



Milford
Recreation
Fall/Winter
Guide



2015/2016

www.milfordrec.com



MEMBER OF



1 Union Square • Milford, NH 03055
 Phone (603) 249-0625 • Fax (603) 673-2273
recreation@milford.nh.gov



Milford Recreation Fall/Winter Guide 2015/2016

Fall Family Festival

Music ~S'mores ~Concessions ~Games ~Storytelling ~Crafts ~Face Painting ~Vendors ~and more!
SATURDAY 10/3 ~ 5:30-7:30PM ~ ADAMS FIELD (Osgood Rd.) ~ ALL AGES WELCOME!

Zombie Orienteering



Avoid the zombies and make it back to safety!

SATURDAY 10/3

(Following the Fall Family Festival)

7:30-8:30PM ~ ADAMS FIELD ~ Recommended ages 12+.

Coordinated with the Conservation Commission!

COME ON OUT AND ENJOY THESE FREE FAMILY FRIENDLY EVENTS!

Coed Wooden Bat Softball Tournament



Ages 18+. 6th Annual Coed Softball Tournament & Home Run Derby. Come out for two great days of fun! Home Run Derby open to anyone, additional \$10 paid the day of the event. **Team entries will not be accepted after Sept. 18, 2015 12pm.**
Keyes Park/Carson Field
Proceeds benefit Kaley Park softball field development

Teams MUST register and pay in full by
Sept 18 @ 12pm

Saturday 9/26 & Sunday 9/27 \$150 per team
Tournament starts at 9am on Saturday

The Holly Jolly Family Spectacular!

Join us for an evening of cheer!
Different groups will perform some of the most classic holiday hits. Dance, sing-a-long or just sit back and enjoy.

ALL AGES WELCOME!

Friday 12/18 6:30-8:30pm
Milford Town Hall Auditorium
Ages 5+ \$5/Ages 4 & under FREE!

Winter Family Festival

SATURDAY- 1/16 11am-1pm
FREE at Shepard Park



Ice Skating
Skate Swap
Games
Music
Hot Cocoa
Roasting Marshmallows
Mitten Friendly Food



Daddy Daughter Dance

Saturday 2/6 ~ 6-8pm
ADVANCE TICKET SALES ONLY

Milford Town Hall Auditorium
\$16 per couple
\$6 each additional child
\$28 per family (4+)

~Tickets go on sale Monday 1/4/2016~

*Food*DJ*Raffle Prizes*Photos*

REGISTER ONLINE AT WWW.MILFORDREC.COM

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Bus Trips

Hobo Railroad

All aboard the Hobo Railroad! Your ticket includes round-trip excursion along the Pemigewasset River, lunch aboard the train, and bus transportation. **ONLY 23 SEATS AVAILABLE!**



Wednesday, 9/16 \$48/person
Train departs at 11AM
Depart Milford 8:15am/Depart Lincoln 3:30pm
(Parking at Municipal Parking Lot, Garden St.)

Louisa May Alcott Orchard House

Come explore the home of *Little Women*! See the space where Louisa May Alcott wrote and set her most famous book in 1868 on a "shelf desk" her father built especially for her. After we will enjoy a nice lunch at Helen's Restaurant (*cash only*). **Only 13 seats available! Lunch is not included in price.**



Monday, 10/12 \$32/person 11am Tour
Depart Milford 9:15am/Depart Concord, MA 2:30pm
(Parking at Municipal Parking Lot, Garden St.)

Mohegan Sun Bus Trip

Adults 21+. We invite you to try your luck at our gambling getaway to Mohegan Sun. Motor coach transportation and a casino bonus package that includes a \$15 food voucher & \$10 free bet. (*Casino package subject to change without notice*)



Saturday, 10/24 \$34/person
Depart Milford 8am/Depart Casino 4:30pm
(Parking at Cirtronics, Rt. 13)

Pickity Place & Ben's Sugar Shack

Spend a beautiful fall day enjoying local establishments and all they have to offer! First, we will enjoy a delicious 5-course lunch at Pickity Place with time to explore the beautiful gardens, Red Riding Hood Museum and visit the gift shop. Then we will head to Ben's Sugar Shack in Temple, NH for a tour of their facility to learn about how syrup is made with time to visit their shop after. **For the lunch menu contact the rec dept. at 249-0625. Price includes lunch, lunch gratuity and transportation. Only 10 seats available!**



Thursday, 11/12 \$45/person
Depart Milford 10:45am/Depart Temple 2:45pm
(Parking at Municipal Parking Lot, Garden St.)

