

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](mailto:coa@gardner-ma.gov)

VOL.41 NO. 4 • APRIL 2022



Now Offering

## EASTER MEAL BASKETS

A grab and go complete

### Easter Dinner Meal

ham and vegetable (fresh)  
~Flexible Options~

Please contact the Gardner Senior Center to reserve your basket. There are a limited number available so please call the Gardner Senior Center to reserve your basket today. (Limit one (1) per household)

Thank you Christy Mylott, Business Development Director, from Quabbin Valley Healthcare, and program sponsors Integrity Medicare Advisors and Fallon Health



Join us as we celebrate  
**CINCO de MAYO**  
with a virtual trip to Mexico!

Dust off your sombrero & pick up your poncho from the dry cleaners!

This fun event includes a virtual trip to Mexico, fact files, trivia, music, food, and a Macarena lesson!

**WEDNESDAY, APRIL 27<sup>TH</sup> at 1PM**  
**Gardner Senior Center**

Registration is required and space is limited. Please call the Senior Center directly to RSVP before April 20<sup>th</sup>.

Sponsored by your friends at  
**Gardner Rehab & Nursing Center & Michele Morin, Community Relations**

## COUNCIL ON AGING BOARD MEETING Monday, April 4, 2022, 2:00pm

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

JOIN US FOR ONE OF OUR LISTENING SESSIONS AT THE GARDNER SENIOR CENTER!  
We want to hear back from you about our programs and our services. All are welcome.

Wednesday, April 20, 3:30PM

Monday, April 25, 1:30PM

## CRAFTS WITH JANE!

Come and create your own  
**MAY BASKET.**

April 20, 1:30pm



Please call the Gardner Senior Center to reserve your spot today!

Get Off Your

## HIGH HORSE

And come to the

**Gardner Senior Center**



**WEDNESDAY, MAY 4, 2022, 1:00PM**

## DERBY PARTY

WEAR YOUR BEST HAT  
HORSE BETTING

ALL HORSE JOCKEYS INVITED



# EASTER WORD SEARCH

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

- |               |            |              |             |
|---------------|------------|--------------|-------------|
| Easter Basket | Jellybeans | Spring Candy | Bonnet Fun  |
| Bunny         | Decorate   | Hunt         | Sunday      |
| Hide Eggs     | Chocolate  | Lily Chick   | Parade Lamb |



## SENIOR MOMENTS- CHANNEL 8- WGET

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



### Coming up at Your Senior Center-

- Hydroponic Gardening Club
- Slow Cooker Classes
- Cricut Crafts and Creations
- Legal Issues for Seniors
- Paper Shredding Event
- Drug Take Back Initiative
- Community Job Fair
- Your Investments today and Tomorrow
- Summer BBQ & Volunteer Recognition Events
- Flag Day Program June 13

**Watch the SENIOR REVIEW for more information**

## 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  
**SEAT REDUCTION DATE COMING UP!!**

**New York Finger Lakes & Wine Country**  
**May 25, 2022- May 27, 2022**  
 Make the Finger Lakes Region of New York State your next getaway destination including Erie Canal Museum, Turning Stone Resort and Casino, Rose Hill Mansion, Ventosa Vineyards, Secretary of State William Swards Home, and Sonnenberg Gardens & Mansion.

**Atlantic City Boys**  
**April 26, 2022**  
 The Atlantic City Boys are four dynamic lead singers who have wowed audiences. Their show is an exciting mix of world class vocals and interactive comedy.  
**SEAT REDUCTION DATE COMING UP! CALL NOW!**

**Icons & Legends Concert & LOBSTERFEST**  
**July 19th, 2022**  
 Experience some of the greatest hits from some of the greatest entertainers of all time. These performers have amassed almost 600 million records sold worldwide. This multi- faceted show is big, dynamic, and thoroughly entertaining.  
**Book your seat today!!**

For more information call Diane Pellett 978-632-5976

## 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.



## BOOKS WITH FRIENDS Rose Bibeau & Terri Hillman

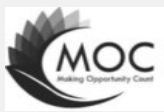
Join your friends and visit with book club members on the 4<sup>th</sup> Monday of each month. Please join us in on April 25<sup>th</sup> to discuss **"Met Her Match"** by Jude Deveraux. For more information on these books please contact Rose or Terri, or look for the listing at the Gardner Senior Center. **Even if you didn't have time to read the book, come join us and relax for an hour and hear about the book.**



## LENDING LIBRARY and TECH CENTER

We have many newer books & puzzles for you to enjoy. Stop in and check them out! Two new computers for Seniors!





