



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

Community Crier

Jo StAngelo, Mary J MacLean, Frank MacGrory, Eileen McRell, Nicole Kanis, Michelle Jones, Michele Macdonald Chair

December , 2014 (978) 733-1249, fax (978) 733-4076, Alexandra Turner aturner@lanasterma.net

-In Local News...

Join us for a special an afternoon

Starring

Rose, Thorn and Fiddle

Back by popular demand performing a

Celtic Holiday Concert

Sunday, December 14, 1PM



At the Community Center

Free for all!

Santa & Mrs. Claus will stop in after the concert (about 2:15)!

Free pictures with Santa after the show!

Comfortable Café seating

A sweet shoppe',

& savory plates will be available.

Hot Cider, Coffee, Tea and Cocoa too!



Family Vacation Fun Day!!

All Day Tuesday December 30th,

Starting with Family Pancake Breakfast

Kids Eat Free!

Chocolate Chip, Plain + Pancakes, Juice, Fruit, Eggs, Sausage

Craft workshops, Demo's, Shows and more!!

Look to our the website for full details.



Happy Birthday, Friends!

It's hard to believe that the Friends is celebrating the completion of its second year! I started the Friends in December of 2012 in response to the need for financial support of the Council on Aging and senior programs in Lancaster.

Thanks to your generosity by becoming members (only \$10 per calendar year per person) and supporting our fund-raising efforts (Aine' Minogue, concert made possible with support of the Cultural Council concert last year and the on-going Tuesday Pancake Breakfast), we have accomplished a lot, including buying a new stove and refrigerator for the Senior Center, as well as equipment, supplies, and food for programs for seniors. Our volunteers helped with special meals the Senior Center, and in the community.

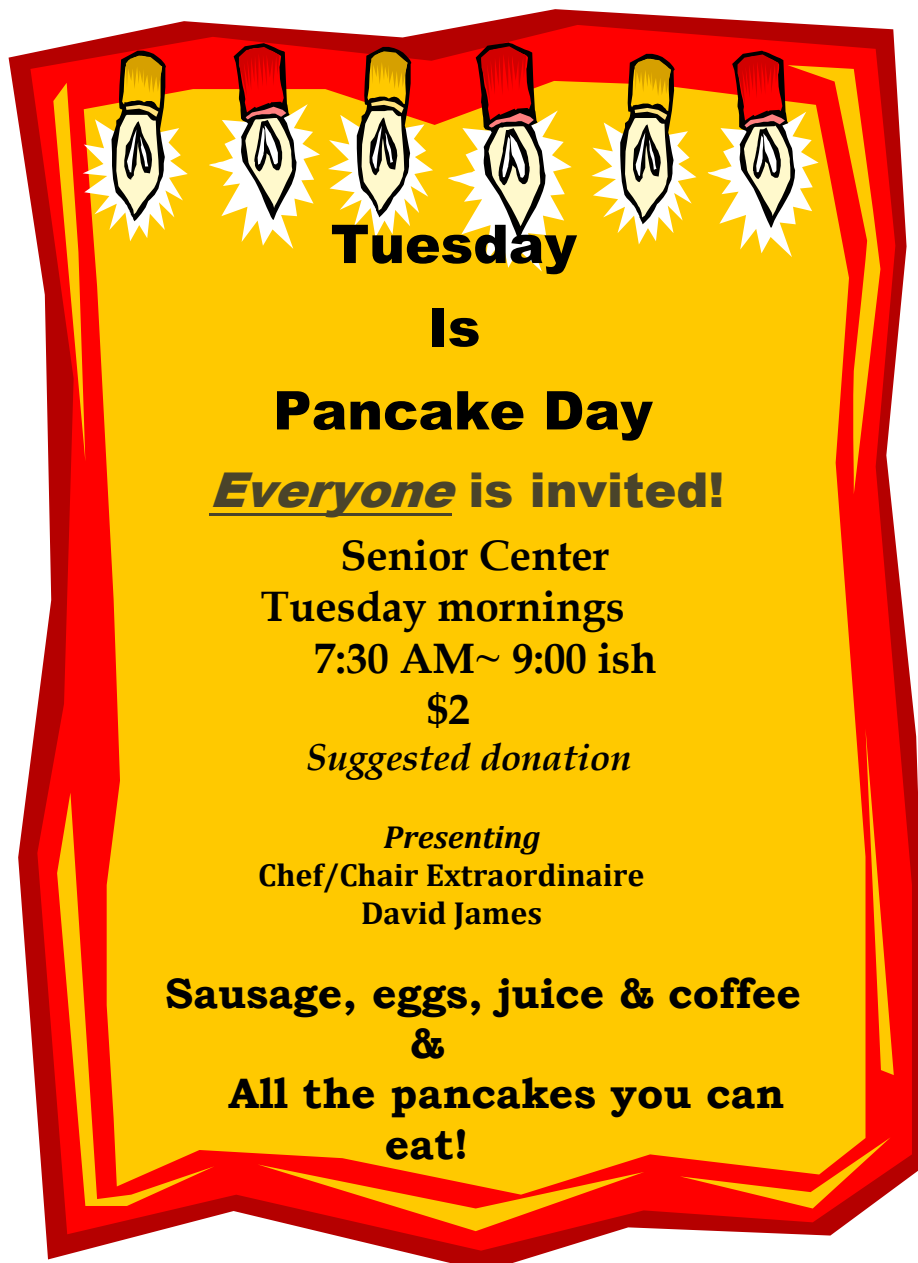
Most importantly, we have received 501(c)3 status from the IRS as a non-profit charity! Translation: your donations above and beyond membership dues are tax deductible! Membership form is included in this newsletter. Please join!

