



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

-In Local News...

Thoughts from the Director,

We need you! The Community Center has become a very vibrant place, if you have not visited you should. This summer we are planning lots of events, Summer is almost here! It's a time to relax with friends and what better way to do so then to join us! We have trips coming to Essex and Western Mass. It is also a time we need your help, more than ever.

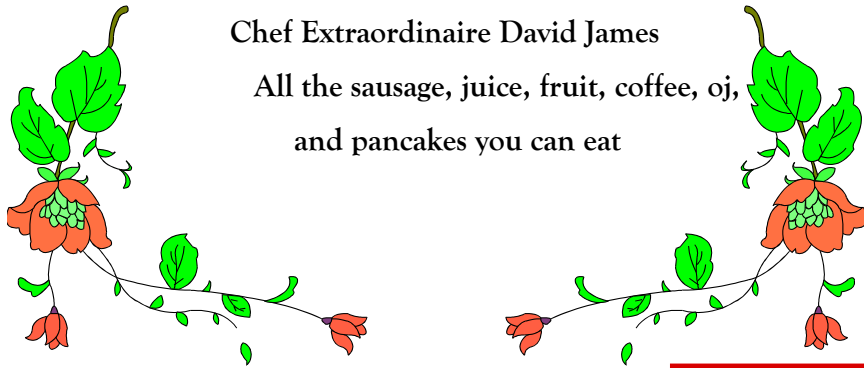


*Every
Tuesday is
Pancake Day!
Everyone is invited!*

Now with surprise Additions

**June's feature
Scrambled 'real' eggs!
Tuesday mornings
7:30 AM until 9:30**

Suggested Donation Still only \$2!



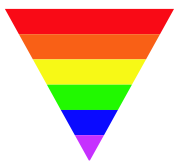
Chef Extraordinaire David James

All the sausage, juice, fruit, coffee, oj,
and pancakes 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



Downsizing, Staging And Decluttering

*Learn how
to simplify!*

June 26 at 1pm

**Free Refreshments
Included**

*Sponsored by
Sunrise Leominster*

Seminar hosted by our friends at
Sunrise Leominster
Guardianship/Conservatorship
Wednesday, June 25, 2014
5:00 p.m.–6:30 p.m.

This presentation will focus on two
areas for disabled individuals- trust for
disabled beneficiaries and
guardianship/conservatorship through
MA probate court.

RSVP required by June 20th.

Dinner included 5:00-5:30PM
Question and answer session will follow
each presentation.

**Space is limited. Call now to
reserve your seat! Please call at
978-537-7600**



IN LOCAL NEWS

Food for thought, or thinking about your Food!

Genetically Modified Food and Your Health

Free Lecture & Discussion-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.

Green Eggs and Scams



SCAM ALERT:

Microsoft Scam

Microsoft does NOT make unsolicited phone calls to charge you for computer security or software fixes.

If you receive a call like this, hang up.

The AMMY Scam – Microsoft Phone Support Scam

If you have received a call from an unknown person claiming to be from Microsoft stating that multiple issues have been detected on your computer, you are the victim of a scam. The purpose of these calls is to get an easy \$199 (or whatever amount they choose) by scaring you into thinking there's something really wrong with your computer and that they can fix it. Cybercriminals often use publicly available phone directories so they might know your name and other personal information when they call you. They might even guess what operating system you're using. Once they've gained your trust, they might ask for your user name and password or ask you to go to a website to install software that will let them access your computer to fix it. Once you do this, your computer and your personal information is vulnerable. When they have access to your computer, these scammers can do the following:

- *Trick you into installing malicious software that could capture sensitive data, such as online banking user names and passwords. They might also then charge you to remove this software.*
- *Take control of your computer remotely and adjust settings to leave your computer vulnerable.*
- *Request credit card information so they can bill you for phony services.*
- *Direct you to fraudulent websites and ask you to enter credit card and other personal or financial information there.*

If you receive a call like this, hang up!

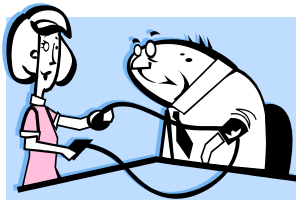
nationalgrid scam

National Grid customers in New England are being targeted by utility bill scammers demanding immediate payment for electric bill balances, which customers might not even owe. The fraudulent callers are claiming to be from National Grid and threaten customers with service shut-off unless they provide credit card or bank account information that can be used to access the accounts.

