



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 McBell, Nicole Kanis, Michele Macdonald Chair

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

-In Local News...

It's back..... Summer that is!

Summer means it is time for the

Free for Seniors! Fireman's Chicken BBQ

July 25th, 12 noon

At the Center



Join us for an afternoon of fun, friends, for a
delicious chicken BBQ with all the fixings!

*Thanks to the Lancaster Fire Department
Association and the Woman's Auxiliary.*

Last year we sold out so reserve early.

Free tickets **by reservation only** At Senior Center
or by phone, or email Seating is limited
RSVP to 978 733 4076 or meugene@lancasterma.net

We will dine outdoors, indoors in case of bad weather,
or extreme heat. *Early birds pay double!*

Thoughts from the Director,

Happy 4th! On behalf of those at the Center I
wish you a happy holiday, and fun filled
summer. I hope you join this summer we have
lots planned.

Our activities go well beyond our walls, we
offer trips, festivals, summer camp and classes
for all ages. This newsletter offers a sample,
for updates send us your email.

July 25th our fireman and women have
generously agreed to sponsor a **Chicken BBQ**
for Lancaster Seniors. By reservation only! To
reserve a ticket call us. We **will** sell out.
Lancaster residents have first priority.

Community Home Days, August 25th is going
to be even bigger and better this year. We have
combined our anniversary celebration with
the Thayer Field festival. . This year there's a
BBQ, concerts, an outdoor family movie, arts &
crafts show, book sale, and a flea planned. Do
you know any artists or those who want a flea
space? Contact information is above.

Every Tuesday we host pancakes. Secret is
out, it is not just for seniors. It is yummy, and a
chance to see friends. \$2, \$1 kids. 7:30 -9:30
Read on for more events!

In the spirit of our friend and volunteer Arthur
Joseph I want to thank the bus loads of angels
who came with Pastor Heather Cook. . They
were amazing, gardening, painting, cooking
and cleaning. It is amazing what they
accomplished! Consider following their
footsteps.

Hope to see you soon, *Alix*

Tuesday is Pancake Day!

Everyone is invited!

Now with surprise Additions

For July- **Blueberry** pancakes!

Tuesday mornings

7:30 AM until 9:30

Suggested Donation Still only \$2!

Chef Extraordinaire David James in the house!

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

Apré' Pancake Information Series

9:30 a.m.in the Meeting Room

- July 8th: Lois Luniewicz
Worcester Regional
Medical Reserve Corp.
- July 15th: Cheri Boegemann-Massage
Health Benefits and Free! Chair massage
- July 22nd: Corey, National Grid
- July 29th* at 9:30: Fall Prevention
Senior Whole Health

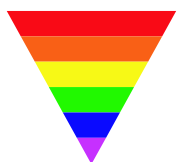
Rainbow

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

Another great
SLCTV & LCC
Special Presentation

**Cooking with Laura
And Special Guests!**

Tasty Summer Treats

Free!



Wednesday, July 9th

1:30-2:30

All ages encouraged to attend

Lancaster's own Super Chef,
Laura Kryger will prepare some
yummy hot weather treats, tastings
for the studio audience too!

*Come see the magic of making a TV
show, and taste the magic Laura
makes with her culinary skills.*

On the Church Green

Free Family Concert

LORI DIAMOND

AND

FRED ABATELLI

July 23rd at 6:30 p.m.
First Church Grounds
Brings chairs, snacks,
blankets and the kids!

Co-sponsored by
Wachusett Music and the
Lancaster Cultural Council

IN LOCAL NEWS

Food for thought, or thinking about your Food!

Genetically Modified Food and Your Health

Free Lecture & Discussion at the Library! -July 10th at 5:30 p.m.



For almost twenty years, major chemical companies have been genetically modifying crops. Coincidentally, during the same time period disease has skyrocketed in the U.S. At present there are nine genetically modified (GMO) crops in the U.S., with eight more being considered or already approved for field trials. 94% of soy and 72% of corn has been genetically modified to withstand applications of Roundup. Learn why Lancaster resident Cathy Weaver is concerned about the environment, health, and the health of our children.

Can you help? *The Elderly and Disabled Tax Fund is back!*

Some of our neighbors are down on their luck and are having trouble paying property tax. In response the town established the Elderly and Disabled Tax Fund. This fund is funded solely from voluntary contributions to offset taxes for those in need and those that are unable to work. You will note a request for funds on your next tax bill, coming in August. If you are able please consider donating to the fund.

