

MAY EVENTS 2024

WED
1



♥ This Month's Feature ♥

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

✿ **MAY EVENTS 2024** ✿

THUR

2



♥ **Candlelight Yoga with Aromatherapy** ♥

THURSDAY, MAY 2, 7:00—8:00 PM, Frances Perkins Branch 470 West Boylston Street, Worcester, MA, 01606

Join us for a calming gentle yoga class. Flow with mindful movement to nourish the body, mind and soul in slow-paced postures, ending with a light meditation. Soft candlelight and aromatherapy create a warm ambiance, with visual guidance offered through each movement. Reconnect with yourself in a space of serenity and self-care. You will leave feeling blissful!

All levels are welcomed. Open to ages 7 and up. Please arrive 5-10 minutes before class begins to arrive and settle. Bring your own yoga mat and anything for comfort - blocks, blankets, bolsters.

CAPACITY: 6 of 14 spaces available

Register here:

[05/02/2024 | Candlelight Yoga with Aromatherapy | Worcester Public Library \(assabetinteractive.com\)](https://www.assabetinteractive.com)

MAY EVENTS 2024

FRI
3



★ 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

♥ **What is HIP?** ♥

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>

MAY EVENTS 2024



♥ Mindfulness Session ♥

SATURDAY, MAY 4, 1:00—2:00 PM, Computer Lab, Main Library, 3 Salem Square , Worcester, MA, 01608
Ages 18 & older.

Mindfulness is a great way to alleviate stress, develop more creativity, and cultivate more peace in your life. The practice can be added to any lifestyle and can be done anywhere. No special equipment or skills needed! Come and learn how to use your breath, mind, and body as tools to help you be more present and peaceful in every area of your life.

Laura Klain is a Certified Life Coach and Therapist based in Nashua, NH. She has been helping people build better relationships, change careers, increase creativity, and successfully navigate life's curveballs for 15 years.

CAPACITY: 15 of 20 spaces available.

Register here:

[05/04/2024 | Mindfulness Session | Worcester Public Library \(assabetinteractive.com\)](https://www.assabetinteractive.com/05/04/2024-Mindfulness-Session-Worcester-Public-Library)

 **MAY EVENTS 2024** 

 **INDIVIDUAL'S CHOICE!** 

SUN
5

At My Choice Programs, we are committed to our monthly calendar reflecting the preferences of the people we serve.

Keep your eyes out for the  **GOLD STAR** 

This marks an event or activity that was requested to be in the calendar.

PLEASE KEEP THESE REQUESTS COMING!

Feel free to contact your staff member or
Kat Hastings at: (508) 868-4331, khastings@mychoiceprograms.com

MON
6

  **HIKE 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 \(hikeworcester.com\)](http://www.hikeworcester.com)

  **RAILTRAILS TO EXPLORE:**

TUES
7

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.trailink.com/trail/center-trail/>

🌸 MAY EVENTS 2024 🌸

WED

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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/> ★

✿ **MAY EVENTS 2024** ✿

THUR
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♥ **Lunchtime Yoga** ♥

THURSDAY, MAY 9, 12:00—1:00 PM, Saxe Room, Main Library, 3 Salem Square , Worcester, MA, 01608

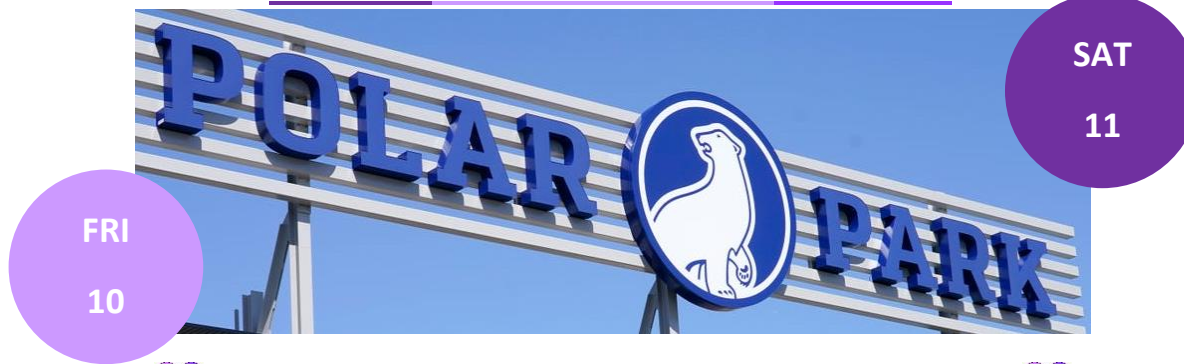
Take advantage of your daily lunch break to relax and reset with Yoga taught by Kate Dalrymple of Kula Yoga of Worcester. Please bring a mat and water. Ages 18 and older.

