



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,
May/June 2017 (978) 733-1249 , fax (978) 733-4076 Alexandra Turner, Director. Melissa Pelletier, Marilyn Largey

It's Garden Time!

Thanks to HCHP we have a vibrant Gardening and
cooking program! You are invited to join us.

Lessons, Plants and more! Interested?

978-733-4076

FREE WORKSHOPS!

May 15th 3:30

Healthy Cooking Lesson with Laura , Tasting too.

Spring Rolls

And Compost Happens!

Learn about large Scale Composting and
more! A wonderful new service in town.

MAY 22nd

Garden Open House

We need gardeners,
carpenters and volunteers!
Please, oh please help us!



Harvard Pilgrim
HealthCare Foundation

Please join us for

Memorial Day Observances
& Parade to follow

On the Green May 29th 9 a.m.

Thoughts from the Director

Spring is my favorite season and this year it has been particularly enjoyable. You may think I need my head examined given recent days have been cold and we have had enough rain to put a small dent in the drought. As a fair skinned gardener I admit I don't mind the rain as much as those of you who tan well. After all the May flowers have been spectacular, but that is not the reason this year is special. It has been exceptional because I have been fortunate to spend it with some really outstanding people. I am really looking forward to more pleasurable days this spring, and I hope you join us and agree as well. One of my favorite events this spring was our Spring Fling. Boy, was it a lot of work! But how can you go wrong spending an evening with great people with a sense of adventure and appreciation for Lancaster all while enjoying good food, drink and music (and of course maintaining a sense of humor-watching me dance)! I know some people perceive the Center to be a 'campy, old school place' where a few people sit around and make small talk. Nothing could be farther from the truth. We are no Four Seasons but we 'dress up' nicely, and more importantly we attract some of your most interesting neighbors to enjoy 'foodies' food, and each other's company. Go Local! Do you want to keep your carbon footprint small, and still have a great time? This is the place to do it. How great is it to be able to drive or walk to your town center to spend a night of fun with people. People you may forge friendships with or run into at the Post office. It really is what makes Lancaster so special. Well, one of the factors. For me another blessing is our great volunteers, many of whom I count as good friends. They are extraordinary, hard workers with huge hearts who really 'bring it home' for these events. They give much to Lancaster and are another factor it is a great town.

We run events so you will come; after all one criteria used to measure a communities health, and impact property values is 'quality of life'. Our goal is to improve Lancaster resident's quality of life by ending social isolation, and reducing the impact of depression. Help us make Lancaster extra special, either by volunteering, or simply by doing the tough job of joining us for an event. The Fling inspired us to start an Open Mic night out back this summer. We have dubbed the series we 'Third Thursdays on the Terrace' or as I keep referring to it *Tapas on the Terrace*. Thursday evenings we will offer light fare, lawn games, and great music. Fun is free, the food will be reasonably priced. The Friends have applied for a one day liquor license for the events which we hope will attract more of you, but certainly the food and fun should be attraction enough. I know it is going to be a lot of work (thank you in advance oh most wonderful volunteers) but it will be worth it if you stop by and have a good time!

OHope to see you soon, Alix

You are invited to a night of Spring Theatre!

