



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

Community Crier

Mary J MacLean, Frank MacGrory, Eileen McRell, Nicole Kanis, Jo St. Angelo, Michele Macdonald, Chair

(978) 733-1249 , fax (978) 733-4076 aturner@lancasterma.net

In Local News... Let's talk Turkey!

Q: What is better than Thanksgiving with family?

A: *Thanksgiving with Friends and Family!*

Thanksgiving with Friends

November 21th
1pm

With all the fixings!

RSVP by 11/13
Van trips free!

Dessert and Pie Contest: 1pm

*Awards for Best Apple, Best Pumpkin,
Best Cream Pie, and of course Best of the Rest!*

Bring a recipe and one pie! Be prepared to share.

(Homemade encouraged, admit it if you cheat)!

Bring a recipe for us to copy

*A feast to be sure! Sample Menu includes
Light appetizers, Fresh Roasted Turkey, Curried
Squash/Pumpkin or Carrot Ginger Soup,
Apple/Cranberry/Pecan Stuffing, Wild Rice Citrus
Salad, Green Beans Almondine, Cranberry Orange
Sauce, Assorted Breads and Herbed Corn Bread and
more!*

Tickets and reservations call 978 733 4076

Tickets \$7 (includes tax and tip)!



Thoughts from the Director

November ushers in the holiday season, a season of giving. We are fortunate to live in a generous community, where every day I witness 'random acts of kindness.' As Thanksgiving draws closer we pause and consider our blessings, and many think of helping, 'paying it forward,' sharing with others. This time of year I receive more calls from those willing to help. I truly appreciate it; we could not provide the services we do without kind volunteers. Emmett, the 'big kunha' at the Executive Office of Elder affairs told me, 'you chose a tough job, make sure you enjoy it'. I do. I think of his advice when a volunteer asks what they can do. The pay stinks, so you really have to enjoy it. We have opportunities for all tastes, talents and abilities. I am grateful for our painters, cleaners, drivers, envelope stuffers, pickleball coaches (who knew) and more.

If you are willing, call us, and we will put you to work; if you are too busy now, call anyway. We will keep you in mind. We need you all year long and we can make it fun!

Hope to see you soon,

Alix



Rainbow Lunch

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

Annual Pie in the Sky Dessert Contest



If you wish to make an apple pie from scratch, you must first invent the universe.

Carl Sagan

Calling all bakers, cooks, and astrophysicists!

Compete for the honor of winning our
**Annual Dessert Contest,
November 21, 2014**

*Featuring our celebrity judges
Their identities are withheld to keep the
Paparazzi at bay.*

Pie Categories

1. Best Apple
2. Best Pumpkin or Squash
3. Best Cream Pie
4. Best of the Rest! Pecan, Mince meat and more

Bars and Brownies

5. Best Brownies; Chocolate and Blond
6. Best Cream Based Desert
7. Best Cookies
8. Best of the Rest! That leaves lots of fruit desserts etc.



After judging all desserts will be shared with the admiring crowd! Join us for Thanksgiving dinner at the church.

IN LOCAL NEWS \$\$\$\$

Fun Voting Facts or Voting 101



- Election Day is November 4th 2014
- Polls are open 7am-8pm at Town Hall, 695 Main St
- Handicapped Parking; Past the town hall on right, by the ramp.
- Absentee Ballot applications; Available at the Town Clerks office or download the form from the state's website <http://www.sec.state.ma.us/e/elevf/howabs.htm>. Then fill it out and mail it to Town Clerk, 695 Main Street, Suite 2, Lancaster MA 01523
- Absentee Deadline; November 3th 2012)
- Transportation: Seniors, or Handicapped by prior reservation 978 733-4076
- No IDs required, unless you have received a letter asking you to bring one.

*Any other questions, call Mary Dealderte, 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*



Join us for to remember Lancaster Veteran Ruth Roffee

**We will honor her Naval and Army Service and
Celebrate her contributions to our community**

Please join us to dedicate a garden bench, made possible by Ruth Roffee's friends,
family and the Friends of Lancaster Seniors
. Tuesday after our Veterans Breakfast at 9:30 a.m.

