



Look out for this heart icon through out this calendar next to events and activities that promote self care!





Friday May 2nd
All day
Worcester Public Library, Main Library, Banx Room
AGE GROUP: All Ages



*** MAY EVENTS 2025 ★**

Also, on FRI 2



Board Game Club

Held on the 1st Friday of every month At TJ's Café and Games

Questions? Contact: Robert at rtatro@mychoiceprograms.com







Yoga with Mini Sound Bath

Ages 18 & up Saturday, May 03 10:00am - 11:00am

Worcester, Public Library, Main Library, Saxe Room
Please bring your own yoga mat, water and anything for comfort.
All levels are welcomed. Open to ages 18 and up. Please arrive 5-10 minutes before class begins and settle.

Registration required as space is limited.

Join us for a calming and gentle yoga class. Flow with mindful movement to nourish the body, mind and soul in slow-paced postures, ending with a light meditation with mini sound bath.

Visual guidance will be offered through each movement. Reconnect with yourself in a safe space of serenity and self-care.

AGE GROUP: Adult EVENT TYPE: Health & Wellness



SUN 4



Opening MAY 2 6 - 8pm

MAY 3&4 10am - 4pm

Spring Show



Post Office Place • 206 Worcester Road • Princeton





VALLEYCAST HOSTS THE WHITINSVILLE CHRISTIAN SCHOOL ART EXHIBIT

May 5, 2025 - May 22, 2025 Heritage Gallery, 50 Douglas RoadWhitinsville, MA 01588 9:00 AM to 4:00 PM

Recurring weekly on Monday, Tuesday, Wednesday, Thursday, Friday Located at the Spaulding R. Aldrich Heritage Gallery

ValleyCAST welcomes the **Whitinsville Christian School** students in grades K-12. They will be exhibiting a variety of 2-D art work that they have created throughout the year. This exhibit is in conjunction with the school's Annual Student Art Walk.

Come support these inspiring young students!

Regular gallery hours for this exhibit will be held Mondays - Fridays from 9:00 AM - 4:00 PM from May 5 - May 22.

An Opening Reception will be held on , Friday, May 2, 2025 from 5:00-7:00 PM.

The Exhibit comes down during the day on Friday, May 23





FRI 9



Summer Concert Series

May 2, 2025 - September 28, 2025 539 Prospect St., West Boylston, MA 01583 (508) 853-0717

Free

Recurring weekly on Sunday, Friday, Saturday

Pinecroft sponsors 'Music on the Lawn' every summer from May through September.

Weather permitting, local bands or solo artists perform on the Pinecroft Lawn every weekend!

Friday, Saturday and Sunday nights from 5-7pm or 6-8pm, depending on daylight.

Order take-out, grab an ice cream cone and enjoy the free music series!



SAT 10



HandCraft Bash: Copper Fridge Magnets

Worcester Center for Crafts
May 10, 2025
25 Sagamore Rd., Worcester, MA 01605
(508) 753-8183
Free
11:00 AM to 2:00 PM

Craft your own unique fridge magnet using beautiful and malleable sheet copper.
Cut, texture, stamp, bend the copper, and attach it to a magnetic disk.

Admire it every time you open your refrigerator!

And keep your pictures and messages in order, too!





805 Main Street, Shrewsbury, MA 01545

Dean Park offers 79 acres and 1.8 miles of interconnecting walks.

The most well-known paved walking area in Shrewsbury also has one main wooded trail and few informal trails.

The pond and mature woods make a pleasant place for easy strolling, running, biking, and relaxing.

The entrance is on Main Street, and there is plenty of parking and tables for picnics.

MON 12

SUN

11

VHIKE CENTRAL MASSACHUSETTS

The Greater Worcester Land Trust is a small non-profit organization.
located in Worcester, Massachusetts and
is dedicated to preserving and protecting Worcester County's critical open space.

Worcester Hikes-3 Complete (hikeworcester.com)



PRAILTRAILS TO EXPLORE:

Center Trail in Hopkinton is wooden and made of smooth stone surface,
.6 miles in length and is wheelchair accessible.
Trail end points:

Main St./SR 135 west of Pleasant St. and Loop Rd.
behind Hopkinton High School.
https://www.traillink.com/trail/center-trail/



*** MAY EVENTS 2025 ****

FREE & DISCOUNTED BOOKS

Worcester Public Library

WED

14



Worcester Public Library
offers free books and magazines
to take home for keeps!
They also have a bookstore
for the frugal shopper.
They are located near the entrance
when you go through the main doors.