Customers need to be wary of any caller who threatens immediate service termination unless an immediate payment is made.

National Grid does contact customers with past due balances by phone to offer payment options and to remind them that service shutoff is a possibility if they fail to pay their past due balance. However, shut off would not be immediate. If contacted, hang up and call back National Grid customer service to confirm the call. They will instruct you on payment methods,

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**

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)!

Kick it up with Zumba Gold

Coming back!* Tuesday evenings If we have enough sign ups
We will start a new session June 24th 5:30 p.m.

Dance your way to fitness!

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

In the gym, or on our patio weather dependent. No experience necessary. Wear comfortable clothing

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

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

The To Do List! *We can help.*

**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

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!*



Montachusett
HOME CARE CORP.

978-537-7411
800-734-7312

www.montachusethomecare.com

Montachusett Home Care
Presents

"AS WE AGE" HEALTH EXPO 2014

... a free event open to all
Food, Prizes and Fun!

Thursday June 19, 2014
10:00 am - 1:30 pm
Leominster Elks
134 N. Main St.
Route 12
Leominster, MA



- Join us for a free lunch catered by Sonoma
- Experience the "Virtual Dementia Tour"
- Information about senior dating scams
- Learn what foods boost brain power and memory
- Shingles vaccine available - Pre-registration required call Fitchburg *Widgreens* 978-343-8329

FREE HEALTH SCREENINGS & INFORMATION

Hearing	Blood Pressure	Blood Sugar
Memory Loss	Diabetes	Bone Density
Sun Damage		Nutritional Information

Talk to:

PHARMACISTS	ELDER CARE EXPERTS
NUTRITIONISTS	NURSES
REHAB SPECIALISTS	CHIROPRACTORS

Please acknowledge the generosity of our sponsors:



HealthAlliance Hospital
A Member of UMass Memorial Health Care



**Medical Arts
Hearing Instruments**
Serving Hearing Since 1900



fallonhealth



Home Staff



Dr. Timothy Gallagher
Physician & Assoc.



Lancaster Recreation & Community Center Presents:



CAMP CRAFT LANCASTER

Located in Lancaster at the Community Center

Ages 5-13

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

Only \$245/week!

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

**Enrolling Now
For Summer!**

Activities

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



CRAFT
Community Recreation Association For Towns

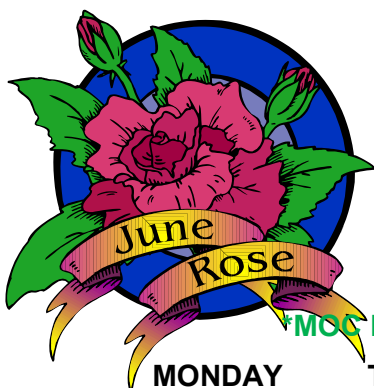
Web: www.communityrecreation.org/lanaster/lanaster.html

Email: operations@communityrecreation.org

Phone: 978 264 8479

Coming in July

All ages Cooking Classes, Easy Watercolor w Ron and more! Requests? Call us.



