

September-October 2025

# What's Next?

at 60 North Bow



Fall is the season where nature throws the most fabulous costume party of the year, and everyone is invited!

-Unknown

## LEAF it to FALL!

Many of us wait until the new year to turn over a new leaf...why not start in September? We hope that as you look through our newsletter, you'll find a program, lecture, craft, fitness class, or social event that sparks your interest.

- **Fitness:** Over 20 low-cost fitness classes, wellness workshops or free gym access.
- **Nature Activities:** Sign up for one of our nature walks to Walden Pond or Calf Pasture Beach Loop in North Kingstown RI.
- **Educational Lectures:** Attend talks on the history of Milford presented by our historical society, bird watching sessions offered by the MA Audubon, and gain insights on topics like Artificial Intelligence, AARP resources, decluttering techniques, as well as discussions on dementia, foot care, and mental health.
- **Monthly Workshops:** Join Kim for one of her well attended classes, a Women's Group, Writer's Group or the Fortune Cookie Club.



**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

email: [lregan@milfordma.gov](mailto:lregan@milfordma.gov)

Tri-Valley Nutrition (508) 478-8102

Shine (508) 422-9931

- **Special Events:** celebrate the 21st Annual Luncheon or consider signing up for one of our Halloween events like Spooky Stories by storyteller Davis Bates, or join in for fun at the Halloween Party. Time to start planning a costume!
- **Bus trips:** Join outings like the Turkey Dinner Train in NH, Oktoberfest at East Hill Farm, or the Boston Holiday Pops.

Discover more in our newsletter and find something that interests you! We hope to see you soon!

*Director, Lisa Regan*

## 21st Annual Luncheon

**Wednesday, September 17**

Join us for the 21st Annual Luncheon

- Entertainment: Jumpin' Juba, a blues based roots-rock, popular and classic rock band
- Luncheon: Louis Piazza famous roasted chicken & vegetables

**Please note:** Ticket sales end on **September 8** or when we reach the seating limit.

**Cost \$10 – 12:30 pm**



### Fall Back into Fitness

As the air turns crisp and the leaves begin to fall, it's the perfect time to refresh your fitness routine. Staying active not only helps maintain physical health, but also boosts your mood and immune system as we head into the colder months. Here are three great reasons why fall is a great time to get moving:

1. **Cooler temperatures:** Without the heat and humidity, walking, gardening and outdoor activities are so much easier!
2. **Gorgeous scenery:** The vibrant colors of fall in New England are good for the body and soul. Take advantage and get outside.
3. **Reset before the holidays:** We all know how busy the last six weeks of the year are. This is the perfect time to establish and cement those good habits.

We have a dynamic and extensive fitness program here at the Center. Whether you're just starting out or an experienced fitness enthusiast, we've got you covered. Our



group fitness line-up boasts over 20 classes a week with a variety that includes everything from Yoga to Kickbox-

ing, Fall Prevention, Strength Training and Dance Fitness. Our gym consists of both a cardio and a weight training room where there is a trainer on duty each weekday morning from 8:30 am-12:30 pm.

If you've been thinking about starting a fitness routine, let us partner with you to find one that suits your needs. Our wish is that this fall will be a season of movement, mindfulness and good health for you.

*Andrea Longo, Fitness Director*

### Intro to the Gym – Free

**Monday, September 8 & October 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 10 people. Advance sign-up in the gym required.**

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	Pilates
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 <b>(NEW!)</b>
Thursday	9:30 am	Yoga
Thursday	11:30 am	Full Body Stretch <b>(NEW)</b>
Thursday	1:00 pm	Low Impact Fitness
Friday	8:30 am	Cardio Strength Circuit
Friday	9:30 am	Groove & Sculpt
Friday	10:30 am	Everstrong – Kickboxing

### Class pricing options:

\$5 – 1 class

\$20 – unlimited classes for that month. **No carry overs.**

### NEW CLASSES!

#### Full Body Stretch – Thursday, 11:30 am

Gentle stretching and restorative poses using the Science of stretching methodology. Release tension and leave feeling relaxed. Please bring a yoga mat.

