

The Albert Harris Senior Center

April 2026 Newsletter



Hours of Operation:

Mon, Wed, Fri 8:30 AM to 2:00 PM
Tues & Thur 8:30 AM to 4:00 PM

Enchanted Animals

Wednesday April 22nd at 9:30 AM
No Cost - Family Friendly Event

Enchanted Animal Parties will be bringing a petting zoo to our Center! Meet and interact with a lamb, bunnies, a duck, ducklings, chickens, chicks, and guinea pigs.



Intergenerational Event

This event is open to the public and is during MA school vacation week. It's a great opportunity to share a Center event with the family. You are welcome to bring grandchildren, greatgrandchildren and the whole extended family for this warm and fuzzy program or come on your own.



History at Play: Diana of Love
Thursday May 28th at 7 PM
Pre Show Meal at 6PM \$15
Tickets for dinner on sale April 28

In *Diana of Love*[™], experience the life of the Princess through a moving portrayal that shares her personal struggles, hopes, and enduring compassion. Through her words and story, audiences are invited to reflect on the legacy of a woman whose life continues to inspire.



The Crown Seasons 4-6
Wednesdays starting
April 15th
9:30 AM to 11:30 AM

Before seeing *Diana of Love* with Judith Kalaora, experience the story of Diana as portrayed in the Netflix drama *The Crown*. We will begin with Season 4, when then Prince Charles first meets Diana. Each Wednesday, we'll watch two, one-hour episodes as her story unfolds.

Phone: 978-433-0326 | 37 Nashua Road, Pepperell, Massachusetts 01463

Special Programming

Let's Laugh a Little With David Shikes

Thursday April 2nd
at 12:30 PM / No Cost

Join us after lunch for some laughs with humorist David Shikes.



Gateway to Creativity Craft Club with North Middlesex Students

Mondays at 10:30 AM / No Cost

Enjoy biweekly crafts at no cost along with great conversation with this fun and intergenerational program. This is your outlet for connection, creativity and community.

Sponsored by the MA Councils on Aging.

April 13th

Basket Weaving

Rescheduled from 2/23



April 27th

Bird Suncatcher



Red Cross Blood Drive

Tuesday April 14th 2 PM to 6:45 PM

Saturday May 23rd 8 AM to 3:30 PM



Help save lives by donating blood at our American Red Cross Blood Drive. Each donation can make a critical difference for patients in need. Register:

<https://www.redcrossblood.org/give.html/drive-results?zipSponsor=PEPPERELL>

Or call: 800-RED-CROSS (800-733-2767)

Volunteer Appreciation Party by Invitation / Tuesday April 7th



Center Closed
to public at 1:00 PM
No Tai Chi



Saint Joseph Hospital Information Session

Friday April 17th at 10:00 AM

A representative from Saint Joseph Hospital will visit to provide an overview of the services and programs available through the hospital and answer questions from attendees.

Declutter Talk

Friday April 24th at 10:00 AM



Ready to lighten your load and feel great doing it? Join Squared Away for a friendly declutter workshop for simple

downsizing tips, easy ways to keep your momentum going, and fun goal-setting with neighbors. Set a goal, perhaps you can work toward the annual town-wide yard sale—turning extra stuff into extra space (and maybe a little cash)!

Living Peace with Sandy Bothmer

Tuesday April 28th at 12:30 PM



Inspired by the Buddhist monks who walked for peace from Fort Worth Texas to DC this winter, Sandy is offering a special session focused on

cultivating inner peace. During this gathering, participants will explore simple practices to quiet the body and mind and reconnect with the still, steady place within. Connect with your inner place of peace. Sandy is a Kripalu Yoga Teacher/Therapist and Reiki Master. She has dedicated decades to exploring how to feel more at ease within herself and in the world around her.

Arts & Crafts

Drawing Classes with Sahar
Fridays at 11:30 AM
Pre-register / \$4 per class

April 10th



April 24th
Rescheduled from March



Paint Along with Joan / 12:30 PM
Please Register/ \$10

Create a masterpiece with no experience necessary! All materials provided. Wear a paint shirt.

