



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, 2015 (978) 733-1249, fax (978) 733-4076, Alexandra Turner aturner@lancasterma.net

Breaking News...Spring is here!

Save the Date(s)



**APRIL 22RD
2:30 P.M.**

**A 'DOWNTON
ABBEY' HIGH TEA
& TEA TALK**

*With Jane Alwis of USA Tea.
Visit, Learn, Sip and Nibble!*

May 21st at 11:30
Join us for a Free Lunch



& Public Safety Roundtable

Meet those that serve & protect us. They will update us about important community safety issues, and answer our questions.

Interested? Reserve a space! It is limited

With the Worcester Sheriff's Department, The District Attorney's office, Chief Burgwinkel and Chief Hanson

Reserve at

(978)733-4076 or meguene@lancasterma.net

Thoughts from the Director,

It's the little things! That is how the saying goes. It is true, as I look around here I am impressed by how much gets done with the help of many people doing little things.

The Community Center has become home to events, classes, practices and friendships that have made a difference in people's lives. I know this happens all over town, but I notice it here.

When you can generously give five minutes of your time, remember it does make a difference.

Sometimes helping someone with a puzzle, coaching a game, cooking, or just sitting and having tea makes a difference. You have heard it before- but we need you! We need help with events (all ages), delivering meals, maybe just dropping in to a breakfast and introducing yourself to someone you don't know. The nice thing about doing the little things I expect you will find it helps you too.

Hope to see you soon, *Alix*

p.s.

Indulge me in an early request; I am sure you will hear it again! One of the most debilitating diseases many of our residents are struggling with is Alzheimers (ALZ) It is hard on the patients, and caregivers and families both suffer. One of the 'little things' you can do is to help is to support ALZ research to eradicate this disease. Nicole, Judi, and I have formed a team for the September ALZ walk. The Sunday morning walk is short, there are no minimums to join, or fundraise. Team "Unforgettables" would love to have you join us. It is a little thing, but we hope it makes a big difference, and yes- we plan on having fun too.

*Every
Tuesday is
Pancake Day!*

Everyone is invited!

**Especially on
*Family Day April 21st**

**Tuesday mornings
7:30 AM until 9:30**

**All you can eat. Pancakes, Sausages,
Eggs, Juice , Coffee & Tea!**

Suggested donation: \$2

***Family Day: Adults \$3, Kids eat free
All profits support the
Friends of Lancaster Seniors**

Following Pancakes

April 7th @ 9 am

NaviCare presents information
About Senior Care Options
Special Fruit Salad too!

**Rainbow
Lunch**

Worcester Elder Services and WLEN

**Invite you to the
Rainbow Lunch Club
Every 2nd Wed. Noon**

Unitarian Church, 90 Holden St. Worcester
Questions or to RSVP 508-756-1545



A Downton Abbey High Tea *In honor of Mother's Day*

*The Clinton and Lancaster Councils on Aging
Request the presence of your company
April 22nd at 2:30 p.m.*



*In honor of Mother's Day please join us
to celebrate nurturing mothers,
grandmothers, and all lovely and kind
ladies. Gentlemen, & children bring your
'mom' or a woman who is dear to your
heart to celebrate their kindness over a
cup of tea. Jane Alwis of [Tea4USA](http://Tea4USA.com) will
share some of her vast knowledge of tea,
and generously allow us to sample some
of her best steaming hot tea selections
with tea sandwiches, and a variety of
high tea treats. Individual seats available by
reservation for \$8 for Lancaster/Clinton
Seniors (children under 6 free) \$10 for
everyone else. Tables of 4 by reservation
only. Lancaster/Clinton Seniors \$25 All
others reserved table for 4 is \$32. Please call
978-733-4076 for reservations .*

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!

Grow veggies for Seniors & for 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. **This year more beds available, sign up now!**



FREE gardening for Lancaster Seniors and the Community Center!

All Ages! Seed Starting Workshop and Swap Monday Evening April 13th 6-8

We will provide some hearty soup, and crackers so you can have a bite, while meeting fellow gardeners. If you would like to bring some treats, that would be great too! We will have seeds, and you bring the seeds too. Let's swap and plant. We will get our garden started with a brief overview of our program at the Center, trade seeds and finally start some seedling trays on our sunny window sills for you to come back and take home. .

