



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. 4 JUNE 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!



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Prevent identity theft by securely shredding your outdated bank statement, bills, tax forms, legal agreements and other personal documents for free, safely and securely on-site.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



Greater Gardner
Chair City
Chapter 3237



ANNUAL MEETING & INSTALLATION OF OFFICERS



June 24, 2026, 12:30 pm

Featuring
Massachusetts AARP Director
Jennifer Benson

and the Installation of the 2026-2028 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

MEDITATION w/ MUSIC

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

JUNE 2026 PAGE 2

Mon	Tue	Wed	Thu	Fri
JUNE 1	JUNE 2	JUNE 3	JUNE 4	JUNE 5
8:30 Chair Yoga 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café— 1:00 CAJON DRUMS 2:00 COA Boatd 6:00 Learn to Dance	8:30 Chair Yoga  9:00 CM Caricature Carvers 10:00 Gardner Steppers 11:00 UKULELE PICNIC 11:30 Gardner Steppers 11:30 Senior Café 1:00 Majong 1:30 Cribbage 6:00 Quilter's Guild	9:00 Senior Bean Bag 9:00 Crafters & Quilters 10:00 Pitch 1:00 Crafts with Jane 1:30 MACK FUNERAL HOME PREPARING FOR THE FUTURE 6:30 Support Group 	8:30 TOPS 9:00 Integrity Medicare 10:30 COMFORCARE 10:30 Gardner Steppers 11:30 Senior Café 1:00 BINGO  1:00 TAI CHI  	8:30 RCAP Advisors  8:30 Fun & Fitness 9:00 Travel Time w/Diane 10:00 Mat Yoga 10:00 Walking Group 10:30 Bread & Pastry Raffle 11:30 Chair Yoga
JUNE 8	JUNE 9	JUNE 10	JUNE 11	JUNE 12
8:30 Chair Yoga 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café— 1:00 CAJON DRUMS 1:00 BEGINNER BASKETS 6:00 Learn to Dance	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 1:00 Majong 1:30 Cribbage 2:45 Ukulele Class	9:00 Crafters & Quilters 9:30 Talk to a Doc, Curse with a Nurse 10:00 Pitch 12:00 Golden Age Club Board 1:30 Golden Age Club Ice Cream Social 6:30 Support Group	8:30 TOPS 9:00 Integrity Medicare 9:30 SNAP W/HOPE (2ND)  10:30 Gardner Steppers 11:30 Senior Cafe 1:00 BINGO  1:00 TAI CHI  	8:30 Fun & Fitness 9:00 Travel Time w/Diane 10:00 Mat Yoga 10:00 WALKING GROUP 10:30 Bread & Pastry Raffle 11:30 Chair Yoga
JUNE 15	JUNE 16	JUNE 17	JUNE 18	JUNE 19
8:30 Chair Yoga 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café— 1:00 CAJON DRUMS 1:00 BEGINNER BASKETS 6:00 Learn to Dance	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 1:00 Majong 1:30 Cribbage 2:45 Ukulele Class 	9:00 SENIOR FOOD PANTRY (3RD) 9:00 Crafters & Quilters 10:00 Pitch 1:00 Crafts with Jane 6:30 Support Group	8:30 TOPS  9:00 Integrity Medicare 10:30 Gardner Steppers 11:30 Senior Café— 1:00 BINGO  1:00 TAI CHI   	Juneteenth Holiday Office is Closed
JUNE 22	JUNE 23	JUNE 24	JUNE 25	JUNE 26
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	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 1:00 Majong 1:30 Cribbage 2:45 Ukulele Class 	9:00 Crafters & Quilters 10:00 Pitch 12:30 AARP ANNUAL MEETING WITH STATE DIRECTOR JEN BENSON 6:30 Support Group	8:30 TOPS 9:00 Integrity Medicare 10:30 Gardner Steppers 11:30 Senior Café— 1:00 BINGO  1:00 TAI CHI  	8:30 Fun & Fitness 9:00 Travel Time w/ Diane 10:00 Mat Yoga 10:00 Walking Group 10:30 Bread & Pastry Raffle 11:00 Memory Cafe  11:30 Chair Yoga
JUNE 29	JUNE 30	JULY 1	JULY 2	JULY 3
8:30 Chair Yoga 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café— 1:00 CAJON DRUMS 1:00 ART CLASS 6:00 Learn to Dance	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 1:00 Majong 1:30 Cribbage 2:45 Ukulele Class 	9:00 SENIOR Bean Bag 9:00 Crafters & Quilters 10:00 Pitch 1:30 PATRIOTIC SING ALONG WITH THE GARDNER UKULELE STRUMMER 6:30 Support Group	8:30 TOPS 9:00 Integrity Medicare 10:30 Gardner Steppers 11:30 Senior Café— 1:00 BINGO  1:00 TAI CHI  	Independence Day Office is Closed

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!



