GREATER GARDNER NEWS FOR SENIORS AGED 50 +

GARDNER SENIOR REVIEW

GARDNER COUNCIL ON AGING/SENIOR CENTER
CHARLES P. McKEAN BUILDING
294 Pleasant Street, Gardner, MA 01440
978-630-4067 or 978-632-2839
Michael F. Ellis, Director
Email-coa@gardner-ma.gov
Fax: 978-632-5965

VOL.40 NO.11 • DECEMBER 2021

MERRY CHRISTMAS AND HAPPY HOLIDAYS !

As we celebrate the miracle of this special season, may your heart be filled with joy and peace and may these holiday blessings linger in your home and stay with you throughout the new year.

Please remember the Gardner Senior Center will be closed on Friday, December 24th to celebrate the Christmas Holiday and Friday, December 31, in celebration of the New Year's Holiday.

TOMMY RULL
SINGER/ENTERTAINER

Monday, Dec. 6, 2021, 1:30pm

Gardner Senior Center
294 Pleasant Street, Gardner, MA 01440

December Holiday Show

Classic Christmas Songs and songs from his show "A Musical Journey Through The Years

Call the Senior Center at 978-630-4067 to RSVP

Mass Cultural Council

This performance is funded by a grant from the Gardner Cultural Council, a local agency supported by the Massachusetts Cultural Council

MONDAY MOVIE MATINEE

MON., DEC 20TH 1PM

Join us at the Gardner Senior Center for a showing of

HOME ALONe

Hosted By: Michele Morin, Community Relations Gardner Rehab & Nursing

Contact the Senior Center to reserve your seat. Sign up early. Maximum 30 people.

GET IN THE HOLIDAY SPIRIT!

Dust off your ugliest Christmas sweater and join us for a movie with popcorn, candy, and light refreshments.

GARDNER Rehabilitation and Nursing Center

CHRISTMAS Dinner

Come and Celebrate CHRISTMAS with us! The Gardner Senior Center invites you to join us for a CHRISTMAS Meal.

The Christmas Meal will be available on **WEDNESDAY, DECEMBER 22, 2021 FROM 12:00PM UNTIL 1:00pm** at the Gardner Senior Center. Meals are only available on a drive up/pick up basis.

To ensure food quantities are sufficient to handle all our participants, **YOU MUST PRE-REGISTER for this meal by the deadline below.**

DRIVE THRU LOCATION: Gardner Senior Center
TIME: 12:00pm-1:00pm

RSVP: Deadline is December 17, 2021 by 12:00pm
Call the Gardner Senior Center at 978-630-4067.

SEASONAL STROLL WITH JULIE
December , 1:00PM

Enjoy a casual SEASONAL Stroll on the North Central Pathway along Crystal Lake and behind Heywood Hospital to enjoy the beautiful fall foliage and feel great! We will walk about 30-45 minutes at a talking pace. Please sign up and fill out a waiver at the Gardner Senior Center. Meet at the Gardner Veteran's Skating Rink.

COUNCIL ON AGING BOARD MEETING
Monday, Dec. 13, 2021, 2:00pm
Charles P. McKean Building
294 Pleasant Street Gardner, MA 01440

DID YOU KNOW THAT THE GARDNER SENIOR CENTER CAN SEND YOU THIS NEWSLETTER ELECTRONICALLY?

PLEASE CALL THE CENTER AND UPDATE YOUR INFORMATION INCLUDING ADDRESS, TELEPHONE NUMBER AND EMAIL ADDRESS! THANK YOU!

GRAB & GO and ONSITE MEALS

Come and enjoy a meal with your friends on site at the Gardner Senior Center. Meals on Wheels and Grab & Go meals for drive through are still available. Sign up at least 24 hours in advance by calling Anne Hall at 978-632-1330 or by calling the Gardner Senior Center at 978-630-4067 and selecting option/extension 6.

