

What's Next?

at 60 North Bow



January/February

"What the new year brings to you will depend a great deal on what you bring to the new year." -Vern McLellan



Winter Storm Policy

Please note: if the town decides to close schools because of inclement weather, the Center will also be closed. In the event of a delay in school classes, the Center will follow suit and open later. During this delay period, **NO** classes, gym access, workshops, food donations etc., will be available.



Reflection

Before we turn our calendars to the new year, why not stop and take a moment to reflect on all **YOU** have accomplished in 2025? If you go back to the beginning, you may be proud, inspired, and even impressed with all you have done. Some of the little goals you set for yourself may have been the hardest. Getting out of your snugly bed to brace the cold to attend a fitness class...not easy, but you did it. Attending a lecture or program alone and leaving with some knowledge or even a new friendship is something to be proud of.

I really resonate with the above quote, each hour, day, week, moment depend on what you put into it. I hope you will take this opportunity to enter our Center and find something that excites you, keeps you motivated, keeps you fit and most of all keeps you smiling!

Happy 2026 from me to you!

Director, Lisa Regan



Appointments for Tax Season

AARP volunteers will be providing free tax preparation (by appointment only). Volunteers are IRS certified and can help you file a complete and accurate return, both federal and state.

Registration for appointments starts Monday, January 5. Call the Center at 508-473-8334.

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

TTD (508) 473-8334

Fax (508) 634-2339



Fitness Updates

Starting 2026 Strong

As I begin my fifth year as Fitness Director, I'm just as energized and grateful as the day I joined this incredible Senior Center. Every morning, I'm inspired by our members – people who prove that it's never too late to get stronger, move better, and make new friends along the way. It's truly a joy to say, "I love coming to work!"

With a brand-new year ahead, let's start 2026 strong – in body, mind, and spirit. This is the perfect time to focus on wellness, energy, and movement. Whether you've been exercising for years or are just beginning your journey, remember: every step, stretch, and squat counts.

Here are my top tips to set yourself up for success:



1. **Start small and stay steady.** Progress comes from consistency, not perfection.
2. **Try something new.** A new class or activity can boost confidence and bring fresh joy to your routine.
3. **Work on balance, strength, and flexibility.** These key areas help us stay independent and active for years to come.
4. **Keep it fun!** Choose activities you enjoy – and explore the many options we offer right here at the Center.
5. **Give yourself grace.** If life interrupts your routine, don't get discouraged. Simply begin again – that's what matters most.

My staff and I can't wait to see you in the fitness room! Trainers are available every day from 8:30 am to 12:30 pm to answer questions or help you get started.

Here's to a happy, healthy, and strong 2026!

Andrea Longo, Fitness Director

Intro to the Gym - FREE

Monday, January 5 & February 2, 10:30 am

This is an instructional hour where the trainers will demonstrate proper use of the equipment. Available once a month. **Limited to 8 people. Advance sign-up in the gym is required.**



Winter 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. **No carry overs.**



Free Wellness Workshops New Year, New You!

Small Steps to Better Health

Friday, January 9, 11:30 am

Join Andrea Longo and Jean Gillis for this informational talk to start your new year with positivity and focus.



Get Down & Get Up

Friday, February 13, 11:30 am

Learn how to safely get on and off the floor with Jean Gillis and Andrea Longo.

Advance sign-up in the gym is required for all workshops.



Instructor Mari Steinmann

Creative Workshops



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.**

Watercolor - Beginner - 1-3:00 pm

Cost: \$60 (for each 4-week session)

- Thursday, January 8, 15, 22, 29
- Thursday, February 5, 12, 19, 26

Watercolor - Intermediate - 12-2:00 pm

Cost: \$60 (for each 4-week session)

- Wednesday, January 7, 14, 21, 28
- Wednesday, February 4, 11, 18, 25

Watercolor classes held in the Art & Crafts room

Zentangle - 2:30-3:30 pm

Cost: \$20 (per session)

- Wednesday, January 28 & February 25

Limit: 14 students

No experience required. All materials supplied.