Once funds have been collected they will be distributed based on need by the committee formed by town by-law. Confidential applications will be available when funding is secured.

Dinner and a show! **Outdoor Free Concert** ***With a BBQ and more***

Featuring

The Rayzinz

August 23rd 6-7

**Bring blankets and chairs. There
will be lots to eat and drink!**

Out back!

When it gets **Hot**
Join the cool kids!

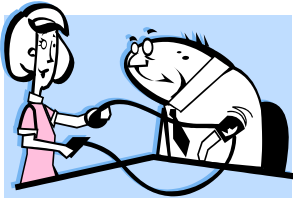
**We are a
cooling center.**

**Free Drinks, TV, Wii,
Computers, etc.**

**Call 978 733 4076
or check the town
website for hours.**

Know a good local artist? Refer them to our craft show, Aug 23rd. Home Days. ***Flea Mkt*** tables too!

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!



All ages gentle Tai Chi & Hatha Yoga

Tai Chi @ 9:30 am Mondays and NOW- Wednesday nights too! RSVP

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.

Yoga @ 11 a.m. 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)!**

Swim your way to fitness!

At another Lancaster treasure: Our very own town beach at Spec Pond.

Now Open! Daily 12p.m. - 6pm. til Aug 16th

Swimming lessons for children k-8

Free day passes for seniors (over 65)!

See the town website for more information, or go to the beach during hours, or the town treasurer's office.

**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 f

Stow Food Pantry

335 Great Rd (Rt 117)
Stow, MA 01775
(978) 897-4230

Offering variety of fresh produce (seasonal), baked goods. You may choose from an assortment of meat products as well, and an ample supply of pantry items such as canned goods, pasta, rice etc.



**Medical Equipment
Loan Program**

**Crutches, canes,
commodes,
wheelchairs + more
to loan.**

Call us 978 733 4076



**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!*

Electric bills outrageous? Gas bill worries?

**Call Center headaches.... *You are not alone-
but maybe we can help.***

Come meet Corey Manson, National Grid Consumer Advocate. Corey is part of a pilot program designed to help customers with their accounts, bills, energy questions and information about programs and services available from National Grid and other sources.

Meet Corey for breakfast, he is bringing the fruit!

**Free! Seminar Tuesday July, 22nd
10 am**

Individual appointments by reservation

nationalgrid

Important Numbers to Save

Medicare Advocacy Project legal advice and assistance 1-800-323-3205

Medicare 1-800-633-4227 TTY 877-486-2048

www.medicare.gov **Social Security** 1-800-772-1213

www.socialsecurity.gov

MA executive Office of Elder Affairs 1-800-AGE-INFO

Sharps Collection Program

brought to you by Nashoba Board of Health(BOH)

For a \$5 (5 quart) or \$10 (10quart) Nashoba BOH will provide a safe container for sharps disposal. In these approved containers sharps may be accepted for disposal. ? Call 978-772-3335 or www.nashoba.org for more information.

This newsletter is generously supported by funding from the Executive Office of Elder Affairs.

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 - 9:00AM

A few
spots are
still
Open!

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

SHARKS! *In the Nashua?*



No –They're at Thayer Memorial Library July 24th

3 sessions of 30 students each. 1 p.m., 2:00 p.m. or 3:00 p.m.

You must pre-register. Call 978-368-8928 or stop by the Library.

The New England Aquarium staff will demystify some of the hype surrounding sharks and then share their current theories about shark attacks. Following a brainstorming sessions, students will be able to use the multiple interactive exhibits focusing on shark eyesight, size, hearing, skin and other extrasensory adaptations. No live sharks will be at the library, but real samples of shark jaws, skin, and a 15-foot inflatable shark will be part of the program.



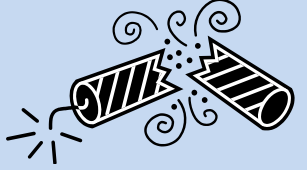
Join us for lunch in July

\$2.25 suggested donation, reserve one day ahead @ 978 733 1249
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 and 1% Milk 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 everyone!**

