

WALNUT STREET JOURNAL • MILTON COA

NEWSLETTER



DECEMBER 2025 | VOL 42 NO. 12

Beth Neville, "Holly Berries"

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

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"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

WELCOME

NEWS FROM THE DIRECTOR

Hello friends and welcome to December!

Please take some time to review all the wonderful holiday events we have planned this month. You can register and pay online with a credit/debit card for events and classes. Instructions are available in the lobby.

Senior Tax Work Off Program applications are available at the COA and www.MiltonMA.Gov. Qualified residents 60+ can earn a \$2,000 credit on their property taxes by working in a town department.

This holiday season, we are collecting financial donations and gift cards to assist Milton residents aged 60 and older who are experiencing financial hardship for the Milton Residents Fund. Visa gift cards, Shaw's/Star Market/Stop & Shop and any other local store gift cards are appreciated, along with checks payable to The Milton Residents Fund.

As the year ends, the staff and I extend our heartfelt thanks to the COA community for your support in 2025. Please watch for the Friends of the Milton COA annual appeal letter—your donations make our quality programs possible and ensures you receive our monthly newsletter.

Wishing you and your families a wonderful and joyous holiday season,

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

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CENTER INFORMATION:

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

CENTER HOURS:

Monday - Thursday: 8 am - 5 pm
Friday: 8 am - 1:30 pm

DECEMBER PROGRAMS

REGISTRATION REQUIRED SPECIAL PROGRAMS

DECEMBER 1

COFFEE in the Café/9 AM
GET Fit with Sarah/10 AM
WALKING Group/10 AM
BALANCE, Core & Flexibility/11AM
SING Out/11 AM

DECEMBER 2

KNITTING Sale/9 AM
SANDI Visits/10 AM
HOLIDAY Tea-Eustis Est./11:30 PM
CRAFT Workshop/1 PM

DECEMBER 3

FIT to Lose/11 AM
COMBAT Fear of Falling/11:30 AM
VICTORIAN Carolers/1:30 PM

DECEMBER 4

OPEN Art Studio/9 AM
COOKING In/9:30 AM
WRITE Stuff/10 AM
VISIONARY Circle/11 AM

DECEMBER 5

CHRISTMAS Tree Shops/11 AM

DECEMBER 6

HIKING Group/10 AM

DECEMBER 7

CHRISTMASTIME Reagle/10 AM

DECEMBER 8

TECH Support/9 AM
ART Photography @ No. 10/1 PM
AUSTENLAND/1:30 PM

DECEMBER 9

NYC Trip/7:30 AM
SCENIC Walk/10 AM

DECEMBER 10

HEARING/9:30 AM
EVERYDAY Tech/10 AM
THE Forties/1:30 PM

DECEMBER 11

GENEALOGY/11 AM
HOLIDAY Concert—Ukulele/2:30P

DECEMBER 12

PRIDE & Prejudice of Fashion/11A

DECEMBER 15

HOLIDAY Concert w. Fuller
Village Chorus/1:30 pm

DECEMBER 17

JINGLE & Mingle/1:30 PM

DECEMBER 18

BOOK Club/11 AM

DECEMBER 19

HOLIDAY Luncheon/11 AM



Stay Up to Date on Classes and Events!

With the holidays approaching, some instructors and volunteer leaders are taking time off, and class schedules may change.

Please check page 15 of this newsletter, our weekly e-newsletter, or visit MyActiveCenter.com for the most current information on classes and events.

Thank you for your understanding and flexibility.

COFFEE IN THE CAFÉ Mondays at 9:00 am

Kick off your Monday mornings in December with good vibes and great company! Join us for fresh coffee or tea, and delicious breakfast treats in a cozy environment. It is the perfect way to start the week—meet new friends, catch up with familiar faces, and enjoy a cheerful start to your day. All are welcome. Bring your smile and let's make Mondays something to look forward to! Please preregister so we know to expect you!

