



# 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.45 NO. 4 MAY 2026**




## DERBY PARTY

### Saddle Up for Senior Center Shenanigans!

Hold onto your helmets (or your reading glasses), because it's time for the most *ridiculously thrilling* event of the season...

### The Great Hobby Horse Derby!

That's right—no real horses, no experience required, and absolutely no skills required. Just you, a stick horse, and a burning desire to *clip-clop your way to glory*. 

No horse? No problem! We'll have trusty stick steeds ready for adoption.

So stretch those hamstrings, practice your "giddy-up," and prepare for an afternoon of laughter, friendly competition, and possibly mild chaos.

**WEAR YOUR DERBY HAT!  
BETTING ALLOWED.  
ALL HORSE JOCKEYS INVITED**

**RSVP today to the Gardner Senior Center at 978-630-4067—because this is one race you don't want to miss... or explain later!**



### Beyond the Medical Model: Soul Exhaustion and Soul Care Workshop

~~Sarah Gaer, MA

**WEDNESDAY, May 27, 2026**  
**12:30-3:30 pm** (lunch included)

This workshop invites participants to reimagine well-being through the lens of **Soul Exhaustion**—a state that does not accurately fall into a diagnosis or pathology, where a person's sense of identity, purpose, and vitality is worn thin by the cumulative weight of trauma, loss, and disconnection.

The session also introduces **Soul Care**—a framework for restoring meaning and vitality that draws upon connection, creativity, compassion, and presence rather than clinical intervention alone.

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



**Connect to Protect  
Montachusett Suicide  
Prevention Task Force**  
Providing Hope to Our Community

**Call  
978-630-4067  
to register!**



Join us on  
**Wednesday, July 1, 2026**  
**@1:30pm**

For our 3rd Annual

## Patriotic & Summer Sing-A-Long Concert

With Music Accompanied by **THE GARDNER  
AREA STRUMMERS AND FRIENDS**

The July 4th holiday reminds us that summer is here so let's celebrate! Bring your instruments, your voice, and your love of Patriotic Songs! Snacks and refreshments will be provided. Let us know you are coming by calling 978-630-4067!



**Vet-to-Vet Café**  
@the Gardner senior Center



**Tuesday, May 19, @11:30am**

Enjoy an informative program and great conversation and a light lunch with fellow Veterans. RSVP to 978-630-4067



