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NEWSLETTER



JANUARY 2026 | VOL 43 NO. 1



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Milton Council on Aging, Milton, MA

06-5361

NEWS FROM THE DIRECTOR

Dear Friends,

Happy New Year, and welcome to our January newsletter! You may notice that this issue has a fresh, cleaner look. We've updated the design to make it easier to read and navigate, and we hope you enjoy the new feel as much as we do.

The start of a new year is a wonderful time to hit the reset button—try something new, revisit a favorite activity, or simply reconnect with our community. We invite you to join us for the many health and wellness classes, social gatherings, and enrichment programs we are offering throughout the month. There is truly something for everyone.

As we begin the new year, we also want to remind you how important your support is. If you wish to receive the print edition of our monthly newsletter by US Mail, we request a yearly donation to the Friends of the Milton Council on Aging. The Annual Appeal letter was mailed in November. Your donation covers postage and handling for the newsletter and supports the many programs offered each month. We appreciate your support.

Wishing you a healthy, joyful, and fulfilling start to 2026.

Warm regards,

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 on 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:

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.

WELCOME



CENTER STAFF

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Christine Stanton

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CENTER INFORMATION

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

CENTER HOURS

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

JANUARY PROGRAMS

REGISTRATION REQUIRED SPECIAL PROGRAMS

JANUARY 1

FIRST Day Hike/12 PM

JANUARY 2

HOT Cocoa & Treats/9 AM

JANUARY 5

INDOOR Plants w Laurie/1:30 PM

JANUARY 7

BLOOD Pressure /11 AM

QUABBIN Reservoir/1:30 PM

JANUARY 8

GENEALOGY/11 AM

JANUARY 9

TECHNOLOGY Support/9 AM

JANUARY 12

Art of Photography @ No 10/1 PM

LONGTERM Ombudsman/1:30 PM

JANUARY 13

SCENIC Walk/10 AM

CRAFT Workshop/1 PM

JANUARY 14

ARTIFICIAL Intelligence/10 AM

JAZZ Trio/1:30 PM

JANUARY 15

BOOK Club/11 AM

JANUARY 16

COLOR Analysis/11 AM

JANUARY 21

HOW & Why to Freeze CC/10 AM

JAPANESE Calligraphy/1:30 PM

JANUARY 22

THE Visionary Circle/11 AM

JANUARY 23

RUSSIAN Revolution/11 AM

JANUARY 26

The First American/1:30 PM

JANUARY 28

BEYOND Kilimanjaro/1:30 PM

JANUARY 30

MUSIC-Key to Happier Life/10 AM

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

Register online at:

MyActiveCenter.com or

In Person at the Milton COA

America250: Milton COA Celebration Series

2026 marks the 250th anniversary of the signing of the Declaration of Independence in 1776, a milestone known as the Semiquincentennial.



At the Milton COA, and across the United States, this anniversary is being marked by festivities that reflect on our nation's past, present, and future.



We hope you can join us throughout 2026 for the special America250 events and programs we have planned.



CONNECT, MOVE, THRIVE IN 2026

As we begin 2026, let it be a year of connection, movement, and renewed energy. Taking even small steps toward social engagement and regular exercise can uplift your spirit, strengthen your body, and enrich your days.

The Milton COA is here to support your journey—discover the wide range of health and wellness programs, activities, and events we've created to help you feel your best. This is your year to get involved, stay active, and thrive.

COFFEE IN THE CAFE

Mondays | 9 am

Kick off your week with good vibes and great company! Enjoy fresh coffee or tea, breakfast treats, and a cozy space to meet new friends or catch up with familiar faces. All are welcome—Bring your smile and please preregister so we know to expect you!



WALKING GROUPS

Mondays & Wednesdays | 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.

SING OUT:

Community Music Group

Mondays | 11 am

You may know music boosts mood—but did you know singing can also support speech, memory, and cognitive skills? This group welcomes anyone who loves to sing: karaoke fans, shower soloists, longtime choir members, those experiencing memory loss and their support partners, aphasia/ataxia, and those seeking to maintain or

Register online at:
MyActiveCenter.com or
in the lobby of the COA

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. No experience needed. Registration encouraged.

