

# What's Next? at 60 North Bow



## Let the Countdown to Spring Begin!

As March settles in with its cold, grey days, it can be hard to remember that the vibrant colors of spring are just around the corner. So how do you bring a little spring into your step before the season officially arrives? We'd love to help.

We're excited to offer a lineup of fun events, engaging lectures, and hands-on activities designed to brighten your days and carry you through the last stretch of winter. Fresh energy, new ideas, and a hint of springtime joy are all waiting for you.

*Director, Lisa Regan*

**"Spring is when you feel like whistling, even with a shoe full of slush"**

**-Doug Larson**



**Earth Day**, celebrated every **April 22**, is a global event focused on protecting the environment. People around the world take part in activities like planting trees, cleaning up communities, and learning about ways to reduce pollution and care for the planet. It

reminds us to take action to keep Earth healthy for future generations.

### Join Us for a Clean-Up Event!

Let's do our part! Join our fitness instructor, Jean Gillis, this Earth Day for a clean-up along the Milford Rail Trail. We will gather at 10:00 am in the lobby. **Gloves, bags, and pickers will be provided.**

## ANNUAL TOWN ELECTION

**Tuesday, April 7**

**Please note:** due to the election, all fitness classes in the Great Rooms on Monday, April 6 and Tuesday, April 7 will be cancelled.

**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



# Fitness Updates

## Strong, Steady, and Spring Ready!

As the days grow longer and the first signs of spring appear, it's a natural time to refresh our routines and reconnect with movement. Just as nature begins to bloom and awaken, our bodies can do the same. Consistent activity keeps us strong, mobile, and energized. Fitness is choosing activities that support how you want to feel each day, and we have plenty of activities to choose from here.



Regular movement helps improve balance, flexibility, and strength, all of which support independence and confidence in daily life. Whether it's a yoga class, strength training, walking with friends, or simply taking time to stretch, every bit of movement counts.

The most important part is showing up for yourself and celebrating what your body *can* do – at every age and stage.

This spring, consider setting a simple intention: move a little more, breathe a little deeper, and enjoy the process. Our fitness programs are designed to meet you where you are and help you feel your best – strong, steady, and supported. Let's welcome spring with movement that brings smiles, strength, and a little extra spring in your step!

*Andrea Longo, Fitness Director*



## Wellness Workshop – Japanese Walking

**Tuesday, March 3 – 11:00 am**

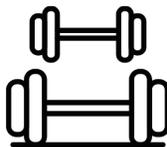
The Japanese walking method, or interval walking training, alternates fast and slow walking for 30 minutes several times a week. This HIIT (High-Intensity Interval Training) technique improves fitness, lowers blood pressure, and builds strength more effectively than steady walking, requiring only your body and a timer.

*Instructor Pam Landi.*

## Intro to the Gym – FREE

**Monday, March 2 & April 6, 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.**

## One-on-One Fitness Assessments

**new!**

Beginning in March, we're excited to offer one-on-one fitness assessments for our senior members. These scheduled appointments provide an opportunity to meet individually with a trainer in the weight training room and learn more about your current strength and flexibility. The assessment includes six simple tests designed to give a helpful snapshot of how your body is moving and feeling.

Each appointment lasts approximately 30 – 40 minutes, and participants will leave with a personalized summary of their results. Think of it as a wellness check-in – not a test to pass or fail, but a way to better understand your body and track progress over time.

**Sign-ups will be available in the gym one week in advance.** Appointments will be offered on **Mondays, Tuesdays, and Thursdays at 11:00 and 11:45 am.** Space is limited, so be sure to reserve your spot!

# Creative Workshops



# Bus Trips 2026



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

## Watercolor - Beginner (for Newbies Only)

1-3:00 pm

- **Thursday, March 5, 12, 19, 26**  
Cost: \$80 (4-week session)
- **Thursday, April 2, 9, 16, 23, 30**  
Cost: \$100 (5-week session)
- **Thursday, May 7, 14, 21**  
Cost: \$60 (3-week session)
- **Thursday, June 11, 18, 25**  
Cost: \$60 (3-week session)



## Watercolor - Intermediate 1

10:00 am - 12:00 pm

- **Tuesday, March 3, 10, 17, 24, 31**  
Cost: \$100 (5-week session)
- **Tuesday, April 14, 21, 28**  
Cost: \$60 (3-week session)
- **Tuesday, May 5, 12, 19**  
Cost: \$60 (3-week session)
- **Tuesday, June 16, 23, 30**  
Cost: \$60 (3-week session)

