



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

Community Crier

Jay Moody Chair, Judie MacLean, Frank MacGrory, Nicole Kanis, Jo St. Angelo, Michelle Jones, Michele MacDonald, Kathy Codlanne
January, 2017 (978) 733-1249 , fax (978) 733-4076 Alexandra Turner, Director. Melissa Pelletier, Marilyn Largey

January Special Events

(but wait... there are more inside)!

Jan 12th - 3:30 pm

Get Dirty Gardening

It's getting seedy!

*

Jan 17th -1 pm

NAVI CARE Bingo

Special Prizes!

Jan 18th -10:30 am

**Complimentary Chair Yoga
Free, this Open House Day!**

*

Jan 24th - 10:30 am

Paint in Miniature

*

Jan 27th - 9am

Consignment Crawl

Thoughts from the Director

On behalf of the staff at the Center is my pleasure to wish you a happy, healthy and prosperous New Year. We look forward to seeing you in 2017, in hopes we contribute to making this year a good one.

Recently I had the pleasure of attending a meeting that rolled out findings of a study conducted by Northeastern University evaluating Lancaster's attractiveness to businesses. Drum roll, we did very well. The study confirmed what we already know, Lancaster is a pretty special place. The study concluded quality of life was one of the top factors businesses considered when looking to establish a new locations. According to Google quality of life is defined as the standard of health, comfort, and happiness experienced by an individual or group. The rationale being business wants to locate where they will attract good workers. Workers, like you and I consider an areas quality of life when settling down. The study evaluated Lancaster's quality of life and found it was attractive in part due to access to quality events, cultural opportunities, and health and wellness programming. Many of which are offered here at the Center and highlighted in this issue.

Some of the top criteria people refer to when discussing quality of life relate to health and wellness, social life is also high. As I write this I am listening to the 'pop' of pickleballs hitting the gym floor and the laughter of the all ages group enjoying playing. Our classes and events affordable, varied and very social. They are truly are a great way to enhance your quality of life. I see it everyday!

I am blessed to work with a great team here. They are truly dedicated to helping others and take great pleasure in helping improve lives. It is not without reward, we are fortunate to count many new friends, volunteers and great experiences from our time here.

They join me in inviting you to the Center this year, try to put it on your 'dance card' in 2017. After all it is your Center, and a great way to enjoy a good quality of life.

Hope to see you soon,
Alix

Tuesday is Pancake Day

Everyone is invited!

Senior Center
Tuesday mornings
7:30 AM~ 9:00 ish
\$3

Suggested donation

**Chef Extraordinaire
David James**
Weekly pancake specials
Blueberry, Apple, Plain,
French Toast, too
Sausage, eggs, fruit
Juice & coffee &
All the pancakes you can
eat!

Often with Special Guests.



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.

We also have a swap shop

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

Please Join us!

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

**Wednesday
JAN 18th
at 9:00 AM
Senior Center**

Please like us on Facebook

Did you know we are on
[Facebook?](https://www.facebook.com/Lancaster-Community-Center-970047129685468/)

<https://www.facebook.com/Lancaster-Community-Center-970047129685468/>



Happy New Year Everyone!!

Every January I like to set goals for the year. Things like home repairs, fun with family & friends, health improvement, career growth & service to the community. I don't always reach every goal. But I always list, prioritize and identify plans to achieve them. As the year progresses I look over the goals to see how I'm doing, what's changed, and what needs attention. The following January I track how I did and do the exercise again. Before I can do that I have to ask myself. *"What's important to me this year?"*

In my first 90 days as the Community Service Liaison what's important to me in 2017 is "To help Lancaster Residents navigate the complexity of life." It's a pretty broad statement. So I break it down into an achievable plan.

1. Get the word out that I'm here.
2. Listen, listen, listen to the needs of residents.
3. Research solutions and best practices.
4. Grow a network of helpers and resources.
5. Track and measure my results. How many have I helped?



Try this exercise and see how your year goes!

What's important to me this year? _____

List some achievable steps to make your statement a reality.

1. _____
2. _____
3. _____
4. _____

Need help with your 2017 goals? Feel free to contact me to explore your goals.

Marilyn Largey Phone 978-733-1249 ext 1109 mlargey@lancasterma.net

Walk in office hours 1st floor of the LCC building: Tues 8-10 am, Wed 2-4 pm, Thurs 6-8 pm, or by appointment.

HELP! Medicare Open Enrollment ended on December 7th : I still have a problem!

