

MARCH & APRIL 2022

# What's Next at 60 North Bow?

Town of Milford, Ruth Anne Bleakney Senior Center

## Kindness

What's it cost to be kind? In actual dollars and cents, it cost nothing; in reality, it's priceless!

You hear every now and then about random acts of kindness where someone pays for your coffee, leaves an enormous tip to their wait staff, or makes a generous donation to a needy organization. But, how about the acts of kindness that happen daily that go unnoticed? I am so blessed to have a job where I can see firsthand how kindness can change so much. When I first started working here, I had the words Kindness, Compassion, and Patience written on the wall above the reception desk. These words were put there as a reminder that everyone who walks through these doors get treated with the respect they deserve.



Kindness starts with you, don't forget to be kind to yourself. Once you're good to you, it is so much easier to be kind to someone else. It's the little things that count: say thank you, hold the

door for someone, or allow someone with fewer items to get ahead of you in a check out line. Keep in mind that someone may be struggling and your kindness can mean so much and make a difference to someone who isn't expecting it.

Did you know that being kind is good for your overall health? It strengthens your heart, sparks happiness, enhances calmness and healing, leads to living longer, and reduces stress. The added benefit is, it feels so good to be kind.

Director, Sue Clark



## Watercolor Classes

with Mari Steinmann



Now on Wednesdays from 12:00 to 2:00 pm. Classes are \$45 for a 5-week session. 10 people per class, includes materials. **Call to inquire about next available session.**

## Tai Chi



Back by popular demand! Tai Chi is a gentle group exercise that increases flexibility, improves balance, builds strength and reduces stress. Great for all fitness levels.

**Tuesdays | 1:00 pm**

**Instructor Jeanne McGowan-Boucher**

## Grab & Go Lunches



**Thursday, March 17** – Let's celebrate St. Patrick's Day with Corned Beef & Cabbage!

**Thursday, April 21** – Choice of lunch to be determined

**Sign up is required – Call the Center at 508-473-8334.**



A special thanks to **Amazon** for their generous donation to be used to sponsor 3 Grab and Go lunches.

# IT'S COOL TO BE KIND



Voice (508) 473-8334

email: [sclark@townofmilford.com](mailto:sclark@townofmilford.com)

TTD (508) 473-8334

Tri-Valley Nutrition (508) 478-8102

Fax (508) 634-2339

Shine (508) 422-9931

Open Monday – Friday 8:00 am – 4:00 pm – visit us at [milfordmaseniorcenter.com](http://milfordmaseniorcenter.com)

# ACTIVITY ROSTER – March/April 2022 – *see calendar insert for more information*

ACTIVITY	DAYS & TIME	NOTES
Barre	Monday 9:30 am	
Bereavement Group	2nd Tuesday of the month   10:00 am	
Book Group	3rd Tuesday of the month   10:00 am	
Cardio Cut	Thursday   10:30 am	
Cardio Strength Circuit	Friday   9:00 am	
Crafts with Laura	Friday   10:00 am	\$5 (per class)
Chair Yoga	Tuesday   10:30 am	
Cribbage	Monday   9:30 am   Thursday   1:00 pm	
Dominoes	Tuesday   12:30 pm	
Exercise Equipment	Monday thru Friday 8:30 am – 3:30 pm	Gym – FREE
Fortune Cookie Club	4th Tuesday of the month   11:00 am	
Gentle Yoga	Wednesday   9:00 am	
Groove & Sculpt	Wednesday   11:00 am & Friday 10:30 am	
Knitting/Crocheting	Thursday   9:00 am	
Low Impact Fitness	Monday & Thursday   1:00 pm	
Low Vision Workshop	1st Thursday of the month   10:00 am	
Mah Jongg	Tuesday   1:00 pm	
Meals on Wheels (Home Delivery)	Call Tri-Valley 1-800-286-6640	\$3 donation
Men's Group	Last Thursday of the month   10:00 am	
Mindful Steps	Tuesday   9:00 am	
Muscle & Mat	Wednesday   12:30 pm	
Outreach Services	Monday & Tuesday & Thursday	Free
Pilates	Monday   8:30 am	
The SHINE Program	Monday thru Friday (by appt. only) call 508-422-9931	Free Health Insurance Information
Red Hat Society	2nd Tuesday of the month   12:00 pm	
Strength & Fall Prevention	Monday 10:30 am & Wednesday 10:00 am	Free
Tai Chi	Tuesday   1:00 pm	
Total Body Conditioning	Tuesday 9:30 am	
Milford Senior Singers	1st & 3rd Tuesday of the month   2:30 pm	
Watercolor Class	Wednesday   12:00 pm	\$45 for 5-week session
Wellness Nurse	Wednesday & Thursday   9:00 am	
Wellness Workshop	2nd Thursday of the month   11:30 am	
Whist	Thursday   11:00 am	
Writer's Group	3rd Tuesday of the month   11:00 am	
Women's Group	1st Tuesday of the month   1:00 pm	
Yoga	Thursday 9:00 am	

