Milford
RECREATION
DEPARTMENT

November & December Newsletter 2026



Milford RECREATION DEPARTMENT

PICKLEBALL

Join us for a fun, social way to stay active, learn new skills, and meet new people! Enjoy drills, friendly games, and match play while improving your serves, shots, positioning, and strategy. One beginner court available; remaining courts are for intermediate and advanced players. All skill levels welcome!



MONDAYS:

9/14 - 12/28

THURSDAYS:

9/17 - 12/17

$5 DROP-IN

OR

$35 SESSION

BOYS & GIRLS CLUB:

56 MONT VERNON ST, MILFORD, NH 03055

8:30 AM - 10:00 AM





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

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!

NOVEMBER 6TH, 2026

TOWN HALL AUDITORIUM

REGISTRATION DEADLINE: 10/23

FOR MORE INFO, CONTACT
(603) 249-0625
WWW.MILFORDREC.COM

Milford Recreation

Milford RECREATION DEPARTMENT

BREAKFAST WITH SANTA



SATURDAY DEC 12

8:30-10AM

$15.00

PER PERSON

PANCAKES & SAUSAGE!

Children 2 & under eat Free

Registration required Dec 9

Town Hall Auditorium 3rd Fl.

1 UNION SQUARE

MILFORD, NH 03055

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MILFORD RECREATION PRESENTS

MIXED TAPE MADNESS

APRIL 16



$15/PERSON
$25/COUPLE
21+

7:00–
10:00 PM

Milford RECREATION DEPARTMENT

DRINKS · LIVE MUSIC · FUN

HAMPSHIRE HILLS . MILFORD NH

REGISTER AT WWW.MILFORDREC.COM

ADULT/SENIOR PROGRAMS

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.

AGES 18+

$40 PER SESSION

TUES:

11/3 – 11/24

DEC: 12/1 – 12/29

TOWN HALL BANQUET HALL **5:15 – 6:15PM**

REGISTER NOW

TAI CHI FORMS INTERMEDIATE ONLY

TOWN HALL BANQUET HALL **5:15 – 6:15PM**

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.

AGES 18+

$40 PER SESSION

THURS: 11/5 – 11/19

DEC: 12/3 – 12/17

REGISTER NOW



SEATED YOGA



TOWN HALL BANQUET HALL **10:00 – 11:00 AM**

AGES 50+

THURSDAY'S

NOV. 5, 12, 19

DEC: 12/3 – 12/17

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

STRENGTH & YOGA



AGES 18+

$120 SESSION

WEDNESDAYS

NOV. 4 – DEC. 16

JAN. 13TH – FEB. 24

NO PROGRAM JAN. 27TH

Build strength, improve flexibility, and enhance balance with our Strength & Yoga 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



Milford RECREATION DEPARTMENT

PRENATAL YOGA

Gentle Flow for Expecting Mothers

January 4th - 25th 6:00 pm - 7:30 pm

$75 Session Fee

Milford Town Hall 3rd Floor Auditorium



ADULTING 101



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.

AGES 12 – 18

$50 SESSION

WEDNESDAYS

NOVEMBER 4 & 18

DECEMBER 2 – 16

REGISTER NOW



STROLLER BARRE

A fun, low-impact workout for parents and caregivers combining barre, strength, balance, and flexibility exercises—all while your child relaxes in their stroller. Improve posture, strength, endurance, and overall fitness in a supportive, welcoming environment. Modifications are available for all fitness levels. Connect, move, and enjoy being active together!

$50
MONDAYS
11/2 - 11/30
9:00 AM - 9:45 AM
MIN: 5 MAX: 12
TOWN HALL 3RD FLOOR AUDITORIUM

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

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Minis in Motion

Ballet Dance



A fun, encouraging introduction to ballet where kids develop balance, coordination, flexibility, strength, rhythm, and confidence through creative movement, music, games, and beginner ballet techniques. Perfect for first-time dancers and young ballet lovers looking to learn, make friends, and have fun!

$60 Session = $15 Per Class

Mondays

11/2 - 11/23

3:45 pm 4:30 pm

Ages 4 - 7

Min: 5 Max: 12

Town Hall 3rd Floor Auditorium

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

milfordrec.com

BASKET BALL

FOR TODDLERS

Tiny Dunkers 2-3 y/o
S1: 1/5 - 2/2
S2: 2/9 - 3/9 *NO PROGRAM 1/12*
@10-10:30am

Power Slam Dunkers 4-5 y/o
S1: 1/5 - 2/2
S2: 2/9 - 3/3 *NO PROGRAM 1/12*
@ 10:30-11am

Tuesdays
$40 Res,
NRes $45

Town Hall Auditorium

Milford RECREATION DEPARTMENT

TODDLER PLAY ALONG



BOYS & GIRLS CLUB OF SOUHEGAN VALLEY IN MILFORD, NH

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!

FREE PROGRAM!
SEPTEMBER 18TH – DECEMBER 18TH
NO PROGRAM 11/27
10 – 11:00 AM

REGISTER NOW

hello autumn

Milford Recreation Presents

THE NASH CASINO

November 5th ,2026



ALL YOUR FAVORITE GAMES

$15

Depart Milford at 9am
Arrive in Milford at 4pm

*NO CASINO PACKAGE AVAILABLE
INCLUDES TRANSPORTATION
ONLY!*

Bus Departs From
127 Elm Street
Parking Lot

Milford RECREATION DEPARTMENT

www.milfordrec.com

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Milford RECREATION DEPARTMENT

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

MICHAUD

Ledgewood Bay at Milford

° **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 per-fect 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 interac-tive, 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.

Milford RECREATION DEPARTMENT

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

2026 & 2027 SPONSORSHIP OPPORTUNITIES!

Milford RECREATION DEPARTMENT

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

Milford RECREATION DEPARTMENT

Milford Recreation Department

2027
SPONSORSHIP PROGRAM

Vision:

To enhance the quality of life for all members of our community by providing diverse, accessible, and inclusive recreational opportunities and quality parks and recreation services for residents of all ages.

Mission:

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

- Providing diverse programs, activities, and events.
- Maintaining and improving parks and facilities.
- Partnering with the community to support recreation.

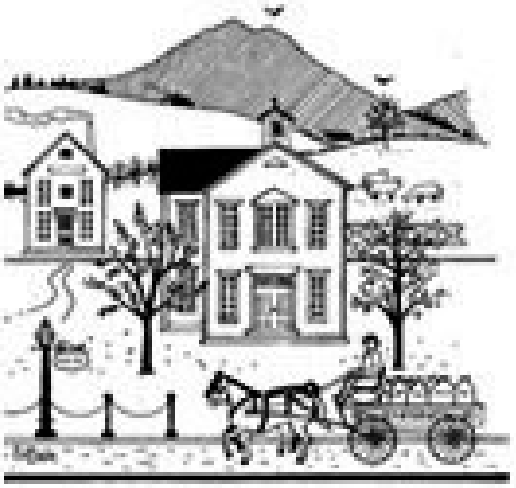
John Kohlmorgen, Recreation Director
jkohlmorgen@milford.nh.gov
(603) 249-0625
www.milfordrec.com

THANK YOU, SPONSORS 2026!

ABA CENTERS OF AMERICA
Proven Autism Care

Determined
Martial Arts

Arthur L. Keyes Memorial Trust



MILFORD AREA SENIORS

Milford NH Rotary Club

Jr.

GRANITE TOWN FESTIVITIES COMMITTEE

LIONS INTERNATIONAL

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