IN-HOUSE DAYS:
MONDAYS, WEDNESDAYS, & FRIDAYS 11:30AM

PICK-UP DAYS:
MONDAYS, WEDNESDAYS, & FRIDAYS 11:30AM

PICK-UP LOCATION: GARDNER SENIOR CENTER
Charles P. McKean Building
294 PLEASANT ST.
GARDNER MA 01440

*****IMPORTANT: Pick-ups will be outside of the marked entrance. This will be a drive-up style pick-up.**

SNAP APPLICATIONS

You can now apply for SNAP benefits at the Gardner Senior Center through the House of Peace and Education (HOPE).

What Is SNAP?

Supplemental Nutrition Assistance Program is a 100% Federally funded program regulated by the United States Department of Agriculture (USDA) and Administered by the Massachusetts Department of Transitional Assistance (DTA).

Applications will be taken by appointment only on the 1st & 3rd Thursdays of the month at the Gardner Senior Center.

NEED ASSISTANCE WITH UNDERSTANDING MEDICARE? SHINE CAN HELP!

Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. SHINE appointments are available on the second and fourth Mondays of each month. To schedule a SHINE appointment or for more information call the Senior Center at 978-630-4067

Integrity Medicare Advisors
Medicare Made Easy

Keith Aubin of Integrity Medicare Advisors, with over 20 years experience, is licensed and AHIP Medicare certified to help you make sense of the abundance of choices you are facing. From choosing a Medicare Advantage or Supplement plan, to identifying potential programs to help you pay for Rx, Keith can help! Contact the Gardner Senior Center for more information on scheduling an appointment with Keith.

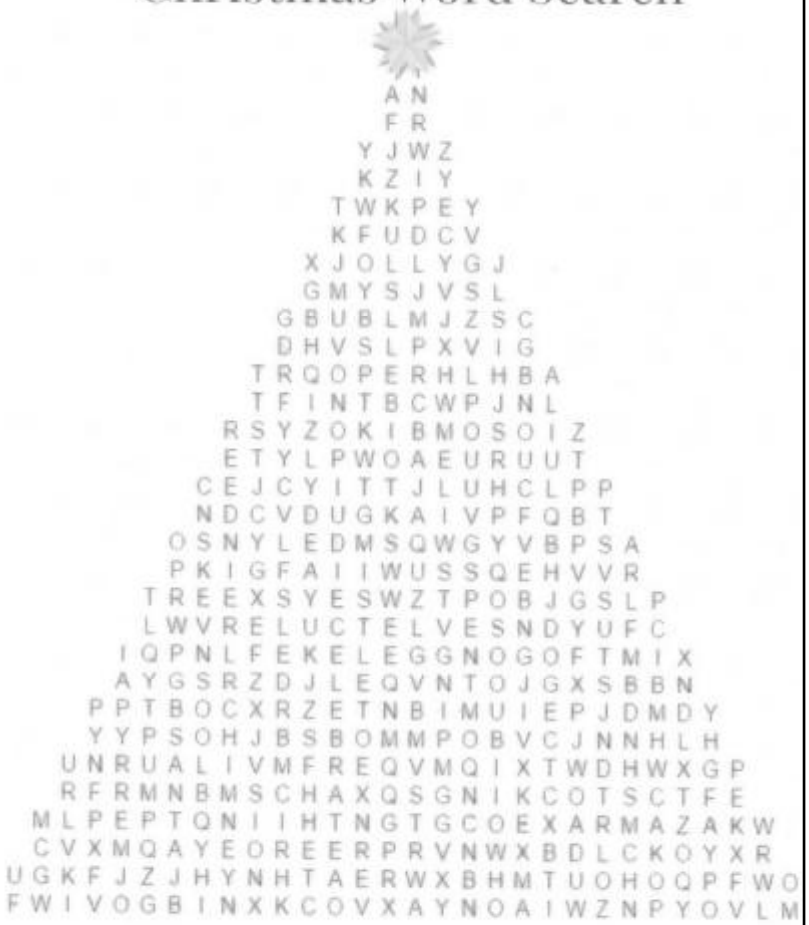
DESSERTS WITH BALDWINVILLE NURSING HOME

Join Bonnie and our community for our monthly sweets provided by **Baldwinville Nursing Home.** Take the opportunity to chat with Bonnie Riley while enjoying a delicious dessert. Every third Tuesday of the Month (December 21)

BLOOD PRESSURE WITH BONNIE

Didn't have a chance to enjoy a delicious treat from Bonnie at our Dessert Hour? Too much going on, too many stressors, just not enough time? Well come and get your blood pressure checked and see Bonnie in person at the Gardner Senior Center. Bonnie is here on the last Monday of each month (December 27).

