



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

# Community Crier

Jo StAngelo, Mary J MacLean, Frank MacGrory, Jay Moody, Kathy Codianne, Michelle Jones, Nicole Kanis, Chair

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

## -In Local News



Join us to celebrate the installation  
of our new awnings on the patio!

## Old Fashioned BBQ

## & Ice Cream Social

August 7th – 12-2pm

Burgers \$3

Dogs \$2\*

Chips, Lemonade, & Corn included

*\*veggie too!*

Please RSVP to 978-733-4076

***Proceeds support the Friends***

## FREE Ice Cream Social

Sponsored by NaviCare

An SCO, come learn about an  
interesting insurance option or just  
enjoy ice cream and fixins

## *Thoughts from the Chair.*

**We all have a reason to end Alzheimer's.**

It is hard to for a person today to say they do not personally know someone, or know someone that is caring for an individual with Alzheimer's or a related dementia. That is why you should join us in this year's Walk to End Alzheimer's, to benefit the Alzheimer's Association, on October 4<sup>th</sup> at Quinsigamond Community College in Worcester. Over five billion individuals United States are currently living with Alzheimer's and by 2050 that number will increase to 16 million. The direct cost of to care for those with Alzheimer's in 2015 will total \$226 billion. With the current projections in 2050 Alzheimer's will cost over **\$1.1 trillion!** Alzheimer's is not just memory loss it is 6<sup>th</sup> leading cause of death in the United States and the only cause of death in the top 10 that cannot be prevented, cured or slowed.

This is why we invite you to join our team this year for the walk, the "Unforgettables". If you are interested in registering you can do so online at [www.alz.org/walk](http://www.alz.org/walk) or contact me at [nkanis@seniorconnection.org](mailto:nkanis@seniorconnection.org) and I can 'walk' you through the registration process.

Let's work together to End Alzheimer's!

*A PS from Alix.*

I am walking with Nicole, and other dedicated area residents and I hope join us too. This is not an 'expensive or high pressure' walk, don't be put off by marketing pressures. There are no fundraising minimums-it is short and sweet but the impact is great .It seems we are on the brink of a break through in this horrible disease. Nicole is right; the financial costs are great, so are the emotional costs. Statistically if you have not already had a loved one afflicted you will. I know many in our little town who suffer from Alzheimers, and many are not 'old'. This is an easy one, join us to help and yes, of course –have fun!

*Alix*





# Every Tuesday is Pancake Day!

*The Friends invite you to join us,  
everyone, all ages are invited!*

**Tuesday mornings  
7:15AM until 9:30AM**

***Suggested Donation***  
***Still only \$2 (kids \$1)***

**With Chef Extraordinaire David James**

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

***\*Join the Friends and get a certificate for  
one free breakfast***



## Rainbow Lunch

*Worcester Elder Services and WLEN*

***Invite you to the  
Rainbow Lunch Club  
Every 2<sup>nd</sup> Wed. Noon***

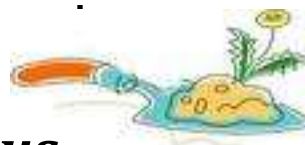
*Unitarian Church  
, 90 Holden St. Worcester*

*Questions or to RSVP 508-756-1545*



***New!***

Join us for a monthly  
**Garden Talk  
& Swap**



**First meeting  
Aug 5<sup>th</sup> 12:30-1:30**

Come join us to exchange ideas, kudo's  
and complaints about gardening. This is  
not a formal garden club, rather a no  
cost discussion group to exchange  
ideas, seeds, plants and more.

*Led by Marie Espinola, the wonderful  
volunteer who makes the library grounds so  
pretty. We will have tea/coffee and goodies  
and exchange ideas and learn and grow!  
(Pun intended.).*

***Meeting the first Wednesday of every  
month***

## **The Sheriff's Annual Free Senior Picnic**

*Sponsored by Worcester County Sheriff Lewis  
Evangelidis and the Worcester County Reserve  
Deputy Sheriff Association*

