

What's Next? at 60 North Bow

Town of Milford MA, Ruth Anne Bleakney Senior Center

**HAPPY
NEW
YEAR!**

January / February

News from the Director



Definition of Bittersweet?

Dolores DeVita Retiring

How is this even possible? Dolores has been at the Senior Center since 2002. She is the most dedicated and committed individual the Center could have wanted. Her commitment to

the seniors is unending; if you need something, Dolores is there. Her role at the center has been as a *Program Coordinator*. Her responsibilities have included: planning the monthly breakfasts and Healthy Living Lunches; overseeing Bingo, organizing Veterans events, and arranging many more functions, way too many to mention. She is our go-to person; she has seen it all and done it all. Her kindness, compassion and patience are what make Dolores a very special person. Her wisdom and advice will be greatly missed. There isn't a task that Dolores wouldn't do. No matter where she is needed, she jumps right in and helps in whatever way she can. She is a friend and a comfort to all the seniors, both in and out of our Center.

We are all thrilled that Dolores has decided to retire, even if it means she won't be here as often. But the Senior Center is a special place. Once it gets into your heart, it's hard to leave. I'm sure we haven't seen the last of her. I'm hoping she will visit us often and keep us in that special place in her heart. So, it is with both sorrow and delight that we send her off and wish her the best possible retirement.

Dolores, thank you for your years of hard work, dedication to our team, and everything you have done for the Seniors in Milford. Congratulations on your retirement! *May it be filled with relaxation, health, and happiness.*

Director, Sue Clark

Stockings for Seniors

On December 8th, over 150 filled stockings were delivered to the Milford Senior Center to be distributed to Milford area seniors for the holidays. This "Stockings for Seniors" initiative was launched five years ago by Cornerstone at Milford, Assisted Living and Compass-Memory Support with the generous support of many local businesses and organizations who have donated time and materials year after year. The stockings are filled with useful items such as socks, mittens, beauty care products, stamps, batteries, gift cards, and other tokens of love and support.

The holidays can be a difficult time for many seniors who may not have family nearby or may have experienced personal losses this year. Stockings for Seniors is an effort to be able to reach out to these individuals to let them know they are not forgotten and provide them with the true gifts of the season – *Peace, Joy and Hope.*

Thank you to the supporters:



Rockland Trust; Homefield Credit Union, Aging Space, Inc.; Compassus Hospice; Cornerstone at Milford; Countryside Health Care; Dean Bank; Department of Developmental Services; Milford Regional Medical Center; Residents &

Families at the Cornerstone of Milford; Right At Home; Ruth Anne Bleakney Senior Center; Smooth Transitions of Massachusetts; Supply Works; Tri-Valley Elder Services.



Welcome Frances Letizia!

I'm sure you've noticed the smiling new face behind our reception desk. We are happy to introduce Frances Letizia, our new receptionist, to the Senior Center.

Fran is a lifelong Milford resident who most recently worked for a law firm before joining us at the center. We are delighted to have her here helping us out with the very busy reception desk. Stop in and meet Fran. She is a great addition to the already remarkable staff.

Voice (508) 473-8334
email: sclark@townofmilford.com

TTD (508) 473-8334
Tri-Valley Nutrition (508) 478-8102

Fax (508) 634-2339
Shine (800) 243-4636

Open Monday – Thursday 8:30 am – 5:00 pm and Friday 8:30 am – 4:00 pm – visit us at milfordmaseniorcenter.com

