



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

Community Crier

Jo St. Angelo, Judi MacLean, Frank MacGrory, Jay Moody Chair,

Kathy Codianne, Michelle Jones, Nicole Kanis, Michele Macdonald

November/December, 2016 (978) 733-1249, fax (978) 733-4076, Alexandra Turner, Director aturner@lanasterma.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!

All ages!

Entertainment!

November 20th 1:00PM

With all the fixings!

RSVP by 11/16

Van trips free!

Dessert and Pie Contest

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, Homemade Smashed

Potatoes, Cranberry Orange Sauce, Assorted Breads

and Herbed Corn Bread and more!

\$10 general \$8 Seniors +under 12

978 733 4076 mpelletier@lanasterma.net

Thoughts from the Director

The crisp autumn air is upon us heralding all those great New England traditions: apple and pumpkin picking, foliage hikes, and, of course, preparing for sumptuous Thanksgiving meals. We all know Thanksgiving is much more than a hearty meal; it is a spiritual time. It is a time to count our blessings and to take a moment to share with friends and family.

Our Thanksgiving plans at the Center were on my mind as I prepared to write you. As the team planned for the dinner we thought of how best to honor the spirit of the Center; after all, the spirit of Thanksgiving describes the ethos of the Center *every month*, not just November. We are a diverse community helping one another as the Native Americans joined the Pilgrims to share friendship and food.

It is a lot of work, but as the adage goes, 'many hands light work.' I am thankful for our many volunteers: the bakers who contribute to our dessert contest, the crew from Perkins who helps us decorate, many tireless people who are here late and weekends to set tables and cook! We need more hands and would appreciate any effort you could offer to make the work lighter for the rest of us!

Hope to see you soon,

Alex

PS Do you want to be added to our email list to get this newsletter electronically? Of course you do! Send me an email at aturner@lanasterma.net and I'll add you to the list. Thank you!



Get Dirty Garden Program 2017 & The Center Village Table

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

Thanks to Harvard Community Health Foundation for their support

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

CLASSES and WORKSHOPS for ALL! Registration Required! 978-733-4076

November 3 & 10th 3:00-4:30 Time to make your stinky bed!

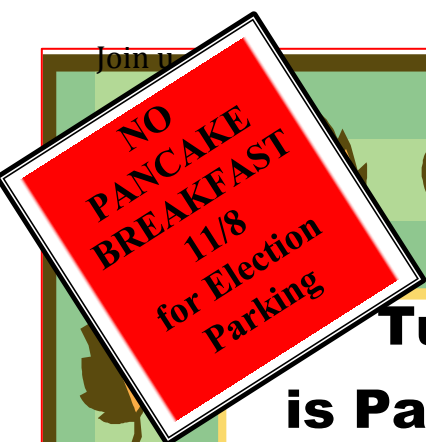
Join us for a garlic planting workshop and help put the gardens to bed! Fall is the time to plant garlic, come learn how with Joann Foster, former Lancastrian and Executive Director of Growing Places. She grows some great garlic, and she will share her secrets. The first secret to good garlic or any good garlic is soil and planning. So when others are thinking of the season ending we are looking forward to the spring already and need to make sure our gardens are ready for their winter rest. Come help us put them to bed. We will go through the basics of cleaning up, and putting it to bed so we can 'dig in' first thing in the spring. All ages encouraged and welcome.

Free! Come reserve a bed, plant a square of garlic for next year's harvest, meet a student gardener, and enjoy a garlic snack. You may even go home with something!

November 17th 3-4:30 . Squooosh, Squish, Squash! Winter squash, three delicious ways: We are saving the best for last. The long lasting winter squash is delicious so many ways. We will tackle three easy recipes that would be delicious for your thanksgiving table. Before we roast, boil and season the squash we will learn how to identify them and save the seeds for our spring planting. Tasty and fun! *Squash from Rota Farms*

Free! Come cook, clean and taste. You will want the recipes for your own Thanksgiving Feast. We will prepare a soup for our Thanksgiving with Friends banquet to be held on Sunday, so you will be doing good while you feast.