RSVP: We need a count a head of time, Call 978-733-4076 before April 10th please.

Need a garden bed? Reserve one now, first come first serve! High raised bed, or perhaps can use a low one

Got Time? Help Wanted!

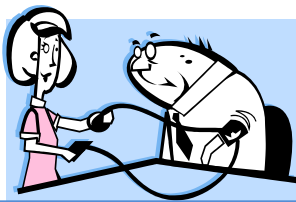
Following is a sampling of volunteering opportunities, there are more. Just call or come down!

- **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.

1st Tuesday 9 am & 3rd Wednesday ~11am-12pm

Free Chair Yoga! With Michelle
Every Wednesday 12:30
In the Center



Chair Yoga is a wonderful way to stretch and relax. It is good for everyone, even people who don't have balance or can't stand or get on the ground to enjoy another Yoga class Try it! What do you have to loose except lots of tension and aches and pains.

Questions? Call us 978-733-4076

Please join us for 'all ages' fitness class

Gentle Tai Chi



9:30 am Mondays and 5:45 pm Tuesdays

**NOW
Tuesday
Nights**

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 & Thursdays 11 a.m



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)!**

Town of Harvard Elderly and Disabled Tax Aid Committee (EDTA)



What the Heck is

Come play!

So much fun, really! Quote of the day "It's so much fun I did not know I was getting in shape!"

Pickleball is a game sweeping the nation, and it has really taken root in Lancaster! Interested? Never heard of it?

Pickleball is a fun, fast-paced game for all ages.

Pickleball is a low impact racquet sport combining badminton, tennis, and table tennis. It was created in the 1960s with one thing in mind: **fun!** It was designed to be easy to learn and play whether you're five, eighty-five or somewhere in between. For more information check out this website:

<http://www.usapa.org> or go to YouTube for videos

Introductory Pricing Special!

2 Get Fit Pickleball Cards for Only \$40. Lots of fun, cheap!!

Wednesday and Friday Mornings 9-11am Or Mondays 1-3

Questions about Pickleball, there are pros in our midst that are happy to answer your questions. Come watch! You don't need to wear special clothes, though we do ask that you bring dry shoes- no sand in the gym.

Questions call us at 978 733 4076 or email

aturner@lancasterma.net or meugene@lancasterma.net

*Join us for
Seniors on the Move*

FREE LUNCH, COOKING LESSONS, & FITNESS CLASSES

You are invited to join an eight week program that will meet once a week

Fridays April 24th through June 12th.

The program will be held at the Lancaster Senior Center from 9:30am to 12:00 pm. Seniors On the Move is geared towards those who suffer from chronic illnesses such as but not limited to: Hyper-tension, Diabetes, COPD, CVD or Cancer.

Anyone over 60 may participate.

To reserve a slot call 978-733-4076

Day one will include taking weights and blood pressures for baseline assessment.

Most participants experience weight loss, lower blood pressure and more.

Feel better-for FREE

Join the Fit Club!

Spring is right around the corner, finally! Can bathing suits be far behind?! Eeks. Join us 45 minutes a night, you will feel better. .

Free Fitness! New six week series

The Lancaster Community Center is offering a Free Beach Body Fitness Series for six weeks for all fitness levels. Give us an evening, you will be amazed! Tuesday evenings at 6:30 in the Gym for 45 minutes beginning March 17th. * (No class March 31st). . Wear comfortable clothes and sneakers/appropriate footwear. Taught by Pam Wier. For details contact us at the Center 978 733 4076 *Feeling less than inspired or bored with your workout? Team Beachbody Fit Clubs are the ultimate way to get fit and have a blast at the same time! Come workout to the best selling Team Beachbody Fitness programs such as T25, 21 Day Fix, PiYo, P90X3*

All fitness levels welcome, Appropriate for Ages 18 and over

Please wear appropriate fitness footwear, Bring water, towel and your energy!

