



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.45 NO. 7 July 2026



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!

harvey  **AARP**
Gardner Board of Health, Gardner Senior Center
Harvey Waste & Recycling Services
Raw Material Recovery Corp
Greater Gardner/Chair City Chapter 3237 AARP

Shredding & Electronic* Recycling Event

July 11, 2026 9am-12pm

Prevent identity theft by securely shredding your outdated bank statement, bills, tax forms, legal agreements and other personal documents for free, safely and securely on-site. Recycle old electronic devices today- some fees **JULY apply for electronics* PLEASE CALL US FOR MORE PRICING INFO FOR ELECTRONICS**

GARDNER SENIOR CENTER
CHARLES P. McKEAN BUILDING
PARKING LOT
294 PLEASANT ST., GARDNER, MA 01440
978-630-4067
COA@gardner-ma.gov

Live in Concert:

Dave Malouin

Wednesday, August 26 @ 1:30pm

Get ready for an unforgettable afternoon of live music with **Dave Malouin!**

Join us for a special concert featuring powerful vocals and an electrifying performance that brings audiences together through music.



Whether you're a longtime fan or discovering Dave's music for the first time, this is a afternoon you won't want to miss, filled with energy, emotion, and songs that stay with you long after the final encore.

Invite your friends, grab your tickets early, and come experience live music at its best.

We can't wait to see you there! Please let us know if you are coming.

Wednesday, July 8 @ 1:30pm
Wednesday, October 7 @ 1:30 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

