



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

Community Crier

Jay Moody Chair, Judie MacLean, Frank MacGrory, Nicole Kanis, Jo St. Angelo, Michelle Jones, Michele MacDonald, Kathy Codlanne
March, 2017 (978) 733-1249 , fax (978) 733-4076 Alexandra Turner, Director. Melissa Pelletier, Marilyn Largey

You are invited to the *Spring Fling*



An evening of Dinner and
Dancing with Friends
April 7th 2017

Appetizers 5 - 6 Dinner following
Dancing Lesson & Exhibition at 7:30 p.m.

Advance tickets \$20 Seniors/\$25 others
After April 2nd -space permitting -tickets: \$35
Cash bar sponsored by the Friends of Lancaster Seniors *
**pending permit approval*

Dance instruction and exhibition by Jim Cole,
Award winning Dance instructor

A sample Menu includes:

Appetizers: Assorted fine cheeses, Mediterranean platter, savory tarts *Dinner:* Roast Chicken with Rhubarb butter or Meyer Lemon Chicken, Grilled Maple Salmon, Fruited Rice, Roasted Potatoes and fine desserts.

Detailed menu and reservations at 978-733-4076



Thoughts from the Director

One of my favorite seasons is spring! It is exciting to watch the new green leaves unfurl, watch the crocus sprout and wait for baby chicks to hatch. Everything is new and exciting and full of hope. Weeds have not overtaken my garden yet; I still have time to diet for my bathing suit. Life is good! In that spirit we would like to invite you to try something new, something full of promise. We have organized some fun trips to new places, started new exercise classes, and continued with some of the old favorites, but if you have not taken them they will be new to you!

I hope you find the joy and enthusiasm of spring here as I do. You must be sick of hearing me say it but it is true, getting out and trying something new is good for you both mentally and physically. Each day I meet adventurous, engaged people here who make getting older look good! I hope your interest is piqued by some of the offerings this month and you join us to celebrate spring too!

Hope to see you soon,
Alix

A Few Upcoming LCC Events

- 3/7** - 8-9am Diabetes Screening
- 3/7** - 8:30 am Judge Kenton-Walker
- 3/8** - 12:30 'Make your Own Easter Wreath'
- 3/9** - 3:30 p.m. 'Soils' & Smoothie Bar Workshop
- 3/21** - 7:30 a.m. Meet River Terrace Rehabilitation Director Mark Deschenes
- 3/29** - 12-1:30 **FREE LUNCH!** Reservation only
Cholesterol: The Good, The Bad, and the Ugly '
- 4/7** - 5 p.m. Spring Fling
- 4/7-5/30** - 1-3 p.m. The Savvy Caregiver Program
- 4/28** - 8 a.m. Trip: Blithewold Mansion Bristol R.I.

NEW!! Details Inside!

- Free Jazz Dance Classes This Month!
 - Garden's Begin again! Call us.
 - New! Chair/Arthritis Yoga
- Indoor Walking Club-free transportation



The Lancaster Community Center (LCC)

*The all ages hub for community events.
Nurturing the Body, the Mind, and the Soul*

www.ci.lancaster.ma.us

on Facebook at Lancaster Community Center
or at 978-733-4076

Business Office hours 8:30-12:00 M-TH & by event

Where: The Community Center is located behind the Town Green, directly behind the Prescott Building. Enter on the upper level, handicapped access use the lower level-elevator at end.

What: The Center, formally the Tercentenary School is home to many special events open to all ages. A full schedule is on line, scroll down our page to view the calendar. The LCC is home to Lancaster Social Services offices. Each office keeps their own office hours; Veterans Affairs, Commission on Disability, Council on Aging and Recreation. . The LCC Is also home to Senior Center, and offers meeting space for town boards, commissions, and non-profits.

In addition the Center offers:

- *Year Round Fitness Classes as well as special fitness series. Tai Chi, Yoga, Insanity (Cross Training) Special classes include Ballroom Dancing, Zumba, Weight training, as well as summer and winter sporting events.*
 - *Healthy Cooking Class Series: and Nutrition classes*
 - *Arts and Crafts Classes and drop in Art Group*
 - *Garden Chat group*
 - *Community Garden Beds*
 - *Community BBQ's, Holiday events, Concerts, Fairs etc.*
 - *Social Services support, SNAP, Fuel Assistance, Referrals*
- *Nashoba Wellness Clinic, every first Tuesday and Third Wednesday of the month*
 - *Information series by guest speakers on topics relating to Lancaster*
 - *Field Trips*

Rentals: The LCC is available for rentals. Please see our calendar for availability, and the website for our rental forms. There are a variety of spaces, a kitchen, meeting rooms, a gym and a lovely shaded patio. The Center is a great space for birthday parties, family gatherings, club meetings and more! Let us show you our space.

For more information contact Alexandra Turner, director at ext. 1103 or aturner@lancasterma.net or visit the Lancaster website.

Tuesday is
Pancake Day
Everyone is invited!
Senior Center
Tuesday mornings
7:30 AM~ 9:00 ish
\$3

Suggested donation

Chef Extraordinaire

David James

Weekly pancake specials

Blueberry, Apple, Plain,

French Toast, too

Sausage, eggs, fruit

Juice & coffee &

All the pancakes you can eat!