Classes held in the Art & Crafts room

**REGISTRATION FOR CREATIVE WORKSHOPS
AND BALLROOM DANCE STARTS ON
JANUARY 2. NO SPOTS CAN BE RESERVED BE-
FORE THE REGISTRATION DATE.**

Instructor Jenny Barrett

Ballroom Dance



Cost: \$20 (per 4-week session)

- Wednesday, January 7, 14, 21, 28
- Wednesday, February 4, 11, 18, 25

Learn the basic steps of popular Ballroom Dances, such as Waltz, Foxtrot and Cha Cha. All levels welcome!

Limited to 20 people. - 1:00 pm

There are no refunds or makeups if you cannot attend a class. No drop-ins. Payment is required at sign-up. Classes held in the Fitness Studio

Bus Trips 2026

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

- Foxwoods Casino, Thursday, April 30 – (\$39)
- Foster's Downeast Clambake & Isles of Shoals Cruise, Tuesday, June 30 – (\$155)
- Gloucester – Beauport Cruise, Wednesday, August 19 – (\$190)
- Encore Casino, Wednesday, September 23 – (\$39)
- Charles Riverboat Ghost Cruise, Thursday, October 15 – (\$142)

MORE TRIPS COMING SOON!

PLEASE NOTE: 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 or if certain criteria aren't met.
- If you're interested, please register early.
- **Trips may be cancelled if the required number of participants is not reached.**
- *Please inquire about trip requirements before booking.*



Hairdresser

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



Price list as follows:

Simple Haircut	\$13–18
<i>(determined on length and/or thickness)</i>	
Shampoo	\$5–10
Simple Blow Dry	\$5–20
Color Application	\$15–35
<i>(product not included)</i>	
Wash, Cut, Dry	\$25–35
Simple Mustache Beard Trim	\$6–10
<i>(Additional cost for length and/or thickness)</i>	

Please note: prices are subject to change.

Special Events!

Register at front desk for ALL events



HomeCare & Wellness Expo

Wednesday, January 14

10:00 am – FREE

A variety of local health & wellness vendors to include Oakley Home Access & the Arthritis Foundation to name a few.

Valentine's Day Party

Wednesday, February 11

- Porchetta Dinner prepared by Louis Piazza
- Entertainment: by Tommy Rull

Sign-up & pay at front desk.

12:30 pm – Cost \$10



Hopkinton Historical Society Presentation

Wednesday, January 21

1:00 pm – FREE

Meet the Superintendent of Schools

Thursday, January 22

10:00 am – FREE

- Community conversation with Dr. Craig Consigli, Superintendent of the Milford Public schools.
- Q & A session.



Armchair Travel Anchorage Alaska

Wednesday, January 28

11:00 am – FREE

Join us as we take a virtual tour of Anchorage Alaska, the city known as the last frontier.

New Member Meet & Greet

Monday, February 2

1:00 pm – FREE

Are you new to the Center or just want to find out about what we offer and how to get involved? Refreshments served. Sign up at front desk or call 508-473-8334. Hosted by Laura Neill.

nice to meet you



Financial Scams & Estate Planning

Thursday, February 5

12:00 pm – FREE

"Outsmart the Scammers" seminar hosted by Todd Miller of Edward Jones investments. Lunch will be served. Sign-up is required.

Buying or Selling Your Home

Thursday, February 12

10:00 am – FREE

This Real Estate Roundtable will be presented by Afonso Real Estate accompanied by Amy Azza Law & a local real estate broker. Sign up at the front desk or call 508-473-8334.



TED Talk & Discuss

Wednesday, February 18

1:00 pm – FREE



A TED Talk is a short presentation that focuses on topics such as technology, entertainment, design and/or science. These topics are not political or religious, but are designed to inform and inspire.

Parkinsons Disease Presentation

Wednesday, February 25

10:30 am – FREE

Presented by MetroWest HomeCare & Hospice



Join a Group!

Women's Group

Tuesday, January 6 & February 3

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

1:00 pm – FREE

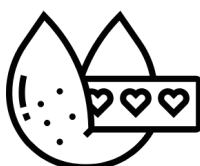


Writer's Group

Tuesday, January 20 & February 17

Receive a topic, write a short story, poem, or journal entry, and present to the group, if desired. *Hosted by Kim Considine*

11:00 am – FREE



Fortune Cookie Club

Tuesday, January 27 & February 24

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.*

11:00 am - FREE



Center Book Group

Tuesday, January 20

- *Heartwood* by author Amity Gaige

Tuesday, February 17

- *All the Men I've Loved Again* by author Christine Pride

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

10:00 am – FREE

Low Vision Workshop

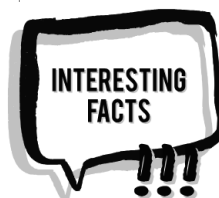
February 5 (NO JANUARY WORKSHOP)

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

10:00 am – FREE



Did You Know?



