

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.41 NO.1 • JANUARY 2022**



## 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 attention to those 60 and older. You do not need to be a member of AARP or a retiree to use this free service.



Volunteers that work on site are required to be vaccinated. Volunteers and tax payers must wear masks.

Recent sharp increases in COVID cases in Massachusetts may effect our ability to do in person returns again this year. If in person is restricted, we will work to implement reduced contact visit that may include document drop off and scan.

**Please contact the Gardner Senior Center with questions, procedure updates, and to make an appointment by calling 978-630-4067, subject to availability.**

## 2021- WE COULDN'T DO IT WITHOUT YOU

**For our Covid Vaccination and Booster Team including:** Community Health Connections, Ellen, Cynthia, Lisa & Crew, Drrs Harrington, Mulqueen and Skrzypczak, Stephanie, Paula, Gardner Public School Nurses, Chair City Church, Chair City Pharmacy, WalMart, Care Central VNA, Wachusett Medical Reserve Corps, Woods Ambulance, Gardner PD & Gardner FD

**For our Program Leaders including** Amy LeBlanc, Sue Medeiros, & Pauline Richard, Quimby Whitney Jr., Bob & Jane Bettez, Carol Baublis, Lorraine Manca, Lou Laliberte, Diane Pellet & Collette Travel, Diane McCamy, Rose Bibeau & Terri Hillman, Doris St. John, Michelle Tremblay, Jen Mulvey, Sophie Degrace, Helen Lindstrom, Lt. Nick Maroni, Therese Gustafson, Jennifer LaRoche & CSO, Annette Ducharme,

**For our Special Program Partners & Supporters including** The Knowlton Foundation, Tim & Lisa and the Gardner Lodge of Elks, Gardner Lion's Club, Gardner Rotary Club, Atty. Gina Wilson, Kim & Michele from the Gardner Rehabilitation & Nursing Center, Alyson and Tina from Beacon Hospice, Bonnie from Alliance Health at Baldwinville, Noah from the Veterans Preservation Project, GAAMHA, Stacey & Jess from HOPE, Julie, Amy, Gerry, Bruce & Deb from the Gardner CAC, RHR Real Estate, Gardner Ale House, Red Apple Farm, Normand Legere & the Templeton Fish & Game Club, Zach, Judy, & Larissa from Price Chopper Market 32, Hannafords, Market Basket, Chairtown Lumber, Horrigan Cleaners, Table Talk Pies, Whitsons Culinary Group, Heywood Commons, Williams Restaurant, Priscillas Candies, Heywood Hospital, the Gosse Family in memory of Maxine Rogers, MART, Fallon Senior Health, Anne, Tracy & Alex from MOC Nutrition, SHINE Counselor Gail, Integrity Medicare Advisor Keith, Lisa from Care Central VNA, TOPS, Central MA Caricature Carvers, Mediation Services of North Central MA, Mack Funeral Homes, Fidelity Bank, Wendy Poudrette, Gardner Housing Authority, Fitchburg Healthcare, GFA-FCU, Mendminder Pharmacy,

Workers Credit Union, Worcester County DA Joseph Early, State Representative Jon Zlotnik, Heywood Healthcare, Senior Medicare Patrol, Central Massachusetts Council on Aging, Julie Killbury, Senator John Cronin, the Gardner American Legion, Miracle Ear, Aging Services of North Central Massachusetts, MWCC, Dave Richard Excavating, Papa Ginos, Blue Cross/Blue Shield, WGET, WGAW, The McGuire Family, The Gardner Cultural Council

**For our 2021 Performers** including Dan Kirouac, Tom Rull, Denis Cormier, Sean Fullerton, Davis Bates, Christmas Chorus Group, and Dawn Kelley & Dick Miller,