## Watercolor - Intermediate 2 - 12-2:00 pm

- **Wednesday, March 4, 11, 18, 25**  
Cost: \$80 (4-week session)
- **Wednesday, April 1, 8, 15, 22, 29**  
Cost: \$100 (5-week session)
- **Wednesday, May 6, 13, 20**  
Cost: \$60 (3-week session)
- **Wednesday, June 10, 17, 24**  
Cost: \$60 (3-week session)



## Zentangle - 2:30-3:30 pm

Cost: \$25 (per session)

- **Wednesday, March 25, April 29, May 20 & June 24**

No experience required. All materials supplied.

*Classes held in the Art & Crafts room with exception of Intermediate 1, that is held in Great Room C.*

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

- Foxwoods Casino, Thursday, April 30 – (\$39)
- Mass Museum 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 Cruise, Wednesday,  
August 19 – (\$190)
- Encore Casino, Wednesday, September 23 – (\$39)
- Charles Riverboat Ghost Cruise, Thursday,  
October 15 – (\$142)
- Best of Providence, 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





# Special Events!

Register at front desk for ALL events



## St. Patrick's Day Party!

Wednesday, March 11

12:30 am – Cost \$10



Enjoy a delicious spread of corned beef, cabbage, potatoes, carrots, and Irish soda bread, all catered by TJs of Ashland. Live entertainment provided by DJ Ron Auger!

Registration ends March 6 or when we fill up. Don't wait!



## Easter Cards – Crafting

Friday, March 20

Special craft class with Betty Saccocia, Power of Positive Inking & Stamp-up Demonstrator.

10:00 am - Cost: \$10

## Reverse Mortgage Workshop

Wednesday, March 25

1:00 pm – FREE

The workshop "Should I Stay or Should I Go?" will discuss reverse mortgages, covering the pros, cons, misconceptions, and their use for aging in place. Attendees will learn strategies to improve retirement quality of life. Presented by David Tourtillott, a Certified Reverse Mortgage Professional.



## Armchair Travel to Singapore

Thursday, March 26

10:00 am – FREE

Join us as we take virtual tour of Singapore. Learn about the history and culture of this tiny island nation and visit significant sites. Hosted by Laura Neill.



## Nature Walks – Mattapoissett Rail Trail

Monday, April 6 & 13

9:30 am – Cost \$10

Paved, well-marked trail that meanders by the coast and through wooded residential neighborhoods. Bring water and bagged lunch. Wear sturdy shoes. Meet in the main lobby. Hosted by Laura Neill.

## Larchmont Remembered

Wednesday, April 1

11:00 am – FREE

Recount the tragic sinking of the steamship Larchmont in 1907 off the coast of Block Island. This program highlights the harrowing stories of survival and the maritime disaster's historical significance. Presented by Daniel Harrington, Columnist and Director of Rhode Island Heritage Hall of Fame.



## The Tough Stuff

Wednesday, April 22

10:00 am – FREE

Discussion and presentation about end-of-life care and other topics that are difficult to discuss, but important. Presented by Robyn Fehnel, Chaplain/Community Education Liaison Ascend Hospice & Palliative Care.

## Brain Health: A Recipe for Life

Wednesday, April 8

11:00 am – FREE

Learn the latest information on how to improve brain health, cognitive abilities and memory function at any age. Presented by Richard Rogers of Heart to Home Meals - "The Forgetful Chef" who learned to cook and navigate life after a traumatic brain injury. Food samples will be given.



## Music of Memphis

Wednesday, April 15

1:00 pm – FREE

In this one-hour entertaining and educational program, the Retro Polatin Duo will discuss, sing and play guitar on songs from Memphis artists. Artists will include Elvis, Johnny Cash, B.B. King and Wilson Pickett among others.