ACTIVITY ROSTER – ALL FITNESS CLASSES REQUIRE A PUNCH CARD

ACTIVITY	TIME & DAYS	COST
Barre Above™	Monday 9:30 - 10:15 am Thursday 11:45 am —12:30 pm	\$3 (seniors) \$7 (under 60)
Bingo	Wednesday & Sunday 1:00 pm	50¢ Card / \$1.50 Paper Booklet
Book Club	3rd Tuesday of the Month 10:00 am	Free
Breakfast	Monthly 1st Wednesday 9:00 am (see calendar)	\$3 (seniors) \$7 (under 60)
Chess	Wednesday 1:00 – 5:00 pm	Free
COA Meeting	Bi-monthly 2nd Tuesday 10:00 am (no meetings July/August)	Free / Public Welcome
Cribbage	Monday 9:30 am – 12:00 pm, Thursday 1:00 – 3:30 pm	Free
Exercise Equipment Personal Trainers	During Regular Business Hours Monday through Friday 8:00 am – 1:00 pm	Free Free
Express Muscle & Mat	Monday 8:30 – 9:15 am	\$3 (seniors) \$7 (under 60)
Fall Prevention/Strength & Balance	Wednesday 10:15 –11:00 am	Free
Gift Shop	Monday through Friday 10:00 am – 2:00 pm	Reasonable Prices
Hairdresser/Barber	Friday by Appointment 9:00 am – 12:00 pm	Price Chart Available
Healthy Living Luncheon	Monthly 12:30 pm (see calendar)	\$5.00 / Refundable
Internet Access	During Regular Business Hours	Free
Knitting/Sewing	Thursday 9:00 – 11:00 am	Free
Line Dancing	Thursday 10:30 – 11:30 am	\$3 (seniors) \$7 (under 60)
Mah Jongg	Tuesday 1:00 pm	Free
Meals on Wheels (Congregate Meals)	Monday – Thursday (see calendar for menu) 11:45 am -12:30 pm Call Denise 508-478-8102	\$3 donation
Meals on Wheels (Home Delivery)	Call Tri-Valley 1-800-286-6640	\$3 donation
Men's Group	Last Thursday monthly 10:00 am – 12:00 pm (see calendar)	Free
Movie	Last Friday/Month (see calendar) / Movie time 12:30 pm	Free / Bring Your Own Lunch
Muscle Conditioning	Wednesday 11:15 am – 12:15 pm	\$3 (seniors) \$7 (under 60)
Notary Public	Call for an appointment	Free
Outreach Services	Monday & Wednesday 8:30 am – 4:00 pm Friday 8:30 am – 1:30 pm	Free
Red Hat Society	2nd Tuesday Monthly 12:00 pm	Free
Pound®	Tuesday & Friday 11:45 am –12:30 pm	\$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)
Tap Dance	Tuesday & Friday 9:15 –10:15 am	\$3 (seniors) \$7 (under 60)
Tap Dance (Beginner/Review)	Friday 8:15 – 9:15 am (2x / month, see calendar)	\$3 (seniors) \$7 (under 60)
Tap Dance (Advanced)	Friday 8:15 – 9:15 am (2x / month, see calendar)	\$3 (seniors) \$7 (under 60)
Threadhead Quilters Group	Friday 8:45 am – 2:45 pm	Free
Turkey Foot Dominoes	Tuesday 12:30 pm	Free
Walking Club (MSC Walkers)	Monday through Friday 8:00 am	Free
Watercolor Art Class	Wednesday 10:00 am – 12:00 pm	\$10 per class
Wellness Center (Nurse on Site)	Wednesday & Thursday 9:00 am – 12:00 pm	Free
Whist	Tuesday 11:00 am – 1:00 pm	Free
Yoga	Thursday 9:00 – 10:00 am	\$3 (seniors) \$7 (under 60)
Zumba Gold®	Monday, Tuesday & Friday 10:30 – 11:30 am	\$3 (seniors) \$7 (under 60)
Zumba Gold Toning®	Wednesday 9:00 – 10:00 am	\$3 (seniors) \$7 (under 60)

Fitness!

Free Fitness through January sponsored by
Blue Cross & Blue Shield

Exercise, socialize, stimulate your mind, meditate...there's something for every level of fitness at our senior center. Let's fight ageism together. There are no stereotypes here. What is age?? Age is just a number.

