

# TAPRIL EVENTS 2023

# **★INDIVIDUAL CREATED EVENT COMING UP IN MAY!**

**HOSTED BY:** 





SAVE THEE DATE!

Visit the Vietnam Memorial, **Visit Farm** Animals,

& Make New Friends!

**GREEN HILL PARK 50 SKYLINE DRIVE, WORCESTER, MA** 

**FRIDAY MAY 12TH, 2023** 

11:30AM - 2:30PM

**CREATED BY: DAMIN PRINCE** 



Feel Free to



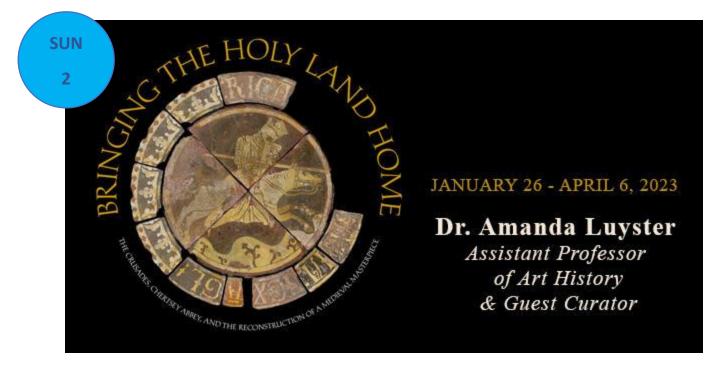




# TO LEARN MORE, PLEASE VISIT THIS LINK:

https://scdhec.gov/environment/make-every-day-earth-day





## Iris and B. Gerald Cantor Art Gallery at HOLY CROSS presents:

"Bringing the Holy Land Home" focuses around the well-known Chertsey combat tiles, a series that was created around 1250 for the Chertsey Abbey, and most likely originally commissioned for the English royal palace at Westminster. The tiles were excavated from the ruined Abbey of Chertsey in the late-19th century and are now housed in several different institutions across Britain, including the British Museum.

### Admission is free.

### FOR DIRECTIONS AND HOURS:

https://www.holycross.edu/iris-and-b-gerald-cantor-art-gallery/visitor-information



MON

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

TUES 4



Worcester Public Library today?

Easy Sewing Projects for Adults
Zumba!

**Poetry Writing Workshop** 

Spanish Book Club

**Vaccination Clinic** 

**ESOL Navigator** 

FIND OUT MORE:

https://mywpl.org/?q=online-calendar







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/





# **Massachusetts Healthy Incentives Program (HIP)**

What is 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



FRI

### **FREE PUBLIC ART!**



Spend the day in Worcester on a driving or walking tour viewing art all around the city. Worcester MA is becoming known for its murals. Go to the link for locations and details.

https://www.discovercentralma.org/articles/explore-the-public-art-of-worcester-massachusetts/



These parks are convenient and great for picnicking and casual walks.



### **ELM PARK**

292 PARK AVENUE, WORCESTER, MA

**GREEN HILL PARK** 

1 GREEN HILL PARKWAY, WORCESTER, MA







# **De-Stress with Dogs**

3:00—4:30 PM, WORCESTER PUBLIC LIBRARY,

Newspapers & Magazines: Newsroom 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.

https://www.discovercentralma.org/sp/de-stress-with-dogs--april--YXGEDHIP/





### Tai Chi & Coffee in the Garden

Enjoy a relaxing morning with friends!

Tuesdays 9amat Millbury Senior Center, One River Street, Millbury, MA 01527

(508) 865-9154 Classes & Clinics | Millbury MA

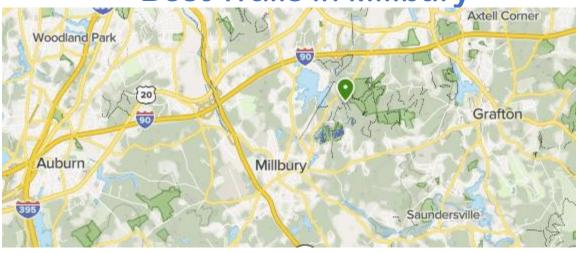


**AllTrails** 

PRESENTS:

WED
12

★Best Trails in Millbury



Looking for the best hiking trails in Millbury?

Whether you're getting ready to hike, bike, trail run,
or explore other outdoor activities,
AllTrails has 3 scenic trails in the Millbury area.
Enjoy hand-curated trail maps,
along with reviews and photos from nature lovers like you.
Explore one of 2 easy hiking trails in Millbury.
Check out some trails with historic sites or
adventure through the nature areas surrounding Millbury
that are perfect for hikers and outdoor enthusiasts at any skill level.

https://www.alltrails.com/us/massachusetts/millbury



THUR
13

#### 205 Westboro Road, Upton, MA 01568, (508) 278-6486

This 2,660-acre forest offers a mix of nature and history.

