

# Car show for 350th rescheduled to June 30

BROOKFIELD – Brookfield’s 350th anniversary car show will be held at Quaboag Valley Church, 175 Fiskdale Road, on Friday, June 30 from 5-8 p.m. Registration starts at 4:30 p.m. \$10 cash only.

The Clam Box will have a food truck and DJ Glen will provide music. There will be T-shirts and trophies. For more information, call 774-200-0380.

Summer fun for mind, body and soul

## Listening Wellness Center offers classes for children and teens

By Paula Ouimette  
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BARRE – Listening Wellness Center, 35 South St., is ready for summer with a selection of classes geared toward children ranging from 5 years old through teenagers.

Registration is required at least seven days before the first day of class; and space is limited and filling up fast.

Artist Jen Swan has a variety of classes she’s offering this summer, and her “Dragons” class has already filled up.

Swan, who has been with the Listening Wellness Center for many years, is a teaching artist and mural painter. She is inspired by the connection between art and nature and her creativity gravitates toward the beauty of the outdoors.

“Mandalas with Jen Swan” will help children between the ages of 6-12 explore the art of mandalas. They will paint on smooth river rocks, making intricate patterns of dots.

Participants will also use colored pencils to create drawings, as well as experiment with sand to layer colors and designs, making both small and large scale works of art.

“Mandalas with Jen Swan” will be held July 11, 12 and 13 from 10-11 a.m. The cost is \$40.

Swan will also teach “Family Fun: Mosaic Stepping Stones” on July 13 and 20 from 2-3:30 p.m. The cost is \$50.

This is a workshop designed for an adult/child pair to make a stepping stone out of tile, small stones and glass marbles. This stepping stone will make the perfect addition to a garden or yard.

Swan will explore the art of papier-mâché with children ages 6-12 during “Sun and Moon Masks” held on July 25, 26 and 27 from 10-11 a.m. The cost is \$40.

These “night and day” masks can be displayed as wall sculptures, or even worn during costumed play.

Rhonda Hamer of Hubbardston will teach “On the Move with Food” in two separate classes; one for age 6-11 (11:15 a.m.-12:30 p.m.) and the other for teens ages 12 and up (12:45-2 p.m.). The cost is \$50.

Hamer has trained and educated adults, teens and children with varying levels of fitness, including many who are new to exercise or with limited mobility. She is both a Certified Personal Trainer and Nutrition Coach.

Participants will learn how food and movement are connected over three weeks, starting with Heart Smart on July 11.

During Heart Smart, children and teens will engage in movement to get the heart pumping and make a healthy snack of energy bites to quickly refuel.

On July 18, Hamer will lead participants through A Stronger Me! to work muscles and enjoy foods to rebuild them, such as hummus.

The final part of the class will be held



“Yin Yoga for Teens” will be held by Lisa Holloway, one of the newest yoga instructors at Listening Wellness Center. COURTESY PHOTO BY NATALIE BOND ON PEXELS

on July 25 and is called Feelin’ Good. Participants will learn flexibility exercises and enjoy refreshing smoothies.

Yoga instructor and Barre resident Lisa Holloway will lead “Yoga for Kids” and “Yin Yoga for Teens.”

Holloway has been practicing yoga for over 20 years and is a Registered Yoga Teacher with a Children’s Yoga Teacher Certification. She is also a National Board Certified Health and Wellness Coach and has a private practice, Burnout to Bliss Health Coaching.

“Yoga for Kids” will be held July 12, 19 and 26 from 10-10:45 a.m. for ages 5-7 and from 11:15 a.m.-noon for ages 8-11. The cost is \$30.

Holloway will join children while they breathe, move, sing, tell stories and meditate. This fun and imaginative class benefits all areas of health including physical, mental, emotional and spiritual.

“Yin Yoga for Teens” will be held July 12, 19 and 26 from 12:30-1:30 p.m. for ages 12 and up. The cost is \$36.

Each class will begin with a grounding exercise, followed by a practice of yin yoga postures that will be held for three to five minutes each. Classes will end in savasana, a restorative pose.

To register, visit listeningwellness.org, click on “Classes,” then select “Children’s Classes” where an interactive flyer will provide links.

Scholarship, made possible through the Barre Savings Charitable Foundation and personal donations, are available by emailing listeningwellnesscenter@gmail.com.

## Financial Fitness Club begins October 2023

WARE – The Harrison and Diane Quirk Financial Fitness Club is a program of the Quaboag Valley Community Development Corporation.

The Financial Fitness Club helps build participants’ financial capabilities while helping them to reach their goals.

The Club meets every month beginning in October. The Financial Fitness Club helps participants to pick a savings goal and set up a savings account. Then staff can match their savings up to a capped amount.

At every monthly meeting participants will learn something new such as; how to reduce debt, smart borrowing, how to maximize income, improve your credit score and more.

For more information, please visit qvcdc.org or call Carol at 413-497-4407.

