



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 McRell, Nicole Kanis, Michele Macdonald Chair

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

## -In Local News...

Please join us for

### Old Fashioned Community Home Days

August 23<sup>rd</sup> 2 pm til 8

Free! Movie In the Park



After Dark! 8 pm-Free!

Yard Sale, Crafts, Popcorn,

Book Sale, Face Painting

Town & Community Information Booths,

Firemen's BBQ

Animal Adventures!

Live Concert Featuring the Raizinz at 6

Check the town website for more  
detailed information.

Thoughts from the Director,

Summer is waning, and what a nice summer we have had! To enjoy just a little more we are having an Old Fashioned Fair, Community Home Days, Saturday August 23<sup>rd</sup>. This event began as a celebration of our 'new' Center, like the Center it has grown. This year are combining events, joining the Thayer Field Foundation as they top of the evening a free showing of the popular movie, *Frozen*.

A perfect movie for a summer night! Bring a blanket or some chairs!

This is a great combination, a day of fun for all- a yard sale, crafts, animals, books and more. To top it off the Firemen will cook up a delicious BBQ that will not break the bank. So come for supper, or better yet- get a yard sale table or sell your crafts! We could also really, really use your help if you have a few hours to volunteer!.

Speaking of volunteering, I would like to offer my thanks to all who made the Fireman's BBQ such a wonderful time. I know why it is the hottest ticket in town (fire pun intended). The food was yummy and the service was great. Thank you, thank you to the men and women of Lancaster Fire.

Also thanks to the Harvest Grille for treating our volunteers to an amazing night and to Steve Beckwith for making it extra special with his great tunes! We are lucky to have such generous people in our midst!.

Hope to see you Saturday the 23<sup>rd</sup> ~ *Alix*

*Tuesday is Pancake Day!*

**Everyone is invited!**

*Now with surprise Additions*

 **Blueberry** pancakes!

Tuesday mornings

7:30 AM until 9:30

**Suggested Donation Still only \$2!**

Chef Extraordinaire David James in the house!

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

**Aprè' Pancake Information Series**

**9:00 a.m.in the Meeting Room**

- August 12<sup>th</sup>: *Better Breathing*  
*Marquis Health.*
  - August 19<sup>th</sup> :
  - August 26<sup>th</sup> :
- September 2<sup>nd</sup> : *Senior Whole Health*

## 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*

Summer is NOT over, it's the law!

Join Sheriff Lew Evangelidis  
& Deputies



**Free!!!**

**Annual Senior Picnic!**



**Saturday August 16<sup>th</sup>, 2014**

**SAC Park , 348 Lake Street  
Shrewsbury, MA**

**11:00am-3:00pm**

*A fun filled day with complimentary  
lunch, raffles and bingo in honor of our  
seniors!*

**Need a ride? Call us.**

Questions? Kim Roy at

On the Church Green  
**Wachusett Valley**  
**Music Festival**

**FEATURING**  
**KIM AND REGGIE HARRIS**  
**AND MORE GUESTS**

Sept 13<sup>th</sup> at 11-7 p.m.  
First Church Grounds  
Brings chairs, or blankets

Sponsored by  
Wachusett Music Series

# IN LOCAL NEWS

## Farmers Market Coupons are **HERE!**

Thanks to Mass Agriculture and MOC we have coupons to for any Farmers Market

Stop or call to sign up for a coupon booklet\* good at any market..

*\*for income eligible seniors over the age of 60. Quantities limited, call early.*

Visit our Lancaster Market-  
Thursdays 3:30-6:30 pm on the Green.

### GO LOCAL!

### Can you help? The Elderly and Disabled Tax Fund is back!

Some of our neighbors are down on their luck and are having trouble paying property tax. In response the town established the Elderly and Disabled Tax Fund. This fund is funded solely from voluntary contributions to offset taxes for those in need and those that are unable to work. You will note a request for funds on your next tax bill, coming in August. If you are able please consider donating to the fund. Once funds have been collected they will be distributed based on need by the committee formed by town by-law. *Confidential applications will be available when funding is secured.*

**Dinner and a show!**  
**Outdoor Free Concert**  
***With a BBQ and more***

***The Rayzinz***

August 23<sup>rd</sup> 6-7

Bring blankets and chairs. There will be lots to eat and drink! Out back!

