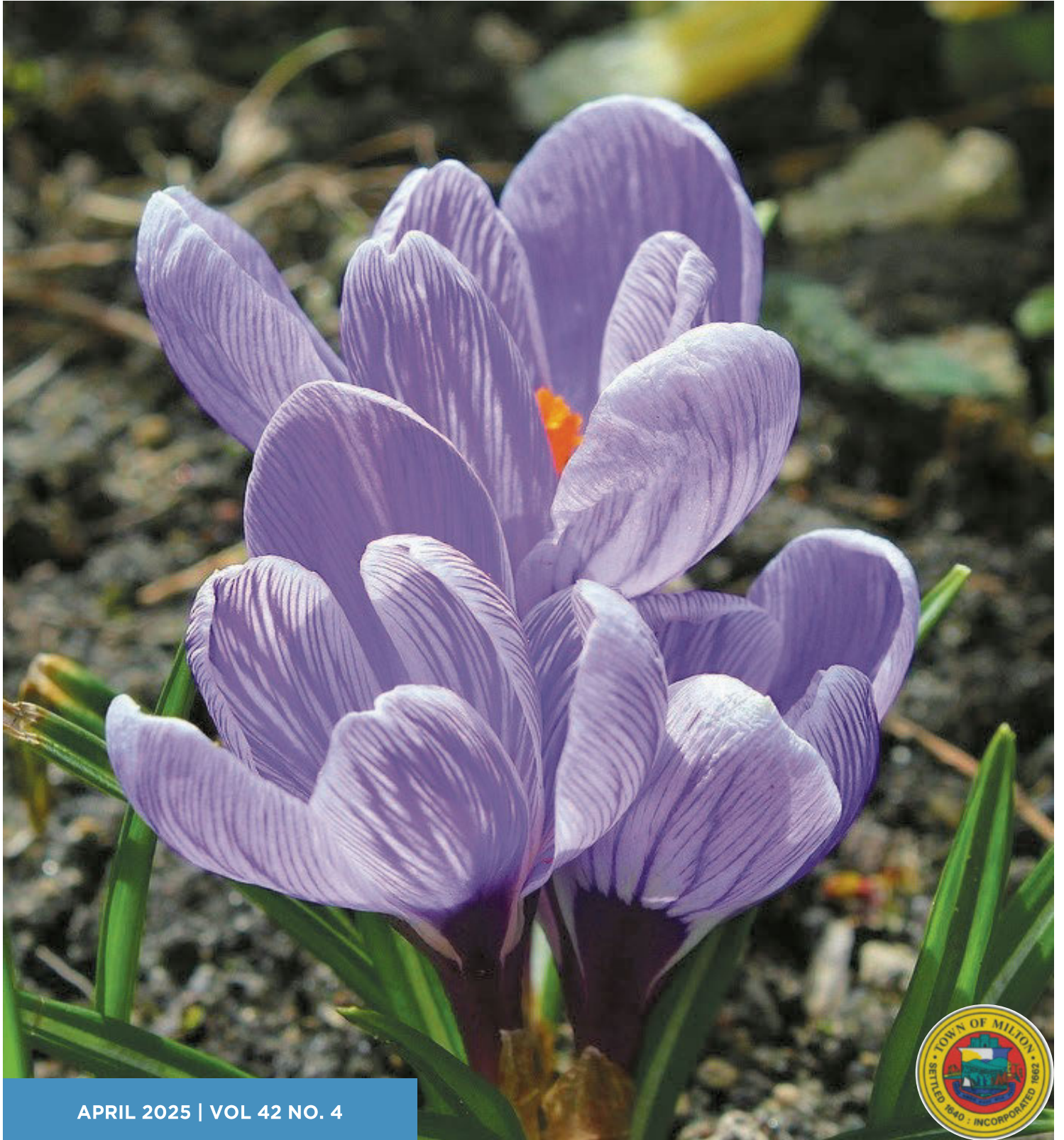


WALNUT STREET JOURNAL • MILTON COA

# NEWSLETTER



APRIL 2025 | VOL 42 NO. 4

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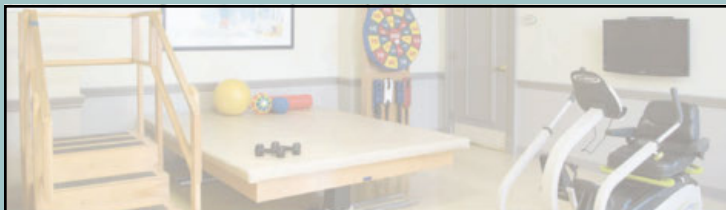
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Tom and His Wife, Mary Grassa O'Neill, are Members and Supporters Of Milton's Council On Aging.

— CLIENT REVIEW —  
“Tom O'Neill was brilliant through the whole process of selling our Dad's estate. We both live out of the area and needed every aspect of the home sale taken care of. From initial preparation and staging the property inside and out to the removal of an underground oil tank, and even obtaining the death certificate and other paperwork. Tom did it all, masterfully, professionally and completely...”

— John and David H.

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Milton Council on Aging, Milton, MA

06-5361

## NEWS FROM THE DIRECTOR

Dear Friends:

With Earth Day just around the corner, we're excited to do our part in reducing plastic waste. We encourage all Milton COA participants to bring their own reusable water bottle when visiting the center. By using your own bottle, you will help us reduce single-use plastics and contribute to a healthier planet. Let's make every sip count for Earth.

We will be honoring our dedicated volunteers on Friday, April 4, to express our gratitude for their invaluable contributions in making the Milton COA a welcoming and supportive space for all. If you're interested in volunteering at the COA, please feel free to reach out.

