

“ May, the month of  
sunshine, blooming flowers,  
and endless possibilities ”

*-Unknown*

# What's Next?

at 60 North Bow

Are you as happy as I am that May is finally here? After such a long New England winter, it feels wonderful to say that Spring has truly arrived. With this new season, I hope you'll take the opportunity to try something fresh and energizing.

Join a nature walk, try a fitness class, attend a lecture or program, come to a party, or simply step outside to enjoy our patio with a good book and a friend.

Let this Spring recharge your batteries, rejuvenate your spirit, and invite you to embrace the sunshine.

*Director, Lisa Regan*

**May & June 2026**

**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

As we move into the beautiful months of May and June, it's a wonderful time to take advantage of longer days and warmer weather to stay active. After a long winter, even a little extra movement can make a big difference in how we feel. The benefits of regular exercise are many, including improved balance, increased strength and energy, and a sharper mind. Sounds good to me!

Staying active doesn't have to mean doing anything extreme. Simple activities such as walking, stretching, gardening, or joining one of our fitness classes can all contribute to better health. Even just 10-15 minutes of movement a day can improve your circulation, mobility, and mood.

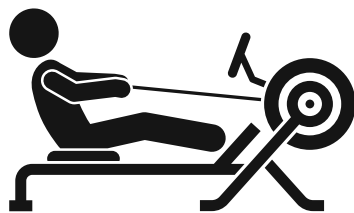
## Consistency Matters More Than Intensity

Moving your body regularly—even gently—helps maintain independence and keeps everyday tasks easier and safer. Listen to your body, move at your own pace, and celebrate the progress you make.

As always, I encourage you to join us in the gym or for one of the many fitness classes offered here at the Senior Center. It's also a wonderful way to connect with friends and enjoy the supportive spirit of our community.

Here's to a healthy, active spring and early summer!

*Fitness Director, Andrea Longo*



# Wellness Workshops

## Japanese Walking - Tuesday, May 19 – 11:30 am

The Japanese walking method, or interval walking training, alternates fast and slow walking for 30 minutes several times a week. This HIIT (High-Intensity Interval Training) technique improves fitness, lowers blood pressure, and builds strength more effectively than steady walking, requiring only your body and a timer. *Instructor Pam Landi. Advance sign-up in the gym is required.*

# Intro to the Gym – Free



**Monday, May 4 & June 1, 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.

## 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.

## The Vacation Workout - Friday, June 26 – 11:30 am

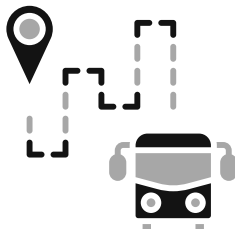
Learn moves to keep you fit without equipment so that you can stay strong while you're away this summer.



# Bus Trips 2026

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

- **Institute of Contemporary Art**, Wednesday, May 13 – (\$122)
- **Foster's Downeast Clambake & Isles of Shoals Cruise**, Tuesday, June 30 – (\$155)
- **Mystic Seaport**, Wednesday, July 8 – (\$95)
- **Gloucester – Beauport Princess Cruise**, Wednesday, August 19 – (\$190)
- **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](http://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.

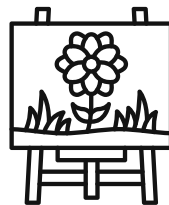
## TRIP REQUIREMENTS

- 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



## 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.

<b>Watercolor Beginner</b> <b>1:00 – 3:00 pm</b> 	
Thursday, May 7, 14, 21	Cost: \$60 (3-week session)
Thursday, June 11, 18, 25	Cost: \$60 (3-week session)

 <b>Watercolor Intermediate 1</b> <b>11:00 am – 1:00 pm</b>	
Tuesday, May 5, 12, 19	Cost: \$60 (3-week session)
Tuesday, June 9, 16, 23, 30	Cost: \$80 (4-week session)

<b>Watercolor Intermediate 2</b> <b>12:00 – 2:00 pm</b> 	
Wednesday, May 6, 13, 20	Cost: \$60 (3-week session)
Wednesday, June 10, 17, 24	Cost: \$60 (3-week session)

 <b>Zentangle</b> <b>2:30 – 3:30 pm</b>	
Wednesday, May 20 & June 24	Cost: \$25 (per session)

No experience required. All materials supplied.

