"Cultivate the habit of being grateful for every good thing that comes to you, and give thanks continuously."

Ralph Waldo Emerson

What's Next?

At 60 North Bow

I'm finding it very hard to believe that we are in our November/December newsletter and it's the last one of 2026! Where did this year go? Did it go by as quickly for you as it did for me?

This time of year, reminds us to embrace our family and friends, count our blessings and reflect on all that we are thankful for. I'm not only speaking for myself, but my team as well, when I share that we are incredibly thankful for all of you that step through our doors. You bring life, laughter and a feeling of community into this building. It's wonderful to witness the creativity, comradery and true friendships that have formed. Let's leave behind 2026 with a full heart and enter 2027 with open arms!

Have a happy, healthy and joy filled holiday season!

Director, Lisa Regan

IMPORTANCE OF MEMBERSHIPS

Each participant must complete a Membership Form/Waiver upon attending for the first time.

Keeping your information on file is crucial for emergencies, especially for those involved in exercise programs.

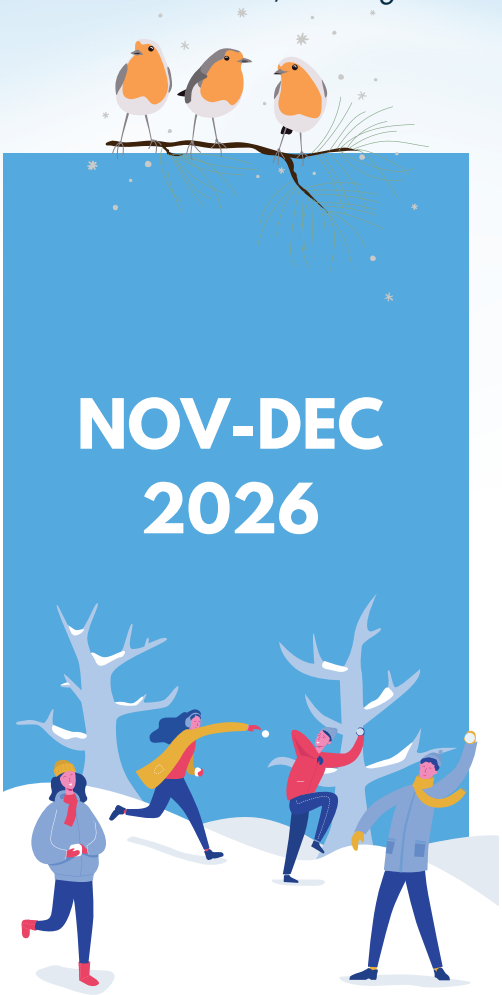
Registration forms are available at front the desk. Yearly membership is $5/year

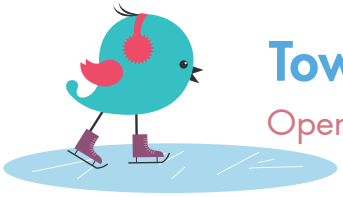
Pricing is separate for fitness classes, workshops, events, etc. Inquire at front desk.

Upon registration, you will be issued a red tag to use at the kiosk for check-in during each visit.

Thank you for your cooperation!

Senior Center Staff



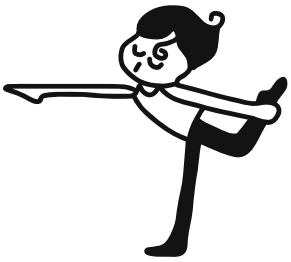


Town of Milford, Ruth Anne Bleakney Senior Center

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

Telephone (508) 473-8334 Fax (508) 634-2339

fitness



The Gift of Strength

When we think about gifts during the holiday season, strength probably isn't the first thing that comes to mind. But as we get older, being strong may be one of the most valuable gifts we can give ourselves.

Strength is about so much more than how much weight we can lift. It helps us climb stairs, carry groceries, get up from a chair, maintain our balance and continue doing the activities we enjoy. Just as importantly, staying active gives us confidence in what our bodies can do.

As we head into the busy holiday season, routines may change and schedules may get a little hectic. Don't worry about being perfect—just keep moving. Come to a class, take a walk, do a few strength exercises at home or put on some music and dance! Every little bit counts.

