



Please visit the Senior Center and the Lancaster Community Center:  
Behind the Town Green Complex

# Community Crier

Jo St. Angelo, Joe Mule, Mary J MacLean, Frank MacGrory, Eileen McReil, Nicole Jimino, Michele MacDonald Chair

April, 2014 (978) 733-1249, fax (978) 733-4076, Alexandra Turner [aturner@lancasterma.net](mailto:aturner@lancasterma.net)

## -In Local News...

*Join us to celebrate Spring  
April 25<sup>th</sup> at 6 pm  
Spring Fling Dinner*

Featuring 

*The Rayzinz*

*(a Ska-Jazz ensemble)*

After our long winter we need to get out of our homes,  
and our sweaters. Join friends for a dinner and enjoy  
music inspired by spring.

### Menu may include

❖ Mango Ginger Spritzer

❖ Assorted Appetizers

❖ Meyer Lemon and Rosemary Chicken or

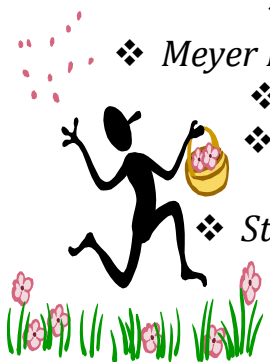
❖ Maple Glazed Salmon

❖ Roasted New Potatoes or

❖ Fruited Rice

❖ Strawberry and Fennel Salad

❖ And dessert



*To be held at the  
First Church Community Hall on the Green*

**Adults: \$8 Seniors/children under 18 \$7**

**\*Limited tickets available, please RSVP to 978-733-4076**

Thanks to the Friends for supporting tickets our  
neighbors on a limited income. Please call for details.

*Thoughts from the Director,*

Whew, we made it! Mud season is here. Our  
snow bird friends and family will soon  
return from the South, and we will enjoy the  
ever popular, April vacation!

In response to the many opportunities and  
challenge of the season we offer this  
newsletter; filled with advice to help meet  
the April 15<sup>th</sup> tax deadline, find classes to get  
you ready for a bikini, and publicize some  
fun all ages events.

Mark your calendar for **April 22<sup>nd</sup>, Family  
Fun Day** and come have fun over breakfast,  
crafts and games. Details will be soon be on  
our website. **April 25<sup>th</sup>** we invite you to an  
all ages dinner at the First Church Lancaster  
complete with musical entertainment by the  
Rayzinz, a great group of young ska-jazz  
musicians. Everyone is welcome, it will be a  
great night to come and see neighbors you  
have not seen in quite a while. **Sunday June  
1<sup>st</sup> will be Old Fashioned Community Home  
Day.** We are looking for vendors, helpers,  
and of course visitors. If you have any ideas  
please see us in the office. We are starting a  
**new series of fitness** classes, including  
evening classes to encourage those who  
cannot make it during the day. Interested?  
Sign up early or we may have to cancel.  
Don't forget we still have garden space to  
offer, and as usual so much more. Come  
explore!

Hope to see you soon, *Alix*



*Every  
Tuesday is  
Pancake Day!*  
Everyone is invited!

**\*Family Day April 22<sup>nd</sup>**

Tuesday mornings  
7:30 AM until 9:30

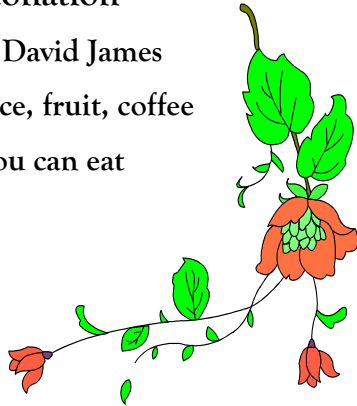
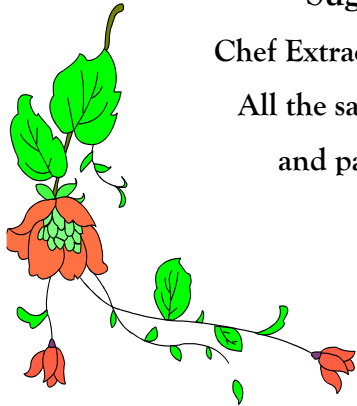
**Suggested donation: \$2**

