

Veg Group

Saturday, February 1 at 11:30am - 12:30pm

Our Brains on Plants! Join Dr. Michele Ricard and guest presenter Pamela Gasek for a discussion about how a whole food, plant-based diet has a positive influence on dementia, and the importance of the gut microbiome. Questions? Please email ricardam@charter.net.

Suggested donation: \$5



Armchair Traveler: Saskatchewan Sunday, February 2 at 2 - 3pm

Embark on a captivating virtual adventure with Dave Curran as he unveils the breathtaking beauty and hidden gems of Saskatchewan during his solo canoe

trip. From stunning lakes to unexpected moments of discomfort, danger, and "why am I doing this?!" feelings, this journey promises excitement and intrigue—all from the comfort of your seat!

Free!

Next week at 19 Carter...



Open Mic for Comics Monday, Feb 3 at 7:30 - 9pm

Join us for a laid-back night of comedy brought to you by Mike'd Up Comedy and Open Mic Pain. It's a chance for comics to workshop their new material in a low-stakes setting. Sign up for a stand-up slot by emailing spots@openmicpain.com.

Audience welcome! Ages 18+ (adult humor may be used).

Suggested donation: \$5

LEARN ABOUT FOSTER PARENTING AND ADOPTING FROM FOSTER CARE

Learn more about the need for foster and adoptive parents in your community!

Serving children of all ages who need a home.

Wednesday, February 5, 2025 10 AM - 12 PM

Questions? **Contact Katherine Keefe** 508-929-2122 Katherine.A.Keefe@Mass.Gov





Coming up...





Feb 8 1:30 - 2:30 PI

Learn how to...

- Differences between Android phones and iPhones
- · Different phone models

The third of a 6-session series!

3 Ways to Register:

- In-person at 19 Carter
- Call 978-415-0014
- · Visit 19carter.org

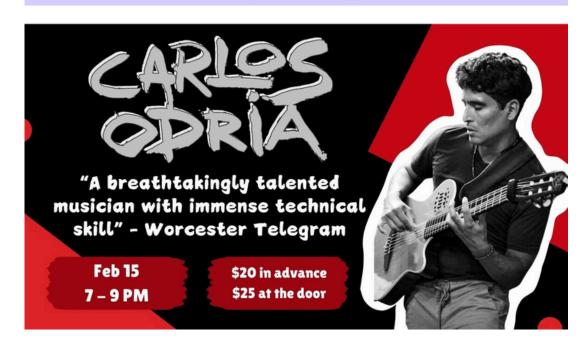
\$100 for 10 sessions

MUSIC INCLUDES & 19 CARTER PRESENT

Social Singing

Sing, dance, play percussion, or just listen! All are welcome!

This 10-week session begins Feb 10 /
For more information, contact LoriDiamondMusic@gmail.com
Register at nacc.net



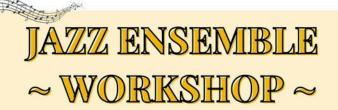
Carlos Odria Tickets

Berlin ... Here and There in the 1800'S



February 15th, 2:00 - 3:30 pm at 19 Carter when History Matters

takes us back with maps and pictures.



Join Ken Parrish for...

6 interactive sessions of hands-on learning!

Explore & play two jazz charts per session Improvise with a small ensemble Unlock the secrets of jazz charts & chord symbols Refresh & reinforce music theory as needed

Dates: Tuesdays from 7-9pm

Feb. 18, March 11, 25, April 8, 22, May 6

Prerequisites: Basic music reading skills or basic music theory knowledge & Ken's handbook (\$10)

Ready to put music theory into practice?

Register at 19carter.org!

Questions? Email Ken Parrish at ken@parrishworks.net

or scan here:

19 Carter Street, Berlin, MA 01503 | 19Carter.org | 978-415-0014 | @19CarterCommunity

Register for Jazz Ensemble Workshop











For more information on upcoming events, visit the 19 Carter Calendar of Events!

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