# All About Fitness!

## Trainers Corner

### Kudos to All!

Spring is on the horizon, and Kudos are in order! Throughout the cold winter, the fitness department maintained strong attendance in our group exercise classes. With the addition of a few new ones and some time changes, I believe we hit the "sweet spot." Thank you to all for your support and participation! Our goal is to continue to expand our department and services to you. I'm proud of our team; we have an experienced group of professionals who love what they do and enjoy coming to work every day. If you haven't tried out any classes or the gym yet, come on by. We'll partner with you to help you improve your fitness level in any way we can.

In good health,

 *Andrea Longo, Fitness Coordinator*

### A Welcomed Addition to our Fitness Team!

**Christine Bositis** brings to her clients over 30+ years of experience in the field of Group Fitness. She has been a Gold Certified (from the American Exercise Association) Group exercise Instructor since 1986. Additionally, she holds certifications from Schwinn (Spin instructor) and in Senior Fitness (Functional Fitness, Brains & Balance). Christine was one of the first instructors to bring Step Aerobics to the Milford area in the early 80s, and has taught a variety of fitness classes.

*Christine teaches a Cardio Cut class on Thursdays at 10:30 am*



**KEEP it SIMPLE**

The simple routine of our activities of *daily living* were sometimes a bit boring and often taken for granted. Today we now realize how much we miss those routines and activities. We've all undergone much change over the past year and a half.

We've learned how important it is to live our best possible lives and focus on our individual strengths and our best *positive flow*. Unfortunately, we are more likely to see and remember the negatives first. That is natural; it's just who we are.

We tend to quickly compare ourselves to folks who may be a few years younger or of a different vocational background or possibly in better physical shape... maybe just because they've been at it longer! These are unfair comparisons we sometimes make, so try to avoid them!! Rather than dwelling on who you aren't, just remember who you are and *your* strengths. Live your life true to yourself not the life you think you are expected to live. Be grateful for who you are and express it. You will likely begin to influence those around you. They will observe and feel your positive *flow* and may just begin to live in a similar fashion.

Remember, what we see in ourselves and other folks depends on what it is we're looking for... if you think you can, or you think you can't... you're probably right!!!

*Jeff Knox, Fitness Instructor*

**POSITIVE VIBES**

### Wellness Workshops!

**Brain Health** – How Fitness, Nutrition & Self-Care Affect our Aging Brains

**March 10 | 11:30 am**

Refresh Your Fitness Routine for Spring!

**April 14 | 11:30 am**

Monthly memberships for **\$20**. Take unlimited classes!

Punch card options also available: **1 class for \$4 or 5 classes for \$15**

- *Tickets can be purchased at the front desk.* Purchasing in advance of a class is recommended.
- Present your membership or punch card to instructor
- Check in at the computer in lobby or gym



**FITNESS MEMBERSHIP**

# Monthly Activities



## WOMEN'S GROUP

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

**Tuesday, March 1 & April 5**  
1:00 pm – FREE

**Tuesday, March 15**

Miss Benson's Beetle by Rachel Joyce

**Tuesday, April 19**

The Extraordinary Life of Sam Hell, by Robert Dugoni

10:00 am – FREE

Contact Milford Town Library for further details and to reserve a copy 508-473-2145, ext. 2



Workshop meets 1st Thursday of each month. Call Marie O'Leary for further information. No meeting in March.

**Thursday April 7**

10:00 am – FREE

Receive a topic and write a short story, poem, or journal entry and present to the group, if desired. Hosted by Kim Considine

**Tuesday**  
**March 15 & April 19**

11:00 am – FREE



## WRITER'S GROUP

Contact Kim Considine, Client Services for more information.

**Tuesday, March 8 & April 12**

10:00 am – FREE

## bereavement group



## MEN'S GROUP

**Thursday, March 31 & April 28**

10:00 am – FREE

Special guest speaker in March – Selectman Michael Walsh  
April – Deputy Chief John Sanchioni



## Milford Senior Singers

Like to sing? Come join our group. Senior Singers meet twice a month.

**Tuesday, March 1 & 15**  
**April 5 & 19**

2:30 pm – FREE



## Crafts with Laura

Every Friday at 10:00 am. Hosted by Laura Neill.