Thursday
April 9th



Tuesday
May 5th



Memories in Color
Friday, April 17th at 1:00 PM / Free

A welcoming environment for self-expression through projects tailored to varied abilities and mindful of memory loss challenges. All materials are provided. No prior art experience necessary. Sponsored by the MA Councils on Aging. Advanced registration welcome but not required. Please call for our van service if you need a ride.

Card Making with Betty
Thursday April 23rd & May 28th at 1 PM
Please Register/ Free



Join Betty and friends for a relaxing craft session and head home with beautiful, useful creations. All supplies are provided to make unique, thoughtful stamped cards.

Swap Area
PUZZLE SWAP Puzzles, Yarn & Books

Don't forget about our community swap area located in the dining room on the opposite side of the kitchen. Any time the Center is open you are welcome to swap, drop off or take items on these shelves. Our puzzle collection could use a turn over so if you have puzzles you have already done, we are a great place to leave them.

Creative Clubs

All clubs are free & drop-in



Stitch & Gab
Fridays 11 AM to 12:30 PM

A group for those looking for socialization while knitting or crocheting.



Coloring Club
Fridays 12:30 to 2 PM

Coloring is a wonderful way to reduce stress, boost focus, and engage with others in a fun, low-pressure environment. Supplies are provided, but feel free to bring your favorite coloring books or materials.

Dance, Fitness & Wellness



Karate for Fitness

Mondays / 1:00 PM / No Cost
No Class 1st Monday monthly

With an emphasis on healthy movement and body awareness. Instructor Doug Robinson will guide participants through techniques adapted from traditional martial arts to provide a gentle, balanced workout.



Bone Builders

Waitlisted: See front to be added
M/F 8:45 AM & M/F 10 AM

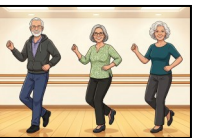
Proven fitness option for those 55+. Class curriculum and standardized exercises focus on improving balance and strengthening bones and muscles. Physician approval required for this class. See front desk.



Exercise with Elaine

Mondays & Fridays
11:10 AM / \$4

A mix of aerobics, strength training, balance and stretching set to fun music. Equipment provided.



Folk Dancing with Nancy

Tuesdays / 11 AM / No Cost

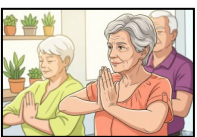
Learn easy International Folk Dances and dance into fun and fitness as other cultures do world wide. In addition to the physical benefits, learning the steps will keep your brain active.



Tai Chi

Tuesdays / 2 PM / \$4

An ancient Chinese martial art that is meditative and healing. Tai Chi supports balance, mobility, and overall energy.



Yoga with Patsy

Tuesdays / 9:30 AM / \$4

A class emphasizing inclusion as the Yoga movements can be modified so everyone can stay in their comfort zone. Each class is slightly different.



Walking at Town field

Thursdays / 11 AM / free

New walkers welcome. Come alone or with a friend. Weather permitting.



Zumba Gold with Deb

Thursdays / 1 PM / \$4

Easy to follow choreography focuses on balance, range of motion and coordination. Deb Olivia is an AFAA certified group fitness instructor.



Yoga with Elise

Thursdays / 9 AM / \$4

Elise has been teaching yoga at the AHC for many moons. Her class is a favorite here and she will get you on the floor. Try it today.



Meditation and Mindful Movement

Mondays / 2 PM / free / Zoom

Led by Jeanell Boyer.

[https://us06web.zoom.us/](https://us06web.zoom.us/j/82571606851?pwd=IwQ5xLcnkFJLqVUztTwbY781gYKwXj.1)

[j/82571606851?](https://us06web.zoom.us/j/82571606851?pwd=IwQ5xLcnkFJLqVUztTwbY781gYKwXj.1)

[pwd=IwQ5xLcnkFJLqVUztTwbY781gYKwXj.1](https://us06web.zoom.us/j/82571606851?pwd=IwQ5xLcnkFJLqVUztTwbY781gYKwXj.1)



REIKI

Tuesdays & Fridays

Donations Accepted

Call for an appointment

Reiki is a gentle touch technique that uses energy to reduce stress, anxiety and encourages relaxation. Practitioners Barbara and Jane.