UKULELE GROUP

Tuesdays | 9:30 am

Join the fun with our welcoming Ukulele players. Whether you're a seasoned strummer or just picking up a ukulele for the first time, everyone is invited. We play, laugh, and learn together.

KNITTING GROUP

Tuesdays | 10 am

Love to knit or crochet? Join our group of fellow experienced yarn enthusiasts! Bring your projects, share your tips, and enjoy great company.

SANDI VISITS

Tuesdays | 10 am

Come brighten your Tuesday mornings with our beloved therapy dog, Sandi! Sandi will be here ready for tail wags, snuggles, and lots of smiles. Stop by for a relaxing, feel-good visit with this sweet furry friend and enjoy a cup of coffee/tea!

FIT to LOSE

Wednesdays (1st & 3rd) | 11 am

It is the perfect time to join our upbeat, self-supported group dedicated to healthy aging and weight loss! Whether you're just getting started or continuing your wellness journey, you will find encouragement, practical tips, friendly conversation, and plenty of motivation to keep you moving forward. All are welcome—jump in, stay inspired, and enjoy the support of a positive community! \$1



ART OPEN STUDIO

Thursdays | 9-10:50 am

Join us for a relaxed, creative session with fellow artists and enjoy some uninterrupted time to focus on your craft. Bring your favorite supplies and work on your projects at your own pace in a welcoming, supportive environment. It's a great space to paint, sketch, exchange ideas, and connect with others who share your passion for art. Preregistration required.

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Milton Council on Aging, Milton, MA

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JANUARY PROGRAMS

FIRST DAY HIKE

Thursday, January 1 | Noon

Start the year off with a hike! Massachusetts is known for starting revolutions. On January 1, 1992, when 380 people gathered for the premier First Day Hike at the Blue Hills Reservation, this outdoor initiative swept the nation and is now celebrated in all 50 states on New Year's Day. Join us on January 1 for the 1st Day Hike!

HOT COCOA & BREAKFAST TREATS

Fridays, January 2 & 9 | 9 am

Warm up your morning with Hot Cocoa & Breakfast Treats on Fridays, January 2 and 9, from 9-11 am! Enjoy a cozy, cheerful start to the day with delicious goodies, warm drinks, and friendly company. It's a great opportunity to catch up with others, meet new people, and start the new year on a sweet note.

Please preregister at the COA or on MyActiveCenter.com so we can be sure to have enough treats for everyone—we can't wait to see you there!



HIKING GROUP

Saturday, Jan. 3 & 17 | 10 am

Enjoy the fresh air and winter scenery in the beautiful Blue Hills on trails that average 5-miles with new friends. If there is snow on the ground the Hiking Group will be snowshoeing! A signed exercise waiver and COA registration in advance is required.

Photo: Hiking Group, 12.6.25

BRING YOUR HOME TO LIFE with BEAUTIFUL INDOOR PLANTS!

Monday, January 5 | 1:30 pm

Join us for an inspiring one-hour session with plant enthusiast Laurie Stillman and learn how to help your indoor plants truly thrive! Please register.

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

SERVICES

LEGAL & FINANCIAL CONSULTATIONS

Two local elder attorneys, Atty. Philip Murphy and Atty. Andrew Pelletier will meet with Milton residents ages 60+ via telephone for the first 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, or on Zoom to go over your financial 'well-being' the second 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.

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: 617-898-4893

JANUARY PROGRAMS

WEEKLY GAMES

HAND & FOOT | Monday 11:30 am

Fun, team-based game using multiple card decks. Players work to score points while racing to go out first.

CRIBBAGE | Monday 1:00 pm

Easy to learn, classic card game that blends strategy, counting, and a bit of luck. Engaging for all skill levels. All welcome.

BACK ALLEY BRIDGE | Monday and Thursday 2:00 pm

Fast-paced trick-taking card game where players bid on how many tricks they expect to win. It's a lively mix of strategy and luck.

GAMES | Tuesday 12:00 pm and Thursday 10:00 am

Join us for open play and enjoy a variety of favorite games and have fun.

BRIDGE | Wednesday 9:30 am

Classic, partnership-based card game where players bid, strategize, and work together to win tricks using skill, communication, and planning.

MAHJONGG | Wednesday 12:00 pm

For experienced players, a fast-paced, strategic session focused on skillful tile play and advanced techniques.

