



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

# Community Crier

Nicole Kanis Chair, Mary J MacLean, Frank MacGrory, Eileen McRell, Jay Moody, Jo St. Angelo, Michelle Jones,  
March-April, 2016 (978) 733-1249 , fax (978) 733-4076 Alexandra Turner, Director. Melissa Pelletier Ast. Director

## The Great Souper Bowl Potluck! March 4<sup>th</sup> 5 p.m.

*The Pats did not make it, next year!  
We can still enjoy a good Souper Bowl.  
Appetizers & mingling at 5  
Crock Pots break open at 5:30*

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

***Call and let us know what you will bring!  
978-733-4076***

## **Coffee, Crumpets, & Coloring! Chatting too.**

Join us Wednesday mornings from 8:30-10 to relax over a nice cup of coffee and some toast or crumpets (whatever goodies we have or make). We provide coloring books and colored pencils to draw the morning away!



## *Thoughts from the Director*

It appears we will enjoy an early spring! Thank goodness, it is well deserved after last winter. Spring is my favorite season, so full of hope and renewal. Everything is green and new, no weeds to battle yet. It is a great time to plant great new habits and try new things. In that spirit we have many new offerings, we are planting the seeds but we need you to try them out! One of the first rules of gardening is to try new techniques and plants and then weed those out that don't work. Help us cultivate a great Center; we are well on our way!

Some of our new spring offerings include a new six week session of Ballroom Dancing is beginning. The previous session has been a blast! Beginning March 31<sup>st</sup> on Thursday evenings we have a wonderful teacher and some great neighbors. Even seasoned dancers love it, and klutzes (like myself). Hope you can join the crew this time! If you prefer a more sedate pastime we have those too, for example our new Fiber group. Pick your favorite sewing, knitting, crocheting, or embroidery project and join us! There are many talented people in our midst who would like to share their time and talents with others. Details within! Art group is also beginning; There are any more opportunities, trips, plays and more. I hope you find one or two you enjoy.

You might prefer some of our tried and true programs. All our programs are designed to promote 'good living' and improve your health (which is always in season). Pickleball began over a year ago and it has taken off like wildfire (or my weeds in July). People who try it are hooked; it is good for the mind and body and all abilities can enjoy it. Soon we will announce lessons for those that are reluctant to just jump in - though you are welcome to anytime. There are many more opportunities to expand your mind and improve your health, look for inspiration inside this newsletter. If you have other ideas you would like us to 'cultivate', please don't be shy!

Hope to see you,

*Alix*

# **Tuesday is PANCAKE DAY**

*Everyone is invited!*

**Senior Center**

**7:30 am until 9:00 am**

*Suggested donation*  
**\$2.50 adults**

**Chef/Chair Extraordinaire**  
**David James**



## **ALL YOU CAN EAT!**

**Pancakes, Eggs**  
**Sausage, Fruit**  
**Juice Coffee, Tea**

**After pancakes feed**  
**Your mind at the**  
**Apré Pancake**  
**Speakers Series.**



***Pancake Sponsor Bolton Primary Care!***

**Welcome! To the area. Meet the Docs!**

**March 8<sup>th</sup> 9am**

**Meet Prativa Basnet, MD**  
**Sapna Aggarwal, MD**

***Pancake Sponsor***

## **Funeral Information/Insurance** **Free Presentation**

**Who is going to plan and pay for your**  
**burial/funeral?**

No one likes to think about this, but it is going to happen to all of us.

Learn about the facts of funeral planning and how you can ease this emotional and financial burden to your loved ones.

**Tuesday March 22<sup>nd</sup> 8:30 a.m.**

*Sponsored by the Lincoln Heritage/ Funeral Advantage Program*

## **Call for Volunteers**

We have so many new offerings planned we are plain old overwhelmed. We could use some help! In particular we need help setting up more garden beds. Our gardening program won the grand prize from the NISC (National Institute of Senior Centers) for our healthy programming in particular for the intergenerational opportunities it brings to the community. That is the good news! Now we have run out of space we would like to invite you to a work day, April 9<sup>nd</sup> with a rain date of April 10<sup>rd</sup>. to help us install new beds. If you are able to help out or would like a garden bed please give us a call!