We're excited to offer a new 4-week *Functional Flexibility* class on Tuesdays this April. In celebration of the 250th Anniversary of the U.S., join us for *Abigail Whitney: Eyewitness to the Events of April 19, 1775* on April 11. Mark your calendar for our popular Shredding Day on Friday, May 9, at 10 AM—arrive early, as it's first come, first served.

If you have any questions or would like to register for our programs, please don't hesitate to call us at (617) 898-4893.

Happy Spring!

*Christine Stanton*

### Milton Council on Aging

#### Age Policy

Priority is given to Milton residents age 60 and over. If space permits, non-Milton residents age 60 and over are welcome to participate. If a program is restricted to Milton residents, it will be noted in the description. A Milton resident is someone who primarily lives in Milton.

#### Class Program Cancellation

Programs that do not attain the minimum enrollment will be cancelled one business day in advance of the scheduled start date. Full tuition will be refunded. We reserve the right to reschedule or change classes.

#### Program Specific Refund Policy

There may be a specific refund policy for a program. The specific policy information will be noted in the program description. No refund for exercise classes unless the class is cancelled by the instructor.

### REGISTRATION

All programs require pre-registration.

#### How to Register

There are multiple ways to register for programs both with and without a fee::

1. **Online:** for both fee (with credit/debit card) and non-fee classes and events through MyActiveCenter (<https://MyActiveCenter.com>)
2. **In Person:** Cash or check payable to the Town of Milton unless otherwise noted at the Council on Aging.

**Please note:** Online registration and payment by credit card is available if you are registered with the Milton COA, and have an account created in MyActiveCenter.



## CENTER STAFF

### DIRECTOR

Christine Stanton

### OUTREACH COORDINATOR

Katie Rohan O'Brien

### OUTREACH WORKER

David Higgins

### SR. ADMINISTRATIVE ASSISTANT

Beverly Sutton

### ADMINISTRATIVE ASSISTANT

Anne Olsen

### CHAIR OF THE COA BOARD

Loraine E. Sumner

### CHAIR OF THE FRIENDS BOARD

Doreen Harris

### ELDER AFFAIRS OFFICER

Officer Patty Mandeville

### VAN DRIVERS

Joe Mearn | Bill Curran  
Stephen Downes | Bob Fallon  
Hugh McCusker | Paul Samuelian  
Tom Skusevich

### CENTER INFORMATION:

Milton Council on Aging  
10 Walnut St., Milton, MA 02186  
617-898-4893



# APRIL PROGRAMS

## REGISTRATION REQUIRED SPECIAL PROGRAMS

### MARCH 31

COFFEE in the Café/9 AM

PICKLEBALL/9 AM

BREAKFAST Bunch/9:30 AM

MUSIC & Mindfulness/9:30 AM

WALKING Group/10 AM

FEELIN' Groovy/11 AM

MATTER of Balance/12:30 PM

### APRIL 1

OPEN Ukulele/9:30 AM

KNITTING/10 AM

SANDI Visits/10 AM

MINDFULNESS/1:30 PM

FUNCTIONAL Flexibility/2 PM

### APRIL 2

FIT to Lose/11 AM

FOOT Stability/11:30 AM

REDISCOVER MBTA/1:30 PM

### APRIL 3

BSO Trip/9:15 AM

COOKING In/9:30 AM

ART Workshop/10 AM

ESAC/10 AM

CORNHOLE/2:15 PM

### APRIL 4

VOLUNTEER Appreciation

### APRIL 5

HIKING/10 AM

### APRIL 7

TECH Support/9 AM

HANOVER Crossing Trip/9:30 AM

SING Out/11 AM

### APRIL 8

SCENIC Walk/10 AM

CRAFT Workshop/1 PM

### APRIL 9

BLOOD Pressure/11 AM

QUARTERLY Book Club/1:30PM

### APRIL 10

HEARING/9:30 AM

GENEALOGY/11:15 AM

### APRIL 11

ABIGAIL Whitney/11 AM

### APRIL 14

CANDIDATE Meet & Greet/1 PM

### APRIL 15

N. ROCKWELL Museum/7:45 AM

### APRIL 16

COMMUNITY Table/2 PM

### APRIL 17

BOOK Club/11:15 AM

### APRIL 18

COFFEE & Conversation/9:30 AM

### APRIL 23

OPENING Days/1:30 PM

### APRIL 24

HEALTHY Eating/1:30PM

### APRIL 25

WOMEN Singers British Inv/11 AM

### APRIL 28

BREAKFAST Bunch/9:30 AM

### APRIL 30

DEVICE Troubleshooting/10 AM

CORE Activation/11:30 AM

CULINARY Journey AZ/1:30 PM

### MAY 1

TREE Tour Milton Cemetery/1 PM

### MAY 2

MAGIC Moments Concert/11 AM

### MAY 9

SHREDDING Event/10 AM

delicious breakfast treats. Enjoy the welcoming atmosphere and connect with others. Everyone is invited—Please be sure to register!

### PICKLEBALL

Mon., Wed., & Fri. 9:00 am

Weather permitting Pickleball will be held outdoors starting in April at Kelly Field for experienced players. Pre-registration and a signed exercise waiver are required. See details on page 9

Come and Join us

## BREAKFAST BUNCH



Monday, Mar. 31 &  
Monday, April 28  
9:30 AM

Milton Council on Aging



Tickets: \$5+

### BREAKFAST BUNCH

Mon., Mar. 31 & Apr. 28, 9:30 am

Whether you're a morning person or simply enjoy good conversation we offer a welcoming, relaxed space to connect with others while enjoying a full breakfast. Ticket: \$5. Reservations open to Milton residents for the April 28 breakfast thru April 11. Open to all on April 14.

