

GREATER GARDNER
NEWS FOR SENIORS
AGED 50 +



GARDNER SENIOR REVIEW

GARDNER COUNCIL ON AGING/SENIOR CENTER
294 PLEASANT STREET, GARDNER MA 01440
978-630-4067 or 978-632-2839
Email-coa@gardner-ma.gov
Fax: 978-632-5965



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Gardner Senior Center is Open Again

The Gardner Senior Center will open to it's members on Monday, February 22, 2021, on a limited basis. Attendance in programs will be limited to 10 and folks must pre-register by calling the Center at 978-630-4067.

Programs starting on February 22nd include Yoga, Line Dancing, the Book Club and Zoomba. We are adding the Wood Carvers Group on Tuesday Mornings. The Pool room will be open to members also.

COVID 19 Precautions will continue at the Gardner Senior Center including mandatory wearing of masks, social distancing, frequent hand washing or disinfecting, and activities limited to 10 or fewer.



Pictured Left:

The members of the Woodcarvers Group meet Tuesday Mornings at the Senior Center

Pictured Right: (photo courtesy of the Gardner News) Staff from the Gardner Community Health Center and Chair City Pharmacy register patients for the Covid 19 Vaccine Clinic held on February 10

CALLING THE SHOTS

The City of Gardner Council on Aging and the Gardner Community Health Center sponsored a Covid-19 vaccination clinic on Wednesday, February 10. Nearly 300 shots were administered at the clinic housed at the former Prospect School.

All participants were registered via telephone and the event was designed to help residents in the state vaccination phase 2 plan who were having trouble signing up for the shot online.

The clinic featured staff and volunteers from the Gardner Community Health Center, the Gardner Public School Nurses, the Wachusett Medical Reserve Corp, Chair City Pharmacy, Woods Ambulance, Gardner Police Department, the Gardner CAC and the Greater Gardner Area Rotary Club.

—story and photos
by Stephen Landry,
The Gardner News,
February 12, 2021



Please note: If you schedule an appointment through the Senior Center with a SHINE counselor or an Integrity Medicare advisor, there is no fee for consultations. Their sole purpose is to guide you towards a suitable insurance plan based on medical needs and finances that are particular to your needs.

SHINE

Due to the pandemic situation, the SHINE organization will not permit in-person appointments until further notice.



SHINE counselor, Gail Noel, will conduct telephone and/or Zoom appointments, so please call the Senior center of your choice to make an appointment.

- Gardner Senior Center 97 8630-4067
- Winchendon Senior Center 978-297-3155
- Templeton Senior Center 978-894-2780
- Westminster Senior Center
- If you opt for using the Zoom format, Gail will need your email address and you will need a computer with the capability to use a virtual platform, such as Zoom.
- To better prepare and save some time, you may create an account with *Medicare.gov*.

VACCINE CLINIC THANK YOU

Please join us in thanking the Gardner Community Health Center, Chair City Pharmacy, the Gardner School Nurses, the Wachusett Medical Reserve Corp, Woods Ambulance, the Greater Gardner Rotary Club, the Gardner Police Department and The Gardner CAC for their help with the February 10th Vaccine clinic.



Pictured Above: The Gardner Senior Center finished installation of a new flag pole to replace the one which was damaged in a storm.

COVID 19

Vaccine information can be found on the City of Gardner's website:

Www.Gardner-MA.gov/1055/COVID-19
or by calling
978-958-9057



A vaccine clinic held at the former Prospect School on February 10 was sponsored by the Gardner Senior Center and Gardner Community Health Center —(photo courtesy of The Gardner News)

Types of Dog

N	R	S	C	F	F	I	T	S	A	M	O	T	H
H	N	I	O	C	B	U	L	L	D	O	G	T	E
S	R	N	L	H	R	W	E	E	L	G	A	E	B
N	E	A	L	I	P	E	B	G	D	T	I	D	I
U	L	I	I	H	E	A	I	O	O	L	R	R	O
H	I	T	E	U	D	C	E	R	X	P	I	E	M
C	E	A	U	A	P	N	O	O	R	E	D	H	E
O	W	M	D	H	S	I	U	R	E	E	R	P	T
D	T	L	A	U	E	O	N	H	G	D	T	E	C
I	T	A	B	A	T	N	I	S	S	I	A	H	R
L	O	D	B	S	T	C	A	H	C	H	E	S	U
M	R	P	O	I	E	C	T	G	L	H	C	G	L
D	H	O	S	R	R	R	E	E	N	N	E	A	D
P	B	X	U	S	T	H	O	U	N	D	L	R	D

