



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

# Community Crier

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

## Memorial Day Celebration & Parade

**Monday May 30<sup>th</sup> 9 a.m.**  
**Town Green.**

Please join us to honor  
and remember our fallen  
Veterans. Join the Parade  
to the North Cemetery.



Following the parade, join the First Church  
For the kick off of their **200<sup>th</sup>**  
**Birthday Celebration.**

**Free ice cream for children that  
march at First Church on the green!**

*Sponsored by the Memorial Day Committee,  
Town of Lancaster & The First Church*

## NEW FREE CLASSES

### Adventures In Consciousness

**Guided Meditation**  
**May 9<sup>th</sup> 1:30**



### WALKING CLUB

**Tuesdays & Thursday 9:30 a.m.**



Like us on  
Facebook

[www.facebook.com/Lancaster-Community-Center-970047129685468](http://www.facebook.com/Lancaster-Community-Center-970047129685468)

## Thoughts from the Director

The all-ages model Lancaster has embraced for our Community Center is wonderful! It really works well. However, May is Older American's Month (OAM), so I would like to remind you of some of the contributions of one segment of our population: seniors or older Americans. This year the theme of OAM is "Blaze a Trail", to remind people you still have life after 50. Yes, 50. The state has suggested we serve those over 50 to prepare people for the transition to retirement. Depending on the definition, seniors are those over 50 - do you know any? Even the traditional definition of 60+ does not mean you should be getting your afghan and recliner ready. It is merely a time to Blaze a Trail!

People are living longer, and better! When I tell people that I work with seniors, the reactions are priceless. Many, even those who are 80+ are reluctant to admit they are seniors! After spending some time here I ask them why? Some of the most inspiring people I know fit the "Senior" bill. It is all about aging well, and that is what we are here to help you with.

Currently in Lancaster almost 25% of the population is over 60, more if you use the 50 year old metric. Why is this significant? Older Americans are working later in life, pay taxes, and they volunteer more than the rest of the population. They also have unique challenges, among them health care issues, challenges as caregivers, and financial security issues which are compounded by debt often incurred by caring for others. If we prepare early for aging it is proven we will live better, and our community will benefit as well.

Think it is too late? Let me remind you of some great examples of Older Americans who blazed a trail and prepare well. Ruth Bader Ginsburg joined the Supreme Court at 60; that was 23 years ago. Jimmy Carter left the White House to become a diplomat and volunteer extraordinaire, and is still going strong at 91. My favorite, Bruce Springsteen, keeps on performing some of the best shows I have ever seen. Need more examples, just stop in here and watch ballroom dancing, or Pickleball, or take a trip!

Try to age well! Remember 60 is the new 40, or something like that, and it is up to you to make it count. We are here to help!

*Hope to see you soon,*

*Alexandra "Alix" Turner*

# 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**

## Sponsored Breakfasts

- May 10<sup>th</sup>: Door prizes!  
Hometown Bank
- May 17<sup>th</sup>: Thank You!  
River Terrace  
*All funds raised will be  
matched by River Terrance!*
- May 24<sup>th</sup>: Rite at Home



## Friends of Lancaster Seniors Update

First, a big THANK YOU to Rachel Lowe, Jean and Bob Lidstone, and Deb Ducharme for organizing a Yard Sale April 30th to raise funds for the Friends. Their efforts are truly appreciated!

Second, remember when you were very generous when the Friends was asked to raise and allocate funds to support an Outreach Worker for the COA? Well, the process is moving along (title changed to Community Services Liaison to reflect the wide-ranging needs to be met). Alix has commitment from the town for a portion of the funds required, but, to fully fund the position we need more \$\$.

Please consider making a tax-deductible donation to support this desperately needed position in Lancaster. Thank you!

Third, Alix is always pushing me to get more volunteers involved in Friends activities. Our primary activity is the Tuesday breakfast, but there are going to be several bar-b-ques during the summer. I will be away most of September, and would LOVE to train someone to be able to cover for me. Interested? Serv-safe certification is required, but that can be arranged. In addition, there is always a need for Meals on Wheels drivers, help during the lunch (I occasionally DO get sick or have to take a day off ☺).

Looking forward to a great summer, and seeing YOU at the Senior Center!

