

What's Next?

at 60 North Bow



Town of Milford MA, Ruth Anne Bleakney Senior Center

November / December 2018

Happy Holidays!

As we enter the Holiday Season, it's time to reflect on how grateful we are for all our blessings. It is so easy to get caught up with the hustle and bustle of everyday life and forget what is important. I can tell you that, in my experience, I lose track of how amazing life can be. When I sit and think about how



many wonderful people I have in my life, I am overwhelmed. I need to give thanks to all of you who interact with us at the Senior Center. We have a fantastic group of seniors who visit the center for numerous reasons. It is our pleasure and honor to

serve you. For those of you reading this and haven't had the opportunity to come in and meet us, please join us, take a tour, and get involved. There is something here for everyone.

On **November 15th** we will be celebrating Thanksgiving with a delicious homemade turkey dinner with all the fixings, plus entertainment by **Trooper Daniel Clark**. This meal will be served by the Town of Milford's Department Heads and Officials. It will be an amazing afternoon and will surely sell out. So, come in and get your tickets before it's too late.

I also want to be mindful of those who are not feeling the joy. If you are having trouble coping with grief, please join us on November 29th at 10:00 am. We will be hosting an event called **"Mingling Tinsel with Tears."** This will be a good opportunity to come in and visit the center while learning strategies for coping with the holidays.



A special heartfelt thank you to my dedicated staff and volunteers for their hard work. Your commitment is felt in so many wonderful ways and, of course, a sincere thanks to the many seniors who make our work worth doing.

Happy Holidays to all of you!



Look How We Have Grown!

Since we started our extended fitness program, our selection of classes has surely grown. We now offer the following classes:

- Express Muscle & Mat
- Zumba Gold®
- Zumba Gold Toning®
- Safe Exercise
- Barre Above®
- Pound®
- Tap Dance
- Beginner Tap Dance
- Advanced Tap Dance
- Fall Prevention (FREE)
- Muscle Conditioning
- Line Dancing
- Strength & Stretch
- Yoga

Payments for Classes

You can purchase a single day pass each time you come or purchase a multiple **Fitness Class Punch Card**.

Punch cards are to be presented to the instructor at each class.

Over 60

1 class \$3
6 classes \$15
12 classes \$30
20 classes \$50

Under 60

1 class \$7
10 classes \$50

These cards can be used for any classes, have no expiration date, and are refundable if you are not able to attend classes for any reason.

*Punch cards are available at the reception desk.
See class schedule for dates and times.*



Daylight Savings Time Ends November 4



**Don't forget to turn your
clocks back 1 Hour**

Remember Spring Ahead, Fall Back!

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
Barre Above®	Monday 9:30 - 10:15 am	\$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 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
Pound®	Tuesday & Friday 11:45 --12:30	\$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)
Strength & Stretch	Thursday, 11:45 am – 12:30 pm	\$3 (seniors) \$7 (under 60)
Tap Dance	Tuesday & Friday 9:15 –10:15 am	\$3 (seniors) \$7 (under 60)
Tap Dance (Beginner/Review)	Friday 8:15 – 9:15 am (2x / month, see calendar)	\$3 (seniors) \$7 (under 60)
Tap Dance (Advanced)	Friday 8:15 – 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	\$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)

Fitness!

Our Newest Classes! Try one!

Barre Above® - Monday, 9:30 am

Barre Above® blends a fusion of classic ballet, Pilates, yoga, strength training & trendy dance in each work out. Barre is taught to the beat with the all new Musicality Method®. *A great active aging fusion class!*

Express Muscle & Mat - Monday 8:30 am

This 45 minute workout helps improve muscle strength along with toning and using weights and mats to focus on core and stretching. Chairs may be used instead of a mat.

Pound® - Tuesday & Friday, 11:45 am

POUND® is the world's first class jam session inspired by the infectious, energizing and sweat-dripping playing of the drums.

Designed for all fitness levels and any age. POUND® provides the perfect atmosphere for letting loose, getting energized, improving your health and rocking out.



