

Milford Recreation

SPRING PROGRAM GUIDE

MARCH – MAY 2024



“Sunset over Milford”

Submitted by: Vanessa Sheehan

Contact Information

Recreation Director

Arene Berry

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Program Coordinator

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Office

**Monday – Friday
8:30 am – 4:30pm**

**1 Union Square
Milford, NH 03055
(603) 249-0625**

www.milfordrec.com

INFORMATION

Registration

Registration for our awesome programs will begin on
February 12.

We don't want you to miss out on the fun, so make sure to sign up early! Our team needs some time to make program decisions and we usually do that about a week before the program starts. So, by registering early, not only will you secure your spot, but you'll also be helping us keep these amazing programs going!

Thanks in advance for your support!

Sign up online at www.milfordrec.com
Please make note of the program start dates, locations, and times.

Summer Positions Available!

Milford Recreation

is now accepting applications for

Lifeguards

for Keyes Pool

Full-time, part-time, and substitute positions available. Milford Recreation is planning to hold certification classes in June.

Applications are encouraged now with an intent to be certified in June.

We also have an opening for a part-time

Park Ranger

For more information contact

Arene Berry at:

aberry@milford.nh.gov

or

(603) 249-0625

Program Instructors

We're on the lookout for some amazing individuals to take charge of our instructional programs. If you have a passion for arts and crafts, STEM, dance, poetry, fitness, or any other class that you're an experienced in, we'd love to hear from you!

Volunteers

We are currently seeking volunteers for various events and programs. Should you be interested in joining our list of volunteers, kindly reach out to the program coordinator via email. We will then keep you informed through email communication whenever assistance is needed.

TODDLER PROGRAMS



Soccer

Tuesdays

Spring Session I- April 16th- May 7th

Spring Session II- May 14th- June 4th

Keyes Memorial Park
\$40 res/\$45 non res

Tiny Kicks

ages 2-3 @ 10-10:30am

Power Kickers

ages 4-5 @ 10:30-11am

Instructor:

MRD Staff

Registration Deadline 1 week before session begins

Skyhawks Multi-Sport (Soccer, Baseball, Basketball)

Saturdays

6-week program, \$125
April 6 – May 18 (no class April 20)

Kaley Park (4/6-5/4)
Keyes Memorial Park (5/11-5/18)

Parent Participation Required

Age 2 @ 9-9:35am

Age 3 @ 9:45-10:20am

Ages 4-5: @10:30-11:15am



Registration Deadline March 29th

Creative Movement

Program focuses on imagination to help exercise
like hopping like a frog.

Ages 2-5. \$35 res/\$40 non-res, 10-10:30am
Town Hall Auditorium

Registration required; Deadline is one week before
class begins. (4 week sessions)

Wednesdays

Session 1: March 6th-27th

Session 2: April 3rd-May 1st (no class 2/24)

Session 3: May 8th-29th

Toddler Play Along

Sponsored by: Milford Kids Thrive

FREE Program

Jan 5 – April 19 @ 10-11am
Infant-5

Town Hall Auditorium
Registration Required
Open play space for parents and toddlers to
play and chat.

Kids Yoga

Yoga is a fun way to explore exercise by jumping like a frog, standing tall like a tree or flying like an airplane.
Using our imagination while practicing our poses takes us to the beach, the forest, and even up in the air!

Kids learn to improve their posture, gain strength and practice calming breathing while having a blast!

Ages 2-5. \$35 res/\$40 non-res, 9:30-10am

Town Hall Auditorium

Registration required; Deadline is one week before class begins. (4-week sessions)

Wednesdays

Session 1: March 6th-27th

Session 2: April 3rd-May 1st (no class 2/24)

Session 3: May 8th-29th

YOUTH PROGRAMS

Skyhawk Multi-Sport



(Soccer, Flag Football, Baseball, Basketball)

Saturdays, 6-week program, \$145
April 6 – May 18 (no class April 20)
Kaley Field (4/6-5/4)
Keyes Memorial Park (5/11- 5/18)



Registration Deadline one week before session begins

Soccer, Flag Football, Basketball

Ages 8-11: @12:45-1:45pm

Soccer, Baseball, Basketball

Ages 6-7: @11:30-12:30pm

Safe Sitter Class

Monday April 22
9-3:30pm

Town Hall Banquet Room
Ages 11-15

\$90 res / \$95 non res

Registration Deadline ONE week before
Bring a lunch

**This course teaches sitters how to
practice important safety skills, handle
emergencies, care for children,
and treat injuries.**

