

MILFORD SENIOR CENTER ACTIVITY SCHEDULE

ACTIVITY	TIME & DAYS	COST
911 CELL PHONE	DURING REGULAR BUSINESS HOURS	FREE
AARP TAX ASSISTANCE	SEASONAL	FREE
BINGO	WEDNESDAY 1:30 PM SUNDAY 1 PM	50¢ PER CARD
BOOK CLUB	3 RD TUESDAY OF THE MONTH 10 AM	FREE
BOOK SALE	WEDNESDAY 12 PM TO 2 PM	10¢ PER PAPERBACK
BREAKFAST	MONTHLY 9 AM	\$3
CASINO TRIP	MONTHLY 8 AM	\$20
COA MEETING	MONTHLY 2 ND TUESDAY 10 AM	FREE PUBLIC WELCOME
COMPUTER CLASS	TUESDAYS	\$50 (6 WEEK COURSE)
EXERCISE EQUIPMENT	DURING REGULAR BUSINESS HOURS	FREE
FUEL ASSISTANCE	NOVEMBER-APRIL (BY APPOINTMENT)	FREE
GIFT SHOP	TUESDAY THROUGH THURSDAY	REASONABLE PRICES
HAIRDRESSER/BARBER	FRIDAY APPOINTMENT/WALK-IN	PRICE CHART AVAILABLE
HEALTHY LIVING LUNCHEON	MONTHLY 12:30 PM	FREE OR NOMINAL
INTERNET ACCESS	DURING REGULAR BUSINESS HOURS	FREE
KNITTING/SEWING	THURSDAY 9 AM	FREE
LANGUAGE INSTRUCTION	ITALIAN OR SPANISH (LATIN) WITH ROSETTA STONE ON COMPUTER DURING REGULAR BUSINESS HOURS	FREE
LEGAL ASSISTANCE	MONTHLY 1 ST & 3 RD THURSDAY 10 AM TO 4 PM	FREE
MAJONGG	TUESDAY & THURSDAY 1 PM	FREE
MEN'S GROUP	MONDAY - FRIDAY MORNINGS	FREE
MEXICAN TRAIN DOMINOES	MONDAY 1 PM	FREE
OIL PAINTING	FRIDAY 10 AM SEPTEMBER-MAY	FREE (BRING YOUR OWN SUPPLIES)
PODIATRIST	MONTHLY / FIRST WEDNESDAY 12:30 BY APPOINTMENT	\$55 OR INSURANCE IF ELIGIBLE
POOL GAME	ANYTIME	FREE
SAFE EXERCISE	MONDAY & THURSDAY 1:15 TO 2:30 PM	\$3 PER CLASS
SENIOR YOGA	THURSDAY 9:45 AM	\$2 PER CLASS
S.H.I.N.E. (SERVING HEALTH INFORMATION NEEDS OF ELDERLY)	MONDAY - FRIDAY	FREE BY APPOINTMENT
TAI CHI	TUESDAY/10 AM	\$3 PER CLASS
TRI VALLEY MEALS ON WHEELS	MONDAY - FRIDAY 12 PM	\$2 DONATION MUST RESERVE 48 HRS PRIOR
TURKEY FOOT DOMINOES	TUESDAYS 12:30 PM	FREE
VNA VITAL SIGN SCREENING	EVERY OTHER MONTH	FREE
WALKING CLUB (SILVER SNEAKERS)	MONDAY WEDNESDAY FRIDAY 9 AM (8 AM IN SUMMER)	FREE
WHIST	TUESDAY 1 PM	FREE
ZUMBA	MONDAY 10:15 AM	\$3 PER CLASS

REVISED 6/12/09