

What's Next? *at 60 North Bow*

"Summertime is always the best of what might be." -Charles Bowden



Just let yourself enjoy the day
Unwind under a shaded tree
Lay your head upon the green grass
Yes! This is summer!

Anticipate the starry skies
Under the magical clouds...dream
Greet each day with a warm embrace
Use this time to enjoy yourself
Shower yourself in the light of the sun
Tell yourself, this is the summer I've
been dreaming of

- Lisa Regan

America's 250th Birthday!

Get ready to celebrate this **Independence Day!** Enjoy neighborhood gatherings, spectacular events, and dazzling fireworks. It's a time to honor history, celebrate freedom, and create lasting memories with loved ones while savoring delicious food and soaking in the patriotic spirit.

Town of Milford, Ruth Anne Bleakney Senior Center

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

Telephone (508) 473-8334

TTD (508) 473-8334

Fax (508) 634-2339



Fitness Updates

Summer is my favorite season! It's a wonderful time to stay active, enjoy the sunshine, and spend time with friends and family. While we spend more time outside, it's also important to exercise safely in the heat. Exercising earlier in the morning or later in the day when it's cooler is prudent. If you haven't been to the center, we'd love to have you join one of our group fitness classes or exercise in our gym to stay fit and cool. Wherever you exercise, be sure to drink plenty of water, wear light clothing, and take breaks when you need them.

Even small amounts of activity done regularly can make a big difference in how we feel. Remember, exercise doesn't have to be strenuous to be beneficial. The goal is simply to keep moving, enjoy the process, and take care of your body. Staying active not only improves our physical health but also lifts our spirits and helps us stay connected with our community.



Come on down and check us out; we love helping our seniors stay healthy and fit! Trainers are available every day from 8:30 am - 12:30 pm in the gym. Have a happy, healthy summer!

Fitness Director, Andrea Longo

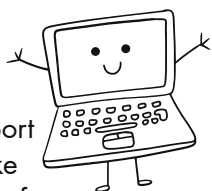
Class Size



First, we'd like to thank you for your amazing enthusiasm and support of our classes. We are thrilled that so many of you are enjoying our group fitness programs! In order to keep them safe and effective for everyone, attendance in the Group Fitness Studio is limited to 25. We don't like to turn people away; we do, however need to provide the safest possible environment for our seniors. Thank you for your continued support and understanding.

Checking & Signing In

Our attendance numbers are important as they play a role in the financial support of our programs. Please be sure you take the time to key in at the front and sign in for classes. It is greatly appreciated!



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.



Gym & Use of Fitness Equipment

The gym is **FREE** and opened Monday-Friday. A doctor's note is requested. Doctors can fax to 508-634-2339.

Intro to the Gym - Free

Monday, July 6 & August 3, 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.

One on One Fitness Assessments

New to fitness or an experienced exerciser? Either way, an assessment is a great way to see where you are within the norms for seniors.

These 30-minute appointments are simple tests designed to give you a helpful snapshot of your strength, balance, flexibility and cardio ability. Think of it as a wellness check-in - a way to better understand your body and track progress over time.

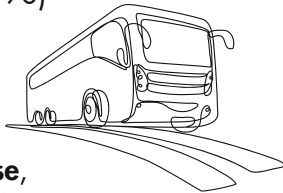
Appointments can be made in the gym in advance and are offered every Monday, Tuesday and Thursday at 11:00 and 11:45 am.



Bus Trips 2026

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

- **Gloucester – Beauport Princess Cruise**,
Wednesday, August 19 – (\$190)
- **Encore Casino**, Wednesday,
September 23 – (\$39)
- **Charles Riverboat Ghost Cruise**,
Thursday, October 15 – (\$142)
- **Providence’s Little Italy**, Thursday,
November 5 – (\$136)
- **Christmas at Blithewold Mansion**,
December 9 – (\$127)



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



PLEASE NOTE

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

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

TRIP REQUIREMENTS

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



Refunds will ONLY be issued if:

- a trip is canceled by the Center
- someone on the waiting list can take your spot
- you find someone to go in your place