**Saturday, Aug 15<sup>th</sup>  
SAC Park  
439 Lake Street,  
11 a.m.-3 p.m.**

**Free lunch!**

**Raffles, Bingo and more!**



## Become a Friend of the Lancaster Seniors!

### **Two NEW significant fund-raising goals:**

- 1. -Help fund an outreach worker for Lancaster (\$2,500)**
- 2. -Improvements to the Senior Center (\$2,500).**

We encourage you to consider joining the Friends of the Lancaster Seniors, Inc., a non-profit 501(c)3 corporation, open to all. *You don't have to be a Senior to be a*

*Friend!*

Your annual membership contribution is a mainstay of our organization, helping to pay for programs and materials that will enrich our senior's lives. Your support has helped us to establish and administer assistance programs, assist with meals, and parties, trips, and more! Recently we have focused on the Senior Center, having purchased a new stove (double oven with convection!) a new refrigerator, and most recently a shade awning for our patio!

One of our fund-raising efforts continues to be the popular Tuesday Pancake Breakfast at the Senior Center (7:30-9:30AM). For only \$2 p.p all you can eat pancakes, scrambled eggs, sausages, fruit, OJ, and coffee! Everyone is invited!

The Council on Aging has asked the Friends to help fund an outreach/social worker for Lancaster, a position that is desperately needed. We hope that by demonstrating commitment the town will support our budget request. Initially we expect partial funding for the position will come from state grant, and the Friends. This position will provide support to seniors in need of help with social work issues, hospice, fuel assistance and more and caretakers who may be sandwiched between jobs and/or children.

Secondly, the Friends is looking to raise an additional \$2,500 to help purchase additional cabinets and counter space for the Senior Center, a function currently being performed by an 8 foot plastic table.

Please help us by making your tax-deductible donation today! Thank you!

Annual membership dues (calendar year) are only \$10 per person, or \$30 per family. Each member receives a membership card AND a coupon worth either a free lunch, pancake breakfast, or an exercise class!

We even accept credit cards! Ask for David James the next time you are at the Senior Center or donate/join using PayPal on our web site!

Website: <http://FriendsoftheLancasterSeniors.org> Email: [FriendsoftheLancasterSeniors@gmail.com](mailto: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.

504 Blue Heron Dr.

Lancaster, MA 01523

*Friends of the Lancaster Seniors, Inc.) to:*

For more information about joining FOLS, contact David James at 978-263-7962.

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Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Category of Membership: Single (\$10)\_\_\_\_\_ Family (\$30)\_\_\_\_\_

*Also enclosed is my TAX DEDUCTIBLE contribution of \$\_\_\_\_\_ (you will receive a receipt).*

*Thank You for supporting Lancaster Seniors!*

## Health and Fitness

### Gentle Hatha Yoga

11 am-12 pm Mondays & Thursdays

Got Stress? You *need* to relax!



Worried about falling, twisting? *Improve* your balance, and keep your range of motion. Stay`1 young! We provide mats, and chairs~ Bring yourself!

**Seniors \$5 per class or 6 classes for \$25, General public \$6 per class or 6 for \$30**

Join us Monday mornings to 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. 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, individualized approach of Kripalu, the inner focus and playful quality of Angela Farmer's innovative teaching, while still maintaining the balanced focus of Ayurvedic principles. Louise has taught yoga in corporate settings for over ten years, to improve employee's health and reduce stress.

## Tai Chi

### What people are saying about Tai Chi in Lancaster

*Real quotes, from attendees*

- ❖ *It is fantastic, I feel so much better!*
- ❖ *Jeff is a wonderful Instructor*
- ❖ *My balance has improved, I have not fallen*
- ❖ *My back was killing me. it feels so much better*

*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. To do tai chi, you perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pause, ensuring that your body is in constant motion.

**Jeff Cote: Instructor. Seniors \$5 per class or 6 'Get Fit' classes for \$25**

**Get Fit General public \$6 per class or 6 for \$29**

**Thursdays 10:30-11:30 am Lancaster Community Center Garden (weather permitting) or indoors**

Jeff has taught in Chinese Medical schools, and workshops both around the country and most recently internationally. He has been a guest lecturer at Northeastern University for graduate studies in holistic health, was the Traditional Chinese Medicine and Tuina instructor at the Charles River Shiatsu School and is the Founder, Director, and Head Instructor of the Traditional Arts Institute.

