



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 Jimino, Michele MacDonald Chair

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

--In Local News...

***Studies reveal the top 5 ways to
achieve a healthy New Year!***

1. Join us for healthy,
in-expensive exercise classes~
good for all ages.
2. Learn some new healthy recipes,
take a class, eat well!
3. Get your paperwork in order.
4. Get out and try something
different!
5. Meet new people

We can help with all of them !!



**Join us for a
Heart Warming
Soup Party!**

Friday, February 14th @ 12 noon

**Bring your favorite soup, or hearty bread, or salad
and together we will make a hearty meal.**

Free! Wednesday February, 19th
All ages Cooking Class and Tasting!
Learn to make Healthy Pizza
1:00 in the Center
Another Cooking with Laura TV show



Thoughts from the Director,

You may have noticed a new title on our masthead. I am not sure it sums up everything this publication tries to convey, but it is a start. Many of you submitted great suggestions, it was hard to pick. Honestly, I wrote a list down of all the suggestions and now I am not sure who submitted what name! I owe you all great thanks for helping. The title may still change depending on feedback, so bring it on! I appreciate constructive criticism. Truly, I do. The reason I changed the title is I have heard that many people do not understand how much goes on in the Center. It is our goal to offer something for everyone, and for all ages. Even in the room dedicated to the Senior Center we offer many all ages events. So please, don't be shy! As Ernie Boch used to say 'Come on down'

Hope to see you soon,

Alix

Are you cold?

Do you know someone who is?

You may have heard we are HOT!

We are a Warming Center.

We offer a nice warm place to relax. We have coffee and beverages, cable TV, books, games and snacks. Never mention some fun people!

Please call if you need help, or to warm up! It has been too cold! 978 733-4076 and leave a message if need be or stop by.

Tuesday is Pancake Day

Everyone is invited!

Family Pancake Day

2/18/2104

Kids Eat Free, Parents \$3.00

Tuesday mornings

7:30 AM until 9:30

Now \$2

(\$1 goes to renovations)

Suggested donation

Chef/Chair Extraordinaire David James

Sausage, juice and coffee and
all the pancakes you can eat

2nd Annual Winterfest

11-5

February 8th

www.thayerfield.org

Community Center Fields, Ice Rink,
and more. Watch for details.

Bring your skates

The ice rink is now open!

Work off those pancakes!
The Thayer Field Ice
Rink
Is now open for all to
skate

Behind Memorial School

all day Ice permitting.

Family Pancake Breakfast

School Vacation Week

February 18th

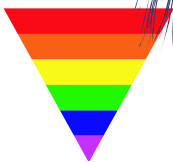
7:30-10:30

All you can eat!

Chocolate Chip Pancakes
Apple/Cinnamon and Pumpkin Pancakes
Fruit, Sausage, and OJ

Kids Eat Free!

Adults are \$3 each



**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



IN LOCAL NEWS



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

Did you notice our gorgeous gardens last year?

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

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

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

FREE gardening for Lancaster Seniors and the Community Center!

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



Pot Luck Seed and Catalog Swap March 6th at 6:30

Bring extra seeds, and/or catalogs and to trade.

Bring your favorite dish to share too. No need to garden here, join us!

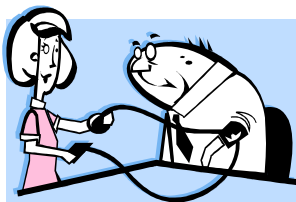
Got Time? Help Wanted!

A sample of volunteering opportunities, there are more. Just call or come down!

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



Health and Fitness



Come to the Well Adult Clinic~ It is FREE!

With our town nurse, Tamara Bedard.

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

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

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

Thursday, March 13th 2014 at 1 pm by Lisa of Life Care Center of Nashoba Valley

Please join us for 'all ages' fitness classes.

Start the week right! Monday classes

Gentle Tai Chi & HathaYoga

Tai Chi @ 9:30 am Mondays

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

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

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



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

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

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



Kick it up with Zumba Gold

Coming back! Tuesday Evenings-March 19th!

Dance your way to fitness!

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

No experience necessary. Wear comfortable clothing

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

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

SMARTMOVES

Strength and Weight Training Classes

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

Beginning Feb 20th*

You should attend all 5, this class is progressive.

