



FROM THE DIRECTOR'S DESK...

I've been singing with an Adult Rock Choir at Groton Hill Music Center, and every time I walk into that beautiful building, I put my hand on my heart and take a moment to be thankful for being there. So much of life is about collecting happy moments when they come.

The two photos below capture such moments, so we wanted to share them with you — Sylvia Contover celebrated her 109th birthday last month, and Jean Dulac celebrated turning 100! And look at those beautiful smiles on their faces, and what JOY they are experiencing — gosh, isn't that what it's all about?

~Peace, Debi

I have just one day, today, and I'm going to be happy in it."

—Groucho Marx



FROM THE TOWN MANAGER...

Dear Residents,

As March arrives, we look forward to longer days and the first signs of spring. Daylight Saving Time begins on Sunday, March 8, so please remember to set your clocks ahead one hour. With this change, sunset on March 8 will be at 6:41 p.m., bringing us a welcome return of evening light as we approach the Spring Equinox.

The 2026 Annual Town Election will be held on Tuesday, April 7. Polls will be open from 7:00 a.m. to 8:00 p.m. Voters will have the opportunity to elect individuals to town-wide offices—including the Select Board, School Committee, Planning Board, and Library Trustee—as well as Town Meeting Representatives for their precincts.

The Town is seeking construction bids to replace the West Chelmsford Fire Station at Roberts Field and the South Chelmsford Fire Station at 295 Acton Road. Due to the construction work, these fire stations will be closed beginning on March 31st.

Wishing you a joyful Saint Patrick's Day and a bright, refreshing start to the spring season.

Paul Cohen



PLEASE NOTE: Tuesday, April 7, 2026

Due to the Annual Town Election, there will be **NO Congregate Lunch, Bingo or Table of Plenty** at the Senior Center. **Meals on Wheels WILL** be delivered. Other programs and activities will run.

The Chelmsford Senior Center is an open and welcoming community.

75 Groton Road, N. Chelmsford, MA 01863
Office Phone: 978-251-0533 | Office Hours: 8:30am—4:00pm
Email: dsiriani@ChelmsfordMA.gov | Website: www.ChelmsfordMA.gov

*Painting Class, Chair Yoga, Zumba, Line Dancing, Sit & Get Fit, Tai Chi Beginner & Advanced, Stand, Sit & Tone drop-in classes are FREE, January— March 2026, courtesy of the Friends of the Senior Center.

Alzheimer's/Dementia Caregiver's Support Group

(open to all): Meets on Zoom the 2nd and 4th Monday each month at 1pm. Call 978-251-0533.

Bingo! Every Tuesday at 1pm. *NOTE: MUST BUY BINGO CARDS BY 12:50pm.

Chelmsford Board of Health Blood Pressure Clinic:

Last Thursday of the month, 8:30am—10am.

Bone Builders: M/Th 9am; T/F 1pm; M/W 12:45pm.

All classes are FULL at this time.

Bridge: Contract Bridge Monday at 12:30pm; Duplicate Bridge Wednesday at 12:30pm; Duplicate Bridge **advanced** lessons Friday at 12:30pm, game at 1pm.

Buried in Treasures/Declutter Workshop: Contact April at 978-788-6174 or ahunt@chelmsfordma.gov for information.

Canasta: Tuesdays at 9:30am.

Chair Exercise Video: Wed. and Fri. at 9am. Free.

Chair Yoga: Tuesdays at 2:30pm, drop in, \$6.*

Chess: Tuesdays, 9am, intermediate/advanced play.

Chess Instruction: Thursdays, 9am—11am, free.

Companion Care: See page 7 for details.

Computer/Cell Phone Help: Call 978-251-0533 for appointment.

Coping & Connecting: Mental health support meets 2nd & 4th Tuesday of each month, 1pm. **Must register; call 978-640-4480 x290.**

Cribbage: Wednesdays at 1pm; Mondays at 6pm.

Fitness Room: 8:30am—3:30pm, M-F. Accepting new members! Paid membership required.

Five Crowns: Wednesdays at 10am.

Friends Café: Coffee and snacks for sale Monday—Friday 8:30am—11:30am. Soup and sandwich on Tuesdays until 1pm.

Fuel Assistance: Call 978-251-0533.

Grief Support Group: Tuesdays, February 10 – March 31, 6pm —7:30pm. Must register at 800-933-5593 or susan.toleos@tuftsmedicine.org.

Knitting: Thursdays at 1pm. Drop in!

Lesbian/Queer Women Meetup: 1st and 3rd Tuesdays, 6pm in the Senior Center Library. All ages.

LGBTQ & Friends Social Group (45 yrs+): 2nd and 4th Tuesdays, 6pm in the Senior Center Library.

Line Dancing: Wednesdays at 10am, \$3/class.*

Library: Books, magazines and puzzles to borrow.

Mah Jongg: Experienced players Wednesdays 12pm; Mix of experienced & beginners Thursdays 1pm, new players welcome.

Meals on Wheels: Hot, nutritious meals delivered to home-bound seniors by dedicated volunteers. Call 978-251-0533.

Medical Equipment Loan: Wheelchairs, walkers, commodes, canes and shower chairs to borrow.

Call 978-251-0533 for medical equipment donation arrangements.

Merry Widows Group: Drop in for socialization and upbeat conversation. Wednesdays, 1 pm.

Mexican Train Dominoes: Tuesdays, 1pm.

Newsletter: Free to 60+ in Chelmsford and by email; \$8 per year for out-of-town subscription by mail.