Cost: \$5

Read a quote and share to 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.

**Tuesday**

**March 22 & April 26**

11:00 am – FREE



## FORTUNE COOKIE CLUB

## Let's Play!

**Wednesday, April 20**

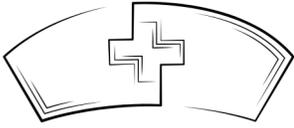
1:00 pm – FREE

Topic to be determined.

## TRIVIA



## Wellness Nurse



**Janet Iacovelli, RN**, our nurse on-site, offers blood pressure assessments, medication consultations,

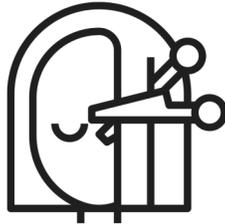
referrals, and preventative health care advice. This service is funded by the Milford Board of Health and administered through Natick/Walpole VNA. The nurse is available Wednesday & Thursday from 9:00 am to 12:00 pm.

## Hairdresser

Mitzu Roman will be available for services on Thursdays. Call for an appointment at 774-287-2806

Price list as follows:

Haircut	\$12
Shampoo	\$5
Blow Dry	\$5
Curl	\$5
Color (color not included)	\$15
Wash, Cut, Dry	\$20

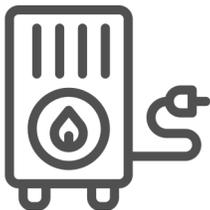


## Sacred Heart Church/ Gene's Variety

**GRAB & GO!** A free drive-up Grab & Go lunch will be offered on the last Friday of March and April thanks to the generous donations from Sacred

Heart Church and Gene's Variety. These meals will be distributed on a first come, first served basis at 11:00 am until they run out.

## Fuel Assistance



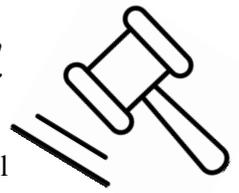
Appointments for the 2021/2022 Fuel Assistance Program (SMOC) are available. All applications will be done over the phone by appointment. To book an appointment, please call the Senior Center at 508-473-8334.

## Notary Public

Services are available at the Center. Call for an appointment.



## 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 the Milford District Court the first and third Wednesdays of the month from 2:00 – 4:00 pm.

## BJ's Memberships

The Center offers discounted memberships to BJ's Wholesale Club to our resident Milford seniors. Call the Center to request a discount letter. Discounted memberships are now \$30. If you have already paid full price, you can still get the discount refund by presenting the letter to BJ's.

## 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. All MassHealth members must use the M.A.R.T. program provided through MassHealth for all their medical transportation. **Please note:** Hopedale residents must call the Hopedale Senior Center at **508-634-2208** to request the 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, **Marie O'Leary at 508-473-8334** for more details **before making your appointment** as we have limitations on the use of our out-of-town service.

## In Loving Memory

- Closest lifetime girlfriends of Jim's wife in memory of James Alleman
- Afonso Real Estate in memory of Netta Grillo
- Elsie and Lester Apicella in memory of Rose Belisle
- Janice Aquafresca in memory of James Alleman
- Margaret and Donald Barrett in memory of James Alleman
- Dr. Noel and Evelyn Bon Tempo in memory of James Alleman
- David and Carol Bradfield in memory of James Alleman
- Nancy and John Brown in memory of James Alleman
- Victoria Budzynski in memory of Rose Belisle
- Kathleen Carey in memory of James Alleman
- Charles and Sharon Clark in memory of Rose Belisle
- Sandra Comastra in memory of Joe Seman
- Sandra Comastra in memory of Rose Belisle
- Sandra Comastra in memory of Barbara Brashier
- Ann Marie DiGirolamo in memory of Mary and Mike Zarenne
- George Dillon in memory of James Alleman
- Kay and James Dommel in memory of James Alleman
- Irene Ferrante in memory of Frank Ferrante
- Peter and Kathy Forte in memory of Pamela E. Taylor
- Jerelyn and Hugh Geib in memory of James Alleman
- Frank and Leslie Greco in memory of Pamela Taylor and Anthony Greco
- Paul and Patricia Green in memory of James Alleman
- Mary and Victor Laronga in memory of Rose Belisle
- Christine Langlois and Douglas Herrick in memory of Rose Belisle
- Grace Lavallee in memory of Paul A. Lavallee
- Dave and Rose Luchini in memory of Rose Belisle
- Tara and Peter Mazzini in memory of James Alleman
- Elaine McNanna in memory Rose Belisle
- Ruth O'Connor in memory of Rose Belisle
- Ruth O'Connor in memory of Theresa Zacchilli
- Ruth O'Connor in memory of Tina Cahill
- Lee and Annette Packard in memory of Paul Casasanta and Jamie Casasanta Bruzina
- Maryann and Charles Pattin in memory of James Alleman
- Rita Robbins and family in memory of Roger W. Robbins
- Mary Ann Stand in memory of Rose Belisle
- Ed Roth in memory of Dottie Roth
- Rose St. George in memory of her husband Ron St. George
- Laurie Sullivan in memory of Ann Yaz