Bus Trips

New York City Annual Bus Trip

Adults & Families. Join us for a day trip to the big apple! Start your holiday shopping, see a play, or go to a museum. It's your day to do whatever!



Saturday, 11/14 \$50/person
Depart Milford 6am/Depart NYC 6:30pm
(Parking at Cirtronics, Rt. 13)

Palace Theatre: A Christmas Carol

Adults. Join us for dinner and a show! We will start our evening at the Puritan Backroom restaurant for a delicious meal, then make our way over to the Palace Theatre to enjoy their Production of *A Christmas Carol* to remind us what the holiday spirit is really about! **Price includes: transportation and show ticket. Only 23 seats available! REGISTRATION DEADLINE 11/16!**



Thursday, 12/10 7:30pm Show Time \$58/person
Depart Milford 3:45pm/Depart Manchester 9:30pm
(Parking at Municipal Parking Lot, Garden St.)

Foxwoods Casino Day Trip

Adults 21+. We invite you to try your luck at our gambling getaway to Foxwoods Casino. Motor Coach transportation, casino bonus package which includes a FREE buffet or \$10 meal coupon/\$15 Bonus Slot Play. (*Casino package subject to change without notice*)



Saturday, 3/12 \$34/person
Depart Milford 8am/ Depart Casino 4:30pm
(Parking at Cirtronics, Rt. 13)

Toddler Programs

Tiny Kicks & Lil' Kickers Youth Soccer Programs

Ages 2-5. Get your children outdoors & moving! Join us for Tiny Kicks & Lil' Kickers, an introduction to soccer program for ages 2-5. While learning about soccer they will also improve coordination, following instructions, encourage locomotion and living a healthy and active lifestyle! Parent participation is required. **Instructor Steph Z. Min of 5 participants. Keyes Soccer Field/Town Hall Auditorium.**



Tuesdays Res \$30/NRes \$35
Tiny Kicks: Ages 2-3, 10-10:30am & 1-1:30pm
Lil' Kickers: Ages 4-5, 1:45-2:15pm

Session 8/25-9/15
Session 9/22-10/13
Session 10/20-11/10

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Toddler Programs

Toddler Tumbling

Ages 2-5. These 4 week sessions include fun activities and exercises that will help children develop balance, encourage locomotion, learn to follow instruction and develop independence! Parent participation is required. **Instructor MRD Staff. Town Hall 3rd Fl. Auditorium. Limited to 10 participants.**



Fridays 10-10:30am

Res \$20/NRes \$22

Session 8/28-9/25 (No class, 9/4)

Session 10/2-10/23

Session 10/30-11/20

NO DECEMBER SESSION

Session 1/8-1/29

Session 2/5-3/4 (No class, 2/26)

Tot Drop-In

Toddlers & Parents. This is a great place for parents and toddlers to come play and chat. Lots of toys and open space. **Follows MSD Calendar. Town Hall 3rd Fl. Auditorium. Contact us if interested in volunteering to help run this program!**



Thur, Starts 9/10 9:30-11:30am

\$10 for 5 sessions/ \$3 Drop-in

Youth Programs

Piano Lessons

Ages 7-15. Lessons for the beginner piano student! These 6 lessons will teach students the basics required to develop proper piano playing ability. We will work on reading music, proper posture and hand position, and begin to play songs. Our instructor looks to personally inspire students through music and to further encourage their commitment to learning this instrument! Parents are welcome to drop-off or stay. **Instructor Dan I. Milford Town Hall Auditorium.**



Mondays, 9/14-10/26

\$120 per student

(No class, 10/12)

1/2 hour time slots, 1 child per slot.

6:30-7pm, 7-7:30pm, 7:30-8pm & 8-8:30pm

Youth Programs

Youth Drama Workshop:



Ages 10-15. Tell Dark Tales– Visit the mysterious world of night creatures, vampires and ghosts in authentic folktales from Transylvania. Unravel strange riddles and mysteries from around the world. Write these fantastic tales into plays with magic and music. Design your own twilight evening of thrills and chills and present your Tell Dark Tales to your unsuspecting audience— if you dare! Each lesson will warm up with improve games.

Ages 7-11. Magical Mystery Tour– Students will be captivated by storytelling at its best. Visit Merlin the Magician and fly with his dragons. Create your own faerie magic with your own crafted wand and write some crazy fairytales of your own. Learn and perform some fabulous magic tricks— borrow some from Harry Potter and clever Hermione. Students will turn these wonder filled stories into plays and explore new realms of their imagination with music, movement, art and poetry. They will present a show on the last Friday evening.

