

What's Happening Next?

at 60 North Bow

What do you like best about autumn?

Is it the crisp air, the vibrant leaves, or pumpkin spice everything?

Whatever your favorite part of the season is, we hope to add a little extra joy to your fall days here at the Senior Center.

Whether you are looking to join us on one of our wonderful bus trips, attend some of our fun and creative programs, or work out with our fitness instructors, there is plenty to keep you active and happy! Our goal is to offer something for everyone, and this fall you will not be disappointed.

HAPPY FALL TO ALL!

Director, Lisa Regan

September/October 2026

"Autumn is a second spring when every leaf is a flower". -Albert Camus

2026 Primary Election

Tuesday, September 1

Important Notice: Due to the election, all fitness classes in the Great Rooms will be cancelled on Monday, August 31, and Tuesday, September 1.

Polling Hours: Polls will be open from 7:00 am to 8:00 pm.

22nd Annual Luncheon!

Wednesday, September 16

Join us for the 22nd Annual Luncheon.

- Entertainment: Elderly Brothers
- Luncheon: Louis Piazza's roasted chicken & vegetables.
- **Please note:** Ticket sales end on September 9 or when we reach the seating limit.

Cost: \$10 - 12:30 pm



Town of Milford, Ruth Anne Bleakney Senior Center

Open Monday thru Thursday 8:00 am - 4:30 pm, Friday, 8:00 am to 1:00 pm

Telephone (508) 473-8334

Fax (508) 634-2339



Fitness



Fall into Fitness!

As we head into September and October, it feels like a good time to get back into a routine and refocus on our health and wellness. Fall always brings a sense of fresh energy, and it's the perfect season to get moving, build strength, work on balance, and take care of ourselves in ways that help us feel strong and well. I've always believed wellness is about so much more than exercise. It's about staying active, maintaining independence, boosting energy, and doing the things that help us continue to live life fully as seniors.



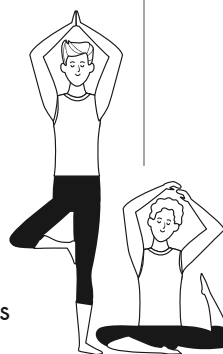
We have a lot of great classes and events coming your way this fall. I encourage you to take advantage of the classes and wellness opportunities we have this season. Whether you join us for yoga, strength, balance, or another program that keeps you moving, every bit of effort matters. Your commitment, positivity, and support inspire me every day. It's truly a pleasure to be part of your wellness journey, and I'm so grateful to share our fitness community with all of you.

Here's to a happy, healthy, and active fall season!

Andrea Longo, Fitness Director

Two Fitness Elevation Options

(Advance sign-up in the gym is required)



Personal Training - FREE

- 30-minute sessions for gym members familiar with equipment, focusing on program changes and proper form.
- Limited to two individuals per session.
- Mondays, Tuesdays, and Wednesdays at 12:00 pm.

One on One Fitness Assessments - FREE

- 30-minute sessions assess strength, balance, flexibility, and cardio ability, serving as a wellness check-in to track progress.
- Available for both newcomers and experienced exercisers to evaluate their fitness levels relative to seniors.
- Mondays, Tuesdays, and Wednesdays at 11:00 am.

Weekly Class Schedule



Monday	9:00 am	Dance Fitness
Monday	10:00 am	Strength & Fall Prevention
Monday	11:00 am	Step & Strength
Monday	1:00 pm	Low Impact Fitness
Tuesday	8:30 am	Yoga for Strength
Tuesday	8:30 am	Step & Strength
Tuesday	9:30 am	Chair Yoga
Tuesday	9:30 am	Total Body Conditioning
Tuesday	10:30 am	Chair Yoga
Wednesday	9:00 am	Gentle Yoga
Wednesday	10:00 am	Chi Walking
Wednesday	10:00 am	Stability Solutions
Wednesday	11:00 am	Muscle & Mat
Thursday	8:30 am	Interval Training
Thursday	9:30 am	Yoga
Thursday	10:30 am	Everstrong - Kickboxing
Thursday	11:30 am	Full Body Stretch
Thursday	1:00 pm	Low Impact Fitness
Friday	8:30 am	Cardio Strength Circuit
Friday	9:30 am	Groove & Sculpt
Friday	10:30 am	Core Power

Class pricing options:

\$5 - 1 class

\$20 - unlimited classes for that month.



