



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. 8 SEPTEMBER 2026



STAY HEALTHY THIS SEASON-

Protect yourself and your loved ones this season by getting vaccinated!



The Gardner Senior Center, The Gardner Board of Health and WALMART Pharmacy will be hosting a

Flu & COVID-19 Vaccine Clinic Wednesday, September 23, 2026 12:30pm until 5:00pm

Vaccination is one of the best ways to protect yourself against serious illness and help keep our community healthy. Family members, friends, neighbors, and caregivers are all welcome to attend.

Pre-scheduled appointments are available, Walk-ins accepted. Please bring your insurance card and a photo ID if available. Most insurance plans cover the cost of these vaccines, and individuals without insurance may still be eligible to receive them.

For more information or for a scheduled appointment, please contact the Gardner Senior Center at 978-630-4067.

We look forward to seeing you there!

ART, FUN AND EDUCATION

with

JULIE HAROLD

Wednesday, September 2 @1:30pm

Looking for a place to get creative, make new friends, and have a blast? Come join us in Art Class! Expect plenty of colorful creations, laughter, and a few happy paint splatters as we learn together in a supportive and encouraging environment.

Let us know you are coming so we have enough paint by calling 978-630-4067



Talk With a Doc/Curse with a Nurse

A Drop-In Program with

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

WEDNESDAY, SEPTEMBER 9 @9:30AM

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.



Journey with an Attorney

A Drop-In Program with

Attorney Nancy Binder

MONDAY, SEPTEMBER 21 @ 2:30PM

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. **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.**

Rise & Shine!

You're Invited to Breakfast September 22 @9:00am

Start your day with great food, friendly faces, and engaging conversation! Join us for a special breakfast hosted by the Highlands Skilled Nursing Home and Rehabilitation Center and Worcester County District Attorney Joseph D. Early's Office. Enjoy a delicious meal, meet members of your community, and learn about programs and resources designed to support the health, safety, and well-being of older adults. Please let us know you are coming!