Open house/play reading on Thursday, September 17— all welcome! Instructor Roberta Woolfson. Town Hall 3rd Fl. Auditorium.

FALL SESSION

Thurs 9/17-12/3 (No class, 11/26)

Res \$170/NRes \$180 Performance 12/4

Ages 10-15 3:30-5pm Ages 7-11 5-6:30pm

Horsemanship Program & Mini Showcase

Ages 5+. At Irish Luck Stables they offer equestrian classes unlike any other! These 4 week sessions include mounted horse time, educational horse craft projects and hands-on barn skills/barn games. The last class of each session will hold a mini showcase that family and friends are encouraged to attend (equestrian ribbons awarded for everyone)! **Minimum 6 students/Max 12 students. Please wear closed toed shoes or boots (with a small heel) and long pants, in colder weather wear layers (everything else will be provided).**



Week 1– Welcome/Groom & Tack

Week 2– Breeds & Colors

Week 3– Parts of a Horse

Week 4– Mini Showcase

Milford Res \$140/NRes \$160

Sundays, 10/4-10/25 3-5pm

Irish Luck Stables– Brookline, NH

***Viewing Room– Welcome to drop-off or stay.**

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Youth Programs

Safe Sitter: Babysitter Training Course

Ages 11-15. This fun and exciting course teaches sitters the importance of their unique job responsibilities. Topics include accident prevention, proper play and interaction with children of all ages, problem behavior and CPR introduction! Participants will be prepared to respond effectively in an emergency situation. Prepare your child increased responsibilities and money earning potential. Great for big brothers and sisters! This is a 1-day (7 hour) intensive training course. Please pack a lunch. Safe Sitter course includes training manual and completion card.



Instructor Steph Z. Milford Police Station Community Room, Garden St. Minimum of 6 participants.

Saturday, 10/17 or 3/5 9am-4pm \$75/person

Home Alone Safety Class

Ages 8-11. Learn the basics of being safe when home alone for short periods of time. We'll talk about how to answer the telephone and door, internet safety, first aid techniques, accident prevention and fire protection and more will be discussed. Youth will have a better understanding of responsibility & independence. This is an interactive class. Bring a snack and water. Each student will receive a handbook. **Instructor Steph Z. Minimum of 8 students/Max of 15.**



**Friday, 11/6 \$25/person
Heron Pond Cafeteria 3:30-5:30pm**

Our instructor will be there for 3pm to for those who will be staying right after school.

Beginner Learn to Skate

Ages 4 & up. All participants must be accompanied by a parent on the ice. Equipment required: Skates, helmet (any bike/multi-sport helmet), gloves. *Skating programs will last 4-5 weeks weather permitting with a makeup/bonus class held on Feb. 13.* **Instructor Dan Fontas, Director of Hockey for The Hockey Academy & New England Stars Youth Hockey. Shepard Park Ice Rink next to St. Joseph's Milford Medical Center.**



Saturdays, 1/16-2/13 8-8:30am Res \$25/NRes \$35

Youth Programs

Learn to Play Hockey

Ages 5 & up. Must have learn to skate experience. Equipment required: Skates, stick, helmet with cage, hockey gloves (other protective gear such as throat guard and shin guards highly recommended). *Skating programs will last 4-5 weeks weather permitting with a makeup/bonus class on Feb. 13.* **Instructor Dan Fontas, Director of Hockey for The Hockey Academy & New England Stars Youth Hockey. Shepard Park Ice Rink next to St. Joseph's Milford Medical Center.**



**Saturdays, 1/16-2/13 8:45-9:45am
Res \$30/NRes \$40**

For the Family

Archery Lessons

Youth & Adult. Learn to shoot like Katniss in The Hunger Games. Students will be taught how the bow functions, bow and arrow safety, and aspects of arrow flight. No equipment necessary, just bring your willingness to learn and have fun. **Instructor Dana White. Keyes Park/Bales Gym.**



Wednesdays 5:30-6:30pm Res \$60/NRes\$65

**Session 9/2-9/23
Session 9/30-10/21 Bales Gym
Session \$45/\$50 10/28-11/18 (No class, 11/11)
NO DECEMBER SESSION
Session (Tentative) 1/6-1/27 Bales Gym
Session (Tentative) 2/3-3/2 (No class, 2/24) Bales**

Contra Dance

All Ages. Contra Dance refers to several folk dance styles, in which couples and individuals dance in two facing lines. Come meet new friends, no partner required, easy to learn and lots of fun! **Coordinator Frank Woodward 603-487-2480. Town Hall 3rd Floor Auditorium.**



Adults \$7/Children 6-12 \$3.50

**Sept Friday, 9/25 @ 8pm
Oct Friday, 10/23 (Last dance of 2015) @ 8pm**

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For the Family

Trick or Treat!

