

ALL PROGRAMS FREE FOR FAMILIES

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

NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Drop-Ins Welcome! (But pre-registration is requested for activities marked with *) 978-730-1275</p>					<p>1-2 Walking and Exercise Hour</p> <p style="text-align: right;">1</p>	<p>9-12 Bingo and Breakfast</p> <p style="text-align: right;">2</p>
<p style="text-align: right;">3</p>	<p>10-11 Infant Toddler Story & Play time</p> <p style="text-align: right;">4</p>	<p>FRC OPENS AT 12PM</p> <p>3:30-5 Healthy Holiday Eating with Nurse Kristy</p> <p style="text-align: right;">5</p>	<p>*11–12 Book Club</p> <p>3-5 Art Club</p> <p style="text-align: right;">6</p>	<p>*5:30-7:30 Active Parenting — 0 to 5 Years (Hybrid)</p> <p style="text-align: right;">7</p>	<p>1-2 Walking and Exercise Hour</p> <p>3:30-4:30 Father’s Friday</p> <p style="text-align: right;">8</p>	<p style="text-align: right;">9</p>
<p style="text-align: right;">10</p>	<p>10-11 Grandparents Raising Grandchildren Support Group</p> <p>1-2 Tinfoil Balloons</p> <p style="text-align: right;">11</p>	<p>4-5 Color By Number</p> <p>4-5 Parent Chat</p> <p style="text-align: right;">12</p>	<p>*11-12 Book Club</p> <p>3-5 Homework Club</p> <p style="text-align: right;">13</p>	<p>*5:30-7:30 Active Parenting — 0 to 5 Years (Hybrid)</p> <p>6-7 Financial Literacy Training: Budgeting for rent and mortgage preparation</p> <p style="text-align: right;">14</p>	<p>1-2 Walking and Exercise Hour</p> <p style="text-align: right;">15</p>	<p>9:30-12 Tasty Turkey Games</p> <p style="text-align: right;">16</p>
<p style="text-align: right;">17</p>	<p>10-11 Infant Toddler Story & Play time</p> <p style="text-align: right;">18</p>	<p>6-7 Teen Tuesday</p> <p style="text-align: right;">19</p>	<p>*11-12 Book Club</p> <p>3-5 Art Club</p> <p style="text-align: right;">20</p>	<p>5:30-6:30 Family Dinner This month: Thanksgiving!</p> <p style="text-align: right;">21</p>	<p>1-2 Walking and Exercise Hour</p> <p>3:30-4:30 Father’s Friday</p> <p style="text-align: right;">22</p>	<p style="text-align: right;">23</p>
<p style="text-align: right;">24</p>	<p>10-11 Grandparents Raising Grandchildren Support Group</p> <p>1-3 STEM Workshop</p> <p style="text-align: right;">25</p>	<p>12-1 MART Presentation</p> <p>4-5 Color By Number</p> <p>4-5 Parent Chat</p> <p style="text-align: right;">26</p>	<p>*11-12 Book Club</p> <p>1-2 Thanksgiving Crafting</p> <p>3-5 Homework Club</p> <p style="text-align: right;">27</p>	<p>FRC CLOSED IN OBSERVANCE OF THANKSGIVING</p> <p style="text-align: right;">28</p>	<p>FRC CLOSED IN OBSERVANCE OF DAY AFTER THANKSGIVING</p> <p style="text-align: right;">29</p>	<p style="text-align: right;">30</p>

PROGRAM DESCRIPTIONS

YOUTH SUPPORT

Infant / Toddler Storytime — *Multiple Staff*

A time for caregivers to enjoy a story or play with their infant and toddler aged children.

Mondays, 11/4, 11/18 @ 10-11am

Teen Tuesday — *Tammy & Kristan*

A time for teens to hang out and play PS5 & board games! **Tuesday, 11/19 @ 6pm**

Homework Club — *Multiple Staff*

A supportive environment for students and parents to complete their homework and receive help with assignments. **Wednesdays, 11/13, 11/27 @ 3-5pm**

Art Club — *Tammy & Kristan*

Create and explore art through fun projects. All skill levels welcome! **Wednesdays, 11/6, 11/20 @ 3-5pm**

Color By Number — *Kristan*

Come color and enjoy a snack!

Tuesdays, 11/12, 11/26 @ 4-5pm

CAREGIVER SUPPORT

Grandparents Raising Grandchildren — *Cathy*

Support for Grandparents who provide primary care.

Mondays, 11/11, 11/25 @ 10-11am



CLINICAL
& SUPPORT
OPTIONS

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

*Book Club (Hybrid) — *Tammy & Kathy*

Come discuss the book of the month and enjoy lunch! Books available at the FRC through the Gardner Library. **Wednesdays, @ 11am**

Email tammy.goodgion@csoinc.org for the zoom link!

Parent Chat — *Multiple Staff*

A time for parents to talk about the successes and challenges of raising children. New focus topic each week! **Tuesdays, 11/12, 11/26 @ 4-5pm**

*Active Parenting — *Cathy & Lise*

Join other parents in this 6-week parent-positive, strengths-focused group. Registration required.

Thursdays, 11/7, 11/14 @ 5:30-7:30pm

Father's Friday — *Cathy & Tammy*

A forum where fathers can meet and talk about fatherhood. New focus topic each week!

Fridays, 11/8, 11/22 @ 3:30-4:30

LIFE SKILLS

Walking and Exercise Hour — *Multiple Staff*

Follow along with pre-recorded videos for low impact exercises or a walk outside, weather permitting. All fitness levels welcome! **Fridays @ 1pm**

*Healthy Holiday Eating — *Tammy*

Join us for tips on healthy holiday eating. Discover mindful strategies to enjoy festive treats while maintaining your wellness goals with Nurse Kristy!

Tuesday, 11/5 @ 3:30-5

*MART Presentation — *Multiple Staff*

Come learn about your local public transportation options with MART, such as buses and on-demand services like Evening Rides. **Tuesday, 11/26 @ 12pm**

*Financial Literacy Training: Budgeting for Rent and Mortgage Preparation — *Multiple Staff*

Join ThinkinGenWealth for a free training session at the Gardner FRC. This session is tailored towards understanding how to effectively manage their finances, in preparation for significant expenses like rent and mortgage payments.

Thursday 11/14 @ 6-7pm

FAMILY ACTIVITIES

*Family Dinner — *Lise & Kristan*

Join us for family dinner! This month: Thanksgiving

***Registration Requested** (please let us know of any dietary needs.) **Thursday 11/21 @ 5:30-6:30**

STEM Workshop — *Multiple Staff*

Join our STEM Workshop for hands-on fun exploring science and engineering in an interactive way!

Monday 11/5 @ 1-3pm

Tinfoil Balloons — *Kristan & Tammy*

Celebrate the 100th anniversary of the Macy's

Thanksgiving Day Parade by making your own balloons!

Monday 11/11 @ 1-2pm

*Bingo & Breakfast — *Kathy & Lise*

Come have breakfast and play some bingo!

Saturday 11/2 @ 9-12pm

*Tasty Turkey Games — *Tammy & Kristan*

Play fun games to earn raffle tickets to snag essential ingredients for your holiday feast.

Celebrate the season with items you need for a memorable holiday meal! Drawings held at 11:45.

Saturday 11/16 @ 9:30-12

CSOINC.ORG