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

*Limited seating. Please sign-up early.*



# NEW EVENTS

Sign-up required for ALL events

## Mother's Day Luncheon

Wednesday, May 6 - 12:30 pm - Cost \$5

Kentuck Derby themed. Feel free to wear your favorite fashionable hat!

- Ham & turkey sandwiches, fruit platter, coffee cake catered by Honey Baked Ham Co.
- Performance by Luke Jackson
- Chair massages by Simply Soothing Massage
- Caricatures by Don Landgren Jr.

**NOTE:** Ticket sales end April 30.

## Self-Defense Demo

Thursday, May 14 - 11:00 am - FREE



Join us for an interactive self-defense demonstration! Discover fundamental and effective techniques suitable for all skill levels, presented by Master Jim Cormier of Cormier's Self Defense Academy, alongside Sensei Mike Kazak.

## Sound and Stillness

Monday, May 18 - 9:30 am - Cost \$5

Unwind with gentle stretching, guided breathwork, and a deeply restorative sound healing experience using singing bowls. The soothing vibrations help calm the nervous system, release tension, and guide the body into a meditative state of rest and balance. This class supports relaxation, stress relief and emotional clarity. Limited to 20 people.

Presented by Wendi O'Neil  
of Soul Spark Healing & Yoga



## Nature Walks

Monday, May 4 & 11 - 9:30 am

Cost \$10

Calf Pasture Loop Trail -  
North Kingstown, RI

Approximately 2.5 miles on paved trail



Monday, June 8 & 15 - 9:30 am - Cost \$10

Lake William Trail - Marlborough, MA

1.5 mile trail, varied terrain, wooden boardwalk and dirt.

Two dates offered for each walk. Please choose one date per person. Wear comfortable sneakers, bring water, snacks and bug spray. *Guide companion Laura Neill.*

## Don't Be Shy Honey

Thursday, May 21 - 10:00 am - FREE

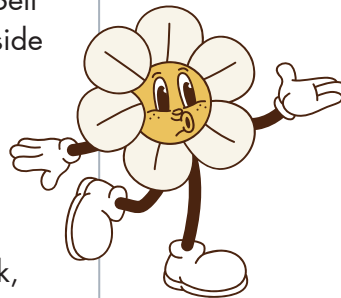
In celebration of World Bee Day, Shyley Waterman from Don't Be Shy Honey will give a presentation on beekeeping, the significance of honey, and the vital role bees play in our ecosystem. Enjoy a complimentary tasting of local honeys, which will also be available for purchase.



## Dance Showcase

Wednesday, May 20 - 1:00 pm - FREE

Join instructor Jenny Barrett and her team of dancers showing off their latest techniques. Social dancing too! Light refreshments served.



## Memorial Day Tribute

Friday, May 22 - 9:00 am - FREE

Let us remember and honor the brave heroes who gave their lives in service to our country. Their sacrifice protects our freedom, and their legacy lives on in our hearts.

Stop by the lobby to pick up a poppy pin to wear and enjoy some coffee and refreshments.



# MONTHLY GROUPS

## Book Group

Tuesday, May 19 - 10:00 am - FREE

*Replaceable You: Adventures in Human Anatomy* by author March Roach

Tuesday, June 16 - 10:00 am - FREE

*The Measure* by author Nikki Erlick

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



## Low Vision Workshop

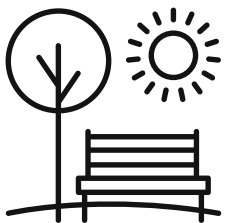
Thursday, May 7 & June 4 - 10:00 am - FREE



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.*

## Coffee Mondays

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



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.

## Important Member Information



### Membership Registration

All individuals intending to use our services must complete membership registration. It is crucial to have your file ready in case of an emergency. Please stop by the front desk to fill out the necessary form.

### Fitness Class Payments



**IMPORTANT:** Payments for classes must be completed before attendance. Please plan ahead and purchase your passes accordingly.

### Kiosk Check-ins



As you enter the building, checking in at the kiosk is mandatory. Our staff is responsible for keeping a record of all members who use the facility.

### Special Events, Monthly Programs & Bus Trips

**PLEASE READ:** For effective planning—such as coordinating with vendors for food preparation, arranging presenters, and configuring room setups—time and resources are essential. Therefore, advance registration for EVENTS and TRIPS is mandatory. Bus trips and on-site presentations have specific deadlines and capacity limits; not meeting these requirements may result in cancellations, even for complimentary events.