Coffee In the Café'



Fresh brewed coffee & tea, friendly faces, and a warm atmosphere await you.  
Come sip, savor, enjoy breakfast treats, and relax.  
Monday mornings @ 9 am

### COFFEE IN THE CAFÉ

Mondays at 9:00 am

Join us for a morning filled with freshly brewed coffee, tea, and

Register online at  
MyActiveCenter.com or  
call 617-898-4893

# APRIL PROGRAMS

## FEEL THE BEAT:

### Music & Mindfulness

Monday, March 31, 9:30 am

This program continues with the final session for those enrolled.

## WALKING GROUPS

Mondays & Wednesday at 10 am  
Thursdays starting Apr 17, 5:30 p

Whether you're looking to improve your fitness, meet new people, or get outside these groups are for you. Walks are friendly and supportive, with a pace that works for all. Monday group is led by Chris; Wednesday group, is sponsored by Elliott Physical Therapy, and led by Jake; Thursday group led by Loraine at Milton Cemetery. Registration and waiver required.

## MATTER OF BALANCE

March 31, 12:30 pm

This program continues with the final session for those enrolled.

## UKULELE OPEN STUDIO

Tuesdays, 9:30 am

Join this welcoming group where all levels of ukulele players come together to collaborate.

## KNITTING GROUP

Tuesdays at 10 am

If you are an experienced knitter or crocheter join us for this welcoming group.

## MEET SANDI

Tuesdays at 10:00 am

Sandi, a certified therapy dog, visits every week. Come by for a warm greeting & a cup of coffee.

## MINDFULNESS:

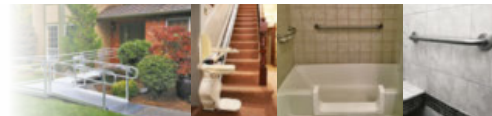
### FOR HEALTHY AGING

Tues., April 1, 8, 15 & 22

1:30–3:00 pm

Come and learn about the practice of mindfulness in this four session workshop and how it can enhance your overall health and wellbeing. You will be introduced to the science of mindfulness. Each week mindfulness skills will be introduced and demonstrated to help you reduce your stress, enhance your concentration and memory, and eliminate your negative self-talk. Past mindfulness participants are welcome to join to further strengthen your mindfulness practice. Limited to 16. Preregistration required.

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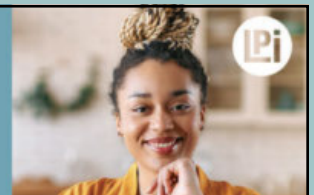
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Milton Council on Aging, Milton, MA

06-5361

# APRIL PROGRAMS

## REGISTRATION REQUIRED SPECIAL PROGRAMS

### FUNCTIONAL FLEXIBILITY

4 Week Pop-Up Workshop

Tuesday, April 1, 8, 15 & 22, 2 pm

Designed to increase flexibility, improve mobility and stability, while enhancing overall physical well-being. See details on page 9.

### FIT TO LOSE

Wednesday, April 2 & 16, 11am

Self-supported healthy aging and weight loss group. All welcome. Suggested donation: \$1

### FOOT STABILITY & ANKLE MOBILITY

Wed., April 2, 9 & 16, 11:30am

Program continues with sessions 3-6 for those already enrolled.

### REDISCOVERING THE MBTA Information Session

Wednesday, April 2, 1:30 pm

Join us for *Rediscovering the MBTA* with representatives from the "T" and learn about:

- MBTA Accessibility
- Where the MBTA Goes
- Navigating the system & asking for help
- Reduced Fare Application
- Reduced Fare Renewals

There will be time after the presentation for anyone aged 65 or older to apply for, or renew, a Reduced Fare CharlieCard (valid for 8 years) and provide a 50% reduced fare. Please bring a government-issued photo ID if interested in applying or renewing.

### OPEN REHEARSAL: BOSTON SYMPHONY ORCHESTRA

Thursday, April 3, 9:15 am

This trip is currently waitlist only.

## Rediscovering the MBTA Information Session

April 2, 2025 at 1:30 pm



### COOKING IN

Thursdays 9:30-11:30 am

"Cooking In" will be in lobby of the Milton COA with delicious seasonal meals for purchase on Thursday mornings. Menu varies. To enjoy the discounted price of \$10 per serving, you must be a member of the Milton COA. Payment by cash, check, or Venmo.



### ESAC/NUTRITION & MASSHEALTH ASSISTANCE

Thursday, April 3, 10 am

A representative from ESAC Boston will be at the COA to assist with applications for home heating (LIHEAP), SNAP (formerly food stamps), and MassHealth. Call to schedule an appointment.

### VOLUNTEER APPRECIATION BRUNCH

Friday, April 4

The Milton COA will be hosting a Volunteer Appreciation Brunch in recognition of our many wonderful and dedicated volunteers.

Register online at  
**MyActiveCenter.com** or  
call 617-898-4893

## SERVICES

### LEGAL & FINANCIAL CONSULTATIONS

Two local elder law attorneys, Atty. Philip Murphy and Atty. Andrew Pelletier will meet with Milton residents age 60+ via telephone for the 1st Wednesday of the month for one 30-minute consultation at no charge. Call to schedule.