National Hat Day: January 15

National Hat Day honors the cultural, historical, and practical significance of hats. They've served as fashion statements, symbols of authority, markers of social status, and protective gear throughout history. Wear your favorite hat!

National Wear Red Day: February 6

This day is dedicated to **raising awareness about heart disease**, especially its impact on women. Heart disease is the **leading cause of death for women in the U.S.**, yet it is often underdiagnosed and undertreated.

Wearing red to show support and spread information on prevention and treatment is encouraged.

National Love Your Pet Day: February 20

A day for pet lovers to express affection for their pets, reinforcing the strong bond between humans and animals.

We celebrate all pets, recognizing their importance.

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Milford Senior Singers

The singers typically meet Tuesdays at 1:30 pm. For more information, contact Wayne Ward (Chorus Director) at weward1948@gmail.com

Kitchen Switch with Jill

Friday, January 16

- Blueberry Buckle

Friday, February 13

- Valentine Snowball Cookies

Sign-up & pay at front desk.

Limit 6 people.

10:00 am – Cost \$5



Crafts
with Jill

Friday, January 9

Hosted by Jill Lillibridge

- Melted Snowman

Friday, February 6

- Valentine's Day Decoupage Candle

10:00 am - Cost: \$5

Sign-up & pay at front desk.

Transportation Program

Milford residents over the age of 60, or disabled adults of any age 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 disabled adults of any age can use our senior van for medical appointments only, within Milford or Hopedale.



Please note: Hopedale residents must call the Hopedale Senior Center at **508-634-2208** to request 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 Fran Letizia at 508-473-8334 for more details before making your appointment as we have limitations on the use of our out-of-town service.**

Notary Public

Call the Center for an appointment at 508-473-8334. Free service.



STAFF

Lisa Regan

Director

Susie Cadrin

Director's Assistant/
Graphic Design

Laura Neill

Jill Lillibridge

Program Coordinators

Fran Letizia

Transportation Coordinator/
Reception

Claudia Cormier

Reception

Kimberli Considine

Client Services

Bob Remy

Van Driver

Andrea Longo

Fitness Director

COUNCIL ON AGING

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Thomas O'Loughlin, Esq.

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

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**

Community Legal Aid (Legal Assistance)



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 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 Wednesday of the month from 2:00 – 4:00 pm. Ask for the attorney of the day.



Meals on Wheels

Contact Tri-Valley at 1-800-286-6640 to set up home delivery.

News from SHINE January-February 2026

What if I miss the Medicare Open Enrollment Period deadline, December 7th 2025?

Can I still make a change to my 2025 coverage?

If you are enrolled in a Medicare Advantage (MA) plan in January you have the Medicare Advantage Open Enrollment Period (MA OEP), January 1 until March 31 to make specific changes.

One change can be made during this period, which will take effect the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage Plan in February, your new coverage begins March 1. It is an opportunity to change coverage if desired. For example, one of your doctors no longer accepts your plan.

- Changes that can be made during this period include switching to:
- A different MA plan with drug coverage;
- A different MA plan without drug coverage;
- Original Medicare and a Part D plan; or
- Original Medicare without a Part D plan.



APPLY TO THE MEDICARE SAVINGS PROGRAM TO SAVE UP TO \$3,000 IN MEDICARE COSTS

The Medicare Savings Program will pay for some or all of your Medicare premiums, deductibles, copayments and co-insurance. Depending on your income, MSP will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. If single your income must be at or below \$2,935 per month if a couple income must be at or below \$3,966 per month. There is no Asset limit for this program.

SHINE (Serving the Health Insurance Needs of Everyone) 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. 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 certified SHINE counselor will return your call. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom), email, or postal mail.

