

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. 5 • May 2022



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



Flag Day June 13, 2022



Please Join us for a special afternoon dedicated to our Veterans as we Celebrate our Flag and Honor Veterans for their Service



Monday June 13th 2022

1:00pm - 3:00 pm

Gardner Senior Center
Charles P. McKean Building
294 Pleasant St., Gardner



COVID VACCINE AND BOOSTER CLINIC!

WEDNESDAY, JUNE 1, 2022 12:30pm-6:00pm

All Vaccines available including first and second dose, AND first and second booster. Come join us at the Center to get your vaccine or Booster! Appointments and walk-in available. Call the Center today at 978-630-4067



Community Health Connections

We take great care of you!

Special Guests Speakers including

Brigadier General Paul G. Smith

Delicious Refreshments



The Veterans Preservation Project which preserves military veterans' history will be on display for your enjoyment.

Contact the Gardner Senior Center to reserve your seat at 978-630-4067



HOW TO LIVE TO 100

Join Michele Morin, Community Relations, as we celebrate Older Americans Month with a presentation on

"How to Live to 100"

In this talk, you will learn the secrets of centenarians from around the world to help you live to 100 and beyond!

Wednesday
May 25th 1pm - 2pm
Gardner Senior Center

Registration required.
Space is limited.
Please RSVP By May 18

Handouts will be provided.

Light refreshments will be served.

HINT

It's not a sunny disposition or a low fat, gluten free diet!

Sponsored by your friends at



Meet and interview with employers from this region who are hiring right now.



GARDNER AREA SPRING JOB FAIR

May 18, 2022 2pm-6pm

Live/In Person event being held at:

The Gardner Senior Center
294 Pleasant St, Gardner, MA

This is a partnership between the MassHire North Central Career Center & the Gardner Senior Center. Please contact the Gardner Senior Center or your MassHire Career Counselor. You may also register online using your JobSeeker ID # at www.mass.gov/jobquest or email spercifull@masshirenorthcentralcc.com



MEMORIAL DAY



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

HEROS	VOLOR	PEACE	MONDAY	MEMORY
MARINES	DEFEND	AIR	WWII	SOLDIER
MILITARY	MEMORIAL	FLOWERS	CEREMONY	COUNTRY
CEMETERY	TROOPS	TRIBUTE	PARADE	KOREA
IRAG	MONUMENT	HONOR	FREEDOM	GUARD
BATTLE	GRAVE	BASE	NAVY	FLAG



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!!

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!!

New York Finger Lakes & Wine Country May 25, 2022– May 27, 2022

Make the Finger Lakes Region, NY, 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.

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. For more information, please contact the Gardner Senior Center at 978-630-4067.

BOOKS WITH FRIENDS Rose Bibeau & Terri Hillman

Books with Friends continues to meet on the fourth Monday of each month. Good discussion on books, good conversation, and a cookie or two to enjoy. We welcome you!



We have selected the books to read for the July and August meetings. Yes, we plan to meet during the hit summer months in the cool Senior Center. For June 27, the book is "Finding Chika" by Mitch Alborn. It is based on a true story— sad but very good. Hope to see you.

Rose Bibeau and Terri Hillman

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!



Save the Date

Woo Sox



Hit a
HOME RUN
 With your Team at the
Gardner Senior Center

WEDNESDAY AUGUST 17, 2022

12:15pm game time



Enjoy a day at POLAR PARK with your friends.

Our trip includes game ticket, transportation and a food voucher.

GET YOUR WARM UPS IN AND WATCH FOR OUR TRIP REGISTRATION IN UPCOMING EDITIONS OF THE SENIOR REVIEW.



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

DESSERTS WITH BALDWINVILLE NURSING HOME



Join Bonnie and our community for our monthly sweets provided by **Baldwinville Nursing Home**. 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? Come and get your blood pressure checked and see Bonnie in person at the Gardner Sr. Ctr. on the last Monday of each month.