	1 BBQ \$3 donation ¼ BBQ Chicken Homemade Baked Beans Cole Slaw Corn on the Cob Peach Crisp w/ topping Pancakes 7-9:30 Bingo at 1 Zumba at 5:30	2 Gypsy Soup Chicken Breast W/ Gravy Mashed Potatoes Muffin	3 Meatballs W/ Hawaiian Sauce Herbed Noodles Broccoli Whole Wheat Bread Peaches Yoga at 11 am	4 HOLIDAY 
7 Ravioli Bake with Marinara Sauce Italian Blend Veggies Pineapple Tai Chi at 9:30 Yoga at 11 am Game Day	8 SPECIAL Chicken Breast German Potato Salad Sweet & Sour Cabbage Parker House Roll Blueberry Crisp Pancakes 7-9:30 Bingo at 1 Zumba at 5:30	9 Roast Pork W/ Gravy Mashed Potato Carrots Applesauce	10 BBQ Burger Baked Beans Cauliflower and RP Hamburger Bun Chocolate Pudding Yoga at 11 am	11 Market Basket Hudson Bridge at 1:30 Glenn Miller Concert Call for trip info
14 Meatballs w/ Swedish Herbed Noodles Broccoli Whole Wheat Bread Butterscotch Pudding Diet: Butterscotch Pudding Tai Chi at 9:30 Yoga at 11 am	15 MEGA MEAL American Chop Suey Italian Green Beans Bread Stick Toss Salad Fig Bar Pancakes 7-9:30 Bingo at 1 Zumba at 5:30 <i>Poetry</i>	16 COLD PLATE 3 C Soup Chicken Breast W/ RP Pesto Sauce Vegetable Rice Salad Chocolate Chip Cookie WaterColors With Ron	17 Baked Salmon W/ Lemon Dill Sauce Brown Rice Green Peas Whole Wheat Bread Fruited Gelatin Yoga at 11 am	19 Consignment Crawl Bridge at 1:30
21 Lasagna w/Basil Meat Sauce Italian Blend Vegetables Whole Wheat Bread Fresh Fruit Tai Chi at 9:30 Yoga at 11 am	22 Chicken Breast W/ Teriyaki Sauce Brown Rice Oriental Vegetables Whole Wheat Bread Muffin Pancakes 7-9:30 Bingo at 1 Zumba at 5:30	23 Turkey Tetrazzini Bowtie Pasta Broccoli Multigrain Bread Peaches Concert	24 Portuguese Kale Soup Roast Pork w/Applesauce Sweet Potato Vanilla Pudding Yoga at 11 am	25 Fireman's BBQ Bridge at 1:30
28 Breaded Chicken Scalloped Potatoes Broccoli Whole Wheat Bread Banana Pudding Tai Chi at 9:30 Yoga at 11 am	29 COLD PLATE Tomato Chickpea Soup Tuna Salad Veggie Pasta Salad Fresh Fruit (Cantaloupe) Pancakes 7-9:30 Bingo at 1 Zumba at 5:30	30 Diced Chicken Cacciatore Penne Pasta Green Beans Applesauce	31 Shaved Steak w/Jardinière Sauce Diced red Bliss Potatoes Spinach Snack'n Loaf Yoga at 11 am	August 1 Market Basket Bridge at 1:30

The Travel Pages

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

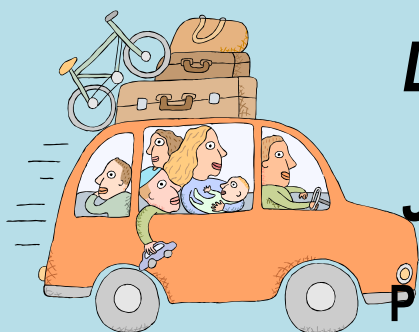
(Only two dollars round trip for shopping. Home Pick up /Drop available CALL 978 733 4076)

Trips leave at 9am or as noted. Reservations required.

All special trips are non-refundable see policy below.



- July 4th: Enjoy the holiday!
- July 11th: Market Basket Hudson, Glenn Miller Trip
- July 18th: The Crawl
- July 25th Fireman's BBQ
- August 1: Market Basket Leominster



Let's explore North Central Mass

July 18th Another of our Favorite Things Tour!

Plants, Consignments, Wine, food, friends, and fun!

How can you go wrong?

There is so much to do right here in our backyard, hidden treasure abound. For this day trip we leave Lancaster and head north. We start at the wonderful Central Mass Garden Center where you will find gorgeous quality plants, great gifts and some wine if you are so inclined. Then we are off to some great consignment and thrift, and 'junking' spots featuring clothing, and home décor. After a morning of 'wheeling and dealing' we will need our sustenance. We will stop for lunch at the casual, tasty Bootleggers. Once we have regained our strength we will finish the day visiting some of the hidden destinations along Rt. 119 time permitting. We hope to visit the Cooperage and perhaps another gardening treasure down the road a piece. Something for everyone on this trip, hope you can join us!