COFFEE IN THE CAFÉ



**Coffee, Tea, &
Breakfast Treats
Monday Mornings
@ 9 AM**

***Please register**

GET FIT WITH SARAH Mondays at 10 am

Perfect for anyone new or returning to exercise! Whether you're just getting started, coming back after some time off, or recovering from a fall, injury, or surgery, this class will help you build strength, improve balance, boost cardiovascular health, and gain confidence in movement—all in a supportive, welcoming environment. Fee: \$5.



Reservations are required for all classes, events, programs, services, and workshops.

Register online at:
MyActiveCenter.com or
In Person at the Milton COA

Register online at
MyActiveCenter.com or
In the lobby of the COA

DECEMBER PROGRAMS



Milton COA

WALKING GROUPS

Mondays and Wednesdays
10 am: Milton COA

Tuesday 10 am: Monthly
Scenic Walk: Location varies



Register: MyActiveCenter.com or
at the Milton COA

WALKING GROUPS

Mondays & Wednesdays at 10 am

Stay active, social, and energized this season. Join one (or both!) of our fun, low-impact walking groups. Mondays at 10:00 AM – Led by Myrielle, and Wednesdays at 10:00 AM – Led by Jake from Elliott PT. All fitness levels are welcome—come enjoy the fresh air, great company, and a healthy start to your day(s)! Registration and waiver required.

BALANCE, CORE & FLEXIBILITY

Mon. at 11 am & Wed. at 9 am

45-minute class designed for those looking to stay active, independent, and confident in their daily movements. Through exercises you will build core strength, improve balance, and boost flexibility. Fee: \$5/class

Balance, Core, and Flexibility



Join us Mondays at
11 am & Wednesdays
at 9 am

Fee: \$5

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Milton Council on Aging, Milton, MA

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DECEMBER PROGRAMS



SING OUT: COMMUNITY MUSIC GROUP Mondays, 11 am—Noon Love to sing? Join us!

You may know that music boosts mood and well-being—but did you know singing can also help maintain speech, memory, and cognitive skills? This group is for anyone who loves to sing—whether you're a karaoke fan, a shower soloist, or a longtime choir member. All welcome including: Those experiencing memory loss & their support partners; aphasia/ataxia, and those 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 community environment. No experience needed. Registration encouraged. No class 12/29.

KNITTING SALE Tuesday, Dec. 2, 9 am—3 pm Hosted by the Milton COA Knitting Group

Just in time for the holidays! Stop by and shop a wonderful selection of handmade items—including dishcloths, soap cozies, cowls, hats, scarves, blankets, adorable creatures, baby and toddler clothes, and more. Every piece is crafted by our talented knitters, and proceeds benefit the Milton Residents Fund.

SANDI VISITS Tuesdays at 10 am Our favorite therapy dog, Sandi, will be here Tuesday mornings! Stop by for a cup of coffee and spend time with this furry friend.

HOLIDAY TEA @ The Eustis Estate Tuesday, Dec. 2, 11:30 am Waitlist only. Event is sold out.

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 MassHealth (for people 65 and older) 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.

TRANSPORATION

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

DECEMBER PROGRAMS

Spread Joy This Holiday Season Support the Milton Residents' Fund

Looking for a way to help this holiday season? The Milton Residents' Fund is seeking monetary donations or gift cards to assist low-income children and adults of all ages in Milton this holiday season. Many of our friends and neighbors in Milton have been especially hard hit with lost income, increasing costs, or fewer available social supports. We hope to assist with monetary donations or gift cards to grocery stores, Target, or TJ Maxx/ Marshalls. Donations in any amount are greatly appreciated and will be passed on directly to a Milton family or individual in need. Donations are tax-deductible and can be mailed directly to: The Milton Residents'

Fund, 535 Canton Ave Milton, MA 02186, or dropped off at the Milton Council on Aging for collection. Please email the Milton Residents Fund for a link to make an online donation. If you, or anyone you know in Milton, is experiencing a financial crisis and needs assistance with rent, utilities, or unpaid medical bills, please call (617) 696-1214