JULY 2026 PAGE 2

Mon	Tue	Wed	Thu	Fri
<p style="text-align: center;"><u>JUNE 29</u></p> <p>8:30 Chair Yoga 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café– 1:00 CAJON DRUMS 6:00 Learn to Dance</p>	<p style="text-align: center;"><u>JUNE 2</u></p> <p>8:30 Chair Yoga 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 11:30 Senior Café 12:00 Learn Majong 1:00 Majong 1:00 Ukulele Strum 1:30 Cribbage</p>	<p style="text-align: center;"><u>JULY 1</u></p> <p>9:00 Senior Bean Bag 9:00 Crafters & Quilters 10:00 Pitch 1:30 PATRIOTIC SING ALONG</p> <p>6:30 Support Group</p>	<p style="text-align: center;"><u>JULY 2</u></p> <p>8:30 TOPS 9:00 Integrity Medicare 9:30 SNAP W/HOPE (2ND) 10:30 COMFORCARE 10:30 Gardner Steppers 2:00 SPECIAL BREA DAND PASTRY RAFFLE</p>	<p style="text-align: center;"><u>JULY 3</u></p> <p style="text-align: center;">Independence Day Holiday</p> <p style="text-align: center;">Office is Closed</p>
<p style="text-align: center;"><u>JULY 6</u></p> <p>8:30 Chair Yoga 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café– 11:30 Senior Café 1:00 NO CAJON DRUMS 6:00 Learn to Dance</p>	<p style="text-align: center;"><u>JULY 7</u></p> <p>8:30 Chair Yoga 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 11:30 Senior Café 1:00 UKULELE STRUM 12:00 Learn Majong 1:00 Majong 1:30 Cribbage 6:00 Quilter's Guild</p>	<p style="text-align: center;"><u>JULY 8</u></p> <p>9:00 Crafters & Quilters 9:30 Talk to a Doc, Curse with a Nurse 10:00 Pitch 1:30 MEDITATION WITH MUSIC</p> <p>6:30 Support Group</p>	<p style="text-align: center;"><u>JULY 9</u></p> <p>8:30 TOPS 9:00 Integrity Medicare 9:30 SNAP W/HOPE (2ND) 10:30 Gardner Steppers 11:30 Senior Café 1:00 BINGO 1:00 TAI CHI</p>	<p style="text-align: center;"><u>JULY 10</u></p> <p>8:30 RCAP Advisors 8:30 Fun & Fitness 9:00 Travel Time w/Diane 10:00 Mat Yoga 10:00 SENIOR SWIM 10:30 Bread & Pastry Raffle 11:30 Chair Yoga</p>
<p style="text-align: center;"><u>JULY 13</u></p> <p>8:30 Chair Yoga 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café 1:00 NO CAJON DRUMS 6:00 Learn to Dance</p>	<p style="text-align: center;"><u>JULY 14</u></p> <p>8:30 Chair Yoga 9:00 SHINE 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 11:30 Senior Café 1:00 UKULELE STRUM 12:00 Learn Majong 1:00 Majong 1:30 Cribbage</p>	<p style="text-align: center;"><u>JULY 15</u></p> <p>9:00 SENIOR FOOD PANTRY (3RD) 9:00 Crafters & Quilters 10:00 Pitch 12:00 COA BOARD ORIENTATION</p> <p>6:30 Support Group</p>	<p style="text-align: center;"><u>JULY 16</u></p> <p>8:30 TOPS 9:00 Integrity Medicare 10:30 Gardner Steppers 11:30 Senior Café 1:00 BINGO 1:00 TAI CHI</p>	<p style="text-align: center;"><u>JULY 17</u></p> <p>8:30 RCAP Advisors 8:30 Fun & Fitness 9:00 Travel Time w/Diane 10:00 Mat Yoga 10:00 SENIOR SWIM 10:00 Breakfast w/Badge 10:30 Bread & Pastry Raffle 11:30 Chair Yoga</p>
<p style="text-align: center;"><u>JULY 20</u></p> <p>8:30 Chair Yoga 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café 1:00 NO CAJON DRUMS 2:30 JOURNEY WITH AN ATTORNEY 6:00 Learn to Dance</p>	<p style="text-align: center;"><u>JULY 21</u></p> <p>8:30 Chair Yoga 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 11:30 Senior Café 11:30 Vet to Vet Cafe 1:00 UKULELE STRUM 12:00 Learn Majong 1:00 Majong 1:30 Cribbage</p>	<p style="text-align: center;"><u>JULY 22</u></p> <p style="text-align: center;">Regular Center activities cancelled</p> <p style="text-align: center;">GARDNER SENIOR CENTER ANNUAL OUTING AT THE TEMPLETON FISH AND GAME CLUB</p> <p style="text-align: center;">Advanced Registration is required</p> <p>6:30 Support Group</p>	<p style="text-align: center;"><u>JULY 23</u></p> <p>8:30 TOPS 9:00 Integrity Medicare 10:30 Gardner Steppers 11:30 Senior Café 1:00 BINGO 1:00 TAI CHI</p>	<p style="text-align: center;"><u>JULY 24</u></p> <p>8:30 Fun & Fitness 9:00 Travel Time w/ Diane 10:00 Mat Yoga 10:00 SENIOR SWIM 10:30 Bread & Pastry Raffle 11:00 Memory Cafe 11:30 Chair Yoga</p>
<p style="text-align: center;"><u>JULY 27</u></p> <p>8:30 Chair Yoga 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café 1:00 NO CAJON DRUMS 1:00 Book Club 6:00 Learn to Dance</p>	<p style="text-align: center;"><u>JULY 28</u></p> <p>8:30 Chair Yoga 9:00 SHINE 9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:30 Gardner Steppers 11:30 Senior Café 1:00 UKULELE STRUM 12:00 Learn Majong 1:00 Majong 1:30 Cribbage</p>	<p style="text-align: center;"><u>JULY 29</u></p> <p>9:00 Crafters & Quilters 10:00 Pitch</p> <p>6:30 Support Group</p>	<p style="text-align: center;"><u>JULY 30</u></p> <p>8:30 TOPS 9:00 Integrity Medicare 10:30 Gardner Steppers 11:30 Senior Café 1:00 BINGO 1:00 TAI CHI</p>	<p style="text-align: center;"><u>JULY 31</u></p> <p>8:30 Fun & Fitness 9:00 Travel Time w/ Diane 10:00 Mat Yoga 10:00 SENIOR SWIM 10:30 Bread & Pastry Raffle 11:30 Chair Yoga</p>

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!



The Gardner Senior Center and the Greenwood 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 required: \$20 pp per session.

Contact the Senior Center to register.

Please bring water shoes, sunscreen and drinking water!

