

Operation Homefront (OH) provides emergency financial and other assistance to the families of our service members and wounded warriors.

www.operationhomefront.org

QiGong Mondays and Wednesdays @ 10:30 AM, online via Zoom Meditation Tuesdays @ 6:30 PM, in person **Bridge Club** Wednesdays @ 10:30 AM, in person Cribbage Club Second and Fourth Thursdays @ 6:00 PM

Go to www.lawrencelibrary.org and click on Event Calendar for more information

Lawrence Library



Employment and Volunteer Opportunities at Community Teamwork, Inc.

Community Teamwork was established in 1965 as part of President Lyndon B. Johnson's War on Poverty and the Economic Opportunity Act of 1964.

We mobilize resources for lowincome people, and today we serve over 50,000 people in 63 cities and towns in Middlesex and Essex counties.

Community Teamwork offers a rewarding work environment and understands that our employees are our greatest asset. We provide competitive salaries and generous benefits including medical, dental, and 401K plans, tuition reimbursement, and liberal vacation and sick leave policies.

We have grown to become one of the largest employers in the City of Lowell, employing over 500 full and part-time members of our community. To explore employment and volunteer opportunities, please visit www.commteam.org





ALBERT HARRIS CENTER

FITZ JUST RIGHT

FREE CLOTHING TO PEOPLE IN NEED. LOCALLY DONATED!

Tues. & Thurs. 2pm-5pm

or call 978-433-0326 for an appointment.





The Town of and Pepperell F

Big Brother and Big Sister Foundation

have created a new partnership to enable residents to easily donate their clothing, textile and small household items.



Bins will be placed at the Pepperell Transfer Station (for residents who obtain stickers ONLY) and at the Albert Harris Center for all residents. Please, no junk, soiled or unusable items.

95% of the clothing discarded each year is able to be reused or recycled.



We are making donating easy.
Residents can schedule a free
home pick up by calling
508-466-4590 or schedule
on-line at BBBSFoundation.org

Big Brother Big Sister
Foundation has been collecting
these items across Massachusetts
for 25 years.

Jennifer McGowan's **Creative Dance Center** Pepperell Recreation Department Where dance is for everyone and everyone can dance!

Fall Registration is Open

www.creative-dance.com

https://pepperellma. myrec.com



Tuesdays at Leda Lanes in Nashua, NH Cost is \$10

Concerned About Someone's Drinking?

Does someone's drinking bother you? Al-Anon is a support program for friends and relatives of alcoholics. Find online and in-person meetings in your local area at alanonma.org. For more information call 508-366-0556, Monday–Friday 9:00–4:00.

You are not alone.





With your library card, you can:

- Stream movies through Kanopy
- Get discount museum passes
- Check out a WiFi hotspot or a video game
- Get a kit to help start your first D&D campaign
- Download eBooks and eAudiobooks
- Learn a new language with Transparent Language
- Search the Boston Globe or New York Times archives

And so much more, all for free!

Lawrence Library ★ 15 Main Street, Pepperell, MA 978-433-0330 ★ www.lawrencelibrary.org

Writers Group facilitated by Patty Thorpe

Every Second & Fourth Tuesday at 6:00 pm in the Lyceum

Adult writers of all skill levels and genres are invited to share their work. Get inspiration, and receive constructive feedback in a supportive environment.

WEIGHT MANAGEMENT SUPPORT with Cheryl

EVERY OTHER THURSDAY @ 10AM

Sign up for this fun, interactive support group with the goal of losing weight and feeling better.

Call 978-433-0326 to sign up.



Albert Harris Center Announcements

If you would like to receive updates and online activity suggestions from the Albert Harris Center, tell us so in an email to:

COA@town.pepperell.ma.us

We will be happy to add you to our mailing list

Albert Harris Center 978-433-0326 37 Nashua Road, Pepperell, MA 01463



Are you over the age of 65?