**\*Family Day: Adults \$3, Kids eat free  
(\$1 of all donations goes to renovations)**

Suggested donation

Chef Extraordinaire David James

All the sausage, juice, fruit, coffee  
and pancakes you can eat



## **Rainbow Lunch**

Worcester Elder Services and WLEN

**Invite you to the  
Rainbow Lunch Club**



**Every 2<sup>nd</sup> Wed. Noon**

Unitarian Church, 90 Holden St.  
Worcester

Questions or to RSVP 508-756-1545



*Spring is Coming!  
Really, truly..*

The first sign is not the return of the  
Robins, but the most exciting...

## **Worcester County Conservation District Annual Seedling and Plant Sale**



*A great resource for inexpensive trees,  
shrubs, berries, herbs and native  
plants.*

[www.worcesterconservation.org](http://www.worcesterconservation.org)

or come look at our catalog

Pick up May 3<sup>rd</sup>, from 9am-12pm  
Order now through March 29<sup>th</sup>.

**Sign up now  
To share a bed  
In our organic  
Community Garden**

**Share the work and  
share the fun,  
And the food**

978 733 4076

# IN LOCAL NEWS



Thanks to Growing Places Garden Project for their help last year, Minuteman High School, and all our wonderful volunteers!

**Did you notice our gorgeous gardens last year?**

**You too can garden in our backyard, and help others at the same time!**

**Come volunteer and garden! Grow veggies for Seniors & yourself!  
Reserve your accessible bed space now! Seed starting begins soon.**

With the help of GPGP, Minuteman School, and volunteers we built high raised beds last year, much easier on bad knees and old backs! We share the beds, our plants and weeding. A real community garden. Join us for loads of fun and lots of produce.



**FREE gardening for Lancaster Seniors and the Community Center!**

Produce will be used in Senior meals or given to the community

## TIP FROM THE TAXPAYER ADVOCATE

### **Warning: State Tax Lien Notices not issued by Department of Revenue**

Caution, communications are being sent to taxpayers with outstanding tax liens from those who may have criminal intent.

Although these notices show amounts from actual tax liens, they are not from the Massachusetts Department of Revenue. Any notice from the MA Department of Revenue would be clearly marked as being issued by the agency and would not suggest a settlement amount, as many of these questionable notices do. Taxpayers have alerted DOR, the Attorney General's Office and the Office of Consumer Affairs about the issue. The liens mentioned in the letters are real but the letters are not from the Department of Revenue or any other government agency.

**If you receive a similar notice, please tell them to call DOR at 617-887-MDOR (6367) and learn the facts about what is owed and the options for resolving the situation**

## Got Time? Help Wanted!

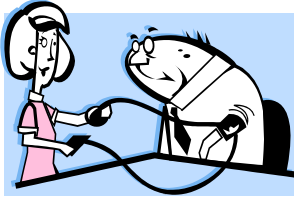
Following is a sampling of volunteering opportunities, there are more. Just call or come down!

- **To or run events** or participate in events. Do you have a sense of adventure; are you physically able, confident, love people- love fun? We want you! Meals, field trips etc.
- **Newsletter:** To help with the newsletter, in particular to coordinate dates, events etc. **Imaginative, traveling types:** To help facilitate trips and workshops. Teach classes, or organize trips.
- **Organizers/Fundraisers** To help with the 'Friends of Council on Aging' Flea Market and other fund raising activities.
- **Welcoming/Hosts and Hostesses:** To greet visitors to the Center, our ambassador's!
- **Drivers:** To deliver Meals on Wheels, or for those who can't drive for trips to Dr's etc. "Angel Drivers"
- **Talented people:** To Good cooks, Artists, Crafters, Fitness Teachers: To teach classes, lead workshops
- **Home Repair Skills:** To help with Handyman type repairs,
- **Knitters, or Crochet'ers' etc.** to help start our group.
- **Children's Activites Help: Crafts, sports, games and more!**

Website work and so much more!