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

Special Thanks!

Police & Fire Appreciation Breakfast

- Brenda Needleman, Bobby DeVita, Ed Motuzas, Joe Tomaski, and Gerard Patulak.

Right At Home

- For their kind donation

Atria Senior Living of Franklin

- For sponsoring Dr. Gary Hylander's presentation

Anonymous Donators

- We thank you!

Trainers Corner

by Jeff Knox

Workouts - Heavy or Easy? What's Better?



The American Heart Association (AHA) confirms that older adults who clock more movement will see better levels of their key blood bio-markers relating to their heart health.

These studies emphasize that regular physical activity, at any level, is more beneficial than some occasional HIIT (High Intensity Interval Training)

workouts. The 'intensity' of your workouts matters less than moving regularly at any intensity level. So, the time spent on 'one workout' matters less than total time spent at the gym or on the dance floor over long periods.

The AHA recommends 150 minutes of physical activity per week. This can be done in one day or spread throughout the week. It's your call... we can help you figure it out!

Regular exercise may just be the closest thing we have to a "miracle" drug! Regular movement (and more is better) benefits our minds and bodies as well as protecting us from the many aspects of the slow wear and tear that our bodies will experience with age!

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.

FREE Fall Prevention Classes

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!

Please Sign Up Early for Monthly Events



Veterans Breakfast

Friday, November 9

- Presentation by VFW Frascotti Post #1544

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

(veterans are free)



Healthy Living Luncheon Annual Holiday Party

Thursday, December 20

- Macaroni & Meatballs
- \$10 Yankee Swap (optional)

Cost: \$5 (refundable)

Time: 12:30 pm

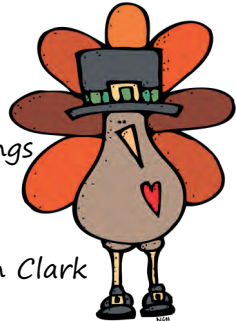
Thanksgiving Dinner

Thursday, November 15

- Turkey dinner with all the fixings
- Food preparation by Brenda Needleman
- Entertainment by Trooper Dan Clark

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

Tickets on sale now!



FREE Friday Movies!

Friday, November 30

- Murder on the Orient Express, Rated PG-13

Friday, December 21

- The Man Who Invented Christmas, Rated PG

Movie Time: 12:30 pm

- Bring your own lunch



Book Club

Tuesday, November 20

- The Honk and Holler Opening Soon by author Billie Letts

Tuesday, December 18

- Adventure of the Blue Carbunkle, a Sherlock Holmes mystery by author Sir Arthur Conan Doyle

Free Event/Time: 10:00 am



New Year's Party

Monday, December 31

- Appetizers, punch and dessert prepared by Bobby DeVita & crew
- Entertainment by DJ Ronnie Auger

Cost: \$5/Time: 10:00 pm



Poinsettia Breakfast

Wednesday, December 5

- Poinsettia plant for all
- Presented by Senior Center Staff

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

Men's Group

Thursday, November 29

Presentation by Paul Surapine of the Claflin Hill Symphony Orchestra

Free Event/Time: 10:00 am



Super BINGO

Wednesday, December 12

- Special Caller
- Ice Cream Sundaes
- Raffle Prizes

FREE Event/Time: 1:00 pm



Bingo Help Wanted!

Callers • Selling Strips • Coordinating Prize Money
Sign up at the receptionist desk



Last Road Trip of the Year!

Boston Pops – Thursday, December 13

(Waiting List Only)

SOLD OUT

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



Whist & Pinochle Players

Looking for players.

Please sign up at front desk



Operation Snowstorm

Need Help Shoveling?

A Milford high school student may be able to help. A program between senior citizens and high school students has been developed in which a high school student volunteers to shovel and/or salt a path for senior citizens.

Rules & Regulations apply between Senior and Student Volunteer. Contact the Senior Center at 508-473-8334 for more information.

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.



