

ALL PROGRAMS FREE FOR FAMILIES

June 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
Drop-Ins Welcome! (But pre-registration is required for * groups) Call for more information.						9-12 Father's Day Dad Bag 1
2	10-11 Infant/Toddler Storytime 10-11 Grandparents Raising Grandchildren Support Group 3	10-11 Beginner's Workout 3:30-4:30 Color by Number 3:30-4:30 Parent Chat 4	*11-12 Book Club 5	*5:30-6:30 Community Legal Aid Presentation 6	10-11 Dad & Me 10-11 Walking Club 7	8
9	3:30-5 Summer Survival Guide for Caregivers 3:30-5 Movie Monday 10	10-11 Beginner's Workout 3:30-4:30 Color by Number 3:30-4:30 Parent Chat 11	*11-12 Book Club 4:30-5:30 Family Bingo 12	*5-6 Family Dinner (Registration REQUIRED) 13	10-11 Walking Club 3:30-4:30 Father's Day Craft 14	9-12 Breakfast & Backyard Games 15
16	10-11 Infant/Toddler Storytime 10-11 Grandparents Raising Grandchildren Support Group 17	10-11 Beginner's Workout 3:30-4:30 Color by Number 3:30-4:30 Parent Chat 6-7 Teen Tuesday 18	*11-12 Book Club 11-12 Paint by Sticker 19	5:30-6:30 DIY Suncatchers 20	10-11 Dad & Me 10-11 Walking Club 12-1 Tween Time 21	22
23/30	11-1 Movie Monday 24	10-11 Beginner's Workout 3:30-4:30 Color by Number 3:30-4:30 Parent Chat 25	*11-12 Book Club 5-7 Summer Kickoff Block Party @ Gardner Library 26	*2-3 Pottery Painting @ Art on The Rocks *10 Child Limit* 5:30-6:30 Meditation 27	10-11 Walking Club 12-1 Tween Time 28	29

PROGRAM DESCRIPTIONS

YOUTH SUPPORT

Infant/Toddler Storytime—*Multiple Staff*
Storytime or playtime for infants and toddlers.
Mondays, 6/3 & 6/17 @ 10AM

Dad & Me—*Cathy*
Playgroup for male caregivers and their preschool aged children. **Fridays, 6/7 & 6/21 @ 10AM**

Tween Time—*Multiple Staff*
A time for kids ages 9 to 13 to come together, enjoy lunch, chat, and make new friends!
Fridays, 6/21 & 6/28 @ 12PM

Teen Tuesday—*Multiple Staff*
A time for teens to hang out and play PS5 & board games! **Tuesday 6/18 @ 6PM**

CAREGIVER SUPPORT

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

Parent Chat —*Tammy*
A time for parents to talk about successes and challenges in raising children.
Tuesdays @ 3:30PM

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

Grandparents Raising Grandchildren —*Cathy*
Support for Grandparents who provide primary care. **Mondays, 6/3 & 6/17 @ 10AM**

Summer Survival Guide for Caregivers—*Lindsay*
Need some fresh ideas for navigating your child's free time over the summer? Join us for some tips and tricks! **Monday 6/10 @ 3:30PM**

ARTS

***Pottery Painting @ Art on The Rocks**
Join us to paint preselected pottery pieces! Pieces will be ready for pickup at the FRC, 1 week after painting! REGISTRATION REQUIRED

Father's Day Craft —*Multiple Staff*
Bring your creativity to make a craft for Father's Day! **Friday 6/14 @ 3:30PM**

DIY Suncatchers —*Multiple Staff*
Come and make a suncatcher for the summer time sun! **Thursday 6/13 @ 5:30PM**

Paint by Sticker—*Multiple Staff*
An hour of mess free fun and a snack!
Wednesday, 6/19 @ 11AM

FAMILY ACTIVITIES

***Family Dinner** —*Multiple Staff*
Join us for a family dinner! This month: chicken and pasta salad.
***REGISTRATION REQUIRED Thursday 6/11 @ 5PM**

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

Movie Monday—*Multiple Staff*
Come relax with a movie and some popcorn!
Monday, 6/10 @ 3:30PM & 6/24 @ 11AM (Lunch provided on the 24th)

Fathers Day Dad Bags—*Multiple Staff*
Drop in to the FRC to pick up a bag filled with everything you need to put together a craft with your child. Limit of 1 bag per child.
Saturday 6/1 @ 9AM

Breakfast & Backyard Games—*Multiple Staff*
Enjoy breakfast and games outside!
Saturday 6/15 @ 9AM

Family Bingo—*Multiple Staff*
Win some prizes and play some bingo with your family! **Wednesday 6/12 @ 4:30PM**

Summer Kickoff Block Party—*Multiple Staff*
Come to the Gardner Library for fun, games, and food! **Wednesday 6/26 @ 5PM**

LIFE SKILLS

***Community Legal Aid Presentation** —
Multiple Staff
Community Legal Aid provides free civil legal services to low-income and elderly residents of Central and Western Massachusetts.
Thursday 6/6 @ 5:30PM

Beginner's Workout —*Summer & Tammy*
Follow along with pre-recorded videos for a full body workout. All fitness levels welcomed!
Tuesdays @ 10AM

Meditation—*Lise*
Join Lise for an hour of meditation and relaxation.
Thursday 6/27 @ 5:30PM



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Gardner Family Resource Center
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