Jason Luck, a partner at Commonwealth Financial Group in Boston is available to speak with you in person, via phone, or on Zoom to go over your financial "well-being". The 2nd Wednesday of the month.

### SHINE

SHINE (Serving the Health Insurance Needs of Everyone) counselors are available for Medicare and health insurance consultations by appointment on Tuesdays.

### NOTARY PUBLIC SERVICES

Christine Stanton and Katie Rohan O'Brien are both Notary Publics and available by appointment to notarize your documents at no charge.

### TRANSPORTATION

Curb-to-curb transportation services are offered by the Milton Council on Aging (COA) for Milton residents age 60 and older. If you are interested in learning about, or using, our transportation services please call to schedule an appointment with a member of our Outreach team.

The above services are offered by appointment only. Please call to schedule at: 617-898-4893



# APRIL PROGRAMS



## FELTED SPRING BLOSSOM HOOP WORKSHOP

Thursday, April 3, 10 am

Create a beautiful felted hoop adorned with spring blossoms! Experience the thrill of transforming loose wool fibers into a stunning felted hoop. Using wool, a special needle and a felt-backed embroidery hoop, you'll

learn how to blend 2D and 3D felting techniques with Pop up Art School in a friendly environment, and walk away with a finished piece, a foam block, needles, and the confidence to continue your felting journey. Fee: \$10

## HIKING GROUP

Saturday, April 5 & 19, 10 am

Grab your water bottle and hit the trails! Explore the scenic beauty of the Blue Hills, where every hike offers fresh air and stunning views on trails that average 5 miles. Perfect for outdoor enthusiasts looking for a peaceful escape! An exercise waiver and COA registration are required. Register by 4 pm the Wednesday prior to receive emailed meeting location.

## TECH SUPPORT

Monday, April 7, 9:00 am

Twenty minute one-on-one tech support with our instructor. Appointments can be scheduled on MyActiveCenter.com or in person at the COA. Fee: \$5 is required at time of reservation.



## HANOVER CROSSING

Monday, April 7, 9:30 am

Hop aboard the COA van for a short ride to Hanover Crossing. Enjoy shopping at Dick's Sporting Goods, Macy's, Market Basket, Trader Joe's, and the other stores and restaurants. Fee: \$5. Registration required. Limited to 14.

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- Help to keep elders safe in their own homes.
- Enrich your life by helping others.

### Deliver More Than Meals: Deliver Hope

For more information about this important volunteer advocacy work, call us at South Shore Elder Services at (781) 848-3910 or visit us online at [www.sselder.org/volunteer/](http://www.sselder.org/volunteer/)

**Our Program's Territory Includes:**

- Braintree • Cohasset • Hingham • Holbrook
- Hull • Milton • Norwell • Quincy • Randolph
- Scituate • Weymouth

# APRIL PROGRAMS



## **SING OUT: COMMUNITY MUSIC GROUP**

**Mondays, 11 am to 12 Noon**

You may have heard about the positive impact music can have on your health and mood, but did you know that singing can also help with maintenance of cognitive skills and speech? This group is a great space for anyone who loves to sing! Whether you live for karaoke night, sing to yourself in the shower, or enjoy singing in choirs, we'd love to sing with you! We welcome all, including...

- Those experiencing memory loss & their support partners
- Those experiencing aphasia/ataxia
- Those seeking to maintain or improve speech and/or breath support

This is a fun community space where we sing, chat, and explore a variety of music experiences in a friendly, relaxed environment.

## **SCENIC WALK**

**Tuesday, April 8, 10 am**

Join us for a spring walk and escape into the serenity of nature. The walk is approximately 2 hours and 5 miles over moderate terrain. Wear comfortable walking shoes, dress in layers, and bring a water bottle. COA registration and a signed exercise waiver required. Meeting location will be emailed.



## **By the Sea CRAFT WORKSHOP**

**Tues., April 8, 1 pm**

Using beautiful decorative papers, gold leaf and a real scallop shell you will make a lovely trinket dish. Fee: \$5 (Prepaid)

## **BLOOD PRESSURE CHECK IN Wednesday, Apr. 9, 11-11:30 am**

Stop by the COA and have a registered nurse from the Milton Health Department check your blood pressure for you.

## **THE PAGE TURNER QUARTERLY BOOK CLUB**

**Wed., Apr 9, 1:30 pm**

Milton Public Library Director Will Adamczyk will join us to discuss York Times Best Seller "*Demon of Unrest*", a non-fiction work by Erik Larson. The book "brings to life the pivotal five months between the election of Abraham Lincoln and the start of the Civil War in this riveting reexamination of a nation in tumult" (Los Angeles Times). Come enjoy a lively conversation. Registration required.

## **THE FRIENDS OF THE MILTON COUNCIL ON AGING**

The mission of the Friends is to assist the Council on Aging in providing services, resources, and activities for adults age 60 and over in the Town of Milton by raising, holding, and dispensing funds for the accomplishment of the goals of the COA.

For a \$15 donation or more, you will receive our monthly newsletter by mail and support the programming and services of the COA. Please send your check to:

*Friends of the  
Milton Council on Aging  
10 Walnut Street  
Milton, MA 02186*

Or to donate online visit the Friends section of the COA website at:  
[www.townofmilton.org/coa](http://www.townofmilton.org/coa)

Please consider naming the Friends as a beneficiary under your will or planning giving instrument. The beneficiary should be designated as: Friends of the Milton Council on Aging, Inc., a 501 C(3) corporation organized under the laws of the Commonwealth of Massachusetts and having a principal address at 10 Walnut St., Milton, MA 02186

**Register online at  
[MyActiveCenter.com](http://MyActiveCenter.com) or  
call 617-898-4893**

**Note: The Milton Council on Aging does not endorse any businesses, presentations, seminars, or advertisers.**



# APRIL PROGRAMS

## Health & Wellness

**PICKLEBALL**, Mon., Wed., Fri., 9-11 am. Held outdoors (weather permitting) at Kelly Field for experienced players. Milton COA membership, signed exercise waiver, event registration required to play.