# Health and Fitness



**Come to the Well Adult Clinic~ It is FREE!**

**With our town nurse, Tamara Bedard.**

**1<sup>st</sup> Tuesday 9 am & 3<sup>rd</sup> Wednesday ~11am-12pm**  
**Every Wednesday 11:45-12:30 with Kathy Cronin!**

## *I wish they knew..... 5 Wishes you must know*

Join us for a presentation about Five Wishes; a document also referred to as an 'advanced directive', or living will. 5 Wishes allows you, friends, and loved ones to understand your personal wishes about aging, what care you age want, and who you wish to help and how. It is essentially you're spiritual, emotional and medical wishes. This is an important discussion for each of us to have with someone we care about. It allows you to choose your health care agent, choose the kind of medical treatment you want or don't want, and more! You not only will learn about this important document but you will also receive a free one!

*Wednesday, April 9th 2014 at 1 pm by Lisa of Life Care Center of Nashoba Valley*

## *Please join us for 'all ages' fitness classes.*



**Start the week right! Monday classes**

**Gentle Tai Chi & HathaYoga**

**Tai Chi @ 9:30 am Mondays**

The ancient art of **tai chi** uses gentle flowing movements to reduce the stress of our lives and improve health. If you're looking for another way to reduce stress, consider tai chi (TIE-chee). Tai chi is described as "meditation in motion" because it promotes serenity through gentle movements – connecting the mind and body. Developed in China for self-defense, tai chi evolved into a graceful form of exercise that's now used for stress reduction and to help with a variety of other health conditions. Tai chi is a non-competitive, self-paced system of gentle exercise and stretching. *In the Garden (weather permitting) or indoors. Wear comfortable clothes.*

*Jeff Cote: has been a guest lecturer at Northeastern University for graduate studies in holistic health, & is the Founder, & Director of the Traditional Arts Institute.*

**Hatha Yoga @ 11 am Mondays & NOW Thursdays @ 11 too!**



After a Tai Chi class your yoga will be better than ever! At least try one. Get the week started with gentle **Hatha yoga**. All ages, and abilities will benefit from this yoga class. Yoga is widely recognized as a way to improve balance, improve posture, keep your range of motion, improve clarity of mind and reduce stress. *Held on the Lower Level, we provide mats and water!*

*Louise Dorian has taught hatha yoga since 1989, Louise Dorian was originally certified by the Ayurvedic Whole Life Center in Brookline, Mass. She has since evolved her own unique style of teaching, incorporating the detail and precision of Iyengar yoga, the gentle, approach of Kripalu. She has taught in corporate settings for over 10 years.*

**All Classes: Seniors \$5 per class or 6 classes for \$25 (Buy a card, no penalty for missed classes!)**  
**General public \$7 per class or 6 for \$33 (Invite your friends so we can keep prices low)!**





# Kick it up with Zumba Gold

**Coming back! Tuesday Evenings-starting May 6th 5:30**

***Dance your way to fitness!***

Exercise can be fun! With its upbeat music and simple dance moves, Zumba Gold is a dynamic blend of fitness and dance designed specifically with the mature active adult in mind. The routines involve Latin and international rhythms such as Salsa, Cha Cha, Tango and more. So come and dance! We encourage you to enroll for a six week session. *We meet in the Gym, so there is plenty of room bring a friend!*

**No experience necessary. Wear comfortable clothing**

**Seniors \$5 per class or 6 classes for \$25 (Buy a card, no penalty for missed classes!)**

**General public \$7 per class or 6 for \$33 (*Invite your friends so we can keep prices low!*)**

## SMARTMOVES

### Strength and Weight Training Classes

This unique class is especially geared for individuals looking to build strength and muscular endurance, improve balance, functional mobility and joint range of motion. Emphasis is placed on conditioning all the major muscle groups of the body with careful instruction to proper posture and body mechanics. The class will be conducted in a slow, yet steady progression where individuals are encouraged to move at a pace that is comfortable for them. **Make a commitment** to fitness; get stronger, move with more ease and live with a higher quality of life.