GARDNER SENIOR CENTER TRADING CARD



Name: Cheryl Zadra and Rick Pace- "the Bread Wranglers"

Special Skills: herding cats, human traffic cones, managing a rowdy group of seniors

hankering for bread and pastries, can reach things that area really high up,

Superpower: Can redirect traffic in a single bound and can organize bread and pastries in ways never before seen, great sense of humor, commanding presence

Weakness: Don't know how to say no or know... And Seniors, Veterans, Scouts and survivors

Fun Fact: Scout Leaders for 30+ and 50+ years, respectively, attend summer camp every year, Kentucky Derby Scribe, school bus driver, have volunteered at the Relay for Life for several years, Vet to Vet Volunteers, widow of a Vietnam vet and mother of an veteran of the Iraqi War

DID YOU KNOW?

- Seniors contribute more than 1/3 of the GDP
There are more people over 60 than under 18 for the first time in US history
Seniors represent more than 1/3 of the US population
60% of registered voters are 50 years of age or older



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VISIT OUR WEBSITE GARDNERAUTOMART.COM



Make a bee line for The Good Earth Farm and Garden Center for all of your pollinators, veggie garden, pet and livestock questions - we can help!

Open Monday through Friday, 8:30AM - 5:30PM Saturday, 8:30AM - 4PM, and Sunday, 10AM - 2PM





THURSDAYS at 1:00pm

At the Gardner Senior Center

Regular games, progressive jackpot games and special JACKPOT BINGOS.

Congratulations to our WINNERS:

May 21

Roland Gallant- \$88

May 28

Renee Boutwell- \$115 Large Coverall
Linda Reed- \$48 Hard Cover Coverall

June 4

Someone- but we can't remember who!

June 11

Mark Killery- \$126 Green Paper Special
Henry Zablonki- \$103 large Coverall

Don't miss out! Join us on Thursday!

**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**



**THE GARDNER SENIOR CENTER
IS CLOSED ON**

FRIDAY, JULY 3RD

IN CELEBRATION OF INDEPENDENCE DAY

WE WILL HAVE A MODIFIED PROGRAM ON

THURSDAY, JULY 2ND



BREAKFAST with a BADGE

Friday, JULY 17, 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.



PITCH

Meets Wednesdays at 10am.

CONGRATS Pitch Club Monthly Winners

May 20

Sandy Vettese
Yvette Albert
David Van Ness

May 27

Theresa Girouard
Yevette Albert
Kevin Loiselle

**Come enjoy
some cards,
laughs, and**

June 3

Pete Breault
Mike Gronowicz
Claudette Strout

June 10

Larry Landry
Diane Smith
Chris Cormier

**friendly
competition**



CRIBBAGE

Meets every Tuesday at 1:30pm

May 19

Lance Platt
Don Dame

**Congratulations
Cribbage High Game
Winners**

May 26

Simone Dawson
Jeff Millman

June 2

Tony Superchi
Al Goguen

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

June 9

Joe Dawson
John Prentiss

I'm a Social Security

voter!



Millions of Americans pay into Social Security with every paycheck their entire working lives. It is their hard-earned money. Social Security helps put food on the table, pay for medication, and keep the lights on at home.

Social Security is one of the most successful initiatives in American history. It has helped generations of older Americans stay out of poverty and live with dignity after a lifetime of hard work. But action is required by Congress in the next seven years to keep it strong for future generations. Let's stay committed to protecting and strengthening Social Security!



GREATER GARDNER
CHAIR CITY



CHAPTER
#3237



GARDNER SENIOR CENTER
PICNIC/BARBEQUE
July 22, 2026

Templeton Fish & Gun Club
12:30pm-2:00pm
Registration open JULY 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 JULY 1 at the Gardner Senior Center.

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



Save the Date

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

FRIDAY, AUGUST 28, 2026
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



Montachusett QUILTERS GUILD

July 2 @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.

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Beginner Ukulele & Ukulele Strum & Sing-Along

Strum and Sing-Along
Tuesdays, 1:00-3:30 pm

Come join our strum-along gatherings, and enjoy the joy of making music. No pressure, no performance—just music, connection, and fun.



You can't beat this!!

Cajón Drum Class

At the Gardner Senior Center
No classes in July and August!
See you in September!