Free

Chair Yoga

Wednesday's

12:30 p.m.

With Michelle Jones



Our thanks to  
River Terrace



Sign up by  
Aug 15<sup>th</sup>  
Save \$10  
for 8 weeks  
session

Coming  
**Thursday Nights @ 6:30**  
*Beginning*  
**September 17<sup>th</sup> on**  
**Ballroom Dancing!**

*Interested, questions- call us!*



Jim Cole has been dancing ballroom since July 2008. His passion was realized when he watched the movie "Shall We Dance" with Richard Gere. *"He made it look like it was something I could do, he made it look cool."*

Jim uses that same passion and desire to help his students to learn and enjoy dancing. "I think that you can be an inspiration for dance and expression, which is a lot more than teaching dance steps..." Words to live by.

Jim started teaching in 2013. Since then has won top teacher at 2014, & 2015 Dancing A la Carte and 2014 Commonwealth Classic. Jim's studio, Poise Style and Motion has won Top Studio at 2014 and 2015 Dancing A la Carte.

Jim's goal is to increase his teaching ability and inspire others to dance.

**American Heart Association**  
**Heartsaver Training Class**  
**includes CPR, AED & First Aid**  
**September 19<sup>th</sup> 9:30-5:00 p.m. \$125**  
*Reservation deadline: Sept 5<sup>th</sup> 2015*



Taught by Lancaster fire's very own Chris Whynot. Come learn skills to save a life, we all should know.

Once you 'graduate' you will be certified in CPR, AED and First Aid.

All great skills to know, to help those of all ages!

To reserve, or for more information write Chris at [cwhynot@lancasterfd.net](mailto:cwhynot@lancasterfd.net).

Bring a brown bag lunch. We will provide coffee, tea and lemonade.

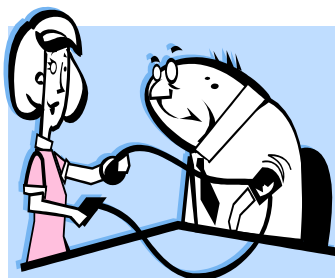


**Lancaster Water Quality Information**

We are fortunate Lancaster has wonderful water. Recently some of you have asked about changes, turns out the water department did have to treat our water, but all reports show it is back to it's wonderful baseline.

Keep track of our water quality, or look at the overview on the town website

<http://www.ci.lancaster.ma.us/>



**Come to the Well Adult Clinic~ It is FREE!**  
**With our town nurse, Tamara Bedard.**

**1<sup>st</sup> Tuesday of each month at 9 am**  
**3<sup>rd</sup> Wednesday of each month 11am-12pm**  
**Blood pressures, advice, referrals and more!**

# IN LOCAL NEWS

## **Got Ink?**

Hiram Taylor Legion Post 189, Sterling

## **Recycling Fundraiser**

Please donate your old Laptops, Ink & Cartridges, Cameras, MP3 Players, Cell phones, GPS and more!



**Items may be dropped off at**

Lancaster Community Center or  
Clinton Savings Bank (Sterling)

*WHEAT is a charitable organization, helping people of all ages in need. Their services range from helping with fuel assistance, to a food pantry. Proceeds from Hidden Treasures helps support their mission, shop early and often and don't forget to donate too!*

### **Office Hours:**

New Location: 272 High Street Extension At the old entrance to Hidden Treasures  
- Monday through Friday 10:00 – 1:00

**Hidden Treasures Thrift Store:** 508-370-4941  
Store Hours: Monday through Saturday 10:00 – 4:00  
Thursday evening hours will be coming soon!

### **Donation drop offs:**

Mondays from 8:00-4:00 and Saturdays from 10-4  
*We request all other donation drop offs be made by appointment only.*

**Clinton Community Cupboard &  
Clinton Community Café Too !**

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

Thanks to Mass Agriculture and MOC

We have 'coupon' books good at any certified vendor  
*\*for income eligible seniors over the age of 60. Quantities limited, call early.*

**Opening July 9<sup>th</sup>!**

**Visit the Lancaster Farmer's Market-**  
**Thursdays 3:30-6:30 pm on the Green.**

**GO LOCAL!**

## ***All ages Join us for a Free Drawin & Art Group***

**2<sup>nd</sup> and 4<sup>th</sup> Thursdays of each month at 12:30 to 3**

This drop in workshop/support group is led by Susan Tripp, a talented artist who will help 'coach' you as we all pick up a pencil, or charcoal or a brush. This is a no pressure chance to draw and exchange feedback from other artists. All abilities and ages encouraged to join in. Tips, advice and coffee and tea-Free! Honing your talent is priceless!