# May 2026 PAGE 2

Mon	Tue	Wed	Thu	Fri
<b>April 27</b>	<b>April 28</b>	<b>April 29</b>	<b>April 30</b>	<b>May 1</b>
8:30 Chair Yoga 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness <b>11:30 Senior Café–</b> <b>1:00 CAJON DRUMS</b> <b>1:30 Book Club</b> <b>6:00 Learn to Dance</b>	8:30 Chair Yoga  <b>9:00 SHINE</b> 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers <b>11:30 Senior Café</b> 1:00 UKULELE STRUM 1:00 Majong 1:30 Cribbage 2:45 Ukulele Class	9:00 Crafters & Quilters 10:00 Pitch <b>1:00 Crafts with Jane</b> <b>1:30 Delta Dental Program w/Blue Cross</b>  <b>MASSACHUSETTS</b> 6:30 Support Group	8:30 TOPS <b>9:00 Integrity Medicare</b> 10:30 Gardner Steppers <b>11:30 Senior Café</b> <b>1:00 BINGO</b>  1:00 TAI CHI  	<b>8:30 RCAP Advisors</b> 8:30 Fun & Fitness 10:00 Mat Yoga 10:00 Walking Group 10:30 Bread & Pastry Raffle 11:30 Chair Yoga 
<b>May 4</b>	<b>May 5</b>	<b>May 6</b>	<b>May 7</b>	<b>May 8</b>
8:30 Chair Yoga 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness <b>11:30 Senior Café–</b> <b>1:00 CAJON DRUMS</b> <b>2:00 COA Board</b> <b>6:00 Learn to Dance</b>	8:30 Chair Yoga  9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers <b>11:30 Senior Café</b> 1:00 UKULELE STRUM 1:00 Majong 1:00 AARP Board 1:30 Cribbage 2:45 Ukulele Class 6:00 Quilter's Guild	<b>9:00 SENIOR BEAN BAG</b> 9:00 Crafters & Quilters 10:00 Pitch <b>1:30 KENTUCKY DERBY PARTY</b> 6:30 Support Group	8:30 TOPS <b>9:00 Integrity Medicare</b> <b>9:30 SNAP W/HOPE (2ND)</b> 10:30 Gardner Steppers <b>11:00 COMFORCARE</b> <b>11:30 Senior Cafe</b> <b>1:00 BINGO</b>  1:00 TAI CHI  	8:30 Fun & Fitness <b>9:00 Travel Time w/Diane</b> 10:00 Mat Yoga 10:00 WALKING GROUP 10:30 Bread & Pastry Raffle 11:30 Chair Yoga 
<b>May 11</b>	<b>May 12</b>	<b>May 13</b>	<b>May 14</b>	<b>May 15</b>
8:30 Chair Yoga 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café– 1:00 CAJON DRUMS <b>1:30 RHR Real Estate</b> <b>6:00 Learn to Dance</b>	8:30 Chair Yoga  9:00 SHINE 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers <b>11:30 Senior Café–</b> 1:00 UKULELE STRUM 1:00 Majong 1:30 Cribbage 2:45 Ukulele Class 	9:00 Crafters & Quilters <b>9:30 Talk with the Doc/</b> <b>Course with a Nurse</b> <b>with Dr. John Harrington</b> <b>and Julie Ireland</b> 10:00 Pitch 12:00 Golden Age Board <b>1:30 Golden Age Club</b> <b>Senator Peter Durant</b> 6:30 Support Group	8:30 TOPS  <b>9:00 Integrity Medicare</b> <b>9:30 SNAP/HIP APPTS</b> 10:30 Gardner Steppers <b>11:30 Senior Café–</b> <b>1:00 BINGO</b>  1:00 TAI CHI  	8:30 Fun & Fitness <b>10:00 Breakfast w/Badge</b> 10:00 Mat Yoga 10:00 Walking Group 10:30 Bread & Pastry Raffle 11:30 Chair Yoga 
<b>May 18</b>	<b>May 19</b>	<b>May 20</b>	<b>May 21</b>	<b>May 22</b>
8:30 Chair Yoga 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness <b>11:30 Senior Café–</b> <b>1:00 NO CAJON DRUMS</b> <b>1:00 QUILLING W/KAREN</b> <b>1:30 Book Club</b> <b>6:00 Learn to Dance</b>	8:30 Chair Yoga  9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers <b>11:30 Senior Café -</b> <b>11:30 Vet to Vet Cafe</b> 1:00 UKULELE STRUM 1:00 Majong 1:30 Cribbage 2:45 Ukulele Class 	<b>9:00 SENIOR FOOD PANTRY (3RD)</b> 9:00 Crafters & Quilters 10:00 Pitch <b>1:30 AARP with Rebecca Marois,</b> <b>Greater Gardner Chamber of Commerce</b> 6:30 Support Group	8:30 TOPS <b>9:00 Integrity Medicare</b> 10:30 Gardner Steppers <b>11:30 Senior Café–</b> <b>1:00 BINGO</b>  1:00 TAI CHI  	8:30 Fun & Fitness <b>9:00 Travel Time w/ Diane</b> 10:00 Mat Yoga 10:00 Walking Group 10:30 Bread & Pastry Raffle <b>11:00 Memory Cafe</b> 11:30 Chair Yoga 
<b>May 25</b>	<b>May 26</b>	<b>May 27</b>	<b>May 28</b>	<b>May 29</b>
<b>MEMORIAL DAY HOLIDAY</b>  <b>OFFICE IS CLOSED</b>	8:30 Chair Yoga  <b>9:00 SHINE</b> 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers <b>11:30 Senior Café -</b> 1:00 UKULELE STRUM 1:00 Majong 1:30 Cribbage 2:45 Ukulele Class 	<b>9:00 SENIOR Bean Bag</b> 9:00 Crafters & Quilters 10:00 Pitch <b>12:00 SOUL CARE</b> <b>1:30 Talk with a DOC/</b> <b>Course with a NURSE with</b> <b>Dr. John Harrington and</b> <b>Julie Ireland</b> 6:30 Support Group	8:30 TOPS <b>9:00 Integrity Medicare</b> 10:30 Gardner Steppers <b>11:30 Senior Café–</b> <b>1:00 BINGO</b>  1:00 TAI CHI  	8:30 Fun & Fitness 10:00 Mat Yoga 10:00 Walking Group 10:30 Bread & Pastry Raffle 11:30 Chair Yoga