# ONSITE MEALS and GRAB & GO MEALS

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

**MONDAYS, WEDNESDAYS, & FRIDAYS 11:30AM**

**GARDNER SENIOR CENTER  
Charles P. McKean Building  
294 PLEASANT ST, GARDNER MA 01440**

Meals may also be picked up.  
Please call to make arrangements

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.

## 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.



## 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.



## 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



**PLEASE REMEMBER TO CHECK IN USING MYSENIOR CENTER** every time you visit the Gardner Senior Center. Your sign in allows us to obtain funding and support for our Senior Center and its programs as well as notify YOU when there are changes and cancelations. *It's important.*

## BREAKFAST WITH A BADGE

**April 21, 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.



## Veteran-to-Veteran Café

**Gardner Senior Center  
Friday, April 15, 2022, 10:00am**



*Springtime is Here and we have some exciting news and events to share with you, Our Honored Veterans*

**Come and enjoy some conversation and refreshments with fellow Veterans.**

**The Veterans Preservation Project will bring their Traveling Museum of military artifacts and memorabilia for your enjoyment.**

**May 2022 Program includes a trip to the American Heritage Museum in Hudson, Massachusetts —open only to Veterans and their spouse—**



THE CHAIR CITY



## 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). 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. **You can now apply for SNAP benefits by appointment at the Gardner Senior Center.**

**1st & 3rd Thursdays of the month from 9:30-11:00**  
**2nd & 4th Wednesdays of the month from 9am until 12pm**

**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 |
|-----------------------|-----------------|----------|

**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.

**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 April 5 (1st Tuesday of the month from 9:30-11:00am.)



**After years of working at the Gardner Senior Center as our Yoga Instructor, Sue Medeiros and her husband Ray are setting off for a new adventure together. We extend our heartfelt appreciation to Sue and all the work she has done for and with our seniors. We wish her and Ray all the very best for years to come. We will miss you Sue!!**



**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, chat and bring home some great food!



**APRIL SPECIAL PROGRAMS**

- April 4 Council on Aging Board
- April 5 Tax Aide by appointment
- April 6 Senior Bean Bag
- April 7, 21 SNAP APPTS with HOPE
- April 7, 14, 21, 28 Integrity Medicare Advisors
- April 8 Caregiver Support Group
- April 11 Grab n Go Easter Baskets with Qaubbin Valley Health Care
- April 12, 26 SHINE Medicare Appts
- April 13, 27 SNAP & HIP with DTA
- April 13 Golden Age Club
- April 15 VET to VET Café
- April 18 Patriot's Day Holiday
- April 19 Desserst with Baldwinville Nursing Home/Alliance
- April 20 CRAFTS with JANE- May Baskets
- April 20 GSC LISTENING SESSION
- April 21 Breakfast with a Badge
- April 25 Blood Pressure with Bonnie
- April 25 Book Club
- April 25 GSC LISTENING SESSION
- April 27 CINCO DE MAYO CELEBRATION