- Honey Vartabedian in memory of Rose Belisle
- Arthur and Connie Webster in memory of James Alleman
- Eileen Wojdag in memory of James Alleman
- Terry Yaz in memory of Ann Yaz 

## Kind Donations

Connie Bilgor, Rosemarie and William Borkowski, Charles and Sharon Clark, Sandra Comastra, Burt and Claudia Cormier, Jean and Reno DeLuzio, Bill Farrell, Roy Greenland, Edith and Brent DeWitt, Linda and Norm Heinzer, Robert Larson, Ginny and Ted Liotta, Carol Piantedosi, Al and Joanne Pitts, Ellen Piontek, Tom Quinn, David and Paula Tangredi, Cynthia Tessicini, Holly Archer, John Crowley, Deborah Righter, Anonymous donation for Ed Motuzas – Senior of the year 2020, Anonymous



## Acknowledgements

- Brenda Needleman for cooking all the Grab & Go lunches
- Sandra Comastra for volunteering help with handing out and delivering Grab & Go lunches
- John Pasciuti for volunteering kitchen assistance for our Grab & Go lunches
- Kim Mu Chow/Stop & Shop for food donations
- Sacred Heart Church & Gene's Variety for sponsoring the ongoing monthly Grab & Go lunches
- Salvation Army for food donations
- Panera Bread for donating bread & pastries

## News from Outreach

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 and 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 Women's, Bereavement, and Writer's Groups, as well as a Fortune Cookie Club that brings people together for friendship and support. Kim provides is available by phone for consultation and support for individuals and their families. **You can reach her Monday, Tuesday, and Thursdays 508-473-8334 or via email at [kconsidine@townofmilford.com](mailto:kconsidine@townofmilford.com)**



# News from SHINE

## Need Help with the cost of Prescription Medications Will you hit the “Donut Hole”?

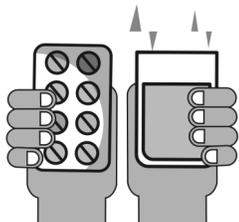
**Prescription Advantage** is a state-sponsored prescription drug program administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs for seniors and people with disabilities. Joining this program can help with your prescription costs.

**Prescription Advantage is available to Massachusetts residents who are:**

- Age 65 or older, eligible for Medicare, and have a gross annual household
- income less \$64,400 for a single person or \$87,100 for a married couple  
\* Prescription Advantage is **FREE** for most members
- 65 years of age or older and not eligible for Medicare
- Under age 65, work no more than 40 hours per month, earn no more than the maximum of \$24,214 for a single person or \$32,750 for a married couple

Individuals with comprehensive MassHealth programs or MassHealth Buy-In programs, also known as Medicare Savings Programs (MSP) are not eligible for Prescription Advantage.

Prescription Advantage members are entitled to a one-time Special Election Period (SEP) each year that allows members to join or switch their Medicare drug plan outside of Medicare’s open enrollment period. **THIS WILL HELP IF YOU ARE MISTAKENLY ENROLLED IN A PLAN OR YOU NEED TO CHANGE YOUR PLAN DURING THE YEAR FOR ANY REASON!**



You may apply for Prescription Advantage online, by phone, or by mail.

**online** - go to [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org)

**phone** - call 1-800-243-4636 and press 3

**mail** - send the completed application and copies of your required documentation to: Prescription Advantage P.O. Box 15153 Worcester, MA 01615-0153 or fax to 508-793-1133

**SHINE (Serving the Health Insurance Needs of Everyone) funded through the federal agency, Administration for Community Living and administered through the Massachusetts Executive Office of Elder Affairs.**

Certified counselors are 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 plans.

To make an appointment, call your local Senior Center, or in Central Mass call the SHINE Regional Office at 508-422-9931. Outside of Central Mass call 1-800-243-4636, option 4. A certified SHINE counselor will return your call. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom or FaceTime), email, or postal mail. We also offer excellent resources online through our website at [www.shinema.org](http://www.shinema.org), our Medicare 101 webinars, and our Facebook page: **SHINE Central MA**.

