

AUGUST 2019

Meetings in the community



5

Coffee & Conversation with Tradewinds
11AM-12PM

Open Community
1-4PM

Peer Support
5:15-6:15PM

Living Beyond Pain
6:30-7:30PM

12

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19

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Peer Support
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26

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Living Beyond Pain
6:30-7:30PM



@ Southbridge Community Connections

346 Main Street Southbridge, MA 01550

Memory Cafe
Every 1st and 3rd Monday from 11AM-12PM at the Sturbridge Senior Center
480 Main Street
Fiskdale, MA 01518

Walking Group
Every 1st and 3rd Wednesday from 5-7PM at Westville Lake
We meet in the parking lot
24 Riverview Ave
Fiskdale, MA 01518

Spanish Peer Support
Every 1st and 3rd Tuesday from 5-7PM at Southbridge Community Connections
346 Main Street
Southbridge MA 01550

Grandparents Raising Grandchildren
Every 2nd and 4th Tuesday from 6-7PM at Southbridge Community Connections
346 Main Street
Southbridge MA 01550

Mindfulness in the Park
Every 2nd and 4th Tuesday from 6-8PM at Southbridge Town Commons
1 Mechanic Street
Southbridge MA 01550

Kiva Center at Southbridge Community Connections is open Mondays from 11AM-8PM

For more information contact Jasmine Quinones at 508-765-6670 / 508-751-9600 or

Jasmine.Quinones@centralmassrlc.org



Meeting Descriptions

Coffee & Conversation with Tradewinds: Gather with others to share thoughts and conversation over a cup of coffee & donuts (not required!)

Peer Support: An opportunity to offer and receive support around our own personal wellness. Whether you are sharing strategies, participating in conversation or just listening all are welcome to participate.

Living Beyond Pain: This support meeting is for people living with conditions (both chronic and acute) that can often affect everyday quality of life. We come together in solidarity, as these experiences can often be isolating and exhausting.

Spanish Peer Support/Apoyo entre compañeros: Una oportunidad para ofrecer y recibir apoyo relacionando a los asuntos de nuestro bien personal. Podemos compartir estrategias, participar en conversacion, o escuchar. Todos estan bienvenidos a participar.

Memory Cafe: The Kiva Center is proud to partner with the Sturbridge Senior Center to offer Memory Café. A Memory Cafe is a wonderfully welcoming place for individuals with Alzheimer's or any type of the dementias or other brain disorders. Individual Memory Cafes focus on different aspects for a unique experience. You may find some are activities-based, while others focus on education. It is a safe and comfortable space where caregivers and their loved ones can socialize, listen to music, play games, and enjoy other appropriate activities. They provide mutual support and exchange information.

Walking Group: Come together for a walk through the Westville Dam in Southbridge MA with the Kiva @ Southbridge Community Connections members. Conversation and connection is sure to happen!

Grandparents Raising Grandchildren: This support meeting is offered to people who are facing the unique (but not so uncommon) experience of being a grandparent who is raising grandchildren. We meet every other week to give and receive support from those around us who can relate. Share strategies, resources, experiences and make connections.

Mindfulness in the Park: Join us for different activities such as yoga, mindfulness exercises and guided meditations.