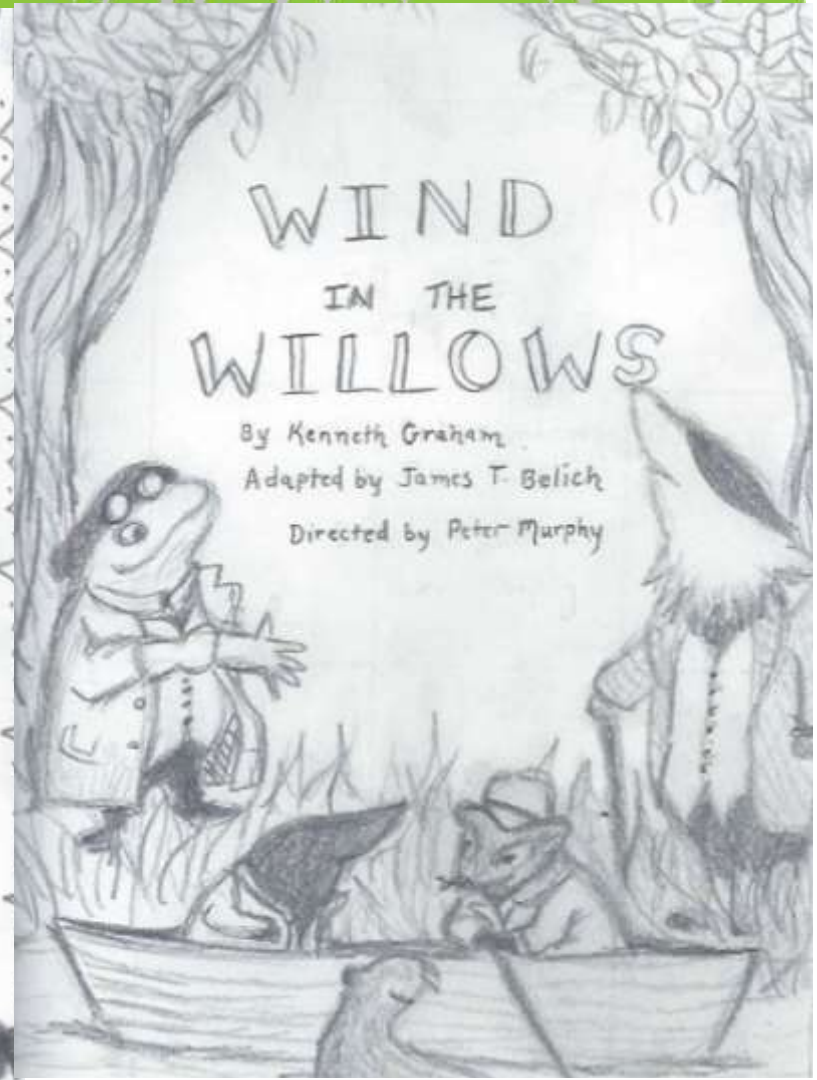
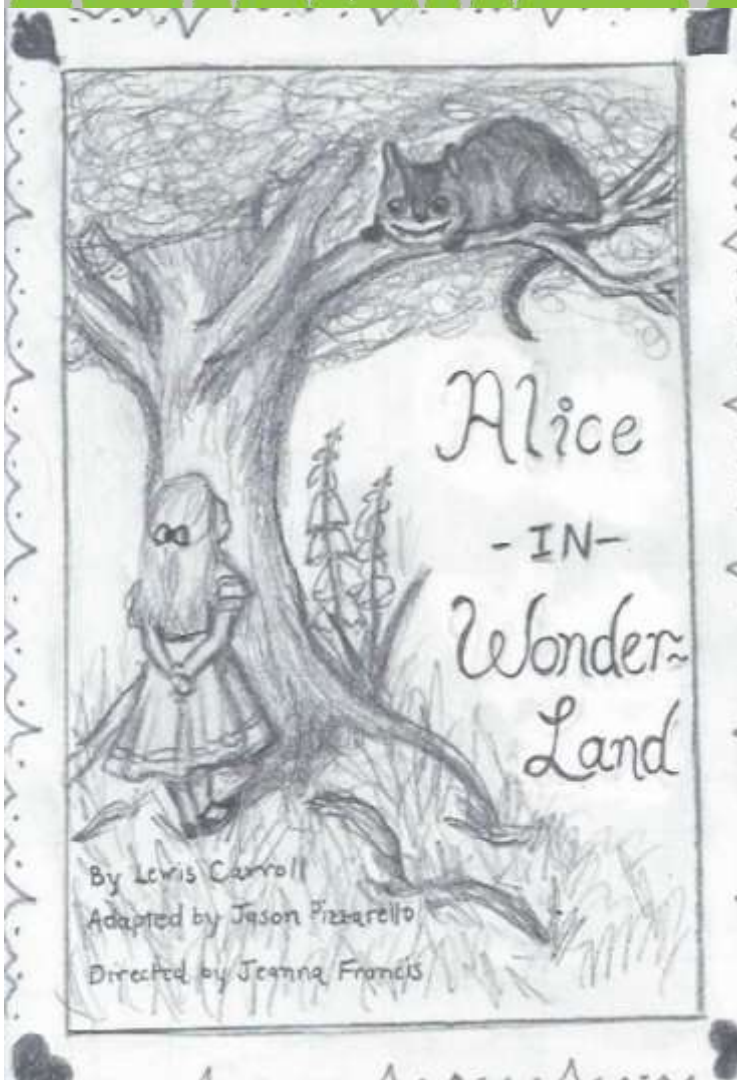
The Wind in the Willows & Alice in Wonderland

Performed by students, directed by Peter Murphy
of Nashoba Valley Movement

Saturday May 13th, 6:30-8:00 p.m.

Lancaster Community Center 695 Main St.

Admittance: \$6 (\$4 Children under 10)





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

And on Facebook www.tinyurl.com/lancastercc

Or call—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, Aerobics, Ballroom Dancing, Pickleball as well as summer and winter sporting events.*
 - *Healthy Cooking Class Series: and Nutrition classes*
 - *Arts and Crafts Classes and drop in Art Group*
 - *Community Garden Beds*
 - *Community BBQ's, Holiday events, Concerts, Fairs etc.*
 - *Social Services support, SNAP, Fuel Assistance, Referrals*
 - *Nashoba Wellness Clinic, first Tuesday of the month*
- *Information series by guest speakers on topics relating to Lancaster*
 - *Field Trips*

Rentals:

The LCC is available for rentals, Birthday Parties, Cookouts, Reunions, Meetings and more!

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

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



NEW 'NO' DOG POLICY

Per the Board of Selectman

Town buildings are no longer dog friendly .
Sorry, please leave your dogs at home when
visiting



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.*

Check out our swap shop! for other items.
Share, and Reuse!