With full non-profit status it is time to look forward to bigger things. To do that, we need your help (and ideas)! Alix Turner, in conjunction with the Council on Aging, have already identified some, but I would like to form our own committee for fund-raising and charitable efforts. If you are interested, please contact me!

Thank you!

David R. James, 978-263-7962

<mailto:FriendsOfTheLancasterSeniors@gmail.com>



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

Thank you to all who came to
Thanksgiving with Friends!
*Many of you asked for the soup
recipe, for the rice-it's only for those
who came! Call me!!*

Easy Carrot Ginger Soup

Olive oil to coat pan
2/3 yellow onions, chopped
Clove fresh garlic
6 cups stock(chix or veggie)
2 pds carrots, peeled
2 tbsl grated fresh ginger
Salt and pepper
Sour Cream*opt
Parsley*opt

Coat a large pot w olive oil, on medium heat- add coarsely chopped onions. Cook, stirring occasionally until they begin to brown. Add garlic till fragrant (about 2 minutes-don't burn)! Add broth, and then carrots- coarsely chopped. Simmer until carrots are 'fork tender' add Ginger, simmer until really tender.

That is really it! Take the carrots and put them in a blender in small batches w broth OR if you have an immersion blender (Great holiday gift for any cook) use that in the pot. Be careful w hot liquid!! I did not add heavy cream, some like it richer- so add 1 cup now, and bring back to boil. Finish w salt and pepper.

Ladle into bowl, garnish w dollop of sour cream and parsley if you would like!

Bon Appetit

Save the Date!

**February 7th, 2014
Lack of snow date
Is February 21st,**

**WinterFest!
Volunteers needed!**



Become a Friend of the Lancaster Seniors!

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 dues are a mainstay of our organization, helping to pay for programs and materials that will enrich our senior's lives. Your support will help us to establish and administer assistance programs at the Senior Center and in the community. We will help with meals, trips, and more! Most of our current focus is in the Senior Center, having purchased a new stove (double oven with convection!) and a new refrigerator. Our primary fund-raising effort continues to be the very popular Tuesday Pancake Breakfast at the Senior Center (7:30-9:00AM). For only \$2 per person you get pancakes, scrambled eggs, sausages, fruit, OJ, and coffee!

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 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

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.

Name: _____

Address: _____

Email: _____

Category of Membership:

☐ Individual \$10

☐ Family \$30

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

Thank You for supporting Lancaster Seniors!

IN LOCAL NEWS

Here is the calendar from our website. Of course, dates and events are subject to change! Be sure to check out our web page on the Town of Lancaster web site:

http://www.ci.lancaster.ma.us/Pages/LancasterMA_BComm/LCC

lancastercommunitycenter@gmail.com, Holidays in United States, Weather						Dec 2014 (Eastern Time)	
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
30	1	2	3	4	5	6	
	9:30am - Tai Chi @ 11am - Yoga @ LCC 12pm - COA Senior 1pm - Pickleball @ 6:30pm - Animal 6:30pm - BOS	7:30am - Pancake 12pm - COA Senior 1pm - Bingo! @	9am - Board of 9am - Pickleball @ 12pm - COA Senior 5:30pm - Tai Chi 6:30pm - Boy Scouts 7pm - Basketball @	11am - Yoga @ LCC 12pm - COA Senior 4pm - Painting with 4:30pm - Theater 5:30pm - Basketball	9am - Pickleball @ 1pm - Bridge Game		
7	8	9	10	11	12	13	
3pm - Birthday	9:30am - Tai Chi @ 11am - Yoga @ LCC 12pm - COA Senior 1pm - Pickleball @ 7pm - Planning	7:30am - Pancake 12pm - COA Senior 12:30pm - Origami 1pm - Bingo! @ 7pm - Conservation	9am - Pickleball @ 12pm - COA Senior 1pm - Boxwood Tree 5:30pm - Tai Chi 6:30pm - Boy Scouts 7pm - Basketball @	11am - Yoga @ LCC 12pm - COA Senior 4pm - Painting with 5:30pm - Basketball 7pm - Friends of the	Amtrak DownEaster 9am - Pickleball @ 1pm - Bridge Game		
14	15	16	17	18	19	20	
1pm - Rose Thorn	9:30am - Tai Chi @ 11am - Yoga @ LCC 12pm - COA Senior 1pm - Pickleball @ 3pm - Youth Group 6pm - BOS Meeting 6:30pm - American	7:30am - Pancake 12pm - COA Senior 1pm - Bingo! @ 6pm - Disability	9am - Pickleball @ 11am - Well Adult 12pm - COA Senior 5:30pm - Tai Chi 6pm - Land Trust @ 6:30pm - Boy Scouts 7pm - Basketball @	11am - Yoga @ LCC 12pm - COA Senior 1pm - Mentor Flats 4pm - Painting with 7pm - ZBA	9am - Pickleball @ 1pm - Bridge Game		
21	22	23	24	25	26	27	
12pm - Nashoba 12pm - Volley Ball @	9:30am - Tai Chi @ 11am - Yoga @ LCC 12pm - COA Senior 1pm - Pickleball @ 7pm - Planning	7:30am - Pancake 12pm - COA Senior 1pm - Bingo! @ 7pm - Conservation	Christmas Eve 9am - Pickleball @ 12pm - COA Senior	Christmas Day	9am - Pickleball @ 1pm - Bridge Game		
28	29	30	31	1	2	3	
12pm - Nashoba	9:30am - Tai Chi @ 11am - Yoga @ LCC 12pm - COA Senior 1pm - Pickleball @	7:30am - Pancake 12pm - COA Senior 1pm - Bingo! @	New Year's Eve 9am - Pickleball @ 12pm - COA Senior	New Year's Day	9am - Pickleball @ 1pm - Bridge Game		

Be sure to call ahead of an event!

Save the Date: December 30th Family Fun Day!!

Starting at 7:30 with Family Pancakes! Kids eat free!!

Crafts, Demo's, Games, Gym Time and more!!

REMEMBER: The Thayer Library has lots of passes to many local attractions!

A great thing to do with the family! Check their web site or stop in at the library!

Health and Fitness

To insure a space please pre-register at 978 733 4076
or aturner@lancasterma.net or meugene@lancasterma.net



Get Fit While you Sit!

Please join us

FREE CHAIR YOGA

Wednesday December 3rd, 17th, 31st

January 14, 28th

Courtesy of Michelle Jones

Thanks Michelle!

Got Flu Shots? For all- we all need them.

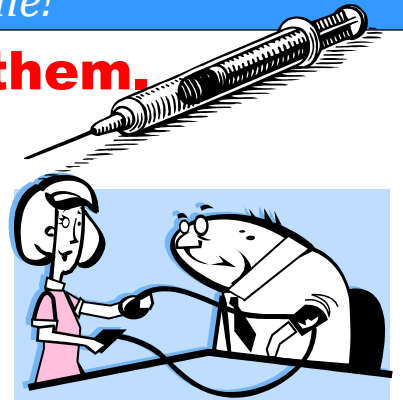
We do! Tues 12/2/14 from 9-10am.

Wed. 12/17/14 from 11-12

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

With our town nurse, Tamara Bedard.

3rd Wednesday of each month 11am-12pm



Back by Popular Demand-Tai Chi

Join us for New Sessions! Wed nights

Tai Chi uses gentle movements to reduce stress 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.

\$5 per class or 6 classes for \$25

Mondays at 9:30 am and Wednesday evenings at 5:30 p.m.

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. Wear comfortable clothes.

Top Ten Reasons to Play Pickleball

10. To meet people from the area, who knows whom you may meet on the court!
9. To show off those fashion forward sweat pants and new kicks.
8. To practice humility in this season of giving, when you realize your racket does not have a hole in it as the ball flies by!
7. To improve your mental dexterity, trying to remember the score.
6. To save on oil working up a sweat.
5. To slim down and get into that sexy holiday number.
4. You really wanted to go Pancakes but came a day early.
3. You are so cutting edge and need to be ahead of the latest trends, so what is Instagram anyway?
2. You heard the Community Center, is THE place to hang out

#1 Reason to Play Pickleball

To say the word pickleball as much as you possibly can. Just to watch people's faces. "I play pickleball! Or 'Do you want to join me in a game of pickleball?'" or my favorite... "I hate to brag, but I am told I am kinda' a pickleball savant."