Support Group for Low Vision/Blind Adults

Thursday, November 1 &

Thursday, December 6, 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 additional new ways to help us navigate our surroundings and enable us to stay as independent as possible. There are so many products available on the market with helpful information to assist with day to day living. Come by and learn about it all. All personal information is kept confidential. We encourage all to share their struggles and any ideas they may have in coping with vision loss. We have speakers on occasion. *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 am and 1 pm if you have further questions.



Fuel Assistance

Appointments for 2018/2019 Fuel Assistance Program (SMOC) are now available.

Appointments for Tax Season

AARP will be providing free tax preparation. (by appointment only). We will begin booking appointments in January.

Stay tuned for more information.



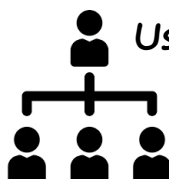
Indoor Walking at the Milford Youth Center

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.

Walking will be available on the following dates:

November 1, 6, 8, 13, 15, 20, 27 and 29.



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.*

Mingling Tinsel with Tears

Thursday, November 29 at 10:00 am

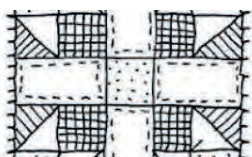
Coping with Grief through the Holidays

Strategies for coping with the holidays

- Preparing yourself for the holidays
- Take care of yourself
- Anticipating events and activities
- Doing what is right for you
- Embracing hope



Presentation by Compassionate Care Hospice



Threadhead Quilters Group

A new group has formed at the Senior Center.

The **Threadhead Quilters Group** meets in the Sewing Room on Fridays from 8:45 am to 2:45 pm.

The new group welcomes new members and it's free!

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.

TOWN OF MILFORD – RUTH ANNE BLEAKNEY SENIOR CENTER STAFF

Senior Center Director/Editor: Susan Trotta Clark
Administrative Assistant/Graphic Design: Susie Cadrin
Program Coordinator: Dolores Alvarez-DeVita
Program Coordinator: Nancy Potter
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	Rose Mary Natelson
Sherry Alleman	Phyllis Murray
Patricia Berry	Gerard Patulak
Virginia Brenna	Joanne Rosen
Lucille Ciaramicoli	Joe Tomaski
Dino DeBartolomeis	Walda Vasile
Joe Donaher	Charo Vinueza
Linda Gosselin	Gina Villa
Nancy Milani	John Wacławik
Ed Motuzas	Chris Wyspianski
Joan Motuzas	Pam Zabchuk

MILFORD COUNCIL ON AGING

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Charles Skaff
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Vice Chairperson
Secretary

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Regina Ferrera
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Mary Costantino
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Domenic D'Alessandro
Adam Diorio
Ernest Giardini
Mary Goddard
Elaine McNanna
Ernest O'Brien

*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!

Need Help with your Medicare Plan Comparisons for Open Enrollment?

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be mailed an information package by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for **2019. Premiums, deductibles, co-pays, providers and the drugs covered by your plan can change significantly!** This is important information and if you do not understand it, you should discuss it with your family or caregivers.

During the annual Medicare Open Enrollment Period (**October 15th - December 7th**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have.

REMINDER: You should have received your new Medicare Card in the mail by the end of August. If you didn't receive it by September 14th, call Social Security to check on the status of your new card.

Trained SHINE (Serving Health Information 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. You can also visit us on the internet at shinema.org

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 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.