**WALKING GROUPS**, Mon. 10 am led by Chris, Wed. 10 am led by Jake from *Elliott PT*, Thurs. 5:30 pm led by Loraine at Milton Cemetery. Walking is a great way to maintain and/or improve your health. Weather permitting. Please register in advance.

**MAT YOGA**, Tuesday, 9 am with Fran. Roll out your mat and join us! Floor based, low-impact class geared to open, soothe, comfort and restore while helping to improve balance and coordination. Fee: \$5.

**CHAIR YOGA**, Tuesday, 10 am with Fran. Increase flexibility and mobility by stretching the body, and building muscle strength + reduce stress. Improve balance and circulation from a chair. Fee: \$5.

**CIRCUIT TRAINING**, Tues., 11 am Fun, upbeat class designed to prevent and reverse the effects of osteoporosis and muscle loss. Chairs and walls used for stability. Preregistration required. Fee: \$5. No class April 22 & 29

**TAI CHI**, Tues., Noon & Thurs., 10 am, with Vince. Through a series of gentle exercises and stretches you will build stamina, while increasing flexibility, balance & agility. Fee: \$5

**STRENGTH with MAGGIE**, Tues. & Thurs., 1 pm with Maggie. Stay active to build muscle mass, promote bone health, and keep your joints engaged. Stronger muscles can help improve balance and coordination, which can reduce the risk of falls. Fee: \$5

**LINE DANCING**, Tues. 2 pm. & Thurs. 11 am. No classes April 1—April 30. Classes resume Thursday, May 1

**INTRO to TAP DANCING**, Tues. 2:45 pm. Join the fun and reap the health benefits of increased energy, cognitive stimulation, cardiovascular health, improved balance, and bone strength. No class April 1-April 30.

**ZUMBA GOLD**, Wednesday 10 am, with Mary Ellen. Latin inspired dance workout at a lower intensity. Get indoor activity to get your heart rate up and boost your cardio, all while having have fun. Fee: \$5

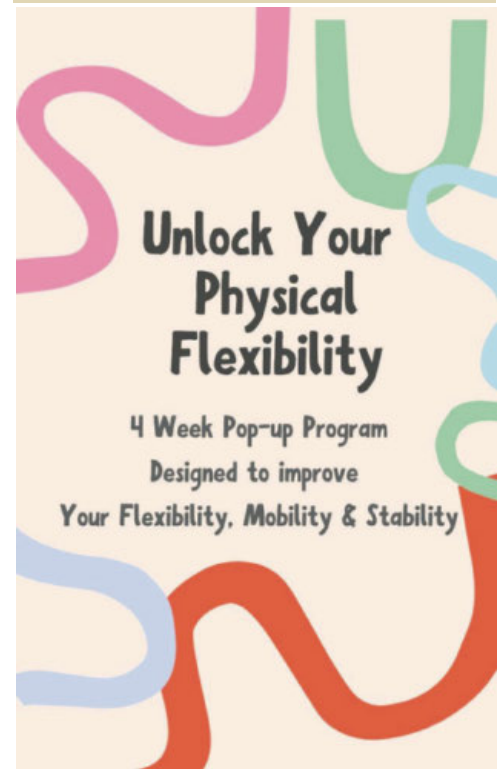
**FOOT STABILITY & ANKLE MOBILITY**, Wednesdays, 11:30 am. Continues through 4/16. for those already enrolled.

**CORE ACTIVATION**, Wednesday 11:30 am. Starts 4/30. 6-week program led by Steve is and designed to stabilize the core using movements normally not used in daily life. The core is 29 muscles that all need to function in a certain sequence for improved posture and balance. The program may also help with back pain and incontinence. Fee: \$30

**FLOW YOGA**, Thurs 8:45 am, 1-hour advanced class for those with yoga experience. Athletic in nature, floor work. Contact COA for details.

**HIKING**, Sat., April 5 & 19, 10 am. Enjoy nature during a 5-mile hike in the beautiful Blue Hills. Signed exercise waiver and preregistration required.

Register online at  
**MyActiveCenter.com** or  
call **617-898-4893**



### FUNCTIONAL FLEXIBILITY

#### 4 Week Pop-Up Workshop

**Tuesday, April 1, 8, 15 & 22, 2 pm**

This 4-session workshop is designed for individuals aged 50 and over and focuses on improving flexibility, mobility, and stability, while enhancing overall physical well-being. Using guided science-based exercises each 45-minute session will focus on improving muscle flexibility, joint mobility, core stability, and posture.

Limited floor exercises will be incorporated into each session to help achieve workshop goals. This workshop is ideal for those looking to enhance their mobility and flexibility, prevent joint stiffness, and gain confidence in everyday activities. Please bring a mat to class. Registration required. Fee: \$20

# APRIL PROGRAMS

## HEARING CLINIC

**Thurs., April 10, 9:30 am**

At Home Hearing will be at the COA to perform hearing tests, and service and clean your hearing aids at no charge. If hearing loss is detected recommendations will be made. Schedule your appointment on [MyActiveCenter.com](http://MyActiveCenter.com) or by us.