# Fitness Classes

## Tai Chi

Monday 9:30 am & Tuesday Evenings 5:45 pm

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

"Tai Chi Chuan strengthens the weak, raises the sick, invigorates the debilitated, and encourages the timid"

-Tai Chi Grandmaster Cheng Man-Ching 1947

Instructor: Jeff Cote



Seniors \$5 per class or 6 classes for \$25  
General public \$7 per class or 6 for \$33  
(Buy a card, no penalty for missed classes!)

## Gentle Hatha Yoga

Monday & Thursdays 11 a.m. NOW Sat too @ 9:30 am

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!*

Seniors \$5 per class or 6 classes for \$25  
General public \$7 per class or 6 for \$33  
(Buy a card, no penalty for missed classes!)



## Pickleball Mondays 1-3 p.m. W, F, S 9-11 a.m.

Pickleball is a game sweeping the nation! Interested? Never heard of it? Pickleball is a fun, fast-paced game for all ages. Pickleball is a low impact racquet sport combining badminton, tennis, and table tennis. It was created in the 1960s with one thing in mind: **fun!** It was designed to be easy to learn and play whether you're five, eighty-five or somewhere in between. For more information check out this website: <http://www.usapa.org> or go to You tube for videos.

6 classes for \$20



## INSANITY LIVE

Tuesday 7 p.m.  
**NOW** Sun @ 1:00 p.m.



Insanity Live is cardio-based, total body conditioning workout. With cardio, plyometric drills, strength intervals as well as core and ab training you'll work out at your own pace. Suitable for all ages.

Bring a towel, water, mat and sneakers.

**\$10 per class or 6 classes for \$48**

# BALLROOM DANCING LESSONS

NEW SESSION  
MARCH 31<sup>st</sup>!



Did you know studies show Ballroom Dancing is good for the mind and the body? All ages and all abilities can benefit from this class. A wide range of ages, and abilities attend (even clutzy me)! Join Jim Cole, an award winning dance instructor\* and sometimes his wife Amie from the Poise, Style and Motion studio of Worcester, now here at the Community Center. *No partner-no problem?* We switch and learn from each other. So much fun! Try it!

**Thursday evenings, 6:30–7:30**

Drop in March 10 & 24<sup>th</sup> for Cha Cha lessons.

6 week class is only \$60 per person, or \$13 per class p.p.

*RESERVATIONS STRONGLY SUGGESTED* 978-733-4076 Or [aturner@lancasterma.net](mailto:aturner@lancasterma.net)



**pen Gym!**

***Come shoot some hoops in a casual environment.***

**Interested in playing hoops, pick-up games or just shooting? We are trying to get a group going to open the gym on Friday nights. Interested?**

**Call us. 978-733-4076**

**5:30-7:30 p.m.  
under 18, \$2 pp  
Adults \$4**

**Call ahead (by noon to make sure we are here.  
if you are interested! (978) 733-4076**



# March 2016




**\$3.00 suggested donation, reserve one day ahead @ 978 733 1249 x 1103**

If you cannot make it here we offer Meals on Wheels, call 978 733-1249 for details