**Course includes training manual and
completion card.**

Paint a Plush Animal

Thursday April 25th
9-10:30am

Town Hall Banquet Room
Ages 5 & up

\$25 per person

Registration Deadline April 18th

This class is limited to 20 people

**Everyone will be given a canvas & a
new plushie friend that they will paint
onto a canvas & be able to take home!**

ACTIVE ADULTS / SENIOR PROGRAMS

Brunch Bingo

Every 4th Wed. of the month
March 27, April 24, May 22
12-2pm, Ages 18+
Town Hall Banquet Hall



\$2 cash for bingo cards, product prizes for winners of each game.

Bring a lunch or Meals on Wheels can be provided (\$3 cash donation).
To reserve a lunch please call
Carol McKillip 603-424-9967
by the Friday before the event.

Illuminated Craft w/ Bridget



Friday April 12 @ 6pm
\$55 per person
Ages 18+
Town Hall Banquet Room

Registration required
Deadline March 29

National Senior Health and Fitness Day

Wednesday May 29 @ 10am
Milford Town Hall Auditorium
Ages 55+
Registration deadline May 15

Come and join us for a fun-filled event where you can discover tips on leading a healthy lifestyle! Enjoy engaging demos of various classes, exciting games, the chance to win fantastic prizes in our raffle, and savor some delicious food. We can't wait to see you there!



ACTIVE ADULTS / SENIOR PROGRAMS

Senior Coffee Connections

Snacks and beverages provided.
2nd Wednesday of the month 10-11:30am, FREE
Town Hall Banquet Room

March 13th

Community Service Project, Easter Eggs

Registration Deadline March 6th

April 10th At 11:15am

Windows on West Street

A student run and operated restaurant located at the Milford High School

Registration Deadline April 3rd

May 8th

Movie & Breakfast

We will be voting on a movie during the March 13th coffee connection!

Registration Deadline May 1st

June 12th

Craft Day

Let's get creative! Several different crafts will be provided for you to make and take home!

Registration Deadline June 5th

July 10th

Senior Water Fitness or Lawn Games AND Lunch in the Park

Enjoy water aerobics or lawn games and then a lunch in the park!

Registration Deadline July 3rd

August 14th

Wheel of Fortune & Ice Cream

Give your brain a workout by playing Wheel of Fortune & enjoy some ice cream

Registration Deadline August 7th

September 11th

Casino Day

Come and enjoy playing some of your favorite casino games

Registration Deadline September 4th

October 9th

Not your average game day!

Let's play some new games, table top hockey, target practice, and more!

Registration Deadline October 2nd

November 12th

Crochet or Knit

Do you know how to crochet or knit?? Let's learn together. Kits will be provided

Registration Deadline November 6th

December 11th

Senior Holiday Luncheon

12-2pm \$10 per person

Enjoy the spirit of the holidays- join us for a catered full course turkey dinner.

Registration Deadline November 20th

ACTIVE ADULTS / SENIOR PROGRAMS

Tai Chi / Qigong Foundations

Fundamentals of breathwork, movement, posture, alignment, and visualization. Consistently practicing these gentle meditative movements helps improve balance, coordination, flexibility, strength, and mental clarity.

Mondays, March 4-May 20
@ 6-7pm

\$10 per class

Town Hall Auditorium

Ages 18+

Register online and/or walk-ins



Seated Yoga

Recommended Ages 50+
Seated yoga allows you to explore the benefits of standing yoga without the added strain of standing. Whether you have done yoga in the past or are new, this is a fantastic opportunity to get acquainted.

Thursdays, 10-11am
Res \$40, Non \$45 per session
Town Hall Banquet Room
Ages 18+

Registration required
Deadline one week before a session begins.

Session 1: March 7-28

Session 2: April 4-25

Session 3: May 2-23

Groovin' to the Oldies

Come join us for a fun class that will help you enhance your posture and balance.

We'll guide you through gentle stretching exercises, dancing and mindfulness meditation. This class is perfect for anyone looking to get active.