WHIST | Thursday 12:15 pm

Simple yet strategic trick-taking game for quick, friendly competition.

*Bring Your Home to Life
with Beautiful Indoor Plants*

Monday, Jan. 5, 1:30 pm



Learn the tips, tricks, and secrets for keeping indoor plants healthy

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JANUARY PROGRAMS



BLOOD PRESSURE CHECK

Wednesday, January 7 | 11 am

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



MEMORIES FLOW BENEATH From Valley to Quabbin

A Film by Roger Hagopian & J.R. Green

Wednesday, Jan. 7 | 1:30 pm

Join us for a special 69-minute documentary that explores one of Massachusetts' most powerful—and often forgotten—stories: the displacement of entire communities to create the Quabbin Reservoir, the water source that now serves more than 50 cities and towns, including Milton.

Through interviews with former valley residents, historians, and well-known voices this documentary traces the extraordinary chain of events that led to the loss of four towns "for the greater good."

From the Irish famine and Italian immigrant stonemasons to the Great Boston Fire of 1872, State House debates, Supreme Court rulings, and remarkable feats of civil engineering, this film offers a moving and eye-opening look at the human and historical cost of progress.

Don't miss this chance to learn about a remarkable chapter of our state's past—and the people whose lives were forever changed. An open discussion with Roger Hagopian will follow the documentary screening. Registration required.

GENEALOGY CLUB

Thursday, January 8 | 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. Registration required.

THE WRITE STUFF

Thursdays, Jan. 8 & 15 | 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.

MAHJONGG WORKSHOP

Thurs., Jan. 8, 15, 22, & 29 | 1 pm

This 4-week instructional series is currently full with a waitlist.

TECHNOLOGY SUPPORT

Friday, January 9 & 23 | 9 am

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

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 & 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.gov/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 state of Massachusetts and having a principal address at: 10 Walnut St, Milton, MA, 02186.

**Register online at:
MyActiveCenter.com or
at the Milton COA
10 Walnut St., Milton, MA**

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

JANUARY PROGRAMS

Health & Wellness

PICKLEBALL | Mon, Wed, & Fri. 9-11 am On hiatus for the winter months. Will return in the spring outdoors at Kelly Field for experienced players. . Milton COA Membership and signed exercise waiver 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 9am 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 improve balance and coordination. Fee: \$5

CHAIR YOGA | Tues 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 effect 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 & Thurs 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. Fee: \$5

TAP DANCING | Tues 3 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 continues with weeks 4-6 for those enrolled.

FLOW YOGA | Thurs 8:45 am. Advanced class. Registration required. Call for details. Class resumes January 8.

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., Jan. 3 & 17, 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 is required for all Health & Wellness Programs

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



MATTER OF BALANCE 8 WEEK PROGRAM

Monday, Feb 2- Mar 30, 1-3 pm

Many older adults have concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

Learn to:

- View falls as controllable
- Set goals to increase activity
- Make changes to reduce the risk of falling
- Exercise to increase strength and balance.

Registration open to Milton residents through January 15. Open to all on Jan 16. We ask those who register to commit to attending all 8 sessions.

Sponsored by
BID Milton Hospital & The Hale Family YMCOA

JANUARY PROGRAMS

Art of Photography at No. 10

A new graphic arts group



ART OF PHOTOGRAPHY

@ No. 10

Mondays, January 12 & 26 | 1 pm

Join us for this twice-monthly meeting of our vibrant graphic arts group on the second and fourth Monday of each month. Open to all, whether you have no photography or technology experience or lots of it, casual interest or a strong passion. All cameras welcome, or none at all! Advance registration required. Seating is limited to 20.

LONG-TERM CARE

OMBUDSMEN PROGRAM

Monday, January 12 | 1:30 pm

Michael Banville, LCSW, Director, South Shore Elder Services Long-Term Care Ombudsmen Program, will be with us to talk about South Shore Elder Services' (SSES) Long-Term Care Ombudsmen Program and its role in supporting people living in nursing homes, rest homes, and Assisted Living facilities. throughout the South Shore and Metro South suburbs. Plus, we will discuss some of the Residents' Rights that SSES's thirty (30) state-trained and Certified Ombudsmen advocate for every day in our region. Come with questions. Please register.