In Loving Memory

- Joe Drugan in memory of Ellen Bucchino
- Marie (Bonina) O'Leary in memory of Keith Regan and Tom and Louise Bonina
- Arsenault family in memory of Shirley Arsenault, beloved wife and mother
- Steven Stadig in memory of Emilie Stadig
- Red Hats in memory of Judy Mullen
- The Sunshine Club at Brookside School in memory of Gerald (Gerry) Woloski
- Bruce Kallin in memory of Marian Kallin
- George E. Dillon in memory of Lynn Dillon and Phyllis Collins

Donations

- Teresa Gonsalves
- Deborah Bergstrom
- Roseann Costello
- Sarah Hunter
- Sandy White

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.*



Fuel Assistance

All applications will be done by appointment at the Senior Center for the 2025/2026 Fuel Assistance Program (SMOC). Call the Center at 508-473-8334 to set up an appointment. *Please ask for Kim or Jill.*





Coffee and pastries served in the Game room from 9:00 – 11:00 am. *Donations of coffee always appreciated.*

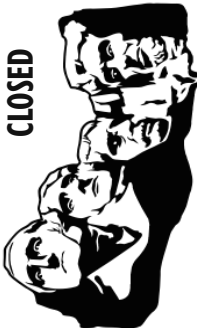
Activity Roster

Please contact the Center at 508-473-8334 with any questions

January-February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
JANUARY 5 9:00 Coffee Monday 9:30 Cribbage 10:30 INTRO TO GYM 11:30 Dominoes 12:00 Mah Jongg	JANUARY 6 9:00 Sewing Group 1:00 WOMEN'S GROUP 12:30 Dominoes 1:00 Mah Jongg	JANUARY 7 9:00 Wellness Nurse 10:00 Cross Stitch 12:00 Watercolor - Intermediate 1:00 Ballroom Dance	JANUARY 8 9:00 Knitting/Crocheting 11:00 Whist 1:00 Cribbage 1:00 Watercolor - Beginner 2:00 Scrabble	JANUARY 9 10:00 CRAFTS WITH JILL 10:00 Pitch 11:00 Bridge 11:30 WELLNESS WORKSHOP SMALL STEPS TO BETTER HEALTH
JANUARY 12 9:00 Coffee Monday 9:30 Cribbage 11:30 Dominoes 12:00 Mah Jongg	JANUARY 13 9:00 Sewing Group 12:00 RED HATTERS 12:30 Dominoes 1:00 Mah Jongg	JANUARY 14 9:00 Wellness Nurse 10:00 HOMECARE & WELLNESS EXPO 10:00 Cross Stitch 12:00 Watercolor - Intermediate 1:00 Ballroom Dance	JANUARY 15 9:00 Knitting/Crocheting 11:00 Whist 1:00 Watercolor - Beginner 1:00 Cribbage 2:00 Scrabble	JANUARY 16 10:00 KITCHEN SWITCH 10:00 Pitch 11:00 Bridge
 CLOSED MARTIN LUTHER KING JR DAY OBSERVED	JANUARY 20 9:00 Sewing Group 10:00 BOOK GROUP 11:00 WRITERS GROUP 12:30 Dominoes 1:00 Mah Jongg	JANUARY 21 9:00 Wellness Nurse 10:00 Cross Stitch 12:00 Watercolor - Intermediate 1:00 HOPKINTON HISTORICAL SOCIETY PRESENTATION 1:00 Ballroom Dance	JANUARY 22 9:00 Knitting/Crocheting 10:00 MEET THE SUPERINTENDENT OF MILFORD PUBLIC SCHOOLS 11:00 Whist 1:00 Watercolor - Beginner 1:00 Cribbage 2:00 Scrabble	JANUARY 23 10:00 Pitch 11:00 Bridge
JANUARY 26 9:00 Coffee Monday 9:30 Cribbage 11:30 Dominoes 12:00 Mah Jongg	JANUARY 27 9:00 Sewing Group 11:00 FORTUNE COOKIE CLUB 12:30 Dominoes 1:00 Mah Jongg	JANUARY 28 9:00 Wellness Nurse 10:00 Cross Stitch 11:00 ARMCHAIR TRAVEL ANCHORAGE ALASKA	JANUARY 29 9:00 Knitting/Crocheting 11:00 Whist 1:00 Watercolor - Beginner 1:00 Cribbage	JANUARY 30 10:00 Pitch 11:00 Bridge