Please join us!
To Honor our Veterans
**Special Pancake
Breakfast**

**Veteran's
Eat Free!**



**Veterans Day,
November 11 2014
7am-9am**

Lancaster Community Center



**Do you know a
Veteran returning
home from the
service?**

**Welcome them
home with their name
in Lights**

**Please call 978 365-3326 ext 1010 to arrange
Richard Sheppard or Gerry Bourque Veterans Agent
And the Lancaster Fire Dept**

Health and Fitness

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



Get Fit While you Sit!

Please join us

CHAIR YOGA

Wednesday November 5th and 19th

Free!

Courtesy of Michelle Jones

Thanks Michelle!

Got Flu Shots? For all- we all need them

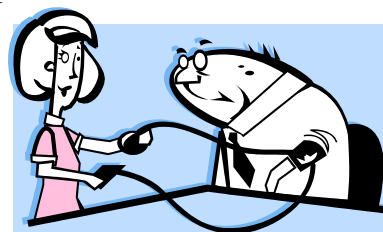
We do! Tues 11/4/14 from 9-10am.

Wed. 11/19/14 from 11-12

Come to the **Well Adult Clinic~ It is FREE!**

With our town nurse, Tamara Bedard.

3rd Wednesday of each month 11am-12pm



Back by Popular Demand-Tai Chi Join us for New Sessions! Wed nights

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.

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

Mondays at 9:30 am and Wednesday evenings at 5:30 p.m.

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.

Free Apple Pie Social

Wed. Nov 5th at 12

With
Sharon Nolli, Fallon HealthCare

Come enjoy apple pie, and the company of friends. Learn about Summit Health Care. Summit is a program designed to keep parents, or those you care for in their homes. It might not be for you, come learn a bit and eat pie!



What the Heck is Pickleball?

Why is everyone talking about it? Come play

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

<http://www.usapa.org> or go to You tube for videos

Introductory Pricing Special! 2 Get Fit Pickleball Cards for Only \$40. Lots of fun, cheap!!

Friday Mornings 9-11am Or Mondays 1-3 pm if you are interested please reserve a paddle!

Questions about Pickleball, there are pros in our midst that are happy to answer your questions.

Weekend classes are coming soon! Call if interested.

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



Gentle Hatha Yoga

Monday and Thursdays at 11 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!***

Louise Dorian has taught hatha yoga since 1989, Louise Dorian was originally certified by the Ayurvedic Whole Life Center in Brookline, Mass. She has since evolved her own unique style of teaching, incorporating the detail and precision of Iyengar yoga, the gentle, approach of Kripalu. She has taught in corporate settings for over 10 years. **All Classes: Seniors \$5 per class or 6 classes for \$25 (Buy a card, no penalty for missed classes!) General public \$7 per class or 6 for \$33 (Invite your friends so we can keep prices low)!**



Open Gym! *Come shoot some hoops*

Interested in playing hoops, pick-up games or just shooting? We are trying to get a group going to open the gym on Friday nights. Interested? Call us. 978-733-4076

We would like to open from 4:30-7 for those under 18, Adults from 7-9

Under 18 \$2 per person Adults \$3 per person Call if you are interested! (978) 733-4076

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

WHEAT

978-365-6349

Clinton MA

Offering variety of fresh produce (seasonal), baked goods. You may choose from an assortment of meat products as well, and an ample supply of pantry items such as canned goods, pasta, rice etc. *An elevator is located in the rear of the building for your convenience.*

Village Church

South Lancaster

Thursday Evenings

6 pm-7 pm

Offering a wide variety of wholesome food

Stow Food Pantry

335 Great Rd (Rt 117)

Stow, MA 01775

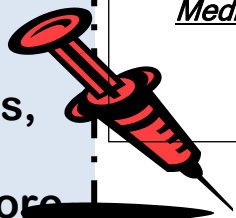
(978) 897-4230

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

Medical Equipment Loan Program

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

Call us 978 733 4076



Medicare Open Enrollment **October 15th to December 7th** **Extended Hours in November**

*Frustrated by Insurance Paperwork?
Not sure what option is best. Don't know what to do?*

Gretchen does!

