



Milford  
**Recreation**  
*Fall/Winter*  
**Guide**



**2014/2015**

[www.milfordrec.com](http://www.milfordrec.com)



*Fall*



MEMBER OF



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## Recreation Events

### Fall Family Festival

**All ages.** Join us at the historical Monson Center off of Federal Hill Road for an evening of fall fun! There will be guided hikes on the walking trails, concessions, demonstrations, storytelling, music, games and so much more! Join the fun... become a volunteer! Contact the Rec Dept. at 249-0625 or email [recreation@milford.nh.gov](mailto:recreation@milford.nh.gov). **Monson Center Conservation Site.**



**Saturday, 9/20 5:30-7:30pm FREE Admission**

### Zombie Orienteering

**Recommended Ages 12+.** Enjoy being spooked?! The Rec Dept. and Milford Conservation Commission are teaming up to bring you Zombie Orienteering. Avoid the zombies and make it back to safety! **Taking place after the Fall Family Festival right in Monson Center.**



**Saturday, 9/20 7:30-8:30pm FREE !**

### Coed Wooden Bat Softball Tournament

**Ages 18+.** 5th Annual Coed Softball Tournament & Home Run Derby. Come out for two great days of fun! Proceeds will go to the Kaley Park Project. Home Run Derby open to anyone, additional \$20 paid the day of the event. **Entries will not be accepted after Sept. 19, 2014. Robert "Bubba" Carson Memorial Field at Kaley Park. Limited to 12 teams.**



**\*Teams MUST register and pay in full by Sept 19 @ 12pm**

**Saturday 9/27 & Sunday 9/28 \$150 per team  
Tournament starts at 9am on Saturday**

### Sirena Huang Performance

Join us for an evening to enjoy the sensational sounds of brilliant young violinist, Sirena Huang. Sirena is currently an undergraduate at Juilliard with a mile long resume already. Don't miss out on this one of a kind performance! **Milford Town Hall Auditorium.**



**Saturday 9/27 7:30pm Show time  
Adults \$25/ Students & Seniors \$15**

## Recreation Events

### Kids Craft Corner

**Ages 2 & up.** Kids! Join us for a fun afternoon where you can create the perfect Christmas gift for Mom & Dad! It will mean so much to your parents that you thought about them this holiday season when they do so much for you all year round. We provide craft supplies, *each child please bring a photo of themselves.* Parents, while your children are being crafty, go to the auditorium to relax, enjoy a cup of coffee and catch up with the other adults! **Pre-registration is required. Milford Town Hall Banquet Hall, 3rd Fl.**



**Saturday 12/6 12-1pm \$6/Child**

### Winter Family Festival

**All ages.** Bundle up and come out to the park for an afternoon of winter fun at Shepard Park! Event includes ice skating, skate swap, games, music, hot cocoa, bonfires, and mitten friendly food! Join the fun... become a volunteer! Contact the Rec. Dept. at 249-0625, or email [recreation@milford.nh.gov](mailto:recreation@milford.nh.gov). **Shepard Park.**



**Saturday, 1/17 11am-1pm FREE Admission**

### Daddy Daughter Dance

**All Ages.** Join us for the 6th Annual Daddy Daughter Dance where girls are escorted to a special night of fun! This event is sure to make your daughter's first dance a memorable one. Formal wear is highly recommended. Food, DJ, raffle prizes and a photo of this memorable night. Advance tickets sales only. No tickets will be sold the night of the dance, tickets are limited. **Tickets go on sale Monday January 5th at noon. Town Hall 3rd Floor Auditorium.**



**Saturday, 2/7 6-8pm  
ADVANCE TICKET SALES ONLY  
\$16 per couple/ \$6 each additional child/ \$28 family**

## Bus Trips

### 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. Book your seat online at [www.milfordrec.com](http://www.milfordrec.com).



**Saturday, 9/13 \$32 per person  
Depart Milford 8am/Depart Casino 4:30pm  
(Parking at Cirtronics, Rt. 13)**

# Fall into winter with Milford Recreation!

## Bus Trips

### Hobo Railroad: Hobo Harvest Time Express

It's that time of year for crisp air, beautiful foliage, pumpkins and hot cider! Join for the Hobo Harvest Time Express event at the Hobo Railroad for a scenic train ride and fun day of activities! Your ticket includes round-trip excursion along the Pemigewasset River, taste of NH aboard each trip, lunch, access to the Hobo Harvest Farm Stand & Pumpkin Patch and bus transportation. **LIMITED SEATS AVAILABLE.**



**Monday, 9/22** \$46/person  
Train departs at 11am  
Depart Milford 8:15am/Depart Lincoln 3:30pm  
Parking at Municipal Parking Lot, Garden St.

