

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.2 • February 2022



CELEBRATING WORLD BARTENDER DAY



Join us Wed. Feb 23rd 1pm
at the Gardner Senior Center
as we celebrate
World Bartender Day
with a "mocktail party."
Serving non-alcoholic drinks
& light refreshments.
**Bartending Demonstrations
& Giveaways**

Bartending
Facts & Trivia

Cocktail Recipes

History of Bartending

Please
RSVP by
Feb 15th
Registration is
required.
Space is limited
to 30 people

SPONSORED BY YOUR FRIENDS AT
GARDNER
Rehabilitation and Nursing Center

AARP SENIOR TAX AIDE

The Gardner Senior Center and AARP Senior Tax Aid are providing 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.

Masks are required. Recent surges in COVID cases in our area may effect our ability to do in person returns this year. If in person is restricted, we will work to implement reduced contact visits that may include document drop off and scan.

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



St. Patrick's Day Celebration & Luncheon

Wednesday, March 16, 12:15pm

Gardner Senior Center

Featuring:

Arm Chair Travel to Ireland
courtesy of Gardner Global Airways
Gardner Rehabilitation and Nursing
and

Anne O'Connell's Irish American Step Dancers
With a

Corned Beef & Cabbage Dinner
By The Finicky Fork Catering Co.

\$10.00pp

Advanced booking is required by contacting the Gardner Senior Center at (978) 630-4067

COVID -19 UPDATE

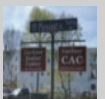
Please note that if you received a **bill for services** at one of our Covid Clinics, please disregard it and if possible, bring a copy of the bill to the Center. We apologize for the error.

The Gardner Senior Center will host a **COVID-19 Vaccination (1st, 2nd, 3rd) and Booster Clinic** in partnership with **Community Health Connections** for anyone eligible on **Wednesday, March 2, 2022, from 12:15pm-6:00pm**. All types of vaccines are available. Please call the Center for an appointment.

A limited number of **Covid 19 test kits** are available at the Gardner Senior Center for Gardner Seniors over 50 after an exposure or experiencing symptoms. Please contact the Center to determine availability.

COUNCIL ON AGING BOARD MEETING
Monday, February 7, 2022, 2:00pm

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



SNAP APPLICATIONS

The 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). You can now apply for SNAP benefits by appointment at the Gardner Senior Center on the 1st & 3rd Thursdays of the month, through the House of Peace and Education (HOPE).



Veteran-to-Veteran Café
Gardner Senior Center, Friday, February 18, 2022, 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 Senior Center at 978-630-406, extension 6.

IN-HOUSE DAYS and 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.**

Integrity Medicare Advisors
 Medicare Made Easy

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.

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 Tuesday of each month. To schedule an appointment call the Senior Center at 978-630-4067



GARDNER AARP CHAPTER

The Gardner AARP Chapter is not meeting at this time. We look forward to having AARP meetings back at the Center soon!

Looking to make a difference in your 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

FEBRUARY WORD SEARCH
MONSTERWORDSEARCH.COM



W	C	H	I	N	E	S	E	N	E	W	Y	E	A	R	W	X
D	S	Q	A	K	Y	G	O	T	M	U	M	Y	M	C	A	F
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| VALENTINE CHOCOLATE FLOWERS FOOTBALL LINCOLN | GROUNDHOG DAY HEART MONTH BLACK HISTORY BIRD FEEDING MONTH CHINESE NEW YEAR | SUPER BOWL AMETHYST AQUARIUS LEAP YEAR SWEETHEART |
|---|--|--|

On behalf of the Council on Aging and the Gardner Senior Center, we would like to thank MARY BUTLER for the generous donation in memory of Leo Richard.

Thank you Steve Rockwood for the generous donations of brand new DVDS to the Gardner Senior Center.

Thank you TOPS Chapter 449 for the generous donation to the Gardner Senior Center.



SENIOR TRAVEL



Pacific Northwest & California

featuring Washington, Oregon and California
6/26/2022 - 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

GOLDEN AGE CLUB

The Gardner Golden Age Club at the Gardner Senior Center on Pleasant Street in Gardner will be having a guest from Community Health Connections at our meeting this month. Join us on Wednesday, February 9, 2022 at 1:30 pm. For fellowship, education, and some great snacks.

