



Please visit the Lancaster Community Center:
Located behind the Town Green & Library

Community Crier

Nicole Kanis Chair, Mary J MacLean, Frank MacGrory, Eileen McRell, Jay Moody, Jo St. Angelo, Michelle Jones,

January/February 2015 (978) 733-1249 , f (978) 733-4076 Alexandra Turner, Director Maribeth Eugene Ast.

The Resolution Edition

#1 Improve diet and fitness

#2 Make time for friends...



We have that covered...

The Great Souper Bowl Potluck!

February 27th

5 p.m.



**We hope to celebrate a Pats victory~ either
way we will eat! Join us!**

*Appetizers & mingling at 5
Crock Pots break open at 5:30*

**Don't cook, don't worry! We need bread, appetizers,
beverages and SOUP!**

Call and let us know what you will bring!

Pencil in these dates!

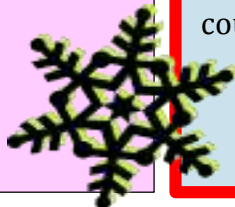
February 7: Eagle Fest!

February 17: Family Fun Vacation Day

February 21st: Winterfest!

February 28th: No Snow Date

Winterfest



Thoughts from the Director

This is an exciting time, a time for new beginnings, a time when we resolve to make positive changes in the year to come. I, too, have been known to make *well-intentioned* resolutions that I don't always stick to - this year I will!

Fortunately, for those of us with weak resolve we offer lots of great exercise classes, events, and more at the Center. It is no surprise that studies show that people who resolve to improve their lives and have the support of a partner, or groups have much better results. Our Center has grown tremendously in the last several years but there are many offerings that people do not take advantage of. So consider joining one of our programs.

Thanks!

Once again I would like to thank the many volunteers who make our Center possible. On behalf of the Center I would like to extend special thanks to Michele Macdonald who served as Chairperson of the COA until December 31st. Through her leadership the Center has grown and flourished. She is also a wonderful cook, new gram and all around great lady. She has promised to stay active here; in fact she may be recruiting you to help with a health fair she is spearheading - coming this fall. Get ready!

Nicole Kanis will be stepping up as Chair; she has big shoes to fill. I am sure she will do a great job, please feel free to contact her and wish her well. She is also a great lady, and could use lots of help and support.

*Happy New Year!
Alexandra 'Alix' Turner*

Tuesday is Pancake Day

Everyone is invited!

Senior Center
Tuesday mornings
7:30 am until 9:30 am
\$2 adults/\$1 kids
Suggested donation
Presenting
Chef/Chair Extraordinaire
David James

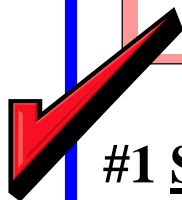


All you can eat!
Pancakes, sausage,
juice, eggs coffee +

‘The Top Ten’

We can help check these off!

- 1. Spend Time with Family & Friends**
- 2. Get Fit**
- 3. Eat Well**
- 4. Improve Health**
- 5. Enjoy Life More**
- 6. Improve my finances**
- 7. Taxes!**
- 8. Learn Something New**
- 9. Help Others**
- 10. Get Organized**



#1 Spend more time with Family and Friends

WINTERFEST



**And soon the Famous Lancaster Skating Rink
be opening ***

February 21st 11-4 Low or no snow date February 28th

Look to the town website for ‘Rules of the Rink’ Hours, opening etc.

Chili Contest, Children’s Art Show, Photography Contest, Thai Time, Bake Sale, Ice Sculpture, Skating, Cross Country and Snow Shoe Contest (BYOS), Broom Ball, Snow ball target contest, Mommy/Daddy Iditarod, Worcester County Sheriff Iris Scan, Fun Fair Food and more!

****Watch the Website. Events sponsored by Thayer Field Foundation***



#2 Get Fit Would you like to meet other area residents, find a 'work out buddy', or simply enjoy a reasonably priced class with no 'initiation fee, or contractual commitment? ***Then try a fitness class!***

Tai Chi at the Center

Monday 9:30 am & Wednesday Evening 5:30 pm

Tai Chi uses gentle movements to reduce stress and improve health.

"Tai Chi Chuan strengthens the weak, raises the sick, invigorates the debilitated, and encourages the timid"
Tai Chi Grandmaster Cheng Man-Ching 1947

Out of shape, In great shape but want to improve your balance or flexibility? Try Tai Chi! People rave about how much better they feel. Good for all levels- the first class is free! Try it- you will like it!