Blue Cross Blue Shield of Massachusetts has selected Milford Senior Center to participate in their health insurance pilot program. The pilot began in November and will be continuing through January, enabling us to offer 3 FREE fitness classes per week: Barre Above™, Strength & Balance/Fall Prevention, and POUND™

Monday 9:30am Barre Above™

Our Barre Above™ class blends classic ballet, pilates, yoga and strength training all taught to the beat of the music. A great active aging fusion class.

Wednesday 10:15am Fall Prevention/ Strength & Balance

This class is designed for people of all fitness levels. Each class will include a warm-up, stretching, structured group exercise, functional activity, and cool down. We focus on improving balance and posture.

Friday 11:45am Pound™

Pound is a first-class jam session inspired by the infectious, energizing and sweat dripping "playing of the drums." This class is designed for all fitness levels and all ages. Pound™ provides the perfect atmosphere for letting loose, getting energized, improving your health, and rocking out.

Take your first steps towards fitness by trying one of these free classes!



NEW YEAR
NEW ME..

Trainers Corner

by Jeff Knox



2019 New Year's Resolution Get up and Burn Those Calories!

You may not realize it, but as we get older, prolonged sitting can actually be as bad for you as smoking. While diet and exercise are necessary, don't forget that the rest of your activities will also help

with your daily caloric burn! Things like running errands, doing laundry, gardening, even typing, as well as eating and sleeping are associated with some modest level of burning calories!

Sitting *deactivates* our brains and slows our metabolism. When we sit for longer than 10 minutes, your brain kind of *downshifts* and you lose a bit of focus. So, when you are sitting, standing or moving around, try to remember good posture! You'll experience an elevated mood, increased confidence, improved breathing capacity, and be strengthening your core muscles too! Most importantly, you'll be boosting your metabolism and every little bit helps. Next time you come up to the gym, ask Rebecca, Stanley or me about the Metabolic Equivalents or the *METS* level of your exercising at and the associated *caloric burn* you're now getting! Developing healthy living habits, even in small increments, will hopefully give you the extra energy needed to boost your activity levels... and increase that *caloric burn*.

Have a Happy and Healthy 2019!

Personal Fitness Plans

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



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

Please Sign Up EARLY for Monthly Events



Breakfast

Wednesday, January 9

- Aging & Vision Loss Presentation by Massachusetts Association for the Blind

Wednesday, February 6

- Medication Safety Presentation by Massachusetts College of Pharmacy (MCPHS)

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



Book Club

Tuesday, January 15

- Something in the Water by author Catherine Steadman

Tuesday, February 19

- The Good Neighbor: The Life and Work of Fred Rogers by author Maxwell King

Free Event/Time: 10:00 am

Healthy Living Luncheon

Thursday, January 17

- A One Women Show—13 Things About Ed Capaletti, a play directed by Barbara Brashier

Thursday, February 21

- Healthy Habits – Fresh Start for the New Year Presentation by Epic Health Services

Cost: \$5 (refundable)



Valentine's Tea Party

Thursday, February 14

- Finger Sandwiches & Pastries
- High School Quartet
- Wear your finest hats and bring your favorite tea cup

Cost: \$5/Time: TBD



FREE Friday Movies!

Friday, January 25

- Murder on the Orient Express, Rated PG-13

Friday, February 22

- The Book of Henry, Rated PG-13

Movie Time: 12:30 pm

Men's Group

Thursday, January 24 & Thursday, February 28

Presentation by TBD

Free Event/Time: 10:00 am



Senior Center Singers

Tuesday, January 8

- Looking for newcomers
- Come Join Us!