David R. James  
Friends of the Lancaster Seniors, Inc.  
PO Box 173  
Lancaster, MA 01523

# FITNESS CLASSES

## Tai Chi

**Monday 9:30 a.m. & Tuesday Evenings 6:00 p.m.**

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

"Tai Chi 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. Saturdays - 9:30 a.m.**

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!)

**Last  
Month of  
PB until  
the Fall!**

## INSANITY LIVE

**Tuesday 7 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**

## Pickleball

**Mondays 1-3 p.m.**

**Fridays: 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 YouTube for videos.

6 classes for \$20  
(Buy a card, no penalty  
for missed classes!)



# FITNESS CLASSES

## BALLROOM DANCING LESSONS



**Starting  
NEW 3 Week Session  
This week-  
Rhumba!**

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**

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

**RESERVATIONS STRONGLY SUGGESTED 978-733-4076 Or  
aturner@lancasterma.net**

Wear comfortable shoes (bring a fresh pair please; we are trying to take care of our gym floor). Jim has won top teacher at 2014, 2015 Dancing A la Carte and 2014 Commonwealth Classic. Jim's studio, Poise Style and Motion has won Top Studio at 2014 and 2015 Dancing A la Carte.

### Walking Group

Join our Walking Group! Short walks and longer walks, come walk with friends! Measured loops, starting at ¼ mile, and more-groups based on distance and walking speed. Spring is the time to get in shape, enjoy the weather. Occasional weekend destination walks too, suggest one!



**Tuesday & Thursday 9:30 a.m.**

*Friendly Dogs Welcome!*

More information: [japetrified@gmail.com](mailto:japetrified@gmail.com)

### Adventures In Consciousness

Guided Meditation with Angela Simms

Come spend an hour in an atmosphere of Peace and Joy! Angela will lead the class in a relaxing yet exciting journey of discovery.

We will transport ourselves far away from stress and worry and enjoy our imaginations as we travel places of great beauty where there are no limits to the adventures available. Bring a pillow if you would like to lie down for this event. Yoga mats and chairs are available to all. Bring a bottle of water, traveling is thirsty work! No previous meditation experience is necessary. Beginners to Professionals are welcome.

**May 9<sup>th</sup> 1:30 p.m. Try this class for free!**

**Thursdays thereafter**




## MAY 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>2</b> Beef Bolognese Penne Pasta Broccoli White Bread Mandarin Oranges	<b>3</b> Minestrone Soup Chicken Breast Filet Red Pepper Pesto Whipped Potato Whole Wheat Bread Escalloped Apples Diet : Cinnamon Apples	<b>4</b> Sweet 'N Sour Chicken Brown Rice Spinach Multigrain Bread Mixed Fruit	<b>5</b> Roast Pork Apple Gravy Sweet Potato Tossed Salad Rye Bread Strawberry Jello Diet: Sugar-free Jello	<b>6</b>  <b>Market Basket/ Whitney Field Mall</b>
<b>9</b> Split Pea Soup Chicken Breast Filet Stroganoff Sauce Brown Rice Whole Wheat Bread Pineapple	<b>10 Mother's Day</b> <b>Special</b> Classic Stuffed Sage Chicken Gravy Whipped Potatoes Carrots w/Dill Dinner Roll Spice Cake Diet: Grahams	<b>11</b> Crunchy Pollock Filet Corn Tossed Salad Rye Bread Fresh Fruit	<b>12</b> Roast Beef w/mustard pkg Chickpea & Kidney Bean Salad Tropical Fruit Salad Whole Wheat Roll Blueberry Yogurt	<b>13</b>  <b>Brimfield. Space is limited Sign up today!</b>
<b>16</b> Beef Patty BBQ Sauce Whipped Potatoes Carrots Whole Wheat Bread Fruit Loaf Diet: Graham	<b>17</b> Chicken Cacciatore Sauce Cavatappi Pasta Tossed Salad Italian Bread Almond Cookie Diet: Diet Butterscotch Pudding	<b>18 **HIGH SODIUM**</b> <b>** Baked Ham</b> Apricot Glaze Scalloped Potatoes Spinach White Bread Pineapple	<b>19</b> Egg Drop Spinach Soup Chicken Meatballs Teriyaki Sauce Brown Rice Whole Wheat Bread Mandarin Oranges	<b>20</b>  <b>Stow Food Pantry- Market Basket Reservation Required</b>
<b>23</b> Portuguese Kale Soup Chicken Breast Filet Supreme Sauce Red Potatoes Whole Wheat Bread Peaches	<b>24</b> Chef Salad/Romaine 2oz sliced turkey 1 oz cheddar cheese Italian Dressing Corn and Black Bean Salad Italian Bread Fresh Fruit	<b>25</b> <b>** Hot Dog</b> Baked Beans Coleslaw Hot Dog Roll Applesauce	<b>26</b> Rainbow Trout Lemon Vinaigrette Spinach Winter Squash Whole Wheat Bread Pineapple Cake Diet: Lorna Doones	<b>27</b>
<b>30</b>  <b>Memorial Day</b>  <b>CLOSED</b>	<b>31</b> Macaroni and Cheese Broccoli Whole Wheat Bread Mixed Fruit	<div style="text-align: center;"> <b>COMING IN JUNE</b>   <b>Fresh Lunches – With additions from our own Garden</b>   <b>1<sup>st</sup> &amp; 3<sup>rd</sup> Friday of the month</b> </div>		



