

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

Follow us on FACEBOOK: [facebook.com/GardnerSeniorCenter](https://www.facebook.com/GardnerSeniorCenter)
VOL.41 NO. 7 • July 2022



Veteran-to-Veteran Café

Gardner Senior Center
Friday, July 15, 2022, 10:00am

Come and enjoy some conversation
and refreshments
with fellow Veterans.



THE CHAIR CITY



Celebrating Christmas in July



**CHRISTMAS COUNTDOWN
CRAFT WORKSHOP**
Wednesday, July 27th
11:30am-12:30pm
Registration is required.
Please RSVP by
Wednesday, July 20th

Sign Up Early Maximum 12 people. 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.

Lunch provided by MAKING OPPORTUNITIES COUNT!



**CHRISTMAS
COOKIE EXCHANGE**
Wednesday, July 27th
1:00pm-2:00pm
Registration is required.
Please RSVP by
Wednesday July 20th

Rules will be handed out at time of registration. Each participant will be asked to bring two dozen desserts and the corresponding recipe. You should also bring with you a separate container to take your dessert home.

Sponsored by
**Michele Morin, Community Relations
Gardner Rehabilitation & Nursing Ctr**



TODAY'S FBI

Wednesday, July 13, 2022 1:00pm
Gardner Senior Center

The Federal Bureau of Investigation is the domestic intelligence and security service of the United States and its principal law enforcement agency. Meet and hear from FBI Special Agent David Rodski, a Gardner native, about the FBI, trends in national law enforcement, and other interesting information. Space is limited and reservations are required by contacting the Gardner Senior Center at 978-630-4067.

WooSox



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!



Looking for housing help?
Come and meet with our representative
from RCAP Solutions! Friday,
July 8, 2022 by appointment.
Call the Center today.



DRUG TAKE BACK PROGRAM



**BREAKFAST WITH A BADGE
DRUG TAKE BACK PROGRAM
July 15, 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 .



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.



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**



SENIOR TRAVEL



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

Myrtle Beach Holiday Show Trip
November 13-November 19, 2022
Contact Claudia Provecal, Hubbardston COA at 978-928-5244, ext 5 then 211

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!!!



The Gardner Senior Center and the Greenwood Memorial Pool

SENIOR SWIM

Every Friday Morning throughout the months of July and August



SENIOR AQUATICS FUN AND FITNESS
with **Amy Foss-Leblanc**

For swimmers and NON-SWIMMERS

Fridays from 10:00am-11:00am
Contac the Senior Center to register! Space is limited!

JULY SPECIAL PROGRAMS

- June 29 LETS GET CRAFTY LIGHTHOUSES
- July 1, 8, 15, Senior Swim/Sr. Aquatics Fun & Fitness
- July 22, 29 Independence Day– Office closed
- July 4 Care Central VNA Services
- July 5 Tasting Tuesday (tentative)
- July 5 INTERGENERATIONAL DAY
- July 7 Snap with HOPE
- July 7 Food Truck Festival Downtown
- July 9 Intergenerational Crafts with Jane
- July 11 Caregiver Support Group
- July 12 Snap with DTA
- July 13 Today's FBI Program
- July 15 Vet to vet Café
- July 18 BC/BS Seminar: Planning for Medicare
- July 20 SNAP with DTA
- July 20 Summer Outing & BBQ
- July 20 Dan Kirouac @Summer Outing
- July 21 INTERGENERATIONAL DAY
- July 21 Breakfast with a Badge
- July 25 Book Club
- July 27 11:30 Christmas in July Crafts
- July 27 1:00 Christmas in July Cookie Exchange
- August 8 INTERGENERATIONAL Crafts with Jane
- August 17 WOOSOX
- August 18 INTERGENERATIONAL DAY
- August 20 Shredding Event
- September 7 AARP Safe Drivers Class

GARDNER SENIOR CENTER 2022 CONCERT SERIES

DAN KIROUAC

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

THOMAS RULL

September 21, 2022 @ 1pm Gardner Senior Center



These programs are sponsored by grants from the Gardner Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



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 COUNCIL ON AGING

- Ronald Darmetka– Chairman
- Michael Ellis– Director/CEO
- Paul Leone– Vice Chair
- 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
- Michael Gerry– 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. *There are NO scheduled meetings of the COA in the months of July and August. SPECIAL MEETING NOTICES WILL BE LOCATED ON THE SR. CTR OFFICE BOARD.*

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.