BULLDOG
 PINSCHER
 DALMATIAN
 MASTIFF
 BOXER
 SHEPHERD
 BEAGLE
 TERRIER
 SETTER
 CORGI
 ROTTWEILER
 CHIHUAHUA
 COLLIE
 HOUND
 DACHSHUND

Play this puzzle online at : <https://thewordsearch.com/puzzle/19/>

IN MEMORIAM

We wish to thank Mark & Maureen Nicholson for their generous contribution to the Senior Center in Memory of Ellen Mason.



LENDING LIBRARY



You are encouraged to stop by the Senior Center to take advantage of our media room. We have many newer books & puzzles for you to enjoy.

Please note:

While we accept donations of books and puzzles, we kindly ask that books be in good condition and that puzzles are five-hundred pieces or less with boxes intact, and that pieces are not missing. We also request that all puzzle boxes are taped securely before you drop them off.

SHINE COUNSELOR

Due to the pandemic situation, the SHINE organization will not allow in-person appointments at the Senior Center until further notice.

SHINE counselor, Gail Noel, however, is able to assist with your health insurance needs through telephone and/or a Zoom appointment on Mondays and Wednesdays. To schedule an appointment, please call 978-630-4067.

For those opting for a Zoom appointment, you will need a computer with the capability to use a virtual platform, such as Zoom.

To book an appointment with Gail at the Templeton or Winchendon Senior Centers, call directly.
 Templeton # 978-894-2780
 Winchendon # 978-297-3155

Mission Statement The Gardner Council on Aging mission consists of three core responsibilities. Identify the needs of the community's elderly population. Educate the community at large in the needs of seniors. Design, promote and implement needed services for the elderly. In addition, coordinate with existing services for the elderly.

FUN & FITNESS WITH AMY
Fridays at 8:30 AM



This class incorporates fun and fitness to lively music. You may not even realize you are exercising, because you will be laughing and having fun!!

Suggested donation of \$2.00

A NEW YOU!



Join us at TOPS Chapter 449, a nonprofit weight loss program on Thursdays at the Gardner Senior Center at 9am.

TOPS Club, Inc. is the original, nonprofit, eight-loss support and wellness education organization. Established in 1948 to champion weight-loss support and success, it has helped millions of people live healthier lives.

Fees: \$32.00 a year/\$3 per week includes subscription to TOPS magazine and special events held throughout the year. This group not only supports weight-loss, but also provides a warm and supportive atmosphere with great fellowship.

For more information, call Brenda at 978-868-0211

If you or anyone you know could use any assistance during the COVID-19 Pandemic, please call the Council on Aging office at 978-630-4067. Every call remains confidential.

GARDNER STEPPERS WITH PAULINE

*Beginner class
Mondays: 10:30am-11:30am

*Novice/Intermediate class
Tuesdays: 10:30am-11:30am

*Novice/Intermediate class
Wednesdays: 9:30am-10:30am



Suggested donation of \$2.00

PLEASE NOTE:

Until further notice, we are able to have a maximum of eleven students participate in our exercise classes. Pre-registration is mandatory by calling 978-630-4067. If classes are full, we will put your name on a waiting list.

CHAIR YOGA WITH SUE



Yoga: Mondays from 8:30am-9:30am
Yoga: Tuesdays from 8:30am-9:30am
Yoga: Wednesdays from 11:15-12:15pm
Yoga: Fridays from 10:30am-11:30am

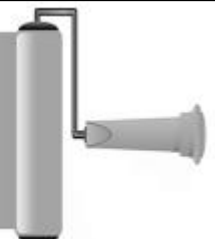
The instructor gears these classes for everyone to benefit. All movements and breathing can be modified for your own comfort level.

Suggested donation of \$2.00

Note:

Before starting any fitness program, you should consult your physician or other health care professional to determine what you can safely participate in.