### 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

# Classes and Workshops

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

## Garden Whimsies Workshop



**May 12<sup>th</sup>, from 12:30 -3:30 p.m.**

Lancaster Seniors may register until 4/21 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.)! Deadline to RSVP 5/9

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

### Sit & Stitch

**Wednesday's 2:30 p.m.**

A creative group of people sharing knitting and crocheting and needle work tips and materials. Some materials available. Currently making gifts for those of River Terrace.



### **Want to get LOST?**

**LOST-** Lancaster Open Smash Tournament



Come test your skills in  
Super Smash Bros. Melee

Fridays 6:30-10:00 p.m. @  
Lancaster Community Center

Contact Erik Langberg for details:  
[mailto:elangberg@comcast.net](mailto:mailto:elangberg@comcast.net)

### **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*



## Well Adult Clinic~ **FREE!**

1st Tuesday of each month 8-10 a.m.-

*With our town nurse, Tamara Bedard.*

3<sup>rd</sup> Wednesday of each month 11a.m.-1p.m.-

*With the VNA Network*

Advice, Blood pressure screenings and more!!



### 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 ~*

## Garden Talk & Swap



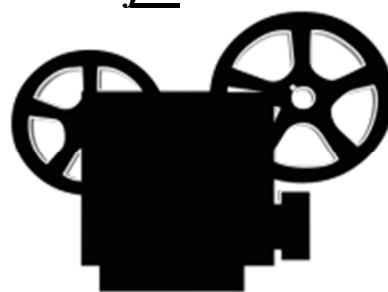
Come join us to exchange ideas, kudo's and complaints about gardening. This is not a formal garden club, rather a no cost discussion group to exchange ideas, seeds, plants and more.

*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.).*

**Wednesdays 12:30 p.m.**  
**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!

# TRIPS & 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!*

- **May 3<sup>rd</sup>** : Free eye screening by D'Ambrosio eye care
- **May 4<sup>th</sup>**: Newport Play House with Bolton MA
- **May 6<sup>th</sup>**: Market Basket/ Whitney Field Mall
- **May 13<sup>th</sup>**: Brimfield Crawl. *Call to reserve your spot on the Van!*
- **May 30<sup>th</sup>**: Memorial Day Ceremonies- Town Green

## 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!*



## Brimfield Crawl.

*This is the big one!*

**May 13<sup>th</sup>**

You have seen our consignment crawls, for May we are headed off to the ultimate crawl.- Brimfield . Join us for 'mother' of all crawls, The Brimfield Flea! This world famous flea is huge, you may have seen it on Flea Market Flip or the Roadshow; now see it in person. We get an early start, leaving here at 7:30 in the morning, with Dave's fabulous coffee or tea and some snacks to get you ready for treasure hunting. We board the van directly to the flea; we will have a quick tour of the 'strip' by a regular exhibitor, and then stop at some of our favorite fields to find treasures or at least 'window shop'. Wear comfortable shoes, go casual and bring a bag to carry your loot. Cash is always a good idea at Brimfield, but just like the casinos don't bring more than you want to spend. For those that need a break we will park our van in a nice shady glen and meet up for a light, quick snack of tabbouleh, hummus, fruit, lemonade and more on the van to allow you to rest your feet and drop your goodies off. Then off to wind up your shopping as we will take the scenic tour home through the Quabbin valley stopping at one of THE BEST bakeries you have ever tried, Rose 32. If you are still hungry their artisan sandwiches are to kill for, their pastries, well -I can't even describe how wonderful they are. Rose 32 was voted Best of by Yankee Magazine, and Best of by just about everybody who stops, they use locally sourced products -it is worth the trip itself. Then home along some scenic back roads you will think you went back in time. Home by 3:30 ish.... Just in time to dig into the fresh bread for accompanying dinner.