Painting Class: Mondays at 9am, drop in, \$5/class.*

Pinochle: Mondays, 12:30pm.

Podiatrist: \$25 fee for nail cutting. Must make appointment; call 978-251-0533.

Pool Tables: Stop by pool room.

Rummikub: Tuesdays at 10am.

SHINE Program: Call 978-251-0533 for appointment.

Scrabble: Fridays at 1pm, drop in!

Sit and Get Fit: Wednesdays (check calendar for dates) and Fridays at 10:30am, \$5.* Drop in.

Social Day Program: 8:30am—3pm Monday—Friday. See page 7 for more information.

Social Services Coordination: Call at 978-251-0533. See pages 6 and 7.

Stand, Sit & Tone: Thursdays, 1pm, \$6/class.*

Tai Chi and Qigong: Beginner, Thursdays, 10:30am, Advanced, Thursdays, 9:30am, \$6/class.*

Texas hold 'em: Drop in Fridays at 12pm. Existing group (full) Fridays at 12:30pm.

Transportation: See page 7 for details.

Treasure Shop: Monday—Friday, 9am—2pm. Tuesdays, 3:30pm—5pm; hours subject to change.

Trips: See page 14 for details.

Upbeats Band: Second Wednesday, 12pm, drop in!

Veterans Breakfast: Last Thursday of the month. Coffee, 8:30am, breakfast, 9am, free for veterans.

Walking Group—Indoors: Indoor walking group 9:30am Fridays in the Hall for a 30-minute walk.

Drop by! Outdoor group on hiatus until spring.

Zumba Gold: Tuesdays at 10:30am, \$6/class.*

Need Help with Medicare Plans?
Special or Open Enrollment Period?
Retiring/Turning 65?

Schedule Phone Appointment to
Review Prescription Costs
Supplement & Medicare Advantage
Call 978-314-3760
debhaleyinsurance@gmail.com



Deb Haley, Certified Enrollment Agent
MA, NH, ME, VT, CT, RI, NJ, NC, SC, TN, FL, AZ
Licensed Health Insurance Broker - NPN#18509337

I do not offer every plan available in your area. Currently I represent 18 organizations that offer 45 products in your area. You may also contact Medicare.gov, 1-800-MEDICARE or your local State Health Insurance Program (SHIP) to get information on all your options.

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at Drum Hill

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978.933.7785 | AtriumAtDrumHill.com



at CHELMSFORD CROSSINGS

Assisted Living

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978.662.9955 | ChelmsfordCrossings.com



FREE CLASSES

MARCH IS THE LAST MONTH FOR FREE CLASSES. STARTING APRIL 1, ALL CLASSES ARE \$3— thanks to the Friends of the Senior Center!

Thanks to a generous donation from the Friends of the Senior Center, the following classes are FREE to members of the Senior Center for the months of January, February, and March, 2026:

PAINTING CLASS — MONDAYS AT 9AM WITH DENISE RAINIS
ZUMBA GOLD — TUESDAYS AT 10:30AM WITH LESLIE JARVIS
CHAIR YOGA — TUESDAYS AT 2:30PM WITH MARCELLE BOCKO
LINE DANCING — WEDNESDAYS AT 10AM WITH MARCELLA GROULX
TAI CHI, BEGINNER — THURSDAYS AT 10:30AM WITH STAN FALL
TAI CHI, CONTINUING/ADVANCED — THURSDAYS AT 9:30AM WITH STAN FALL
STAND, SIT & TONE — THURSDAYS AT 1PM WITH LESLIE JARVIS
SIT & GET FIT — WEDNESDAYS AT 10:30AM (CHECK CALENDAR FOR DATES) AND FRIDAYS AT 10:30AM WITH MARIAN SILK



Classes are drop in, but we ask that you sign in on the computer.

Please note: The Senior Center reserves the right to limit class size due to room capacity. We will do our best to accommodate all who want to participate. Please check the calendar for dates when instructor is off/no class.

HEALTH SERVICES AT THE SENIOR CENTER

- **BLOOD PRESSURE CLINIC WITH THE CHELMSFORD BOARD OF HEALTH**
Last Thursday of the month, 8:30am — 10am. Drop in.
- **PODIATRIST (NAIL CUTTING ONLY)**
Call 978-251-0533 to make an appointment. Cost: \$25, cash or check.

MEDICAL EQUIPMENT

The Center has a limited supply of medical equipment to borrow, including wheelchairs, commodes, toilet seats, canes, walkers, rollators, shower chairs and transfer benches. We accept donations of durable medical equipment in clean and working condition. Call 978-251-0533 for availability.

December was a very special time for the Chelmsford Senior Art Painting Class.

Several artists participated in a premier exhibit at The Brush Art Gallery and Studios in Lowell along with a reception that was held on Saturday, December 13, 2025. John Swanson coordinated the exhibit with Joanne Bergamini, featuring works by Janice Russell, Vicki Orphanos, Linda Welch, Katherine St. Clair, Carol Gallozzi, Arlen "Butch" O'Lari, Kathy Cryan-Hicks, Joan LaTourneau, and Peter Berys. Special thanks to all who participated! 

St Patrick's Lunch & Raffle

Thursday, March 12, 11:30am-12:30pm, raffle at 12:10pm, hall
 Corned beef and cabbage, potatoes and cake for dessert. **Register by Monday, March 9.** \$5 suggested donation. Free raffle ticket with lunch ticket. Regular lunch procedures apply. 