Call our

SHINE Counselor

Tuesday by appointment 9:00 am-2:00 pm
Appointments strongly suggested (508) 502-8279

Let's Eat!!

Lancaster is a Culinary Destination **Saturday, November 8th**

Pasta Dinner

Immaculate Conception Church

\$10 Adults, \$8 seniors

5pm-7pm

Chili Fest

First Church of Christ Unitarian

5pm-8pm

*Adults \$10 Seniors \$8 Children \$5 Under 10 Free
Families \$25*

Medicare Advocacy Project legal advice & assistance 1-800-323-3205

Medicare 1-800-633-4227 TTY 877-486-2048 www.medicare.gov

Social Security 1-800-772-1213 www.socialsecurity.gov

MA executive Office of Elder Affairs 1-800-AGE-INFO

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.



Call 978-772-3335 or www.nashoba.org for more information.

LANCASTER COMMUNITY CENTER

NOVEMBER 1, 2014

For our full calendar:

http://www.ci.lancaster.ma.us/Pages/LancasterMA_BComm/LCC

On-going Activities in the Senior Center

SENIOR LUNCH - Mon. thru Thurs. at 12
FREE BREADS/CAKES - Tues., 8:30AM
BINGO - Tuesdays 1:00 pm
BRIDGE - Fridays 1:30-4 PM
CRIBBAGE - Thurs, 9 AM
PANCAKES - Tuesdays, 7:30AM -9AM ish
FREE COMPUTER CLASS -Tuesday at 9 by
Appointment* call to reserve.

Phone Numbers

Congregate Meal Site - 978-733-1249 x 1106
Community Center General Line 978-733-4076
Council on Aging, Director - 978-733-1249 x 1102
COA Transportation Line - 978-733-4076
Veterans' Representative - 978-365-3326 x1010
If in doubt: call 978-733-1249x 1102for ANY
COA function (meals, rides, services, etc.)

Tuesday Pancakes!

Tuesdays, from 7:30 on David will be serving
pancakes, eggs, orange juice, coffee,
and sausage! Donation (\$2) to defray the cost of
food is appreciated. Note that the opening is
7:30 to accommodate the increased attendance.
*Election Day, we open at 6:30

Art Classes

Drawing (and Painting) with Doc
Thursday afternoons at 4 pm
Free! Materials not included Call to reserve.

Watercolors with Ron
Thursdays 12 pm-2 pm
\$5 Call to reserve

Pickleball is Growing!

Two sessions and more to come~!

Monday afternoons at 1 pm
Friday mornings at 9 am
And soon on weekends!
Email us or call with questions.

Tai Chi for all!

Continuing at 9:30AM each Fitness Monday! On
the patio (weather permitting) or indoors (if too
wet or cold). Great for balance.

*Jeff Cote: Instructor. Seniors \$5 per class or 6 classes for \$23
(Session 1 9/6-10/11)*

General public \$6 per class or 6 for \$29

Gentle Hatha StyleYoga

Monday and Thursday Mornings
9:00 - 9:45 a.m.

New! Chair Yoga

September 24th 12:30-1:30 p.m.

Free! With Michelle Jones of River Terrace

*All Fitness classes are \$5 each or 6/\$25
unless we run an introductory special.
Call for details.*

Community Bridge Games

Like to play bridge? Join us Friday afternoons at
1:30 for some friendly games and snacks!
For more information, contact Jean @ 978-263-
7962. Thanks!



Classes and Workshops

To insure a space please pre-register at 978 733 4076
or aturner@lanasterma.net or on the Key Tag system .



Classes

Painting With Doc

Doc Frigolletto is a talented artist, and of course an all around good guy- he is from Lancaster! He has offered to share his talents with us.

Come learn the basics of shanding, drawing and finally create an acrylic painting. Class is free, he will direct you to resources for materials.

Space is limited to 5
Thursday, Nov 6, 13, 20
4 pm

Pre-Registration Required
Reserve by Wed. morning prior to class!