Trip, Guided Tour, snacks and beverages on the van included. **\$16 Lancaster residents, \$19 all others** Purchases at the Flea and Rose 32 are on you! Trip cancellation policy applies. Reserve at 978-733-4076 or [mpelletier@lancafterma.net](mailto:mpelletier@lancafterma.net) Deadline to RSVP May 10<sup>th</sup> at 4

# Two Days & One night in Boothbay Harbor Maine!

## Gardens, Globes, and Lobster-oh my!

JUNE 30<sup>TH</sup> - JULY 1st

*Tour Coastal Maine Botanical Gardens, Take a boat to see seals, and haul lobster traps, visit the world's largest globe, see lighthouses, eat some of the best lobster and crab available and finally hit Portland to end the trip!*

Join us for another 'most excellent' adventure. We begin this trip leaving the Center and heading to Amtrak. to ride up the coast to Portland where we will be met by Bruce and our very own private 'limo', the Good Times Shuttle. Bruce will drive us to Delorme to visit with Eartha, the world's largest Globe (It is true), then we stop for lunch at Days Crab Shack, a rustic crab shack with lots of other offerings too. Back in the limo to travel to Boothbay along the scenic coast to check into our hotel, CapNFishes in downtown Boothbay-near the foot bridge with views of the water. Check in quickly as we are off to board a boat to go look for seals and haul some lobster traps-gotta work for that food! We are back by dinner time, where you will have a chance to wander and shop the quaint shops of Boothbay and perhaps grab a bite to eat. Don't stay out too late, as we will be up early for a large breakfast at the hotel. We leave the hotel with Bruce, heading for Coastal Maine Botanical Garden. One of the most amazing gardens I have seen, hundreds of seaside acres with mature plantings, veggie gardens, accessible gardens, a great children's garden, a nice shop, gallery an more! Save your appetite was we will head over to the isle of Southport to have lunch at Robinsons great lobster! After lunch we pile in to travel down the coast to check out some lighthouses and visit Portland for a quick shop, and wandering around before Bruce takes us back to the train station to head home!



**\$195 Lancaster Seniors/\$215 all others Reserve your spot today! Call 978-733-4076**  
**See trip policies, cancellation deadline is 6/14/2106**

## Lancaster Firefighters Association & Auxiliary



**Annual Spaghetti & Meatball Dinner Sunday May, 15th, 2016 from 1pm – 6pm**

Fire Department Headquarters at 1055 Main Street

Ticket Prices will be \$6.00 for adults, \$4.00 for children ages 6 – 12, and children 4 and under eat for FREE. Tickets can be obtained by calling the Lancaster Fire Association (978) 368-4003

# FREE

## INDOOR YARDSALE SATURDAY May 14<sup>th</sup> Rain or Shine

9 a.m. – 3 p.m.

Trinity Church

14 Wattaquaddock Hill Road, Bolton MA

978-779-5517

LEAVE YOUR  
MONEY AT HOME!

### TEEN

### MONEY MATTERS MONDAYS

MAY 2<sup>ND</sup> @ 6:30-7:30 P.M.

Fun discussions on topics that matters  
to teens today:

- SAVINGS
- BALANCING & KEEPING TRACK OF YOUR MONEY
- BANKING, FEES, BANK SAFETY
- ANY AND ALL OTHER MONEY MATTERS

To register or for more information go to:

[laurellearningseices.com](http://laurellearningseices.com)

FREE

### 20<sup>TH</sup> ANNUAL SENIOR ART EXHIBIT

*Sponsored by William Francis Galvin  
Secretary of the Commonwealth*

This year's theme is

*"PAINT YOUR FAVORITE MEMORY"*

All medium of art is acceptable- Oils, Watercolor, Ink,  
Pastels, etc

Size requirements- min. 5 by 7 and a max. of 18 by 24.

