

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

VOL.41 NO. 8 • August 2022



AARP Smart Driver Driver Safety 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. The 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. This classroom course will review things like the rule of the road, new traffic control devices, defensive driving techniques, new vehicle features and other important driving topics.

AARP membership is not required. Registration disclosure/disclaimer for Covid is required. **The fee is \$20 for AARP members and \$25 for non-members.** Space is limited to 20 individuals. To register for the course, contact the Gardner Senior Center at 978-630-4067.

Light lunch sponsored by :



Gardner Board of Health
Gardner Senior Center



SHREDDING EVENT

August 20, 2022 9-12pm

Shred your personal documents safely and securely.

**GARDNER SENIOR CENTER
CHARLES P. MCKEAN BUILDING
PARKING LOT
294 PLEASANT ST., GARDNER, MA
978-630-4067
COA@gardner-ma.gov**



Veteran-to-Veteran Café

Gardner Senior Center
Friday, August 19, 10:00am

Come and enjoy some conversation
and refreshments
with fellow Veterans.



WILL YOUR DRIVER'S LICENSE FLY?

**MONDAY
November 7 @ 1PM
Gardner Senior Center**



Beginning **May 3, 2023**, you will need a **REAL ID** or other acceptable ID such as a valid passport to fly within the U.S.. Come meet and hear from a representative of the Registry of Motor Vehicles about **REAL ID** and how it effects you. Contact the Center to reserve your spot.

Get the facts about REAL ID at Mass.Gov/ID



TOUR & MORE!

August 12, 2022 at 10:00am

Join us for a tour and more at Mount Wachusett Community College, the gem of higher education located here in Gardner, Massachusetts. We will have a walking tour of the new science and technology building along with other interesting places at MWCC including the Fitness and Wellness Center. Contact the Senior Center to reserve your place at 978-630-4067.

DID YOU KNOW THAT MANY OF OUR FREE OR LOW-COST PROGRAMS ARE AVAILABLE BECAUSE OF THE SUPPORT OF GENEROUS DONORS TO THE GARDNER SENIOR CENTER? Thank you to all who help support us! SPECIAL THANKS TO THE RYAN PATRICK JONES HEART OF A HERO FOUNDATION INC

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.



SNAP and HIP Application Assistance

The **Supplemental Nutrition Assistance Program** is a 100% Federally funded program SNAP provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency. The **Healthy Incentive Program**, is a program in that helps families and individuals on **SNAP** buy fruits and vegetables from participating vendors. **Call the Center to make an appointment today!**



DRUG TAKE BACK PROGRAM



BREAKFAST WITH A BADGE DRUG TAKE BACK PROGRAM

August 18, 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.



GETTING STARTED WITH MEDICARE

BLUE CROSS/BLUE SHIELD OF MASSACHUSETTS

Medicare Supplement Plans or Medicare Advantage Plans
Wednesday, August 10, 2022 1:45-3:00pm
In person only .CALL and sign up today!



2023 Fallon Health Open Enrollment Informational Meeting

October 27, 2022, at 1:30pm

Circle the calendar and plan to attend the 2023 Fallon Health Medicare plan meeting at the Gardner Senior Center. At this meeting you will have an opportunity to learn about the new rates and expanded benefits at Fallon. This meeting is open to everyone and questions are welcomed. Please call the Center to register to attend, so we can reserve a seat for you.



Community
HEALTH FAIR

Wednesday, October 5
10:00am – 3:00pm
WATERFORD ST. SCHOOL
62 Waterford St, Gardner, MA



GARDNER GOLDEN AGE CLUB



ONSITE MEALS

Come and enjoy a meal with your friends on site at the Gardner Senior Center. 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.

TOMMY RULL
SINGER/ ENTERTAINER
1:00pm
"A Musical Journey Through The Years"



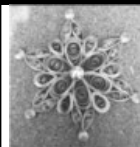
Blood Pressure Screenings
Mental Health Screenings
Nutrition Checks
Workshops and Speakers
Fitness Demonstrations
Food!
And so much more....

MONDAYS, WEDNESDAYS, & FRIDAYS 11:30AM
GARDNER SENIOR CENTER

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

Looking for housing help?

Come and meet with our representative from RCAP Solutions! Friday, August 12, 2022 by appointment. Call the Center today.



LEARN TO QUILL WITH KAREN

Whether you are new to Quilling or an experienced crafter, all are welcome. Meet the last Monday of every month starting August 29 @ 1:00. Beginner program, supplies and tool lists will be sent to participants. Limit 10 beginners, experienced quillers welcome to join the gathering. Please register today by contacting the Center!