*Instructor Jenny Barrett.*



#### Interval Training – Thursday, 8:30 am



This class will improve your cardiovascular fitness with timed rounds of alternating cardio and strength exercises plus built in recovery periods. It's a sure cardio blaster. *Instructor: Andrea Longo.*

**Classes held upstairs in the Fitness Studio.**

**you  
can  
do it!**

# 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.**



## **Watercolor - Beginner - 1-3:00 pm**

**Cost: \$60 (4-week session)**

- Thursday, September 4, 11, 18, 25

**Cost: \$45 (3-week session)**

- Thursday, October 16, 23, 30

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

**Cost: \$60 (4-week session)**

- Wednesday, September 3, 10, 17, 24

**Cost: \$45 (3-week session)**

- Wednesday, October 15, 22, 29

*Watercolor classes held in the Art & Crafts room*



## **Zentangle - 1-3:00 pm**

**Cost: \$20 (per session)**

- Monday, September 29 & October 27

Limit: 14 students

No experience required. All materials supplied.

*Classes held in the Boardroom*



Coffee and pastries served in the Game room.  
*Donations of coffee always appreciated.*

**9:00 – 11:00 am**



## **Handicap Parking Reminder**

Kindly avoid parking in designated handicap areas unless you have a valid handicap pass.  
***Those who violate this rule will face towing.***

# TAKE A TOUR

## **Bus Trips 2025**

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

- Turkey Dinner Train – September 30 (\$140.00)
- Oktoberfest at East Hill Farm – October 9 (\$135.00)
- Boston Holiday Pops—December 17 (\$249.00)

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

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## **National First Responders Day**

**Observed on Tuesday, October 28**

If you know a first responder, it's a great time to say thank you!



## **Hairdresser**

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

### **Price list as follows:**

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

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

# FALL EVENTS! SIGN-UP TODAY!



## History of Milford

**Wednesday, September 3 – 1:30 pm – FREE**

Featuring early pictures of the town, including: boot & shoe industry, granite quarries, Main Street, the churches, schools, etc.  
Hosted by Milford Historical Society.



## Halloween Harvest/ Spooky Stories

**Wednesday, October 15 – 1:00 pm – FREE**

- Harvest stories and songs from past & present
- Native American stories, true life ghost stories and family tales
- Sing-alongs

Hosted by singer & storyteller Davis Bates

## Restore Foot Health

**Monday, September 22 – 10:30 am – FREE**

Understand foot health, common myths about footwear and orthotics. Learn how foot strength affects balance and fall risk. Learn some self-assessments and a movement circuit to improve foot health. Q & A session. Hosted by Katie Knox Lund, PTA Movement Specialist.

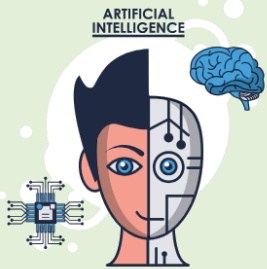
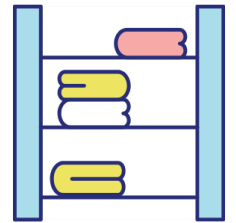


## Downsizing & Decluttering

**Thursday, October 23 – 11:00 am – FREE**

- Learn easy-to-follow tips on decluttering and organizing both your home and your lives.

Hosted by AARP



## AI (Artificial Intelligence) for Seniors

**Wednesday, October 22 – 1:30 pm – FREE**

What it is and how to use it.  
Hosted by Henry Quinlan



**Wednesday, October 29**

- Entertainment by The Elderly Brothers
- Mexican food provided by Taqueria La Estrella
- Best costumes win a prize!

**12:30 pm – Cost: \$5**

## Dementia Friends Massachusetts

**Wednesday, September 24 – 11:00 am – FREE**

- Learn what dementia is, the different types, what it's like to live with it, tips for communicating with people with dementia and helpful resources.



## Nature Walks

**Monday, September 8**

- Walden Pond, Concord, MA

**Monday, October 6**

- Calf Pasture Beach Loop, North Kingstown, RI

**9:30 am – Cost: \$10**

Bus seating is limited to 12. Sign-up and pay at the front desk.



## Anxiety/Depression

**Thursday, September 18**

Common mental health issues in older adults can greatly affect their quality of life and overall health. These conditions often co-occur with anxiety, worsening depression, and vice versa.  
Hosted by Amedisys Home Health.