**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!



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

## April 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  |
|---|---|--|---|---|
| <p><b>Meals include:</b><br/>8 oz. 1% Milk<br/>providing 110 Calories<br/>125 mg Sodium<br/>included in meal totals</p>   |    | <p><b>Nutrition Tip:</b><br/>Increase Protein by<br/>Having Breakfast for Dinner<br/>Eggs are low in cost<br/>Remember: Cholesterol in eggs<br/>doesn't raise blood cholesterol<br/>like saturated fat in bacon</p>  |    | <p><b>Meatless</b></p> <ul style="list-style-type: none"> <li>Broccoli Bake 47</li> <li>Stewed Tomatoes 25</li> <li>Seasoned Home Fries</li> <li>WW Dinner Roll 10</li> <li>Assorted Fruit Cup</li> </ul> <p>Total Sodium(mg): 94<br/>Calories: 61</p>                    |
| <p>Sodium mg 4</p> <ul style="list-style-type: none"> <li>Beef &amp; Cabbage Casserole 477</li> <li>Yukon Gold Potatoes 5</li> <li>Carrots 64</li> <li>Rye Bread 150</li> <li>Fruit Cup 5</li> </ul> <p>Total Sodium(mg): 826<br/>Calories: 865</p>                       | <p>Sodium mg 5</p> <ul style="list-style-type: none"> <li>Chicken Drumstick 450</li> <li>Au Gratin Potatoes 132</li> <li>Green Beans 3</li> <li>Whole Wheat Bread 124</li> <li>Applesauce 14</li> </ul> <p>Total Sodium(mg): 848<br/>Calories: 885</p>                                  | <p>Sodium mg 6</p> <ul style="list-style-type: none"> <li>Egg Patty/Cheese Sc 441</li> <li>Pork Sausage Patty 160</li> <li>Potatoes O'Brien 34</li> <li>Spinach 109</li> <li>Wheat Bread 124</li> <li>Snack N' Loaf 160</li> <li>Diet: Lorna Doones</li> </ul> <p>Total Sodium(mg): 1153<br/>Calories: 811</p> | <p>Sodium mg 7</p> <ul style="list-style-type: none"> <li>Chicken Meatballs 210</li> <li>Sweet and Sour Sauce 62</li> <li>Brown Rice 4</li> <li>Asian Veg Blend 21</li> <li>Multigrain Bread 273</li> <li>Fresh Apple 0</li> </ul> <p>Total Sodium(mg): 621<br/>Calories: 657</p>                                       | <p>Sodium mg 8</p> <ul style="list-style-type: none"> <li>Roast Pork 7</li> <li>Onion Gravy 3</li> <li>Mashed Sweet Potatoes 3</li> <li>California VegBlend 2</li> <li>WW Dinner Roll 10</li> <li>Lorna Doones 14</li> </ul> <p>Total Sodium(mg): 59<br/>Calories: 61</p> |
| <p>Sodium mg 11</p> <ul style="list-style-type: none"> <li>Potato Pollock 270</li> <li>Tartar Sauce 100</li> <li>Butternut Squash 48</li> <li>Mixed Vegetables 88</li> <li>Wheat Bread 124</li> <li>Fruit Cup 5</li> </ul> <p>Total Sodium(mg): 760<br/>Calories: 743</p> | <p>Sodium mg 12</p> <ul style="list-style-type: none"> <li>Lasagna Roll 290</li> <li>Meat Sauce 203</li> <li>Italian Vegetable Blend 41</li> <li>Italian Bread 230</li> <li>Fruit Cup 5</li> </ul> <p>Total Sodium(mg): 894<br/>Calories: 556</p>                                       | <p>Sodium mg 13</p> <ul style="list-style-type: none"> <li>Chicken Teriyaki 499</li> <li>Vegetable Fried Rice 98</li> <li>Asian Vegetable Blend 21</li> <li>Multigrain Bread 