Christmas Word Search



BELLS
STOCKINGS
WREATH
ELVES
SLED
CELEBRATE
EGGNOG
TREE
JOLLY
SANTA
MERRY
MISTLETOE
CHIMNEY
REINDEER

Veteran-to-Veteran Cafe

at the Gardner Senior Center
Friday, December 17, 2021 10:00am
Refreshments, coffee, and just simply comraderie.
Come enjoy this morning created just for you,
our Honored Veterans.

SENIOR TRAVEL

YOU'RE INVITED

Come and learn more!

Wednesday
December 1, 2021 2:00pm

Gardner Senior Center
294 Pleasant St , Gardner MA 01440

Please RSVP to

Diane Pellett (978)632-5976
dianepellett@yahoo.com

The Sicilian Tenors-

Thursday, December 9th
Danvers Yacht Club, Danvers, MA
$98.00 per person

The Sicilian Tenors bring together three marvelous Tenor voices, each singing their own interpretation of the world's best music. Contact Diane Pellet for more information at (978) 632-5976.

Gardner Senior Travel with Diane & Best of Times Travel
Proudly Present

An American Bandstand
New Year's Eve Day
Featuring the Tom LaMark Orchestra
Friday– December 31st, 2021

Danversport Yacht Club - Danvers, MA

Price: $107 pp **Includes Plated Luncheon, Transportation, Meal Tax, Gratuity, Live Entertainment, Party Favors & CHAMPAGNE TOAST. For more information contact Diane at 978-632-5976.**

Pacific Northwest & California
featuring Washington, Oregon and California
6/03/2022 - 7/3/2022
Seattle, Mount St. Helens Visitor Center, Portland, Columbia River Gorge, Hood River, Newport, Bandon State Natural Area, Rogue River Cruise, Redwood National Park, Avenue of the Giants

---

Bluegrass Country & the Smoky Mountains
featuring Louisville, Lexington, Gatlinburg & Asheville
10/13/2022 - 10/21/2022
Churchill Downs, Kentucky Derby Museum, Old Louisville Walking Tour, Choice on Tour, Buffalo Trace Bourbon Distillery, Lexington Horse Farms, Great Smoky Mountains National Park, Asheville

LENDING LIBRARY
We have many newer books & puzzles for you to enjoy. Stop in and check them out!

PLEASE CALL THE CENTER AND UPDATE YOUR INFORMATION INCLUDING ADDRESS, TELEPHONE NUMBER AND EMAIL ADDRESS!

fallonhealth

WEDNESDAY,
December 8, 1:30PM
Gardner Senior Center

Come to the Gardner Senior Center and meet with representatives from Fallon Health Medicare Plans. It's a great opportunity to learn about the changes and the plans made available to you through Fallon and review the 2022 Fallon Health Medicare Plans.

Fallon Health is the leading health care services organization that supports the diverse and changing needs of those it serves. In addition to providing innovative health insurance solutions and a variety of Medicaid and Medicare products, we excel in unique health care programs and services that coordinate care for seniors and individuals with complex health needs. For more information, visit www.fallonhealth.org

https://www.facebook.com/GardnerSeniorCenter
Follow us and LIKE us on
FACEBOOK
Use either the address above or the scan code to the right to get to **YOUR** Senior Center Facebook Page

The Massachusetts "CIRCUIT BREAKER" TAX PROGRAM

The Massachusetts Circuit Breaker tax Program is for qualifying persons age 65 or over whose property tax (or 25% of rent) exceeds 10% of their annual gross income. You may be eligible even if you receive a property tax exemption through your city/town.

Whether or not you owe taxes, you may be eligible for cash or a tax credit this coming tax year - even if you did not file Massachusetts state income tax forms. This benefit generally equals the amount that your property tax (plus 50% of your Water and Sewer Bill*) or 25% of your rent exceeds 10% of your income up to a maximum benefit amount that varies by year.