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.

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

GARDNER SENIOR CENTER TRADING CARD



Name: Terry "The Chair of Chatter Documentation" Hillman

Special Skills: Short Hand, knowing everyone in town, dedication, skilled registrar & ticket seller

Superpower: Professional phone juggler and full-time chaos coordinator for multiple organizations.

Weakness: Can't put down a great book or miss a great movie

Fun Fact: Volunteers at the Gardner CAC and Gardner COA, and was the secretary for the Gardner School System and Monty Tech for many years!

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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VISIT OUR WEBSITE GARDNERAUTOMART.COM

The Good Earth Farm and Garden Center

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:

April 23

\$100 Green Paper Special
Leo Ferro- \$118 Cover All

April 30

Henry Zablonski- \$38 Green Paper Special
Pauline Boutwell- \$108 Coverall

May 7

Kathleen Cormier- \$79 Coverall
Renee Boutwell- \$30 Green Paper Special

May 14

Phil Raymond- \$30 Green Paper Special
Shirley Flannery- \$41 Hard Card Coverall/GC
Sue Clapper & Jaquetine Landry- \$100 Coverall

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

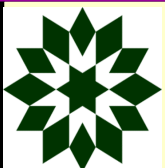
Remember to ARRIVE AT LEAST
TEN (10) MINUTES BEFORE 1:00PM

QUILLING WITH KAREN

On Summer Break June-August



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

April 15

Yvette Albert
Theresa Girouard
Chris Cormier

April 22

Mike Gronowicz
Marsha Janhunnen
Joe Albert
Pete Breault
Maury Lizotte

April 29

Jane Raymond
Nancy Collett
Ronald Leger

May 6

Sherry Stockdale
Mike Gronowicz
Claudette Strout
Ronald Leger

May 13

Kevin Loiselle
Theresa Girouard
Pete Breault

CRIBBAGE

Meets every Tuesday at 1:30pm



April 20

Carol Cormier
John Casey

Congratulations
Cribbage High
Game Winners

April 28

Kevin Loiselle
Rick LeBlanc

May 5

Rick LeBlanc
Dell Richard

prepare to move
tiny pegs like it
means every-
thing —
because it does.

May 12

JeAnne Blackman
Annette LeBlanc

COILED BASKETRY WORKSHOP

BEGINNER CLASS



Monday, June 8 & 15, 1pm

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!

AARP BENEFITS OF MEMBERSHIP

AARP members and a guest get in free at POLAR PARK for Tuesday Home Games— general admission seats and standing room only. You must present your card at the GATE D Ticket Office— both physical and electronic cards are accepted.

AARP members and UP TO 5 GUESTS can get in free to the New England Botanic Garden at Tower Hill during select AARP DAYS in the spring and later summer. Dates include:
6/2/26 8/22/26 9/1/26 9/29/26

JOIN NOW TO GET THESE AND SO MANY MORE BENEFITS— CONTACT THE OFFICE FOR INFORMATION



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, Highlands Lifecare Center and the members of the Templeton Fish and Game Club.



**Summer Sounds:
Ukulele Concert & Picnic
Templeton Fish and Game**

**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. Bring your own lunch and 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.

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Beginner Ukulele & Ukulele Strum & 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 JUNE be borrowed upon completion of a lending contract.

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!



BREAKFAST with a BADGE

Friday, JUNE 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.®

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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

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!

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.



Vet-to-Vet Café

@the Gardner senior Center



Tuesday, June 16, @11:30am

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



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.



Gardner Golden Age Club

**Wednesday,
June 10, 1:30pm**

ICE CREAM SOCIAL

Join us for a sweet time filled with ice cream, toppings, laughter, and great company!

- Yummy ice cream
- Tons of toppings
- Lots of laughs
- And possibly someone fighting over the last cherry...

Come meet your friends and enjoy an afternoon of delicious treats and fun conversations. There will be plenty of ice cream and toppings for everyone!