Beginning May 1<sup>st</sup> \*

*You should attend all 5, this class is progressive.*

Thursdays 9:30 – 10:15 am

#### **Instructor: Debbie Pennesi**

Debbie is a veteran instructor of Fitness. She has over 30 years of experience in the field. Her background includes years of working as a director in the YMCA and Corporate Wellness; as an Exercise Physiologist in Cardiac Rehabilitation programs and as a Certification Specialist teaching lectures for and certifying Personal Trainers across Debbie has her Master's Degree in Exercise Physiology from Northeastern University in Boston. She holds certifications in Personal Training as well as Health & Fitness Specialist with the American College of Sports Medicine. Currently Debbie is a consultant implementing walking programs, Seniors Fitness, Pilate Mix & Circuit classes. She also specializes in Home Based Personal Training. She especially enjoys designing programs based on an individual's needs, abilities, goals and interests. Every detail is taken into consideration whether it is to improve balance and functional mobility, improve stamina or recovery from injury or surgery. Her years of working with diverse and special populations have deepened her passion for helping people become healthier, stronger and more functional leading to a higher quality of life.

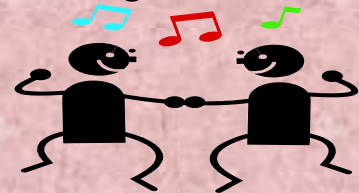
**\$7 each class or 5 week session for \$30**

**Limited to first 12 registered. Must pre-register**

## ***Dance, Dance, Dance!***

Join us for a Beginners +  
**Ballroom Dancing**

*All ages invited!*



Beginning in May

**We still have  
space  
available  
Join NOW**

**POSTPONED**

As we need a few more  
people to join us

Beginning in April

7:00 pm -8:00 pm

**5 week session**

**\$65.00 pp or \$120 per couple**

*\*Early registration suggested*

*Class size is limited*

***Good for beginners on up!***

# The To Do List! *We can help.*

## WHEAT Community Services

Would like to invite anyone who qualifies to visit our **Food Pantry**.

We offer a variety of fresh produce (seasonal), baked goods and you may choose from an assortment of meat products as well. And of course we always have an ample supply of pantry items such as canned goods, pasta, rice etc.

978-365-6349

Elevator is located in the rear of the building for your convenience.

## Fuel Assistance

Heating Assistance news. The state gross annual income limits for fuel assistance follow: for a household of one, \$32,065; for a household of two, 41,932. In addition, Lancaster Residents may try Joe for Oil, the Angel Tree, and The Item Appeal. If you are concerned about paying your heating bill, please let us know. Don't be left out in the cold..

## Durable Medical Equipment Loan

Need to borrow a walker? Crutches? Cane? We may have it. Give us a call to borrow or give us durable medical equipment in good condition.

978 733 4076

**Frustrated by Insurance Paperwork?  
Not sure what option is best, don't know  
what to do?**

*Gretchen does!*

**SHINE Counselor**

508-502-8279

**Tuesday and Thursdays**

**Call to check time**

Or by appointment *Call first please!*

**Taxes! Deadline approaches, book now!**

**We all hate 'em but we all need to do them!**

**Even if you are low income and do not typically file, you  
may be due money back-Check it out!**

AARP offers a Tax-Aide Program for low and moderate income taxpayers with special attention to those over 60. To make an appointment call 1-888-OUR-AARP (1-888-687-2277) and leave your name and number.

### AARP Tax Sites close by

#### Clinton Senior Center

200 High St

Clinton MA

978 365 9416

#### Sterling Senior Center

1 Park St

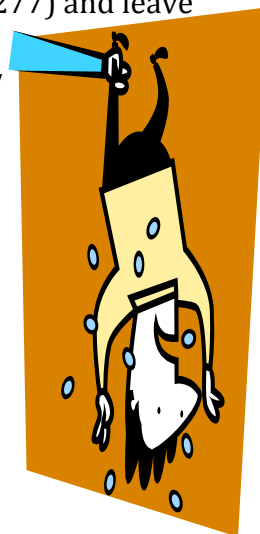
Sterling MA

978 422-3032

#### Leominster Public Library

30 West Street

Leominster MA



We are able to transport you. Call the van to book a ride.