FREE Wellness Workshops

(Advance sign-up in the gym is required)

Fall Fitness Sampler

Friday, September 11 - 10:30 am

Experience 10 minutes of each class: Step, Cardio Dance, Kickboxing, Balance, Strength Training, and Yoga. **Note:** No Core Power Class on this date.

Get Down & Get Up

Friday, October 16 - 11:30 am

Back by popular demand. We'll cover how to safely get down on the floor and back up again with ease. Limited to 12 participants.

Intro to the Gym - Free



Monday, September 14 & October 5, 10:30 am

Trainers will demonstrate proper use of the equipment. Available once a month. Limited to 6 people. Advance sign-up in the gym is required.

Bus Trips 2026

Price listed below are per person & payable at sign-up.

- **Encore Casino**, Wednesday, September 23 – (\$39)
- **Charles Riverboat Ghost Cruise**, Thursday, October 15 – (\$142)
- **Providence's Little Italy**, Thursday, November 5 – (\$136)
- **Christmas at Blithewold Mansion**, December 9 – (\$127)



For more details, flyers are available at the Center or visit our website at milfordmaseniorcenter.com

PLEASE NOTE

The bus tour company sets early deadlines for trip bookings, typically about a month prior to the trip date

- Trips may be cancelled if the required number of participants is not reached.
- If you're interested, please register early.



TRIP REQUIREMENTS

- You must sign up at the Center for all trips
- Checks and cash accepted. We cannot accept credit cards
- If signing up for multiple trips, one check per trip is required
- Make checks payable to:
Town of Milford-Friends of MSC
- Date checks by day of trip

Road Trip

Refunds will ONLY be issued if:

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



Creative Workshops

Instructor Mari Steinmann

PLEASE NOTE: You are responsible for payment of full sessions (see below). There are no refunds or makeups if you cannot attend a class. Payment is required at sign-up. Classes are taught in sessions only.

Watercolor Beginner 1:00 – 3:00 pm	
Thursday, September 3, 24	Cost: \$40 (2-week session)
Thursday, October 1, 8, 15, 22, 29	Cost: \$100 (5-week session)

Watercolor Intermediate 1 11:00 am – 1:00 pm	
Tuesday, September 1, 8, 22, 29	Cost: \$80 (4-week session)
Tuesday, October 6, 13, 20, 27	Cost: \$80 (4-week session)

Watercolor Intermediate 2 12:00 – 2:00 pm	
Wednesday, September 2, 9, 23, 30	Cost: \$80 (4-week session)
Wednesday, October 7, 14, 21, 28	Cost: \$80 (4-week session)

Zentangle 2:30 – 4:30 pm	
Wednesday, September 23 & October 14	Cost: \$25 (per session)

No experience required. All materials supplied.

Classes are held in the Art Room with exception of Intermediate 1; that class is held in Great Room C.

Limited seating. Please sign up early.



FALL EVENTS!

Register for **ALL** events

Map-It

Monday, September 14 & October 19
11:00 am - FREE

Pin a destination you've visited on a world map and share a travel story with the group. Location: upstairs pool room. *Hosted by Kerry Vilorio.*

Nature Walks

Monday, September 21 - Walden Pond
Monday, October 26 - Mattapoisett
Cost \$10 - Bus departs 9:30 am

Some trips feature rugged trails, inclines & unpaved paths that may be challenging for individuals with mobility limitations or those using assistive devices.

- Wear comfortable sneakers
- Bring your cell phone, water, snacks and bug spray
- Limited to 12 people

Guide companion Laura Neill.

