



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 McRell, Nicole Jimino, Michele MacDonald Chair

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

-In Local News...

Join us to celebrate Spring April 25th at 6 pm Spring Fling Dinner

After our long winter we need to get out of our homes, and our sweaters. Join friends for a dinner inspired by spring.

Menu may include

- ❖ Mango Ginger Spritzer
- ❖ Assorted Appetizers
- ❖ Meyer Lemon and Rosemary Chicken or
- ❖ Maple Glazed Salmon
- ❖ Roasted New Potatoes or
- ❖ Fruited Rice
- ❖ Strawberry and Fennel Salad
- ❖ And dessert



We hope to have punch on the patio, enjoying a lovely evening. If it rains we are inside! Either way we will have fun.

Adults: \$8 Seniors/children under 18 \$7

***Limited tickets available, please RSVP to 978-733-4076**

Thanks to the Friends for supporting tickets our neighbors on a limited income. Please call for details.

Thoughts from the Director,

I love Winter, but this winter has been a bit too long. It was long, cold and my oil bill now rivals the national debt. I eagerly await spring and am hopeful it will be a wonderful spring. We have designed new programs and offerings in hopes you will join us and enjoy spring with us. Please remember all ages are welcome to join in, the more the merrier!

Everyone benefits from exercise, both mind and body! So shed your sweaters and the winter doldrums with Zumba Gold, *this time in the evenings*~ so more people may try it. Ballroom Dancing, and Yoga and Tai Chi are back too. These classes are subsidized by state grants, so take advantage of the deals so they may continue.

I can hardly wait to get dirty, in the garden that is! We have space available in our wonderful high beds, filled with organic compost. Come learn to garden, or just help us grow vegetables for lunch or to take home. You will enjoy the 'fruits of your labor'. Reserve space soon, it is limited. Spring brings April Vacation, ya hoo! Once again we will host another Family Day, April 22nd ~ lots of free fun! Speaking of fun, we are hosting an all ages Spring Social, Friday evening April 25th. This note barely scratches the surface of all we have planned, So join us, and if you are good we will let you peek at the elevator under construction! This is a truly exciting spring. to come!

Hope to see you soon, *Alix*



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

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

**Now \$2
(\$1 goes to renovations)**

Suggested donation

**Chef/Chair Extraordinaire David James
Sausage, juice, fruit and coffee
and all the pancakes you can eat**



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

***Spring is Coming!
Really, truly. .***

**The first sign is not the return of the
Robins, but the most exciting...**

**Worcester County
Conservation District
Annual Seedling
and Plant Sale**



***A great resource for inexpensive trees,
shrubs, berries, herbs and native
plants.***

**www.worcesterconservation.org
or come look at our catalog**

**Pick up May 3rd, from 9am-12pm
Order now through March 29th.**



**God gives us
Cold Weather...
Then Make Ice!**

***The rink is still great.
Behind the Memorial School.***

**Free to all, Lit too!
Hot Chocolate in the
Center M-Th 8-3**

IN LOCAL NEWS



Thanks to Growing Places Garden Project for their help last year, Minuteman High School, and all our wonderful volunteers!



Did you notice our gorgeous gardens last year?

You too can garden in *our* backyard, and help others at the same time!

**Come volunteer and garden! Grow veggies for Seniors & yourself!
Reserve your accessible bed space now! Seed starting begins soon.**

With the help of GPGP, Minuteman School, and volunteers we built high raised beds last year, much easier on bad knees and old backs! We share the beds, our plants and weeding. A real community garden. Join us for loads of fun and lots of produce.

FREE gardening for Lancaster Seniors and the Community Center!

Produce will be used in Senior meals or given to the community

Don't forget –March 10th at 7 pm. Special Town Meeting

Mary Rowlandson Auditorium

Items on the Warrant

1. Recall Petition
2. Funding for the Community Center Elevator
3. Funding for Removal of Bartlett Pond Dam

Full warrant on our town website at http://www.ci.lancaster.ma.us/Pages/LancasterMA_Meetings/S01C88BBD-01CD4613.0/3.10.14%20STM%20Warrant.pdf

All registered voters are eligible to vote.