When it gets **Hot**  
***Join the cool kids!***  
**We are a cooling center.**

Free Drinks, TV, Wii,  
Computers, etc.

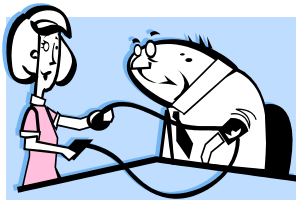
Call 978 733 4076

or check the town website for hours.

Know a good local artist? Refer them to our craft show, Aug 23<sup>rd</sup>. Home Days. Flea Mkt tables too!



# 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!**



## *All ages gentle Tai Chi & Hatha Yoga*

**Tai Chi @ 9:30 am Mondays and NOW- Wednesday nights too! RSVP**

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.

**Yoga @ 11 a.m. 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)!*

## **What the Heck is Pickleball?**

### ***Why is everyone talking about it?***



Pickleball is a game sweeping the nation, and it coming here this fall! 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 You tube for videos.

*It is good for you, and lots of fun-treat yourself!*

*We are not sure but expect a six week session will run about \$25 pp including equipment*

If you're interested in playing or finding out more about the sport, please email [aturner@lancasterma.net](mailto:aturner@lancasterma.net) We want to set up times that are most convenient for interested players. Beginning in October

Weekday Evenings\_\_\_\_\_Weekday Days\_\_\_\_\_Weekends\_\_\_\_\_Special Times: Let us know!



In need?  
Got help!  
Food pantry options



## WHEAT

978-365-6349  
Clinton MA

Offering variety of fresh produce (seasonal), baked goods. You may choose from an assortment of meat products as well, and an ample supply of pantry items such as canned goods, pasta, rice etc.

*An elevator is located in the rear of the building for your convenience.*

## Village Church

South Lancaster  
Thursday Evenings  
6 pm-7 pm

Offering a wide variety of wholesome food

## Stow Food Pantry

335 Great Rd (Rt 117)  
Stow, MA 01775  
(978) 897-4230

Offering variety of fresh produce (seasonal), baked goods. You may choose from an assortment of meat products as well, and an ample supply of pantry items such as canned goods, pasta, rice etc.

## Medical Equipment Loan Program

Crutches, canes,  
commodes,  
wheelchairs + more  
to loan.

*Call us 978 733 4076*



## Open Enrollment is Coming!

October 15<sup>th</sup>-December 7<sup>th</sup>

## SHINE Counselor

Gretchen: 508-502-8279

Tuesday and Thursdays

By reservation

*Call first please!*

### Don't Ignore Your Medicare Mail!

## MEDICARE BOOT CAMP COMING IN OCTOBER



It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2014. During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early!

*October Apré Pancakes will feature Insurance Providers as well as SHINE seminars. Keep up on the changes, and enjoy some pancakes!*

### Important Numbers to Save

Medicare Advocacy Project legal advice and assistance 1-800-323-3205

Medicare 1-800-633-4227 TTY 877-486-2048

www.medicare.gov Social Security 1-800-772-1213

www.socialsecurity.gov

MA executive Office of Elder Affairs 1-800-AGE-INFO

### Sharps Collection Program

*brought to you by Nashoba Board of Health(BOH)*

For a \$5 (5 quart) or \$10 (10quart) Nashoba BOH will provide a safe container for sharps disposal. In these approved containers sharps may be accepted for disposal. ? Call 978-772-3335 or [www.nashoba.org](http://www.nashoba.org) for more information.