Explore some of the historic structures built by the Civilian Conservation Corps, a program that provided employment during the Great Depression, located here.

Parking is FREE.

https://www.mass.gov/locations/upton-state-forest





FRI 14

# Mass Audubon Broad Meadow Brook Conservation

414 Massasoit Road, Worcester, MA 01604 Tuesday–Sunday, 12 pm-4 pm. FREE FOR EBT CARD HOLDERS!

https://www.massaudubon.org/get-outdoors/wildlife-sanctuaries/broad-meadow-brook





SAT
15

# Easy Everyday Side Dishes: Cuban Yuca con Mojo & Thai Cucumber Salad with Chef Vanessa

2:00—3:30 PM, Saxe Room, Main Library3 Salem Square, Worcester, MA, 01608

Creating side dishes does not have to be the same thing from week to week when preparing food at home. In this class, Chef Vanessa will guide you through two easy recipes from Cuba & Thailand.

Registration is required for this event.

https://mywpl.assabetinteractive.com/calendar/cooking-with-chef-vanessa-2/

SUN
SONG GWRITERS
ATTHEBUS

SUNDAY APRIL 16 3PM
Mark Mandeville &
Raianne Richards [Webster, MA]
Mimi Mahoney opens

Sponsored by

Sponsored b

## **FREE CONCERT!**

#### **CLICK ON THE LINK BELOW FOR MORE DETAILS:**

https://www.discovercentralma.org/sp/songwriters-at-the-hub--3----mark-and-raianne-with-mimi-mahoney-M1F39MEI/



MON 17

# **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)





### **CENTRAL MASS RAIL TRAIL STERLING SECTION**

Explore this 3.3-mile out-and-back trail near Sterling, Massachusetts.

Generally considered an easy route, it takes an average of 59 min to complete.

This trail is great for hiking, mountain biking, and running, and it's unlikely you'll encounter many other people while exploring.

Mass Central Rail Trail: Sterling Section | Map, Guide - Massachusetts | AllTrails





11 French Drive, Boylston, MA 01505

Tower Hill Botanic Garden is a 171-acre botanic garden and arboretum located in Boylston, Massachusetts, approximately 8 miles north of central Worcester in Worcester County, Massachusetts. Tower Hill features 17 distinct gardens, preserved woodlands, and miles of hiking trails.

\$2 general admission for up to six guests per EBT CARD

(508) 869-6111, https://nebg.org/







# **\*Worcester Art Museum**

55 Salisbury Street Worcester, MA 01609

### **FREE admission**

with Massachusetts EBT, WIC, or Connector Care Health Insurance Plan card. Flora in Winter is the only exception Where special program ticket pricing applies.

Plan your trip today!

https://worcesterart.org/

# **★Fitchburg Art Museum**

185 Elm Street, Fitchburg, MA 01420 978.345.4207

Wednesday – Friday 12pm – 4pm Saturday & Sunday 11am – 5pm

1st Thursday of the month is FREE! 12pm – 7pm

https://fitchburgartmuseum.org



SAT 22

# **REC Earth Day Cleanups**



Presented By: Regional Environmental Council

This Earth Day join over 1,000 folks across Worcester to clean up our neighborhoods, streets and parks!

### Saturday, April 22nd

Clean ups | 8 am - 12 pm

Cook out | 12 pm - 2 pm

Clean ups at sites across Worcester,

cook out at the REC Office & Youth GROW Farm (42 Lagrange St., Worcester MA) <a href="https://www.discovercentralma.org/sp/rec-earth-day-cleanups-LIJGY4DI/">https://www.discovercentralma.org/sp/rec-earth-day-cleanups-LIJGY4DI/</a>

**SUN** 

23

Find other ways you can celebrate Earth Day!

18 Ways to Celebrate Earth Day - wikiHow



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

Classes & Clinics | Millbury MA



**LUNCH 12PM, MON-FRI** 



Light exercise classes on Mondays and Fridays 9:30 am to 10:15 am









**THUR** 27



**Social Bingo** 1pm

> 9:00am to 11:30am Monday through Friday the Senior Center in Millbury holds card games.







# **★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



# TAPRIL EVENTS 2023

**SUN** 

30

**SAT** 

29

Samuel Slater Experience

31 Ray Street, Webster, MA Dedicated to educating about Samuel Slater, "Father of the American Industrial Revolution," through an engaging and immersive experience.



### © EBT Discount General admission ticket discounted to \$3 per person, up to 4 people 😉

Friday and Saturday open 10 a.m. to 4 p.m., Sunday noon to 4 p.m. Check Facebook for additional open days or holiday closures. Allow 1 to 11/2 hour for your visit.