# Monthly Groups



## Women's Group

**Tuesday, March 3 & April 7**

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

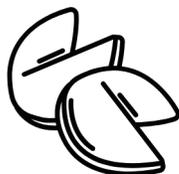
**1:00 pm – FREE**

## Writer's Group

**Tuesday, March 17 & April 21**

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, March 24 & April 28**

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, March 17**

- *Three Days in June* by author Anne Tyler

**Tuesday, April 21**

- *None of This is True* by author Lisa Jewell

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

**10:00 am – FREE**

**READ  
MORE  
BOOKS**



## Low Vision Workshop

**March 5 & April 2**

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**

# More Options



## The Foot and Shoe Workshop

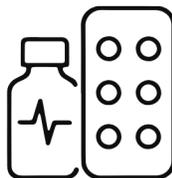
**Monday, April 27**

This talk focuses on understanding foot health, debunking common myths about footwear and orthotics, and learning how foot strength affects balance and fall risk. Participants will engage in self-assessments and a movement circuit to improve foot strength, followed by tips for transitioning to better footwear.

- FREE presentation will be followed by an optional 15-minute private consultation for a cost of \$20
- Sign-up at front desk or call 508-473-8334

*Presented by Katie Lund, PTA and owner of Body Fix*

**1:00 pm – FREE**



## National Drug Take Back

**Accepted:** Prescription & over-the-counter pills, patches, liquids (sealed)

**Not Accepted:** Needles, aerosols, illegal drugs

**Where:** Lobby of the Senior Center

**Saturday, April 25 – 10:00 am to 12:30 pm**

## Texas Hold'em Poker

**Tuesday, March 17, 24, 31, April 7, 14, 21**



- 6-week instructional class taught by Sheila Raine
- Sign up is required. Limited to 9 people, however spectators are welcomed.
- Held in the Pool Room

**10:00 am – FREE**

**COFFEE  
MONDAYS**



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

*Donations of coffee always appreciated.*

## Meals on Wheels

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



## Transportation Program

Milford residents over the age of 60, or disabled adults 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.**

## 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)**



## 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

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

### STAFF

- Lisa Regan**  
Director
- Susie Cadrin**  
Director’s Assistant/  
Graphic Designer
- 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

- Dino B. DeBartolomeis**  
Chairperson
- Charlie Skaff**  
Vice Chair
- Members**  
Patricia Berry  
Dolores Alvarez-DeVita  
Paul Gallagher  
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**

## The SHINE Program

### Turning 65 in the New Year?

Call for a SHINE appointment and have our counselor guide you through the Medicare process. This is a free, unbiased service.



**508-422-9931**

**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.

## Hairdresser

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

### Price list as follows:

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



**Please note: prices are subject to change.**



**Friday, April 17**

Hosted by Jill Lillibridge

- Seed Bombs for Earth Day

**10:00 am - Cost: \$5**

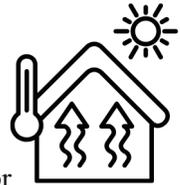
Sign-up & pay at front desk.

## 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 2026 Fuel Assistance Program (SMOC). Call the Center at 508-473-8334 to set up an appointment. *Please ask for Kim or Jill.*



## Milford Senior Singers

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

## Kitchen Switch with Jill

**Friday, March 13**

- St. Patrick's Day Oreo Bark

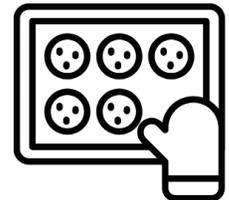
**Friday, April 10**

- S'mores Cookie Bars

Sign-up & pay at front desk.

Limit 6 people.

**10:00 am – Cost \$5**



## Computer Device Training



Need help with your cell phone, tablet or other computer device?

Training will be available with Bryan Saguay, a sophomore at Milford High School. Bryan has an interest in helping the seniors with technology. He is also on track to be a part of the National Honor Society. 15-30 minute sessions will be available by appointment only. Please check with the front desk for available days and sign-up times.