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**TAX ASSISTANCE AND PREPARATION****AARP FOUNDATION TAX AIDE**

Due to the Covid-19 pandemic, the AARP Foundation will be providing free tax assistance and preparation plus e-filing for taxpayers with low to moderate income through the AARP Foundation Tax-Aide Program. AARP Foundation Tax Aide is the nation's largest free tax assistance and preparation service, giving special attention to those 60 and older. You do not need to be a member of AARP or a retiree to use this free service. The AARP Foundation Tax-Aide Program is being coordinated by the Westminster Senior Center. (978)874-7402

According to Paul Youd, Tax-Aide Representative, "AARP Tax-Aide will be providing a tax preparation service this year. Due to the pandemic, all returns will be done remotely. Taxpayers must have an email address or access to an email address (e.g. family member) to receive this service."

Taxpayers are encouraged to have the following documents when they arrive at an AARP Tax-Aide site:

- Photo ID and Social Security Card
- Copy of last year's (2019) tax return
- Health Insurance coverage information for taxpayer, spouse and all dependents
- Seniors with full-year enrollment in Medicare need only bring their SSA-1099 with them
- Calendar year water and sewer charges (needed for Circuit Breaker benefit filing)
- All other income tax related documents

Appointments for AARP Tax-Aide Services may be made by contacting the Westminster Senior Center at 978-874-7402.

The Gardner Senior Center is also working to develop an in-person tax preparation service for people who are unable to connect using technology. No new information is available at the time of this newsletter, but the Center continues to take names of people interested in this service. Please contact the Gardner Senior Center at 978-630-4067 for more information.

Your feedback is very important, so with the New Year upon us, please let us know if you have any thoughts or ideas for activities and events you would enjoy.

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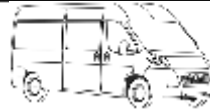
SENIOR TRAVEL



AARP contact: Call Diane Pellett at 978-632-5976 for info
Golden Age contact: Call Teri G at 978-632-8348 for info

At this present time, there are no trips scheduled, but we will update in newsletters to follow.

SENIOR TRANSPORTATION



In partnership with Montachusett Regional Transit Authority (MART), seniors are eligible for curbside transportation from their homes.

- *Must be Gardner resident, aged 60+
- *Operates Mon thru Fri in Gardner city limits
- *MART requires 24 hour notice for scheduling
- *Inquire to MART of their weather policy

Please register (one time only) via the Gardner Senior Center at 978-630-4067 and once that process is complete, always call MART directly to schedule at 1-800-922-5636 Ext. 2

SHINE PROGRAM (Serving the Health Insurance Needs of Everyone)

What is a SHINE Counselor? A committed volunteer who is trained and certified by the Executive Office of Elder Affairs in many areas of health insurance, including Medicare Part A, Part B, and Part D; Medigap insurance, Medicare HMOs, retiree insurance plans, prescription drug programs, Medicaid, Medicare assistance programs (QMB, SLMB and QI), and other programs for people with limited resources.)

The SHINE Program is administered by the Massachusetts Executive Office of Elder Affairs. The program is partially funded by the federal agency Centers for Medicare & Medicaid services.

Please call
978-630-4067 to confirm
any/all calendar activities.

Staff Directory

Director

Michael F. Ellis
Mellis@gardner-MA.gov

Administrative Assistant

Pending

Building Maintenance

Robert Cormier
Rcormier@Gardner-MA.gov

Café Site Manager

Anne Hall
978-632-1330

Hours of operation

Mon & Tues:7:30AM-4:00PM
Wed & Thurs:7:30AM-3:45PM
Fri:7:30AM-1:00PM

COA BOARD OF DIRECTORS

- Sandy Barton-Chair
- Kathy O'Brien-Secretary
- Terri Hillman-Treasurer
- Audrey Faucher-Member
- Gloria Tarpey-Golden Age Rep
- Pat Jandris-AARP Rep
- Maurice Lizotte-Associate Member
- Ron Darmetka- Associate Member
- Lynn McCarthy-Associate Member
- Dick Girardin-Associate Member
- Paul Leone-Associate Member
- Cheryl Howes-Associate Member
- Ken Fournier-Associate Member

Unless otherwise noted, open COA Board meetings are held every 1st Mon of the month at the Gardner Senior with the exception of a hiatus for July and August.