Or MOC 800-286-3441 for nutrition questions

This program is made possible in part by funding from the Executive Office of Elder Affairs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b>	<b>1</b> Ckn White Bean Chili (314) Brown Rice (5) Tossed Salad (9) Multigrain Bread (110) Fresh Orange (0)	<b>2</b> ** Hot Dog (550) Hot Dog Bun (270) Tater Tots (29) Cole Slaw (101) Pineapple (1)	<b>3</b> Veggie Gumbo Soup (50) Roast Pork (66) Apricot Glaze (22) Mashed Potatoes (94) 7 Grain Bread (200) Escalloped Apple (22) Diet: Apple Slices (4)	Trips And Bridge at 1
<b>7</b> Diced Chicken (65) Teriyaki Sauce (63) Crunchy Chinese Noodles (58) Brown Rice (5) Oriental Veggies (21) Rye Bread (150) Mandarin Oranges (7)	<b>8 * **</b> Lentil & Kale Soup (352) Turkey Breast (496) Turkey Gravy (119) Bread Stuffing (224) Multigrain Bread (110) Strawberry Jello (8) Diet :Pineapple (1)	<b>9</b> Chicken Breast (320) Cacciatore Sauce (106) Bowtie Pasta (1) Tossed Salad (9) Italian Bread (230) Fresh Orange (0)	<b>10</b> Three C Soup (299) Meatloaf (214) Gravy (128) Sweet Potato (35) Multigrain Bread (110) Pineapple Cake (368) Diet: Grahams	Trips And Bridge at 1
<b>14</b> Cream of Cauliflower Soup (185) Chicken Breast (320) Florentine Sauce (18) Mashed Potatoes (94) Whole Wheat Roll (105) Fresh Orange (0)	<b>15</b> Sliced Pork (73) Hamburger Roll (230) BBQ Sauce (82) Brown Rice (5) Tossed Salad (9) Pineapple (1)	<b>16</b> Minestrone Soup (330) Chicken & Rice Bake (327) Whole Wheat Bread (121) Oatmeal Cookie (124) Diet: Mixed Fruit (10)	<b>17 Special: St. Patrick's</b> <b>**High Sodium**</b> <b>** Corned Beef Hash (874)</b> Braised Cabbage (25) Carrots (43) Rye Bread (127) Lime Jello (41) Diet: SF Line Jello 	Trips And Bridge at 1
<b>21</b> Cream of BrocSoup (275) Beef Patty (200) Mushroom Sauce (83) Whole Wheat Breat (121) Mashed Potatoes (94) Peaches (5)	<b>22</b> Ckn Meatballs (190) Marinara Sauce (94) Penne (1) Tossed Salad (9) Italian Bread (230) Applesauce (15)	<b>23</b> Beef Stew (194) Broccoli (9) Rye Bread (150) Strawberry Yogurt (75)	<b>24</b> Ckn Breast (320) Supreme Sauce (56) Winter Squash (8) California Veg (27) Dinner Roll (132) Sugar Cookie (181) Diet: Strawberry Grahams	Trips And Bridge at 1
<b>28</b> <b>** Ckn a la King (535)</b> Bowtie Pasta (1) Mixed Veggies (28) Biscuit (340) Mandarin Oranges (7)	<b>29</b> Garden Veg. Soup (115) Salisbury Steak (193) Gravy (140) Sour Cr/Chive Mashed Potatoes (94) Wheat Bread (121) Vanilla Yogurt (50)	<b>30</b> Roasted Turkey (496) Cran/Orange Sauce (106) Sweet Potato (26) Tossed Salad (9) Multigrain Bread (110) Blueberry Buckle (360) Diet: Applesauce	<b>31</b> Black Bean Soup (296) Grilled Ckn (320) Red Pepper Pesto (22) Brown Rice (5) Wheat Bread (121) Pineapple (1)	Trips And Bridge at 1



## Rainbow Lunch

Worcester Elder Services and WLEN  
**Invite you to the Rainbow Lunch Club**  
*Every 2<sup>nd</sup> Wed. Noon*

Unitarian Church, 90 Holden St. Worcester Questions or to RSVP 508-756- 1545

*This newsletter is sponsored in part by a grant from Executive Office of Elder Affairs*



## Well Adult Clinic~ It is FREE!

*With our town nurse, Tamara Bedard.  
1st Tuesday of each month*

**New!!!**

## **Meet Claire of the VNA Network**

**3<sup>rd</sup> Wednesday of each month 11am-1pm**

**Advice, Blood pressure screenings and more**



**New!**

## Garden Talk & Swap

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.).*

**12:30 p.m. Wednesdays at the Senior Center**

## **First Run Free Movies!**

*You heard it here! New(ish) & free!*



**Every Monday at 1 pm  
at the Thayer Memorial Library**

**In the Dexter Room, Just show up!**

**Check out**

**[www.thayermemoriallibrary.org](http://www.thayermemoriallibrary.org)**

For more details on the upcoming movies \*shhh. We can't name them here but they are good!

Join our all ages  
**Free Drawing & Art Group**  
**Thursdays 1 p.m.to 3 p.m.**



This casual 'support group' is led by Susan Tripp, a talented artist who will help 'coach' you as we all pick up a pencil, or charcoal or a brush. This is a no pressure chance to draw and exchange feedback from other artists. All abilities and ages encouraged to join in. Tips, advice and coffee and tea-Free! **Honing your talent ~ priceless!**

# Classes and Workshops

To ensure a space please pre-register at 978-733-4076 or email [aturner@lancasterma.net](mailto:aturner@lancasterma.net).