3 Salem Square, Worcester, MA 01608, Tel: 508-799-1655

https://www.mywpl.org/?q=locations-hours

THUR
15

AUBURN PUBLIC LIBRARY



Auburn Public Library offers books you can buy at the main entrance.

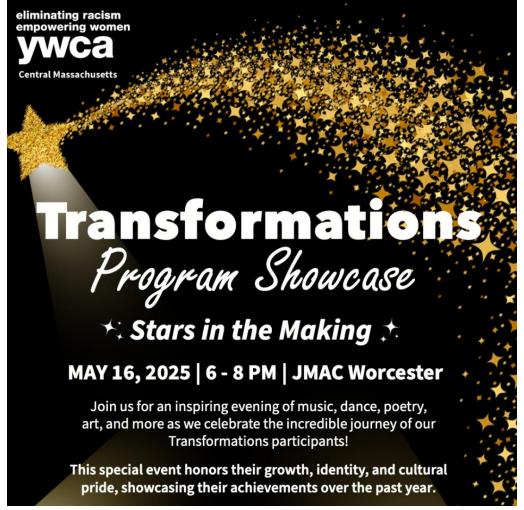
Most book are a dollar or less.

369 Southbridge Street, Auburn, MA 508 832 7790

http://auburnlibrary.org/



FRI 16



Jean McDonough Arts Center
20 Franklin St., Worcester, MA 01608
6:00 PM to 8:00 PM



***** MAY EVENTS 2025 *****

SAT 17



Plant Swap

Worcester Public Library
3 Salem St., Worcester, MA 01608
free
11:00 AM to 12:00 PM
Banx Room

Oh my gourd, do you have a houseplant you no longer need? Are you branching out to start a new plant hobby? Join us for a Plant Swap! This swap is open to all levels of planters.

If you know your plants, come share your best plant care tips at this swap.

Requests:

- -Healthy plant or cutting (no pests, mold, or fungus) to trade.
- -Label your plants (if possible!).
- -Bring plants in soil or cuttings in water (please bring pots that you are willing to part with).
- -All plants welcome as long as they easily fit in a car and are not excessively heavy.
- -The more plants/cuttings you bring, the more you can take! If you can't beet 'em, join 'em!



SUN 18



BREEZY GARDENS

Is now open for the season.

They sell fruits and vegetables and accept HIP & SNAP benefits.

Plan your trip today!

6 McNeil Hwy. Leicester, MA 01524 (508) 892-9201



Healthy Incentives Program (HIP)

HIP puts money back on your EBT card* when you use SNAP to buy healthy, local fruits and vegetables from HIP farm vendors.

*up to a monthly cap of \$40, \$60, or \$80

Click on the link below to find out how to sign up today!

https://www.mass.gov/service-details/massachusetts-healthy-incentives-program-hip



There are 4 public fridges within Worcester.

This was created as a supplemental resource.

First come, first serve.

Please click on the website for more information and location of a fridge near you!

https://woofridge.org/
MY CHOICE PROGRAMS PROUDLY PRESENTS:
Anime Club and Board Game Club



WED 21



Anime Club

Held on the 3rd Wednesday of every month, 4pm-6pm Questions? Contact: Robert at rtatro@mychoiceprograms.com



THUR
22



44 Portland St., Fl 6, Worcester, MA 01608 Free

7:00 PM to 9:00 PM, Recurring weekly on Thursday

Open Hacks are a free public event where creative people meet to work on their projects and hang out with other creative folks.

Open Hack is a weekly event at Technocopia, Worcester's downtown Makerspace, where we invite members and the public to share their ideas and projects with one another. It's an excellent place to learn more about who we are and meet new artisans and makers in an inspiring environment.

No need to register - All are welcome to show up!
All non-member visitors are welcome and must be buzzed in via the front door call box.





FRI 23



Starting a Business 101

1:00pm - 2:00pm <u>Main Library</u> Computer Lab

Learn the steps to start a small business.

Join us for an informative workshop on the fundamentals of starting a successful business. Learn essential steps, key strategies, and practical tips. Whether you have a business idea or are already in the early stages, this session will equip you with the knowledge and resources to kickstart your entrepreneurial journey. Don't miss this opportunity to network and engage with like-minded individuals in our vibrant business community. Open to all aspiring entrepreneurs. Presented by the City of Worcester, Executive Office of Economic Development.