Got Time? Help Wanted!

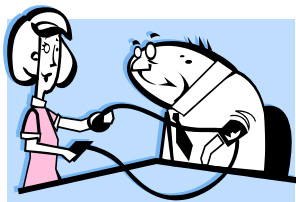
Following is a sampling of volunteering opportunities, there are more. Just call or come down!

- **To or run events** or participate in events. Do you have a sense of adventure; are you physically able, confident, love people- love fun? 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 Activites Help: Crafts, sports, games and more!**

Website work and so much more!



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!

I wish they knew..... 5 Wishes you must know

Join us for a presentation about Five Wishes; a document also referred to as an 'advanced directive', or living will. 5 Wishes allows you, friends, and loved ones to understand your personal wishes about aging, what care you age want, and who you wish to help and how. It is essentially you're spiritual, emotional and medical wishes. This is an important discussion for each of us to have with someone we care about. It allows you to choose your health care agent, choose the kind of medical treatment you want or don't want, and more! You not only will learn about this important document but you will also receive a free one!

Wednesday, April 9th 2014 at 1 pm by Lisa of Life Care Center of Nashoba Valley

Please join us for 'all ages' fitness classes.

Start the week right! Monday classes

Gentle Tai Chi & HathaYoga

Tai Chi @ 9:30 am Mondays

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.

Hatha Yoga @ 11 am 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-starting April 14th
5:30**

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!*

No experience necessary. Wear comfortable clothing

SMART MOVES

Strength and Weight Training Classes

This unique class is especially geared for individuals looking to build strength and muscular endurance, improve balance, functional mobility and joint range of motion. Emphasis is placed on conditioning all the major muscle groups of the body with careful instruction to proper posture and body mechanics. The class will be conducted in a slow, yet steady progression where individuals are encouraged to move at a pace that is comfortable for them. *Make a commitment* to fitness; get stronger, move with more ease and live with a higher quality of life.

Beginning Feb 20th*

You should attend all 5, this class is progressive.

Thursdays 9:30 – 10:15 am

Instructor: Debbie Pennesi

Debbie is a veteran instructor of Fitness. She has over 30 years of experience in the field. Her background includes years of working as a director in the YMCA and Corporate Wellness; as an Exercise Physiologist in Cardiac Rehabilitation programs and as a Certification Specialist teaching lectures for and certifying Personal Trainers across the country. She holds her Masters degree in Exercise Physiology from Northeastern University in Boston. She holds certifications in Personal Training as well as Health and Fitness Specialist with the American College of Sports Medicine. Currently Debbie is a consultant implementing walking programs, Seniors Fitness, Pilate Mix & Circuit classes. She also specializes in Home Based Personal Training. She especially enjoys designing programs based on an individual's needs, abilities, goals and interests. Every detail is taken into consideration whether it is to improve balance and functional mobility, improve stamina or recovery from injury or surgery. Her years of working with diverse and special populations have deepened her passion for helping people become healthier, stronger and more functional leading to a higher quality of life.

**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 yor friends so we can keep prices low*)!**

**We still
have space
available
Join NOW**

\$7 each class or 5 week session for \$30

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

Limited to first 42 registered. Must pre-register

The To Do List! *We can help.*

WHEAT Community Services

Would like to invite anyone who qualifies to visit our **Food Pantry**.

We offer a variety of fresh produce (seasonal), baked goods and you may choose from an assortment of meat products as well. And of course we always have an ample supply of pantry items such as canned goods, pasta, rice etc.

978-365-6349

Elevator is located in the rear of the building for your convenience.

Fuel Assistance

Heating Assistance news. The state gross annual income limits for fuel assistance follow: for a household of one, \$32,065; for a household of two, 41,932. In addition, Lancaster Residents may try Joe for Oil, the Angel Tree, and The Item Appeal. If you are concerned about paying your heating bill, please let us know. Don't be left out in the cold..

