



2025

Milford Recreation Spring Guide!



WWW.MILFORDREC.COM



Easter Egg Hunt!



Tai Chi!



Toddler Soccer!



Pickleball!



1 Union Square • Milford, NH 03055
Phone (603) 249-0625 • Fax (603) 673-2273
recreation@milford.nh.gov



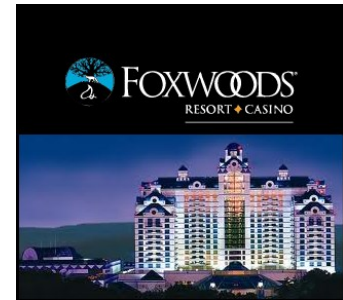
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FOXWOODS CASINO TRIP!

Saturday, March 22

\$50.00

8 am - 7pm



**Get ready for an exciting casino trip!
Whether you're trying your luck at the slots, enjoying a game of poker, or savoring delicious dining options, there's something for everyone. Don't forget to set a budget, have fun, and soak in the vibrant atmosphere. Good luck!**

Leave from 528 RTE 13 South, Milford, NH. 03055

Deadline to Register: February 23

www.milfordrec.com

Easter Egg Hunt!

Saturday, April 12

11 am - 2 pm

Keyes Memorial Park

Toddler Hunt: 11:15 am

PreK-1st Hunt: 11:45 am

2nd-4th Hunt: 12:15 pm



Pictures with the Easter Bunny!

www.milfordrec.com

Puzzle Palooza!

May 9th 6-8 pm

Come to the Town Hall Auditorium, where multiple teams of 1-4 compete against the clock to complete a puzzle in two hours. Everyone will be given the same puzzle. Prizes will be awarded to the team that finishes first!

\$40 per team (1 person registers)

Deadline to Register April 25 @milfordrec.com

Need a team? Email recreation@milford.nh.gov



Summer Positions Available!

**Lifeguard
Swim Instructor
Swim Team Coach
Park Ranger**

For more information, email

Arene Berry

aberry@milford.nh.gov

Or

(603) 249-0625



Milford Area Seniors

Seniors meet to socialize
every Tuesday,

**10am-2pm, at the Milford Town Hall
Banquet Room**

Coffee and other goodies will be available. The Milford Area Seniors welcomes all people 50 and older who wish to either volunteer or come to the activity center. Donna Thibodeau at (603) 721-9747

How to Watch a Good Program Die

Nothing kills a recreation program faster than participants who wait last minute to register.

There is a point when a program must be cancelled or modified if there is insufficient registration. All programs require a high level of coordination often including facility scheduling, staffing, volunteer recruitment and purchasing of supplies.

Please Register Early!



Toddler Programs!!

Toddler Play Along

Milford Recreation Department in partnership with Milford Kids Thrive is bringing back Toddler Play Along! This is a great place for parents and toddlers to come play and chat! Lots of toys and open space, plus seasonal songs, and games! Perfect for these Winter months!

Join us on Fridays: 10-11 am

Milford Town Hall Auditorium

Session runs from 1/3-4/18

THIS IS A FREE PROGRAM

Registration required

Sponsored by Milford Kids Thrive



Tiny Kicks & Power Kickers Youth Soccer Programs (With Parent)

Ages 2-5. Get your children outdoors & moving! Join us for Tiny Kicks & Power Kickers, an introduction to soccer program for ages 2-5. While learning about soccer they will also improve coordination, following instructions, encourage locomotion and living a healthy and active lifestyle! Parent participation is necessary.

Min of 5 participants.

Registration Deadline 3/25 & 4/29

Keyes Multipurpose Field

Tuesdays 4/1-4/22

5/6-5/27

Res \$40/NRes \$45

Tiny Kicks: Ages 2-3, 10-10:30am or 11-11:30am

Power Kickers: Ages 4-5, 10:30-11am



Skyhawks Programs!

Multi-Sport Tots: (Basketball, Soccer, Tball)

Begin an athletic journey with Multi-Sport Tots! This program offers a variety of sports through fun, age-appropriate activities, enhancing balance, coordination, and fitness. This engaging introduction to multiple sports is packed with learning and teamwork! Each week will focus on 1 sport with all 3 sports being highlighted over the course of the program. Parent participation is required for the entirety of the 2yr old class and the first 2 weeks of the 3 year old class after which most children will be ready to participate on their own. Please bring water. Skyhawks will provide all equipment.