Special Guests.

Come meet them! Learn and socialize.

March 21st 7:30 a.m.

Meet Mark Deschenes

New Rehab Director at

River Terrace!

Bring your questions

March 28th

Meet with

Police Chief Burgwinkel!



OUR WISH LIST

We need VOLUNTEERS!

We can use all your talents, just call or drop by. Serving, meal delivery, crafts, exercise monitors and participants, office, gardening and more!

SUPPLIES

We always appreciate items for crafts classes, events, & every day fun. Thank you to everyone who has donated some amazing supplies. They bring great joy and keep the mind going. *Join us for upcoming classes.*

Be Alert! Tax Scams

In recent years, thousands of people have lost money and had their personal information compromised due to tax scams and fake IRS communications.

The IRS will NEVER:

- Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.
 - Threaten to immediately bring in local police or other law-enforcement groups to have you arrested for not paying.
 - Demand you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
 - Ask for credit or debit card numbers over the phone.
 - The IRS does not initiate contact with taxpayers by email, text messages or social media to request personal or financial information. The IRS does not threaten taxpayers with lawsuits, imprisonment or other enforcement action.
- Check out *Consumer Alerts* at the [IRS Website](#).

Marilyn Largey
Community Service Liaison
Phone 978-733-1249 ext 1109
mlargey@lanasterma.net
Walk in office hours 1st floor of the LCC building: Tues 8-10 am, Wed 2-4 pm,
Thurs 6-8 pm, or by appointment.



It was my pleasure to attend training presented by Mass Law Reform and sponsored by the Massachusetts Council on Aging. Here is some of what I learned.

Maximizing SNAP for Elders and Persons with Disabilities, The Supplemental Nutrition Assistance Program (SNAP) is a well-known federal entitlement program to combat food insecurity. We seem to have so much food in this country. But for many the choices are real..... *food or medicine, food or utilities, food or transportation*. This is why the SNAP program is so important. It helps supplement a small budget and ensures food is not a choice but a right.

One of the most vulnerable populations are individuals age 60 and older. Consider this.....

- ◆ Women are 80% more likely to face poverty at age 65 than men. (National Institute on Retirement Security, 2016)
- ◆ Food insecurity among older adults has doubled since 2001 (National Council on Aging, Facts on Senior Hunger)
- ◆ Food insecurity is expected to increase 50% by 2025 (Meals on Wheels Association of America, AARP, NCOA)
- ◆ 100,000 older adults in Massachusetts under the federal poverty level (FPL) receive Medicaid but not SNAP
- ◆ It is estimated there are 550,000 people in Massachusetts eligible for SNAP but not enrolled or receiving less than eligible.

SNAP FOR INDIVIDUALS 60 AND OLDER

SNAP has been streamlined for ages 60 and older. If you've never applied for assistance, or have been ineligible in the past, here are some reasons to consider applying for SNAP:

- ◆ Even a modest monthly SNAP benefit can help to offset some of your household expenses.
- ◆ Using SNAP benefits is completely confidential. SNAP recipients use a card which works just like a debit card.
- ◆ The application for seniors is shorter (only two pages).
- ◆ If you spend more than \$35 per month on medical expenses including medications and doctor's visits, you may qualify for a \$155 standard deduction. (or even higher based on your medical expenses) This deduction could result in a higher monthly SNAP benefit.

CONSIDER IF YOU QUALIFY

If your gross income is 200% below the FPL consider applying. (As of Jan 31, 2017)

- ◆ 1 person \$2,010 month/ 2 person \$2,706 month, 3 persons \$3,403 month
- ◆ Elder –age 60 or older are allowed to deduct certain medical and shelter expenses from gross income.
- ◆ Disabled – person receiving a disability based benefit

WAYS TO APPLY FOR SNAP

- ◆ Online through the Virtual Gateway - <http://www.mass.gov/snap>
- ◆ Mailing or Faxing a paper SNAP Application
- ◆ Contact Massachusetts Opportunity Council (MOC) for application assistance - 978-343-6259
- ◆ Schedule an in person appointment at a local DTA office
- ◆ Through the SSA when applying for or renewing SSI benefits.

I learned too many details to share on this page. As always, if something seems to complicated, you can reach out to me for a confidential meeting to help determine your eligibility, answer questions, or provide more information about how to navigate the application process.

"This country will not be a good place for any of us to live in unless we make it a good place for all of us to live in."
- Theodore Roosevelt

Health & Fitness

To insure a space please pre-register at 978-733-4076 or mpelletier@lancasterma.net



Lancaster's Keep Moving Walking Club

Indoor Walking Group

Thursday Morning's

Bus leaves LCC - 8:15 a. m.

Or call for pick up

NEW!

Outdoors Walking Group

Tuesday 9 a.m. Walk from LCC

Striders (Speedy) and Strollers (Slower) welcome!
Come join us for pancakes and then work them off!
We provide water, and companionship for a safe walk on
Lancaster's lovely byways.

Get in shape, and get healthy. Questions. Call us! 978-733-4076



Tai Chi

Tai Chi uses gentle movements to reduce stress 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.

Monday Mornings 9:30 a.m.

Tuesday Evening 6:00 p.m.