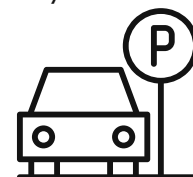


*Payment is necessary at the time of registration for those events that require a fee. For FREE events, you can stop by the front desk or call 508-473-8334 to register.*

### Parking

We understand that parking can be challenging. The town council has been informed and is exploring potential solutions for the future. In the meantime, we kindly ask that you consider the following options:

- Carpooling
- Walking, if possible
- Getting dropped off
- Utilizing transportation services (MWRTA)



*The staff appreciates your understanding and cooperation.*

## 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](http://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.



## 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.



### STAFF

#### Lisa Regan

Director

#### Susie Cadrin

Director's Assistant/  
Graphic Designer

#### Laura Neill

Program Coordinator

#### Fran Letizia

Transportation Coordinator/  
Receptionist

#### Claudia Cormier

Receptionist

#### Kimberli Considine

Client Services

#### Bob Remy

Van Driver

#### Andrea Longo

Fitness Director

### COUNCIL ON AGING

#### Dino B. DeBartolomeis

Chairperson

#### Charlie Skaff

Vice Chair

#### Members

Patricia Berry

Dolores Alvarez-DeVita

Michelle Creamer

Thomas O'Loughlin, Esq.

Ed Roth

Francis Small, Esq.

Janet Iacovelli

### HOURS OF OPERATION

**Monday – Thursday**

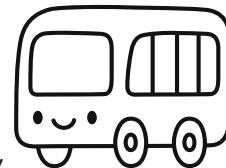
8:00 am – 4:30 pm

**Friday**

8:00 am – 1:00 pm

**508-473-8334**

## 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.

## 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](mailto:kconsidine@townofmilford.com)

## 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.*



## Hairdresser

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

### Price list as follows:

**Simple Haircut** \$15–20

(Additional cost for length and/or thickness)

**Shampoo** \$5–10

**Simple Blow Dry** \$5–20

**Color Application** \$20–35  
(product not included)

**Wash, Cut, Dry** \$25–35

**Simple Mustache Beard Trim** \$6–15

(Additional cost for length and/or thickness)

*Please note: prices are subject to change.*



## Milford Senior Singers

The singers typically meet Tuesdays at 1:30 pm. For more information, contact Wayne Ward, Chorus Director, at [wward1948@gmail.com](mailto:wward1948@gmail.com)

## Are you enrolled in Medicare?

### NEWS TO SAVE YOU MONEY

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 **Extra Help** through Social Security, a program that helps to pay your out-of-pocket prescription drug costs.

**For more information and an application contact the SHINE Program at 508-422-9931.**

Prescription Advantage is a state-sponsored prescription drug program administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs for seniors and people with disabilities. Joining this program can provide a special enrollment period outside of Medicare's open enrollment, which may allow you to make a change to your plan coverage. This can be helpful if you find your current prescription plan is no longer working to cover your prescribed medications.

Prescription Advantage is available to Massachusetts residents who are:

- Age 65 or older, eligible for Medicare, and have a gross annual household income less than \$79,800 for a single person or \$108,240 for a married couple
- Under 65 with Medicare, must have a disability and annual income less than \$29,422 for a single person or \$39,762 for a married couple
- 65 years of age or older and not eligible for Medicare

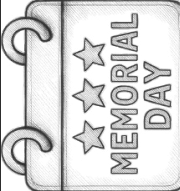


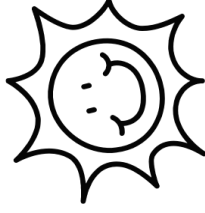
SHINE (Serving the Health Insurance Needs of Everyone) is funded through the Administration for Community Living and administered through the Massachusetts Executive Office of Aging & Independence. A certified SHINE Counselor is available to assist you with questions about Medicare, through in-person 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