How to Talk to People with Alzheimers or Dementia



Never...

Instead...

Reason

Divert!

Shame

Distract!

Lecture

Reassure!

Say "Remember?"

Reminisce!

Say, "I told you..."

Repeat and Regroup!

Say, "You can't!"

Find Out What They Can Do!

Command or Demand

Ask and Model!

Condescend

Encourage and Praise!

Force

Reinforce!

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.



MAY is Mental Health Month

I believe one of the toughest illnesses that we as a society struggle with is Mental Illness. It is illusive because it is hard to diagnose, treat, and enormous stigma exists to its prevalence.

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness is not easy, especially in children and young adults. **KNOW THE WARNING SIGNS OF MENTAL ILLNESS**

<i>Excessive worrying or fear</i>	<i>Confused thinking or problems concentrating and learning</i>
<i>Feeling excessively sad or low for more than 2 weeks.</i>	<i>Extreme mood changes, including uncontrollable "highs" or feelings of euphoria</i>
<i>Prolonged or strong feelings of irritability or anger</i>	<i>Avoiding friends and social activities</i>
<i>Difficulties understanding or relating to other people</i>	<i>Changes in sleeping habits or feeling tired and low energy</i>
<i>Changes in eating habits such as increased hunger or lack of appetite</i>	<i>An intense fear of weight gain or concern with appearance (mostly in adolescents)</i>
<i>Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)</i>	<i>Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight")</i>
<i>Abuse of substances like alcohol or drugs</i>	<i>Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")</i>
<i>Thinking about suicide or seriously trying to harm oneself</i>	<i>Inability to carry out daily activities or handle daily problems and stress</i>



"When a friend or family member develops a mental health condition, it's important to know that you're not alone. You may be trying to help a family member who doesn't have access to care or doesn't want help. Or you may want to learn how to support and encourage someone who has been hospitalized or experienced a mental health crisis" -

Learn more <https://www.nami.org/Find-Support/Family-Members-and-Caregivers>

<i>Learning to Help Your Child and Your Family</i>	<i>Taking Care of Yourself</i>	<i>Calling 911 and Talking with Police</i>
<i>Handling the Arrest of a Family Member</i>	<i>Being Prepared for a Crisis</i>	<i>Finding a Missing Loved One</i>
<i>Maintaining a Healthy Relationship</i>	<i>Supporting Recovery</i>	<i>Preventing Suicide</i>

Family to Family Support Group

2nd & 4th Fridays 6:30 – 8:30 pm
 Clinton Hospital - Highland St
 Conference Rooms A & B
 2nd Fl.201



IN A CRISIS?

Call Community Health Link

24 Hour Access 1 (800) -977-5555

If there is an imminent danger to you or someone else, call 911 and tell them it's a mental health crisis.

We can help! Free Health, Insurance and Fitness Options!



Promoting
Healthy
Living

"KEEP WELL"

ELDER HEALTH CLINIC

May 23rd 8 am—10 am

Lancaster Community Center

- ◆ Blood Pressure Checks
- ◆ Blood Glucose Testing
- ◆ Checking your heart rate and lungs
- ◆ Individualized attention by an RN

Teaching about your medications and health conditions

For more information call Beverly Salate, RN, BSN



Blood Pressure and Wellness Clinics

Lancaster Community Center

OPEN TO ALL RESIDENTS

1st Tuesday of the month from 8-10am

Your Local board of health provides a town nurse to serve as a free resource in an effort to improve and protect the health of the community

Come & Visit with the Town Nurse

Courtesy of the Nashoba Associated Board of Health



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

Town of Lancaster

Want to help your town? While working for a reduction in your taxes. Call us about the-

Senior Tax

Abatement Program

Are you 65 or older and own your own home? You may be eligible to lower your real estate tax bill by

performing jobs for the Town of Lancaster.

There are still a few slots left.

Contact Marilyn Largey to learn more.

Phone 978-733-1249 ext 1109 mlar-gey@lancasterma.net

Application and income requirements are on the town website. This is a work program, we will match your skills and interests to departments needs. Call us or visit Town of Lancaster website for more information.

http://ci.lancaster.ma.us/Pages/LancasterMA_BComm/coa



Monday May 15th 3:30-5:30

All ages!! Workshop: 'Compost Happens'

Cooking demo provided by Laura Kryger

Composting discussion led by Adam Jankauskas, founder of City Compost

Monday May 22th

OPEN HOUSE 6pm /7pm Orientation

Learn about being a Community Gardener and sign up for a Garden Bed

Come see our new green house!!

June 12th 3:30 – 5:30

Strawberries and Garden Art

Savor local strawberries with Laura Kryger and create garden art with Alix Turner

These are Free Workshops - All Welcome! Kids and Adults

Get Dirty Garden Program 2017 & The Center Village Table!

Join us! What do we give you? We use natural organic, gardening methods for growing vegetables in raised garden beds. 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.