Opening Day Lunch & Raffle

Thursday, March 26, 11:30am-12:30pm, raffle at 12:10pm, hall
 A hot dog lunch and your chance to win a baseball-themed raffle prize. Baseball attire welcome! Regular lunch procedures apply. 

Chelmsford High School Student Tech Help

Tuesday, March 24, 2:30pm — 4pm, Rm. B07
 Students from CHS will be on hand to assist with your technology needs: cell phones/ ipads/email, etc.). Call 978-251-055 to register or drop by! 

Free AARP Income Tax Assistance at the Chelmsford Senior Center

Call 978-251-0533 for an appointment (subject to availability.) 

**Supported by the Friends of the Senior Center.*

Guided Painting Class*

Monday, March 16, 1pm, B07

Join us in welcoming spring by creating your version of this cheerful scene. Instructor Joan Turner will take you through the process step by step. All levels welcome and materials are supplied. **Max 12**

students. Call 978-251-0533 or email ndussault@chelmsfordma.gov to register.



St Patrick's Day BINGO

Tuesday, March 17, 1pm, hall (must buy BINGO cards by 12:50pm), drop in

Wear your green and come on in for a fun St. Patrick's Day Bingo! Special prizes along with some fun games.

Identity Theft & Fraud Prevention with Santander Bank

Thursday, March 19, 1pm, Rm. B07

Join this informative seminar to learn how to protect yourself from scams and fraud. The session includes an interactive discussion designed to help you feel confident about safeguarding your personal information. *Light refreshments and giveaways provided.*

Call 978-251-0533 or email ndussault@chelmsfordma.gov to register.

Intro to Ukulele Class - A two-part series*

Friday, March 27 and Friday, April 3, 10am, Rm. B07, free

Learn the fundamentals of ukulele playing. No experience necessary. Ukuleles provided or bring your own. In this one-hour program, participants will learn how to tune, strum, fret and read chord diagrams. Must register at 978-251-0533 or email ndussault@chelmsfordma.gov.



Fashions of the Gilded Age*

Celebrating Women's History Month

Wednesday, March 18, 1pm, hall

Are you fascinated with the idea of mansions termed "summer cottages" by the wealthy of Newport? Would you like to learn more about the dress and lifestyle of those fortunate enough to spend their summers in these beautiful homes? Join us for an exciting journey through time as we explore the fashions of The Gilded Age—the 1870s and '80s bustle periods, the '90s, and early years of the 20th century. Call 978-251-0533 to register.



Understanding Basic Estate Planning Terms and Documents

Thursday, March 26, 1pm, Rm. B07

Atty Tamburro presents an introduction to basic estate planning, covering how to get organized, identify your assets, choose the right fiduciaries, understand beneficiary designations, avoid probate and more. Call 978-251-0533 to register.

Boston Public Library eCards

Monday, March 30, 2pm, B07

Learn how to sign up for a Boston Public Library eCard with the Chelmsford Library. As residents of Massachusetts, folks can sign up to receive a BPL eCard to access Boston Public Library's online databases and other resources. Call 978-251-0533 to register.

STORIES FROM THE SEA: A MARITIME HISTORY SERIES, CALL 978-251-0533 TO REGISTER

Broadside: The American Revolution at Sea* ~ commemorating the 250th anniversary of the American Revolution and presented by The "Artifactual Scholar" Paolo DiGregorio

Monday, March 23, 1:30pm, Rm. B07

The Revolutionary War is often remembered for the heroic actions of generals and soldiers on the battlefields of North America. Yet an equally important aspect of the war was the fighting that took place at sea. In the late 18th century, the British Navy was the most powerful force in Europe. How could the Americans possibly withstand the might of His Majesty's Navy and win the war at sea?

Larchmont Remembered* ~ presented by Daniel Harrington

Monday, April 13, 1:30pm, Rm. B07

Mr. Harrington's presentation tells the tale of the night, in February 1907, the Larchmont, a wooden, side-wheel steamship, collided with the Harry Knowlton, a three-masted schooner, just off Block Island in zero-degree weather. The presentation covers the story of the ship, its crew, the passengers and the unbelievable stories of survival, panic, murder and, yes, miracles, using digitally restored photos and eyewitness accounts.

06 SOCIAL SERVICES

OUR GOAL IS TO HELP SENIORS REMAIN SAFE AND INDEPENDENT IN THEIR HOME FOR AS LONG AS POSSIBLE

Please contact 978-251-0533.

Services available include:

- * MEALS ON WHEELS
- * SOCIAL SERVICES COORDINATION
- * HANDICAP PLACARDS
- * SNAP (Supplemental Nutrition Assistance Program)
- * FUEL ASSISTANCE

OTHER HELPFUL INFORMATION

AgeSpan: Provides information on services/programs supporting older adults.
Call 800-892-0890.

Massachusetts Elder Abuse Hotline: 1-800-922-2275, 24 hours a day. Elder abuse includes: physical, sexual, and emotional abuse, caretaker neglect, financial exploitation and self-neglect.

Massachusetts Senior Legal Helpline: 1-800-342-5297. This helpline provides FREE legal information, advice and referral services for MA senior citizens (60+). Call Monday through Friday, 9am to 12pm.

Fuel Assistance: Call 978-251-0533 for a confidential appointment.

Supplemental Nutrition Assistance Program (SNAP benefits): Contact 978-251-0533.

Mass MedLine: Concerned with the cost of your prescription meds? Mass College of Pharmacy and Health Sciences offers a confidential helpline to all MA residents. Call 1-866-633-1617.