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



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.

BREAKFAST WITH A BADGE

February 17, 2022 10:00am

Join us for coffee & conversation 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

Join your friends and visiting with book club members on the 4th Monday of each month. Here are the books members chose for the February and March.



Feb 2022- **"Take What You Can Carry"** - Gian Sardar
 Mar 2022- **"Met Her Match"** - Jude Deveraux

We will also be discussing the January Book Selection **"A Piece of the World"** by Christine Baker Kline. Even if you didn't have time to read the book, come join us and relax for an hour and hear about the book.

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 (February 15)



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 (February 28).



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.

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!!**

SAND FOR SENIORS

The Sand for Seniors is a NEW program collaboration between the Gardner Senior 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



For more information please contact the Gardner Rotary Club (call Ctr for contact info) for your five gallon bucket of sand while supplies last. Volunteers will deliver one five gallon bucket of sand to your home .

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

ACTIVITIES AND EXERCISE

Mondays

CHAIR YOGA	8:30am-9:30am	\$2.00sd
BEGINNER LINE DANCING	10:00am-11:00am	\$3.00sd
FUN & FITNESS	11:30am-12:30pm	\$2.00sd

Tuesdays

CHAIR YOGA	8:30am-9:30am	\$2.00sd
LEVEL 2 LINE DANCING	10:00am-11:00am	\$3.00sd
LEVEL 3 LINE DANCING	11:30am-12:30pm	\$3.00sd

Wednesdays

BEGINNER LINE DANCING	10:30am-11:30am	\$3.00sd
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Fridays

FUN & FITNESS	8:30am-9:30am	\$2.00sd
MAT YOGA	10:00am-10:55am	\$2.00sd
CHAIR YOGA	11:30am-12:30pm	\$2.00sd

The instructors gear these classes for everyone to benefit and have fun.

ASK A PHARMACIST-

Come in and see Chris or Mikayla from Chair City Pharmacy on the 4th Monday of the month (Feb 28) 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 February 1 (1st Tuesday of the month from 9:30-11:00am.)



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. For more information on fees and program, call Brenda at 978-868-0211



BREAD and PASTRY RAFFLE

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



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.



FEBRUARY SPECIAL PROGRAMS

February 1	Tax Aide Kick Off
February 1	Care Central VNA
February 7	COA Board Meeting
February 9	Coffee & Conversation w/Gardner Rehab
February 9	Golden Age Club
February 11	Caregiver Support Group
February 15	Desserts w/Baldwinville Nursing Home
February 17	Breakfast with a Badge
February 18	Vet to Vet Café
February 21	OFFICE CLOSED- President's Day Holiday
February 23	Bartenders Day MOCKTAIL PARTY
February 28	Ask a Pharmacist
February 28	Blood Pressure w/Bonnie

Please note: Our calendar changes from time to time. Please check with center staff for most up to date information



Coffee & Conversations

At the Gardner Senior Center



Join Michele Morin
Community Relations at Gardner Rehab

2nd Wednesday of the month at 10am



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



Care Central VNA & Hospice, Inc.
Healthcare in Your Neighborhood

978-632-1230

carecentralvnahospice.org

Formerly GVNA HealthCare, Inc.

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

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Home Delivered Meals February 2022

Individual Sodium Contents are listed beside each item.