Saturdays

5-week program, \$105

April 19 - May 31

(*NO PROGRAM* 4/26, 5/24)

Keyes Memorial Park

Age 2 @ 9-9:35 am

Age 3 @ 9:45-10:20 am

Age 4 @ 10:30 - 11:15 am

**Registration Deadline
April 12th**



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Skyhawks Programs!

Multi-Sport: (Basketball, Flag Football, Soccer)

Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship, inclusion, and teamwork. Enjoy the benefits of exploring multiple sports while building lifelong skills with Skyhawks! Please bring water. Skyhawks will provide all equipment.

Saturdays

5-week program, \$125

April 19 - May 31

(*NO PROGRAM* 4/26, 5/24)

Keyes Memorial Park

Ages 5.5 (K) - 7

11:30 - 12:30 pm

Ages 8 12:45-1:45 pm

Registration Deadline

April 12th



**Registration
Opens
January 21st!**

Adult Programs!!

Tai-Chi/Qigong Foundations

This class covers Qigong/Tai Chi fundamentals of breath work, movement, posture alignment, and visualization. Consistently practicing these gentle, meditative movements improves balance, coordination, flexibility, strength and mental clarity. Safe and suitable for everyone, all movements can be modified and effectively complement other health and wellness pursuits.

Mondays 6-7pm

Spring: 3/3 - 5/19

Fee: \$10 each class

Town Hall Auditorium

Tai-Chi Forms

Fee: \$40 per session

Times: 5:15-6:15 pm

Spring 1: Tuesdays - 3/4-3/25

Spring 2: Tuesdays- 4/1-4/22

Spring 3: Tuesdays- 5/6-5/27

Spring 1: Thursdays - 3/6-3/27

Spring 2: Thursdays- 4/3-4/24

Spring 3 Thursdays – 5/8-5/29

Pickleball

Join us at the Boys' & Girls' Club to play pickleball! No equipment or experience is needed! This is a class for people who are looking to learn and enjoy the game.

Thursday's

March 6th - May 29th

NO PROGRAM May 1st

8:30-10 am

Fee: \$3 drop in or \$25 for session

Boys' & Girls' Club

Seated Yoga

Adults (50+) A gentle seated yoga practice. It can be done anywhere, no special clothing required other than to be comfortable. People with physical disabilities are encouraged to try this. Moves are done slowly and mindfully.

Thursdays, 10-11am

Session 1: 3/6 - 3/27 - \$40

Session 2: 4/3 - 4/24 - \$40

Session 3: 5/8, 5/15, 5/22 - \$30

NO CLASS 5/1, 5/29

Registration Deadline: 3/5, 4/2, 5/7

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Senior Programs!!

Coffee Connections 10:00-11:30am
Banquet Hall in Town Hall 3rd Floor
2nd Wednesday of the Month
603-249-0625

March 12th: 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 5th.
603-249-0625

April 9th: Windows on West Street ****** 11:15am \$10 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 2nd.
603-249-0625

May 14th: Breakfast w/Emergency Services

We're excited to invite you to a special breakfast event where you can connect with our local emergency services! Enjoy a delicious meal while getting to know the heroes in our community and learning about their important work.

Registration required May 7th. 603-249-0625

BRUNCH BINGO

Every 4th Wednesday (Mar-Nov)

12:00pm-2:00pm

3rd floor Banquet Hall,

Milford Town Hall \$2 for 2 Bingo cards, product prizes for winners of each game Bring a brown bagged lunch and play B-I-N-G-O! OR Lunch can be provided by Meals on Wheels of Hillsborough County (\$3.00 suggested donation) To reserve lunch, please call Carol McKillip 603-424-9967 by the Friday before the event.



Bus Trips!

Farm Day!

Come join us as we spend the day in Temple, NH. In the morning, we take a tour of Ben's Sugar Shack, followed by a lovely breakfast as well!

After our visit, we will stop by Connolly Brothers Dairy Farm to visit the farm animals and taste some delicious homemade ice cream!

Trip Includes: Transportation!
Self-Pay at the Deli!