Creative Workshops

Instructor Mari Steinmann

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

Watercolor Beginner 1:00 – 3:00 pm	
Thursday, July 9, 16, 23	Cost: \$60 (3-week session)
Thursday, August 6, 13, 27	Cost: \$60 (3-week session)



Watercolor Intermediate 1 11:00 am – 1:00 pm	
Tuesday, July 7, 14, 21	Cost: \$60 (3-week session)
Tuesday, August 4, 11, 25	Cost: \$60 (3-week session)

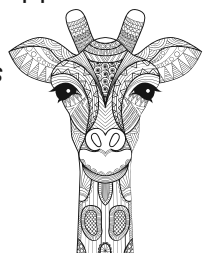
Watercolor Intermediate 2 12:00 – 2:00 pm	
Wednesday, July 8, 15, 22	Cost: \$60 (3-week session)
Wednesday, August 5, 12, 26	Cost: \$60 (3-week session)

Zentangle 2:30 – 4:30 pm	
Wednesday, July 22 & August 12	Cost: \$25 (per session)

No experience required. All materials supplied.

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

Limited seating. Please sign up early.



NEW events

Register for ALL events

TED Talk

Thursday, July 16- 11:00 am - FREE

A TED Talk is a brief, impactful presentation sharing an "idea worth spreading". Covering various topics, they aim to educate, inspire, and provoke thought. Our first talk will feature an inspirational story about a young man with a rare aging disorder. Hosted by Laura Neill.

Nature Walk

Monday, July 20 - 9:30 am - Cost \$10

Blackstone River Greenway

- Multi-use scenic paved trail
- Wear comfortable sneakers,
- Bring water, snacks and bug spray.
- Limited to 12 people

Guide companion Laura Neill.



Thimble Pleasures Quilt Guild of Mendon/Upton

Wednesday, July 22 - 10:00 & 11:00 am - FREE



Meet with a quilter and select fabrics to be made into a custom quilt. Advance sign-up is required. Register for either time frame. Limited to 20 members.

In Our Own Voice

Wednesday, July 29 - 11:00 AM - FREE

The National Alliance on Mental Illness (NAMI) will host a presentation titled "In Our Own Voice." This impactful session aims to transform attitudes, challenge assumptions, and dispel stereotypes surrounding individuals living with mental health conditions. Join us for this enlightening presentation by NAMI.



Drone Program, Scams & Fraud

Thursday, July 23 - 11:00 am - FREE



Learn how to protect yourself from scams and fraud, and see how the Drone Program is helping locate missing persons and support public safety throughout our communities. The presentation will also include a live drone demonstration.

Presented by Worcester County Sheriff's Office.



Cooking & Home Safety

Thursday, July 30 - 10:00 - FREE

This presentation will cover essential fire safety tips aimed at helping seniors and older adults stay alert at home and prevent as well as prepare for emergencies.

Key Topics Include:

- Safety measures in the kitchen
- Ways to eliminate trip and fall hazards
- Advantages of medical alert services and systems
- Q & A session



Presented by Milford Fire Department.

Yappy Hour

Friday, July 31 - 11:30 am - FREE

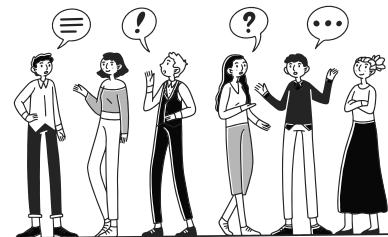
Bring your four-legged friend to our upcoming Yappy Hour! An opportunity for members & pups to make new friends on the patio while enjoying a cool drink & great company.

Members are required to:

- Sign-up in advance
- Show proof of updated shots
- Dog must be licensed
- All dogs must be leashed
- Location: Patio



More Things to Do!



Center Book Group

Tuesday, July 21 - 10:00 am - FREE

Lessons in Chemistry by Bonnie Garmus

Tuesday, August 18 - 10:00 am - FREE

And Then There Were None by Agatha Christie

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



Low Vision Workshop

Thursday, July 2 & August 6 - 10:00 am - FREE

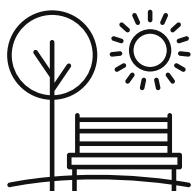


This workshop meets on the 1st Thursday of each month with special guests on occasion. Contact the Senior Center for more information.
Hosted by Marie O'Leary.

