



August & September Newsletter 2026



SUMMER CONCERT SERIES 2026

Wednesday's at Emerson Park

7:00 pm - 8:30 pm

7/1 - Catfish Howl (Mardi Gras Style)

7/8- The Shawna Jackson Band (Country/Rock)

7/15 - Dan Morgan (American Bluegrass)

7/22 - Hollis Town Band (Concert Band Marches)

7/29 - The Belairs (50s - 60s)

8/5 - Amherst Big Band (Concert Band Broadway)

8/12 - Tru Diamond (Neil Diamond Tribute)

8/19 - The Party Crashers

(R&B Soul Classic Pop Rock)

8/26 - Studio Two (Beatles Tribute)



**FOR MORE INFO;
CONTACT US
(603) 249-0625 OR
WWW.MILFORDREC.COM**



PUZZLE PALOOZA

THINK FAST, SOLVE SMART! COMPETE IN OUR
PUZZLE CHALLENGE, WHERE LOGIC AND SPEED
DECIDE THE WINNER!

\$40 PER TEAM, 1 PERSON REGISTERS!

AUGUST 14TH &

NOVEMBER 6TH, 2026

TOWN HALL AUDITORIUM

REGISTRATION DEADLINE: 8/7 & 10/23

FOR MORE INFO, CONTACT

(603) 247-0625

WWW.MILFORDREC.COM

UPCOMING TRIPS



Boston Red Sox

Join us for an unforgettable Recreation Trip to Fenway Park as we cheer on the Boston Red Sox against The Seattle Mariners! Experience the excitement of America's favorite pastime, enjoy the iconic sights of Fenway, and soak up the energy of the crowd. Don't miss your chance to see the Sox in action and make some grand slam memories!

Trip Includes: Transportation & Ticket

September 1st, 2026

Fee: \$75 Res / \$95 NRes

Min 5 Max: 14

Depart from 127 Elm Street Parking Lot @2:00 pm

Deadline: August 18th



For More Info: Contact
(603) 249-0625
or www.milfordrec.com



ADULT/SENIOR PROGRAMS



AGES 18+
\$10 DROP - IN
(TUESDAY'S)
JUNE 2 - AUG 25
6:30 - 7:30PM

TAI CHI QIGONG/FOUNDATIONS

Experience the calming benefits of Tai Chi & Qigong Foundations, a gentle class focused on slow movements, balance, breathing, and mindfulness. This program is perfect for beginners and anyone looking to improve flexibility, reduce stress, and support overall well-being.

TOWN HALL BANQUET HALL



REGISTER NOW



AGES 18+
\$40 PER SESSION
TUES: 9/8 - 9/29
TUES: 10/6, 10/20, 10/27
TUES: 11/3 - 11/24

TAI CHI FORMS BEGINNERS & INTERMEDIATE

Improve balance, flexibility, coordination, and relaxation while learning the graceful movements of tai chi. This class is perfect for beginners learning a simplified Yang-style form as well as intermediate students looking to refine their skills. Step-by-step instruction, guided practice, and individualized coaching create a supportive environment for all experience levels. Regular practice between classes is encouraged to reinforce learning and maximize the benefits of tai chi.

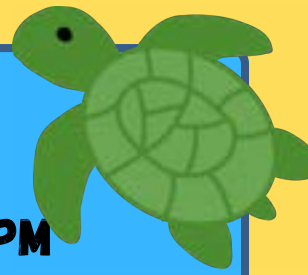
TOWN HALL BANQUET HALL 5:15 - 6:15PM



REGISTER NOW



TAI CHI FORMS **INTERMEDIATE ONLY**



TOWN HALL BANQUET HALL

5:15 – 6:15PM

AGES 18+

\$40 PER SESSION

THURS: 9/10 – 9/24

THURS: 10/1 – 10/29

THURS: 11/5 – 11/19

Continue building your tai chi practice in this class designed for students with prior experience. Refine your technique, improve balance and fluidity, and expand your knowledge of the tai chi form through guided instruction, review, and individualized coaching. Regular practice between classes is encouraged to strengthen skills and enhance the many physical and mental benefits of tai chi.



REGISTER NOW

SEATED YOGA



TOWN HALL BANQUET HALL

10:00 – 11:00 AM

AGES 50+

THURSDAY'S

AUG 6 – AUG 27

SEPT. 3 – SEPT. 24

OCT. 1 – OCT. 29

NOV. 5, 12, 19

Enjoy the benefits of yoga from the comfort of a chair! Seated Yoga is a gentle, accessible program designed to improve flexibility, strength, and relaxation. Perfect for participants who prefer or require a modified approach to traditional yoga.



