

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 FAX: 978-632-5965

Michael F. Ellis, Director
Email: coa@gardner-ma.gov

VOL.41 NO.3 • MARCH 2022



On Friday, February 18, 2022, the Gardner Senior Center along with a number of Veterans from our community dedicated the **FALLEN SOLDIERS TABLE** at the Gardner Senior Center. A moving ceremony organized by our partners at Beacon Hospice and the We Honor Veterans Project. Thank you Alyson and Tina!

Each item on the Missing Man Table represents the emotions and feelings reserved for those who did not come home. The ceremony symbolizes that they are with us, here in spirit.

We should never forget the brave men and women who answered our nation's call to serve and fought for our freedom with honor. Take a moment and visit the table while giving a moment of remembrance for those who served in our military and made the ultimate sacrifice.



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



And the Oscar Goes To...



And the Oscar Goes To...



*Dress to the "nines",
dress as your favorite star, or come as you are.
Party attire is encouraged but not required.*

ST PATRICK'S CELEBRATION

Gardner Senior Center
Wed. March 16th 12:00pm

Join us as we celebrate the luck of the Irish with a **St. Patrick's Day Dinner & Celebration!** Enjoy a delicious **Corned Beef & Cabbage Dinner** prepared by



followed by a performance by the **Irish American Step Dancers!** After that, sit back, relax and enjoy a virtual **Trip to Ireland** presented by



The Irish Dinner is \$10 per person.
Please call the Gardner Senior Center to register.



SNAP and HIP Application Assistance

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).

Eating fruits and vegetables each day is important for your health. The **Healthy Incentive Program**, also known as **HIP**, is an incentive program in Massachusetts. Families and individuals on **SNAP** are eligible to buy fruits and vegetables from participating vendors. **HIP** puts money back on your EBT card when you use **SNAP** to buy healthy, local fruits and vegetables from **HIP** farm vendors.

SNAP benefits can be used at participating **HIP** retailers to buy fruits and vegetables. **SNAP** clients will receive \$1 back on their EBT card for each dollar spent on eligible fruits and vegetables, up to a monthly limit. Our **HIP** retailers include approved farmers markets, farm stands, mobile markets, and community supported agriculture (CSA) farm share programs.

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) and the 2nd & 4th Wednesdays of the month from 9am until 12pm through the Massachusetts Department of Transitional Assistance.



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.**



Veteran-to-Veteran Café

Gardner Senior Center, Friday, March 18, 2022, 10:00am
Refreshments, coffee, and just simply comraderie. Come enjoy this morning created just for you, our Honored Veterans.



MARCH WORD SEARCH

Freekidscrafts.com



S F N U S R P R S F Z R A R J
L T Z U U P C I A R G Q S G M
D Y P K A T R T G C W F H Y F
A G K A E H T I O R M B W S X
P D H O T U C S N A T K E A K
O Z O W E R E E S G W G D R K
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F A C C H C L G K Q E X S D P
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E G N A H C E M I T U Z Y O D
Q M V N Q F M A Y A K T M O E
Q S S H A M R O C K Z E P Q B

WORD SEARCH

- ASH WEDNESDAY
- LEPRECHAUN
- PANCAKES
- SPRING
- BIRDS
- MARDI GRAS
- PARADE
- ST. PATRICKS DAY
- FAT TUESDAY
- MASKS
- SHAMROCK
- TIME CHANGE

Do you need help or assistance with Medicare or medical insurance or treatment, meals and/or food, transportation, unexpected repairs or bills, or do you need support, information, or assistance with another issue?

Contact the Gardner Senior Center. 978-630-4067

We have resources that might fit your situations. If we are not able to help directly, we can help you find the resources or help make the connections you need to resolve the issue.

<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

March 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 visit with book club members on the 4th Monday of each month. Please join us in March of 2022 to discuss "**Met Her Match**" by Jude Deveraux.



At our February meeting we chose our books for April and May. For more information on these books please contact Rose or Terri, or look for the listing at the Gardner Senior Center.

Even if you didn't have time to read the book, come join us and relax for an hour and hear about the book.