Support Group for Parkinson's Disease



We are interested in forming a support group for those affected with Parkinson's Disease. If you would like to participate, please contact **Laura Neill** at lnNeill@milfordma.gov or call the Center at 508-473-8334.



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.

Farmers' Market Coupons

The Massachusetts Senior Farmers' Market Program, coordinated through the Department of Agriculture, in cooperation with the Executive Office of Elder Affairs, provides a \$25.00 coupon to low-income older adults, redeemable at eligible farmers' markets. This program is designed to promote consumption of fresh fruits and vegetables and to encourage recipients to shop at and support farmers' markets throughout the region.



Applicants must be at least 60 years of age and meet the income requirements. The coupons are limited and are on a first come, first served basis. Please call the Center to put your name on the list beginning July 1, 2026.

Coffee Mondays

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



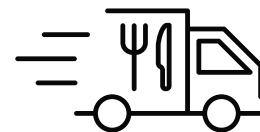
Acknowledgements

- Food Donations From:
 - Spoonfuls
 - Salvation Army
 - Big Y
 - Coffee Haven
 - Trader Joe's
- Classic Pizza Restaurant (gift card)
- Appreciation to Sherry Alleman for volunteering to proofread our bi-monthly newsletter

THANK YOU FOR EVERYTHING!

Meals on Wheels

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



Community Legal Aid (Legal Assistance)

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

To apply for services:

- Call Community Legal Aid at (855) 252-5342 Monday, Tuesday, Thursday, and Friday from 9:30 am to 12:15 pm and Wednesday from 1:30 to 4:15 pm.
- Apply online at www.communitylegal.org
- Contact the Milford Bar Association – Free Legal Aid (508) 473-1161
- Visit Milford District Court the first and third Wednesdays of the month from 2:00 - 4:00 pm. Ask for the attorney of the day.



Notary Public

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



STAFF

Lisa Regan
Director

Susie Cadrin
Director's Assistant/
Graphic Designer

Laura Neill

Kerry Consentino-Vlorio
Program Coordinators

Fran Letizia
Transportation Coordinator/
Receptionist

Kimberli Considine
Client Services

Bob Remy
Van Driver

Andrea Longo
Fitness Director

COUNCIL ON AGING

Charlie Skaff
Chairperson

Tom O'Loughlin, Esq.
Vice Chair

Members
Patricia Berry
Dolores Alvarez-DeVita
Michelle Creamer
Ed Roth
Francis Small, Esq.
Janet Iacovelli

HOURS OF OPERATION

Monday – Thursday
8:00 am – 4:30 pm

Friday
8:00 am – 1:00 pm
508-473-8334

Transportation Program



Milford residents aged 60 and over, along with disabled adults, are welcome to utilize our senior van for medical appointments within Milford or Hopedale. Additionally, they can use the service for errands or grocery shopping within Milford.

Hopedale residents who are over 60 or disabled adults of any age can access the senior van exclusively for medical appointments within Milford or Hopedale.

Important Notes:

- We are partnered with the Hopedale Council on Aging (COA) to facilitate transportation to local medical appointments. Hopedale residents should call the **Hopedale Senior Center at 508-634-2208** to arrange transportation.
- Out-of-town medical transportation is available only for eligible Milford residents who need a ride to a specialist. Please reach out to our **Transportation Coordinator, Fran Letizia, at 508-473-8334** for further details before scheduling your appointment, as there are limitations on the use of our out-of-town service.

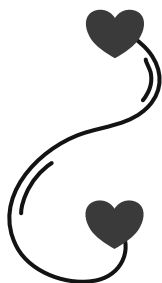
Outreach Program



Our Client Service Coordinator, **Kimberli Considine, MA**, provides assistance with the challenges of aging to those 60 years and over, as well as disabled adults.

