



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

LEARN HOW YOU CAN HELP THE PLANET!

CHILDREN'S CRAFTS & ACTIVITIES

Earth Day Celebration

CONSERVATION PRESENTATIONS

GOATS!

BOOTHS & MORE!

**Saturday, April 13th
from 10am - 2pm**

at the Lawrence Library

A TALE ON THE TRAIL

**FREE SEEDS
FROM THE LIBRARY COLLECTIVE**



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 low-income 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 Pepperell and 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



**Fall Registration
is
Open**

www.creative-dance.com

**[https://pepperellma.
myrec.com](https://pepperellma.myrec.com)**

Where dance is for everyone and everyone can dance!

Albert Harris Center

978-433-0326

CALLING ALL BOWLERS

9AM-12PM



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.





Albert Harris Center

Paint and Sketch

Thursdays
@11am

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

Loving Our Community

A Forum on Mental Health

Wednesday, April 10th
7pm – 8:30pm

- Tim Bray, PhD, Director of Willowdale Counseling;
speaking on depression and anxiety.
- Jennifer Bray, District Social Worker;
speaking on youth trauma, schools, suicide prevention.
- Lloyd Curtis, Executive Director, Southern NH Rescue Mission;
speaking on mental health among the homeless population.
- Cynthia Whitaker, CEO, Greater Nashua Mental Health;
speaking on mental health first aid, the role of every person, and a call to action.

Pepperell Christian Fellowship 17 Main St. Pepperell, MA 01463

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.

ALBERT HARRIS CENTER

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

PEPPERELL
Public Access



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!

Nashoba Associated Boards of Health

RABIES CLINIC

SATURDAY, APRIL 20TH

9am - 10:30am



**\$20 CASH
OR CHECK**

**Jersey St. Fire Station,
Pepperell, MA 01463**

**ALL DOGS MUST BE LEASHED.
ALL CATS MUST BE IN A CARRIER.**

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?



**HORIZONS
FOR HOMELESS
CHILDREN®**

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.





Nashoba Valley Medical Center

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.*

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.

Albert Harris Center

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

PEPPERELL
Public Access

Albert Harris Center

Cards &

Cribbage

Daily @ 9am- 11am

BINGO!



Cribbage!



Hand & Foot!



POKER!





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

www.gcvvs.org

413-475-3879

info@gcvvs.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





Albert Harris Center

AARP TAX PREP

Wednesday's starting in February.

By appointment only.

Call **978-433-0326** to book
an appointment.

The Albert Harris Center

Caregiver Support Group

2ND WEDNESDAY OF
EVERY MONTH

with Katherine Pecorelli MS, BSN

SIGN UP IS
REQUIRED.
PLEASE CALL
978-433-0326

PEPPERELL
Community
Media

**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](http://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!

Join the fun!