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

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. Contact Dave at lbtancm@gmail.com for more information

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

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



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.

BOOKS WITH FRIENDS

Rose Bibeau & Terri Hillman

Members have chosen the following books for YOUR summer reading!

- Jul- **"SHAMED"**, by Linda Castillo
 - Aug- **"THE HUSBAND'S SECRET"** BY Liane Moriarty
 - Sep- **"The Color of Water"**, By James McBride
- Come join us in the cool Senior Center for discussion and conversation, even if you don't have time to read the book. Meets 4th Monday of the Month.

—Rose Bibeau and Terri Hillman

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

CONTACT US!





Home Delivered Meals

July 2022

Individual Sodium Contents are listed beside each item.


Total Sodium for each meal is listed below each meal

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

Asterisk * Indicates the item is > 500 mg Sodium

Menu Subject to Change

Suggested voluntary donation: \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Nutrition Tip of the Month: Flavoring foods with herbs & spices can help you lower your intake of sugar, salt, and saturated fats. You'll feel better without missing out on flavor! Discount stores such as the Dollar Store or Ocean State offer low-cost alternatives to grocery store spices</p>			<p>Meals include: 8 oz. 2% Milk providing 130 Calories 125 mg Sodium included in meal totals</p>	
<p>Total Sodium (mg): 125 Calories: 763</p>			<p>Total Sodium (mg): 125 Calories: 672</p>	
<p>Total Sodium (mg): 582 Calories: 643</p>			<p>Total Sodium (mg): 582 Calories: 643</p>	
<p>4</p> 	<p>5 4th of July Special Na+ Sausage & Pepper Grinder 348 w/Red & Green Peppers 2 and 1 oz moz on top 189 Seasoned red bliss potatoes 5 Grinder Roll 218 Oatmeal Cream Cookie 150 Diet: Oreos</p>	<p>6 Grilled Chicken Breast 430 w/Peach Sauce 43 Wild Rice Pilaf 140 Broccoli 10 Rye Bread 150 Fresh Pear 2</p>	<p>7 Chicken 287 in Balsamic Glaze 86 Quinoa w/Rst'd Veggies 23 Glazed Carrots 64 Wheat Bread 124 Clementine 1</p>	<p>8 Potato Pollock 273 Whipped Potato 66 Zucchini & Summer Squash 8 WW Dinner Roll 105 Fruit cup 5</p>
<p>Holiday - No Meals Delivered</p>			<p>Total Sodium (mg): 1037 Calories: 687</p>	
<p>Total Sodium (mg): 900 Calories: 667</p>			<p>Total Sodium (mg): 710 Calories: 536</p>	
<p>Total Sodium (mg): 552 Calories: 595</p>			<p>Total Sodium (mg): 552 Calories: 595</p>	