## Garden Whimsies Workshop



**March 16<sup>th</sup> 1 p.m.-3 p.m.**

Lancaster Seniors may register until 2/15 then registration is open to all.  
Class is limited to 8.

Come find inspiration for creating up-cycled fanciful and sometimes even practical ornaments to adorn your garden. These low cost, fun projects are easy to create and a great way to turn your cast offs into a new type of 'garden heirloom', or gifts for your funky garden friends. The fanciful creations will fill in your veggie garden with colorful focal points before your plants take over. You will leave with an ornament and lots of ideas for more projects to work on when you still have a few minutes before the weeds sprout! [Bring your odd colorful plates, cups, vases, candlesticks and more. Keep your favorites and if you have extra to swap -even better! Bring one, take one (or bring two, take two.)!]

*Seniors and children: \$10 Adults \$13 See our cancellation policy for trips and classes.*

### **Do you enjoy writing?** **Free Writing Group**

Do you like to write? Would you like help from a talented writing teacher? Creative writing, poetry and more. Don Hosley leads our writing group. Come for pancakes and stay to feed our thoughts!

**March 8 & 22**  
**Every other Tuesday 9:30-11am.**

### **Seed Starting Workshop(s) & Swap**

**March 7<sup>th</sup> at 1 p.m. OR March 16<sup>th</sup> at 6:30 p.m.**

It's that magic time. Days are getting longer, seed catalogs are here! Let's start planting! We will learn the basics of seed starting and get our hands dirty. Not only is starting your own plants economical, but it is also very therapeutic. Come share some of our bounty and tips. Bring your own too! Never enough hot tips, and seeds to exchange. ***This***



***workshop is FREE! You will be asked to help care for our babies if you choose to leave seedlings here. Limited seeds available for taking home. Try to bring a packet of your favorite to swap with other gardeners. Space is limited. You must RSVP to 978-733-4076***

### **Teachers wanted!**

**Know someone who is talented?**

**We are looking for people to lead workshops and teach fitness, creative classes, a walking group, and more!**

***Call Alix at 978-733-4076 x 1102***



# Trips and Events

## Shopping and Entertainment Trips

*Reserve early! Trips may fill or be cancelled if there are no reservations.  
(Shopping trips are two dollars round trip\*; Home Pick up and Drop off  
CALL 978 733 4076)*

*Other trips as priced, trips are non-refundable unless we can fill your slot. We often can!*

- **March 1<sup>st</sup>:** **VOTE!** Presidential Primary
- **March 4<sup>th</sup>:** Market Basket/Whitney Field
- **March 4<sup>th</sup>:** **Souper Bowl Potluck** at the Center
- **March 4<sup>th</sup>:** Newport Play House with Bolton MA
- **March 5<sup>th</sup>:** Eagle Fest Road Trip Newburyport. RSVP by
- **March 5<sup>th</sup>:** The Black Dog Event, Laurel Learning. RSVP please
- **March 10<sup>th</sup>:** Free! For Seniors, Fairy Tales Dress Rehearsal
- **March 18<sup>th</sup>:** Stow Food Pantry Trip
- **April 1 & 2<sup>nd</sup>:** Peter Murphy's Players Plays. Community Center

### TRIP/CLASS CANCELLATION POLICY

*We make every effort to ensure that the various planned trips do occur. However, we reserve the right to cancel the trip if there are not enough participants. Also, if you cancel, you may forfeit any payments/deposits made unless we can fill your spot from the waiting list. We typically can, but there are no guarantees!*

***Seniors are cordially invited to***

***“A Fairy Tale Life?”***

**A Free Dress Rehearsal**

**Thursday March 10: 6:00 PM**

**Performed by the Lancaster Middle School, Rowlandson School**

**You are welcome to congregate at the Community  
Center for coffee & carpooling before heading over to the performance.**

### **Sit and Stich Wednesday**

A creative group of people sharing knitting and crocheting and needle work tips and materials. Some materials available. We hope to support projects for those in need. Come join our first meeting, March 10<sup>th</sup> at 2:30, Call our office with questions





YOU'RE INVITED TO A  
**DOWNTON  
ABBEY**  
TEA



Join us as we say goodbye to Downton  
with an afternoon tea and a screening  
of the very first episode in the series

**FREE!**

**FRIDAY  
MARCH 4th  
2pm**

Bolton Public Library

738 Main St. Bolton

**BOOK SHARING:  
THE BLACK DOGS PROJECT  
MARCH 5<sup>TH</sup> 11 A.M.**



Meet  
the  
Black  
Dog

Enjoy meeting Fred Levy- author  
of *The Black Dog Project*,  
Denver the service dog, and  
other pet enthusiasts. We will  
share pet stories, photos, and  
other well-known books, too!  
Family friendly event open to all  
ages!