**10:30 am – FREE**

## Introduction to Birds & Birdwatching

**Thursday, September 25**

Find out what makes birds unique within the animal kingdom, where and how to locate birds in different settings, and basic bird biology and behavior.  
Hosted by the Mass Audubon Society.

**10:00 am – FREE**





# MORE ACTIVITIES



## Trivia

**Wednesday, September 24**

Hosted by Laura Neill.

**1:00 pm – FREE**

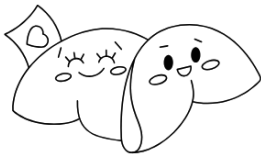
## Women's Group

**Tuesday, September 2 & October 7**

Connect with other women through shared thoughts, laughter, and support.

Hosted by Kim Considine

**1:00 pm – FREE**



## Fortune Cookie Club

**Tuesday, September 23 & October 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**

## Writer's Group

**Tuesday, September 16 & October 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**



## CRAFTS



**Friday, September 5**

Hosted by Jill Lillibridge

- Centerpieces for the Annual Luncheon (**FREE class**)

**Friday, October 10**

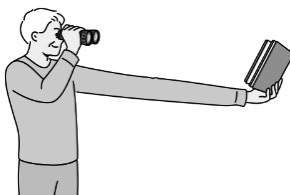
- Owls on Wood

**10:00 am – Cost: \$5**

Sign-up & pay where required at front desk.

## Low Vision Workshop

**Thursday, September 4 & October 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**

## Kitchen Switch with Jill

**Friday, September 19**

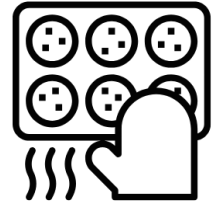
- Iced Applesauce Cookies & Healthy Blueberry Ricotta Tartlets

**Friday, October 17**

- Protein Pumpkin Muffins & Dark Chocolate Pumpkin Truffles

Sign-up & pay at front desk. Limit 6 people.

**10:00 am – Cost \$5**



## Center Book Group

**Tuesday, September 16**

- *The Next Day: Transitions, Change and Moving Forward* by author Melinda French Gates

**Tuesday, October 21**

- *The Women* by author Kristen Hannah

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

**10:00 am – FREE**

## Ballroom Social Dance – NEW!



Social dancing to a variety of ballroom dance styles, including Waltz, Foxtrot, Rumba, and Swing. All levels are welcome to attend from complete beginner to advanced, single or couples. If you are new, review the basic steps with instructor Jenny Barrett to get up and on the dance floor in no time. Pre-

registration and payment in advance is required. Join us for a fun social dance hour! Classes held in the Great Room.

**Cost: \$20 single or \$30 couple (4-week session)**

- **Tuesday, October 7, 14, 21, 28 – 10:30 am**



## Ice Cream with ComForCare

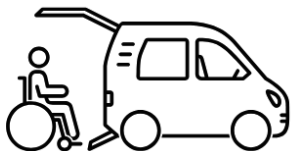
**Tuesday, September 9**

Learn about ComForCare's services and the GUIDE Medicare program, plus an Ice Cream Social too! In the main lobby.

**12:00 pm – FREE**

## Transportation Program

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



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

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



## Notary Public

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

## 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 of any age.



Kim is a great resource for helping to identify services within the community (legal assistance, home care, protective services, food pantry, support groups, counseling, Salvation Army, Catholic Charities, Meals on Wheels etc.), as well as referrals and

assistance with applications for food stamps, Medicaid, housing, and RAFT, a program that provides some financial support in the event of a crisis. Kim also facilitates programs that bring people together for friendship and support such as a Women's Group, Fortune Cookie Club, and a Writer's Group. Kim is available to give one on one support for the loss of a loved one. Please reach out to her for an appointment. Kim is available by phone for consultation and provides support for individuals and their families. **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.

## STAFF

**Lisa Regan**

Director

**Susie Cadrin**

Admin. Assistant/  
Graphic Design

**Laura Neill**

**Jill Lillibridge**

Program Coordinators

**Fran Letizia**

Transportation Coordinator/  
Reception

**Claudia Cormier**

Reception

**Kimberli Considine**

Client Services

**Bob Remy**

Van Driver

**Andrea Longo**

Fitness Director

## COUNCIL ON AGING

**Dino B. DeBartolomeis**

Chairperson

**Charlie Skaff**

Vice Chair

### Members

Patricia Berry

Dolores Alvarez-DeVita

Paul Gallagher

Joan Motuzas

Thomas O'Loughlin, Esq.