Durable Medical Equipment Loan

Need to borrow a walker? Crutches? Cane? We may have it. Give us a call to borrow or give us durable medical equipment in good condition.

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!*

Taxes! Deadline approaches, book now!

We all hate 'em but we all need to do them!

**Even if you are low income and do not typically file, you
may be due money back-Check it out!**

AARP offers a Tax-Aide Program for low and moderate income taxpayers with special attention to those over 60. To make an appointment call 1-888-OUR-AARP (1-888-687-2277) and leave your name and number.

AARP Tax Sites close by

Clinton Senior Center

200 High St

Clinton MA

978 365 9416

Sterling Senior Center

1 Park St

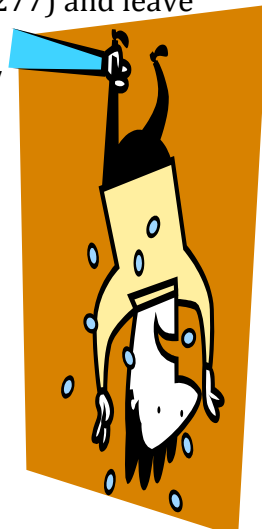
Sterling MA

978 422-3032

Leominster Public Library

30 West Street

Leominster MA



We are able to transport you. Call the van to book a ride.

Currently AARP is booking appointments at many area Senior Centers and Libraries You do not need to be a resident of the town to visit.

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/lancaster/lancaster.html
Email: operations@communityrecreation.org
Phone: 978 264 8479



Join us for lunch in March

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

We 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
3 Chicken Breast Marsala Brown rice California Blend Bread & Muffin Tai Chi at 9:30 Yoga at 11	4 Beef Stew (Mashed Potatoes Whole Wheat Bread Applesauce w/C	5 ASH WEDNESDAY Tomato Soup Fish Sticks Tater Tots Rye Bread Butterscotch Pudding	6 Breaded Chicken Stuffing Green Beans Pineapple	7 Market Basket And Whitney Field Mall Bridge@1:30
10 BBQ Beef Rib Sweet Potato Brussels Sprouts Rye Bread Pears Tai Chi at 9:30 Yoga at 11	11 Three C Soup Chicken w/ Red Pepper Pesto Cut Corn Whole Wheat Bread Vanilla Pudding	12 Beef Stir Fry with Oriental Blend Brown Rice Green Beans Pineapple Whole Wheat Bread	13 Tomato Cabbage Soup Swedish Meatballs Herbed Egg Noodles Muffin Diet: Graham FLOWER SHOW TRIP	14 See trip on the 13 th Flower Show. Bridge@1:30
17 ** High sodium Corned Beef Hash Peas Cabbage/Balsamic Glaze Rye Bread Pineapple Whip Tai Chi at 9:30 Yoga at 11	18 Chicken Chow Mein White Rice(w/Spinach, Bok Choy, Pimentos) Green Beans Whole Wheat Bread Fresh Fruit	19 Mighty Meal \$3.00 White Bean Chili Baked Potato Sour Cream&Chives Jardiniere Veggies. Banana	20 Portuguese Kale Soup Roast Turkey/Gravy Roasted Red Potatoes Whole Wheat Bread Apple Turnover	21 Orchard Hill Plaza Bridge @1:30
24 Cream of Spinach soup Breaded Chicken Whipped Potatoes Whole Wheat Bread Mixed fruit Tai Chi at 9:30 Yoga at 11	25 Mighty Meal \$3.00 Hot Dog w Bun Chili/Cheese German Potato Salad Carrots Pineapple Crisp/Topping	26 Chicken Meatballs Hawaiian Sauce Egg Noodles Broccoli Whole Wheat Bread	27 Pepper Steak w Sauce Red Bliss Potatoes Green Beans 1% Milk Banana Pudding	28 Bridge @ 1:30
31 Beef/Stroganoff Noodles Peas Rye Bread Mixed Fruit Tai Chi at 9:30 Yoga at 11	1 Roast Chicken Apricot Glaze Couscous w/Carrots Green Beans Whole Wheat Roll Fruit Loaf	2 Turkey Tetrizzini Spaghetti Carrots Whole Wheat Bread Strawberry Cup	3 Meatball Sandwich Home Fries Broccoli Tapioca Pudding Diet: SF Pudding	4 Market Basket Hudson Wal Mart Hudson Bridge@1:30