She is a great resource to help identify services within the community – legal assistance, grief groups, Medicaid specialists, homecare, medical equipment, food pantry, Tri Valley and much more. She also assists with applications for food stamps, housing, fuel assistance and MassHealth for low-income individuals. Kim also facilitates programs that bring people together for friendship and support, such as Women's Group, Fortune Cookie Club, and Writer's Group. She is available by appointment for consultation and provides support for a variety of issues, including adult children trying to help their parents live their best lives. You can reach Kim on Mondays, Tuesdays, and Thursdays at 508-473-8334 or by email at kconsidine@townofmilford.com

Wellness Clinic – Nurse On-Site

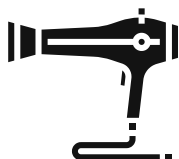


Our on-site nurse offers blood pressure assessments, medication consultations, referrals, and preventative health care advice. This service is funded by the Milford Board of Health and administered through Salmon VNA & Hospice of Greater Milford. *The nurse is available on Wednesdays from 9:00 am – 12:00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

.....

Hairdresser

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



Nails by Candice



Services available on:

- Mondays 9:00 am - 12:00 pm
- Thursdays 9:00 am - 3:00 pm.

To book an appointment, call or text Candice at 617-276-7419.

Flyers featuring price lists for both the Hairdresser and Nails are available at the Center or can be found on our website at milfordmaseniorcenter.com.

.....



Milford Senior Singers

The singers typically meet Tuesdays at 1:30 pm. For more information, contact Wayne Ward, Chorus Director, at wcward1948@gmail.com

Are you enrolled in Medicare?

NEWS TO SAVE YOU MONEY

The Medicare Savings Program pays your monthly Part B Premium that is deducted from your Social Security check. The 2026 monthly Part B premium is \$202.50. Depending on your income it may also help with Medicare's copayments and coinsurance.

You may be eligible for this assistance if your monthly income is below these levels:

- **Individual Gross monthly income: \$2,993**
- **Couple Gross monthly income: \$4,058**

If eligible, you will also be enrolled in **Extra Help** through Social Security, a program that helps to pay your out-of-pocket prescription drug costs.



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

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

Prescription Advantage is available to Massachusetts residents who are:

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

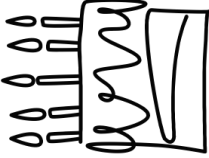
SHINE (Serving the Health Insurance Needs of Everyone) is funded through the Administration for Community Living and administered through the Massachusetts Executive Office of Aging & Independence. A certified SHINE Counselor is available to assist you with questions about Medicare, through in-person appointments, phone, video conferencing (such as Zoom), email, or postal mail. Our services are free and unbiased: we are available to discuss all options related to Medicare and additional coverage. Please note: we do not sell any plans. For more information call the Milford Senior Center SHINE office at 508-422-9931. A SHINE counselor will return your call.