AUGUST SPECIAL PROGRAMS

Aug 1	Care Central VNA
Aug 2, 16	TASTING TUESDAYS
Aug 4, 18	SNAP/Hip with HOPE
Aug 5, 12, 19, 26	Water Fun & Fitness (off site)
Aug 8	Crafts with Jane
Aug 9, 23	SHINE
Aug 9	Caregiver Support Group
Aug 10, 24	SNAP/HIP with DTA
Aug 10	Hydroponic Gardens
Aug 11	Movie Matinee
Aug 12	MWCC TOUR (off site)
Aug 16	Listening Session @Binnall
Aug 16	SEASONAL STROLL W/JULIE
Aug 16	Desserts with Baldwinville NH
Aug 17	WOOSOX
Aug 18	INTERGENERATIONAL DAY
Aug 18	Breakfast with a Badge
Aug 19	Vet to Vet Café
Aug 20	SHREDDING EVENT
Aug 22	Book Club
Aug 24	Virtual Trip w/Gardner Rehab
Aug 29	Quilling with Karen
Sept 7	AARP Safe Drivers Class
Sept 12	Council on Aging Board
Sept 14	BC/BS Medicare Supplemental Insurance Workshop
Sept 19	KNOCKOUT POOL TOURNEY
Sept 28	HAM RADIO WORKSHOP/DEMO
Oct 5	HEALTH FAIR- WATERFORD ST



HAM RADIOS in America

Often overlooked, but vitally important

Amateur radio operators are much more than hobbyists; they provide extremely important communications, especially during and after emergencies.

Come hear from

Paul Topolski

Director, Gardner Office of Emergency Management
Mohawk Amateur Radio Club
ARRL Western MA Section Technical Specialist

Wednesday, September 28 @ 1:00pm
The Gardner Senior Center
Charles P. McKean Building
294 Pleasant Street, Gardner, MA 01440
978-630-4067

TRY OUT OUR LIVE HAM RADIO STATION

HAM Radio is a fantastic hobby your can do from the comforts of your own home and provides a great environment for meeting new people, learn new things and enriches your life in many ways. *HAM Radio Operators can also use their skills to help your community.*
Come learn more about HAM Radios.

KNOCK OUT POOL TOURNAMENT



Monday, September 19, 2022
11:00 AM

PRIZES, FOOD AND MORE!!

Register at:
Gardner Senior Center
Charles P. McKean Building
294 Pleasant St., Gardner, MA 01440
978-630-4067

Entry Fee \$3.00

WE CANNOT ADEQUATELY THANK ALL THAT MAKE OUR CENTER GREAT! Special shout outs

Worker's Credit Union	Blue Cross Blue Shield
Table Talk Pies	Growing Places
Fidelity Cooperative Bank	Quimby Whitney
Jane and Robert Bettez	Cheryl Zadra
Julie Kilbury	Rick Pace
Brenda Geddis	Karen Olivari
Pauline Richard	Bonnie Riley
Carol Baublis	Claude Leger
Lorraine Manca	Jacob Cormier
Joan Walker	Doug Munroe
Michele Morin	THE WHOLE DARN
David Rodski	TEMPLETON FISH & GAME CREW
Nancy Hebert	Joe and Pat Westberry
Terri Hillman	

SENIOR TRAVEL

Bluegrass Country & the Smoky Mountains
featuring Louisville, Lexington, Gatlinburg & Asheville
10/13/2022 - 10/21/2022

Christmas with Paul Anka
Special Holiday Tribute
Thursday, December 8, 2022
Danversport Yacht Club —Danvers. MA

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 Provencal, Hubbardston COA
978-928-5244, ext 5 then 211

BOOKS WITH FRIENDS

Meets 4th Monday of the Month. Come join us in the cool Senior Center for discussion and conversation, **even if you don't have time to read the book.** Members have chosen the following books for YOUR summer reading!

Aug- **"THE HUSBAND'S SECRET"** By Liane Moriarty
 Sep- **"The Color of Water"**, By James McBride

—**Rose Bibeau and Terri Hillman**

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!



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



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



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 lgbtqncm@gmail.com for more information.



SENIOR CENTER MOVIE MATINEE

Thursday, August 11 1:30pm

Snacks Always Provided!!!