March 20th

Fee: \$10.00

Deadline: 3/6

Depart Milford: 9:30 am

Depart Temple: 2:00 pm



Green Envy Wellness

Making candles is a fun and creative process that allows you to personalize your own lighting and fragrance experiences. The basic steps involve melting wax, adding fragrance oils or dyes if desired, and pouring the mixture into a mold or container with a wick. Once cooled and solidified, your candles are ready to be used or gifted. It's a relaxing craft that offers endless possibilities for customization, from choosing scents to experimenting with different shapes and colors. After our craft, we will stop by The Airport Diner in Manchester for a delicious lunch!

Trip Includes: Transportation & Admission

Self-pay at restaurant

Trip Date: 4/24

Fee: \$30.00

Deadline: 4/10

Min: 5 Max: 14

Depart Milford 10 am

Arrive in Milford 3:00 pm



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Wright Museum of WW2

Visiting a World War II Museum is a powerful and moving experience. It offers a chance to learn about the bravery, sacrifice, and impact of the war on both soldiers and civilians. Through artifacts, personal stories, and immersive exhibits, you can gain a deeper understanding of the global conflict that shaped the 20th century. It's a reminder of the resilience of humanity and the importance of remembering history to ensure peace for future generations. After our visit, we will enjoy a lovely lunch at Morrissey's Family Restaurant!

Trip Includes: Transportation & Admission
Self-pay at restaurant

May 22

Fee: \$25.00

Deadline: 5/8

Min: 5 Max: 14

Depart Milford: 8:30 am

Depart Wolfeboro: 3:00 pm



The Doobie Brothers Tribute:

The Doobie Brothers are an American rock band formed in 1970, known for their blend of rock, pop, and soul influences. They achieved significant success in the 1970s and 1980s. The band is recognized for its smooth harmonies, distinctive guitar work, and fusion of rock, blues, and country elements. Over the years, the Doobie Brothers have had several lineup changes but remain iconic in the classic rock genre. They were inducted into the Rock and Roll Hall of Fame in 2020.

Trip Date: 5/23

Fee: \$104.00

Apple Cranberry Stuffed Chicken or
 Vegetable Lasagna

Deadline: 4/18

Min: 5 Max: 14

Castleton in Windham, NH.

Depart Milford: 10:30 am

Arrive in Milford: 4:30 pm



Fleetwood Macked Tribute:

Fleetwood Macked brings your favorite songs like...“Go Your Own Way”, “Don’t Stop”, “Rhiannon” and “Landslide” to the stage with a performances that bring audiences to their feet and back to the heyday and most popular line-up of the great Fleetwood Mac. This is a power packed show that will have you on your feet and dancing your entire day away. Do NOT miss this amazing performance, it’s a true memory of a lifetime.

Trip Date: 6/19

Fee: 104.00

Chicken Parmesan or

Vegetable Lasagna

Deadline: 5/14

Min: 5 Max: 14

Castleton in Windham, NH.

Depart Milford: 10:30 am

Arrive in Milford: 4:30 pm



For The Family!

Safe Sitter: Babysitter Training Course

Ages 11-15. This fun and exciting course teaches sitters the importance of their job responsibilities. Topics include accident prevention, proper play and interaction with children of all ages, problem behavior and CPR introduction! Participants will be prepared to respond effectively in an emergency situation. Prepare your child for increased responsibilities and money earning potential. This is a 1-day (6.5 hour) intensive training course. Please pack a lunch.

Safe Sitter course includes training manual and completion card.

Milford Police Station

9:00am-3:30pm

Tuesday, March 11

Res \$90 Non - Res \$95

Beginner Friend & Family Archery

Ages 8+. Expect to learn and or sharpen your skills, as you experience the magic sound of hitting the target.

Time: 4-5 pm

Min: 5 **Max:** 12

Fee: Res: \$79 NRes: \$84

Mondays

3/3 - 3/24

Registration Deadline: 2/24

Location: Town Hall Auditorium



Milford Recreation
Presents

Adulting 101

Join us for a 5 week course where we will take a fun and common sense approach to conquer basic life skills before you are grown and flown! Social skills, stress management, money matters, and personal safety and awareness are just some of the topics we will cover.

To know more

www.milfordrec.com



Age: 12-18

6-7:30 pm

\$20 for the entire session

Wednesdays

May 7 - June 4

**Banquet Hall in Town
Hall**