

Milford Recreation

WINTER PROGRAMMING

DEC 2023 – FEB 2024



Registration

Registration for our awesome programs will begin on **November 1**. 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.

Contact Information

Office

Monday – Friday 8am – 4:30pm
1 Union Square, Milford, NH 03055
603-249-0625

Recreation Director

Arene Berry
aberry@milford.nh.gov

Program Coordinator

Krista Deveau
kdeveau@milford.nh.gov

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.



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

TODDLER PROGRAMS

Basketball

Tuesdays

Jan 9, 16, 23, 30 Feb 6, 13

Town Hall Auditorium

\$50 res/\$55 non res for 6 weeks

Registration required; Deadline Jan 2

Tiny Dunkers, ages 2-3 @ 10-10:30am

Power Slam Dunkers, ages 4-5 @ 10:30-11am

Instructor: Krista



Toddler Play Along

Sponsored by: Milford Kids Thrive

FREE Program

Jan 5 – April 19 @ 10-11am

Infant-5

Town Hall Auditorium

Registration Required; Deadline Jan 2

Open play space for parents and toddlers to play and chat.



Creative Movement

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

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

Town Hall Auditorium

Registration required; Deadline is one week before class begins.

Wednesdays

Session 1: Dec 6-Dec 27

Session 2: Jan 3-Jan 24

Session 3: Jan 31 – Feb 21



Fit Feet

Program focuses on dance, yoga, and KATS (kids activity training).

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

Town Hall Auditorium

Registration required; Deadline is one week before class begins.

Wednesdays

Session 1: Dec 6-Dec 27

Session 2: Jan 3-Jan 24

Session 3: Jan 31 – Feb 21



YOUTH PROGRAMS

Feb Vacation Activities

**Mon Feb 26: Squishmallow Painting @ 9am-10am, \$25 per painter, Town Hall Banquet Room, Ages 5+
Registration required; Deadline Friday Feb 16, 2024**

We've got a surprise for you - you're going to get your very own squishmallow friend! After you've met your cuddly new pal, you'll have a chance to show off your artistic skills and paint them onto a canvas. It's going to be so much fun! Can't wait to see the amazing creations you all come up with. Let's get ready for a squishy and artsy adventure!

**Tues Feb 27: Wildlife Encounters @ 10am-11am, \$5 per person at door (infants & crawler are free)
All Ages, Town Hall Auditorium**

Join us as we meet and learn about some truly fascinating creatures from all corners of the globe. We will have a fantastic time with our incredibly knowledgeable educator. It will definitely be a wild adventure!

**Wed Feb 28: Nova Trampoline Park Trip @ Drop off 12:45pm, Pick up 3:45pm, \$40 Ages 8-10
Trip drop off and pick up at 127 Elm St. Registration required; Deadline Feb 16**

Ready to have some fun? It's time to jump, jump, jump around! Let's head over to the trampoline park, where we can let loose and feel the thrill of being airborne. So, grab your friends and let's dive into a world of gravity-defying excitement!

**Thurs Feb 29: Boda Borg Trip @ Drop off 9am, Pick up 2:15pm, \$40 (bring a lunch to eat), Ages 10-12
Trip drop off and pick up at 127 Elm St. Registration required; Deadline Feb 16**

When you join a Quest (escape room), it's all a mystery. You might not have a clue about what to do, how long it will take, or how many challenges await you. But here's the exciting part - you'll conquer it as a team! Sure, it's highly likely that you'll stumble and fail multiple times before reaching your goal, but that's all part of the adventure. Together, we'll embrace the hurdles, learn from them, and ultimately succeed!

**Fri March 1: Roller Skating Trip @ TBD, \$40, Ages 8-10
Trip drop off and pick up at 127 Elm St. Registration required; Deadline Feb 16**

Join us at the roller-skating rink. It's the perfect opportunity to come out and learn how to skate or even show off your amazing skills. Either way, we guarantee it's going to be a blast! Come on over and let's have some fun together.



Thursday Dec 28 @ 9-3:30pm

Town Hall Banquet Room

Ages 11-15

\$90 res, \$95 non

Registration required, Deadline Dec 15

This course teaches sitters how to practice important safety skills, handle emergencies, care for children, and treat illnesses and injuries. Sitters learn tips to manage behavior that will help them stay in control of themselves and the children in their care whether it is babysitting or for younger siblings.

Please pack a lunch. Safe Sitter course includes training manual and completion card.



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ADULT / SENIOR PROGRAMS

Brunch Bingo

Every 4th Wed. of the month, 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.



WalkFit

Mondays & Fridays

Jan 8-Feb 23

(Except Feb 2 & 19)

Town Hall Auditorium

12-1pm, \$10 per person

Registration required, Deadline Jan 2



Step Up

Track your steps with pedometers and the person with the most steps at the end will win a gift certificate.

Photo Contest

We'd love for you to share your favorite outdoor photo with us and have it featured on our social media page. Show off your photography skills and let the world see your amazing talent! The photo that receives the most likes will be named the winner and be included in our upcoming spring guide. Grab your camera and submit your photo today!