The Massachusetts Behavioral Health Help Line (BHHL) is here to connect you directly to clinical help, when and where you need it. It's **free**, confidential, and no health insurance is required. **The BHHL is available 24 hours a day, 365 days a year by phone call or text at 833-773-2445 (BHHL) and online chat at masshelpline.com.**

988 Suicide & Crisis Lifeline

The Lifeline provides 24/7, free and confidential support. If you or a loved one is having emotional distress or thoughts of suicide, **call 988** to connect with a lifeline specialist for support.

LOCAL FOOD RESOURCES

Do you know someone in need? The Chelmsford Senior Center can help — call 978-251-0533. Local food resources can be accessed at <https://www.chelmsfordma.gov/DocumentCenter/View/21515/Local-Food-Resources---Chelmsford-Senior-Center>, or stop by or call the Senior Center for more information.

To all the Seniors reading this page ~

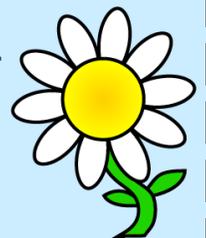
I am announcing my retirement as Social Service Coordinator for the Chelmsford Senior Center, effective March 1st.

It has been a pleasure, an honor, and a privilege to help serve my clients for the past 30 years.

This is bittersweet for me as I have enjoyed walking through that front door every day and seeing how the day unfolds. Each day was a new beginning filled with new challenges and hope.

If I have made a difference for ONE person, then I have been a success.

I wish you all health, happiness and love.



-Elena

07 TRANSPORTATION SERVICES

RIDES - CALL 978-251-0533

Rides available within Chelmsford (10am — 2pm); and MEDICAL TRIPS ONLY to Lowell/Westford (10:30am—2pm) based on availability.

All ride **REQUESTS** must be called in **AT LEAST 2 business days** prior to your appointment. **You will receive a call back to let you know whether or not we can honor your request, based on availability.**

FRIDAY GROCERY TRIPS (4-bag limit)

All Grocery Trip ride requests must be called in **AT LEAST 2 business days before Friday trip.** You will receive a call back to let you know if we can honor your request, **based on availability.**

NEED A RIDE TO LAHEY? Call 978-251-0533.

Based on driver availability. Cost: \$15 roundtrip (additional parking fees may apply).

TABLE OF PLENTY

FREE sit-down meal for all ages **Tuesdays from 5pm — 6pm at the Chelmsford Senior Center.** For weekly menu, call **978-710-8328** (recording) or go to <https://www.facebook.com/tableofplenty>.

CHELMSFORD FOOD PANTRY

The Food Pantry is located behind the Town Offices on **50 Billerica Rd.**, adjacent to the ball fields. **Hours: Wednesday: 5pm — 8pm; Thursday: 2pm — 4pm; Friday: 6:30pm — 8pm.**

For questions about affordable housing, call Chelmsford Housing Authority, 978-256-7425 ext. 10.

Questions About Your Energy Bills or Energy Efficiency?

Chelmsford has been selected to participate in the Mass Save Community First Partnership, sponsored locally by National Grid, to provide energy efficiency solutions that reduce energy consumption and increase the comfort of homes and buildings in our community.

Your Energy Advocate, Matt Wilkins, will be available at the Senior Center the **second Wednesday of each month from 11am to 12pm, Rm. B07** to answer your questions and help residents take full advantage of these energy-efficiency incentives.

SENIOR/CAREGIVER SUPPORT AT THE CHELMSFORD SENIOR CENTER

SOCIAL DAY PROGRAM

For elders who may be experiencing isolation, memory issues, depression, or insufficient mental and physical stimulation, you might consider the Chelmsford Adult Social Day Program. Our program provides supervision and guidance in a fun-filled and positive environment. The innovative approach we use enhances confidence by providing folks with activities that challenge the mind and body. Support and kindness sprinkled with humor make for an engaging and enriching program that also provides respite for caregivers and families of Day Program clients.

Call Colleen Normandy, LSW, at 978-788-6178.

COMPANION RESPITE PROGRAM

Do you have a loved one who requires company while you have some much needed time for yourself? The Companion/Respite program allows you the freedom to do errands, grocery shopping, doctor's appointments, etc. while your loved one receives the attention of a companion who will provide social interaction and a safe environment. **Call April Hunt, Elder Support Services Coordinator at 978-788-6174.**

ALZHEIMER'S DEMENTIA CAREGIVER SUPPORT GROUP (OPEN TO ALL)

Meets the second and fourth Monday of each month on Zoom at 1pm. Newcomers are welcome and encouraged to join. **Please call Colleen or April at 978-251-0533 to register.** This group meets to share and to offer unlimited support to those who face challenges in caring for a loved one with Memory/Dementia/Alzheimer's and related disorders. Confidentiality is key to sharing.