COUNCIL ON AGING BOARD & ANNUAL MEETING

Tuesday, May 10, 2022 @ 2:00pm
Charles P. McKean Building
294 Pleasant Street, Gardner, MA 01440

GARDNER SENIOR CENTER 2022 CONCERT SERIES



DENIS CORMIER



May 9, 2022 @ 1pm Gardner Senior Center
 Singing Golden- Oldies and Classical Country Music

DAWN KELLY/MUSIC IS LOVE

June 22, 2022 @ 1pm Gardner Senior Center

DAN KIROUAC

July 20, 2022 @ 1pm Templeton Fish & Game Club

THOMAS RULL

September 21, 2022 @ 1pm Gardner Senior Center



Veteran-to-Veteran Café



Gardner Senior Center
 Friday, May 20, 2022, 10:00am



PLEASE CALL CENTER FOR MORE INFORMATION ON THIS MONTHS PROGRAM

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

June 2022 programs will include our Flag Day Celebration and Veterans Recognition Program



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, 9:30-11:00
2nd & 4th Wednesdays of the month, 9:00-12PM



DRUG TAKE BACK PROGRAM



BREAKFAST WITH A BADGE DRUG TAKE BACK PROGRAM

May 19, 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. Too often unused prescription drugs find their way into the wrong hands. That's dangerous and often tragic. That's why it **IMPORTANT** for folks to clean out their medicine cabinets and turn in their unused prescriptions- safely and anonymously .

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 is setting off for a new adventure. Thank you Sue for being a great coach and instructor, a great team members, and an awesome friend, Wishing you all the best!



HEARING AID CLEANING FROM MIRACLE EAR

May 25, 2022 10:00am



FREE!! First come, First served basis. Call the Gardner Senior Center for your appointment at 978-630-4067

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!



MAY SPECIAL PROGRAMS

- May 10 Care Central VNA
- May 10 COA BOARD/ANNUAL MEETING
- May 3 & 17 Tasting Tuesdays
- May 3 Quilters Guild
- May 4 DERBY PARTY
- May 4 Senior Bean Bag
- May 5 & 19 SNAP APPTS with HOPE
- May 5, 12, 19, 26 Integrity Medicare Advisors
- May 9 & 23 SHINE APPOINTMENTS
- May 9 DENIS CORMIER CONCERT
- May 11 & 25 SNAP & HIP with DTA
- May 11 Golden Age Club
- May 13 Caregiver Support Group
- May 16 RHR Real Estate
- May 17 Desserts w/Alliance Health
- May 18 Senior Food Pantry
- May 18 Gardner Spring Job Fair
- May 19 Breakfast w/Badge—
DRUG TAKE BACK PROGRAM
- May 20 Vet to Vet Café TRIP
- May 23 Listening Session
- May 25 Miracle Ear
- May 25 "HOW TO LIVE TO 100"
PROGRAM
- May 30 MEMORIAL DAY— CLOSED



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.

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

**GROW YOUR BUSINESS
BY PLACING AN AD HERE!**

CONTACT US!

Contact Duane Budelier to place an ad today! dbudelier@lpicommunities.com or (800) 950-9952 x2525