Northbridge Coin & Gold

Tuesday, September 15 - 9:30 am - FREE

Appraisals of jewelry, coins, precious metals, etc. Cash provided on site for any member who wishes to sell their items. Register for an appointment at the front desk or call 508-473-8334. No walk ins.

Writer's Group

Tuesday, September 15 & October 20
11:00 am - FREE

Receive a topic, write a short story, poem, brief journal or bullet points and present to the group. *Hosted by Kim Considine.*

Brunch & Learn

Thursday, September 17 - 10:00 am - FREE

Enjoy a chef-created brunch and learn about the beautiful newer senior living community in Medway that offers a variety of living options.

Hosted by Salmon Health & Retirement.

Krafts with Kerry

Friday, September 25 - Pebble Art
10:00 am - Cost \$10

A unique craft class creating a floral vase on canvas using beach-found materials like stones, shells, sea glass and driftwood.

Friday, October 23 - Holiday Wreath
10:00 am - Cost \$10

Create a unique holiday wreath with fall-colored clothespins and ribbons

Limited to 12 participants. *Hosted by Kerry Vilorio*

All About Brain Health

Wednesday, September 30
11:00 am - FREE

Learn how to keep your brain active, distinguish facts from fiction, and plan ahead confidently. The interactive talk includes Q & A, fun prizes, and opportunities to socialize with friends.

Hosted by Kim Church of Right at Home

Two Truths & a Lie

Monday, October 5
11:00 am - FREE

A fun game where you share three statements about yourself and we guess which is a lie. *Hosted by Kerry Vilorio*

Low Vision Workshop

Thursday, September 3 & October 1
10:00 am - FREE



This workshop meets on the 1st Thursday of each month with special guests on occasion. Contact the Senior Center for more information. *Hosted by Marie O'Leary.*

Center Book Group



Tuesday, September 15

10:00 am - FREE

Tom Lake by Ann Patchett

Tuesday, October 20

10:00 am - FREE

The Lion Women of Tehran by Marjan Kamali

Contact Milford Library with any questions or to reserve a book at 508-473-2145, ext. 2.

The Fortune Cookie Club



Tuesday, September 22 & October 27

11:00 am - FREE

Read a quote and share with the group what it means to you. Does it relate (or not) to your life? Group members can join in and share their thoughts. *Hosted by Kim Considine.*

Texas Hold'em Poker for Beginners

Wednesday, October 7, 14, 21, 28, & November 4
10:00 am - FREE

5-week instructional class taught by Sheila Raine. Sign up is required. Limited to 9 people. Registration required. Sign-up at front desk.



Community Legal Aid Presentation



Thursday, October 29 - 11:00 am
FREE event

Attorney David Brown will deliver a presentation outlining the services offered by their organization.

Please sign up at the front desk or call 508-473-8334.

Free Civil Legal Services

Community Legal Aid provides free civil legal services to low-income and elderly residents of central and western Massachusetts.

To apply for services:

- Call Community Legal Aid at (855) 252-5342 Monday, Tuesday, Thursday, and Friday from 9:30 am to 12:15 pm and Wednesday from 1:30 pm to 4:15 pm.
- Apply online at www.communitylegal.org
- Contact the Milford Bar Association – Free Legal Aid (508) 473-1161
- Visit Milford District Court the first and third Wednesdays of the month from 2:00 - 4:00 pm. Ask for the attorney of the day.



Thank You to Our Veterans

Show your appreciation for a Veteran by signing the names on a banner. Beginning in October, banners will be accessible in the lobby for signing and will be showcased throughout the building. Join us in this heartfelt tribute. A special gathering will be announced soon.

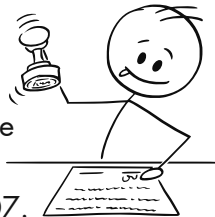
Outreach Program



Our Client Service Coordinator, **Kimberli Considine, MA**, provides assistance with the challenges of aging to those 60 years and over, as well as disabled adults.