Deadline for entries is July 1, 2016  
must be mailed or delivered to: Delores McCray  
Commonwealth Museum  
220 Morrissey BLVD  
Boston, MA 02125

*If interested see Melissa for an authorization form.*



## Friends of the Oxbow NWR & Lancaster Community Center

**Bird Walks!** Saturday, May 7, and Saturday, May 21, starting at 7:00 am; Join experienced birders Dick and Peggy Knowlton on their annual, sought-after birding walks at the Oxbow Refuge. Gather at the parking lot at the end of Still River Depot Road in Harvard. Bring binoculars, and, if possible, a field guide. Appropriate for birders of all levels. For more information and in case of questionable weather, call Rona at [978-779-2259](tel:978-779-2259)

### Hidden Treasures

May 15<sup>th</sup> Many locations!

The Friends of the Oxbow, and the Lancaster Land Trust, and Freedom's Way will participate in the "region-wide celebration of the natural, cultural and historical "treasures" located within the Freedom's Way National Heritage Area" through activities, displays and information at the Refuge's new pavilion on 80 Hospital Road

<http://www.discoverhiddentreasures.org/oxbow>

Come celebrate the **Official Opening and Naming of the new Pavilion** of the Oxbow National Wildlife Refuge at 80 Hospital Road in Devens on **Friday, May 27**. After some short presentations **starting at 11:00**, you will have the chance to explore what this part of the refuge has to offer, look at the new display boards, travel on some of the trails, go down to the canoe/kayak dock, meet new people and enjoy some refreshments

*All the events are free of charge. For more information, contact Rona Balco from the Friends of the Oxbow at [978-779-5081](tel:978-779-5081).*

## 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  
May 25<sup>th</sup> 7 P.M.

New Day  
& Time!



MASSACHUSETTS

alzheimer's association®

**KNOW**the  
**10 SIGNS**

EARLY DETECTION MATTERS

If someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease.

**Tuesday, May 31st 9-10:30 a.m.**

Have you been to the

**Thayer Memorial Public Library** lately?

Lots of **FREE EVENTS** offered this Month.

**For more information,**

**CHECK OUT - [thayermemoriallibrary.org](http://thayermemoriallibrary.org)**



## Cancer: Thriving and Surviving

*Join us for a  
**FREE Support Group***

Tuesdays afternoons  
May 3, 10, 17, 24, 31 &  
June 7 1:00 to 3:30 PM

At the

*The Healing Garden*

145 Bolton Road, Harvard, MA 01451

**FREE EVENT!**

To register call Kelly Marchand:

**978-456-3532** or email

[Kelly@healinggarden.net](mailto:Kelly@healinggarden.net)



**Saturday, May 14, 2016, 9 am - 1 pm**

The Florence Sawyer School Cafeteria Off Main Street at 100 Mechanic St., Bolton, MA

**THE FIX IS FREE AT THE REPAIR CAFE**

Got Lamps? Broken Electronics? Ripped clothes? Most items are welcome, but we specialize in mendable clothing, lamps, small appliances, computers and other electronics, bikes, toys, jewelry, and dull blades. If your item needs a part, savetime and bring the new part with you.

Enjoy a free drink and a snack, have fun, and work with a volunteer to repair your broken item. You know all about the small print, right? But our small print says the same thing as our big print: There is no charge...really! You just pay for any needed parts.

FOR INFORMATION OR TO VOLUNTEER,  
Contacts: Ray Pfau at 978-779-5545 or [ray.pfau@oracle.com](mailto:ray.pfau@oracle.com)  
Richard Simon, 978-835-4432 or [rlsimon@comcast.net](mailto:rlsimon@comcast.net)



AN ALL-VOLUNTEER PROJECT OF THE ROTARY CLUB OF NASHOBA VALLEY  
with support from **Bolton Local**

## **SHINE**

*(Serving Health Insurance Needs of Everyone)*

### **Need Help with the Cost of your Prescription Medications??** **Prescription Advantage can Help!!**

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on **income only** and there is **no asset limit!**

**Who can join?**

If you are a **Massachusetts resident, eligible for Medicare**, and are:

- 65 years or older with an annual income at or less than \$59,400 for a single person or \$80,100 for a married couple
- or
- Under 65 years and disabled, with an annual income at or less than \$22,335 for a single person or \$30,118 for a married couple.