Trips

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

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

Trips leave at 9am or as noted. Reservations required. All special trips are non-refundable see policy below.

March 7th Market Basket Leominster

- March 13th Boston Flower Show and Minuteman Lunch
 - March 21st Orchard Hill Plaza Leominster
- April 4th Market Basket Hudson & Walmart Hudson
 - April 11th Chocolate and Coffee Tour
 - April 18th Good Friday. We are off!
- April 25th Welcome to Spring Dinner Party
 - May 2nd Market Basket Leominster



Boston Flower Show

Boston Flower Show Trip and All you can eat Buffett Lunch at Assabet

Marcaz School for an all you can eat buffet lunch at 11 Assabet has an outstanding culinary program and on Thursdays they offer an extensive and popular buffet. Then we go to Boston Seaport to see the Boston Flower Show around 1. This year's the theme 'Romance in the Garden' will inspire landscape vignettes, arrangements and workshops. There is also lots of 'shopping opportunities! Back on the van around 6 we will make our way home in time for a late dinner. Expect to be back at the Center at 7.

\$48 Includes admission to show, full lunch with dessert, tax and tip and all gratuities and parking.

To insure our reservation we ask you pay in advance. If a trip is cancelled your money will be fully refunded. If you cancel in the last week your money will be refunded only if we can fill your space. Typically we can! We ask for payment 10 days in advance please. We require 15 people for this trip.

Les Miserables (Transportation on Thursday night- call to reserve)

March 14 & 15 7:30pm, March 16 2:00pm Nashoba Regional HS

Nashoba Drama Society Ticket prices are \$14.00 for adults and \$10.00 for seniors and students. For tickets in advance, please visit our website at: www.NashobaDrama.com or online at www.TicketStage.com/NFOD.

For questions, please call Hilda at (978) 779-9995.

Let's explore Beantown! And we are not talking Boston Baked Beans

Coffee, Chocolate, Spices and everything nice Tour!

April 11th 8:00 to 3:30 pm



Off to Beantown! Boston has become a culinary destination, so we are off to hone our palates. Many a great meal has been enhanced by the products derived from a lowly bean, the cacao

bean. We begin our tour with a stop at Counter Culture, where coffee aficionados learn how to ‘cup coffee’, learn the history of coffee, the effects of growing, and judging coffee and more. Then we eat stop at the local’s choice for a quick lunch and off to tour the Taza Chocolate factory. You will learn how to differentiate chocolate types, how to grind and compound chocolate and of course try some the best chocolate around. On the way home we stop in Watertown to stock up on fresh spices, herbs, olives, and beans at one of the best spice shops in the area. Join us for a delectable day in the Boston, with no parking or driving issues—just lots of fun.

We meet at the Center at 8 for a quick cup of pedestrian, free coffee and a bit to eat before we leave. We return by 3:30. \$18 seniors and children under 16. Others are \$20. Lunch is not included, expect to pay around \$10.

More trips coming soon!

Essex River Cruise, Seafood Dinner June 21st

Isle of Shoals Tour-July 18th

**Coming soon:Edith Wharton’s House and Naumkeug,
September 27th New Bedford Working Waterfront Festival.**

April Vacation Family Day Fun!

Save the Date ! April 22nd

Family Pancake Breakfast, Kids eat free.

Crafts! Camp C.R.A.F.T. fun in the gym. Games.

Lots of free activities.



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!