Thursdays 9:30 – 10:15 am

Instructor: Debbie Pennesi

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

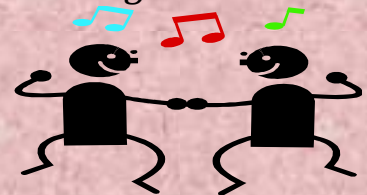
\$7 each class or 5 week session for \$30

Limited to first 12 registered. Must pre-register

Dance, Dance, Dance!

Join us for a Beginners +
Ballroom Dancing

All ages invited!



Beginning in March

March 5, 12, 19, 26, April 29

7:00 pm -8:00 pm

5 week session

\$65.00 pp or \$120 per couple

**Early registration suggested*

Class size is limited

Good for beginners on up!



Free Eye Care Clinic

With D'Ambrosia Eye Care

In conjunction with Nashoba BOH

**March 4th 8:30-10:00 a.m. in
the Community Room**

- Consultation with eye doctor
 - Vision screening
 - Cataract screening
- Evaluate pressure for glaucoma

The To Do List! *We can help.*

WHEAT Community Services

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

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

978-365-6349

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

Fuel Assistance

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

Durable Medical Equipment Loan

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

978 733 4076

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

Gretchen does!

SHINE Counselor

508-502-8279

Tuesday and Thursdays

Call to check time

Or by appointment *Call first please!*

Taxes:

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

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

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

AARP Tax Sites close by

Clinton Senior Center

200 High St

Clinton MA

978 365 9416

Sterling Senior Center

1 Park St

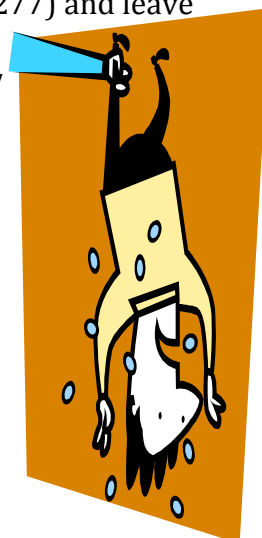
Sterling MA

978 422-3032

Leominster Public Library

30 West Street

Leominster MA



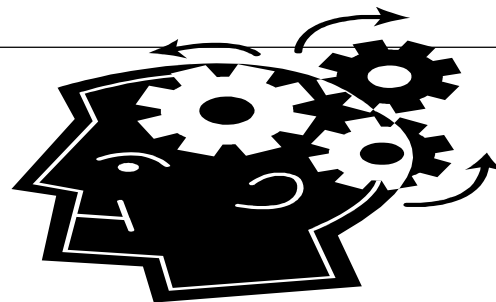
We are able to transport you. Call the van to book a ride.

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

Learn Something New!

Did you know ...

There are real benefits to getting older...



College costs are through the roof; two possible solutions- first ace your tests, or turn 60! Many state institutions now offer **FREE** classes to those over 60. We are surrounded by wonderful learning opportunities; **Mt. Wachusett, Fitchburg State University, Framingham, Quinsigamond, and Worcester State** just to name a few.

They offer classes to those over 60, tuition free

Some charge a fee, many do not.

All charge for books (but not if you know our Thayer librarians and can get a book list).

Private institutions in the **Worcester College Consortium** also offer deeply discounted classes. Check out www.assumption.edu/wise for a sample. WISE is an affiliate of the Elderhostel Institute Network.

Division of Unemployment offers free seminars, even if you are not on unemployment.

Take advantage of the state's best kept secret!

Unlock your mind, start another career, just enjoy!

Interested in more information, or speaking with 'older students'? The COA has some friends who are happy to share their success stories (free Master's degrees over 60, etc.). Call, or write and we will help, or refer you

The Lancaster Historical Society
Is celebrating 25 years!

To honor 25 years the
Society is selling
A Great Elm Sweatshirt

The shirts are available for sale in a
variety of adult sizes at \$25.00 per shirt.
Please contact 978-365-5833 if you would
like to order a sweatshirt.

It's Back.....

Open Hoops!

Friday Nights in the Gym
Drop In!

Ages 16 and under \$2.00 each

4 p.m.-6 p.m.

Ages 17 and over \$4.00 each

6 pm- 9 pm

Come join your friends to shoot some
hoops. Get ready for Summer.

Call to confirm
978 733 4076 & Lv Msg



Lancaster Recreation & Community Center Presents:



CAMP CRAFT LANCASTER

Located in Lancaster at the Community Center

Ages 5-13

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

Only \$245/week!

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

**Enrolling Now
For Summer!**

Activities

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



CRAFT
Community Recreation Association For Towns

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



Join us for Lunch in February

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

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 also included.