Pam Weir

Independent Team Beachbody Coach

Don't Wish For It...Work For It



The To Do List! *We can help.*

WHEAT Community Services

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

STOW FOOD PANTRY

Also serving residents of Lancaster, Bolton and Stow.

Pick ups the 1st & 3rd Friday
Call our office for details.

What is an SCO? (Senior Care Option)

A really interesting health Insurance option for elders over 65. Know someone who is on a tight budget

This may be the answer.
Come learn , After pancakes

With Tara from Navicare.

Durable Medical Equipment Loan Program

Need to borrow a walker? Crutches? Cane? Even more! 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

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**

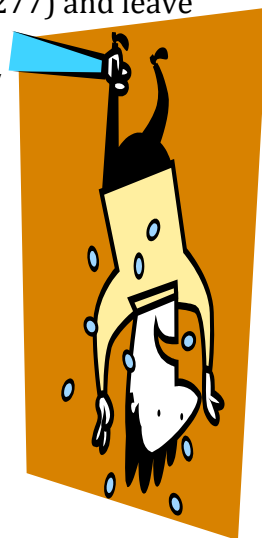
978 365 9416

Sterling Senior Center

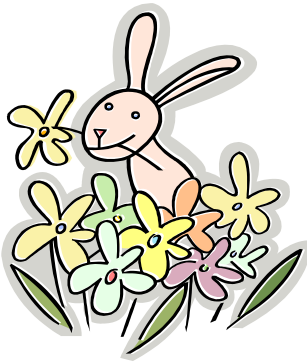
**1 Park St
Sterling MA
978 422-3032**

Leominster Public Library

**30 West Street
Leominster MA**



**We are able to transport you. Call the van to book a ride.
*AARP is booking appointments at many area Senior
Centers and Libraries You do not need to be a resident of
the town to visit.***



Join us for lunch in April

\$2.25 suggested donation for those over 60! Reserve one day ahead


@ 978 733 1249 ext 1106 or press 8 then #1. We also offer Meals on Wheels, call for details, or call 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
		April 1 Portuguese Kale Soup Grilled Chicken Caribbean Sauce Brown Rice Whole Wheat Bread Mandarin Oranges	2 Chicken a la King Herbed Egg Noodles Peas and Carrots Herb Biscuit Pineapple	3 Market Basket Trip
6 Minestrone Soup Roast Pork w/Rosemary Gravy Whipped Potatoes w/Sour Cream Rye Bread Muffin	7 Meatball Cacciatore Rotini Pasta Tossed Salad Garlic Bread Stick Fresh Fruit	8 SPECIAL Chicken Kiev Brown Rice/Red Pepper Sesame Broccoli Whole Wheat Roll Lemon Cake	9 Cream of Tomato Soup Fish Wedge Oven Roasted Potatoes/Paprika Whole Wheat Bread Applesauce	10 Art In Bloom 11-3
13 Chicken Breast Teriyaki Herbed Noodles Spinach Whole Wheat Bread Fresh Fruit	14 Escarole Soup Beef Bolognaise Penne Pasta Italian Bread Pears	15 Beef Stew Tossed Salad WG White Bread Applesauce	16 Pork Rib w/BBQ Sauce Mashed Potatoes Broccoli Rye Bread Peach Crisp	17 Consignment Crawl Acton, Littleton, Westford area
20 Patriot's Day 	21 Corn Chowder Baked Quartered Chicken w/Apricot Sauce Brussels Sprouts Multigrain Bread Whole Wheat Bread Fresh Fruit	22 Thai Sweet Chicken Brown Rice Oriental Vegetables Whole Wheat Bread Pineapple Fortune Cookie	23 Tomato Cabbage Soup Roast Turkey w/Tarragon Gravy Mashed Potatoes/Chives Chocolate Chip Cookie	24 Seniors on the Move Kick off! Water Tower Plaza Trip
27 HIGH SODIUM Split Pea Soup Baked Ham with Honey Mustard Sauce Scalloped Potatoes w/Spinach Mandarin Oranges	28 Beef Burger w/Jardinière Gravy Mashed Potato Green Beans Rye Bread Fresh Fruit	29 Chicken Corn Stew Italian Green Beans Biscuit Hermit cookie	30 Cheese Lasagna w/Tomato Basil Meat Sauce Tossed Salad Italian Bread Chocolate Pudding	May 1st Happy May Day! Seniors on the Move Market Basket Trip

Seniors on the Move with Nancy Fillers.