## 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

A few  
spots are  
still  
**Open!**

### 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!



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



## DESIGNING FOR WIND

With Worcester's Ecotarium

**Tuesday, August 19 beginning at 1:00 p.m.**

*Thayer Memorial Library, 717 Main Street, Lancaster*

2 sessions will be offered: grades 3 – 5 and grades 6 – 8. The students will learn about: wind as an alternative energy source; the environmental engineering field; a world engineering career; the process of converting wind energy into electricity. *This program is free but space is limited so REGISTRATION IS REQUIRED*  
Contact [ksilverthorn@lanasterma.net](mailto:ksilverthorn@lanasterma.net)

### Neighbors Helping Neighbors

*Recently two of our neighbors have endured losses. Following is the information if you would like to help we encourage you to do so.*

Karen Langberg, a lovely lady who did a lot for Lancaster and for others recently passed at a young age after a difficult, and expensive illness. Now her husband Chris, whom you may know from the South Lancaster Post Office has to deal with loss and the expenses. The Village Church of South Lancaster has generously begun a fund. If you wish to contribute make checks to the Village Church, 75 Sawyer St/PO Box 866 S Lancaster MA 01561 and put Karen

The Hedgepaths of Kilbourn Rd lost their home to a fire. The Friends of Lancaster Seniors has a special collection set up to help with the expenses from the fire. Should you wish to contribute please contact the Friends.  
Contact Information is below.



# The Travel Pages

*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.*

- August 15<sup>th</sup> : Orchard Hills Plaza
- August 22<sup>nd</sup> : Super Hannaford Twin City Fitchburg
- August 29<sup>th</sup> : Holiday Weekend NO run
- September 5: WalMart Leominster
- September 12<sup>th</sup> : Water Tower (Job Lot)
- September 19<sup>th</sup> : Make your own Sundae Social-Free RSVP
- September 26<sup>th</sup> : Hammond Castle & Gloucester

*What does a brilliant inventor and a suit of armor have in common? : Answer: Hammond Castle*



*On the road again to*  
**Hammond Castle, a Great  
'Dive' Restaurant, &  
sightseeing in Gloucester**

September 26, 2014

We leave the Center by 9:00 and travel to scenic Cape Ann, ending up in Gloucester.. We follow the scenic route to see some of our fabulous shoreline before we arrive at to one of my favorite dives, The Causeway Restaurant (BYOB) for an early lunch. Following lunch we will drive along the rocky coast looking at some of Gloucester's villages ending up back at Hammond Castle. The Castle is a design masterpiece built for John J Hammond Jr. to house his collection of medieval art. John is second only to Thomas Edison for his patents, sometimes called the 'father of remote control'! He amassed a wonderful collection of design, art and artifacts housed in a splendid castle by the sea. Come marvel at the treasures, and his inventions. We leisurely travel home before supper, though you may not have any room left after our lunch!

*Seniors/children under 12 are \$26 plus the cost of lunch. All others \$29 plus lunch. See our cancellation policy on line. RSVP please to 978-733-4076. Full payment due by September 17, Trip will be cancelled if not enough people sign up. No refunds after the Sept 18<sup>th</sup>, unless we can fill your spot from our waiting list. We typically do have a wait list.*