NOVEMBER / DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FOR CONGREGATE MEALS AT MILFORD SENIOR CENTER CALL DENISE AT 508-478-8102 TWO DAYS PRIOR TO RESERVE A MEAL</p> <p>MEALS ON WHEELS HOME DELIVERY CALL TRI VALLEY 1-800-286-6640</p> <p><i>Meals on Wheels Menu for DECEMBER - TBA</i></p>				
<p>NOVEMBER 5</p> <p>8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise</p> <p>Chicken Picatta</p>	<p>NOVEMBER 6</p> <p>ELECTION DAY</p> <p>7:00 Walking Group 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</p> <p>Meatballs with Onion Gravy</p>	<p>NOVEMBER 7</p> <p>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</p> <p>Marinated Pork Loin</p>	<p>NOVEMBER 8</p> <p>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:45 Strength & Stretch 1:00 Cribbage 1:15 Safe Exercise</p> <p>BBQ Chicken</p>	<p>NOVEMBER 9</p> <p>8:00 Walking Group 8:15 Beginner / Review 8:15 Tap Dance 8:45 Threadhead Quilters Group 9:00 VETERANS BREAKFAST 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®</p> <p>Macaroni & Cheese</p>
<p>NOVEMBER 19</p> <p>8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise</p> <p>Beef Stew</p>	<p>NOVEMBER 13</p> <p>8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes RED HAT SOCIETY 1:00 Mah Jongg</p> <p>Chicken Fajitas</p>	<p>NOVEMBER 14</p> <p>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</p> <p>Hot Dog</p>	<p>NOVEMBER 15</p> <p>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:45 Strength & Stretch THANKSGIVING DINNER 12:30 Cribbage 1:00 Safe Exercise</p> <p>Beef with Onions & Peppers</p>	<p>NOVEMBER 16</p> <p>8:00 Walking Group 8:15 Advanced Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®</p> <p>Salmon Boat with Dill Sauce</p>
<p>NOVEMBER 19</p> <p>8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise</p> <p>Beef Stew</p>	<p>NOVEMBER 20</p> <p>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</p> <p>Roast Turkey</p>	<p>NOVEMBER 21</p> <p>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</p> <p>1/2 DAY CLOSING AT 1:00 Baked Potato with Chilli & Cheese</p>	<p>NOVEMBER 23</p> <p>8:00 Walking Group 8:45 Threadhead Quilters Group 9:00 Hairdresser</p> <p>NO FITNESS CLASSES GYM OPEN</p> <p>Shepherds Pie</p>	<p>NOVEMBER 23</p> <p>8:00 Walking Group 8:45 Threadhead Quilters Group 9:00 Hairdresser</p> <p>NO FITNESS CLASSES GYM OPEN</p> <p>Shepherds Pie</p>
<p>NOVEMBER 26</p> <p>8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold®</p>	<p>NOVEMBER 27</p> <p>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</p> <p>Roast Turkey</p>	<p>NOVEMBER 28</p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention</p>	<p>NOVEMBER 29</p> <p>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:00 MEN'S GROUP</p>	<p>NOVEMBER 30</p> <p>8:00 Walking Group 8:15 Advanced Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance</p>

