



What's Next?

at 60 North Bow

Town of Milford MA, Ruth Anne Bleakney Senior Center

September / October



News from the Director

It's hard to believe that the summer of 2018 is over. When did that happen? It seems like it just got hot, I mean really hot, then bam! It's over! With that being said, I must add that it was a very good summer. We were very busy at the Senior Center, continuing to provide services and activities to all. It seems like there's never a dull moment at 60 North Bow Street. One of our biggest ventures was the garden. Thanks to Nicholas Trotta and his undying commitment, we had the biggest and most productive garden yet. We were able to pass out vegetables all summer to people in the various groups that use the center. We already have plans for an even better garden next year.



I cannot let my commentary about the summer go without mentioning our summer intern. I'm not sure how it happened, but we were blessed with a wonderful young man who spent the entire summer helping us out with anything and everything. If you didn't have the opportunity to meet him, let me introduce you to

Peter Bertonarzzi. He is a senior at UMass Dartmouth, majoring in Political Science with a minor in Sustainability. I'm sure when he first came in and volunteered his services for the summer, he had no idea of the degree of his participation. We had him involved in a variety of tasks and he did it all with a smile. Peter brought a sense of enthusiasm to every duty he was given. He also seemed to really enjoy coming in and working with the staff and the seniors. Now that summer is over and he is going back to school, the question is... **"What will we do without Peter?"** I'm sure he will miss the seniors he has met and the interaction he has had with the staff.

I'm not sure if you recognized his last name. Yes, Peter is the grandson of our past State Senator, Louis Bertonarzzi; like his grandfather, Peter is destined for greatness. Because he enjoys being involved, I see politics in his future. Just remember that when you hear his name in time to come, he got his start here at the Center. Peter, please accept sincere thanks and gratitude on behalf of the entire staff at the Milford Senior Center and from everyone that you assisted throughout the summer. It was a pleasure and honor to work with you and we all look forward to seeing how your story plays out. You, my friend, are headed for a very promising career.

3rd Annual Law Enforcement & Fire Department Appreciation Breakfast

As we reflect on the events of September 11, 2001, we remember the brave rescue personnel that lost and risked their lives to save and protect others. In honor of those brave men and women and in honor of our own brave rescue personnel the Milford Senior Center is hosting the 3rd Annual Law Enforcement & Fire Department Appreciation Breakfast.

On Tuesday, September 11th the Milford Senior Center is honoring Milford's finest and hosting the 3rd Annual Appreciation Breakfast.

Please come and join us as we thank them for their commitment of keeping Milford the fine town it has always been.

Please call the Senior Center early to reserve your seat
Space is limited.

2018 senior expo

September 21

9:30 am – 1:00 pm

Over 30 exhibitors!

Free lunch for first 200 seniors

Lunches provided by Atria Draper Place,
Blair House, Cornerstone at Milford &
Whitcomb House

Entertainment by DJ Ronnie Auger

Free flu shot by Salmon VNA & Milford Board of Health



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® NEW	Monday 9:30 - 10:15 am (beginning September 24)	\$3 (seniors) \$7 (under 60)
Benefits Enrollment Center	Monday 1:00 pm (2x / month, see calendar)	Free
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 NEW	Monday 8:30 – 9:15 am (beginning September 10)	\$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® NEW	Tuesday & Friday 11:45 --12:30 (beginning September 25)	\$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)
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!

Try Something New!

Barre Above®

(beginning September 24)

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

(beginning September 10)

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

Pound®

(beginning September 25)

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.



Health Benefits of Dancing

by Rebecca Tredeau

Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits including:

- improved condition of your heart and lungs
- increased muscular strength, endurance and motor fitness
- increased aerobic fitness
- improved muscle tone and strength
- weight management
- stronger bones and reduced risk of osteoporosis
- better coordination, agility and flexibility
- improved balance and spatial awareness
- increased physical confidence
- improved mental functioning
- improved general and psychological well-being
- greater self-confidence and self-esteem
- better social skills

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

Trainers Corner

by Jeff Knox



Don't Forget Your Brain When You Train!

