

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  
Ronald Darmetka, Chairman  
Email: [coa@gardner-ma.gov](mailto:coa@gardner-ma.gov)

Follow us on FACEBOOK: [facebook.com/GardnerSeniorCenter](https://facebook.com/GardnerSeniorCenter)

**VOL.41 NO. 6 • June 2022**



## 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

Special Guests Speakers including

**Brigadier General Paul G. Smith**

Delicious Refreshments

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

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



on



## 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!*

## 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.*

**Mon, June 6, 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.



**JUNE 15, 2022 12:30 PM**  
Lunch, Annual Meeting & Installation of Officers

Massachusetts AARP Director  
**Michael Festa**

**GARDNER SENIOR CENTER**  
Charles P. McKean Building  
294 Pleasant Street, Gardner

Call the Center at 978-630-4067 to reserve

Open to AARP Members Only

\$5.00 Members w/join date before 4/15/22

\$10.00 Members w/join date after 4/15/22

Choice of Beef, Fish or  
Vegan Meal (includes  
Salad, Dessert, Coffee)

## GARDNER GOLDEN AGE CLUB

**Wednesday, June 8, 2022**  
**1:30 pm**

The Gardner Senior Center  
Charles P. McKean Bldg, 294 Pleasant St, Gardner

This month's speaker is Amasa Fiske-White. At  
age 12, Amasa started his journey of learning the  
natural landscape. Amasa has a connection and  
drive with the bird world. Together, we will take  
a look at some of Amasa's photos, plans and  
stories. Join us for an interesting presentation and  
for fellowship after!!

**BOOKS WITH FRIENDS**

Rose Bibeau & Terri Hillman

On Monday, June 24th, Books with Friends will discuss "Through a Bakery Window" by Catherine Zibrowski. Catherine will be here and answering questions! It will be fun—JOIN US at the Gardner Senior Center! Yes, we plan to meet during the hit summer months in the cool Senior Center.



Rose Bibeau and Terri Hillman

**GREATER GARDNER AREA  
LGBTQ SUPPORT GROUP**



This group is for community members who identify as Lesbian, gay, Bi-Sexual, Transgender, Queer, Questioning and +Plus as well as their allies. This group is a safe place where anyone can feel free to be themselves without concern. Contact Dave at lgbtqncm@gmail.com for more information.

**HAPPY FATHER'S DAY**

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

- |               |               |             |             |
|---------------|---------------|-------------|-------------|
| Affectionate  | Handsome      | Super       | Supportive  |
| Compassionate | Kind          | Watchful    | Intelligent |
| Emotion       | One-of-a kind | Dedication  | Memories    |
| Strong        | Respected     | Generous    | Proud       |
| Giving        | Son           | Hilarious   | Sheltering  |
| Jason         | Strong-willed | Loyal       | Stern       |
| Motivating    | Blessed day   | Protecting  | Trusting    |
| Reliable      | Father        | Sentimental | Wonderful   |
| Smart         | Happy         | Stable      | Dad         |
| Strong        | Love          | Wise        | Family      |
| Unafraid      | Practical     | Cherish     | Special     |
| Babe          | Devoted       | Gentle      | Responsible |
| Understanding |               |             |             |



**SENIOR TRAVEL**



**Pacific Northwest & California**  
 featuring Washington, Oregon and California  
 6/26/2022 - 7/3/2022

**Bluegrass Country & the Smoky Mountains**  
 featuring Louisville, Lexington, Gatlinburg & Asheville  
 10/13/2022 - 10/21/2022  
**SEAT REDUCTION DATE COMING UP!!**

**Icons & Legends Concert & LOBSTERFEST**  
 July 20th or July 21st, 2022  
**Book your seat today!!**

**Christmas with Paul Anka**  
*Special Holiday Tribute*

featuring Lou Villano  
**Danversport Yacht Club —Danvers. MA**  
 Thursday, December 8, 2022

**An American Bandstand New Years Eve Day**  
 Saturday, December 31, 2022  
 Danversport Yacht Club —Danvers. MA

**BOSTON TO BERMUDA CRUISE**  
 May 5th– May 12th, 2023

**PLEASE CHECK OUT THESE TRIPS !! FOR  
 MORE INFORMATION PLEASE COME ON  
 INTO THE GARDNER SENIOR CENTER OR  
 CONTACT DIANE PELLETT AT 978-632-5976**