FEBRUARY 2 9:00 Coffee Monday 9:30 Cribbage 10:30 INTRO TO GYM 11:30 Dominoes 12:00 Mah Jongg 1:00 NEW MEMBER MEET & GREET	FEBRUARY 3 9:00 Sewing Group 12:30 Dominoes 1:00 WOMEN'S GROUP 1:00 Mah Jongg	FEBRUARY 4 9:00 Wellness Nurse 10:00 Cross Stitch 12:00 Watercolor - Intermediate 1:00 Ballroom Dance	FEBRUARY 5 9:00 Knitting/Crocheting 10:00 LOW VISION WORKSHOP 11:00 Whist 12:00 FINANCIAL SCAMS & ESTATE PLANNING 1:00 Watercolor - Beginner 1:00 Cribbage 2:00 Scrabble	FEBRUARY 6 10:00 CRAFTS WITH JILL 10:00 Pitch 11:00 Bridge
FEBRUARY 9 9:00 Coffee Monday 9:30 Cribbage 11:30 Dominoes 12:00 Mah Jongg	FEBRUARY 10 9:00 Sewing Group 12:00 RED HATTERS 12:30 Dominoes 1:00 Mah Jongg	FEBRUARY 11 9:00 Wellness Nurse 10:00 Cross Stitch 12:00 Watercolor - Intermediate 12:30 VALENTINES DAY PARTY 1:00 Ballroom Dance	FEBRUARY 12 9:00 Knitting/Crocheting 10:00 BUYING OR SELLING YOUR HOME 11:00 Whist 1:00 Cribbage 1:00 Watercolor - Beginner 2:00 Scrabble	FEBRUARY 13 10:00 KITCHEN SWITCH 10:00 Pitch 11:00 Bridge 11:30 WELLNESS WORKSHOP GET DOWN & GET UP
<div>CLOSED PRESIDENT'S DAY OBSERVED</div>	FEBRUARY 17 9:00 Sewing Group 10:00 BOOK GROUP 11:00 WRITERS GROUP 12:30 Dominoes 1:00 Mah Jongg	FEBRUARY 18 9:00 Wellness Nurse 10:00 Cross Stitch 12:00 Watercolor - Intermediate 1:00 TED TALK & DISCUSS 1:00 Ballroom Dance	FEBRUARY 19 9:00 Knitting/Crocheting 11:00 Whist 1:00 Cribbage 1:00 Watercolor - Beginner 2:00 Scrabble	FEBRUARY 20 10:00 Pitch 11:00 Bridge
FEBRUARY 23 9:00 Coffee Monday 9:30 Cribbage 11:30 Dominoes 12:00 Mah Jongg	FEBRUARY 24 9:00 Sewing Group 11:00 FORTUNE COOKIE CLUB 12:30 Dominoes 1:00 Mah Jongg	FEBRUARY 25 9:00 Wellness Nurse 10:30 PARKINSONS DISEASE PRESENTATION 10:00 Cross Stitch 12:00 Watercolor - Intermediate 1:00 Ballroom Dance 2:30 Zentangle	FEBRUARY 26 9:00 Knitting/Crocheting 11:00 Whist 1:00 Cribbage 1:00 Watercolor - Beginner 2:00 Scrabble	FEBRUARY 27 10:00 Pitch 11:00 Bridge

SIGN UP TODAY! Advance sign-up for events and trips is highly encouraged. 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.

Visit our website at milfordmaseniorcenter.com

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Alan Hadad
alan.hadad@milfordfederal.com
508-381-5212



Milford Federal
Investment Services

Contact Alan anytime for a complimentary financial checkup, or to schedule a meeting.

No charge for initial meeting. Investment and insurance products and services are offered through INFINEX INVESTMENTS, INC. Member FINRA/SIPC. Milford Federal Investment Services is a trade name of Milford Federal Bank. Infonex and the bank are not affiliated.

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



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Both you and the cats will benefit.