\$5 per class or 6 classes for \$25

Lancaster Community Center

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.

Wear com-

fortable clothes.

Guided Meditation Workshops

Adventures In Consciousness with Angela Simms

Thursday's 10AM—FREE

Angela has been teaching workshops on Meditation, Crystals and Healing for over 20 years. She is a Reiki Master [22 years] and also hold Certifications in Energy Healing, Crystal Healing, Shamanic, Journeying, Soul Retrieval, Tuning Fork Therapy and Karma Clearing.

FREE - 10 AM Thursday Morning

Free Jazz Classes! (Pilot offering) Try it out!

Free Trial! Tuesday March 14, 21, 28th

10:30 a.m. –11:15 a.m.

Ashley, principal of Nashoba Movement



Jazz: Learn to move to the wonderful rhythms of classical jazz dance music! This slower paced adult class focuses on developing flexibility, enhancing mobility, and learning basic dance skills to fun rhythms.

Taught by Ashley Bannish, an accomplished instructor, dancer and owner of Nashoba Valley Movement. She is also a local gal! She has generously offered us a free introductory package so bring clean shoes and wear comfortable clothes for a morning of fun and exercise!

Arthritis/Chair Yoga

Wednesday's 10:30 a.m.

Seniors \$5 per class or 6 classes for \$25

General public \$6 per class or 6 for \$30

Arthritis/Chair Yoga Class is designed for all ages and abilities.



No matter what your capability/ ailment or restriction is, you will learn tools and techniques to carry with you to help with discomfort, lubricate the joints, calm the mind, AND get a good work-out! We will start with seated poses, core work, twists, balance, spine lengthening and strengthening and grounding work off the chair (with modifications if needed in chair), and end with a guided relaxation. This class promises to leave you feeling more peaceful, energized, and uplifting in the body, mind, and spirit.

*Julianna will work with your specific restrictions, such as sciatica, knee/hip replacements, etc. Please let her know prior to class.

Julianna Record is the founder of Wachusett Wellness Center located in Clinton MA. Practicing and studying yoga, therapeutics and holistic healing techniques since the 90s, she holds numerous training certifications and degrees in Yoga, Group Fitness, Therapeutics, Barre, and Pilates, Yin, Meridian, Energy Flow, Senior, Chair Yoga, Sport and Injury related therapeutics, Arthritis, and more. In addition to Yoga and Barre, Julianna has gained extensive knowledge studying in Energetic Fields such as Reiki, Meridian Therapy, Thai Bodywork, Acupressure, and Energetic Healing Modalities.



Gentle Hatha Yoga

11 am-12 pm Mondays & Thursdays

9:30 a.m. Saturday,

Got Stress? You need to relax!



Worried about falling, twisting? *Improve* your balance, and keep your range of motion. Stay young! Yoga is widely recognized as a way to improve posture, improve clarity of mind and reduce stress.

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

All ages, and abilities will benefit from this yoga class. Louise Dorian has taught hatha yoga since 1989, She was originally certified by the Ayurvedic Whole Life Center in Brookline, Mass. and 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.



LEARN TO DANCE!

Thursday Evenings 6:00-7:00 p.m.

Lancaster Community Center

695 Main Street Lancaster MA 01523

No Partner? No Problem!!

Learn from the best! Jim Cole has repeatedly been voted best and his students agree.

A fun casual class for beginners and pros alike. No partner, no problem! Come alone or bring friends. Great exercise, good for the body and mind and yes your social life. Call for information on which dances are currently taught. Choose from Waltz, Rhumba, Cha Cha and more! All ages! Dress is casual.

Please bring an extra pair of dry, clean shoes to change into.

DROP IN for \$13 or buy a three week session for \$30! New Session begins March 9th, 30th!

Country Heat Fitness Challenge

Wait
Listed

Prizes Awarded For

- Highest Percentage of Weight Loss
- Best BMI Improvement
- Perfect Attendance



Sponsored by
The Lancaster Community Center and



Channel your inner cowgirl for a FUN easy to follow Country Dancing inspired workout. This workout is appropriate for all fitness levels.

Class size is limited. Advance registration requested
To register contact Melissa Pelletier 978-733-4076 or
mpelletier@lancasterma.net

\$70 For 7 Classes

MONDAY'S 7PM
FEBRUARY 27-APRIL 10, 2017
LANCASTER COMMUNITY CENTER

**COUNTRY
HEAT
LIVE!**

eat
less sugar

{ you're sweet
enough already }

Free Diabetes Screening

Please join us!

Your public health nurse will be providing information about diabetes prevention and management. In addition to regular blood pressure checks, this is a great opportunity to have a personal diabetes screening. This screening includes one-on-one consultation with the nurse and a finger stick sample of blood to determine your blood sugar level.

WHEN: Tuesday March 7, 2017 8AM – 10AM

WHERE: Lancaster Community Center

BROUGHT TO YOU BY: your local board of health and **Nashoba Associated Boards of Health**



PICKELBALL

New sessions and levels have been added.

It's fun, healthy and reasonable sport for all!

People LOVE it! *Come play!*



Pickleball is a game sweeping the nation, and Lancaster! We have a great group of folks from all over Central MA Interested? Pickleball is a fun, fast-paced game for all ages. Pickleball is a low impact racquet sport combining badminton, tennis, and table tennis.