DECLUTTERING WORKSHOPS

Our Decluttering Program is made up of two 15-week workshops (BIT & CBT) that teach participants the skills and techniques to reduce acquiring, improve decision making and start decluttering, all while in a relaxed and non-judgmental atmosphere. All clutter levels are addressed, from a few messy areas to a heavy content home. New class starts every September on Wednesdays, 3:30pm; there is a one-time fee of \$10. **Call April Hunt, Elder Support Services Coordinator at 978-788-6174.**

MONDAY	TUESDAY	WEDNESDAY
<p>2 9am B01/Bone Builders 9am B07/Painting 12:30pm B05/Contract Bridge 12:30pm B04/Pinochle 12:45pm B01/Bone Builders 6pm B05/Cribbage</p>	<p>3 9am 101/SHINE 9am Lower Lvl/Chess 9:30am B05/Canasta 10am B07/Ways & Means 10am B04/Rummikub 10:30am B01/Zumba 1pm Hall/BINGO 1pm B01/Bone Builders 1pm Library/Mexican Train 2:30pm B04&B05/Chair Yoga 5pm Hall/Table of Plenty 6pm Library/Lesbian/Queer Women Meetup 6pm B07/Grief Support Group</p>	<p>4 9am 101/SHINE 9am B06/Chair Exercise Video 10am Hall/Line Dancing 10am B06/Five Crowns 10:30am B04 & B05/Sit & Fit 12pm B05/Mah Jongg 12:30pm B06/Dup. Bridge 1pm B07/Merry Widows 1pm B04/Cribbage 12:45pm B01/Bone Builders</p>
<p>9 9am B01/Bone Builders 9am B07/Painting 10am B06/Trip Meeting 12:30pm B05/Contract Bridge 12:30pm B04/Pinochle 12:45pm B01/Bone Builders 6pm B05/Cribbage</p>	<p>10 9am 101/SHINE 9am Lower Lvl/Chess 9:30am B05/Canasta 10am B04/Rummikub 10:30am B01/Zumba 1pm B07/Coping & Connecting 1pm Hall/BINGO 1pm B01/Bone Builders 1pm Library/Mexican Train 2:30pm B04&B05/Chair Yoga 5pm Hall/Table of Plenty 6pm Library/LGBTQ & Friends Social 6pm B07/Grief Support Group</p>	<p>11 8:30am 101/Podiatrist 9am B07/COA 9am B06/Chair Exercise Video 10am Hall/Line Dancing 10am B06/Five Crowns 10:30am B04 & B05/Sit & Fit 11am B07/Learn How to Save on Energy 12pm B05/Mah Jongg 12:30pm B06/Dup. Bridge 12pm Hall/Upbeats 1pm B07/Merry Widows 1pm B04/Cribbage 12:45pm B01/Bone Builders 3:30pm Day Program Rm./BIT Workshop 5:45pm Day Program Rm/Clutter Support</p>
<p>16 9am B01/Bone Builders 9am B07/Painting 12:30pm B05/Contract Bridge 12:30pm B04/Pinochle 12:45pm B01/Bone Builders 1pm B07/Guided Painting Class 6pm B05/Cribbage</p>	<p>17 9am Lower Lvl/Chess 9:30am B05/Canasta 10am B04/Rummikub 10:30am B01/Zumba 10am B07/MHDRN Meeting 1pm Hall/BINGO 1pm B01/Bone Builders 1pm Library/Mexican Train. 2:30pm B04&B05/Chair Yoga 5pm Hall/Table of Plenty 6pm Library/Lesbian/Queer Women Meetup 6pm B07/Grief Support Group</p>	<p>18 9am B06/Chair Exercise Video 9:30am B07/Friends Meeting 10am Hall/Line Dancing 10am B06/Five Crowns 10:30am B04 & B05/Sit & Fit 10:30am B06/Sit & Fit NO SIT & FIT 1pm Hall/Fashions of the Gilded Age 12pm B05/Mah Jongg 12:30pm B06/Dup. Bridge 1pm B07/Merry Widows 1pm B04/Cribbage 12:45pm B01/Bone Builders 3:30pm Day Program Rm./BIT Workshop 5:45pm Day Program Rm/Clutter Support</p>
<p>23 9am B01/Bone Builders 9am B07/Painting 12:30pm B05/Contract Bridge 12:30pm B04/Pinochle 12:45pm B01/Bone Builders 1:30pm B07/Broadside: The American Revolution at Sea 6pm B05/Cribbage</p>	<p>24 9am Lower Lvl/Chess 9:30am B05/Canasta 10am B04/Rummikub 10:30am B01/Zumba 1pm Hall/BINGO 1pm B01/Bone Builders 1pm Library/Mexican Train 1pm B07/Coping & Connecting 2:30pm B07/Tech Help with CHS 2:30pm B04&B05/Chair Yoga 5pm Hall/Table of Plenty 6pm Library/LGBTQ & Friends Social 6pm B07/Grief Support Group</p>	<p>25 9am B06/Chair Exercise Video 10am Hall/Line Dancing 10am B04/Five Crowns 10:30am B04 & B05/Sit & Fit 12pm B05/Mah Jongg 12:30pm B06/Dup. Bridge 1pm B07/Merry Widows 1pm B04/Cribbage 12:45pm B01/Bone Builders 3:30pm Day Program Rm./BIT Workshop 5:45pm Day Program Rm/Clutter Support</p>
<p>30 9am B01/Bone Builders 9am B07/Painting 12:30pm B05/Contract Bridge 12:30pm B04/Pinochle 12:45pm B01/Bone Builders 2pm B07/Boston Public Library ecards 6pm B05/Cribbage</p>	<p>31 9am Lower Lvl/Chess 9:30am B05/Canasta 10am B04/Rummikub 10:30am B01/Zumba 1pm Hall/BINGO 1pm B01/Bone Builders 1pm Library/Mexican Train 2:30pm B04&B05/Chair Yoga 5pm Hall/Table of Plenty 6pm B07/Grief Support Group</p>	<p>Winter Weather Policy — Call If Chelmsford schools are closed, Center Transportation. Program office will be OPEN unless Town office is closed. If the Chelmsford Schools have a snow day, Center Transportation appointments starting at or before 11am will be cancelled.</p>