As we get older we need to remember to train our brains and emotions as well as training for our muscle strength, mobility

and cardiorespiratory function. *Our Milford Senior Center Fitness Room can help!*

Usually we tend to concentrate on Aerobic and Resistance exercise and rightly so. What's good for your heart is also good for your brain, but we all need to help prevent that **"mild cognitive impairment."** (Where are my keys, my glasses, my water?) Extensive studies confirm that the combination of aerobic and resistance training is more effective in helping your cognitive powers than either one alone!

Additional factors like types of exercise, training in groups, indoors or out, and levels of intensity are also important, as is following a basic healthy lifestyle and diet.

To sum it up, try combining your fitness center workouts with a group activity like Zumba, Tap Dance, Yoga or one of the other group activities that will stimulate your brain along with your body! Come up to our Fitness Center for some ideas!

Personal Fitness Plans

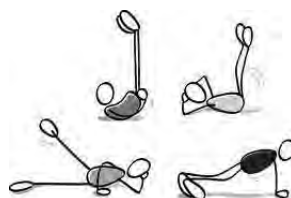


Please drop in and have our Fitness Specialists develop an individualized fitness plan designed to meet your specific needs. Either Rebecca, Stan or Jeff are available Monday – Friday 8:00 am to 1:00 pm. Stop in so they can meet you and establish a plan to accomplish your health and fitness goals. *Our 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



Appreciation Breakfast

Tuesday, September 11



- Show your appreciation for our Police & Fire Departments
- Guest Speakers
- Sign up at the front desk

FREE/Time: 9:30 am

Breakfast

Wednesday, October 3

- Presentation by Milford Fire Department
- Topic: Fire Safety

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

Men's Group

Thursday, September 27

Visit to CraftRoots Brewing
Sign up at the Center

FREE/Time: 9:30 am



Book Club

Tuesday, September 18

- Girls Burn Brighter by author Shobha Rao

Tuesday, October 16

- The Girls by author Emma Cline

FREE/Time: 10:00 am



Dr. Gary Hylander

Thursday, October 11

- Topic: TBD

FREE/Time: 11:00 am

Healthy Living Luncheon

Thursday, September 13

- Presentation by Milford Regional Medical Center
- Topic: Palliative Care - "The Most Agreement"

Thursday, October 18

- Presentation by Milford Regional Medical Center
- Topic: Staying Healthy During the Winter Months

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



Oktoberfest



Tuesday, October 30



- Entertainment TBD
- Light snacks and refreshments
- Raffles & Door Prizes
- Costumes (optional)

Cost: \$5/Time: 12:30 pm

FREE Friday Movies

Friday, September 28

- Darkest Hour, Rated PG-13

Friday, October 26

- Book Club, Rated PG-13

Movie Time: 12:30 pm

- Bring your own lunch



Important Meeting! Medicare Open Enrollment Update

Thursday, October 25

- Public invited
- Presentation by Director Ed Roth of the SHINE Program

FREE Advice! Don't let time run out!

END OF THE YEAR BUS TRIPS

Granite State Chocolate & Wine Tour - Thursday, October 4

Boston Pops - Friday, December 7



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.



Senior Tax Relief

Applications for the **Milford Senior Volunteer Tax Relief Program** will be available at the Milford Senior Center,

60 North Bow Street, Milford, from **October 1 to October 15**. Qualified volunteers will receive a credit of \$1000 on their real estate taxes (must be a homeowner to receive the credit). For more information call **508-473-8334** or email sclark@townofmilfordma.com



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 Flu Clinic

In addition to the free flu clinic at the Senior Expo on Friday, September 21, there will also be a flu clinic on Monday, October 22 from 5:00 - 7:00 pm at the Senior Center.

Special Thanks!

14th Annual Luncheon

- Lou Piazza for cooking roasted chicken and potatoes
- Bobby & Billy Devita, Timmy Stewart and Chuck Cistoldi for serving the food

Center Garden

Nicky Trotta for helping **Susan Clark** with the vegetable garden. It was lots of hard work and a job well done!

Jimmy Marcello for donating his garden tomatoes.

Lois Sousa for donating her garden cucumbers & tomatoes.