Reduces stress, improves balance, reduce aches and improve overall health then consider tai chi (TIE-chee). Described as "meditation in motion" Tai Chi 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.

Thursdays 10:30-11:30 am

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

General public \$7 per class or 6 for \$33

Buy a punch card for six classes. May use on any class, at any time-do not expire!

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

Wear comfortable clothes



Free!

Chair Yoga with Michelle

At the Senior Center

Every Wednesday at 12:30 p.m. Join us!

This class will benefit anyone, as it is an excellent way to relax. It is especially good for those who can't do strenuous workouts. You will not be 'getting down 'on mats. Free! Join us for lunch at 11:30 first.

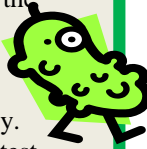
Our thanks to Michelle Jones and River Terrace for sharing their talents with Lancaster.

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
mornings

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.

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!)



Join the Fit Club!

January Resolution special!

Free Fitness Series

The Lancaster Community Center is offering a Free Beach Body Fitness Series for six weeks for all fitness levels. Give us an evening, you will be amazed! Tuesday evenings at 6:30 in the Gym for 45 minutes beginning Jan. 27. Wear comfortable clothes and sneakers/appropriate footwear. Taught by Pam Wier. For details contact us at the Center 978 733 4076

Feeling less than inspired or bored with your workout? Team Beachbody Fit Clubs are the ultimate way to get fit and have a blast at the same time! Come workout to the best selling Team Beachbody Fitness programs such as T25, 21 Day Fix, PiYo, P90X3

All fitness levels welcome, Appropriate for Ages 18 and over
Please wear appropriate fitness footwear, Bring water, towel and your energy!

Pam Weir

Independent Team Beachbody Coach

Don't Wish For It...Work For It



Family Fun Day

February 17th 7:30-11:30



Thanks to Corrective Chiropractic for helping sponsor our games, and the Friends for Breakfast.

7:30-9:30 All you can eat family Pancakes.

Choose chocolate chip, apple, or blueberry!
Cocoa w sprinkles and more! Eggs, sausage ++
Adults \$2, kids \$1

9:00-11:00 Kids Crafts Stations.

Recycled Roses to make and take for you or your sweetheart

Cactus Garden Make your own. Real cacti! (\$6 per garden)

Sponsored by Lancaster Gardens

10:00-12:00 Free Games! Gym Time, Free Play

Free Game Stations! Ex Plinko! Basketball, parachute games, hula hoops and more

Lots more! Chiropractic Adjustments and more! Treats & lots of free or low cost fun, come enjoy your vacation with friends!