Friends of the Nashua River Rail Trail



www.fnrrt.org

Walk and Bike Pepperell

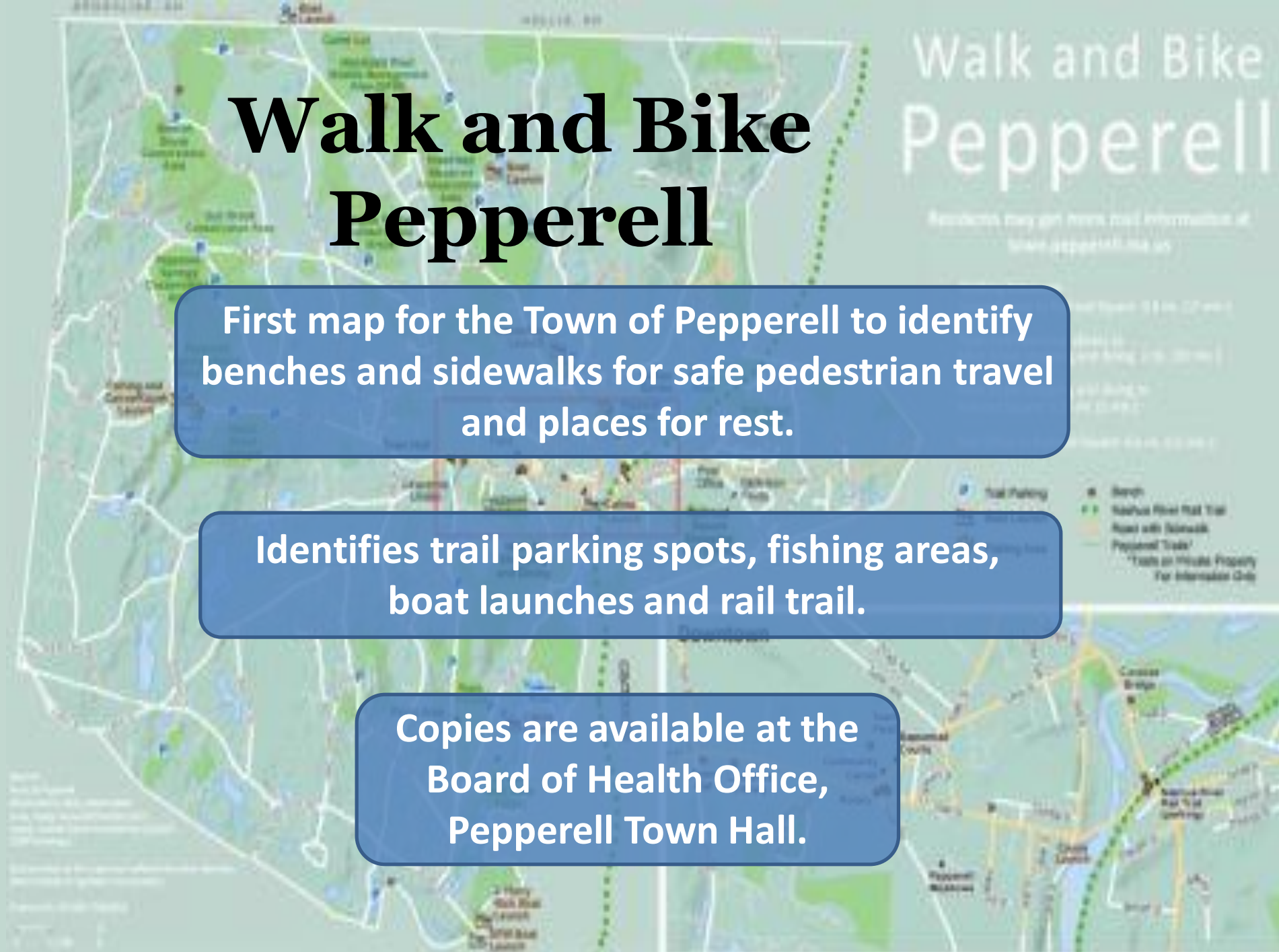
Walk and Bike Pepperell

Residents may get more trail information at
www.pepperell.ma.us

First map for the Town of Pepperell to identify benches and sidewalks for safe pedestrian travel and places for rest.

Identifies trail parking spots, fishing areas, boat launches and rail trail.

Copies are available at the Board of Health Office, Pepperell Town Hall.