IMPORTANT NUMBERS

- Elder Abuse Hotline 1-800-922-2275
- Executive Office of Elder Affairs 1-617-727-7750
- Fuel Assistance 1-978-342-4520
- Aging Services 1-978-537-7411
- Nashoba Nursing Service 1-978-425-6675
- PACH Food Pantry 1-978-925-9770
- SHINE Medicare Counseling 1-508-422-9931
- Meals on Wheels 1-800-286-3441



Albert Harris Center



Town of Pepperell BOARD OF HEALTH

health@town.pepperell.ma.us

COVID-19 VACCINE INFORMATION

PLEASE REFERENCE THE LINK BELOW FOR CURRENT VACCINE INFORMATION

www.mass.gov/covid-19-vaccine







Intro to Dungeons & Dragons

We'll meet *every Wednesday* from 6:30-8:00 p.m., beginning December 7th Open to ages 12+

Space is very limited - please register!

www.lawrencelibrary.org

The Lawrence Library 15 Main Street Pepperell, MA 978-433-0330



Albert Harris Senior Center 37 Nashua Rd, Pepperell, MA
Mondays @ 1:00 PM
Tuesday & Friday @ 10:30 AM
Call 978-433-0326 to sign up!

Free Class! BONE via Zoom BUILDERS

Light weight and slow movement exercises for increasing bone density!

You Have Options!



When you are having a mental health or addiction crisis, there are alternatives to hospital emergency departments or calling 911

Community-based Emergency Services Programs (ESP) and Mobile Crisis Intervention (MCI) are available 24/7.

1-800-977-5555

Call 1-877-382-1609 and enter your zip code to get the toll-free number for ESP/MCI services in your area or go to

www.masspartnership.com/esp

ALBERT HARRIS CENTER

Elaine's Exercise



MONDAYS AND FRIDAYS @ 11AM







Children living in more than 90 homeless shelters across MA count on our volunteers. Can they count on you?

Volunteer to Play

Can you spare 2 hours a week to play with homeless children in your local area and make a lifetime of difference?



Give. Volunteer. Connect.
Call 774.260.2612 or visit
Horizonschildren.org/playspace



Albert Harris Center

Weight Management Support

Monday, March 18th

Monday, April 22nd

Monday, May 20th

Nutritionist
Gwen Johnson R.D.





A STEWARD FAMILY HOSPITAL

About the Friends of Nashoba Valley Medical Center

The Friends of NVMC is an active, vital organization within Nashoba Valley Medical Center, open to all residents of the surrounding communities. The Friends manage the Gift Shop, the Boutique Sales, and conduct fundraising activities. These activities not only benefit hospital departments, but also provide scholarships to high school students and grants to Councils on Aging to benefit Senior Citizens.

For more information on the Friends, Call Kim at 978-784-9318 or Norma at 978-877-1086.





Representative Margaret Scarsdale

Office Hours at the Lawrence Library
15 Main St., Pepperell, MA

MONDAY, APRIL 29TH FROM 4 - 5PM

SPEAK WITH YOUR REPRESENTATIVES. THIS IS YOUR CHANCE TO ASK QUESTIONS AND HAVE YOUR VOICE HEARD!

Dial-a-Story

Call 978-755-2755

for stories, poetry, and jokes for all ages!



Try our fun new service make a free, local call, and
choose from a selection of
pre-recorded stories and
more. New content will be
added periodically.

RECUMBENT BIKES & A TREADMILL



THIS EQUIPMENT IS
AVAILABLE FOR
DAILY EXERCISE.
CALL 978-433-0326
TO SIGN UP!



Town of Pepperell BOARD OF HEALTH

health@town.pepperell.ma.us

COVID-19 VACCINE INFORMATION

PLEASE REFERENCE THE LINK BELOW FOR CURRENT VACCINE INFORMATION

www.mass.gov/covid-19-vaccine



Albert Harris Center BINGO! Cards & Cribbage Daily @ 9am- 11am Cribbage! Hand & Foot!



Greater Commonwealth Virtual School

Massachusetts Public School of Choice for Grades K-12

2024-2025 Application - NOW OPEN

FREE PUBLIC SCHOOL

Grades K-12

- Online Live classes grades K-12
- Flex (asynchronous) grades 6-12
 (Flex for grades 6-8 with administrative approval)

Additional Options for Grades 9-12

- Career Education
- Dual Enrollment at Greenfield Community College



413-475-3879

info@gcvs.org

PACH FOOD PANTRY

Drop off location:

Albert Harris Center

37 Nashua Rd.

Pepperell, MA

ALBERT HARRIS CENTER

DONATIONS NEEDED

THANK YOU!