*Registration is Requested at  
[Laurellearningservices.com](http://Laurellearningservices.com)*

**JOIN OUR BOLTON FRIENDS FOR A TRIP**

**MAY 4, 2016**

**NEWPORT PLAYHOUSE**

**Performance and Cabaret**

It's Courtney's wedding day, and her mom, Delia, is making sure that everything is perfect. The groom is perfect, the dress is perfect, and the decorations will be perfect. Then, like in any good farce the doorbell rings. And all hell breaks loose.

Bolton Residence \$52, Non Bolton Residence \$57

Leaves Trinity Church (14 Wattaquaddock Rd. Bolton)

at 9:30. Returns between 5:00-6:00

Coach Bus Transportation.

*RSVP right away 978-779-3313 Bolton COA*





## *Join us March 5<sup>th</sup> for Eagle Fest 2016*

Join us for a special Saturday trip up to the North Shore, ending in Newburyport to celebrate the Merrimack River Eagle Fest. We arrive and head directly to a special Raptor show in Newburyport's town hall. After the show we head to Angie's, an inexpensive but yummy, casual stop for an early lunch. After lunch we hop on another bus to travel to Deer Island with our Audubon tour guides.

Our guides will have their telescopes set up and trained on their 'marks', American Eagles. If we are lucky we may see other rare birds too. We will certainly learn a lot! After exploring the island it is back on the bus to return to downtown Newburyport. You will have a few minutes to grab a coffee, or explore a shop and then back on the bus to return to the Center. Deer Island is rugged and there is some walking involved so wear good shoes, and layers! We will be in and out so dress appropriately.

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

### **Massachusetts Rescue and Recovery K9 Unit**

Please join us for a



### **Live Search & Rescue Demo**

**March 13<sup>th</sup> 1:30 – 3:30 PM**

At the Lancaster Community Center

**Followed by Live Demo with Search and Rescue Dogs**

**Space is Limited to first 20 Registered Participants**

**Register Now!** 978-733-4076 or [mpelletier@lanasterma.net](mailto:mpelletier@lanasterma.net)

**Massachusetts Rescue and Recovery K9 Unit ([www.mark9.us](http://www.mark9.us))**

MARK9 is a charitable, non-profit 501(c)(3) volunteer search and rescue unit dedicated to the training of search and rescue dogs, handlers and support personnel in order to provide professional and highly-skilled search and rescue resources in the event of an emergency response event.



## Peter Murphy's Players

*Invite you to a Theatrical Experience  
5 Vignettes & a Play presented over two  
evenings*

**Of Mice and Minotaur's, The Truth about George, The Ugly  
Duckling, Sorry, Wrong Number, and The Tinker Lancaster  
Community Center:**

**April 1<sup>st</sup> 6:30 and April 2<sup>nd</sup> at 7 p.m.**

Admission: Suggested donation each evening: \$6 Adults, \$4 students/ seniors,  
children under 12 free. Questions: Call Peter at 978-467-3438.

*Refreshments, Coffee, Tea, Hot Chocolate and sweets available*

### Planning For Medicare

Planning for Medicare-Countdown to 65 is a comprehensive worksite seminar that helps people approaching Medicare eligibility understand their health insurance options outside of their employer-sponsored coverage, whether they are planning to retire or not.

Lancaster Community Room April  
13<sup>th</sup> 7 p.m.



### Bingo

**Tuesday at 1:00 pm**

*Everyone is welcome!*

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

### Bridge

**Every Friday at 1:00 pm**

*Everyone is welcome*

Snacks, and coffee provided

### SHINE (Serving Health Insurance Needs of Everyone) Tuesdays at the Center

Need Insurance Help? Decoding your policy, getting ready for retirement, change in your job.  
Make an appointment with Gretchen, our SHINE counselor. 978-733-4076



**Taxes: We all hate ‘em but it we all need to do them!**

*(Even if you are low income you may be due money back)!*

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.