We meet at the Center at 8:30 for a quick cup of caffeine before we leave at 8:45. We return by 3:00. \$7 seniors and children under 16. Others are \$8.

Lunch is NOT included; expect to pay \$10 to \$15 for lunch.

FREE FUN FRIDAYS!

66 MUSEUMS & CULTURAL VENUES OPEN FOR FREE ON FRIDAYS ALL SUMMER



FRANKLIN PARK ZOO
CAPE COD MARITIME MUSEUM
WORCESTER ART MUSEUM
TANGLEWOOD
THE SPORTS MUSEUM
MASS MOCA
MIT MUSEUM

ISABELLA STEWART GARDNER MUSEUM
COMMONWEALTH SHAKESPEARE COMPANY
AMERICAN TEXTILE HISTORY MUSEUM
THE DISCOVERY MUSEUMS
HANCOCK SHAKER VILLAGE
CONCORD MUSEUM
MAHAWE PERFORMING ARTS CENTER



HERITAGE MUSEUMS & GARDENS
EDWARD GOREY HOUSE
JACOB'S PILLOW DANCE FESTIVAL
AMELIA PARK CHILDREN'S MUSEUM
FALMOUTH MUSEUMS ON THE GREEN

BOSTON HARBOR ISLANDS NATIONAL PARK
CLARK ART INSTITUTE
WENHAM MUSEUM
USS CONSTITUTION MUSEUM
CHILDREN'S MUSEUM AT HOLYOKE
VOLLEYBALL HALL OF FAME
FULLER CRAFT MUSEUM



JOHN F. KENNEDY PRESIDENTIAL LIBRARY AND MUSEUM
PEABODY ESSEX MUSEUM
WORCESTER HISTORICAL MUSEUM
FRUITLANDS MUSEUM
CAPE COD CHILDREN'S MUSEUM
NEW ENGLAND HISTORIC GENEALOGICAL SOCIETY
PILGRIM HALL MUSEUM

THE INSTITUTE OF CONTEMPORARY ART/BOSTON
PLIMOTH PLANTATION
GARDEN IN THE WOODS
MUSEUM OF RUSSIAN ICONS
FITCHBURG ART MUSEUM
HISTORIC DEERFIELD
REAGLE MUSIC THEATRE



MUSEUM OF FINE ARTS, BOSTON
OCEAN EXPLORIUM
THE ERIC CARLE MUSEUM
LARZ ANDERSON AUTO MUSEUM
SPRINGFIELD MUSEUMS
MASS AUDUBON'S BOSTON NATURE CENTER
SANDWICH GLASS MUSEUM

BOSTON CHILDREN'S MUSEUM
MUSEUM OF AFRICAN AMERICAN HISTORY
NEW BEDFORD WHALING MUSEUM
OLD MANSE, TRUSTEES OF RESERVATIONS
BERKSHIRE MUSEUM
EMILY DICKINSON MUSEUM



THE FREEDOM TRAIL FOUNDATION
BATTLESHIP COVE
CHILDREN'S MUSEUM IN EASTON
TOWER HILL BOTANIC GARDEN
ARNOLD ARBORETUM OF HARVARD UNIVERSITY
CAPE COD MUSEUM OF ART
DANFORTH ART

BUTTONWOOD PARK ZOO
ECOTARIUM
CAPE COD MUSEUM OF NATURAL HISTORY
NORMAN ROCKWELL MUSEUM
THE MOUNT: EDITH WHARTON'S HOME
GRIFFIN PHOTOGRAPHY MUSEUM



PLEASE VISIT HIGHLANDSTREET.ORG OR CALL 617.969.8900 FOR MORE INFORMATION



facebook.com/HighlandStreet



@HighlandStreet | #FreeFunFridays



ARTS AND CULTURE

POETRY WORKSHOP!!!

Who can come? **ALL are Welcome!!!**

When: Tuesday, July 15@9:30 -10:45 am

Why? Poetry is an art, widely recognized as having therapeutic benefits including empathic, emotional intellectual and academic benefits. It is also a nice excuse to get out and meet people!

We will be looking at published poems as 'models', so you may choose to bring your own poem to share.

We will provide copies of a few poems for the workshop; then, together we will discuss certain themes in each poem, and the use of figurative language (metaphors, similes, etc.)

For those who are bold enough to put pen on paper, we will produce our own poems.

