



# The Milton Gazette

News from the Milton Parks & Recreation Department 852 White Mountain Highway, Milton, NH 03851





**March 2024** 





New Town Hall 55 Industrial Way, Milton NH 03851













# **Kids Night Out March**



March 22, 2024
The New Town Hall
55 Industrial Way,
Milton NH 03851

Children 4-12 yrs. old!
Program is limited to the first 20 kids
who sign up!
Program cost is \$10 per child, which
includes dinner/dessert
and lots of fun!
603-652-4501 ext. 8

## **Community news**



Town Elections—Tuesday, March 12, 2024
Nute High School Gymnasium

Candidates Running for Election on March 12, 2024  Board of Selectman  1 for 3 years  Claudine Burnham Matt Morrill  Budget Committee  2 for 3 years  James (Mike) Beaulieu Robert (Bob) Currier  Library Trustee  1 for 3 years  Mary Current  Moderator  1 for 2 years  Chris Jacobs  Planning Board  2 for 3 years  Don Diamant Paul Steer  Public Works Director  1 for 3 years  Robert Gay Billy Walden  Supervisor of the Checklist  1 for 6 years  Katherine Ayers  Brittney Leach-Campbell  Town Clerk/Tax Collector  1 for 1 year  Mackenzie Campbell  Trustee of Trust Funds  1 for 3 years  Marion Trafton		
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		Mackenzie Campbell
Marion Trafton	Trustee of Trust Funds	1 for 3 years
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# Town of Milton Supervisors of the Checklist

Notice of Meeting - March 2, 2024|9:30 AM
Milton Town Hall Rec Center
55 Industrial Way, Milton NH 03851
The Supervisors of the Checklist will hold a session for correction of the checklist for Second Session of annual meeting. No corrections or additions may be made after this session until election day, except as provided in RSA 659:12.



Mar. 2, 2024

#### PUBLIC MEETINGS MILTON TOWN HALL 55 Industrial Way Milton, NH 03851

Supervisors of the Checklist - 9:30 AM

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Mar. 4, 2024	Board of Selectmen Meeting - 6:00 PM
Mar. 5, 2024	Planning Board Meeting - 6:00 PM
Mar. 6, 2024	Conservation Commission - 6:00 PM
Mar. 11, 2024	MFPL Trustees Meeting - 10:00 AM
Mar. 18, 2024	Board of Selectmen Meeting - 6:00 PM
Mar. 19, 2024	Planning Board Meeting
Mar. 28, 2024	ZBA Meeting - 6:00 PM



Rabies Clinic
Sponsored by Milton Police Department
& Milton Veterinary Clinic
@ the Milton Highway Department
803 White Mountain Highway
Milton, NH 03851



Milton Police Department &
Milton Veterinary Clinic
will host a rabies clinic on April 27, 2024
from 9:00 AM - 12:00 PM.
(Dogs & Cats must be leashed)
(Cats must be in a carrier)
Prior vaccination records required
(unless first time vaccination)



#### **Senior Fun**



31 Wakefield St. | Rochester, NH 03867 (603) 335-7500

# Free Drop-In Programs for 50+ Years!

#### **Nutrition for Seniors - 50+**

Thurs, March 2 - 10:30am - Rochester Senior Center
Learn how to improve your diet with Sandy Powers, RN,
Wellness Nurse from Cornerstone VNA. She will guide you to
improve your nutritional goals, and ways to nourish your
spiritual and emotional health. A healthy snack will be served.
This is a free program, but pre-registration is required.

#### **Quilting and Crafting Drop-in**

Mondays from 9:00 -noon — Rochester Senior Center Great for beginners as well as those who are looking to work on current project with company. This is a free, drop-in program. No membership or registration

required. Any program updates and cancellations will be posted on rec.rochesternh.gov and to our department Facebook and Instagram Pages.