223</li> <li>Fortune Cookie 6</li> <li>Fresh Pear 2</li> </ul> <p>Total Sodium(mg): 974<br/>Calories: 760</p>                     | <p>Sodium mg 14 *High Sodium</p> <ul style="list-style-type: none"> <li>Chicken Cordon Bleu* 764</li> <li>Orzo Spinach Pilaf 57</li> <li>Scandanavian Veg Blend 61</li> <li>Wheat Dinner Roll 105</li> <li>Orange Cranberry Scones 249</li> <li>Diet: Cookie</li> </ul> <p>Total Sodium(mg): 1361<br/>Calories: 923</p> | <p>Sodium mg 15</p> <ul style="list-style-type: none"> <li>Beef &amp; Lentil Chili 26</li> <li>Brown Rice 6</li> <li>Carrots 6</li> <li>Dinner Roll 10</li> <li>Yogurt 7</li> </ul> <p>Total Sodium(mg): 69<br/>Calories: 61</p>  |
| <p>Patriot's Day - No meals Delivered</p>   | <p>Sodium mg 19</p> <ul style="list-style-type: none"> <li>Chicken Brst Cacciatore 356</li> <li>Penne Pasta 1</li> <li>Italian Blend Veggies 41</li> <li>Whole Wheat Bread 124</li> <li>Pound Cake 240</li> <li>Diet: Grahams</li> </ul> <p>Total Sodium(mg): 887<br/>Calories: 653</p> | <p>Sodium mg 20</p> <ul style="list-style-type: none"> <li>Beef Taco/Cheese 348</li> <li>Spanish Rice/Kidney Bear 154</li> <li>Mixed Peppers &amp; Onions 27</li> <li>Tortilla 190</li> <li>Clementine 1</li> </ul> <p>Total Sodium(mg): 845<br/>Calories: 790</p>   | <p>Sodium mg 21 *High Sodium</p> <ul style="list-style-type: none"> <li>Turkey Corn Stew 464</li> <li>Brussels Sprouts 12</li> <li>Wheat Dinner Roll 105</li> <li>Fruit Cup 5</li> </ul> <p>Total Sodium(mg): 711<br/>Calories: 521</p>   | <p>Sodium mg 22</p> <ul style="list-style-type: none"> <li>BBQ Pulled Pork 49</li> <li>Yukon Gold Potatoes</li> <li>Corn</li> <li>Wheat Sandwich Bun 30</li> <li>Yogurt 7</li> </ul> <p>Total Sodium(mg): 59<br/>Calories: 71</p>   |
| <p>Sodium mg 25</p> <ul style="list-style-type: none"> <li>Swedish meatballs 236</li> <li>Egg noodles 4</li> <li>Winter Blend 29</li> <li>White Bread 123</li> <li>Brownie 121</li> </ul> <p>Total Sodium(mg): 638<br/>Calories: 657</p>                                  | <p>Sodium mg 26</p> <ul style="list-style-type: none"> <li>Breaded Cod 260</li> <li>Tartar Sauce 100</li> <li>Winter Squash 8</li> <li>Peas and Carrots 72</li> <li>Pumpernickel Bread 155</li> </ul> <p>Total Sodium(mg): 722<br/>Calories: 628</p>                                    | <p>Sodium mg 27</p> <ul style="list-style-type: none"> <li>Chicken Jambalaya 310</li> <li>Brown Rice 4</li> <li>Mixed Vegetables 88</li> <li>Wheat Dinner Roll 105</li> <li>Fruit Cup 5</li> </ul> <p>Total Sodium(mg): 637<br/>Calories: 670</p>  | <p>Sodium mg 28</p> <ul style="list-style-type: none"> <li>Sloppy Joe 148</li> <li>Homefries 5</li> <li>California Blend 22</li> <li>Wheat Sandwich Bun 300</li> <li>Fruit Cup 5</li> </ul> <p>Total Sodium(mg): 605<br/>Calories: 677</p>  | <p>Sodium mg 29</p> <ul style="list-style-type: none"> <li>Macaroni &amp; Cheese 49</li> <li>Stewed Tomatoes 25</li> <li>Wheat Bread 12</li> <li>Lorna Doones 14</li> </ul> <p>Total Sodium(mg): 119<br/>Calories: 71</p>   |