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

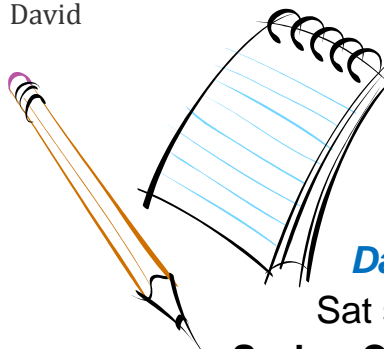
OUR WISH LIST

We are planning for crafts classes, events, and every day fun.

- Christmas/Holiday Decorations
- 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
- Glue
- Tile Grout
- Terra Cotta Pots
- Gold, Silver, Copper, or White Spray Paint
- Folding Tables

<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.*) to: Friends of the Lancaster Seniors, Inc. 504 Blue Heron Dr. Lancaster, MA 01523 For more information about joining FOLS, contact David James at 978-263-7962. **Thank you for your support!**



Spring To Do List

1. **Set your Clocks forward**

Day Light Savings begins March 9th.

Sat set your clocks forward an hour.

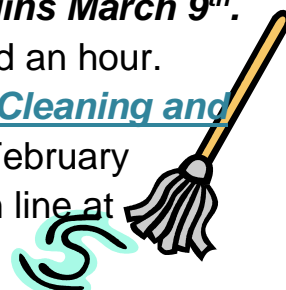
2. **Spring Cleaning;** Consult our **Cleaning and**

Organization Guide* found in our January/February Edition. If you did not get it you may find it on line at <http://www.ci.lancaster.ma.us>

3. **Get some thing 'new to you'** to freshen up the house! The guide can help you there too!*



4. **Start Planting!** Reserve a garden bed here at the Center. We offer free garden space, friends and plants. You help and share some of your bounty. For details call the office.



***OOPS! Sorry- We forgot a local Resource for our Guide!**

Please add them to your guide, found in the Jan/Feb 2014 edition.

Back to the Rack Consignment

1044 Main St in Clinton

(978) 706-1253 M-TH 9:30-6 Sat 9:30-5, Sun 10-4

backtotherackconsignment@gmail.com or www.backtotherack.biz

Antiques, Furniture, Home Decor, Sporting Goods, Clothing, and More.



ABOUT TOWN

Got problems?
The Library has

Helping Hands: **Monkey Helpers for the Disabled**

Thayer Library:
March 13th at 6:30 pm

Helping Hands is a non-profit which helps adults with spinal cord injuries and other mobility impairments live more independent and engaged lives. They do this by providing them, free of charge, with a unique service animal: a highly trained capuchin monkey to help with their daily tasks.

Helping Hands raise and train these special service animals, carefully match them with appropriate recipients across the nation, and provide active support and care for the duration of each placement. Their website is www.monkeyhelpers.org

The program is free to the public and is recommended for teens, adults, and seniors.

For more information, phone 978-368-8928 ext. 4 or email Karen Silverthorn at ksilverthorn@cwmares.org

Program supported by the RoseMary Davis Foundation

We have BINGO on Tuesdays
But wait there is more!!

BINGO
Bigelow Gardens Hall
Wednesday and Friday
At 1 pm
All are invited, try it out!

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.***

Inclement weather policy: If the Nashoba schools are closed, all pro-grams will be cancelled. If the schools are delayed in opening or are closing early, call 978 733 4076 to verify if an activity is cancelled. If you are scheduled for a van ride, call the COA to make sure that the van is running that day. If the COA is closed due to inclement weather, all van rides will be cancelled for the day. *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.

Reservations Call 978 733 4076

Please Join us!

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

Wednesdays
March 19
April 16
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

April 21, 2014

Patriots Day



We welcome everyone!

Monday-Thursday 9-3

Or for special events

Many thanks



To **Shaws**, Clinton for donating pastries.
Jay, Arthur, Jean, Kay, Pat, Celeste, Judi,
Maribeth, Sandra, Dora, Arthur, Jessi, The
Crossman's, Laura, Dave, Jean Marie,
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.