What the Heck is Pickleball?

Come play

Now
Wednesday
morning

Pickleball is a game sweeping the nation, and it's 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 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 pm if you are interested please reserve a paddle!

Questions about Pickleball, there are pros in our midst that are happy to answer your questions.

Weekend classes are coming soon! Call if interested.

Call us at 978 733 4076 or email aturner@lancasterma.net or meugene@lancasterma.net



Gentle Hatha Yoga

Monday and Thursdays at 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)!**

Coming in January

Zumba Gold, Weight Training and Conditioning and more!

Call with requests or questions 978-733-4076

Get Fit Cards Make great Gifts for the holidays

Many insurance companies will reimburse for classes, check with yours!

**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

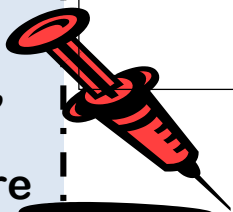
(978) 897-4230

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



Medicare Open Enrollment October 15th to December 7th Extended Hours in November

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

Gretchen does!

Call our

SHINE Counselor

Tuesday by appointment 9:00 am-2:00 pm
Appointments strongly suggested (508) 502-8279



Dog Licenses

-On Sale December 8th!

The Purrfect Canine Gift

Cash or check accepted.

\$10 neutered or spayed,

\$20 not altered

May License your dog on Line

***processing fee applies**

*Any questions, call Mary Dealderte, Town Clerk or Or Dianne Reardon
at 978 365 2542 M 8:30-5 or T-TH 8:30-4:00*

Town Clerk's Office is in the Lower Level Town Hall @ 695 Main Street,

Medicare Advocacy Project legal advice & 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 for more information.



LANCASTER COMMUNITY CENTER

NOVEMBER 1, 2014

For our full calendar:

http://www.ci.lancaster.ma.us/Pages/LancasterMA_BComm/LCC

On-going Activities in the Senior Center

SENIOR LUNCH - Mon. thru Thurs. at 12
FREE BREADS/CAKES - Tues., 8:30AM
BINGO - Tuesdays 1:00 pm
BRIDGE - Fridays 1:30-4 PM
CRIBBAGE - Thurs, 9 AM
PANCAKES - Tuesdays, 7:30AM -9AM ish
FREE COMPUTER CLASS -Tuesday at 9 by
Appointment* call to reserve.

Phone Numbers

Congregate Meal Site - 978-733-1249 x 1106
Community Center General Line 978-733-4076
Council on Aging, Director - 978-733-1249 x 1102
COA Transportation Line - 978-733-4076
Veterans' Representative - 978-365-3326 x1010
If in doubt: call 978-733-1249x 1102for ANY
COA function (meals, rides, services, etc.)

Tuesday Pancakes!

Tuesdays, from 7:30 on David will be serving
pancakes, eggs, orange juice, coffee,
and sausage! Donation (\$2) to defray the cost of
food is appreciated. Note that the opening is
7:30 to accommodate the increased attendance.
*Election Day, we open at 6:30

Art Classes

Drawing (and Painting) with Doc
Thursday afternoons at 4 pm
Free! Materials not included
Call by Wednesday to reserve.

Watercolors with Ron
Thursdays 12 pm-2 pm
\$5 Call to reserve

Pickleball is Growing!

Two sessions and more to come~!

Monday afternoons at 1 pm
Wednesday and Friday mornings at 9 am
And soon on weekends!
Email us or call with questions.

Tai Chi for all!

Continuing at 9:30AM each Fitness Monday! On
the patio (weather permitting) or indoors (if too
wet or cold). Great for balance.

*Jeff Cote: Instructor. Seniors \$5 per class or 6 classes for \$23
(Session 1 9/6-10/11)*

General public \$6 per class or 6 for \$29

Gentle Hatha StyleYoga

Monday and Thursday Mornings
9:00 - 9:45 a.m.

New! Chair Yoga

December 3, 17, 31 12:30-1:30 p.m.

Free! With Michelle Jones of River Terrace

*All Fitness classes are \$5 each or 6/\$25
unless we run an introductory special.
Call for details.*

Community Bridge Games

Like to play bridge? Join us Friday afternoons at
1:30 for some friendly games and snacks!
For more information, contact Jean @ 978-263-
7962. Thanks!