Time: 3:30 pm



Road Trips 2019

- April—Newport Playhouse
- May—Boston Museum of Fine Arts
- June—Cape Cod 105th Annual Tour
- July—Fosters Lobster Bake (Maine)
- August—Northshore Theater: Jersey Boys
- September—Granite State Spectacular
- October—NH Turkey Train / Hart's Turkey Farm
- December—Boston Pops



Trip dates and details coming soon. We will post updates to our website and put flyers at the Center when more information comes available. 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



Appointments for Tax Season

AARP will be providing free tax preparation (by appointment only). Call to set up an appointment. Appointments will begin February 6.

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.



Fuel Assistance

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

Benefit Enrollment Center

Qualifications for Benefits Programs

To qualify you must be a Medicare eligible senior or a person with a disability. You may be eligible for one or more programs, including Medicare Part D Extra Help/ Low-Income Subsidy, Medicare Savings Programs, Medicaid, Supplemental Nutrition Assistance Program (SNAP), or Low-income Home Energy Assistance Program. Application Assistance will be provided for other services as well.

To make an appointment with a counselor, please call Tri Valley at 508-949-6640.

Indoor Walking at the Milford Youth Center



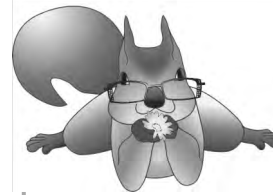
This program will be available, free of charge, from 9 to 10:30 am, Tuesday and Thursday mornings. This is open for all Milford residents to use the gym for walking.



Need Help Shoveling?

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

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



Support Group for Low Vision/Blind Adults

Thursday, January 3 & Thursday, February 7, 9:30 – 10:30 am (extended to 11:00 am if there is a guest speaker)

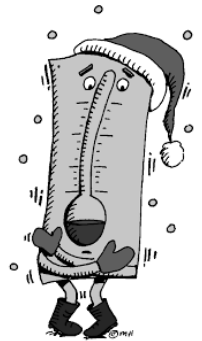
The Milford Senior Center holds a monthly support group meeting and welcomes those who are experiencing vision loss or blindness. We can discuss any concerns or difficulties you are having with everyday life.

The group is continually looking for additional new ways to help navigate our surroundings and enable us to stay as independent as possible. There are so many products available on the market to assist with day to day living. Come by and learn about this helpful information. All personal information is kept confidential. We encourage participants to share their struggles and any ideas they may have in coping with vision loss. We have speakers on occasion.

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

Winter Storm Policy

Please remember: If the town closes schools due to inclement weather, the Senior Center will also be closed. All activities will be cancelled. Bread and pastry will **not** be available. *Stay home, be safe!*



Using DNA for Genealogical Research

If interested in a 6-week genealogy seminar, please contact the Center to sign up. *Dates and times to be determined.*



Whist & Pinochle Players

Looking for players.

Please sign up at front desk

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.

A Special Thank You to ALL for Your Generosity in 2018!

Republic Waste Services and Milford Board of Health for donating turkeys for our Thanksgiving Luncheon.

Brenda Needleman and Bobby DeVita, for preparing a most delicious Thanksgiving feast for all!!

State Representative Brian Murray, Selectman Mike Walsh, Police Chief Tom O'Loughlin, Fire Chief Bill Touhey, Scott Crisafulli, Charlie Skaff, Rick Villani, Maureen Giffin, Charlie Boddy, Chris Pilla, Zach Taylor, Chris Morin, Tom Brown, Alberta Farley, Melissa Tomas, Jen Ward, Marissa Urella, Amanda Copelande, Kathy Cobell and Jennifer Cenedella, for graciously serving our Thanksgiving meal.

Milford Regional Medical Center for being a great partner of the Senior Center.

Milford Board of Health for providing our *Wellness Nurse, Janet Iacovelli*.

Big Y for the daily bread and pastry donations.

Roche Brothers for bread and pastry donations.

Bob DeVita & Crew for their delicious appetizers and punch for our New Year's Party.

Myfm Media 101.3 & Consigli & Ruggerio Funeral Home for donating beautiful poinsettias.