Home Delivered Meals

May 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	
2	Na+	3	Na+	4	Na+	5	Na+	6	Na+
Shepherd's Pie w/Gravy	166	Chicken Drummer	450	COLD PLATE		Rst Pork w/Apple Cider gvy	97	Classic Beef Chili	237
Green Beans	3	Cinnamon Sw Potatoes	36	Egg Salad	243	Bread Stuffing	316	Topped with Cheddar	187
Wheat Bread	124	Broccoli	10	Creamy Potato Salad	95	Brussels Sprouts	12	Brown Rice	4
Yogurt	75	Multigrain Bread	223	Sesame Cucumber Salad	8	Rye Bread	150	Corn	1
		Assorted Fruit Cup	5	Wheat Sandwich Bun	300	Oatmeal Cream Cookie	150	Wheat Bread	124
				Fresh Clementine	1	Diet: Lorna Doones	147	Flavored Applesauce	10
Total Sodium(mg): 492		Total Sodium(mg): 849		Total Sodium(mg): 772		Total Sodium(mg): 850		Total Sodium(mg): 688	
Calories: 592		Calories: 651		Calories: 607		Calories: 779		Calories: 795	
9	Na+	10	Na+	11	Na+	12	Na+	13	Na+
Sweet & Sour Meatballs	241	Beef Bolognese	162	Broc & Cheese Chicken Brst	410	Roast Turkey	330	Potato Pollock	273
Vegetable Fried Rice	98	Cavatappi Pasta	1	Herb Roasted Potatoes	5	with Rosemary Gravy	19	Tartar Sauce	100
Asian Vegetable Blend	21	Italian Vegetable Blend	41	Creamed Spinach	55	Whipped Potatoes	66	Butternut Squash	0
Multigrain Bread	223	Italian Bread	230	Wheat Dinner Roll	105	Peas & Carrots	72	Green Beans	3
Fortune Cookie	6	Yogurt	75	Fudge Cookie	85	Wheat Bread	124	Multigrain Bread	223
Fruit Cup (pineapple)	5			Diet: Cookie	55	Fresh Pear	2	Assorted Fruit Cup	5
Total Sodium(mg): 720		Total Sodium(mg): 634		Total Sodium(mg): 785		Total Sodium(mg): 737		Total Sodium(mg): 729	
Calories: 789		Calories: 682		Calories: 745		Calories: 602		Calories: 684	
16	Na+	17	Na+	18	Na+	19	Na+	20	Na+
Ravioli Primavera	609*	Chicken Fajitas	287	French Meat Pie	121	Chicken Brst w/Peach Salsa	353	BBQ Roast Pork	223
Capri Vegetable Blend	15	w/Peppers and Onions	27	Brussels Sprouts	12	Yukon Gold Potatoes	5	Baked Beans	152
Italian Bread	230	Spanish Rice w/Beans	154	Multigrain Bread	223	Mixed Vegetables	88	California Veg Blend	22
Flavored Applesauce	10	Tortilla	220	Yogurt	75	Wheat Dinner Roll	105	Wheat Bread	124
		Fresh Peach	1			Oatmeal Raisin Cookie	85	Fresh Apple	2
Total Sodium(mg): 989		Total Sodium(mg): 814		Total Sodium(mg): 556		Total Sodium(mg): 770		Total Sodium(mg): 648	
Calories: 599		Calories: 572		Calories: 718		Calories: 703		Calories: 662	
23	Na+	24	Na+	25	Na+	26	Na+	27	Na+
Chicken Breast Patty(NSIP)		Breaded Cod	302	Breaded Chicken Breast		Baked Meatloaf in Gravy	234	Cheeseburger	384
with Pesto Cream	474	Wild Rice Pilaf	140	with Francaise Sauce	592*	Red Bliss Potatoes	5	Potato Wedges	273
Rotini Pasta	1	Scandinavian Veg Blend	61	Garlic Mashed Potatoes	66	Carrots	64	Mixed Vegetables	88
Summer Squash Blend	8	Rye Bread	150	French Green Beans	2	Multigrain Bread	223	Hamburger Bun	230
Wheat Bread	124	Pound Cake	240	Wheat Dinner Roll	105	Fresh Clementine	1	Assorted Fruit Cup	5
Lorna Doones	147	Diet: Cookie	55	Fresh Pear	2				
Total Sodium(mg): 878		Total Sodium(mg): 1118		Total Sodium(mg): 892		Total Sodium(mg): 651		Total Sodium(mg): 1106	
Calories: 653		Calories: 812		Calories: 667		Calories: 700		Calories: 849	
30		31	Na+						
		Chicken Breast w/Picatta	324		Meals include: 8 oz. 2% Milk providing 130 Calories 125 mg Sodium included in meal totals	Nutrition Tip: Increase Fluids by drinking a full 8 oz. of water each time you take medication. You will likely increase your fluid intake by ~12 oz /Day!			
		Orzo Pilaf w/Spinach	57						
		Capri Vegetable Blend	15						
		Wheat Bread	124						
		Flavored Applesauce	10						
No Meals Delivered		Total Sodium(mg): 655 Calories: 539							

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 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.

Gardner Golden Age Club

will meet on Wednesday, May 11, 2022, AT 1:30PM at the Gardner Senior Center. **Lynne Barrieau, Assistant Director for Court Appointed Special Advocates (CASA)** will tell us about CASA volunteers who are trained to represent children in court proceedings. Come and find about their organization that helps children in court.

TECHNOLOGY INSIGHTS

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



GARDNER COUNCIL ON AGING

- Ronald Darmetka– Chairman
- Kathy O’Brien-Secretary
- Terri Hillman-Treasurer
- Audrey Faucher-Member
- Gloria Tarpey– Member, Golden Age Rep
- Pat Jandris– Member, AARP Rep
- Paul Leone- Member
- 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.)

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.



QUILTERS AND QUILTERS GUILD

Join this great group of Quilters every Wednesday at 9:00am to work on your projects and on the first TUESDAY 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.



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.



BINGO

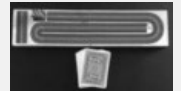
Every **THURSDAY. 1:00pm** in the basement level of the Senior Center. Besides the regular games, we offer a progressive jackpot game. Join in and have a fun afternoon out!



WATCH FOR OUR JACKPOT BINGOS

CRIBBAGE

Cribbage players meet every Tuesday at 1:30pm in the Main Hall. New players are always Welcome. Test your skills for high game, high hand, and a chance at the door prize.