<p>1:15 Safe Exercise</p> <p>Chicken Mornay</p> <p>DECEMBER 3</p> <p>8:00 Walking Group</p> <p>8:30 Express Muscle & Mat</p> <p>9:30 Cribbage</p> <p>9:30 Barre Above®</p> <p>10:30 Zumba Gold®</p> <p>1:15 Safe Exercise</p>	<p>Meatloaf</p> <p>DECEMBER 4</p> <p>8:00 Walking Group</p> <p>9:15 Tap Dance</p> <p>10:30 Zumba Gold®</p> <p>11:00 Whist</p> <p>11:45 Pound®</p> <p>12:30 Turkey Foot Dominoes</p> <p>1:00 Mah Jongg</p>	<p>11:15 Muscle Conditioning</p> <p>1:00 Bingo</p> <p>1:00 Chess</p> <p>Roast Pork</p> <p>DECEMBER 5</p> <p>8:00 Walking Group</p> <p>9:00 POINSETTA BREAKFAST</p> <p>9:00 Zumba Gold Toning®</p> <p>9:00 Wellness Nurse</p> <p>10:00 Water Color Class</p> <p>10:15 Fall Prevention</p> <p>11:15 Muscle Conditioning</p> <p>1:00 Bingo</p> <p>1:00 Chess</p>	<p>10:00 MINGLING TINSEL WITH TEARS</p> <p>10:30 Line Dancing</p> <p>11:45 Strength & Stretch</p> <p>1:00 Cribbage</p> <p>1:15 Safe Exercise</p> <p>Lasagna</p> <p>DECEMBER 6</p> <p>8:00 Walking Group</p> <p>9:00 Knitting & Sewing</p> <p>9:00 Wellness Nurse</p> <p>9:00 Yoga</p> <p>9:30 LOW VISION SUPPORT GROUP</p> <p>10:30 Line Dancing</p> <p>11:45 Strength & Stretch</p> <p>1:00 Cribbage</p> <p>1:15 Safe Exercise</p>	<p>10:30 Zumba Gold®</p> <p>11:45 Pound®</p> <p>12:30 FREE MOVIE</p> <p>Haddock with Cream Sauce</p> <p>DECEMBER 7</p> <p>8:00 Walking Group</p> <p>8:15 Beginner / Review</p> <p>8:45 Tap Dance</p> <p>9:00 Threadhead Quilters Group</p> <p>9:15 Hairdresser</p> <p>10:30 Tap Dance</p> <p>10:30 Zumba Gold®</p> <p>11:45 Pound®</p>	<p>8:00 Walking Group</p> <p>8:15 Advanced Tap Dance</p> <p>8:45 Threadhead Quilters Group</p> <p>9:00 Hairdresser</p> <p>9:15 Tap Dance</p> <p>10:30 Zumba Gold®</p> <p>11:45 Pound®</p> <p>DECEMBER 14</p>	<p>8:00 Walking Group</p> <p>8:15 Advanced Tap Dance</p> <p>8:45 Threadhead Quilters Group</p> <p>9:00 Hairdresser</p> <p>9:15 Tap Dance</p> <p>10:30 Zumba Gold®</p> <p>11:45 Pound®</p> <p>DECEMBER 13</p> <p>8:00 Walking Group</p> <p>9:00 Knitting & Sewing</p> <p>9:00 Wellness Nurse</p> <p>9:00 Yoga</p> <p>10:30 HOLIDAY BOSTON POPS</p> <p>10:30 Line Dancing</p> <p>11:45 Strength & Stretch</p> <p>1:00 Cribbage</p> <p>1:15 Safe Exercise</p>	<p>8:00 Walking Group</p> <p>8:15 Beginner / Review</p> <p>8:45 Tap Dance</p> <p>9:00 Threadhead Quilters Group</p> <p>9:15 Hairdresser</p> <p>10:30 Tap Dance</p> <p>10:30 Zumba Gold®</p> <p>11:45 Pound®</p> <p>12:30 FREE MOVIE</p> <p>DECEMBER 21</p>	<p>8:00 Walking Group</p> <p>8:15 Beginner / Review</p> <p>8:45 Tap Dance</p> <p>9:00 Threadhead Quilters Group</p> <p>9:15 Hairdresser</p> <p>10:30 Tap Dance</p> <p>10:30 Zumba Gold®</p> <p>11:45 