Send your name, small blurb, and photo to kdeveau@milford.nh.gov

One submission per person.
Submission deadline is December 1



Canvas Painting w/ Bridget

Sunday Feb 11 @ 2pm

\$30 per person

Ages 18+

Town Hall Banquet Room

Registration required, Deadline Jan 29



ADULT / SENIOR PROGRAMS

Tai Chi/Qigong with Theresa

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, Dec 4-Feb 12
(Except Dec 25, Jan 1, Jan 15)

6-7pm

\$10 per class

Ages 18+

Town Hall Auditorium

Register online and/or walk-ins



Older Adults

Principles of breathing, posture alignment and visualization and is tailored for older adults or individuals looking for a less demanding form of physical activity. Safe and suitable for everyone, all movements can be modified and effectively compliment other health and wellness pursuits.

Tuesdays, Dec 5-Feb 20

1-2pm

\$10 per class

Ages 18+

Town Hall Auditorium

Register online and/or walk-ins

Senior Coffee Connections

2nd Wednesday of the month

Town Hall Banquet Room

November 8

String Art Pumpkin Craft, 10-11:30am, FREE

Snacks and beverages provided.

Registration Deadline Nov 3

December 13

Holiday Luncheon, 12-2pm, \$10

Catered dinner, games, music, and raffle prizes.

Registration Deadline Nov 22

Seated Yoga w/ Jane

Thursdays, 10-11am

Res \$40, Non \$45 per session

Ages 18+

Town Hall Banquet Room

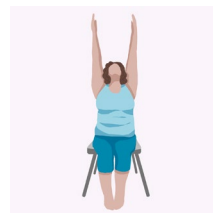
Registration required

Deadline one week before a session begins.

Session 1: Dec 7-28

Session 2: Jan 4-25

Session 3: Feb 1-22



EVENTS



Santa on the Oval

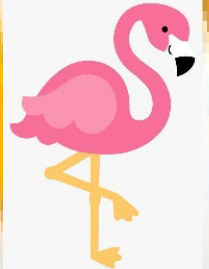
Dec 3

Visit Santa and enjoy free hot cocoa and cookies provided by the Milford Lions Club.

Save the Date

Flamingos

will return in March



Let's Go Ice Fishing

Class Friday Feb 2 @ 5:30pm
Town Hall Banquet Hall

Fishing Saturday Feb 3 @ 9am

Must attend both sessions. Please
register with NH Fish and Game
[Events | New Hampshire Fish and Game](https://www.nh.gov/fish-and-game/events)
[s3licensing.com](https://www.s3licensing.com)



Ice Skating Rink

Shepard's Park

Enjoy the winter season
by gliding on Milford's
outdoor public skating
rink. Weather dependent.

Closings will be posted on
Facebook and
www.milfordrec.com

Southwest NH Tour of Lights

Be part of the magic.

Decorate your house
for the holidays and
enter your home by
Dec 03. Entries will
have a chance to win a
gift certificate.

Viewings will be
Dec 09- 25

Puzzle Palooza



Saturday Jan 20

\$40 per team (teams 2-4 people) @ 10am
Town Hall Auditorium

Registration required; Deadline Jan 5
(1 person can register for the team)

Keep the puzzle when finished and a gift card
will be presented to the winning team.

Don't have a team, email kdeveau@milford.nh.gov as
a free agent and we will try to get you on a team!

Winterfest

FREE Event

Ice Skating, Bonfire, Games, Music

Friday January 19,
Shepard's Park @ 6-8pm



EVENTS

xfinity



Mayflower
Rebekah
Lodge #40

Saturday Dec 9 @ 8:30-10am
Town Hall Auditorium

Children under 2 eat free, \$10 per person
Registration required; Deadline Dec 3

Someone Special Dances

Dance 1: Saturday Feb 17 / Dance 2: Saturday Feb 24

\$10 per person @ 6-8pm
Town Hall Auditorium

Registration required; Deadlines are one week
before the dance.



Sponsorships 2023

We are extremely grateful to our sponsors, whose invaluable support allows us to make our programs accessible and affordable to all. A huge thank you goes out to each and every one of you for your incredibly generous donations.

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Mayflower Rebekah Lodge #40

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TRIPS

New York On Your Own

Saturday December 30
\$100 per person
All Ages Welcome

Registration required
Deadline Dec 10

Citronics (528 Rte. 13 south)
Bus leaves Milford at 6am
Bus leaves NY at 6:30pm



Longhorn Steakhouse & Gift of Lights (NH Motor Speedway)

Thursday December 14
\$65 per person, dinner included
All Ages Welcome

Registration required
Deadline Dec 1

Keyes West Entrance (127 Elm St.)
Bus leaves at 4pm
Bus returns around 8:30pm

Foxwoods

Saturday March 16
\$55 per person
Ages 21+

Registration required
Deadline March 1

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



McIntyre Snow Tubing

Sunday January 14
\$45 per person
Ages 10+

Registration Required
Deadline Dec 29

Keyes West Entrance (127 Elm St.)
Bus leaves at 12pm
Bus returns at 4pm