December 8th Squirmin Wormins: Learn the ins and outs of Vermiculture. How we can all continue to compost throughout the winter. In fact if you start soon composting that banana peels and make some black gold it might be the perfect gold for the holidays! *Taught by AnnMarie Pilch of Tower Hill Botanic Garden. Registration required. 978-733-4076*



**Tuesday
is Pancake Day
Everyone is invited!**

**Senior Center
Tuesday mornings
7:30 AM~ 9:00 ish
\$3**

Suggested donation
Chef Extraordinaire
David James

Pumpkin, Apple, Plain, French Toast
Sausage, eggs, fruit, Juice & coffee
All the pancakes you can eat!

**November 29th
8 a.m.-9 a.m.**

Meet the Chief
He can take your old
prescriptions,
give you advice, generally help.



Please join us!
To Honor our Veterans
Tuesday, November 15th
Special Pancake Breakfast
Veteran's
Eat Free!

Bring your favorite Veteran!
We would like to thank them for their service.
Lancaster Community Center

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

Carl Sagan

**Compete for the honor of
Winning our Third
Annual Dessert Contest**
Featuring our celebrity judges
Their identities are withheld to keep the
Paparazzi at bay.

**Prizes Awarded, bragging rights,
priceless!**

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 Apple
9. Best of the Rest! That leaves lots of fruit desserts etc.



After judging all desserts will be shared with the
admiring crowd! Please bring a recipe to share!
Entry sheets available ahead of time, and
encouraged. Call 978-733-4016

Kids Bake For Good

**A King Arthur Flour and 4_H Project
Lancaster Homestead Homeschoolers 4-H**

Thursday, November 17th
Seniors + Kids Baking.
Come help, learn and nibble.

Time TBA, Call!

**Come help and learn as the the Lancaster 4-H
Homeschoolers bake homemade bread for
Thanksgiving Dinner!**

Health and Fitness

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



Free! Lancaster's Keep Moving Walking Club (LKMWC)

Leaves the Lower Center Patio at 9 a.m. every Tuesday and Thursday 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.

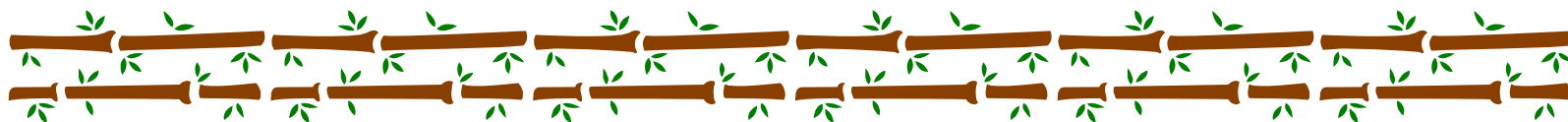
Questions. Call us! 978-733-4076



Come to the **Well Adult Clinic~ It is FREE!**
With our town nurse, Tamara Bedard.

1st Tuesday Morning from 8 am-9 am

3rd Wednesday of each month 11am-12pm



Tai Chi

Join us for New Sessions!

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.



Now
Saturday

Gentle Hatha Yoga

11 am-12 pm Mondays & Thursdays

9:30 a.m. Saturday too!

Got Stress? You *need* to relax!



Worried about falling, twisting? *Improve* your balance, and keep your range of motion. Stay`1 young! 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

Join us Monday mornings to 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.

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, 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



Ballroom Dancing!

6:30-7:30 p.m. in the Community Center Gym

**New Sessions
Every 3 weeks
Call!**

Jim Cole has been dancing ballroom since July 2008. His passion was realized when he watched the movie "Shall We Dance" with Richard Gere. "He made it look like it was something I could do, he made it look cool."

Jim uses that same passion and desire to help his students to learn and enjoy dancing. "I think that you can be an inspiration for dance and expression, which is a lot more than teaching dance steps..." Words to live by.

Jim started teaching in 2013. Since then 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.

All abilities will benefit from this class. 3 week session \$30 per person, or \$13 each per class. Come single or as a couple! Lots of fun, good exercise, good for the mind! Please bring an extra pair of dry, clean shoes to change into. We provide water, exercise and fun!