Treadmills & Recumbent Bikes

Drop in anytime the Center is open / free



Use of our exercise equipment is open free of charge to all our members. There is no fee to be a member or use the equipment. Priority given to Pepperell residents age 60+.

Regularly Available Services

Podiatrist

Friday / April 3 & June 5 / 9:30 AM to 2 PM
\$40 / Call for an appointment

15 minute appointments with Dr. Alissa Kuizinas.



Caregiver Support Group

Wednesday / April 1 / 2 PM

Often times caregivers neglect themselves. Join Katherine

Pecorelli, MS, BSN for a safe place to discuss the stresses, challenges and rewards of providing care for a loved one.



Older and Living Alone

Thursday / April 2 / 2:15 PM

Join Katherine Pecorelli, MS, BSN, for uplifting conversation related to aging alone. Discuss the

freedom and autonomy of living alone as well as the challenges related to finances, health issues, transportation, loneliness, and social networks. Do you live alone? Then this group is for you.

Bonding through Books

Fridays / 9 AM / Join anytime

Short excerpts are read from Chicken Soup for the Soul and A Time Capsule of Short Stories, but the real joy comes from the memories and conversations they inspire.

Dementia Counselor

Wednesday / April 8 / 10 or 11 AM

Call for an appointment

Bernadette Oinonen MS, RN, is a Dementia Nurse Consultant. She will meet with older adults experiencing memory loss, family members, and/or caregivers to help with navigating the various challenges that arise from memory loss.

Technology Talk on Zoom

Thursday / April 9 / 1 PM

Email: andreagregg2009@gmail.com for info

Online support for various technology topics. Help is available for most devices, and for platforms such as Android, Apple, and Microsoft Windows.

SHINE COUNSELING

Jean Emerson & David Chenelle

Call for an appointment

SHINE Counselors are trained and certified by the MA AGE to speak with Medicare beneficiaries regarding their coverage options.

Hearing Tests & Aid Cleaning

Tuesday / April 21 / 10AM to 12 PM

Call for an appointment

Chris Streater from Affordable Hearing LLC will provide hearing tests and hearing aid cleanings free of charge. Holes or cracks in hearing aids can be fixed for a small fee. Batteries are available at a discounted rate

Help Desk with Dean

Wednesday / April 15 / 9AM to 12PM

Do you need help with your tablet or cell phone? Come visit our "Gadget Man Dean".

Therapy Dog

Wednesday / April 15 / 10AM

Therapy dogs help improve your mood, reduce anxiety, and are just fun to pet.



Board of Health Nurse

Wed / April 15

10 AM to 12 PM / Drop in

Come in for a free health check up! Susan Thompson from the Board of Health will be here to check in with you!

Grief & Healing Support Group

Monday / April 27 / 10 AM

Drop in or call for private session

Karen Campbell, MSMHC, is a spiritual, grief, and bereavement counselor with hospice experience. She can assist those experiencing life changes, death, grief and other transitions.



Weekly Activities Meal Program Update

Mondays

Hand & Foot	9:00 AM
Bone Builders	8:45 & 10:00 AM
Exercise with Elaine	11:10 AM
Lunch	12:00 PM
Karate for Fitness	1:00 PM

Tuesdays

Cribbage	8:30 AM
Yoga w/ Patsy	9:30 AM
Folk Dancing	11:00 AM
Bagged Early Lunch (RSVP)	11:15 AM
Lunch	12:00 PM
Tai Chi	2:00 PM

Wednesdays

Card Bingo	9:00 AM
Lunch	12:00 PM
Bingo	12:45 PM

Thursdays

Poker	8:30 AM
Yoga w/ Elise	9:00 AM
Walking at Town Field	11:00 AM
Lunch	12:00 PM
Zumba Gold	1:00 PM