CRAFT WORKSHOP

Tuesday, December 2, 1 pm

'Tis the season to have Fun and Folly" making ornaments. You will make funky multicolored marbled ornaments in assorted shapes and sizes. A great gift, beautiful addition to the tree, or a whimsical present topper. Fee: \$5



FIT TO LOSE

Wednesday, Dec. 3 & 17, 11 am

Join our self-supported group focused on healthy aging and weight loss. All are welcome—whether you're just starting or continuing your journey to better health. Share tips, support each other, and stay motivated. \$1

COMBAT THE FEAR OF FALLING Starts Wednesday, Dec. 3, 11:30a

Six-week program designed to retrain the amygdala—the brain's fear center—to receive new, calming messages from the central nervous system. Using specific movement-based techniques, participants gradually reduce fear responses week by week. Process is safe, structured, and systematic. Fee: \$45 No class 12/24 & 12/31.

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DECEMBER PROGRAMS

VICTORIAN CAROLLERS

Step Back in Time for a Festive Afternoon!

Wednesday, Dec. 3, 1:30 pm

Waitlist only. Event is at capacity. Enjoy the sounds of the season with a live a cappella performance by a talented Victorian-costumed quartet. Enjoy refreshments as you're transported to a bygone era of holiday cheer. Registration required. Call to be put on waitlist.

*Sponsored by the
Friends of the Milton COA*

ART OPEN STUDIO

**Thur., Dec. 4, 11 & 18,
9 am–10:50 am**

Drop in for a relaxed, creative session with fellow experienced artists. Bring your supplies and work on your own projects at your own pace. A great space to paint, sketch, and connect. Registration required



COOKING IN

Thursdays 9:30-11:30 am

"Cooking In" is in the lobby of the COA with delicious seasonal meals. Preorder by Tuesday for food pick up on Thursday mornings.



Menu varies. Entrees \$10 ea. Cash, check, or Venmo. You must be a member of the Milton COA to participate. No pick up 12/25, 12/31.

THE WRITE STUFF

**1st & 3rd Thurs. of Each Month
Thurs., Dec. 4 and 18, 10 am**

Are you an aspiring writer looking for feedback, inspiration, or simply a supportive space to share your work? Join our writers' workshop



The Write Stuff, a casual and collaborative environment where writers of all levels can bring drafts, excerpts, or ideas to the table. Whether you're working on a novel, short story, poem, or screenplay, this is your chance to get fresh eyes on your work, exchange constructive feedback, and connect with a community of fellow creatives. Bring a piece you're working on and come ready to both read and listen. Registration required.

THE VISIONARY CIRCLE

Thurs, December 4, 11 am

*A Monthly Gathering for
People with Low Vision
& Their Allies*

Join us in this warm, welcoming space for individuals with low vision and their allies where we share, support, and connect.

Each month, we talk openly about real-life challenges; Exchange tips, tools, and resources; Build community and encouragement; Enjoy laughter and inspiration. Together, we create a place where everyone feels seen, heard, and valued. Please register in advance at MyActiveCenter.com or call the Milton COA at 617-898-4893



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

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 or
call 617-898-4893**

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

DECEMBER PROGRAMS

Health & Wellness

PICKLEBALL, Mon., Wed., Fri., 9-11 am at Kelly Field for experienced players weather permitting. Milton COA membership, a signed exercise waiver, and registration for each session is required.

GET FIT with SARAH, Mon. 10 am, Great for beginners or those returning to fitness. Build strength, improve balance, boost heart health, and gain confidence—all in a supportive setting. Fee: \$5.

WALKING GROUPS, Mon. 10 am led by Myrielle and Wed. 10 am led by Jake from *Elliott PT*. Stay active and social with these fun, low-impact walks. All fitness levels welcome! Registration and waiver required.