Open Play—All levels

Reserved Play—Experienced players

Get Fit Pickleball Cards \$20 for 6 sessions.

Lots of fun, *cheap!*

Drop by and watch! Questions about Pickleball, there are pros in our midst that are happy to answer your questions.

Call us at 978 733 4076 or email
aturner@lanasterma.net

	Reserved Play	Open Play
Monday	9-11:00 a.m.	1-3:00 p.m.*
Tuesday		
Wednesday	9-11:00 a.m.	6-8:00 p.m.
Thursday		1-3:00 p.m.
Friday	9-11:00 a.m.	
Saturday	7-9:00 a.m.	9-11:00
Sunday	9-11:00 a.m.	

*Beginners encouraged to come to this session



All Welcome! Kids and Adults.

Get Dirty Garden Program 2017 &

The Center Village Table-It's Garden Time! FREE!!!

The mission of our garden project is to bring people of all ages together to learn, grow, and nurture our minds, body, and the whole community.

Thanks to Harvard Community Health Foundation for their support

Join us! What do we give you? We use natural organic, gardening methods for growing vegetables in high raised bed gardens. We offer classes to teach members about planting, growing, and cooking. If you choose to we will share a garden bed with natural compost and soil, some plants and seeds, you are welcome to add to these. We provide most supplies, storage, tools and lots of learning! You will also receive a membership to the Center Village table, which includes early admission to workshops, and first chance to register for Farm to Fork dinners, and reduced tickets for income eligible participants.

March 9, 2017 3:30—5:30 'Soil, It's Not Just About Getting Dirty!'

Learn ways to test soil.

Bring your own soil for an in house testing activity, if you like.

Learn to make Healthy Smoothies—Join us at the Blender Bar.

Shopping on the Van

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

(Only two dollars round unless otherwise noted; Home Pick up and Drop off

CALL (978 733 4076)

Monday's Hannaford's, Reservation Required

Thursday's Walmart, Reservation Required

March 3rd Market Basket Leominster

March 17th Stow Food Pantry

FREE Lunch and Learn!
Il Forno and Nashoba Cardiology
March 29th 12-1:30

“Cholesterol: The Good, The Bad, and The Ugly”

Presented by Dr. Daniela Capriles

Catered lunch from Il Forno: Asst sandwiches, pasta salad, chips, and desserts.

RSVP Required! By March 22nd 978-733-4076

How is your cholesterol? Which One? Why is it important? What is with the new studies on Statins? How about the new medications? So many questions... perhaps you have other cardiac concerns you may just want to bounce off a Dr. This is your chance? How often do you get to dine with a Dr. whose focus is your health?

After a brief presentation Dr. Capriles will spend time taking your questions.

Our thanks to

Dr. Daniela Capriles is a Cardiologist practicing at Nashoba Cardiology Group in Ayer. She is a graduate of Central University of Venezuela “Luis Razetti” School of Medicine. Dr. Capriles completed her residency in Internal Medicine at St. Elizabeth’s Medical Center in Brighton, MA and her Residency in Cardiology at St. Vincent Hospital in Worcester. She recently joined River Terrace Rehabilitation & Healthcare Center as their Staff Cardiologist and the Medical Director of their new Cardiac Rehabilitation Program, which will be introduced this spring.



March 21st 7:30 a.m. At Pancakes

***Meet River Terrace’s new Rehabilitation
Director, Mark Deschenes,***

Bring your questions.

SHINE Help

Serving the Health Insurance Needs of Everyone

Turning 65? Facing a lay off? Bad Insurance? We can help.

SHINE Councilors are available

Tuesday’s 9 am—3 pm.

- Barb Blom 9 am—11am
- Gretchen Pruden 11 am—3 pm

By Appointment Only 978-733-4076

Save the Date!

April 25th— May 30th 1-3pm
The SAVY CAREGIVER PROGRAM

A FREE six session training program for caregivers of individuals with Alzheimer's or related Dementia.

This program will help you:

- ♦ Understand the impact of dementia on both you and the person you are caring for
- ♦ Learn the skills you need to manage daily life
- ♦ Take control and set goals
- ♦ Communicate more effectively
- ♦ Strengthen family resources
- ♦ Feel better about your caregiver
- ♦ Take care of you.



For more information or to register contact:

Nicole Kanis, Caregiver Specialist



Here comes the Judge! Free Seminar.

In honor of National Judicial Outreach Week we will hold a listen and learn seminar on March 7th at 8:30 a.m.

Come listen and learn about the Trial Court Public System from the top. Outreach Presentation. Judge Kenton-Walker will discuss the importance of an independent judiciary and the preservation of the rule of law. After the presentation there will be time for questions. This is free, we would appreciate your reservation. Leave a message at 978-733-4076



Every Tuesday at 1:00 pm

Everyone is welcome

Bring your quarters, odds are better than the lottery!

We provide free coffee, treats and prizes!



Bridge

Area residents are invited to join us for friendly bridge Friday afternoons. Don't play? Come watch and learn. There are lots of patient teachers here. Come to the Center for friendly bridge games with nice people and nice snacks, All free! Suitable for all levels, novice to pro. We provide the cards, teachers, and friends. Fridays 1:00-4:00

*Free! calling ahead is strongly suggested
Questions Call Jean at 978-273-2418*

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 for more details on the upcoming movies *shhh. We can't name them here but they are good Stop by the Community Center for lunch or lemonade on the way over.