	THURSDAY	FRIDAY
	5 9am Lower level/Beginners Chess 9am B01/Bone Builders 9am B04/Computers 9:30am B06/Tai Chi, Continuing/Advanced 10:30am B06/Tai Chi, Beginner 1pm B01/Stand, Sit & Tone 1pm B05/Mah Jongg 1pm B04/Knitting	6 9am B06/Chair Exercise Video 9:30am Hall/Indoor Walking Group 10:30am B04 & B05/Sit & Fit 12pm B07/Texas Hold 'Em 12:30pm B06/Texas Hold 'Em 12:30pm B04 & B05/Dup. Bridge Lessons 1pm B04&B05/Dup. Bridge 1pm B01/Bone Builders 1pm Hall/Scrabble
Bills	12 9am Lower level/Beginners Chess 9am B01/Bone Builders 9am B04/Computers 9:30am B06/Tai Chi, Continuing/Advanced 10:30am B06/Tai Chi, Beginner 11:30am Hall/St Patrick's Day Lunch & Raffle at 12:10pm 1pm B01/Stand, Sit & Tone 1pm B05/Mah Jongg 1pm B04/Knitting	13 9am B06/Chair Exercise Video 9:30am Hall/Indoor Walking Group 10:30am B04 & B05/Sit & Fit 12pm B07/Texas Hold 'Em 12:30pm B06/Texas Hold 'Em 12:30pm B04 & B05/Dup. Bridge Lessons 1pm B04&B05/Dup. Bridge 1pm B01/Bone Builders 1pm Hall/Scrabble
	19 9am Lower level/Beginners Chess 9am B01/Bone Builders 9am B04/Computers 9:30am B06/Tai Chi, Continuing/Advanced 10:30am B06/Tai Chi, Beginner 1pm B07/Identity Theft & Fraud Prevention 1pm B01/Stand, Sit & Tone 1pm B05/Mah Jongg 1pm B04/Knitting	20 9am B06/Chair Exercise Video 9:30am Hall/Indoor Walking Group 10am Hall/Senior Tax Worker Program Q&A 10:30am B04 & B05/Sit & Fit 12pm B07/Texas Hold 'Em 12:30pm B06/Texas Hold 'Em 12:30pm B04 & B05/Dup. Bridge Lessons 1pm B04&B05/Dup. Bridge 1pm B01/Bone Builders 1pm Hall/Scrabble
	26 8:30am 101/Blood Pressure 9am Hall/Veterans Breakfast 9am Lower level/Beginners Chess 9am B01/Bone Builders 9am B04/Computers 9:30am B06/Tai Chi, Continuing/Advanced 10:30am B06/Tai Chi, Beginner 11:30am Hall/Opening Day Lunch & Raffle at 12:10pm 1pm B07/Basic Estate Planning 1pm B01/Stand, Sit & Tone 1pm B05/Mah Jongg 1pm B04/Knitting	27 9am B06/Chair Exercise Video 9:30am Hall/Indoor Walking Group 10am B07/Intro to Ukulele 10:30am B04 & B05/Sit & Fit 12pm B07/Texas Hold 'Em 12:30pm B06/Texas Hold 'Em 12:30pm B04 & B05/Dup. Bridge Lessons 1pm B04&B05/Dup. Bridge 1pm B01/Bone Builders 1pm Hall/Scrabble

the Senior Center main line 978-251-0533 for updates.
 used due to weather, there will be NO Meals on Wheels OR Senior
 amms will be cancelled unless otherwise posted. The building and
 own Hall is closed for weather issues.
 ve a delay in opening, Meals on Wheels will be cancelled.
 10am or later will be honored. All morning classes and activities
 ll be cancelled.



MARCH
 TIME TO SPRING FORWARD ON SUNDAY,
 MARCH 8.
*It's also a good time to change the
 batteries in your smoke detectors and
 carbon monoxide detectors!*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Stuffed Chicken Mashed Potatoes Peas Peaches</p>	<p>3 Cheese Burger French Fries Cole Slaw Applesauce</p>	<p>4 White Chicken Chilli Casserole (Vegetarian Option) with Beans, Corn, Jalapeño Orange</p>	<p>5 Chef's Salad Ham Turkey Cheese Pears</p>	<p>6 Shrimp Paella (Vegetarian Option) Rice Mixed Vegetables Mixed Fruit</p>
<p>9 Pizza Cheese/Meat/ Vegetable Three-bean Salad Pineapple</p>	<p>10 Mexican Chicken Peppers & Onions Spanish Rice Refried Beans Pears</p>	<p>11 Pork Stir-fry Rice Mixed Vegetables Peaches</p>	<p>12 <i>ST PATRICKS DAY LUNCH</i> Corned Beef Cabbage Carrots Potatoes Cake</p>	<p>13 Baked Fish Couscous Broccoli Tomato & Cucumber Salad Mixed Fruit</p>
<p>16 Shrimp Scampi over Pasta Carrots Peaches</p>	<p>17 Meatloaf Mashed Potatoes Peas Garden Salad <i>Green Dessert</i></p>	<p>18 Chicken Marsala over Pasta (Vegetarian Option) Mushrooms Broccoli Banana</p>	<p>19 Chicken Bowl with Mashed Potatoes Gravy Corn Gelatin</p>	<p>20 Stuffed Peppers with Marinara Sauce Ground Beef Rice Tomatoes Orange</p>
<p>23 Sweet & Sour Kielbasa Rice Brussels Sprouts Pears</p>	<p>24 Beef Stew with Potatoes & Diced Tomatoes Mixed Vegetables Orange</p>	<p>25 Chicken Piccata over Pasta (Vegetarian Option) Mushrooms, Capers Broccoli Pudding</p>	<p>26 <i>Veterans Breakfast</i> Hot Dogs Beans Coleslaw Orange Pretzel </p>	<p>27 Baked Salmon Rice Brussels Sprouts Peaches</p>
<p>30 Cheese Ravioli with Marinara Broccoli Pineapple</p>	<p>31 Taco Spaghetti Casserole Diced Tomatoes Beans Cheese Pears</p>			