#3 Eat Well -Join us for Lunch + JANUARY, 2015

\$2.25 suggested donation, reserve one day ahead @ 978 733 1249 x 1103

If you cannot make it here we offer Meals on Wheels, call 978 733-1249 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
<p>5</p> <p>Lasagna Basil Meat Sauce Carrots with Dill Multigrain Bread Pineapple Tai Chi @9:30 Yoga @ 11</p>	<p>6</p> <p>Turkey & Corn Stew (10 Oz) Tossed Salad Garlic Bread Stick Fresh Oranges</p>	<p>7</p> <p>Split Pea Soup Baked Chicken Breast Tarragon Sauce Red Bliss w/Thyme, Pepper Whole Wheat Bread Blueberry Buckle Tai Chi @5:30</p>	<p>8</p> <p>Pork Roast Honey Ginger Glaze Couscous w/Red Pepper Broccoli Whole Wheat Bread Pears Yoga @ 11</p>	<p>9</p> <p>9 am Pickleball 1 pm Bridge</p>
<p>12</p> <p>Tomato Chickpea Soup Grilled Chicken Breast Mashed Potatoes Herbed Gravy (roux) Whole Wheat Dinner Roll Fresh fruit Tai Chi @9:30 Yoga @ 11</p>	<p>13</p> <p>Potato Fish Spanish Rice/w parsley Roasted Brussels Sprouts Whole Wheat Bread Lemon Pudding Whipped topping</p>	<p>14 SPECIAL **HIGH SODIUM Vegetable Barley Soup Baked Ham Hawaiian Sauce Garlic Whipped Potatoes Parker House Roll Apple Cherry Crisp Tai Chi @5:30</p>	<p>15</p> <p>Swedish Meatballs Egg Noodles/dill Toss Salad Whole Wheat Bread Pineapple Yoga @ 11</p>	<p>16</p> <p>9 am Pickleball 1 pm Bridge</p>
<p>19</p> <p>MLK Day Closed</p>	<p>20</p> <p>Three C Soup Grilled Chicken Coq au Vin Sour Cream Chive potatoes Whole Wheat Bread Mixed Fruit</p>	<p>21</p> <p>Pork Roast Soy Ginger Sauce Sweet Potatoes Tossed Salad Pumpkin Bread Banana Tai Chi @5:30</p>	<p>22</p> <p>Vegetable Gumbo Soup Chicken Divan Brown Rice Pilaf Whole Wheat Bread Fruited Jello w/C Whipped topping Yoga @ 11</p>	<p>23</p> <p>9 am Pickleball 1 pm Bridge</p>
<p>26</p> <p>Escarole Soup Meatball Cacciatore Bow Tie Pasta w/Peas Whole Wheat Bread Pears Tai Chi @9:30 Yoga @ 11</p>	<p>27</p> <p>Pork Lo Mein Bok Choy/Carrot Mix Whole Wheat Bread Pineapple Fortune Cookie Beach Body 6:30</p>	<p>28</p> <p>White Bean Kale Soup Grilled Chicken Breast Marsala Sauce Brown Rice Whole Wheat Bread Bateman Choc. Chip Tai Chi @5:30</p>	<p>29</p> <p>Roast Turkey Rosemary Gravy GingerButternut Squash Tossed Salad French roll Mandarin oranges Yoga @ 11</p>	<p>30</p> <p>9 am Pickleball 1 pm Bridge</p>

There is a free lunch! Really.

Thanks you to Tufts and MOC we are accepting the first twelve people who would like to participate in *Seniors on the Move*.

A cooking, exercise and nutrition class beginning Feb 25th

The menu's look incredible, results almost* guaranteed!

Most participants finish with better blood pressure, blood sugar readings and less weight!


February, 2015

\$2.25 suggested donation, reserve one day ahead @ 978 733 1249 x 1103

If you cannot make it here we offer Meals on Wheels, call 978 733-1249 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
2 Roast Turkey/Gravy Sweet Potatoes Green Beans Multigrain Bread Applesauce Tai Chi @9:30 Yoga @ 11	3 Minestrone Soup Chicken Patty Parmesan Spaghetti/Marinara/ Mozzarella WW Roll –Orange Beach Body 6:30	4 Salisbury Steak/Beef Gravy Mashed Potato/ Chives Carrots w/Dill Whole Wheat Bread Butterscotch pudding Tai Chi @5:30	5 Cajun Lentil Pork Stew Toss Salad Whole Wheat Bread Blueberry Buckle Yoga @ 11	6 Field Trip to MB 9 am Pickleball 1 pm Bridge
9 Chicken Stew Kale Bread Stick Mandarin Oranges Tai Chi @9:30 Yoga @ 11	10 Stuffed Cabbage Casserole Marinara Sauce Italian Veggies Rye Bread Chocolate Pudding Beach Body 6:30	11 Chicken w/Gravy Mashed Potato Mixed Vegetables Multigrain Bread Fresh Fruit Tai Chi @5:30	12 SPECIAL Potato Leek Soup Salmon & Peach Salsa Tossed salad Whole Wheat Roll Angel Food Cake Yoga @ 11	13 9 am Pickleball 1 pm Bridge
16 	17 Tomato Florentine Soup Chicken & Mushroom O'Brien Potatoes Whole Wheat Bread Mixed Fruit Beach Body 6:30	18 Fish Sticks Mac & Cheese Toss Salad Whole Wheat Bread Fresh Orange Tai Chi @5:30	19 Roast Turkey/Gravy Whipped Potato Carrots/Dill Whole Wheat Bread Banana Pudding/Topping Yoga @ 11	20 9 am Pickleball 1 pm Bridge
23 Escarole Soup Chicken/Tarragon Sauce Whipped Potato Whole Wheat Bread Fruited Jello Tai Chi @9:30 Yoga @ 11	24 White Chicken Chili Brown Rice Toss Salad Biscuit Pineapple Beach Body 6:30	25 Kielbasa Baked Beans Spinach Hot Dog Roll Tapioca Pudding Tai Chi @5:30	26 Beef Stroganoff (Shaved Steak) Parsley Egg Noodles Multigrain Bread Pineapple Yoga @ 11	27 9 am Pickleball 1 pm Bridge Souper Bowl party

Join us for Breakfast- The most important meal of the day

All you can eat- Pancakes every Tuesday.