This holiday season, give yourself the gift of strength, movement, and good health—and carry it with you into the New Year!

Andrea Longo, Fitness Director

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	1:00 pm	Low Impact Fitness
Friday	8:30 am	Cardio Strength Circuit
Friday	9:30 am	Groove & Sculpt
Friday	10:30 am	Core Power

Class pricing options:

$5 - 1 class
$20 - unlimited classes for that month.

FREE Wellness Workshops

IMPORTANT: Advance registration is necessary. Please sign up at the second gym upstairs. Look for the sign-up boards on the desk.

Mindful Motion

Tuesday, November 17 - 11:30

Trainer & Instructor Pam Landi will guide participants through exercise of balance, strength and core in a slow flow and mindful format. This is a class you don't want to miss! *Class is held in the Great Room.*

IntenSati

Thursday, December 17 - 11:30 am

Instructor and trainer Andrea Longo will lead this high-energy workout that is both exhilarating and uplifting. A combination of cardio & strength moves are done with spoken, positive affirmations throughout the class. Limited to 20 participants. *Class is held in the Fitness Studio.*

Two Fitness Evaluation Options

IMPORTANT: *Advance registration is necessary. Please sign up at the second gym upstairs. Look for the sign-up boards on the desk.*

Personal Training

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

One on One Fitness Assessments

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

Intro to the Gym – Free

Monday, November 2 & December 7 - 10:30 am

These instructional sessions are held on the first Monday of each month at 10:30 am in the gym. Class is limited to 6 attendees in order to allow enough time for each participant to fully use and understand the equipment. Advance sign-up in the gym required.

Daily Dose Protein Parlor

Thursday, December 17 - 8:30 am

Please join us for free samples of Protein Shakes provided by Clayton Baker owner of Daily Dose Protein Parlor in Westboro. Clayton is long-time health and wellness enthusiast. No sign-up necessary.

A Sweet Note from a Member

A heartwarming community is at the Milford Senior Center. How fortunate we are to have the Milford Senior Center! It is so much more than a place to take a class - it is a warm, welcoming community filled with wonderful people.

My husband and I are truly blessed with such caring and talented instructors and staff who bring enthusiasm, kindness, and encouragement to everything they do. Whether we come to exercise, dance, learn something new, or simply spend time with others, there is always a friendly smile and a feeling that we belong.

And then there are the people who come here - the friendships, the laughter, the conversations, and the support we give one another. There is something very special about being surrounded by people who make each day a little brighter.

The Milford Senior Center is a place where we can stay active, keep learning, make friends, and enjoy life together. It is a heartwarming community, and we feel very fortunate and grateful to be part of it.

Anonymous

SPECIAL EVENTS!

FREE events, call 508-473-8334 or sign-up at the front desk.
Paid events - register & pay at front desk. **NOTE:** For ALL events, please register EARLY to avoid event cancellations.

Krafts with Kerry

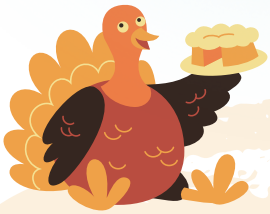
Friday, November 20
Pine Cone Bird Feeder
10:00 am - FREE

Join us for a simple, free & fun craft. Create your own natural pine cone feeder using peanut butter and bird seed. Limited to 12 participants.

Friday, December 11
Holiday Button Ornaments
10:00 am - FREE

Create 2 beautiful button ornaments to display for the holiday season.

Limited to 12 participants. *Hosted by Kerry Vilorio*



Thanksgiving Luncheon

Wednesday, November 18
12:30 am - Cost $10

- Entertainment with Luke Jackson
- Turkey and all the fixings provided by TJs of Ashland.

Downsizing and Selling from Daunting to Done

Thursday, November 12
10:00 am - FREE

This is a comprehensive seminar for seniors who need to downsize and sell but are apprehensive about how to do it. Get help on how to create a downsizing plan and then learn how to execute it.

Hosted by Victor G. Bishop of Laer Realty Partners

Floral Design with the Garden Club

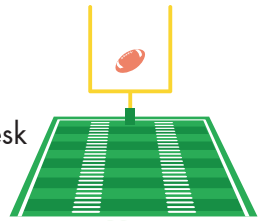
Friday, November 6 - 10:00 am - Cost $15

Learn how to create a seasonal floral arrangement you can take home. The limit is 12 participants. Class is held in the Art Room.