We kindly ask that you arrive by 11:55 as the instructor starts class promptly at 12:00.

It is recommended that you consult your physician or other healthcare professional before starting any exercise or physical fitness program, especially if you have pre-existing injuries or health conditions. All exercise-related activity is done at your own risk. The Worcester Public Library will not be held responsible for any injury resulting from performing these exercises.

Registration for this event opens Thursday, April 25 at 12:00 AM.

MAY EVENTS 2024



♥ BEST BUDDIES FRIENDSHIP WALK ♥

April 5, 2024 - May 11, 2024

Polar Park, 100 Madison St., Worcester, MA 01608

Free (please just register every individual for safety: <https://www.bestbuddiesfriendshipwalk.org/centralmass/>)

10:00 AM to 12:00 PM

Recurring daily

The Best Buddies Friendship Walk is the leading event in the country supporting inclusion for people with intellectual and developmental disabilities (IDD). Join us at Polar Park for a morning of dancing, games, activities, and more! Have a chance to get down on the warning track at the Park and walk alongside your community members! We would love to have anyone from the Worcester area and involved in the disability communities to be there with us!

The main point of a Friendship Walk is to celebrate our movement for global inclusion of people with disabilities, and it is a chance for us all to connect, learn, and continue to grow! At the event, our Best Buddies Staff that can tell you more about how to get involved in our programs, start a chapter at your schools, or you can join us for fun and inclusive vibes! You'll be making the world more welcoming to people with IDD — one friendship, one job, and one life-changing connection at a time. This is a FREE community event, so anyone is welcome to join, we just ask that every individual is registered for safety.

Register here: [bestbuddiesfriendshipwalk.org/centralmass/](https://www.bestbuddiesfriendshipwalk.org/centralmass/)

Event Contact: KatelynLabarre@bestbuddies.org

 **MAY EVENTS 2024** 

SUN
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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.

VALLEYCAST HOSTS THE WHITINSVILLE CHRISTIAN SCHOOL ART EXHIBIT

MON
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May 6, 2024 - May 30, 2024
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 6 - May 30.

An Opening Reception will be held on , Friday, May 3, 2024 from 5:00-7:00 PM.

The Exhibit comes down during the day on Friday, May 31

🌸 MAY EVENTS 2024 🌸

TUES
14



♥️ Millbury Senior Center ♥️

One River Street, Millbury, MA, 01527, (508) 865-0851

[Classes & Clinics | Millbury MA](#)

Light exercise classes on Mondays and Fridays

🌸 **MAY EVENTS 2024** 🌸

9:30 am to 10:15 am

WED

15



♥ Creative Writing Workshop ♥

WEDNESDAY, MAY 15, 7:00—8:00 PM, Computer Lab, Main Library, 3 Salem Square , Worcester, MA, 01608

Participate in a group writing session. You'll be given a prompt and 30 minutes to write. After that, you are welcome to read what you have written (not required) and get feedback from the other writers in the group.

Registration for this event opens Wednesday, April 17 at 9:00 AM.

 **MAY EVENTS 2024** 

THUR

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 **QUEER ARTIST/MAKER NIGHTS** 

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.

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

FRI

17

 **FRIDAY MORNING BIRD WALK** 

March 29, 2024 - June 7, 2024

Mass Audubon Broad Meadow Brook

414 Massasoit Rd., Worcester, MA 01604, (508) 753-6087

\$7 Mass Audubon Members, \$10 Nonmembers

7:00 AM to 9:00 AM

Recurring weekly on Friday

MAY EVENTS 2024

SAT
18



♥De-Stress with Dogs♥

SATURDAY, MAY 18, 11:00 AM—12:30 PM, Newspapers & Magazines: Ellipse Main Library, 3 Salem Square , Worcester, MA, 01608

Visit with a registered* therapy dog to bring a little rest and relaxation to your day. Therapy animals* are generally privately owned pets who are brought by their handlers to places to bring joy and smiles.

This program is made possible by Tufts Paws for People, which is a Community Partner of the Pet Partners organization.

*Tufts Paws for People uses the national Pet Partners program to register their volunteer teams. This program requires handler training and evaluation of animals before they can be approved to volunteer. For more information about Pet Partners, visit petpartners.org.