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

*MOC Lunches are directed to those over 60, but special events are for all

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Ziti W/ Bolognese Sauce Broccoli Italian Bread Pears <i>Tai Chi 9:30</i> <i>Yoga 11</i>	4 Breaded Chicken Mashed Potato Carrots Snack & Loaf Diet: Lemon Graham Bingo at 1pm Pancakes 7:30-9:30	5** High Sodium Ham & Cheese Bake Homefries Stewed Tomatoes Whole Wheat Bread Fresh Orange <i>Yoga 11</i>	6 Turkey W/ Gravy Red Bliss Potato Kale Whole Wheat Bread Pineapple	7 Bridge at 1:30 To confirm 978 263-2418 <i>Market Basket</i> <i>Leominster</i>
10 Roast Pork W/ Gravy Sweet Potato Broccoli Whole Wheat Butterscotch Pudding <i>Tai Chi 9:30</i> <i>Yoga 11</i>	11 Meatballs W/ Tomato Sauce Rotini Green Beans Applesauce Bingo at 1pm Pancakes 7:30-9:30	12 Chicken Breast W/ Coq Au Vin Brown Rice Pilaf Mixed Veggies Whole Wheat Br Fruited Jello <i>Yoga 11</i>	13 SPECIAL Salmon Mac & Cheese Stewed Tomatoes Italian Green Beans Whole Wheat Roll Cheesecake	14 Bridge at 1:30 To confirm 978 263-2418 <i>Soup Party</i>
17  PRESIDENT'S DAY NO MEAL DELIVERY	18 White Turkey Chili Baked Potato California Blend Whole Wheat Roll Strawberry Cup Diet: Fresh Fruit 1% Milk Bingo at 1pm Pancakes 7:30-9:30	19 Potato Fish Tator Tots Beets Rye Bread Pineapple COA MEETING @ 9 <i>Yoga 11</i> <i>Nurse 11:30-12:30</i>	20** High Sodium Entree Baked Ham W/ Apricot Sauce Brown Rice Pilaf Peas Whole Wheat Bread Fresh Orange 1% Milk	21 Bridge at 1:30 To confirm 978 263-2418
24 Lasagna W/ Meat Sauce Carrots Whole Wheat Roll Strawberry Cup Diet: Fresh Fruit <i>Tai Chi 9:30</i> <i>Yoga 11</i>	25 Roast Pork W/ Gravy Mashed Potato Spinach Whole Wheat Applesauce Bingo at 1pm Pancakes 7:30-9:30	26 Meatballs W/ Swedish Sauce Noodles Italian Blend Chocolate Graham <i>Yoga 11</i>	27 Diced Chicken W/ Teriyaki Sauce Brown Rice Oriental Veggies Rye Bread Mandarin Oranges	28 Bridge at 1:30 To confirm 978 263-2418 <i>Price Rite &</i> <i>Greendale Mall</i>



Shopping and Entertainment Trips

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

(Only two dollars round trip; Home Pick up and Drop off CALL 978 733 4076)

Trips leave at 9am , you may go home with your goodies, or join the gang for lunch out and then home!

- February 7th Market Basket Leominster
- February 14th Heart Warming Soup Party
 - February 28th Burlington Mall Trip
 - March 7th Market Basket Leominster
- March 14th Boston Flower Show and Minuteman Lunch
- March 21st Solomon Pond Mall and Market Basket Hudson
 - March 28 A Spring Fling Dinner Friday evening



Boston Flower Show

Boston Flower Show Trip and All you can eat Buffett Lunch at Assabet
March 13 10 am-6:30 pm

This trip is sure to sell out as we are combining two very special events. We meet at the Center at 10, or pick you up earlier. Then off to Assabet Vocational School for an all you can eat buffet lunch at 11 Assabet has an outstanding culinary program and on Thursdays they offer an extensive and popular buffet. Then we go to Boston Seaport to see the Boston Flower Show around 1. This year's the theme 'Romance in the Garden' will inspire landscape vignettes, arrangements and workshops. There is also lots of 'shopping opportunities! Back on the van around 6 we will make our way home in time for a late dinner. Expect to be back at the Center at 7.

\$48 Includes admission to show, full lunch with dessert, tax and tip and all gratuities and parking. To insure our reservation we ask you pay in advance. If a trip is cancelled your money will be fully refunded. If you cancel in the last week your money will be refunded only if we can fill your space. Typically we can! We ask for payment 10 days in advance please. We require 15 people for this trip.