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

# May-June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MAY 4</b></p> <p>9:00 Coffee Monday  <b>9:30 NATURE WALK - CALF PASTURE LOOP TRAIL</b>            9:30 Cribbage  <b>10:30 INTRO TO GYM</b>            11:00 Canasta            11:30 Dominoes            12:00 Mah Jongg</p>	<p><b>MAY 5</b></p> <p>9:00 Sewing Group            10:00 Texas Hold'em Poker - Beginner            11:00 Watercolor Intermediate 1            11:15 Texas Hold'em Poker - Intermediate            12:30 Dominoes            1:00 Mah Jongg  <b>1:00 WOMEN'S GROUP</b></p>	<p><b>MAY 6</b></p> <p>9:00 Wellness Clinic - Nurse on Site            12:00 Watercolor - Intermediate 2  <b>12:30 MOTHERS DAY LUNCHEON</b></p>	<p><b>MAY 7</b></p> <p>9:00 Knitting/Crocheting  <b>10:00 LOW VISION WORKSHOP</b>            11:00 Whist            1:00 Cribbage            1:00 Watercolor - Beginner            2:00 Scrabble</p>	<p><b>MAY 1</b></p> <p>10:00 Pitch            11:00 Bridge</p>
<p><b>MAY 11</b></p> <p>9:00 Coffee Monday  <b>9:30 NATURE WALK - CALF PASTURE LOOP TRAIL</b>            9:30 Cribbage            11:00 Canasta            11:30 Dominoes            12:00 Mah Jongg</p>	<p><b>MAY 12</b></p> <p>9:00 Sewing Group            10:00 Texas Hold'em Poker - Beginner            11:00 Watercolor Intermediate 1            11:15 Texas Hold'em Poker - Intermediate  <b>12:00 RED HATTERS</b>            12:30 Dominoes            1:00 Mah Jongg</p>	<p><b>MAY 13</b></p> <p>9:00 Wellness Clinic - Nurse on Site  <b>10:15 BUS TRIP: INSTITUTE OF CONTEMPORARY ART</b>            12:00 Watercolor - Intermediate 2</p>	<p><b>MAY 14</b></p> <p>9:00 Knitting/Crocheting            11:00 Whist  <b>11:00 SELF-DEFENSE DEMO</b>            1:00 Watercolor - Beginner            1:00 Cribbage            2:00 Scrabble</p>	<p><b>MAY 15</b></p> <p>10:00 Pitch            11:00 Bridge</p>
<p><b>MAY 18</b></p> <p>9:00 Coffee Monday  <b>9:30 SOUND AND STILLNESS</b>            9:30 Cribbage            11:00 Canasta            11:30 Dominoes            12:00 Mah Jongg</p>	<p><b>MAY 19</b></p> <p>9:00 Sewing Group            10:00 Texas Hold'em Poker - Beginner            11:00 Watercolor Intermediate 1            11:15 Texas Hold'em Poker - Intermediate  <b>10:00 BOOK GROUP</b>  <b>11:00 WRITERS GROUP</b>  <b>11:30 WELLNESS WORKSHOP</b>  <b>JAPANESE WALKING</b>            12:30 Dominoes            1:00 Mah Jongg</p>	<p><b>MAY 20</b></p> <p>9:00 Wellness Clinic - Nurse on Site            12:00 Watercolor - Intermediate 2  <b>1:00 DANCE SHOWCASE</b>            2:30 Zentangle</p>	<p><b>MAY 21</b></p> <p>9:00 Knitting/Crocheting  <b>10:00 DON'T BE SHY HONEY</b>            11:00 Whist            1:00 Watercolor - Beginner            1:00 Cribbage            2:00 Scrabble</p>	<p><b>MAY 22</b></p> <p><b>9:00 MEMORIAL DAY TRIBUTE</b>            10:00 Pitch            11:00 Bridge</p>
	<p><b>MAY 26</b></p> <p>9:00 Sewing Group            10:00 Texas Hold'em Poker - Beginner            11:15 Texas Hold'em Poker - Intermediate  <b>11:00 FORTUNE COOKIE CLUB</b></p>	<p><b>MAY 27</b></p> <p>9:00 Wellness Clinic - Nurse on Site  <b>10:30 PARKINSON'S DISEASE</b></p>	<p><b>MAY 28</b></p> <p>9:00 Knitting/Crocheting            11:00 Whist            1:00 Cribbage            2:00 Scrabble</p>	<p><b>MAY 29</b></p> <p>10:00 Pitch            11:00 Bridge</p>