She is a great resource to help identify services within the community – legal assistance, grief groups, Medicaid specialists, homecare, medical equipment, food pantry, Tri Valley and much more. She also assists with applications for food stamps, housing, fuel assistance and MassHealth for low-income individuals. Kim also facilitates programs that bring people together for friendship and support, such as Women's Group, Fortune Cookie Club, and Writer's Group. She is available by appointment for consultation and provides support for a variety of issues, including adult children trying to help their parents live their best lives. You can reach Kim on Mondays, Tuesdays, and Thursdays at 508-473-8334 or by email at kconsidine@townofmilford.com

Notary Public



To schedule an appointment, please contact the Clerk's office at the Town Hall by calling 508-634-2307. This service is provided free of charge.



Meals on Wheels

Contact Tri-Valley at 508-949-6640 to set up home delivery.

Coffee Mondays

Free coffee and pastries served in the Game room from 9:00 – 11:00 am.



Transportation Program



Milford residents aged 60 and over, along with disabled adults, are welcome to utilize our senior van for medical appointments within Milford or Hopedale. Additionally, they can use the service for errands or grocery shopping within Milford.

Hopedale residents who are over 60 or disabled adults of any age can access the senior van exclusively for medical appointments within Milford or Hopedale.

Important Notes:

- We are partnered with the Hopedale Council on Aging (COA) to facilitate transportation to local medical appointments. Hopedale residents should call the **Hopedale Senior Center at 508-634-2208** to arrange transportation.
- Out-of-town medical transportation is available only for eligible Milford residents who need a ride to a specialist. Please reach out to our **Transportation Coordinator, Fran Letizia, at 508-473-8334** for further details before scheduling your appointment, as there are limitations on the use of our out-of-town service.

STAFF

Lisa Regan
Director
Susie Cadrin
Director's Assistant/
Graphic Designer
Laura Neill
Kerry Consentino-Vitorio
Program Coordinators
Fran Letizia
Transportation Coordinator/
Receptionist
Kimberli Considine
Client Services
Bob Remy
Van Driver
Andrea Longo
Fitness Director

COUNCIL ON AGING

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Dolores Alvarez-DeVita
Michelle Creamer
Ed Roth
Francis Small, Esq.
Janet Iacovelli

HOURS OF OPERATION

Monday – Thursday
8:00 am – 4:30 pm
Friday
8:00 am – 1:00 pm
508-473-8334

Wellness Clinic – Nurse On-Site



Our on-site nurse offers blood pressure assessments, medication consultations, referrals, and preventative health care advice. This service is funded by the Milford Board of Health and administered through Salmon VNA & Hospice of Greater Milford. *The nurse is available on Wednesdays from 9:00 am – 12:00 pm.*

Flu Clinic

Wednesday, September 9
9:00 am - 12:00 pm



Milford Walgreens is offering regular or high dose for seniors. Location in the Great Room. No registration required. Bring your prescription insurance and Medicare Part A & B cards.

Hairdresser

Mitzy Roman is available for services on Wednesdays. Call Mitzy for an appointment at 774-287-2806.



Nails by Candice



Mondays 9:00 am - 3:00 pm
To book an appointment, call or text Candice at 617-276-7419.

Flyers featuring price lists for both the Hairdresser and Nails by Candice are available at the Center or can be found on our website at milfordmaseniorcenter.com.

News from SHINE

IMPORTANT MAIL FROM YOUR DRUG AND HEALTH PLANS

It is that time of the year again! If you have a Medicare Part D Prescription Drug or Medicare Advantage Plan, your plan will be mailing you a document called the Annual Notice of Change (ANOC) by the end of September.

The ANOC is a summary of changes to your plan for 2027. Your costs, (premiums, deductibles and copays), covered medications, and provider networks may change from year to year. Make sure you read this important document and think about whether your plan will continue to meet your needs. If you do not receive it in the mail, call your plan, and request another copy.