**The Gardner Senior Center works to bring the best programs and speakers to our community. However, on occasion, programs, speakers and/or times may have to change. It is always a good idea to call the center, let us know you are coming, and pre-register for any event or activity!**



Greater Gardner  
Chair City  
Chapter 3237



**GARDNER SENIOR CENTER TRADING CARD**



**Name:** Ron "GREEN THUMB"  
Darmetka

**Special Skills:** convening and overseeing meetings, always upbeat

**Superpower:** Able to attend and participate in dozens of programs

at a single time

**Weakness:** CAMERAS!!! And unattended Rappie

**Fun Fact:** Loves Canadian food and loves to cook, is an avid gardener, doesn't love gas powered snowblowers, worked at Worcester State Hospital and helped numerous patients in this facility, decorates his house for EVERY holiday, Il peut parler francais, and is wanted in 13 states

**ANNUAL MEETING  
& INSTALLATION OF OFFICERS**

**June 24, 2026, 12:30 pm**



Featuring  
**Massachusetts AARP Director  
Jennifer Benson**

and the Installation of the 2026-2028  
**AARP President Ronald Darmetka  
and officers**



**Open to AARP Members Only.  
Please register with meal selection  
and payment by June 10th. Meal  
includes entrée, salad, dessert &  
beverage. \$20 per person.**

**Registration form is available at:  
Gardner Senior Center  
Charles P. McKean Building  
294 Pleasant Street, Gardner, MA**

**It's FOOD DRIVE TIME! Please consider bringing a non-perishable food item to help THE GREATER GARDNER CHAIR CITY AARP CHAPTER 3237 Food Drive to support the Gardner CAC. Thank you for your Kindness!**

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**THURSDAYS at 1:00pm**

At the Gardner Senior Center

Regular games, progressive jackpot games and special JACKPOT BINGOS.

**Congratulations to our WINNERS:**

**March 19**

Theresa Girouard- \$100 Scratch Tickets  
Nancy Collette- \$67 Coverall  
6 Winners- \$109 Paper Coverall

**March 26**

Henry Zablonksi- \$81 Coverall

**April 2**

Linda Danault- \$100 Green Paper Special  
Alice Morse- \$94 Coverall

**April 9**

Bruce Chapman- \$109 Coverall

**April 16**

Jean May- \$115 Coverall  
Chuck Morse

**NEED A RIDE TO BINGO—  
CALL 978-630-4067**



*Costs to play: Raffle-4 tix for \$1,  
Hard Cards- 2 for \$1, Specials- \$1 per sheet,  
Papers -\$1 per strip AVERAGE ABOUT \$8PP*

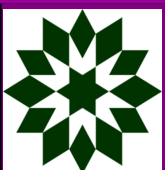
**Remember to ARRIVE AT LEAST  
TEN (10) MINUTES BEFORE 1:00PM**

**QUILLING WITH KAREN**

**May 18, 2026, 2025 @1PM**



Whether you are new to Quilling or an experienced crafter, all are welcome. Join us and bring your tools. Please contact the Gardner Senior Center to register today by contacting the Center! Need more info— call 978-630-4067.