To obtain the benefit, you must file for the 2021 tax year beginning in January 2022. You may also file retroactively for any benefits you could have qualified for in the past three years.

More information will be available in our next edition of the Gardner Senior Review or at the Gardner Senior Center in mid December.

GARDNER VOLUNTEER INCENTIVE PROGRAM (VIPS)

Senior Citizens may be able to reduce their property taxes by participating in the City's Volunteer Incentive *Program*. Applications are generally accepted at the end of February and volunteer work should be completed by October. There is no payment or benefits for service. This is a limited tax credit program to be applied to the volunteer's individual City of Gardner real estate tax bill. Watch for more information in December in the Gardner Senior Review, on the Gardner Senior Center's Facebook Page, or on the City of Gardner's website.

YOGA WITH SUE

Chair Yoga: Mondays, 8:30am-9:30am
Chair Yoga: Tuesdays, 8:30am-9:30am
Mat Yoga: Fridays, 10:00am-10:55am
Chair Yoga: Fridays, 11:30am-12:30pm

The instructor gears these classes for everyone to benefit. Suggested donation of $2.00

FUN & FITNESS WITH AMY

Mondays at 11:30am
Fridays at 8:30 AM

Fitness can be FUN!! We have friends, great music, move that you make your own and lots of laughter. This class is for EVERYBODY. Suggested donation of $2.00

GARDNER STEPPERS WITH PAULINE

Mondays: 10:00am-11:00am
Beginner level 1– some experience
Tuesdays: 10:00am-11:00am
Tuesdays: 11:30am-12:30pm
Levels 2 & 3– Experienced in Dancing
32 steps Dancing above Level 1
Thursdays: 10:30am-11:30am
Beginner– no experience needed– Learn the Basic steps

Line dancing is a fun way to exercise, reduce your stress and increase your energy. Suggested donation of $3.00

ASK A PHARMACIST-

CHAIR CITY PHARMACY

Come in and see Chris or Mikayla from Chair City Pharmacy on the 4th Monday of the month (December 27 from 9am-11am) to review your meds.

Care Central VNA and Hospice

Care Central VNA & Hospice, Inc.

Come and meet Lisa Waller, RN, H ome Care Director for the Care Central VNA and Hospice.. Lisa will be available to meet with Gardner Seniors on December 7 (1st Tuesday of the month from 9:30-11:00am.)

DURABLE MEDICAL EQUIPMENT

The Senior Center has gently used durable medical equipment (subject to availability) including walkers, wheelchairs, commodes, and shower chairs. If you or someone you know needs to borrow one of these items, please contact the Gardner Senior Center.

The Gardner Senior Café is open for business. Please join us for **in person lunch** at the Gardner Senior Center each Monday, Wednesday and Friday. Please call the Center and reserve your place.

WE LOOK FORWARD TO SEEING YOU IN PERSON FOR LUNCH!!

BREAKFAST WITH A BADGE

December 16, 2021, 10:00am

Join us for coffee & conversation with our folks in uniformed services at the Gardner Senior Center while enjoying pastry and beverages. It's a great way to know who serve and protect our community.

BOOKS WITH FRIENDS

Rose Bibeau & Terri Hillman

On Monday, December 20, we will be discussing "The Last Apothecary" by Sarah Penner. Come join us and relax for an hour after a busy Holiday Season. Even if you did not have time to read, come and hear about the book. In the January Gardner Senior Review the names of the books for the first three months of 2022 will be listed.

VOLUNTEERS MAKE IT ALL HAPPEN!!

Many Many Many Thanks to our volunteers who work so hard to make our programs successful. We appreciate you.

Special thanks to Sandy Barton who just completed her work as Chairman of the Board at the Council on Aging.

Huge thanks to John Emory who has called BINGO for us for some time—very much appreciated.

To all the Gardner Senior Center volunteers that work at our programs, activites, and functions——**THANK YOU SO MUCH!**

A NEW YOU!

tops CLUB INC.

Join us at TOPS Chapter 449, a nonprofit weight loss program on Thursdays at the Gardner Senior Center at 9am. This group not only supports weight- loss, but also provides a warm and supportive Atmosphere with great fellowship.