Fridays

Shopping/Excursions Van	
Bonding through Books	9:00 AM
Breakfast	9:30 - 10:00 AM
Bone Builders	8:45 & 10:00 AM
Scrabble	10:30 AM
Stitch & Gab	11:00 AM
Exercise with Elaine	11:10 AM
Coloring Club	12:30 PM

Class Cancellations or Changes

Class	Date
No Karate	4/6
Center Closes at 1 PM	4/7
Folk Dancing	9:30AM on 4/7
No Tai Chi	4/7, 5/5, 5/12
Center Closed	4/20
Center Closed	5/25

At the March 24th Council on Aging Board meeting, the Board voted unanimously to increase the meal program fee from \$4.00 to **\$5.00, effective July 1, 2026.**

This decision was made after a careful review of the current financial realities of food service and the feedback provided by the 2026 Meal Program Survey.

The Financial Reality: In Fiscal Year 2025, the true cost to produce a meal at the Center was \$7.65. This included ingredients, supplies, and the salaries of our talented chef and cook. Even with this increase, the Center will continue to subsidize over 30% of the cost of every meal to ensure our program remains high-quality and affordable for our community.

The Power of Volunteers: It is important to note that these costs would be far higher, and likely unattainable, without the incredible dedication of our volunteers. While we have one paid staff member in the kitchen daily, the rest of our kitchen team is comprised entirely of volunteers. Their gift of time and labor is what truly allows this program to exist!

Your Feedback: We want to thank everyone who participated in the recent survey. Key findings included:

- **65% of respondents** believe the "fair value" of our meals is \$5.00 or higher.
- **70% of respondents** specifically stated they were comfortable paying more than the current \$4.00 rate to support the program.

Save with Punch Cards: All 5-meal punch cards purchased through Tuesday, June 30, 2026, will remain at the current \$20.00 price. These cards will be honored through December 31, 2026.

Our Commitment to You: We continue our efforts to provide every older adult in our community with access to a nutritious meal. If the new pricing creates a financial hardship for you or someone you know, please speak privately with Cheryl or myself. We are committed to ensuring that no one is ever turned away.

Thank you for utilizing and supporting our Center's meal program! Please reach out with any questions.

- *Bethany*

Important #s

Outreach & Social Services

Aging Services 978-537-7411
Home services and referrals

Behavioral Help 833-773-2445

CTI 978-459-0551
Home energy assistance program

Disaster Distress Helpline
800-985-5990
Or text Talk WithUS to 66746
SAMHSA: Substance Abuse and
Mental Health hotline, 24/7

**Executive Office of Aging &
Independence** 617-727-7750

Legal Services
800-342-5297
Assistance & referrals

Mass 211 (dial 211)
Community service referrals
Emotional support call 211 and
Choose the "call2talk" option

MA Safelink
877-785-2020
Domestic violence hotline

MOC 800-286-3441
Meals on wheels

National Suicide Prevention
800-273-8255 hotline 24/7
Support for those in distress

PACH- 978-925-9770
Food Pantry

Senior Abuse Hotline
800-922-2275
Report Elder abuse or neglect

SHINE 508-422-9931
Medicare Counseling

SNAP DTA (Grocery Help)
833-712-8027
Direct hotline for seniors

Veterans Service Officer
978-433-0342

Medicare Savings Programs



MSPs (formerly known as the MassHealth Senior Buy-In and Buy-In Programs) are programs that pay for some or all of the premiums, deductibles, copays, and coinsurance for Medicare beneficiaries. In Massachusetts, MSPs are run by MassHealth.

Many people qualify and do not realize it! Income limits are higher than you might expect.

If you would like more information, an application or help filling one out, please stop by the Center. Our Outreach Coordinator, Cheryl will be happy to assist you. Cheryl's typical schedule is Mondays, Tuesdays, Thursdays, and Fridays 8:30 AM to 2 PM.



Caregiver Support Group Wednesday, April 1st & May 6th at 2 PM

We are pleased to offer a Caregiver Support Group for those caring for a spouse, parent, family member, or friend. Caregiving can be meaningful and rewarding, but it can also bring stress, fatigue, and feelings of isolation. It is important for caregivers to have support as well.