If you would like to change your plan for 2027, you may do so during the Annual Medicare Open Enrollment Period running from October 15th to December 7th each year. You can make changes to your Medicare Plan during this period and changes will be effective on January 1st. SHINE counselors can help you to understand changes to your current plan, as well as discuss other options you may have. Don't wait: If you would like to meet with a SHINE counselor during open enrollment, make your appointment early!

WANT TO SAVE \$202.50 ON MEDICARE?

The Medicare Savings Program pays your monthly Part B Premium that is deducted from your Social Security check. The 2026 monthly Part B premium is \$202.50. Depending on your income it may also help with Medicare's copayments and coinsurance.

You may be eligible for this assistance if your monthly income is below these levels:

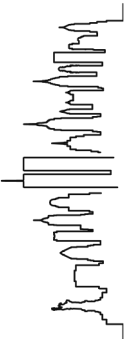
- Individual Gross monthly income: \$2,993
- Couple Gross monthly income: \$4,058

If eligible, you will also be enrolled in a program named Extra Help through Social Security. This program helps to pay your out-of-pocket prescription drug costs.

SHINE (Serving the Health Insurance Needs of Everyone) is funded through the Administration for Community Living and administered through the Massachusetts Executive Office of Aging & Independence. A certified SHINE Counselor is available to assist you with questions about Medicare, through in-person appointments, phone, video conferencing (such as Zoom), email, or postal mail. Our services are free and unbiased: we are available to discuss all options related to Medicare and additional coverage. Please note: we do not sell any plans. For more information call the Milford Senior Center SHINE office at 508-422-9931. A SHINE counselor will return your call.

Activity Roster

SEPTEMBER-OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
** PLEASE NOTE ** NO FITNESS CLASSES IN THE GREAT ROOMS ON MONDAY & TUESDAY AUGUST 31 & SEPTEMBER 1	SEPTEMBER 1 ELECTION DAY 7:00 Sewing Group 9:00 Dominoes 12:30 Mah Jongg 1:00 WOMEN'S GROUP	SEPTEMBER 2 9:00 Wellness Clinic - Nurse on Site	SEPTEMBER 3 9:00 Knitting/Crocheting 10:00 LOW VISION WORKSHOP 11:00 Whist 1:00 Cribbage 2:00 Scrabble	SEPTEMBER 4 10:00 Pitch 10:30 Bridge
* HAPPY * LABOR DAY CLOSED	SEPTEMBER 8 9:00 Sewing Group 11:30 COA MEETING 12:00 RED HATTERS 12:30 Dominoes 1:00 Mah Jongg	SEPTEMBER 9 9:00 Wellness Clinic - Nurse on Site 9:00 FLU CLINIC (9:00 – 12:00)	SEPTEMBER 10 9:00 Knitting/Crocheting 11:00 Whist 1:00 Cribbage 2:00 Scrabble	SEPTEMBER 11 10:00 Pitch 10:30 WELLNESS WORKSHOP 10:30 Bridge  WE REMEMBER, WE HONOR, AND WE WILL NEVER FORGET
SEPTEMBER 14 9:00 Coffee Monday 9:30 Cribbage 10:30 INTRO TO GYM 11:00 MAP-IT 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg	SEPTEMBER 15 9:00 Sewing Group 9:30 NORTHBRIDGE COIN & GOLD 10:00 CENTER BOOK GROUP 11:00 WRITERS GROUP 12:30 Dominoes 1:00 Mah Jongg	SEPTEMBER 16 9:00 Wellness Clinic - Nurse on Site 12:30 22ND ANNUAL LUNCHEON	SEPTEMBER 17 9:00 Knitting/Crocheting 10:00 BRUNCH & LEARN – SALMON HEALTH & RETIREMENT 11:00 Whist 1:00 Cribbage 2:00 Scrabble	SEPTEMBER 18 10:00 Pitch 10:30 Bridge
SEPTEMBER 21 9:00 Coffee Monday 9:30 NATURE WALK WALDEN POND 9:30 Cribbage 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg	SEPTEMBER 22 9:00 Sewing Group 11:00 FORTUNE COOKIE CLUB 12:30 Dominoes 1:00 Mah Jongg	SEPTEMBER 23 8:30 BUS TRIP: ENCORE CASINO 9:00 Wellness Clinic - Nurse on Site	SEPTEMBER 24 9:00 Knitting/Crocheting 11:00 INTRO TO SPANISH 11:00 Whist 1:00 Cribbage 2:00 Scrabble	SEPTEMBER 25 10:00 Pitch 10:00 KRAFTS WITH KERRY 10:30 Bridge
SEPTEMBER 28 9:00 Coffee Monday 9:30 TOUGAS FAMILY FARM	SEPTEMBER 29 9:00 Sewing Group 12:30 Dominoes	SEPTEMBER 30 9:00 Wellness Clinic - Nurse on Site 11:00 ALL ABOUT BRAIN HEALTH	OCTOBER 1 9:00 Knitting/Crocheting 10:00 LOW VISION WORKSHOP	OCTOBER 2 10:00 Pitch 10:30 Bridge