NEW HAMPSHIRE

humanities

Connecting people with ideas

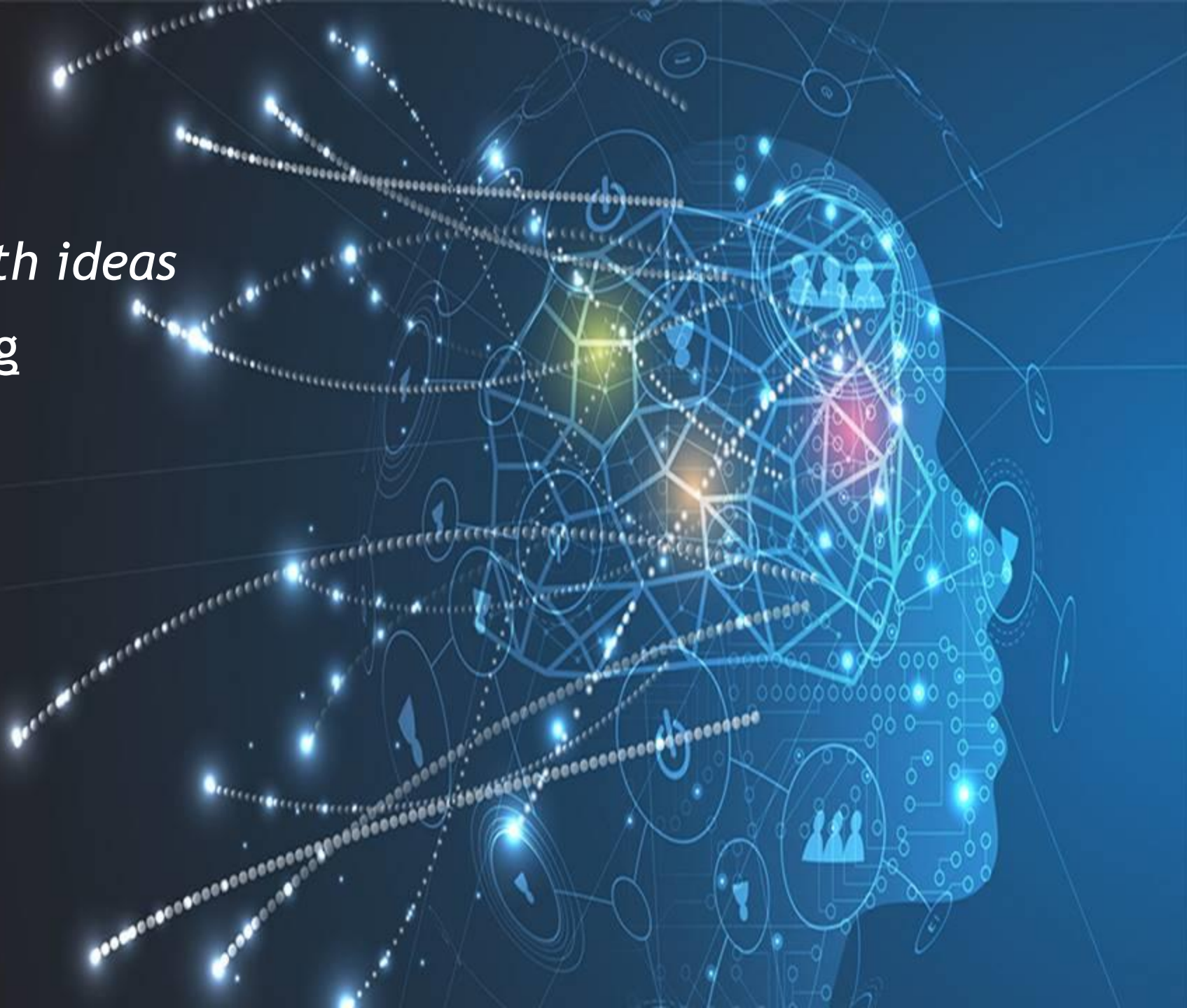
www.nhhumanities.org

Digital Resources

Read

Watch

Listen



Albert Harris Center

Paint and Sketch

Thursdays
@11am

**Volunteers can help you learn
the basics of acrylics!**

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



Albert Harris Center



Now Serving Breakfast
Fridays from 9:30 - 10:30am

Instead of lunch
on Fridays



**We're committed to
affordability!**

www.applewild.org

APPLEWILD
SCHOOL

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



Albert Harris Center

Free!