Milford Senior Center Sewing & Knitting Club for their generous donation of homemade blankets.

All the volunteers who spend so much of their time here at the Senior Center doing whatever needs to be done!



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

Receptionist: Fran Letizia

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

Sherry Alleman

Sandra Bane

Nancy Barnes

Patricia Berry

Peter Bertonazzi

Virginia Brenna

Lucille Ciaramicoli

Dino DeBartolomeis

Joe Donaher

Linda Gosselin

Joan Motuzas

Nancy Milani

Ed Motuzas

Rose Mary Natelson

Gerard Patulak

Joanne Rosen

Joe Tomaski

Walda Vasile

Gina Villa

John Waclawik

Chris Wyspianski

Pam Zabchuk

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Adam Diorio

Ernest Giardini

Mary Goddard

Elaine McNanna

Ernest O'Brien

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

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

Thank You!

Can I Still Change My Medicare Coverage?

*The 2018 Medicare Open Enrollment period ended on December 7,
but beneficiaries may still be allowed to change plans.*



New Medicare Advantage Plan Open Enrollment Period

Beginning in 2019 Medicare will have a **NEW Medicare Advantage Plan Open Enrollment period**. This new period will run from January 1st to March 31st of each year. During this time frame you can change to another Medicare Advantage Plan. You can also leave your Medicare Advantage Plan and return to Original Medicare and pick up a drug plan and supplement coverage. **YOU MUST BE IN A MEDICARE ADVANTAGE PLAN ON JANUARY 1ST TO TAKE ADVANTAGE OF THIS OEP.**

For Plan year 2019 The Tufts Medicare Preferred Plan continues to be designated as 5-star Plan by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change to one of the Tufts Medicare Preferred Plans at any time between December 8, 2018 and November 30, 2019. Blue Cross/Blue Shield Part D Plans have also been designated as Five Star Plans and the same enrollment guidelines apply.

For those with **Prescription Advantage** or getting “**Extra Help**” paying for prescription drugs: You can change your plan during the year. Those with Prescription Advantage can do this only **once** each year. Those with “**Extra Help**” can change once each quarter.

If you want to take advantage of any of these opportunities call the SHINE Regional Office and a volunteer can talk you through the process and any consequences of changing plans.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your Senior Center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can also visit us on the internet at shinema.org

Congregate Meals

The Tri-Valley Meals on Wheels program offers a Congregate Meal at the Milford Senior Center daily (Monday through Thursday) from 11:45 am-12:30 pm. To reserve your meal, please contact Denise two days in advance at 508-478-8102. A \$3 donation is requested. Meals on Wheels home delivery is also available by contacting Tri-Valley directly at 1-800-286-6640.

News from Outreach

Our Client Services Coordinator, **Catherine G. Ziesmer, LSW**, provides assistance with the challenges of aging to those 60 and older, as well as to disabled adults younger than 60. If there is difficulty completing personal care, housework or food preparation, Catherine will make a referral to the VNA and/or Tri-Valley, Inc. Grief support and referrals to support groups are offered to help through the grieving process. She provides home visits, as well as telephone reassurance, and will also make referrals to support groups for other issues such as Alzheimer’s disease, Parkinson’s disease, strokes, etc. Many elders need help with completing applications for services such as SNAP (formerly food stamps), MassHealth, and Housing. Catherine provides referrals to protective services, the food pantry, legal assistance, and to charities including St. Vincent De Paul, Salvation Army, and Catholic Charities. She is trained in the SMART 911 program, a system that shares vital personal and medical information with response teams in the event of an emergency. Catherine works on Monday, Wednesday & Friday. You can reach Catherine at 508-473-8334 or via email at cziesmer@townofmilford.com.



Transportation Program






Milford residents over the age of 60, or under the age of 60 and disabled, are eligible to use our senior van for medical appointments within Milford or Hopedale, as well as for all errands or grocery shopping within Milford. Hopedale residents over the age of 60, or under the age of 60 and disabled may use our senior van for medical appointments only, within Milford or Hopedale.

