

What's Next?

at 60 North Bow



Town of Milford MA, Ruthanne Bleakney Senior Center

May / June 2018

***This year's
Senior Volunteer of the Year
is awarded to our Knitting
and Sewing Instructor
Mariana Matthews.***

Mariana has been volunteering at the center for thirteen years. She began volunteering under the previous Director, Ruth Anne Bleakney. The class started with one student and has increased to more than ten.



Senior of the Year!

Mariana was born on January 17, 1945 at Milford Hospital. Her parents were the late Ralph Santucci of Milford and Emma Rofino of Franklin. She was raised in Milford her entire life. She has a brother, Anthony Santucci and a sister Pauline Herthal. Mariana has two children, Deborah Sexton and Raymond Sciole and four beautiful grandchildren, Emma and Julia Sexton and Violet Ann and Nick Sciole. She is married to Donald Matthews, and has two step-daughters, Stephanie Matthews and her three sons, Michael, Jordan & Kobe & Cheryl-Ann Sadowski and her husband Mike and their children, Luran and Jake and a special sister-in-law, Roberta Bartel.



Mariana's mother passed away when she was just twelve years old. Her father later married Gertrude DesRoches who was a wonderful step-mother to Mariana and her siblings for over 50 years and a loving grandmother.

Mariana attended the Milford Public Schools and graduated in 1963. She attended hair dressing school following graduation. Mariana began her full-time hairdressing career in Holliston. When her children were born, she started working in nursing homes (Blair House) and other facilities, to accommodate the children's schedules. She provided in-home hair dressing services to people who were home-bound. Following her retirement at the age of 62, Mariana continued providing her services at the Blair House and made private house calls for convalescing clients.

Mariana's wonderful knitting and sewing group has great trust in her. The group not only learns from Mariana, but they confide in her as well. The class has made over 100 scarfs and hats that were donated to St. Mary's Church to be distributed to the parishioners; the Town Library for their Giving Tree; and also to Veterans in need this holiday season. They also contributed scarfs, hats, and blankets to cancer patients at Dana Farber. Mariana's students love her, and surprised her this past year with a beautiful hand-made afghan for Christmas.

Mariana loves learning. Mariana started sewing when she was twelve years old and never stopped. She started playing the piano when she turned 50. For the past three years, she has been oil painting. Mariana and her husband, Donald, enjoy exercising together daily and also meditate together.

She loves to read her Bible and currently attends a weekly Bible Study Group in Hopedale. She has enormous faith and practices it in her daily life. These strong beliefs are illustrated when she interacts with her family and friends.

On behalf of the Milford Senior Center, please join us in congratulating Mariana on the wonderful services she provides to our center whether it be teaching or just listening to her class's confidences.

On April 27, 2018 Ed Roth, Chairman of the Milford Council on Aging, presented Mariana with the Tony Grillo Senior of the Year citation.

Mariana also received citations from Congressman Joseph Kennedy, State Senator Ryan Fattman, State Representative Brian Murray, Esq., Worcester County Sheriff Lewis Evangelidis, and Chairman, Milford Board of Selectmen Michael Walsh.

President's Award Certificates

Dino DeBartolomeis, President of the Friends of the Milford Senior presented the President's Award Certificates to volunteers who went above and beyond their expectations. Congratulations to Chris Wyspianski and Angelo (Chuck) Calgione, for their dedication and volunteer services.



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) |

Fitness!

HELP US CELEBRATE NATIONAL TAP DANCE DAY!

National Tap Dance Day is observed each year on May 25. This day is a celebration of tap dancing as an American art form. National Tap Dance Day was first presented to U.S. Congress on February 7, 1989, and was signed into American Law by President George H.W. Bush on November 8, 1989. The one-time official observance was on May 25, 1989. May 25 is the birthday of Bill "Bojangles" Robinson, a significant contributor to tap dance born in 1878.