The Travel Pages



DINNER THEATER MYSTERY /COMEDY

At the Old Mill, Westminster

The Wake of Timothy O'Toole

Friday, March 24, 2017

we leave at 6:30 p.m.

Sold Out!

978-733-4076 to reserve van reservations Cash Bar Available Dinner, tip, show, taxes & transportation included, Drinks not included

Join us as we unravel a mystery over dinner with friends. Poor Timothy...a rich Irish inventor, killed in the prime of his life. Was it Maggie, his self-sacrificing (and not a little bitter) sister? Or was it Pastor O'Hooley, looking for some money to keep his parish (and him) afloat? Perhaps it was Mary O'Doultry O'Toole, the "grieving" widow? Or, maybe Leo Mulcahey, Timothy's long lost (and conveniently found) cousin? ... Help us find out, and have some laughs along the way! Trip policies apply



BLITHEWOLD

An American Garden Treasure Tulips, Daffodils, and the shore!



Join us for an elegant excursion to the Rhode Island Shore. In the style of the barons we take luxurious transportation to visit Blithewold Mansion, famous for their daffodil displays and their sumptuous mansion. There will have a private tour of the gardens and interior of the mansion. After our tours

we settle under the canopied terrace overlooking the gardens to enjoy an elegant picnic al fresco. A sample menu includes assorted appetizers, Chevre, Leek, and Shallot Tart, Tuna and Olive Tapenade Tea Sandwiches, Roasted Chicken, Spinach Salad with Onions, Apples, and Pecans or Tabouli salad, raspberry lemonade, ice tea, and crusty French bread. Following lunch we return to our coach to travel to Wicked Tulips, a organic tulip grower, with a pick your own tulip field (s) which should be spectacular!

Wear comfortable shoes, you must be able to walk and stand for this trip. All food, taxes and tips are included as are admission and tours. Any tulips you pick are on your own! Join us at the Center at 8, and return late afternoon by about 3:30. We can pick you up at your house should you prefer. Transportation \$56 Lancaster seniors/\$ 59 includes lunch, admission and tours.



Special Events and Trip Policies:

space is limited, so we book first come first serve, booking is complete with payment. Any cancellations after due date will not be refunded unless we fill your spot from a waiting list, usually we can. Trips may be cancelled due to low enrollment, if we cancel we will refund all monies.

978-733-4076 to reserve your seat



The Arts

wachusett music presents
billy walsh and friends

A BLEND OF ORIGINAL, CELTIC AND TRADITIONAL MUSIC

HARVARD UNIVERSALIST UNITARIAN CHURCH
9 ayer road
harvard ma

\$18.00 in advance and \$23.00 day of show

march 11, 2017
7:00PM DOORS OPEN 6:30PM

978-365-2043
www.wachusettmusic.net



SPRING STORM

BOUGHS BENT WITH WHITE WET FROSTING,
BREEZES HINT OF SPRING
SNOW SOON WHISKED AWAY BY WARM RAINS,
LEAVE PUDDLES LITTLE BOYS SPLASH IN,
LIKE BABY DUCKLINGS IN A POND.



BY RUTH BAIRD

Call for Artists!



Join the **200th Anniversary celebration** of Lancaster's Fifth Meetinghouse on the Town Green by entering our spring art show and exhibit. Theme: *A Sense of Place The Green*. The Meetinghouse, Horsesheds and surrounding buildings create a special place full of history. Create your entry based on what you see or remember about this special place.

Deadline is March 15th— Don't miss being a part of the Show and Celebration!
Opening reception April 23rd 3-5 pm

Details, Questions? Visit firstchurchlanasterma.org/200art on webpage -click yellow box (Bulfinch 200 Art Show)

Make Your Own Easter Wreath

Wednesday March 8th at 12:30 p.m. -2:30

Join us for a fun afternoon of tea and cookies and creating! This easy to make craft will brighten up your spring door! We provide the refreshments and all the materials to create the spring Easter Egg Wreath.

Wednesday March 8th at 12:30 p.m. -2:30
\$8 Lancaster Seniors/ \$10 all others
Call to sign up 978-733-4076



Lancaster Recreation



Spring 2017 registration is open for the Lancaster Recreation Department Girls' Softball League thru March 17, 2017.

Lancaster Girls' Softball teams participate in the Courtland League. Teams are from Bolton, Stow and Maynard. Girls' softball season runs March thru June.

Registration information, divisions and additional details listed below.

Registration: <http://tiny.cc/gyoahy>

Cost: \$85.00/per player

Practices: Thayer Field ~ evenings

Games: Thayer Field ~ Home Games

Equipment: Player provides fielding mask, glove, pants, and cleats. Individual batting helmets are suggested, not required. Batting helmets and bats will be available for player use.

Questions?