## - legal notices -

**INTENT TO FILE**  
The Wagon Wheel Community will re-file their application with the USDA Rural Development for financial assistance for a Grant for an upgrade to the present Wastewater Treatment Facility. The proposed grant amount has been changed due to the increase in costs and will be in the approximate amount of \$1,698,169. **A public meeting will be held at 6:00 pm on July 13th, 2023 at Wagon Wheel Community, Recreation Hall, 13 Buckboard Pass, Brookfield, MA 01506.** The purpose of the meeting is to discuss the proposed upgrade and provide an opportunity for community comment.  
Wagon Wheel Community,

Inc.  
Board of Directors  
Dated: June 21, 2023  
06/30/2023

### Town of Warren Public Hearing Notice of FY2024 Sewer Rate Increase Hearing

The Warren Board of Sewer Commissioners will be having a public hearing on **Wednesday, July 12, at 3:30 p.m.** about a sewer fee increase for FY2024 (July 1, 2023, through June 30, 2024).

The location of the hearing will be the Selectmen’s Meeting Room in the Charles E. Shepard Municipal Building at 48 High Street in Warren.  
06/30/2023

## SCHOOL BUS DRIVERS AND SCHOOL VAN DRIVERS

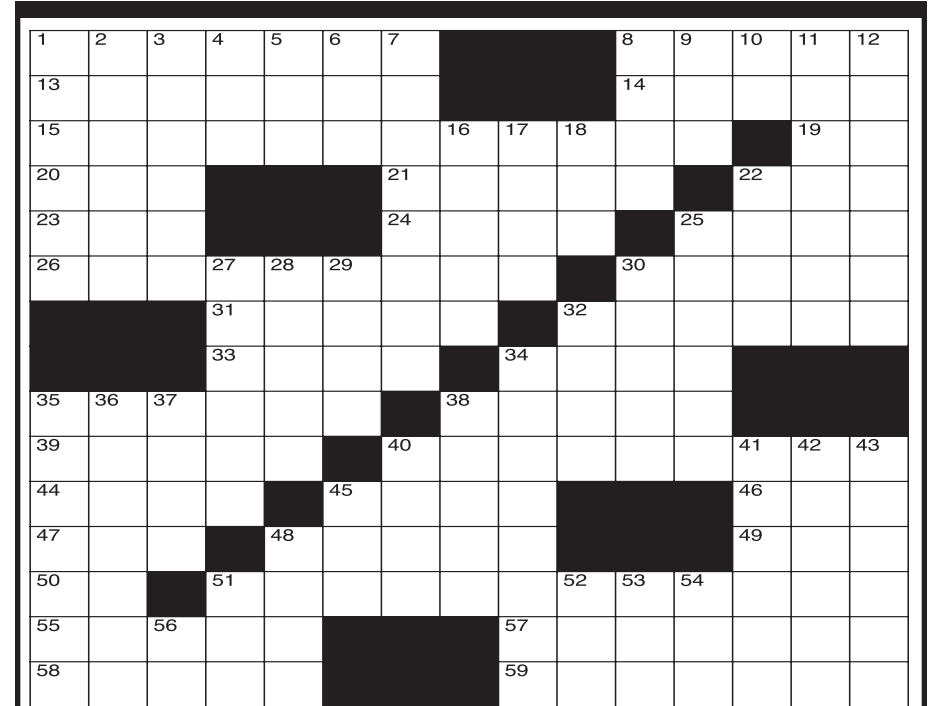
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#### CLUES ACROSS

1. Excited movements
8. Soap opera actress Patsy
13. Unknowing
14. Dangerous mosquitos
15. Exaggerated and sensationalized
19. Military policeman
20. Touch softly
21. Wrap
22. A story of one’s life
23. Midway between east and southeast
24. Toward the mouth or oral region
25. A list of dishes available at a restaurant
26. Changes the meaning of
30. Semitic Sun god
31. Sneaker parts

32. Capital of Zimbabwe
33. Breezed through
34. Partner to pedi
35. Becomes less intense
38. Bottoms
39. Tested
40. Vistas
44. Take care of
45. Traditional rhythmic pattern
46. S. African political party
47. Cologne
48. Men
49. The Science Guy (abbr.)
50. Gospel author
51. Act of signing up
55. Human feet
57. A very short time
58. Streetcars
59. Cuplike cavities

#### CLUES DOWN

1. A type of pool

2. Malaise
3. Seasoned
4. A pair
5. Young male
6. Make a mistake
7. Experienced
8. It often accompanies injury
9. Old world, new
10. Commercial
11. Course of lectures
12. Promote
16. Female horses
17. Greek mythological figure
18. Small amount
22. Orthodox church altar
25. Actress Tomei
27. Excited
28. Looked directly at
29. Popular cold desserts
30. More reasonable
32. Disk above the

- head of a saint
34. Devoted to the extreme
35. Make an effort
36. It’s in the surf
37. Member of aboriginal people of Japan
38. Discounts
40. Cliff in Hawaii
41. Extremely wild person
42. All persons
43. Aromas
45. Popular kids’ game
48. A difficult situation
51. Popular Georgia rockers
52. It’s in all living cells
53. Unspoken language
54. ‘Talk to you’ abbreviation
56. Influential lawyer