- Paper Towels
- Napkins







Your TV station for information about Pepperell and surrounding towns

Public Events and Concerts, Educational, and Government Programs.

Come find us on:

- >WEB at www. PepperellChannel.org
- >ROKU ... search for "Pepperell Community Media"
- >FACEBOOK ... search for "Pepperell Community Media"
- Charter/Spectrum Cable TV ... click to Channels 192 & 194



Albert Harris Center

978-433-0326

Bonding Through Books

Book: Don't Sweat the Small Stuff

FRIDAYS @ 9AM

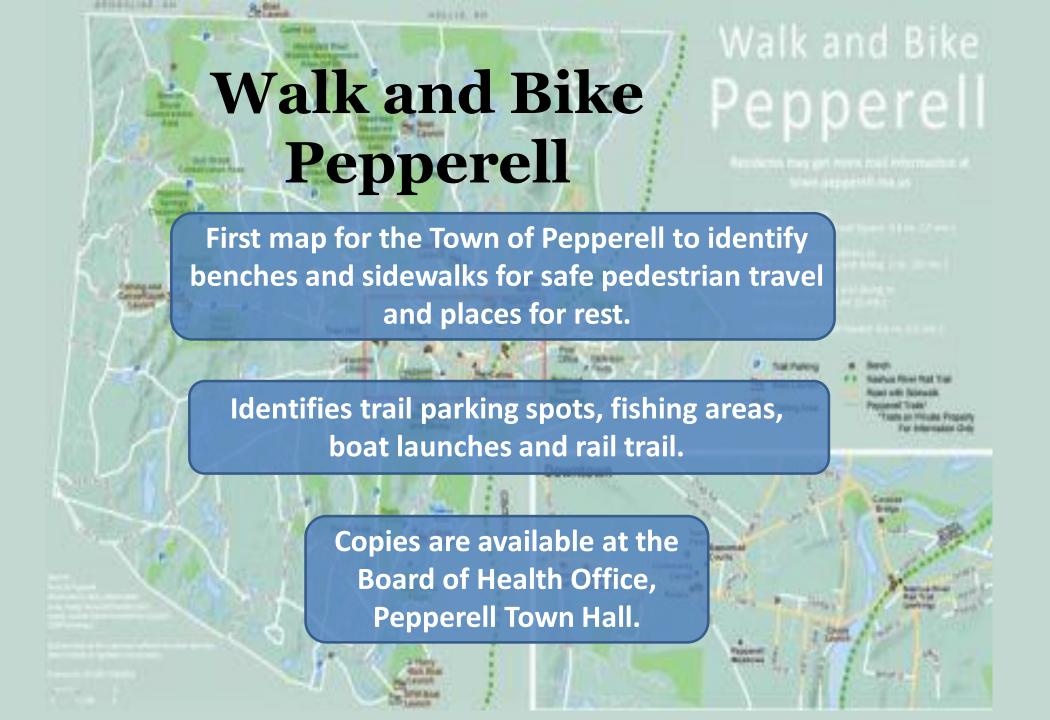
CONNECT THROUGH DISCUSSIONS

A chapter will be read out loud each week and then discussed in group.

