



# March 2020

Meetings in the community

2  
9  
16  
23

Coffee & Conversation with Tradewinds 11AM-12PM	Open Community 1-4PM			Peer Support 5:15-6:15PM	Living Beyond Pain 6:30-7:30PM
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**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 SOUTHBRIDGE located at 346 Main St,  
Southbridge Ma 01550

Kiva Center Southbridge is open Mondays from 11AM-8PM For more information contact Jasmine Quinones at 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.