BALANCE, CORE and FLEXIBILITY, Mon. 11 am & Wed 9 am with Jinyan. Improve your balance, core strength, muscle flexibility, joint mobility, and posture through exercise. Bring a mat. Fee: \$5

STRETCH & RESTORE, Mon. 12 pm with Jinyan. A gentle, class focused on joint mobility and stretching of major muscles and connective tissues. All movements are done standing or seated—no floor work. Fee: \$5

MAT YOGA, Tues., 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. Prepayment and preregistration required. No walk-ins. Fee: \$5.

TAI CHI, Tues., Noon & Thurs., 10 am, with Vince. Increase your flexibility and joint mobility, improving balance, coordination, and agility and enhance your balance to reduce the risk of falls. Fee: \$5

STRENGTH with MAGGIE, Tues. & Thur., 1 pm with Maggie. Build muscle, promote bone health, and keep your joints engaged. Fee: \$5

LINE DANCING, Tues. 2 pm & Thurs. 11 am. Boost balance, coordination, heart health, & memory with Jean through fun, music-filled movement \$5

TAP DANCING, Tues. 3:00 pm. Enjoy increased energy, sharper thinking, better balance, heart health, and stronger bones. Fee: \$5

ZUMBA GOLD, Wed. 10 am, with Mary Ellen. Latin inspired dance workout at a lower intensity. Great activity to boost your cardio. Fee: \$5

COMBAT the FEAR of FALLING, Wed. 11:30 am, 6-week program. See details on page 7.

FLOW YOGA, Thurs. 8:45 am. Registration required. Call for details.

PING PONG & CORNHOLE Thurs. 2:15 pm. Have fun and stay active with casual games of ping pong and cornhole—no experience needed!

HIKING, Sat., Dec. 6 & 20, 10 am. Enjoy a 5-mile hike in the beautiful Blue Hills while improving heart health and energy. Signed exercise waiver and preregistration required. Meeting location will be emailed.

Preregistration required for all Health & Wellness Programs

Register online at [MyActiveCenter.com](https://www.myactivecenter.com) or In the lobby of the COA

Move More, Feel Better:

The Power of Physical Activity

Did you know moving your body can bring immediate and long term benefits to your health and well-being? Even small amounts of physical activity can make a big difference — starting today!

Immediate Benefits

- Better Sleep:** Regular movement helps you fall asleep faster and enjoy deeper, more restful sleep.

- Less Anxiety:** Physical activity naturally reduces stress and anxiety, improving mood and outlook.

- Lower Blood Pressure:** Exercise helps your heart work more efficiently, and lowers blood pressure.

Long-Term Benefits

Brain Health: Exercise supports memory, and reduces the risk of dementia, and depression.

- Heart Health:** Physical activity reduces the risk of heart disease, stroke, and type 2 diabetes.

- Cancer Prevention:** Studies show it can lower the risk of 8 types of cancer — including breast, colon, lung, and kidney cancers.

- Bone and Balance Benefits:**

Strengthens bones, improves coordination, and reduces risk of falls.

No matter your age or ability, it's never too late to start. Take a walk with us, try a strength or stretching class, or dance to your favorite song — your body and mind will thank you!

* <https://www.cdc.gov/physical-activity-basics/health-benefits/older-adults.html>

DECEMBER PROGRAMS

THE CHRISTMAS TREE SHOPS

"Don't You Just Love a Bargain?"

with Anthony M. Sammarco

Fri., Dec. 5, 11 am

Join Anthony Sammarco as he introduces us to the story of The Christmas Tree Shops. Beloved across New England, The Christmas Tree Shops offered an ever-changing mix of décor, gifts, and surprises you never knew you needed. Founded in 1970 by Chuck and Doreen Bilezikian in Yarmouth Port, MA, the stores grew into local landmarks known for charm, variety, and great bargains. With their famous slogan, *"Don't You Just Love a Bargain?"*. Tickets: \$5. Anthony's books will be available for sale after the presentation.