### Salem, MA Day Trip

**All ages.** Take a bus down to Salem, MA for the day and start to get in the Halloween spirit! Learn about witches, enjoy the harbor, get spooked at all the fun attractions they have. The possibilities are endless! It will be a fun day trip for families and all ages! We provide the transportation, you go have all the fun! **Go to [www.salem.org](http://www.salem.org) to plan your trip ahead of time!**



**Saturday, 10/4** \$35/person  
Depart Milford 8:15am/Depart Salem 7pm  
(Parking at Cirtronics, Rt. 13)

### Calef's Country Store

Come with us to visit Calef's, a country store that has been around since 1869 and has been operated by 5 generations of Calef's up until the 1990's. They offer a variety of products, including: pickled items, specialty cheeses, NH maple products.. And much more! They also have a deli where we will be dining. They offer specialty sandwiches and salads! **Price includes transportation.**



**Thursday, 10/16** \$20  
Depart Milford 9am/Depart Barrington 1:30pm  
Parking at Municipal Parking Lot, Garden St.

### 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, 11/15** \$65  
Depart Milford 6am/Depart NYC 6:30pm  
(Parking at Cirtronics, Rt. 13)

## Bus Trips

### 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 food voucher/Keno voucher. Book your seat online at [www.milfordrec.com](http://www.milfordrec.com).



**Saturday, 3/14** \$32 per person  
Depart Milford 8am/ Depart Casino 4:30pm  
(Parking at Cirtronics, Rt. 13)

## Youth 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 Zubricki. Min of 6 participants per class. 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 9/2-9/23**  
**Session 9/30-10/21**

### 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 9/5-9/26**  
**Session 10/3-10/24**  
**Session 10/31-11/21**  
**NO DECEMBER SESSION**  
**Session 1/9-1/30**

### Tot Drop-In

**Toddlers & Parents.** Sponsored by the Milford Area Mother's Club. 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.**



**Mon, starts 9/8** 12:30-2:30pm  
**Thur** 9:30-11:30am  
\$2/3 per family; member/non-member

# Milford Recreation Fall/Winter Guide 2014/2015

## Youth Programs

### Mommy (or Daddy) & Me Art Classes

**Ages 3-6.** Every week has a theme to inspire creativity and every class in the session is unique. We learn how to make child-safe art supplies, recycle items as art tools and materials, and how to take advantage of the season's creative opportunities. Soothing music and a relaxed atmosphere help make this an ideal break in a busy day for both parent and child. **Materials included in fee. Instructor Cheryl Coderre. Milford Town Hall Banquet Hall.**



**Mondays 12-1pm Res \$30/\$35 (1 parent/1 child)  
\$7 for second child  
\$5 per any additional child**

**Session 9/8-9/29  
Session 10/6-10/27  
Session 11/3-11/24**

### Youth Drama Workshop: Drama with Dragons!

**Ages 11-15. Dynamic Dragons** Young teenagers heroically pit themselves against dragons— real and imagined. Three short plays: The Soul of a Dragon: Design and make your own spectacular dragon puppet and perform your own script. The Tomboy and the Dragon: a spoof. The spunky princess slays the dragon for her timid boyfriend. The Reluctant Dragon: teenagers make friends with a gentle poet of a dragon who does not want to fight in the tournament.



**Ages 7-10. How I would train my Dragon** Fly to new worlds with wonderful dragon stories from Merlin the magician's dragon to the spunky "Paper Bag Princess" who conquers her own dragon. Meet the "Matchbox Dragon" who escapes in the classroom to cause chaos! Warm up with scenes from the movie. The children will turn these beautiful stories into plays and explore new realms of their imagination with music, movement and poetry. They will present a show in the last lesson with the older group.

Learn stagecraft, characterization, create your own production. Warm-up with theater games and improvisation (beginners welcome). *Open house/play reading on Thursday, September 18— all welcome!*  
**Instructor Roberta Woolfson. Town Hall 3rd Fl. Auditorium.**

#### FALL SESSION

**Thurs 9/18-12/4 (No class, 11/27)  
Res \$170/NRes \$180 Performance 12/5 @ 6:30pm  
Ages 11-15 3:30-5pm Ages 7-10 5-6:30pm**

## Youth Programs

### Youth Drama Workshop



#### FUTURE PLANNING! SPRING SESSION

**Thurs 3/5/2015-5/14/2015**

**Res \$170/NRes \$180 Performance @ 6pm Date: TBD  
Ages 11-15 3:30-5pm Ages 7-10 5-6:30pm**

**\*Theme will be decided December/January.**

### 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 for 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 Zubricki. Milford Police Station Community Room, Garden St. Minimum of 6 participants.**



**Saturday, 11/1 & 1/10 9am-4pm \$75/person**

### 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. 15.* **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, 1/17-2/14 8-8:30am Res \$25/NRes \$35**

### 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. 15.* **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, 1/17-2/14 8:45-9:45am Res \$30/NRes \$40**