Drop in 7:30am -9:30am! Lots of fun for only \$2.

Family Pancakes Feb 17th



#4 Improve Your Health

It sounds easy, just start eating right and exercise. Anyone who has tried knows it is not that easy! Through grants we are now able to offer a free program to kick you off! Take time to invest in yourself, and discover the first truly free lunch with great rewards!

The key to good health, eat well and move more!

Now how to do it? We can help. Studies show people lose more weight with group support.

Seniors on the Move! (SOM)

Who will be our "Biggest Looser?"

That is a title I strive for

Montachusett Opportunity Council (MOC) & the Lancaster COA Present

Get Healthy in 2015! Seniors on the Move (SOM)

A Free Cooking Lesson, Free Lunch & Fitness Program!

8 Wednesday's February 25th - April 15th. 11:00-1:30 p.m.

Would you like to feel healthier, maybe loose a few pounds, and lower your blood pressure without medication? Learn to cook some delicious, easy to prepare recipes? Then please join us for a series of classes, brought to us by a grant from Tufts and CMAA. A typical class consists of a cooking lesson, I have seen sample menus. Yummy!! Quick too. Then enjoy the healthy freshly cooked meal we cooked, followed by nutrition education and a specially designed exercise program. Past classes have reported weight loss, and great results lowering blood pressure and getting healthier! The full brochure is on our website. This program is geared towards those who suffer from chronic illnesses such as but not limited to: Hyper-tension, Diabetes, COPD, CVD or Cancer. Anyone over 60 may participate.

Day one will include taking weights and blood pressures for baseline assessment.

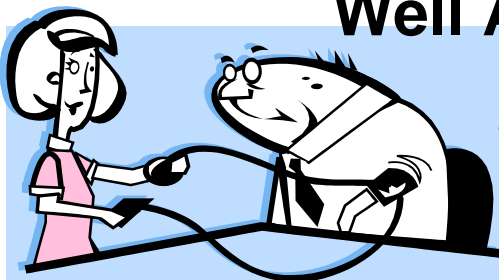
All materials are provided courtesy of CMAA, and Tuft's Health Plan Foundation Grant

Well Adult Clinic~ It is FREE!

With our town nurse, Tamara Bedard.

1st Tuesday of each month

3rd Wednesday of each month 11am-12pm



Advice, Blood pressure screenings and more

#5 Enjoy!

Piano Lessons

Interested in learning the Piano?

We now offer 'one on one'
Piano lessons with Peter.

Wednesdays at the Center
For children age 5-up

½ hour lessons available by
appointment between
3 pm-5 pm

Only \$13 per ½ hour lesson
To schedule or for questions

Papa Pasta Dinner

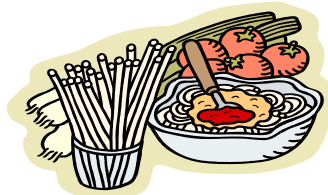
Buffett Pasta night

A large assortment of Pasta and sides

NEW DATE: January 30th

One seating at 6:30PM

This is a change due to the storm Jan 24th



\$10 adults \$5 kids and 65 over

Sponsored by the First Church, to help their
Religious Education and
those in need

Tickets suggested: www.FirstChurchLancasterMA.org

#6. Improve my Finances

SHINE

(Serving Health Insurance Needs of Everyone)

Help!..My new Part D Plan doesn't cover all my Medications!!"

Transition Refills~ A nice tool.

If you have a **new** Medicare Part D plan and have found out that your new plan does NOT cover a drug you have been taking, you should know about **transition refills**. Transition refills may give you **temporary** coverage (one-time, 30-day supply) for a drug that is not on your new plan's formulary **OR** that has restrictions (prior authorization or step therapy). It is important to understand that a **transition refill is only a temporary solution**. You need to call your doctor right away to talk about switching to a drug your plan does cover **OR** filing a request with your Part D plan for a "formulary exception" (which may or may not be approved). **A transition refill is not for new prescriptions**. You can only get one if you were already taking the drug before you signed up for the plan. Also, a transition refill does NOT apply to drugs that Medicare doesn't require Part D plans to cover (like Valium and Ativan).