- **"My Medicare drug plan is too expensive! Can I still change my Plan?"**
 - ➔ If you have a **Medicare Advantage Plan**: between **January 1 and February 14**, you can leave your plan and switch to Original Medicare (A & B), but you **cannot** switch to another Medicare Advantage Plan. However, you can join a **Medicare Prescription Drug Plan** and a supplement or "**Medigap**" Plan.
 - ➔ If you have **Prescription Advantage** you can change your drug plan one time per year.
 - ➔ If you have "**Extra Help**" to pay for prescription drugs or **MassHealth**, you can change every month.
- **"My new plan doesn't cover one of my medications!"** You are entitled to a "transition supply" -- a one month (30-day) refill.
 - ➔ In the meantime, call your doctor to change medications. Use the new plan's drug formulary to choose a medication that is on the list... (or you could change plans. See above.)
- **"My generic medication is now a Tier 4 and costs a lot more!"**
 - ➔ Ask your doctor to contact the plan to request the previous Tier co-pay amount. (Or you could change plans. See above)

For these and other questions about your options call a SHINE (Serving Health Insurance Needs of Everyone...on Medicare) health benefits counselor. They offer free, confidential counseling on all aspects of health insurance and are available to meet you in your town. Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. SHINE is funded by the federal Administration on Community Living and is managed by the Executive Office of Elder Affairs in coordination with local organizations.

Our SHINE Councilors are available on Tuesday's from 9 am—3 pm.

Barb Blom 9 am—11am

Gretchen Pruden 11 am—3 pm

Call our office to set up an appointment.

978-733-4076

Powerful Tools FOR Caregivers

COMING IN MARCH

This six week course is provided by Montachusett Home Care. Caregivers will develop self-care tools to reduce personal stress, change negative self-talk, communicate their needs to family and providers, communicate more effectively in challenging situations, recognize their emotions, deal with difficult feelings and make tough caregiver decisions.

Classes are on Mondays from 2:00pm – 3:30pm
March 6th, 13th, 20th, 27th, April 3rd, 10th

Contact Marilyn Largey for questions and details.
(978) 733-1249 ext 1109 mlargey@lanasterma.net

Join us for a FREE program and dinner



Digital Technology, Social Media, and Apps for Caregivers

Digital technology can help family caregivers balance caregiving responsibilities with their own personal needs, work, parenting, and other demands.

This workshop will introduce different social media platforms, smartphone, tablet apps, and available websites to help caregivers manage their responsibilities, find support, access new information, and decrease stress and burden.

Feel free to bring your smart phone or tablet with you to try the apps and websites we will be showing.

Presented by Caregiver Specialists:

Nicole Kanis
Montachusett Home Care Corp.

Deb Dowd-Foley
Elder Services of Worcester Area, Inc.

Laura Black Silver
Tri-Valley, Inc.

January 12th

4pm-6pm

Clinton Senior Center
271 Church St
Clinton MA 01510

For more
information and to
RSVP contact:

Allyson McElhiney
978-733-4747 ext. 307
amcelhiney@clintonma.gov



Join Us For Bingo Provided By NaviCare!

When: January 17, 2017
Time: 1:00 pm
Location: Lancaster COA & Community Center

Come learn about NaviCare – **A no cost Insurance** for persons **65+** who qualify for MassHealth Standard. Our NaviCare representative will be there to answer any questions you may have about the program.

NaviCare is bringing a themed Bingo event to us, with fun prizes included! Come and join us!

If you have any questions, please contact our NaviCare representative:
Jessica Recore - 508-368-9942

NaviCare | Improving health, supporting independence



Paint in Miniature

January 24, 2017 10:30 am – 12:00 pm

Small is beautiful. Learn how to create small canvases with seasonal images in acrylic. Approx. 2x3 inches.

You will take one image home and an easel to display your work.

Taught by art educator Barbara Helfrick. Materials and instruction include.

Seniors/students \$13, others \$15. To reserve a canvas call 978-733-4076



Consignment Crawl

Friday January 27th Van leaves the LCC at 9AM.

2 consignment shops ending with Savers in Marlboro

Lunch at Funky Murphy's.

To reserve a seat on the Van call 978-733-4076

New Year's Day Walk

Join the Friends of the **Oxbow National Wildlife Refuge** on their popular **New Year's Day Walk** which starts at **noon time**. If there is enough snow, we'll snowshoe or ski, unless you prefer to walk. The pace is leisurely, with plenty of time to talk, take pictures and look at tracks. Meet at the parking lot of the main entrance to the Refuge at the end of Still River Depot Road in Harvard. Dress weather appropriate. This family friendly event is co-sponsored by the Lancaster Land Trust. It will be cancelled in case of bad weather. For more information, contact Rona at 978-779-2259.