SCENIC WALK

Tuesday, January 13 | 10 am

Start the New Year with a refreshing 2-hour, 5-mile walk through peaceful winter scenery. Enjoy moderate terrain and good company in the beauty of nature. COA registration and a signed exercise waiver are required. Meeting location will be emailed to registered participants.



CRAFT WORKSHOP

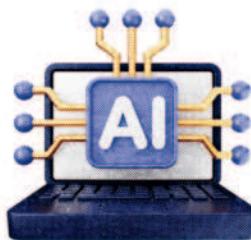
Tuesday, January 13 | 1 pm

Using a simple glass jar, real flowers, tissue paper, and glue, you will create a beautiful botanical lantern. A lovely addition to your mantle or a centerpiece for the table. The workshop is limited to 8 participants. Registration required. Fee: \$5 is prepaid.

HEARING CLINIC

Wednesday, Jan. 14 | 9:30 am

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



TECHNOLOGY WORKSHOP

ARTIFICIAL INTELLIGENCE

Wednesday, Jan. 14 | 10 am

Curious about artificial intelligence? Join us for an easy-to-understand workshop on how AI can help with daily tasks—like organizing photos, getting reminders, finding information, and more. No experience needed! Registration required. Fee: \$5

JAZZ

PERFORMANCE



SOUNDS GLOBAL TRIO

JAZZ PERFORMANCE

Wednesday, Jan. 14 | 1:30 pm

Enjoy an afternoon of smooth, uplifting music with a talented jazz trio that has been performing together for more than 25 years. Featuring John Baboian on guitar and vocals, Jim Repa on woodwinds, and Bob Sinicope on bass, this ensemble specializes in sharing beautiful, soothing melodies from around the world.

The trio has performed throughout the local area and on major stages, including the Cape Town Jazz Festival, conferences in New Orleans and Atlanta. Their warm sound and rich musical chemistry promise a performance that is both relaxing and inspiring. Fee: \$5

BOOK CLUB

Thursday, January 15 | 11 am

This month's selection: *The Emperor of Gladness* by Ocean Vuong centers around the story of a young man on the verge of suicide who is saved by an elderly widow with dementia, leading to a life-altering bond and a journey of self-discovery. Attendance is limited to encourage discussion. Registration is required via MyActiveCenter.com or at the COA lobby.

JANUARY PROGRAMS

YOUR PERFECT PALETTE: A BEGINNER'S GUIDE TO COLOR ANALYSIS

Friday, January 16
11 am

YOUR PERFECT PALETTE: A Color Analysis Workshop Friday, January 16 | 11 am

Join Mac Carvalho, founder of My Authentic Colors, as he introduces us to the art of Color Analysis—an uplifting approach to identifying the shades that naturally enhance your features. During this session, you'll learn how a personalized color palette based on your natural coloring can refresh your wardrobe, simplify shopping, and bring new confidence to your everyday style. Fee: \$5

Please Note: Preregistration is required for all classes, events, programs and services.
Register online at: MyActiveCenter.com or in person at the Milton COA

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Milton Council on Aging, Milton, MA

06-5361

JANUARY PROGRAMS

TECHNOLOGY WORKSHOP

FREEZING A CREDIT CARD

Wednesday, January 21 | 10 am

In this workshop, you will learn how and why freezing your credit can be a good idea. It is a simple, free way to protect yourself from identity theft. A credit freeze blocks anyone from opening new accounts in your name, even if they have your personal information. It doesn't affect your current credit cards. Learn how in this informative workshop. Fee: \$5



WELCOME

JAPANESE CALLIGRAPHY WORKSHOP

Wednesday, Jan. 21 | 1:30 pm

Join us for a welcoming and hands-on Japanese Calligraphy Workshop, led by a Milton Council on Aging member who has completed a traditional Japanese writing course and is excited to share this learning with the community.

Participants will be introduced to the basics of Japanese letter structure with plenty of time to practice writing their own letters. This workshop is perfect for anyone interested in exploring a form of cultural expression.

Supplies will be provided. Come learn, create, and enjoy this unique opportunity to connect through language and tradition. Seating is limited to 8. Fee: \$10 includes supplies. Register on MyActiveCenter.com or in person at the COA.