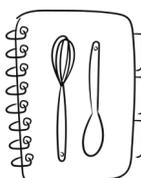


### Appointments for Tax Season



AARP will be providing free tax preparation (by appointment only). Call to book your appointments at 508-473-8334.

### Recipes



Please share one of your favorite recipes with us so we can add it to our cookbook.

Email Deirdre at [dthomson@townofmilford.com](mailto:dthomson@townofmilford.com), mail to Milford Senior Center, 60 North Bow St. Milford, MA 01757 or just drop one off!

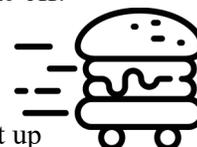
### Knitting & Crocheting

Come join our crafty group. Meets on Wednesday’s at 9:00 am.



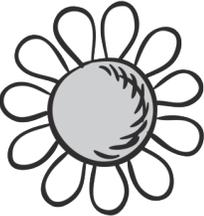
### Meals on Wheels

Contact Tri-Valley at 1-800-286-6640 to set up home delivery. A \$3 donation is requested.



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

# MARCH/APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>MARCH 1</b> 9:00 Mindful Steps 9:30 Total Body Conditioning 10:30 Chair Yoga 12:30 Lunch with the Senior Center* 12:30 Dominoes 1:00 Mah Jongg 1:00 Tai Chi <b>1:00 WOMENS GROUP</b> 2:30 Milford Senior Singers	<b>MARCH 2</b> 9:00 Gentle Yoga 9:00 Wellness Nurse 10:00 Strength & Fall Prevention 10:30 Veterans Meeting 11:00 Groove & Sculpt 12:00 Watercolor Painting Class 12:30 Lunch with the Senior Center* 12:30 Muscle & Mat	<b>MARCH 3</b> 9:00 Wellness Nurse 9:00 Knitting/Crocheting 9:00 Yoga <b>10:00 LOW VISION (CANCELLED)</b> 10:30 Cardio Cut 11:00 Whist 12:30 Lunch with the Senior Center* 1:00 Low Impact Fitness 1:00 Cribbage	<b>MARCH 4</b> 9:00 Cardio Strength Circuit 10:00 Crafts with Laura <b>(CANCELLED)</b> 10:30 Groove & Sculpt 12:30 Lunch with the Senior Center*
	<b>MARCH 7</b> 8:30 Pilates 9:30 Barre 9:30 Cribbage 10:30 Strength & Fall Prevention 1:00 Low Impact Fitness	<b>MARCH 8</b> 9:00 Mindful Steps 9:30 Total Body Conditioning <b>10:00 BEREAVEMENT GROUP</b> 10:30 Chair Yoga <b>12:00 RED HAT SOCIETY</b> 12:30 Lunch with the Senior Center* 12:30 Dominoes 1:00 Tai Chi 1:00 Mah Jongg	<b>MARCH 9</b> 9:00 Gentle Yoga 9:00 Wellness Nurse 10:00 Strength & Fall Prevention 11:00 Groove & Sculpt 12:00 Watercolor Painting Class 12:30 Lunch with the Senior Center* 12:30 Muscle & Mat	<b>MARCH 10</b> 9:00 Wellness Nurse 9:00 Knitting/Crocheting 9:00 Yoga 10:30 Cardio Cut 11:00 Whist <b>11:30 WELLNESS WORKSHOP</b> 12:30 Lunch with the Senior Center* 1:00 Low Impact Fitness 1:00 Cribbage