If you are in the **same** plan as last year, you **may** still be able to get a transition refill if your plan removed a drug you had been taking in 2014 from its 2015 formulary, for reasons other than safety.

Not all pharmacists know about transition refills.

Ask your pharmacist to call your Part D plan for special instructions.

SHINE on line www.shinema.org.



#9 Help Others: Visit, Volunteer or more.

Thoughts from the Chair

This new year make it your resolution to volunteer in the community. The senior center is a great place to get involved with a variety of events. Your time is valuable to the senior center and will help provide services to those who need assistance, ensure new programming can be offered as well as enhance the current offerings at the center.

Volunteering is not only good for the community but also for you! There are numerous health and wellness benefits to volunteering. Volunteering is good for both physical and mental health. Research has shown that older adults who volunteer in the community have lower rates of disability and increased longevity when compared to older adults who do not volunteer. Volunteering can also lead to improved physical and mental functioning. Those who volunteer also have lower rates of depression and increased levels of happiness, self-esteem and life satisfaction. Volunteering can give individuals a sense of purpose and meaning and also increase social networks. If you spent any time last year volunteering you know how good it feels to give back to you community!

Come down to the Senior Center and see what you can do to get involved. There are a variety of opportunities available. You can offer to help every week or help at special events such as concerts or special meals that are offered. Every little bit helps the senior center offer programs and resources to the residents of the town.

Nicole Kanis

It is good for you!

January is National Blood Donor Month



Blood is traditionally in short supply during the winter months due to the holidays, travel schedules, inclement weather and illness. January, in particular, is a difficult month for blood donations. January has been designated as National Blood Donor Month (NBDM) to encourage donors to give or pledge to give blood.

Blood Donors must be in good general health and feeling good on the day of donation. Healthy means that you feel well and can perform normal activities. If you have a chronic condition such as diabetes, healthy also means that you are being treated and the condition is under control. Donors must be also be 17 years of age and weight at least 110 pounds. If you are in good health, please consider donating blood this month. If you cannot, encourage a friend or family member. *You just may save a life!*



Go Prepared

- Have a light meal and plenty to drink.
- Bring your donor card, driver's license, or 2 other forms of identification.
- Bring the names of medications you are taking.

The Process

- Registration- A volunteer will sign you in and go over basic eligibility and donation information.
- Mini Physical- A review of your health history and place you have travelled, as well as temperature, pulse, and blood pressure check. A blood sample will also be taken to check your hemoglobin level.
- The Donation- The actual donation process takes about 8-10 minutes. It is safe and sterile.
- Refreshment- After donating you should have a snack and something to drink in the refreshment area. You can typically leave 10-15 minutes after donating.

Thank you ! Nashoba Nursing Service and Hospice

Perkins School Blood Drive

January 27+2 pm-7 pm

For an appointment try redcrossblood.org or
800-RED CROSS



#10 Get Organized

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 your '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, **Lancaster Recycling!**

To Consign/Sell

Clothing

The Garment District, Cambridge

Vintage or High end

www.garmentdistrict.com

617-876-5230

Six 20 Six Fashion Consignment

www.six20six.com

(978) 368-6262

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



Bring your mendable clothes, lamps, bikes, toys and more!
If you have or need parts try to bring them too.

Enjoy a drink, snack and a fix!

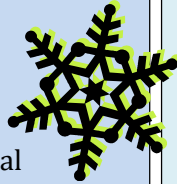
Brought to you by Nashoba Rotary and Bolton Local

January 24, 2015 9am-1 pm

Davis Hall First Church Bolton, MA

673 Main Street

Ray (978)779-5545 or Richard (978) 835-4432



Need 'one on one' Insurance Counseling?

Make an appointment with

Gretchen Pruden
Our Trained SHINE volunteer

Tuesdays by appointment

Call Gretchen at 508-502-8279

Our office at 978-733-4076

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.



Dog Licenses

-On Sale NOW!

Cash or check accepted.