**For our Board Members, Associate Members, staff & Volunteers including** Mayor Mike Nicholson, Gardner City Council, Ron Darmetka, Kathy O'Brien, Terri Hillman, Audrey Faucher, Gloria Tarpey, Pat Jandris, Cheryl Howes, Ken Fournier, Paul Leone, Mary Shaffer, Nancy Hebert, Richard Girardin, Sandy Barton, Lynne McCarthy, Maurice Lizotte, Robert Cormier, Nancy Costa, Anne Boucher, Anita Boudreau, Erana Landry, Ray & Sharon Lashua, Karen & Dave Olivari, Mary Shaffer, Bob & Barbara Goguen, Anne-Marie Laroche, Pat & Joe Westberry, Rick Pace & Cheryl Zadra, & a whole host of City Departments & Agencies (Deb, John, Jacki, Bob, Jim, Doug, Pat, Scott, Josh, Meredith, Roland, Lauren, Angela, Rick, Rachel, Colin, Julie, Mark, Ti, John, Faith, Sue, Kate, Jen, Lynette, Chris, and Marry)!!

**With such enormous and dedicated support for the people, programs, services and activities, if we forgot someone we apologize. You are appreciated!!!!**

## COUNCIL ON AGING BOARD MEETING

**Monday, Jan 3, 2022, 2:00pm**

Charles P. McKean Building  
294 Pleasant Street Gardner, MA 01440



**LGBTQIA+ SUPPORT GROUP & RESOURCES**



The Gardner Senior Center is pleased to be able to offer a LGBTQIA+ support group for folks in our community. Please contact the Gardner Senior Center at 978-630-4067 for more information on days and times of meetings.



**Veteran-to-Veteran Café**

**Gardner Senior Center, Friday, January 21 10:00am**  
**Refreshments, coffee, and just simply comraderie. Come enjoy this morning created just for you, our Honored Veterans.**



**GRAB & GO and ONSITE MEALS**

Come and enjoy a meal with your friends on site at the Gardner Sr. Ctr. 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 Sr Ctr at 978-630-406, extension 6.

**SNAP APPLICATIONS**

You can now apply for SNAP benefits through the House of Peace & Education (HOPE). *Applications will be taken by appointment only on the 1st & 3rd Thursdays of the month at the Gardner Senior Center.*



**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).

**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 (January 18)



**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 Sr. Ctr. Bonnie is here on the last Monday of each month (January 31).



**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.**

**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 an appointment call the Senior Center at 978-630-4067



**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.



Looking to make a difference in our community? Become a Diaper Pantry Volunteer! Care Central/VNA & Hospice Thursdays from 1pm-3pm Contact Karen at 978-632-1230 ext 311 for more information



Keith Aubin of Integrity Medicare Advisors, is licensed and AHIP Medicare certified to help you make sense of the abundance of choices you are facing. Contact the Gardner Senior Center at 978-630-4067 to schedule an appointment with Keith.

**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. **As soon as details are available, the Gardner Senior Center will post on our FACEBOOK, Website, and send an email blast. In the meantime, for more information contact the Gardner Senior Center.**

**GARDNER AARP CHAPTER**



The Gardner AARP Chapter is looking forward to its first meeting in over a year at the Gardner Senior Center. **Join us for our meeting and installation on Wednesday, January 19, 2022, at 1:30 PM at the Gardner Senior Center.** Check the Center's FACEBOOK and Website for updates.



SENIOR TRAVEL



**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!



<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



**BREAKFAST WITH A BADGE**

January 20, 2022 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

We hope your 2022 resolutions including more reading and visiting with book club members on the 4<sup>th</sup> Monday of each month. Here are the books members chose for the first three months of 2022



Jan 2022- **"A Piece of the World"**- Christina Baker Kline

Feb 2022- **"Take What You Can Carry"** - Gian Sardar

Mar 2022- **"Met Her Match"** - Jude Deveraux

We will also be discussing the December Book Selection **"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.