March 22
Jeanne Gallagher
Alison Lake

April 5
Charlie Duda
Pat Legendre

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

March 29
Rick LeBlanc
Nora Mason
Carlene Beauregard
Roger St. Laurent

April 12
Kevin Loiselle
Marg Whittimore

SENIOR CENTER MOVIE MATINEE

Thursday, May 12 1:00pm HIDDEN FIGURES

Thursday, June 9 1:00pm GREEN BOOK

Snacks Provided!!!

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.



LEGAL CONSIDERATIONS FOR SENIORS

Join us for an informational presentation from Attorney Gina M. Wilson on some of the most pressing and important matters facing our Seniors today. Topics will include the importance of Lifetime Documents such as Power of Attorney, Health Care Proxies and Trusts, as well as Wills and Testaments and Asset Transfers.

Tues, June 7, 2022, 1:00pm

Gardner Senior Center
Charles P. McKean Building
294 Pleasant St, Gardner



Attorney Gina M. Wilson is with the firm of Pusateri & Wilson P.C. and is an attorney focusing in the areas of estate planning, estate administration, real estate, landlord/tenant and other housing matters.

Pre-Registration is required and space is limited . Please call the Gardner Senior Center at 978-630-4067 to reserve your seat.



Mon	Tue	Wed	Thu	Fri
<p>May 2 8:30 Chair Yoga 9:00 Bridge 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café Grab n Go</p>	<p>May 3 8:30 Yoga 9:00 CM Caricature Carvers 9:30 Visit with VNA Nurse 10:00 Gardner Steppers 11:30 Gardner Steppers 12:00 TASTING TUESDAY 1:00 Knitting & Crochet 1:00 Majong 1:30 Cribbage 6:00pm Quilters Guild</p>	<p>May 4 9:00 Quilters 9:00 Senior Bean Bag 10:00 Pitch 11:30 Senior Café Grab n Go 1:00 DERBY PARTY</p> 	<p>May 5 9:00 TOPS 9:30 SNAP APPTS 10:45 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare 1:00 BINGO</p> 	<p>May 6 8:30 Fun & Fitness 10:00 Mat Yoga 11:15 Chair Yoga 11:30 Senior Café Grab n Go</p>
<p>May 9 8:30 Chair Yoga 9:00 SHINE 9:00 Bridge 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café Grab n Go 1:00 DENIS CORMIER CONCERT</p>	<p>May 10 8:30 Yoga 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 1:00 Majong 1:30 Cribbage 2:00 COA Board</p>	<p>May 11 9:00 Quilters 9:00 SNAP & HIP W/DTA 10:00 Coffee & Conversation 10:00 Pitch 11:30 Senior Café Grab n Go 1:30 Golden Age Club</p> 	<p>May 12 9:00 TOPS 10:45 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare 1:00 BINGO W/Wachusett Manor 1:30 MOVIE MATINEE--HIDDEN FIGURES</p>	<p>May 13 8:30 Fun & Fitness 10:00 Mat Yoga 10:00 CAREGIVER SUPPORT GROUP 11:15 Chair Yoga 11:30 Senior Café Grab n Go</p>
<p>May 16 8:30 Chair Yoga 9:00 Bridge 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café Grab n Go 1:00 RHR REAL ESTATE PROGRAM</p> 	<p>May 17 8:30 Yoga 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 12:00 TASTING TUESDAY 1:00 Majong 1:00 Knitters & Crochet 1:00 Baldwinville Nursing Home Desserts 1:30 Cribbage</p>	<p>May 18 9:00 Quilters 9:00 Senior Food Pantry 10:00 Pitch 11:30 Senior Café Grab n Go 2:00 GARDNER SPRING JOB FAIR</p> 	<p>May 19 9:00 TOPS 9:30 SNAP 10:00 Breakfast w/Badge DRUG TAKE BACK DAY 10:45 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare 1:00 BINGO</p> 	<p>May 20 8:30 Fun & Fitness 10:00 Mat Yoga 9:00 pick up time for VET TO VET CAFÉ TRIP 11:15 Chair Yoga 11:30 Senior Café Grab n Go</p> 
<p>May 23 8:30 Chair Yoga 9:00 SHINE 9:00 Bridge 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café Grab n Go 1:00 Book Club 1:30 Listening Session</p>	<p>May 24 8:30 Yoga 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 1:00 Knitters & Crochet 1:00 Majong 1:30 Cribbage</p>	<p>May 25 9:00 Quilters 9:00 SNAP & HIP W/DTA 10:00 Pitch 10:00 MIRACLE EAR 11:30 Senior Café Grab n Go 1:00 HOW TO LIVE TO 100--- a Gardner Rehab Event</p>	<p>May 26 9:00 TOPS 10:45 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare 1:00 Bingo</p>	<p>May 27 8:30 Fun & Fitness 10:00 Mat Yoga 11:15 Chair Yoga 11:30 Senior Café Grab n Go</p>
<p>May 30 Memorial Day- OFFICE CLOSED</p> 	<p>May 31 8:30 Yoga 9:00 SHINE 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 1:00 Majong 1:30 Cribbage</p>	<p>June 1 9:00 Quilters 9:00 Senior Bean Bag 10:00 Pitch 11:30 Senior Café Grab n Go 12:30 COVID VACCINE BOOSTER CLINIC</p>	<p>June 2 9:00 TOPS 9:30 SNAP APPTS 10:45 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare Advisors 1:00 Bingo</p>	<p>June 3 8:30 Fun & Fitness 10:00 Mat Yoga 11:15 Chair Yoga 11:30 Senior Café Grab n Go</p>