Patriots Hall of Fame & Lighthouse Trip

Monday, November 9 - 9:30 am - Cost $22

- Features a 60-90 minute self-guided tour of the interactive Patriots Hall of Fame
- Panoramic views of Gillette Stadium from the Lighthouse
- Wear comfortable footwear
- Limited to 12 participants
- Register and pay at the front desk



Host Kerry Vilorio.

Bone Health Presentation

Thursday, November 19
10:00 am - FREE

Join us for a nutritional talk focusing on the area of bone health. Learn how having good nutrition can help support bone health. Q & A sessions will follow. *Hosted by Mary Brunelle, a Nutritionist from Tri-Valley.*

Charcuterie Workshop with Red Apron Charcuterie

Friday, November 13 - 11:00 am - Cost $15

This one hour workshop shows you how to create a charcuterie cup using skewers, cheeses, nuts, fruits, and meat. Sample tasting will be provided. Maximum of 12 participants. *Hosted by Ana from Red Apron Charcuterie.*

Last Bus Trip of 2026

The price listed below is per person & payable at sign-up.

- **Christmas at Blithewold Mansion**, December 9 – ($127)

NOTE: Last day to register for this trip is November 9.

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

PLEASE NOTE

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

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

TRIP REQUIREMENTS

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

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.

Daylight Savings Time

Sunday November 1. Don't forget to turn your clocks back 1 hour.

Creative Workshops

Instructor: Mari Steinmann

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

Watercolor Beginner 1:00 - 3:00 pm	
Thursday, November 5, 12, 19	Cost: $60 (3-week session)
Thursday, December 3, 10, 17	Cost: $60 (3-week session)

Watercolor Intermediate 1 11:00 am - 1:00 pm	
Tuesday, November 3, 10, 17	Cost: $60 (3-week session)
Tuesday, December 1, 8, 15	Cost: $60 (3-week session)

Watercolor Intermediate 2 12:00 - 2:00 pm	
Wednesday, November 4, 18	Cost: $40 (2-week session)
Wednesday, December 2, 9, 16	Cost: $60 (3-week session)

Zentangle 2:30 - 4:30 pm	
Wednesday, November 18 & December 9	Cost: $25 (per session)

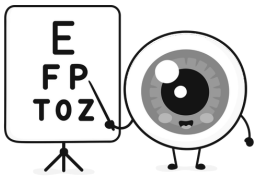
No experience required for Beginner Watercolor & Zentangle. All materials are supplied.

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

Limited seating. Please sign up early.

Low Vision Workshop

Thursday, November 5 & December 3
10:00 am - FREE

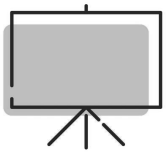


This workshop meets on the 1st Thursday of each month with special guests on occasion. Contact the Senior Center for more information. *Hosted by Marie O'Leary.*

Women's Group

Tuesday, November 3 & December 1
1:00 pm - FREE

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

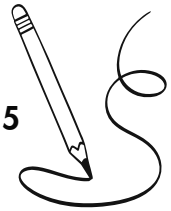


TED Talk and Discuss

Wednesday, November 4 - 1:00 pm - FREE

These brief, impactful presentations share "ideas worth spreading" on various topics. The subjects are aimed to educate, inspire and provoke thought. Topic to be announced. *Hosted by Laura Neill.*

Writer's Group



Tuesday, November 17 & December 15
11:00 am - FREE

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

Fortune Cookie Club

Tuesday, November 24 & December 22
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.*

Armchair Travel to Iceland

Tuesday, December 1 - 1:00 pm - FREE

Journey with us to Iceland and discover breathtaking waterfalls, volcanic landscapes, glaciers, and the magical Northern Lights while exploring the country's rich culture and traditions. *Hosted by Laura Neill.*

Community Legal Aid (Legal Assistance)

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

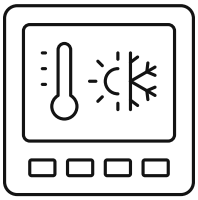
To apply for services:

- 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 pm to 4:15 pm.
- Apply online at **www.communitylegal.org**
- Contact the Milford Bar Association – Free Legal Aid (508) 473-1161
- Visit Milford District Court the first and third Wednesdays of the month from 2:00 - 4:00 pm. Ask for the attorney of the day.