Folk Dancing

with Nancy

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 INTERNSHIP

for 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
OUTREACH

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

Zumba Gold

with Deb Thursdays @ 1 pm



Cost is \$4



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

The Albert Harris Center
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

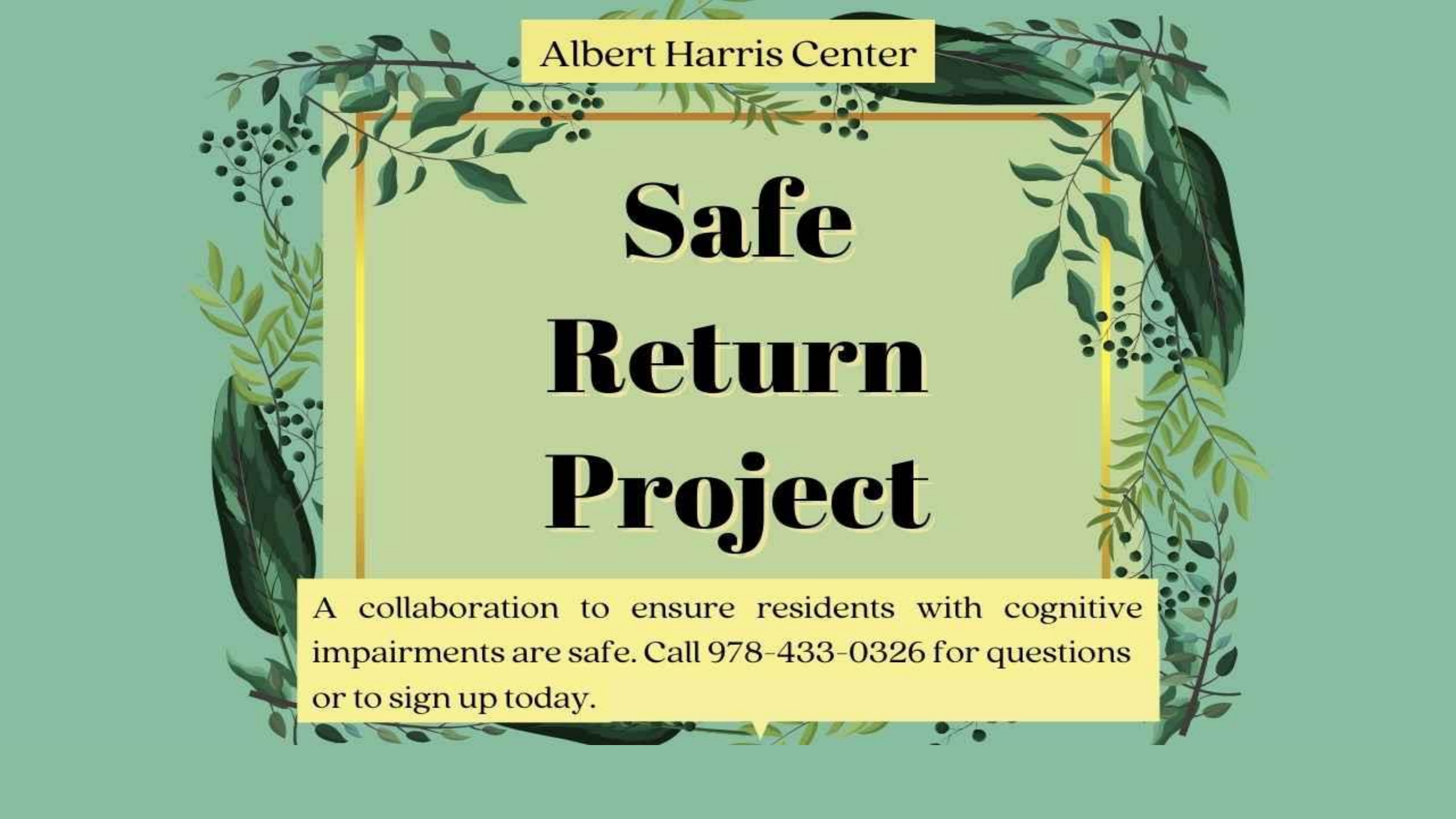
Free and open to the public

Doors open at 6:30 pm

Funded by the Friends of
the Lawrence Library

3rd Friday of the month





Albert Harris Center

Safe Return Project

A collaboration to ensure residents with cognitive impairments are safe. Call 978-433-0326 for questions or to sign up today.

Albert Harris Center

Line Dancing

with Katrina

Tuesdays @ 1pm

Cost is \$4 for everyone

Albert Harris Center

Meditation



with Jeanelle via zoom!

Mondays @ 2 pm



Albert Harris Center

SPONSORED BY THE NMRS D HONOR SOCIETY

Spaghetti Dinner & Bingo

Friday,
April 5th
4:30 - 7pm



Albert Harris Center

BINGO

on the big screen!

Every Wednesday

12:30 - 2pm

Albert Harris Center

Mammals of New England

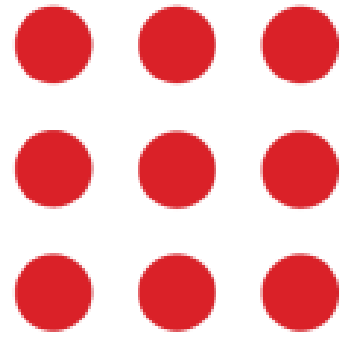
Presented by Nancy Lebedzinski

Monday, April 8th @ 1pm



Mass
Cultural
Council

This program is sponsored in part by the Friends of Albert Harris Center, and a grant from the Pepperell Cultural Council, a local agency that is supported by the Mass Cultural Council, a state agency.



Veterans Crisis Line

1-800-273-8255 **PRESS 1**

Confidential crisis chat at

VeteransCrisisLine.net

or text to **838255**

The background features a festive holiday theme with various illustrations. In the top left and right corners, there are large red poinsettias with green leaves and red berries. In the center, there are several Christmas ornaments: a blue one with a red and white zigzag pattern, a white one with a red and white zigzag pattern, and a white one with a red and white zigzag pattern. There are also small yellow stars scattered throughout. In the bottom left corner, there are green leaves and pink flowers. In the bottom right corner, there is a snowman wearing a red scarf and holding a red and white striped candy cane, next to a red gift box with a white polka-dot pattern and a red ribbon.

Albert Harris Center

SHINE

(Serving Health Information Needs for Everyone)
Medicare Assistance

Thursdays 9am - 12pm

Counselors Jean Emerson and David Chenelle are here to navigate you through the Medicare process. Please call 978-433-0326 to make an appointment.

www.shinema.org

HOT Lunch



at the
Albert Harris Center
978-433-0326

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

COST IS:

\$4 MON - THUR

\$3 FRI





Albert Harris Center

Play Monopoly!

Wednesdays @ 10:30



Albert Harris Center

Ping Pong

Fridays

12:30 - 2pm

Call 978-433-0326 to sign up!





NCTI

Nashoba Career Technical Institute

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**



Ronin is a trained therapy dog.

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



Discover your
family history



 **ancestry** Library™

Browse more than 20 billion records
online at the Lawrence Library

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.

Procedure for submitting comments or complaints

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