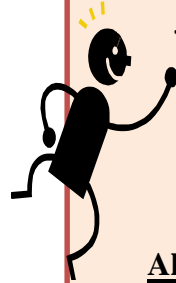


MOC is soliciting healthy recipes to incorporate into YOUR Meal Site Menu!

Contest Guidelines:

- Recipe must incorporate one or more of the following ingredients: Hamburg, Chicken, Potatoes, Whole Grain Pasta, and/or Vegetables.
- Recipe must be no added salt.
- Recipe must be low-fat.
- **Submission must include:** all of the ingredients with corresponding measures, preparation and cooking instructions, and number of servings.

Extra consideration will be given to recipes that are high in fiber OR use fresh herbs and spices.



February Vacation Fun!

Join us at the Community Center for a day of fun!

February 18, 2014

Please join us!

7:30-9:30 am

All ages Family Pancake Breakfast

Kids Eat Free, Adults only \$3.00

Featuring Chocolate Chip and Apple Cinnamon Pancakes

Sausage, OJ, Fruit, Coffee, Tea and Hot Chocolate

9-11:30 am

Free Camp C.R.A.F.T. Day in the Gym

Come reunite with friends from summer camp, or make new friends. Upstairs in the gym for game stations, and more something for everyone. Lots of free fun!

10:00-11:00am

Free Craft: Pine Cone Bird Feeders

Did you eat like a bird? Hope so, they eat a lot, and now they are hungry, come make a free pine cone bird feeder for your feathered friends.

11:30-12:30 pm

All ages Pizza, Tacos +Lunch Party

Join us for lunch featuring mini-bagel pizzas, mac & cheese, salad, mini-chicken tacos, and more! Soda and coffee and tea. Ice cream and freeze pops too! Kids \$2, Adults \$3

12:30-2 pm

Fairy and Gnome House Workshop

Come create your own fairy house of natural materials with our fairy grandmothers, Dora and Sandy. Leave with a magical little house to attract your fairy. Kids \$4

Space is limited, rsvp.

Under age 10 must with parents please.

Join us Wednesday

For a free all ages cooking class

Healthy Pizza!

February 19th at 1 pm

In the Center



Toss it away? NO WAY!

Saturday

February, 1st from 9 am -1 pm

First Church, 673 Main St. Bolton

The Fix is FREE!

Specializing in mending clothes, fixing bikes, lamps and more, bring it on!

Come have a snack, fun and a fix it!

This great project is brought to you by

Nashoba Rotary, and Bolton Local

www.repaircafe.org



Please join! We help seniors in your community Become a Friend of the Lancaster Seniors!

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

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

<http://FriendsoftheLancasterSeniors.org> Email:

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

OUR WISH LIST

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

- Christmas/Holiday Decorations
- Large Nice Flower Pots
- Card Stock
- Drawing Pads and Tablets
- Art Supplies of all sorts
- Colored Glass and Clear (small plates, vases etc.)
- Cribbage Boards, Chess Sets, Checkers
- Colorful Fabric
- Table cloths
- Costume jewelry, shells, beads
- Glue
- Tile Grout
- Terra Cotta Pots
- Gold, Silver, Copper, or White Spray Paint
- Folding Tables

FriendsoftheLancasterSeniors@gmail.com To become a member, fill out the information below, and send it and your check (payable to *Friends of the Lancaster Seniors, Inc.*) to: Friends of the Lancaster Seniors, Inc. 504 Blue Heron Dr. Lancaster, MA 01523 For more information about joining FOLS, contact David James at 978-263-7962. **Thank you for your support!**

Lancaster's Hidden Treasure Pine Hill



Have you ever been to Pine Hill?

Pine Hill is one of the most interesting, environmentally sensitive areas in the region. Now is your chance to tour go with the experts!

**Tour-February 8
2:00 pm-3:30 pm**

Join Department of Fish and Wildlife ecologists and foresters to walk the Pine Hill section of Bolton Flats WMA in Bolton and Lancaster.

Learn how MassWildlife will restore uncommon [Sandplain Grassland habitat](#) and [Pitch Pine-Scrub Oak shrubland habitat](#) to benefit rare and declining species.

Please dress warmly for the weather and wear sturdy boots. An inclement weather date is set for February 14. Contact John Scanlon at [\(508\) 389-6324](tel:(508)389-6324) for more information or to check on the inclement weather plan.