All meals include milk, bread & margarine. **MENU SUBJECT TO CHANGE WITHOUT NOTICE.**
Suggested donation is \$3.00 per meal; under age 60, cost is \$5.00. This program has been made possible in part by funding from Older Americans Act as granted by AgeSpan.



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Chelmsford Council on Aging, North Chelmsford, MA

03-1103

Friends of the Senior Center

The Friends of the Senior Center mourn the loss of our highly respected past President Joseph Connolly. Joe was a member of the Friends for many years and leaves an enduring legacy of quiet leadership...a true gentleman.



Happy St. Patrick's Day from your Friends in the Treasure Shop!

The Friends Treasure Shop is pleased to honor St. Patrick's Day with lots of Irish green. St. Patrick's Day also ushers in Spring, this year on March 20th. Visit us this month to discover great deals like special Pop-Up sales as we clear winter seasonal items and prepare for warmer days. Our friendly volunteers are looking forward to assisting you. The Treasure Shop thanks all our donors for their continuing support with donations of gently used clothing and small household items. The Friends are a non-profit, all volunteer organization working to support the Senior Center.

The Treasure Shop is open from 9am to 2pm, Monday through Friday and Tuesdays from 3:30pm to 5pm for our Table of Plenty Friends.

Please note that the Shop will be closed on Friday March 13th, for our winter to spring clothing swap. We will be open on Saturday, March 28th, from 1:00 PM to 4:00 PM, coinciding with the Senior Center's volunteer fair.



Don't miss our April event!

Sponsored by the FOSC to benefit the Senior Center

Mangia! Meatballs! Murder!

An Italian meal from Bianco's catering
AND

a murder mystery performed by Delvena Theatre Company

Saturday, April 11, 2026

Meal served noon to 1:00pm

Show starts promptly at 1:30

followed by door prize drawing

All for the unbelievable price of \$15!!

Tickets will be available in the Treasure Shop starting Monday, March 2.

Max 100 tickets.

Happenings at the center

The legacy plaques that have been hanging in the front entrance of the building will be removed to make way for a new up-to-date display. We sincerely appreciate the lasting contributions of those honored by our legacy plaques and are committed to preserving their memory in our new display.

March Bi-Monthly Friends Board Meeting

The Friends Board of Directors bi-monthly meeting will be held Wednesday, March 18th, at 10:00 am.

Friends and guests are welcome to attend and learn about how we are supporting the Senior Center.



Got Questions about the Friends? ... Reach out at friendssrctr@aol.com or 978-251-1123.



AGE-FRIENDLY CORNER March 2026

What you need to know about the Senior Tax Worker Program FY '27:

NOTE: Applications will **ONLY** be accepted starting **Wednesday, April 1, 2026**. Applications will **ONLY** be accepted until **June 30, 2026** for the FY '27 program.

All applicants (returning and new workers) must apply by filing the application outside the Chelmsford Senior Center office, or online at https://www.chelmsfordma.gov/DocumentCenter/View/19631/Tax_Rebate_Application-FY27

Drop off completed applications, including a copy of your most recent property tax bill, outside the Senior Center Office or email, completed and signed application with most recent property tax bill to dsiriani@chelmsfordma.gov. Incomplete applications will not be accepted. Please direct all Tax Worker questions to Debi Siriani at the Senior Center at 978-251-0533 or email at dsiriani@chelmsfordma.gov.

Work hours must be accumulated from July 1, 2026 —February 28, 2027, for the FY27 Program. Any hours worked from March 1, 2027 — June 30, 2027, are considered **VOLUNTEER**. Previous volunteer hours may not be rolled over.

All applicants will be placed, depending on availability, and the skills required for the position.

TWO OPPORTUNITIES TO GET MORE INFORMATION AND ASK QUESTIONS:

Senior Tax Worker Program Q & A Coffee

**Friday, March 20, 10am—11am, hall
Chelmsford Senior Center**

Drop by with your questions about the program.

Chelmsford Volunteer Fair

**Saturday, March 28, 1pm—4pm, hall
Chelmsford Senior Center**

Stop by the Chelmsford Senior Center booth between the hours of 1pm—4pm.



Chelmsford Volunteer Fair 2026

**Saturday, March 28, from 1pm—4pm
Chelmsford Senior Center, 75 Groton Rd. N. Chelmsford**

This Volunteer Fair is an opportunity for non-profit organizations, community groups, and town departments to connect with potential volunteers and new members, network with each other, and to showcase their organizations. For more information, go to: <https://www.chelmsfordlibrary.org/about/get-involved/volunteer/chelmsford-volunteer-fair-2026> or contact Assistant Director Julie Iatron at jiatron@chelmsfordlibrary.org or 978-256-5521 x1115.