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.

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!



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** will meet on Wednesday, March 9th at the Gardner Senior Center at 1:30pm. The featured guest speaker will be Dr. Schuknecht, Dental Site Director at the Gardner Community Health Center. Please join us for a great program. fellowship, education, and some great snacks.

The Golden Age Club and the Gardner Senior Center wish to thank Mr. John Demalia, President, and Ms. Sue Lowe, Director of Patient Services and Outreach, from Community Health Connections, for their presentations at our February meeting.

SENIOR MOMENTS- CHANNEL 8- WGET

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



Fuel Assistance Eligibility

Fuel assistance applications will be accepted by the New England Farm Worker's Council from November 1 through April 30th for households applying for the first time. Applications for those households eligible for Fuel Assistance last winter and have not received a renewal form, please contact the New England Farm Workers' Council at:
New England Farm Workers' Council
Fuel Assistance Program
473 Main St., 3rd Floor,
Fitchburg, MA 01420
978-342-4520



THANK YOU TO ALL OUR PARTNERS WHO MAKE THINGS HAPPEN AT OUR CENTER INCLUDING BUT NOT LIMITED TO GARDNER REHABILITATION & NURSING, ALLIANCE AT BALDWINVILLE, WACHUSETT MANOR NURSING HOME, BEACON HOSPICE, MOC NUTRITION, GARDNER LINES AND SIGNS, GARDNER POLICE, GARDNER FIRE, GARDNER BOARD OF HEALTH, COMMUNITY HEALTH CONNECTIONS AND HEYWOOD HOSPITAL.

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).



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

Thursday

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.

COUNCIL ON AGING BOARD MEETING

Monday, March 7, 2022, 2:00pm

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

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 March 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.



MARCH SPECIAL PROGRAMS

March 1	Care Central VNA
March 1, 8, 15, 22, 29	Senior Tax Aide by Appt.
March 3, 10, 17, 24,	Integrity Medicare Advising
March 3, 17, 31	SNAP Application by Appt
March 7	Council on Aging Meeting
March 8, 22	SHINE Counselor
March 9, 23	SNAP Application by Appt
March 9	Coffee & Conversation
March 9	Golden Age Club Meeting
March 9	Senior Bean Bag Pick Up
March 11	Caregiver Support Group
March 15	Desserts w/Baldwinville Nursing
March 16	St, Patricks Day Lunch, Step Dancers, & Arm Chair Travel
March 16	Senior Food Pantry
March 17	St. Patrick's Day
March 17	Breakfast with a Badge
March 18	VET to VET Café
March 23	OSCAR PREVIEW PARTY
March 28	Blood Pressure with Bonnie