**Montachusett  
QUILTERS GUILD**

**April 7 @6pm**

**FIRST TUESDAY OF THE MONTH**

Join us on the first Tuesday of the month for an evening of quilting delight, refreshments and time for social gathering. All are welcome.



**PITCH**

Meets Wednesdays at 10am.

**CONGRATS Pitch Club Monthly Winners**

**March 18**

Doanld Dame  
Claudette Strout  
Chris Cormier

**March 25**

Walter Scott  
Donald Dame  
Chris Cormier

**April 15**

Yvette Albert  
Theresa Girouard  
Chris Cormier

**April 1**

Walter Scott  
Ronald leger  
Claudett Strout  
Paul Goodwin

**April 8**

Ronald Leger  
Maury Lizotte  
Chris Cormier

Join us for  
a legendary  
game of Pitch



**CRIBBAGE**

Meets every Tuesday at 1:30pm

**Congratulations  
Cribbage High  
Game Winners**

**March 17**

Rick Leblanc  
Charlie Prentiss

**April 7**

Paul Goodwin  
Carol Smith

**March 31**

Emerise Bourque  
Dan Cortines  
Charlie Prentiss  
JeAnn Blackman

prepare to move  
tiny pegs like it  
means everything  
— because it  
does.

**April 14**

Lance Platt  
Carol Cormier

**COILED BASKETRY  
WORKSHOP**

**BEGINNER CLASS**



**Monday, June 8 & 15, 1pm**

Have you always wanted to try basket weaving?

Join our class and learn color work, advanced stitches, working with beads, feathers, etc. *Pre-Registration is required by contacting the Gardner Senior Center. Space is limited!*

**TEXTILE and FABRIC NO LONGER  
ALLOWED AT MASSACHUSETTS LANDFILLS**

The Gardner Senior Center HAS a textile deposit bin for your use. Recycle your fabrics at the Senior Center including clothing, handbags, footwear, household linens, hats, socks, belts, backpacks, stuffed animals, gloves and pillows.

**CENTRAL MASS CARICATURE  
CARVERS**

Meets every Tuesday in the Dining Room FROM 9:00am to 12:00pm. Stay busy and learn a new hobby with a great group of people.





## BREAKFAST with a BADGE

**Friday, May 15, 10:00am**

Join us for coffee & conversation. Get to know the people who serve and protect our community. Ask the questions most on your mind about law enforcement in Gardner.



Real People.  
Real Weight Loss.®

TAKE OFF POUNDS sensibly

## REAL PEOPLE/ REAL WEIGHT LOSS

Come join us. A hands on, pounds off approach to weight loss. Thursdays, 8:45am-10:00am at the Gardner Senior Center. Please contact Elly Hoover with questions at 617-650-5747.



## SNAP/HIP Application Assistance

The Supplemental Nutrition Assistance Program and the Healthy Incentive Program helps families with their food budget and to buy fresh fruits and vegetables from participating vendors. Call 978-630-4067 for an appointment

## GARDNER SENIOR CENTER TRADING CARD



**Name:** Shirley & Bob "The Early Birds" Gauthier

**Special Skills:** Crochet, Hunting, Puzzles and Fishing, sewing and seamstress skills.... (wow Bob)

**Superpower:** Can beat anyone, including Scott, to the Senior Center to set up for programs, able to decorate for any occasion, love to recycle, great babysitters, can spot a good deal a mile away

**Weakness:** undecorated trees at center, shellfish

**Fun Fact:** Born and raised in Gardner, great upholsterers, married for 68 years



## Crafters One & All

The Crafting Club meets at the Gardner Senior Center every Wednesday at 9am. Bring your sewing machine and project, handwork, or simply join in the camaraderie of others who share your interest.