REGISTER NOW





YOGA STRENGTH

AGES 18+

\$120 SESSION

WEDNESDAYS

SEPT. 9 – OCT. 28

NOV. 4 – DEC. 16

Build strength, improve flexibility, and enhance balance with our Yoga Strength program. This class combines traditional yoga poses with strength-focused exercises, helping participants tone muscles, increase endurance, and promote overall wellness in a supportive and energizing environment.

8:30 – 9:30 AM TOWN HALL AUDITORIUM



REGISTER NOW

PICKLEBALL



\$35 SESSION

\$5 DROP-IN

MONDAY: SEPT. 14 – DEC. 28

THURSDAY: SEPT. 17 – DEC. 10

Join the fun and see why pickleball is one of the fastest-growing sports in the country! Players of all skill levels are welcome to enjoy drills, friendly games, and match play while improving serving, scoring, court positioning, shot techniques, and strategy. A designated beginner court will be available for new players, with additional courts reserved for intermediate and advanced play

BOYS & GIRLS CLUB

8:30 – 10:00 AM



REGISTER NOW



SAFE SITTER



AGES 11 – 15

RES: \$90 NRES: \$95

TUESDAY:

NOVEMBER 3RD

9:30 AM – 3:30 PM TOWN HALL AUDITORIUM

Prepare your child for the responsibilities of babysitting with this one-day, 6.5-hour training course. Participants will learn safety skills, accident prevention, emergency response, and how to care for and interact with children of all ages. The course includes a training manual, completion card, and valuable skills to build confidence and earning potential. Please bring a packed lunch.



REGISTER NOW

ADULTING 101



AGES 12 – 18

\$50 SESSION

WEDNESDAYS

NOVEMBER 4 & 18

DECEMBER 2 – 16

6:00 PM – 7:30 PM TOWN HALL BANQUET HALL

Build confidence in the everyday skills every adult needs! This practical course covers budgeting, cooking, time management, basic home maintenance, communication, and self-care. Whether you're just starting out or looking to strengthen your life skills, you'll gain practical tools to make everyday responsibilities feel more manageable.



REGISTER NOW

TODDLER SOCCER



AGES 2-3 & 4-5

RES: \$40 NRES: \$45

9/8 - 10/6 & 10/13 - 11/3

10:00 - 10:30 AM &

10:30 - 11:00 AM

KEYES MULTIPURPOSE FIELD

Introduce your little one to the joy of movement and teamwork! This fun, play-based soccer class helps toddlers build coordination, balance, and confidence through simple games and activities. Kids will learn basic soccer skills while kicking, playing, and having fun in a positive, non-competitive environment.



REGISTER NOW

STROLLER BARRE



9:00 AM - 9:45 AM

TOWN HALL AUDITORIUM

TODDLERS & PARENTS

\$40 SESSION

MONDAYS

SEPTEMBER 14

- OCTOBER 5

Stay active with your little one by your side! Stroller Barre combines ballet-inspired movements, strength training, balance, and flexibility exercises for a fun, low-impact full-body workout. Designed for parents and caregivers of all fitness levels, this class helps improve strength, posture, and endurance while connecting with other families in a welcoming environment.



REGISTER NOW



MINIS IN MOTION



AGES 2-5

RES: \$40

10:00 – 10:45 AM

SEPT. 14 – OCT. 5

NOV. 2 – NOV 30

TOWN HALL AUDITORIUM

A fun and energetic class where children explore movement, rhythm, and self-expression! Through imaginative activities, playful choreography, and music, kids build coordination, confidence, creativity, and motor skills while having a blast.



REGISTER NOW

BALLET DANCE



AGES: 4 – 7

\$90 SESSION =

\$15 PER CLASS

MONDAYS

SEPT. 14 – OCT. 26

3:45– 4:30 PM

TOWN HALL AUDITORIUM

Twirl, leap, and build confidence! This fun and encouraging class introduces young dancers to ballet basics through creative movement, balance activities, music, and beginner techniques. Children will develop coordination, flexibility, strength, posture, and rhythm while building self-confidence and having fun.



REGISTER NOW



TODDLER PLAY ALONG

BOYS & GIRLS CLUB



**FREE PROGRAM!
SEPTEMBER 18TH –
DECEMBER 18TH**

***NO PROGRAM 10/9 &
11/27***

10 – 11:00 AM

Connect with other families while your little one plays and explores! This free drop-in program offers safe equipment, open play space, and circle time for toddlers and caregivers. Registration is required online through Milford Recreation. Join us at the Souhegan Boys & Girls Club in Milford for fun, movement, and connection!