Free Guided Meditation Workshops!

Adventures In Consciousness with Angela Simms

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.

Thursday 10 a.m. Before YOGA and after Walking (KMWC)

Fall Fitspiration Boot Camp!



Pam's Fall Fitspiration Bootcamp is a cardio-base workout, that combines cardio, bodyweight strength abs/core & flexibility. You will work at your own pace and level, making this class suitable for all fitness levels.

Get in ***Shape Fall Special October and November Only***: Bring a friend and you both only pay \$5 each drop in rate! The holidays are coming!

What the Heck is **Pickleball**?

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? 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



Open Play: (Beginner and up)

Monday 1-3:00 pm, Wednesday 6-8:00 pm, Saturday 9-11:00 am.

Competitive Play (sign up required)

Monday 9-11:00 am, Wednesday 1-3:00 pm, Friday 9-11:00 am.

Get Fit Pickleball Cards \$20. 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

Sponsored by River Terrace Health Care

Diabetes

In honor of World Diabetes Month we would like to invite you to join us for a free presentation

Diabetes: What you may not know, and why you should!

How to avoid and manage Type II Diabetes

with

Diabetes Kare Consulting
LLC - Scherrie Keating RN, BSN, CDE

November 28th at 6 .p.m.

This workshop is good for everyone who wants to avoid becoming diabetic or is diabetic and would like to learn about getting healthier.

*Come have healthy soup for supper and learn!
All ages welcome. Call us*

YOUR HELP IS NEEDED TO "COMPLETE THE STREETS"

MassDOT is encouraging cities and towns to invest in "Complete Streets" infrastructure on locally-owned roadways. They are providing construction funds to municipalities that submit a Complete Streets Prioritization Plan. Projects on this plan can include small things like providing bus shelters, fixing wheelchair ramps, and restriping crosswalks to larger projects like sidewalk construction, new multi-use paths, and roadway redesign to improve conditions for pedestrians (including persons with disabilities), bicyclists, and transit.



We need your help in identifying those streets in Lancaster that need some of these Complete Streets features. The following is a link to a tool called a Wikimap that allows you to point out areas that you believe need improvements. Simply click on the "Add Points" button, click on the mode of transportation your issue most affects, and click on the map at the appropriate location. You will be asked to check the appropriate boxes that best describe the issue, and you can leave a comment to elaborate further. You can enter as many points as you would like. Your input will help us identify potential projects to be included in the Complete Streets Prioritization Plan so that they can receive funding to be constructed in the coming years.

IT'S EASY!JUST "CLICK IT"!



[http://wikimapping.com/wikimap/
Lancaster.html](http://wikimapping.com/wikimap/Lancaster.html)



We will also be holding
a public forum on the
Complete Streets
program on:

**THURSDAY, NOVEMBER
10TH AT 6:00 PM
at the Lancaster
Senior Center in the
Community Center
Building.**

*A light dinner will be
served.*

Please join us so that
we can Complete the
Streets of Lancaster!

For more information,
contact Noreen Piazza,
Planning Director, at:
npiazza@lancasterma.net

Coming in the New Year!

Adult Tap or Jazz
Dance lessons
Please let us know
your preference

Also Strength and
Weight Training,
&

Chair Yoga and Barre
and more

*Interested, questions
Contact us at
978-733-4076*

*Lancaster Recreation Walk
And Lancaster Trails*

Invite you to join them for

**A guided walk of
Cook Conservation Area**

November 20th at 10:30
(then join us for Thanksgiving dinner)!

*Cook is a natural treasure, rich with
historical treasure too. Learn and explore
with Johanna Doyle Questions? Cal
Jeanne at 978-202-5606*

Please like us on Facebook



Did you know we are on
[Facebook?](https://www.facebook.com/Lancaster-Community-Center-970047129685468)

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

Shopping and Entertainment

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

(Only two dollars round unless otherwise noted; Home Pick up and Drop off CALL 978 733 4076)

November 11th Closed for Veterans Days

- **November 12th** Tower Hill Special Trip
- **November 18th** Stow Pantry & Market Basket Hudson
- **November 20th** Thanksgiving Meal with Friends and Family
 - **November 25th:** No Trip
 - **December 1 & 2** Freeport
- **December 5th:** Free Il Forno 25th Anniversary Lunch by reservation- to us!
 - **December 9th:** Market Basket Leominster
 - **December 11th** Santa, Sweets & Song:
December Il Forno Dinner
 - **December 21st:** Concert and Lunch NRHS

OUR WISH LIST

We are planning 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.