Currently AARP is booking appointments at many area Senior Centers and Libraries You do not need to be a resident of the town to visit.

# Lancaster Recreation & Community Center Presents:



# CAMP CRAFT LANCASTER

Located in Lancaster at the Community Center

Ages 5-13

8 weeks of camp from June 23rd - August 22nd

Only \$245/week!

9:00AM - 4:00PM with optional extended hours from 7:30AM-6:00PM

**Enrolling Now  
For Summer!**

## Activities

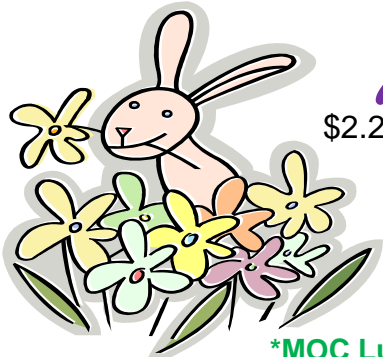
- \* Daily Red Cross swim lessons
- \* Archery
- \* Arts & Crafts
- \* Legomania
- \* Tennis
- \* Basketball
- \* Beach Games
- \* Fishing
- \* Mad Science
- \* Nature & Outdoor Pursuits
- \* Flag Football
- \* Theme Weeks
- \* Dozens of unique activities offered throughout the summer!



**CRAFT**  
Community Recreation Association For Towns

Web: [www.communityrecreation.org/lancaster/lancaster.html](http://www.communityrecreation.org/lancaster/lancaster.html)  
Email: [operations@communityrecreation.org](mailto:operations@communityrecreation.org)  
Phone: 978 264 8479





## Join us for lunch in April

\$2.25 suggested donation, reserve one day ahead @ 978 733 1249

also offer Meals on Wheels, call 978-733-4076 for details



Or MOC 800-286-3441 for nutrition questions

This program is made possible in part by funding from the Executive Office of Elder Affairs

Surprise! Delicious Desserts and 1% Milk included.

**Make sure to sign up by 11:30 the day BEFORE for lunch**

**\*MOC Lunches are directed to those over 60, but special events are for everyone!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Roast Chicken Apricot Glaze Couscous w/Carrots Green Beans Whole Wheat Roll Fruit Loaf	2 Turkey Tetrazzini Spaghetti Carrots Whole Wheat Bread Strawberry Cup	3 Meatball Sandwich Home Fries Broccoli Tapioca Pudding	4 Market Basket  Whitney Field Mall <b>Bridge@1:30</b>
7 Roast Turkey Gravy Whipped Potato Peas Whole Wheat Bread Muffin	8 American Chop Suey Italian Green Beans Italian Bread Vanilla Pudding Pudding	9 Minestrone soup Chicken Breast Lemon Picatta Sauce Brown Rice Multigrain Bread Orange	10 Chicken ala King Bowtie Pasta Broccoli Whole Wheat Bread Mixed Fruit	11  BeanTown Foodie Trip <b>Bridge @1:30</b>
14 Salisbury Steak Brown Gravy Mashed Potatoes Italian Green Beans Wheat Bread Fresh Fruit 1% Milk	15 SPECIAL Tomato Bisque Baked Salmon Herbed Dill Sauce Rice Pilaf with Spinach Whole Wht Dinner Roll Apple Crisp W/topping	16 Swedish Meatballs Egg Noodles Carrots Whole Wheat Bread Mandarin Oranges 1% Milk	17 White Bean Kale Soup Breaded Chicken Mashed Potatoes Whole Wheat Bread Peaches 1% Milk	18  Good Friday <b>Bridge@1:30</b>
21 Patriots Day <b>Closed</b> 	22 Bok Choy Soup Sweet +Sour Chicken White Rice Pineapple Mini Egg Roll Chinese Noodles Whole Wheat Bread	23 Tyson Burger Pepper and Onions Potato Wedges Hamburger Bun Chocolate Pudding 1% Milk	24 Turkey Ham Bake Peas Cauliflower Whole Wheat Bread Peaches 1% Milk <b>High Sodium Entree</b>	25   <b>Spring Fling Dinner</b> <b>Bridge@1:30</b>
28 Baked Chicken Breast w/ Supreme Sauce Whipped Potato Tuscany Blend Snack 'n Loaf 1% Milk	29 Cream VeggieSoup Potato Fish Herbed Lemon Noodles Whole Wheat Bread Applesauce w/C 1% Milk	30 Roast Turkey Cran/Orange Sauce AuGratin Potatoes Green Beans Wheat Bread Pineapple Whip 1% Milk	1 Chicken Cacciatore Penne Broccoli Whole Wheat Bread Tapioca Pudding 1% Milk	