## IF YOU LIVE ALONE

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## NEED A TRUSTED REALTOR?



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Realtor, Team Leader



Lisa Saulnier, Realtor  
Gardner Resident for 30+ years

Jennifer Shenk AND TEAM  
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# BOOKS WITH FRIENDS

Rose Bibeau & Terri Hillman

Memorial Day will be celebrated on the fourth Monday of May (May 25). Therefore, the Book Club will meet on May 18. PLEASE NOTE THE DATE CHANGE!

In May we will discuss "Oh My Stars" by Lorna Landvik.

The June book is "The Magic Hour" by Kristin Hannah. AND THEN....it is time to select our books for the rest of 2026. Come with your suggestions and we will draw from the bucket and make up our list.

**Monday, May 18, @1:00pm**

Hope to see you all at BOOK CLUB on May 18th and again on June 22. NOTE THERE ARE FIVE MONDAYS IN JUNE, but Book Club is, as always, the fourth Monday.

## Beginner Ukulele & Ukulele Strum and Sing-Along

**Strum and Sing-Along  
Tuesdays, 1:00-2:30 pm**

Come join our strum-along gatherings, where we play familiar songs, keep the rhythm going, and enjoy the joy of making music. No pressure, no performance—just music, connection, and fun.



**Beginner Group  
Tuesdays, 2:45-3:30pm**

No previous music experience required. Learn basic chord forms and strumming patterns. Space is limited and registration is required.

*Instruments are available on a limited basis and may be borrowed upon completion of a lending contract.*

## Video Production for Seniors

The Gardner Senior Center, Gardner Educational Television and Mount Wachusett Community College, has video production classes for seniors. The program is free and open to all area seniors! Watch for more information in the Senior Review.

# MEDITATION w/ MUSIC

Wednesday, July 8 @ 1:30pm

Wednesday, October 7 @ 1:28.5 pm

Join Yoga Instructors

Mike & Nina Vecchi



Discover the dynamics of the use of sound and music as a form of relaxation while being encouraged to experiment with practices including vocal

exercises, percussion and listening skills. Each 50-60 minute session will include a guided meditation. **Bring floor props blankets, mats, pillows. Chair Seating is available or you can bring a beach lounge to relax in.**

Call the Center to sign-up at 978-630-4067

You can't beat this!!

## Cajón Drum Class

At the Gardner Senior Center



**STARTING** classes on April 6, 2026 and then every MONDAY AT 1PM! with Ron Leger.

We are excited to announce classes for 2026 are back for **Cajón Drum** – a rhythm-packed, fun, and engaging experience for beginners and intermediate players alike! Whether you've always wanted to learn how to play or want to refine your skills, this class is perfect for you.

### What is the Cajón Drum?

The Cajón is a versatile, box-shaped percussion instrument originating from Peru. It's played by slapping the front or rear faces with your hands, producing a variety of rich, vibrant sounds. It's easy to learn and ideal for solo performances or jamming with others!

## POOL HALL

All our tables are available all day. Come and Play some pool TODAY!



# 26 IN '26

We are getting there. Let's grow AARP Chapter 3237 and Golden Age Club Membership by 26 in 2026. You can help!!! Invite friend—or join yourself— it's worth it!



**Gardner Golden Age Club**  
**Wednesday,**  
**May 13, 1:30pm**

**Senator Peter Durant**  
**Massachusetts Senate**

**BIG NEWS (No, Really-This Time It's Not Bingo!)**

We're rolling out the red carpet (okay... maybe more like the good folding chairs) for a special visit from State Senator Peter Durant!

Join us for an afternoon of conversation, community, and a rare opportunity to hear what's happening on Beacon Hill—straight from someone who actually has to sit through the meetings.

Expect:

- Insightful updates (the kind that don't come from Facebook)
- A chance to ask your burning questions
- Plenty of laughs, good company, and maybe even a few political secrets (we'll try!)

