

ALL PROGRAMS FREE FOR FAMILIES



MAY 2024

The FRC is open
 Mon–Fri,
 9 a.m.–5 p.m.
 and on 1st & 3rd
 Saturdays
 9 a.m.–12 p.m.



CLINICAL
 & SUPPORT
 OPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Drop-Ins Welcome! Pre-registration is required for * events! (978) 730-1275</p>			<p>*11-12 Book Club</p> <p>1</p>	<p>4-7 Munch & Move-Tully Lake</p> <p>2</p>	<p>9:30-11 Dad & Me 10-11 Walking Club</p> <p>3</p>	<p>9-12 Scavenger Hunt</p> <p>4</p>
<p>5</p>	<p>10-11 Grandparents Raising Grandchildren Support Group</p> <p>6</p>	<p>10-11 Beginners Workout Session 3:30-4:30 Color By Number 4-5 Parent Chat</p> <p>7</p>	<p>*11-12 Book Club 4:30-5:30 Lawn Activities</p> <p>8</p>	<p>*5-6 Family Dinner: Pizza!</p> <p>9</p>	<p>10-11 Walking Club 3:30-4:30 Mother's Day Craft 10-11 Kinship Support Group</p> <p>10</p>	<p>11</p>
<p>12</p>	<p>10-11 Infant/Toddler Storytime 5-7 Family Fun Resource Event-Dunn Park</p> <p>13</p>	<p>10-11 Beginners Workout Session 3:30-4:30 Color By Number</p> <p>14</p>	<p>*11-12 Book Club</p> <p>15</p>	<p>3-5 Penny Candy Store! *5:30-6:30 Apartment Searching Tips Presentation 5:30-6:30 Chess Club</p> <p>16</p>	<p>9:30-11 Dad & Me 10-11 Walking Club</p> <p>17</p>	<p>9-12 Breakfast N' Bubbles</p> <p>18</p>
<p>19</p>	<p>10-11 Grandparents Raising Grandchildren Support Group</p> <p>20</p>	<p>10-11 Beginners Workout Session 3:30-4:30 Color By Number 4-5 Parent Chat 6-7 Teen Tuesday</p> <p>21</p>	<p>*11-12 Book Club 4:30-5:30 Lawn Activities</p> <p>22</p>	<p>3:30-4:30 Mindful Journaling</p> <p>23</p>	<p>10-11 Walking Club 10-11 Kinship Support Group</p> <p>24</p>	<p>25</p>
<p>26</p>	<p>10-11 Infant/Toddler Storytime</p> <p>27</p>	<p>10-11 Beginners Workout Session 3:30-4:30 Color By Number</p> <p>28</p>	<p>*11-12 Book Club</p> <p>29</p>	<p>5:30-6:30 Meditation with Lise 5:30-6:30 Chess Club</p> <p>30</p>	<p>9:30-11 Dad & Me 10-11 Walking Club</p> <p>31</p>	

PROGRAM DESCRIPTIONS

YOUTH SUPPORT

Infant/Toddler Storytime — *Multiple Staff*
Storytime or playtime for infants and toddlers.
Mondays, 5/13 & 5/27 @ 10AM

Dad & Me—*Cathy*
Playgroup for male caregivers and their preschool aged children. **Fridays, 5/3, 5/17, & 5/31 @ 9:30AM**

CAREGIVER SUPPORT

Grandparents Raising Grandchildren — *Cathy*
Support for grandparents who provide primary care. **Mondays, 5/6 & 5/20 @ 10AM**

Kinship Support Group — *Cathy*
Meet other kinship caregivers and explore various topics around raising children.
Fridays, 5/10 & 5/24 @ 10AM

***Book Club** — *Tammy*
Books available at the center from the Gardner Library. **Wednesdays @ 11AM**

Parent Chat — *Tammy*
A time to talk about current issues that interest parents. **Tuesdays, 5/7 & 5/21 @ 4PM**

Walking Club— *Lise*
Enjoy an hour of walking and talking outside in the nice weather! **Fridays, @ 10AM**

EDUCATION

Chess Club — *Matt*
Practice logic and thinking. All skill levels welcomed! **Thursdays, 5/16 & 5/30 @ 5:30PM**

FAMILY ACTIVITIES

****Family Dinner** — *Multiple Staff*
Join us for Family Dinner! This Month: Pizza!
Thursday, 5/9 @ 5PM

Color by Number— *Multiple Staff*
Come for a snack and color! **Tuesdays, @ 3:30PM**

Lawn Activities— *Multiple Staff*
Soak in the sun (weather pending) with snacks and outdoor games! **Wednesdays, 5/8 & 5/22 @ 4:30PM**

Scavenger Hunt— *Multiple Staff*
Join FRC staff at Dunn Park (weather pending) for a scavenger hunt! **Saturday, 5/4 @ 10AM**

****Breakfast N' Bubbles**— *Multiple Staff*
Come join us for a light breakfast followed by fun with bubbles! **Saturday, 5/8 @ 9AM**

Penny Candy Store— *Alydia*
Bring friends and family to our FREE “candy store”! Followed by a family friendly movie!
Thursday, 5/16 @ 3PM

Family Fun Resource — *Multiple Staff*
Join the FRC staff at Dunn Park for a family fun event with a variety of resources. **Monday, 5/13 @ 5:00PM**

Munch & Move— *Multiple Staff*
Free event for families to play games, get resources and have fun together! **Thursday, 5/2 @ 4PM, at Tully Lake, Orange, MA**

LIFE SKILLS

Beginners Workout Sessions— *Summer & Tammy*
Follow along with pre-recorded videos for a full body workout! All fitness levels welcomed!
Tuesdays, @ 10AM

****Apartment Searching Tips**—*Tina Landry*
Join relator Tina Landry in learning the in’s and out’s of finding an apartment for you! **Thursday, 5/16 @ 5:30PM**

Meditation with Lise—*Lise*
Join Lise for an hour of meditation and relaxation.
Thursday, 5/30 @ 5:30PM

Mindful Journaling— *Lise*
A time to journal and relax. **Thursday, 5/23 @ 3:30PM**

ARTS

Mother’s Day Craft — *Alydia*
Bring your creativity to the FRC and join us in making a craft for Mother’s Day! **Friday, 5/10 @ 3:30PM**

TEEN ACTIVITIES

Teen Tuesday—*Multiple Staff*
A time for teens to hangout and play PS5 & board games! **Tuesday, 5/21 @ 6PM**



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Gardner Family Resource Center
205 School Street, Suite 301, Gardner
978-730-1275

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