Get Dirty Garden Program 2017 & The Center Village Table

The mission of our garden project is to bring people of all ages together to learn, grow, and nurture our minds, body, and the whole community.

Thanks to Harvard Community Health Foundation for their support

Join us! What do we give you? We use natural organic, gardening methods for growing vegetables in high raised bed gardens. We offer classes to teach members about planting, growing, and cooking. If you choose to we will share a garden bed with natural compost and soil, some plants and seeds, you are welcome to add to these. We provide most supplies, storage, tools and lots of learning! You will also receive a membership to the Center Village table, which includes early admission to workshops, and first chance to register for Farm to Fork dinners, and reduced tickets for income eligible participants.

January 12th: Picture This! Seed ordering! We exchange seed catalogs and make a wish list for ordering. Bring your own catalogs and requests.

Shopping

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

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

Monday's Hannaford's, pending van availability

Thursday's Walmart, pending van availability

January 6th Market Basket Leominster

January 27th—Consignment Crawl

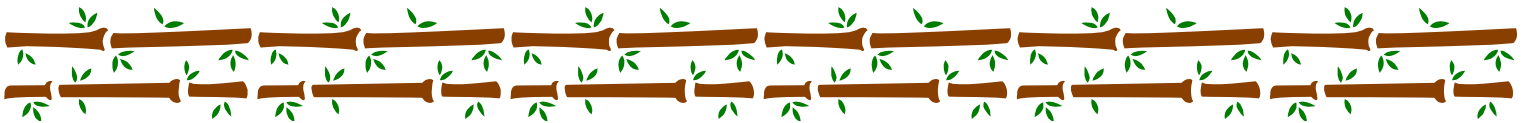
Health and Fitness

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



Free! Lancaster's Keep Moving Walking Club (LKMWC)

Leaves the Lower Center Patio at 9 a.m. every Tuesday and Thursday
Striders (Speedy) and Strollers (Slower) welcome! Come join us for
Pancakes and then work them off! We provide water, and companionship for a
safe walk on Lancaster's lovely byways. Get in
Shape, and get healthy. **Questions. Call us! 978-733-4076**



Tai Chi

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.

Monday Mornings 9:30 a.m.

Tuesday Evening 6:00 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.

**\$5 per class or 6 classes for \$25
Lancaster Community Center**



Gentle Hatha Yoga

11 am-12 pm Mondays & Thursdays

9:30 a.m. Saturday,

Got Stress? You need to relax!



Worried about falling, twisting? *Improve* your balance, and keep your range of motion. Stay young! Yoga is widely recognized as a way to improve posture, improve clarity of mind and reduce stress.

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

All ages, and abilities will benefit from this yoga class. Louise Dorian has taught hatha yoga since 1989, She was originally certified by the Ayurvedic Whole Life Center in Brookline, Mass. and 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.

Ballroom Dancing!

6:30-7:30 p.m. in the Community Center Gym

Coming in
January
19th
Waltz



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.

All abilities will benefit from this class. 3 week session \$30 per person, or \$13 each per class. Come single or as a couple! Lots of fun, good exercise, good for the mind! Please bring an extra pair of dry, clean shoes to change into. We provide water, exercise and fun!

Country Heat Live

TURN IT UP TO BURN IT OFF!

Step into this easy-to-follow, completely exhilarating country, country dance-inspired workout! No complicated moves. No memorizing routines. Just simply follow along to the low-impact, high energy dance class set to the hottest country hits. You'll have so much fun moving, stepping, clapping, stomping, and laughing, you'll forget you're burning mega calories and toning your body head to toe.

Pam Weir Certified Country Heat Live Instructor
Wednesday 7 PM. \$10 'Drop In' or \$48 for 6 Classes



PICKLEBALL

It's fun, healthy and reasonable sport for all!

People LOVE it!

Come play!

Pickleball is a game sweeping the nation, and Lancaster! We have a great group of folks from all over Central MA Interested? Never heard of it? Pickleball is a fun, fast-paced game for all ages. Pickleball is a low impact racquet sport combining badminton, tennis, and table tennis. It was created in the 1960s with one thing in mind: **fun!** It was designed to be easy to learn and play whether you're five, eighty-five or somewhere in between.