A percussive dance dating back to the early 1800s developed primarily from African and Irish influences. From clogging to buck and wing styles, soft-shoe to the sand step and a little bit of jazz, tap dancing evolved from a stiff Irish jig to the bodily Cakewalk and vocal Ring-shout. The popular Shim Sham of the vaudeville era became a line dance in the 1980s.

HOW TO OBSERVE

Use #NationalTapDanceDay to post on social media!

FREE

EXERCISE PROGRAMS

Personal Fitness Plans

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 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.

Fall PREVENTion

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!



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 meet every Monday & Friday at 9:15 am. All levels are welcome.

Absolute Beginner TAP & Advanced TAP classes also available. Check the May/June calendar!

See Rebecca for Tap Shoe Information

TRAINERS CORNER *by JEFF Knox*

What's MY EXERCISE HEART RATE SUPPOSED TO BE?



It's relatively easy to calculate. It all starts with your **Age** and your **Resting Heart Rate (RHR)**. Please note that all rates are measured in **Beats Per Minute (BPM)**. *See our Wellness nurse Janet Iacovelli on Wednesday or Thursday mornings for an accurate measure.*

Next, we'll calculate your **Maximum Heart Rate (MHR)**. There are several acceptable formulas to use. The easiest to remember is 220 minus your age.

Now we'll calculate your **Heart Rate Reserve (HRR)**. It is simply the difference of **Max Heart Rate** minus your **Resting Heart Rate**.



Now let's calculate your **Exercise Target Heart Rate**. This is going to be a range of numbers and will depend on how hard you're exercising. The harder you exercise, the closer you'll get to your **MHR**.

For example, if you are 75 and your **Resting Heart Rate** is 80, we know that your **Maximum Heart Rate** is 145 (220 minus 75 = 145).

We can figure out your **Target Heart Rate** for Low or Moderate Intensity workout (This is 50 – 75% of your maximum effort).

For a 75 year-old person with a **Resting Heart Rate** of 80, the **Target Heart Rate** range would be 112.5 to 128.5.



BREakfast

Wednesday, May 2

Presentation by Greenleaf
Garden Club

- Topic: Kitchen Container
Gardening with Herbs and Flowers

Wednesday, June 6

Presentation by Scott Simundza, Massachusetts
Senior Medicare Patrol Program

- Topic: Senior Medicare Patrol - Avoiding
Medicare Fraud

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

SENIOR PROM

Friday, May 4

Sponsored by Milford High
School National Honor Society

Location: Milford High School

Cost: \$5 / TIME: 5:00 PM

Tickets Available at the Senior Center



MOTHER'S DAY BRUNCH

Friday, May 11

- Manicures provided by
Tri-County High School
of Franklin

- Mary Kay make-up demonstrations
with Meg McCarthy
- Caricatures by Tim Snow

Cost: \$5 / TIME: 10:00 am

CHINESE LUNCHEON

Thursday, May 24

- Food from Milford Mandarin
- Raffles

Cost: \$8 / TIME: 12:00 PM



MEN'S GROUP

Thursday, May 31 & June 28

Presentations: TBD

Time: 10:00 am / FREE



Kickoff to SUMMER

PARTY TIME!

Friday, June 15

- Hamburgers, Hot Dogs & Salad
- Entertainment by Tommy Rull

Cost: \$5 / TIME: 12:30 PM

HEALTHY Living LUNCHEON

Thursday, May 17

Presentation by Milford
Regional Medical Center

- Topic: Diabetes

Thursday, June 21

Presentation by Milford Re-
gional Medical Center

- Topic: Stroke Prevention

Cost: \$5 (REFUNDABLE) / TIME: 12:30 PM



FREE Friday MOVIES

Friday, May 25

- Gifted, Rated PG-13

Friday, June 29

- Sing, Rated PG

MOVIE TIME: 12:30 PM

Book Club

Tuesday, May 15

- Still Me by author
Jojo Moyes

Tuesday, June 19

- The Hush by author
John Hart

FREE / TIME: 10:00 am



SUPPORT GROUP FOR Low Vision/Blind Adults

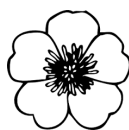
THURSDAY, MAY 3 -& THURSDAY, JUNE 7
9:30 - 10:30 am (extended to 11:00 am if
THERE is a GUEST SPEAKER)



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 with everyday life. We encourage everyone to share their concerns and any 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..