# Join us for Lunch!

\$2.25 suggested donation, reserve one day ahead @ 978 733 1249 x 1106

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

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 for those over 60, but special events are for everyone!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Tai Chi @ 9:30</b> <b>Yoga @ 11</b>	<b>Pancakes All you Can</b> <b>Eat \$2 7:30 -9:30</b>  <b>BINGO</b>		<b>Cribbage @ 9</b> <b>Yoga @ 11</b>	<b>1</b> <b>Bridge at 1:30</b> <b>Call Jean 978-273-24188</b>
<b>4</b> Beef Bolognese Ziti Mixed Vegetables Rye Bread Fresh Fruit <b>Tai Chi @ 9:30</b> <b>Yoga @ 11</b>	<b>5</b> Roasted Chicken Breast Marsala Sauce Herbed Noodles Peas Strawberry Cup <b>PANCKES</b> <b>BINGO</b>	<b>6</b> Roast Pork Rosemary Gravy Mashed Potatoes Green Beans Whole Wheat Bread Applesauce	<b>7</b> Bok Choy Soup Sweet& Sour Chicken Brown Rice Whole Wheat Bread Chocolate Pudding <b>Cribbage @ 9</b> <b>Yoga @ 11</b>	<b>8</b> <b>Bridge at 1:30</b> <b>Call Jean 978-273-24188</b>
<b>11</b> Chicken Kielbasa Onions and Peppers Baked Beans Hot Dog Roll Applesauce <b>Tai Chi @ 9:30</b> <b>Yoga @ 11</b>	<b>12</b> Tortellini Broccoli Alfredo Summer Squash Blend Italian Bread Peaches <b>PANCKES</b> <b>BINGO</b>	<b>13 Special</b> Corn Chowder Turkey Chef Salad~Turkey, cheese, tomato on Romaine Wheat Roll Watermelon	<b>14</b> Chicken Breast Lemon Picatta Sauce Couscous w/Red Peppers Brussels Sprouts <b>Cribbage @ 9</b> <b>Yoga @ 11</b>	<b>SHERIFF'S PICNIC SAT</b> <b>Bridge at 1:30</b> <b>Call Jean 978-273-2418</b>
<b>18</b> Vegetable Soup Roast Pork/Gravy Sweet Potatoes Whole Wheat Bread Strawberry Cup <b>Tai Chi @ 9:30</b> <b>Yoga @ 11</b>	<b>19</b> Chicken Meatballs Tomato Sauce Herbed Penne California Blend Ginger Cookie <b>PANCKES</b> <b>BINGO</b>	<b>20 Recipe Winner****</b> Meatloaf/Brown Gravy Mashed Potatoes Beets Whole Wheat Bread Lemon Pudding	<b>21</b> Broccoli Bake Home Fries Stewed Tomatoes Rye Bread, Pears <b>Cribbage @ 9</b> <b>Yoga @ 11</b>	<b>22</b>  <b>Home Days/</b> <b>Movie Night on</b> <b>Saturday 23<sup>rd</sup> 2 pm</b> <b>FROZEN @ 8</b> Call for van service <b>Bridge at 1:30</b> <b>Call Jean 978-273-2418</b>
<b>25</b> Baked Salmon Lemon Dill Sauce Rice Pilaf Broccoli Muffin <b>Tai Chi @ 9:30</b> <b>Yoga @ 11</b>	<b>26</b> BBQ Burger Tater Tots Coleslaw Hamburger Bun Fresh Fruit w/C <b>PANCKES</b> <b>BINGO</b> <b>Poetry</b> <b>Workshop</b>	<b>27</b> Breaded Chicken Mashed Potatoes Spinach Whole Wheat Bread Pineapple <b>WaterColors</b> <b>With Ron</b>	<b>28</b> Tomato Florentine Soup Turkey Cranberry Salad Three Bean Salad Hot Dog Roll Vanilla Pudding <b>Cribbage @ 9</b> <b>Yoga @ 11</b>	<b>29</b>  <b>Happy Labor Day</b> <b>Weekend</b>  <b>Bridge at 1:30</b> <b>Call Jean 978-273-2418</b>





Please join us for  
Lancaster's



# Old Fashioned Community Home Day & Movie in the Park!



**Saturday, August 23, 2013**

**Fair begins at 2 pm. Movie at 8 p.m.**

**Town Green: Community Center & Fields**

- *Kids Games* Face Painting,
- *Free Music! Starring the Raizinz,*
- *Artisans & Crafters, Yard Sale,* Animal Adventures!
- *Fireman's BBQ with Old Fashioned Prices!*

Questions? 978 733 4076 or [aturner@lancasterma.net](mailto:aturner@lancasterma.net)  
Supported by Lancaster Cultural Council

# Healthy Fun For The Whole Family

## Family Wellness Fair



**Saturday, August 16th**

**10am - 2pm**

**Lancaster Town Green, Main Street**

**Rain Location: Lancaster Town Hall**

**FREE  
ADMISSION**

**Brought to you by:**



Safety tips from Lancaster police and firefighters

Fire truck • Police car

Animal Care with Live Animals • Face painting

Healthy foods demo • Self defense demo • Zumba demo



Raffles, samples, and health screenings

Dozens of local health exhibitors

**Join us for the  
event kick off!**

1/2 mile family fun walk

10AM sharp on the town green.