# Trips

*Reserve early! Trips may fill or be cancelled if there are no reservations.*

*(Only two dollars round trip for shopping. Home Pick up /Drop available CALL 978 733 4076)*

*Trips leave at 9am or as noted. Reservations required.*

*All special trips are non-refundable see policy below.*

- April 4<sup>th</sup> Market Basket Hudson & Walmart Hudson
- April 11<sup>th</sup> Chocolate and Coffee Tour
- April 18<sup>th</sup> Good Friday. We are off!
- April 25<sup>th</sup> Welcome to Spring 'Fling' Dinner Party
- May 2<sup>nd</sup> Market Basket & Whitney Field Leominster
- May 16<sup>th</sup> Drumlin Farm and Nancy's Airfield Café

Let's explore Beantown! And we are not talking Boston Baked Beans!  
*Coffee, Chocolate, Spices and everything nice Tour!*



April 11<sup>th</sup> 8:00 to 3:30 pm

Off to Beantown! Boston has become a culinary destination, so we are off to hone our palates. Many a great meal has been enhanced by the products derived from a lowly bean, the cacao bean. We begin our tour with a stop at Counter Culture, where coffee aficionados learn how to 'cup coffee', learn the history of coffee, the effects of growing, and judging coffee and more. Then we eat stop at the local's choice for a quick lunch and off to tour the Taza Chocolate factory. You will learn how to differentiate chocolate types, how to grind and compound chocolate and of course try some the best chocolate around. On the way home we stop in Watertown to stock up on fresh spices, herbs, olives, and beans at one of the best spice shops in the area. Join us for a delectable day in the Boston, with no parking or driving issues—just lots of fun.

*We meet at the Center at 8 for a quick cup of pedestrian, free coffee and a bit to eat before we leave. We return by 3:30. \$18 seniors and children under 16. Others are \$20. Lunch is NOT included; expect to pay around \$10.*



## Please join! We help seniors in your community

### Become a Friend of the Lancaster Seniors!

We encourage you to consider joining the Friends of the Lancaster Seniors, Inc. a non-profit corporation, open to all. *You don't have to be a Senior to be a Friend!* We have applied for federal 501(c)3 status as a non-profit, and it is well underway. Check with your accountant, most non-profit contributions are tax deductible. Stay tuned! Updates on the *Friends* will be included in the monthly COA newsletter.

Your annual membership contribution is a mainstay of our organization, helping to pay for programs that will enrich our senior's lives. Your support will help us to establish and administer assistance programs, the senior center and in the community. We will help with meals, trips, and more!

<http://FriendsoftheLancasterSeniors.org> Email: [FriendsoftheLancasterSeniors@gmail.com](mailto:FriendsoftheLancasterSeniors@gmail.com) To become out the information below, and send it and your check *Friends of the Lancaster Seniors, Inc.* to: Friends of the Seniors, Inc. 504 Blue Heron Dr. Lancaster, MA more information about joining FOLS, contact David 263-7962. *Thank you for your support!*

❖ Senior(60 +)	\$10	a member, fill (payable to Lancaster 01523 For James at 978-
❖ Individual (non-Senior)	\$15	
❖ Family	\$30	

## Lancaster Flowers & Trees

A Two Part Series on Lancaster's Natural History



**Join us Tuesday April 29th for a natural history talk about the folklore and history of Lancaster's wildflowers and trees. Discover our local history through forests and gardens past, and learn about historic food and medicinal uses for our plants.**

**Then, join us Saturday, May 3rd for an exploratory walk! Discover and learn about our roadside and woodland residents.**