# Activity Roster

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

# March-April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MARCH 2</b> 9:00 Coffee Monday 9:30 Cribbage 10:30 <b>INTRO TO GYM</b> 11:30 Dominoes 12:00 Mah Jongg	<b>MARCH 3</b> 9:00 Sewing Group 10:00 Watercolor Intermediate 1 1:00 <b>WOMEN'S GROUP</b> 12:30 Dominoes 11:00 <b>WELLNESS WORKSHOP</b> <b>JAPANESE WALKING</b> 1:00 Mah Jongg	<b>MARCH 4</b> 9:00 Wellness Clinic - Nurse on Site 12:00 Watercolor - Intermediate 2	<b>MARCH 5</b> 9:00 Knitting/Crocheting 10:00 <b>LOW VISION WORKSHOP</b> 11:00 Whist 1:00 Cribbage 1:00 Watercolor - Beginner 2:00 Scrabble 2:00 Euchre	<b>MARCH 6</b> 10:00 Pitch 11:00 Bridge
<b>MARCH 9</b> 9:00 Coffee Monday 9:30 Cribbage 11:30 Dominoes 12:00 Mah Jongg	<b>MARCH 10</b> 9:00 Sewing Group 10:00 Watercolor Intermediate 1 12:00 <b>RED HATTERS</b> 12:30 Dominoes 1:00 Mah Jongg 1:00 <b>MEDITATION FOR EVERYONE</b>	<b>MARCH 11</b> 9:00 Wellness Clinic - Nurse on Site 12:00 Watercolor - Intermediate 2 12:30 <b>ST. PATRICK'S DAY PARTY</b>	<b>MARCH 12</b> 9:00 Knitting/Crocheting 11:00 Whist 1:00 Cribbage 1:00 Watercolor - Beginner 2:00 Scrabble 2:00 Euchre	<b>MARCH 13</b> 10:00 <b>KITCHEN SWITCH</b> 10:00 Pitch 11:00 Bridge
<b>MARCH 16</b> 9:00 Coffee Monday 9:30 Cribbage 11:30 Dominoes 12:00 Mah Jongg	<b>MARCH 17</b> 9:00 Sewing Group 10:00 Watercolor Intermediate 1 10:00 <b>TEXAS HOLD'EM POKER</b> 10:00 <b>BOOK GROUP</b> 11:00 <b>WRITERS GROUP</b> 12:30 Dominoes 1:00 Mah Jongg 1:00 <b>MEDITATION FOR EVERYONE</b>	<b>MARCH 18</b> 9:00 Wellness Clinic - Nurse on Site 12:00 <b>LUNCH &amp; LEARN – HOSPITAL TO HOME</b> 12:00 Watercolor - Intermediate 2	<b>MARCH 19</b> 9:00 Knitting/Crocheting 11:00 <b>LUNCH &amp; LEARN – EMERGENCY FOLDER FOR LOVED ONES</b> 11:00 Whist 1:00 Watercolor - Beginner 1:00 Cribbage 2:00 Scrabble 2:00 Euchre	<b>MARCH 20</b> 10:00 <b>EASTER CARD CRAFTING</b> 10:00 Pitch 11:00 Bridge
<b>MARCH 23</b> 9:00 Coffee Monday 9:30 Cribbage 11:30 Dominoes 12:00 Mah Jongg	<b>MARCH 24</b> 9:00 Sewing Group 10:00 Watercolor Intermediate 1 10:00 <b>TEXAS HOLD'EM POKER</b> 11:00 <b>FORTUNE COOKIE CLUB</b> 12:30 Dominoes 1:00 Mah Jongg 1:00 <b>MEDITATION FOR EVERYONE</b>	<b>MARCH 25</b> 9:00 Wellness Clinic - Nurse on Site 12:00 Watercolor - Intermediate 2 1:00 <b>REVERSE MORTGAGE WORKSHOP</b> 2:30 Zentangle	<b>MARCH 26</b> 9:00 Knitting/Crocheting 10:00 <b>ARMCHAIR TRAVEL – SINGAPORE</b> 11:00 Whist 1:00 Watercolor - Beginner 1:00 Cribbage 2:00 Scrabble 2:00 Euchre	<b>MARCH 27</b> 10:00 Pitch 11:00 Bridge
<b>MARCH 30</b> 9:00 Coffee Monday 9:30 Cribbage	<b>MARCH 31</b> 9:00 Sewing Group 10:00 Watercolor Intermediate 1	<b>APRIL 1</b> 9:00 Wellness Clinic - Nurse on Site 11:00 <b>LARCHMONT REMEMBERED</b>	<b>APRIL 2</b> 9:00 Knitting/Crocheting 10:00 <b>LOW VISION WORKSHOP</b>	<b>APRIL 3</b> 10:00 Pitch 11:00 Bridge