Veteran's Agent Office Hours
Every Wednesday all day 9-4
vso@lancasterma.net

Classes and Workshops

To insure a space please pre-register at 978 733 4076
or aturner@lanasterma.net or on the Key Tag system .



Classes

Painting With Doc

Doc Frigolletto is a talented artist, and of course an all around good guy- he is from Lancaster! He has offered to share his talents with us.

Come learn the basics of shanding, drawing and finally create an acrylic painting. Class is free, he will direct you to resources for materials.

Space is limited to 5
Thursday, Dec 4, 18th
2-4 pm

Pre-Registration Required
Reserve by Wed. morning prior to class!

Contract Bridge

Contract bridge, or simply **bridge**, is a trick-taking game using a standard deck. It is a wonderful game to keep the 'old gray matter' sharp!. It is played by four players in two competing partnerships. *Come to the Center for a friendly atmosphere. We provide the cards, teachers, and friends. You bring the interest, a willingness to learn and a couple of hours of time.*

Fridays 1:30-4:00 pm

Free! but Registration strongly suggested,
call 978 263-7962 and leave your name, space is limited

Boxwood Tree Workshop

Take home a decorated topiary tree! Great for small homes, as a centerpiece, a hostess gift, or just for you!

December 10th & NEW SESSION DEC 17th

1:30 pm to 3:30pm
(with hot cider and cookies)

We will 'build' or arrange a boxwood tree (finished size about 12"-16" tall) of long lasting natural boxwood,

and finish it by decorating it with lovely ornaments to scale. You may choose a naturally inspired motif, or something with lots of bling, or a trendy gold, silver, or trendy color scheme of copper, teal, purple or more! This tree will last beyond the holidays gracing your home or that of the lucky recipient.

This class is taught by Alix Turner, who before working for the COA has taught Boxwood Tree classes many times.

By reservation only

Seniors \$ 20 general public \$24



Watercolors with Ron

December 4, 11, 18 -2pm

Ron Beckner will help you create a watercolor painting from scratch to finish in one session! We provide materials so we need to know if you are coming. Snacks, coffee and tea provided. Come and get creative!

Class Size Limited, must reserve!
General Public \$5



Deck the Halls! Wreath Decorating *Party!*

December 3rd at 1 pm
Greens/decorations inc.
Seniors \$15, General \$17
Come celebrate the season

with friends! We will enjoy hot cider, and cookies while listening to holiday tunes and adorning a lush 'over the top' double sided Frazier fir wreath with a custom color

schemes you put together just for your décor! You will learn to make full bows, great for wreaths, or presents. Then choose some decorations to complete your wreath. The workshop, gourmet greens, the wreath and goodies are included. Bad jokes, and critiques-priceless! Please bring gloves, cookies if you bake, if you need them, and any special ornaments you may want to use. **Must Reserve ahead**

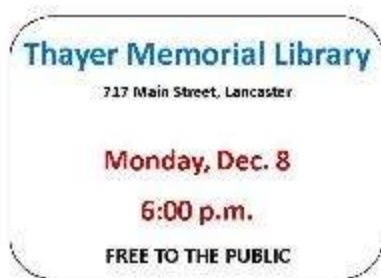


Cooking with Laura! (and Lauri)!! Holiday Treats!

Friday December 5th at 10 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 yummy, unique holiday treats sure to impress your guests or maybe just for you. Laura will teach us some of her short cuts, fun facts and maybe even a few of her jokes. The classes are lots of fun, a great casual way to spend a morning. Join us **FREE!**



The Value of Old and Rare Books with Ken Gloss

Proprietor of Boston's Brattle Book Shop and frequent guest appraiser on PBS' Antiques Roadshow

Coming in January
For Children and Young Adults

Music Lessons!

Piano, group or private lessons
Guitar, group or private
Acting & public speaking classes
Vacation Week and After School
Workshops