Contract Bridge

Contract bridge, or simply **bridge**, is a trick-taking game using a standard deck. It is a wonderful game to keep the 'old gray matter' sharp!. It is played by four players in two competing partnerships. *Come to the Center for a friendly atmosphere. We provide the cards, teachers, and friends. You bring the interest, a willingness to learn and a couple of hours of time.*

Fridays 1:30-4:00 pm

Free! but Registration strongly suggested,
call 978 263-7962 and leave your name, space is limited

Boxwood Tree Workshop

Take home a decorated topiary tree! Great for small homes, as a centerpiece, a hostess gift, or just for you!

December 10th

1:30 pm to 3:30pm
(with hot cider and cookies)

We will 'build' or arrange a boxwood tree (finished size about 12"-16" tall) of long lasting natural boxwood,

and finish it by decorating it with lovely ornaments to scale. You may choose a naturally inspired motif, or something with lots of bling, or a trendy gold, silver, or trendy color scheme of copper, teal, purple or more! This tree will last beyond the holidays gracing your home or that of the lucky recipient.

This class is taught by Alix Turner, who before working for the COA has taught Boxwood Tree classes many times.

By reservation only

Seniors \$ 20 general public \$24



Watercolors with Ron

November 13th 12 pm-2pm

Ron Beckner will help you create a watercolor painting from scratch to finish in one session! We provide materials so we need to know if you are coming. Snacks, coffee and tea provided. Come and get creative!

Class Size Limited, must reserve!

General Public \$5



Deck the Halls! Wreath Decorating

Party!

December 3rd at 1 pm

Greens/decorations inc.

Seniors \$15, General \$17

Come celebrate the season

with friends! We will enjoy hot cider, and cookies while listening to holiday tunes and adorning a lush 'over the top' double sided Frazier fir wreath with a custom color

schemes you put together just for your décor! You will learn to make full bows, great for wreaths, or presents. Then choose some decorations to complete your wreath. The workshop, gourmet greens, the wreath and goodies are included. Bad jokes, and critiques-priceless! Please bring gloves, cookies if you bake, if you need them, and any special ornaments you may want to use. Must Reserve ahead



Cooking with Laura! (and Family)

Friday November 14th at 10 am.

Come join our studio audience for the taping of Cooking with Laura. We learn more of Laura Kryger's cooking secrets. We get to taste too! My favorite part!!

This month Laura and her special guests will prepare Bean Soup (maybe a new holiday trick) and Dump Cake (I am scared to ask). 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!

Sorry Adults, this is only for the younger (Chess) set!

Chess Club

The Nashoba Junior Chess Club invites you to join them!

Nashoba cafeteria Bolton MA

Fridays~Instruction, 5:30 Games 6-7:30 p.m.

Light refreshments and snacks are served. (We ask that each player contribute \$2 at the door to cover costs.) Whether you are an advanced player or just beginning, all are welcome to attend. For experienced players, the club is an opportunity for mentoring in addition to playing challenging chess games with peers.

November 7, 2014, November 14, 2014, December 5, 2014, December 12, 2014, January 9, 2015, January 23, 2015, February 13, 2015, March 6, 2015, March 13, 2015, and March 27, 2015.

Please visit our website for additional information: <http://www.nashobachess.org/>






Join us for Lunch in November

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

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
3 Chicken Primavera(6oz) Penne Pasta Broccoli Italian Bread Apricots	4 Bok Choy Soup Turkey Chow Mein Brown Rice Whole Wheat Bread Strawberry Cup Diet: Pineapple	5 Breaded Chicken Tossed Salad Sweet Potato Marbled Rye Chocolate Pudding	6 Split Pea Soup Meatloaf Mushroom Gravy Onion Mashed Potato Whole Wheat Dinner Roll Seasonal Fresh Fruit	7 Market Basket Bridge at 1 pm
10 Cream of Broccoli Roast Pork Rosemary Brown Gravy Chantilly Potatoes with Bread Crumbs Fresh Apple	11 <i>Join us!</i> Veterans Day Breakfast Veterans Eat Free! <i>Followed by</i> <i>Dedication for</i> <i>Ruth Roffee</i> Office closed	12 Sausage Bolognese Spaghetti Tossed Salad Italian Bread Mandarin Oranges	2 Lentil Kale Soup Broccoli Bake Home Fries Rye Bread Pears	14 Sturbridge Village Trip Bridge at 1 pm
17 Portuguese Kale Soup Salmon Newburg Sauce Brown Rice Pilaf Multi-grain Bread Mandarin Oranges	18 Special Turkey/Gravy Whipped Potatoes Green Bean casserole Stuffing Cranberry Sauce WW Dinner Roll Apple/Raisin Crisp	19 Minestrone Soup Salisbury Steak w/ Jardinière Gravy Roasted Red Bliss Whole Wheat Bread Butterscotch Pudding	20 Chicken Meatballs Hawaiian Sauce Parsley Noodles Tossed Salad Bread Stick Orange	21 Thanksgiving with Friends 1 pm <i>First Church Hall</i> <i>Call 978 733 4076</i> <i>For tickets</i> Bridge at 1 pm
24 Turkey and Corn Stew 10 oz. Tossed Salad Corn Muffin Strawberry Cup	25 Butternut Soup Baked Chicken Breast Pesto Cream Sauce Red Bliss w/thyme WW Bread, Muffin	26 Beef Stroganoff (shaved Steak) Parsley Egg Noodles Baby Carrots with Dill Bread, Fresh Orange	27 <i>Happy Thanksgiving!</i> 	28 Bridge at 1 pm