**REGISTER ONLINE AT WWW.MILFORDREC.COM**

# Fall into winter with Milford Recreation!

## Kids Vacation Programs

### One Day Programs

**Ages K-5.** Are you parents who work and need child care on those days there is a teacher workshop or holiday because you don't have the day off? Let us help you! We are hosting day programs for those working mom and dads that need childcare. We are offering soccer day programs and one day multisport programs with other activities sprinkled in! Below are the dates and activities being offered for those days. **Milford Town Hall Auditorium**



#### Global Premier Soccer Day Program

10/13 (Columbus Day)- 8:30am-3pm R \$40/NR \$45

11/11 (Veterans' Day)- 8:30am-3pm R \$40/NR \$45

1/19 (MLK Day)- 8:30am-3pm R \$40/NR \$45

#### Recreation Multisport Day Program

1/20 (Teacher Workshop)- 8:30am-4pm R \$40/NR \$45

3/10 (Teacher Workshop)- 8:30am-4pm R \$40/NR \$45

### School Vacation Programs

**Grades K-5.** Looking for something fun and affordable during vacation week? Each day is filled with active games, art, music, team building activities, board games, and a pizza & movie on the last day of the program. Please pack a snack and lunch each day and appropriate clothing for outdoor play in the town parks if weather permits. **Min of 6 participants. Please register early! Town Hall 3rd Fl. Auditorium.**



**Winter Break 2/23-2/27 8:30am-4pm**

**Res \$125/NR \$135**

**Register by Feb 6 & SAVE \$15**

**Spring Recess 4/27-5/1 8:30am-4pm**

**Res \$125/NR \$135**

**Register by April 3 & SAVE \$15**

## 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. Keys Park/Bales Gym.**



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

**Session 9/3-9/24**

**Session 10/1-10/22**

**Session 10/29-11/19**

#### **NO DECEMBER SESSION**

**Session (Tentative) 1/7-1/28**

**Session (Tentative) 2/4-3/4 (No class, 2/25)**

## For the Family

### 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 Fri, 8pm 9/26**

**Oct Fri, 8pm 10/24**

**NO NOVEMBER DANCE**

**Dec Fri, 8pm 12/19**

**Jan Fri, 8pm 1/23**

**Feb Fri, 8pm 2/27**

### 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](http://www.milfordrec.com). **Shepard Park.**



## Teen Programs

### Zumba

**Ages 14+.** Zumba is a fun Latin-dance-inspired-fitness-party-turned-workout and does not feel like a workout! It was created so anyone and everyone can participate, and our instructors welcome beginners! All you need is comfortable clothing, sneakers and water. **Instructors Ashley & Rae. Min of 6 participants. Emerson Park/Milford Town Hall Auditorium.**



**Mon & Wed 6-7pm \$35 session/\$7 drop in \$5 friend drop-in**

**9/8-10/1**

**10/6-10/29**

**11/3- 11/19 \$26 session**

**12/1-12/17 \$26 session**

### Acrylics for Beginners

**Ages 15+.** Painting is fun, and with one hour of instructional time and one hour of painting time you're going to learn a lot! Acrylic is a wonderful medium to paint with. You can do so many different techniques— it's amazingly versatile AND easy to work with. Come give acrylics a try in! **Materials included in fee. Milford Town Hall Banquet Hall.**



**Tuesdays 6-8pm Res \$80/NRes \$85**

**Session 9/9-9/30**

**Session 10/7-10/28**

**Session 11/4-12/2 (No class, 11/11)**

## Teen Programs

### Coed Ultimate Frisbee League

**Ages 12+.** Looking for a fun league to participate in this fall? Join our ultimate frisbee league! Get a group of friends and compete to win the ultimate frisbee title! **Games take place at Kaley Park on Tuesdays and Thursday evenings. Limited to 10 teams.**



**\*Mandatory information meeting for all teams interested (at least 1 rep/team must be present) Sunday, September 7th at noon at Kaley Park, located behind the St Joe's Milford Medical Center.**

Season 9/16-10/30                      \$30 per team

## 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) 9/2-12/18**  
**\$25 per person (Tentative) 1/6-6/4**  
**(Please note there is no program 11/11, 11/25, 11/27, 1/20, 2/24, 2/26, 3/10, 4/28, 4/30)**

### Zumba

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**Mon & Wed                      6-7pm                      \$35 session/\$7 drop in \$5 friend drop-in**

**9/8-10/1**  
**10/6-10/29**  
**11/3- 11/19                      \$26 session**  
**12/1-12/17                      \$26 session**

## Adult Programs

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**Tuesdays                      6-8pm                      Res \$80/NRes \$85**

**Session 9/9-9/30**  
**Session 10/7-10/28**  
**Session 11/4-12/2 (No class, 11/11)**

### Journey: An Online Health/Wellness Program

**All ages.** Make this year all about you! 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. We will end the program with an end celebration and final weigh-in. Prizes will be given to those who lose the most weight and most inches.



**Once registered more detailed information will be given.**

**Monday 1/12-Friday 2/20                      \$45 per person**

## Community Events

### Santa on the Oval

Sunday December 7th                      12-2PM  
 Bad weather December 14th                      12-2PM



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