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!!**

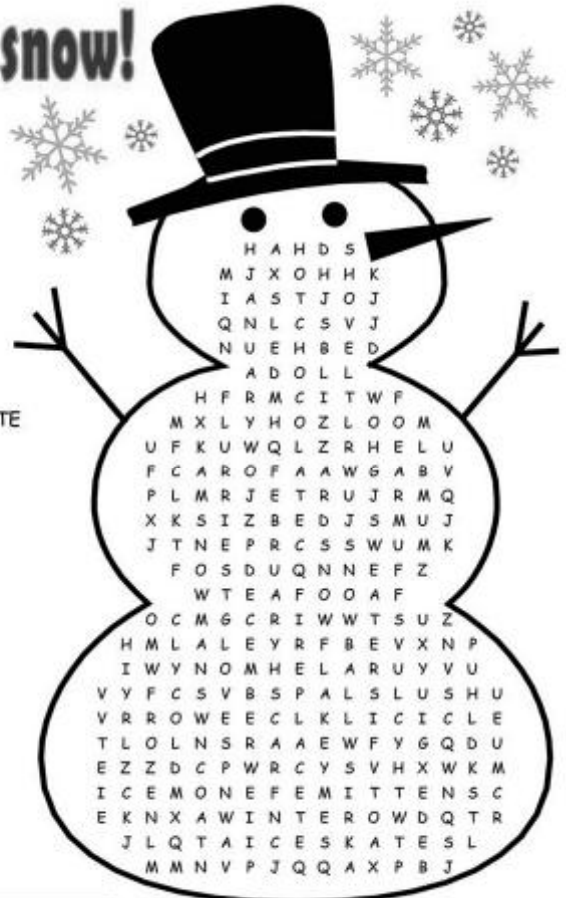
PLEASE CALL THE CENTER AND UPDATE YOUR INFORMATION INCLUDING ADDRESS, TELEPHONE NUMBER AND EMAIL ADDRESS!

**GOLDEN AGE CLUB**

The Gardner Golden Age Club at the Gardner Senior Center on Pleasant Street in Gardner will be having a **MAGIC SHOW with Magician Steve Charette** on Wednesday, January 12, 2022 at 1:30 pm. Please join us for a great time!

**Let it snow!**

- BLIZZARD
- COAT
- COLD
- DECEMBER
- EARMUFFS
- FEBRUARY
- FIREPLACE
- FLURRIES
- FROZEN
- GLOVES
- HOT CHOCOLATE
- ICE
- ICE SKATES
- ICICLE
- JANUARY
- MITTENS
- SCARF
- SHOVEL
- SLED
- SLUSH
- SNOWBALL
- SNOWFLAKE
- SNOWMAN
- SWEATER
- WINTER



Name: \_\_\_\_\_

**SAND FOR SENIORS**

The Sand for Seniors is a NEW program collaboration between the Gardner Seniro Center and the Rotary Club of the Greater Gardner Area. It is designed to increase safety during the winter and created for seniors who are physically or financially unable to acquire their own bucket of sand or ice melt product.



The program is available to Gardner residents who meet the following criteria:

- Aged 60 or older
- Live in their own home
- Unable to physically get ice melt product or unable to afford ice melt product



Please contact the Gardner Senior Center at 978-630-4067 to apply for your five gallon bucket of sand through January 10 or while supplies last. If approved, volunteers will deliver one five gallon bucket of sand to your home between January 13 and January 16.

**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-**



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**



Come and meet Lisa Waller, RN, Home 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.)

**BREAD IS BACK**

Join us for our weekly bread and pastry raffle at the Gardner Senior Center. Every Thursday morning at 11:00am features a Community guest caller for the raffle. Come and meet local organization representatives, have a coffee and chat and bring home some great food!