# The To Do List!

**In need?  
Got help!**

## **Food pantry options**

### **WHEAT**

NEW NUMBER!  
508-370-4943  
Call for extensions

### **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

**TRANSPORTATION ON 4<sup>th</sup> FRIDAY**  
**\$2, call to reserve**

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**

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

- **Got skills? Are you a Mr/Ms. Fix it?** We need you.
- **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 Crochetersg etc.** to help start our group.
- **Children's Activites Help: Crafts, sports, games and more!**
  - Website work and so much more!

## **Free Computer Help**



**Just starting out? Or getting by but would like to hone your skills. Laptop has a bug?**

**Meet with our pro, Jon Roper  
Tuesday morning at 9 am or,  
by appointment.**

**Call first in the summer! Jon is a busy man.**

**Call 978 733 4076**

# Trips and Events

*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 7<sup>th</sup>: Market Basket Trip 9-12
- August 7<sup>th</sup>: Celebrate the Awning with a Barbie! (BBQ)
- August 14<sup>th</sup>: Water Tower Plaza
- August 21<sup>st</sup>: Worcester Art Museum and El Basha
- August 28<sup>th</sup>: Farewell Summer: An Essex River Cruise and Cape Ann Outing
- September 4<sup>th</sup> Market Basket Leominster

## **Bargain Summer Time Movies!**



### **Free Summer Friday Afternoon Friday Matinees**

At one of my favorite spots

#### **The Strand Theater Clinton**

Free for anyone over 50 Beginning July 10-August 28

All the Classics! Check Facebook, or the Strands site

[www.strandtheatre.com](http://www.strandtheatre.com) for more information

*Prefer a night out? Look at the Summer Movie Pass, it's a deal!*

### **First Run Free Movies!**

*You heard it here! New(ish) & free!*

Every Monday at 1 pm at the Thayer Memorial Library

*In the Dexter Room, Just show up! Check out [www.thayermemoriallibrary.org](http://www.thayermemoriallibrary.org)  
For more details on the upcoming movies \*shhh. We can't name them here but they are good Stop by the Senior Center for lunch or lemonade on the way over.*



### **OUR WISH LIST**

We are planning for crafts classes, events, & every day fun Thank you to everyone who has donated some amazing supplies. They bring great joy and keep the mind going. Join us for upcoming classes. .



**Special Events and Trip Policies:** *Our space is limited, so we book first come first serve, booking is complete with payment. Any cancellations after due date will not be refunded unless we fill your spot from a waiting list, usually we can, Trips may be cancelled due to low enrollment, if we cancel we will refund all monies.*



**WAM and Wine\***  
A local treasures tour  
(Quite literally)

**August 21<sup>st</sup>**  
**Leaving at 10:45**

### **Worcester Art Museum Tour and Lunch at the Winery**

Join us to travel to the Nashoba Winery, where even tee-totalers\* will enjoy the gardens, orchards, the gorgeous views. So close and such a treasure- wait til you try the food, it qualifies as treasure! We dine at J's restaurant on the patio, or if you prefer to sit in the orchard pack your own brown bag (or order one from the

Winery) It is your choice but after lunch we board the van for Worcester Art Museum. Thanks to the Kirby Foundation for helping with admission we are able to enjoy this local treasure and the special exhibits on display this summer, including the not to be missed, Samurai, *Raphael's Cowper Madonna* (above), American Folk Art and more. We have arranged for a personalized tour to help make sure we don't miss the highlights. Following the tour we will have some time to wander galleries, or stop in the gift shop before returning home.