9:30 Cribbage 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg	1:00 Mah Jongg		11:00 Whist 1:00 Cribbage 2:00 Scrabble	
OCTOBER 5 9:00 Coffee Monday 9:30 Cribbage 10:30 INTRO TO GYM 11:00 TWO TRUTHS & A LIE 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg	OCTOBER 6 9:00 Sewing Group 12:30 Dominoes 1:00 Mah Jongg 1:00 WOMEN'S GROUP	OCTOBER 7 9:00 Wellness Clinic - Nurse on Site 10:00 Texas Hold'em Poker for Beginners 1:00 BACK TO SCHOOL TRIVIA	OCTOBER 8 9:00 Knitting/Crocheting 11:00 Whist 1:00 Cribbage 2:00 Scrabble	OCTOBER 9 10:00 Pitch 10:00 SHOW & TELL WITH A TWIST 10:30 Bridge
CLOSED 	OCTOBER 13 9:00 Sewing Group 12:00 RED HATTERS 12:30 Dominoes 1:00 Mah Jongg	OCTOBER 14 9:00 Wellness Clinic - Nurse on Site 10:00 Texas Hold'em Poker for Beginners 11:00 MEN IN RETIREMENT	OCTOBER 15 9:00 Knitting/Crocheting 10:45 BUS TRIP: CHARLES RIVERBOAT GHOST CRUISE 11:00 Whist 1:00 Cribbage 2:00 Scrabble	OCTOBER 16 10:00 Pitch 10:30 Bridge 11:30 WELLNESS WORKSHOP
OCTOBER 19 9:00 Coffee Monday 9:30 Cribbage 11:00 MAP-IT 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg	OCTOBER 20 9:00 Sewing Group 10:00 CENTER BOOK GROUP 11:00 WRITERS GROUP 12:30 Dominoes 1:00 Mah Jongg	OCTOBER 21 9:00 Wellness Clinic - Nurse on Site 10:00 Texas Hold'em Poker for Beginners 12:30 HALLOWEEN PARTY	OCTOBER 22 9:00 Knitting/Crocheting 10:00 REDUCING PRESCRIPTION DRUG COST 11:00 Whist 1:00 Cribbage 2:00 Scrabble	OCTOBER 23 10:00 Pitch 10:00 KRAFTS WITH KERRY 10:30 Bridge
OCTOBER 26 9:00 Coffee Monday 9:30 NATURE WALK MATTAPoisett 9:30 Cribbage 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg	OCTOBER 27 9:00 Sewing Group 9:30 MASS STATE POLICE MUSEUM & LEARNING CENTER 11:00 FORTUNE COOKIE CLUB 12:30 Dominoes 1:00 Mah Jongg	OCTOBER 28 9:00 Wellness Clinic - Nurse on Site 10:00 Texas Hold'em Poker for Beginners National First Responders Day 	OCTOBER 29 9:00 Knitting/Crocheting 11:00 COMMUNITY LEGAL AID PRESENTATION 11:00 Whist 1:00 Cribbage 2:00 Scrabble	OCTOBER 30 10:00 Pitch 10:30 Bridge