<p>11 Na+ Barley Black Bean Chili* 614 Brussels Sprouts 12 WW Dinner Roll 105 Fudge Cookie 85 Diet: Waffle Grahams *High Sodium item</p>	<p>12 Na+ Grilled Chicken Breast 430 in Marsala Sauce 26 Bread Stuffing 315 Broccoli 10 Pumpkin Bread 134 Flavored Yogurt 0</p>	<p>13 Na+ French Meat Pie 121 Capri Vegetable Blend 15 Multigrain Bread 223 Assorted Fruit Cup 5</p>	<p>14 Na+ Sliced Roast Turkey 330 in Tarragon Gravy 80 Whipped Sweet Potato 36 Peas 66 Rye Bread 150 Fresh Plum</p>	<p>15 Na+ Chicken Terriaki 470 Vegetable Fried Rice 98 Asian Vegetable Blend 21 Multigrain Bread 223 Fortune Cookie 2 Gala Apple 5</p>
<p>Total Sodium (mg): 941 Calories: 815</p>			<p>Total Sodium (mg): 1040 Calories: 619</p>	
<p>Total Sodium (mg): 489 Calories: 700</p>			<p>Total Sodium (mg): 787 Calories: 509</p>	
<p>Total Sodium (mg): 944 Calories: 739</p>			<p>Total Sodium (mg): 944 Calories: 739</p>	
<p>18 Na+ Breaded Chicken Drumstick 450 Cr & Chive Whipped Potat 89 Carrots 64 WW Dinner Roll 105 Yogurt 75</p>	<p>19 Na+ Potato Pollock Fillet 273 Tartar Sauce 100 Yukon Gold Potato 5 Green Beans 3 Multigrain Bread 223 Clementine 1</p>	<p>20 Na+ Meatball Grinder 210 Tomato Basil Sauce 58 Grinder Roll 218 Seasoned Potato Wedges 273 Spinach 109 Assorted Fruit cup 5</p>	<p>21 Na+ Beef Stew 163 Brussels Sprouts 12 Corn Muffin 90 Fresh Pear 2</p>	<p>22 High Sodium Day Na+ Broccoli Bake 475 Home Fries 5 Stewed Tomato 251 Wheat Bread 124 Pound Cake 240 Diet: Lemon Cookie</p>
<p>Total Sodium (mg): 908 Calories: 688</p>			<p>Total Sodium (mg): 730 Calories: 722</p>	
<p>Total Sodium (mg): 998 Calories: 695</p>			<p>Total Sodium (mg): 392 Calories: 729</p>	
<p>Total Sodium (mg): 1220 Calories: 860</p>			<p>Total Sodium (mg): 1220 Calories: 860</p>	
<p>25 Na+ Beef Taco 161 Spanish Rice & Beans 154 Corn 1 Flour Tortilla 220 Fruit Cup 5</p>	<p>26 Na+ Bro'd'd Chicken Breast* 573 In Tomato Basil w/Mozzarella 247 Cavatappi Pasta 1 Brussels Sprouts 12 WW Dinner Roll 105 Oreo Cookies</p>	<p>27 Na+ Pulled Pork Sandwich with BBQ Sauce 150 WW Bun 300 Baked Beans 152 California Blend Veg 22 Fresh Pear</p>	<p>28 Na+ Cheese Omelet w/Chz Sc 420 Sausage Patty 130 Spinach 65 Seasoned Homefires 5 WW Dinner Roll 105 Fresh Peach</p>	<p>29 Na+ Meatloaf in Beef Gravy 234 Mashed Potatoes 66 Green Beans 3 Multigrain Bread 223 Vanilla Yogurt 75</p>
<p>Total Sodium (mg): 666 Calories: 737</p>			<p>Total Sodium (mg): 1063 Calories: 742</p>	
<p>Total Sodium (mg): 833 Calories: 758</p>			<p>Total Sodium (mg): 850 Calories: 674</p>	
<p>Total Sodium (mg): 726 Calories: 672</p>			<p>Total Sodium (mg): 726 Calories: 672</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 awelch@mocinc.org 987-868-6081