Fees: $32.00 a year/$3 per week includes subscription to TOPS magazine and special events held throughout the year. For more information, call Brenda at 978-868-0211

MOVIES MOVIES by Terri Hillman

A few good movies are coing up during the Holiday Season– coming to the Gardner Cinema! One remake of an idle—"West Side Story" looks like a must see. Tuesday matinee is bargain day.

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978-632-1230
carecentralvnahospice.org
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DECEMBER SPECIAL PROGRAMS

December 1	TRAVEL TIME W/DIANE
December 6	Holiday Performance by Tommy Rull and Holiday Gathering
December 7	Care Central VNA
December 8	Holiday Stroll w/Julie
December 8	Coffee & Conversation
December 9	TOPS Holiday Gathering
December 13	Origami w/Jane
December 13	COA Board
December 16	Breakfast with a Badge
December 17	VET to VET Café
December 20	POOL ROOM CLOSED
December 20	Movie Matinee
December 21	Baldwinville Nursing Home Desserts
December 22	HOLIDAY MEAL DRIVE THRU AT THE GARDNER SENIOR CENTER
December 24	OFFICE CLOSED
December 31	OFFICE CLOSED

Please note: Our calendar chages from time to time with new programs or changes to existing programs. Please check with center staff for most up to date information

Thank you GARDNER PRICE CHOPPER, Bakery Manager Zach Aliskuskas, Cake Decorator Larissa Rodriguez, Store Manager Mark Bernard, and Customer Service Manager Judy Tysinger for all your help in making our Cake Decorating such a fun, interesting and unique experience!!

The Gardner Senior Center hosted another COVID 19 Vaccine Booster Clinic and Flu Shot Clinic at Chair City Church in November. **Over 300 boosters were give**n. Thank you Chair City Church for your hospitality. Thank you Community Health Connections, Dr. Harrington, Dr. Skrypczak, Lisa Waller (Care Central VNA), Chris Mulqueen (Chair City Pharmacy), Matt Bettez (GFD), Wood's Ambulance, Gardner Police Department, and our army of volunteers including Ray and Sharon Lashua, Barbara and Bob Goguen, Theresa Hillman, Cheryl Zadra, Rick Pace, Nancy Hebert, Karen and Dave Olivari, Jane and Bob Bettez, Sandy Barton, Anne-Marie Laroche, Pat and Joe Westberry, Anita Boudreau, Erana Landry, Mary Shaffer, our staff including Nancy, Rob and Mike, and our vendors Jeff Stearns (Fallon), Lisa Farnham (Blue Cross/ Blue Shield) and Keith Aubin (Integrity Medicare Advisors). Thank you also PAPA GINOS AND THE City of Gardner Lines and Signs Dept.

Coffee & Conversations

At the Gardner Senior Center

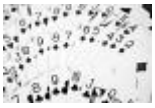
GARDNER
Rehabilitation and Nursing Center

Join
Michele Morin
Community Relations at Gardner Rehab

the 2nd Wednesday of every month at 10am

For some coffee & conversation. You talk to her, others, or even yourself, but please stop by!

PITCH



Join the Pitch players every Wednesday Morning at 10:00am. This is a fun group and it is only $2.00 to play.

Congratulations to our Pitch Winners for the Month of OCTOBER! Thank you to all our PITCH Players.

October 6
1st Sally Mitchell
2nd Rick LeBlanc
3rd Steve LaPrise

October 13
1st Ray Lashua
2nd Sharon Lashua
3rd Shirley Lavigne/ Omer Cormier

October 20
1st Rick Ploof
2nd
3rd

October 27
1st Jerry Hamel
2nd Normand Legere
3rd Emerise Bourque

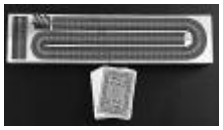
QUILTERS AND QUILTERS GUILD

This great group of Quilters invite you to join them every Wednesday at 9:00am ito work on your projects and on the first Wednesday of the month at 1:00 for the Montachusett

POOL HALL

All three pool tables are available to use all day long. Please let us know if you notice any issues with the tables or equipment.