Join us for a FREE lunch and exercise class! Eat well and get fit, Fridays April 24th on
Get proven results, feel better for free? ! I am in. Take advantage of our grant!

Thanks to Tufts, MOC and Central Mass Agency on Aging.

This newsletter is generously supported by funding from the Executive Office of Elder Affairs.

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 4th Market Basket & Whitney Field Leominster
- April 11th Fitchburg Museum Art in Bloom
- April 18th Consignment Crawl: To Acton and beyond!
- April 25th Water Tower Plaza
- May 1st Happy May Day! Market Basket & Whitney Field
- May 21st Event! Lunch and Round Table

Art In Bloom at THE FITCHBURG ART MUSEUM

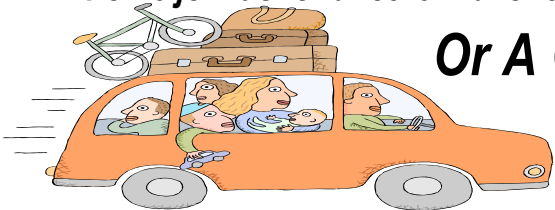
Friday April 10th 11:00~3:00 p.m.

Join us to capture a bit of spring at one of the area's best kept secrets, The Fitchburg Art Museum. Art in Bloom celebrates the arts as talented floral designers choose one of many masterpieces from the amazing collection of the Museum. The designers then interpret the piece through their floral arrangements. Lots of fun to see how they did it! Be your own judge. Prior to our tour of the museum, which includes light refreshments for dessert and wandering, we will stop for a quick lunch at Taste of Vietnam. The Taste is one of my favorite places, don't worry there is plenty to choose from that is not spicy- just plain yummy and reasonably priced. A fun quick afternoon for all! Space is limited (see cancelation policy above)

\$10 includes museum admission and Art in Bloom, Refreshments Does NOT include lunch

Come join us for another 'favorite things tour' or as we call them our favorite things tour,

Or A Consignment Crawl.



April 18th 9:00-3:00

Those of you who have joined the tours before know how much fun we have! You never know *where we may end up, or what goodies we may find. This time we head east, northeast to* explore Acton, Westford, and Littleton area. We will explore some fine consignment, 'antique' and thrift stores and a very nice nursery, and yes a foodie destination or two. We will refuel over a 'cheap eats' lunch, finish with a few more stops and be back to the Center in time to still get some work done! Join your friends or make some new ones. There are treasures everywhere and we are out to find them!

We meet at the Center at 8:30 for a quick cup of pedestrian, free coffee and a bit to eat before we leave. We return by 3:00. \$7 seniors and children under 16. Others are \$ 8 Lunch is NOT included; expect to pay around \$10. Reservations required. Cancellations are charged if we cannot fill your space, though we usually can.

This newsletter is generously supported by funding from the Executive Office of Elder Affairs.



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

To become a member, fill out the information below, and send it and your check (payable to *Friends of the Lancaster Seniors, Inc.*) to:

Friends of the Lancaster Seniors, Inc. 504 Blue Heron Dr. Lancaster, MA

01523 For more information about joining FOLS, contact David James at 978-263-7962. *Thank you for your support!*

❖ Senior(60 +)	\$10
❖ Individual (non-Senior)	\$15
❖ Family	\$30

We will move you!

MART Van Policies & Fees

For a full list of rules and pricing visit the town website

- **Mart service to Senior Center: Free** for senior and disabled coming to meals and events
- ***Service in Town: 50c** in all other destinations town, per stop.
- ***Service outside Lancaster: Clinton \$1. Leominster, Sterling, Bolton, Harvard is \$2 round trip. Fitchburg is \$2 each way. (Multiple stops may be charged)**
- **Friday Regular 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.

. ***Round trip to Senior Center is free;** unless otherwise specified 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 an additional \$1.