*A therapy animal is an animal that has been trained to provide specific human populations with animal contact. Therapy animals are typically personal pets. Their work is not focused on their own handler like a service animal; instead, their work provides benefits to other people. A therapy animal is not specifically defined by federal law, nor is a therapy animal granted any special privileges or provisions by federal law. This means that a therapy animal is not allowed to enter any facility that does not normally allow pets, except when they have been invited.

For more information about Tufts Paws for People, visit <https://sites.tufts.edu/hai/paws/frequently-asked-questions/>

MAY EVENTS 2024

No Registration Required

SUN
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MON
20

TUES
21

NEW TERRAIN: 21ST-CENTURY LANDSCAPE PHOTOGRAPHY

April 6, 2024 - July 7, 2024

Worcester Art Museum, 55 Salisbury Street, Worcester, 01609, (508) 799-4406

This spring the Worcester Art Museum will present *New Terrain: 21st-Century Landscape Photography* a new exhibition focused on how 21st-century artists use different photographic processes to explore the idea of landscape. Comprising approximately 30 artworks created over the past 20 years the exhibition will highlight a wide range of techniques—including 3-D printing weaving embroidery collage and the use of nontraditional materials like rusted cans and lake water—that reinterpret the traditional practice of photography. Through these artworks *New Terrain* serves as an entry point into deeper narratives about technology identity political activism and history through the concept of the landscape. This exhibition is organized by Nancy Kathryn Burns the Museum's Stoddard Curator of Prints Drawings and Photographs.

April 6 2024–July 7 2024

Cost: Included with General Admission

 **MAY EVENTS 2024** 



♥ Tai Chi ♥

Enjoy a relaxing morning with friends!

Tuesdays 9am

at Millbury Senior Center

One River Street,

Millbury, MA 01527

(508) 865-9154

[Classes & Clinics | Millbury MA](#)

MAY EVENTS 2024

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THUR
23



FRI
24

CHINESE EMPRESSES EXHIBIT

5/22/2024, 5/23/2024, 5/24/2024, 5/25/2024, 5/26/2024, 5/29/2024, 5/30/2024, 5/31/2024,

6/1/2024, 6/2/2024, 6/5/2024, 6/6/2024, 6/7/2024, 6/8/2024, 6/9/2024

Jean McDonough Arts Center, 20 Franklin St. Worcester, MA 01608

12:00 PM to 4:00 PM

Reception: 05/31 (5:00pm - 8:00pm)

Xiang Li has been working on the Chinese Empress collection since 2012. This is the first time these paintings are shown as a group rather than individually. Thanks to JMAC's incredible setup, Li is finally able to find a space that could accommodate her work. You will be witnessing 70+ empresses in this single exhibition. Each painting is completed on silk panels using gemstone colors made by hand, and high-quality watercolors.

Li spent about 3-6 months working full time on creating each one of them. They carry the stories of ancient Chinese empresses that are finally ready to be shared with the world. Even if you are less familiar with the Chinese culture or their empresses, we know you will enjoy witnessing the intricacies of Li's work, which is done after decades of research. Prior to living and working in Massachusetts, Li spent 37 years working as a professional restoration and reproduction artist at the Palace Museum in Beijing, China. We hope to meet many of you, answer your questions, and encourage more young and experienced artists into the conversation of art education, conservation, and storytelling.

✿ **MAY EVENTS 2024** ✿

FREE & DISCOUNTED BOOKS

SAT
25

★ **Worcester Public Library**



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>

SUN
26

★ **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/>

✿ **MAY EVENTS 2024** ✿

MON
27

**ENJOY SPRING
AT THE VILLAGE**



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/>

 **MAY EVENTS 2024** 
★FOOD PANTRIES

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>

TUES
28

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

WED
29

Mt. Carmel Outreach Ministry

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

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

THUR
30

Friends of Millbury Seniors

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

PANTRY HOURS:

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

FRI
31

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 2024

LINKS OF INTEREST

Check it out

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/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: <https://www.traillink.com/trailsearch/?state=MA> , <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://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/>


MAY EVENTS 2024

MASSACHUSETTS: FARMERS MARKETS, FAIRS & AGRICULTURAL EVENTS

Check it out

HIP FINDER

SNAP/HIP (Healthy Incentive Program)

Benefits explained- <https://www.mass.gov/service-details/massachusetts-healthy-incentives-program-hip>

Find Farmers markets that accept HIP- <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.massfarmersmarkets.org/markets>, <https://www.recworchester.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.massdaytripping.com/fun-attractions>, <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>


MAY EVENTS 2024

- 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.hebertcandies.com/blogs/events/thursday-night-cruzzin-car-show> , <http://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