**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!



Health & Fitness

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



Lancaster's Keep Moving Walking Club

OUTDOORS

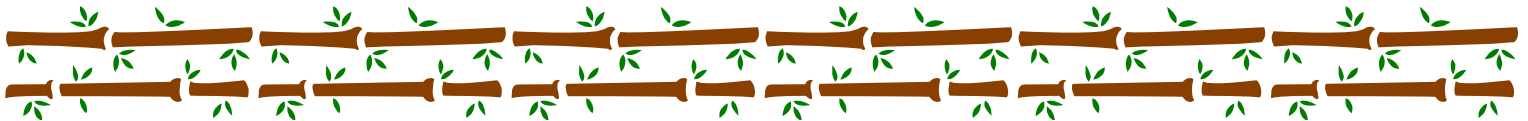
WHEN: TUESDAY 9:00-10:00 A.M.

WHEN: THURSDAYS 8:15-9:15 A.M.

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 comfortable 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! May Tuesdays

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!



Great
Reviews

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

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! pp

Register at mpelleiter@lancasterma.net or 978-733-4076

LEARN TO PLAY PICKLEBALL!



Pickleball is a fun sport that combines elements of tennis, badminton and ping-pong. **It's played on a badminton-sized court**, with a paddle and a plastic ball with holes. It has simple rules and is easy to play. Come Join the FUN! No experience necessary.

Mondays 1-3 p.m.
Lancaster Community Center
\$5 Drop in or 6 visits for \$25
Questions? 978-368-4355



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@lancasterma.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



FREE FAMILY FUN WALK & BARBECUE

Sponsored by

Keep on Moving Walking Club

Various routes for all levels.



Join us for a simple Sunday afternoon Bar-bie, following your after church or chores morning. A chance to say hi! Prizes!

Meet neighbors and start the fitness regime

June 4th 12 p.m. @ the LCC RSVP Please

Rain of June 11th



**Need Help with the Cost
of Your Medical Prescriptions?
Check out Prescription Advantage!
Call 1-800-243-4636 press 2**

www.prescriptionadvantage.org

Prescription Advantage is available to Massachusetts residents who are:

- Age 65 or older, eligible for Medicare, and have a gross annual household income less than 500% of the Federal Poverty Level, or 65 years of age or older and not eligible for Medicare, or
- Under age 65, work no more than 40 hours per month, meet MassHealth's CommonHealth disability guidelines, and have a gross annual household income at or below 188% of the Federal Poverty Level.
- **Not MassHealth or CommonHealth members*** *In some cases, individuals receiving assistance from MassHealth to pay for Medicare Part A and/or Part B premiums, deductibles, and co-payments may still be eligible for Prescription Advantage.

Schedule a free session with our SHINE councilors if you have questions related to your eligibility and enrollment. By Appointment Only 978-733-4076

Country Heat Live

TURN IT UP TO BURN IT OFF!

Step into this easy-to-follow, completely exhilarating country dance-inspired workout!

No complicated moves. No memorizing routines. Just simply follow along to the low-impact, high energy dance class set to the hottest country hits.

Pam Weir Certified Country Heat Live Instructor

Monday 7 PM. \$10 'Drop In' or \$48 for 6 Classes



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, 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



Reserve your Seat.
This Trip will fill up fast!
Wednesday June 21, 2017
BOSTON
TALL SHIPS



Join us for a day of adventure on 'Bawston Hahbah'!

Boston will be the only U.S. port for the European, Scandinavian and South American fleets on their way to Quebec City, Canada as part of a trans-Atlantic regatta. Up to 20 flotillas with six ships, lead by a foreign flag ship, are expected to take part. We travel to Boston for a leisurely cruise around the inner harbor to view each of the tall masted ships in her berth, from the Charlestown Navy Yard to East Boston and the Seaport.

We set out late to miss traffic, along the way we stop at one of the best Italian bakeries anywhere, and another foodie treat- an amazing pasta shop. Stock up for dessert- or maybe an appetizer! We continue on to spend some time looking at the 'off the tourist grid' areas of the 'other side' of the waterfront finally settling down in Eastie. There you will have an opportunity to view the schooners from the pier. The salt air should work up an appetite and by now you may be ready for an early supper. What better way to satisfy our hunger than to visit another Shipyard favorite, KO Pies an Australian inspired eatery- first in New England. We dine Al Fresco at this casual restaurant so dress comfortably. KO specializes in traditional savory meat and vegetarian pies, barbecued grilled seafood, and a variety of salads. We eat on the deck at this rustic location, so if it is cold or rainy we have an indoor cheap treat for you. Stay tuned, fingers crossed for sun! After our supper we head out to meet our ship to cruise the inner harbor, the best way to view the tall masted schooners! We will loop around the harbor and will be picked up dockside for our ride home. If you are good maybe we will stop for ice cream.

Meet at the Lancaster Community Center at 1 p.m.

\$66 Lancaster Seniors, \$69 all others.

