



March &  
April  
Newsletter  
2026

# UPCOMING TRIPS

## AVIATION MUSEUM OF N.H



**THURSDAY, MARCH 5TH, 2026**

**10:00 AM – 4:00 PM**

Join the Milford Recreation Department for an exciting trip to the Aviation Museum of NH! Explore historic aircraft, interactive exhibits, and fascinating stories of flight. After our tour, we will stop at the 99 in Manchester for an afternoon lunch!

**MANCHESTER, N.H.**

**ADULTS & SENIORS**

**\$30.00**

**DEPART FROM 127 ELM STREET PARKING LOT AT 10 AM**



**REGISTER NOW**

## KEENE AXE THROWING



**\$60**

**9:30 AM – 4:00 PM**

**DEPART FROM 127 ELM ST.  
PARKING LOT AT 9:30 AM**

**DEADLINE TO REGISTER:**

**3/2**

**THURSDAY, MARCH 12TH, 2026**

**9:30 AM – 4:00 PM**

Get ready to let loose, aim sharp, and hit the bullseye! Join us for a fun, high-energy axe-throwing experience—no experience needed!

Whether you're a first-timer or a pro, it's all about friendly competition, laughs, and unforgettable memories. After our activity, we stop by Mama McDonough's Irish Pub for lunch (MUST WEAR GREEN)



**REGISTER NOW**

## 102 ESCAPE ROOM



**\$55**

**APRIL 9TH, 2026**

**2:00 PM – 7:00 PM**

**DEPART FROM THE 127 ELM**

**STREET PARKING LOT**

**AT 2 PM**

**REGISTRATION DEADLINE: 3/26**

**THURSDAY, APRIL 9TH, 2026**

**2:00 PM – 7:00 PM**

Put your problem-solving skills to the test and have a blast with friends on our escape room trip! Enjoy a fun, interactive experience filled with puzzles, teamwork, and laughs.



**REGISTER NOW**

## BOSTON TRIP 2026



**BOSTON, MASS.**

**\$75 PER PERSON**

**SATURDAY, MAY 30TH, 2026**

**8:30 AM – 8:00 PM**

Join us for an exciting day trip to Boston! Explore historic sights, stroll through the city, enjoy great food, shopping, and unforgettable views. Don't miss out on a fun day in the city! This day is for you!

**LEAVE FROM CIRTRONICS IN MILFORD AT 8:30 AM**

**528 RTE 13 SOUTH, MILFORD, NH 03055**



**REGISTER NOW**



# Someone SPECIAL DANCE

**CELEBRATE A MAGICAL EVENING OF MUSIC,  
LAUGHTER, AND MEMORIES WITH YOUR CHILD AND  
THEIR SPECIAL SOMEONE. ENJOY DANCING, LIGHT  
REFRESHMENTS, AND A MEMORABLE NIGHT.**

**SAT. | MAR 7 | 6-8PM**

**MUSIC - SNACKS - DANCING**

Reserve your spot now and let's make this  
Someone Special Dance unforgettable!

**For More Info; visit  
[www.milfordrec.com](http://www.milfordrec.com)  
(603) 249-0625**



**THESE MATERIALS ARE NEITHER SPONSORED NOR ENDORSED BY THE MILFORD SCHOOL DISTRICT**



# EASTER EGG HUNT

**MARCH 28TH 11 AM - 2 PM**

**KEYES MEMORIAL PARK**

**INDOOR LOCATION  
TOWN HALL AUDITORIUM**

*Fun family games,  
prizes, and even the  
Easter Bunny!*



**FOR MORE INFORMATION,  
CONTACT US:  
(603) 249 - 0625**



Milford  
RECREATION  
DEPARTMENT



# PUZZLE PALOOZA

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

\$40 PER TEAM, 1 PERSON REGISTERS!

MAY 8, 2026

TOWN HALL AUDITORIUM

REGISTRATION DEADLINE: APRIL 24

FOR MORE INFO, CONTACT

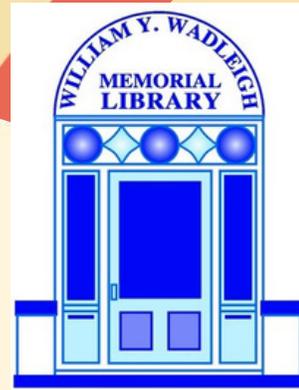
(603) 249-0625

[WWW.MILFORDREC.COM](http://WWW.MILFORDREC.COM)





# KEYES SUMMER BASH



AT KEYES MEMORIAL PARK

**SATURDAY,**  
**JUNE 27**

**12:00 PM –**  
**3:00 PM**

**FREE  
PUBLIC  
ENTRY**

## EVENT HIGHLIGHTS

**TOUCH-A-TRUCK- FOOD & DRINK VENDORS -  
LOCAL BUSINESS VENDORS - COMMUNITY  
ORGANIZATIONS & MUCH MORE...  
WOULD YOU BE INTERESTED IN BEING A  
VENDOR? SCAN THE QR CODE TO REGISTER!**