HIKING GROUP

Saturday, Dec. 6 & 20, 10 am

Grab your water bottle, gloves, and hit the trails for some pre-winter/pre-Holidays fun! Explore the beauty of the Blue Hills, where every hike offers fresh air and stunning views on trails that average 5 miles. Exercise waiver and COA registration required. Meeting location emailed by 4 pm the Wednesday prior. Please bring a water bottle and dress in layers. Registration and signed exercise waiver on file @ the COA required.

CHRISTMASTIME @ The Reagle

Sun., Dec. 7, 10 am

Ticket sales have now closed for "Haul out the holly!" Reagle's beloved Christmas extravaganza. Itinerary will be emailed to those who registered closer to December 7.

TECH SUPPORT

Monday, Dec. 8, 9:00 am

Twenty minute one-on-one tech support with our instructor at the COA. Appointments can be scheduled on yActiveCenter.com or at the COA. Fee: \$5 prepaid.

ART of PHOTOGRAPHY @ No. 10

Mon., Dec. 8 & 22, 1 pm

Join us on the 2nd and 4th Monday of each month for a meeting of our vibrant graphic arts group. Open to all, whether you have no experience or lots of it, casual interest or a strong passion. All cameras welcome, or none at all! Advance registration is required. Seating is limited to 20.

AUSTENLAND & THE PRIDE AND PREJUDICE OF FASHION

Mon., Dec. 8, 1:30 pm &

Fri., Dec. 12, 11 am

Celebrating 250 Years of Jane Austen

Calling all Jane Austen fans! Celebrate her 250th birthday with us as we honor the beloved author of *Pride and Prejudice*, *Sense and Sensibility*, and *Emma*. We'll kick off Austen Week on Monday, December 8 at 1 pm with a screening of *Austenland* (PG-13, 1hr, 37mins.)—a charming rom-com starring Keri Russell—and wrap up on Friday, December 12 with a stylish presentation on the *Pride and Prejudice of Fashion*. Fee: \$5



Celebrate
Jane Austen's 250th
Birthday with Us!

Dec 8 @ 1 pm *Austenland*

Dec 12 @ 11 am *Pride &*

Prejudice of Fashion



off "Austen Week" on Monday, Dec. 8 at 1:30 pm with a fun and free screening of *Austenland* (PG-13, 1hr, 37mins.)—a charming rom-com starring Keri Russell—and followed by a fascinating presentation on the *Pride and Prejudice of Fashion* on Friday, exploring the styles and social statements of Austen's era. Fee: \$5 Join us for a week of laughter, literature, and Regency flair!

ROCKETTES & NYC TRIP

Tues. & Wed., Dec. 8 & 9

This trip is at capacity. Itinerary will be emailed to those who registered.

SCENIC WALK

Tues., Dec. 9, 10 a.m.

Escape into nature on this 2-hour, 5-mile walk over moderate terrain. COA registration and a signed exercise waiver are required. Meeting location is the Wharf—details will be emailed to all registered participants.

DECEMBER PROGRAMS

HEARING CLINIC

Wed., Dec. 10, 9:30 am

At Home Hearing will perform hearing tests, and service and clean hearing aids at no charge. If hearing loss is detected recommendations will be offered. Appointment required. Schedule on MyActiveCenter.com or call the COA at 617-898-4893.

EVERYDAY TECHNOLOGY SKILLS

A TECHNOLOGY WORKSHOP

Wed., Dec. 10, 10 am

Explore useful tech tools that make daily life easier—from navigation and voice assistants to telemedicine. Learn practical tips to stay connected and confident with today's technology. Registration required. Fee: \$5.



THE FORTIES

Wed., Dec. 10, 1:30 Pm

In many ways, the 1940s were two distinct eras. The first half was shaped by World War II, as men went off to war and women stepped into new roles at home and work. The second brought the baby boom, the rise of suburbia, television, shifting gender roles, and the dawn of the Cold War. Join Donna Halper for a fascinating look back at this transformative decade. Fee: \$5

GENEALOGY CLUB


Thurs., Dec. 11, 11 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. Learn tips, discover new resources, and connect with others who share your love for history. Capped at 20. Registration required.