Mon	Tue	Wed	Thu	Fri
<u>AUGUST 31</u> 8:30 Chair Yoga 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café– 6:00 Learn to Dance 	<u>SEPTEMBER 1</u> 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 6:00 Quilters Guild 	<u>SEPTEMBER 2</u> 9:00 Senior Bean Bag 9:00 Crafters & Quilters 10:00 Pitch 1:30 Art, Fun, & Education with Julie Harold  NO SUPPORT GROUP	<u>SEPTEMBER 3</u> 8:30 TOPS 9:00 Integrity Medicare 10:30 Gardner Steppers 11:30 Senior Café 1:00 BINGO 1:00 TAI CHI   	<u>SEPTEMBER 4</u> 8:30 RCAP Advisors 8:30 Fun & Fitness 10:00 Mat Yoga 10:00 WALK & WEIGHT 10:30 Bread & Pastry Raffle 11:30 Chair Yoga  Please see Center staff if interested in Walk & Weights
<u>SEPTEMBER 7</u> LABOR DAY HOLIDAY CENTER IS CLOSED 	<u>SEPTEMBER 8</u> 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  	<u>SEPTEMBER 9</u> 9:00 Crafters & Quilters 9:30 Talk to a Doc, Curse with a Nurse 10:00 Pitch 12:00 Golden Age Board 1:30 Golden Age Club No support group 	<u>SEPTEMBER 10</u> 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    	<u>SEPTEMBER 11</u> 8:30 Fun & Fitness 9:00 Travel Time w/Diane 10:00 Mat Yoga 10:00 WALK & WEIGHT 10:30 Bread & Pastry Raffle 11:30 Chair Yoga  Grandparents Day- September 13 
<u>SEPTEMBER 14</u> 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 Quilling w/Karen 6:00 Learn to Dance 	<u>SEPTEMBER 15</u> 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 2:00 COA Meeting  	<u>SEPTEMBER 16</u> 9:00 SENIOR FOOD PANTRY (3RD) 9:00 Crafters & Quilters 10:00 Pitch 1:30 AARP Chapter 3237 6:30 Support Group 	<u>SEPTEMBER 17</u> 8:30 TOPS 9:00 Integrity Medicare 10:30 Gardner Steppers 11:30 Senior Café 1:00 BINGO 1:00 Travel Time Tea 1:00 TAI CHI    	<u>SEPTEMBER 18</u> 8:30 Fun & Fitness 10:00 Mat Yoga 10:00 WALK & WEIGHT 10:00 Breakfast w/Badge 10:30 Bread & Pastry Raffle 11:30 Chair Yoga 
<u>SEPTEMBER 21</u> 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 Baskets with Paul 1:00 Book Club 2:30 Journey with an Attorney 6:00 Learn to Dance  	<u>SEPTEMBER 22</u> 8:30 Chair Yoga 9:00 Breakfast w/Bill and Kevin 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  	<u>SEPTEMBER 23</u> 9:00 Crafters & Quilters 10:00 Pitch 1:00 CRAFTS WITH JANE VACCINE CLINIC 12:30PM– 5:00PM  	<u>SEPTEMBER 24</u> 8:30 TOPS 9:00 Integrity Medicare 10:30 Gardner Steppers 11:30 Senior Café 1:00 BINGO 1:00 TAI CHI   	<u>SEPTEMBER 25</u> 8:30 Fun & Fitness 9:00 Travel Time w/ Diane 10:00 Mat Yoga 10:00 WALK & WEIGHT 10:30 Bread & Pastry Raffle 11:00 Memory Cafe 11:30 Chair Yoga  
<u>SEPTEMBER 28</u> 8:30 Chair Yoga 10:00 Gardner Steppers 10:30 Tech Insights 11:30 Fun & Fitness 11:30 Senior Café 1:00 Baskets with Paul 1:00 Cajon Drums 6:00 Learn to Dance  	<u>SEPTEMBER 29</u> 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  	<u>SEPTEMBER 30</u> 9:00 Crafters & Quilters 10:00 Pitch 1:30 CONCERT WITH DENIS CORMIER  6:30 Support Group	<u>OCTOBER 1</u> 8:30 TOPS 9:00 Integrity Medicare 10:30 Gardner Steppers 11:30 Senior Café 1:00 BINGO 1:00 TAI CHI   	<u>OCTOBER 2</u> 8:30 Fun & Fitness 10:00 Mat Yoga 10:00 WALK & WEIGHT 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!

Denis Cormier September 30, 1:30 pm

You knew him before he was rich and famous as one of the Gardner Senior Center's most beloved entertainers. Come on back for an afternoon of foot-tapping tunes, great vibes, and some of our favorite hits from the golden days of oldies and country/western music. While you are at it, spend some quality time with friends and neighbors as this concert promises an enjoyable afternoon for all ages. Sing along to beloved classics, enjoy a warm community atmosphere, share some time with friends, and support one of our talented local performers here at the Gardner Senior Center.



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!

COILED BASKETRY

Beginner Class Workshops
Conference Room, Gardner Sr Ctr

Monday, Sept 21/28, 1pm
Monday Oct 19/26, 1pm

Two separate sets of workshops for our beginner basket makers. Join our class and learn color work, advanced stitches, working with beads, feathers, etc. *Pre-Registration for each set of sessions is required by contacting the Gardner Senior Center. Space is limited!*

Monday, Nov 16, 1pm

A special one day workshop for the holidays. Make a special gift made with your hands for your loved one. This is a beginner basket making workshop! *Pre-registration for each set of sessions is required by contacting the Gardner Senior Center. Space is limited!*



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A WEEK**



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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





CRIBBAGE

Meets every Tuesday at 1:30pm

July 21
John Casey
Lance Platt

July 28
Don Dame
David Bremner

**Congratulations
Cribbage High
Game Winners**

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

August 4
Del Richard
Chris Moynagh
Rachel Losh
David Bourque

August 11
Bob Erickson
JeAnn Blackman



PITCH

Meets Wednesdays at 10am.

