



Powder House News

Berlin Council on Aging – April 2026

From the Berlin Council on Aging

We are pleased to share some wonderful news with our community this month. After thoughtful consideration, our Director has decided to remain in her position with the Council on Aging. This decision ensures leadership continuity and allows us to continue building on the foundation we have created together.

Over the past months, we have seen program growth, increased participation, and strengthened connections within our 60+ community. With the Director staying on, we can look forward to

maintaining this momentum and expanding the services, activities, and resources that support your health, wellness, and social engagement.

The Council on Aging remains committed to fostering a welcoming and vibrant environment for all. We are excited for what lies ahead and grateful for the continued support, trust, and enthusiasm of our participants.

As always, we encourage you to stay involved, try something new, and share your ideas. The best is yet to come!

THE BERLIN COA VAN

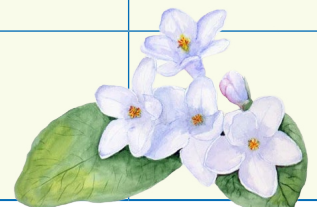
Need a ride to the doctor, grocery store, or library?

Call the Berlin Council on Aging at 978-838-2750 to schedule your ride. The COA Van is available Tuesday, Wednesday and Thursday 8 am – 2 pm. Please schedule appointments at least 48 hours in advance.

To learn how you can Sponsor the COA Powder House News please email coadirector@townofberlin.com.

April 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|---|---|
| | | | 1 | 2 Tai Chi 12:30 pm, Cardio, Stretch & Laugh, 2:30 pm, Room 118 | 3 Chair Yoga 2:30 pm, Room 118, Town Offices | 4 |
| 5 | 6 Strength & Balance 2:30 pm, Room 118, Town Offices | 7 Tai Chi 1:00 pm, Room 118, Town Offices | 8 Still River Session 1 11:30 am, Room 118 Mechanics Hall Brown Bag Lunch Concert 12-1 pm | 9 Veterans Breakfast 9 am, Room 118 Tai Chi 12:30 pm, Cardio 2:30 pm, Room 118 | 10 Chair Yoga 2:30 pm, Room 118, Town Offices | 11 |
| 12 | 13 Strength & Balance 2:30 pm, Room 118, Town Offices | 14 Tai Chi 1:00 pm, Room 118, Town Offices | 15 Jonathan Keezing Music with Lunch, Noon, Northbrook II | 16 Tai Chi 12:30 pm Cardio, Stretch & Laugh, 2:30 pm, Room 118 | 17 Chair Yoga 2:30 pm, Room 118, Town Offices | 18 Lester Ross Fishing Derby 7-11 am, South Common Pond |
| 19 Free Lions Club Senior Citizens' Luncheon 1-3 pm, 19 Carter, call 978-415-0014 by 4/13 for reservations | 20 Strength & Balance 2:30 pm, Room 118, Town Offices | 21 Tai Chi 1:00 pm, Room 118, Town Offices | 22 Still River Session 2 11:30 am, Room 118, Town Offices | 23 Tai Chi 12:30 pm, Cardio, Stretch & Laugh, 2:30 pm, Room 118 | 24 Chair Yoga 2:30 pm, Room 118, Town Offices | 25 |
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April Library Events

Children's Storytime

Every Monday @ 10am

Noontime Tales

Every Tuesday @ 12pm

Drop-in Tech Help

Every Tuesday @ 1-3pm

Lunch and Learn Homeschool Group

Wednesday, 1, 15, 29 @ 12pm

Brush Hour

ages 12-18
Monday, April 6 @ 5pm

Fused Glass Coasters*

ages 16+
Tuesday, April 14 @ 6pm

First Chapters Book Club

ages 5-9
Thursday, April 16 @ 4pm

Peeps Dioramas

April 21-25

Wicked Good Henna

all ages
Tuesday, April 21 @ 4-6pm

Slime Time

ages 6-11
Wednesday, April 22 @ 11am

Duct Tape Wallets

ages 12-18
Monday, April 27 @ 5pm

Crazy 8s Math Club*

grades 3-5
Thursday, April 30 @ 4pm

Thursday Evening Book Club

Thursday, April 30 @ 6:30pm

*Registration required: email berlinpubliclibrary33@gmail.com, or call 978-838-2812.

JONATHAN KEEZING

PERFORMING CLASSIC SONGS OF THE 50'S, 60'S AND 70'S

WEDNESDAY, APRIL 15 AT

NORTHBROOK 2 COMMUNITY ROOM

LUNCH SERVED AT 12

MUSIC STARTS AT 12:30

LUNCH MENU

SOUP, SANDWICHES, CHIPS AND DESSERT

REGISTRATION REQUIRED TO 978-838-2750

PRESENTED BY BERLIN COUNCIL ON AGING WITH FUNDING FROM BERLIN CULTURAL COUNCIL



Yippee! Nashoba Neighbors is celebrating our 3rd birthday!

In just three years, our community has grown to more than 140 members and volunteers. Together we're building friendships through book clubs, garden tours, friendly visits, and our monthly lunches and breakfasts.

Nashoba Neighbors is becoming more than a service—it's a real community where people feel known, connected, and valued.

2,814 Volunteer Hours | 848 Services Provided in 2025 | 14,890 Hours Driven by Volunteers

Want to be part of it? Join us! Learn more at nashobaneighbors.org.
978-226-8844

JOIN STILL RIVER SENIOR LIFE CONSULTANTS

FOR A 3-PART SERIES

Room 118, Town Offices

**WEDNESDAY, APRIL 8
AT 11:30 AM**

Why Hire a Geriatric Specialist?