If you have questions, contact Marie O'Leary at 508-473-8334, Monday through Thursday between 9:00 am and 1:00 pm.



Acknowledgments

St. Patrick's Day Party

- **Republic Services** for donating the corned beef for our St. Patrick's Day Luncheon
- **Brenda Needleman (Head Chef), Bobby DeVita** for preparing our delicious St. Patrick's Day Luncheon and **Ross Mazzarelli** for helping out.
- **St. Patrick's Day volunteer servers:**
 - Chairman of the Board of Selectmen, **William Kingcade**
 - Town Administrator, **Rick Villani**
 - Highway Surveyor, **Scott Crisafulli**
 - Fire Chief, **Bill Touhey**
 - Treasurer, **Chris Pilla**
 - Finance Committee, **Chris Morin**
 - Retired Maintenance Supervisor and COA, **Charlie Skaff**
 - Building Commission Clerk, **Jennifer Cenedella**
 - Police Chief, **Tom O'Loughlin**
 - State Aide Of the Office of Senator Fattman, **Jason King**
 - Admission Coordinator, Blaire House, **Beth Snyder**
 - Board of Health, **Kenny Evans**
- **Blaire House of Milford** for providing ice cream for the luncheon

Income Tax Preparation

- **AARP & Liberty Tax Office** for doing free tax preparation



Maine's Famous Bull & Claw LOBSTER BAKE - May 31

Spirit of Boston Harbor CRUISE - June 27

Celebrate Italia at the Aqua Turf Club - July 17

THE Famous Boston Duck Tour - August 21

Granite State Chocolate & Wine Tour - October 4

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.*



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.

CHESS GROUP



A free chess group meets every Wednesday from 1-5 pm. This is a teaching and/or playing group, so whether you are interested in learning the game or playing it, you are welcome to participate.

New members of any age are welcome.

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.

NEWS FROM THE Town Clerk's Office

The Annual Town Meeting is set for Monday, May 14th at 7:30 p.m. in Upper Town Hall.

Website Information

<https://www.milfordma.gov/> (Main page)

<https://www.milfordma.gov/town-clerk>
(Town Clerk's page)

RAVE (Smart 911) Messages (Town of Milford "Robo" calls)

If you wish to have your phone numbers or email addresses registered to receive important notices about upcoming Town Elections, Voter Registration Deadlines, Dog licensing, etc., you can go to www.milfordpolice.org or milfordpublicsafety.com and add your 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 June 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

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, Daniel Harlow and Stanley Parker
Volunteer Chef: Brenda Needleman
Volunteer Kitchen Helper: Gerard Patulak

Volunteer Support Staff (alphabetically)

| | |
|---------------------|--------------------|
| Carol Abbott | Ed Motuzas |
| Sherry Alleman | Joan Motuzas |
| Nancy Barnes | Rose Mary Natelson |
| Patricia Berry | Linda Pedini |
| Virginia Brenna | Gerard Patulak |
| Lucille Ciaramicoli | Joanne Rosen |
| Dino DeBartolomeis | Joe Tomaski |
| Joe Donaher | Charo Vinueza |
| Gloria Ferrelli | John Wacławik |
| Margie Gala | Chris Wyspianski |
| Linda Gosselin | Pam Zabchuk |
| Nancy Milani | |

MILFORD COUNCIL ON AGING

| | |
|------------------|-------------------------|
| Edwin Roth | Chairperson |
| Charles Skaff | Vice Chairperson |
| Vincent Squicari | Secretary |

Council on Aging Members

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

Board Emeritus

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

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

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

Thank You!

NEED HELP WITH THE COST OF YOUR PRESCRIPTION MEDICATIONS??

PRESCRIPTION Advantage can HELP!!



Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on **income only** and there is **no asset limit**!

Who can join?

If you are a **Massachusetts resident, eligible for Medicare**, and are:

- 65 years or older with an annual income at or less than \$60,700 for a single person or \$82,300 for a married couple
- Under 65 years and disabled, with an annual income at or less than \$22,823 for a single person or \$30,945 for a married couple.

You may also join... if you are 65 years or older and **not eligible for Medicare**. **There is no income limit**.

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$36,420 for a single person and \$49,380 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to www.prescriptionadvantagemma.org.

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

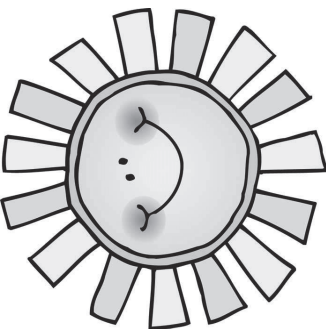






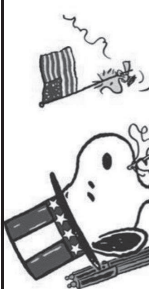


Hopedale. All MassHealth members must use the M.A.R.T. program provided through MassHealth for all their medical transportation.




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.

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

May / June

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
|  MAY 7 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise Swedish Meatballs | MAY 1 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg Shepherd's Pie | MAY 2 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 Turkey a la King | MAY 3 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 9:30  LOW VISION SUPPORT GROUP 10:30 Line Dancing 1:15 Safe Exercise Meatloaf & Gravy | MAY 4 8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 5:00 SENIOR PROM Macaroni & Cheese |
| MAY 14 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise Buttermilk Chicken | MAY 8 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 Pork Rib-i-que on Sandwich Roll | MAY 9 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 Sloppy Joe on Bun | MAY 10 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise Chicken Cordon Bleu | MAY 11 8:00 Walking Group 8:15 ABSOLUTE BEGINNER TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 12:00 MOTHER'S DAY BRUNCH  Catch of the Day |
| MAY 21 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise Beef Burgundy | MAY 15 8:00 Walking Group 9:30 Strength & Stretch 10:00  BOOK CLUB 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg Stuffed Pepper Casserole | MAY 16 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 Garlic Herbed Chicken | MAY 17 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 Beef with Pearl Onions | MAY 18 8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® Breaded Fish on Bun |
| MAY 28 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise Buttermilk Chicken | MAY 22 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg Roast Turkey | MAY 23 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 | MAY 24 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 12:00  CHINESE LUNCHEON 1:15 Safe Exercise Chicken Pesto | MAY 25 8:00 Walking Group 8:15 ABSOLUTE BEGINNER TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 12:30 FREE MOVIE  Hot Dog on Bun |
|  MAY 29 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist Beef Burgundy | MAY 31 8:00 Walking Group 8:30  OGUNQUIT MAINE ROAD TRIP 9:00 Knitting & Sewing 9:00 Wellness Nurse Hot Dog on Bun | MAY 30 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class American Chop Suey | MAY 31 8:00 Walking Group 8:30  OGUNQUIT MAINE ROAD TRIP 9:00 Knitting & Sewing 9:00 Wellness Nurse Hot Dog on Bun | JUNE 1 8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance Hot Dog on Bun |