#### Senior Mobility Class - 50+

<u>Fridays from 10:00 - 10:30 AM</u> - Rochester Senior Center Over time poor movement, injury, and stationary positions cause our tissues to change and shorten, often resulting in decreased mobility. In North American society the primary impairments are at the shoulder, hip, and ankle. Our mobility class combines soft tissue work with static stretching and stability work to unlock range of motion that has been lost over time

#### Chair Yoga - 50+

<u>Wednesdays from 9:30 - 10:30 AM</u> - This is yoga that uses a chair rather than a mat. We do several warm ups and poses on the chair. Once we come to standing, we use the chair for our support during posture sequences and balancing poses. The chair is convenient so the practitioner does not have to get up and down off the floor only up and down out of the chair. This practice is fantastic for Seniors, anyone recovering from surgery, and any type of joint issues or replacements. Anyone can do it! This is a free, no registration required.

#### Senior Breakfast - 50+

Third Friday of the Month. March 17th 8:30-9:30 AM. Join City of Rochester staff for a morning of conversation, coffee and laughs. Meet new friends, connect with old friends and learn about the Senior Activity Center Breakfast is prepared by Recreation Staff and served buffet style. The food is always good, but the company is GREAT!



#### **Senior Bingo**

Tuesdays, 9:00 - Noon Milton Town Hall Recreation Center 55 Industrial Way Milton, NH 03851 603-652-4501 ext. 8

#### **Senior Bingo**

Mach Senior Bingo Dates are: 3/5, 3/12, 3/19, 3/26

We are at our new location, which has very limited parking spaces. We ask anyone who has the ability to car pool, please do so. Until the parking lot is re-designed, we will have to work with the space that we have.

We look forward to seeing all our seniors again, and hope they are all off to a healthy and happy

New Year!

# Inflation Reduction Act of 2022

Medicare Made Easy

#### 2024

Part D out-of-pocket costs: Part D plan members whose drug costs are so high that they enter the <u>catastrophic phase of coverage</u> will not have any more out-of-pocket costs for the rest of the year. In 2024, the out-of-pocket threshold for that coverage phase is \$8,000, a limit that generally increases every year. Until 2024, the 5 percent copay for catastrophic coverage will remain in effect.

Part D premium limitation: From 2024 through 2029, Part D plans cannot increase their so-called base premiums more than 6 percent per year. However, the base premium may not reflect the total monthly premium that a plan's enrollee pays. Because plans' costs can vary widely, some enrollees could see a drop in their premiums while others see significant increases. Beyond 2029, it will be up to the HHS secretary to determine the premium growth limit.

### **School & Library Happenings**

# RAM NEWS



Milton PTA seeking Donations for their Spring Calendar Fundraiser



Middle School Boys took 2nd place today in the Ron Howard Tournament hosted at Farmington. They played 1 game Wednesday night and 3 games in a row today. So proud of all these boys!!!! We will miss our 8th graders next year!



For the fourth year in a row, the NH Department of Education is partnering with NH camps and school-age summer programs across the state to offer students the unique opportunity to move beyond COVID-19 and be a kid again. Students of all ages, backgrounds and abilities benefit from exposure to short-term summer enrichment programs including in the areas of challenge, friend-making, positivity, and emotional safety. These are all things that NH camps and school-age programs do best.

#### **Camp fee eligibility**

Eligible students and corresponding youth recreation camp fees include:

\$750 eligible: Students with a disability

**\$600 eligible:** Students from families earning less than 250%

of the federal poverty level

**\$450 eligible:** Students from families earning less than 400%

of the federal poverty level



Milton Free Public Library 13 Main Street PO Box 127 Milton Mills, NH 03852 (603) 473-8535



Branch Hill Farm is looking for teens interested in working outside, learning to grow their own food, making money and new friends, and getting "buff and tan" to apply for our Paid Farming Apprenticeship right here at Branch Hill Farm in Milton Mills! Pass word along to your favorite high school students! Questions can be directed to me at georgia\_elgar@branchhillfarm.org.



#### **Recreation Information**



Registrations are now open for all Farmington 500 spring sports. Sign up today to join our Baseball, Softball & T-Ball programs.