Schedules are subject to change.



Your Next Step could be *with us!*



Working in the healthcare industry is more than just a job – it's a way of life reserved for the most compassionate, caring, and hard-working individuals. We have new **competitive starting rates**, up to \$2,500 **sign-on bonus**, and up to \$10,000 **tuition reimbursements!**

📞 978-345-0146

✉ info@nextstephpc.com

📍 1199 John Fitch Highway
Fitchburg, MA 01420



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!

Follow us on [facebook.com/ TalkitoutMA](https://www.facebook.com/TalkitoutMA)
978-466-9595 or mediationmcm.org



Heywood Wakefield COMMONS

An Assisted Living Residence

A New Place to Call Home in a Community that Cares

To schedule a tour or for more information, call Kristy Livingston at (978) 632-8292.

www.hwcommons.com

50 Pine Street • Gardner, MA • (978) 632-8292



Clarity. Confidence.

You deserve a bank that actually cares.

Fidelity Bank

Helping you get where you want to be™

Call 800.581.5363

FidelityBankOnline.com



Lamoureux-Smith & Poliks Funeral Home

105 Central St., Gardner Ma 01440 • 978-632-0158

mackfamilyfh@gmail.com

Mack Family Funeral Homes are independent, family-owned and operated and are well known for the personal service and professionalism they provide to all families.

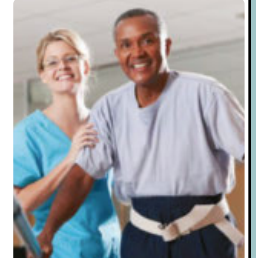
Call for Free Pre-Planning Guide.



Your Local Choice for Quality Therapy Service

Returning 95% of all admissions back to the community

59 Eastwood Circle, Gardner • 978.632.8776 • GardnerRehab.com



Become a **SENIOR VOLUNTEER** (55+)
Make Giving Back Your Second Act



508-791-7787

CHAIR CITY PHARMACY

Tired of Multiple Trips to the Pharmacy Each Month?
Tired of Filling Out a Weekly Pill Planner?



FREE DELIVERY

Ask About Our **FREE Medication Packs!**

Call **978.410.4976**

34 CONNORS STREET
GARDNER, MA 01440



Senior Housing Available

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

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

Call us today for more information and an application.
You may also apply online: www.gardnerhousing.org

Gardner Housing Authority
116 Church St., Gardner, MA
(978) 632-6627


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

We proudly offer a wide range of specialty services including:

- Short-Term Rehabilitation
- Long-Term Care
- Orthopedic Rehabilitation
- Post-Surgical Care
- Stroke/Cardiac Rehabilitation
- CPI Specialty Wound Therapy
- IV Therapy
- Diabetic Care
- Pulmonary Rehabilitation
- Medically Complex Patient Care

A non-profit health care facility owned by Alliance Health and Human Services, and managed by Alliance Health Management Services

51 Hospital Road
Baldwinville, MA 01436
(978) 939-2196
www.baldwinvillennursinghome.org




Locally Family Owned Business

We will treat your home like our own!

Ask about our FIX IT TO LIST IT PROGRAM!

We coordinate the work and you maximize your homes value



Ben Roy
978-230-1437
ben@rhr-realestate.com
MBL105682



Michael Roy
978-230-1131
mike@rhr-realestate.com
MBL105682

www.rhr-realestate.com