## GENEALOGY CLUB

**Thurs., April 10, 11:15 am**

Interested in your family history or passionate about uncovering the past? Whether you are an experienced researcher or a beginner, join us to explore the exciting world of genealogy. Share tips, discover new resources, and connect with others who share your love for history. Registration required on [MyActiveCenter.com](http://MyActiveCenter.com) or in person at the Milton COA. Capped at 20 participants.

## ABIGAIL WHITNEY & FAMILY: Eye Witnesses to the Events of April 19, 1775

**Friday, April 11, 11 am**

Join us for lunch as we continue our programming leading up to the 250th Anniversary of the founding of our country. Learn how Abigail Whitney and her family witnessed British soldiers march by their home in Concord, early on the morning of April 19, 1775, the beginning of the American Revolution, their first hand experiences, and the outcome for the family, the town of Concord, & the nation. Fee: \$5



**Friday, April 11, 2025  
11 a.m.**

## CANDIDATES FOR TOWNWIDE OFFICES MEET & GREET

**Monday, April 14, 1-3 pm**

Stop by the COA and meet the candidates for townwide offices in the upcoming Town Election which will be held on Tuesday, April 29.

## NORMAN ROCKWELL MUSEUM & RED LION INN

**Tuesday, April 15, 7:45 am**

Join us for a drive to the quaint village of Stockbridge. Our first stop will be the Norman Rockwell Museum, where we will receive an introduction to the property before having the opportunity to explore at our own pace. Take time to enjoy the exhibits, learn, and appreciate the beautiful surroundings. After the museum, we will head to The Red Lion Inn, a historic inn, located in the heart of the village, for lunch. After lunch, you'll have some free time to explore the village before our trip home! Full details at the COA. Reservation final Mar. 26. \$165 pp



## COMMUNITY TABLE

**Wed., April 16, 2 pm**

Gather at our communal table & enjoy a delicious, from scratch meal prepared by and served by our volunteers. Registration for Milton residents thru April 11. Open to all on April 14. Fee: \$5

## BOOK CLUB

**Thursday, April 17, 11:15 am**

This month's selection is *"Mountains Beyond Mountains the Quest of Dr. Paul Farmer"* by Tracy Kidder. In medical school, Dr. Farmer found his calling: curing infectious diseases and bringing modern medicine to those in need. Registration required.



# APRIL PROGRAMS

## COFFEE & CONVERSATION

FRIDAY, APRIL 18 9:30-11:30

Registration Required |  
MyActiveCenter.com or at the COA

## MEMORABLE RED SOX OPENING DAYS

### A Men's Group Lunch & Learn

Wednesday, Apr. 23, 1:30 pm

Join us for a Lunch & Learn with Baseball Historian and Author Herb Crehan. Each year on Opening Day for the Boston Red Sox "hope springs eternal" in both the city and throughout Red Sox Nation. Hope that the new season will be like 2018 and bring another World Championship to Boston. Hope that winter is finally over. The presentation will begin with the first Red Sox Opener on May 8, 1901, and take us all the way up to the 2025 Opener.

Tickets: \$5 includes lunch, and can be purchased on MyActiveCenter.com or in person at the COA. Seating is limited. Reserve early.

## MILTON COA Men's Group

LUNCH & PRESENTATION

### Memorable Red Sox Opening Days

Baseball Historian & Author  
Herb Crehan

WEDNESDAY, APRIL 23 • 1:30 PM

TICKETS: \$5

Milton Council on Aging | Page 11

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06-5361

# APRIL PROGRAMS



## Eating healthy on a budget

### EATING HEALTHY ON A BUDGET

Thursday, April 24, 1:30 pm

Trying to figure out how to stick to a budget while also sticking to your health goals? Alison Delaney MS, RD, LDN, Director of Healthy Living for Stop & Shop Nutrition Partners and Milton resident will be at the COA to show us that healthy eating can be affordable. She will break it down into six small steps you can take to start saving. Registration required.

**Women Singers of the British Invasion**

Friday, April 25  
11 a.m. | Fee: \$10

Register:  
MyActiveCenter.com or  
at the COA

### WOMEN SINGERS OF THE BRITISH INVASION

Friday, April 25, 11 am

In the mid -1960s many rock acts from England became popular in America. When we think of the “British Invasion”, The Beatles are usually the first group that comes to mind. However, there were a number of female singers who became successful during this trend.

In this entertaining and educational program, the Retro Polatin Duo (Jill Goldman and David Polatin) will discuss these women while singing songs from artist such as Petula Clark, Dusty Springfield, LuLu, and many others. Fee: \$10 includes lunch.

### TOWN OF MILTON ELECTIONS

Tuesday, April 29

The Milton COA is polling location and will be closed for in person activities at the center. If you a participant in the COA transportation program and need a ride to your polling location please call us by Friday, April 18 to schedule a ride.