Total Sodium for each meal is listed below each meal

To Cancel or Resume meals please call: (978) 345-8501 Ext:2

Asterisk * Indicates the item is > 500 mg Sodium

Menu Subject to Change

Suggested voluntary donation: \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
	1 Na+ French Meat Pie 121 Brussels Sprouts 12 Multigrain Bread 223 Fruit Cup (Pears) 5	2 Na+ BBQ Roast Pork 223 Baked Beans 152 Mixed Vegetables 88 Whole Wheat Bun 300 Fresh Clementine 1	3 Na+ White Chicken Chili 260 Brown Rice 4 Corn 1 Wheat Bread 124 Fruit Cup 10	4 Na+ Beef Bolognese 223 Penne Pasta 1 Italian Veg Blend 41 Italian Bread 230 Yogurt 50				
	Total Sodium(mg): 486 Calories: 668		Total Sodium(mg): 666 Calories: 719		Total Sodium(mg): 264 Calories: 614		Total Sodium(mg): 447 Calories: 662	
	7 Na+ Chicken & Rice bake 429 Spinach 65 Multigrain Bread 223 Mixed Fruit Cup 5	8 Na+ Chicken Thigh in Cacciatore Sc 122 Tri color Rotini Pasta 1 Italian Blend 41 Wheat Bread 124 Fresh Apple v	9 Na+ Turkey Corn Stew 464 Broccoli 10 Dinner Roll 132 Cookie (all) 55	10 Na+ Roast Pork w/ Gravy 156 Yukon Gold Potatoes 4 Brussels Sprouts 12 Multigrain Bread 223 Lorna Doones 147	11 Na+ Hawaiian Meatballs 247 White Rice 4 Asian Blend 21 Wheat Bread 124 Diced Peach Cup 10 Fortune Cookie			
	Total Sodium(mg): 847 Calories: 566		Total Sodium(mg): 413 Calories: 727		Total Sodium(mg): 786 Calories: 495		Total Sodium(mg): 667 Calories: 604	
14 Na+ Chicken w/Red Pepper Sce 419 Israeli Cous Cous 45 French Green Beans 2 Wheat Bread 124 Flavored applesauce cup 10	15 Na+ Salmon w/Lemon Dill Sce 130 Scalloped Potatoes 125 Broccoli 10 Multigrain Bread 223 Yogurt 50	16 Na+ Chicken w/Pesto Cream 295 Cavatappi Pasta 1 Italian Blend Vegetables 41 Italian Bread 230 Mixed Fruit Cup 5	17 SPECIAL Na+ Beef Tips in Bourbon Sc Red Mashed Potatoes Creamed Spinach 55 Dinner Roll 132 Caramel Cheesecake 350 D: Cookie	18 Na+ Macaroni & Cheese 498 Stewed Tomatoes 251 Wheat Bread 124 Fresh Pear 2				
Total Sodium(mg): 725 Calories: 566		Total Sodium(mg): 663 Calories: 618		Total Sodium(mg): 697 Calories: 568		Total Sodium(mg): 662 Calories: 604		
	21 No Meals Delivered	22 Na+ Chix Brst /Appleberry sc 328 Mashed Sweet Potatoes 36 Cauliflower 17 Wheat Bread 124 Flavored applesauce cup 10	23 Na+ Lasagna w/Meat Sauce 340 Italian Green Beans 3 Multigrain Bread 223 Fresh Clementine 1	24 Na+ Sweet & Sour Chicken 282 Vegetable Fried Rice 14 Asian Blend 21 Wheat Bread 124 Diced Peach Cup 10 Fortune Cookie	25 Na+ Roast Pork In Gravy 121 Mashed Potatoes 66 Herbed Carrots 64 Dinner Roll 132 Brownie 162 D: Lorna Doones			
	Total Sodium(mg): 640 Calories: 592		Total Sodium(mg): 692 Calories: 507		Total Sodium(mg): 576 Calories: 503		Total Sodium(mg): 670 Calories: 848	
	28 Na+ Potato Pollock 273 Tartar Sauce 100 Orzo w/Spinach Pilaf 57 Capri Blend Vegetables 15 Wheat Bread 124 Yogurt 50		Meals include: 8 oz. 1% Milk providing 110 Calories 125 mg Sodium included in meal totals			REMEMBER: Water is your best Choice for daily Fluid replacement Make water Your GoTo Beverage!		
	Total Sodium(mg): 744 Calories: 685							

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

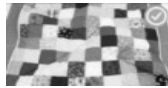
Reduce the Sodium content of any meal by saving the Bread, Milk & Non-Fruit Dessert for the following lighter meal or snack.

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 EOE, State Elder Lunch, Town, and participant donations.

QUILTERS AND QUILTERS GUILD

Join this great group of Quilters 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.



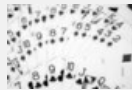
KNITTING AND CROCHET GROUP

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



PITCH

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



Congratulations to our Pitch Winners for the Month of January! Thanks to all our Players.