THE VISIONARY CIRCLE

Thursday, January 22 | 11 am

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; and enjoy laughter and inspiration. Together, we create a place where everyone feels seen, heard, and valued. Please register in advance.

RUSSIAN REVOLUTION

SIX EVENTS THAT CHANGED THE WORLD

Friday, January 23 | 11 am

The first of our six-part series with Dr. Larry Lowenthal, *Six Events that Changed the World*, examines the legacy of the Russian Revolution. It covers the fall of the Tsarist autocracy, the rise of the world's first communist state, and the ensuing civil war and upheavals. The revolution inspired global communist and anti-colonial movements, shaped the Cold War ideological divide, and permanently transformed Russia and the wider world. Fee: \$5

THE FIRST AMERICAN

America250 Event

Monday, January 26 | 1:30 pm

Join us for a documentary on George Washington's pivotal role in America's founding—from leading the American Revolution to shaping the Constitution and setting the precedents for effective self-government, he created the model for the presidency. Runtime: 1 hr 31 mins.

WORLD Events

That Changed History

Russian Revolution

January 23

Pearl Harbor

February 27

Dropping of the Bomb

March 20

Partition of India

April 3



Communist Takeover of China

May 1

Cuban Missile Crisis

May 29

Register | MyActiveCenter.com or at the COA. Fee: \$5 each

Explore the wonders of the natural world in our four-part series, premiering with

BEYOND KILIMANJARO:

ELEPHANTS TO SUNBIRDS

Wed., Jan. 28 | 1:30 pm

While many travelers visit Tanzania to climb Kilimanjaro, nearby Mount Meru and Arusha National Park offer cooler climates and rich wildlife—from baboons, colobus monkeys, and sunbirds to elephants and giraffes. Farther west, Lake Manyara National Park shelters large elephant herds and hippos along its forested shores. There is so much more to see beyond Kilimanjaro. Fee: \$5

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

Register online at:

MyActiveCenter.com or in person at the Milton COA

UPCOMING PROGRAMS & TRIPS

MUSIC ... The Key to a Healthy Life

Friday, January 30 | 10 am

Discover how music reduces stress, boosts health, and builds community in this workshop with a board-certified music therapist from Sing Explore Create, LLC. Through discussion, listening, and simple rhythm exercises, you'll learn how music impacts the brain and body—and take home practical ways to bring music into your daily life. No experience needed. Limited to 20 participants.

MATTER OF BALANCE

Monday, February 2 | 1-3 pm

Eight (8) week fall prevention program starting on February 2. See complete details, including registration info on page 9.

AARP SAFE DRIVER PROGRAM

Wed., Feb. 4 | 9:15 am - 3 pm

The AARP Smart Driver™ course is geared towards drivers 50+. It covers practical defensive driving techniques, the effects of age related changes to vision, and hearing caused by aging, and the effects of medications and alcohol. Fee is due at registration: Cash or Checks payable to AARP. \$20 for AARP members, \$25 for non-members includes lunch.

BSO: OPEN REHEARSAL

Thursday, April 23 | 9:00 am

Rimsky-Korsakov, Scriabin, Prokofiev. Concert trip details available on MyActiveCenter.com and at the COA. Limit: 12. Fee: \$45, cash or check payable to the Friends of the Milton COA, due at registration.

SAIL BOSTON TALL SHIPS

SAIL250

Tuesday, July 14 | 7:45 am

Join us to Celebrate America! In 2026, Boston will host Sail Boston Tall Ships as part of the United States' 250th anniversary—the Semiquincentennial of our nation's founding. As part of Sail250®, a fleet of the world's most magnificent international tall ships and military vessels will gather for an epic peacetime sailing into Boston Harbor. Enjoy a 90-minute cruise around Boston Harbor and lunch at Venezia. Fee: \$179 per person payable by credit card online at MyActiveCenter.com, cash, or check payable to the Town of Milton. Trip details available on MyActiveCenter.com and at the COA.