### Navigating Technology Workshop

#### DEVICE TROUBLESHOOTING

Wednesday, April 30, 10 am

Join us for an informative workshop designed to help you troubleshoot common technology issues with your devices. Whether you’re using a smartphone, tablet, computer, or other digital devices, this workshop will guide you through simple techniques to resolve common problems. Fee: \$5

### CORE ACTIVATION

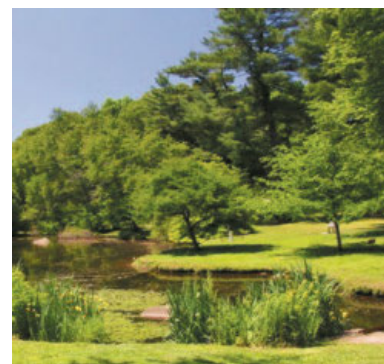
Starts Wed., April 30, 11:30 am

Six-week program designed to stabilize the core using movements normally not used in daily life. The core is 29 muscles that all need to function in a certain sequence for improved posture and balance. See complete details on Page 9. Fee: \$30

### A CULINARY JOURNEY ACROSS AMERICA:

Wed., April 30, 1:30 pm

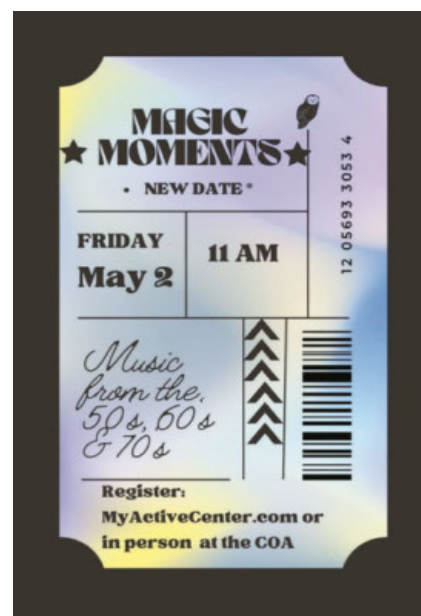
Join us for our cooking series featuring flavors from across the U.S. This month the focus is on cuisine and recipes from Arizona. Fee: \$5 per class.



### TREE TOUR: MILTON CEMETERY

Thursday, May 1, 1 pm

Get onboard the COA van or meet us for a walk through the grounds of Milton Cemetery with Superintendent Lisa Ahern. During this 90-min. walk, Lisa will talk about the significance of the trees at the cemetery which has arboretum status. Please register whether you are traveling with us, or meeting us there. Group size limited.





## UPCOMING PROGRAMS & TRIPS

### FREE Shredding Event

for All Milton Residents  
Friday, May 9, 2025, 10 am - 12:30 pm  
Milton Council on Aging  
Sponsored by  
Norfolk County District Attorney  
Michael Morrissey

Drive-thru, contactless shredding event will be in the parking lot of the Milton COA. Shredding will be done onsite. Event will end when truck is full. Come early.

All documents and papers must be in paper bags only. We are unable to accept boxes, plastic bags, or containers.



Milton Council on Aging  
10 Walnut Street, Milton  
617-898-4893

### LINDEN PLACE MANSION & LOBSTER POT RESTAURANT

Wednesday, May 21, 2025

We are heading south to beautiful Bristol, Rhode Island. The Linden Place Mansion is a beauty to behold. You will enjoy learning about this glorious home's history. Our guided tour will take us inside the Mansion and its outstanding gardens. Something for all your senses. Lunch will be at The Lobster Pot in lovely Bristol, RI, with waterfront views. Enjoy some free time exploring the quaint town of Bristol. A nice way to welcome spring. Entrée choice at the Lobster Pot includes: Chicken Marsala, Grilled Salmon, Broiled Scrod, or a Lobster Roll. Full details at the COA. Reservation final on April 25, 2025. \$139 per person. Cash or check payable to BRS Tours.

### PICKITY PLACE

Thursday, June 26, 2025

Enjoy a one of a kind day trip to Pickity Place featuring a gourmet luncheon and trip to Parker's Maple Gift Barn. Located in Mason, NH, Pickity Place, the setting for Little Red Riding Hood, is a unique hidden treasure you don't want to miss! Enjoy a delightful 5 Course Gourmet Luncheon, in this cozy 1786 cottage. Menu includes Cabernet herb spread dip, Tortilla with Salsa Fresca Soup; Classic Caesar Salad; Olive Oil Ciabatta bread; Orange Sesame Chicken or Garden Vegetables in Garlic Sauce over Cauliflower Mash entrée; and Flourless chocolate cake with strawberry compote for dessert. Full details at the COA. Reservation final on June 1, 2025. \$135 per person. Cash or Check.

Milton Council on Aging | **Page 13**

# LIVE A FULLER LIFE



Water aerobics in the indoor pool is a popular activity at Fuller Village.