Need a ride? Lunch, Drs, Shopping? !

MART Van Fees

Mart service to Senior Center: Free for senior and disabled coming to meals and events

- ***Service in Town: 50c in town**
- ***Service outside Lancaster to a contiguous town: \$1 (Multiple stops may be charged)**
- **Friday Shopping trips are \$2 per person *Special Events will be priced according to the trip.**

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* **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 8:00 to 11:30pm



Trips and Events

Shopping and Entertainment Trips

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

(Only two dollars round trip; Home Pick up and Drop off CALL 978 733 4076)*

Trips leave at 9am , you may go home with your goodies, or join the gang for lunch out and then home!

- **November 7nd:** Market Basket/Whitney Field
- **November 14th** Cooking with Laura @ 10, Water Tower Plaza
- **November 21st** Thanksgiving Meal with Friends and Family
 - **November 28th** No trip
- **December 4th** : Theater: Into the Woods Musical and Tower Hill Lights
 - **December 5:** Market Basket/Whitney Field
- **December 12th:** Christmas Tree Shop Shrewsbury/Wegmans
 - **December 19th:** Christmas Light Trip



Join us to visit Old Sturbridge Village Nov.14th

An 1830s New England Living History Museum

Old Sturbridge Village is a "must-see" New England attraction which depicts life in an early 19th-century rural Village, featuring costumed historians, antique buildings, water-powered mills, and a working farm. You will view antiques, meet heritage breed animals, and take part in hands-on crafts. Interestingly enough many of the homes were moved from Lancaster, and the area and reassembled in the village. See our history come alive, while we visit the village as they prepare for Thanksgiving. We will enjoy a lovely lunch before we return home.

We will leave the Center at 9:00 after coffee and breakfast pastries, after our visit we stop for lunch and return home mid-afternoon, by around 3:30. Lunch is not included in the price. \$25 Seniors and children under 16 \$28 everyone else. See our cancellation policy. Seating is limited. Lancaster residents reserve until Oct 1st, reservations then open to all



Join us for a Winter Celebration

Sparkle Weekend in Freeport Maine

Another DownEaster Train Trip...
December 12th 2013

Reserve early as seating is limited All transportation included

We will meet at the Center around 8:15 a.m. for a quick cup of coffee and a breakfast snack, board our bus and head to the Amtrak in Haverhill to board the DownEaster headed for a day of shopping and enjoying Freeport at peek shopping season. . It is a wonderful scenic trip up the coast, complete with a Café Car to enjoy beverages and snacks. We arrive in Freeport around noon, for a day of shopping and enjoying holiday decorations and activities. LL Bean will ship anything you purchase free of charge, or hold them until 4pm closing at the tourism center. For a complete list of events go to <http://www.freeportusa.com/events/20th-annual-sparkle-weekend/>. Just after the lights come on we return to the train station to board the Downeaster for a 6 o'clock departure back to Haverhill for 8:30, and back to Lancaster by 9:30- with all of your goodies and memories of sugar plums!

Pick up and drop off at your home is available.