For more information check out this website: <http://www.usapa.org> or go to You tube for videos.

Open Play: (Beginner and up)

Monday 1-3:00 pm, Wednesday 6-8:00 pm, Saturday 9-11:00 am.

Reserve Play (sign up required)

Monday , Wednesday , Friday 9-11:00 am.

Get Fit Pickleball Cards \$20. Lots of fun, *cheap!*!

Drop by and watch! Questions about Pickleball, there are pros in our midst that are happy to answer your questions.

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

Full court and Beginners! Call us for the new schedule or check our website out w.ci.lancaster.ma.us/Pages/

Free Guided Meditation Workshops!

Adventures In Consciousness with Angela Simms

Angela has been teaching workshops on Meditation, Crystals and Healing for over 20 years. She is a Reiki Master [22 years] and also hold Certifications in Energy Healing, Crystal Healing, Shamanic, Journeying, Soul Retrieval, Tuning Fork Therapy and Karma Clearing.

Coming In February

Let us know what style you might enjoy. Ashley, principal of Nashoba Movement and a great local gal will lead Jazz or Tap beginning Thursday mornings in January.

Jazz: Learn to move to the wonderful rhythms of classical jazz dance music! This slower paced adult class focuses on developing flexibility, enhancing mobility, and learning basic dance skills to fun rhythms.

Tap: Explore a fresh side of dance through percussion and rhythm. Adults practice basic tap footwork, learn the distinctions of sounds, and develop a sense of teamwork as the class practices to sound as one. Tap shoes are required for this class! For those who less mobile, tap can be learned and practiced while sitting in a chair!



Complimentary Chair Yoga January 18th 10:30—11:30

Arthritis/Chair Yoga Class is designed for all ages and abilities. No matter what your capability/ ailment or restriction is, you will learn tools and techniques to carry with you to help with discomfort, lubricate the joints, calm the mind, AND get a good work-out! We will start with seated poses, core work, twists, balance, spine lengthening and strengthening and grounding work off the chair (with modifications if needed in chair), and end with a guided relaxation. This class promises to leave you feeling more peaceful, energized, and uplifting in the body, mind, and spirit.

*Julianna will work with your specific restrictions, such as sciatica, knee/hip replacements, etc. Please let her know prior to class.

Julianna Record is the founder of Wachusett Wellness Center located in Clinton MA. Practicing and studying yoga, therapeutics and holistic healing techniques since the 90s, she holds numerous training certifications and degrees in Yoga, Group Fitness, Therapeutics, Barre, and Pilates, Yin, Meridian, Energy Flow, Senior, Chair Yoga, Sport and Injury related therapeutics, Arthritis, and more. In addition to Yoga and Barre, Julianna has gained extensive knowledge studying in Energetic Fields such as Reiki, Meridian Therapy, Thai Bodywork, Acupressure, and Energetic Healing Modalities.

Although she continuously extends her studies, her biggest teachers and influences are the students. She is deeply honored and privileged with their energy, wisdom, and presence.

Lancaster Recreation Department is offering.....

YOUTH INDOOR CO-ED SOCCER SKILLS & SCRIMMAGE



Indoor Co-Ed Soccer skills and scrimmage is a 6-week program for 5th and 6th graders to stay active, work on soccer skills and have a fun scrimmage. First half of the clinic will be stations of different skills. The second half will be a fun scrimmage.

Local varsity high school players will be instructing and overseeing the scrimmage. Open to 5th and 6th graders from Lancaster, Clinton and Bolton.

COST: \$50/PLAYER **TIME:** 6:30 – 8 PM

DATES: THURSDAYS, JANUARY 12TH THRU
FEBRUARY 16TH, 2017

LOCATION: ATLANTIC UNION COLLEGE
WG NELSON RECREATION CENTER
INDOOR FIELD HOUSE
300 GEORGE HILL ROAD, LANCASTER

~Visit Lancaster Recreation Department website: www.tinyurl.com/LancasterRecreation

~Click the link for **Youth Indoor Co-ed Soccer**, which will direct you to the online registration system.

~Participant Minimum: 15 (in order to run program). ~Participant Maximum: 28



Questions?

Lancaster Recreation's website

www.tinyurl.com/LancasterRecreation

Email Christa Duprey, Recreation Director

cduprey@Lancasterma.net

978.365.3326 X1108

SKATING

RINK

OPEN

**Look to
the
town
website
for
'Rules of
the Rink'**

Coming In March

Lancaster Girls' Softball teams participate in the Courtland League. Teams are from Bolton, Stow and Maynard.