**Bonus:** No homework, no tests, and absolutely no need to run for office afterward. Light refreshments will be served—because nothing says "civic engagement" like cookies and coffee.

Come for the senator, stay for the snacks—and leave knowing more than you did before!



**The Greater Gardner/Chair City**  
**Chapter 3237 of AARP**



**Wednesday,**  
**May 20, 1:30pm**

**Rebecca Marois**  
**President/CEO**  
**Greater Gardner Chamber of Commerce**

Rebecca Marois from the Chamber of Commerce—your friendly neighborhood connector of good people and even better programs.

We're hosting a senior program that promises three things:

1. You'll learn something new
2. You'll laugh at least once (possibly at me)
3. You'll leave wondering how you didn't know about the work of the Chamber before now

Great conversation, great company, and a chance to get out, connect, and maybe even show the rest of us how it's really done. Whether you come for the program, the people, or just to confirm that free events still exist—your seat is waiting.

So dust off your calendar, circle the date, and come join us. We promise it'll be worth putting on real pants.

**GARDNER SENIOR CENTER TRADING CARD**



**Name:** Janet "The Decorator" Stankaitis

**Special Skills:** decorating for Christmas and organizing events and programs

**Superpower:** Can create a crafted snowperson out of any material handy at the time, always smiling

**Weakness:** Cats...and anything feline, undecorated Christmas Trees and reading

**Fun Fact:** Decorated every tree in the White Mountain National Forest—(wouldn't be surprised but was never confirmed), works tirelessly for the Gardner Museum Festival of Trees, worked at Simplex Time Recorder, loves to travel and is a part time Chauffeur

**How are we doing? We would love to hear from you about what you think is good and what you think could be better. Stop by the office to chat!**



**Shredding & Electronic\***  
**Recycling Event**

**July 11, 2026**  
**9-12pm**

**GARDNER SENIOR CENTER**  
**CHARLES P. MCKEAN BUILDING**

**PARKING LOT**  
**294 PLEASANT ST., GARDNER, MA 01440**  
**978-630-4067**  
**COA@gardner-ma.gov**

**Dancing for ALL AGES & LEVELS**

*NO INSTRUCTION IN SEPTEMBER- BUT COME AND PRACTICE!*

Foxtrot, Waltz, Rumba, ChaCha, Swing  
Beginner and experienced dancers welcome!  
at the

**GARDNER SENIOR CENTER**

Charles P. McKean Building, 294 Pleasant St, Gardner

**Mondays, 6:00-7:00pm**  
(except holidays)

The cost is \$10 per night OR \$20 per month. *Come be a part of this positive and fun group!*



**SINGLE MALES ALWAYS DANCE FREE!**  
*Parties held every 4-6 weeks*

**TAI CHI**

At the Gardner Senior Center



**THURSDAYS AT 1:00PM**

\$3 suggested donation



**Talk With a Doc/  
Curse with a Nurse**

A Drop-In Program with

**Dr. John Harrington  
Julie Ireland, RN**

**WEDNESDAY, May 11 @9:30AM  
WEDNESDAY, May 25 @1:30PM**

Big news, everyone! We're NOT trading bingo cards for blood pressure cuffs! Join Dr. Harrington and Nurse Ireland for a friendly chat about staying healthy, active, and feeling your best. No insurance- the only thing we are checking is your good spirits.

We'll also have light refreshments — because good health advice pairs beautifully with coffee and cookies. So mark your calendars, bring a friend, and join us for a session of learning, laughter, and lively conversation.