Seniors \$32.50 General public \$45.00

(Excludes restaurant and dining car food/beverages)

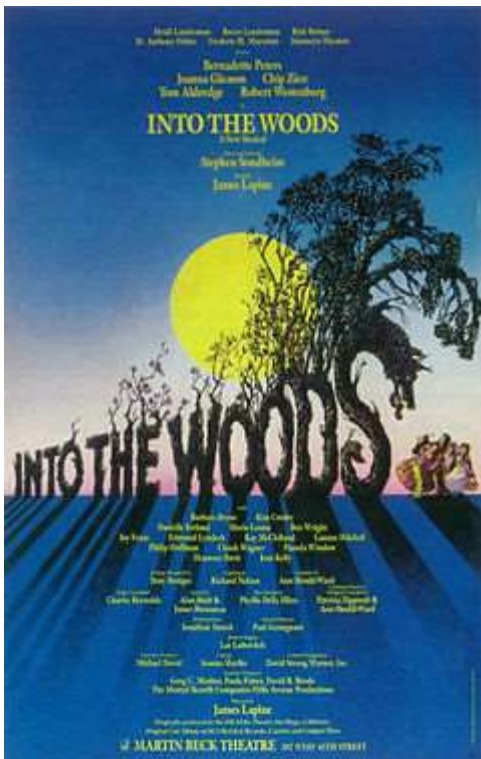
Holiday Spectacular Evening

Dinner, A Show, and Lights!

December 4th

Join us for a special evening on December 4th. We meet at the Center to depart at 4:30 to J's in Westborough. Everyone wanted to go back after last year, they are famous for their delicious inexpensive lobster rolls, scallops and more! After a leisurely dinner we travel to Calliope Theatre in Boylston for the Opening night of Steven Sonheim and James Lapine's musical *Into the Woods*. The musical is tied together by an original story involving a childless baker and his wife and their quest to begin a family, their interaction with a Witch who has placed a curse on them, and their interaction with other storybook characters during their journey. Following the show we will travel past some of our favorite light displays on the way back to the Center.

*Limited seating, call soon! Seniors \$20 Others \$23 plus dinner
Confirm our cancellation policy when reserving.*



THE FINANCIAL PAGES\$

OUR WISH LIST

We are planning for crafts classes, events, and every day fun. Check your drawers and closets, if you have the following items we will put them to use!

- Nice glossy magazines (for paper mosaics)
- Card Stock
- Drawing Pads and Tablets
- Art Supplies of all sorts
- Colored Glass and Clear (small plates, vases etc.)
- Cribbage Boards, Chess Sets, Checkers
- Colorful Fabric
- Small Bud Vases
- Costume jewelry, shells, beads
- Glue
- Tile Grout
- Ribbon
- Gold, Silver, Copper, or White Spray Paint
- Folding Tables
- Holiday Decorations
- Table cloths
- Baskets



HELP WANTED \$

\$\$ Senior Tax

Abatement Workers Needed \$\$

We have openings for seniors who would like to participate in the Tax Abatement program. Our income & asset guidelines have changed; we now follow the MA Circuit Breaker guidelines.

Your town could use the help, you get to meet people, contribute and get a reduction in your taxes!

Consider applying! Questions call 978 733 1249 ext 1102

Project ABLE (SCSEP Program)

We are seeking a
Gal/Guy Friday

We are flexible, do you enjoy learning, have some skills, like to have more! This may be your ticket! We will train you.

To qualify you must be over 55, meet income guidelines and be willing to learn a new job. Wages

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

Electric Bill Questions, Concerns?

Bring your bill and come meet Corey.

Corey Manson is our very own National Grid Representative. He will help you with Fuel Assistance, errors on your bill. Tips and more. One on one time with Corey

November 18th at 8:30-10

Fuel Assistance Starts November 1st

The 2014-2015 heating season is here and the predictions for the coming winter are for lots of cold and snow. The state **gross** annual income limits for fuel assistance are as follows: for a household of one, \$32,618; for a house-hold of two, \$42,654; for a household of three, \$52,691.