All ages. Stop by and 'Trick or Treat' with MRD at the Milford Oval Gazebo! The recreation department will have candy or a small toy to choose from (1 piece per child). Don't forget to wear your costume! Costume contest: scariest, funniest, prettiest. Prizes to winners! **Limited supplies.**



Friday 10/30 3pm-4:30pm FREE!
Milford Oval Gazebo

Shepard Park Public Ice Skating

All ages. Enjoy the winter season by gliding around on Milford's outdoor public skating rink. Weather dependent, closings will be posted on Facebook and www.milfordrec.com. **Shepard Park.**



Teen Programs

Coed Ultimate Frisbee Clinics

Ages 8-18. Are you interested in learning about a new and upcoming sport?! Ultimate Frisbee is breaking out all over the country. It is a fast paced game that is a ton of fun to play! Join us at one of our upcoming clinics to learn more. **Clinics are led by Steph Z. & Kyle F. Children welcome from surrounding towns as well! Pre-registration required.**



Saturday 10/3 or 11/7 10-11:30am \$5 per person
Keyes Soccer Field

Adult Programs

Coed Pickup Basketball

Ages 18+. Dust off the Chuck Taylors and hit the court for some pickup basketball. **Volunteer Coordinator Steve Facques. Bales Gym. Limited to 20 participants.**



Tue & Thur @ Bales Gym 6:30-9pm
\$25 per person (Tentative) 9/1-12/17
\$25 per person (Tentative) 1/12-6/2
(Please note there is no program 11/26, 2/23, 2/25, 3/8, 4/26, 4/28)

Community Events

Santa on the Oval

Sunday December 6th 12-2PM
Bad weather December 13th 12-2PM



Milford Lions Club will be providing FREE hot cocoa and cookies and a mailman will be present to collect letters for Santa!

Kids Vacation Programs

School Vacation Fun Days!

Each day we will have a fun activity planned so your child can pick and choose what they would like to do for a couple hours out of the house! All programs take place at the Milford Town Hall Auditorium. For more info go to www.milfordrec.com!



Monday, 2/22: Game Day!- Ages 6-13. Come start your break with us! We will do team building activities, active play, board and card games, and more! Enjoy a couple hours out of the house having some fun! This is a FREE drop-off program! 1-3pm.

Tuesday, 2/23: Craft Day!- Ages 6+. Come let your creative juices flow! We will do a couple different crafts appropriate for the season. This is a drop-off program! 10am-12pm \$6pp

Wednesday, 2/24: Wildlife Encounters- All ages welcome! Come meet and learn about animals from all over the world! You will enjoy a 45-60 min show and then stay and enjoy a snack and beverage with us! \$4pp, "crawlers" and infants FREE. 10am-12pm

Thursday, 2/25: Mad Science Show: Up, Up, & Away
All ages welcome! Let a mad scientist teach you about the many uses of that much misunderstood state of matter, gas. Volunteers from the audience will get to assist with the experiments! Snacks and beverages provided after the show! 1-3pm \$5pp, "crawlers" and infants FREE.

Friday, 2/26: MRD Cinema- Ages 6+. Join us for a relaxing afternoon of movie watching. Bring a blanket, a snack/drink and a friend! Popcorn will be available to all. Parents are welcome to drop-off or stay. 1-3pm \$2pp

Adult Programs

Senior Zumba®

Modified Zumba® for seniors is a fun way to stay fit and active! Give your body a workout to the rhythm of all types of music. Chairs are available for those who need it as well. Please bring water and wear comfortable clothing and sneakers. **Instructors are a mother/daughter duo, Rae M. and Ashley I. Minimum of 5 participants needed.**



Mondays 9/14-10/26 (No class, 10/12) 5:45-6:30pm
Res \$15/NRes \$25 Drop-in Fee \$3.00
Banquet Hall Milford Town Hall

Journey: An Online Health/Wellness Program

Join Journey to receive the support you need to pursue a new healthy lifestyle. This 6 week health/wellness program is geared to help you learn how to be successful on your own and how to stay motivated. You will be provided with a workout class schedule to participate in, a nutrition/fitness monitoring journal, pedometer and more to get you started! Each week we will email out a newsletter/ program update with healthy recipes, articles, at home workouts and tips! Weigh-in's and measurements are done in the privacy of your own home by you. Prizes will be given to those who lose the most weight, most inches and most challenge points. **Once registered more detailed information will be given.**



Monday 1/11-Friday 2/19 \$45 per person