Ed Roth

Francis Small, Esq.

## HOURS OF OPERATION

**Monday – Thursday**

8:00 am – 4:30 pm

**Friday**

8:00 am – 1:00 pm

**508-473-8334**

## Meals on Wheels

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



## News from SHINE

### IMPORTANT MAIL FROM YOUR DRUG PLANS AND MEDICARE ADVANTAGE PLANS



It's that time of year... if you have a Medicare Part D Prescription Drug or Medicare Advantage plan, your plan will mail you a document called the Annual Notice of Change (ANOC) by the end of September. The ANOC is a summary of changes to your plan for 2026. Your costs (premiums, deductibles, and copays),

covered medications, and provider networks may change from year-to-year. Make sure you read this important document and think about whether your current plan will continue to meet your needs. If you do not receive it in the mail, call and request another copy.

#### Medicare Open Enrollment – October 15 – December 7

If you would like to change your plan for 2026, you may do so during the annual Medicare Open Enrollment Period. You may make changes to your coverage between October 15 and December 7, and the changes will take effect January 1. SHINE counselors can help you to understand changes to your current plan, as well as discuss other options you may have.

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

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

**SHINE (Serving the Health Insurance Needs of Everyone)** has certified counselors 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, and we do not sell any insurance plans. The program is federally funded and state administered.

To make an appointment, call your local Senior Center or call 1-800-243-4636, option 4. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom), email, or postal mail. We also offer excellent resources online through our website at [www.shinema.org](http://www.shinema.org).

## In Loving Memory



- Carol Laronga in memory of Victoria Peroni
- Honey Vartabedian in memory of Victoria Peroni
- Ernest and Mitten Laronga in memory of Victoria Peroni
- Dottie Pedrolini in memory of Dick and Richard Pedrolini
- Elaine and Tom Capuzziello in memory of Pierina Ferretti and Josephine Capuzziello
- The Knitters and Crocheting Group of the Milford Senior Center in memory of Eulalia "Charo" Vinueza
- Willy and Joanne Kirschbaum in memory of Barbara Chase
- Carol Beccia in memory of Paul G. Beccia
- Claudia and Burt Cormier in memory of Keith Regan
- The Grillo family in memory of the 5<sup>th</sup> year anniversary of Netta Grillo
- Grace Lavalley in memory of Paul Lavalley's birthday
- Tina Gomes, Michele Andruskevich, Janice Griffith, The Friday Pitch Group, Sigrid "Ziggy" Guidera, Willy and Joanne Kirschbaum, Peter Amati, Darcy Badler, The Meals on Wheels staff, The Cribbage Players, Susan Debalsi and Steven Kelley, Pureza Gomes, Pam Russell, Kathleen and James Monahan, Brenda Niro, The Shuster Group, LLC, Maureen J. McTeirnan, Mary Braley, Carolyn and Jim Webber in memory of Gerry Woloski



### Donations

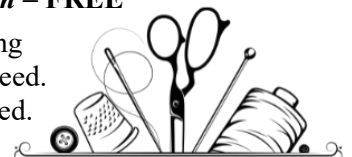
- Dan Todino
- Elizabeth and Michael Loftus
- Elizabeth and Cornelius Gleeson
- Nancy and Tom Kojawski

thank  
★ you ★

### New Sewing Group

**Tuesdays, 9:00 am – 12:00 pm – FREE**

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



### Knitting & Crocheting

Meets on Thursdays. Come join the group!