Bring your sweet tooth and your favorite people! Life is better with extra sprinkles — hope to see you there! We can't wait to celebrate with you!

BOOKS WITH FRIENDS

Rose Bibeau & Terri Hillman



We welcomed Tom Brady to the April Meeting. He read an excerpt from his book "Some of

It Is True". He also spoke about writing it and getting it published. THANK YOU TOM!

The June book is "The Magic Hour" by Kristin Hannah. Come join us for this lively discussion and to help select our books for the rest of 2026. We will meet through the summer months and look forward to seeing everyone. Remember, even if you did not have time to read the selection, come and visit.

Monday, June 22, @1:00pm

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!



Crafters One & All

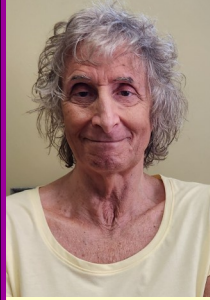
The Crafting Club meets at the Gardner Senior Center every

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 Meetings

JUNE 4, 2:00pm June 2, 2:00pm

GARDNER SENIOR CENTER TRADING CARD



Name: Jen " the Technology Whisperer" Mulvey

Special Skills: able to explain technology in simple and friendly language, knows most operating systems, platforms and environments that seniors use, can walk anywhere

Superpower: Does everything at superspeed, faster than an Intel Core i9-14900KS processor

Weakness: malfunctioning tech gadgets, boredom!

Fun Fact: served in the US Army during Vietnam Conflict, taught children and adults throughout career, traveled to all 7 continents and 4 oceans, volunteers with a whole bunch of organizations, especially the Senior Center's library, loves to garden, and may be left handed but is not always in the right mind!

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.



WHAT YOUR SENIOR CENTER DOES!

- Medicare and insurance counseling
- Housing counseling
- Tax assistance
- SNAP/Hip applications
- Residential Assistance for Families in Transition
- Information and referrals
- Social activities
- Exercise and fitness programs
- Arts and crafts
- Concerts and music programs including musical instrument instruction
- Recreation, games, billiards, Bingo
- Meals and food assistance
- Workshops, seminars and speakers
- Technology classes and assistance
- Library and computer center
- Support groups
- Health screenings and programs
- Trips and travel
- Volunteer opportunities
- Advocacy
- **And so much more! Come feel CONNECTION and PURPOSE!**

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, JUNE 11 @9:30AM

WEDNESDAY, JUNE 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

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

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

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

LOVIN SPOONFUL
November 12, 2026

CHRISTMAS WONDERLAND IN BRANSON
November 17-November 21, 2026

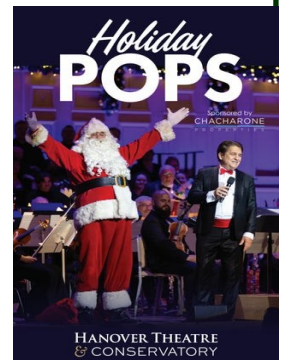
**DAYBREAK-
CHRISTMAS WITH BARRY MANILOW**
December 2, 2026

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.



Lifeline



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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

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. Expect an afternoon 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.

THE IMPACT OF YOUR GARDNER SENIOR CENTER

- ⇒ 430 area seniors enrolled in the Senior Buy In Program saving them **\$965,000**
- ⇒ 45 area seniors enrolled in the Low Income Subsidy, saving them **\$136,224**
- ⇒ Eliminated annual high cost drug premiums for eligible seniors saving them **\$86,000**
- ⇒ Distributed **\$15,000** in Farmer's Market Coupons to seniors in the last 2 years
- ⇒ 54 area seniors enrolled in SNAP/HIP providing over **\$134,000** in assistance
- ⇒ 30 individuals enrolled in the RAFT Program, providing over **\$210,000** in rental assistance
- ⇒ Connected 40 veterans to services providing them with at least **\$84,000** benefits, VA Services, and up to **\$2,600** per month each
- ⇒ Provided over **\$50,000** in transportation services to 547 seniors
- ⇒ Enrolled 100+ seniors in MART senior transportation services
- ⇒ Over 3,300 programs delivering **16,000** hours of programming in FY25
- ⇒ More than **\$300,000** in donation received



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 is required: \$20 per person per session. Contact the Senior Center to register TODAY as space is limited!

Please bring water shoes, sunscreen and drinking water!

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!

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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