Lifeline

50 YEARS of CARING
1974 - 2024



Vet-to-Vet Café
@the Gardner senior Center
Tuesday, JULY 21, @11:30am

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

LEARN MAHJONG

In the Gardner Senior Center Library



TUESDAYS AT 12:00PM

Mahjong is a fun tile-based game that combines skill, strategy, memory, and a little bit of luck. Players match and organize tiles to create winning combinations while enjoying friendly competition and social interaction.

This class will teach you the basics in a welcoming environment. Once you've learned the game, you'll be ready to join our weekly Mahjong group and continue the fun with fellow players.

Come discover why Mahjong has become one of the most popular social games around!

Sign up today by calling or visiting the Center!
978-630-4067.

POOL HALL

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



The Gardner Senior Center
Veteran-To-Veteran

American Heritage Museum

For Veterans and their Spouses

August 12, 2026

Veterans- \$10 pp/ Non-Veterans-\$18pp



At the American Heritage Museum you explore America's conflicts, beginning with the Revolutionary War to today. You'll discover, and interact with, our heritage through the History, the national effort developing new technologies of warfare, and the Human Impact of America's fight to preserve the freedom we all hold dear.

Meet bus at 8:30am, return around 12:00pm.
Lunch and Transportation provided. RSVP



GARDNER SENIOR CENTER TRADING CARD



Name: Paul "The Basket Case" Leone

Special Skills: advanced spiral fiber management specialist, able to drive people crazy without breaking a sweat, can weave anywhere, great writer, creative and crafty

Superpower: able to take a coil of rope and make it into many functional things, sense of humor

Weakness: unused coils of rope and British TV

Fun Fact: expert at convincing string to become useful, worked as a journalist in Washington, DC and New York City with White House clearance, was accosted by the Secret Service after tripping Ronald Reagan, serves as vice chair of the Council on Aging

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.





BOOKS WITH FRIENDS

Rose Bibeau & Terri Hillman

July is Reader's Choice. Look forward to hearing all about your wonderful reads!!

At the June meeting we discussed "The Magic Hou" by Kristen Hannah. Good reviews. We had read and enjoyed several of her books at earlier meetings.

The list of books to read from August to November has been selected and will be in the next Senior Review. Rose will email the list as well.

Stay cool and see you on July 27th!

Monday, JULY 27, @1:00pmm

GARDNER SENIOR CENTER TRADING CARD



Name: Ron "Elvis is in the House" Roy

Special Skills: accounting and bookkeeping, music in all forms, plays keyboard and bass guitar

Superpower: married to Judy—keeping track of mucho dineros, ability to co-exist in multiple time zones & climates

Weakness: COLD WEATHER, the real Elvis, chocolate, sharing chocolate, and...chocolate

Fun Fact: loves the outdoors, kayaking, cross country skiing (in Florida??), pedal bike riding, was once in the Hell's Angels Motorcycle Gang, and is a grandpa, Treasurer of AARP

IS IT REALLY A STROKE?



B	E	F	A	S	T
BALANCE	EYES	FACE	ARMS	SPEECH	TIME
Sudden Loss of Balance	Sudden Double or Blurred Vision	One Side of Face Drooping	Weak/Numb on One Side	Slurred/Garbled Trouble Repeating	To call 911 Now!

A stroke is a "brain attack." It can happen to anyone at any time when blood flow to an area of the brain is cut off. Learn the many signs of a stroke. Use **BE FAST** to remember warning signs and **CALL 911** immediately at any sign of a stroke.

The Stroke Awareness Project is made possible by the Gardner Senior Center through a collaboration with MORE Advertising and Heywood Healthcare!



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**



Journey with an Attorney

A Drop-In Program with

Attorney Nancy Binder

MONDAY, JULY 20 @ 2:30PM

Curious about legal topics that affect everyday life? Join local attorney Nancy Binder for Journey with an Attorney, an informal drop-in program designed to provide helpful information and answer general legal questions in a welcoming setting. She will share her insights and openly discuss a variety of legal topics.

We'll also have light refreshments! Bring a friend, bring your questions, and join us for an engaging session of learning, discussion, and community connection.