Activity Roster

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

JULY-AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>★ ★ ★ ★ ★</p> <p>JULY 6 9:00 Coffee Monday 9:30 Cribbage 10:30 INTRO TO GYM! 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg</p>	<p>JULY 7 9:00 Sewing Group 12:30 Dominoes 1:00 Mah Jongg 1:00 WOMEN'S GROUP</p>	<p>JULY 1 9:00 Wellness Clinic - Nurse on Site</p> <p>JULY 8 8:00 BUS TRIP: MYSTIC SEAPORT 9:00 Wellness Clinic - Nurse on Site</p>	<p>JULY 2 9:00 Knitting/Crocheting 10:00 LOW VISION WORKSHOP 11:00 Whist 1:00 Cribbage 2:00 Scrabble</p>	<p>CENTER CLOSED 4th of July Observed</p> <p>☆☆☆☆</p>
<p>JULY 13 9:00 Coffee Monday 9:30 Cribbage 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg</p>	<p>JULY 14 9:00 Sewing Group 12:00 RED HATTERS 12:30 Dominoes 1:00 Mah Jongg</p>	<p>JULY 15 9:00 Wellness Clinic - Nurse on Site</p>	<p>JULY 16 9:00 Knitting/Crocheting 11:00 TED TALK 11:00 Whist 1:00 Cribbage 2:00 Scrabble</p>	<p>JULY 17 10:00 Pitch 11:00 Bridge</p>
<p>JULY 20 9:00 Coffee Monday 9:30 NATURE WALK BLACKSTONE RIVER GREENWAY 9:30 Cribbage 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg</p>	<p>JULY 21 9:00 Sewing Group 10:00 BOOK GROUP 11:00 WRITERS GROUP 12:30 Dominoes 1:00 Mah Jongg</p>	<p>JULY 22 9:00 Wellness Clinic - Nurse on Site 10:00 THIMBLE PLEASURES & QUILT GUILD OF MENDON / UPTON</p>	<p>JULY 23 9:00 Knitting/Crocheting 11:00 DRONE PROGRAM, SCAMS & FRAUD 11:00 Whist 1:00 Cribbage 2:00 Scrabble</p>	<p>JULY 24 10:00 Pitch 11:00 Bridge</p>
<p>JULY 27 9:00 Coffee Monday 9:30 Cribbage 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg</p>	<p>JULY 28 9:00 Sewing Group 11:00 FORTUNE COOKIE CLUB 12:30 Dominoes 1:00 Mah Jongg</p>	<p>JULY 29 9:00 Wellness Clinic - Nurse on Site 11:00 IN OUR OWN VOICE</p>	<p>JULY 30 9:00 Knitting/Crocheting 10:00 COOKING & HOME SAFETY 11:00 Whist 1:00 Cribbage 2:00 Scrabble</p>	<p>JULY 31 10:00 Pitch 11:00 Bridge 11:30 YAPPY HOUR</p>

<p>AUGUST 3 Coffee Monday 9:00 9:30 Cribbage 10:30 INTRO TO GYM 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg</p>	<p>AUGUST 4 9:00 Sewing Group 12:30 Dominoes 1:00 Mah Jongg</p>	<p>AUGUST 5 9:00 Wellness Clinic - Nurse on Site 12:30 BEACH PARTY WITH THE BLACKSTONE VALLEY STRUMMERS</p>	<p>AUGUST 6 9:00 Knitting/Crocheting 10:00 LOW VISION WORKSHOP 11:00 SWEET INSPIRATIONS TOUR & CRAFTS 11:00 Whist 1:00 Cribbage 2:00 Scrabble</p>	<p>AUGUST 7 10:00 Pitch 11:00 Bridge</p>
<p>AUGUST 10 Coffee Monday 9:00 9:30 Cribbage 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg</p>	<p>AUGUST 11 9:00 Sewing Group 12:00 RED HATTERS 12:30 Dominoes 1:00 Mah Jongg</p>	<p>AUGUST 12 9:00 Wellness Clinic - Nurse on Site 11:00 ARMCHAIR TRAVEL TO THE FLORIDA EVERGLADES</p>	<p>AUGUST 13 9:00 Knitting/Crocheting 11:00 Whist 1:00 Cribbage 2:00 Scrabble</p>	<p>AUGUST 14 10:00 Pitch 11:00 Bridge</p>
<p>AUGUST 17 Coffee Monday 9:00 9:30 Cribbage 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg</p>	<p>AUGUST 18 9:00 Sewing Group 10:00 BOOK GROUP 11:00 WRITERS GROUP 12:30 Dominoes 1:00 Mah Jongg</p>	<p>AUGUST 19 8:45 BUS TRIP: BEAUPORT PRINCESS - GLOUCESTER 9:00 Wellness Clinic - Nurse on Site</p>	<p>AUGUST 20 9:00 Knitting/Crocheting 11:00 Whist 1:00 Cribbage 2:00 Scrabble</p>	<p>AUGUST 21 10:00 Pitch 11:00 Bridge</p>
<p>AUGUST 24 Coffee Monday 9:00 9:30 Cribbage 11:00 Canasta 11:30 Dominoes 12:00 Mah Jongg</p>	<p>AUGUST 25 9:00 Sewing Group 11:00 FORTUNE COOKIE CLUB 12:30 Dominoes 1:00 Mah Jongg</p>	<p>AUGUST 26 9:00 Wellness Clinic - Nurse on Site 11:00 WISDOM OF YOGA FOR EVERYDAY LIVING</p>	<p>AUGUST 27 9:00 Knitting/Crocheting 11:00 Whist 1:00 Cribbage 2:00 Scrabble</p>	<p>AUGUST 28 10:00 Pitch 11:00 Bridge</p>
<div style="text-align: center;">  <h1 style="font-family: serif; letter-spacing: 0.5em; margin: 0;">ANNIVERSARY</h1> <h1 style="font-size: 4em; font-family: serif; margin: 0;">250</h1> </div>				