PRE-REGISTER FOR EVENTS - Advance sign-up for events and trips is required. Bus trips and on-site presentations have specific deadlines and quotas; failure to meet these may lead to cancellations, even for free events. Payment is required upon sign-up where applicable.

Visit our website at milfordmaseniorcenter.com

Contact the Senior Center with any questions at 508-473-8334

**Edwards Memorial
Funeral Home**

508-473-0225
44 Congress Street
Milford, MA 01757

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*Please contact
Tom Reily 508-336-6633 x 337*

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Alan Hadad

Osaic Institutions Financial Consultant
alan.hadad@osaicinstitutions.com
508-381-5212



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Love Cats? Volunteer with us!
Spend a few hours a week with furry friends!



Both you and the
cats will benefit.

289 West St.
Milford

(508) 473-7008

www.milfordhumane.org

*Thank you!
On behalf of the
Milford Senior Center
for your support of our
newsletter*

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Martha@CustomHomeRealty.com



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Memberships, Donations, & Memorials

Through your contributions to Milford Senior Center, the Friends of MSC, a non-profit organization, helps us allocate funds for programs, services, and equipment that local or state governments cannot provide.

See forms below for memberships, donations and memorials. All special contributions and memorials will be acknowledged in our bi-monthly newsletter. Please make checks payable to the **Town of Milford - Friends of MSC**.

Board Members:

Jillian Celozzi, Esq., Vice-President
State Representative Brian W. Murray

2026 – YEARLY MEMBERSHIP

DATE _____

☐ New ☐ Renewal **\$5 PER PERSON**

Make checks payable to Town of Milford-Friends of MSC

NAME(S) _____

ADDRESS _____

TOWN _____ ZIP _____

PHONE _____

EMAIL: _____

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

DONATION DATE _____

ENCLOSED IS \$ _____

☐ Donation ☐ Memorial ☐ Occasion

Make checks payable to Town of Milford-Friends of MSC

FOR _____

FROM _____

ADDRESS _____

Please send acknowledgment to:

In Loving Memory

- Two donations from Bill, Pam, Scott and Cliff Galante in memory of Dino DeBartolomeis, the man who helped people in need.
- Elaine and Tom Capuzziello in memory of Josephine Capuzziello and Pierina Ferretti
- Mary Oliva in memory of Anthony Oliva
- Laurie and Larry Arnold in memory of Dino DeBartolomeis
- Maria O'Regan in memory of Dino DeBartolomeis
- Patty Berry in memory of Dino DeBartolomeis
- Bruce Kallin in memory of Marian Kallin



Donations

- Judith Poirier
- Parvin Bazzaz
- Dottie Pedroli
- Albert Pitts
- Sandy White

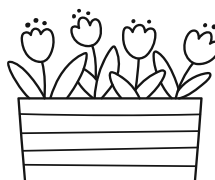
We thank you!

Acknowledgements

- Food Donations From:
 - Spoonfuls
 - Salvation Army
 - Big Y
 - Coffee Haven
 - Trader Joe's



- Joanne Roy for 4th of July Gnomes & Scratch Tickets
- Danielle Torres from New England Coffee for raffle prizes for our Annual Luncheon
- George Brown for donating a piano to the Senior Center and Wayne Ward, Nath Khalsa and an anonymous donor for assisting in coordinating and moving
- Appreciation to Sherry Alleman for volunteering to proofread our bi-monthly newsletter



Please note that our newsletter aims for accuracy, but details may change after publication, including program modifications or cancellations. For questions, contact us at 508-473-8334.