You may also join... if you are 65 years or older and **not eligible for Medicare**. **There is no income limit.**

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$35,640 for a single person and \$48,060 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes. Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org). SHINE ONLINE [www.shinema.org](http://www.shinema.org)

## **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

**CAMP CRAFT LANCASTER IS A PROGRAM THAT OFFERS NUMEROUS AND DIVERSE ACTIVITIES FOR CAMPER AGES 5-13.**

**THE PROGRAM SERVES LANCASTER RESIDENTS AS WELL AS CHILDREN FROM NEIGHBORING COMMUNITIES.**

**9:00AM-4:00PM**

- LOW CAMPER TO COUNSELOR RATIOS.
- STAFFING THAT IS MINIMALLY 18 YEARS OLD.
- A WIDE RANGE OF UNIQUE AND ENGAGING ACTIVITIES.



**JUN 27-JUL 1**

**JUL 4-JUL 10**

**JUL 11-JUL 15**

**JUL 18-JUL 22**

**JUL 25-JUL 29**

**AUG 1-AUG 5**

**AUG 8-AUG 12**

**AUG 15-AUG 18**

**AUG 22-AUG 26**

**\$265/CAMPER/WEEK**

**EXTENDED DAY**

**\$60/WEEK OR \$15/DAY FROM 7:30-9:00AM**

**\$80/WEEK OR \$20/DAY FROM 4:00-6:00PM**

**\$125/WEEK OR \$35/DAY FOR BOTH**



**CAMP  
CRAFT  
LANCASTER**

**[WWW.COMMUNITYRECREATION.ORG/LANCASTER/LANCASTER.HTML](http://WWW.COMMUNITYRECREATION.ORG/LANCASTER/LANCASTER.HTML)**

**978 929 9997**

**SPONSORED BY LANCASTER RECREATION & THE LANCASTER COMMUNITY CENTER**



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

- Monday, May 2<sup>nd</sup>, 7:00 PM; 7:15 PM, Mary Rowlandson Elementary School Auditorium Special/Annual Town Meeting Date
- Monday, May 9<sup>th</sup> – Polling Hours 7:00 AM to 8:00 PM Annual Town Election, Monday

*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*



### RUOK *ARE YOU OK?*



In June we will be launching the RUOK program. Great for anyone who is alone, or has a friend or relative that would benefit from a daily check in call. This service is free, provided by a grant from the Community Foundation. We are working with our regional Devens dispatch, and the Lancaster Police Department to call those who are home alone daily, just in case. We have all seen those ads when someone has fallen and cannot get up! Imagine if you lived alone. All you need to do is sign up to receive a call every day. If for some reason you don't answer we will come check on you, and prepared to help you. Signing up is easy, and free. It could be a life saver. For more details, call us at 978-733-4076.

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## CLASSIFIEDS

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We are expanding our  
newsletter!



You know the saying- One  
man's junk is Another  
man's treasure!  
Got Junk?

Contact Melissa for more  
information.

978-733-4076 or  
[mpelletier@lancasterma.net](mailto:mpelletier@lancasterma.net)

## In need? Got help!

### Food pantry options

#### WHEAT

508-370-4943

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.

## 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 Activities Help: Crafts, sports, games and more!**

### 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, showerchairs + more to loan.*



*Just ask!*  
978 733 4076



# THE FINANCIAL PAGE\$ & COMMUNITY NEWS

## Free Cooking Events!

### Seven Bridge

#### Writers' Collaborative

- Mary Fuhrer: Crisis of Community: The Trials and Transformations of a New England Town, 1815-1848, Monday, May 2nd, 6:30 - 8:00 PM, Thayer Memorial Library
- Writing and The Spiritual Life, with Reverend Robert Johansen, Saturday, May 21, 10:30 a.m. - 12:30 p.m., Thayer Memorial Library

For more information, go to  
<http://sevenbridgewriters.blogspot.com/>



### Cooking With:

**Kathy Neptune**

**May 12<sup>th</sup> 5:15 p.m.**

**&**

**Laura Kryger**

**May 27<sup>th</sup> 10 a.m.**

Come join our studio audience for the taping of Cooking with Kathy Neptune & Laura Kryger. 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**



## 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.  
Call us 978-733-4076

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:**

May 18th

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

Web: <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 9:00-12

*\*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.*