Pound®</p> <p>12:30 FREE MOVIE</p> <p>DECEMBER 28</p>	<p>8:00 Walking Group</p> <p>8:15 Advanced Tap Dance</p> <p>8:45 Threadhead Quilters Group</p> <p>9:00 Hairdresser</p> <p>9:15 Tap Dance</p> <p>10:30 Zumba Gold®</p> <p>11:45 Pound®</p> <p>DECEMBER 27</p> <p>8:00 Walking Group</p> <p>9:00 Knitting & Sewing</p> <p>9:00 Wellness Nurse</p> <p>9:00 Yoga</p> <p>10:30 Line Dancing</p> <p>11:45 Strength & Stretch</p> <p>1:00 Cribbage</p> <p>1:15 Safe Exercise</p>	<p>8:00 Walking Group</p> <p>9:00 Zumba Gold Toning®</p> <p>9:00 Wellness Nurse</p> <p>10:00 Water Color Class</p> <p>10:15 Fall Prevention</p> <p>11:15 Muscle Conditioning</p> <p>1:00 Bingo</p> <p>1:00 Chess</p> <p>DECEMBER 26</p>	<p>8:00 Walking Group</p> <p>9:15 Tap Dance</p> <p>10:00 BOOK CLUB</p> <p>10:30 Zumba Gold®</p> <p>11:00 Whist</p> <p>11:45 Pound®</p> <p>12:30 Turkey Foot Dominoes</p> <p>1:00 Mah Jongg</p> <p>DECEMBER 18</p>	<p>8:00 Walking Group</p> <p>9:15 Tap Dance</p> <p>10:00 COA MEETING</p> <p>10:30 Zumba Gold®</p> <p>11:00 Whist</p> <p>11:45 Pound®</p> <p>12:30 Turkey Foot Dominoes</p> <p>12:30 RED HAT SOCIETY</p> <p>1:00 Mah Jongg</p> <p>DECEMBER 11</p>	<p>8:00 Walking Group</p> <p>8:30 Express Muscle & Mat</p> <p>9:30 Cribbage</p> <p>9:30 Barre Above®</p> <p>10:30 Zumba Gold®</p> <p>1:15 Safe Exercise</p> <p>DECEMBER 10</p>	<p>8:00 Walking Group</p> <p>8:30 Express Muscle & Mat</p> <p>9:30 Cribbage</p> <p>9:30 Barre Above®</p> <p>10:30 Zumba Gold®</p> <p>1:15 Safe Exercise</p> <p>DECEMBER 17</p>	<p>8:00 Walking Group</p> <p>8:30 Express Muscle & Mat</p> <p>9:30 Cribbage</p> <p>9:30 Barre Above®</p> <p>10:30 Zumba Gold®</p> <p>1:15 Safe Exercise</p> <p>DECEMBER 24</p>	<p>8:00 Walking Group</p> <p>NO FITNESS CLASSES</p> <p>GYM OPEN</p> <p>1/2 DAY CLOSING AT 1:00</p> <p>DECEMBER 31</p> <p>8:00 Walking Group</p> <p>8:30 Express Muscle & Mat</p> <p>9:30 Cribbage</p> <p>9:30 Barre Above®</p> <p>10:00 NEW YEAR'S PARTY</p> <p>1/2 DAY CLOSING AT 1:00</p>	<p>MERRY CHRISTMAS!</p>  
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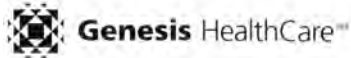
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- ♥ Grace Lavalley in honor of our 61st Wedding Anniversary
- ♥ Mr. & Mrs. James Scanzaroli in memory of Mr. & Mrs. F.D Scanzaroli & Mr. & Mrs. V. Scirocco
- ♥ Husband in memory of Millie Dickinson
- ♥ Joseph Seman in memory of his wife Clare
- ♥ Milford Senior Center Staff in memory of Charles J. Ferrera
- ♥ Nancy DiPietro in memory of the deceased members of the Deleso & DiPietro families
- ♥ Tom & Elaine in memory of Josephine Capuzziello
- ♥ Ed Roth in memory of Dorothy Roth