**Part 1: Tuesday April 29th, Natural History Talks**  
**9 AM: Lancaster Senior/Community Center Pancake Breakfast**  
**Pancake Breakfast 7:30 - 9:30 AM \$2 suggested donation; Talk is free.**  
**6:30 PM: Thayer Memorial Library (Limited seating. Come early)**

**Part 2: Saturday May 3, Guided Nature Walk**  
**10 AM at Cook Conservation Area (directions below)**  
**Please contact Charlotte Levy with ?s and to pre-register at [clevy@northcountylandtrust.org](mailto:clevy@northcountylandtrust.org) or 857-636-9396.**

**Directions:**  
**Lancaster Community Center (LCC) and Library (717 Main St):** Both are on the Town Green on Rte 70. For LCC (39 Harvard Rd) as you enter Thayer Drive pass Town Hall on your R and park in the lower lot. LCC is the low brick bldg on the L. Come down the stairs to the lower level. Program Reservation #: 978-733-4076. For the Library park in the back lot. Heading N on Rte 70 pass Town Hall and go R on Harvard Rd. after the Bullfinch Church. Make a R into the parking area by the old grade school. Questions? [ksilverthorn@cwmar.org](mailto:ksilverthorn@cwmar.org).  
**Cook Conservation Area (CCA):** On Rte 70 in Lancaster two miles north of Rte 117 on the left or two miles south of Rte 2 on the right (parking in small area on the west side of Rte 70 as well as along the road.)



Organized and Presented by North County Land Trust in Partnership With  
 Lancaster Recreation Committee, Land Trust, Community Center, Trails, & Thayer Memorial Library.



# ABOUT TOWN

## Flying lessons

*Well almost!*

Join us to visit Mass Audubon's  
Drumlin Farm Wildlife Sanctuary

*Guided Birding Outing*

*Nancy's Airfield Café Lunch*

May 16<sup>th</sup>

We early 'birds' leave the Center by 8 for a two hour exploration of the wild side of Drumlin Farm, Audubon's Lincoln Sanctuary. Our tour of the Sanctuary will be guided by a teacher, naturalist who will focus on birds, and teach us about Audubon's conservation efforts, and avian natural history. After our walk we will visit the gift shop, full of birding gear, books, art, gifts and jewelry.

We then visit another local treasure, Nancy's Airfield Café, for lunch. Nancy's is no longer a hidden treasure, recently reviewed by the Boston Globe. *"..the food is excellent and certainly worth a weekend drive*

After a sumptuous lunch we travel the scenic back roads to arrive home to arrive back at the Center by around by around 1:30. Bring binoculars, if you have them maybe a notebook and wear comfortable shoes.

\$17.50 plus the cost of your lunch. We will visit in any weather. \*unless it snows. See our cancellation policy.

**Your  
MART  
Driving  
Team**  
(Left to Right)

**Maribeth,  
Ron,  
Joe and  
Gino**



*Would you  
ride with  
them?*

**It's all Fare!**

## MART Van Fees

- Mart service to **Senior Center**: Free for senior and disabled coming to meals and events
- **\*Service in Town**: 50c in town
- **\*Service outside Lancaster to a contiguous town**: \$1 (Multiple stops may be charged)
- **Friday Shopping trips** are \$2 per person



- **Special Events will be priced according to the trip.**

**Inclement weather policy:** If the Nashoba schools are closed, all pro-grams will be cancelled. If the schools are delayed in opening or are closing early, call 978 733 4076 to verify if an activity is cancelled. If you are scheduled for a van ride, call the COA to make sure that the van is running that day. If the COA is closed due to inclement weather, all van rides will be cancelled for the day. *\*Round trip to Senior Center is free;* otherwise the fees above apply to round trips beginning from home. Any 'home' trip interruption will result in a new fee will be assessed for example if a rider goes to the Post Office in the morning then home they pay \$50 cents. If they then go to Lunch at the Senior Center they will pay nothing. If they go to Wal-Mart after lunch they pay \$1.