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Milford

(508) 473-7008

www.milfordhumane.org



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508 - 473 - 0435

www.countrysidehc.org

1 Countryside Drive, Milford



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Martha Morese, Real Estate Advisor
508-662-7301

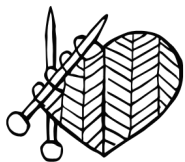
Martha.Morese@SuburbanLifestyle.com

MovesWithMartha.com

Acknowledgements



- Food donations from: BJ's, The Spoonful, Salvation Army, Big Y, Coffee Haven, Mount of the Lord Church & Trader Joe's;
- Anonymous coffee donations;
- Salvation Army for putting up flags in front of the Center;
- Danielle Torres from New England Coffee for donating coffee and gift arrangements;
- Cornerstone at Milford for sponsoring a MYFM radio ads about current Center events;
- Knitting Group for all the beautiful blankets, scarfs, hats and baby apparel they made and donated to people in need;
- Donations of apple pies from North Attleboro Elks 1011;
- Greenleaf Garden Club for seasonal floral arrangements for the front entrance;
- Sherry Alleman for volunteering to proofread our bi-monthly newsletter



Knitting & Crocheting

Thursdays, 9:00 am – FREE

Come join the group!
Meets in the Art Room.



Kindly note that although we aim to offer precise information in our newsletter, there might be occasions where details have been changed after publication. Programs could have been adjusted or cancelled. Please contact 508-473-8334 if you have questions.

Friends of the Milford Senior Center

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.

A membership is \$5 per year. Out-of-town members subscribe to the newsletter for an additional \$5 per year to cover the postage.

Board Members:

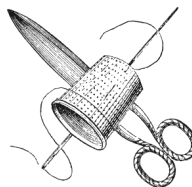
Dino B. DeBartolomeis, President
Jillian Celozzi Esq., Vice-President

Other members include:

State Representative Brian W. Murray
Susan Trotta Clark

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 published in the newsletter.

Please make checks payable to Friends of the Milford Senior Center.



Sewing Group

Tuesdays, 9:00 am – 12:00 pm – FREE

The group focuses on creating projects to donate for those in need. Some sewing machines provided.
Meets in the Art Room.

2026 – YEARLY MEMBERSHIP

DATE _____

☐ New ☐ Renewal **\$5 PER PERSON**

Make checks payable to Friends of the Milford Senior Center

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 Friends of the Milford Senior Center

FOR _____

FROM _____

ADDRESS _____

Please send acknowledgment to:

Acts of Kindness

In honor of National Kindness Day, members of the knitting, crocheting & sewing group made these items with loving hands. All items are being donated to children, veterans, homeless, cancer patients and Alzheimer patients.



A Special Thank You



Joan (Joanie) Motuzas

We would like to express many thanks to Joanie who has resigned as a member of the COA Board.

Joanie has generously volunteered in many ways, including our gift shop, at the front desk, during monthly breakfasts, distributing daily bread and pastry deliveries. She and her husband Ed were instrumental in leading the chapter of Compassionate Friends, a support group for grieving parents and siblings for over 20 years. She was an active member of the Milford Council on Aging. We are immensely grateful for her contributions to both the Milford Senior Center and the town of Milford.

On behalf of the Milford Senior Center, the staff, volunteers, and residents of her community, we extend our heartfelt gratitude to Joanie. We wish her many more years filled with grace, good health, and happiness. God bless you and your family, and thank you once again for your contributions to our community.

Chairman, Milford Council on Aging and a dear friend!
Dino B. DeBartolomeis

Emergency Kit Checklist



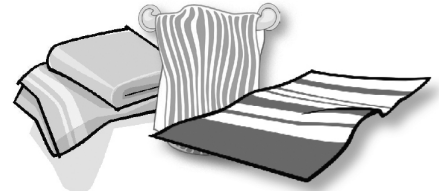
3 days of nonperishable / non-cook food
water (1 gal. per day per person), medication