MORE EVENTS!

Register for ALL events

Women's Group

Tuesday, September 1 & October 6
1:00 pm - FREE

Connect with other woman through shared thoughts, laughter, and support. *Hosted by Kim Considine.*



Reducing Prescription Drug Cost

Thursday, October 22 - 10:00 am - FREE



- Ways to reduce cost of prescription medications.
- One-on-one consultations available

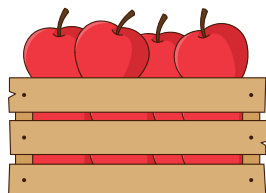
Hosted by Patricia Prewitt, Certified Medical Representative

Tougas Family Farm

Monday, September 28

Bus Departs 9:30 am - Cost \$10

Enjoy fall at Tougas Farm with apples, pumpkins, hayrides, and cider donuts amid vibrant autumn colors. A visit to Davidian's farm market, nearby is also planned. **Please note:** trip may not be suitable for those with walking difficulties. Limited to 12 people. *Hosted by Kerry Vilorio.*



Show & Tell!

Friday, October 9

10:00 am - FREE

Bring in something you received as a gift and are keeping only out of sheer guilt! *Hosted by Kerry Vilorio*

Men in Retirement

Wednesday, October 14

11:00 am - FREE

Creating a Life that brings Meaning, Purpose, and Happiness. *Hosted by Henry Quinlan.*



Wednesday, October 21

12:30 pm - Cost: \$5

- Food provided by Honey Baked Ham
- Entertainment with DJ Ron Auger
- Best costumes win a prize



Kick Off National First Responders Day with Us!

Mass State Police Museum & Learning Center

Tuesday, October 27

Bus Departs 9:30 am - Cost \$10

This history museum preserves the Massachusetts State Police's legacy since 1865 through interactive exhibits, artifacts, uniforms, vehicles, and memorabilia. The Learning Center provides educational programs and hands-on activities on public safety and police work. Limited to 12 people. *Hosted by Kerry Vilorio.*



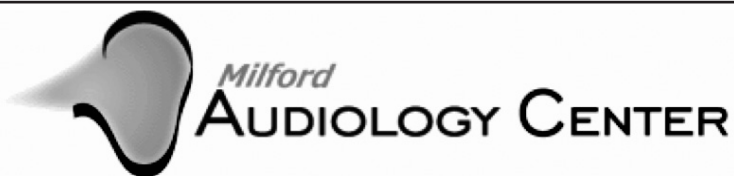
Back to School Trivia

Wednesday, October 7

1:00 pm - FREE

Categories include academic subjects. *Hosted by Laura Neill.*





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for your support of our
newsletter



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**Please contact Tom Reily
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Emergency Kit Checklist



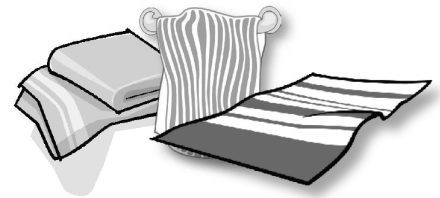
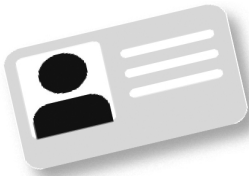
3 days of nonperishable / non-cook food
water (1 gal. per day per person), medication



flashlight, battery operated radio, extra batteries



first aid kit, cash, cell phone and charger



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



clothes and baby or pet supplies if you need them

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

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

For additional information, visit: www.Ready.gov

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"On this day we pause to remember and honor the lives lost on **September 11, 2001**. We remain deeply grateful to the first responders and everyday heroes who showed incredible bravery then and now."

Thank you First Responders

National First Responders Day in the U.S. is celebrated on October 28, 2026.

This day honors the courageous individuals—firefighters, police officers, EMTs, paramedics, and 911 dispatchers—who put their lives on the line during emergencies. If you know anyone in these roles, take a moment to express your gratitude.