**FOR MORE INFORMATION**

**CALL (603) 249-0625**



# TODDLER PROGRAMS

## TODDLER PLAY ALONG



**AGES 2 – 5**

**FREE!**

**JAN. 16 – APR. 23**

**10:00 AM – 11:00 AM**

**BOYS & GIRLS CLUB**

Bring your little explorers to our toddler playgroup, a safe and engaging space for children to play, learn, and grow together. Parents and caregivers can connect, share tips, and enjoy quality time while their toddlers socialize and explore.



**REGISTER NOW**

## MINIS IN MOTION



**AGES 2 –5**

**\$40**

**MONDAY'S**

**MAR. 2 – MAR. 30**

**APR. 20 – MAY. 25**

**\*NO PROGRAM 4/27\***

**10:00 AM – 10:45 AM**

**TOWN HALL AUDITORIUM**

Our Minis in Motion Program is a fun and energetic way for children to explore movement, rhythm, and self-expression! Kids will develop coordination, confidence, and creativity through imaginative activities, playful choreography, and exciting music.



**REGISTER NOW**

# TODDLER PROGRAMS

## TODDLER SOCCER



**AGES 2 – 5 TUESDAYS**

**RES: \$40 NRES: \$45**

**SI: MAR. 31 – APR. 21**

**MAY 5/5 – 5/26**

**10 – 10:30AM &**

**10:30 – 11:00AM**

**KEYES MULTIPURPOSE FIELD**

Designed for young children to explore the basics of soccer in a playful and supportive environment. Through simple games, movement activities, and lots of encouragement, toddlers will work on coordination, balance, listening skills, and teamwork—while having fun kicking the ball!



**REGISTER NOW**

# YOUTH PROGRAMS

## ADULTING 101



**AGE: 12-18**

**\$20 FOR THE ENTIRE SESSION**

**6-7:30 PM**

**APRIL 1 - MAY 6**

**\*NO PROGRAM 4/29\***

**(WEDNESDAYS)**

**BANQUET HALL**

Adulthood 101 is designed to help you develop the confidence and practical skills necessary to thrive in everyday life. From budgeting, cooking, and time management to basic home maintenance, communication, and self-care, we'll cover the essentials that make "adulthood" a little less overwhelming!



**REGISTER NOW**



# ADULT / SENIOR PROGRAMS



## PICKLEBALL

Looking for a fun way to stay active, meet new people, and enjoy some friendly competition? Pickleball is perfect for adults of all skill levels! Whether you're a beginner or a seasoned player, come out, grab a paddle, and experience this fast-growing, social sport.

**AGES 18+**

**\$3 DROP - IN OR \$25 SESSION  
(MONDAY)**

**FEB. 2 - MAR. 30**

**(THURSDAY)**

**FEB. 5 - APR. 2**

**8:30 AM - 10:00 AM**

**BOYS & GIRLS CLUB**



**REGISTER NOW**



**AGES 18+**

**\$10 DROP - IN  
(TUESDAY'S)**

**MAR. 3 - MAY 26**

**6:30 - 7:30PM**

**TOWN HALL BANQUET HALL**

## 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.



**REGISTER NOW**

# ADULT/SENIOR PROGRAMS



## TAI CHI FORMS

**AGES 18+**

**\$40 PER SESSION**

**TUES. MAR. 3 – MAR. 31**

**THUR. MAR. 5 – MAR. 26**

**TUES. APR. 7 – APR. 28**

**THUR. APR. 9 – APR. 30**

**5:15 – 6:15PM**

**TOWN HALL BANQUET HALL**

Learn and practice the flowing movements of Tai Chi Forms in this class designed to improve balance, flexibility, and focus. Participants will be guided through a series of gentle sequences that promote relaxation, coordination, and overall well-being. Perfect for beginners and experienced practitioners alike!



**REGISTER NOW**

## SEATED YOGA



**AGES 50+**

**\$40 SESSION**

**THURSDAY'S**

**MAR. 5 – MAR. 26**

**APR. 2 – APR. 30 (\$50)**

**10:00 – 11:00 AM**

**TOWN HALL BANQUET HALL**

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**

# ADULT / SENIOR PROGRAMS

## YOGA STRENGTH



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.