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.

SPECIAL THANKS TO ANNE HALL AND SHELLY CORMIER FOR THEIR WORK IN OUR KITCHEN AND TO MOC FOR A GREAT PARTNERSHIP BRINGING GOOD FOOD TO OUR SENIORS. JOIN US ON MONDAY, WEDNESDAY AND FRIDAY FOR AN INEXPENSIVE, NUTRITIOUS AND DELICIOUS MEAL AT THE GARDNER SENIOR CENTER!

BINGO

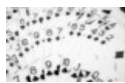


Every **THURSDAY, 1:00pm** in the basement level of the Senior Center. Besides the regular games, we offer a progressive jackpot game. Join in and have a fun afternoon out!

WATCH FOR OUR JACKPOT BINGOS

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.



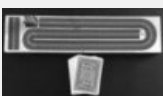
CENTRAL MASS CARICATURE CARVERS

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.



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.



May 17 Rick LeBlanc Del Richard	May 24 Rick LeBlanc Helen Lindstrom	May 31 Louis LeBlanc Carol Smith	June 7 Bob McGee Joe Dawson
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June 15
Annette LeBlanc
Janice Letendre

Congratulations to LL our CRIBBAGE HIGH GAME Winners! 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.



Gardner Golden Age Club

Join us on September 14 at 1:30pm at the Gardner Senior Center and hear from **Amasa Fiske-White, who is a wildlife photographer, specializing in capturing birds. Come hear about his amazing journey and learn about some of the wildlife he has captured on his camera.**



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



MASSACHUSETTS

GETTING STARTED WITH MEDICARE

BLUE CROSS/BLUE SHIELD OF MASSACHUSETTS

Planning for Medicare

Monday, July 18, 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)





Join us on Wednesday, September 21, at 1:30 pm at the Gardner Senior Center. We will hear from City Leaders, recognize and install our Committee Chairs for 2022-2023 and will be recognizing a few special people for their work in AARP and the community.

We hope you can join us again in September. Events for this summer include:

Annual Cookout– July 20, Tickets Required

Shredding Event– Aug 20, 9am-12pm, Gardner Sr Ctr

Safe Driver ED Course– Sept 7, Gardner Sr. Ctr

Mon	Tue	Wed	Thu	Fri
June 27 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 1:00 CRAFTS W/JANE-HOPE	June 28 8:30 Yoga 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 1:00 Majong 1:30 Cribbage	June 29 9:00 Quilters 9:00 Senior Bean Bag 9:30 Pitch 11:30 Senior Café Grab n Go 1:00 Lets Get Crafty Lighthouses 	June 30 9:00 TOPS 10:45 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare 1:00 BINGO	July 1 8:30 Fun & Fitness 10:00 Mat Yoga 11:15 Chair Yoga 11:30 Senior Café Grab n Go
July 4 INDEPENDENCE DAY HOLIDAY– OFFICE CLOSED 	July 5 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	July 6 9:00 Quilters 9:30 Pitch 11:30 Senior Café Grab n Go <hr/> Office closed at 12pm	July 7 Intergenerational Programs with HOPE 9:00 TOPS 9:30 SNAP w/HOPE 10:45 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare 1:00 BINGO 	July 8 8:00 RCAP Advisors 8:30 Fun & Fitness 10:00 Mat Yoga 11:15 Chair Yoga 11:30 Senior Café Grab n Go 
July 11 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 CRAFTS W/JANE-HOPE	July 12 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 3:00 Caregiver Support	July 13 9:00 Quilters 9:00 SNAP & HIP W/DTA 9:00 Senior Food Pantry 9:30 Pitch 11:30 Senior Café Grab n Go 1:00 TODAY'S FBI	July 14 9:00 TOPS 10:45 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 CAC DRIVE THROUGH LUNCH 12:00 Integrity Medicare 1:00 BINGO 1:30 MOVIE MATINEE	July 15 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 
July 18 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 1:30 Blue Cross/Blue Shield PLANNING FOR MEDICARE	July 19 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	July 20 9:00 Quilters 9:30 Pitch 11:30 Senior Café Grab n Go  Gardner Senior Center and AARP 2022 SUMMER OUTING & COOKOUT– TICKETS REQUIRED	July 21 Intergenerational Programs with HOPE 9:00 TOPS 9:30 SNAP 10:00 Breakfast w/Badge 10:45 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 CAC DRIVE THROUGH LUNCH 12:00 Integrity Medicare 1:00 BINGO	July 22 8:30 Fun & Fitness 10:00 Mat Yoga 11:15 Chair Yoga 11:30 Senior Café Grab n Go <div style="background-color: #333; color: white; padding: 5px; text-align: center;"> Schedules are subject to change. </div>
July 25 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 Book Club	July 26 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	July 27 9:00 Quilters 19:00 SNAP & HIP W/DTA 9:30 Pitch 11:30 Senior Café Grab n Go 11:30 Christmas Crafts 12:30 Program Lunch 1:00 Cookie Swap	July 28 9:00 TOPS 10:45 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 CAC DRIVE THROUGH LUNCH 12:00 Integrity Medicare Advisors 1:00 BINGO	July 29 8:30 Fun & Fitness 10:00 Mat Yoga 11:15 Chair Yoga 11:30 Senior Café Grab n Go

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Mediation Services of North Central MA, Inc.

A non-profit conflict resolution service agency **CONTACT US TO LEARN MORE** about what we do and how you can help bring peace to the community!

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



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www.hwcommons.com

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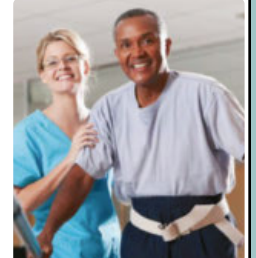
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