The pickleball courts are a popular outdoor amenity at Fuller Village

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in Milton

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Milton Council on Aging, Milton, MA

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JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1	2
9:00 am: Coffee Café 10:00 am: Get Fit w Sarah 10:00 am: Walking Group 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	9:30 am: Open Ukulele 10:00 am: Knitting 11:00 am: Circuit Train 12:00 pm: Games 12:00 pm: Tai Chi 1:00 pm: Strength 2:00 pm: Line Dancing 3:00 pm: Intro to Tap	No Activities	COA Closed in Observance of the Holiday 12:00 pm: 1st Day Hike	9:00 am: Hot Cocoa & Breakfast Treats Sat. January 3 10:00 am: Hiking
5	6	7	8	9
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 & Rstr 1:00 pm: Cribbage 1:30 pm: Indoor Planting 2:00 pm: Back Alley	9:00 am: Mat Yoga 9:30 am: Open Ukulele 10:00 am: Chair Yoga 10:00 am: Knitting/Sandi 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	9:00 am: Bal/Core & Fx 9:30 am: Bridge 10:00 am: Walking Grp 10:00 am: Zumba Gold 11:00 am: Blood Pressure 11:30 am: Fit to Lose 12:00 pm: Fear of Fall-4 12:00 pm: Mahjongg 1:00 pm: Legal Consult 1:30 pm: Quabbin Res.	8:45 am: Flow Yoga 9:00 am: Art Studio 10:00 am: TaiChi/Games 10:00 am: Write Stuff 11:00 am: Genealogy 11:00 am: Line Dancing 12:15 pm: Whist 1:00 pm: Strength 2:00 pm: Back Alley 2:15 pm: Ping Pong/CH	9:00 am: Hot Cocoa & Breakfast Treats 9:00 am: Tech Support
12	13	14	15	16
9:00 am: Coffee Café 9:00 am: Board of Dir 10:00 am: Friends COA. 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&Rstr 1:00 pm: Cribbage/Photg 1:30 pm: Longterm Care 2:00 pm: Back Alley	9:00 am: Mat Yoga 9:00 am: SHINE 9:30 am: Open Ukulele 10:00 am: Chai Yoga 10:00 am: Knitting/Sandi 10:00 am: Scenic Walk 11:00 am: Circuit Training 12:00 pm: Games 12:00 pm: Tai Chi 1:00 pm: Craft Workshop 1:00 pm: Strength 2:00 pm: Line Dancing 3:00 pm: Intro to Tap	9:00 am: Bal/Core & Fx 9:30 am: Bridge 9:30 am: Hearing 10:00 am: Artificial Intell. 10:00 am: Walking Grp 10:00 am: Zumba Gold 11:30 am: Fear of Fall-5 12:00 pm: Mahjongg 1:00 pm: Fin'l Consult 1:30 pm: Jazz Trio	8:45 am: Flow Yoga 9:00 am: Art Studio 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	11:00 am: Color Analysis Presenation Sat. January 17 10:00 am: Hiking
19	20	21	22	23
COA Closed in Observance of the Holiday	9:00 am: Mat Yoga 9:30 am: Open Ukulele 10:00 am: Chair Yoga 10:00 am: Knitting/Sandi 11:00 am: Circuit Training 12:00 pm: Hand & Foot 12:00 pm: Tai Chi 12:30 pm: SHINE 1:00 pm: Strength 2:00 pm: Line Dancing 3:00 pm: Intro to Tap	9:00 am: Bal/Core & Fx 9:30 am: Bridge 10:00 am: Freeze CC's 10:00 am: Walking Grp 10:00 am: Zumba Gold 11:00 am: Fit to Lose 11:30 am: Fear of Fall-6 12:00 pm: Mahjongg 1:30 pm: Japanese Callig.	8:45 am: Flow Yoga 9:00 am: Art Studio 10:00 am: Tai Chi/Games 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	9:00 am Tech Support 11:00 am: World Event Series: Russian Revolution
26	27	28	29	30
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&Rstr 1:00 pm: Cribbage/Photg 1:30 pm: The 1 st American 2:00 pm: Back Alley	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	9:00 am: Bal/Core & Fx 9:30 am: Bridge 10:00 am: Walking Grp 10:00 am: Zumba Gold 12:00 pm: Mahjongg 1:30 pm: Beyond Kilimanjaro	8:45 am: Flow Yoga 9:00 am: Art Studio 10:00 am: Tai Chi/Games 11:00 am: Line Dancing 12:15 pm: Whist 1:00 pm: Strength 2:00 pm: Back Alley 2:15 pm: Ping Pong/CH	10:00 am: Music . . . Key to a Happier Life

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