Join us for Lunch in December

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

If you cannot make it here we offer Meals on Wheels, call 978 733-1249 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cream of Vegetable Swedish Meatballs Egg Noodles/dill Whole Wheat Bread Strawberry Cup Diet: Pineapple	2 Potato Pollock filet Spanish Rice Roasted Brussels Sprouts Whole Wheat Bread Lemon Pudding	3 Tomato Chickpea Soup Breaded Chicken Mashed Potatoes Chicken Gravy Banana	4 Shaved Steak with Jardinière Sauce Roasted Red Potatoes with Fresh Rosemary Tossed Salad & Roll Blueberry Buckle	5 Pickleball, Bridge and Trips! No lunch but lots going on Fridays!
8 Sloppy Joe Coleslaw Sweet Potato & Apple Hamburger Roll Clementine	9 Three C Roast Chicken 8pc. White Coq au Vin Mashed potatoes Banana	10 Pork Roast Honey Ginger Glaze Couscous +pepper Tossed Salad Pumpnickel Bread Sugar Cookie	11 Vegetable Gumbo Chicken Divan Brown Rice pilaf Whole Wheat Bread Fruited Jello w/Cream	12 Pickleball, Bridge and Trips! No lunch but lots going on Fridays!
15 Escarole Soup Meatball Cacciatore Bow Tie Pasta w/peas Whole Wheat Bread Cherry Snack 'n Loaf	16 SPECIAL Roast Beef-Au Jus Roasted Red Potatoes Italian Blend Whole Wheat Dinner Apple Cranberry Crisp	17 Baked Chicken. Apricot Glaze Brown Rice Beans Almondine Strawberry Cup	18 Roast Turkey w Soup Gingered Butternut Squash Tossed Salad & Roll Mandarin oranges	19 Pickleball, Bridge and Trips! No lunch but lots going on Fridays!
22 Salmon Florentine Sauce Brown rice Carrots Rye Bread Strawberry Cup	23 Meatballs Tomato Basil Sauce Penne Tossed Salad Italian Bread Vanilla Pudding	24 Kale Soup Salisbury Steak Mushroom Gravy Herbed Noodles Whole Wheat Bread Clementine/orange	25 	26 Pickleball, Bridge and Trips! No lunch but lots going on Fridays!
29 Pork Lo Mein(6 oz) Bok Choy/Carrot Mix Whole Wheat Bread Pineapple	30 BBQ Beef Rib/Sauce Home Fries Hamburg Roll Tossed Salad Fresh Pear	31 Chicken Picatta with capers, Lemon juice Rice Pilaf Broccoli/ Parmesan Bread crumbs.	1 	2 Pickleball, Bridge and Trips! No lunch but lots going on Fridays!

Need a ride? Lunch, Drs, Shopping? !

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 appointments. Office hours are 8:00 to 11:30pm*



Trips and Events

Shopping and Entertainment Trips

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

(Shopping trips are two dollars round trip; Home Pick up and Drop off CALL 978 733 4076)*

Other trips as priced, trips are non-refundable unless we can fill your slot. We often can!

- **December 4th** : Theater: Into the Woods Musical and Tower Hill Lights
 - **December 5:** Market Basket/Whitney Field
 - **December 12th:** Freeport on the Downeaster
 - **December 19th:** Last Minute Shopping Trip , Solomon Pond
- **December 30th** Kenney's Most Fabulous, Magical Holiday House Tour!
 - **January 2nd:** Market Basket/Whitney Field



Origami Trees

*With
Evelyn Brown
FREE!*

Dec 9, 12:30

Dec 11, 12:30

All ages! LCC

Come learn how to repurpose scraps of wrapping paper, cards and more! Learn how to make beautiful Origami ornaments for the holidays! Classes are FREE but RESERVATIONS ARE REQUIRED as space is limited. Call the COA office 978-733-4076 to reserve your spot in a class!

The Kenneys'

Holiday House Tour

Or

**A visit to a Magical, Winter
Wonderland here in Lancaster.**

Free!

December 30th

At 1 p.m.



The Kenney's have generously allowed us to share their home with our 'special friends'.

Come see the most special house featuring themed trees and decorated rooms.

With the holidays almost over, this is a chance to relax and marvel at the incredible display. Treat yourself!

Meet at the Center, and take an hour to visit with us.

By reservation please! Call 978-733-4076



**Freeport and
Theater
Almost Full!
Hurry..**

Join us for a Winter Celebration

Sparkle Weekend in Freeport Maine

**Another DownEaster Train Trip...
December 12th 2013**

Reserve early as seating is limited All transportation included

We will meet at the Center around 8:15 a.m. for a quick cup of coffee and a breakfast snack, board our bus and head to the Amtrak in Haverhill to board the DownEaster headed for a day of shopping and enjoying Freeport at peek shopping season. . It is a wonderful scenic trip up the coast, complete with a Café Car to enjoy beverages and snacks. We arrive in Freeport around noon, for a day of shopping and enjoying holiday decorations and activities. LL Bean will ship anything you purchase free of charge, or hold them until 4pm closing at the tourism center. For a complete list of events go to <http://www.freeportusa.com/events/20th-annual-sparkle-weekend/>. Just after the lights come on we return to the train station to board the Downeaster for a 6 o'clock departure back to Haverhill for 8:30, and back to Lancaster by 9:30- with all of your goodies and memories of sugar plums!

Pick up and drop off at your home is available.