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 EOEA, 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**

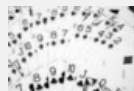
- Ronald Darmetka- Chairman
- Kathy O'Brien-Secretary
- Terri Hillman-Treasurer
- Audrey Faucher-Member
- Gloria Tarpey- Member, Golden Age Rep
- Pat Jandris- Member, AARP Rep
- Michael Ellis- Director
- Lynn McCarthy-Associate Member
- Dick Girardin-Associate Member
- Paul Leone-Associate Member
- Cheryl 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.**

**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.



**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.



**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.



**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!



**WATCH FOR OUR JACKPOT BINGOS**

**GOLDEN AGE CLUB**

**The Gardner Golden Age Club**

will meet on Wednesday, April 13th, at the Gardner Senior Center at 1:30pm. The Central Massachusetts Caricature Carvers will present a program on their craft. They have made several amazing carved scenes on display at the Gardner Senior Center. We will hear more from this talented group and about their works of art. Please join us for a great program. fellowship, education, and some great snacks.

**WHIST CARD GAMES**

Have been cancelled at the Gardner Senior Center for the next month. Hope to regroup next month.



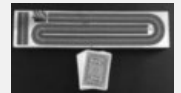
**GAME OF BRIDGE**

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.



**February 22**  
Janice Letendre

**March 1**  
Janet Korhonen  
Jerry Hamel

**Congratulations to ALL our CRIBBAGE HIGH GAME Winners! Join us at 1:30pm every Tuesday!**

**March 8**  
Lousi Laliberte

**March 15**  
Rick LeBlanc  
Dan Cortinas

**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  |
|--|---|---|---|--|
| <b>Mar 28</b><br>8:30 Chair Yoga<br>9:00 <b>Blood Pressure /Bonnie</b><br>9:00 Bridge<br>10:00 Gardner Steppers<br>10:30 <b>Tech Insights</b><br>11:30 Fun & Fitness<br>12:00 Senior Café Grab<br>1:00 Book Club   | <b>Mar 29</b><br>8:30 <b>Tax Aide</b><br>8:30 Yoga<br>9:00 CM Caricature Carvers<br>10:00 Gardner Steppers<br>11:30 Gardner Steppers<br>1:00 Knitting & Crochet<br>1:30 Cribbage  | <b>Mar 30</b><br>9:00 Quilters<br>10:00 Pitch<br>12:00 Grab N Go Café   | <b>Mar 31</b><br>9:00 TOPS<br>10:30 Gardner Steppers<br>11:00 Bread & Pastry Raffle<br>12:00 <b>Integrity Medicare</b><br>1:00 Majong<br>1:00 <b>BINGO</b>  | <b>Apr 1</b><br>8:30 Fun & Fitness<br>10:00 Mat Yoga<br>11:15 Chair Yoga<br>12:00 Senior Café Grab n Go<br>   |
| <b>Apr 4</b><br>8:30 Chair Yoga<br>9:00 Bridge<br>10:00 Gardner Steppers<br>10:30 <b>Tech Insights</b><br>11:30 Fun & Fitness<br>12:00 Senior Café Grab n Go<br>2:00 COA Board   | <b>Apr 5</b><br>8:30 <b>Tax Aide</b><br>8:30 Yoga<br>9:30 <b>Visit with VNA Nurse</b><br>9:00 CM Caricature Carvers<br>10:00 Gardner Steppers<br>11:30 Gardner Steppers<br>1:00 Knitters & Crochet<br>1:30 Cribbage<br>6:00 <b>Quilters Guild</b> | <b>Apr 6</b><br>9:00 Quilters<br>9:00 <b>Senior Bean Bag</b><br>10:00 Pitch<br>12:00 Grab N Go Café   | <b>Apr 7</b><br>9:00 TOPS<br>9:30 <b>SNAP APPTS</b><br>10:30 Gardner Steppers<br>11:00 Bread & Pastry Raffle<br>12:00 <b>Integrity Medicare</b><br>1:00 Majong<br>1:00 <b>BINGO</b>                       | <b>Apr 8</b><br>8:30 Fun & Fitness<br>10:00 Mat Yoga<br>10:00 <b>CAREGIVER SUPPORT GROUP</b><br>11:15 Chair Yoga<br>12:00 Senior Café Grab n Go  |