CONGRATS Pitch Club Monthly Winners

July 29
Maury Lizotte
Armand Leblanc
Rachel Losh

August 12
Nannette Voisine
Yvette Albert
Armand LeBlanc

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

August 5
Armand LeBlanc
Henry Zablonksi
Chris Cormier

**THERE WAS
No Pitch on
July 22**

**THANK YOU TO ALL OF THE GARDNER SENIOR
REVIEW ADVERTISERS. YOU ALLOW US TO
PRODUCE AND DISTRIBUTE 2000 PRINTED
NEWSLETTERS EACH MONTH.**

**The SEPTEMBER 2026
COUNCIL ON AGING MEETING will be held on
TUESDAY, SEPTEMBER 15, 2026, AT 2:00PM**

THANKSGIVING Dinner
Thurs., November 26, 2026
(Thanksgiving Day)



YOU MUST PRE-REGISTER for this meal.
Registration opens October 15. Space is limited

DRIVE THRU: 11:00am-12:00pm
IN HOUSE: 12:00 PM



AARP
Greater Gardner/
Chair City Chapter
3237 AARP

More information
will be in the
upcoming
editions of the
Senior Review



Montachusett QUILTERS GUILD

September 1 @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.**

MEDITATION w/ MUSIC

Wednesday, October 7
@1:30 pm

**Join Yoga Instructors-Mike &
Nina Vecchi**



Discover the dynamics of the use
of sound & 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 today!**