Girls' softball season runs March thru June. For details contact:

Christa Duprey, Recreation Director, Town of Lancaster CDuprey@Lancasterma.net 978.365.3326
X1108, Lynn Hudak, Girls' Softball Coordinator, Volunteer blhudak@gmail.com



TOWN OF LANCASTER, MA 01523

DO YOU NEED REPAIRS TO YOUR HOME THAT YOU CAN'T AFFORD?

THE TOWN OF LANCASTER MAY BE ABLE TO HELP YOU!

The Town is applying for a Community Development Block Grant (CDBG) this year in partnership with the Montachusett Regional Planning Commission (MRPC). If you need:

- A New Roof
- New Windows
- New Heating System
- Well or Septic repairs
- Electrical Repairs
- Other Repairs that are Affecting Your Health & Safety

CALL MRPC! We want to include your repair needs in the application.

It is very important that we include as many repair projects as possible in the application to ensure SUCCESS.

CALL (978) 345-7376 ext. 308 **BY JANUARY 31, 2017** TO SET UP AN APPOINTMENT. MRPC WILL COME TO YOUR HOUSE TO HELP YOU COMPLETE AN APPLICATION.

Qualified applicants will be prioritized on the waiting list. If the town receives the grant, repairs will start late 2017

Applicants Must Be Income Eligible. See graph below.

Income Range: In the **FIRST** Column select the number of people currently living in your household. In the **SECOND** column select the range that best describes your household income. If you are able to check a box in this chart you are qualified to participate in the program.

Household size	Is your household income at or below:		
<input type="checkbox"/> 1	<input type="checkbox"/> \$17,500	<input type="checkbox"/> \$29,150	<input type="checkbox"/> \$46,000
<input type="checkbox"/> 2	<input type="checkbox"/> \$20,000	<input type="checkbox"/> \$33,300	<input type="checkbox"/> \$52,600
<input type="checkbox"/> 3	<input type="checkbox"/> \$22,500	<input type="checkbox"/> \$37,450	<input type="checkbox"/> \$59,150
<input type="checkbox"/> 4	<input type="checkbox"/> \$24,950	<input type="checkbox"/> \$41,600	<input type="checkbox"/> \$65,700
<input type="checkbox"/> 5	<input type="checkbox"/> \$28,440	<input type="checkbox"/> \$44,950	<input type="checkbox"/> \$71,000
<input type="checkbox"/> 6	<input type="checkbox"/> \$32,580	<input type="checkbox"/> \$48,300	<input type="checkbox"/> \$76,250
<input type="checkbox"/> 7	<input type="checkbox"/> \$36,730	<input type="checkbox"/> \$51,600	<input type="checkbox"/> \$81,500
<input type="checkbox"/> 8	<input type="checkbox"/> \$40,890	<input type="checkbox"/> \$54,950	<input type="checkbox"/> \$86,750

The Community Development Block Grant is funded by the federal Department of Housing and Urban Development (HUD) and administered by the Massachusetts Department of Housing & Community Development. (DHCD)

CALL TODAY 978-345-7376 Ext 306

Garden Talk & Swap Wednesdays at 12:30

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.).



Every Tuesday at 1:00 pm
Everyone is welcome

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

Sit and Stitch Weds. 2:30-4



Join us every Wednesday to learn how to crochet, knit, or just finish off that needlework piece you have wanted to finish!
Lots of other fiber projects too.
*All Free! * we even have some yarn!*

How about Planning? We do that too!

Bridge



Area residents are invited to join us for friendly bridge Friday afternoons. Don't play? Come watch and learn. There are lots of patient teachers here. Come to the Center for friendly bridge games with nice people and nice snacks, All free! Suitable for all levels, novice to pro. We provide the cards, teachers, and friends. Fridays 1:00-4:00

Free! calling ahead is strongly suggested
Questions Call Jean at 978-273-2418

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 for more details on the upcoming movies *shhh. We can't name them here but they are good Stop by the Community Center for lunch or lemonade on the way over.

Free Computer Help



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

Jon Roper is our hero! Free, thanks Jon.

Tuesday mornings 9 a.m.



The AARP Foundation Tax-Aide Locator is available from late January/early February to April 15.

As you plan for tax prep consider the AARP Foundation online FAQ or submit a question.

<https://aarpfoundationtaxaideqa.zendesk.com/hc/en-us>

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 3rd FRI-DAY \$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, wheel-chairs + more to loan.