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.

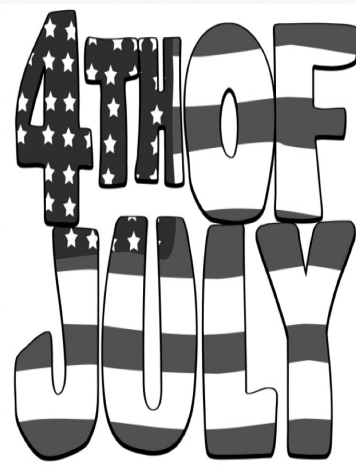
Visit our website at milfordseniorcenter.com

**Edwards Memorial
Funeral Home**

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

BUMA
FUNERAL HOMES

Uxbridge • Whitinsville • Milford
www.bumafuneralhome.com



**A PROUD SPONSOR OF
THE MILFORD SENIOR CENTER**

BROUGHT TO YOU BY

nationalgrid

Visit us at www.nationalgrid.com



Milford
AUDIOLOGY CENTER

MARIA VERONICA VIVAS, M.S. CCC-A

Hearing Aids • Consultations • Audiology Evaluations
Massachusetts Licensed and Certified

215 West Street • Milford, MA 01757
508-478-0723
www.milfordaudiologycenter.com

TRAIN with SHAIN
**IN HOME PERSONAL TRAINING
FOR SENIORS**

Gait, Balance/Fall Prevention
& Strength Training

(508) 231-6378

www.trainwithshain.net

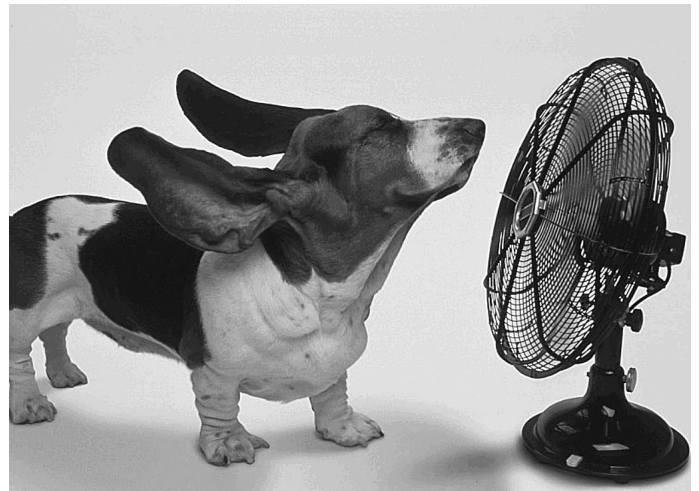
FULLY INSURED

proud to
SUPPORT

The Milford
Senior Center

 **RELIANT**
MEDICAL GROUP
Part of Optum®

www.reliantmedicalgroup.org



*To be a sponsor
in the next
Milford Senior Center
Newsletter!*

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

Invested In Your Future



- ▶ Retirement Planning
- ▶ Asset Protection
- ▶ Long Term Care Insurance
- ▶ Income Planning
- ▶ Life Insurance



Alan Hadad
Osaic Institutions Financial Consultant
alan.hadad@osaicinstitutions.com
508-381-5212

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



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

Products and services made available through Osaic Institutions are:

Not Guaranteed by the Bank | Not FDIC Insured | Not a Deposit

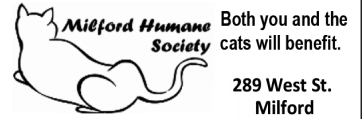
Not Insured by Any Federal Government Agency | May Lose Value Including Loss of Principal

www.MilfordFederal.com/MFIS

*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!