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
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Home Delivered Meals March 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	
		1	Na+	2	Na+	3	Na+	4	Na+
		Beef and Lentil Chili	262	Chicken Breast/Vodka Sc	459	Roast Turkey with Gravy	349	Swedish Meatballs	236
		Brown Rice	4	Penne Pasta	1	Butternut Squash	48	Egg Noodles	4
		California Blend	22	Spinach	65	Green Peas	66	Broccoli & Cauliflower	31
		Multigrain Bread	223	Italian Bread	230	Dinner Roll	132	Multigrain Bread	223
	Cheesecake	330	Assorted Fruit Cup	10	Assorted Fruit Cup	10	Fresh Apple	1	
	D: Grahams								
Total Sodium(mg): 966		Total Sodium(mg): 890		Total Sodium(mg): 730		Total Sodium(mg): 620			
Calories: 875		Calories: 605		Calories: 545		Calories: 635			
7	Na+	8	Na+	9	Na+	10	Na+	11	Na+
		Beef & Cabbage	477	Chicken Teriyaki	362			Meatloaf in Onion Gravy	238
Macaroni & Cheese	498	Casserole		Veg Fried Rice	98	Breaded Chicken Drumstick	450	Mashed Potatoes	66
Stewed Tomatoes	251	Roasted Red Potatoes	5	Asian Mixed Vegetables	21	O'Brien Potatoes	34	Mixed Veg	88
Wheat Bread	124	Carrots	64	Multigrain Bread	223	Capri Vegetable Blend	15	Multigrain Bread	223
		Rye Bread	150	Fortune Cookie	6	Pumpnickel Bread	134	Chocolate Chip Cookie	60
Lorna Doones	147	Assorted Fruit Cup	10	Fresh Clementine	1	Pineapple Chunks	1		
Total Sodium (mg): 1145		Total Sodium(mg): 830		Total Sodium(mg): 836		Total Sodium(mg): 760		Total Sodium(mg): 800	
Calories: 774		Calories: 825		Calories: 655		Calories: 588		Calories: 808	
14	Na+	15	Na+	16	Na+	17	Na+	18	Na+
Grilled Chicken with	320	Sloppy Joe	148	Pollock in	94	Roast Pork Sandwich	73	<i>Special</i>	
Apricot Glaze	24	on a Whole Wheat Bun	300	Mediterranean Sauce	198	with BBQ Sauce	150	Corned Beef Hash*	963
CousCous w/Red pepper	45	Potato Wedges	273	Yukon Gold Potatoes	5	WW Bun	300	Braised Cabbage & Carrots	89
Scandinavian Veg	61	Brussels Sprouts	12	Broccoli	10	Baked Beans	152	Whole Wheat Dinner Roll	105
Rye Bread	150	Lorna Doones	147	Multigrain Bread	223	California Blend Veg	22	Lemon Cookie	55
Assorted Fruit Cup	10			Assorted Fruit Cup	10	Fresh Apple	1	*High Sodium Item	
Total Sodium(mg): 734		Total Sodium(mg): 1005		Total Sodium(mg): 664		Total Sodium(mg): 824		Total Sodium(mg): 1336	
Calories: 543		Calories: 741		Calories: 681		Calories: 687		Calories: 595	
21	Na+	22	Na+	23	Na+	24	Na+	25	Na+
		Grilled Chicken	320			Chicken Jambalaya	310	Roast Pork in	73
Shepherd's Pie	136	Coq au Vin	29	Turkey Corn Stew	464	Brown Rice	4	CranOrange Sauce	20
Capri Vegetable Blend	15	Stuffing	315	Brussels Sprouts	12	California Blend Veg	22	Whipped Sweet Potato	36
Multigrain Bread	223	Broccoli	10	WW Dinner Roll	105	Italian Bread	230	Spinach	65
Assorted Fruit Cup	10	Pumpnickel Bread	134	Fresh Pear	1	Lorna Doones	147	Rye Bread	150
		Pound Cake	240					Applesauce	
Total Sodium (mg): 509		Total Sodium(mg): 1174		Total Sodium(mg): 707		Total Sodium(mg): 838		Total Sodium(mg): 469	
Calories: 568		Calories: 706		Calories: 460		Calories: 674		Calories: 580	
28	Na+	29	Na+	30	Na+	31	Na+		
Grilled Chicken Breast	320	Potato Pollock Filet	273	Meatballs in Tomato Basil	268	Beef Stew	163	Meals include:	
in Balsamic Glaze	86	Tartar Sauce	100	Cavitappi Pasta	1	Capri Vegetables	15	8 oz. 1% Milk	
Wild Rice Pilaf	140	Yukon Gold Potato	5	California Blend Veg	22	Rye Bread	150	providing 110 Calories	
Carrots	64	Green Beans	3	Wheat Bread	170	Applesauce		125 mg Sodium	
Marble Rye Bread	127	Multigrain Bread	223	Chocolate Chip Cookie	55			included in meal totals	
Fresh Clementine	1	Yogurt	75						
Total Sodium(mg): 862		Total Sodium(mg): 678		Total Sodium(mg): 373		Total Sodium(mg): 290			
Calories: 559		Calories: 635		Calories: 620		Calories: 542			

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.

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.