\$10 neutered or spayed,

\$20 not altered

May License your dog on Line

**processing fee applies*

Clerk's Office hours of Monday, 9:00 AM – 5:00 PM

Tuesday through Thursday, 9:00 AM to 4:00 PM

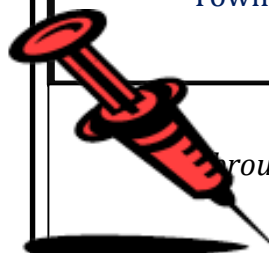
If you wish to mail in for the license, please enclose your check, payable to the "Town of Lancaster" and payment & include a self-addressed-stamped-envelope with additional postage (\$0.69) to have the tag(s) mailed to your home.

Alternatively, licenses can be paid for, on-line at:

http://www.ci.lancaster.ma.us/Pages/LancasterMA_WebDocs/billpay

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,



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.



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!

- **February 6th** : Market Basket/Whitney Field
- **February 7th** : Eagle Fest in Newburyport, Field Trip!
 - **February 13th** : Solomon Pond Mall
 - **February 27th** Souper Bowl Party! 5 pm
 - **March 6th**: Market Basket/Whitney Field

Join us for *Eagle Fest 2015*



Join on us a special Saturday trip up to the North Shore, ending in Newburyport to celebrate the Merrimack River Eagle Fest.

We arrive and head directly to a special Raptor show in Newburyport's town hall. After the show we head to Angies, an inexpensive but yummy, casual stop for an early lunch. After lunch we hop on another bus to travel to Deer Island with our Audubon tour guides. Our guides will have their telescopes set up and trained on their 'marks', American Eagles. If we are lucky we may see other rare birds too. We will certainly learn a lot! After exploring the island it is back on the bus to return to downtown Newburyport. You will have a few minutes to grab a coffee, or explore a shop and then back on the bus to return to the Center. Deer Island is rugged and there is some walking involved so wear good shoe, and layer! We will be in and out so dress appropriately.

Seniors and Children \$17, Adults \$20 Lunch is not included (bring cash). We meet at the Center at 8 am for coffee and will be home for supper around 5 p.m. Dress comfortably. We will go unless there is a serious storm and Audubon cancels. Any cancellation subject to fees, unless we can fill your spot in advance. To reserve call 978-733-4076 or email aturner@lanasterma.net

THE FINANCIAL PAGE\$ & COMMUNITY NEWS

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

Fuel Assistance:

The 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 household of two, \$42,654; for a household of three, \$52,691.

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

It's Census Time

Soon you will be receiving your town census. Mailed by the Town Clerk's Office per Massachusetts General Law.. If you have your mail sent to a post office box, you may have to check in with the post office to see if you have one waiting for you. *Anticipated mailing date of the census is January 15th.*

Why return the Census?

If you are a registered voter, failure to respond shall result in removal from the active voting list and may result in removal from the voter registration rolls. If you are not a registered voter, it is still important for you to return your census form – many public benefits require proof of residency, which our office can provide for any resident who has been counted in the census. In addition, an accurate count of residents in Lancaster leads to better municipal services



*Cooking with
Laura!*

*Cooking with
Love!*

**Friday February
13th 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 a Valentine's Day inspired menu. Laura will teach us some of her short cuts and health tips 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!

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

February, 18th at 9:00-10:00 AM

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

Join us

Council on Aging Board Meetings

Third Wednesday of the month

January, 21

February, 18

March, 18

All at 9 am

Free Coffee! Join us.

Many thanks

To the many generous donors who helped our neighbors . Your generosity this holiday season the holidays warmer!

To Rose, Thorn and Fiddle for sharing their talents.

To all our bakers for delicious cookies, thanks!

Shaws , for donating pastries each week. To River Terrace too, Jon, John, Chris and Matt, Thelma, Laura, Maribeth, Kathy and Lynn, Dave, Jean Michele, Claire, Nilah, Susan, Celeste, Geno, Gretchen, Judi, Judy Rachel, Doc Frigoletto, Thanas, Monique , Rachel, Don and Dianne, Charlotte, and more for all their hard work making the Center special (and all those I forgot to mention here!)

The Senior Center

Will be closed

*In honor of Martin Luther King
Day*

January 19 and



February 16th

For Presidents Day

We welcome everyone!

Monday-Thursday 9-3*

Office hours 8:00-12

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

Lancaster Community Center 01523 (978) 733 4076

This newsletter is supported by The Executive Office of Elder Affairs