***Currently AARP is booking appointments at many area Senior Centers and Libraries***

## AARP Tax Sites close by

**Clinton Senior Center**  
**271 Church 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  
978 534-7522

***You do not need to be a resident of the town to visit; We are able to transport you.***

*If you need help and can wait we are working to open a Center in Lancaster too!*

[illegible]

# SHINE

**(Serving Health Insurance Needs of Everyone)**

# Does Medicare cover fitness programs?

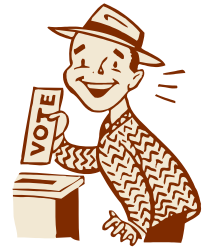
While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program. Fitness classes available at senior centers may also be eligible for reimbursement.

Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2015!

**SHINE** on line [www.shinema.org](http://www.shinema.org)



# IN LOCAL NEWS \$\$\$\$



- Presidential Primary is Tuesday March 1, 2016  
Polls are open 7am-8pm at Town Hall, 695 Main St
- Handicapped Parking; Past the town hall on right, by the ramp.
- Transportation: Seniors/ Handicapped Reserve at 978 733-4076
- No IDs required, unless you have received a letter asking you to bring one.

*Any other questions, call Mary de Alderete, Town Clerk at 978 365 2542 M-TH 8:30-4:00  
The Town Clerk's Office is in the Lower Level of The Town Hall @ 695 Main Street, Lancaster*

## **Burn, Baby Burn! Burning Season is OPEN**

**Jan 15<sup>th</sup>-May 1<sup>st</sup>**

Snow cover can be good protection for a fire; if you wish to burn your yard waste please contact the Fire Department to purchase a permit, and permission to burn.

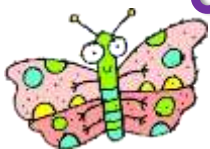
*<http://www.massfire.net/brush/lancaster.php#>  
or in person at 1055 Main St M-F 8-4 or check for weekend hours.  
978-368-4003*

## **Save the Date!**

### **Family Fun Days at Lancaster Community Center**

### **Crafts, Gym time, Cooking lessons +**

### **April Vacation Week.**



**In need?  
Got help!**  
**Food pantry options**

**WHEAT**

978-365-6349  
Clinton MA

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

*An elevator is located in the rear of the building for your convenience.*

**Village Church**

South Lancaster  
Thursday Evenings  
6 pm-7 pm

Offering a wide variety of wholesome food

**Stow Food Pantry**

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

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



**Dog Licenses**

***-On Sale NOW!***

**Cash or check accepted.  
\$10 neutered or spayed,  
\$20 not altered**

*You may License your dog on Line  
\*processing fee applies*

Clerk's Office hours of Monday, 9:00 AM – 5:00 PM  
Tuesday through Thursday, 9:00 AM to 4:00 PM

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

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

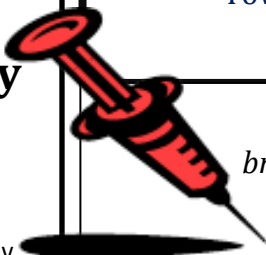
[http://www.ci.lancaster.ma.us/Pages/LancasterMA\\_WebDocs/billpay](http://www.ci.lancaster.ma.us/Pages/LancasterMA_WebDocs/billpay)

*Any questions, call Mary Dealderte, Town Clerk or Or Dianne Reardon  
at 978 365 2542 M 8:30-5 or T-TH 8:30-4:00*

Town Clerk's Office is in the Lower Level Town Hall  
695 Main Street,

**Sharps Collection Program**

*brought to you by Nashoba Board of Health(BOH)*



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



**Free  
Computer Help**

**With Jon Roper**

**Just starting out? Or getting by but would like to hone your skills. Laptop has a bug?**

**Tuesday mornings 9 a.m.**

**Call 978 733 4076**

**Free  
Medical Equipment  
Loan Program**

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



*Just ask!*  
**978 733 4076**





## Senior Circuit Breaker Credit May be worth more than \$1,000!

### You qualify if you:



Are 65 years of age on or before December 31, 2013

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Own or rent in Massachusetts as your principal residence

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Your total income does not exceed:

Single	\$55,000
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Married filing jointly	\$82,000
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Head of household	\$69,000
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Your assessed real estate valuation does not exceed \$700,000

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Check out [mass.gov/dor/seniors](http://mass.gov/dor/seniors) for full details.