*Follow-up Session: Tuesday, July 22, 9:30 to 10:30. In the follow-up session, we will share our final drafts after the Pancake Breakfast!

Presenter: Don Hosley, a Writer and Professor of English, MWCC.

The World Famous Glenn Miller Orchestra in Concert

Nara Park Amphitheater

25 Ledge Rock Way, Acton

*We will run the van if 8 people sign up by 7/3 \$5 RT

Friday, July 11 7:00-9:30 p.m.

\$10 per ticket

www.acton-ma.gov/register

This newsletter is generously supported by funding from the Executive Office of Elder Affairs.

Easy Water Colors or Water Color 101

Wednesday, July 16th 3 pm-4:30pm

With

Ron Beckner

Not only does he move us (as one of our drivers) but he also inspires us! Who knew Ron is a talented artist. He will share the basics of watercolor painting in this quick session.

The class is free. We request a \$5 donation for materials.. RSVP as our class size is limited.



Winter Scene by Ron Beckner

Spring Symphony

The Spring steals in on warm summer rain,
It wipes away the last of the winter's white.
The songs of birds are heard calling to their mates.

The sharp winds tune up to a loud roar,
Then whisper through leafless trees.

Clouds hang gray like a soggy newspaper,
Rain pelts the frozen earth,
Rivulets of water seep deep within.

The sun's bright glow kisses tiny sprouts of
Green to slowly wake them from a long
Winter's sleep

By Lancaster's own~ Ruth Baird

Please join! We help Become a Friend of the

We encourage you to consider joining the corporation, open to all. *You don't have to* federal 501(c)3 status as a non-profit, and it is 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: FriendsoftheLancasterSeniors@gmail.com To become out the information below, and send it and your check *Friends of the Lancaster Seniors, Inc.* to: Friends of the Seniors, Inc. 504 Blue Heron Dr. Lancaster, MA more information about joining FOLS, contact David 263-7962. *Thank you for your support!*



seniors in your community Lancaster Seniors!

Friends of the Lancaster Seniors, Inc. a non-profit *be a Senior to be a Friend!* We have applied for 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.

❖ Senior(60 +)	\$10	a member, fill (payable to Lancaster 01523For James at 978-
❖ Individual (non-Senior)	\$15	
❖ Family	\$30	

Got Time? Help Wanted! We need Volunteers.



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

Mulligans-Rt 12 Sterling MA

(Thanks to Ann Joseph for making us aware of it)



Senior Days at Mulligan Mini-Golf
Over 55? Only \$6 to play all day

Free Coffee and Donuts from 8-10 am

Beat the Heat-Free

Monday Movies

July 7: Ride Along

July 14: Victoria Mars

July 21: Endless Love

Mondays at 1 pm

Thayer Memorial Library



ABOUT TOWN

It's all Fare!

Author Event with Historian Jill Lepore

Sunday, July 27th @ 4pm.

In the Dexter Meeting Room.

Jill Lepore will discuss her book [Book of Ages: The Life and Opinions of Jane Franklin](#)

Come meet the celebrated author and journalist Jill Lepore and learn about Lancaster's connection to Jane Franklin.

If you would like the library to order a copy to read before this event, please phone 978-368-8928 or stop by the Circulation or Reference Desks.

Worcester Regional Medical Reserve Corp

What is it, how can they help?

How can I help?

Emergencies Happen when you least expect them. Be prepared! Learn about Worcester Regional Medical Reserve Corp. What they do, who they are, and how to help.

Join us just after pancakes July 8th 9:30
for a free presentation



OUR WISH LIST

We are planning crafts classes, events,& every day fun.

- 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
 - Outdoor plants
 - Garden Tools, and gloves etc.
 - Pots
 - Garden Cart
 - Baskets, or other crafting materials

Donations of nice saleable items for our Home Days Sale!

MART Van Fees

- Mart service to Senior Center: Free for senior and disabled coming to meals and events
- *Service in Town: 50c in town
- *Service outside Lancaster to a contiguous town: \$1 (Multiple stops may be charged)
- Friday Shopping trips are \$2 per person



- *Special Events will be priced according to the trip.*

**Round trip to Senior Center is free; otherwise the fees above apply to round trips beginning from home. Any 'home' trip interruption will result in a new fee will be assessed for example if a rider goes to the Post Office in the morning then home they pay 50 cents. If they then go to Lunch at the Senior Center they will pay nothing. If they go to Wal-Mart after lunch they pay \$1.*

48 BUSINESS hours' notice to reserve 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.

All ages fun... Nature Programs

Sponsored by the Friends of the Oxbow and the Lancaster Community Center.