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

14

ROUTE 14 Weekday Service

14

v. 5.2025

	AM										PM									
OUTBOUND	Blandin Hub	6:30	~	~	~	~	~	~	~	~	1:15*	~	~	~	~	~	~	~	~	~
	Milford Crossing	6:57	8:09	9:17	10:38	11:53	1:05	1:05	1:05	1:05	1:56	2:55	4:16	5:41	7:16	8:31	9:27	9:27	9:27	9:27
	Target	7:00	8:11	9:21	10:45	12:00	1:07	1:07	1:07	1:07	1:57	3:02	4:21	5:46	7:21	8:36	9:32	9:32	9:32	9:32
	Trader Joes	7:01	8:12	9:22	10:46	12:01	1:08	1:08	1:08	1:08	1:58	3:03	4:22	5:47	7:22	8:37	9:33	9:33	9:33	9:33
	East Main St. Bus Shelter	7:10	8:24	9:34	10:57	12:12	1:18	1:18	1:18	1:18	2:04	3:09	4:30	5:56	7:29	8:43	9:39	9:39	9:39	9:39
	Milford Town Hall	7:11	8:25	9:35	10:58	12:13	1:19	1:19	1:19	1:19	2:05	3:12	4:31	5:57	7:31	8:45	9:40	9:40	9:40	9:40
	Milford Senior Center	7:12	8:26	9:36	10:59	12:14	1:20	1:20	1:20	1:20	2:06	3:13	4:32	5:59	7:33	8:47	9:41	9:41	9:41	9:41
	Main St. at Police Station	7:13	8:27	9:37	11:00	12:15	1:21	1:21	1:21	1:21	2:07	3:16	4:35	6:02	7:36	8:48	9:45	9:45	9:45	9:45
	EMK Community Health	7:19	8:31	9:41	11:05	12:20	1:23	1:23	1:23	1:23	2:12	3:22	4:41	6:08	7:43	8:51	9:47	9:47	9:47	9:47
	Milford Regional Hospital	7:23	8:34	9:44	11:08	12:23	1:26	1:26	1:26	1:26	2:15	3:26	4:44	6:11	7:47	8:55	9:51	9:51	9:51	9:51
INBOUND	Shaw's / Walgreens	7:25	8:37	9:47	11:11	12:25	1:30	1:30	1:30	1:30	2:20	3:30	4:45	6:13	7:49	8:57	9:53	9:53	9:53	9:53
	Milford High School	7:28	8:40	9:50	11:14	12:29	1:33	1:33	1:33	1:33	2:25	3:34	4:51	6:18	7:54	9:02	9:58	9:58	9:58	9:58
	Colonial / Capital Housing	7:31	8:42	9:53	11:15	12:30	1:34	1:34	1:34	1:34	2:28	3:35	4:54	6:21	7:58	9:04	10:00	10:00	10:00	10:00
	Birmingham Court	7:42	8:49	9:59	11:22	12:36	1:42	1:42	1:42	1:42	2:35	3:42	5:01	6:31	8:05	9:10	10:06	10:06	10:06	10:06
	Milford Library	7:45	8:54	10:02	11:24	12:40	1:44	1:44	1:44	1:44	2:39	3:47	5:07	6:35	8:09	9:14	10:10	10:10	10:10	10:10
	Milford Town Hall	7:47	8:58	10:06	11:27	12:45	1:48	1:48	1:48	1:48	2:40	3:50	5:11	6:37	8:13	9:16	10:12	10:12	10:12	10:12
	Big Y	7:50	9:02	10:10	11:29	12:49	1:50	1:50	1:50	1:50	2:43	3:55	5:14	6:41	8:17	9:20	10:16	10:16	10:16	10:16
	Kohls	7:52	9:04	10:13	11:32	12:51	1:52	1:52	1:52	1:52	2:44	3:58	5:17	6:44	8:19	9:23	10:19	10:19	10:19	10:19
	Milford Crossing	7:54	9:07	10:18	11:37	12:55	1:56	1:56	1:56	1:56	2:45	4:02	5:31	6:48	8:21	9:26	10:22	10:22	10:22	10:22
	Blandin Hub	~	~	~	~	~	2:34*	2:34*	2:34*	2:34*	~	~	~	~	~	~	~	~	~	10:57*

Route 14 Connections:

- Route 6, 495 Connector: Milford Crossing
- Routes 4N, 4S, 5, 6, 10, 11: Blandin Hub
- Riders can also connect to the Milford/Hopedale Catch Connect service at any stop in Milford.

Additional Information:

- Please wait for the bus 10 minutes in advance of scheduled times to ensure not missing the bus.
- For Vehicle Tracking: www.mwrt.com, or download the MWRTA Catch App.
- MWRTA uses the Flag Down system, allowing busses to stop anywhere along the route where it is safe to do so. Riders can hail the bus by waving.
- *The Route 14 will return to the Blandin Hub as the Route 6.

Friends of the
Milford Senior Center, Inc.
60 North Bow Street
Milford, MA 01757-3405

Return Service Requested

NON-PROFIT
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PAID
Milford, MA
Permit No. 41



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

Visit us at milfordmaseniorcenter.com