**JANUARY SPECIAL PROGRAMS**

- January 1 HAPPY NEW YEARS
- January 3 COA Board Meeting
- January 4 Care Central VNA
- January 5 AARP Board
- January 12 Coffee & Conversation w/Gardner Rehab
- January 12 Golden Age Club- Magic SHOW
- January 14 Caregiver Support Group
- January 17 OFFICE CLOSED- MARTIN LUTHER KING JR. HOLIDAY
- January 18 Desserts w/Baldwinville Nursing Home
- January 19 AARP Meeting & Installation
- January 20 Breakfast with a Badge
- January 21 Vet to Vet Café
- January 24 Ask a Pharmacist
- January 26 Armchair Travel- Hawaii
- January 31 Blood Pressure w/Bonnie

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

**A NEW YOU!**

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

**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.



Care Central VNA & Hospice, Inc.  
 Health care in the neighborhood

978-632-1230  
 carecentralvnahospice.org  
 Formerly GVNA HealthCare, Inc.

- Skilled Homecare Hospice
- Adult Day Health Services
- Private Duty Services
- Healthy Families
- Rehab Services
- Support Groups

**AVAILABLE FOR A LIMITED TIME!**

**ADVERTISE HERE NOW!**

Contact Duane Budelier to place an ad today! [dbudelier@picommunities.com](mailto:dbudelier@picommunities.com) or (800) 950-9952 x2525



# Home Delivered Meals

## January 2022

Individual Sodium Contents are listed beside each item.  
To Cancel or Resume meals please call: (978) 345-8501 Ext:2

Total Sodium for each meal is listed below each meal  
Asterisk \* Indicates the item is > 500 mg Sodium