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.**

**Cost is \$30 per person  
 and includes game ticket, \$7.00 FOOD  
 VOUCHER and transportation.  
 Please stop by the Gardner Senior  
 Center to reserve your spot!**



**Have some extra time? Looking for an opportunity to be involved and engaged? There are several volunteer opportunities in our community that really could use your help!**

**Heywood Healthcare- Patient Transport**  
**Please reach out to**  
**Dawn Casavant, VP of External Affairs**

**GARDNER SENIOR CENTER  
 2022 CONCERT SERIES**

**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



**DRUG TAKE BACK PROGRAM**



**BREAKFAST WITH A BADGE  
 DRUG TAKE BACK PROGRAM**

**June 16, 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 .



**Veteran-to-Veteran Café**

Gardner Senior Center

Friday, JUNE 24, 2022, 10:00am

**PLEASE NOTE DAY CHANGE!**

Come and enjoy some conversation and refreshments with fellow Veterans.

Please also join us on June 13, 2022 for our Flag Day Celebration and Veterans Recognition Program



THE CHAIR CITY



**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.**

**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 MEETING**



**Tuesday, June 6, 2022 @ 2:00pm**

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



**Let's Get Crafty**

**DIY LIGHTHOUSES**

Join us for our DIY Summer Craft Series!

Tools and basic materials will be supplied as shown.

If you would like to add embellishments or personal touches, please feel free to bring your own additional materials.



**Dollar Store DIY Décor and MORE with Michele Morin**

**Gardner Senior Center**  
**Wed, June 29th 1pm**

Limited to 12 people.

Registration is required. Please RSVP directly to the Gardner Senior Center by Wednesday, June 18th

**SIGN UP EARLY!**

Presented by Michele Morin, Community Relations Gardner Rehabilitation



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!

JUNE SPECIAL PROGRAMS

- June 1 COVID Vaccine Clinic
- June 6 Council on Aging Board Meeting
- June 6 Legal Considerations for Seniors
- June 7/21 Tasting Tuesdays
- June 8 Golden Age Club Meeting
- June 8 Coffee and Conversation
- June 9 Senior Center Movie Matinee
- June 13 Flag Day Celebration & Veterans Recognition Program
- June 14 FLAG DAY
- June 15 AARP Annual Meeting
- June 16 Breakfast with a BADGE & Drug Take Back Program
- June 20 Juneteenth Holiday—Office Closed
- June 22 Dawn Kelley Music is Love Concert
- June 24 Vet to Vet Café
- June 29 LETS GET CRAFTY LIGHTHOUSES
- July 9 Food Truck Festival
- July 16 Planning for Medicare
- July 20 Summer Outing & BBQ
- August 17 WOOSOX
- August 20 Shredding Event
- September 7 AARP Safe Drivers Class

**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!



**LENDING LIBRARY and TECH CENTER**

Have questions about your phone , laptop, IPAD, tablet, or PC? COME ON IN AND SEE JEN. She is here every Monday at 10:30am.



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

**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.

**SENIOR CENTER MOVIE MATINEE**

**Thursday, June 9 1:30pm GREEN BOOK**

**Thursday, July 14, 1:30pm TBA**

*We apologize for the late viewing  
in May!*

**Snacks Always Provided!!!**



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& Hospice, Inc.  
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978-632-1230

carecentralvnahospice.org

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

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to place an ad today!  
kfontaine@lpicommunities.com  
or (800) 477-4574 x6350

**CONTACT US!**





**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 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**

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



Gardner Board of Health  
Gardner Senior Center



**SHREDDING EVENT**

**August 20, 2022 9-12pm**

Prevent identity theft by securely shredding your outdated bank statements, bills, tax forms, legal agreements and other personal documents safely and securely on-site.