We're also introducing a new 6U softball division!
REGISTER NOW: <a href="https://www.farmington500.org/">https://www.farmington500.org/</a>
<a href="mailto:Default.aspx?tabid=1731638">Default.aspx?tabid=1731638</a>





On March 8, 2024 Chief Krauss and Lt. Thomas Hebert will be jumping into frozen Milton Three Ponds to raise money for the New Hampshire Special Olympics.

#### We are Freezin' for a Reason!

We are so excited to be making an icy splash in the Law Enforcement Dip for Special Olympics NH. Please donate to our Dip. It will make a profound difference in the lives of people with intellectual disabilities across the Granite State. You can donate by visiting the link below!

Thank you!

https://fundraising.sonh.org/fundraisers/miltonpd?



Zumba Dance @ the Milton Recreation Department, 55 Industrial Way, 6pm. April 17 @ 6:00 PM – This is a free class! Come get in shape for the summer!



Spring is just around the corner and so is Soccer!
We will be starting our "Spring kick-around" Soccer
program on Saturday, April 13, 2024 @ Three Ponds Field
This will be a 7 week program for youth running from
April 13th - May 18th on Saturdays
U10 players (10:00 AM) U12 players (11:30 AM)
For more information you can call the rec dept @
603-652-4501 ext. 8



Milton Recreation is hoping to get a 4-H Program off the ground in Milton! 4-H is for ages 5 - 18 yrs. olds

#### 4-H is a community for all kids!

They do it all - 4-H is in the wood, on the farm, on the shooting range, in the garden, making, stitching, engineering, building, leading through service, climbing mountains, and always reaching new horizons If you are interested in being a part of this program, or helping out with this program. Please email recreation@miltonnh-us.com/call 603-652-4501 ext.8

#### **Recreation Information**

New Hampshire Maple Weekend is Coming!
March 16-17, 2024

The following local Sugar Houses are participating in Maple Weekend!



#### **Monkey Bear Farm**

21 Brown Road Milton, NH 03851 603-978-9810 Neohlen@metrocast.net



#### Tut's Farm

64 Bolan Road Milton, NH 03851 603-978-3510 tuttle2490@aol.com



#### Oak & Briar Farm

1271 Ten Rod Road Farmington, NH 03835 603-767-4754 https:// www.facebook.com/ OakandBriarFarm



Maple Sugaring Tips for Beginners and Backyard Maple Sugar Producers

UNH offers a free introductory resources in Maple Sugaring in your own backyard!
Please visit: https://extension.unh.edu/resource/maple-sugaring-tips-beginners-and-backyard-maple-sugar-producers







# Finding Nemo Jr. (March 2ND - 10TH) YOUTH & TEEN MAINSTAGE SERIES

Marlin, an anxious and over-protective clownfish, lives in the Great Barrier Reef with his kid Nemo, who longs to explore the world beyond their anemone home. But when Nemo is captured and taken to Sydney, Marlin faces his fears and sets off on an epic adventure across the ocean. With the help of lovable characters such as optimistic Dory, laidback sea turtle Crush, and the supportive Tank Gang, Marlin and Nemo both overcome challenges on their journey to find each other and themselves.

Featuring memorable songs such as "Just Keep Swimming," "Fish Are Friends Not Food," and "Go With the Flow," *Finding Nemo JR.* brings a vibrant underwater world to life on stage in a story full of family, friendship, and adventure. This performance is By Kids, For Kids, and features performers 7-14 years of age!

This performance runs approximately 50 minutes, and is appropriate for all ages.



# Let's shake off winter, welcome spring, and kick off the 2024 season together!

Ready to kick off the 2024 season at the New Hampshire Farm Museum? The Board of Trustees is hosting our annual Volunteer Pancake Breakfast on Saturday, April 27th at the museum's historic Plummer Homestead Gather with other volunteers to learn about new programs and events, find out what's planned for renovations, repairs, and growth, or simply share ideas over a cup of coffee and delicious home cooked pancake and eggs breakfast!

DATE: Saturday, April 27, 2024 TIME: 9:00 am – Noon LOCATION: At the Plummer House

For more information, please contact Janet Hotchkiss,

Program Director at 603-652-7840,

or nhfarmmuseum.info@gmail.com