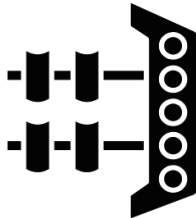
**9:00 am – FREE**

# Activity Roster

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

September-October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LABOR DAY</b> <b>CLOSED</b>	<b>SEPTEMBER 2</b> 9:00 Sewing Group 12:30 Dominoes <b>1:00 WOMEN'S GROUP</b> 1:00 Mah Jongg 1:30 Milford Senior Singers	<b>SEPTEMBER 3</b> 10:00 Cross Stitch 12:00 Watercolor - Intermediate <b>1:30 HISTORY OF MILFORD</b>	<b>SEPTEMBER 4</b> 9:00 Knitting/Crocheting <b>10:00 LOW VISION WORKSHOP</b> 11:00 Whist 1:00 Cribbage 1:00 Watercolor - Beginner 2:00 Scrabble	<b>SEPTEMBER 5</b> <b>10:00 CRAFTS WITH JILL</b> 10:00 Pitch 11:00 Bridge
<b>SEPTEMBER 8</b> 9:00 Wellness Nurse 9:00 Coffee Monday <b>9:30 NATURE WALK</b> <b>WALDEN POND</b> 9:30 Cribbage <b>10:30 INTRO TO THE GYM</b> 11:30 Dominoes 12:00 Mah Jongg	<b>SEPTEMBER 9</b> 9:00 Sewing Group <b>12:00 RED HATTERS</b> <b>12:00 ICE CREAM WITH COMFORCARE</b> 12:30 Dominoes 1:00 Mah Jongg 1:30 Milford Senior Singers	<b>SEPTEMBER 10</b> 10:00 Cross Stitch 12:00 Watercolor - Intermediate	<b>SEPTEMBER 11</b> 9:00 Knitting/Crocheting 11:00 Whist 1:00 Cribbage 1:00 Watercolor - Beginner 2:00 Scrabble	<b>SEPTEMBER 12</b> 10:00 Pitch 11:00 Bridge
<b>SEPTEMBER 15</b> 9:00 Wellness Nurse 9:00 Coffee Monday 9:30 Cribbage 11:30 Dominoes 12:00 Mah Jongg	<b>SEPTEMBER 16</b> 9:00 Sewing Group <b>10:00 BOOK GROUP</b> <b>11:00 WRITERS GROUP</b> 12:30 Dominoes 1:00 Mah Jongg 1:30 Milford Senior Singers	<b>SEPTEMBER 17</b> 10:00 Cross Stitch 12:00 Watercolor - Intermediate <b>12:30 21st ANNUAL LUNCHEON</b>	<b>SEPTEMBER 18</b> 9:00 Knitting/Crocheting <b>10:30 ANXIETY/DEPRESSION</b> 11:00 Whist 1:00 Watercolor - Beginner 1:00 Cribbage 2:00 Scrabble	<b>SEPTEMBER 19</b> <b>10:00 KITCHEN SWITCH</b> 10:00 Pitch 11:00 Bridge
<b>SEPTEMBER 22</b> 9:00 Wellness Nurse 9:00 Coffee Monday 9:30 Cribbage <b>10:30 RESTORE FOOT HEALTH</b> 11:30 Dominoes 12:00 Mah Jongg	<b>SEPTEMBER 23</b> 9:00 Sewing Group <b>11:00 FORTUNE COOKIE CLUB</b> 12:30 Dominoes 1:00 Mah Jongg 1:30 Milford Senior Singers	<b>SEPTEMBER 24</b> 10:00 Cross Stitch <b>11:00 DEMENTIA FRIENDS</b> 12:00 Watercolor - Intermediate <b>1:00 TRIVIA</b>	<b>SEPTEMBER 25</b> 9:00 Knitting/Crocheting <b>10:00 INTRODUCTION TO BIRDS &amp; BIRD WATCHING</b> 11:00 Whist 1:00 Cribbage 1:00 Watercolor - Beginner 2:00 Scrabble	<b>SEPTEMBER 26</b> 10:00 Pitch 11:00 Bridge
<b>SEPTEMBER 29</b> 9:00 Wellness Nurse 9:00 Coffee Monday 9:30 Cribbage 11:30 Dominoes	<b>SEPTEMBER 30</b> <b>9:00 BUS TRIP:</b> <b>TURKEY DINNER TRAIN</b> 9:00 Sewing Group 12:30 Dominoes	<b>OCTOBER 1</b> 10:00 Cross Stitch	<b>OCTOBER 2</b> 9:00 Knitting/Crocheting <b>10:00 LOW VISION WORKSHOP</b> 11:00 Whist 1:00 Cribbage	<b>OCTOBER 3</b> 10:00 Pitch 11:00 Bridge