12:30 1:00	Dominoes Mah Jongg							
<b>CLOSED</b>								
<b>JUNE 1</b>	9:00 Coffee Monday 9:30 Cribbage 10:30 <b>INTRO TO GYM</b> 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg	<b>JUNE 2</b> 9:00 Sewing Group 10:00 Texas Hold'em Poker - Beginner 11:15 Texas Hold'em Poker - Intermediate 12:30 Dominoes 1:00 <b>WOMEN'S GROUP</b> 1:00 Mah Jongg	<b>JUNE 3</b> 9:00 Wellness Clinic - Nurse on Site 1:00 <b>ARMCHAIR TRAVEL TO SOUTH PACIFIC</b>	<b>JUNE 4</b> 9:00 Knitting/Crocheting 10:00 <b>LOW VISION WORKSHOP</b> 11:00 Whist 1:00 Cribbage 2:00 Scrabble	<b>JUNE 5</b> 10:00 Pitch 11:00 Bridge			
<b>JUNE 8</b>	9:00 Coffee Monday 9:30 <b>NATURE WALK LAKE WILLIAM TRAIL</b> 9:30 Cribbage 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg	<b>JUNE 9</b> 9:00 Sewing Group 10:00 Texas Hold'em Poker – Beginner 11:00 Watercolor Intermediate 1 11:15 Texas Hold'em Poker - Intermediate 12:00 <b>RED HATTERS</b> 12:30 Dominoes 1:00 Mah Jongg	<b>JUNE 10</b> 9:00 Wellness Clinic - Nurse on Site 11:00 <b>LINE DANCE CLASS</b> 12:00 Watercolor - Intermediate 2	<b>JUNE 11</b> 9:00 Knitting/Crocheting 11:00 Whist 1:00 Cribbage 1:00 Watercolor - Beginner 1:00 <b>CHEERS TO DAD</b> 2:00 Scrabble	<b>JUNE 12</b> 10:00 Pitch 11:00 Bridge			
<b>JUNE 15</b>	9:00 Coffee Monday 9:30 <b>NATURE WALK LAKE WILLIAM TRAIL</b> 9:30 Cribbage 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg	<b>JUNE 16</b> 9:00 Sewing Group 10:00 <b>BOOK GROUP</b> 11:00 Watercolor Intermediate 1 11:00 <b>WRITERS GROUP</b> 12:30 Dominoes 1:00 Mah Jongg	<b>JUNE 17</b> 9:00 Wellness Clinic - Nurse on Site 12:00 Watercolor - Intermediate 2	<b>JUNE 18</b> 9:00 Knitting/Crocheting 11:00 Whist 1:00 Cribbage 1:00 Watercolor - Beginner 2:00 Scrabble	<b>HAPPY JUNE TEENTH CLOSED</b>			
<b>JUNE 22</b>	9:00 Coffee Monday 9:30 Cribbage 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg	<b>JUNE 23</b> 9:00 Sewing Group 11:00 Watercolor Intermediate 1 11:00 <b>FORTUNE COOKIE CLUB</b> 12:30 Dominoes 1:00 Mah Jongg	<b>JUNE 24</b> 9:00 Wellness Clinic - Nurse on Site 12:00 Watercolor - Intermediate 2 12:30 <b>HAPPY BIRTHDAY AMERICA</b> 2:30 Zentangle	<b>JUNE 25</b> 9:00 Knitting/Crocheting 11:00 Whist 1:00 Cribbage 1:00 Watercolor - Beginner 2:00 Scrabble	<b>JUNE 26</b> 10:00 Pitch 11:00 Bridge 11:30 <b>WELLNESS WORKSHOP THE VACATION WORKOUT</b>			
<b>JUNE 29</b>	9:00 Coffee Monday 9:30 Cribbage 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg	<b>JUNE 30</b> 9:00 <b>BUS TRIP: FOSTERS CLAMBAKE/CRUISE</b> 9:00 Sewing Group 11:00 Watercolor Intermediate 1 12:30 Dominoes 1:00 Mah Jongg	 <b>Welcome Summer!</b>					

**SIGN UP TODAY!** 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](http://milfordmaseniorcenter.com)

**Edwards Memorial  
Funeral Home**

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



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Osaic Institutions Financial Consultant  
[alan.hadad@osaicinstitutions.com](mailto:alan.hadad@osaicinstitutions.com)  
508-381-5212

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



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[www.MilfordFederal.com/MFIS](http://www.MilfordFederal.com/MFIS)

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

 *Milford Humane Society* Both you and the cats will benefit.  
289 West St.  
Milford  
(508) 473-7008  
[www.milfordhumane.org](http://www.milfordhumane.org)



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As “Milford’s own” skilled nursing and rehabilitation facility, we are dedicated to providing quality short-term, long-term and memory care for our community.