Please Note: Preregistration is required for all classes, events, programs, and services.

Please register online at: MyActiveCenter.com or in person at the Milton COA.

Milton Council on Aging | Page 11



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DECEMBER PROGRAMS



SING ALONG
with the COA Ukulele Players

Unleash Your Inner Rockstar and Join the Ukulele Players

JOIN THE FUN
DEC. 11

Milton COA

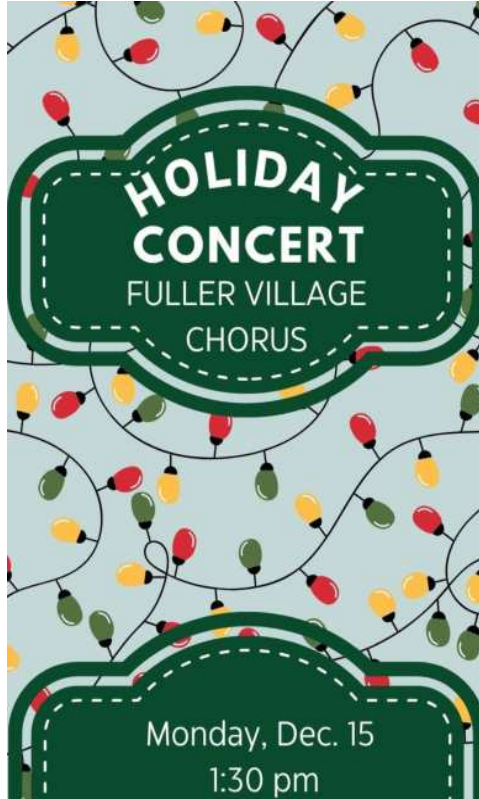
Thurs., Dec. 11, 2:30 PM
Registration required

HOLIDAY SING-ALONG SPECTACULAR

Thursday, December 11, 2:30 pm

You're Invited to the Holiday Sing-Along Spectacular! Get ready to unleash your inner rockstar and sing your heart out at the Holiday Sing-Along with the Milton Council on Aging Ukulele Players!

Join us for what's sure to be the social event of the season—a joyful, celebration filled with laughter, music, and plenty of holiday cheer. Whether you're a seasoned crooner or just love humming along, this festive afternoon promises to lift your spirits and spread the warmth of the season. And because no holiday gathering is complete without a little something sweet, we'll be serving holiday-inspired treats after the performance. So mark your calendars, bring your best singing voice, and come make merry with friends old and new. Trust us—you won't want to miss this! Seating is limited. Registration required.



HOLIDAY CONCERT
FULLER VILLAGE CHORUS

Monday, Dec. 15
1:30 pm

PRIDE AND PREJUDICE OF FASHION

Friday, December 12, 11 am

Step back in time as we celebrate Jane Austen's 250th birthday and explore the wardrobes of her most beloved characters. Discover the elegant silhouettes and fashions of the Regency era. Together, we'll journey to an age of refinement, grace, and timeless style, immersing ourselves in the world that inspired Miss Austen's unforgettable stories. Please join us for this delightful trip through history! Fee: \$5 includes light lunch.

HOLIDAY CONCERT @ THE COA WITH THE FULLER VILLAGE CHORUS

Monday, Dec. 15, 1:30 pm

Celebrate the season with the joyful sounds of the Fuller Village Chorus! Join us for an afternoon of festive music, warm smiles, and holiday cheer. Enjoy the melodies that make this time of year so special. Registration required.



Jingle & Mingle
HOLIDAY PARTY

DECEMBER 17TH
STARTS AT 1:30 PM
REGISTRATION REQUIRED
SPONSORED BY: WELCH SENIOR LIVING

JINGLE & MINGLE

Wed., December 17, 1:30 pm

Join us for a festive Holiday Jingle & Mingle filled with lively interactive entertainment, delicious desserts, and plenty of holiday cheer! Celebrate the season with friends old and new as we enjoy sweet treats, laughter, and music.