Got Time? Help Wanted!

We need Volunteers!

We can use all your talents, just call-thanks!

Serving, meal delivery, crafts, exercise monitors and participants, office, gardening and more!

**The Senior Center
Will be closed
January 2nd & 16th**



We welcome everyone!

Office hours

Monday-Thursday 9-12

Or for special events



To all our amazing 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. a big thank you to **River Terrace** for matching funds To **Harvard Community Health Foundation** for their generous support, and **MCOA**.

Thanks to Deb, Sandy, Rachel, Betty and Jude, Claire, Fran Nilah, Celeste, Jay, Jean, Dick, Sue, Marie, Maribeth, Jay, Theresa, Judi, Robert, Katherine, Jon, Fred, Nancy, Laura, Dave, San-

dra, Judy, Michele, Pam, Gretchen, Kathy, Joe, John G, John B, Gino, Stan, Marie, Mark, Bev, Marilyn, Melissa, Derek, Lyn, Sean, Marie, Kathy and so many more for all their hard work and support.



**Helping
Hands
Needed**



The 3rd Annual Hat Project

Ways You Can Help

Bring to use that day:

- Scissors for cutting paper and/or fabric
- Rulers or measuring tape
- Markers or chalk for marking fabric
- Your own sewing machine if you have one

If you don't sew, there are other ways to help:

- Break down fleece clothing into useable material
- Trace patterns onto fabric
- Cut and pin fabric

Join Caroline Ketchum & Friends

Saturday, January 14

10:00 a.m.—1:30 p.m.

Thayer Memorial Library

717 Main Street, Lancaster

The hats and mittens that are made will be distributed to those in need in shelters and on streets in the Boston area by Winepeke 4-H members.

For more information phone 978-368-8928 or stop by the Library Circulation or Reference Desks



Shoveling and Raking, Oh my!

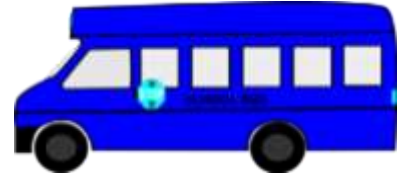
Do you know someone who needs help shoveling their driveway, or walk. Maybe raking leaves? We have a list of able helpers (seniors and students) who you may wish to interview.

We are not a job agency and do not insure or warranty their work but they come highly recommended.

Don't forget! Lancaster Winter Parking Ban



No Overnight Parking on Street
1am-6 am



MART Van Fees & Policies

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. Requests will be accepted in the order received, with preference given to medical appointments. Office hours are 8:30 to 12 pm.

Calls after 12 are reviewed the next day.

JANUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>CLOSED NEW YEARS DAY</p>	<p>3</p> <p>7:30 AM Pancake Bfast 9AM Walking Group 11:30 AM MOC Lunch 1PM BINGO 6PM Tai Chi</p>	<p>4</p> <p>11:30 AM MOC Lunch 12:30 PM Garden Chat 1PM Reserve Pball 2:30PM Sit & Stitch 6PM Pickleball</p>	<p>5</p> <p>9AM Walking Group 10AM Guided Meditation 11 AM – Yoga 11:30AM MOC Lunch</p>	<p>6</p> <p>9AM Reserve PBall 1PM Bridge Game</p>	<p>7</p> <p>9AM PBall 9:30AM Yoga</p>
<p>9</p> <p>9AM Reserve PBall 9:30AM Tai Chi 11AM Yoga 11:30AM MOC Lunch 1PM Pickleball</p>	<p>10</p> <p>7:30 AM Pancake Bfast 8-10 AM Well Clinic 9AM Walking Group 11:30 AM MOC Lunch 1PM BINGO 6PM Tai Chi</p>	<p>11</p> <p>11:30 AM MOC Lunch 12:30 PM Garden Chat 1PM Reserve Pball 2:30PM Sit & Stitch 6PM Pickleball 7PM Exercise w/ PAM</p>	<p>12</p> <p>9AM Walking Group 10AM Guided Meditation 11 AM – Yoga 11:30AM MOC Lunch 6:30 PM Ballroom</p>	<p>13</p> <p>9AM Reserve PBall 1PM Bridge Game</p>	<p>14</p> <p>9AM PBall 9:30AM Yoga</p>
<p>16</p> <p>9AM Reserve PBall 9:30 AM Tai Chi 11AM Yoga 11:30 AM MOC Lunch 1PM Pickleball</p>	<p>17</p> <p>7:30 AM Pancake Bfast 9AM Walking Group 11:30 AM MOC Lunch 1PM NAVI CARE BINGO 6PM Tai Chi</p>	<p>18</p> <p>11:30 AM MOC Lunch 12:30 PM Garden Chat 1PM Reserve Pball 2:30PM Sit & Stitch 6PM Pickleball 7PM Exercise w/ PAM</p>	<p>19</p> <p>9AM Walking Group 10AM Guided Meditation 11 AM Yoga 11:30AM MOC Lunch 6:30 PM Ballroom</p>	<p>20</p> <p>9AM Reserve PBall 1PM Bridge Game</p>	<p>21</p> <p>9AM PBall 9:30AM Yoga</p>
<p>23</p> <p>9 AM Reserve PBall 9:30 AM Tai Chi 11AM Yoga 11:30 AM MOC Lunch 1PM Pickleball</p>	<p>24</p> <p>7:30 AM Pancake Bfast 9AM Walking Group 10:30 Miniature Art 11:30 AM MOC Lunch 1PM BINGO 6PM Tai Chi</p>	<p>25</p> <p>11:30 AM MOC Lunch 12:30 PM Garden Chat 1PM Reserve Pball 2:30PM Sit & Stitch 6PM Pickleball 7PM Exercise w/ PAM</p>	<p>26</p> <p>9AM Walking Group 10AM Guided Meditation 11 AM – Yoga 11:30AM MOC Lunch 6:30 PM Ballroom</p>	<p>27</p> <p>9AM Reserve PBall 9AM Consignment Crawl 1PM Bridge Game</p>	<p>28</p> <p>9AM PBall 9:30AM Yoga</p>
<p>30</p> <p>9 AM Reserve PBall 9:30 AM Tai Chi 11AM Yoga 11:30 AM MOC Lunch 1PM Pickleball</p>	<p>31</p> <p>7:30 AM Pancake Bfast 9AM Walking Group 11:30 AM MOC Lunch 1PM BINGO 6PM Tai Chi</p>				



JANUARY LUNCH CALENDAR

\$3.00 suggested donation, reserve one day ahead
978 733 1249 x 1103

If you cannot make it here we offer Meals on Wheels, call 978 733-4076 for details
 Or MOC 800-286-3441 for nutrition questions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 New Year's Day Holiday No Meals Serve	3 Meatball Stroganoff (225) Mashed Potato (66) Sliced Carrots (64) Wheat Bread (160) Fresh Pear (2)	4 Cr of Broccoli Soup (275) Baked Salmon (67) Dill Sauce (66) Brown Rice Pilaf (159) Multigrain Bread (164) Almond Cookie (161) Diet: Lorna Doones (100)	5 BBQ Chicken Drummer (369) Baked Beans (39) Cole Slaw (101) Rye Bread (150) Snack'n Loaf (115) Diet: Gingerboy (60)	6 Meatloaf (216) Onion Gravy (26) Whipped Potatoes (66) Sliced Beets (134) Applesauce (15)
9 Sloppy Joes (259) Hamburger Roll (230) Home Fries (5) Mixed Vegetables (88) Strawberry Yogurt (75)	10 Chicken Breast (320) In Piccata Sauce (81) TriColor Rotini (1) Tossed Salad (5) Multigrain Bread (164) Fruited Jello (73) Diet: SF Fruited Jello	11 Turkey Corn Stew (464) Green Beans (3) Biscuit (340) Fresh Orange	12 Bok Choy Soup (99) Diced Chicken (65) Teriyaki (42) White Rice (90) Wheat Bread (160) Fortune Cookie (6) Pineapple (1)	13 Roast Pork (73) Cran Orange Sauce (106) Yams (31) California Veg Blend (22) Wheat Dinner Roll (105) Escaloped Apples (39) Diet: Sliced Apples (4)
16 Martin Luther King Jr Day No Meals Served	17 Cheesy Cauliflower Soup (319) Potato Pollock Filet (100) Tartar Sauce (100) Spanish Rice (111) Wheat Bread (160) Fresh Fruit (1)	18 ~~Special~~ Roast Beef au jus (237) Mashed Potatoes (94) w/Sr Cream & Chive (94) Tossed Salad (5) Wheat Dinner Roll (105) Chocolate Brownie (149) Diet: Yogurt (75)	19 Macaroni & Cheese (488) Stewed Tomatoes (150) Multigrain Bread (164) Mixed Fruit (10)	20 White Bean Kale Soup (211) Chicken Drummer (290) Supreme Sauce (56) Cous Cous w/carrots (22) Italian Bread (230) Diced Peaches (5)
23 Kielbasa with (400) Onions & Peppers (27) Tater Tots (29) Roll (29) Tropical Fruit Salad (10)	24 Three C Soup (299) Chicken Breast (320) Coq au Vin (67) Red Bliss Potatoes (1) Wheat Bread (160) Fresh Fruit (1)	25 Beef and Cabbage Casserole (301) Tossed Salad (5) Rye Bread (150) Applesauce (15)	26 Roast Pork (73) Rosemary Gravy (83) Au Gratin Potatoes (132) Brussels Sprouts (12) Wheat Dinner Roll (105) Chocolate Pudding (175) Diet: SF Pudding (173)	27 Gypsy Soup (272) Swedish Meatballs (246) Parslied Noodles (4) Multigrain Bread (164) Spice Cake (245) Diet: Gingerboy (60)
30 White Bean Chicken Chili (314) Brown Rice (5) Mexicali Corn (3) Rye Bread (150) Mandarin Oranges (7)	31 Roast Turkey (456) with Herb Gravy (60) Butternut Squash (48) Green Beans (3) Wheat Dinner Roll (105) Vanilla Yogurt (75)			1% MILK: 110 calories 125mg sodium (included in totals)