ACTIVITIES AND EXERCISE

Mondays

CHAIR YOGA	8:30am-9:30am	\$2.00sd
BEGINNER LINE DANC	10am-11am	\$3.00sd
FUN & FITNESS	11:30am-12:30pm	\$2.00sd

Tuesdays

CHAIR YOGA	8:30am-9:30am	\$2.00sd
LEVEL 2 LINE DANCING	10am-11am	\$3.00sd
LEVEL 3 LINE DANCING	11:30am-12:30pm	\$3.00sd

Thursday

BEGINNER LINE DANC	10:30am-11:30am	\$3.00sd
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Fridays

FUN & FITNESS	8:30am-9:30am	\$2.00sd
MAT YOGA	10am-11am	\$2.00sd
CHAIR YOGA	11:30am-12:30pm	\$2.00sd

The instructors gear these classes for everyone to benefit and have fun.

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.

JOIN US FOR TASTING TUESDAYS!

On the first and third Tuesday of the Month, come and sample an enjoyable and nutritious Snack provided by the Gardner CAC. Thank you Gardner CAC.



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



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978-632-1230

carecentralvnahospice.org

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 Support Groups

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kfontaine@lpicommunities.com
 or (800) 477-4574 x6350

CONTACT US!



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!



Home Delivered Meals

August 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	
1	Na+ 2	Na+ 3	Na+ 4	Na+ 5	Na+ 6	Na+ 7	Na+ 8	Na+ 9	Na+ 10
Meatballs in Hawaiian Sauce	247	Sloppy Joe	148	Breaded Chicken Drumstick	450	Beef and Lentil Chili	262	Potato Pollock	273
Brown Rice	4	Potato Wedges	273	Whipped Sweet Potato	36	Brown Rice	4	Tartar Sauce	100
Asian Veggie Blend	21	Broccoli	10	Peas & Onions	42	Mixed Veg	88	Butternut Squash	48
Multigrain Bread	140	Whole Wheat Bun	124	Pumpnickel Bread	155	Corn muffin	80	Cauliflower	14
Assorted Fruit Cup	5	Fresh Peach	0	Yogurt	75	Fresh Clementine	1	Rye Bread	156
Fortune Cookie	6							Oreos	85
Total Sodium(mg): 548		Total Sodium(mg): 680		Total Sodium(mg): 883		Total Sodium(mg): 560		Total Sodium(mg): 801	
Calories: 747		Calories: 601		Calories: 632		Calories: 782		Calories: 799	
8	Na+ 9	Na+ 10	Na+ 11	Na+ 12	Na+ 13	Na+ 14	Na+ 15	Na+ 16	Na+ 17
Macaroni & Cheese	498	Chili Cheeseburger	452	Lasagna Roll w/Meat Sauce	493	Grilled Chicken Breast	320	Roast Pork/CranOrange Sc	93
Stewed Tomatoes	251	Sweet Potato Tots	190	Italian Veg Blend	41	Honey Mustard Sauce	34	Smashed Red Potatoes	67
Multigrain Bread	140	California Veg Blend	22	Wheat Dinner Roll	105	Brown Rice	4	Carrots	64
Applesauce	14	Wheat Hamburger Roll	230	Fresh Pear	2	Green Beans	3	Pumpnickel Bread	134
		Fudge Cream Cookie	85			Wheat Bread	170	Pound Cake	240
		Diet: SF Cookie				Fresh Apple	0	Diet: Lorna Doones	
Total Sodium(mg): 1028		Total Sodium(mg): 1104		Total Sodium(mg): 766		Total Sodium(mg): 656		Total Sodium(mg): 723	
Calories: 739		Calories: 875		Calories: 540		Calories: 528		Calories: 732	
15	Na+ 16	Na+ 17	Na+ 18	Na+ 19	Na+ 20	Na+ 21	Na+ 22	Na+ 23	Na+ 24
Breaded Fish w/Cheese	587	Shepherd's Pie with Gravy	335	Chicken & Sausage Paella	326	Chicken Teriyaki	499	Roast Turkey	330
Potato Wedges	273	Scandinavian Veg Blend	61	Spinach		Asian Veg Blend	21	with Herb Gravy	19
Broccoli	10	Pumpnickel Bread	155	Wheat Dinner Roll	109	Vegetable Fried Rice	98	Bread Stuffing	316
Wheat Dinner Roll	105	Fresh Apple	0	Lorna Doones	105	Wheat Bread	124	Carrots	64
Oatmeal Raisin Cookie	85				147	Fortune Cookie	6	Wheat Bread	170
						Fresh Peach	0	Assorted Fruit cup	5
Total Sodium(mg): 1185		Total Sodium(mg): 676		Total Sodium(mg): 812		Total Sodium(mg): 873		Total Sodium(mg): 1029	
Calories: 117		Calories: 515		Calories: 876		Calories: 663		Calories: 607	
22	Na+ 23	Na+ 24	Na+ 25	Na+ 26	Na+ 27	Na+ 28	Na+ 29	Na+ 30	Na+ 31
Beef Bolognese	162	Chicken Fajita	275	Ravioli Primavera	609	Roast Pork w/Onion Gravy	107	Turkey Corn Stew	464
Penne Pasta	1	Red & Green Peppers	27	Capri Vegetable Blend	15	Whipped Potato	66	Rst'd Brussels Sprouts	12
Italian Veg Blend	41	Corn	1	Italian Bread	41	Green Beans	3	WW Dinner Roll	105
Wheat Dinner Roll	105	Flour Tortilla	190	Fresh Plum	0	Wheat Bread	124	Assorted Fruit cup	5
Applesauce	14	Fresh Clementine	1			Chocolate Chip Cookie	60		
Total Sodium(mg): 448		Total Sodium(mg): 619		Total Sodium(mg): 790		Total Sodium(mg): 485		Total Sodium(mg): 711	
Calories: 609		Calories: 523		Calories: 509		Calories: 642		Calories: 484	
29	Na+ 30	Na+ 31	Na+ 32	Na+ 33	Na+ 34	Na+ 35	Na+ 36	Na+ 37	Na+ 38
Chicken Breast with Pesto Cream	474	Potato Pollock	273	Meatballs in Marinara Sauce	304	Nutrition Tip: Protein comes in all shapes & sizes. 1/4 Cup Cottage Cheese, 1 Egg, or 2 Tbs Peanut Butter each provide the same amount of Protein as 1 oz. of meat.		Meals include: 8 oz. 2% Milk providing 130 Calories 125 mg Sodium included in meal totals	
Cavatappi Pasta	1	Tartar Sauce	100	Tri Color Rotini	1				
Summer Squash Bld	8	Rice Pilaf	141	Italian Veg Blend	41				
Wheat Bread	124	Mixed Veg	88	Wheat Dinner Roll	105				
Lemon Cookie	55	Multigrain bread	223	Fruit Cup	5				
Total Sodium(mg): 787		Total Sodium(mg): 950		Total Sodium(mg): 581					
Calories: 600		Calories: 748		Calories: 561					