**GARDNER SENIOR CENTER**

**CHARLES P. MCKEAN BUILDING**

**PARKING LOT**

**294 PLEASANT ST., GARDNER, MA**

**978-630-4067**

**COA@gardner-ma.gov**



**GETTING STARTED  
WITH MEDICARE**

**BLUE CROSS/BLUE SHIELD OF MASSACHUSETTS**

**Planning for Medicare**

**Monday, July 16, 2022 1:30-2:30pm**

**In person and virtual (ZOOM)**

**Medicare Supplement Plans or  
Medicare Advantage Plans**

**Wednesday, August 10, 2022 1:45-3:00pm**

**In person only**

**Health plan options**

**Wednesday, October 5, 2022 1:30-2:30pm**

**In person and virtual (ZOOM)**



**AARP Smart Driver  
Safety Course**

**WEDNESDAY, SEPTEMBER 7, 2022**

**11:30-4:30PM**

**Gardner Senior Center  
Charles P. McKean Building  
294 Pleasant Street, Gardner, MA**

**Even the most experienced drivers can benefit from brushing up on their driving skills.** This updated AARP Smart Driver Course offered by AARP Driver Safety is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the new AARP Smart Driver Course, attendees will be taught:

- The current rules of the road
- How to understand new traffic control devices on our ever-changing roadways
- About defensive driving techniques
- About some of the new *technical* features in vehicles like *lane departure warnings, blind spot indicators* and *adaptive cruise control* and
- How to operate a vehicle more safely in today's increasingly challenging driving environment.

**You may be eligible to receive a multi-year auto insurance discount upon completing the course** (consult your insurance agent for details). **AARP membership is not required to take the course and there are no road tests to pass.** Registration disclosure/disclaimer for Covid is required. **The fee is \$20 for AARP members and \$25 for non-members. Participant agree to stay through the entire course. Space is limited to 20 individuals. To register for the course, contact the Gardner Senior Center at 978-630-4067.**



**Light lunch sponsored by :  
SALVADORE AUTO**

**GARDNER'S  
5TH ANNUAL FOOD TRUCK FESTIVAL**

Join your friends and neighbors on **July 9th from 1pm until 8:30pm** in downtown Gardner for this years annual event. With over 20 trucks there is bound to be something for everyone in your family. The trucks will be parked along the front of City Hall on Pleasant Street and will continue along City Hall Avenue. Live entertainment! **Mark your calendars**



### GARDNER SENIOR CENTER PICNIC/BARBEQUE

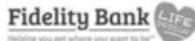


**July 20, 2022**

Templeton Fish & Gun Club

12:30pm-2:00pm

\$7.00 per person, limit 2 per household



#### MUSIC performance by Dan Kirouac

(This Program is supported in part by a grant from the Gardner Cultural Council, a local agency supported by the Massachusetts Cultural Council)

Enjoy an afternoon with great food (chicken barbeque), better company, and awesome music by Dan Kirouac—Music and Memories from the 1950's, 1960's, & 1970's. Tickets are now available at the Gardner Senior Center.

Special thank you Workers Credit Union, Fidelity Coop Bank, Table Talk Pies, the Gardner Cultural Council and the members of the Templeton Fish and Game Club.



**Thank you Allyson Chalapatras, BEACON HOSPICE, and the We Honor Veterans Project for all you do to support and make our VET to VET Café a good and safe place for Veterans to come together.**

#### PITCH

Join the Pitch players on Wednesdays at 10am. It's fun and 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.



The Gardner Senior Center extends its heartfelt appreciation to the staff of the **Gardner CAC** for their continued support and extraordinary efforts that help make our programs a success. Thank you never seems enough! **Thank you so much!!**

### GARDNER COUNCIL ON AGING

- Ronald Darmetka– Chairman
- Michael Ellis– Director/CEO
- Paul Leone- Member
- Kathy O'Brien-Secretary
- Terri Hillman-Treasurer
- Audrey Faucher-Member
- Gloria Tarpey– Member, Golden Age Rep
- Pat Jandris– Member, AARP Rep
- 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
- Daniel Kelley– Associate Member
- Paul Crowley– Associate Member
- Tracy Hutchinson– Associate Member
- Dell Peterson– 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.) Watch for meeting announcements in the Senior Review

### BINGO

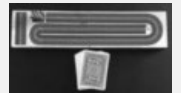


Every **THURSDAY. 1:00pm** in the basement level of the Senior Center. Besides the regular games, we offer a progressive jackpot game. Join in and have a fun afternoon out!