Reservations and Cancellations Call 978 733 4076 , At least 48 hours prior to appointment

**See our website for a full list of rules and pricing.*

What is the PACE program? (Summitt Health Care)

Caregivers take notice! Are you stuck at home, and would like an alternative~ take notice!

April 22nd at 12:00 noon. Join us for dessert!

Learn about what the state sponsored PACE program is about. This care program is designed to keep seniors in their homes. It is an interesting care model that may be the alternative you need to manage during the day. It may or may not be right for you, come for a half hour Q &A with Sharon Nolli of Summitt, have some treats! You will learn a lot! You don't need to rsvp but it is always appreciated. (978) 733-4076

Explore your Wild Side!

*Co-sponsored by the Community Center and
Friends of the Oxbow*

Free Vernal Pool Tour!

Saturday, April 18: 1:00 - 3:00 pm

Under the guidance of our expert, Rona Balco, we will explore several vernal pools and learn what makes them unique, why they are so important for many creatures and what their place is in the web of life.

Location: Meet in the parking lot at the end of Still River Depot Road in Harvard, MA.

For further information, contact Rona at 978-779-2259.

Woodcocks

Saturday, April 18 & April 25: 6:45 pm.

(Rain dates: Sunday 19 and 26).

Join Friends of the Oxbow N.W.R. for a spring sunset while listening to and watching (hopefully) the courtship flight of the American woodcock. Males spiral high in the air and dive back to the grassy field to attract females.

Location: Partway down Still River Depot Road in Harvard at the large NWR sign on the right. Some walking might be necessary if the woodcocks decide to court at another favorite site further down. Be prepared for possibly muddy trails.

For further

Information contact

Don MacFarlane

978-897-7567



Our Wish List

- Art Supplies of all sorts, Colored Glass and Clear (small plates, vases etc.), Colorful Fabric, Table cloths, Costume jewelry, shells, beads, Outdoor plants, Work Gloves, Garden Tools, and gloves
- Pots, Garden Cart, Seeds, Fencing, Old Pallets for a fence garden

- And of **course your time and company!**

ABOUT TOWN

Clean Up Days

May 2 & May 3

10 a.m. - 2 p.m. *

***Desk hours, clean all day!**

Love Lancaster? Like to protect
Wildlife? Maintain our beautiful town?
Then please volunteer to help keep
Lancaster Green!

Sponsored by the
Lancaster Land Trust

How can I help?

There is something for everyone to do!

- ❖ Pick Trash up along the roadside
& put it in our snazzy yellow bags
Thanks Mass Highway!
- ❖ Lend your truck, or drive to pick
up spots for trash
- ❖ Man the welcome table to give
out snazzy yellow bags, water and keep
track of locations.
- ❖ Put up posters, bake cookies
- ❖ Donate \$ (The green stuff to help
pay for the dumpster.



?s Call Bob at 978-368-7747

April Vacation Free Family Fun Day

April 21st

7:30-9:30 a.m.

Family Pancakes!

7:30-9:30 a.m. Start the day with Chocolate Chip, Strawberry, or just plain Pancakes!

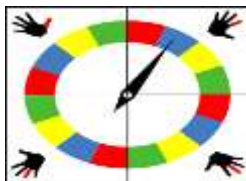
Adults, \$3 donation; kids eat free!



9:30-11:30 a.m.

Games in the Gym:

Hula Hoops, Parachutes, Twister and more!



9:30-11:30 a.m. FREE!

Crafts: Make a May Basket!

All ages! Take it home to put on the doorstep of your sweetie!



The Family Funnies!

Lancaster Recreation & Community Center Presents:



**CAMP
CRAFT
LANCASTER**

Located in Lancaster at the Community Center

Ages 5-13

9 weeks of camp from June 29th - August 28th

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 | * Fishing |
| * Archery | * Mad Science |
| * Arts & Crafts | * Nature & Outdoor Pursuits |
| * Legomania | * Flag Football |
| * Tennis | * Theme Weeks |
| * Basketball | * Dozens of unique activities offered throughout the summer! |
| * Beach Games | |



Web: www.communityrecreation.org/lancaster/lancaster.html
Email: operations@communityrecreation.org
Phone: 978 264 8479

Interested in other Family and Children Updates?