Limited tickets available.

Reservations are considered final upon payment.

See Melissa Pelletier for reservation.

mpelleiter@lanasterma.net or 978-733-4076

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,

Ron Murray & Vuelo



Featuring Ron Murray's Spanish guitar, bassist Thierno Camara of Senegal, percussionist Idrissa Kone of Mali, and vocalist/dancer/percussionist Antoinette Mutuyimana from Tanzania. The exotic, spellbinding sounds of 'bossa-flamenco' jazz are irresistible, combining the ancient and the modern in a natural and organic way.

No reservations needed. Come early so as not to be disappointed since seating is limited.
Special needs seating available.
The musician's CDs are available to check out from the library.

Thayer Memorial Library

717 Main Street, Lancaster
978-368-8928
www.thayermemoriallibrary.org

June 16

7:30 p.m.

Doors Open @ 6:45 p.m.
Handicap Accessible

Sponsored by:



Lancaster
Firefighters
Association

Annual Spaghetti
& Meatball Dinner

Sunday
May 21st
12- 5pm

Lancaster Fire Station
at 1055 Main Street.



Advanced tickets can be
purchased at the fire station
during regular business
hours or call (978) 368-4003
to reserve tickets.

H₂O The Series



Teaching Creatures & Rae Griffiths present EPISODE 12:

Wild About Whales!

Learn about the largest creatures on Earth

- How do whales stay warm in cold water?
- How do whales communicate?
- How big are whales?
- What do whales eat?



Recommended for ages 6 & up & Families

Registration is Required

Seating is Limited

Phone 978-368-8928 ext. 4 to reserve a seat



Thayer Memorial Library

717 Main Street, Lancaster

Tuesday, May 16

6:30 p.m.

Free to the Public

978-368-8928 ext. 4

Funding for this series provided by a grant from the Rosemary Davis Memorial Fund of the Greater Worcester Community Foundation



CAMP CRAFT LANCASTER

www.communityrecreation.org/lancaster.html

978 929 9997

9:00 am - 4:00pm

Low camper to counselor ratios.
Staffing that is minimally 18 years old.
A wide range of unique and engaging activities.
Swim lessons are included in the program



The program
serves **LANCASTER**
residents as well as children from
neighboring communities



\$ 265/camper/week
with the exception of Week 2
which is **\$212/camper.**

CAMP CRAFT LANCASTER

IS A PROGRAM THAT OFFERS
NUMEROUS AND DIVERSE
ACTIVITIES FOR CAMPERS

AGES 5-13



JUN 26 - JUN 30

JULY 3 - JULY 7

JULY 10 - JULY 14

JULY 17 - JULY 21

JULY 24 - JULY 28

JULY 31 - AUG 4

AUG 7 - AUG 11

AUG 14 - AUG 17

AUG 21 - AUG 25

(CAMP ENDS AT 1:00PM ON THE 25TH)

EXTENDEND 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

Sponsored by Lancaster Recreation & the Lancaster Community Center



MART Transit Van

MART provides Council-On-Aging transportation services throughout the 'MART' member communities for elderly (60+) and disabled residents.

Fees & Policies

Reservations: Call 978 733 4076 - 48 BUSINESS hours' notice to reserve a ride

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 business day by 12 pm.

- ♦ Lancaster Community Center /Senior Center: *Free* for elderly (60+) and disabled residents.
- ♦ Service in Town: 50c in town, per stop
- ♦ Service outside Lancaster to a contiguous town: \$1 Clinton, or \$2 Leominster/Sterling/Bolton
(Multiple stops may be charged, call for details)
- ♦ Special Events will be priced according to the trip.

Shopping on the Van**

Reservations Required

****Rides for medical appointments take priority over shopping trips and may result in shopping schedule changes.**

Trips may fill up quickly or be cancelled if there are no reservations.

- ♦ Monday 1 p.m. Clinton Shopping and banking - e.g. Hannafords, CVS, Walgreen, Rite-Aid, downtown
 - ♦ \$1.00 plus 50c per additional stop
- ♦ Wednesdays 1 p.m. Leominster Shopping - e.g. Water Tower Plaza, Shaws, BJ's, Restaurants
 - ♦ \$2.00 plus 50c per additional stop
- ♦ Thursdays 1 p.m. 117 Shopping - e.g. Walmart, Lowes, Restaurants
 - ♦ \$2.00 plus 50c per additional stop
- ♦ 1st Fridays 9 a.m. Whitney Field Mall Leominster return 1 p.m. -e.g Mall stores, Market Basket, Restaurants
 - ♦ \$2.00 plus 50c per additional stop
- ♦ 3rd Fridays 8:15 a.m. Stow Food Pantry and Highland Commons in Berlin/Hudson - return 1 p.m.
 - ♦ \$2.00 plus 50c per additional stop