If you have an interest in serving on the board, please notify the Director of the Senior Center.

BOOKS WITH FRIENDS

Meets every 4th Monday of the month at 1pm, basement level of the Senior Center.




We decided to change our name to Books With Friends-hope you like it. Come join us, even if you do not have a chance to read a particular book.

Rose Bibeau and Terri Hillman

GOLDEN AGE CLUB
GARDNER AARP CHAPTER

Due to the ongoing Covid-19 pandemic, both local clubs are currently on hiatus and we are hopeful for their return to the Senior Center this year.

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>8:30 Yoga 10:30 Gardner Steppers <u>2:00 COA Board</u></p>	<p>2</p> <p>8:30 Yoga 9:00 Wachusett Woodcarvers 10:30 Gardner Steppers</p>	<p>3</p> <p>9:30 Gardner Steppers 11:15 Yoga</p>	<p>4</p> <p>9:00 TOPS</p>	<p>5</p> <p>8:30 Fun & Fitness 10:30 Yoga</p>
<p>8</p> <p>8:30 Yoga 10:30 Gardner Steppers</p>	<p>9</p> <p>8:30 Yoga 9:00 Wachusett Woodcarvers 10:30 Gardner Steppers</p>	<p>10</p> <p>9:30 Gardner Steppers 11:15 Yoga</p>	<p>11</p> <p>9:00 TOPS</p>	<p>12</p> <p>8:30 Fun & Fitness 10:30 Yoga</p>
<p>15</p> <p>8:30 Yoga 10:30 Gardner Steppers</p>	<p>16</p> <p>8:30 Yoga 9:00 Wachusett Woodcarvers 10:30 Gardner Steppers</p>	<p>17</p> <p>9:30 Gardner Steppers 11:15 Yoga</p> 	<p>18</p> <p>9:00 TOPS</p>	<p>19</p> <p>8:30 Fun & Fitness 10:30 Yoga</p>
<p>22</p> <p>23 8:30 Yoga 10:30 Gardner Steppers</p>	<p>23</p> <p>8:30 Yoga 9:00 Wachusett Woodcarvers 10:30 Gardner Steppers</p>	<p>24</p> <p>9:30 Gardner Steppers 11:15 Yoga</p>	<p>25</p> <p>9:00 TOPS</p>	<p>26</p> <p>8:30 Fun & Fitness 10:30 Yoga</p>
<p>29</p> <p>8:30 Yoga 10:30 Gardner Steppers <u>1:00 Book Club</u></p>	<p>30</p> <p>8:30 Yoga 9:00 Wachusett Woodcarvers 10:30 Gardner Steppers</p>	<p>31</p> <p>9:30 Gardner Steppers 11:15 Yoga</p>		



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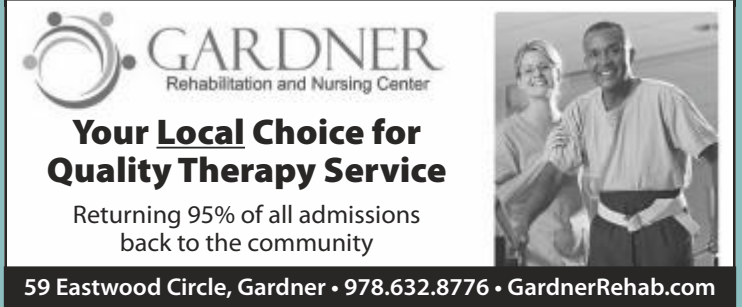
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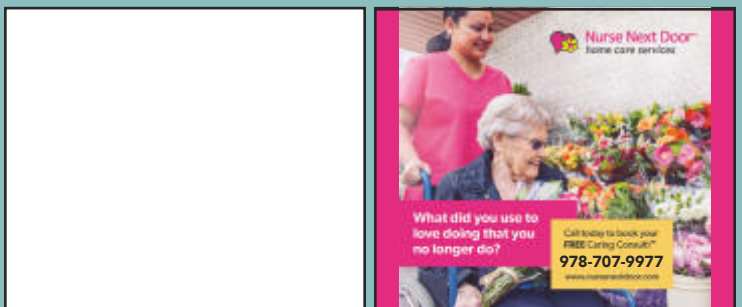
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