#### 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.



**April 19**  
Armand LeBlanc  
Emerise Bourque

**April 26**  
Rick LeBlanc  
Alison Lake

**Congratulations to ALL our CRIBBAGE HIGH GAME Winners!**

**May 3**  
Rick LeBlanc  
Alison Lake












**May 10**  
Rick LeBlanc

**Join us at 1:30pm every Tuesday!**

#### 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.



Mon	Tue	Wed	Thu	Fri
<b>May 30</b> <b>Memorial Day—</b> <b>Office Closed</b> 	<b>May 31</b> 8:30 Yoga 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 1:00 Majong 1:30 Cribbage	<b>June 1</b> 9:00 Quilters 9:00 Senior Bean Bag 10:00 Pitch 11:30 Senior Café Grab n Go 12:30 COVID VACCINE CLINIC	<b>June 2</b> 9:00 TOPS 9:30 SNAP APPTS 10:45 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare 1:00 BINGO 	<b>June 3</b> 8:30 Fun & Fitness 10:00 Mat Yoga 11:15 Chair Yoga 11:30 Senior Café Grab n Go
<b>June 6</b> 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 Legal Considerations 2:00 COA Board 	<b>June 7</b> 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 Knitters & Crochet 1:00 Majong 1:30 Cribbage 6:00pm Quilters Guild	<b>June 8</b> 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  	<b>June 9</b> 9:00 TOPS 10:45 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare 1:00 BINGO 1:30 MOVIE MATINEE	<b>June 10</b> 8:00 RCAP Advisors 8:30 Fun & Fitness 10:00 Mat Yoga 11:15 Chair Yoga 11:30 Senior Café Grab n Go
<b>June 13</b> 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 FLAG DAY PROGRAM 	<b>June 14</b> 8:30 Yoga 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 1:00 Majong 1:30 Cribbage 3:00 Caregiver Support	<b>June 15</b> 9:00 Quilters 9:00 Senior Food Pantry 10:00 Pitch 11:30 Senior Café Grab n Go 12:30 AARP ANNUAL MEETING AND INSTALLATION OF OFFICERS 	<b>June 16</b> 9:00 TOPS 9:30 SNAP 10:00 Breakfast w/Badge <b>DRUG TAKE BACK DAY</b> 10:45 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare 1:00 BINGO 	<b>June 17</b> 8:30 Fun & Fitness 10:00 Mat Yoga 11:15 Chair Yoga 11:30 Senior Café Grab n Go
<b>June 20</b> <b>Juneteenth</b> <b>Holiday—</b> <b>Office Closed</b> 	<b>June 21</b> 8:30 Yoga 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 12:00 Tasting Tuesdays 1:00 Baldwinville Nursing Home Desserts 1:00 Knitters & Crochet 1:00 Majong 1:30 Cribbage	<b>June 22</b> 9:00 Quilters 9:00 SNAP & HIP W/DTA 10:00 Pitch 11:30 Senior Café Grab n Go 1:00 DAWN KELLEY MUSIC IS LOVE	<b>June 23</b> 9:00 TOPS 10:45 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare 1:00 Bingo	<b>June 24</b> 8:30 Fun & Fitness 10:00 Mat Yoga 10:00 VET TO VET CAFÉ 11:15 Chair Yoga 11:30 Senior Café Grab n Go 
<b>June 27</b> 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	<b>June 28</b> 8:30 Yoga 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 1:00 Majong 1:30 Cribbage	<b>June 29</b> 9:00 Quilters 10:00 Pitch 11:30 Senior Café Grab n Go 1:00 Lets Get Crafty Lighthouses 	<b>June 30</b> 9:00 TOPS 10:45 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare Advisors 1:00 Bingo	<b>July 1</b> 8:30 Fun & Fitness 10:00 Mat Yoga 11:15 Chair Yoga 11:30 Senior Café Grab n Go

Schedules are subject to change.

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[picommunities.com/adcreator](http://picommunities.com/adcreator)





### 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](http://mediationmcm.org)



### Heywood Wakefield COMMONS

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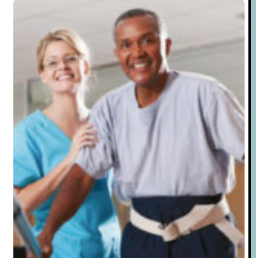
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