Reduce the Carbohydrate content of any meal by saving the Bread, Milk and/or Dessert for a snack later in the day.

Reduce the Sodium content of any meal by saving the Bread, Milk & Non-Fruit Dessert for the following lighter meal or snack later in the day.

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.

Seasonal Stroll with Julie

Join us for a Summer stroll on Aug 16th at 1pm at the Gardner Veterans Skating Rink to enjoy a Summer stroll with **Julie**, strolling Along the North Central Pathway and Crystal Lake. Please stop by the Gardner Senior Center to pre-register for our Summer stroll. **Bring a friend or make new ones!**

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 our tables are available all day long. Come and play some pool **TODAY!**



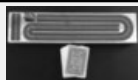
CENTRAL MASS CARICATURE CARVERS

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.



June 21

**Don Dame
Annette LeBlanc**

June 28

**Walter Scott
Carol Smith**

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

July 5

**Pat L
Don Dame**

July 12

**Rick LeBlanc
Janice Letendre**

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.



Sponsored by

**Michele Morin, Community Relations
Gardner Rehabilitation & Nursing Center**



Virtual Road Trip Series



Join Michele Morin, Community Relations As we embark on a virtual road trip to discover little know beaches and swimming spots with the clearest, most pristine water in Massachusetts.

Wednesday, August 24th 12:30pm

Please RSVP by Wednesday, Aug 17th

Virtual Road Trip Series

Monday, September 26th 1pm

Please RSVP by Wednesday, Sep 21st



Join Michele Morin, Community Relations (if you dare) as we embark on a virtual road trip to discover 15 terrifying places in Massachusetts that will keep you awake at night

Did You Say Cheap & Easy?

Join Michele Morin, Community Relations for a workshop with tips, tricks and hacks for hosting the most easiest, inexpensive and amazing holiday meal ever!