11:30 Dominoes 12:00 Mah Jongg 1:00 ZENTANGLE	12:30 Dominoes 1:00 Mah Jongg 1:30 Milford Senior Singers	<b>OCTOBER 6</b> Wellness Nurse Coffee Monday 9:30 NATURE WALK NO. KINGSTOWN, RI 9:30 Cribbage 10:30 INTRO TO GYM 11:30 Dominoes 12:00 Mah Jongg	<b>OCTOBER 7</b> 9:00 Sewing Group 9:30 NORTHBIDGE COIN & GOLD 10:30 BALLROOM SOCIAL DANCE 12:30 Dominoes 1:00 WOMEN'S GROUP 1:00 Mah Jongg 1:30 Milford Senior Singers	<b>OCTOBER 8</b> 10:00 Cross Stitch	<b>OCTOBER 9</b> 9:00 Knitting/Crocheting 9:30 BUS TRIP: OKTOBERFEST AT EAST HILL FARM 11:00 Whist 1:00 Cribbage 2:00 Scrabble	<b>OCTOBER 10</b> 10:00 CRAFTS WITH JILL 10:00 Pitch 11:00 Bridge
 COLUMBUS DAY CLOSED			<b>OCTOBER 14</b> 9:00 Sewing Group 10:30 BALLROOM SOCIAL DANCE 12:00 RED HATTERS 12:30 Dominoes 1:00 COA MEETING 1:00 Mah Jongg 1:30 Milford Senior Singers	<b>OCTOBER 15</b> 10:00 Cross Stitch 12:00 Watercolor - Intermediate 1:00 HALLOWEEN HARVEST/ SPOOKY STORIES	<b>OCTOBER 16</b> 9:00 Knitting/Crocheting 11:00 Whist 1:00 Cribbage 1:00 Watercolor - Beginner 2:00 Scrabble	<b>OCTOBER 17</b> 10:00 KITCHEN SWITCH 10:00 Pitch 11:00 Bridge
<b>OCTOBER 20</b> Wellness Nurse Coffee Monday 9:30 Cribbage 11:30 Dominoes 12:00 Mah Jongg	<b>OCTOBER 21</b> 9:00 Sewing Group 10:00 BOOK GROUP 10:30 BALLROOM SOCIAL DANCE 11:00 WRITERS GROUP 12:30 Dominoes 1:00 Mah Jongg 1:30 Milford Senior Singers	<b>OCTOBER 22</b> 10:00 Cross Stitch 12:00 Watercolor - Intermediate 1:30 ARTIFICIAL INTELLIGENCE FOR SENIORS (AI)	<b>OCTOBER 23</b> 9:00 Knitting/Crocheting 11:00 DOWNSIZING/DECLUTTERING 11:00 Whist 1:00 Cribbage 1:00 Watercolor - Beginner 2:00 Scrabble	<b>OCTOBER 24</b> 10:00 Pitch 11:00 Bridge		
<b>OCTOBER 27</b> Wellness Nurse Coffee Monday 9:30 Cribbage 11:30 Dominoes 12:00 Mah Jongg 1:00 ZENTANGLE	<b>OCTOBER 28</b> 9:00 Sewing Group 10:30 BALLROOM SOCIAL DANCE 11:00 FORTUNE COOKIE CLUB 12:30 Dominoes 1:00 Mah Jongg 1:30 Milford Senior Singers	<b>OCTOBER 29</b> 10:00 Cross Stitch 12:00 Watercolor - Intermediate 12:30 HALLOWEEN PARTY	<b>OCTOBER 30</b> 9:00 Knitting/Crocheting 11:00 Whist 1:00 Cribbage 1:00 Watercolor - Beginner 2:00 Scrabble	<b>OCTOBER 31</b> 10:00 Pitch 11:00 Bridge		
<b>SIGN UP TODAY!</b> Advance sign-up for events and trips is highly encouraged. Bus trips and on-site presentations have specific deadlines and quotas; failure to meet these may lead to cancellations, even for free events. Payment is required upon sign-up.						
Visit our website at <a href="http://milfordmaseniorcenter.com">milfordmaseniorcenter.com</a>						



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## Acknowledgements

- Food donations from: BJ's, The Spoonful, Salvation Army, Big Y, & Trader Joe's;
- Miscellaneous coffee donations;
- Salvation Army for putting up flags in front of the Center;
- Lorie Dumont for volunteering to bring bagels and muffins from the Coffee Haven by Blue Moon Bagel Café;
- Sherry Alleman for volunteering to proofread our bi-monthly newsletter

thanks  
for your  
support

## Wellness Clinic – Nurse On-Site



Nancy Favulli RN, 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. Nancy is available on Monday from 9:00 am – 12:00 pm.