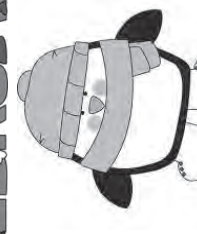
All MassHealth members must use the M.A.R.T. program provided through MassHealth for all their medical transportation.

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

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

JANUARY / FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLOSING AT 1:00</p> 	<p>HAPPY NEWYEAR</p> <p>CLOSED NEW YEAR'S DAY</p>	<p>JANUARY 2</p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</p> <p>Meatloaf with Gravy</p>	<p>JANUARY 3</p> <p>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 11:45 Barre Above™ 1:00 Cribbage 1:15 Safe Exercise</p> <p>Lemmon Pepper Haddock</p>	<p>JANUARY 4</p> <p>8:00 Walking Group 8:45 Threadhead Quilters Group 9:00 Advanced Tap Dance 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®</p> <p>Greek Chicken</p>
<p>JANUARY 7</p> <p>8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise</p> <p>Beef Teriyaki</p>	<p>JANUARY 8</p> <p>8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p> <p>Vegetable Cheese Bake</p>	<p>JANUARY 9</p> <p>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</p> <p>Chicken Milano</p>	<p>JANUARY 10</p> <p>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:45 Barre Above™ 1:00 Cribbage 1:15 Safe Exercise</p> <p>Salisbury Steak with Gravy</p>	<p>JANUARY 11</p> <p>8:00 Walking Group 8:15 Beginner / Review Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®</p> <p>Potato Crunch Fish</p>
<p>JANUARY 14</p> <p>8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise</p> <p>Chicken Picatta</p>	<p>JANUARY 15</p> <p>8:00 Walking Group 9:15 Tap Dance 10:00 BOOK CLUB 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p> <p>Meatballs with Onion Gravy</p> 	<p>JANUARY 16</p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</p> <p>Macaroni & Cheese</p>	<p>JANUARY 17</p> <p>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:45 Barre Above™ 12:30 HEALTHY LIVING LUNCHEON 1:00 Cribbage 1:15 Safe Exercise</p> <p>BBQ Chicken</p> 	<p>JANUARY 18</p> <p>8:00 Walking Group 8:15 Advanced Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®</p> <p>Marinated Pork Loin</p>
<p>JANUARY 28</p> <p>8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage</p> <p>CLOSED MLK DAY</p> 	<p>JANUARY 29</p> <p>8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold®</p> <p>Chicken Fajitas</p>	<p>JANUARY 30</p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse</p> <p>Roast Pork with Gravy</p>	<p>JANUARY 31</p> <p>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse</p> <p>Beef with Onions & Peppers on Roll</p>	<p>JANUARY 25</p> <p>8:00 Walking Group 8:15 Advanced Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound® 12:30 FREE MOVIE</p>  <p>Lasagna with Meatballs</p>