For all our anonymous donations, we thank you!



Drug Take Back Program

Saturday, October 27, 10:00 am to 2:00 pm at the Senior Center. Turn in your expired or unused drugs for safe disposal.

You may also drop off your unused/expired prescription drugs at the Milford Police Station lobby in the red vault. The police department will dispose of them through the drug enforcement agency. Liquid medications are not accepted.



Fuel Assistance

Appointments for 2018/2019 Fuel Assistance Program (SMOC) can be made beginning Monday, October 29.

Support Group for Low Vision/ Blind Adults

Thursday, September 6 & Thursday, October 4, 9:30 – 10:30 am (extended to 11:00 am if there is a guest speaker) **Massachusetts Association for the Blind will be speaking at the September meeting.**

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.

My Life, My Health

FREE Six Week Workshop!

The Stanford University Chronic Disease Self-Management Program is for anyone living with an ongoing medical condition like:



- Arthritis
- Cancer
- Asthma
- Chronic Back Pain
- Chronic Fatigue Syndrome
- Diabetes
- Fibromyalgia
- High Blood Pressure
- Heart Disease

- Parkinson's Disease
- Stroke..... and more

Thursdays, September 13 - October 18

1:00 - 3:30 pm in the Conference Room

Call Lou Pilczak @ 800-286-6640, ext. 3053 or sign up at the Senior Center

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 at the Milford Senior Center, 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
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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	Joan Motuzas
Sherry Alleman	Rose Mary Natelson
Patricia Berry	Gerard Patulak
Peter Bertonazzi	Joanne Rosen
Virginia Brenna	Joe Tomaski
Lucille Ciaramicoli	Walda Vasile
Dino DeBartolomeis	Charo Vinueza
Joe Donaher	John Wacławik
Nancy Milani	Chris Wyspianski
Ed Motuzas	Pam Zabchuk

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Paul Gallagher
Josephine Magliocca
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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!

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 don'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.



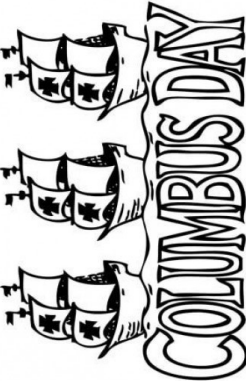





Out-of-town medical transportation service is for eligible Milford residents who are seeking a ride to a specialist. Contact our transportation coordinator, **Marie O'Leary at 508-473-8334** for more details and before making your appointment, as we have limitations on the use of our out-of-town service.