Inclement Weather

Van will not run if Nashoba Regional School District



MAY 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
1 Haddock Newburg 364 Orzo Pilaf 57 w/Spinach 57 California Veg Blend 22 Wheat Bread 160 Mixed Fruit 10 Total Calories: 542 Total Sodium: 738 mg	2 American Chop Suey 288 Tossed Salad 5 Italian Bread 230 Snack n Loaf 115 Diet: Gingerboy 60 Total Calories: 725 Total Sodium: 763 mg	3 Lemon Piccata 401 Grilled Chicken 66 Garlic Mash'd Potato 3 Italian Gr. Beans 164 Multigrain Bread 115 Snack n Loaf 60 Diet: Choc Grahams 60 Total Calories: 819 Total Sodium: 874 mg	4 Sweet & Sour Meatballs 228 Brown Rice 5 Oriental Style Veg 21 Wheat Bread 160 Pineapple 1 Total Calories: 627 Total Sodium: 540 mg
8 Beef & Cabbage Casserole 301 Carrots 64 Rye Bread 150 Strawberry Yogurt 75 Total Calories: 613 Total Sodium: 715 mg	9 High Sodium Meal COLD PLATE Chsy Cauliflowr Soup 319 TurkeyApple Salad* 619* Pasta Salad 69 Pepper Salad 116 Wheat Dinner Roll 105 Diced Pears 5 Total Calories: 722 Total Sodium: 1443 mg	10 Roast Pork 73 Rosemary Gravy 83 Chantilly Potatoes 238 Tossed Salad 5 Multigrain Bread 164 Applesauce w/C 15 Total Calories: 570 Total Sodium: 703 mg	11 ~Special~ Stuffed Chicken Brst w/ Sage Stuffing 500* Supreme Sauce 13 Rice Pilaf 141 Broccoli Au Gratin 158 Whole Wheat Bread 160 Straw Apple Crisp 9 Diet: Apple Grahams 85 Total Calories: 780 Total Sodium: 1106 mg
15 Chicken Coq Au Vin 387 Red Bliss Potatoes 5 Mixed Vegetables 88 Wheat Bread 180 Diced Pears 5 Total Calories: 580 Total Sodium: 790 mg	16 Potato Pollock Fillet 273 Tartar Sauce 100 Sr Cr & Chive Potato 94 Coleslaw 101 Multigrain Bread 154 Pineapple Whip 87 Total Calories: 828 Total Sodium: 934 mg	17 Chicken Penne a la Vodka 346 California Veg Blend 22 Italian Bread 230 Fresh Pear 2 Total Calories: 978 Total Sodium: 725 mg	18 Chunky Tom Soup 177 Broccoli Bake 422 Home Fries 5 Wheat Bread 160 Mixed Fruit 10 Total Calories: 677 Total Sodium: 899 mg
22 Shepherd's Pie 178 Genoa Vegetable Blend 45 Multigrain Bread 164 Snack n Loaf 115 Diet: Lorna Doones 100 Total Calories: 744 Total Sodium: 627 mg	23 Roast Pork w/Apple Gravy 73 Sweet Potatoes 23 Baked Beans 35 Tossed Salad 5 White Bread 123 Sliced Apples 4 Total Calories: 583 Total Sodium: 388 mg	24 Vegetable Gumbo 50 BBQ Chicken Breast 402 Baked Beans 39 Wheat Bread 160 Chocolate Brownie 149 Diet: Choc. Grahams 95 Total Calories: 750 Total Sodium: 925 mg	25 COLD PLATE Chicken Salad w/ Cranberries 554* New Macaroni Salad 206 3 Bean Salad 174 Hot Dog Roll 105 Pineapple Chunks 1 Total Calories: 651 Total Sodium: 1165 mg
memorial DAY  No Meals Served	30 Grilled Chicken 320 Teriyaki 42 Brown Rice 5 Wheat Bread 160 Mandarin Oranges 7 Total Calories: 532 Total Sodium: 659 mg	31 Beef Chili 237 Cornbread 291 Tosses Salad 5 Fresh Fruit 1 Total Calories: 600 Total Sodium: 659 mg	All Meals Include 8 oz. 1% MILK: 110 calories 125mg sodium included in totals

Need a Ride?

Call 48 hours ahead for a MART ride to LCC and enjoy a nutritious meal with us.