We also have a swap shop for other items. Share, and Reuse!



TOWER HILL BOTANIC GARDEN SATURDAY, NOVEMBER 12TH A HOLIDAY MARKETPLACE DINNER, AND AN EVENING TO SHOP!

Tower Hill is offering a rare opportunity to visit the garden at night. They are hosting an Open House for early holiday shopping. Visit the lovely conservatories, and the gallery. The shop has invited local artisans to share their works Complimentary hot cider, and a cash bar round out the evening. Dinner at 5, then off to shop!

We leave the Center, or your home around 4:30 to the JPs for dinner and then off to the Hill! RSVP by 4PM Thursday the 12th. \$7 p.p plus food/purchases

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 Senior Center for lunch or lemonade on the way over.



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.



Join us for a Winter Celebration
A Lancaster Tradition! Now an Over Nighta'
Sparkle Weekend ~Freeport Maine

Back by popular demand another Down Easter train trip...

***Now an Overnighter!* December 1 & 2nd 2016**

Reserve early as seating is limited All transportation, and hotel included

We will meet at the Center for a light lunch, then board our bus and head to the Amtrak in Haverhill to board the Down Easter 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 4:30 p.m. to enjoy the lights and dinner at a restaurant of your choice or join us at the Broken Arrow Tavern for a late dinner after you check into your room at the Hilton Garden Inn. The next day you may spend the day shopping and enjoying holiday decorations and activities. There is a model train display, a geodesic dome featuring 'The Night skies" and lots of free sampling.. For a complete list of events go to sparklecelebration.com. LL Bean will ship anything you purchase free of charge, or hold them our train leaves at our hotel. 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 10- with all of your goodies and memories of sugar plums!

Pick up and drop off at your home is available.

Lancaster Seniors/disabled \$115 or \$127 General public includes lunch day one, room double occupancy, snacks and all transportation. Taxes and tips included.

(Excludes restaurant and dining car food/beverages and tips)



Seniors Save the Date!

**FREE HOLIDAY CONCERT
 & FREE LIGHT LUNCH**

Hosted by Nashoba Choral Group and Band

December 21 11 a.m.-12:30 p.m.

Join us for the second annual concert, featuring some of our own talented musicians and enjoy a lunch of salads and sandwiches. Because of the lack of parking at the school, we have been requested to use the van from the Senior Center . Of course, reservations are a must, Reserve by calling the COA Van line: 978-733-4076 to make a reservation. \$2 covers the van round trip.

**Our thanks to the talented NHRS music students, staff, and parents
 for the Concert and Lunch!**

Every
Wednesday

Garden Talk & Swap

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

Led by Marie Espinola, the wonderful volunteer who makes the library grounds so pretty. We will have tea/coffee and goodies and exchange ideas and learn and grow! (Pun intended.).

12:30 p.m. Wednesdays
in the
Senior Center



The Lancaster Garden Club presents

Beekeeping

November 20th at 7 p.m.

Erin DeCoste will speak about *Beekeeping*. Come learn about the lifecycle of honeybees, their role in pollination and much, much more!

First Church Unitarian fellowship hall, 725 Main St, Lancaster.



Visit with friends at our social hour from 6 - 7PM; program begins at 7PM.

Free for members \$ 5 non-members

Membership \$15 at the door

Scams and Skimmers. Be scared, be *very* scared.

Presentation
Free! November 16th
Wednesday at 6 p.m.



Shawn McKenna of the Worcester County Sheriffs Office is back by popular demand to teach us how to spot scams and those infamous card skimmers popping up in businesses. Knowledge is power, so come learn how to spot scams and help yourself and others. Free and informative speaking engagement.