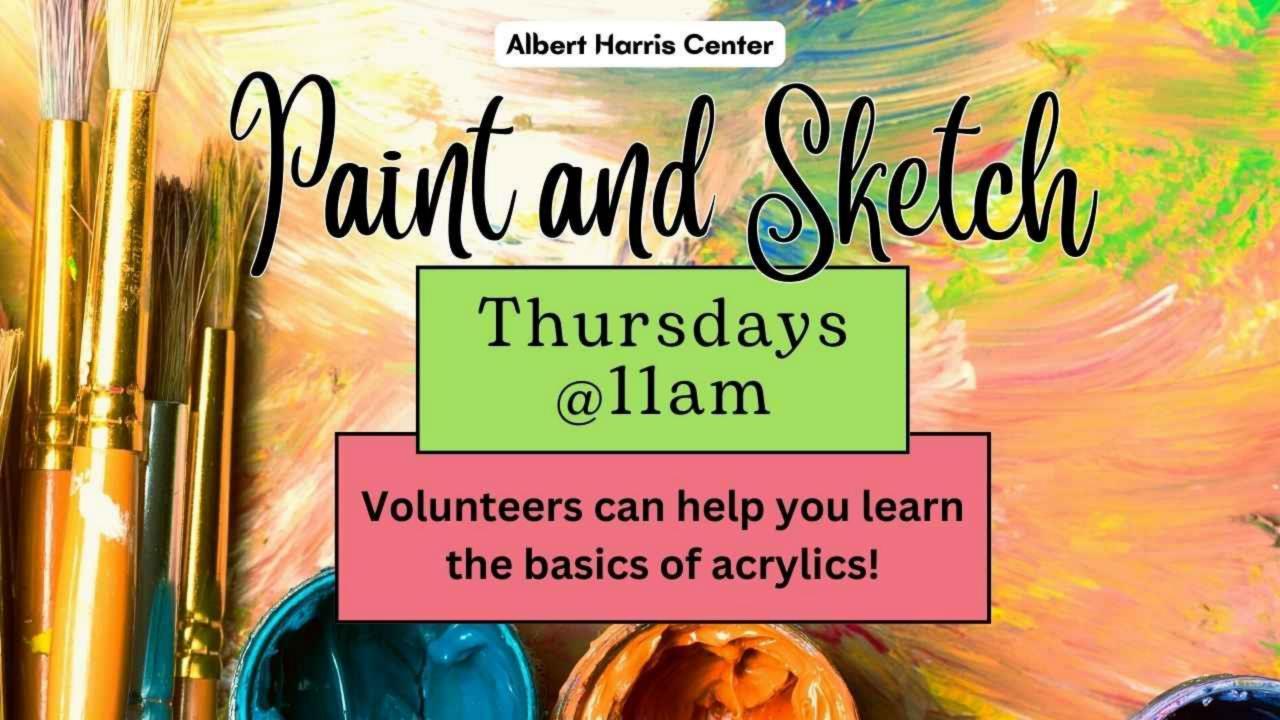
No need to purchase anything.

Join anytime!





NEW HAMPSHIRE humanities Connecting people with ideas www.nhhumanities.org **Digital Resources** Read Watch Listen



Live at the ANDRES INSTITUTE OF ART



CONCERT SERIES TO RAISE FUNDS FOR THE AIA.

SHOWS SUNDAY EVENING 6:00-8:00PM EXCEPT EARTH DAY SHOW

106 ROUTE 13, BROOKLINE, NH

MARCH 17 BEDFORD BIG BAND

APRIL 7 SAMIRAH EVANS

APRIL 20 EARTH DAY CONCERT SAT. 6-9PM MIGHTY COLORS & JAMDEMIC

APRIL 28 DIRTY CELLO

MAY 19 DARLIN' COREY

JUNE 23 SOGGY PO' BOYS

TICKETS: ANDRESINSTITUTE.ORG
CONCERT PAGE



We're committed to affordability! www.applewild.org



- ► AppleCore Scholarships for grades 4-7
- ► Early Childhood Scholarships for grade 2
 - **►** Enhanced Financial Aid



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Albert Harris Center cree!

FOIK
Dancing
with Nancy
Tuesdays @ 11em

Tuesdays @ 11am

ALBERT HARRIS CENTER

REIKI

BY APPOINTMENT

Tuesdays with Barbara Moura Fridays with Jane Breault

10 AM - 1 PM

CALL 978-433-0326 FOR AN APPOINTMENT

PROFESSIONAL PODCASTING & VIDEOGRAPHY

INTERNSHIPfor Sophomores and Juniors

- Learn to use professional cameras and audio gear
- Get a head start in broadcasting and media
- Create your own content, guided by the expertise of your local public access channel
- Get school credit for your work
- It's FREE

Contact Gerry Couper at gcouper@pepperellchannel.org





PACH Donations Needed!