REGISTER NOW

hello

FALL

CASTLE IN THE CLOUDS



RES: \$55 NRES: \$65

MIN: 5 MAX: 14

**DEPART FROM THE 127 ELM
STREET PARKING LOT AT 8:30 AM
REGISTRATION DEADLINE: 8/27**

THURSDAY, SEPTEMBER 10TH, 2026.

8:30 AM – 4:30 PM

Enjoy a memorable outing to Castle in the Clouds featuring a delicious lunch at the historic mansion and breathtaking views of Lake Winnepesaukee. Take in the beauty, history, and charm of this iconic destination while relaxing with friends and enjoying a scenic day away



REGISTER NOW

REMEMBERING JOHN DENVER



RES: \$75 NRES: \$80

MIN: 5 MAX: 14

**DEPART FROM THE 127 ELM
STREET PARKING LOT AT
4:00 PM
REGISTRATION DEADLINE:
9/10**



THURSDAY, SEPTEMBER 17TH, 2026.

4:00 PM – 10:30 PM

Don't miss Remembering John Denver at The Manchester Palace Theatre. A heartfelt tribute celebrating the music of John Denver featuring timeless favorites like "Take Me Home, Country Roads," "Annie's Song," and "Rocky Mountain High." A beautiful night of classic songs, memories, and feel-good music you won't want to miss!



REGISTER NOW

WASHBURN'S APPLE PICKING



TUESDAY, OCTOBER 6TH, 2026.

10:00 AM – 3:00 PM

Celebrate the beauty of fall with a fun-filled trip to Washburn's Windy Hill Orchard in Greenville, NH! Enjoy apple picking, the pumpkin patch, corn maze, and seasonal favorites like fresh-baked apple cider donuts. Leave the driving to Milford Recreation and relax while making memories with family and friends during this fun autumn adventure.

\$10.00 PER PERSON UNDER 4 IS \$5

MIN: 5 MAX: 14

**DEPART FROM THE 127 ELM
STREET PARKING LOT AT 10:00 AM
REGISTRATION DEADLINE: 9/22**



REGISTER NOW

THE NASH CASINO



THURSDAY, NOVEMBER 5TH, 2026.

9:00 AM – 4:00 PM

Join us for an exciting day of gaming, dining, and entertainment! Try your luck at the slots, enjoy the casino atmosphere, and explore a variety of dining options. Set your budget, bring your friends, and enjoy a fun-filled getaway!

\$15.00

MIN: 5 MAX: 14

**DEPART FROM THE 127 ELM
STREET PARKING LOT AT 9:00 AM
REGISTRATION DEADLINE: 10/22**



REGISTER NOW





NEW YORK CITY

Saturday, November 14

**\$100 per
person**

(Includes transportation on a luxury motor coach)

Join us for a day trip to the big apple! Start your holiday shopping, see a play, or go to a museum. It is your day!

Trip Itinerary :

Depart Milford : 6 am

Rockefeller Center &

New York Public Library

Drop-offs : Approx. 10 : 30 am

Depart NYC : 6 : 00 pm

Arrive Home : Approx. 11 pm

Parking Locations :

Cirtronics
(Rte 13 South)

www.milfordrec.com





Senior Coffee Connections 2026

Good friends, great fun, activities, presentations...

Milford Town Hall 3rd Floor Banquet Hall

10-11:30am (or as listed below)

2nd Wednesday of the Month (or as listed below)

Town Hall~1 Union Square ~ Milford, NH 03055

603-249-0625 ~ recreation@milford.nh.gov

www.milfordrec.com

◦ **March 11th: Community Service Project: Easter Eggs**

Welcome back! ...It's that time of year again and we need your help to fill the Easter eggs for our Annual Milford Easter Egg Hunt! Snacks and beverages will be provided.

Registration required by March 4th. 603-249-0625

◦ **April 8th: Windows on West Street **** 11:00am \$15 per person ******

Located at Milford High School. Windows on West Street is a student run and operated restaurant that serves as the real-life course for students and an opportunity for community members to enjoy a warm delectable meal.

Limited to 42 People

Registration required by April 1st. 603-249-0625

◦ **May 13th: Breakfast W/Emergency Services**

Enjoy a delicious breakfast while meeting local firefighters, police officers, and first responders! A fun and friendly way to connect, learn, and say thank you to those who keep our community safe.

