



# Senior Coffee Hour

Milford Recreation Department

Town Hall~1 Union Square ~ Milford, NH 03055  
Phone 672-1067~recreation@milford.nh.gov

Milford Town Hall,  
Banquet Hall,

2<sup>nd</sup> Wednesday Monthly

**3rd. Floor 10 - 11:30 am**

(Or as scheduled below)

**Good friends, Great fun...  
Activities, presentations  
and refreshments!**

## ☒ Coffee Schedule 2007

### ☐ March 14: Community Service Project

Join us for a seasonal Easter craft the 'Tea Towel Bunny' and stay to help fill Easter Eggs for the Annual Milford Easter Egg Hunt.

### ☐ April 11: Windows on West St. (11:15 am)

A lunch outing with all the fixings-Milford High School Culinary Arts program offers a full course meal in a local restaurant setting. Includes salad, entrée, dessert, coffee/tea.

Cost \$10, Registration required call 672-1067.

### ☐ May 9: Milford Downtown – Then & Now

Speakers Polly Coty, Milford Historical Society & Karin Lagro, DO-IT give us an overview of the Milford downtown of yesterday, today and tomorrow. Share your stories and memories and learn about upcoming improvements.

### ☐ June 13: GSOP Senior Council

The Granite State Organizing Project will lead a roundtable discussion about senior issues. This is your chance to have your voice heard and shared at the local and regional level.

### ☐ July 11: The Healing Power of Music

Music can move the soul. It can be a very strong influence in how we feel. Some music can calm us down and some can get us going. Learn how and why it affects us. Followed by a special musical performance by local youth.

Sponsored by: Harborside Healthcare

## ☒ Coffee Schedule Cont.

### ☐ August 8: Community Service Project

The Milford Pumpkin Festival is an iconic annual event in Milford. Help us assist the Milford Mainstreet Program in getting ready for this large community event.

### ☐ September 12: An Apple a Day

It's apple season in New England. Join us as we sample some apple recipes and learn about the nutritional value of apples. You will also take home 10 delicious recipes made for apples.

Sponsored by: Harborside Healthcare

### ☐ October 24: Coffee Tasting Party (12 pm)

A & E Coffee Roastery explains the history and origins of coffee followed by a coffee sampling of freshly roasted and brewed coffee. Followed by Bingo Brunch!

### ☐ November 14: Cooking Demonstration

Join us for a cooking demonstration with Chef Kandi Teilhet. Enjoy a mouth watering homemade lunch. Eat Lunch and take home recipes. Fee \$3. Please call to sign up.

### ☐ December 12: Holiday Luncheon! (12 pm)

Full course Holiday Luncheon; sign up required call Milford Recreation 672-1067.

### ☐ January & February: Off Season