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# APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>31</b> 9:00 am: Coffee Café 9:00 am: Pickleball 9:30 am: Breakfast Bunch 9:30 am: Music & Mind-8 10:00 am: Walking Group 11:00 am: Feelin' Groovy 11:30 am: Hand & Foot 12:30 pm: Matter of Bal-8 1:00 pm: Cribbage 2:00 pm: Back Alley	<b>1</b> 9:00 am: Mat Yoga 9:00 am: SHINE 9:30 am: Open Ukulele 10:00 am: Chair Yoga 10:00 am: Knit'g/Sandi 11:00 am: Circuit Train 12:00 pm: Dom/Tai Chi 1:00 pm: Strength 1:30 pm: Mindfulness-1 2:00 pm: Flexibility-1	<b>2</b> 9:00 am: Pickleball 9:30 am: Bridge 10:00 am: Walking Grp 10:00 am: Zumba Gold 11:00 am: Fit to Lose 11:30 am: Foot/Bal-4 12:00 pm: Mahjongg 1:00 pm: Legal Consult 1:30 pm: Rediscovering the MBTA	<b>3</b> 8:45 am: Flow Yoga 9:15 am: BSO Trip 9:30 am: Cooking In 10:00 am: ESAC 10:00 am: Games 10:00 am: Art Wrkshp 10:00 am: Tai Chi 12:15 pm: Whist 1:00 pm: Strength 2:15 pm: Cornhole 3:00 pm: Back Alley	<b>4</b> 9:00 am: Pickleball  Volunteer Appreciation Event  <hr/> <b>Sat. April 5</b> 10:00 am: Hiking
<b>7</b> 9:00 am: Coffee Café 9:00 am: Pickleball 9:00 am: Tech Support 9:30 am: Hanover X'g 10:00 am: Walking Group 11:00 am: Sing Out 11:30 am: Hand & Foot 1:00 pm: Cribbage 2:00 pm: Back Alley	<b>8</b> 9:00 am: Mat Yoga 9:30 am: Open Ukulele 10:00 am: Chair Yoga 10:00 am: Knit'g/Sandi 10:00 am: Scenic Walk 11:00 am: Circuit Train 12:00 pm: Dominos 12:00 pm: Tai Chi 12:30 pm: SHINE 1:00 pm: Craft Workshop 1:00 pm: Strength 1:30 pm: Mindfulness-2 2:00 pm: Flexibility-2	<b>9</b> 9:00 am: Pickleball 9:30 am: Bridge 10:00 am: Walking Grp 10:00 am: Zumba Gold 11:00 am: Blood Pressure 11:30 am: Foot/Bal-5 12:00 pm: Mahjongg 1:00 pm: Fin'l Consult 1:30 pm: Quarterly Book Club	<b>10</b> 8:45 am: Flow Yoga 9:30 am: Cooking In 9:30 am: Hearing 10:00 am: Games 10:00 am: Tai Chi 11:15 am: Genealogy 12:15 pm: Whist 1:00 pm: Strength 2:15 pm: Cornhole 3:00 pm: Back Alley	<b>11</b> 9:00 am: Pickleball 11:00 am: Abigail Whitney & Family: Eyewitness to the Events of April 19, 1775.
<b>14</b> 9:00 am: Board of Dir. 9:00 am: Coffee Cafe 9:00 am: Pickleball 10:00 am: Walking Group 11:00 am: Sing Out 11:30 am: Hand & Foot 1:00 pm: Candidate Meet 1:00 pm: Cribbage 2:00 pm: Back Alley	<b>15</b> 7:45 am: Rockwell Trip 9:00 am: Mat Yoga 9:30 am: Open Ukulele 10:00 am: Chair Yoga 10:00 am: Knit'g/Sandi 11:00 am: Circuit Train 12:00 pm: Dom/Tai Chi 12:30 pm: SHINE 1:00 pm: Strength 1:30 pm: Mindfulness-3 2:00 pm: Flexibility-3	<b>16</b> 9:00 am: Pickleball 9:30 am: Bridge 10:00 am: Walking Grp 10:00 am: Zumba Gold 11:00 am: Fit to Lose 11:30 am: Foot/Bal-6 12:00 pm: Mahjongg 2:00 pm: Community Table	<b>17</b> 8:45 am: Flow Yoga 9:30 am: Cooking In 10:00 am: Tai Chi 10:00 am: Games 11:15 am: Book Club 12:15 pm: Whist 1:00 pm: Strength 2:15 pm: Cornhole 3:00 pm: Back Alley 5:30 pm: Walking Grp	<b>18</b> 9:00 am: Pickleball 9:30 am: Coffee & Conversation  <hr/> <b>Sat., April 19</b> 10:00 am Hiking
<b>21</b>  <b>Milton COA Closed in Observance of the Holiday</b>	<b>22</b> 9:00 am: Mat Yoga 9:30 am: Open Ukulele 10:00 am: Chair Yoga 10:00 am: Knit'g/Sandi 12:00 pm: Hand & Foot 12:00 pm: Tai Chi 12:30 pm: SHINE 1:00 pm: Strength 1:30 pm: Mindfulness-4 2:00 pm: Flexibility-4	<b>23</b> 9:00 am: Pickleball 9:30 am: Bridge 10:00 am: Walking Grp 10:00 am: Zumba Gold 12:00 pm: Mahjongg 1:30 pm: Memorable Red Sox Opening Days	<b>24</b> 8:45 am: Flow Yoga 9:30 am: Cooking In 10:00 am: Tai Chi 10:00 am: Games 12:15 pm: Whist 1:00 pm: Strength 1:30 pm: Healthy Eat. 2:15 pm: Cornhole 3:00 pm: Back Alley 5:30 pm: Walking Grp	<b>25</b> 9:00 am: Pickleball 11:00 am: Women Singers of the British Invasion
<b>28</b> 9:00 am: Coffee Café 9:00 am: Pickleball 9:30 am: Breakfast Bunch 10:00 am: Walking Group 11:00 am: Sing Out 11:30 am: Hand & Foot 1:00 pm: Cribbage 2:00 pm: Back Alley	<b>29</b>  <b>Town Election</b>  <b>No in person classes or events</b>	<b>30</b> 9:00 am: Pickleball 9:30 am: Bridge 10:00 am: Device Troubleshooting 10:00 am: Walking Grp 10:00 am: Zumba Gold 11:30 am: Core Activ. 12:00 pm: Mahjongg 1:30 pm: Culinary Journey: Arizona	<b>1</b> 8:45 am: Flow Yoga 9:30 am: Cooking In 10:00 am: TaiChi/Games 11:00 am: Line Dancing 12:15 pm: Whist 1:00 pm: Strength 1:00 pm: Tree Tour 2:15 pm: Cornhole 3:00 pm: Back Alley 5:30 pm: Walking	<b>2</b> 9:00 am: Pickleball 11:00 am: Magic Moments in Concert  <hr/> <b>Sat. May 3</b> 10:00 am: Hiking

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