Lots of fun low or free events!

Sign up for our all ages emails! Please email us a request and we will be happy to add you to our update list
meugene@lancasterma.net or aturner@lancasterma.net

Consider us for your Birthday Party!

Old or young it is lots of fun! We offer reasonable rates, some supplies and a fun place to run around or gather with a large group. 978-733-4076





Cooking with Laura! Cooking with Love!

Friday April 10th at 11 am.

Come join our studio audience for the taping of Cooking with Laura. We learn more of Laura Kryger's cooking secrets. We get to taste too! My favorite part!! This month Laura and her special guests will prepare a healthy spring inspired menu. Laura will teach us some of her short cuts and health tips and maybe even

a few of her jokes. The classes are lots of fun, great for kids or adults alike- a great casual way to spend a morning. Join us FREE!

"Bugs for Breakfast"

Tuesday, April 21 @ 1:00 p.m.
(SCHOOL VACATION WEEK)
at Thayer Memorial Library



Presented by Michelle's Menagerie Live animals and bugs are coming to the library. Learn about how bugs improve our lives and about animals who eat bugs.

FREE TO THE PUBLIC For more and more events information, contact Karen Silverthorn at 978-368-8928 ext. 4 or ksilverthorn@cwmar.org

This is a Rosemary Davis Nature Series program

IN LOCAL NEWS \$\$\$\$

Let's wish our town clerks & election workers our best! What a work out!

Town Meeting: **May 4th**

The warrant for the Annual Town Meeting and the proposed FY14 Operating Budget will be posted on the town website, www.ci.lancaster.ma.us as soon as they are available.

Please note that Mass General Laws do not provide for voting absentee in a local town meeting; you must be present to participate.

Local Election! May 11th
Polls Open 7 a.m. to 8:00 p.m.

Are you registered to vote?... **The deadline fast approaches! APRIL 14th**

The Town Clerk's Office is in the The Town Hall @ 695 Main Street, Lancaster. Any resident of Massachusetts who will be 18 years old (by an election) and is a US Citizen can register at any of these events. If you are unsure of your status, contact your Clerk (in Lancaster at malderete@lancasterma.net or 978-365-2542 ext 1013). To apply for an absentee ballot, contact the Clerk's or download the form from the state's website <http://www.sec.state.ma.us/ele/eleifv/howabs.htm>, fill it out and mail it to Town Clerk

To Register for Elections:

- **Mondays- 9 a.m. to 5 p.m (Clerks Office)**
- Tuesdays through Thursdays -9 a.m. to 4 p.m. (Clerk's Office)**
- **Wednesday, April 14th 9 a.m. to 8 p.m. (Clerk's Office)**

The warrant for the Annual Town Meeting and the proposed FY14 Operating Budget will be posted on the town website, www.ci.lancaster.ma.us as soon as they are available.

Please note that Mass General Laws do not provide for voting absentee in a local town meeting; you must be present to participate.

. JOIN US FOR A DEBATE: APRIL 27th Community Center at 7 (call first)

Please Join us!

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

Wednesdays
April 15
May 20
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.

The Senior Center

Will be closed

April 20, 2015

Patriots Day



We welcome everyone!

Monday-Thursday 9-3

Or for special events

Many thanks



To **Shaws**, Clinton for donating pastries.
Bridget, Jean, Kathi, Susan, Celeste, Pam,
Kay, Pat, Michele, Nicole, Michelle, Judi,
Pam, Etta, Maribeth, Dora, Jon and John!
Laura, and Laurie, Dave, Sue, another John,
Gretchen, Rachel, Laura, Karen, Lorry,
John, Gino and more for all their hard work

To all who donated to fuel, equipment and
lots of nice crafts and supplies.

And a special thanks to the Friends for
doing so much for Seniors and all those in
Lancaster.



High Tea
April 22nd

Bingo

Every Tuesday at 1:00 pm

Treats and door prizes!

Bridge

Fridays at 1 pm

Everyone is welcome!

Free- Join us