Sponsored by
Welch Senior Living

BOOK CLUB

Thursday, Dec. 18, 11 am

This month's selection: *The Correspondent* by Virginia Evans centers on Sybil Van Antwerp a retired lawyer who, through extensive writing, reflects on her life. Registration required. Attendance is limited to encourage discussion.

Please Note:

Reservations are required for all classes, events, and workshops.

Register online at:

MyActiveCenter.com or
In Person at the Milton COA

DECEMBER PROGRAMS

Get ready to celebrate the season

Holiday Luncheon

Join us for an afternoon filled with festive cheer and merry moments.

Let's celebrate the magic of the season together!

19TH DECEMBER, 2025 11 A.M.

MILTON COUNCIL ON AGING

10 Walnut St., Milton, MA

617-898-4893

TICKETS: \$10

HOLIDAY LUNCHEON

Friday, December 19, 11 am

Celebrate the season at our annual Holiday Luncheon! Enjoy an event filled with festive cheer, merry moments, and wonderful company. Savor a delicious luncheon, delight in holiday music, and enjoy a few special surprises along the way. Come share the joy of the season. Tickets \$10. Registration open to Milton residents through Dec. 5. Open to all on Dec. 6. Register on MyActiveCenter.com or at the COA.



Milton Council on Aging | **Page 13**



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Milton Council on Aging, Milton, MA

06-5361

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Milton Council on Aging, Milton, MA