11:30 12:00	Dominos Mah Jongg	10:00 12:30 1:00 1:00	TEXAS HOLD'EM POKER Dominos Mah Jongg MEDITATION FOR EVERYONE	12:00 1:00	Watercolor - Intermediate 2 Ballroom Dance	11:00 1:00 1:00 2:00 2:00	Whist Watercolor - Beginner Cribbage Scrabble Euchre			
<b>APRIL 6</b>	9:00 Coffee Monday 9:30 NATURE WALK - MATTAPOISETT 9:30 Cribbage 10:30 INTRO TO GYM 11:30 Dominos 12:00 Mah Jongg	7:00 ANNUAL TOWN ELECTION 9:00 Sewing Group 10:00 TEXAS HOLD'EM POKER 12:30 Dominos 1:00 WOMEN'S GROUP 1:00 Mah Jongg 1:00 MEDITATION FOR EVERYONE	10:00 12:30 1:00 1:00 1:00	9:00 Wellness Clinic - Nurse on Site 11:00 BRAIN HEALTH – A RECIPE FOR LIFE 12:00 Watercolor - Intermediate 2	11:00 1:00 1:00 2:00 2:00	Knitting/Crocheting LUNCH & LEARN – RESIDENCE VALLEY FARMS Whist Watercolor - Beginner Cribbage Scrabble Euchre	<b>APRIL 9</b>	9:00 Knitting/Crocheting 11:00 LUNCH & LEARN – RESIDENCE VALLEY FARMS 11:00 Whist 1:00 Watercolor - Beginner 1:00 Cribbage 2:00 Scrabble 2:00 Euchre	<b>APRIL 10</b> 10:00 KITCHEN SWITCH 10:00 Pitch 11:00 Bridge	
<b>APRIL 7</b>	9:00 Sewing Group 9:30 NORTHRIDGE COIN & GOLD 10:00 Watercolor Intermediate 1 10:00 TEXAS HOLD'EM POKER 12:00 RED HATTERS 12:30 Dominos 1:00 Mah Jongg 1:00 MEDITATION FOR EVERYONE	9:00 Sewing Group 9:30 NORTHRIDGE COIN & GOLD 10:00 Watercolor Intermediate 1 10:00 TEXAS HOLD'EM POKER 12:00 RED HATTERS 12:30 Dominos 1:00 Mah Jongg 1:00 MEDITATION FOR EVERYONE	9:00 Wellness Clinic - Nurse on Site 12:00 Watercolor - Intermediate 2 1:00 MUSIC OF MEMPHIS	11:00 1:00 1:00 2:00 2:00	Knitting/Crocheting Whist Cribbage Watercolor - Beginner MEDICATION MANAGEMENT Scrabble Euchre	<b>APRIL 15</b>	9:00 Knitting/Crocheting 11:00 Whist 1:00 Cribbage 1:00 Watercolor - Beginner 1:15 MEDICATION MANAGEMENT 2:00 Scrabble 2:00 Euchre	<b>APRIL 16</b>	10:00 CRAFTS WITH JILL 10:00 Pitch 11:00 Bridge	
<b>APRIL 13</b>	9:00 Coffee Monday 9:30 NATURE WALK - MATTAPOISETT 9:30 Cribbage 11:30 Dominos 12:00 Mah Jongg	9:00 Sewing Group 9:30 NORTHRIDGE COIN & GOLD 10:00 Watercolor Intermediate 1 10:00 TEXAS HOLD'EM POKER 12:00 RED HATTERS 12:30 Dominos 1:00 Mah Jongg 1:00 MEDITATION FOR EVERYONE	9:00 Wellness Clinic - Nurse on Site 10:00 EARTH DAY CLEANUP 10:00 THE TOUGH STUFF 12:00 Watercolor - Intermediate 2	11:00 1:00 1:00 2:00 2:00	Knitting/Crocheting Whist Cribbage Watercolor - Beginner Scrabble Euchre	<b>APRIL 21</b>	9:00 Sewing Group 10:00 Watercolor Intermediate 1 10:00 TEXAS HOLD'EM POKER 10:00 BOOK GROUP 11:00 WRITERS GROUP 12:30 Dominos 1:00 Mah Jongg	<b>APRIL 22</b>	10:00 11:00 1:00 1:00 2:00 2:00	Whist Pitch Bridge