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|---|----------------------------|---|--|--|----------------------|--|------------|---|--|---|---|---|--|---|---|--|---|--|---|---|--|--|--|---|---|--|--|
|  | CLOSED MEMORIAL DAY |  | Beef with Onions & Peppers on Bun 12:30 Turkey Foot Dominoes 1:00 Mah Jongg | 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess | Ranch Chicken | Egg Frittata  | TBA | JUNE 4 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise TBA | JUNE 5 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg TBA | JUNE 6 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 BREAKFAST 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess TBA | JUNE 7 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 9:30 LOW VISION SUPPORT GROUP 10:30 Line Dancing 1:15 Safe Exercise TBA | JUNE 8 8:00 Walking Group 8:15 ABSOLUTE BEGINNER TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® TBA | JUNE 11 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise TBA | JUNE 12 8:00 Walking Group 9:30 Strength & Stretch 10:00 COA MEETING 10:30 Zumba Gold® 11:00 Whist 12:30 RED HAT SOCIETY 12:30 Turkey Foot Dominoes 1:00 Mah Jongg TBA | JUNE 13 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess TBA | JUNE 14 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise TBA | JUNE 15 8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 12:30 KICK OFF TO SUMMER PARTY! TBA | JUNE 18 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise TBA | JUNE 19 8:00 Walking Group 9:30 Strength & Stretch 10:00 BOOK CLUB 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg TBA | JUNE 20 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess TBA | JUNE 21 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 12:30 HEALTHY LIVING LUNCHEON 10:30 Line Dancing 1:15 Safe Exercise TBA | JUNE 22 8:00 Walking Group 8:15 ABSOLUTE BEGINNER TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® TBA | JUNE 25 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise TBA | JUNE 26 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg TBA | JUNE 27 8:00 Walking Group 9:00 SPIRIT OF BOSTON 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess TBA | JUNE 28 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 TBA | JUNE 29 8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 12:30 FREE MOVIE TBA |
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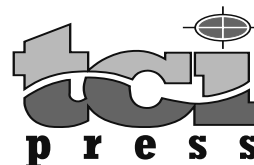
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- ♥ Joan Motuzas in memory of Eleanor Pupa
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- ♥ Barbara Miller in memory of her husband Joseph Miller on his 1st Anniversary
- ♥ Helen Crescenzi & Donna Skidmore for Bonnie Colantonio
- ♥ Helen & Buddy Santosuosso in memory of Patrick McCormack
- ♥ Gail Brown in memory of Bonnie Colantonio
- ♥ Gloria Depaolo in memory of her husband Richard Depaolo
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- ♥ Gail Brown in memory of her husband Stan on his 2nd Anniversary 5/16
- ♥ Carmella Piergustavo in memory of Bella Pizzilo
- ♥ Veronica Moore in memory of Patrick McCormack

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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.

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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.**

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St. Patrick's Day Luncheon



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- 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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Best-Ever Guacamole



INGREDIENTS

3 avocados, pitted
Juice of 1 lime
1 clove garlic, minced
1 small red onion, diced
1/4 c. chopped tomatoes
1 small jalapeño (seeded if you prefer less heat), chopped
1 tbsp. mayonnaise
1/2 tsp. kosher salt
Freshly ground black pepper (optional)

DIRECTIONS

- In a large bowl, combine avocados, lime juice, garlic, onion, tomatoes, jalapeño, and mayo.
- Stir, then slowly turn the bowl as you run a knife through the avocados (this will ensure the mixture stays chunky). Once it's reached your desired consistency, add salt and season with pepper (if using) and serve.

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At a Glance

May

Wednesday, May 2

Breakfast

Thursday, May 3

Low Vision Support Group

Friday, May 4

Senior Prom

Tuesday, May 8

Red Hat Society

Friday, May 11

Mother's Day Brunch

Sunday, May 13

NO BINGO

Tuesday, May 15

Book Club

Thursday, May 17

Healthy Living Luncheon

Thursday, May 24

Chinese Luncheon

Friday, May 25

FREE Movie

Sunday, May 27

NO BINGO

Monday, May 28

CLOSED – Memorial Day

Observed

Thursday, May 31

Men's Group

Thursday, May 31

*Road Trip – Ogunquit
Maine*

June

Wednesday, June 6

Breakfast

Thursday, June 7

Low Vision Support Group

Tuesday, June 12

Red Hat Society

Friday, June 15

Kickoff to Summer Party

Sunday, June 17

NO BINGO

Tuesday, June 19

Book Club

Thursday, June 21

Healthy Living Luncheon

Wednesday, June 27

Road Trip – Spirit of Boston

Thursday, June 28

Men's Group

Friday, June 29

FREE Movie

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