Senior Tax Relief Program

Applications for the Milford Senior Center Tax Relief Program will be available at the Milford Senior Center, 60 North Bow Street, on Monday, November 2. Applications should be returned by Monday, November 30 by 1:00 pm. Homeowners qualified will receive a credit of $2,000 off their FY 2028 real estate taxes. 134 hours of service must be completed to receive the full amount. For more information call 508-473-8334 or email lregan@milfordma.gov.

Fuel Assistance



All applications will be done by appointment at the Senior Center for the 2026/2027 Fuel Assistance Program (SMOC). Call the Center at 508-473-8334 to set up an appointment. ***PLEASE NOTE:*** *Appointments are for Milford residents only.*

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 assists with applications for food stamps, housing, fuel assistance and MassHealth for low-income individuals. Kim also facilitates programs that bring people together for friendship and support, such as Women's Group, Fortune Cookie Club, and Writer's Group. She is available by appointment for consultation and provides support for a variety of issues, including adult children trying to help their parents live their best lives. You can reach Kim on Mondays, Tuesdays, and Thursdays at 508-473-8334 or by email at **kconsidine@townofmilford.com**

Notary Public

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

Meals on Wheels

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

Center Book Group – Free

Tuesday, November 17 - 10:00 am
Becoming Madam Secretary by Stephanie Dray

Tuesday, December 15 - 10:00 am
One Big Happy Family by Susan Mallery

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

Transportation Program

MILFORD

- Milford residents, 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.
- 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.

HOPEDALE

- 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 first at 508-634-2208 to arrange transportation**. 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.

STAFF

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

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Michelle Creamer
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Francis Small, Esq.
Janet Iacovelli
Tom Brown

HOURS OF OPERATION

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

Activity Roster

NOVEMBER-DECEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOVEMBER 2 9:00 Coffee Monday 9:30 Cribbage **10:30 INTRO TO GYM** 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg **2:15 MEDITATION FOR EVERYONE** ****PLEASE NOTE**** **NO FITNESS CLASSES IN THE GREAT ROOMS ON NOVEMBER 2 & 3**	**NOVEMBER 3** **7:00 STATE ELECTION DAY** 9:00 Sewing Group 12:30 Dominoes 1:00 Mah Jongg **1:00 WOMEN'S GROUP**	**NOVEMBER 4** 9:00 Wellness Clinic - Nurse on Site 10:00 Texas Hold'em Poker for Beginners & Intermediate 11:00 Rummikub **1:00 TED TALK AND DISCUSS**	**NOVEMBER 5** 9:00 Knitting/Crocheting **10:00 LOW VISION WORKSHOP** 11:00 Whist 1:00 Cribbage 2:00 Scrabble	**NOVEMBER 6** 10:00 Pitch **10:00 FLORAL DESIGN WITH THE GARDEN CLUB** 10:30 Bridge
NOVEMBER 9 **9:00 THANKS TO OUR VETERANS** 9:30 Cribbage **9:30 PATRIOT'S HALL OF FAME & LIGHTHOUSE TRIP** 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg **2:15 MEDITATION FOR EVERYONE**	**NOVEMBER 10** 9:00 Sewing Group **12:00 RED HATTERS** 12:30 Dominoes 1:00 Mah Jongg	 **CLOSED**	**NOVEMBER 12** 9:00 Knitting/Crocheting **10:00 DOWNSIZING AND SELLING FROM DAUNTING TO DONE** 11:00 Whist 1:00 Cribbage 2:00 Scrabble	**NOVEMBER 13** 10:00 Pitch 10:30 Bridge **11:00 CHARCUTERIE WORKSHOP WITH RED APRON CHARCUTEIRE**
NOVEMBER 16 9:00 Coffee Monday 9:30 Cribbage 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg **2:15 MEDITATION FOR EVERYONE**	**NOVEMBER 17** 9:00 Sewing Group **10:00 CENTER BOOK GROUP** **11:00 WRITERS GROUP** **11:30 WELLNESS WORKSHOP MINDFUL MOTION** 12:30 Dominoes 1:00 Mah Jongg	**NOVEMBER 18** 9:00 Wellness Clinic - Nurse on Site 11:00 Rummikub **12:30 THANKSGIVING LUNCHEON**	**NOVEMBER 19** 9:00 Knitting/Crocheting **10:00 BONE HEALTH PRESENTATION** 11:00 Whist 1:00 Cribbage 2:00 Scrabble	**NOVEMBER 20** 10:00 Pitch **10:00 KRAFTS WITH KERRY** 10:30 Bridge
NOVEMBER 23 9:00 Coffee Monday 9:30 Cribbage **11:00 TWO TRUTHS & A LIE** 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg **2:15 MEDITATION FOR EVERYONE**	**NOVEMBER 24** 9:00 Sewing Group **11:00 FORTUNE COOKIE CLUB** 12:30 Dominoes 1:00 Mah Jongg	**NOVEMBER 25** 9:00 Wellness Clinic - Nurse on Site 11:00 Rummikub **CLOSING AT 1:00**	 **CLOSED**	**NOVEMBER 27** 10:00 Pitch 10:30 Bridge