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

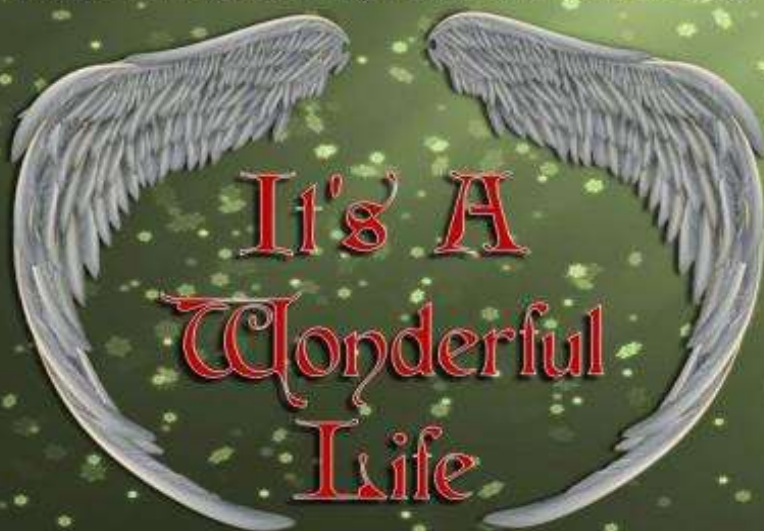
Holiday Bazaar at Bigelow Gardens

Baked Goods, Crafts, Ornaments, Grandma's attic!

Sunday November 16th 10 am -4 pm



Nashoba Regional High School Drama Society



a play by
Doug Rand

based on the original screenplay by
Frank Capra, Frances Goodrich, Albert Hackett, & Jo Swerling
by special arrangement with Playscripts, Inc.

November 21 & 22

7:30pm

November 23

2:00pm

Nashoba Regional High School Auditorium

12 Green Road Bolton, MA

Advance tickets
www.NashobaDrama.com

**Thinking of what to
do for the Holidays?**



Consider the
Angel Tree

*Helping Lancaster Families in
Need.*

Call Kathy @ 978 368 1193

Francine @ 978-365-2544

Jean & Denise

978-365-2043

*Donations may be dropped at the
Center. Checks made out to the
Friends of Lancaster Seniors (Angel
Tree) will be applied to Fraticelli Oil
assistance program.*

Save the Date!

Lancaster 4-H
Presents the Annual
**Festival of Trees
&
Tree Lighting**
December 2nd

*Festival to begin
the weekend after
Thanksgiving*
Watch for
details



Save the Date

December 14th afternoon*

Free Celtic Holiday Concert

Featuring

Rose, Thorn and Fiddle

A very special guest, you guessed it! The real deal, straight
from the North Pole will join us for pictures!
Bring your wish lists so he can get to work.

*Sweets and Baked Sale for your holiday table! Homemade
decorations.*

Hot Cider, Hot Chocolate, and more!
Upstairs in the Community Center



Many thanks

To **Shaws** in Clinton for donating pastries.
Jon, Chris and Matt, Laura, Maribeth,
Kathy and Lynn, Dave, Jean Michele,
Claire, Nilah, Susan, Celeste, Geno,
Gretchen, Judi, Rachel, The Clark Clan, Doc
Frigoletto, Thanas, Monique, Charlotte,
and more for all their hard work making
the Center special (and all those I forgot
to mention here!)

Lancaster Council on Aging
Lancaster Community Center
Suite 7, Lancaster Ma 01523
978-733-1249 or
www.lancasterma.net

We need help!

We could not run the Center
without our wonderful
volunteers.

Thank you all!

There are many opportunities for
young and old to give back to your
community.

Short term and long term.

Earn Volunteer points, good for classes,
meals, etc.

*Give us a call or shoot us an email if
you are able to help out.*

The Senior Center

Will be closed

In honor of Veterans Day

November 11th



November 27nd

Thanksgiving

We welcome everyone!

Monday-Thursday 9-3*

Office hours 8:00-12

**Call first.*

Bingo

Tuesday at 1:00 pm

Everyone is welcome

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

Bridge

Every Friday at 1:30 pm

Everyone is welcome

Snacks, and coffee provided

Call Jean to confirm 978 273-2418

Cribbage

Thursday Mornings at 9. Come on down