KIND DONATIONS

- ♥ Robert & Dolores DeVita, for their donation of 4 American Flags located in front of the Senior Center. The flags are flown on various patriotic dates throughout the year.
- ♥ Al & Tina Foglio, Mukundal Majmudar, Grace & Mary Rose Wells & Paula Bak

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.**

MEMBERSHIP 2018

\$5 PER PERSON

☐ New ☐ Renewal

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TOWN _____ ZIP _____

PHONE _____

EMAIL: _____

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

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☐ Donation ☐ Memorial ☐ Occasion

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* Memberships are renewed annually

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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

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14

ROUTE 14 Weekday (Monday-Friday Service)

14

AM

PM

v. 12.17

Outbound

Blandin Hub	6:30					1:20					
Milford Crossing (Stop & Shop)**	6:57	8:09	9:17	10:25	11:35	12:42	1:55	2:55	4:09	5:20	6:25
Target	7:00	8:11	9:21	10:32	11:42	12:44	1:57	3:02	4:12	5:25	6:30
Reliant Medical	7:02	8:15	9:26	10:37	11:47	12:46	1:59	3:08	4:15	5:27	6:35
East Main St. Bus Shelter (Bike Path)	7:10	8:24	9:34	10:44	11:54	12:55	2:04	3:11	4:21	5:34	6:43
Milford Town Hall (Bow St. side)	7:11	8:25	9:35	10:45	11:55	12:56	2:05	3:12	4:22	5:35	6:45
Milford Senior Center	7:12	8:26	9:36	10:46	11:56	12:57	2:06	3:13	4:23	5:36	6:46
Main St. Milford Police Station	7:13	8:27	9:37	10:47	11:57	12:58	2:07	3:14	4:24	5:37	6:47
EMK Comm. Health	7:20	8:30	9:41	10:52	12:02P	1:00	2:12	3:16	4:25	5:38	6:48
Milford Reg. Hosp./Dana Farber	7:23	8:33	9:44	10:55	12:05P	1:03	2:15	3:19	4:27	5:41	6:51
Inbound											
Shaw's & Walgreens	7:28	8:38	9:49	11:00	12:10P	1:09	2:21	3:22	4:30	5:45	6:55
Milford High School	7:30	8:40	9:51	11:02	12:12P	1:11	2:25	3:24	4:34	5:49	6:59
Birmingham Court	7:43	8:48	9:58	11:10	12:19P	1:20	2:29	3:32	4:42	6:00	7:07
Milford Library	7:46	8:51	10:01	11:12	12:20P	1:22	2:31	3:35	4:47	6:04	7:12
Milford Town Hall (Main St. side)	7:48	8:55	10:05	11:15	12:25P	1:26	2:37	3:38	4:49	6:06	7:19
BIG Y/CVS	7:51	8:57	10:07	11:17	12:27P	1:28	2:39	3:41	4:52	6:10	7:25
Kohls	7:53	9:01	10:10	11:20	12:29P	1:30	2:41	3:44	4:55	6:13	7:30
Milford Crossing (Stop & Shop)**	7:55	9:04	10:15	11:25	12:32P	1:35	2:45	3:48	5:09	6:17	7:35
Blandin Hub						2:06					8:17

Scheduled Times

Scheduled times are only approximate; please wait for the MWRTA ten minutes in advance of scheduled times to assure not missing the bus.

For up to the minute bus information call the MWRTA at 508.935.2222 or visit www.mwrta.com for GPS tracking. The MWRTA uses the Flag Down System which allows buses to stop anywhere along their routes to pick up passengers, where it is safe to do so. Passengers can hail MWRTA buses by waving.

Transfers

Route 14 passengers can make the following transfers:

**Route 6 at Milford Crossing Stop & Shop;

Routes 4N, 4S, 5, 6, 10, and 11 at the Blandin Hub.

Time: P-PM

Blandin Hub: 15 Blandin Ave. Framingham

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At a Glance

November

Thursday, November 1
Low Vision Support Group

Friday, November 9
Veterans Breakfast

Sunday, November 11
NO BINGO

Monday, November 12
CLOSED - Veterans Day

Tuesday, November 13
Red Hat Society

Thursday, November 15
Thanksgiving Dinner

Tuesday, November 20
Book Club

Wednesday, November 21
NO BINGO
CLOSING AT 1:00 pm

Thursday, November 22
CLOSED - Thanksgiving

Thursday, November 29
Men's Group

Friday, November 30
FREE Movie

December

Wednesday, December 5
Poinsettia Breakfast

Thursday, December 6
Low Vision Support Group

Tuesday, December 11
Red Hat Society

Wednesday, December 12
Super Bingo

Wednesday, December 13
Road Trip: Boston Pops

Tuesday, December 18
Book Club

Thursday, December 20
Healthy Living Luncheon
Annual Holiday Party

Friday, December 21
FREE Movie

Tuesday, December 24
CLOSING AT 1:00 PM

Tuesday, December 25
CLOSED - Christmas

Monday, December 31
New Year's Party
CLOSING AT 1:00 pm

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

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