COA BOARD OF DIRECTORS

- Ronald Darmetka- Chairman
- Kathy O'Brien-Secretary
- Terri Hillman-Treasurer
- Audrey Faucher-Member
- Gloria Tarpey- Member, Golden Age Rep
- Pat Jandris- Member, AARP Rep
- Michael Ellis- Director
- Lynn McCarthy-Associate Member
- Dick Girardin-Associate Member
- Paul Leone-Associate Member
- Cheryl Howes-Associate Member
- Ken Fournier-Associate Member
- Nancy Hebert- Associate Member
- Mary Schafer- Associate Member

Unless otherwise noted, COA Board meetings are open meetings that are held every 1st Monday of the month at 2:00pm 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.

TECHNOLOGY INSIGHTS

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



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!



JOIN US EACH THURSDAY IN MARCH FOR OUR JACKPOT COVERALL BINGO!

Sponsored in part by:
Integrity Medicare Advisors
Wachusett Manor Nursing Home
Gardner Senior Center

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.



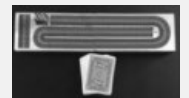
GAME OF BRIDGE

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.



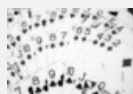
CRIBBAGE

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.



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.



- February 16**
- 1st Nancy Collett
 - 2nd Jerry Hamel

Due to weather and center closures, we do not have the winners of the remainder of February. We will post the winners if possible in future editions

Congratulations to our Pitch Winners!

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.



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.



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 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.



Mon	Tue	Wed	Thu	Fri
Feb 28 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	Mar 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 6:00 Quilters Guild	Mar 2 9:00 Senior Bean Bag 9:00 Quilters 10:00 Pitch 12:00 Grab N Go Café 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- INTEG MED	Mar 4 8:30 Fun & Fitness 10:00 Mat Yoga 11:15 Chair Yoga 12:00 Senior Café Grab n Go
Mar 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	Mar 8 8:30 Yoga 9:00 SHINE 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 1:30 Cribbage	Mar 9 9:00 Quilters 9:00 SNAP & HIP W/DTA 10:00 Pitch 10:00 Coffee & Conversation 12:00 Grab N Go Café 1:00 WHIST 1:30 Golden Age Club	Mar 10 9:00 TOPS 10:30 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare Advisors 1:00 Majong 1:00 BINGO- WACH MANOR	Mar 11 8:30 Fun & Fitness 10:00 Mat Yoga 11:15 Chair Yoga 12:00 Senior Café Grab n Go
Mar 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	Mar 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	Mar 16 9:00 Quilters 9:00 SR FOOR PANTRY 10:00 Pitch 12:00 Grab N Go Café 12:00 ST PATRICKS DAY CELEBRATION 	Mar 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- SENIOR CTR 1:00 Majong	Mar 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
Mar 21 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	Mar 22 8:30 Yoga 9:00 SHINE 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 1:30 Cribbage	Mar 23 9:00 Quilters 9:00 SNAP 7 HIP W/DTA 10:00 Pitch 12:00 Grab N Go Café 1:00 WHIST 1:00 Oscar Preview Party 	Mar 24 9:00 TOPS 10:30 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare Advisors 1:00 Majong 1:00 Bingo	Mar 25 8:30 Fun & Fitness 10:00 Mat Yoga 11:15 Chair Yoga 12:00 Senior Café Grab n Go
<p>Schedules may change in response to the Commonwealth's Covid 19 guidelines .</p>				
Mar 28 8:30 Chair Yoga 9:00 Blood Pressure w/ Bonnie 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 29 8:30 Yoga 9:00 SHINE 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 1:30 Cribbage	Mar 30 9:00 Quilters 10:00 Pitch 12:00 Grab N Go Café	Mar 31 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	Apr 1 POPE FRANCIS VISIT- APRIL FOOLS 8:30 Fun & Fitness 10:00 Mat Yoga 11:15 Chair Yoga 12:00 Senior Caf Grab n Go 



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Fitchburg, MA 01420



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978-466-9595 or mediationmcm.org



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mackfamilyfh@gmail.com

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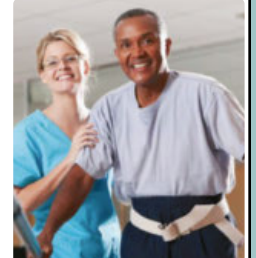
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