CRAFT VENDOR FAIR

At the Gardner Senior Center

OCTOBER 24, 2026

9:00AM to 2:00PM

~~~Open to the Public~~~



**Get ready for a day full of creativity,
community, and handcrafted treasures and
support local crafters and the Gardner LIONS
Club in the process!. There's something for
everyone!**

**Admission is FREE! Bring your friends and
family for a fun-filled day of shopping and
creativity. Interested in becoming a vendor?
For more information or to become a vendor,
call Mary Lyman at 508-331-9968 or by email at
pilesky77@hotmail.com**

In MEMORIUM

The Gardner Senior Center is deeply touched by
the outpouring of love following the passing of
Jeffrey Landry. We gratefully acknowledge the
generous donations made in his memory to the
Gardner Senior Center.

Gladys Richardson
Jeff Brahm
John Iwanic
Gilda Cannavino
William Harris
Sue Charland & Ron Ahlstrom
Paula Ferrera

CRAFTS WITH JANE!

Holiday and Theme Appliques for Tissue Boxes

September 23 @1:30

Get ready for a fun and creative craft session! We made **Tissue Box Covers** this year and are now **working on the appliques (plastic canvas ornaments) for each month from now through January** —a perfect decorative touch for your home or a thoughtful handmade gift.

THIS IS A CONTINUATION OF A PREVIOUS CLASS AND PROJECT and is open only to those students who attended the past sessions. **All supplies are provided**— just bring your creativity! Beginners always welcome and encouraged to attend. Limited space. Please call the Gardner Senior Center to reserve your spot today!

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.

**QUILLING WITH KAREN****September 14, 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.**

THE POWER AND INFLUENCE OF SENIORS

- There are more people over 60 than under 18 for the first time in US history. In fact, the 65-and-older population grew by 38.6% recently, expanding five times faster than the total US Population
- Seniors represent more than 1/3 of the US population
- 60% of registered voters are 50 years of age or older and consistently demonstrate the highest voter turnout of any age group in the United States (70.8%)

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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



Have fun hand drumming on a Cajon! Learn rhythms that allow you to play along with your favorite oldies, country, rock, Motown, blues and more (really any style of music)! The course consists of ten (10) 1.5 hour sessions starting Monday, September 14 through November 23 with a break on Columbus Day! We provide the drums, the instructor and a wicked fun environment.

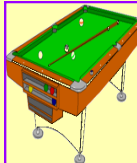
It's Fun...and it's FREE!~

It's hand drumming, no sticks required
We play along with music to build our skills

The class is limited to the first 12 people. Call the Gardner Senior Center at 978-630-4067 to register for the class.

POOL HALL

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



Medicare

IMPORTANT INFORMATION ABOUT MEDICARE

OPEN ENROLLMENT

begins **OCTOBER 15**
and ends **DECEMBER 7**

During OPEN ENROLLMENT you can review your current Medicare coverage and make changes to your health and prescription drug plans for the coming year! Even if you are happy with your current plan, it's a good idea to review your options each year as PLAN costs, covered medications, provider networks, and benefits can change.

Our Medicare Counselors can help you to understand changes and discuss other options you may have. It's **FREE** and **CONFIDENTIAL**.

Call the Senior Center at 978-630-4067 for an appointment today to review your options or enroll. There is no good reason not to!



BREAKFAST with a BADGE

Friday, SEPTEMBER 18, 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.

Lifeline



50 YEARS
of CARING
1974 - 2024

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!

TEXTILE and FABRIC NO LONGER ALLOWED AT MASSACHUSETTS LANDFILLS

The Gardner Senior Center HAS a textile deposit bin for your use. **NO TRASH OR HOUSEHOLD GOODS ARE ALLOWED.** Recycle your fabrics at the Senior Center. All clothing, handbags, footwear, household linens, hats, belts, backpacks, stuffed animals, and pillows. Books are now allowed in our bins as well— no magazines or papers!



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

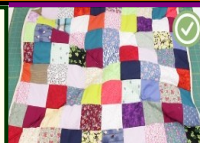
The Supplemental Nutrition Assistance Program and

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

**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

**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.

**BOOKS WITH FRIENDS**

Rose Bibeau & Terri Hillman

**Monday, SEPTEMBER 21,
@1:00pm**

As always, Reader's Choice reads provided many books that members were interested in adding to the own "Read" list for future selections. Thanks to all for their presentations and their ideas. Here's the list of books selected to read and discuss at upcoming club meetings.

September	Three Days in June <i>by Anne Tyler</i>
October	Grey Wolf <i>by Lousie Penney</i>
November	Chesapeake Blue <i>by Nora Roberts</i>
December	NO MEETING—HOLIDAY TIME
January(2027)	The Murder Machine <i>by Heather Graham</i>

Come join us for a cool afternoon at the Gardner Senior Center. We ALWAYS have a cookie or two and are excited to have new people join us!

The Gardner Senior Center is closed :

Monday, September 7
Monday, October 12
Wednesday, November 11
Thursday, November 26
Friday, November 27
Thursday, December 24
Friday, December 25
Thursday, December 31
Friday, January 1

Please watch for other closures, schedule changes, or delays when you sign in on the Senior Center kiosk.

**Vet-to-Vet Café**

@the Gardner senior Center

Tuesday, SEPTEMBER 15, @11:30am

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



GARDNER SENIOR CENTER

HALLOWEEN PARTY

&

MUSICAL PERFORMANCE BY

THERESA MAYO

**Wednesday, October 28, 2026
1:30pm**

Come and celebrate the spooky season with the guys and ghouls from the Gardner Senior Center. Wear your costume for a chance to win a prize.