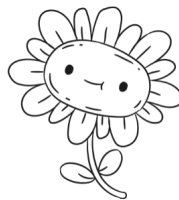
## Northbridge Coin & Gold

Tuesday, October 7



- Jewelry, coins, misc. (ex. Silverware sets)
- Each session 20 minutes
- 4 item limit
- Register at front desk for an appointment
- No walk-ins

9:30 am – FREE



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

## Friends of the Milford Senior Center

The Friends is a private, non-profit organization whose donations provide funds for programs, services and equipment for the Milford Senior Center that cannot be provided by local or state government. Milford seniors do not need to join the Friends to receive services from the Senior Center.

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

### Board Members:

Dino B. DeBartolomeis, President  
Jillian Celozzi Esq., Vice-President  
Johnna O'Loughlin, Treasurer

### Other members include:

State Representative Brian W. Murray  
Susan Trotta Clark

Consider making a donation to the Friends in memory of a loved one or in honor of a special occasion. An acknowledgment of your donation will be sent to whomever you designate and will be published in the newsletter. **Please make checks payable to Friends of the Milford Senior Center.**

### 2025 – YEARLY MEMBERSHIP

DATE \_\_\_\_\_

☐ New ☐ Renewal \$5 PER PERSON

Make checks payable to Friends of the Milford Senior Center

NAME(S) \_\_\_\_\_

ADDRESS \_\_\_\_\_

TOWN \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL: \_\_\_\_\_

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

DONATION DATE \_\_\_\_\_

ENCLOSED IS \$ \_\_\_\_\_

☐ Donation ☐ Memorial ☐ Occasion

Make checks payable to Friends of the Milford Senior Center

FOR \_\_\_\_\_

FROM \_\_\_\_\_

ADDRESS \_\_\_\_\_

Please send acknowledgment to:

\_\_\_\_\_

\_\_\_\_\_

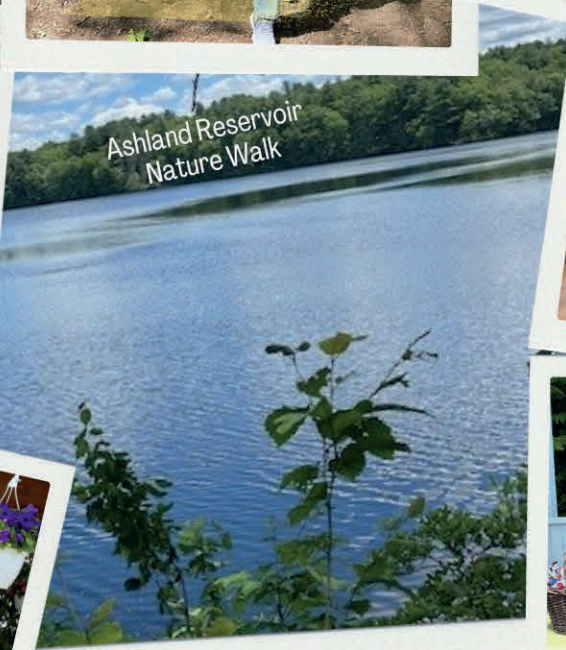




Ice Cream Social!



Kick-Off to Summer Party!



Ashland Reservoir Nature Walk



Cheers to Dad Day!



Stability Solutions



SHINE ON!



Zentangle Art



Yee Hat!

## SUMMER HIGHLIGHTS



# Emergency Kit Checklist



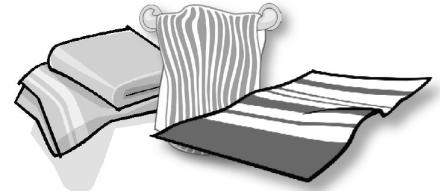
3 days of nonperishable / non-cook food  
water (1 gal. per day per person), medication



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						
OUTBOUND	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
INBOUND	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*

## 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.mwrtta.com](http://www.mwrtta.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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# Happy Autumn



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