CRIBBAGE



Cribbage players meet every Tuesday at 1:30pm in the Main Hall. The cost to play is $1.25. New players are always welcome. Test your skills for high game, high hand, and a chance at the door prize.

October 5
Rose Osterberg
Don Dame

October 12
Simone Dawson
Jannice Letendre

October 19
Kevin Loiselle
Jeanne Gallagher

October 26
Lynn McCarthy
Odette Racette

Congratulations to our CRIBBAGE HIGH GAME Winners for the Month of OCTOBER!

Thank you to all our CRIBBAGE Players.

AARP SENIOR TAX AIDE

The Gardner Senior is working with AARP Senior Tax Aid to provide free tax assistance and preparation and e-filing for taxpayers with low to moderate income at the Gardner Senior Center. AARP Foundation Tax-Aide is the nation's largest free tax assistance and preparation service, giving special attentionto those 60 and older. You do not need to be a member of AARP or a retiree to use this free service.

To make an appointment call after January 3, 2022, by calling 978-630-4067 or stop by the center in person.

THERE IS SO MUCH TO DO AT THE GARDNER SENIOR CENTER! COME JOIN US TODAY, GET TOGETHER WITH FRIENDS, ENJOY AN ACTIVITY! WE CAN'T WAIT TO SEE YOU AGAIN!

BINGO

Every **THURSDAY. Starts promptly at 1pm** in the basement level of the Senior Center. Besides the regular games, we offer a progressive jackpot game. Join in and have a fun afternoon out!

THE SENIOR CENTER IS NOW ON CHANNEL 8– WGET

Tune in on Channel 8 for the ***SENIOR MOMENTS*** Cable TV Program to get information on a whole host of topics that impact Seniors. Check the WGET guide for times.

KNITTING AND CROCHET GROUP

Please join us as we enjoy the company of others while working on our individual projects. Every 1st and 3rd Tuesday of the month.

CENTRAL MASS CARICATURE CARVERS

Meets every Tuesday in the Dining Room 9:00am to 12:00pm. Stay busy and learn a new hobby with a great group of people.

GARDNER AARP CHAPTER

Due to the ongoing COVID-19 pandemic, the AARP is currently not meeting in person. We are hopeful for their return to the Senior Center soon!!

WHIST CARD GAMES

Meets the first and third Wednesday of the Month in the downstairs Dining Room at 1pm. Cost is $2 per person and monies collected are paid out in prizes.

BREAD IS BACK

Join us for out weekly bread and pastry raffle at the Gardner Senior Center. Every Thursday morning at 11:00am features a community guest caller for the raffle.

GAME OF BRIDGE

Players meet every Monday (excluding holidays). All are welcome to join in for this mind sharpening card game. Games start at 9AM in the downstairs Dining Room.

TECHNOLOGY INSIGHTS

If you need computer or technology assistance, Jen Mulvey is here every Monday from 10:30am until 11:30am.

GOLDEN AGE CLUB

The Gardner Golden Age Club **WILL BE MEETING** on Wednesday, December 8 at 1:30pm at the Gardner Senior Center.