January 5	January 12	January 26
1st	1st	1st
2nd	2nd	2nd
3rd	3rd	3rd

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.



Huge thank you to:

- Doug, Pat and Scott from Lines and Signs.
- Lauren, Rick, & Angela from Gardner Board of Health
- Gardner Rehabilitation and Nursing and Baldwinville Nursing Home
- Nick Maroni, GPD and Greg Lagoy, GFD
- Alyson Chalapatras from Beacon Hospice

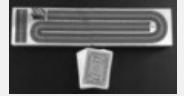
BINGO

Every **THURSDAY. 1:00pm** 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!



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.



December 7
John Avant
Roger St. Laurent

December 14
Don Dame

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

December 21
Lynn McCarthy
Jim Patria

December 7
Marjorie Whittemore
Jean Gallagher

You're Invited To A Red Carpet Event

And the Oscar Goes To...



Join us for an afternoon of **Hollywood History & Glamour** as we celebrate the **94th Academy Awards.**

Wed, March 23rd 1pm-2pm
Gardner Senior Center

Go behind the scenes of some of the most famous films, learn about movie stars past & present, and cast your vote for the winners of this year's Oscar.

Registration is required. Please call the Gardner Senior Center to RSVP by March 14th

sponsored by your friends at




The Gardner Senior Center and the Gardner CAC want to thank Sterilite Corporation for their generous donation of plastic bins and buckets for our food and craft programs.

Mon	Tue	Wed	Thu	Fri
Jan 31 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	Feb 1 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	Feb 2  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	Feb 3 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	Feb 4 8:30 Fun & Fitness 10:00 Mat Yoga 11:15 Chair Yoga 12:00 Senior Café Grab n Go
Feb 7 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 2:00 COA Board	Feb 8 8:30 Yoga 9:00 SHINE 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 1:30 Cribbage	Feb 9 9:00 Quilters 10:00 Pitch 10:00 Coffee & Conversation 12:00 Grab N Go Café 1:00 WHIST 1:30 Golden Age Club	Feb 10 9:00 TOPS 10:30 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare Advisors 1:00 Majong 1:00 Bingo	Feb 11 8:30 Fun & Fitness 10:00 Mat Yoga 10:00 CAREGIVER SUPPORT GROUP 11:15 Chair Yoga 12:00 Senior Café Grab n Go
Feb 14  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	Feb 15 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 & Crochet 1:30 Cribbage	Feb 16 9:00 Quilters 9:00 SR FOOR PANTRY 10:00 Pitch 12:00 Grab N Go Café	Feb 17 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	Feb 18 8:30 Fun & Fitness 10:00 Mat Yoga 10:00 VET TO VET CAFÉ 11:15 Chair Yoga 12:00 Senior Café Grab n Go
Feb 21 OFFICE CLOSED- PRESIDENT'S DAY 	Feb 22 8:30 Yoga 9:00 SHINE 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 1:30 Cribbage	Feb 23 9:00 Quilters 10:00 Pitch 12:00 Grab N Go Café 1:00 WHIST 1:00 BARTENDERS DAY CELEBRATION & MOCKTAIL PARTY 	Feb 24 9:00 TOPS 10:30 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare Advisors 1:00 Majong 1:00 Bingo	Feb 25 8:30 Fun & Fitness 10:00 Mat Yoga 11:15 Chair Yoga 12:00 Senior Café Grab n Go
Feb 28 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 1:00 BOOK CLUB	Mar 1 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	Mar 2 9:00 Quilters 10:00 Pitch 12:00 Grab N Go Café 1:00 Quilters Guild 1:00 AARP BOARD	Mar 3 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	Mar 4 8:30 Fun & Fitness 10:00 Mat Yoga 11:15 Chair Yoga 12:00 Senior Café Grab n Go

SENIOR MOMENTS- CHANNEL 8- WGET
 Tune in on Channel 8 for the **SENIOR MOMENTS**
 Cable TV Program for Seniors. 



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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 mediationmcm.org



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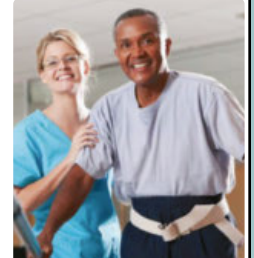
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