<b>MARCH 14</b> 8:30 Pilates 9:30 Barre 9:30 Cribbage 10:30 Strength & Fall Prevention 1:00 Low Impact Fitness	<b>MARCH 15</b> 9:00 Mindful Steps 9:30 Total Body Conditioning <b>10:00 BOOK GROUP</b> 10:30 Chair Yoga <b>11:00 WRITER'S GROUP</b> 12:30 Dominoes 12:30 Lunch with the Senior Center* 1:00 Mah Jongg 1:00 Tai Chi 2:30 Milford Senior Singers	<b>MARCH 16</b> 9:00 Gentle Yoga 9:00 Wellness Nurse 10:00 Strength & Fall Prevention 11:00 Groove & Sculpt 12:00 Watercolor Painting Class 12:30 Lunch with the Senior Center* 12:30 Muscle & Mat	<b>MARCH 17</b> 9:00 Wellness Nurse 9:00 Knitting/Crocheting 9:00 Yoga 10:30 Cardio Cut 11:00 Whist <b>11:00 MSC GRAB &amp; GO</b> 12:30 Lunch with the Senior Center* 1:00 Low Impact Fitness 1:00 Cribbage	<b>MARCH 18</b> 9:00 Cardio Strength Circuit 10:00 Crafts with Laura 10:30 Groove & Sculpt 12:30 Lunch with the Senior Center*
<b>MARCH 21</b> 8:30 Pilates 9:30 Barre 9:30 Cribbage 10:30 Strength & Fall Prevention 1:00 Low Impact Fitness	<b>MARCH 22</b> 9:00 Mindful Steps 9:30 Total Body Conditioning 10:30 Chair Yoga <b>11:00 FORTUNE COOKIE CLUB</b> 12:30 Dominoes 12:30 Lunch with the Senior Center* 1:00 Mah Jongg 1:00 Tai Chi	<b>MARCH 23</b> 9:00 Gentle Yoga 9:00 Wellness Nurse 10:00 Strength & Fall Prevention 11:00 Groove & Sculpt 12:00 Watercolor Painting Class 12:30 Lunch with the Senior Center* 12:30 Muscle & Mat	<b>MARCH 24</b> 9:00 Wellness Nurse 9:00 Knitting/Crocheting 9:00 Yoga 10:30 Cardio Cut 11:00 Whist 12:30 Lunch with the Senior Center* 1:00 Low Impact Fitness 1:00 Cribbage	<b>MARCH 25</b> 9:00 Cardio Strength Circuit 10:00 Crafts with Laura 10:30 Groove & Sculpt <b>11:00 GRAB &amp; GO</b> <b>SACRED HEART CHURCH</b> <b>GENE'S VARIETY</b> 12:30 Lunch with the Senior Center*
<b>MARCH 28</b> 8:30 Pilates 9:30 Barre	<b>MARCH 29</b> 9:00 Mindful Steps 9:30 Total Body Conditioning	<b>MARCH 30</b> 9:00 Gentle Yoga 9:00 Wellness Nurse	<b>MARCH 31</b> 9:00 Wellness Nurse 9:00 Knitting/Crocheting	<b>APRIL 1</b> 9:00 Cardio Strength Circuit 10:00 Crafts with Laura