Sing and dance to the rich and varied repertoire of the 50's and 60's with Theresa Mayo, a professional vocalist for more than 40 years, performing Classic Rock, pop, soulful Motown and maybe a few Halloween hits—all while enjoying some great refreshments!



Please let us know if you are joining us by calling 978-630-4067!

CARVE/DECORATE A PUMPKIN CONTEST

Bring your entry to the Gardner senior Center anytime between **October 1st and October 23rd** to be part of the contest. Judging and awards will be done at the **Annual Halloween Party on October 28th**
Prizes will be awarded

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

***THERE IS NO DANCE CLASSES ON
MONDAY, SEPTEMBER 7**

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)

Outside in September

Oct-July-Gardner PERRY Auditorium

\$3.00 donation

**TAI CHI**

At the Gardner Senior Center

**THURSDAYS AT 1:00PM**

\$3 suggested donation

WALKING & WEIGHTS*Steps and Smiles*

**Friday mornings at
10:00am**

Our group will meet for an
outside stroll during the month
of September as we await the completion of
renovations at The Gardner City Hall
Auditorium. The group will meet at the
Gardner Park located next to the Gardner Elks.
Parking is available at the park and along Park
Street and along Cottage Street. Please
register in advance at the Senior Center.



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

The Gardner Senior Center is proud to partner
with the Montachusett Suicide Prevention Task
Force and the Massachusetts Coalition for Suicide
prevention to support and connect folks in our
community. Together we make life better for all
people in our community. THANK YOU SO MUCH!

**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**

**All our programs are designed to create
connection- so come and meet some great
people and enjoy an active program at your
pace!**



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
SENIOR HELPERS



LEARN MAHJONG

In the
Gardner Senior Center Library



TUESDAYS AT 12:00PM

starting again on October 6th

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!

**AFTER THE CLASS, COME AND PLAY MAJONG
WITH OUR GROUP AT 1:00PM**

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

LAKE GEORGE & SARATOGA
SEPTEMBER 11-12, 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

DAYBREAK- CHRISTMAS W/BARRY MANILOW
December 2, 2026
MONTREAL & QUEBEC
December 2-6, 2026, 2026

CHRISTMAS NEW YORK STYLE
December 14-15, 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

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

COUNTRY CHRISTMAS IN NASHVILLE
December 11-15, 2026

A CHRISTMAS CAROL
at the Hanover Theater
December 20, 2026 1:00pm

BOSTON TO BERMUDA CRUISE
May 23-30, 2027

FRANCE MAGNIFIQUE
April 15-26, 2027

COASTAL CALIFORNIA & SEQUOIA NATIONAL
September 8-17, 2027

OLD WORLD SICILY
April 17-28, 2027

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.



AARP Smart Driver Safety Course

WEDNESDAY, October 7, 2026

9:30am-1:30pm

Gardner Senior Center

Charles P. McKean Bldg, 294 Pleasant St, Gardner

benefit from brushing up on their driving skills. AARP membership is not required to take the course and there are no road tests to pass. The fee is \$20 for AARP members and \$25 for non-members which includes all materials and LUNCH.

Space is limited to 20 individuals. Participant agree to stay through the entire course. To register for the course, contact the Gardner Senior Center at 978-630-4067.

HARTMAN'S HERB FARM

Lunch and Wreath Demonstration



THURSDAY
September 10
11:30AM

Program Lunch and craft presentation.
\$30.00pp includes lunch & program
Transportation not included. Space is limited.
Call the Senior Center to sign up before all the
seats are gone!

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. Betsy Burbank, Acupuncturist

October 14– Roseanna Penney, Heywood
Healthcare

November 11– VETERANS DAY HOLIDAY

December 9– Hubbardston Singers

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 21– Lauren Saunders, Director, Gardner
Board of Health

November 18– Julie Meehan, Gardner CAC

December 16– HOLIDAY PARTY



THURSDAYS at
1:00pm

At the Gardner Senior Center

Regular games, progressive jackpot games and
special JACKPOT BINGOS.

Congratulations to our WINNERS:

June 18

Jay CARRIER and Alan Cormier- \$100 Coverall

July 16

Debbie Corey- \$133 Coverall

July 23

Jackie Landry- \$100 Green Paper Special

Joan Walker- \$100 Special

Roland Gallant- \$107 Coverall

July 30

Debbie Corey- \$130 Coverall

Jackie Landry- \$100 Special

Joan Walker- \$100 Scratch

Roland Gallant- \$107 Coverall

August 6

Kathy Cormier- \$70 Special

Maureen Bergeron- \$125 Large 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**

Thank you to volunteers and staff, including our
friends from Chair City Church, AARP and the
Men's and Women's Support Groups who work
so hard on all of our programs but this month
especially on the National Night Out Programs
in Gardner and in Ashburnham!



TODAY'S FBI

COMING THIS FALL

Gardner Senior Center

The **Federal Bureau of Investigation** is the domestic
intelligence and security service of the United
States and its principal law enforcement agency.

**Meet and hear from FBI Special Agent David
Rodski, a Gardner native, about the FBI, trends in
national law enforcement, and other interesting
information. WATCH FOR MORE INFORMATION IN
UPCOMING EDITIONS OF THE SENIOR REVIEW.**



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

The Gardner Senior Center is proud to partner
with the Montachusett Suicide Prevention Task
Force and the Massachusetts Coalition for Suicide
prevention to support and connect folks in our
community. Together we make life better for all
people in our community. THANK YOU SO MUCH!

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I do not offer every plan available in your area. Currently I represent 18 organizations that offer 45 products in your area. You may also contact Medicare.gov, 1-800-MEDICARE or your local State Health Insurance Program (SHIP) to get information on all your options.



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