508-461-2955

www.samuelslaterexperience.org

### MERICAN HERITAGE MUSEUM

568 Main St, Hudson, MA 01749

A military history museum with a collection consists of over 100 artifacts. Over half of the items on display are from the World War II era, with World War I, the Korean War, Vietnam War, Gulf War, Iraq War, and the War on Terror also represented.



## EBT and WIC cardholders receive a discounted museum admission of \$3 3

Cardholders are able to purchase their museum admission in person.

Not valid for special event weekends as listed on the American Heritage Museum website. Wednesday through Sunday, 10:00am to 5:00pm

978-562-9182

https://www.americanheritagemuseum.org



Check it

### 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- <a href="https://www.massdaytripping.com/hiking-state-parks">https://www.towerhillbg.org/planyourvisit/</a>
- Mass Audubon <a href="https://www.massaudubon.org/">https://www.massaudubon.org/</a>; <a href="https://www.massaudubon.org/get-outdoors/wildlife-sanctuaries/broad-meadow-brook">https://www.massaudubon.org/</a>; <a href="https://www.massaudubon.org/get-outdoors/wildlife-sanctuaries/broad-meadow-brook">https://www.massaudubon.org/</a>; <a href="https://www.massaudubon.org/get-outdoors/wildlife-sanctuaries/broad-meadow-brook">https://www.massaudubon.org/get-outdoors/wildlife-sanctuaries/broad-meadow-brook</a>
- 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

• <a href="https://local.aarp.org/auburn-ma/mall-walking/">https://local.aarp.org/auburn-ma/mall-walking/</a>, <a href="https://local.aarp.org/auburn-ma/mall-walking/">https://local.aarp.org/auburn-ma/mall-walking/</a>, <a href="https://www.outletstoresmalls.com/outlet-malls/auburn-mall">https://www.outletstoresmalls.com/outlet-malls/auburn-mall</a>

### MASSACHUSETTS: MUSEUMS, FESTIVALS & CULTURAL EVENTS

- Festivals- https://www.findfestival.com/massachusetts/
- Massachusetts (MA) Museums and Galleries in the Central Region- <a href="https://www.visit-massachusetts.com/central/museums-and-galleries/">https://www.visit-massachusetts.com/central/museums-and-galleries/</a>
- Multicultural Events in Massachusetts- <a href="https://www.visitma.com/things-to-do/multicultural/">https://www.visitma.com/things-to-do/multicultural/</a>
- 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)

Benefits explained- <a href="https://www.mass.gov/service-details/massachusetts-healthy-incentives-program-hip">https://www.mass.gov/service-details/massachusetts-healthy-incentives-program-hip</a>
Find Farmers markets that accept HIP- <a href="https://dtafinder.dtadash.ehs.mass.gov/">https://dtafinder.dtadash.ehs.mass.gov/</a>,

<a href="https://guide.farmfreshri.org/food/farm.php?farm=1141">https://guide.farmfreshri.org/food/farm.php?farm=1141</a>

- Fairs and Agricultural Events- <a href="https://www.mass.gov/service-details/calendar-of-culinary-and-agricultural-events">https://www.mass.gov/service-details/calendar-of-culinary-and-agricultural-events</a>
- Find a Market Near You https://www.massfarmersmarkets.org/markets, 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! <a href="https://www.massdaytripping.com/fun-attractions">https://www.discovercentralma.org/see-do/events/</a>, <a href="https://www.discovercentralma.org/see-do/events/">https://www.discovercentralma.org/see-do/events/</a>

#### **TOWN EVENTS/CALENDARS**

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



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

#### **WORCESTER: EVENTS, LIBRARIES & MUSEUMS**

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

#### MISC. INTERESTS

• Car Shows- <a href="https://carshownationals.com/massachusetts-car-shows/">https://carshownationals.com/massachusetts-car-shows/</a>, <a href="https://www.hebertcandies.com/blogs/events/thursday-night-cruzzin-car-show">https://www.hebertcandies.com/blogs/events/thursday-night-cruzzin-car-show</a>, <a href="https://www.hebertcandies.com/blogs/events/thursday-night-cruzzin-car-show">https://www.hebertcandies.com/blogs/events/thursday-night-cruzzin-car-show</a>, <a href="https://www.hebertcandies.com/blogs/events/thursday-night-cruzzin-car-show">https://www.hebertcandies.com/blogs/events/thursday-night-cruzzin-car-show</a>, <a href="https://www.hebertcandies.com/blogs/events/thursday-night-cruzzin-car-show">https://www.janinesfrostee.com/events/</a>

## 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