Or, call customer service at 617-887-6367 (toll-free in Mass at 800-392-6089).



Massachusetts Department of Revenue





# CALL FOR ARTISTS!

Attention Local Artists, Do-It-Yourselfers & Pinterest Fanatics



Habitat for Humanity North Central Massachusetts ReStore invites you to participate in a Spring Art Show and Auction on May 12, 2016 to benefit Habitat for Humanity North Central Massachusetts.

Submitted art pieces should have a salvage component and preferably a spring-time theme. The pieces will be on display in the ReStore and sold during a week long silent auction, with the proceeds benefiting Habitat for Humanity NCM builds.

Participants will be given a \$25 ReStore Gift Card to purchase materials if needed and **will be promoted via websites and social media.**

**To register, email [carolyn@ncmhabitat.org](mailto:carolyn@ncmhabitat.org), download a form at [www.ncmhabitat.org](http://www.ncmhabitat.org), or fill out a form at our ReStore.**



**Recycle. Reuse.**



**Reduce. Rebuild.**

Registration is open to **all skills and talents.**

Local upcoming and known artists who wish to show their skill and passion by using items in Habitat ReStore to create new pieces of art are encouraged to participate.

Participating sponsor: Gardner Area League of Artists

## HOME IS WHERE THE ART IS

- Artist registration deadline is **March 1, 2016.**
- Art pieces must be delivered to the ReStore (637 Lancaster Street, Leominster) during business hours, Wednesday to Saturday 10-5, with delivery no later than **May 4.**
- Reception and Artist Meet & Greet to kickoff the bidding on **May 12, 2016 from 4-6** at the ReStore.
- Bidding ends **June 1, 2016**



**Habitat  
for Humanity®**  
North Central Massachusetts

637 Lancaster St, Leominster, MA  
978.227.5556  
[www.ReStoreNCM.org](http://www.ReStoreNCM.org)



# ATTENTION: Dog and Cat Owners!



## RABIES IMMUNIZATION CLINIC SCHEDULE

Rabies immunization for dogs and cats over six (6) months of age, not previously immunized, and those with a blue rosette (2013) rabies tag, must be immunized. The vaccine provided at Nashoba Clinics is effective for three (3) years for dogs and cats over one (1) year of age and currently immunized. Dogs and cats between the ages of six (6) and twelve (12) months and those who have let their immunization lapse must receive a booster within one (1) year of the initial inoculation. They are then protected for three (3) years.

### ALL DOGS AND CATS MUST BE IMMUNIZED AGAINST RABIES

Cats must be brought in cages or closed boxes during the last half of any clinic. The charge per immunization is \$15.00. Residents of Nashoba member towns may attend any of the following clinics. All pet owners must present, to participating veterinarian, proof of current vaccination to receive a three (3) year rabies vaccination. Failure to do so will result in your pet receiving a one (1) year vaccination. The tag for 2016 will be a red heart.

<u>TOWN</u>	<u>VETERINARIAN</u>	<u>DATE</u>	<u>TIME</u>	<u>PLACE</u>
Ashburnham	McTighe Bldg.	Sat., 3/19	11:30-12:30pm	Municipal Grounds 8 Williams Rd
*Ashby/ Townsend	Smith	Sat., 3/12	9:00-11:00am	*West Townsend Fire Station
		<b><u>*Must bring copy of Rabies Cert.*</u></b>		<b><u>*Parking in back of Fire Station*</u></b>
Ayer	Trenholm	Sat., 3/19	12:00-1:00pm	Ayer Animal Hospital 196 W. Main St.
*Berlin	Bianco	Sat., 3/26	8:30-10:00am	Highway Barn 103 Carter St
		<b><u>*CASH ONLY*</u></b>		
*Bolton	Schafer	Sat., 3/26	10:00-12:00pm	Bolton Fire Station
		<b><u>*CASH ONLY-Bring copy of Rabies Cert.</u></b>		
Groton/ Dunstable	Horowitz	Sat., 4/2	12:00 -1:00pm	Groton Fire Station 45 Farmers Row
Harvard	Trenholm	Sat., 4/2	9:00-10:00am	Harvard Town Garage
*Lancaster	Bianco	Sat., 3/26	10:30-12:30pm	Highway Garage 435 Centerbridge Rd
		<b><u>*CASH ONLY*</u></b>		
Littleton/ Boxboro	Kilgore	Sat., 3/19	1:00-3:00pm	Littleton Animal Hospital
*Pepperell	Smith	Sat., 4/2	9:00-12:00pm	Jersey Street Fire Station
		<b><u>*CASH/CHECKS ONLY</u></b>		
Shirley	Norelli	Sat., 3/19	9:00-11:00am	Shirley Animal Hospital

