

Milford Recreation

Fall Guide

WWW.MILFORDREC.COM



2023



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recreation@milford.nh.gov



These Materials are neither sponsored nor endorsed by the Milford School District

Milford Recreation Fall Guide 2023

Toddler Programs

Creative Movement

Ages 2-4 In our creative movement classes we use our imagination to help us hop like a frog, walk like a bear, sing and dance even take a ride on an animal train! While we have such fun, our little ones fall in love with the idea of movement and exercise!

Min: 6 Max: 12

Wednesdays 9:30-10am

Session 1: 9/13-10/4 Session 2: 10/11-11/1

Session 3: 11/8-11/29

Fee: Res: \$35 NRes: \$40

Town Hall Auditorium

Registration Deadline: 1 week before each session

KATS

Ages 3-5. In our KATS program children use obstacle courses with foam balance beams, light tumbling, foam hurdles, balance exercises, tunnels and much more!

Min: 6 Max: 12

Wednesdays 10-10:30am

Session 1: 9/13-10/4 Session 2: 10/11-11/1

Session 3: 11/8-11/29

Fee: Res \$35 NRes \$40

Registration Deadline: 1 week before each session

Town Hall Auditorium

Tiny Kicks & Power Kickers

Youth Soccer Programs (With Parent)

Ages 2-5. Get your children outdoors & moving! Join us for Tiny Kicks & Power 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 necessary.

Min of 5 participants.

Registration Deadline 9/5 & 10/3

Keyes Multipurpose Field

Tuesdays 9/12-10/3 & 10/10-10/31

Res \$35/NRes \$40

Tiny Kicks: Ages 2-3, 10-10:30am or 11-11:30am

Power Kickers: Ages 4-5, 10:30-11am

Toddler Play Along

Milford Recreation Department in partnership with **Milford Kids Thrive** is bringing back toddler play along!

This is a great place for parents and toddlers to come play and chat. Lots of toys and open space, plus seasonal songs and games.

Perfect for these fall/winter months.

Join us on Fridays: 10-11am

Milford Town Hall Auditorium

Session runs from 9/15-12/15

No program on Friday 10/6, 11/10, 11/24

THIS IS A FREE PROGRAM

Sponsored by Milford Kids Thrive

Adult Programs

Tai-Chi/Qigong Foundations

This class covers Qigong/Tai Chi fundamentals of breath work, movement, posture alignment, and visualization. Consistently practicing these gentle, meditative movements improves balance, coordination, flexibility, strength and mental clarity. Safe and suitable for everyone, all movements can be modified and effectively compliment other health and wellness pursuits.

Mondays 6-7pm

Fall Session : 9/11-11/27

(No class 10/9)

Fee: \$10 each class

Town Hall Auditorium

Therapeutic Seated Yoga

Adults (Recommended 50+) This is a gentle seated yoga practice. It can be done anywhere, no special clothing required other than to be comfortable and loose fitting. People with physical disabilities are encouraged to try this. Moves are done slowly and mindfully.

Min: 6 Max: 15

Thursdays, 10-11am

Session 1: 9/7-9/28

Session 2: 10/5-10/26

Session 3: 11/2-11/30

(No class 11/23)

Registration Deadline: 8/31, 9/28, and 10/26

Fee: Res- \$40 NRes-\$45

Town Hall Auditorium

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Pickleball

Join us down at the Keyes Tennis Courts to play pickleball! No equipment or experience needed! This is a class for people who are looking to learn and enjoy the game.

Outdoor Pickleball: 9/12-10/27

Monday: 6-7:30pm

Wednesday: 6-7:30pm

Thursday: 8-9:30am

**Fee: \$3 drop in or \$25 punch pass for 10
Keyes Tennis Courts (weather permitting)**

Senior Programs

**Lunch and Learn: 11:30am-1:30pm
Banquet Hall in Town Hall 3rd Floor
603-249-0625**

Enjoy your own bagged lunch or Meals on Wheels of Hillsborough County will provide a fresh, delicious, and healthy lunch to anyone 60 and older. (\$3 suggested donation).

Once finished eating there will be a free information sessions presented by our Humana Rep.

Sept. 6th: Stretching your Grocery Dollars

Time: 11:30 am

Registration required by Sept 1st.