Join Katherine Pecorelli, MS, BSN for a welcoming and confidential space where caregivers can talk openly about the challenges and rewards that come with supporting a loved one.

This group offers the opportunity to share experiences, connect with others who understand the caregiving journey, and learn helpful strategies for balancing caregiving responsibilities while also caring for yourself.

Whether you are new to caregiving or have been doing it for years, this group is a chance to step away for a moment, gain encouragement, and remember that you are not alone. All caregivers are welcome!

Center Trips & Featured Excursions

Trips with the Center's Mini Bus

Space is limited & reservations are first-come first-served. Call for information. 978-433-0326

Walmart - April 3 & 17 May 1 & 15

Van leaves Center at 10 AM. No Cost



**Museum of Fine Arts Boston
Friday, April 10**

Transportation Cost \$5, due at sign up.
Admission is \$30 payable at museum.
Lunch on your own. Van leaves center at 9 AM.
Returns at 4 PM



**Burlington Mall
Friday, April 24**

No Cost. Van leaves Center at 10 AM. Returns at 3 PM.

Worcester Art Museum



Friday, May 8

Guided Tour Cost \$ 27
Van leaves Center at 10 AM Return 3PM



**Frugal Fannies
Friday, May 22**

Transportation Cost \$5. Van leaves Center at 10 AM. Returns at 3 PM.
McDonalds stop on the way home.

Overnight Trips with Best of Times

**Break for Moose Sunday River Maine
October 8th to 10th**

\$855 Double/ \$1045 Single/\$836 Triple

- 2 nights deluxe accommodations at the Grand Resort Hotel at Sunday River
- 4 Meals
- Sunday River Festival
- Gondola ride to the top of North Peak
- Moose Safari
- Oxford Casino
- Deluxe Motor Coach Transportation



Day Trips with Best of Times

**Fosters Clambake & Beach Boys
Tribute Concert**

Tuesday, August 18

Best of Times Travel celebrates "America's Band" with the ultimate Beach Boys tribute show featuring The Driftwoods. The Driftwoods have been performing the greatest hits of the Beach Boys for over 20 years



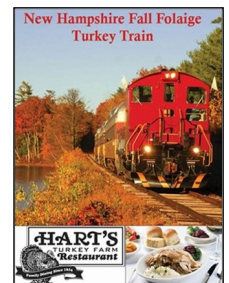
Meal Choice of Whole Boiled 1 1/4lb lobster or 1/2 BBQ Chicken. Also Included: Clam Chowder, Fresh Steamed Mussels, Fresh Maine Clams, Corn-on-the-Cob, Potatoes & Onions, Blueberry Cake, Rolls, Butter, & Beverage

\$135 includes motor coach, meal, entertainment, tax and gratuity

Turkey Train

Thursday, October 8

Enjoy the fall foliage as you travel by coach bus to Meredith NH where you will board the train for a ride along the shore of Lake Winnepesaukee. On board the train enjoy a delicious turkey luncheon provided by **Harts Turkey Farm.**



\$144 includes motorcoach, train ride, turkey lunch a mystery stop to "sweeten your day:"

**For all overnight and day trips:
Payment is required to reserve your spot.
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APRIL 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 12:00 Pork Loin 2:00 Caregiver Support	2 12:00 Pan Pizzas 12:30 Comic David Shikes 2:15 Living Alone	3 9:30 Breakfast Bus Walmart Appt. Podiatrist
6 12:00 Sirloin Burgers 12:45 Friends Mtg.	7 12:00 Grilled Ham & Cheese 1:00 Center Closes to the Public No Tai Chi class 3:00: Volunteer	8 Appt. Dementia Counselor 12:00 Baked Lasagna	9 12:00 Brunswick Stew 12:30 Paint w/Joan "Mountains" 1:00 Technology Talk	10 Bus Museum Fine Arts, Boston 9:30 Breakfast 11:30 Art w/ Sahar
13 10:30 Gateway Craft: Basket Weaving 12:00 Meatball Subs	14 12:00 BLT 2:00 Red Cross Blood Drive	15 9:00 Dean's Help Desk 9:30 The Crow 10:00 Ask the Nurse 10:00 Therapy Dog 12:00 Roast Turkey 12:00 Birthday Cupcakes	16 12:00 Italian Sausage	17 9:30 Breakfast Bus Walmart 1:00 Memories in Color 10:00 St. Joseph
20 CENTER CLOSED Patriot's Day	21 10:00 Hearing Tests 12:00 Pulled Pork Sandwich	22 9:30 Animal Petting Zoo 9:30 The Crown 12:00 Spaghetti	23 12:00 Chef's Selection 1:00 Cards w/Betty	24 9:30 Breakfast 10:00 Declutter Talk Bus Burlington Mall 11:30 Art w/ Sahar
27 10:00 Grief Support 10:30 Gateway Craft: Bird Suncatchers 12:00 Turkey/biscuits	28 12:00 Fish Burger 12:30 Living Peace	29 9:30 The Crown 12:00 Chicken Cacciatore	30 12:00 Stuffed Peppers	May 1 9:30 Breakfast



