



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



Irish Session

Refreshments, games, and
live Irish traditional music!
Every Wednesday, 7 - 10 PM

Coming up...

DIGITAL LITERACY

CONTINUOUS EDUCATION SERIES:

Androids + iPhones

Learn how to...

- Differences between Android phones and iPhones
- Different phone models

The third of a 6-session series!



BERLIN
PUBLIC
LIBRARY

Feb 8
1:30 - 2:30 PM

3 Ways to Register :

- In-person at 19 Carter
- Call [978-415-0014](tel: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

**"A breathtakingly talented
musician with immense technical
skill" - Worcester Telegram**

**Feb 15
7 - 9 PM**

**\$20 in advance
\$25 at the door**



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.



JAZZ ENSEMBLE ~ WORKSHOP ~

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!

or scan here:



Questions? Email Ken Parrish at
ken@parrishworks.net

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

Register for Jazz Ensemble Workshop



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>For tickets, please visit 19Carter.org</p> <p>f ig @19cartercommunity</p>						1 Veg Group 11:30AM-12:30PM \$5* Braver Angels Workshop: Depolarizing Within 1:30-3:30PM FREE! Registration encouraged
2 Armchair Traveler with Dave Curran 2-3PM Saskatchewan FREE!	3 Tea Time 2-4PM Open Mic for Comics 7:30-9PM \$5*	4 Armchair Meditation 8-8:30AM 	5 Drop-in Foster Care/Adoption Info Session 10AM-12PM Irish Session 7-10PM \$5*	6 Afternoon Games! 2-4PM 	7 Open Art Studio 9AM-12PM Fiber Arts Group 2-4PM	8 Digital Literacy Program 1:30-2:30PM Androids & iPhones FREE! Registration encouraged
9	10 Office Hours with Senator Robyn Kennedy's Team 2-3PM Social Singing with Music Includes 4:30-5:30PM \$100 for 10 sessions	11 Armchair Meditation 8-8:30AM 	12 Old Time Music Jam 11AM-1PM \$5* Irish Session 7-10PM \$5*	13 Afternoon Games! 2-4PM 	14 Fiber Arts Group 2-4PM Valentine's Day Open Mic 7-9PM \$5*	15 History Matters: Berlin...Here and There in the 1800's 2-3:30PM Carlos Odría Concert 7-9PM
16 Jazz Jam 6-8:30PM \$5*	17 Tea Time 2-4PM Social Singing with Music Includes 4:30-5:30PM \$100 for 10 sessions	18 Jazz Ensemble Workshop 7-9PM \$120 for 6 sessions 	19 Irish Session 7-10PM \$5*	20 Afternoon Games! 2-4PM 	21 Open Art Studio 9AM-12PM Fiber Arts Group 2-4PM	22 Digital Literacy Program 1:30-2:30PM Microsoft Word & Google Docs FREE! Registration encouraged
23	24 Tea Time 2-4PM Social Singing with Music Includes 4:30-5:30PM \$100 for 10 sessions	25 Armchair Meditation 8-8:30AM 	26 Old Time Music Jam 11AM-1PM \$5* Irish Session 7-10PM \$5*	27 Afternoon Games! 2-4PM 	28 Chocolat 6:30PM (Pizza, salad, popcorn & chocolate included) \$15	29 *Suggested Donation: \$5



WEEKLY EVENTS

978-415-0014
19Carter.org



OPEN
M-F 9am-5pm / SAT 10am-1pm

MONDAY **Tea Time** 2-4pm



TUESDAY **Armchair Meditation** 8-8:30am



WEDNESDAY **Coffee Hour** 9am-12pm

Office Hours with Melissa, Berlin Council on Aging Director 10-11am

Irish Session 7-10pm



THURSDAY **Afternoon Games** 2-4pm



FRIDAY **Coffee Hour** 9am-12pm

Open Art Studio 9am-12pm

Fiber Arts Group 2-4pm



SATURDAY **Saturday Social** 10am-1pm
Stop by for baked goods and a friendly chat!



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



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