NOVEMBER 30	DECEMBER 1	DECEMBER 2	DECEMBER 3	DECEMBER 4
9:00 Coffee Monday 9:30 Cribbage 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg **2:15 MEDITATION FOR EVERYONE**	9:00 Sewing Group 12:30 Dominoes 1:00 Mah Jongg **1:00 WOMEN'S GROUP** **1:00 ARMCHAIR TRAVEL TO ICELAND**	9:00 Wellness Clinic - Nurse on Site 11:00 Rummikub **11:00 BEATLES AND BEYOND COMMUNITY CONCERT**	9:00 Knitting/Crocheting **10:00 LOW VISION WORKSHOP** 11:00 Whist 1:00 Cribbage 2:00 Scrabble	10:00 Pitch 10:30 Bridge
DECEMBER 7	**DECEMBER 8**	**DECEMBER 9**	**DECEMBER 10**	**DECEMBER 11**
9:00 Coffee Monday 9:30 Cribbage **10:30 INTRO TO GYM** 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg **2:15 MEDITATION FOR EVERYONE**	9:00 Sewing Group **12:00 RED HATTERS** 12:30 Dominoes 1:00 Mah Jongg	**8:30 BUS TRIP: CHRISTMAS AT BLITHEWOLD** 9:00 Wellness Clinic - Nurse on Site 11:00 Rummikub	9:00 Knitting/Crocheting 11:00 Whist 1:00 Cribbage 2:00 Scrabble	10:00 Pitch **10:00 KRAFTS WITH KERRY** 10:30 Bridge
DECEMBER 14	**DECEMBER 15**	**DECEMBER 16**	**DECEMBER 17**	**DECEMBER 18**
9:00 Coffee Monday 9:30 Cribbage 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg **2:15 MEDITATION FOR EVERYONE**	9:00 Sewing Group **10:00 CENTER BOOK GROUP** **11:00 WRITERS GROUP** 12:30 Dominoes 1:00 Mah Jongg	9:00 Wellness Clinic - Nurse on Site 11:00 Rummikub **11:00 YULE TIDE YUMS – HOLIDAY BRUNCH PARTY**	**8:30 DAILY DOSE PROTEIN PARLOR** 9:00 Knitting/Crocheting 11:00 Whist **11:30 WELLNESS WORKSHOP IntenSati** 1:00 Cribbage 2:00 Scrabble	10:00 Pitch **10:00 TASTY TREATS WITH KERRY** 10:30 Bridge
DECEMBER 21	**DECEMBER 22**	**DECEMBER 23**	**DECEMBER 24**	MERRY CHRISTMAS **CLOSED**
9:00 Coffee Monday 9:30 Cribbage 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg **2:30 SOUND & STILLNESS**	9:00 Sewing Group **11:00 FORTUNE COOKIE CLUB** 12:30 Dominoes 1:00 Mah Jongg	9:00 Wellness Clinic - Nurse on Site 11:00 Rummikub	9:00 Knitting/Crocheting 11:00 Whist **CLOSING AT 1:00**	
DECEMBER 28	**DECEMBER 29**	**DECEMBER 30**	HAPPY NEW YEAR **CLOSED**	
9:00 Coffee Monday 9:30 Cribbage 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg	9:00 Sewing Group 12:30 Dominoes 1:00 Mah Jongg	9:00 Wellness Clinic - Nurse on Site 11:00 Rummikub **CLOSING AT 1:00**		