*This program does not offer medical advice. If you are experiencing an urgent medical condition, please contact your primary care physician or go to the local hospital or urgent care center.*

**Chair YOGA w/Gail**

Monday at 8:30am  
\$3.00 suggested donation



**Chair YOGA w/Paula**

Tuesday at 8:30am  
\$3.00 suggested donation

**CHAIR YOGA w/Chantal**

Friday at 11:30am  
\$3.00 suggested donation



**Mat YOGA w/Gail**

Friday at 10:00am  
\$3.00 suggested donation



**LINE DANCING w/Pauline**

\$3.00 suggested donation  
**Beginner Line Dancing**  
Monday at 10:00 am & Thursday at 10:30 am

**Level 2 Line Dancing**

Tuesday at 10:00am

**Level 3 Line Dancing**

Tuesday at 11:00am



**FUN AND FITNESS w/Laurie**

Monday at 11:30am  
\$3.00 suggested donation

**FUN AND FITNESS w/Mary Lee**

Fridays at 8:30am  
\$3.00 suggested donation



**DANCE LESSONS w/Anna & Paul**

Monday at 6:00pm  
\$5.00 per class/\$20 per month

**TAI CHI w/Donna**

Thursday at 1:00pm  
\$3.00 suggested donation



**WALKING GROUP w/Mary Lee**

Fridays at 10:00am (Sept-June)  
Gardner PERRY Auditorium  
\$3.00 donation



**Senior Swim w/Mary Lee**

Fridays at 1:00am (July/August)  
Greenwood Pool, \$5.00 per class donation



*All our classes and programs are designed for all our participants to benefit and have fun. For more information please contact the Gardner Senior Center at 978-630-4067*



# MEMORY CAFÉ

@The Gardner Senior Center

Meets the **FOURTH** Friday of Each Month at 11:30am in the Library of the Gardner Senior Center

The **Memory Café** is a welcoming, social gathering for people living with memory loss and the family members or caregivers who support them. It's a relaxed, judgement-free space where everyone can connect, enjoy activities, and feel understood. The focus is on community, dignity, and share moments.

The **Memory Café** at the is sponsored by **Adult Day Health Center at Manor on the Hill**



## HOUSING HELP w/RCAP

Come and meet with our RCAP representative by appointment. Call the Center today.



## TECH CENTER & LENDING LIBRARY

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



## Not receiving calls or receiving emailed newsletters?

Please call or stop by the Office and make sure all your information is accurate and up to date!

## WALKING & WEIGHTS

*Steps and Smiles*



Friday mornings at 10:00am

Meet at The Gardner City Hall Auditorium (follow outside signs for Perry Auditorium). Please register in advance at the Senior Center.

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Gardner Council on Aging, Gardner, MA

06-5095



# SENIOR TRAVEL

DIANE PELLETT  
WITH **GARDNER AARP** AND THE  
**GARDNER SENIOR CENTER**

**ARK ENCOUNTER/CREATION MUSEUM**  
June 20-June 25, 2026

**COUNTRY JAMBOREE**  
June 24, 2026

**TALL SHIPS BOSTON**  
(2 separate trips)  
July 13, 2026  
July 14, 2026

**MONTREAL & QUEBEC**  
August 11-14, 2026

**THE BEACH BOYS/LOBSTERBAKE**  
August 18., 2026

**SPIRIT OF BOSTON BINGO CRUISE**  
September 3, 2026

**NATIONAL PARKS OF AMERICA**  
September 12-September 23, 2026

**SOLID GOLD SATURDAY NIGHT**  
September 17, 2026

**DISCOVER MACKINAC ISLAND**  
September 18-September 26, 2026

**THE AMERICA MUSIC CITIES-  
NASHVILLE & MEMPHIS**  
September 24-28, 2026

**IRISH SPLENDOR**  
October 17- October 24, 2026

**BREAK FOR MOOSE-Sunday River Resort**  
October 8- October 10, 2026

**SAN FRANCISCO & HAWAII**  
October 22-October 31, 2026

**NEIL DIAMOND AND FRIENDS**  
October 22, 2026

**SOUTHERN CHARMS & BEACH VACATION**  
October 24-30, 2026

**LOVIN SPOONFUL**  
November 12, 2026

**CHRISTMAS WONDERLAND IN BRANSON**  
November 17-November 21, 2026

## TRAVEL TALK WITH DIANE

Have questions about out trips? Come see Diane every second and fourth Friday from 9am until 1pm at the Gardner Senior Center

A full list of 2026 trips is available in the electronic/online version of this newsletter! Contact the Gardner Senior Center to update your information to receive our e-newsletter.