Worcester Elder Services and WLEN Invite you to the Rainbow Lunch Club



The Lancaster Community Center (LCC)

*The all ages hub for community events.
Nurturing the Body, the Mind, and the Soul*

www.ci.lancaster.ma.us

on Facebook at Lancaster Community Center
or at 978-733-4076

Business Office hours 8:30-12:00 M-TH & by event

Where: The Community Center is located behind the Town Green, directly behind the Prescott Building. Enter on the upper level, handicapped access use the lower level-elevator at end.

What: The Center, formally the Tercentenary School is home to many special events open to all ages. A full schedule is on line, scroll down our page to view the calendar. The LCC is home to Lancaster Social Services offices. Each office keeps their own office hours; Veterans Affairs, Commission on Disability, Council on Aging and Recreation. . The LCC Is also home to Senior Center, and offers meeting space for town boards, commissions, and non-profits.

In addition the Center offers:

- *Year Round Fitness Classes as well as special fitness series. Tai Chi, Yoga, Insanity (Cross Training) Special classes include Ballroom Dancing, Zumba, Weight training, as well as summer and winter sporting events.*
 - *Healthy Cooking Class Series: and Nutrition classes*
 - *Arts and Crafts Classes and drop in Art Group*
 - *Garden Chat group*
 - *Community Garden Beds*
 - *Community BBQ's, Holiday events, Concerts, Fairs etc.*
 - *Social Services support, SNAP, Fuel Assistance, Referrals*
- *Nashoba Wellness Clinic, every first Tuesday and Third Wednesday of the month*
 - *Information series by guest speakers on topics relating to Lancaster*
 - *Field Trips*

Rentals: The LCC is available for rentals. Please see our calendar for availability, and the website for our rental forms. There are a variety of spaces, a kitchen, meeting rooms, a gym and a lovely shaded patio. The Center is a great space for birthday parties, family gatherings, club meetings and more! Let us show you our space.

For more information contact Alexandra Turner, director at ext. 1103 or aturner@lancasterma.net or visit the Lancaster website.



Become a Friend of the Lancaster Seniors!

2017 Annual Appeal for Donations

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

In 2016, the Council on Aging asked the Friends to help fund an outreach social worker for Lancaster, a position that is desperately needed. You responded by donating nearly \$3,000 in support of that position. As a result, the town has hired Marilyn Largey as our first Community Services Liaison! Thank you!

A major goal of the Friends (in addition to providing needed financial aid to the Senior Center) is the renovation of the kitchen adjacent to the gym in the Community Center. It is a shame that such a useful area has gone unused, but, due to changes in health codes, significant upgrades are required: \$15,000 or more. While the Friends is not in a position to raise all of that money, we would like to help.

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

We've decided to eliminate the "membership" aspect of the Friends. Any donation will be considered fully tax-deductible, and you will receive a letter and receipt to that effect.

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

Website: <http://FriendsOfTheLancasterSeniors.org> Email: FriendsOfTheLancasterSeniors@gmail.com

To support the Friends, 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.
PO Box 173
Lancaster, MA 01523**

For more information about the Friends, contact David James at 978-263-7962.

Name: _____

Address: _____

Email: _____

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