



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>29</b></p> <p>9:30am <b>Yoga</b></p> <p>11:00am <b>Alzheimer's Talk</b></p> <p>12:30pm <b>Chords and Piano</b></p> <p>2:00pm <b>Games</b></p> <p>2:00pm <b>Mahjong</b></p>	<p><b>30</b> <small>Meals on Wheels</small></p> <p>8:30am <b>Pickleball</b></p> <p>2:00pm <b>Bridge</b></p>	<p><b>1</b></p> <p>9:00am <b>Board Meeting</b></p> <p>9:30am <b>Yoga</b></p> <p>10:00am <b>Zoom Fitness</b></p> <p>12:30pm <b>Watercolors</b></p>	<p><b>2</b></p> <p>10:30am <b>Chair Yoga</b></p> <p>1:00pm <b>Open Studio</b></p> <p>2:00pm <b>Needlework</b></p> <p>2:00pm <b>Coloring Kits</b></p>	<p><b>3</b></p> <p>8:30am <b>Pickleball</b></p> <p>9:30am <b>Stretch &amp; Flow</b></p> <p>10:00am <b>Men's Group</b></p> <p>6:00pm <b>PAS Spring Show Reception</b></p>
<p><b>6</b></p> <p>9:30am <b>Yoga</b></p> <p>11:00am <b>Alzheimer's Talk</b></p> <p>12:30pm <b>Chords and Piano</b></p> <p>2:00pm <b>Games</b></p> <p>2:00pm <b>Mahjong</b></p>	<p><b>7</b> <small>Meals on Wheels</small></p> <p>8:30am <b>Pickleball</b></p> <p>2:00pm <b>Bridge</b></p>	<p><b>8</b></p> <p>9:30am <b>Yoga</b></p> <p>10:00am <b>Zoom Fitness</b></p> <p>1:00pm <b>Botanical Monoprints</b></p>	<p><b>9</b></p> <p>10:30am <b>Chair Yoga</b></p> <p>1:00pm <b>Open Studio</b></p> <p>2:00pm <b>Needlework</b></p>	<p><b>10</b></p> <p>8:30am <b>Pickleball</b></p> <p>9:30am <b>Stretch &amp; Flow</b></p> <p>10:00am <b>Men's Group</b></p>
<p><b>13</b></p> <p>9:30am <b>Yoga</b></p> <p>11:30am <b>Piano Chords</b></p> <p>12:30pm <b>Piano Games</b></p> <p>2:00pm <b>Games</b></p> <p>2:00pm <b>Mahjong</b></p>	<p><b>14</b> <small>Meals on Wheels</small></p> <p>8:30am <b>Pickleball</b></p> <p>8:30am <b>Footcare</b></p> <p>2:00pm <b>Bridge</b></p> <p>6:00pm <b>Town Meeting</b></p>	<p><b>15</b></p> <p>9:30am <b>Yoga</b></p> <p>10:00am <b>Zoom Fitness</b></p> <p>10:00am <b>Senior Hike</b></p> <p>10:00am <b>SHINE</b></p> <p>1:00pm <b>Book Club</b></p>	<p><b>16</b></p> <p>10:30am <b>Chair Yoga</b></p> <p>1:00pm <b>Open Studio</b></p> <p>2:00pm <b>Needlework</b></p>	<p><b>17</b></p> <p>8:30am <b>Pickleball</b></p> <p>9:00am <b>Food Pantry</b></p> <p>9:30am <b>Stretch &amp; Flow</b></p> <p>10:00am <b>Men's Group</b></p>
<p><b>20</b></p> <p>9:30am <b>Yoga</b></p> <p>11:30am <b>Piano Chords</b></p> <p>12:30pm <b>Piano Games</b></p> <p>2:00pm <b>Games</b></p> <p>2:00pm <b>Mahjong</b></p>	<p><b>21</b> <small>Meals on Wheels</small></p> <p>8:30am <b>Pickleball</b></p> <p>9:00am <b>Health Screenings</b></p> <p>2:00pm <b>Bridge</b></p>	<p><b>22</b></p> <p>9:30am <b>Yoga</b></p> <p>10:00am <b>Zoom Fitness</b></p> <p>12:00pm <b>Volunteer Appreciation</b></p>	<p><b>23</b></p> <p>10:30am <b>Chair Yoga</b></p> <p>1:00pm <b>Open Studio</b></p> <p>2:00pm <b>Needlework</b></p>	<p><b>24</b></p> <p>8:30am <b>Pickleball</b></p> <p>9:30am <b>Stretch &amp; Flow</b></p> <p>10:00am <b>Men's Group</b></p>
<p><b>27</b></p> <p>CLOSED FOR MEMORIAL DAY</p>	<p><b>28</b> <small>Meals on Wheels</small></p> <p>8:30am <b>Pickleball</b></p> <p>2:00pm <b>Bridge</b></p>	<p><b>29</b></p> <p>9:30am <b>Yoga</b></p> <p>10:00am <b>Zoom Fitness</b></p> <p>10:30am <b>Nursing Home Talk</b></p> <p>12:30pm <b>Watercolors</b></p>	<p><b>30</b></p> <p>10:30am <b>Chair Yoga</b></p> <p>1:00pm <b>Open Studio</b></p> <p>12:00pm <b>Monarch Butterflies</b></p> <p>2:00pm <b>Needlework</b></p>	<p><b>31</b></p> <p>8:30am <b>Pickleball</b></p> <p>9:30am <b>Stretch &amp; Flow</b></p> <p>10:00am <b>Men's Group</b></p>