Please note that while Attorney Binder is happy to provide general legal information, she will not be offering personal legal advice or addressing individual legal cases.

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!

Follow Us on Facebook:

<https://www.facebook.com/GardnerSeniorCenter>

Gardner Council on Aging No meetings in July/August

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, JULY 11 @9:30AM
WEDNESDAY, JULY 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-JULY)
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 **Hillview Adult Day health Center**



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.

HOUSING HELP w/RCAP

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



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Gardner Council on Aging, Gardner, MA

06-5095



SENIOR TRAVEL

DIANE PELLETT
WITH GARDNER AARP AND THE
GARDNER SENIOR CENTER

MONTREAL & QUEBEC
August 11-14, 2026

LAKE GEORGE & SARATOGA
August 11-12, 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

LAKE GEORGE BALLOON FESTIVAL
September 18-20, 2026

DISCOVER MACKINAC ISLAND
September 18-26, 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

WINTER IN CROATIA
November 7-16, 2026

BEATLEMANIA AGAIN
November 12, 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.

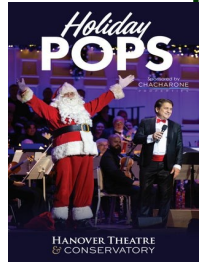
**DAYBREAK-
CHRISTMAS WITH BARRY MANILOW**
December 2, 2026

MONTREAL & QUEBEC
December 2-6, 2026, 2026

CHRISTMAS NEW YORK STYLE
December 14-15, 2026

BOSTON POPS HOLIDAY TOUR
at the Hanover Theater
December 4, 2026 8:00pm

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.



HARTMAN'S HERB FARM

Lunch and Wreath Demonstration



THURSDAY
September 10
11:30AM

Join us at for a buffett lunch and craft demonstration from the crafters at Hartman's and get a chance to win one of these remarkable creations.

\$30.00pp includes lunch & program
(transportation not included)

Space is limited. AARP Members have the opportunity to reserve their spot now through July 1. Reservations open July 1 for non-members. Call the Senior Center to sign up before all the seats are gone!

The Gardner Senior Center HAS a textile deposit bin for your use. Recycle your fabrics at the Senior Center including and support Gardner Senior Center Programs at the same time!

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GARDNER 2026 FOOD TRUCK FESTIVAL

Saturday, July 11, 2026

The Gardner Food Truck Festival is an annual community oriented summer kick off celebration. The festival includes a multitude of your favorite food trucks, craft beer, live music and carnival style games. Dozens of area artists and makers will be displaying their wares right downtown by the historic City Hall and Post Office buildings. This year the festival is back and bigger than ever. Bring along a folding chair or spread a picnic blanket and enjoy the afternoon's festivities.



Photos courtesy of [the Gardner News](#), Stephen Landry

UPCOMING PROGRAMS THIS FALL!

GOLDEN AGE CLUB

Meets the 2nd Wednesday of the month at 1:30pm at the Gardner Senior Center

September 9- Dr. Becky Burbank, Acupuncturist

October 7- Roseanna Penney, Heywood Healthcare

November 11- Don Landgren, Caricature

December 14- Hubbardston Singers Holiday Program

AARP-

Meets the 2nd Wednesday of the month at 1:30pm at the Gardner Senior Center

September 16- Catherine Phillips, CSO Family Resource Center

October 14- Lauren Saunders, Director, Gardner Board of Health

November 18- Julie Meehan, Gardner CAC

December 16- HOLIDAY PARTY

LION'S CLUB CRAFT FAIR COMING THIS October 24th

at the Gardner Senior Center. Want a booth? Give us a call for more information!



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.

GARDNER COUNCIL ON AGING

- Ronald Darmetka, Chair
- Paul Leone, Vice Chair
- Kathy O'Brien-Secretary
- Terri Hillman-Treasurer
- Mary Schaffer
- Stanley Luczko
- Julie Meehan
- Michael Ellis- Director

- Paul Crowley
- Cheryl Howes
- Ken Fournier
- Nancy Hebert
- Kristy Livingston
- Barbara LeBlanc
- Brenda Crumb

COA meetings are held at the Gardner Senior Center
Charles P. McKean Bldg, 294 Pleasant St, Gardner

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