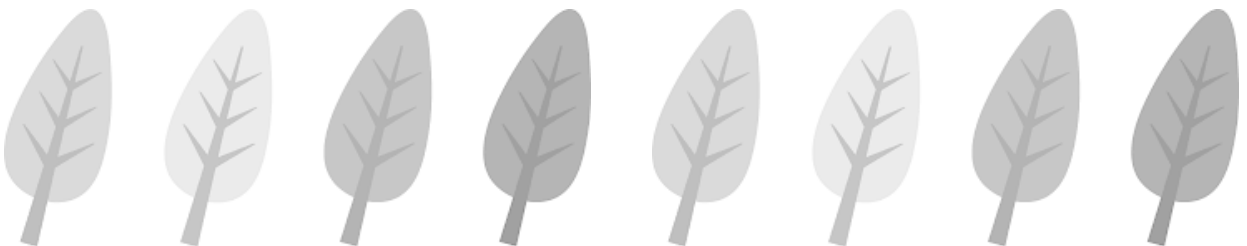


FOR CONGREGATE MEALS AT MILFORD SENIOR CENTER
CALL DENISE AT 508-478-8102 TWO DAYS PRIOR TO RESERVE A MEAL

September / October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				SEPTEMBER 1 8:00 Walking Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:00 DR. GARY HYLANDER <i>Fish Victor</i>
 CLOSED	SEPTEMBER 5 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg <i>Vegetable Cheese Bake</i>	SEPTEMBER 6 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess <i>Chicken Milano</i>	SEPTEMBER 7 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 9:30 LOW VISION SUPPORT GROUP 10:30 Line Dancing 1:15 Safe Exercise <i>Salisbury Steak</i>	SEPTEMBER 8 8:00 Walking Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® <i>Beef Stew</i>
SEPTEMBER 11 8:00 Walking Group 9:00 APPRECIATION BREAKFAST 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 ZUMBA® <i>Chicken Sausage Jambalaya</i>	SEPTEMBER 12 8:00 Walking Group 9:30 Strength & Stretch 10:00 COA MEETING 10:30 Zumba Gold® 11:00 Whist 12:00 RED HAT SOCIETY 12:30 Turkey Foot Dominoes 1:00 Mah Jongg <i>Meatballs with Onion Gravy</i>	SEPTEMBER 13 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess <i>Marinated Pork Loin</i>	SEPTEMBER 14 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise <i>BBQ Chicken</i>	SEPTEMBER 15 8:00 Walking Group 9:00 Hairdresser 9:15 Tap Dance 10:00 DEMENTIA LIVE™ 10:30 Zumba Gold® <i>Fish with Crumb Topping</i>
SEPTEMBER 18 8:00 Walking Group 8:30 BEGINNER TAP DANCE 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 ZUMBA® <i>Sesame Beef</i>	SEPTEMBER 19 8:00 Walking Group 9:30 Strength & Stretch 10:00 BOOK CLUB 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg <i>Salmon Boat/Dill Sauce</i>	SEPTEMBER 20 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess <i>Chicken Fajitas</i>	SEPTEMBER 21 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 12:30 HEALTHY LIVING LUNCHEON 1:15 Safe Exercise <i>Roast Beef</i>	SEPTEMBER 22 8:00 Walking Group 8:00 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 12:30 MOVIE <i>Lasagna</i>
SEPTEMBER 25 8:00 Walking Group 8:30 BEGINNER TAP DANCE 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 ZUMBA® <i>Roast Pork with Gravy</i>	SEPTEMBER 26 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg <i>Hot Dog on Bun</i>	SEPTEMBER 27 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 10:30 EVITA 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess <i>Catch of the Day</i>	SEPTEMBER 28 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:00 MEN'S GROUP 10:30 Line Dancing 1:15 Safe Exercise <i>Chicken Cacciatore</i>	SEPTEMBER 29 8:00 Walking Group 8:00 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 9:30 2017 EXPO 10:30 Zumba Gold® <i>Potato Crunch Fish</i>
OCTOBER 2 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 ZUMBA®	OCTOBER 3 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg	OCTOBER 4 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 9:00 BREAKFAST 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess	OCTOBER 5 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 9:30 LOW VISION SUPPORT GROUP 10:30 Line Dancing 1:15 Safe Exercise	OCTOBER 6 8:00 Walking Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®
 CLOSED	OCTOBER 10 8:00 Walking Group 9:30 Strength & Stretch 10:00 COA MEETING 10:30 Zumba Gold® 11:00 Whist 12:00 RED HAT SOCIETY 12:30 Turkey Foot Dominoes 1:00 Mah Jongg	OCTOBER 11 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess	OCTOBER 12 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise	OCTOBER 13 8:00 Walking Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®
OCTOBER 16 8:00 Walking Group 8:30 BEGINNER TAP DANCE 9:15 Tap Dance 9:30 Cribbage 10:00 GENEALOGY CLASS 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 ZUMBA®	OCTOBER 17 8:00 Walking Group 9:30 Strength & Stretch 10:00 BOOK CLUB 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg	OCTOBER 18 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess	OCTOBER 19 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 12:30 HEALTHY LIVING LUNCHEON 1:15 Safe Exercise	OCTOBER 20 8:00 NORMAN ROCKWELL 8:00 ADVANCED TAP DANCE 8:00 Walking Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®
OCTOBER 23 8:00 Walking Group 8:30 BEGINNER TAP DANCE 9:15 Tap Dance 9:30 Cribbage 10:00 GENEALOGY CLASS 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 ZUMBA®	OCTOBER 24 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg	OCTOBER 25 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess	OCTOBER 26 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:00 OPEN ENROLLMENT MEETING 10:30 Line Dancing 1:15 Safe Exercise	OCTOBER 27 8:00 Walking Group 8:00 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 12:30 MOVIE
OCTOBER 30 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:00 GENEALOGY CLASS 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 ZUMBA®	OCTOBER 31 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 12:30 OKTOBERFEST 1:00 Mah Jongg			