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

Visit our website at milfordmaseniorcenter.com. Contact the Senior Center with any questions at 508-473-8334

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for your support of our
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508-381-5212

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

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To be a sponsor in the next Milford Senior Center Newsletter! Please contact Tom Reily 508-336-6633 x 337

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

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

To be a sponsor in the next Milford Senior Center Newsletter! Please contact Tom Reily 508-336-6633 x 337

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- >Downsizing and Decluttering
- >Tips For Aging in Place
- >Experience in Handling of an Estate/Trust
- >Buying/Selling Residential Real Estate

Contact me today with any questions or to schedule a free market valuation. No obligation and strictly confidential.

Martha Morese, Real Estate Advisor
508-662-7301
Martha@CustomHomeRealty.com

MovesWithMartha.com

Wellness Clinic – Nurse On-Site

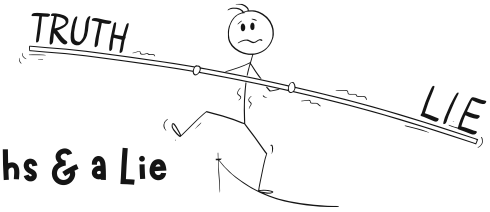
Our on-site nurse offers blood pressure assessments, medication consultations, referrals, and preventative health care advice. This service is funded by the Milford Board of Health and administered through Salmon VNA & Hospice of Greater Milford. *The nurse is available on Wednesdays from 9:00 am – 12:00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

Canasta Players Wanted

Come join our group on Mondays from 11:00 am to 2:00 pm. Mary Jo Nispel is happy to teach folks how to play. Group meets in the Pool Room (upstairs).

Rummikub – NEW!

Play or learn to play Rummikub with Mary Jo Nispel. Group will meet in the Pool Room (upstairs) on Wednesdays from 11:00 am - 2:00 pm starting November 4.



Two Truths & a Lie

Monday, November 23 - 11:00 am - FREE

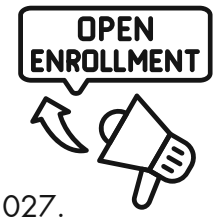
A fun game where you share three statements about yourself and we guess which is a lie. *Hosted by Kerry Vilorio.*

Coffee Mondays

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

News from SHINE: November/December

It's not too late to review your Medicare Coverage for 2027, and it's crucial that you do so. The Annual Open Enrollment Period is active until December 7th, and several changes could impact your coverage for next year. Notably, Blue Cross Blue Shield will no longer offer their five least expensive Medicare Advantage Plans in 2027, and Mass Advantage will discontinue their Medicare Advantage Plans as well. As a result, you will need to select a new plan for 2027.



If you have any questions regarding these changes or any other concerns, please reach out to our office at 508-422-9931. Leave a message, and one of our counselors will return your call to discuss your options for 2027.

For those losing coverage from Blue Cross Blue Shield or Mass Advantage, a Special Enrollment Period will be available until December 31st to secure a new plan that will start on January 1st.

SHINE (Serving the Health Insurance Needs of Everyone) is funded through the Administration for Community Living and administered locally through the Massachusetts Executive Office of Aging and Independence (AGE) by Tri Valley Elder Services. 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 plans. **Call the Milford SHINE office at 508-422-9931**. A SHINE counselor will return your call.

Red Hatters

The Red Hatters are a group of women who meet on the second Tuesday of each month to share fellowship, listen to guest speakers, and play games, enjoy lunch out, and more. New members are welcome. If interested, call or stop by our front desk to leave your contact information.

MORE EVENTS!

FREE events, call 508-473-8334 or sign-up at the front desk.
Paid events - register & pay at front desk.
NOTE: For ALL events, please register EARLY to avoid event cancellations.

Thanks to our Veterans

Monday, November 9 - 9:00 am - FREE

- Acknowledge a Veteran and sign their name(s) to a banner. Banners available in the lobby and will be displayed throughout the building.
- Refreshments served in the game room.
- No sign-up necessary.

