



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

Community Crier

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

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-In Local News...

Join us to dine and learn!

Free Public Safety

Roundtable

June 18th - 11:30 a.m.



Meet those that serve & protect us!

Acting Chief Burgwinkle

Chief Mike Hanson

Liz Haddad, Worcester DA's office

Shawn McKenna, Worcester County

Sherriff's office

And guests from Nashoba Nursing

They will update us about important community safety issues, and answer our questions
Topics include, scams and fraud, free fire safety programs, health issues and more!

Interested? Reserve a space!

It is limite

Thoughts from Nicole, the Chair,

May was Older Americans month, as it closes it we must remember to take time to realize the importance of ensuring the safety and dignity of older adults in our community. This year marks some milestone anniversaries for the programs that serve older adults in our country; it is the 50th anniversary of Medicare and Medicaid as well as the Older Americans Act and the 80th anniversary of Social Security. These programs were put into place to ensure the health, independence, dignity and safety of older Americans across the country. As we celebrate Older American's Month and the milestone anniversaries of so many programs let's come together to support our local Senior Center! If you have not come to the center to participate in our activities please do so, or take some time to volunteer at the center and give back to our seniors!

This month the Senior Center is putting a spotlight on public safety and we hope you join us. On June 18th, we will be holding a Public Safety Roundtable to highlight the programs available in our community to keep older adults safe. This event is designed to educate us on what steps we all can take to stay safe and secure in our community. We know that older adults fall victim to elder abuse. One in ten people over the age of 60 experience elder abuse over the course of a year. Older adults who have been abused have a 300% increased risk of death compared to those who have not been mistreated. This abuse has a cost to our community as well. Financial exploitation and abuse, including frauds and scams, *cost older adults nationwide \$2.9 billion a year!* Home safety is also important to address. Older adults are twice as likely to die or be injured in a fire when compared to younger adults. These are startling statistics, but there are steps we can take to prevent this and programs to help. Join us to discuss these important topics and to continue to work to keep older adults in Lancaster safe!

Thank you Nicole



Every Tuesday is Pancake Day!

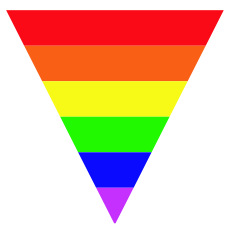
*The Friends invite you to join us,
everyone, all ages are invited!*

**Tuesday mornings
7:30 AM until 9:30**

***Suggested Donation
Still only \$2!***

With Chef Extraordinaire David James

*All the pancakes, eggs, sausage, juice, fruit,
coffee, oj, and muffins you can eat*



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

New!

Join us for a monthly “Garden Talk & Swap”

**First meeting
Aug 12th 12:30-1:30**

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.).

**Meeting the second Wednesday of
every month (**

Sheriff's Annual Free Senior Picnic

*Sponsored by Worcester County Sheriff
Lewis Evangelidis and the Worcester County
Reserve Deputy Sheriff Association*

Saturday, Aug 15th

SAC Park

439 Lake Street,

Shrewsbury,

11 a.m.-3 p.m.

Free lunch!

Raffles, Bingo +



Become a Friend of the Lancaster Seniors!

Two NEW significant fund-raising goals:

1. -Help fund an outreach worker for Lancaster (\$2,500)
2. -Improvements to the Senior Center (\$2,500).

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

Friend!

Your annual membership contribution is a mainstay of our organization, helping to pay for programs and materials that will enrich our senior's lives. Your support has helped us to establish and administer assistance programs, assist with meals, and parties, trips, and more! Recently we have focused on the Senior Center, having purchased a new stove (double oven with convection!) a new refrigerator, and most recently a shade awning for our patio!

One of our fund-raising efforts continues to be the popular Tuesday Pancake Breakfast at the Senior Center (7:30-9:30AM). For only \$2 p.p all you can eat pancakes, scrambled eggs, sausages, fruit, OJ, and coffee! Everyone is invited!

The Council on Aging has asked the Friends to help fund an outreach/social worker for Lancaster, a position that is desperately needed. We hope that by demonstrating commitment the town will support our budget request. Initially we expect partial funding for the position will come from state grant, and the Friends. This position will provide support to seniors in need of help with social work issues, hospice, fuel assistance and more and caretakers who may be sandwiched between jobs and/or children.

Secondly, the Friends is looking to raise an additional \$2,500 to help purchase additional cabinets and counter space for the Senior Center, a function currently being performed by an 8 foot plastic table.

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

Annual membership dues (calendar year) are only \$10 per person, or \$30 per family. Each member receives a membership card AND a coupon worth either a free lunch, pancake breakfast, or an exercise class!

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

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

To become a member, fill out the information below, and send it and your check (payable to Friends of the Lancaster Seniors, Inc.

504 Blue Heron Dr.

Lancaster, MA 01523

Friends of the Lancaster Seniors, Inc.) to:

For more information about joining FOLS, contact David James at 978-263-7962.

Name: _____

Address: _____

Email: _____

Category of Membership: Single (\$10)_____ Family (\$30)_____

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

Thank You for supporting Lancaster Seniors!

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

Health and Fitness

Gentle Hatha Yoga

11 am-12 pm Mondays & Thursdays

Got Stress? You *need* to relax!



Worried about falling, twisting? *Improve* your balance, and keep your range of motion. Stay`1 young! 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

Join us Monday mornings to 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. 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, 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.

Tai Chi

What people are saying about Tai Chi in Lancaster

Real quotes, from attendees

- ❖ *It is fantastic, I feel so much better!*
- ❖ *Jeff is a wonderful Instructor*
- ❖ *My balance has improved, I have not fallen*
- ❖ *My back was killing me. it feels so much better*

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. 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. Seniors \$5 per class or 6 'Get Fit' classes for \$25

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

Thursdays 10:30-11:30 am Lancaster Community Center Garden (weather permitting) or indoors

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.



Farmers Market Coupons are **HERE!**

Thanks to Mass Agriculture and MOC

We have 'coupon' books good at any certified vendor

**for income eligible seniors over the age of 60. Quantities limited, call early.*

Opening July 9th!

Visit the Lancaster Farmer's Market-
Thursdays 3:30-6:30 pm on the Green.
GO LOCAL!