*Lancaster Seniors: \$9 All others \$11 Does not include the cost of your lunch. Please RSVP by close of business Aug 11<sup>th</sup>. Trip Policies: Space is limited, first come first serve. Any cancellations after the 11<sup>th</sup> will not be refunded unless we fill your spot from a waiting list.*

\*\*\*\*\*

## Essex

Salt Marshes, Clams,  
Ships and Antiques  
*Did I miss anything?*



Join us for a trip to Essex. What a way to bid adieu to summer, learning a bit about the rich ship building heritage of Essex and Cape Ann at the *Essex Ship Building Museum*. Once our minds are full we fill our bellies, with Clams, or crab or my favorite-Fish Tacos at *JT Farnhums*. Then we board an *Essex River Cruise* to leisurely sail the salt marshes and learn a little more about the natural history of Essex and Cape Ann. Some of brave folks may have room for some wonderful ice cream on the way home, some may prefer to just stretch their legs and look at the birds in the Marsh. Either way we all win!

*Lancaster Seniors \$39/others \$42 See cancellation policy above. We leave at 8:30 and return home for supper (if you have room)! Book by August 24th*

The Friends of Lancaster Seniors  
and the Community Center present



**February 25<sup>th</sup>- March 4<sup>th</sup>**

*with Optional 3-Night Jungle Adventure Post Tour Extension*  
9 Days • 14 Meals: 8 Breakfasts, 1 Lunch, 5 Dinners

**Free Costa Rica Travelogue August 6<sup>th</sup> at 6:30 p.m.**

**FREE Travelogue Slide show, discussion and lecture!**

*Please RSVP to 978-733-4076*

Are you curious about traveling or would you like to know more about Costa Rica? Vinny Brown from Collette is a world traveler with a great depth of knowledge, and some fantastic images to illustrate his adventures. Join us for to hear about his experiences in Costa Rica, and around the world.

*RSVP Please! We want to make sure we have goodies for you!*

***Free! No sales, no pressure-just goodies and inspiration***



**Discover Tuscany**

April 28 – May 7, 2016

Details? For a free brochure for either trip please write or call us, planning on another trip please call about that too! It helps the Friends and the Community Center!