Jack Whelan of Still River Senior Life Consultants will discuss how a Geriatric Care Manager will assist elders and their families through planning, support and advocacy

**WEDNESDAY, APRIL 22
AT 11:30 AM**

Health Care Proxy

Jack is back for session 2. He will review the importance of choosing a health care proxy who will represent your wishes in the event you are unable to make health care decisions for yourself.

**WEDNESDAY, APRIL 29
AT 11:30 AM**

MOLST FORM: More than a living will

Jacks final session will discuss the reasons why you should have a MOLST form completed.

Topics are: What is the MOLST Form

How does it ensures your wishes are followed

How it is useful for family and friends to understand your directives

**CALL THE COA AT 978-838-2750 TO REGISTER
FOR ONE OR ALL THE SESSIONS**

Meet Jeff Nutting, Interim Town Administrator



The Town of Berlin is happy to welcome Jeff Nutting as the interim Town Administrator. Jeff will serve until a permanent Administrator is appointed later this year. He brings over 50 years of experience in Massachusetts local government, including 27 years as a Town Administrator in Stoneham and Franklin. He has also served as the chair of a Select Board, School Committee, and Finance Committee.

This is Jeff's 20th interim assignment; most recently, he served as the Town Administrator in Lancaster. In his spare time, he enjoys hiking, biking, skiing, reading, and traveling. Please feel free to stop in and say hello to him.

After serving as the Town Administrator in Berlin for the past three and a half years, Kristen Rubin has moved on to become the Town Manager of Upton. We wish Kristen all the best in her new role.

REMINDER:
Tax deadline is April 15th

Exercise Challenge Results Are In!

Our Exercise Challenge has officially come to an end, and we want to thank everyone who participated! It was wonderful to see so many members of our community staying active, supporting one another, and making health and wellness a priority.

We are excited to congratulate our top participants for their outstanding dedication. Your commitment and enthusiasm were truly inspiring!

1st Place: Pam Dona **2nd Place:** Jan Banik

Tie for 3rd Place: Catherine Waugh and Maria Rutzmoser

We would also like to recognize the class with the highest participation during the challenge: Tai Chi, led by Reverend Helen Morin. Thank you to Reverend Morin and all of the Tai Chi participants for showing such great spirit and teamwork.

Programs like this remind us how much fun staying active can be when we do it together. Congratulations to all our winners, and thank you again to everyone who joined in the challenge. We look forward to seeing you in our upcoming classes and activities!

NEW EXERCISE CLASS: Rev. Helen is adding a Tai Chi class on Thursdays at 12:30 pm. First class will be on April 2 in room 118 at the Town Offices.

PHN via email

Please email us with your email address if you would like to receive your Powder House News by email. coadirector@townofberlin.com

This will help defray the cost of printing and mailing.

Thank you for your consideration.

SAVE THE DATE!

45th Annual Senior Conference

Thursday, April 23rd, 2026
8 AM - 2 PM

Assabet Valley Regional Technical High School
215 Fitchburg St, Marlborough, MA 01752



XIX CARTER events: <https://19carter.org>



Open: Mon-Fri 9 a.m. - 5 p.m.
and Sat 10 a.m. - 1 p.m.

DAYTIME ACTIVITIES

Suggested Donation: \$5

MONDAY

A Politics-Free Tea Time 2-4pm
Turn off your TV and stop by for 2 hours of pleasant tea, pleasantries, and no politics!



TUESDAY

Armchair Meditation 8-8:30am



WEDNESDAY

Coffee Hour 9am-12pm
Office Hours with Melissa, 10-11am
Berlin Council on Aging Director
1st & 3rd Wednesday



Old Time Music Jam 11am-1pm
2nd & 4th Wednesday



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!



978-415-0014 19Carter.org



@19cartercommunity



Powder House News

BERLIN COUNCIL ON AGING, 23 LINDEN ST., BERLIN, MA 01503

FOLLOW US ON FACEBOOK:
BerlinCOA.com

2026 Gone But Not Forgotten

Robert Ganusko March 4
Gail Bickford March 15

The Berlin Family Food Pantry

is open two Saturdays a month by appointment,
on the first and the third Saturday from 7:30 am
to 11:30 am. The Pantry number is 774-245-8320.

Attend a Free Brown Bag Lunch Concert at Mechanics Hall

Two concerts are scheduled for April, on the 8th
and the 22nd. Both are part of the Worcester
Organ Performance Series and feature organists
at the keyboards of the Hall's historic E. and G.G.
Hook Organ.

Bring your own lunch or buy one at the Hall.
Seating will be at a table reserved for the Berlin
COA accommodating eight people.

**You MUST call our COA number to reserve space
on the van and at the Hall 978-838-2750.**



VETERANS BREAKFAST

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Join us for our monthly Veterans
Breakfast, a warm and welcoming
gathering to honor and connect with
those who have served. Enjoy a
delicious meal, great conversation,
and community camaraderie. All
veterans are invited—no cost, just
good food and good company. We
look forward to seeing you there!

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THURSDAY

APRIL 9, 2026

9:00 AM

TOWN OFFICES ROOM 118

★ ★ ★

PLEASE CALL MELISSA AT
978-838-2750 TO REGISTER.