Join us for lunch in June

\$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!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Mulligatawny Soup Baked Salmon Lemon Dill Sauce Broccoli Lemon Pudding Tai Chi at 9:30 Yoga at 11 am</p>	<p>3</p> <p>Lasagna Basil Meat Sauce Italian Blend Veggies Whole Wheat Bread Fresh Fruit Pancakes 7-9:30 Bingo at 1 Zumba at 5:30</p>	<p>4</p> <p>Chicken Breast Apricot Glaze Mashed Potatoes Peas Peaches</p>	<p>5</p> <p>Chicken a la King Herbed Noodles w/Parsley & Oil Carrots Whole Wheat Bread Pineapple Yoga at 11 am</p>	<p>6</p> <p>Market Basket Trip Bridge at 1:30</p>
<p>9</p> <p>Shaved Steak Stir Fry Teriyaki Sauce Brown Rice Oriental Veggies Pineapple Tai Chi at 9:30 Yoga at 11 am</p>	<p>10</p> <p>Chicken Breast Lemon Picatta Sauce Couscous W/ RP Broccoli Whole Wheat Bread Banana Pudding Pancakes 7-9:30 Bingo at 1 Zumba at 5:30</p>	<p>11 COLD PLATE Turkey Cranberry Salad Black Bean Corn Salad Marinated Roman Blend Veggies Whole Wheat Pita Applesauce W/ C</p>	<p>12</p> <p>Minestrone Soup Roast Pork/ Gravy Mashed Potatoes Whole Wheat Bread Snack & Loaf Yoga at 11 am</p>	<p>13</p> <p>Water Tower Plaza Bridge at 1:30 (Pine Hill Walk on Sunday)</p>
<p>16</p> <p>Bread Chicken Orzo & Peas California Blend Veggies Chocolate Pudding Tai Chi at 9:30 Yoga at 11 am</p>	<p>17</p> <p>Tomato Florentine Soup Fish Sticks Sweet Potatoes Fresh Fruit Pancakes 7-9:30 Bingo at 1</p>	<p>18 SPECIAL Roast Beef / Au Jus Mashed Potatoes Balsamic Beets WW Dinner Roll Brownie Cooking with Laura 1pm Free Class /Tasting</p>	<p>19</p> <p>Sweet & Sour Chicken Brown Rice Broccoli Whole Wheat Bread Peaches Yoga at 11 am</p>	<p>20</p> <p>North Central Favorite Things Tour (Strawberry Fest on Sunday) Bridge at 1:30</p>
<p>23</p> <p>Roast Pork/ Gravy Sweet Potatoes Broccoli Whole Wheat Bread Muffin Tai Chi at 9:30 Yoga at 11 am</p>	<p>24</p> <p>Split Pea Soup Breaded Chicken Mashed Potatoes Peaches Pancakes 7-9:30 Bingo at 1 Zumba at 5:30</p>	<p>25</p> <p>Beef Bolognese Spaghetti Winter Blend Veggies Whole Wheat Bread Pineapple</p>	<p>26 COLD PLATE Egg Salad Tri-Color Pasta Salad Cal Blend-Dijon Vindr Hot Dog Roll Rice Pudding Yoga at 11 am</p>	<p>27</p> <p>Twin City Mall Bridge at 1:30</p>
<p>30</p> <p>American Chop Suey Italian Green Beans Whole Wheat Bread Butterscotch Pudding Tai Chi at 9:30 Yoga at 11 am</p>	<p>1</p> <p>Chicken Kielbasa Baked Beans Brussel Sprouts Fresh Fruit Pancakes 7-9:30 Bingo at 1 Zumba at 5:30</p>	<p>2</p> <p>Chickpea Soup Chicken Breast/ Gravy Mashed Potatoes Muffin Tai Chi at 5:30</p>	<p>3</p> <p>Meatballs Hawaiian Sauce Herbed Noodles Broccoli Whole Wheat Yoga at 11 am</p>	<p>4 Holiday</p>



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 SUMMER BBQ ¼ BBQ Chicken Homemade Baked Beans Cole Slaw Corn on the Cob Peach Crisp w/ topping 1% Milk (\$3.00 Donation)	2 Gypsy Soup Chicken Breast W/ Gravy Mashed Potatoes Muffin Diet: Grahams 1% Milk	3 Meatballs W/ Hawaiian Sauce Herbed Noodles Broccoli Whole Wheat Bread Peaches 1% Milk	4 HOLIDAY 
7 Ravioli Bake with Marinara Sauce Italian Blend Veggies Whole Wheat Bread Pineapple	8 SPECIAL Chicken Breast W/ BBQ Sauce German Potato Salad Sweet & Sour Cabbage Parker House Roll Blueberry Crisp Diet: SF Fruited Jell-O 1% Milk	9 Roast Pork W/ Gravy Mashed Potato Carrots Whole Wheat Bread Applesauce	10 BBQ Burger Baked Beans Cauliflower and RP Hamburger Bun Chocolate Pudding Diet: Chocolate Pudding	11 Soup and Salad To Be Announced
14 Meatballs w/ Swedish Herbed Noodles Broccoli Whole Wheat Bread Butterscotch Pudding Diet: Butterscotch Pudding	15 MEGA MEAL American Chop Suey with Cheese Italian Green Beans Bread Stick Toss Salad Fig Bar (\$3.00 Donation)	16 COLD PLATE 3 C Soup Chicken Breast W/ RP Pesto Sauce Vegetable Rice Salad Chocolate Chip Cookie Diet: Lemon Graham	17 Baked Salmon W/ Lemon Dill Sauce Brown Rice Green Peas Whole Wheat Bread Fruited Gelatin Diet: Mandarin Oranges	18 Soup and Salad To Be Announced
21 Lasagna w/Basil Meat Sauce Italian Blend Vegetables Whole Wheat Bread Fresh Fruit	22 Chicken Breast W/ Teriyaki Sauce Brown Rice Oriental Vegetables Whole Wheat Bread Muffin Diet: Apple Graham	23 Turkey Tetrzzini Bowtie Pasta Broccoli Multigrain Bread Peaches	24 Portuguese Kale Soup Roast Pork w/Applesauce Sweet Potato Vanilla Pudding Diet: Vanilla Pudding HDM: It Green Beans	25 Soup and Salad To Be Announced
28 Breaded Chicken Scalloped Potatoes Broccoli Whole Wheat Bread Banana Pudding Diet: SF Banana Pudding	29 COLD PLATE Tomato Chickpea Soup Tuna Salad Veggie Pasta Salad Whole Wheat Roll Fresh Fruit (Cantaloupe)	30 Diced Chicken Cacciatore Penne Pasta Green Beans Applesauce	31 Shaved Steak w/Jardinière Sauce Diced red Bliss Potatoes Spinach Snack'n Loaf Diet: Blueberry Graham	August 1 Soup and Salad To Be Announced