Christa Duprey, Recreation Director, Town of Lancaster CDuprey@Lancasterma.net 978.365.3326 X1108

Lynn Hudak, Girls' Softball Coordinator, Volunteer blhudak@gmail.com

The Lancaster Open Space and Recreation Committee

welcomes Residents to a Public Forum

on

Wednesday, March 8, 2017, 7:00 PM

at the Lancaster Senior Center

Residents are invited to participate in the Update to the 2010 Lancaster Open Space and Recreation Plan.

An overview will be presented on how the 2010 plan was implemented.

We will also be gathering ideas and comments for the 2017 plan update.

Please join us for an evening of reflection and master planning for the next seven years!

Light refreshments will be served.

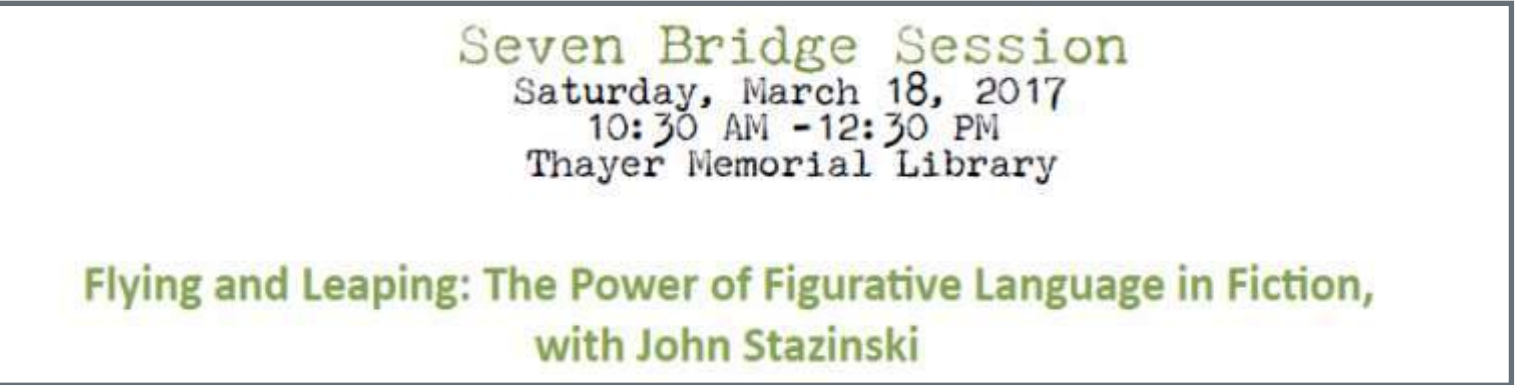
Coming Soon Summer Adult Co-Ed Softball League Registration

[Www.tinyurl.com/lancasterrecreationfacebook](http://www.tinyurl.com/lancasterrecreationfacebook)

Like us on Facebook




Lancaster Historical Society
Program: The Wachusett Dam
The Reservoir's Laborers and Their Story.
Sunday, March 19, 2017 at 2:00 p.m.
First Church of Christ in Nathaniel Hawkins Hall
725 Main Street, Lancaster





MARCH 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>DAYLIGHT SAVINGS TIME MARCH 12th</p>		<p>1 9 Reserve Pball 10:30 Chair Yoga 11:30 MOC Lunch 6 Open Play PBall</p>	<p>2 8 Indoor Walk 10 Meditation 11 Yoga 11:30 MOC Lunch 1 Open Play Pball 6:30 Ballroom</p>	<p>3 9 Reserve PBall 1 Bridge Game</p>	<p>4 7 Reserved Pball 9 Open PBall 9:30 Yoga</p>
<p>6 9 Reserve PBall 9:30 Tai Chi 11 Yoga 11:30 MOC Lunch 1 Open Play Pball 7 Country Heat</p>	<p>7 7:30 Pancake Bfast 8-10 Diabetes Screening & Well Clinic 8:30 Judge Kenton-Walker 9 Walking Group 11:30 MOC Lunch 1 BINGO 6 Tai Chi</p>	<p>8 9 Reserve Pball 10:30 Chair Yoga 11:30 MOC Lunch 12:30 Make your Own Wreath 1 Invite Pball 6 Open Play PBall</p>	<p>9 8 Indoor Walk 10 Meditation 11 Yoga 11:30 MOC Lunch 1 Open Play Pball 3:30 Garden Series 6:30 Ballroom</p>	<p>10 9 Reserve PBall 1 Bridge</p>	<p>11 7 Reserved Pball 9 Open Play PBall 9:30 Yoga</p>
<p>13 9 Reserve PBall 9:30 Tai Chi 11 Yoga 11:30 MOC Lunch 1 Open Play Pball 7 Country Heat</p>	<p>14 7:30 Pancake Bfast 9 Walking Group 10:30 Jazz Dance Class 11:30 MOC Lunch 1 BINGO 6 Tai Chi</p>	<p>15 9 Reserve Pball 10:30 Chair Yoga 11:30 MOC Lunch- Free Shamrock Shake 6 Open Play PBall</p>	<p>16 8 Indoor Walk 10 Meditation 11 Yoga 11:30 MOC Lunch 1 Open Play Pball 6:30 Ballroom</p>	<p>17 9 Reserve PBall 1 Bridge</p> 	<p>18 7 Reserved Pball 9 Open Play PBall 9:30 Yoga</p>
<p>20 9 Reserve PBall 9:30 Tai Chi 11 Yoga 11:30 MOC Lunch 1 Open Play Pball 7 Country Heat</p>	<p>21 7:30 Pancake Bfast 7:30 Meet Mark Deschenes 9 Walking Group 10:30 Jazz Dance Class 11:30 MOC Lunch 1 BINGO 6 Tai Chi</p>	<p>22 9 Reserve Pball 10:30 Chair Yoga 11:30 MOC Lunch 6 Open Play PBall</p>	<p>23 8 Indoor Walk 10 Meditation 11 Yoga 11:30 MOC Lunch 1 Open Play Pball 6:30 Ballroom</p>	<p>24 5:30 <i>Dinner Theater</i> 9 Reserve PBall 1 Bridge</p>	<p>25 7 Reserved Pball 9 Open Play PBall 9:30 Yoga</p>
<p>27 9 Reserve PBall 9:30 Tai Chi 11 Yoga 11:30 MOC Lunch 1 Open Play Pball 7 Country Heat</p>	<p>28 7:30 Pancake Bfast 9 Walking Group 10:30 Jazz Dance Class 11:30 MOC Lunch 1 BINGO 6 zTai Chi</p>	<p>29 9 Reserve Pball 10:30 Chair Yoga 11:30 MOC Lunch 12 Cholesterol Free Lunch 6 Open Play PBall</p>	<p>30 8 Indoor Walk 10 Meditation 11 Yoga 11:30 MOC Lunch 1 Open Play Pball 6:30 Ballroom</p>	<p>31 9 Reserve PBall 1 Bridge</p>	