| <b>Apr 11</b><br>8:30 Chair Yoga<br>9:00 Bridge<br>10:00 Gardner Steppers<br>10:30 <b>Tech Insights</b><br>11:30 Fun & Fitness<br>12:00 Senior Café Grab n Go<br><b>GRAB AND GO EASTER BASKETS W/QUABBIN VALLEY HEALTH CARE</b>                            | <b>Apr 12</b><br>8:30 Yoga<br>9:00 <b>SHINE</b><br>9:00 CM Caricature Carvers<br>10:00 Gardner Steppers<br>11:30 Gardner Steppers<br>1:30 Cribbage  | <b>Apr 13</b><br>9:00 Quilters<br>9:00 <b>SNAP &amp; HIP W/DTA</b><br>10:00 Pitch<br>10:00 <b>Coffee &amp; Conversation</b><br>12:00 Grab N Go Café<br>1:30 <b>Golden Age Club</b>  | <b>Apr 14</b><br>9:00 TOPS<br>10:30 Gardner Steppers<br>11:00 Bread & Pastry Raffle<br>12:00 <b>Integrity Medicare</b><br>1:00 <b>BINGO</b><br>1:00 Majong  | <b>Apr 15</b><br>8:30 Fun & Fitness<br>10:00 Mat Yoga<br>10:00 <b>VET TO VET CAFÉ</b><br>11:15 Chair Yoga<br>12:00 Senior Café Grab n Go   |
| <b>Apr 18</b><br><b>PATRIOTS DAY- OFFICE CLOSED</b><br>   | <b>Apr 19</b><br>8:30 Yoga<br>9:00 CM Caricature Carvers<br>10:00 Gardner Steppers<br>11:30 Gardner Steppers<br>1:00 <b>Baldwinville Nursing Home Desserts</b><br>1:00 Knitters & Crochet<br>1:30 Cribbage  | <b>Apr 20</b><br>9:00 Quilters<br>9:00 <b>Senior Food Pantry</b><br>10:00 Pitch<br>12:00 Grab N Go Café<br>1:30 <b>Crafts with Jane- May Baskets</b><br>3:30 <b>Listening Session</b>   | <b>Apr 21</b><br>9:00 TOPS<br>9:30 <b>SNAP</b><br>10:00 <b>Breakfast w/Badge</b><br>10:30 Gardner Steppers<br>11:00 Bread & Pastry Raffle<br>12:00 <b>Integrity Medicare</b><br>1:00 Majong<br>1:00 Bingo | <b>Apr 22</b><br>8:30 Fun & Fitness<br>10:00 Mat Yoga<br>11:15 Chair Yoga<br>12:00 Senior Café Grab n Go<br><div style="background-color: black; color: white; padding: 5px; text-align: center;"> <b>Schedules are subject to change.</b> </div>  |
| <b>Apr 25</b><br>8:30 Chair Yoga<br>9:00 <b>Blood Pressure with Bonnie</b><br>9:00 Bridge<br>10:00 Gardner Steppers<br>10:30 Tech Insights<br>11:30 Fun & Fitness<br>12:00 Senior Café Grab n Go<br>1:00 <b>BOOK CLUB</b><br>1:30 <b>Listening Session</b> | <b>Apr 26</b><br>8:30 Yoga<br>9:00 <b>SHINE</b><br>9:00 CM Caricature Carvers<br>10:00 Gardner Steppers<br>11:30 Gardner Steppers<br>1:30 Cribbage  | <b>Apr 27</b><br>9:00 Quilters<br>9:00 <b>SNAP &amp; HIP W/DTA</b><br>10:00 Pitch<br>12:00 Grab N Go Café<br>1:30 <b>CINCO DE MAYO CELEBRATION WITH GARDNER REHABILITATION</b><br> | <b>Apr 28</b><br>9:00 TOPS<br>10:30 Gardner Steppers<br>11:00 Bread & Pastry Raffle<br>12:00 Integrity Medicare Advisors<br>1:00 Majong<br>1:00 Bingo   | <b>Apr 29</b><br>8:30 Fun & Fitness<br>10:00 Mat Yoga<br>11:15 Chair Yoga<br>12:00 Senior Café Grab n Go<br><div style="background-color: black; color: white; padding: 5px; text-align: center;"> <b>Happy EASTER!</b>  </div> |



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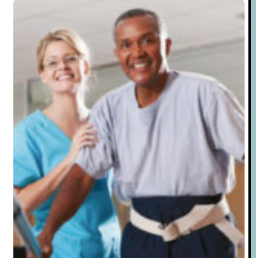
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