Menu Subject to Change

Suggested voluntary donation: \$3.00

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Na+ 4		Na+	5	Na+	6	Na+	7	Na+
Chicken Parmesan		Potato Pollock w/Tartar sc	373	Chicken Teriyaki	255	Beef Stew	163	Broccoli Bake	475
w/Marinara Sauce	856*	Cinnamon Sw Potatoe	36	Vegetable Fried Rice	98	California Veg Blend	22	Home Fries	5
Cavatappi Pasta	1	Spinach	65	Asian Vegetable Blend	21	Wheat Dinner Roll	105	Stewed Tomatoes	251
Italian Vegetable Blend	41	Wheat Bread	170	Multigrain Bread	164	Brownie	160	Wheat Bread	170
Dinner Roll	132	Snack n Loaf	115	Fortune Cookie	6	Diet: Cookie	55	Peaches	10
Fruit Cup	5	Diet: Lorna Doones	147	Fresh Pear	2				
Total Sodium(mg): 1160		Total Sodium(mg): 883		Total Sodium(mg): 670		Total Sodium(mg): 576		Total Sodium(mg): 1036	
Calories: 802		Calories: 781		Calories: 624		Calories: 770		Calories: 685	
10	Na+	11	Na+	12	Na+	13	Na+	14	Na+
Beef & Cabbage Casserole	477	Brd'd Chicken Drumstick	450	Meatball Stroganoff	232	Apple Cranberry Rst Pork	295	Cheeseburger	241
Diced Red Potatoes	4	Sr Cr & Chive Whip Potatoes	89	Parslied Noodles	4	Butternut Squash	0	Potato Wedges	273
Carrots	64	Scandinavian Veg Blend	61	Broccoli & Cauliflower	31	Brussels Sprouts	12	Corn	1
Rye Bread	150	Wheat Bread	170	Multigrain Bread	164	Pumpernickel Bread	155	Wheat Sandwich Bun	300
Yogurt	75	Pears	5	Cookie	55	Fresh Apple	2	Fruit Cup	5
Total Sodium (mg): 895		Total Sodium(mg): 900		Total Sodium(mg): 611		Total Sodium(mg): 588		Total Sodium (mg): 946	
Calories: 822		Calories: 693		Calories: 610		Calories: 567		Calories: 840	
17		18	Na+	19	Na+	20	Na+	21	Na+
		Beef & Lentil Chili	262	Gr Chicken Coq Au Vin	349	Roast Turkey with	330	Potato Pollock	273
		Brown Rice	4	Garlic Mashed Potatoes	66	Herb Gravy	19	Tartar Sauce	100
		Mixed Vegetables	88	French Green Beans	2	Bread Stuffing	316	Scalloped Potatoes	125
		Corn Muffin	90	Multigrain Bread	164	Glazed Carrots	81	Capri Vegetable Blend	15
		Peaches	10	Cheesecake	330	Wheat Dinner Roll	105	Wheat Bread	170
				Diet: Lorna Doones	147	Fresh Clementine	1	Pears	5
Martin Luther King Jr. Day No Meals Delivered		Total Sodium (mg): 454		Total Sodium(mg): 1058		Total Sodium (mg): 852		Total Sodium(mg): 688	
		Calories: 772		Calories: 805		Calories: 592		Calories: 749	
24	Na+	25	Na+	26	Na+	27	Na+	28	Na+
Macaroni & Cheese	498	Chicken Corn Stew	265	Beef Taco w/Cheese	346	Honey Ginger GlazedChicken	408	Pot Roast/Jardiniere Gravy	133
Stewed Tomatoes	251	Roasted Butternut Squash	0	Spanish Rice & Beans	181	Brown Rice Pilaf	149	Rosemary Rst Red Potatoes	5
Multigrain Bread	164	Wheat Dinner Roll	105	Mixed Peppers & Onions	27	Asian Veg Blend	21	Broccoli Au Gratin	133
Fruit Cup	5	Flavored Applesauce	10	Tortilla	220	Multigrain Bread	164	Wheat Dinner Roll	105
				Fruited Yogurt	75	Fresh Pear	2	Apple Pie	390
								Diet: Choc Chip Cookie	55
Total Sodium (mg): 1042		Total Sodium(mg): 505		Total Sodium(mg): 974		Total Sodium(mg): 869		Total Sodium(mg): 891	
Calories: 728		Calories: 477		Calories: 855		Calories: 638		Calories: 840	
31	Na+			<b>Meals include:</b> 8 oz.1% Milk providing 110 Calories 125 mg Sodium included in meal totals		"If you can't fly, then run. If you can't run, then walk. If you can't walk, then crawl, but whatever you do, you have to keep moving forward" Martin Luther King Jr.		<b>REMEMBER:</b> As we age, we require* more protein. Always pair a Protein w/a Starch at meals & snacks (with healthy functioning kidneys)	
Total Sodium(mg): 886									
Calories: 593									

Reduce the Carbohydrate content of any meal by saving the Bread, Milk and/or Dessert for a snack.

Reduce the Sodium content of any meal by saving the Bread, Milk & Non-Fruit Dessert for the following lighter meal or snack.

To Cancel a Meal or Resume Meals call (978) 345-8501 EXT 2 Nutrition Questions? Contact Alex Welch, RD at (978) 785-5340 or awelch@mocinc.org

**Funded by Title III Funds of the Older Americans Act through the Central Mass Area Agency on Aging and Mass FOFA State Elder Lunch Town and participant donations**

**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 December! Thank you to all our PITCH Players.**

<b>December 1</b> 1st Nancy Collett 2nd Chris Cormier 3rd Rick LeBlanc	<b>December 8</b> 1st Pauline Richard 2nd Nancy Collett 3rd Rachel Losh	<b>December 1</b> 1st Ray Lashua 2nd Louis Laliberte 3rd Nancy Collett
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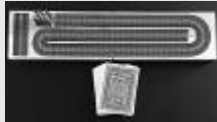
**SENIOR MOMENTS- CHANNEL 8- WGET**

Tune in on Channel 8 for the **SENIOR MOMENTS** Cable TV Program for Seniors. Check the WGET guide for times.