MARCH LUNCH CALENDAR

\$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 978 733-4076 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1% MILK: 110 calories 125mg sodium (included in totals) Nutrition Questions? Contact Alex Welch @ awelch@mocinc.org		1 Macaroni & Cheese (488) Stewed Tomato (150) Wheat Bread (160) Fresh Apple (1)	2 Chicken Jambalaya (249) Brown Rice (5) Broccoli (10) Multigrain Bread (165) Mandarin Oranges (7)	3
		Total Calories: 881 Total Sodium: 924 mg	Total Calories: 632 Total Sodium: 561 mg	
6 Beef & Lentil Chili (260) Cavatappi Pasta (1) Italian Green Beans (3) Italian Bread (230) Apricots (10)	7 Grilled Chicken (320) w/Red Pepper Sc. (99) Couscous w/red peppers (45) Broccoli Au Gratin (158) Multigrain Bread (164) Brownie (165) Diet: Choc. Grahams (69)	8 Chunky Tomato Soup (177) Chicken Rice Bake (327) Spinach (65) Dinner Roll (132) Snack & Loaf (115) Diet: Ginger Boy (60)	9 Roast Pork (73) Rosemary Gravy (83) Whipped Potato (66) Tossed Salad (5) Wheat Bread (160) Apple Sauce (15)	10
Total Calories: 776 Total Sodium: 629 mg	Total Calories: 793 Total Sodium: 951 mg	Total Calories: 780 Total Sodium: 1001 mg	Total Calories: 678 Total Sodium: 527 mg	
13 Turkey Corn Stew (454) Broccoli (10) Biscuit (340) Mandarin Oranges (7)	14 Grilled Chicken (320) with BBQ Sauce (82) Sr. Cr. & Chive Potato (94) Tossed Salad (5) Wheat Dinner Roll (105) Peaches (5)	15 ~ Special ~ **High Sodium** *Corned Beef Hash (864) Braised Cabbage (25) Carrots (64) Rye Bread (150) Apple Cherry Crisp (5) Diet: Lorna Doones (100)	16 3 C's Soup (299) Shepherd's Pie (197) Multigrain Bread (164) Blueberry Yogurt (75)	17
Total Calories: 596 Total Sodium: 936 mg	Total Calories: 646 Total Sodium: 743 mg	Total Calories: 698 Total Sodium: 1233 mg	Total Calories: 861 Total Sodium: 860 mg	
20 Grilled Chicken (320) Pesto Cr. Sauce (70) TriColor Rotini (1) Italian Blend Veg (41) Wheat Diner Roll (105) Pears (5)	21 Kale & Lentil Soup (352) Roast Pork (73) Apple Gravy (23) Yams (31) White Bread (123) Choc Chip Cookie (160) Diet: Choc. Grahams (69)	22 Cheesy Rice & Beef Bake (267) Tossed Salad (5) Multigrain Bread (164) Fresh Orange (1)	23 Egg Drop Spinach Soup (167) Chicken Meatballs (190) Teriyaki Sauce (42) Brown Rice (5) Wheat Bread (160) Fortune Cookie (6) Tropical Fruit (10)	24
Total Calories: 640 Total Sodium: 667 mg	Total Calories: 998 Total Sodium: 887 mg	Total Calories: 794 Total Sodium: 562 mg	Total Calories: 781 Total Sodium: 705 mg	
27 Vegetable Soup (115) Sloppy Joe (259) Hamburger Bun (230) Home Fries (5) Vanilla Yogurt (75)	28 Roast Turkey (330) w/Herb Gravy (59) Stuffing (178) Winter Blend Veg (29) Wheat Bread (160)	29 Minestrone Soup (152) Grilled Chicken (320) w/Lemon Piccata Sc. (81) Orzo Rice & Spinach Pilaf (159) Italian Bread (230) Applesauce (15)	30 Salisbury Steak (201) w/Gravy (85) Chantilly Potato (238) Spinach (65) White Bread (123) Apple Streusel (191) Diet: Sliced Apples (4)	31
Total Calories: 786 Total Sodium: 809 mg	Total Calories: 685 Total Sodium: 881 mg	Total Calories: 681 Total Sodium: 1082 mg	Total Calories: 870 Total Sodium: 1028 mg	



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

Resources and Help



Free Computer Help

Join Jon Roper *after Pancakes*
9:00 am on- Drop in! Jon will help with your laptop, or our
computer ipad or phone.