Bring a friend, the kids, the dog, the strollers,  
and come out for some exercise together!

Free healthy snacks to all the finishers!

**To Benefit:**





# ARTS AND CULTURE

## POETRY WORKSHOP!!!

Who can come? **ALL are Welcome!!!**

When: Tuesday, August 19 @9:30 -10:45 am

Why? Poetry is an art, widely recognized as having therapeutic benefits including empathic, emotional intellectual and academic benefits. It is also a nice excuse to get out and meet people!

\*\*\*\*\*

We will be looking at published poems as 'models', so you may choose to bring your own poem to share.

We will provide copies of a few poems for the workshop; then, together we will discuss certain themes in each poem, and the use of figurative language (metaphors, similes, etc.)

For those who are bold enough to put pen on paper, we will produce our own poems.

\*Follow up Session: Sept 9<sup>th</sup> 9:30 Please call to reserve before coming.

*Presenter: Don Hosley, a Writer and Professor of English, MWCC.*

## *Easy Water Colors or Water Color 101*

Wednesday, August 27<sup>th</sup> 12:30-2:30 pm  
With  
Ron Beckner

Not only does he move us (as one of our drivers) but he also inspires us! Who knew Ron is a talented artist. He will share the basics of watercolor painting in this quick session.

The class is free. We request a \$5 donation for materials.. RSVP as our class size is limited.

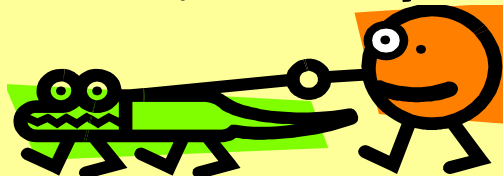


*Winter Scene by Ron Beckner*

## Animal Adventures~ FREE!

Come Walk on the Wild Side with us! Exotic Animals from Bolton visit Lancaster..

No, they did not escape!



August 23<sup>rd</sup> at 4:30 p.m. in the Community Center!

Call for a free ticket! 978 733 4076 or email us at [meugene@lancasterma.net](mailto:meugene@lancasterma.net)

Kids of all ages will enjoy another of our local treasures! Free!!

## Please join! We help Become a Friend of the



## seniors in your community Lancaster Seniors!

We encourage you to consider joining the corporation, open to all. *You don't have to be*

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!*

Friends of the Lancaster Seniors, Inc. a non-profit *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!

❖ **Senior(60 +)**

**\$10**

❖ **Individual (non-Senior)**

**\$15**

❖ **Family**

**\$30**

a member, fill  
(payable to  
Lancaster  
01523For  
James at 978-



### Got Time? Help Wanted! We need Volunteers.

- **To help with or run events** or participate in events. 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 Activities Help: Crafts, sports, games and more!**



### Lancaster Farmers Market

**July 10~Oct 2nd**

**3:30-6:30**

Still on the Town Green

*All the vendors are back, plus some! Music, Great local veggies,*

*baked goods, bird houses, crafts, knife sharpening and more!*

Seeking entertainment, and quality vendors.

We have Farmer's Market Coupons in our office. Call for details

**To participate, or to help contact**

Steve Piazza @ 978 257-3938

### ***Beat the Heat-Free***

**Movies!**

**Call for the schedule**

**Mondays at 1 pm**

**Can not make Mondays?**

**The Library has a great selection of  
Free Flix to take home! No charge!!!**

*Thayer Memorial Library*





# ABOUT TOWN

## \$ HELP WANTED \$

### Project ABLE (SCSEP Program)

We are seeking a Gal/Guy Friday

We are flexible, do you enjoy learning, have some skills, like to have more! This may be your ticket! We will train you.

To qualify you must be over 55, meet income guidelines and be willing to learn a new job. Wages are paid directly.

**Call 978 733 4076 for more information**

## OUR WISH LIST

We are planning crafts classes, events, & every day fun.