Pepperell Aid from Community to Home

The Senior Center will continue to be a drop off location for PACH, our food pantry here in Town. They are currently in need of condiments and are always accepting donations of nonperishable items and canned goods. All items need to be new and non-expired.

There is a donation bin in the lobby for the donated items.



ALBERT HARRIS CENTER



Volunteers Needed!

LOOKING FOR:

- Wednesday Dunkin Donuts run
- Substitute Meals-on-Wheels Drivers
 - Front Desk Support
- Lunchtime Volunteer to collect money
 - Kitchen Clean-up Crew

Please contact Jennifer if interested! 978-433-0326



Every Tuesday @ 11:00am WALKING CLUB

Weather Permitting

Get some exercise and fresh air! Meet at the Town Field Walking Track at 11am to walk as a group!

LIVE@LAWRENCE LIBRARY

OPEN MIC LIVE CONCERTS

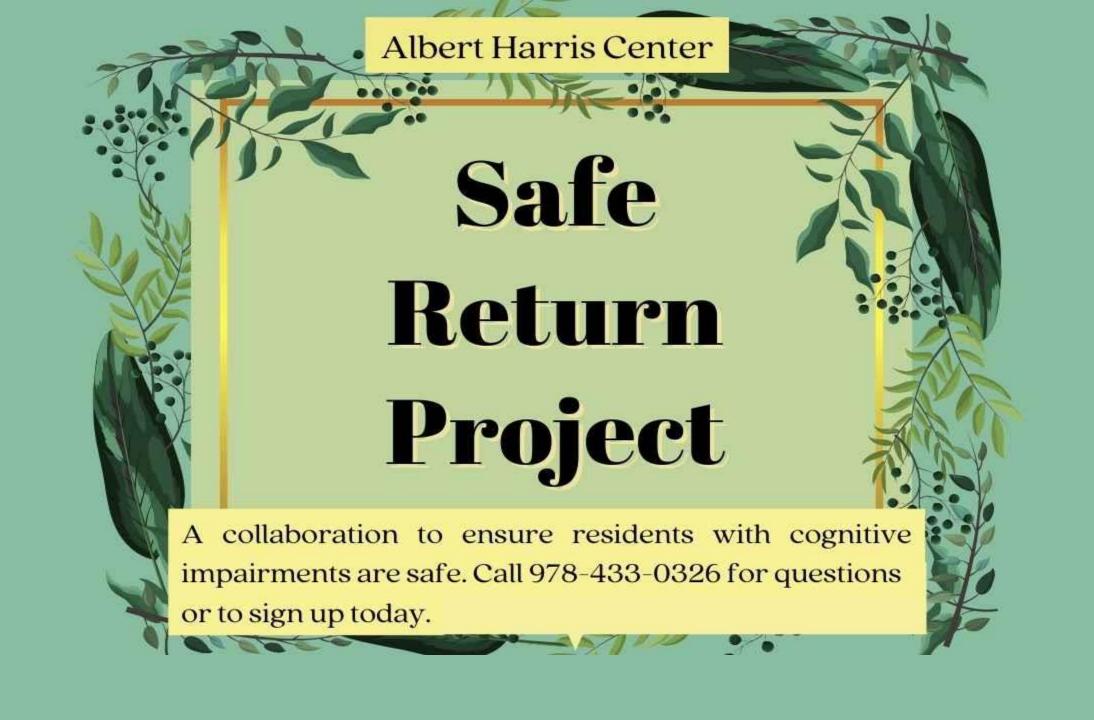
Free and open to the public

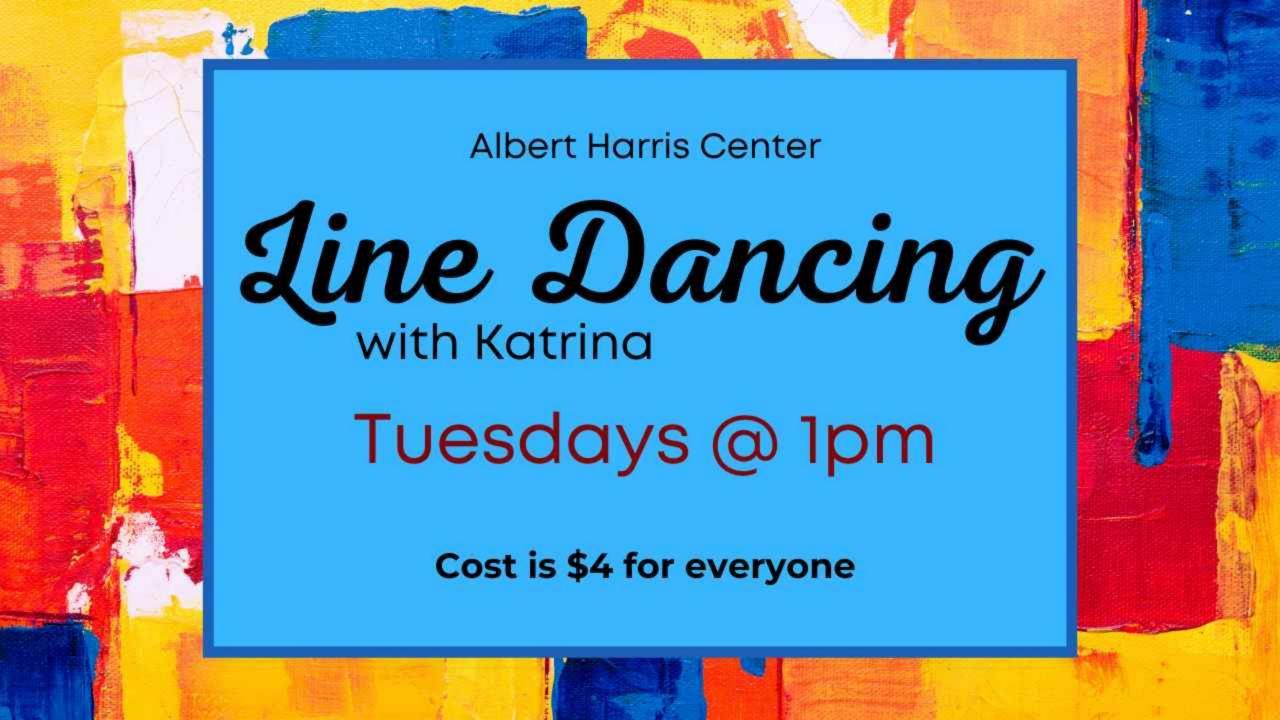
Doors open at 6:30 pm

Funded by the Friends of the Lawrence Library

3rd Friday of the month







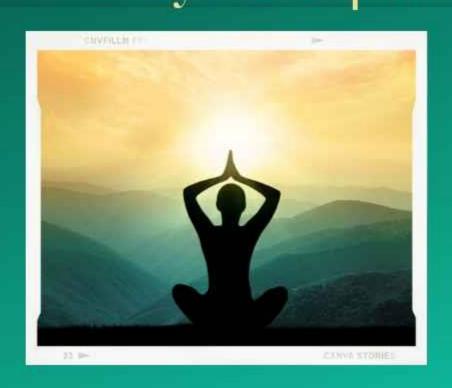
Albert Harris Center

Meditation

with Jeanelle

via zoom!

Mondays @ 2 pm







Every Wednesday 12:30 - 2pm



Confidential crisis chat at VeteransCrisisLine.net or text to 838255



HOT Imen

SERVED DAILY AT 12PM. PLEASE SIGN UP BEFORE 10AM DAY OF.

COST IS:

\$4 MON - THUR \$3 FRI

at the

Albert Harris Center

978-433-0326





Albert Harris Center

Ping Pong Fridays

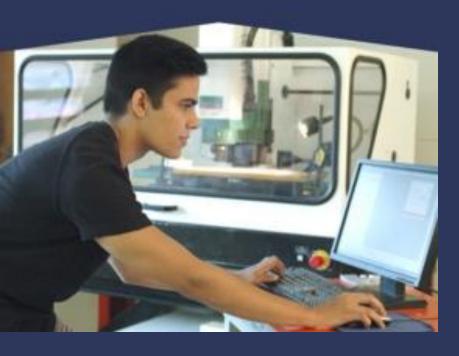
12:30 - 2pm

Call 978-433-0326 to sign up!



