. Please drop off at the front desk. Donations are greatly appreciated.

SUPPORT GROUP FOR Low Vision/Blind Adults



Thursday, March 1 & Thursday, April 5
9:30 – 10:30 am - extended to 11:00 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. We encourage everyone to share their concerns and solutions they may have in coping with vision loss. All discussions are kept within the group. On occasion, we have speakers attend our meetings with information and new technology for visually impaired individuals.

If you would like to attend, please come to the Senior Center the first Thursday of the month..

You may contact Marie O'Leary at 508-473-8334, Monday through Thursday between 9 a.m. and 1 p.m. if you have further questions.



SPECIAL ORCam GLASSES DEMONSTRATION at the SENIOR CENTER at next MEETING on MARCH 1

These glasses have a camera on the arm of the glasses that takes a picture of documents and then reads the document into the ear of the person wearing the glasses.

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.



CHESS GROUP

A free chess group meets every Wednesday from 1-5 pm. We teach and play, so whether you're interested in learning the game or playing it, you are welcome to participate.

New members of any age are welcome.

Volunteers Wanted

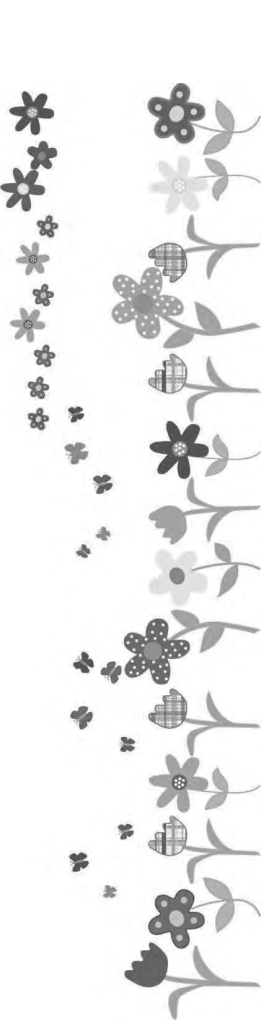
Front Desk Reception - Must be able to work in a fast paced setting. Communication and computer skills preferred.



Bingo Callers for Wednesdays and Sundays. Please email Susan Clark at sclark@townofmilford.com or call 508-473-8334.



**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 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 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 Ranch 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 Beef with Onions & Peppers	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 Roast Pork with 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 Spaghetti & Meatballs	MARCH 30 8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® Macaroni & Cheese

Greek Chicken	HIDDEN TREASURES Lasagna	Meatloaf & Gravy	Glazed Ham with Pineapple	Fish Victor
APRIL 2 Walking Group Tap Dance Cribbage Zumba Gold® INTERMEDIATE GENEALOGY Safe Exercise TBA	APRIL 3 TOWN ELECTION Walking Group Strength & Stretch BEGINNER GENEALOGY Zumba Gold® Whist Turkey Foot Dominoes Mah Jongg TBA	APRIL 4 Walking Group Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess TBA	APRIL 5 Walking Group NEWPORT PLAYHOUSE Knitting & Sewing Wellness Nurse Yoga LOW VISION SUPPORT GROUP Line Dancing Safe Exercise TBA	APRIL 6 Walking Group ABSOLUTE BEGINNER TAP DANCE Hairdresser Tap Dance Zumba Gold® TBA
APRIL 9 Walking Group Tap Dance Cribbage INTERMEDIATE GENEALOGY Zumba Gold® Safe Exercise TBA	APRIL 10 Walking Group Strength & Stretch BEGINNER GENEALOGY Zumba Gold® Whist RED HAT SOCIETY Turkey Foot Dominoes Mah Jongg TBA	APRIL 11 Walking Group Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess TBA	APRIL 12 Walking Group Knitting & Sewing Wellness Nurse Yoga Line Dancing APRIL BRUNCH Safe Exercise TBA	APRIL 13 Walking Group ADVANCED TAP DANCE Hairdresser Tap Dance Zumba Gold® TBA
 CLOSED PATRIOTS' DAY		APRIL 17 Walking Group TAP DANCE! (MAKEUP) Strength & Stretch BOOK CLUB BEGINNER GENEALOGY Zumba Gold® Whist Turkey Foot Dominoes Mah Jongg TBA	APRIL 18 Walking Group Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess TBA	APRIL 19 Walking Group Knitting & Sewing Wellness Nurse Yoga HEALTHY LIVING LUNCHEON Line Dancing Safe Exercise TBA
APRIL 23 Walking Group Tap Dance Cribbage INTERMEDIATE GENEALOGY Zumba Gold® Safe Exercise TBA	APRIL 24 Walking Group Strength & Stretch BEGINNER GENEALOGY Zumba Gold® Whist Turkey Foot Dominoes Mah Jongg TBA	APRIL 25 Walking Group Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess TBA	APRIL 26 Walking Group Knitting & Sewing Wellness Nurse Yoga MEN'S GROUP Line Dancing FREE CHAIR TAP CLASS Safe Exercise TBA	APRIL 27 Walking Group ADVANCED TAP DANCE Hairdresser Tap Dance Zumba Gold® VOLUNTEER RECOGNITION TBA
APRIL 30 Walking Group Tap Dance Cribbage INTERMEDIATE GENEALOGY Zumba Gold® Safe Exercise			FREE CHAIR TAP CLASS, THURSDAY, APRIL 26, 12:00 – 1:00 PM LET'S TRY IT!	