SAVE THE DATE

Textile Recycling & Paper Shredding drive-thru event

Saturday, May 2, 9am — 12pm, Chelmsford Senior Center

The Middlesex Hoarding Disorder Resource Network (MHDRN) will be holding a **free** Textile Recycling & Paper Shredding drive-thru event at the Chelmsford Senior Center on Saturday, May 2 from 9am — 12pm. The onsite shredding, provided by A1 DATASHRED and sponsored by the Friends of the Senior Center, will be on a first come, first served basis. The Helpsy textile recycling will have no limit other than all items must be dropped off by 12pm. Go to Special Events under <https://www.chelmsfordma.gov/1228/Middlesex-Hoarding-Disorder-Resource-Net> to see a full list of what will be accepted.



14 SENIOR CENTER TRIPS

Monday, March 16, Parker Maple Barn, Mason, NH

Join us for a FREE tour of the maple syrup process, find unique gifts in the Corn Crib Gift Shop, and enjoy a delicious breakfast or lunch in their cozy restaurant.

Transportation Cost: \$5 per person, plus cost of lunch.

Open for reservations on Monday, March 2 at 9am. Call (978) 251-0533.

*Reservations on the first day must be made **BY PHONE ONLY** (no walk-ins) to ensure everyone has a fair chance.*



Sunday, April 26, Shen Yun Performance, Hanover Theater, Worcester, MA

Come and join us to experience the breathtaking music and dance performance of Shen Yun. Cost of tickets is \$140 per person. Limit 2 tickets per person. 1:30pm show. Transportation by luxury coach. **Opening ticket sales will be in person at the Senior Center on Monday, March 23 at 9:30am.** No tickets will be sold before this date.

Reservations are not confirmed until payment is received. **Payment is non-refundable unless the trip is cancelled.** *Cost generously subsidized by the Friends of the Senior Center, Inc.*



Thursday, April 16 OR Thursday, May 21, Nashoba Valley THS Cosmetology, Westford, MA

The Sophomore Class of the Cosmo Salon at NVTTHS is offering a complimentary beauty service* for up to 12 people each trip. Lunch to follow at the school's Viking Bistro. Cost of trip is \$5pp transportation, plus cost of lunch.

*List of available services will be provided to you when signing up. Please sign up for ONE of the two dates listed and ONLY ONE service.

Open for reservations on Thursday, April 2, 9am. Call 978-251-0533.

*Reservations on the first day must be made **BY PHONE ONLY** (no walk-ins) to ensure everyone has a fair chance.*

Tall Ships 2026— America's 250th Anniversary Monday, July 13, 2026

Depart from the Chelmsford Senior Center on coach bus at approximately 9am; Return time approximately 4:30pm.

Join the Chelmsford Senior Center and Best of Times Travel as we set sail through Boston's historic harbor on the Provincetown II, viewing the Tall Ships and military ships in honor of the 250th anniversary of our nation's founding in 1776.

The day includes a plated brunch at the Danversport Yacht club, along with light entertainment, before we depart for the cruise to view the Tall Ships.

****Special note: There are no elevators on board. All restrooms are located on the lower deck accessible only via a stairway (fully equipped with handrails).****

Cost of the trip is \$150 (including brunch, tall ships cruise and luxury coach bus). Cash or checks made out to the **Chelmsford Senior Center**. *Thanks to the generous financial support from the Friends of the Senior Center for supporting a portion of the cost of this trip.*

Reservations are not confirmed until payment is received. **Payment is non-refundable unless the trip is cancelled.** 55 tickets are available for purchase. **Limit of two tickets per person.**

Reservations by phone at 978-251-0533 as tickets remain available.

CHELMSFORD COMMUNITY BAND

Chelmsford Community Band Winter Concert

Sunday, March 15, at 2pm, at the Chelmsford High School Performing Arts Center.

This year's concert is a celebration of music that originated with the written word. The program includes homages to Hugo's *Les Miserables*, Terry Pratchett's *Good Omens*, and both the original *Wizard of Oz* and *Wicked*. The performance will also feature a piece based on Kerouac's writings, penned by a local composer, UMass Lowell professor Daniel Lutz. Admission is free, but donations are accepted. Suggested donations are \$10 for adults and \$20 for families. Follow the band on Facebook, Instagram, or BlueSky, and find them online at www.chelmsfordcommunityband.com.



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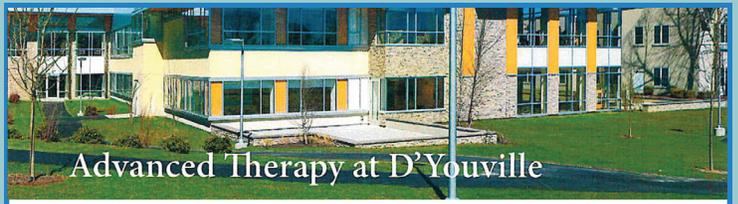
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This information is provided as a public service. Searching state unclaimed property databases is always free. Never pay anyone to search on your behalf.

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APRIL 2026 — SAVE THE DATE

Your Next Chapter: Buying & Selling After 55

Thursday, April 2, 10:30am, Rm. B07

Marie Cumming, Senior Real Estate Specialist (SRES®) will host an educational seminar designed to help homeowners navigate their next housing chapter with confidence. Call 978-251-0533 or email ndussault@chelmsfordma.gov to register.



Spring Turkey Dinner

Thursday, April 9, 11:30am — 12:30pm, hall
Join your Center family and friends and celebrate Spring! Call 978-251-0533 to register by Friday, April 3. *Suggested donation, \$5.*

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