SAT 24



Explore the Public Art of Worcester, Massachusetts

If you're looking for a unique, family-friendly and photo-worthy outdoor activity in Worcester, we have the perfect itinerary to keep you occupied for an entire afternoon. Give Me A Sign" features inspirational signs installed throughout Worcester.

Worcester is home to dozens of public art projects like Give Me a Sign and the Black Lives Matter mural at the crossroads of MLK and Major Taylor Boulevard. Impressive and inspiring, Worcester's murals are attributed to local, national and worldwide renowned artists who've participated in the POW! WOW! Worcester annual arts festival – and simply put, they cannot be missed.

To get you started on your public art tour, here's a shortlist of 12 murals found within a mile of downtown Worcester's most infamous public art sculpture, the Burnside Fountain.

Click the link below to find out more: Explore the Public Art of Worcester, Massachusetts



TRADITIONAL IRISH SEISIUN

Worcester Hibernian Cultural Centre
19 Temple Street, Worcester, MA 01608, (508) 792-3700
Free and open to all, 4:00 PM to 7:00 PM
Recurring monthly on the 4th Sunday

A gathering of Irish traditional musicians for the purpose of celebrating their common interest in the music by playing it together in a relaxed, informal setting, while in the process generally beefing up the mystical cultural mantra that hums along uninterruptedly beneath all manifestations of Irishness worldwide.





MON 26





9:30am-10:15am Millbury Senior Center, One River Street, Millbury, MA 01527 (508) 865-9154



TUES 27



Enjoy a relaxing morning with friends!

Tuesdays at 9:30am

at Millbury Senior Center

One River Street,

Millbury, MA 01527

(508) 865-9154



Classes & Clinics | Millbury MA



WED 28

VLine Dancing Senior Millbury Center

Wednesdays 10:30am



Creative Hub Worcester 653 Main St., Worcester, MA 01608 Free! 6:30 PM to 8:30 PM

Whether you're an artist, or a beginner who wants to explore a new creative endeavor in a safe and inclusive space. You can bring your own project and materials to work on anything creative or utilize the variety of art materials that will be available.

OUEER ARTIST/MAKER NIGHTS

Free and open to anyone who identifies as a member of the LGBTQIA+ community (18+)
RSVP encouraged: https://queerartistmakernights.eventbrite.com.
EVERY THURSDAY at Creative Hub Worcester



The link below gives the locations and times of the 30 food banks in Worcester.

This link also helps you find food banks in your town and has a zip code search for the one nearest you.

https://www.foodpantries.org/ci/ma-worcester

FRI 30

The Mustard Seed

93 Piedmont St. Worcester MA 01609 (508) 754-7098

mustardseedcw.org

PANTRY HOURS: Monday through Saturday (Summer) 5:00 PM to 6:30 PM Monday through Saturday (Winter) 4:00 PM to 6:30 PM

Friends of Millbury Seniors

1 River Street Millbury, MA 01527 (508) 865-9154

PANTRY HOURS: Monday through Friday 9:00am - 4:00pm

Mt. Carmel Outreach Ministry

24 Mulberry Street Worcester, MA - 01605 Phone: (508) 791-0731

Food Pantry hours: Tuesdays 9:30am-1:30pm

Quinsigamond Village Neighborhood Center

Worcester, MA - 01607 508-755-7481 Food Pantry Location: 2.88 miles from Millbury

PANTRY HOURS: Monday, Tuesday, and Thursday: 9:30am - 2:00PM Friday 9:30AM-12PM *** MAY EVENTS 2025 ****

SAT 31



Old Sturbridge Village

1 Old Sturbridge Village Road, Sturbridge, MA 01566, (800) 733-1830 Current Hours: Wednesday – Sunday, 9:30 a.m. – 5:00 p.m.