Mondays, 2-3pm
Res \$40, Non \$45 per session
Town Hall Banquet Room
Ages 18+

Registration required
Deadline one week before a session begins.

Session 1: March 4-25

Session 2: April 1-22

Session 3: April 29- May 20

Tai Chi / Qigong Forms

Throughout each class, you will progressively learn the form. By practicing a sequence of gentle physical movements, you will enhance your balance, strength, and flexibility. It is often referred to as "meditation in motion" because each tai chi posture seamlessly transitions into the next, creating harmony between your mind and body.

Town Hall Auditorium
6-week session, \$60
Ages 18+

Registration required

Tuesdays, @ 5:15pm

Session 1: March 5-April 9

Session 2: April 16 - May 21

Thursdays @ 5:15pm

Session 1: March 7-April 18 (no class 3/21)

Session 2: April 25 - May 30

Pickleball

Join our pickleball group this summer at Keyes Memorial Park Tennis Court! Don't have a paddle, that's alright there is plenty of equipment to be shared. The only thing you need are sneakers!

Ages: 18 and up

Dates: 4/1- 5/29

Fee: \$3 Drop in or \$25 punch pass for 10 classes

**Dates: Mondays & Wednesdays
6pm - 7:30pm**

Location: Keyes Park Tennis Courts

SENIOR TRIPS

Foxwoods

Saturday March 16

\$55 per person

Ages 21+

Registration Deadline March 1

Bus leaves Milford at 8am
Cirtronics (528 Rte. 13 south)
Bus leaves Casino at 4:30pm

**** NO PACKAGE TRANSPORTATION ONLY**

Parkers Maple Barn

April 1st

\$10 per person

Registration Deadline March 18th

We will have a tour first and then enjoy
brunch (self-pay)

Keyes West Entrance (127 Elm St.)

Bus leaves 10:15 am

Bus returns approx. 1:15pm

Flag Hill Wine Tasting

Wednesday April 17th

\$30 per person

Ages 21+

Includes Transportation
& Wine tasting of 5 wine or spirits

Registration Deadline April 3rd

Flag Hill's Tasting Room, this is the place
you will want to be if you are looking to
sample New Hampshire award-winning
wines and spirits.

Keyes West Entrance (127 Elm St.)

Bus leaves at 10am

Bus returns approx. 1:30pm

McAuliffe- Shepard

Discovery Center

May 15th

\$30 per person

Includes Transportation, Admission to the
Discovery Center & Planetarium Show

Registration Deadline May 1st

Delve into the worlds of astronomy,
aviation, Earth and space science. Learn &
explore all the Discovery Center has to
offer.

From exhibits to historical artifacts, and a
show in the NEW state of the art
Planetarium **(only 3 in the country)**

Keyes West Entrance (127 Elm St.)

Bus leaves at 9:45am

Bus returns approx. 3:30pm



EVENTS

WE'RE BACK!!!!



FLOCKING FUNDRAISER

FLOCK SOMEONES YARD WITH 12 PINK PLASTIC FLAMINGOS

TO HELP RAISE MONEY FOR

SHARE OUTREACH AND MILFORD RECREATION!

TO FLOCK SOMEONE

VISIT:

**WWW.MILFORDREC.COM
OR CALL 603.249.0625**



**We will be flocking 3 houses
2 times a week!!!**





EASTER EGG Hunt



SATURDAY
March 23rd, 2024

Toddler Hunt: 11:15am
PreK-1st Hunt: 11:45am
2nd-4th Hunt: 12:15pm

Keyes Memorial Park

Pictures with the
Easter Bunny



Sponsored By:



Determined
Martial Arts





6pm

**April
12TH**

PRIZES for the winners

PUZZLE *Palooza*

**Everyone will be given the same puzzle.
Teams are 1-4 people**

**Town Hall Auditorium
\$40 per team (1 person registers)
Deadline to register April 1 @ milfordrec.com**

Need a team, email recreation@milford.nh.gov



THE ULTIMATE PARTNERSHIP MILFORD REC DEPARTMENT & DETERMINED MARTIAL ARTS

Partnering up to make a bigger
impact in our community

Join us for a **FREE** community Martial Arts Class

**Wednesday March
20th
5:30-6pm
Town Auditorium**

THIS IS FOR AGES 5 PLUS