<b>APRIL 14</b>	9:00 Sewing Group 9:30 NORTHRIDGE COIN & GOLD 10:00 Watercolor Intermediate 1 10:00 TEXAS HOLD'EM POKER 12:00 RED HATTERS 12:30 Dominos 1:00 Mah Jongg 1:00 MEDITATION FOR EVERYONE	9:00 Sewing Group 9:30 NORTHRIDGE COIN & GOLD 10:00 Watercolor Intermediate 1 10:00 TEXAS HOLD'EM POKER 12:00 RED HATTERS 12:30 Dominos 1:00 Mah Jongg 1:00 MEDITATION FOR EVERYONE	9:00 Wellness Clinic - Nurse on Site 10:00 EARTH DAY CLEANUP 10:00 THE TOUGH STUFF 12:00 Watercolor - Intermediate 2	11:00 1:00 1:00 2:00 2:00	Knitting/Crocheting Whist Cribbage Watercolor - Beginner Scrabble Euchre	<b>APRIL 28</b>	9:00 Sewing Group 10:00 Watercolor Intermediate 1 11:00 FORTUNE COOKIE CLUB 12:30 Dominos 1:00 Mah Jongg	<b>APRIL 29</b>	8:00 FOXWOODS CASINO 9:00 Knitting/Crocheting 11:00 Whist 1:00 Cribbage 1:00 Watercolor - Beginner 2:00 Scrabble 2:00 Euchre	<b>APRIL 30</b>
<b>APRIL 17</b>	9:00 Coffee Monday 9:30 NATURE WALK - MATTAPOISETT 9:30 Cribbage 11:30 Dominos 12:00 Mah Jongg	9:00 Sewing Group 9:30 NORTHRIDGE COIN & GOLD 10:00 Watercolor Intermediate 1 10:00 TEXAS HOLD'EM POKER 12:00 RED HATTERS 12:30 Dominos 1:00 Mah Jongg 1:00 MEDITATION FOR EVERYONE	9:00 Wellness Clinic - Nurse on Site 10:00 EARTH DAY CLEANUP 10:00 THE TOUGH STUFF 12:00 Watercolor - Intermediate 2	11:00 1:00 1:00 2:00 2:00	Knitting/Crocheting Whist Cribbage Watercolor - Beginner Scrabble Euchre	<b>APRIL 23</b>	9:00 Knitting/Crocheting 11:00 Whist 1:00 Cribbage 1:00 Watercolor - Beginner 2:00 Scrabble 2:00 Euchre	<b>APRIL 24</b>	10:00 11:00	Pitch Bridge
<b>APRIL 27</b>	9:00 Coffee Monday 9:30 Cribbage 11:30 Dominos 12:00 Mah Jongg 1:00 THE FOOT AND SHOE WORKSHOP	9:00 Sewing Group 10:00 Watercolor Intermediate 1 11:00 FORTUNE COOKIE CLUB 12:30 Dominos 1:00 Mah Jongg	9:00 Wellness Clinic - Nurse on Site 12:00 Watercolor - Intermediate 2 2:30 Zentangle	11:00 1:00 1:00 2:00 2:00	Knitting/Crocheting Whist Cribbage Watercolor - Beginner Scrabble Euchre	<b>APRIL 27</b>	9:00 Coffee Monday 9:30 Cribbage 11:30 Dominos 12:00 Mah Jongg 1:00 THE FOOT AND SHOE WORKSHOP	<b>APRIL 27</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.