Jon Roper is our hero!
Tuesday mornings 9 a.m.

Burning Season is OPEN

Jan 15th-May 1st



**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/lanaster.php#>
or in person at 1055 Main St M-F 8-4 or check for weekend
hours.
978-368-4003***

**If you plan on doing any open air burning, you MUST obtain a
burning permit and be familiar with all laws and regulations.
Safety is everyone's responsibility.**

<http://www.lancasterfd.net/>

In need?

Got help!

Food pantry options

WHEAT

NEW NUMBER!
508-370-4943
Call for extensions

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
TRANSPORTATION ON 3rd
FRIDAY \$2, call to reserve

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

Home Resources

Need home goods?

Fuel, repairs?

Call Marilyn

978-733-1249 x1109

Medical Equipment Loan Program

**Crutches, canes, commodes, wheelchairs + some first aid, in-
continence, supplies more to loan. (978) 733 4076
mpelletier@lanasterma.net**

RABIES IMMUNIZATION CLINIC

Saturday, March 25th 10:30 a.m. to 12:30 p.m.
The Highway Garage, 435 Center Bridge Road Lancaster, MA
Call (978) 772-3335 for information.

The Nashoba Associated Boards of Health, in cooperation with local veterinarians, will provide rabies immunization for dogs and cats.

Cats must be brought in cages or carriers during the last half of any clinic.

\$15 per immunization, cash only.

Residents of Nashoba member towns may attend, all pet owners must be present.

DOES YOUR DOG HAVE A LICENSE?



Licensing helps reunite lost dogs with their owners.

NO PARKING -Town Hall Lot



LCC & COA visitors please park in the library lot to allow for Town Hall Business. Just past the Town Green, right onto Harvard Rd (before Post Office) First Right.

**Handicapped Parking
on lower level behind LCC**

**Don't forget!
Lancaster Winter Parking Ban**



**No Overnight Parking on Street
1am-6 am
November 15 - April15**



MART Van Fees & Policies

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 Clinton, or \$2 Leominster/Sterling/Bolton (Multiple stops may be charged, call for details)**

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 Mon—Thurs
9:00 to 12 pm.**

Messages will be returned next



Become a Friend of the Lancaster Seniors!

2017 Annual Appeal for Donations

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

Thanks to your generous contributions at the end of 2016 and the start of 2017, almost \$3,000 has already been donated to the Friends! Thank you!

A major goal of the Friends (in addition to providing needed financial aid to the Senior Center) is the renovation of the kitchen adjacent to the gym in the Community Center. It is a shame that such a useful area has gone unused, but, due to changes in health codes, significant upgrades are required: \$15,000 or more. While the Friends is not in a position to raise all of that money, we would like to help.

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

We've decided to eliminate the "membership" aspect of the Friends. Any donation will be considered fully tax-deductible, and you will receive a letter and receipt to that effect.

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

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

To support the Friends, 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.
PO Box 173
Lancaster, MA 01523**

For more information about the Friends, contact David James at 978-263-7962.

Name: _____

Address: _____

Email: _____

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



We welcome everyone!

Office hours

Monday-Thursday 9-12

Or for special events



To all our amazing volunteers, without your help we could not run the Center! Even an hour or two makes a huge difference-thanks!

To **Shaws** Clinton for donating pastries.

A big thank you to **River Terrace** for matching funds!

To **Harvard Community Health Foundation** for their generous support, and **MCOA**.

Thanks to Bridget, Maureen, Deb, Sandy, Rachel, Betty and Jude, Claire, Celeste, Jay, Jean, Dick, Sue, Marie, Maribeth, Jay, Theresa, Judi, Robert, Katherine, Jon, Fred, Nancy, Laura, Dave, Sandra, Judy, Michele, Pam, Gretchen, Kathy, Joe, John G, John B, Gino, Stan, Marie, Mark, Bev, Marilyn, Melissa, Lyn, Sean, Marie, Kathy and so many more for all their hard work and support.

Special Events and Trip Policies:

Our space is limited, so we book first come first serve, booking is complete with payment. Any cancellations after due date will not be refunded unless we fill your spot from a waiting list, usually we can. Trips may be cancelled due to low enrollment, if we cancel we will refund all monies.

Please Join us!
Council on Aging Meeting
Open to all * Bring ideas,
and suggestions. Stay for lunch!
Wednesday
March 15th
at 9:00 AM
Senior Center

Please like us on Facebook

Did you know we are on
Facebook?

www.tinyurl.com/lancastercc

