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The Elder Milfordian

Friends of the Milford Senior Center

60 North Bow Street, Milford MA 01757-3405

Message from the Director

Another year has come and gone, but not without some fun and excitement. During this past year we have traveled to places that have both entertained and educated us. We cruised the Charles River and Lake Winnipesauke, saw a play at the Newport Play house, toured Block Island, took a ride on the Connecticut River Boat and Essex Train, sampled wine in Vermont, and ended the year in Boston with the Holiday Pops.

We celebrated all major holidays and created events just to celebrate. Breakfasts, lunches, brunches, tea parties, spa days, educational lectures, Super Bingos, intergenerational programs, movies and dances were all part of our year. There's always something going on at the Senior Center.

We honored our Veterans, Police and Fire Departments; we recognized our volunteers and met the needs of seniors whenever possible.

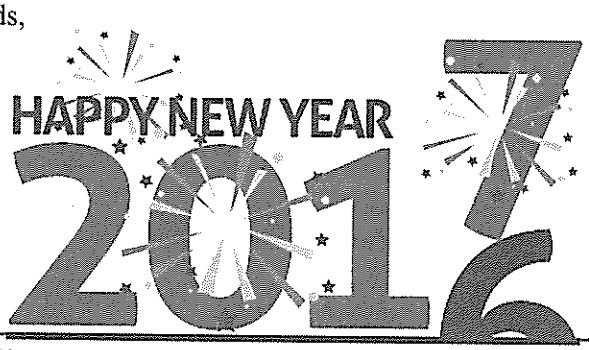
The most significant task accomplished is the creation of a Wellness/Fitness Center to keep all who visit healthy and active. Through the generosity of Metro West Health Foundation, Milford Regional Medical Center CHNA, and Mass Council on Aging, we were awarded grants that helped fund various fitness programs and equipment. We now have a full service fitness center equipped with state of the art machines and trainers to help achieve individual fitness goals.

Moving forward, we are excited to see what the new year brings; we have a lot of ideas that will keep everyone entertained and healthy, so keep coming and enjoying all the things happening here at the center.

As I reflect on the past year, I need to thank all who made all these activities happen. To my staff, volunteers and mostly to all the seniors who participated in all the activities… **THANK YOU!** I am truly blessed to work here and to be part of this wonderful Senior Center. Happy New Year to all of you and may the upcoming year be filled with love, health and happiness.

Kindest regards,

Sue Clark



On December 6 over 125 filled stockings were delivered to the Milford Senior Center to be distributed to Milford area seniors for the holidays. This **"Stockings for Seniors"** initiative was launched three years ago by Cornerstone at Milford, Assisted Living and Compass-Memory Support with the generous support of many local businesses and organizations who have donated time and materials year after year to fill stockings with useful items including socks, mittens, beauty care products, stamps, batteries, gift cards and other tokens of love and support.

The holidays can be a difficult time for many seniors who may not have family nearby or may have experienced personal losses this year. Stockings for Seniors is an effort to be able to reach out to these individuals to let them know they are not forgotten and provide them of the true gifts of the season – *Peace, Joy and Hope.*

Stockings for Seniors supports local Seniors with holiday stockings and cheer. Pictured Left to Right: Scott Scales, Milford National Bank, Beth Patras, Cornerstone at Milford, Catherine Ziesmer, Ruth Anne Bleakney Senior Center, Carolyn Smith, Cornerstone at Milford, Sue Clark, Ruth Anne Bleakney Senior Center, Dave Price, Bright Star.

Not pictured but supporting this initiative are: Asera Care Hospice, Care with Care, Care Tenders, Community Ambulance, Developmental Services of Milford, Douglas Senior Center, Dover Council on Aging, Family Care Plus, Genesis-Milford Health Center, Hopkinton Senior Center, Law Office of Heaney and Small, Medway Country Manor, Metro West Home Care & Hospice, Milford Area Chamber of Commerce, Milford Regional Medical Center, Salmon VNA, Senior Blue Book, The Estates of Franklin, Thomas Upham House, Tri County Medial, VNA Care Network.

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