A plan for today, skills for tomorrow.

www.nashobatech.net 978.692.4711



The technical programs at NCTI offer a great way to take that first step into a rewarding and long-lasting career.

- Free Enrollment
- At-Work Learning
- Technical Certificate
- Licensure Preparation
- Career Support
- Industry Connections
- College Credit

For a complete list of technical programs, call 978.692.4711 x1115 or visit www.nashobatech.net for more information or to schedule a tour.

DEVENS HHW

Devens Regional Household Hazardous Products Collection Center

Open to residents and pre-qualified businesses of member towns only: Ashby – Ayer – Bolton – Clinton – Devens – Groton – Harvard – Lancaster Littleton – Lunenburg – Pepperell – Shirley – Stow - Townsend



Open the first Wednesday and the following Saturday, 9 AM to 1 PM, March to December, except for holidays and weather permitting

Some fees may apply. For info and list of acceptable items, visit www.devenshhw.com

We thank the Massachusetts Department of Environmental Protection for grant funding that helped establish this facility.



Albert Harris Center

978-433-0326

Cost for residents: \$3 Cost for out of town: \$4 Please call to sign up.

Yoga with Elise

THURSDAYS @9:00AM

In-person and online via Zoom!



R&R with Ronin

Relax or read with Ronin in the Art Gallery. First Wednesday of every month, 1:00 - 3:00 PM



All ages are welcome.
Children must be
accompanied by an adult.

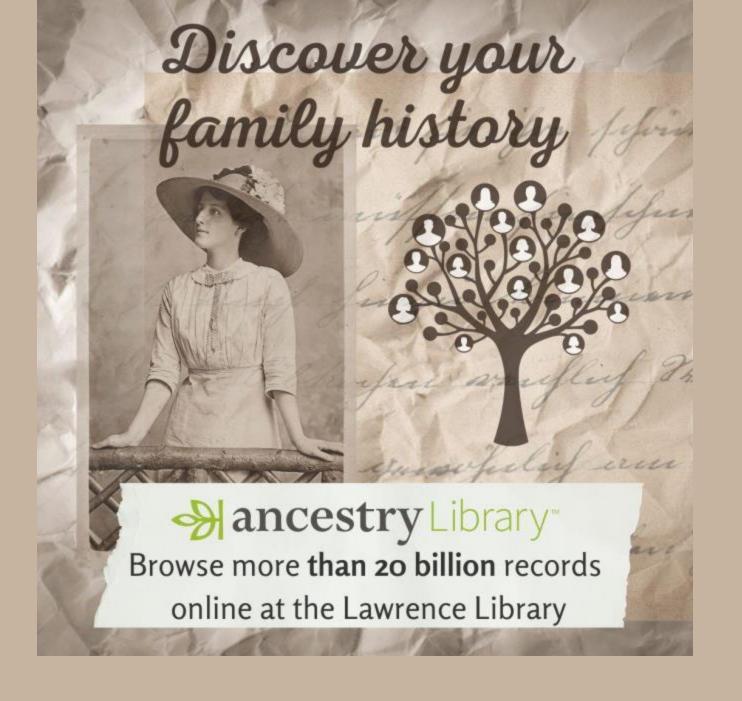




JWY BYC

Ronin is a trained therapy dog.

Librair 2 SIMILEINICE



Please join us

The Pepperell Cultural Council is looking for

new members

To learn more, visit

www.mass-culture.org

We support community-based arts, humanities, and science projects, promoting rich cultural experiences. Write to:
PCC
Town Hall
1 Main Street
Pepperell, MA
01463





TOWN OF PEPPERELL CABLE TELEVISION ADVISORY COMMITTEE

The Cable Television Advisory Committee is appointed by the Board of Selectmen of Pepperell to provide the residents of the Town of Pepperell a source of mediation and resolution between the subscriber and the cable television provider, currently Charter Communications.

<u>Procedure for submitting comments or complaints</u>

Cable television complaints should first be addressed to Charter Communications. Be sure to document the date, time, the person you spoke with, and specify that this is a complaint. If you are not satisfied, forward a copy of your documentation with a statement of your problem and the results to the Cable Television Advisory Committee at Town Hall or cabcom@town.pepperell.ma.us