# Lifeline



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**Save the Date**

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

**FRIDAY, AUGUST 8, 2025**

**6:45PM game time**

**5:00PM departure time**



Enjoy a day at POLAR PARK with your friends. Our trip includes game ticket, transportation and a 2 hour all you can eat buffet

**TICKETS ARE AVAILABLE NOW!**  
**\$50.00 PER PERSON**



The Gardner Senior Center and the  
Greenwood Memorial Pool

## SENIOR WATER FITNESS

with Mary Lee Harrington



**For swimmers and NON-SWIMMERS**  
**And all FITNESS LEVELS**

Fridays from 10:00am-11:00am

**Session 1: July 10, July 17, July 24, July 31**

**Session 2: Aug 7, Aug 14, Aug 21, Aug 28**

**Registration: \$20 per person per session**  
**(4 classes) Registration IS REQUIRED!**

**Contact the Senior Center to**  
**register TODAY as space is limited!**

**Please bring water shoes, sunscreen and**  
**drinking water!**

**Gardner Council on Aging Meetings**

**May 4, 2:00pm June 2, 2:00pm**



### Caring Decisions: Preparing for the Future

**JUNE 3, 2026 AT 1:30PM**

Planning ahead can offer peace of mind and ensure your wishes are known. Please join us for an informative and thoughtful presentation designed to help you and your loved ones plan ahead with confidence.

A licensed funeral home professional from Mack Family Funeral Homes will discuss important topics including pre-planning options, understanding funeral and memorial services, veterans' benefits, and ways to ease the emotional and financial burden on family members.

This session will provide clear, practical information in a respectful and supportive environment, with time for questions and discussion.

**To reserve your spot or learn more, please contact the center at 978-630-4067 or stop by the front desk.**



### **SELLING YOUR TREASURES!**

**GET AN ESTIMATE ON WHAT YOUR ITEMS ARE WORTH!**

*Bring your item to get an estimated value!\**

**GARDNER SENIOR CENTER  
294 Pleasant St. Gardner, MA 01440**

**Monday, May 11, 2026 1:30pm**

*\*Estimate is NOT an Appraisal\**

978-230-1131  
Mike@RHR-RealEstate.com

**RHR-RealEstate.com**



### GARDNER SENIOR CENTER **PICNIC/BARBEQUE** **July 22, 2026**

**Templeton Fish & Gun Club  
12:30pm-2:00pm  
Registration open June 1**

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



Enjoy a great chicken barbeque, better company, and awesome music. Tickets are available after June 1 at the Gardner Senior Center.

Special thank you Table Talk Pies, AARP, the Gardner Cultural Council, Integrity Medicare, MEDMinders and the members of the Templeton Fish and Game Club.



### **Summer Sounds: Ukulele Concert & Picnic**

**At the Templeton Fish and Game Club on  
Tuesday, June 2, 2026  
@12:15pm**

Join us for a relaxing afternoon of music, food, and community at our upcoming Ukulele Concert & Picnic!

Enjoy the cheerful sounds of live ukulele music as we gather outdoors for a laid-back picnic with friends. Whether you bring your own lunch or simply come to enjoy the entertainment, this is a perfect opportunity to soak up sunshine and connect with others including Ukulele Groups from Gardner, Fitchburg, Westminster, Winchendon, Sterling, Holden and more! Feel free to bring a blanket or lawn chair for your comfort. Light refreshments will be available, and all are welcome!

Come celebrate summer with us—good music, good company, and good vibes await.

### **PICKLE BALL ANYONE??**

**We are working to give Pickle Ball lessons to area seniors. If you are interested, call us at 978-630-4067**





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