9:30 Cribbage 10:30 Strength & Fall Prevention 1:00 Low Impact Fitness	10:30 Chair Yoga 12:30 Dominoes 12:30 Lunch with the Senior Center* 1:00 Mah Jongg 1:00 Tai Chi	10:00 Strength & Fall Prevention 11:00 Groove & Sculpt 12:00 Watercolor Painting Class 12:30 Lunch with the Senior Center* 12:30 Muscle & Mat	9:00 Yoga <b>10:00 MEN'S GROUP</b> 10:30 Cardio Cut 11:00 Whist 12:30 Lunch with the Senior Center* 1:00 Low Impact Fitness 1:00 Cribbage	10:30 Groove & Sculpt 12:30 Lunch with the Senior Center*
<b>APRIL 4</b> 8:30 Pilates 9:30 Barre 9:30 Cribbage 10:30 Strength & Fall Prevention 1:00 Low Impact Fitness	<b>APRIL 5</b> 9:00 Mindful Steps 9:30 Total Body Conditioning 10:30 Chair Yoga 12:30 Dominoes 12:30 Lunch with the Senior Center* <b>1:00 WOMENS GROUP</b> 1:00 Mah Jongg 1:00 Tai Chi 2:30 Milford Senior Singers	<b>APRIL 6</b> 9:00 Gentle Yoga 9:00 Wellness Nurse 10:00 Strength & Fall Prevention 10:30 Veterans Meeting 11:00 Groove & Sculpt 12:00 Watercolor Painting Class 12:30 Lunch with the Senior Center* 12:30 Muscle & Mat	<b>APRIL 7</b> 9:00 Wellness Nurse 9:00 Knitting/Crocheting 9:00 Yoga <b>10:00 LOW VISION WORKSHOP</b> 10:30 Cardio Cut 11:00 Whist 12:30 Lunch with the Senior Center* 1:00 Low Impact Fitness 1:00 Cribbage	<b>APRIL 8</b> 9:00 Cardio Strength Circuit 10:00 Crafts with Laura 10:30 Groove & Sculpt 12:30 Lunch with the Senior Center*
<b>APRIL 11</b> 8:30 Pilates 9:30 Barre 9:30 Cribbage 10:30 Strength & Fall Prevention 1:00 Low Impact Fitness	<b>APRIL 12</b> 9:00 Mindful Steps 9:30 Total Body Conditioning <b>10:00 BEREAVEMENT GROUP</b> 10:30 Chair Yoga <b>12:00 RED HAT SOCIETY</b> 12:30 Dominoes 12:30 Lunch with the Senior Center* 1:00 Mah Jongg 1:00 Tai Chi	<b>APRIL 13</b> 9:00 Gentle Yoga 9:00 Wellness Nurse 10:00 Strength & Fall Prevention 11:00 Groove & Sculpt 12:00 Watercolor Painting Class 12:30 Lunch with the Senior Center* 12:30 Muscle & Mat	<b>APRIL 14</b> 9:00 Wellness Nurse 9:00 Knitting/Crocheting 9:00 Yoga 10:30 Cardio Cut 11:00 Whist <b>11:30 WELLNESS WORKSHOP</b> 12:30 Lunch with the Senior Center* 1:00 Low Impact Fitness 1:00 Cribbage	<b>APRIL 15</b> 9:00 Cardio Strength Circuit 10:00 Crafts with Laura 10:30 Groove & Sculpt 12:30 Lunch with the Senior Center*
<b>PATRIOT DAY</b>  <b>CLOSED</b>	<b>APRIL 19</b> 9:00 Mindful Steps 9:30 Total Body Conditioning <b>10:00 BOOK GROUP</b> 10:30 Chair Yoga <b>11:00 WRITER'S GROUP</b> 12:30 Dominoes 12:30 Lunch with the Senior Center* 1:00 Mah Jongg 1:00 Tai Chi 2:30 Milford Senior Singers	<b>APRIL 20</b> 9:00 Gentle Yoga 9:00 Wellness Nurse 10:00 Strength & Fall Prevention 11:00 Groove & Sculpt 12:00 Watercolor Painting Class 12:30 Lunch with the Senior Center* 12:30 Muscle & Mat <b>1:00 TRIVIA</b>	<b>APRIL 21</b> 9:00 Wellness Nurse 9:00 Knitting/Crocheting 9:00 Yoga 10:30 Cardio Cut <b>11:00 MSC GRAB &amp; GO</b> 11:00 Whist 12:30 Lunch with the Senior Center* 1:00 Low Impact Fitness 1:00 Cribbage	<b>APRIL 22</b> 9:00 Cardio Strength Circuit 10:00 Crafts with Laura 10:30 Groove & Sculpt 12:30 Lunch with the Senior Center*
<b>APRIL 25</b> 8:30 Pilates 9:30 Barre 9:30 Cribbage 10:30 Strength & Fall Prevention 1:00 Low Impact Fitness	<b>APRIL 26</b> 9:00 Mindful Steps 9:30 Total Body Conditioning 10:30 Chair Yoga <b>11:00 FORTUNE COOKIE CLUB</b> 12:30 Dominoes 12:30 Lunch with the Senior Center* 1:00 Mah Jongg 1:00 Tai Chi	<b>APRIL 27</b> 9:00 Gentle Yoga 9:00 Wellness Nurse 10:00 Strength & Fall Prevention 11:00 Groove & Sculpt 12:00 Watercolor Painting Class 12:30 Lunch with the Senior Center* 12:30 Muscle & Mat	<b>APRIL 28</b> 9:00 Wellness Nurse 9:00 Knitting/Crocheting 9:00 Yoga <b>10:00 MEN'S GROUP</b> 10:30 Cardio Cut 11:00 Whist 12:30 Lunch with the Senior Center* 1:00 Low Impact Fitness 1:00 Cribbage	<b>APRIL 29</b> 9:00 Cardio Strength Circuit 10:00 Crafts with Laura 10:30 Groove & Sculpt <b>11:00 GRAB &amp; GO</b> <b>SACRED HEART CHURCH</b> <b>GENE'S VARIETY</b> 12:30 Lunch with the Senior Center*