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

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

SEPTEMBER / OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WE WILL BE CLOSED ON LABOR DAY</p>	<p>SEPTEMBER 4</p> <p>ELECTION DAY</p> <p>8:00 Walking Group</p> <p>8:00 Tap Dance</p> <p>9:15 COA MEETING</p> <p>10:00 Zumba Gold®</p> <p>11:00 Whist</p> <p>12:30 Turkey Foot Dominoes</p> <p>1:00 Mah Jongg</p> <p>Salmon Boat with Dill Sauce</p>	<p>SEPTEMBER 5</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>Chicken Fajitas</p>	<p>SEPTEMBER 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>Hot Dog on Bun</p>	<p>SEPTEMBER 7</p> <p>8:00 Walking Group</p> <p>8:15 ADVANCED TAP DANCE</p> <p>9:00 Hairdresser</p> <p>9:15 Tap Dance</p> <p>10:30 Zumba Gold®</p> <p>Lasagna</p>
<p>SEPTEMBER 10</p> <p>8:00 Walking Group</p> <p>8:30 EXPRESS MUSCLE & MAT</p> <p>9:30 Cribbage</p> <p>10:30 Zumba Gold®</p> <p>1:00 Benefit Enrollment Center</p> <p>1:15 Safe Exercise</p> <p>Italian Braised Beef</p>	<p>SEPTEMBER 11</p> <p>8:00 Walking Group</p> <p>9:30 POLICE & FIRE APPRECIATION BREAKFAST</p> <p>9:15 Tap Dance</p> <p>10:30 Zumba Gold®</p> <p>11:00 Whist</p> <p>12:30 Turkey Foot Dominoes</p> <p>1:00 Mah Jongg</p> <p>Chicken Mornay</p>	<p>SEPTEMBER 12</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>Roast Pork</p>	<p>SEPTEMBER 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>9:30 WALKING CLUB – OFFSITE</p> <p>10:30 Line Dancing</p> <p>11:45 Strength & Stretch</p> <p>1:00 Cribbage</p> <p>1:00 MY LIFE MY HEALTH WORKSHOP</p> <p>1:15 Safe Exercise</p> <p>Cold Roast Beef Sandwich</p>	<p>SEPTEMBER 14</p> <p>8:00 Walking Group</p> <p>8:15 BEGINNER / REVIEW TAP DANCE</p> <p>9:00 Hairdresser</p> <p>9:15 Tap Dance</p> <p>10:30 Zumba Gold®</p> <p>Potato Crunch Fish</p>
<p>SEPTEMBER 17</p> <p>8:00 Walking Group</p> <p>8:30 Express Muscle & Mat</p> <p>9:30 Cribbage</p> <p>10:30 Zumba Gold®</p> <p>1:15 Safe Exercise</p> <p>Chicken Cacciatore</p>	<p>SEPTEMBER 18</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>12:30 Turkey Foot Dominoes</p> <p>1:00 Mah Jongg</p> <p>Baked Potato with Chili & Cheese</p>	<p>SEPTEMBER 19</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>Turkey Supreme</p>	<p>SEPTEMBER 20</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>1:00 MY LIFE MY HEALTH WORKSHOP</p> <p>1:15 Safe Exercise</p> <p>Meatloaf with Gravy</p>	<p>SEPTEMBER 21</p> <p>8:00 Walking Group</p> <p>8:15 ADVANCED TAP DANCE</p> <p>9:00 Hairdresser</p> <p>9:15 Tap Dance</p> <p>9:30 SENIOR EXPO</p> <p>10:30 Zumba Gold®</p> <p>Mac 'n Cheese</p>
<p>SEPTEMBER 24</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>1:00 Benefit Enrollment Center</p> <p>1:15 Safe Exercise</p> <p>Swedish Meatballs</p>	<p>SEPTEMBER 25</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>Pork Rib-i-que</p>	<p>SEPTEMBER 26</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>Sloppy Joe</p>	<p>SEPTEMBER 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>9:30 WALKING CLUB – OFFSITE</p> <p>10:30 MEN'S GROUP</p> <p>11:45 Line Dancing</p> <p>12:30 Strength & Stretch</p> <p>1:00 Cribbage</p> <p>1:00 MY LIFE MY HEALTH WORKSHOP</p> <p>1:15 Safe Exercise</p> <p>Catch of the Day</p>	<p>SEPTEMBER 28</p> <p>8:00 Walking Group</p> <p>8:15 BEGINNER / REVIEW TAP DANCE</p> <p>9:00 Hairdresser</p> <p>9:15 Tap Dance</p> <p>10:30 Zumba Gold®</p> <p>11:45 Pound®</p> <p>12:30 FREE MOVIE</p> <p>Buttermilk Chicken</p>