<p>9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise</p>	<p>11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p>	<p>10:00 Water Color Class 10:15 Fall Prevention 1:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</p>	<p>9:00 Yoga 10:00 MEN'S GROUP 10:30 Line Dancing 11:45 Barre Above™ 1:00 Cribbage 1:15 Safe Exercise</p>	<p>9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®</p>
<p>Beef Stew</p> <p>FEBRUARY 4 8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise</p>	<p>Buttermilk Chicken</p> <p>FEBRUARY 5 8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p>	<p>Baked Potato with Chili & Cheese</p> <p>FEBRUARY 6 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</p>	<p>Hot Dog on Bun</p> <p>FEBRUARY 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 11:45 Barre Above™ 1:00 Cribbage 1:15 Safe Exercise</p>	<p>FEBRUARY 8 8:00 Walking Group 8:15 Beginner / Review 8:45 Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®</p>
<p>FEBRUARY 11 8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise</p>	<p>FEBRUARY 12 8:00 Walking Group 9:15 Tap Dance 10:00 COA MEETING 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p>	<p>FEBRUARY 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 Chess</p>	<p>FEBRUARY 14 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:45 Barre Above™ 1:00 Cribbage 1:15 VALENTINE'S TEA PARTY 1:15 Safe Exercise</p>	<p>FEBRUARY 15 8:00 Walking Group 8:15 Advanced Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®</p>
<p>CLOSED – PRESIDENTS DAY</p>	<p>FEBRUARY 19 8:00 Walking Group 9:15 Tap Dance 10:00 BOOK CLUB 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p>	<p>FEBRUARY 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</p>	<p>FEBRUARY 21 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:45 Barre Above™ 12:30 HEALTHY LIVING LUNCHEON 1:00 Cribbage 1:15 Safe Exercise</p>	<p>FEBRUARY 22 8:00 Walking Group 8:15 Beginner / Review 8:45 Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound® 12:30 FREE MOVIE</p>
<p>FEBRUARY 25 8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise</p>	<p>FEBRUARY 26 8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p>	<p>FEBRUARY 27 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</p>	<p>FEBRUARY 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 11:45 Barre Above™ 1:00 Cribbage 1:15 Safe Exercise</p>	<p>FEBRUARY 28</p> <p>FEBRUARY</p> 

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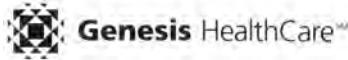
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- ♥ Bob & Kathy Dwyer in memory of Katherine Desjardins
- ♥ Gene Cenedella for the Bowling Group
- ♥ Carol Hiller & Sister in memory of Francis P. Gandolfi
- ♥ Connie Bilgor in memory of my beloved husband David Robert Bilgor
- ♥ Ann Marie DiGirolamo in memory of Mike & Mary Zarenne
- ♥ Giampitro Family in memory of Daniel A. Niro, Sr.
- ♥ Ruth O'Connor in memory of Patricia McCarthy
- ♥ Gail Brown in memory of my husband Stan Brown
- ♥ Regina Ferrera in memory of Charles Ferrera
- ♥ Ron & Margretha Lumi in memory of their son-in-law Matt O'Connor
- ♥ Steven Stadig in memory of Emilie Stadig
- ♥ Marie A. DeFonzo in memory of Sansone, Marino, Cosetta & DeFonzo family members
- ♥ Mary Sannacandro & The Gang in honor of Eleanor Quirk's 99th birthday
- ♥ Marie Johnson in memory of Claire & Louis Iannitelli
- ♥ Phyllis A. Ahearn in memory of Santo Lasorsa
- ♥ Zumba Class in memory of Lynn Dillon

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Elena Ruscitti, Richard & Janet Sullivan, Barbara Svitila & Carmella Piergustavo, Friends of Dan, Carol & Barbara Sullivan & Anonymous

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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, 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.**

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

January

Thursday, January 3
Low Vision Support Group

Tuesday, January 8
Red Hat Society
(cancelled)

Wednesday, January 9
Breakfast

Tuesday, January 15
Book Club

Thursday, January 17
Healthy Living Luncheon

Sunday, January 20
NO BINGO

Monday, January 21
CLOSED Martin Luther
King Jr. Day Observed

Friday, January 25
FREE Movie

Thursday, January 31
Men's Group

February

Wednesday, February 6
Breakfast

Thursday, February 7
Low Vision Support Group

Tuesday, February 12
Red Hat Society

Thursday, February 14
Valentine's Tea Party

Sunday, February 17
NO BINGO

Monday, February 18
CLOSED
Presidents' Day Observed

Tuesday, February 19
Book Club

Thursday, February 21
Healthy Living Luncheon

Friday, February 22
FREE Movie

Friday, February 28
Men's Group

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

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