

ALL PROGRAMS FREE FOR FAMILIES

AUGUST 2026

The FRC
is open
Mon–Fri,
9 a.m.–5 p.m.
Call for details!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 FRC Drop-In Visitors Are Always Welcome! But pre-registration is required for groups with an *. Use the QR code to register. Or call (978) 730-1275.						1
2	9-10 Exercise Hour 3	*9:30-11:30 Active Parenting Birth to Five *4-5 Kids Art & Game Group for Ages 5-8 4	*11-12 Book Club 5	*4-5 Kids Art & Game Group for Ages 9-12 5:30-8 National Night Out at Gardner High School 6	10-11 Infant/Toddler Story & Playtime 4-5 Chess Club 7	*10-12 Make Your Own Derby Car 8
9	9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens 10	*9:30-11:30 Active Parenting Birth to Five *4-5 Kids Art & Game Group for Ages 5-8 11	*10-11 Grandparents Day Breakfast *11-12 Book Club 4-5 Art Hour 5-6 Cyber Safety Presentation (Virtual) 12	*4-5 Kids Art & Game Group for Ages 9-12 *5-6 Family Dinner 13	*12-2 Back to School Party 14	15
16	9-10 Exercise Hour *11-1 Picnic at the Park 17	*9:30-11:30 Active Parenting Birth to Five *4-5 Kids Art & Game Group for Ages 5-8 18	*11-12 Book Club 19	*4-5 Kids Art & Game Group for Ages 9-12 20	10-11 Infant/Toddler Story & Playtime 4-5 Chess Club 21	*10-12 Mason Bee House Painting 22
23/30	9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens (8/24) 24/31	*9:30-11:30 Active Parenting Birth to Five *4-5 Kids Art & Game Group for Ages 5-8 25	*11-12 Book Club *4-5 Art Hour 26	*9:30-11:30 Active Parenting of Teens *4-5 Kids Art & Game Group for Ages 9-12 27	*12-1 Lunch & Learn: How Your Co-Parenting Relationship Shapes Your Child's Emotional Health 28	29

PROGRAM DESCRIPTIONS

FAMILY ACTIVITIES

***Make Your Own Derby Car** — *Connor & Cathy*
Join us for a chance to put together your very own derby car! Supplies and instruction will be provided!

Saturday 8/8, 10am-12pm

***Call or email us to register in advance!**

***Grandparents Day Breakfast** — *Multiple Staff*
Join us for a special Grandparents Day Breakfast! Grandparents and their families are invited to enjoy a morning together filled with good food, conversation, and quality family time. We look forward to sharing this special morning with you!

Wednesday 8/12 from 10-11 am

***Call or email us to register in advance!**

***Family Dinner** — *Multiple Staff*
This month we will be having a build your own mac and cheese bowl dinner!

Thursday 8/13 from 5-6 pm

***Call or email us to register in advance!**

***Mason Bee House Painting** — *Summer & Kathy*
We will be providing some Mason Bee House supplies to attract pollinators to your yard or garden. We hope you'll stop by to join in and paint your own.

Saturday 8/22 from 10am-12pm

***Call or email us to register in advance!**

YOUTH SUPPORT

***Kids Art & Game Group** — *Multiple Staff*
Attend for fun art projects, exciting games, and a chance to express your creativity!

***Must register in advance with the CSO Clinic**

***Tuesdays: Ages 5-8, Thursdays: Ages 9-12 from 4-5 pm**

Art Hour — *Multiple Staff*

Create and explore art through fun projects. All ages & skill levels welcome!

Every other Wednesday from 4-5 pm

Chess & Board Games Club — *Connor*

Join us for fun and friendly competition playing chess and other games.

Every other Friday from 4-5 pm

***Board Games & Social Skills for Teens** — *Multiple Staff*

Boost communication, teamwork, and problem solving while having fun with friends in an engaging board game environment.

***Must register 1 week in advance with the CSO OP Clinic. Every other Monday from 4-5 pm**

EDUCATION

***Active Parenting of Teens** — *Connor & Tammy*
Active Parenting of Teens is a six-session video and discussion program designed to help parents navigate the challenges of raising teens with confidence. The series offers practical strategies for fostering responsibility, independence, and stronger family relationships. Participants will learn respectful discipline techniques, effective communication skills, and ways to help prevent risky behaviors.

***Begins Thursday 8/27 9:30-11:30 am, (Hybrid) Registration Required!**

***Active Parenting: Birth to Five** — *Kelley & Summer*
Your child's first few years are so important! Learn how to make the most of them! This course will show you how to nurture your child with a "just right" combination of freedom and nonviolent discipline.

***Registration Closed! Tuesdays 9:30-11:30 am (Hybrid)**

CAREGIVER SUPPORT

Grandparents Raising Grandchildren — *Cathy & Tammy*

Support for Grandparents who provide primary care.
Every other Monday from 10-11 am (Hybrid)

***Book Club** — *Kathy*

Come discuss the book of the month and enjoy lunch!

Wednesdays 11 am — 12 pm

LIFE SKILLS

Exercise Hour — *Tammy & Meredith*

This program features pre-recorded exercise videos with a variety of options such as yoga, low-impact aerobics, chair exercises, stretching, and more. All fitness levels welcome. Child care available upon request.

Mondays from 9-10 am

Cyber Safety Presentation (Virtual) — *Cathy*

This presentation includes topics such as defining bullying and the various forms of harassment, including cyberbullying. Will inform parents/caregivers and youth of current issues encountered when using social media, the legal ramifications of harassment, and dangers of AI and Chat GPT. Internet safety tips are provided, along with addressing how your personal use of social media can affect your future opportunities and personal relationships. District Attorney Early's Office will also provide tips for parents/caregivers and youth on how to make good choices online.

***Wednesday 8/12 from 5-6 pm**

Virtual link will be provided by Cathy

***Lunch & Learn: How Your Co-Parenting Relationships Shapes Your Child's Emotional Health** — *Summer*

Your relationship with your co-parent is one of the most powerful influences on your child's emotional, behavioral, and academic well-being. Ongoing conflict between parents can increase stress for children, while strong, supportive co-parenting can reduce anxiety and improve overall adjustment. This conversation will help you strengthen your co-parenting relationship. Lunch will be provided, childcare on request.

***Registration is required! Friday 8/28, 12-1 pm**

Picnic at the Park

Monday, August 17th 11am-1pm

Join us for a picnic at Olivia Case Playground

Contact Us to Reserve a Place!



Gardner FRC

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