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

JUNE 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1% MILK: 110 calories 125mg sodium (included in totals) Nutrition Questions? Contact Alex Welch @ awelch@mocinc.org		1 Roast Turkey 456 Herb Gravy 59 Whipped Potato 66 Green beans 3 White Bread 123 Vanilla Pudding 170 D: Vanilla Pudding 173
			Total Calories: 663 Total Sodium: 1002 mg
5 Grilled Chicken 320 on a Bun 230 w/Honey Mustard Sc 107 Tater Tots 29 Cole Slaw 101 Mixed Fruit 10	6 ~~~ Special ~~~ Alaskan Salmon Boat 210 with Dill Sauce 68 Red Bliss Potato 5 Cauliflower au Gratin 162 Wheat Dinner Roll 105 Chocolate Mousse 280 D: Choc Mousse 112	7 <u>Cold Plate</u> Corn Chowder 172 Egg Salad 243 Macaroni Salad 118 Wheat Bread 160 Macintosh Apple 1	8 Honey BBQ 492 Pork Ribs 39 Baked Beans 140 Riviera Blend Veg 123 White Bread 73 Fruited Gelatin w/Topping 73 D: Fr Gelatin Topping 73
Total Calories: 673 Total Sodium: 922 mg	Total Calories: 883 Total Sodium: 955 mg	Total Calories: 638 Total Sodium: 798 mg	Total Calories: 694 Total Sodium: 992 mg
12 Parmesan Encrusted Tilapia 360 Garlic Mashed Potato 66 Spinach 109 Wheat Bread 160 Apricots 10	13 Meatballs 236 In Marinara 94 Cavatappi Pasta 1 Tossed Salad 5 Italian Bread 230 Fresh Orange 2	14 Navy Bean Soup 222 Sloppy Joe 227 Hamburger Bun 230 Home Fries 5 Green Beans 3 Applesauce Fruit Cup 10	15 Grilled Chicken Brst 320 In Apricot Glaze 32 Yams 31 Broccoli 10 Wheat Bread 160 Blueberry Buckle 360 D: Maple Graham 115
Total Calories: 707 Total Sodium: 830 mg	Total Calories: 602 Total Sodium: 693 mg	Total Calories: 791 Total Sodium: 819 mg	Total Calories: 725 Total Sodium: 1038 mg
19 Lasagne Roll 290 In Meat Sauce 50 Roman Style Veg 30 Wheat Bread 7 Strawberry Yogurt 75	20 Chicken White 314 Bean Chili 1 Brown Rice 10 Broccoli 291 Raisins 5	21 Roast Pork 73 Cranberry Orange Sc 18 Scalloped Potato 28 Genoa Blend Veg 45 Wheat Bread 160 Sliced Apples 4	22 <u>Cold Plate</u> Grilled Chicken Brst 320 Red Pepper Pesto 22 Potato Salad 28 Beet & Onion Salad 217 Wheat Dinner Roll 105 Mandarin Oranges 7
Total Calories: 538 Total Sodium: 577 mg	Total Calories: 732 Total Sodium: 746 mg	Total Calories: 593 Total Sodium: 453 mg	Total Calories: 443 Total Sodium: 824 mg
26 Grilled Chicken 320 Marsala 70 O'Brien Potatoes 34 Winter Veg Blend 29 Wheat Bread 160 Diced Peaches 5	27 Butternut Squash Bisque 149 Breaded Pollock w/Tartar Sc 373 Brown Rice Pilaf 159 Wheat Bread 160 Applesauce Fruitcup 10	28 Roast Turkey 456 Divan Sauce 116 Sweet Potato 35 Broccoli 10 Wheat Bread 160 Blueberry SnacknLoaf 10 D: Lorna Doone 100	29 Meatballs 236 In Burgandy Sc. 123 Tossed Salad 5 Wheat Bread 160 Straw Rhub Crisp 7 D: Cinnamon Apple Graham 85
Total Calories: 550 Total Sodium: 743 mg	Total Calories: 759 Total Sodium: 976 mg	Total Calories: 729 Total Sodium: 912 mg	Total Calories: 676 Total Sodium: 656 mg

THERE'S MORE TO FIBER than You May Know!

Fiber is used by our body to aid digestion and more, much more!

There are two types of Fiber.

Soluble Fiber: is found in foods such as oats, beans, apples, oranges, broccoli and Brussels sprouts.

Insoluble Fiber: is the fiber found in foods such as the skins of fruit, whole-wheat bread & brown rice

How does Fiber lower my cholesterol? Water soluble fiber binds with bile acids in the small intestine to leave the body via the stool. This causes the liver to take more cholesterol from the blood to replenish the bile lost.

How does Fiber aid in controlling my blood sugar levels? Water soluble fiber is thought to slow food digestion and absorption creating more balanced blood sugars

How can Fiber reduce inflammation? High-fiber foods feed beneficial bacteria living in the gut, which then release substances that promote lower levels of inflammation throughout the body

How does Fiber help my bones? Soluble fiber is thought to stimulate the growth of beneficial bacteria in the lower intestine. These bacteria are believed to help bones become stronger by increasing mineral absorption.