**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.



<b>November 2</b> Ken Loiselle Del Richard	<b>November 9</b> Margie Whittermore Carol Cormier	<b>Congratulations to our CRIBBAGE HIGH GAME Winners for the Month of NOVEMBER!</b>
<b>November 16</b> Jim Patria Carol Smith		

**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.



**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.



**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.



**TECHNOLOGY INSIGHTS**

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



**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.



**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!

**QUILTERS AND QUILTERS GUILD**

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



**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.





**Coffee & Conversations**

At the Gardner Senior Center



Join  
Michele Morin  
*Community Relations at Gardner Rehab*

**2<sup>nd</sup> Wednesday of the month at 10am**



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

**ICE & SNOW IS DANGEROUS TO DRIVERS**

They say that driving without clearing off a car can be dangerous and costly. Police Departments across the Commonwealth will ticket drivers who do not adequately remove snow from their cars— either from the windshield, hood, windows or roofs. Motorists can be ticketed \$40 for having an obstructed view—meaning their windshield or other windows are covered snow. Failing to clear off the roof of a vehicle can lead to a \$200 ticket, because it is considered having an unsecured load. More importantly, not clearing off snow can be a safety hazard. Snow and ice can fly off and hit pedestrians or other vehicles and may also limit a driver's ability to see. PLEASE REMEMBER to clear off your car this winter.