Seniors \$32.50 General public \$45.00

(Excludes restaurant and dining car food/beverages)

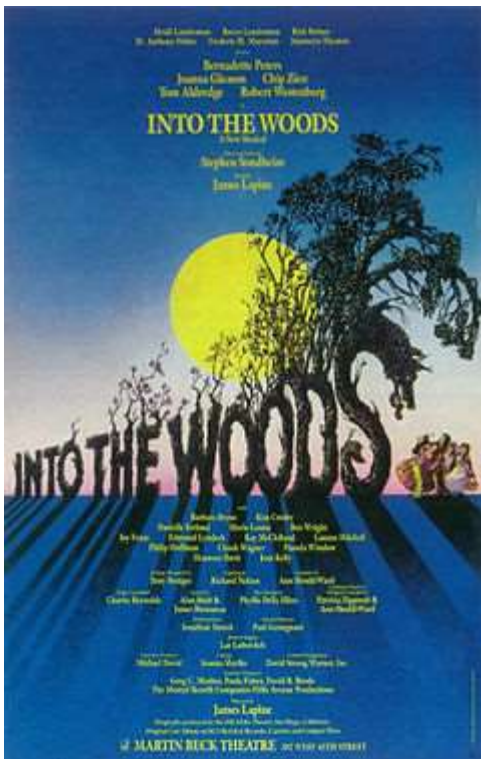
Holiday Spectacular Evening

Dinner, A Show, and Lights!

December 4th

Join us for a special evening on December 4th. We meet at the Center to depart at 4:30 to J's in Westborough. Everyone wanted to go back after last year, they are famous for their delicious inexpensive lobster rolls, scallops and more! After a leisurely dinner we travel to Calliope Theatre in Boylston for the Opening night of Steven Sonheim and James Lapine's musical *Into the Woods*. The musical is tied together by an original story involving a childless baker and his wife and their quest to begin a family, their interaction with a Witch who has placed a curse on them, and their interaction with other storybook characters during their journey. Following the show we will travel past some of our favorite light displays on the way back to the Center.

***Limited seating, call soon! Seniors \$20 Others \$23 plus dinner
Confirm our cancellation policy when reserving.***



THE FINANCIAL PAGES\$

OUR WISH LIST

We are planning for crafts classes, events, and every day fun. Check your drawers and closets, if you have the following items we will put them to use!

- Nice glossy magazines (for paper mosaics)
- 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
- Small Bud Vases
- Costume jewelry, shells, beads
- Glue
- Tile Grout
- Ribbon
- Gold, Silver, Copper, or White Spray Paint
- Folding Tables
- Holiday Decorations
- Table cloths
- Baskets



HELP WANTED \$ \$\$ Senior Tax

Abatement Workers Needed \$\$

We have openings for seniors who would like to participate in the Tax Abatement program. Our income & asset guidelines have changed; we now follow the MA Circuit Breaker guidelines.

Your town could use the help, you get to meet people, contribute and get a reduction in your taxes!

Consider applying! Questions call 978 733 1249 ext 1102

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**

We are a Warming Center! *If you or someone you know is cold, come use our heat, our coffee, TV, Wii and friendship. Call for details 978 733 4076*

Electric Bill Questions, Concerns?

Bring your bill and come meet Corey.

Corey Manson is our very own National Grid Representative. He will help you with Fuel Assistance, errors on your bill. Tips and more. One on one time with Corey