Registration required May 6th. 603-249-0625

◦ **June 10th: Ice Cream & Movie**

Join us for a cozy morning featuring a classic movie and delicious ice cream treats! Relax with friends as we enjoy a feel-good film and a variety of flavors and toppings to make your perfect scoop. It's a simple, fun way to unwind, socialize, and enjoy a sweet break in the day. Come share good company, good conversation, and a great movie!

Registration required June 3rd (603) 249-0625

◦ **July 8th: Pictionary & Name that Tune**

Join us for an engaging morning filled with creativity, music, and laughter! We'll start with a round of *Senior Pictionary*, where everyone can guess, draw, and enjoy some lighthearted fun. Then we'll switch gears with *Name That Tune*, featuring familiar songs, classics, and melodies you're sure to recognize. It's the perfect opportunity to stay social, keep the mind active, and share smiles with friends.

Registration required July 1st (603) 249-0625

Thank you to our 2026 Sponsors!

Arthur L. Keyes
Memorial Trust



◦ **Aug 12th: Senior Water Fitness Pizza Party**

Join us for a fun and active afternoon that blends exercise and enjoyment! We'll start with a refreshing water-fitness session designed for all ability levels – gentle, low-impact, and great for staying strong and moving comfortably. After the workout, stick around for a relaxed pizza party where you can unwind, chat with friends, and enjoy a tasty slice or two.

Registration required by Aug 5th. 603-249-0625

◦ **Sept. 9th: Creating a Flower Arrangement**

Enjoy some snacks and drinks while creating a stunning bouquet with the freshest harvest of farm-grown flowers from Gardent Farms. Their blossoms are sustainably-grown from seed, harvested, and brought straight from their fields to the event. Krista from Gardent Farms, will help you create a bouquet in a mason jar. She will provide everything you need – pre-cut flowers, containers, tools, and guidance – for the perfect summer flower arrangement. \$15.00 per person; Min 20

Registration required by Sept 2nd. 603-249-0625

◦ **October 14th: Senior Puzzle Palooza**

Join us for a fun and engaging puzzle session! Work together (or compete) to complete a puzzle, test your problem-solving skills, and enjoy some friendly competition with fellow seniors.

Registration required by Oct. 7th. 603-249-0625

◦ **November 18th (3rd Wed.): Murder Mystery!**

Step into a morning of suspense, intrigue, and clues! Can you solve the mystery before time runs out? Join us for an interactive, thrilling morning full of twists, turns, and fun. Bring your detective skills—the culprit could be anyone!

Registration required by November 11th. 603-249-0625

◦ **December 9th: Senior Holiday Luncheon**

*****12-2pm \$15 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 18th 603-249-0625.



BRUNCH BINGO!

**EVERY 4TH WEDNESDAY
MARCH - NOVEMBER**

BINGO!

**JOIN US FOR A LIVELY BINGO SESSION FILLED
WITH LAUGHS, PRIZES, AND GOOD COMPANY!
WHETHER YOU'RE A SEASONED PLAYER OR
TRYING IT FOR THE FIRST TIME, EVERYONE'S
WELCOME. GRAB YOUR CARDS, MARK YOUR
NUMBERS, AND GET READY TO SHOUT BINGO!**

**\$3 FOR BINGO CARDS
\$3 MEALS ON WHEELS LUNCH
CALL CAROL MCKILLIP TO
RESERVE A LUNCH!
(603) 424-9967**

12 PM - 2 PM

TOWN HALL AUDITORIUM



**FOR MORE INFO; CONTACT
(603) 249-0625 OR
WWW.MILFORDREC.COM**

KEYES POOL PASS



THE MILFORD RECREATION DEPARTMENT INVITES YOU

REGISTER FOR 2026 POOL MEMBERSHIPS

**MAKE A SPLASH WITH THE MILFORD RECREATION
DEPARTMENT/ REGISTRATION FOR POOL MEMBERSHIPS
OPENS ON FEBRUARY 2, 2026. A POOL PASS IS
REQUIRED TO SWIM IN THE POOL, GIVING YOU FULL
ACCESS TO SWIM LESSONS, AQUATIC PROGRAMS, AND
OPEN SWIM FOR ALL AGES.**



**FOR MORE INFO; CONTACT
(603) 249-0625 OR
WWW.MILFORDREC.COM**





SWIM LESSONS

LEARN TO SWIM IN A SAFE, SUPPORTIVE ENVIRONMENT!
OUR SWIM LESSONS FOCUS ON WATER SAFETY, BASIC
SKILLS, AND STROKE DEVELOPMENT WHILE BUILDING
CONFIDENCE FOR SWIMMERS OF ALL LEVELS.