Mon	Tue	Wed	Thu	Fri
<p><b>Jan 3</b>                      8:30 Chair Yoga                      9:00 Bridge                      10:00 Gardner Steppers                      10:30 Tech Insights                      11:30 Fun &amp; Fitness                      12:00 Senior Café Grab n Go                      2:00 COA Board</p>	<p><b>Jan 4</b>                      9:00 CM Caricature Carvers                      9:30 Visit with VNA Nurse                      10:00 Gardner Steppers                      11:30 Gardner Steppers                      1:00 Knitting &amp; Crochet                      1:30 Cribbage</p>	<p><b>Jan 5</b>                      9:00 Senior Bean Bag                      9:00 Quilters                      10:00 Pitch                      12:00 Grab N Go Café                      1:00 Quilters Guild                      1:00 AARP Board</p>	<p><b>Jan 6</b>                      9:00 TOPS                      9:30 SNAP APPTS                      10:30 Gardner Steppers                      11:00 Bread &amp; Pastry Raffle                      12:00 Integrity Medicare Advisors                      1:00 Majong                      1:00 Bingo</p>	<p><b>Jan 7</b>                      8:30 Fun &amp; Fitness                      10:00 Mat Yoga                      11:15 Chair Yoga                      12:00 Senior Café Grab n Go</p>
<p><b>Jan 10</b>                      8:30 Chair Yoga                      9:00 Bridge                      10:00 Gardner Steppers                      10:30 Tech Insights                      11:30 Fun &amp; Fitness                      12:00 Senior Café Grab n Go                      12:30 SAND FOR SENIORS-                      sign up required</p>	<p><b>Jan 11</b>                      8:30 Yoga                      9:00 SHINE                      9:00 CM Caricature Carvers                      10:00 Gardner Steppers                      11:30 Gardner Steppers                      1:00 Knitting &amp; Crochet                      1:30 Cribbage</p>	<p><b>Jan 12</b>                      9:00 Quilters                      10:00 Pitch                      10:00 Coffee &amp; Conversation                      12:00 Grab N Go Café                      1:00 WHIST                      1:30 Golden Age Club AND                      MAGIC SHOW</p>	<p><b>Jan 13</b>                      9:00 TOPS                      10:30 Gardner Steppers                      11:00 Bread &amp; Pastry Raffle                      12:00 Integrity Medicare Advisors                      1:00 Majong                      1:00 Bingo</p>	<p><b>Jan 14</b>                      8:30 Fun &amp; Fitness                      10:00 Mat Yoga                      10:00 CAREGIVER                      SUPPORT GROUP                      11:15 Chair Yoga                      12:00 Senior Café Grab n Go</p>
<p><b>Jan 17</b>                      OFFICE CLOSED-                      MARTIN LUTHER KING, JR                      HOLIDAY</p> 	<p><b>Jan 18</b>                      8:30 Yoga                      9:00 CM Caricature Carvers                      10:00 Gardner Steppers                      11:30 Gardner Steppers                      1:00 Baldwinville Nursing                      Home Desserts                      1:00 Knitting &amp; Crochet                      1:30 Cribbage</p>	<p><b>Jan 19</b>                      9:00 Quilters                      9:00 SR FOOR PANTRY                      10:00 Pitch                      12:00 Grab N Go Café                      1:30 AARP MEETING AND                      INSTALLATION</p>	<p><b>Jan 20</b>                      9:00 TOPS                      9:30 SNAP APPTS                      10:00 Breakfast w/Badge                      10:30 Gardner Steppers                      11:00 Bread &amp; Pastry Raffle                      12:00 Integrity Medicare Advisors                      1:00 Bingo                      1:00 Majong</p>	<p><b>Jan 21</b>                      8:30 Fun &amp; Fitness                      10:00 Mat Yoga                      10:00 VET TO VET CAFÉ                      11:15 Chair Yoga                      12:00 Senior Café Grab n Go</p>
<p><b>Jan 24</b>                      8:30 Chair Yoga                      9:00 Bridge                      9:30 Ask a Pharmacist                      10:00 Gardner Steppers                      10:30 Tech Insights                      11:30 Fun &amp; Fitness                      12:00 Senior Café Grab n Go                      1:00 Book Club</p>	<p><b>Jan 25</b>                      8:30 Yoga                      9:00 SHINE                      9:00 CM Caricature Carvers                      10:00 Gardner Steppers                      11:30 Gardner Steppers                      1:30 Cribbage</p>	<p><b>Jan 26</b>                      9:00 Quilters                      10:00 Pitch                      12:00 Grab N Go Café                      1:00 WHIST                      1:00 ARMCHAIR TRAVEL                      TO THE                      HAWAIIAN                      ISLANDS</p> 	<p><b>Jan 27</b>                      9:00 TOPS                      10:30 Gardner Steppers                      11:00 Bread &amp; Pastry Raffle                      12:00 Integrity Medicare Advisors                      12:30 TOPS SPECIAL                      1:00 Majong                      1:00 Bingo</p>	<p><b>Jan 28</b>                      8:30 Fun &amp; Fitness                      10:00 Mat Yoga                      11:15 Chair Yoga                      12:00 Senior Café Grab n Go</p>
<p><b>Jan 31</b>                      8:30 Chair Yoga                      9:00 Blood Pressure w/                      Bonnie                      9:00 Bridge                      10:00 Gardner Steppers                      10:30 Tech Insights                      11:30 Fun &amp; Fitness                      12:00 Senior Café Grab n Go</p>	<p><b>Feb 1</b>                      8:30 Yoga                      9:00 SHINE                      9:00 CM Caricature Carvers                      9:30 Visit with VNA Nurse                      10:00 Gardner Steppers                      11:30 Gardner Steppers                      1:30 Cribbage</p>	<p><b>Feb 2</b>                      9:00 Quilters                      10:00 Pitch                      12:00 Grab N Go Café                      1:00 Quilters Guild                      1:00 AARP BOARD</p> 	<p><b>Feb 3</b>                      9:00 TOPS                      10:30 Gardner Steppers                      11:00 Bread &amp; Pastry Raffle                      12:00 Integrity Medicare Advisors                      1:00 Majong                      1:00 Bingo</p>	<p><b>Feb 4</b>                      8:30 Fun &amp; Fitness                      10:00 Mat Yoga                      11:15 Chair Yoga                      12:00 Senior Café Grab n Go</p>



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