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[www.countrysidehc.org](http://www.countrysidehc.org)  
1 Countryside Drive, Milford

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Happy  
*Father's*  
Day



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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:

Dino B. DeBartolomeis, President  
 Jillian Celozzi, Esq., Vice-President  
 State Representative Brian W. Murray  
 Susan Trotta Clark

**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



- The Red Hats in memory of Marc Fornaciari
- Gail Letourneau and Diane Olson in memory of Mom

## Donations

- Elizabeth Buma
- Elizabeth and George Fokos
- Anita Genecco
- Tony Gulbankian
- Libby and Mike Loftus
- Jane and Paul Milani
- Robyn and Richard Mitton
- Albert Pitts
- Frances Wells and Kyle Dalton
- Carol Snyder
- Cynthia Tessicini
- Sandra Willette
- Milford Veterans
- Anonymous



## Acknowledgements

- Food Donations From:
  - Spoonfuls
  - Salvation Army
  - Big Y
  - Coffee Haven
  - Trader Joe's
- Special shout out to local businesses for contributing gift certificates and free admissions for our event raffles:
  - Muffin House Mendon
  - Sol de Mexico Restaurant
  - MacMed Spa Milford
  - Dairy Queen Milford
  - Rail Trail Milford
  - Southwick Zoo – Free Admissions
  - West End Creamery – Free Mini Golf
  - Sports Clips
  - T.C. Scoops
- Gratitude to Sherry Alleman for volunteering to proofread our bi-monthly newsletter



# MORE EVENTS

Sign-up required for ALL events

## Parkinson's Disease

Wednesday, May 27 - 10:30 am - FREE

Presented by MetroWest HomeCare & Hospice.

## Armchair Travel to South Pacific

Wednesday, June 3 - 1:00 pm - FREE

Join us as we travel halfway around the world to experience the islands of the South Pacific! We will take a virtual tour of Melanesia, Micronesia and Polynesia. *Hosted by Laura Neill.*

## Line Dance Class

Wednesday, June 10 - 11:00 am - FREE

Join in for a fun, low impact Line Dancing class! Learn the basic steps of popular line dances. This is a one-time free class taught by instructor Jenny Barrett. Country style attire is encouraged!



## Cheers to Dad

Thursday, June 11 - 1:00 pm - FREE

- Live music on the back patio with Chris Carter
- Sweet Wise Ice Cream Truck

## Writer's Group



Tuesday, May 19 & June 16 - 11:00 am - FREE

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

## Women's Group

Tuesday, May 5 & June 2 - 1:00 pm - 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.*

## The Fortune Cookie Club



Tuesday, May 26 & June 23 - 11:00 am - FREE

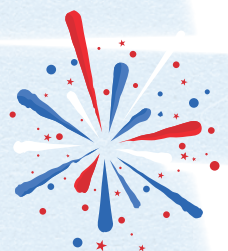
Read a quote and share with the group what it means to you. Does it relate (or not) to your life? Group members can join in and share their thoughts. *Hosted by Kim Considine.*



## Happy Birthday America!

Wednesday, June 24- 12:30 pm - Cost \$5

**Join us as we celebrate the 250th birthday of the USA!** An assortment of all-American picnic foods will be provided by Gene's Variety. Entertainment by the East West Duo, a fun band who will perform retro rock and pop favorites from the 1960s. **Please register and pay by June 18.**



# Emergency Kit Checklist



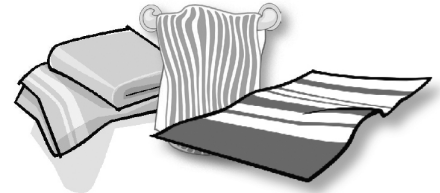
3 days of nonperishable / non-cook food  
water (1 gal. per day per person), medication



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](http://www.Ready.gov)

14

## ROUTE 14 Weekday Service

14

V. 5.2025

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

## INBOUND

## OUTBOUND

## 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.mwrrta.com](http://www.mwrrta.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

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Permit No. 41

Return Service Requested

A watercolor illustration of a landscape. The sky is painted with soft, blended strokes of light blue and teal. In the foreground, there are several trees with rounded, green and yellow-green foliage. The ground is depicted with horizontal brushstrokes in shades of light green and yellow. The overall style is soft and artistic.

*Happy Trails  
to you!*