Directions and meeting location: Take Route 495 to exit 27. From exit 27, take Route 117 West for approximately 4.5 miles. Take a right (north) onto Harvard Road. After approximately 0.4 miles Harvard Road turns sharply to the east and becomes Pine Hill Road. Cross the railroad tracks on Pine Hill Road and after ~ 1/4 mile there will be a gate on the left side of the road (north). This gate is the access to the site.

\$ HELP WANTED \$

Project ABLE
(SCSEP Program)



**We have an opening in
DPW and Buildings**

Join us and learn to 'do it all'

**We will train you, learn new skills. 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 have BINGO on
Tuesdays***

But wait there is more!!

BINGO

Bigelow Gardens Hall
Wednesday and Friday
At 1 pm

All are invited, try it out!

Lancaster Council on Aging 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.

To reserve call 978 733 4076

At least 48 hours prior to appointment

Organization Options

Let's make it a year to 'declutter'! Remember clutter has no age limit (I am testimony to that)! As we age clutter becomes even more troublesome, it takes our precious time and left in the way it can contribute to falls etc. Below are just a few resources that would happily repurpose you 'clutter'. We do not endorse merchants, just giving you options. CHECK Charitywatch.org to a rate charities works, or Charitynavigator.org before you donate. (If you need more help, call us and we will see what we can offer).

To Give/Donate

Got Books?

***Friends of The Library**

Drop off at the Library during business hours

Too many Cloths, Household Items?

***Friends of Lancaster Seniors**

Spring and Fall Sales-Look for the ads for drop off days or call the COA

www.FriendsoftheLancasterSeniors.org

***WHEAT Store/Hidden Treasures Clinton MA**

www.wheatcommunity.org

(978) 365-3085

***Ginny's Thrift Store, Leominster**

(978) 537-1387

***Goodwill Industries**

www.goodwillmass.org

617-445-1010

***Salvation Army**

www.salvationarmy.org

800-958-7825

***Household Goods Recycling of Massachusetts**

www.hrgm.org

978-635-1763

***MA Coalition for the Homeless**

www.mahomeless.org

781-595-7570

Old Sneakers! Believe it or not

***The Nike Factory Store** (to recycle rubber for roads, playing fields-10 pairs max)

Wrentham Mall 508-384-1800

Furniture/Appliances etc.

***SEE MANY OF ABOVE.**

***ReStore / Habitat for Humanity of North Central Massachusetts** Leominster

www.restorencm.org

(978) 227-5556

One of my favorites is **Lancaster Recycling!**

To Consign/Sell

Clothing

The Garment District, Cambridge

Vintage or High end

www.garmentdistrict.com

617-876-5230

Options Boutique, Littleton

info@optionsconsignmentboutique.com

978-486-3775

FAV Leominster

www.favconsignment.com

978-401-0303

Records and Music

Looney Toons, Boston

www.vinylhigh.com

617-549-5067/617-247-2238

Cheapo Records, Boston

www.cheaporecords.com

617-354-4455

Newbury Comics. Leominster and others

www.newburycomics.com/

978-537-9517

Antiques and Furniture

Gallery 56 Clinton Ma

www.gallery56.com

(978) 365-6456

Tables to Teapots, Acton

www.info@tablestoteapots.com

978-266-1115

StillLifeHome, Hudson

www.stilllifehome.com

(978) 562-3221

Auctioneers

Skidders, Marlborough

www.skiddersinc.com

978-779-6641

Bill Eckleberry, Spenser

508-579-6615

BILLEKL@VERIZON.NET

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

**Wednesdays
February 19
March 19
at 9:00
Senior Center**



Free!

Computer Classes!

Join Jon Roper
after Pancakes

9:30 am on-

Drop in!

Jon will help with your
laptop, or our computer,
ipad or phone.

The Senior Center

Will be closed

January 20, 2014



We welcome everyone!

Monday-Thursday 9-3

Or for special events

Many thanks



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

What can we say, a great big thank you to
all of us who helped us through the
holidays, and especially Kathy Pierce,
Francine Moody, Denise Hurley and Jean
Syria and the Friends of Lancaster Seniors
for their help through the Angel Tree.

Bingo

Every Tuesday at 1:00 pm

Everyone is welcome

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

Door prizes!

Bridge

Every Friday at 1:30 pm

Everyone is welcome

Snacks, and coffee provided

Call Jean to confirm 978 273-2418