SAVE  
THE  
DATE



## Let's Kickstart Summer Luncheon

Wednesday, June 12th at 12 Noon

Next month we'll start the summer season with a **Let's Kickstart Summer** lunch, a buffet meal for 50 seniors served at the Council on Aging. Menu will include 2 hot entrées (one vegetarian), green salad, dessert, and a drink. Space will be limited and registration is required (on a first-come-first-served basis. Watch the June newsletter for details and get your summer off to a great start!



## The TPS Butterfly Garden Is Moving

The TPS Butterfly Garden is moving to a very sunny site that is accessible, located on the west side of the school. Come and enjoy the butterflies, bees and hummingbirds, as well as the beautiful flowers and plants. Join us outside, meet a friend, and have a snack or cold drink.

**Community Garden Pollinator Prep Day**  
Saturday, May 4, 2024 9:00 am to 12 noon

**Community Garden Planting Day**  
Tuesday, May 28, 2024, from 9:00am to 12 noon

*Please consider donating any gardening tools that you do not need or no longer use. Thank you!*

**CONTACT: Dot Odgren, dotao@aol.com, 978-464-2017 and Karen Pellegrini, karenpellegrini1@gmail.com, 603-714-3558**

*The TPS Butterfly Garden was created in memory of kindergarten teacher, **Lisa Beaupre**, who loved her students and all butterflies.*



## Understanding Alzheimer's and Dementia

Monday, May 6th at 11:00am

This is **Part 2** of our presentations from the Alzheimer's Association. This session focuses on understanding the difference between Alzheimer's and dementia (they are not the same), Alzheimer's stages and risk factors, current research, and possible treatments available to address some symptoms. Links to Alzheimer's Association resources will also be provided. If you missed Part 1, please don't miss Part 2! Presenters are Princeton's own **Jodi Utter** and **Julie McMurray** of the Alzheimer's Association MA/NH Chapter **Call 978-464-5977 to register.**

## Wachusett Watershed Regional Recycling Center



Located at 131 Raymond Huntington Hwy, West Boylston, MA [www.wachusettearthday.org](http://www.wachusettearthday.org) or 978-464-2854

**Recycling Center Hours:**

- > Tuesdays from 9:00 to 11:00am
- > Thursdays from 4:00 to 6:00pm