Free coffee, cider and treats

HOLIDAY MARKETPLACE
SATURDAY, NOVEMBER 12, 5-8PM

TOWER HILL BOTANIC GARDEN



Find perfect holiday gifts including hand-crafted wares by guest artisans. Enjoy music, small bites and a cash bar as you shop.

Free Admission! It is true!

Members receive a 20% discount on Garden Shop purchases. Free admission, but you must be a member to receive Garden Shop discount.

The To Do List!

#1 Meet Marilyn

Please join me in welcoming Marilyn Largey to our team. We are thrilled to have her aboard. In her role as Community Services Liason she is your 'go to' for all social service needs. In this new role Marilyn will work with residents to assess their needs, refer services and resources that will their ensure safety, housing, food resources, and health services. Residents and family members can contact her for assistance with navigating the maze of public and private services and outreach to people in need, caregivers, neighbors and more are encouraged to call! .

Walk in office hours 1st fl LCC :Tues 8 – 10 am, Wed 2-4 pm, Thurs 6-8 pm
Or by appointment. Phone 978-733-1249 ext 1109 mlargey@lancafterma.net



Marilyn has been a resident since 2012 with her husband Mark and mother in law Joyce. She has 20 years' experience in Human Resources and is a lifelong advocate for those less fortunate.

The 'To do List continues...

Fuel Assistance

Begins
November 1st

We will help you
apply!

Start early
Call Marilyn at ext
1109



Free Computer Help



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

Jon Roper is our hero! Free, thanks Jon.

Tuesday mornings 9 a.m.

Call 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?

Barbara and Gretchen do!

Call our

SHINE Counselors

Tuesdays -9-1 and 1-3

Thursdays 11:00 am-2:00 pm

Appointments required! Call us

**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

**Medical
Equipment
Loan Program**

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

978 733 4076

**IT'S FREE! PLEASE COME AS OUR GUEST AND ENJOY
A DELICIOUS TURKEY DINNER WITH ALL THE FIXINGS!**

Trinity Church, Congregational
invites you to be our guest for...

Thanksgiving Dinner

Date: Wednesday, November 23, 2016

Time: 5:30 p.m.

**Location: Trinity Church, Congregational
14 Wattaquodock Hill Rd.
Bolton, MA (across the street from
the fire station)**

**Following dinner, we invite you to join us for a
special Thanksgiving worship service at 7pm.**

All are welcome!

**Doors open at 5:00p.m.
for appetizers in the foyer.**

****SEATING IS LIMITED****

****PLEASE CALL 978-779-5517 TO RESERVE YOUR PLACE.**
TRANSPORTATION IS AVAILABLE WITH ADVANCE NOTICE.**

**Got Time?
Help Wanted!**

We need Volunteers!

We can use all your talents, just call-thanks!

**Serving, meal delivery, crafts, exercise monitors and
participants, office, gardening and more!**



The Lancaster Community Center (LCC)

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

www.ci.lancaster.ma.us

on Facebook at LancasterCommunityCenter
or at 978-733-4076

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

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

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

In addition the Center offers:

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

Rentals: The LCC is available for rentals. Please see our calendar for availability, and the website for our rental forms. There are a variety of spaces, a kitchen, meeting rooms, a gym and a lovely shaded patio. The Center is a great space for birthday parties, family gatherings, club meetings and more! Let us show you our space. For more information contact Alexandra Turner, director at ext. 1103 or aturner@lancasterma.net or visit the Lancaster website.

BRIDGE



Area residents are invited to join us for friendly bridge Friday afternoons. Don't play, come watch and learn there are lots of patients teachers here. Come to the Center for friendly bridge games with nice people and nice snacks, All free! Suitable for all levels, novice to pro. We provide the cards, teachers, and friends.

Fridays 1:00-4:00

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

Sweets, Santa, and Song!

Please join us in the Senior Center on December 11 at 12:30 for a
Sunday afternoon with Santa!

The festivities start at 12:30 when the doors open. There will be home-baked cookies and treats for sale, along with hot cider and hot chocolate.

THEN, Santa arrives at 1:00 to greet the happy children (and adults).

Approximately 1:45 (or when Santa finishes talking to each child) will be sing Christmas carols and other songs of the season.