# THE FINANCIAL PAGE\$ & COMMUNITY NEWS

## **We are a Warming Center!**

*If you or someone you know is cold, come use our heat, our coffee, TV, Wii and friendship. Call for details 978 733 4076*

## **Fuel Assistance:**

The heating season is here and the predictions for the coming winter are for lots of cold and snow. The state **gross** annual income limits for

fuel assistance are as follows: for a household of one, \$32,618; for a household of two, \$42,654; for a household of three, \$52,691.

Also try Joe for Oil, The Angel Tree, or call us.

## **Lancaster Residents Fuel Oil Grant Funds Available NOW**

Funding is still available to those who are qualified to participate in a Home Heating Oil Program. Oil prices are down, but still expensive for many, and we know it is going back up. Application is easy! Terms are great!

Don't miss this great opportunity brought to you by the Town of Lancaster with CDBG (Block Grant) funding.

*Call Noreen at 978-365-3326  
ext 1014 for details!*



*Cooking  
with Laura!*

*Free!*

**Friday, April  
15<sup>th</sup>, 10 am.**

Come join our studio audience for the taping of

Cooking with Laura. We learn more of Laura Kryger's cooking secrets. We get to taste too! That is my favorite part!!

This month Laura and her special guests will prepare family friendly treats that all ages can cook, and certainly enjoy! Laura will teach us some of her short cuts and health tips and maybe even a few of her jokes. The classes are lots of

fun, a great casual way to spend a morning. Join us FREE! **Bring your notebook. This will be taped by SLCTV.**



**Need help shoveling?  
We have a list of reasonable  
fee based helpers!**

**Need Sand?  
Got that too! Thanks to the Friends  
Call the office.**



**CONSIDER US FOR YOUR  
BIRTHDAY PARTY!**

**Old or young it is lots of fun!  
We offer reasonable rates and  
a fun place to run around  
or gather with a large group.**

LANCASTER COUNCIL on AGING  
LANCASTER COMMUNITY CENTER  
Suite 7, Lancaster, MA 01523

978-733-1249  
[www.lancasterma.net](http://www.lancasterma.net)

## JOIN US!

### Council on Aging Board Meetings

Third Wednesday of the month

### Next meeting:

March, 16<sup>th</sup>  
9am.

Free Coffee!

## Become a Friend of the Lancaster Seniors!

### We help seniors in your community

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
- ❖ Family                                \$30

<http://FriendsoftheLancasterSeniors.org> Email:  
[FriendsoftheLancasterSeniors@gmail.com](mailto: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. P.O Box 173 Lancaster, MA 01523.  
For more information about joining FOLS, contact David James at 978-263-7962.

### The Senior Center



*We welcome everyone!*

Monday-Thursday 9-3\*

Office hours 8:00-12

*\*Call first*

*or for special events check out our calendar*

[www.ci.lancaster.ma.us](http://www.ci.lancaster.ma.us)

### *We will move you!*

## MART Van Policies & Fees

*For a full list of rules and pricing visit the town website*

- Mart service to Senior Center: **Free** for senior and disabled coming to meals and events
- **\*Service in Town**: 50c in all other destinations town, per stop.
- **\*Service outside Lancaster**: Clinton \$1. Leominster, Sterling, Bolton, Harvard is \$2 round trip. Fitchburg is \$2 each way. (Multiple stops may be charged )
- **Friday Regular Shopping trips** are \$2 per person
- ***Special Events will be priced according to the trip.***



Reservations and Cancellations Call 978 733 4076 , At least 48 hours prior to appointment

*\*See our website for a full list of rules and pricing.*