Old Sturbridge Village is \$3 dollars with an EBT discount. It's a great way to get some fresh air and exercise while seeing the sites! Plan your visit today!

https://www.osv.org/





FREE & DISCOUNTED ADMISSION WITH EBT CARD

Card to Culture- https://www.mass.gov/info-details/ebt-card-to-culture-organizations

MASSACHUSETTS: NATURE, PARKS & FRESH WATER BEACHES

- Day Trips/Events/Places- https://www.massdaytripping.com/hiking-state-parks, https://www.towerhillbg.org/planyourvisit/
- Mass Audubon https://www.massaudubon.org/; https://www.massaudubon.org/; https://www.massaudubon.org/; https://www.massaudubon.org/get-outdoors/wildlife-sanctuaries/broad-meadow-brook
- Massachusetts freshwater beaches- https://www.visit-massachusetts.com/state/fresh-water-beaches/
- Massachusetts park locations- https://www.mass.gov/visit-massachusetts-state-parks/locations? page=1
- Rail trails: http://masstrails.com/rail-trails-map.html

WALKING FOR WHEN ITS COLD, RAINY OR JUST TOO HOT

https://local.aarp.org/auburn-ma/mall-walking/, https://local.aarp.org/auburn-ma/mall-walking/, https://www.outletstoresmalls.com/outlet-malls/auburn-mall

MASSACHUSETTS: MUSEUMS, FESTIVALS & CULTURAL EVENTS

- Festivals- https://www.findfestival.com/massachusetts/
- Massachusetts (MA) Museums and Galleries in the Central Region- https://www.visit-massachusetts.com/central/museums-and-galleries/
- Multicultural Events in Massachusetts- https://www.visitma.com/things-to-do/multicultural/
- Women's Historical Landmarks- https://worcestercentralkidscalendar.com/womens-history-landmarks-to-visit-in-massachusetts/



MASSACHUSETTS: FARMERS MARKETS, FAIRS & AGRICULTURAL EVENTS

Check it out
HIP FINDER

SNAP/HIP (Healthy Incentive Program)

 $\label{lem:benefits} \textbf{Benefits explained-} \ \ \frac{\text{https://www.mass.gov/service-details/massachusetts-healthy-incentives-program-hip}{\text{Find Farmers markets that accept HIP-}} \ \ \frac{\text{https://dtafinder.dtadash.ehs.mass.gov/}}{\text{https://dtafinder.dtadash.ehs.mass.gov/}},$

https://guide.farmfreshri.org/food/farm.php?farm=1141

- Fairs and Agricultural Events- https://www.mass.gov/service-details/calendar-of-culinary-and-agricultural-events
- Find a Market Near You https://www.recworcester.org/farmers-markets
- Winter Farmer Markets- https://massnrc.org/farmlocator/map.aspx?Type=Winter%20Markets
- Pick Your Own- https://www.mass.gov/guides/pick-your-own-farms

DAY TRIPS/EVENTS

• Look for some fun daytrips here! https://www.discovercentralma.org/see-do/events/, https://www.discovercentralma.org/see-do/events/

TOWN EVENTS/CALENDARS

- Bellingham events- https://www.townplanner.com/bellingham/ma/events/
- Bellingham Library- https://www.bellinghampubliclibrary.org/
- Franklin, MA Events and Things to Do- https://www.americantowns.com/franklin-ma/events/
- Hopedale Events- https://www.americantowns.com/hopedale-ma/events/
- Milford Events- https://www.eventbrite.com/d/ma--milford/free--events/
- Millbury Senior Center Events- https://www.millbury-ma.org/senior-center/pages/classes-clinics



• Millbury Library Events- https://www.millburylibrary.org/events

WORCESTER: EVENTS, LIBRARIES & MUSEUMS

- Worcester, MA Events and Things to Do- https://www.eventbrite.com/d/ma--worcester/events/
- Worcester Public Library Calendar- https://mywpl.org/?q=online-calendar
- Worcester Art Museum- https://www.worcesterart.org/information/hours-and-admission/
- Worcester Historical Museum- https://www.worcesterhistory.org/visit/
- Worcester Cultural Coalition- https://worcesterculture.org/calendar-of-events/
- Holy Cross free movies- https://www.holycross.edu/arts-culture/seelos-film-series
- American Antiquarian Society- https://www.americanantiquarian.org/programs-events

MISC. INTERESTS

• Car Shows- https://carshownationals.com/massachusetts-car-shows/, https://www.janinesfrostee.com/events/

PLEASE NOTE:

Some events require preregistration due to limited seating. Contacting ahead of time is suggested.

& AND REMEMBER, IT'S ALWAYS YOUR CHOICE!



Questions? Suggestions? Please contact Kat Hastings at 508-868-4331, khastings@mychoiceprograms.com