WHO IS THERE?????

Saturday, July 13th at 8pm

Come and find out what there is to see, hear and smell at the Oxbow at night.

We will be helped by a FULL MOON. Bring a flashlight outfitted with a red light or cover your light with a piece of red cellophane. You will be surprised how easily your eyes adapt to the dark. Meet at the parking lot at the entrance to the Oxbow NWR at the end of Still River Depot Road in Harvard. Wear sturdy footwear. Dress for the weather and the insects. If using bug spray, please apply this in the parking lot.

RSVP to Rona at [978-779-2259](tel:978-779-2259) or email Ada at ada.friends@theoxbownwr@gmail.com. Older children welcome, it may be too much for those under 8 may find it too difficult.

WHAT IS A TURNPIKE DOING ON THE REFUGE?

A behind the scenes tour of Devens wildlife, and natural history.

Saturday, July 26th at 9am - Noon

We will walk along the Tank Trail enjoying the different habitats, sights, and sounds until we reach the Turnpike Trail. Why was this turnpike built here and by whom? Where did it go? Come and walk along history's intriguing past and be part of nature at the same time. We will also cover the history of this national refuge during the walk along the Nashua River where much more history took place among the Native Americans, early

settlers and the animals that now call this home. This is an easy walk which loops back to the parking lot and takes about one and a half hours. Families are welcome. Bring snacks, water, and insect repellent. *Meet at the parking lot at the entrance to the Oxbow NWR at the end of Still River Depot Road in Harvard. Organized by the Friends of the Oxbow, Freedom's Way Heritage Association, and the Fort Devens Museum. Pre-register at freedomsway.org*



Lancaster Farmers Market

**July 10~Oct 2nd
3:30-6:30**

Still on the Town Green

All the vendors are back, plus some! Music,

Great local veggies, baked goods, bird houses,

crafts, knife sharpening and more!

Seeking entertainment, and quality vendors.

**To participate, or to help contact
Steve Piazza @ 978 257-3938**

Sore from Gardening? Playing too hard?

Maybe a massage would help! July 15th at 9:30 a.m.

Cheri Boegemann, Licensed Massage Therapist will be giving an informative talk about massage therapy. Come and learn what massage is all about and how it can help you. There will be some free chair massage after the presentation and a drawing to win a free massage. Cheri has been practicing massage therapy for almost 10 years and works out of Nashoba Massage Therapy Associates. Lancaster.

Regional
Summer Time
BINGO

Thursdays beginning

July 10th **on** 1pm-3pm

In air conditioned comfort at
the Elks,
128 School St
Clinton MA 01510

Lots of parking, van rides!

.25 cents a card

All are welcome!

Save the Date!!!
Community
Home Days
August 23rd

- BBQ with Old Fashioned Prices
- Arts and Crafts Show
 - Flea Market
- An Outdoor Movie
 - Flea Market
 - Book Sale
- Animals, Pop Corn, Music, Cars and So much more!!!!

Call to reserve a space for a craft table or a flea market table 978-733-4076 or email
aturner@lancasterma.net

1st Monday of each month. All ages!



GAME DAYS

And FREE CHEESE PIZZA SUPPER



July 7th 3:00 pm to 5 pm



Coaching, and 'gaming' buddies brought to you by the
Clinton/Lancaster Youth Group and Friends of the Lancaster Seniors

We hope to form a Scrabble Club and Domino League!

Dominos (9 and 12) and Scrabble *or bring your favorite game*



Please Join us!

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

Wednesdays
July 16, August 13
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

July 4th, 2014

Independence Day



We welcome everyone!

Monday-Thursday 9-3

Or for special events

Many thanks



To **Shaws**, Clinton for donating pastries.
Lancaster Gardens for awesome plants,
Central Mass Gravel for loam and stone
dust, Growing Places for tools, Dick, Jay,
Jean, Kay, Pat, Celeste, Dave, Judi,
Maribeth, John, Laura, Dave, Michele, Pam,
Gretchen, Rachel, Laura, Charlotte, Karen,

Bridget, Kathy, Joe, Jon, John, Gino and
more for all their hard work and especially
Pastor Helen Cook, Becky and everyone
from the Helping Hands Group from Camp
Meeting!

Bingo

Every Tuesday at 1:00 pm

Everyone is welcome

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

Coffee will be on! Bring yourself.