OCTOBER 1 8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise	OCTOBER 2 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	OCTOBER 3  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	OCTOBER 4  8:00 Walking Group 8:30 GRANITE STATE CHOCOLATE & WINE TOUR 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 9:30 LOW VISION SUPPORT GROUP 10:30 Line Dancing 11:45 Strength & Stretch 1:00 Cribbage 1:00 MY LIFE MY HEALTH WORKSHOP 1:15 Safe Exercise	OCTOBER 5 8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®
 CLOSED	OCTOBER 9 8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 12:30 RED HAT SOCIETY 1:00 Mah Jongg	OCTOBER 10 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	OCTOBER 11 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:00 DR. GARY HYLANDER HISTORY 11:45 Strength & Stretch 1:00 Cribbage 1:00 MY LIFE MY HEALTH WORKSHOP 1:15 Safe Exercise	OCTOBER 12 8:00 Walking Group 8:15 BEGINNER / REVIEW TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®
OCTOBER 15 8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:00 Benefit Enrollment Center 1:15 Safe Exercise	OCTOBER 16  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	OCTOBER 17 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	OCTOBER 18  8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:45 Strength & Stretch 12:30 HEALTHY LIVING LUNCHEON 1:00 Cribbage 1:00 MY LIFE MY HEALTH WORKSHOP 1:15 Safe Exercise	OCTOBER 19 8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®
OCTOBER 22 8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise	OCTOBER 23 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	OCTOBER 24 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	OCTOBER 25  8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:00 MEDICARE OPEN ENROLLMENT UPDATE 10:30 Line Dancing 11:45 Strength & Stretch 1:00 Cribbage 1:15 Safe Exercise	OCTOBER 26 8:00 Walking Group 8:15 BEGINNER / REVIEW TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound® 12:30 FREE MOVIE 
OCTOBER 29 8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:00 Benefit Enrollment Center 1:15 Safe Exercise	OCTOBER 30  8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 12:30 OKTOBERFEST 1:00 Mah Jongg	OCTOBER 31 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	MEALS ON WHEELS HOME DELIVERY CALL: TRI VALLEY 1-800-286-6640 <i>Meals on Wheels Menu for October - TBA</i>	

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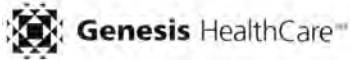
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- ♥ Sandra (Auger) Comastra in memory of Raymond Auger, Jr.
1st Anniversary September 6th
- ♥ Sandra Comastra in memory of Mary Kruckas
- ♥ Marie A. DeFonzo in memory of deceased members of Marino,
DeFonzo, Cosetta & Sansone families
- ♥ Anthony Tessicini in memory of Gertrude Tessicini
- ♥ Wife & Mother in memory of Richard Pedroli Sr. & Jr. and in honor
of all parents who have lost children
- ♥ Renata & Enrico Garibaldi in memory of Adele & John Molinari
- ♥ Bob & Lil Capuzziello in memory of Capuzziello & Lombardi
families
- ♥ The Red Hats in memory of Carolyn Dillon
- ♥ Netta Grillo in memory of my niece Patricia & my nephew Corey

KIND DONATIONS

- ♥ Alma Dicecco, Cynthia L. Tessicini & Paul Melanson

The Friends gratefully acknowledge these donations

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

NAME(S) _____

ADDRESS _____

TOWN _____ ZIP _____

PHONE _____

EMAIL: _____

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

DONATION

ENCLOSED IS \$ _____

☐ Donation ☐ Memorial ☐ Occasion

FOR _____

FROM _____

ADDRESS _____

Please send acknowledgment to:

* Memberships are renewed annually

14th Annual Luncheon



Boston Duck Tours



MSC Walkers on the Holliston Rail Trail

Next offsite walks are planned!

- Thursday, September 13th - Assabet River Rail Trail
- Thursday September 27 - Cape Cod Canal

Space is limited, please sign up at the Senior Center



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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.mwrt.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

September

Sunday, September 2
CLOSED - NO BINGO

Monday, September 3
CLOSED - Labor Day

Tuesday, September 4
COA Meeting

Thursday, September 6
Low Vision Support Group

Tuesday, September 11
Appreciation Breakfast

Thursday, September 13
Walking Club, Off site

Thursday, September 13
Healthy Living Luncheon

Tuesday, September 18
Book Club

Friday, September 21
Senior Expo 2018

Thursday, September 27
Men's Group

Thursday, September 27
Walking Club, Off site

Friday, September 28
FREE Movie

October

Wednesday, October 3
Breakfast

Thursday, October 4
*TRIP - Granite State
Chocolate & Wine Tour*

Thursday, October 4
Low Vision Support Group

Sunday, October 7
CLOSED - NO BINGO

Monday, October 8
CLOSED - Columbus Day

Tuesday, October 9
Red Hat Society

Thursday, October 11
Dr. Gary Hylander

Tuesday, October 16
Book Club

Thursday, October 18
Healthy Living Luncheon

Thursday, October 25
*Medicare Open Enrollment
Update*

Friday, October 26
FREE Movie

Tuesday, October 30
Oktoberfest

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

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