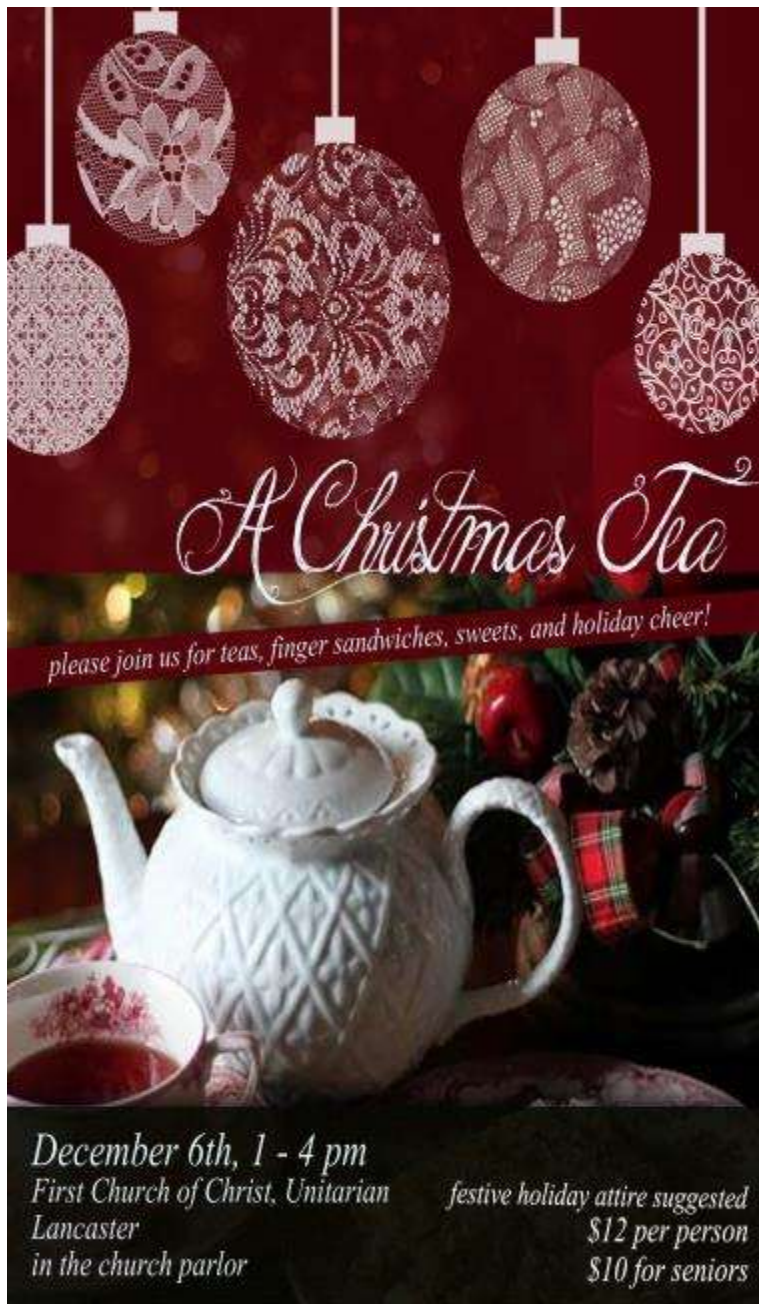
December 16th at 8:30-10

Fuel Assistance Starts November 1st

The 2014-2015 heating season is here and the predictions for the coming winter are for lots of cold and snow. The state **gross** annual income limits for fuel assistance are as follows: for a household of one, \$32,618; for a house-hold of two, \$42,654; for a household of three, \$52,691.

Also try Joe for Oil & The Angel Tree or call us.





***Thinking of what to do for
the Holidays?***



Consider the
Angel Tree

Helping Lancaster Families in Need.

Call Kathy @ 978 368 1193

Francine @978-365-2544

Jean & Denise

978-365-2043

***Donations may be dropped at the Center. Checks
made out to the Friends of Lancaster Seniors (Angel
Tree) will be applied to Fraticelli Oil assistance
program.***

December 14th 1 pm

A Celtic Holiday Concert

Featuring

***Rose, Thorn and
Fiddle***

A very special guest, you guessed it! The real deal,
straight from the North Pole will join us for pictures!
Bring your wish lists so he can get to work.

Sweets and Baked Sale for your holiday table!

Homemade decorations.

Hot Cider, Hot Chocolate, and more!

Upstairs in the Community Center

**Lancaster 4-H
Presents the Annual
Festival of Trees
&
Tree Lighting
December 1st**



Lancaster Council on Aging
Lancaster Community Center
Suite 7, Lancaster Ma 01523
978-733-1249 or
www.lancasterma.net

We need help!

We could not run the Center
without our wonderful
volunteers.

Thank you all!

There are many opportunities for
young and old to give back to your
community.

Short term and long term.

Earn Volunteer points, good for classes,
meals, etc.

*Give us a call or shoot us an email if
you are able to help out.*

The Senior Center

Will be closed

In honor of Veterans Day

November 11th



November 27nd

Thanksgiving

We welcome everyone!

Monday-Thursday 9-3*

Office hours 8:00-12

**Call first*

or for special events

Many thanks



To **Shaws** in Clinton for donating pastries.
River Terrace for their yummy apple
crisp., The First Church of Christ for
hosting and helping with our wonderful
Thanksgiving dinner, The Livergoods,
Nicole, Judi, Michele, Frank, Jo, Jon, Chris
and Matt, Laura, Maribeth, Kathy and
Lynn, Dave, Jean, Michele, Claire, Nina,
Sue, Kris, Susan, Celeste, Geno, Gretchen,
Judi, Rachel, Ron, Doc Frigoletto, Thanas,
Monique, Charlotte, and all those that
baked! more for all their hard work
making the Center special (and all those I
forgot to mention here!)

Bingo

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