MEALS ON WHEELS HOME DELIVERY CALL: TRI VALLEY 1-800-286-6640



MEDICARE WILL BE ISSUING NEW MEDICARE CARDS

You asked and MEDICARE listened! You will be getting a new Medicare card! Between April of 2018 and April of 2019, Medicare will be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity. You'll get a new randomly selected Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits.

You'll get more information when your new card is mailed. **A couple of things to point out—**

If you change your address be sure to notify Social Security promptly so your new card can be mailed to the correct address. Also, beware of anyone who contacts you about your new Medicare card, Medicare will not ask you to give them personal or private information to get your new Medicare Number and card. We will keep you posted on the mailing schedule, as of now Massachusetts beneficiaries will get their new cards sometime after June 2018.

DOES MEDICARE COVER FITNESS PROGRAMS?

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program. Fitness classes available at senior centers may also be eligible for reimbursement. Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2016!

Trained SHINE counselors offer free, unbiased confidential counseling on all aspects of health insurance to anyone on Medicare. Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3.

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 contact Denise two days in advance at 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.



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 who are seeking a ride to a specialist. Contact our transportation coordinator, **Marie O'Leary at 508-473-8334** for more details and 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.

DONATIONS & MEMORIALS

The Friends gratefully acknowledge these donations

IN LOVING MEMORY

- ♥ Doris Arcudi in memory of Richard Depaolo
- ♥ Pat Owens (Wife) in memory of Glenn E. Owens
- ♥ Paula Kellett in memory of my Brother Albert Kellett, III
- ♥ Steven Stadig in memory of Emilie Stadig
- ♥ Wife Mary in memory of John Espanet
- ♥ Lester & Elsie Apicella in loving memory of John Richard Depaolo



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.

DONATIONS

- ♥ Louis Dittami, Mrs. Anna M. Delsignore, Eleanor Ruscitti, Kaye Peltier, Barbara Haydel & Rose St. George

CORRECTIONS

- ♦ Mary & Sandy Sannicandro in honor of Elinor Quirk's 98th Birthday
- ♦ Henry Bertulli in memory of Alan Burgey

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 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 newsletter. **Please make checks payable to the Friends of the Milford Senior Center.**

MEMBERSHIP 2018

\$5 PER PERSON

☐ New ☐ Renewal

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ADDRESS _____

TOWN _____ ZIP _____

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

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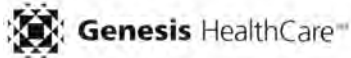
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Our Senior Care Campus is a planned integrated care community that offers a variety of lifestyle choices to fit the needs of a loved one:

- Assisted Living Residence
- Adult Day Health with New Specialized Memory Care Center
- Nursing & Rehabilitation Center
- Home Care Services
- Respite Care
- Hospice Care
- Transportation Services

This enables a seamless transition from acute hospitalization to home health care, and everything in between. In other words, these flexible programs and living choices allow our residents to "age in place," without the disruption of moving from one facility to another as their health care needs change.

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Program Coordinator: Nancy Potter
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*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

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the Executive Office of Elder Affairs and from generous donations from the community.

Thank You!