289 West St.
Milford

(508) 473-7008

www.milfordhumane.org

COUNTRYSIDE HEALTH CARE of Milford

“We Care”

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

508 - 473 - 0435

**www.countrysidehc.org
1 Countryside Drive, Milford**

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



**Proud to be a Seniors Real Estate Specialist (SRES)
Empowering People Age 50+**

Local Real Estate Expert Specializing In:

- > Downsizing or 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.Morese@SuburbanLifestyle.com

MovesWithMartha.com

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:

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

2026 – YEARLY MEMBERSHIP

DATE _____

New Renewal **\$5 PER PERSON**

Make checks payable to Town of Milford-Friends of MSC

NAME(S) _____

ADDRESS _____

TOWN _____ ZIP _____

PHONE _____

EMAIL: _____

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

DONATION DATE _____

ENCLOSED IS \$ _____

Donation Memorial Occasion

Make checks payable to Town of Milford-Friends of MSC

FOR _____

FROM _____

ADDRESS _____

Please send acknowledgment to:

In Loving Memory of Dino DeBartolomeis

- Lowell Pinkham
- Irene Rugoletti
- Marie O’Leary
- Nancy Milani
- Dr. Noel and Evelyn Bon Tempo
- Lucy and Tom Bellantuoni
- Donnalee and Michael Shain
- Janet and Don Iacovelli
- Anonymous



Remembering Dino

Dino was not only our COA Chairman and the President of our Friends organization — he was a true friend to so many. His love for our Center, our members, and the entire Milford community was special.

My team and I will miss our weekly lunches with him: the stories from his past, the way he lit up when talking about his family, the moments we managed to make him blush with our ladies’ banter, and of course, the unforgettable Italian slang he’d toss in just to make us laugh. Every morning, he made it a point to seek each of us out—offering a warm greeting, asking about our families, and sharing a kind compliment about the work we do here. It feels very different without him.

Director Lisa Regan & Staff

MISS YOU

Donations

- Karen Balian
- Carol and James Bengiovanni
- Ercila and Joaquim Castro
- Thomas F. Crimmins
- Elizabeth Gleeson
- Cheryl and John Merryman
- Ali Mohsin Syed
- Chris and Steve Wyspianski



MORE EVENTS!

Register for ALL events

Beach Party with the Blackstone Valley Strummers

Wednesday, August 5 - 12:30 pm
FREE

- Featuring the Blackstone Valley Strummers
- Hor d'oeuvres



Sweet Inspirations Tour & Crafts

Thursday, August 6 - 11:00 am - Cost \$8

Walk to Sweet Inspirations for a 10 minute tour followed by a craft creating Decoupage Plates. Group meets in the lobby. All proceeds go to Sweet Inspirations. Visit: sweetinspirationsmilford.com



Armchair Travel to the Florida Everglades

Wednesday, August 12 - 11:00 am - FREE

Located in South Florida, it is often referred to as a "river of grass." Learn about this diverse ecosystem, it's wildlife and the history of the people whose lives are weaved into it.

Hosted by Laura Neill



Writer's Group

Tuesday, July 21 & August 18 - 11:00 am - FREE

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



Women's Group

Tuesday, July 7 (no meeting in August)
1:00 pm - FREE

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

The Fortune Cookie Club

Tuesday, July 28 & August 25 - 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.



Wisdom of Yoga for Everyday Living

Wednesday, August 26 - 11:00 am - FREE

"This class provides an overview of yoga ideas, which can be so beneficial, on a day-to-day basis, to the mind and emotions. It will bring general information to those who already enjoy their yoga practice, but also to those who may be curious about yoga, but have not yet engaged in that experience. Hosted by yoga instructor Marsha Mancuso.