Oct. 4th: Aging Happily

Time: 11:30 am

Registration required by Sept 29th.

Nov. 1st: Eating Healthy When Eating Out

Time: 11:30 am

Registration required by Oct. 27th.

Senior Programs

**Coffee Connections 10:00-11:30am
Banquet Hall in Town Hall 3rd Floor
2nd Wednesday of the Month
603-249-0625**

Sept. 13th: Scarecrow Making for Milford Rotary

Milford Lions & Milford Recreation Dept.
Join us in assisting the Milford Rotary & Milford Lions with making a Scarecrow for the 2023 Milford Pumpkin Festival!

Snacks and beverages will be provided.

**Registration required by
Sept 8th.**



October 11th: Not your Average Game Day

Join us while teaching you new games to play such as tabletop hockey, target shooting, corn hole and more!

Snack and beverages will be provided.

Registration required by Oct. 6th.

November 8th: Thanksgiving Craft

Today we will create a beautiful craft for Thanksgiving.

Snacks and beverages will be provided.

Registration required by Nov 3rd.

December 13th: Senior Holiday Luncheon ***12-2pm \$10 per person. *******

Enjoy the spirit of the holidays – join us for a catered full-course turkey dinner. Games, laughter, great merriment and raffle prizes! Please bring a non-perishable food item for SHARE.

Registration required by Nov 22nd.

Scholarship Program

We are now able to offer a year round scholarship program thanks to the generous donations we received. If you would like to inquire about partial or full assistance with our programs please contact

Lisa Emerson,

Milford Welfare Director at 603-249-0672 or lemerson@milford.nh.gov. Once approved registration can then be completed with the Milford Recreation Department.

Special thanks to:

**John and Lisa Murphy
Jay Steel, LLC**

Recreation trips

Mt. Washington Cruise

Date: Sept. 7th

Depart: 8am from Location: 127 Elm St.

Milford, NH 03055

Fee: \$75 per person

Trip Price includes Tour and Transportation

Lunch paid on your own

Registration required by Aug. 17

Join us in experiencing an amazing 2 1/2 hour cruise where you may enjoy breakfast and lunch, sample different beverages or browse Winnepesaukee and Mt. Washington souvenirs.



Winnepesaukee Scenic Railroad

Date: Oct. 12th

Depart: 8:30am from 127 Elm St.

Milford, NH 03055

Fee: \$60 per person

Trip Includes Ticket and Transportation

Lunch paid on your own

Registration required by Sept 28.

Join us on the Winnepesaukee Scenic Railroad for a 2 hour train ride along the western shore of NH's largest lake from Meredith to Weirs Beach to Lakeport and back. You can enjoy the panoramic views of the lake as well as beautiful vacation homes. After we will enjoy lunch at Hart's Turkey Farm.

Encore Bus Trip

Date: Nov. 4th

Depart Milford: 8am from Cirtronics on Rt. 13.

Depart Casino: 4:30pm

Fee: \$50 per person

Registration required by Oct. 20.

Adults 21+. We invite you to try your luck at our gambling getaway to Encore Casino!
\$20 slot play package included.



Events

Trick or Treat!

All ages. Stop by and 'Trick or Treat' with MRD & participating businesses at the Milford Oval Band Stand!

The Recreation Department will have Candy (1 piece per child).

Don't forget to wear your costume!

Limited supplies.

Friday 10/27 3pm-4:30pm FREE!

Milford Oval Band Stand

BRUNCH BINGO

Every 4th Wednesday (Mar-Nov)

12:00pm-2:00pm

3rd floor Banquet Hall,

Milford Town Hall

\$2 for 2 Bingo cards, product prizes for winners of each game

Bring a brown bagged lunch and play B-I-N-G-O!
OR

Lunch can be provided by Meals on Wheels of Hillsborough County (\$2.00 suggested donation)

To reserve lunch, please call Carol McKillip
603-424-9967 by the Friday before the event.



How to Watch a Good Program Die

Nothing kills a recreation program faster than participants who wait last minute to register.

There is a point when a program must be cancelled or modified if there is insufficient registration. All programs require a high level of coordination often including facility scheduling, staffing, volunteer recruitment and purchasing of supplies.

Please Register Early!