**Reservations Call 978 733 4076**



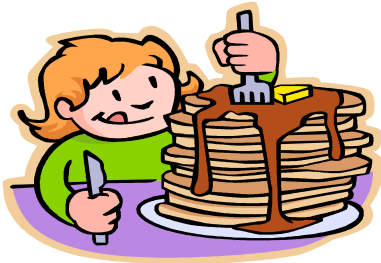
## April Vacation Family Fun Day April 22<sup>nd</sup>

Activities

7:30 a.m. to 1:00 p.m.

See our website or call for a  
full schedule

**All ages Pancakes!**  
*Start the day (7:30-9:30)  
with Chocolate Chip,  
Strawberry, or just plain  
Pancakes! Adults, \$3  
donation; kids eat free!*



**Games in the Gym**  
*Join Camp CRAFT for fun  
and games.*

**Free Crafts  
Downstairs**  
*Make your own  
Bookmark, and more!*

**Guided Nature Walk**  
*Outdoors*



## Senior Tax Abatement Program

*Interested in helping your town? Work to reduce your property  
taxes by up to \$1,000 a year.*

*Questions? Call our office at 978-733-4076*

### OUR WISH LIST

We are planning for crafts classes  
events, and every day fun.

- Large Nice Flower Pots
  - Card Stock
- Drawing Pads and Tablets
  - Art Supplies of all sorts
- Colored Glass and Clear (small plates,  
vases etc.)
- Cribbage Boards, Chess Sets, Checkers
  - Colorful Fabric
  - Table cloths
- Costume jewelry, shells, beads
  - Outdoor plants
- Garden Tools, and gloves etc.
  - Pots
  - Garden Cart
- Baskets, or other crafting materials

**\*OOPS! Sorry- We  
forgot a local  
Resource for our  
Guide!**

Please add them to your  
guide, found in the  
Jan/Feb 2014 edition.

***Back to the Rack  
Consignment***

1044 Main St in Clinton  
(978) 706-1253 M-TH 9:30-6 Sat  
9:30-5, Sun 10-4

[backtotherackconsignment@gmail.com](mailto:backtotherackconsignment@gmail.com)  
or [www.backtotherack.biz](http://www.backtotherack.biz)

Antiques, Furniture, Home Decor,  
Sporting Goods, Clothing, and  
More.

PLEASE JOIN US FOR A  
FREE COMMUNITY CONCERT  
**Sunday, March, 30<sup>th</sup> at 3:30**

*In the Town all Auditorium*

*Starring*

***Rose, Thorn and Fiddle***

**Presenting a**

***Celtic Spring***

*Arrive early for premium seating.  
Light refreshments will be available.*



*Please Join us!*  
Council on Aging Meeting  
*Open to all Bring ideas, and  
suggestions. Stay for lunch!*

**Wednesdays**  
**March 19**  
**April 16**  
**at 9:00**  
**Senior Center**



**Free!**  
**Computer Classes!**  
Join Jon Roper  
*after Pancakes*  
**9:30 am on-**  
**Drop in!**  
Jon will help with your  
laptop, or our computer,  
ipad or phone.

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***The Senior Center***

***Will be closed***

***April 21, 2014***

***Patriots Day***



**We welcome everyone!**  
**Monday-Thursday 9-3**  
***Or for special events***

**Many thanks**



To **Shaws**, Clinton for donating pastries.  
Bridget, Jay, Arthur, Jean, Kay, Pat, Celeste,  
Judi, Maribeth, Sandra, Dora, Arthur  
The Crossman's, Laura, Dave, Jean,  
Michele, Pam, Gretchen, Rachel, Laura,  
Charlotte, Karen, Bridget, Kathy, Joe, Jon,  
John, Gino and more for all their hard work

## Bingo

**Every Tuesday at 1:00 pm**

***Everyone is welcome***

Bring your quarters, odds are better than the  
lottery! We provide free coffee, treats and door  
prizes!

## Bridge

**Every Friday at 1:30 pm**

***Everyone is welcome***

Snacks, and coffee provided  
Call Jean to confirm 978 273-2418

## Cribbage

**Thursday Mornings at 9. Come on down!**

**Coffee will be on! Bring yourself.**