Mon	Tue	Wed	Thu	Fri
Nov 29 **8:00 SHINE** 8:30 Chair Yoga 9:00 Bridge 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 12:00 Senior Café Grab n Go	**Nov 30** 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 1:00 Knitting & Crochet 1:30 Cribbage	**Dec 1** **8:00 SHINE** **9:00 Senior Bean Bag** 9;00 Quilters 10:00 Pitch 12:00 Grab N Go Café 1:00 Quilters Guild	**Dec 2** 9:00 TOPS **9:30 SNAP APPTS** 10:30 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare Advisors 1:00 Majong 1:00 Bingo	**Dec 3** 8:30 Fun & Fitness 10:00 Mat Yoga 11:30 Chair Yoga 12:00 Senior Café Grab n Go
06 **8:00 SHINE** 8:30 Chair Yoga 9:00 Bridge 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 12:00 Senior Café Grab n Go **1:00 Tommy Rull Concert**	**07** 8:30 Yoga 9:00 CM Caricature Carvers **9:30 Visit with VNA Nurse** 10:00 Gardner Steppers 11:30 Gardner Steppers 1:00 Knitting & Crochet 1:30 Cribbage	**08** **8:00 SHINE** 9;00 Quilters 10:00 Pitch **10:00 Coffee & Conversation** 12:00 Grab N Go Café 1:00 WHIST 1:00 Golden Age Club 1:00 Fallon Sr. Medicare	**09** 9:00 TOPS 10:30 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare Advisors 12:30 TOPS SPECIAL 1:00 Majong 1:00 Bingo	**10** 8:30 Fun & Fitness 10:00 Mat Yoga 11:30 Chair Yoga 12:00 Senior Café Grab n Go
13 8:30 Chair Yoga 9:00 Bridge 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 12:00 Senior Café Grab n Go **1:00 Origami with Jane** **2:00 COA BOARD**	**14** 8:30 Yoga 9:00 SHINE 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 1:00 Knitting & Crochet 1:30 Cribbage	**15** 9;00 Quilters 9:00 SR FOOR PANTRY 10:00 Pitch **10:00 Miracle Ear** 12:00 Grab N Go Café	**16** 9:00 TOPS **9:30 SNAP APPTS** **10:00 Breakfast w/Badge** 10:30 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare Advisors 1:00 Bingo 1:00 Majong	**17** 8:30 Fun & Fitness 10:00 Mat Yoga **10:00 VET TO VET CAFÉ** 11:30 Chair Yoga 12:00 Senior Café Grab n Go
20 **POOL ROOM CLOSED** 8:30 Chair Yoga 9:00 Bridge 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 12:00 Senior Café Grab n Go **1:00 MOVIE MATINEE** **1:00 Book Club**	**21** 8:30 Yoga 9:00 SHINE 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers **1:00 Baldwinville Nursing Home Desserts** 1:30 Cribbage	**22** 9;00 Quilters 10:00 Pitch 12:00 Grab N Go Café **Holiday drive through meals at the Gardner Senior Center** 	**23** 9:00 TOPS 10:30 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare Advisors 12:30 TOPS SPECIAL 1:00 Majong 1:00 Bingo	**24** OFFICE CLOSED Merry Christmas
27 8:30 Chair Yoga 9:00 Blood Pressure w/Bonnie 9:30 Ask a Pharmacist 9:00 Bridge 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 12:00 Senior Café Grab n Go	**28** 8:30 Yoga 9:00 SHINE 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 1:30 Cribbage	**29** 9;00 Quilters 10:00 Pitch 12:00 Grab N Go Café 1:00 Quilters Guild	**30** 9:00 TOPS 10:30 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare Advisors 1:00 Majong 1:00 Bingo	**31** OFFICE CLOSED Happy New Year!

Your Next Step could be *with us!*

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Mediation Services of North Central MA, Inc.

A non-profit conflict resolution service agency CONTACT US TO LEARN MORE *about what we do and how you can help bring peace to the community!*

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978-466-9595 or mediationncm.org

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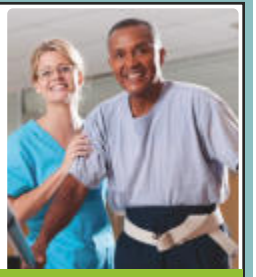
GARDNER

Rehabilitation and Nursing Center

Your Local Choice for Quality Therapy Service

Returning 95% of all admissions back to the community



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RSVP Volunteers of Central MA is a program of Family Services

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Family Services

AmeriCorps Seniors

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34 CONNORS STREET
GARDNER, MA 01440

Senior Housing Available

The Gardner Housing Authority is accepting applications from seniors age 60+ for one bedroom apartments or for congregate housing units now available in our senior living developments.

- Subsidized rent based on 30% of income • All utilities are included in the rent.
- Cable Ready• 24 hour staffing and meals in a supportive living environment.
- Conveniently located on the MART bus routes.

Call us today for more information and an application.

You may also apply online: www.gardnerhousing.org

Gardner Housing Authority

116 Church St., Gardner, MA

(978) 632-6627

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At **Alliance Health at Baldwinville**, our care is focused on the most important part of our community—**the resident.**

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