Trips

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.

- June 6: Market Basket and Whitney Field Leominster
- June 13: Water Tower Plaza Shopping !
- June 20: Another Consignment Crawl!
- July 4th: Enjoy the holiday!
- July 11th: Market Basket Hudson



Lots more trips coming, please look for updates in the July issue or give us a call with your suggestions!



Let's explore North Central Mass

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.

Strawberry Festival

Sunday, June 22, 2014

4:00



First Church of Christ Unitarian
Lancaster Town Green

Homemade Chicken Salad, Homemade
Strawberry Shortcakes and more!

Come join us for a day of good eats
and good friends



Please join! We help
seniors in your community

Become a Friend of the
Lancaster Seniors!

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

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

<http://FriendsoftheLancasterSeniors.org> Email:
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!*

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

a member, fill
(payable to
Lancaster
01523 For
James at 978-

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!**



Songbirds of the NorthEast

June 12, 2014 at 6:30 pm

First Church of Christ Unitarian

*Discover secrets of bird behavior
Learn to recognize songbirds by their calls

Free!

Sponsored by Hometown Bank and The Lancaster Cultural Council

ABOUT TOWN



with Natural Heritage and Endangered Species

Sunday, June 15 -- 2:00 to 4:00 p.m.

Pine Hill Walk

Pine Hill is a rare national ecological treasure in our backyard. It features an uncommon Sandplain Grass Habitat and Pitch Pine, Scrub Oak shrubland as well as home to rare and declining species. Pine Hill is part of Bolton Flats but there is nothing flat about it! Wear sturdy shoes you will be on sand.

We are fortunate to have an expert guide, Chris Buelow of the Mass. Natural Heritage and Endangered Species Program to lead a walk explaining plans for Pine Hill and the other Mass. grasslands restoration projects. He will touch on goals, what will be gained (and what might be lost), how the work will be accomplished, and who will oversee the projects.

Directions: From Rt. 117, in **Lancaster** turn north on Harvard Road. Harvard Road turns sharply east at 0.4 miles and becomes Pine Hill Road. Cross the railroad tracks. There will be a gate on the north side of the road about ¼ mile after the railroad crossing. We will meet there at 2:00. This program is co-sponsored by the Friends of The Oxbow N.W.R, The Forbush Bird Club, and the LCC Please R.S.V.P. at [978-779-2259](tel:978-779-2259).

OUR WISH LIST

We are planning for 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!

It's all Fare!

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.

Calls after 12 are reviewed the next day.



LANCASTER
FRIENDS OF THE
Nashua River

It's *River Fest* time!

June 21st 2014

*Culley's Fields
339 Seven Bridge Rd
(Rt 117)*

10 am – 4 pm

*A free, all ages celebration of
the Nashua River.*

Lots to do!

- Paddle with Nashoba Paddlers
- Kids play in the Bouncy houses
- Yummy treats by the scouts
 - Ice Cream
- Lancaster Fire Games
 - Lots more!

A Rain or Shine event



*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 PopCorn Music

- 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



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*



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

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

**Wednesdays
June 18
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.
Bridget, Jay, Etta, Jean, Kay, Pat, Celeste,
Judi, Maribeth, Sandra, Dora, Arthur
The Crossman's, Laura, Dave, Jean,
Michele, Pam, Gretchen, Rachel, Laura,
Charlotte, Karen, Bridget, Kathy, Joe, Jon,
John, Gino and more for all their hard work

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.