# Join us for lunch in August

**\$2.25 suggested donation,**

**Reserve by 11 one day ahead @ 978 733 1249 press 1**

We 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, bread and 1% Milk included.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Beef and Lentil Chili Brown Rice California Veggies Pears <b>Tai Chi at 9:30</b> <b>Yoga at 11</b>	<b>4</b> Grilled Chicken W/ Balsamic Sauce Sweet Potatoes Italian Green Beans Vanilla Pudding <b>Bingo at 1</b> <b>Tai Chi at 5:45</b>	<b>5</b> Turkey Tetrizzini Bow Tie Pasta Toss Salad Italian Bread Pineapple	<b>6 (Cold Plate)</b> Asian Pork and noodle salad Sesame Cucumber Salad Mandarin Oranges <b>Yoga at 11</b>	<b>7</b> <b>Market Basket Trip</b> <b>BBQ on the Patio</b> <b>Bridge at 1</b>
Calories:383 Sodium:290mg	Calories:392 Sodium:369mg	Calories: 366 Sodium:603mg	Calories:579 Sodium:166mg	Calories:355 Sodium:242mg
<b>10</b> Chicken Breast Lemon Piccata Sauce Couscous w/Peppers Brussels Sprouts Fresh Fruit <b>Tai Chi at 9:30</b> <b>Yoga at 11</b>	<b>11</b> Portuguese Kale Soup Fish Sticks Tater tots Whole Wheat Bread Chocolate Pudding <b>Bingo at 1</b> <b>Tai Chi at 5:45</b>	<b>12</b> Shaved Steak Mushroom Sauce Sour Cream Mashed Summer Blend Mixed fruit	<b>13 Special</b> BBQ Chicken legs Baked beans Tossed Salad Peach Crisp <b>Yoga at 11</b>	<b>14</b> <b>Water Tower Shopping</b> <b>9-12</b> <b>Lunch Club 12:30</b> <b>Bridge at 1</b>
Calories:279 Sodium:433mg	Calories:437 Sodium:560mg	Calories:391 Sodium:449mg	Calories:400 Sodium:203mg	Calories:422 Sodium:811mg
<b>17</b> Beef Bolognese Ziti Cali Blend Apricots <b>Tai Chi at 9:30</b> <b>Yoga at 11</b>	<b>18 (cold plate)</b> Chicken Breast Red Pepper Pesto Sauce Chickpea Salad Carrot Raisin Salad Fruited Lime Jell-O <b>Bingo at 1</b> <b>Tai Chi at 5:45</b>	<b>19</b> Roast Pork Rosemary Gravy Sweet Potatoes Green Beans Whole Wheat Bread Milk Chocolate Cake	<b>20</b> Meatloaf/Gravy Mashed Potatoes Tossed Salad Rye Bread Applesauce <b>Yoga at 11</b>	<b>21</b> <b>Worcester Art Musuem</b> <b>and El Basha Lunch</b>  <b>Bridge at 1</b>
Calories:371 Sodium:186mg	Calories378: Sodium:660mg	Calories:596 Sodium:139mg	Calories:432 Sodium:285mg	Calories:364 Sodium:238mg
<b>24</b> Chicken Kielbasa Onions and Peppers Mexicali Corn Hot Dog Roll Applesauce w C <b>Tai Chi at 9:30</b> <b>Yoga at 11</b>	<b>25</b> Sloppy Joes Tossed Salad Hamburger Bun Mandarin Oranges <b>Bingo at 1</b> <b>Tai Chi at 5:45</b>	<b>26</b> Vegetable Gumbo soup Swedish Meatballs(b) Egg Noodles Fresh Summer Fruit	<b>27 High Sodium</b> Roast Turkey Herb Gravy Mashed Potatoes Green Beans Butterscotch Pudding <b>Yoga at 11</b>	<b>28</b> <b>Stow Food Pantry and</b> <b>Market Basket</b> <b>Bridge at 1</b>
Calories:315 Sodium:430mg	Calories:337 Sodium:523mg	Calories:368 Sodium:259mg	Calories:365 Sodium:735mg	Calories:593 Sodium:526mg
<b>31</b> Low Sodium Ham Honey Mustard Sauce Sweet Potatoes Mixed Vegetables Muffin <b>Tai Chi at 9:30</b> <b>Yoga at 11</b>	<b>Kids, Grandparents, come all~Join us for a delicious, social, value priced pancake breakfast</b> <b>Every Tuesday from 7:30-at least 9 (9:30)</b> <b>All you can eat! Pancakes, Sausage, Eggs, Fruit, Muffins, Coffee and More!</b> <b><u>Summer pricing still only \$2!</u></b>  <b>Join us! On the lower level of the Community Center.</b>			
Calories:369 Sodium:656mg				



# ABOUT TOWN

*It is still summer! Swim, canoe, fish or just see.  
Still time to go to Camp for a week or two! .*

Lancaster Recreation & Community Center Presents:



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
- \* 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

## 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 Clinton, or \$2 Leominster/Sterling/Bolton (Multiple stops may be charged, call for details)

**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 a ride

**Reservations:**

**Call 978 733 4076**

Reservation requests may be placed by phone, leave your request on our voicemail.



**Many thanks**

***Please Join us!***

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

**Wednesdays  
August  
at 9:00  
Senior Center**



**Free!**

**Computer Classes!**

Join Jon Roper  
after Pancakes

**9:00 am on-**

**Drop in!**

**Jon will help with your  
laptop, or our computer**

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***The Senior Center***

***Will be closed***

***Labor Day, Sept 7, 2015***



**We welcome everyone!**

**Monday-Thursday 8:30-2**

***Or for special events***

 ***Merci***

***To all our volunteers,*** without your help we could not run the Center! Even an hour or two makes a huge difference-thanks!

To **Shaws**, Clinton for donating pastries. **Siver Insurance** for all their help gardening, **Hometown Bank** for breakfast, a big thank you to **River Terrace** for matching funds To Nilah, Celeste, Jay, Jean, Dick, Sue, Marie, Theresa, Judi, Maribeth, Katherine, Rachel, Nancy, Laura, Dave, Jean, Michele, Pam, Gretchen, , Kathy, Joe, Jon, John, Gino, Stan, Marie, Kathy and Lyn, 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**

**Good door prizes!**

**Bridge**

**Every Friday at 1:00 pm**

***Everyone is welcome***

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

**Cribbage**

**Come on down!**

**Coffee will be on**