**\*Lunch with the Senior Center broadcasts live from Milford TV Tuesday thru Friday at 12:30 pm. Tune into Channel 8 (Comcast) or Channel 38 (Verizon)**

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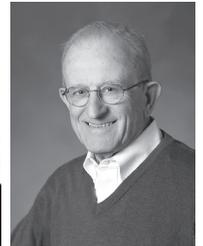
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# Senior Center Staff

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 Ernest O'Brien

Council on Aging Meeting will be held on March 8 at 10:00 am at the Senior Center

Production/Distribution of this newsletter is funded by the Friends of Milford Senior Center, the Executive Office of Elder Affairs and from generous donations from the community.

**Thank You!**

## FRIENDS OF THE MILFORD SENIOR CENTER

Dino B. DeBartolomeis, President; Jillian Celozzi Esq., Vice-President; Johnna O'Loughlin, Treasurer; Melissa Tomas, Secretary.  
 Other members include: State Representative Brian Murray, Joseph F. Edwards, Jr. and Gary Castiglioni.

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.

Membership is open to all regardless of age or residency. A membership is \$5 per year. Out-of-town members subscribe to the newsletter for an additional \$5 per year to cover the postage.

Please 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 the Friends of the Milford Senior Center.**

MEMBERSHIP 2022	DONATION
<b>\$5 PER PERSON</b>	ENCLOSED IS \$ _____
<input type="checkbox"/> New <input type="checkbox"/> Renewal NAME(S) _____ ADDRESS _____ TOWN _____ ZIP _____ PHONE _____ EMAIL: _____ <input type="checkbox"/> I am not a resident of Milford, please mail me the newsletter. Enclosed is additional \$5.	<input type="checkbox"/> Donation <input type="checkbox"/> Memorial <input type="checkbox"/> Occasion FOR _____ FROM _____ ADDRESS _____ Please send acknowledgment to: _____ _____

\* Memberships are renewed annually



## CRAFTS



## WATERCOLOR CLASS



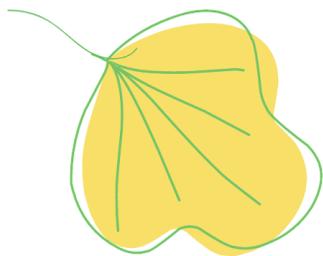
## SPECIAL VISIT



## RED HAT SOCIETY

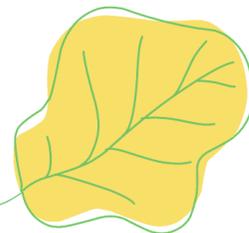


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		<u>AM</u>					<u>PM</u>					
<b>OUTBOUND</b>	Blandin Hub (15 Blandin Ave.)	6:30	~	~	~	~	~	1:20	~	~	~	~
	Milford Crossings	6:57	8:09	9:17	10:25	11:35	12:42	1:55	2:55	4:09	5:20	6:25
	Target	7:00	8:11	9:21	10:32	11:42	12:44	1:57	3:02	4:12	5:25	6:30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

Scheduled Times

Scheduled times are only approximate; please wait for the MWRTA ten minutes in advance of scheduled times to assure not missing the bus.

For up to the minute bus information call the MWRTA at 508.935.2222 or visit [www.mwrta.com](http://www.mwrta.com) for GPS tracking. The MWRTA uses the Flag Down System which allows buses to stop anywhere along their routes to pick up passengers, where it is safe to do so. Passengers can hail MWRTA buses by waving.

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Routes 4N, 4S, 5, 6, 10, and 11 at the Blandin Hub.

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## March / April - At a Glance

### Monthly Events

Women's Group  
**Tuesday, March 1, April 5**

Bereavement Group  
**Tuesday, March 8, April 12**

Red Hat Society  
**Tuesday, March 8, April 12**

Wellness Workshop  
**Thursday, March 10, April 14**

Book Group  
**Tuesday, March 15, April 19**

Writer's Group  
**Tuesday, March 15, April 19**

MSC Grab & Go Lunch  
**Thursday, March 17, April 21**

Fortune Cookie Club  
**Tuesday, March 22, April 26**

Sacred Heart/Gene's Variety Grab & Go Lunch  
**Friday, March 25, April 29**

Men's Group  
**Thursday, March 31, April 28**

Low Vision Support Group  
**Thursday, April 7 (no meeting in March)**

Trivia  
**Wednesday, April 20**

### Weekly Fitness Class Schedule

Monday	8:30 am	Pilates
Monday	9:30 am	Barre
Monday	10:30 am	Strength & Fall Prevention
Monday	1:00 pm	Low Impact Fitness
Tuesday	9:00 am	Mindful Steps
Tuesday	9:30 am	Total Body Conditioning
Tuesday	10:30 am	Chair Yoga
Tuesday	1:00 pm	Tai Chi
Wednesday	9:00 am	Gentle Yoga
Wednesday	10:00 am	Strength & Fall Prevention
Wednesday	11:00 am	Groove & Sculpt
Wednesday	12:30 pm	Muscle & Mat
Thursday	9:00 am	Yoga
Thursday	10:30 pm	Cardio Cut
Thursday	1:00 pm	Low Impact Fitness
Friday	9:00 am	Cardio Strength Circuit
Friday	10:30 am	Groove & Sculpt

Classes instructed by Robin Johnston, Marsha Mancuso, Shirley Areano, Jean Gillis, Andrea Longo, Christine Bositis, Marcella Pannenburg and Jeanne McGowan-Boucher