Kerry Consentino-Vilorio

Hello friends,

My name is Kerry Vilorio and I have joined the Miflrod Senior Center as a Program Coordinator. I live in Bellingham with my husband, son, and three dogs. My hobbies include exercising, travel and beachcombing. I teach Pebble Art and Sea Glass design workshops at various locations throughout Massachusetts as well. I am really looking forward to meeting and connecting with you all. - Kerry

Emergency Kit Checklist



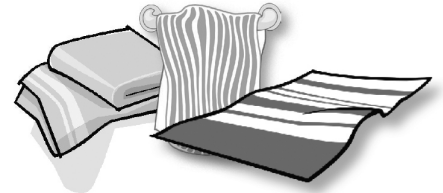
3 days of nonperishable / non-cook food
water (1 gal. per day per person), medication



flashlight, battery operated radio, extra batteries



first aid kit, cash, cell phone and charger



ID cards, information: (Dr., meds, allergies), family / friends
contacts, toothbrush / toothpaste, blanket and washcloth



clothes and baby or pet supplies if you need them

DISASTER PREPAREDNESS: The likelihood that you will recover from an emergency tomorrow often depends on the planning and preparation done today. This list may help you get through the first 3 days, after a disaster.

It is a starting point, as individual needs vary depending upon circumstances.

For additional information, visit: www.Ready.gov

14

ROUTE 14 Weekday Service

14

V. 5.2025

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

INBOUND

OUTBOUND

Route 14 Connections:

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

Additional Information:

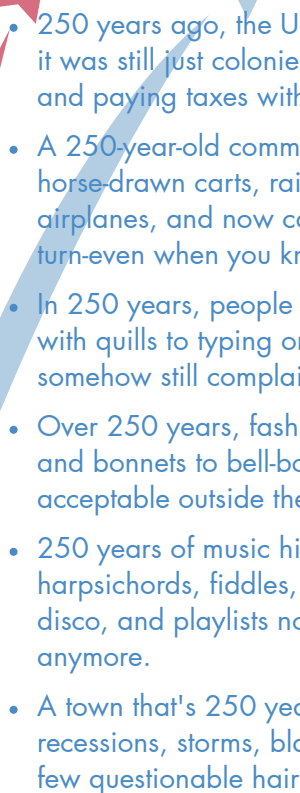
- Please wait for the bus 10 minutes in advance of scheduled times to ensure not missing the bus.
- For Vehicle Tracking: www.mwrrta.com, or download the MWRTA Catch App.
- MWRTA uses the Flag Down system, allowing busses to stop anywhere along the route where it is safe to do so. Riders can hail the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

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

NON-PROFIT
U.S. Postage
PAID
Milford, MA
Permit No. 41

Return Service Requested

Fun Facts About 250 Years of History

- 
- 250 years ago, the United States didn't exist yet; it was still just colonies arguing with England and paying taxes without liking it.
 - A 250-year-old community has lived through horse-drawn carts, railroads, automobiles, airplanes, and now cars that tell you when to turn-even when you know a better way.
 - In 250 years, people have gone from writing with quills to typing on smartphones... and somehow still complaining about communication.
 - Over 250 years, fashion has gone from buckles and bonnets to bell-bottoms to sweatpants being acceptable outside the house.
 - 250 years of music history includes harpsichords, fiddles, big bands, rock 'n' roll, disco, and playlists nobody understands anymore.
 - A town that's 250 years old has survived wars, recessions, storms, blackouts, and more than a few questionable hair trends.
 - 250 years ago, most news traveled by word of mouth. Now it travels instantly and somehow still gets misunderstood.
 - In 250 years, medicine has gone from "try this herb and rest" to surgeries, prescriptions, and instructions printed so small you need a magnifying glass.
 - Over 250 years ago, people have always said: "This world is changing too fast." And they have always been right.
 - A 250-year-old community has had thousands of births, families, friendships, first days of school, weddings, reunions, and stories, many of which live on through the people still here.
 - If walls could talk after 250 years, they'd probably say: "I've seen things... and none of them were boring."



**HAPPY
BIRTHDAY
AMERICA**