



February



Mon	Tue	Wed	Thu	Fri
<p>WITH CERTIFIED INSTRUCTOR With 42 years of teaching, Mrs. Lina is the American Red Cross standard and a licensed EMS and Fire Fighter with 40 years of service.</p> <p>Family & Friend's Basic CPR Training</p> <p>Wednesday FEBRUARY 8, 2023 3:30 PM - 5:30 PM Milford Youth Center 24 Royal St. Milford</p> <p>1-508-473-1756 www.milforyouthcenter.org You must be a current registered member to participate.</p> <p>Contact Program Coordinator, Pamela Abrantes: jabrantes@milfordnyc.org</p>	<p>Learn to dance at the MYC!</p> <p>Dance CLASSES with Liana BALLET - HIPHOP MODERN - JAZZ</p> <p>CLASS OPEN FOR After-School members! REGISTRATION is required! Mondays 2/6, 2/13 & 2/27 @ 3:30pm</p> <p>FOR MORE INFORMATION: 508-473-1756 Milford Youth Center Director: jacques.jabrantes@milfordnyc.org</p>	<p>1 Quiet Zone 2:45</p> <p>Social Emotional FONFI 3:30</p>	<p>2 Quiet Zone 2:45 Boxing/Kickboxing 3:30</p> <p>Book Club 4:00</p>	<p>3 FitFun 3:30</p> <p>MYC Movie Day 4:00 Loving Spoonfuls Pick up (Online registration only)</p>
<p>6 Quiet Zone 2:45</p> <p>Dance 3:30 Volleyball 3:45</p>	<p>7 Quiet Zone 2:45</p> <p>Knitting 3:30 Arts & Crafts 4:15</p>	<p>8 Quiet Zone 2:45</p> <p>Life Skills-CPR Course 3:30-5:30</p> <p>Milford TV 3:30</p>	<p>9 Quiet Zone 2:45 Boxing/Kickboxing 3:30</p> <p>Book Club 4:00</p>	<p>10 FitFun 3:30</p> <p>Nail Salon 4:00 Loving Spoonfuls Pick Up (Online Registration only)</p>
<p>13 Quiet Zone 2:45</p> <p>Dance 3:30 Soccer 3:45</p>	<p>14 Quiet Zone 2:45</p> <p>Arts & Crafts 4:00 Hockomock YMCA Mobile Pantry 4:30- 6:00 PM</p>	<p>15 Quiet Zone 2:45</p> <p>Social Emotional FONFI 3:30 Bingo 4:00</p>	<p>16 Quiet Zone 2:45</p> <p>Boxing/Kickboxing 3:30 Book Club 4:00</p>	<p>17 FitFun 3:30</p> <p>STEAM 4:30 Loving Spoonfuls Pick Up (Online Registration Only)</p>
<p>20 Presidents Day! MYC Closed</p> <p>HAPPY PRESIDENT'S DAY</p>	<p>21 Open Gym 12:00-3:00</p>	<p>22 Open Gym 12:00-3:00</p>	<p>23 Open Gym 12:00-3:00</p>	<p>24 Open Gym 12:00-3:00</p>
<p>27 Quiet Zone 2:45</p> <p>Dance 3:30 Pickle Ball 3:45</p>	<p>28 Quiet Zone 2:45</p> <p>Gardening 3:30 Weight Room 3:45</p>	<p>The MYC is partnering with Lovin' Spoonfuls & their food rescue mission. If you are a member of our programming and would like to pick up free groceries on Fridays, please contact 508-473-1756 or mycregistrations@townofmilford.com We are also working with Hockomock Area YMCA where we will be hosting a mobile pantry once a month. Day and times will be posted on website and social media!</p>	<p>The Youth Center also offers a free snack and dinner program, due to the collaboration of CACFP, Hockomock Area YMCA and the Milford School Food & Nutrition Services department. We also have a commercial washer and dryer where youth can do their laundry for free.</p>	



The Milford Youth Center is open for youth, ages 8-18 years old (who attend Milford Schools or reside in Milford), free of charge, from 2:15-6:00 pm Monday through Friday (unless otherwise noted on our calendar). MYC Registration & Emergency Contact information due on start date by 1PM. You can find these forms on-line at www.milforyouthcenter.org (Available in English, Spanish and Portuguese). Dates and times are subject to change. Please review discipline, weather, health and traffic policies!