**AGES 18+**

**\$105 SESSIONS**

**TUESDAY'S**

**MAR. 4 – APR. 15**

**MAY 13 – JUNE 24**

**8:30 – 9:30 AM**

**TOWN HALL AUDITORIUM**



**REGISTER NOW**

## YOGA IN THE PARK



**MONDAY'S**

**\$40 SESSION**

**MAY 4TH – 25TH**

**6 – 7 PM**

**KALEY PARK**

A relaxing and rejuvenating outdoor experience for all skill levels. Join us in a scenic park setting to stretch, strengthen, and breathe deeply while enjoying fresh air and nature. Bring your mat, move at your own pace, and leave feeling refreshed and energized!



**REGISTER NOW**



**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](mailto:recreation@milford.nh.gov)  
[www.milfordrec.com](http://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.

# ADULT/SENIOR TRIPS!



## BOSTON RED SOX

**FRIDAY, MAY 1<sup>ST</sup>, 2026**

**2:00 PM – 11:00 PM**

This is a pitch you don't want to miss! Join us for a night you won't forget at Fenway Park, home of the Boston Red Sox, as they battle the Houston Astros!

Whether this is your first trip or your tenth, Fenway Park has numerous amenities to offer, from The Green Monster to Pesky's Pole in Right Field to singing "Sweet Caroline" in the 8th Inning. You are guaranteed to have the best experience of your life. Grab your glove, your favorite Red Sox hat, and secure your seat by registering today!

### **TRANSPORTATION & TICKET**

**FEE: \$75 RES; \$95 NRES**

**MAY 1ST, 2026**

**DEPART FROM 127 ELM ST.**

**PARKING LOT AT 2:00 PM**

**DEADLINE: 4/17**



**REGISTER NOW**

## COG RAILWAY



**\$115**

**JUNE 4<sup>TH</sup>, 2026**

**LEAVE FROM THE 127 ELM**

**STREET PARKING LOT AT 7:30 AM**

**DEADLINE: 5/17**

**THURSDAY, JUNE 4<sup>TH</sup>, 2026**

**7:30 AM – 5:00 PM**

Experience the thrill of riding the historic cog railway to the summit of Mount Washington! Enjoy breathtaking panoramic views of the White Mountains as you climb comfortably in a unique train designed to handle the steep ascent. A fun and memorable adventure for all ages!



**REGISTER NOW**

# ADULT/SENIOR TRIPS!



## HAMPTON BEACH SAND CASTLES

**FRIDAY, JUNE 18TH, 2026**

**9:00 PM – 4:00 PM**

Spend a fun-filled day at the ocean building sandcastles, playing in the sand, and enjoying the fresh sea breeze! This trip is perfect for creativity, laughter, and relaxation, with plenty of time to explore the beach, splash in the waves, and soak up the sun. A memorable day by the sea for all ages!

**\$30.00**

**JUNE 18<sup>TH</sup>, 2026**

**LEAVE FROM THE  
127 ELM STREET PARKING  
LOT AT 9:00 AM  
DEADLINE: JUNE 4TH**



**REGISTER NOW**

## BOSTON RED SOX



**TUESDAY, SEPTEMBER 1ST, 2026**

**2:00 PM – 11:00 PM**

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!

**TRANSPORTATION &  
TICKET**

**FEE: \$75 RES; \$95 NRES**

**SEPT. 1ST, 2026**

**DEPART FROM 127 ELM ST.  
PARKING LOT AT 2:00 PM  
DEADLINE: 4/17**



**REGISTER NOW**



# 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](http://WWW.MILFORDREC.COM)**

**Milford**  
RECREATION  
DEPARTMENT



# **YOU'VE BEEN FLOCKED!**



**BRIGHTEN SOMEONE'S DAY WITH A FLOCK OF  
FLAMINGOS! SURPRISE A FRIEND, NEIGHBOR, OR  
COWORKER BY FILLING THEIR YARD WITH A  
CHEERFUL DISPLAY OF PINK BIRDS. IT'S FUN,  
HARMLESS, AND SUPPORTS A GREAT CAUSE.  
CHOOSE A DATE, WE DELIVER THE FLOCK, AND  
WATCH THE SMILES APPEAR!**

**\$20 TO FLOCK**

**MILFORD RESIDENTS ONLY**

**FLOCKING 3 HOUSES 2 TIMES A WEEK!**



**TO FLOCK SOMEONE,  
CALL (603) 249-0625  
OR VISIT**

**WWW.MILFORDREC.COM**



# 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](mailto:recreation@milford.nh.gov)

(603) 219-0625 [www.milfordnh.com](http://www.milfordnh.com)

# DEPARTMENT INFO



(603) 249-0625



recreation@milford.nh.gov



1 Union Square, Milford, NH. 03055



[milfordnh.recdesk.com](http://milfordnh.recdesk.com)



@milfordnhrecreation



Milford Recreation Department

**KEEP AN EYE OUT  
FOR MORE PROGRAMS  
AND EVENTS!**

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

**CLICK HERE**