Visit our website at [milfordmaseniocenter.com](http://milfordmaseniocenter.com)

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

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

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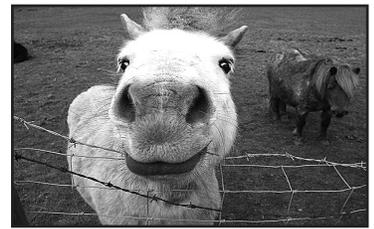
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**Love Cats? Volunteer with us!**  
Spend a few hours a week with furry friends!



Both you and the cats will benefit.

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Milford

(508) 473-7008

[www.milfordhumane.org](http://www.milfordhumane.org)

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**[www.countrysidehc.org](http://www.countrysidehc.org)**

**1 Countryside Drive, Milford**

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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:

\_\_\_\_\_

\_\_\_\_\_

## Acknowledgements

- Food donations from: BJs, The Spoonful, Salvation Army, Big Y, Coffee Haven and Trader Joe's;
- Youth Center kids for the colorful holiday cards;
- Milford High School students for assisting at one of our events;
- Margee Roessler and all her fitness friends who graciously bought the staff lunch;
- The beautiful poinsettias provided by MyFM Media and Consigli Ruggerio Funeral Home;
- Sherry Alleman for volunteering to proofread our bi-monthly newsletter

**APPRECIATE EVERYTHING**



## In Loving Memory

- Linda and Kevin Costello in memory of deceased members of the Ferretti and Costello Family
- The Dearborn family in memory of Jenny, Leo and Lenny Oliveri
- Ann Marie Digirolamo in memory of Mary and Mike Zarenne
- Fran Orefice and family in memory of Roger Orefice
- Barbara Nargi in memory of Bob Nargi



## Donations

- Donna Bucci
- Edith and Brent DeWitt
- Anita Ferrari
- Janice Foster
- Jane Yee
- Cheryl Gaynor
- Milford Lions Club
- Happy and Healthy 2026 from The Dearborn's
- Anonymous

*thanks*



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.

# LUNCH & LEARN EVENTS

The following informational events are **FREE** and provide a lunch.

**PLEASE NOTE: Registration is required at least one week prior to an event. Sign-up at the front desk or call 508-473-8334.**

## Hospital to Home

Wednesday, March 18  
12:00 pm – FREE



Join us for a tasty lunch by The Enclave of Franklin and an informative presentation, “**Transition: Hospital to Home.**” This expert-led event aims to help seniors confidently manage their transition from hospital to the next care phase, empowering them to advocate for themselves.

## Emergency Folder for Loved Ones

Thursday, March 19  
11:00 am – FREE

Discover how to assemble an emergency folder containing important documents such as a Health Care Proxy, HIPAA Authorization, Durable Power of Attorney, Emergency Contacts, Medical Information, and more. *Presented by local estate planner, Azza Law Bellingham, Amy Azza, Esq.*



## Residence Valley Farms

Thursday, April 9  
11:00 am – FREE

Join the Residence Valley Farms for lunch and a presentation with a focus on Independent Living. Find out how this community offers residents impeccable service, great amenities and the comfort and freedom to fill their days with the things they love!



## Meditation for Everyone



In this class, we will explore a variety of techniques, including working with our breath, body sensations, thoughts, and emotions.

By learning to apply a strategy, we can calm and focus the mind to bring relaxation, improve health, and increase creativity and joy in our lives.

Practices may include a body scan, sound meditation, mantra, and breath awareness.

Class will begin with gentle movement and stretches, helping to prepare the body and mind for seated meditation. *Instructor, Deb McGonnell.*

**Cost: \$30 (6-week session) - 1:00 pm**

**Tuesday, March 10, 17, 24, 31, April 7, 14**

**Register at front desk. Payment due at sign-up. Classes take place in the Fitness Studio upstairs.**

## Northbridge Coin & Gold Jewelry Appraisals



Tuesday, April 14

Appraisals of jewelry, coins, precious metals, etc. Cash provided on site for any member who wishes to sell their items. **Sign up for an appointment at the front desk or call 508-473-8334.**

**9:30 am – FREE**

## Medication Management



Thursday, April 16

Join Karen from Salmon Health and simplify your daily medication with tips to achieve the best outcomes.

Hosted by Salmon VNA. **Sign up at the front desk or call 508-473-8334.**

**1:15 pm – FREE**

# 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					
Blandin Hub	6:30	~	~	~	~	~	~	~	~	~	~	1:15*	~	~	~	~	~
Milford Crossing	6:57	8:09	9:17	10:38	11:53	1:05	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	1:07	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	1:08	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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	1:56	2:45	4:02	5:31	6:48	8:21	9:26	10:22			
Blandin Hub	~	~	~	~	~	~	~	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.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.

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# The Daffodil

## A Symbol of Renewal & Quiet Resilience

The daffodil is of of the earliest flowers to appear when winter begins to loosen its grip. Its bright yellow or white petals, arranged around a trumpet-shaped corona, make it instantly recognizable.

### **A Herald of Spring**

Often blooming as early as late winter, daffodils push through cold soil and lingering frost with remarkable determination. Because of this, many people see the the daffodil arrives like a burst of sunshine, hinting to warmer days ahead.

## Welcome Spring!



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

Visit us at [milfordmaseniorcenter.com](http://milfordmaseniorcenter.com)