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DOMESTIC RELATIONS

PROBATE

CRIMINAL DEFENSE

"Toughness doesn't always wear a tie"

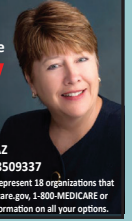
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I do not offer every plan available in your area. Currently I represent 18 organizations that offer 48 products in your area. You may also contact Medicare.gov, 1-800-MEDICARE or your local State Health Insurance Program (SHIP) to get information on all your options.



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Pepperell Council on Aging, Pepperell, MA

06-5312

Friends

of the Pepperell Seniors

Next membership meetings

Monday, April 6 and May 4 at 12:45 pm

Next board meeting is Monday April 27 at 1 pm

Yard Sale: The Friends are collecting items for our indoor yard sale on Sat May 2, 7:30 to 12 noon and on Sun May 3, 8 am to 11 am. Donations can be dropped off at the Center on Wed, April 29, 9 am to 4 pm; on Thurs, April 30, 9 am to 6 pm; and on Friday May 1, 9 am to 5 pm. NO toys or games (donate these to the Library), NO TVs, monitors, computers or laptops, and NO Christmas trees. All items must be clean, fully functional, and in resalable condition. Thank you in advance for your donations to help support us in this fundraiser.

Friends of the Pepperell Seniors Membership Form

Membership runs from April 1st to March 31st

Choose:

___ **Active** (attend meetings, vote and volunteer):

Single \$8.00 ___ Couple \$15.00 ___

___ **Patron** (non-active/non-voting/supporter):

Single \$8.00 ___ Couple \$15.00 ___

___ Donation \$ _____

1st Name _____ DOB _____

2nd Name _____ DOB _____

Address _____

Preferred Phone # _____

Email _____

Make check payable to: Friends of the Pepperell Seniors, Inc.

Mail to: P.O. Box 1555, Pepperell, MA 01463 OR Leave at the front desk

rev 1/2026

Save the Date

Red Cross Blood Drive
Memorial Day Lunch
Car Show
Rotary Cookout

Saturday May 23
Wednesday May 20
Tuesday June 2
Tuesday July 14

Look for details and sign up information in future newsletters!

Staff & Board

Director - Bethany Loveless

bloveless@town.pepperell.ma.us

Assistant Director &

Outreach Coord. - Cheryl Balkan

cbalkan@town.pepperell.ma.us

Activities Coord. - Jennifer Griffith

jgriffith@town.pepperell.ma.us

Administrative - Laura Francis

lfrancis@town.pepperell.ma.us

Chef - Garry Warren

Cook - Deborah Nocella

MOW Coordinator - Bob Conlon

Van Scheduler

Sue Casserly (volunteer)

Van Drivers - Neil Cadogan,

James Casserly & Judy Compobasso

Maintenance - John Bradbury

Council on Aging Board Meeting

Thursday April 9 at 1:00pm

All Welcome!

Chair - Katherine Pecorelli

Vice Chair - Peter Nordberg,

Secretary - Joanna Reagan

Members: Irene Leddy, Phil Durno, Nancy Lebedzinski, & Janice Horne