06-5361

DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 am: Coffee Café 10:00 am: Get Fit w Sarah 10:00 am: Walking Group 11:00 am: Bal/Core & Flex 11:00 am: Sing Out 11:30 am: Hand & Foot 12:00 pm: Stretch & Restore 1:00 pm: Cribbage 2:00 pm: Back Alley	2 9:00 am: Mat Yoga/SHINE 9:00 am: Knitting Sale 9:30 am: Open Ukulele 10:00 am: Chair Yoga 11:00 am: Circuit Train 11:30 am: Tea—Eustis 12:00 pm: Games/Tai Chi 1:00 pm: Craft Workshop 1:00 pm: Strength 2:00 pm: Line Dancing 3:00 pm: Intro to Tap	3 9:00 am: Bal/Core & Fx 9:30 am: Bridge 10:00 am: Walking Grp 10:00 am: Zumba Gold 11:00 am: Fit to Lose 11:30 am: Fear of Fall-1 12:00 pm: Mahjongg 1:00 pm: Legal 1:30 pm: Victorian Carolers	4 7:30: Grand Holiday 8:45 am: Flow Yoga 9:00 am: Art Studio 9:30 am: Cooking In 10:00 am: Tai Chi/Games 10:00 am: Write Stuff 11:00 am: Line Dancing 11:00 am: Visionary Circle 12:15 pm: Whist 1:00 pm: Strength 2:00 pm: Back Alley 2:15 pm: Ping Pong/CH	5 11:00 am: Christmas Tree Shops w. Anthony Sammarco Sat., Dec. 6 10:00 am: Hiking Sun., Dec. 7 10:00 am: Christmastime Reagle Music Th.
8 9:00 am: Coffee Café 9:00 am: Board of Dir. 9:00 am: Tech Support 10:00 am: Get Fit w Sarah 10:00 am: Walking Group 11:00 am: Bal, Core & Flex. 11:00 am: Sing Out 11:30 am: Hand & Foot 12:00 pm: Stretch & Restore 1:00 pm: Art of Photography 1:00 pm: Cribbage 1:30 pm: Austenland 2:00 pm: Back Alley	9 7:30 am: NYC Trip 9:00 am: Mat Yoga 9:30 am: Open Ukulele 10:00 am: Chair Yoga 10:00 am: Knitting/Sandi 10:00 am: Scenic Walk 11:00 am: Circuit Training 12:00 pm: Games/Tai Chi 12:30 pm: SHINE 1:00 pm: Strength 2:00 pm: Line Dancing 3:00 pm: Intro to Tap	10 9:00 am: Bal/Core & Fx 9:30 am: Bridge 9:30 am: Hearing 10:00 am: Everyday Tech 10:00 am: Walking Grp 10:00 am: Zumba Gold 11:30 am: Fear of Fall-2 12:00 pm: Mahjongg 1:00 pm: Fin'l Consult 1:30 pm: The Forties	11 8:45 am: Flow Yoga 9:00 am: Art Studio 9:30 am: Cooking In 10:00 am: TaiChi/Games 11:00 am: Genealogy 11:00 am: Line Dancing 12:15 pm: Whist 1:00 pm: Strength 2:00 pm: Back Alley 2:30 pm: Holiday Concert w Milton COA Ukulele Grp	12 11:00 am: Pride & Prejudice of Fashion w. Lunch
15 9:00 am: Coffee Café 10:00 am: Get Fit w Sarah 10:00 am: Walking Group 11:00 am: Bal, Core & Flex. 11:00 am: Sing Out 11:30 am: Hand & Foot 12:00 pm: Stretch & Restore 1:00 pm: Cribbage 1:30 pm: Holiday Concert with Fuller Village Chorus 2:00 pm: Back Alley	16 9:00 am: Mat Yoga 9:00 am: SHINE 9:30 am: Open Ukulele 10:00 am: Chair Yoga 10:00 am: Knitting/Sandi 11:00 am: Circuit Training 12:00 pm: Games 12:00 pm: Tai Chi 1:00 pm: Strength 2:00 pm: Line Dancing 3:00 pm: Intro to Tap	17 9:00 am: Bal/Core & Fx 9:30 am: Bridge 10:00 am: Walking Grp 10:00 am: Zumba Gold 11:00 am: Fit to Lose 11:30 am: Fear of Fall-3 12:00 pm: Mahjongg 1:30 pm: Jingle & Mingle	18 8:45 am: Flow Yoga 9:00 am: Art Studio 9:30 am: Cooking In 10:00 am: Tai Chi/Games 10:00 am: Write Stuff 11:00 am: Book Club 11:00 am: Line Dancing 12:15 pm: Whist 1:00 pm: Strength 2:00 pm: Back Alley 2:15 pm: Ping Pong/CH	19 11:00 am: Holiday Luncheon w. Music Sat., Dec. 20 10:00 am: Hiking
22 9:00 am: Coffee 10:00 am: Get Fit w Sarah 10:00 am: Walking Grp 11:00 am: Bal/Core & Flex 11:00 am: Sing Out 11:30 am: Hand & Foot 12:00 pm: Stretch & Restore 1:00 pm: Art of Photography 1:00 pm: Cribbage 2:00 pm: Back Alley	23 9:30 am: Open Ukulele 10:00 am: Knitting/Sandi 12:00 pm: Games 12:00 pm: Tai Chi 1:00 pm: Strength 2:00 pm: Line Dancing 3:00 pm: Intro to Tap	24 No Activities	25 COA Closed in Observance of the Holiday	26 No Activities
29 9:00 am: Coffee 10:00 am: Get Fit w Sarah 10:00 am: Walking Grp 11:00 am: Bal/Core & Flex 11:30 am: Hand & Foot 12:00 pm: Stretch & Restore 1:00 pm: Cribbage 2:00 pm: Back Alley	30 9:30 am: Open Ukulele 10:00 am: Knitt'g/Sandi 11:00 am: Circuit Training 12:00 pm: Games 12:00 pm: Tai Chi 1:00 pm: Strength 2:00 pm: Line Dancing 3:00 pm: Intro to Tap	31 No Activities	1 COA Closed in Observance of the Holiday	2 No Activities

MILTON COUNCIL ON AGING

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