- Easels, Card Stock and or craft paper, 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, Garden Tools, and gloves etc. Pots, Garden Cart Baskets, or other crafting materials

**Just ask if you don't see it on the list!**

**Donations of saleable items for Home Days**

From Jeff Foxworthy, a chuckle for you.

1. If someone in a Home Depot store offers you assistance and they don't work there, you live in New England.
2. If you measure distance in hours, you live in New England.
3. If you have switched from 'heat' to 'A/C' in the same day and back again, you live in New England.
4. If you can drive 75 mph through 2 feet of snow during a raging blizzard without flinching, you live in New England.
5. If you install security lights on your house and garage but leave both unlocked, you live in New England.
6. If you carry jumpers in your car and your wife knows how to use them, you live in New England.
7. If you design your kid's Halloween costume to fit over a snowsuit, you live in New England.
8. If you know all 4 seasons: almost winter, winter, still winter and road construction, you live in New England.
9. If you find 10 degrees 'a little chilly', you live in New England.
10. If there's a Dunkin Donuts on every corner, you live in New England.

## 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.

\*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.

48 BUSINESS hours' notice to reserve

Reservations: Call 978 733 4076

Reservation requests may be placed by phone, leave your request on our voicemail. Requests will be accepted in the order received, with preference given to medical

# Regional Summer Time BINGO

**Thursdays beginning**

**July 10<sup>th</sup> on 1pm-3pm**

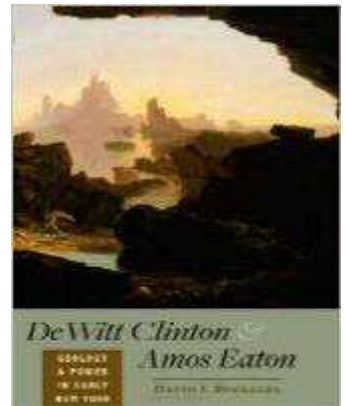
In air conditioned comfort at  
the Elks,  
128 School St  
Clinton MA 01510

Lots of parking, van rides!

.25 cents a card

**All are welcome!**

**There is still time left  
For summer reading!**  
Enjoy a wonderful book  
By Lancaster's own  
David Spanagel.



***“DeWitt Clinton & Amos Eaton:  
Geology & Power in Early New York”.***

David explores the origins and culture that gave rise to American geology. Set in the early years of the 19th century, this deeply researched, very informative, and extremely interesting book shows how the science, politics, art, and literature in early America all contributed to an exciting time for a young country with its enthusiastic scientists and naturalists.

*Thanks to The Thayer Memorial Library for bringing this to our attention. Reserve it now!*

David I. Spanagel teaches history at Worcester Polytechnic Institute, and serves as our moderator.

1<sup>st</sup> Monday of each month. All ages!



**GAME DAYS**

**And FREE CHEESE PIZZA SUPPER**



September 8<sup>th</sup> 3:30 pm to 5 pm



**Coaching, and ‘gaming’ buddies brought to you by the**

**Clinton/Lancaster Youth Group and Friends of the Lancaster Seniors**

*We hope to form a Scrabble Club and Domino League!*

Dominos (9 and 12) and Scrabble or bring your favorite game

**Get the ‘Party’ Started**

*Please Join us!*

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

**Wednesdays**  
**August 13, Sept 17**  
**at 9:00 a.m.**  
**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***

***September 1, 2014***

***Labor Day***



**We welcome everyone!**

**Monday-Thursday 9-3**

***Or for special events***

**Many thanks**



To **Shaws**, Clinton for donating pastries.  
Hank and Ann Pasko and Herbal Acres for  
lovely zinnias, The Harvest Grille for a  
yummy dinner, Our very own Firemen and  
Woman's Auxiliary, numerous talented  
bakers (my waist line does not thank you),  
Steve Beckwith, Jon Roper, John Bowman

and Dave James for their great work.  
Eric, Don, Dick, Jay, Jean, Ron, Pat, Celeste,  
Dave, Judi, Maribeth, John, Laura, Dave,  
Michele, Pam, Gretchen, Rachel, Laura,  
Karen, 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!**