We will cover planning, shopping, prepping, cooking, decorating and more. **Space is limited.**



THANKSGIVING ON A BUDGET








Wednesday, October 26th @ 1pm

RSVP Wednesday, October 19th

Gardner Senior Center
Charles P. McKean Bldg.,
294 Pleasant St
Gardner, MA 01440

Light refreshments will be served. Handouts will be provided

Mon	Tue	Wed	Thu	Fri
August 1 8:30 Chair Yoga 9:00 Bridge 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café	August 2 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 Majong 1:30 Cribbage 6:00pm Quilters Guild	August 3 9:00 Quilters 9:00 Senior Bean Bag 9:30 Pitch 11:30 Senior Café	August 4 9:00 TOPS 9:30 SNAP w/HOPE 10:45 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare 12:00 CAC Drive Up Lunch 1:00 BINGO 	August 5 8:30 Fun & Fitness 10:00 Mat Yoga 10:00 Water Fun & Fitness 11:15 Chair Yoga 11:30 Senior Café
August 8 8:30 Chair Yoga 9:00 Bridge 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café 1:00 INTERGENERATIONAL CRAFTS WITH JANE	August 9 8:30 Yoga 9:00 SHINE 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 1:00 Knitters & Crochet 1:00 Majong 1:30 Cribbage 3:00 Caregiver Support	August 10 9:00 Quilters 9:00 SNAP & HIP W/DTA 9:30 Pitch 11:30 Senior Café 1:00 GROWING PLACES HYDROPONIC GARDENS 	August 11 9:00 TOPS 10:45 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare 12:00 CAC Drive Up Lunch 1:00 BINGO 1:30 MOVIE MATINEE	August 12 8:00 RCAP Advisors 8:30 Fun & Fitness 10:00 Water Fun & Fitness 10:00 MWCC TOUR 10:00 Mat Yoga 11:15 Chair Yoga 11:30 Senior Café 
August 15 8:30 Chair Yoga 9:00 Bridge 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café	August 16 8:30 Yoga 9:00 CM Caricature Carvers 10:00 LISTENING SESSION BINNALL HOUSE 10:00 Gardner Steppers 11:30 Gardner Steppers 12:00 Tasting Tuesdays 1:00 SEASONAL STROLL 1:00 Majong 1:00 Baldwinville Nursing Home Desserts 1:30 Cribbage	August 17 9:00 Quilters 9:00 Senior Food Pantry 9:30 Pitch 11:30 Senior Café <hr/> WooSox Office closed at 10am	August 18 Intergenerational Day 9:00 TOPS 9:30 SNAP w/HOPE 10:00 Breakfast w/Badge 10:45 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 CAC Drive Up Lunch 12:00 Integrity Medicare 1:00 BINGO 	August 19 8:30 Fun & Fitness 10:00 Mat Yoga 10:00 Water Fun & Fitness 10:00 VET TO VET CAFÉ 11:15 Chair Yoga 11:30 Senior Café  Shredding event Saturday Aug 20, 9-12
August 22 8:30 Chair Yoga 9:00 Bridge 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café 1:00 Book Club	August 23 8:30 Yoga 9:00 SHINE 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 1:00 Knitters & Crochet 1:00 Majong 1:30 Cribbage	August 24 9:00 Quilters 9:00 SNAP & HIP W/DTA 9:30 Pitch 11:30 Senior Café 1:00 VIRTUAL ROAD TRIP TO MASSACHUSETTS BEACHES	August 25 9:00 TOPS 9:30 SNAP 10:00 Breakfast w/Badge 10:45 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 CAC Drive Up Lunch 12:00 Integrity Medicare 1:00 BINGO	August 26 8:30 Fun & Fitness 10:00 Mat Yoga 11:15 Chair Yoga 11:30 Senior Café <div style="background-color: #333; color: white; padding: 5px; text-align: center;"> Schedules are subject to change. </div>
August 29 8:30 Chair Yoga 9:00 Bridge 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café 1:00 QUIILLING w/Karen	August 30 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	August 31 9:00 Quilters 9:30 Pitch 11:30 Senior Café <hr/> VOLUNTEER RECOGNITION EVENT	September 1 9:00 TOPS 10:45 Gardner Steppers 11:00 Bread & Pastry Raffle 12:00 Integrity Medicare Advisors 1:00 BINGO	September 2 8:30 Fun & Fitness 10:00 Mat Yoga 11:15 Chair Yoga 11:30 Senior Café

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Brenda Albert
 Full Time Realtor
 Certified Residential Specialist
LAER Realty Partners
 Cell: 978-621-3168 | Balbert@LAERrealty.com
 www.URHomeTeam.com





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!

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978-466-9595 or mediationmcm.org



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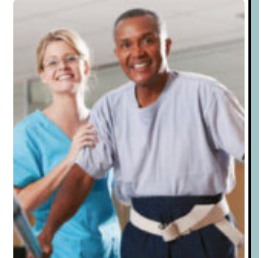
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