MONDAY – THURSDAY

RAIN DATE FRIDAY

S1: 6/22 – 7/2

S2: 7/6 – 7/16

S3: 7/20 – 7/30 S4: 8/3 – 8/13

TIMES:

9:30 AM – 10:00 AM

10:15 AM – 10:45 AM

11:45 AM – 12:15 AM

FEES:

RES: \$50 NRES: \$60



**MUST HAVE A
POOL PASS!**



**FOR MORE INFO; CONTACT
(603) 249-0625 OR WWW.MILFORDREC.COM**

Milford Recreation Swim Lessons

AGES	LEVEL	COMPLETION REQUIREMENTS
6 mo.-3 years	SWIM LIKE A FISH (Parent and Child) Parent and child swim lessons are designed to introduce children to the water at an early age. Little ones will increase their comfort in the water through fun activities, singing, games and basic swim instruction.	
3-5	AQUA ANIMALS Aqua Animals will learn to be comfortable in the water. They will learn to put their faces in the water and become comfortable with supported floating on their front and back. Supported floating and gliding on front and back Basic movements and kicks Safety	Pass to Starfish Unsupported float on front and back Put face in water, blow bubbles
5+	STARFISH (Level 1) Starfishswimmerswill learn to glide unsupported on their back and front, and swim using alternating arm and leg actions for approximately 2 body lengths. They will practice putting their faces in the water, bobbing and retrieving submerged items. Unsupported floating and kicking on front and back Alternating arms Life jackets	Pass to Otters Front glide 2 body lengths Retrieve submerged items Back float unsupported
5+	OTTERS (Level 2) Otters swimmers will improve their Starfish skills so that they can swim for approximately 5 body lengths on their back and on their front with combined arm and leg actions. They will practice retrieving submerged items and float on their back for 15 seconds. Combined stroke and kick on front and back Rotary breathing Safety Skills	Pass to Seals Combined arms and legs to flags on front and back Float on back for 15 seconds
5+	SEALS (Level3) Sealswilllearn tojump into the pool, fully submerge and recover to the surface and return to the side. They will learn the front crawl and elementary backstroke. They will also learn to push off in a streamline and begin kicking. Elementary Back Stroke Diving Treading water Breaststroke kick Flutter kick and dolphin kick	Pass to Dolphins Elementary backstroke 25 yards Front crawl 25 yards Push off in a streamline with dolphin kicks, surface and start flutter kicks
5+	DOLPHINS (Level 4) Dolphins swimmers will learn the breaststroke and start to learn the butterfly. They will practice swimming the front crawl and elementary backstroke for a full length of the pool. Breaststroke arms and legs Back Crawl Safety skills Butterfly Standing dive	Pass to Swim Team Prep 25 yards of Front Crawl, Back Crawl and Breaststroke Butterfly to flags Standing dive
5+	SWIM TEAM PREP Thisclasswillfocusondiving, flip turns and refining the 4 competitive strokes. Diving Flip Turns/Open Turns Stroke work	

2026 SPONSORSHIP OPPORTUNITIES!



Milford Recreation Department

2026 Sponsorship Program



VISION

To provide opportunity for each and every citizen to enrich their quality of life by offering a full spectrum of community-driven recreation activities for all ages through the provision of recreation and parks services.

MISSION

The Milford Recreation Department is committed to enriching the quality of life for all residents by:

- Offering diversified programming, activities and events.
- Assessing and responding to parks and amenities needs.
- Collaborating with community groups that share an interest in recreational goals.

Contact: John Kohlmorgen
recreation@milford.nh.gov
(603) 249-0625 www.milfordrec.com

THANK YOU, SPONSORS 2026!



Arthur L. Keyes
Memorial Trust



Milford NH
Rotary
Club



MILFORD
AREA
SENIORS



DEPARTMENT INFO

**LOOKING TO CREAT AN
ACCOUNT - CLICK
HERE!**



(603) 249-0625



recreation@milford.nh.gov



1 Union Square, Milford, NH. 03055



milfordnh.recdesk.com



@milfordnhrecreation



Milford Recreation Department

**IF A TRIP IS FULL, AND YOU WANT TO GO
ON THE TRIP, PLEASE CALL, AND WE'LL
PUT YOU ON THE WAITLIST!**

CLICK HERE