Beatles and Beyond Community Concert

Wednesday, December 2 | 11:00 am - FREE

Beatles and Beyond is an upbeat program that includes classic rock and pop songs primarily from the 1960's and early 70's. The program will feature songs by the Beatles. The audience is invited to sing, dance and play instruments.

Yule Tide Yums Holiday Brunch Party

Wednesday, December 16
11:00 am - Cost $5

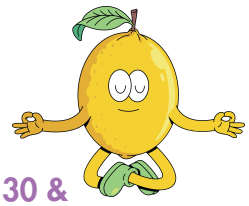
- Brunch is provided by Depot Street Tavern.
- Entertainment: DJ Ron Auger

Tasty Treats with Kerry

Friday, December 18
10:00 am - Cost $5

If you have a sweet tooth, this class is for you! Make a light and delicious Cool Whip cake with just three ingredients. Decorate it with sweet treats or colorful sprinkles. The limit is 6 participants.

Meditation for Everyone



Mondays, November 2, 9, 16, 23, 30 & December 7 & 14 - Time: 2:15 pm - Cost: $35

PLEASE NOTE: You are responsible for payment of this 7-week program. There are no refunds or makeups if you cannot attend a class. **Full payment is required at sign-up.** No drop ins.

- **Duration:** 7-week program (1-hour sessions)
- **Focus:** Explore techniques for breath, body sensations, thoughts, and emotions.
- **Goal:** Calm the mind and enhance relaxation, health, creativity, and joy.
- **Practices:** Body scan, sound meditation, mantra, and breath awareness.
- **Format:** Starts with gentle movement and stretches to prepare for seated meditation.

Instructor Deb McGonnell. Limited to 25 students. Sign-up and pay at the front desk. Classes held in the Fitness Studio.

Sound and Stillness

Monday, December 21 - 2:30 - 3:30 pm - Cost $5

Experience the unique and calming sounds of a soothing sound bowl class. Learn gentle breathing & stretching techniques, 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. Please bring your own exercise mat to class. All levels welcome. The limit is 20 participants. No experience necessary.

Wendi O'Neill, Soul Spark Healing & Yoga

Memberships, Donations, & Memorials

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

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

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

2026 – YEARLY MEMBERSHIP

DATE _____

❑ New ❑ Renewal **$5 PER PERSON**

Make checks payable to Town of Milford-Friends of MSC

NAME(S) _____

ADDRESS _____

TOWN _____ ZIP _____

PHONE _____

EMAIL: _____

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

DONATION **DATE** _____

ENCLOSED IS $ _____

❑ Donation ❑ Memorial ❑ Occasion

Make checks payable to Town of Milford-Friends of MSC

FOR _____

FROM _____

ADDRESS _____

Please send acknowledgment to:

_____

_____

Hairdresser

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

In Loving Memory

- Anonymous in memory of Keith Regan
- Anonymous in memory of John Brennan
- The children of Josephine "Tootsie" Veneziano honor her memory
- Grace Lavallee in memory of Paul Lavallee
- Paul and Paula DiVitto in memory of Louis and Joan Lancisi
- Barbara Bradbury in memory of Pearl Messana
- Joan and Gregory Jackman in memory of Marie Villani

Donations

- Mary Arcudi
- Karen Cormier
- Fernando Dias
- Paula and Paul Divitto
- Carol Glennon
- Pureza Gomes
- Lorraine Powers
- Leland and Candace Robinson
- David Todino

Grateful

Acknowledgements

- Food Donations From:
  - Spoonfuls
  - Salvation Army
  - Big Y
  - Coffee Haven
  - Trader Joe's
- Appreciation to Sherry Alleman for volunteering to proofread our bi-monthly newsletter

Thanks a Million!

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

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508 - 473 - 0435
www.countrysidehc.org
1 Countryside Drive, Milford

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

To be a sponsor in the next Milford Senior Center Newsletter!
Please contact Tom Reily
508-336-6633 x 337

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HAPPY NEW YEAR!

May the year ahead be filled with peace, joy, love, and success for everyone. Let's embrace new beginnings and strive to make each day meaningful.

Wishing you all a Happy Healthy New Year!
Senior Center Staff

2027