Why is fiber good for my digestive system? Soluble fiber attracts water & insoluble fiber keeps things moving through your body. Both

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





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9am Reserve PBall 9:30am Tai Chi 11am Yoga 11:30am MOC Lunch 1pm Lessons Pball 7pm Country Heat	2 7:30am Pancake Bfast 8-10 am Well Clinic 9am Walking Group 10:30am Jazz Dance 11:30am MOC Lunch 1pm BINGO 6pm Tai Chi	3 9am Reserve Pball 10:30am Chair Yoga 11:30am MOC Lunch 1pm Invite PBall 6pm Open Play PBall	4 8am Walking Group 10am Meditation 11am Yoga 11:30am MOC Lunch 1pm Open Pball 6pm Ballroom Dance	5 9am Reserve PBall 1pm Bridge	6 7am Reserved PBall 9am Open PBall 9:30 am Yoga
8 9am Reserve PBall 9:30am Tai Chi 11am Yoga 11:30am MOC Lunch 1pm Lessons Pball 7pm Country Heat	9 7:30am Pancake Bfast 8-10 am Well Clinic 9am Walking Group 10:30am Jazz Dance 11:30am MOC Lunch 1pm BINGO 6pm Tai Chi	10 9am Reserve Pball 10:30am Chair Yoga 11:30am MOC Lunch 1pm Invite PBall 6pm Open Play PBall	11 8am Walking Group 10am Meditation 11am Yoga 11:30am MOC Lunch 1pm Open Pball 6pm Ballroom Dance	12 9am Reserve PBall 1pm Bridge	13 7am Reserved PBall 9am Open PBall 9:30 am Yoga
15 9am Reserve PBall 9:30am Tai Chi 11am Yoga 11:30am MOC Lunch 1pm Lessons Pball 3:30 pm GARDEN WORKSHOP 7pm Country Heat	16 7:30am Pancake Bfast 9am Walking Group 11:30am MOC Lunch 1pm BINGO 6pm Tai Chi	17 9am Reserve Pball 10:30am Chair Yoga 11:30am MOC Lunch 1pm Invite PBall 6pm Open PBall	18 8am Walking Group 10am Meditation 11am Yoga 11:30am MOC Lunch 1pm Open Pball 6pm Ballroom Dance	19 9am Reserve PBall 1pm Bridge	20 7am Reserved PBall 9am Open PBall 9:30am Yoga
22 9am Reserve PBall 9:30am Tai Chi 11am Yoga 11:30am MOC Lunch 1pm Lessons Pball 6pm GARDEN OPEN HOUSE 7pm Country Heat	23 7:30am Pancake Bfast 8 am Elder Health Clinic 9am Walking Group 11:30am MOC Lunch 1pm BINGO 6pm Tai Chi	24 9am Reserve PBall 10:30am Chair Yoga 11:30am MOC Lunch 6am Open PBall	25 8am Walking Group 10am Meditation 11am Yoga 11:30am MOC Lunch 1pm Open PBall 6pm Ballroom Dance	26 9am Reserve PBall 1pm Bridge	27 7am Reserved PBall 9am Open PBall 9:30 am Yoga
29 <i>CLOSED</i> 	30 7:30am Pancake Bfast 9am Walking Group 11:30am MOC Lunch 1pm BINGO 6pm Tai Chi	31 9am Reserve Pball 10:30am Chair Yoga 11:30am MOC Lunch 6pm Open PBall			

Third Thursdays on the Terrace



Join us for an evening of great music, delicious fare, and fun and games!

The Third Thursday of each month this summer the Terrace comes alive! A different theme each month, but the constant is fun! Talented? We would love to have you share your singing or playing talent! Music and gathering begins at 6:30. Lawn games and fun last until after dusk. Got time? Good Cook? Like to play games? We need that too!

Serving and Singing 6:30 on

- * June 15th: A kick it off Summer BBQ. All the standards, plus some!
- * July 17th: Tapas on the Terrace. Try some great Tapas in our own Barcelona.
- * August 17th: A Harvest Garden Party. Great garden Grub and Lawn Games.

Fun Free! Food and Beverages by fee. *Sangria, Wine and Beer pending approval

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.



The Town of Lancaster has a emergency notification system (also known as Reverse 911). This system allows Lancaster residents to receive neighborhood specific emergency notifications issued by the town's public safety agencies.

These can be sent to you by phone, e-mail and/or text message, all of which can be set up by you through an easy-to-use web page. To enroll in this free service go to the **CodeRED** Community Notification Enrollment page listed below. This data is held securely and is used only for the purpose of emergency notifications.

FOR ALERTS TO PHONE AND EMAIL

<https://public.coderedweb.com/cne/en-US/F1A940D55774>

FOR ALERTS TO A MOBILE DEVICE APP

<https://ecnetwork.com/codered-mobile-alert-app/>

If you do not have access to a computer we can help you sign up at the Lancaster Community Center , ask for Marilyn Largey

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 supply 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@lancasterma.net**



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** of 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**.

Special Thanks to:

Bridget, Maureen, Deb, Sandy, Bev and Deb, Jude, Claire, Celeste, Nicole, Shelia, Theresa, Jon, 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, Marie, Mark, Marilyn, Melissa, Lyn, Sean, Marie, Kathy, Micheline, 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 Board Meeting

*Open to all * Bring ideas, and suggestions. Stay for lunch!*

**Wednesday
May 17th & June
21
at 9:00 AM
Senior Center**

Please like us on
Facebook

Did you know we
are on
[Facebook?](#)



www.tinyurl.com/lancastercc

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
Lower Lot-behind Center**