You are cordially invited to

Il Forno, Fitchburg

To celebrate the holidays

At their

**25TH ANNIVERSARY
HOLIDAY LUNCHEON**

December 5, 2016

12:15-2:00 pm

Free, but reservations are
required.

Thank you Il Forno.



To reserve please call us at
978-733-4076

Lancaster House Concert

with

Steve Gillette & Cindy Mangsen

Steve and
Cindy have
been
performing
together for 25
years, bringing
together their
love of
traditional
music and their
wealth of
original songs.



Accompanying themselves with guitars and concertinas, their live performances are known for rich harmony, compelling songs and a good dose of humor. Their six duet albums have appeared on many folk Top Ten lists, from the WFMT Midnight Special (Chicago) to The Boston Globe.

Sunday November 13 at 2:30 PM - Admission: \$20
978 993-4105

Classes and Workshops

To insure a space please pre-register at 978 733 4076

aturner@lancasterma.net.

Boxwood Tree Workshop

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

Session I: December 7,

12:30 pm to 3:30pm

(Tea, coffee, cider and coffee cake)



We will 'build' or arrange a boxwood tree (finished size about 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: gold, silver, or trendy color scheme of copper, teal, purple or more! This tree will last beyond the holidays gracing your home or would make a lovely

hostess gift. . This class is taught by Alix Turner, who before working for the COA has taught Boxwood Tree classes many times. *Seniors \$18 general public \$25*

Sit and Stitch

Weds. 2:30-4

Join us every Wednesday to learn how to crochet, knit, or just finish off that needlework piece you have wanted to finish!

Lots of other fiber projects too.
*All Free! * we even have some yarn!*

How about Plarning? We do that too!
I love it.



Swag Decorating *Party!*

Nov 30th *Greens/decorations inc.*

6:00 p.m.



Swags: Seniors \$15, General \$18

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, or a 12" swag (for smaller doors) 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.



NOVEMBER-DECEMBER

ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 7:30-9:00 Pancake Bfast 9:00-10:00 Walking Group 9:00-1:00 SHINE 11:30-12:30 MOC Lunch 1:00-3:00 BINGO 6:00-7:00 Tai Chi	2 11:30-12:30 MOC Lunch 12:30-3:00 Garden Chat 1:00-3:00 Pickleball 2:30-4:00 Sit & Stitch 6:00-8:00 Pickleball 6:30-8:30 Cub Scouts 7:00-8:00 Insanity/Bootcamp	3 9:00-10:00 Walking Group 10:00-11:00 Guided Meditation 11:00-12:00 Yoga 11:30-12:30 MOC Lunch 3:30-5:30 FARM TO TABLE WORKSHOP	4 1:00-3:00 Bridge 9:00-11:00 Pickleball	5 9:30-10:30 Yoga 9:00-11:00 Pickleball
7 9:00-11 Competitive PBall 9:30-10:30 Tai Chi 11:00-12:00 Yoga 11:30-12:30 MOC Lunch 1:00-3:00 Pickleball	8 NO PANCAKE BFAST 9:00-10:00 Walking Group 9:00-1:00 SHINE 11:30-12:30 MOC Lunch 1:00-3:00 BINGO 6:00-7:00 Tai Chi	9 11:30-12:30 MOC Lunch 12:30-3:00 Garden Chat 1:00-3:00 Pickleball 2:30-4:00 Sit & Stitch 6:00-8:00 Pickleball 6:30-8:30 Cub Scouts 7:00-8:00 Insanity/Bootcamp	10 9:00-10:00 Walking Group 10:00-11:00 Guided Meditation 11:00-12:00 Yoga 11:30-12:30 MOC Lunch 6:30-7:30 Ballroom Dance	11 VETERAN'S DAY  CLOSED	12 9:30-10:30 Yoga 9:00-11:00 Pickleball
14 9:00-11 Competitive PBall 9:30-10:30 Tai Chi 11:00-12:00 Yoga 11:30-12:30 MOC Lunch 1:00-3:00 Pickleball	15 7:30-9:00 Pancake Bfast VETERANS EAT FREE 9:00-10:00 Walking Group 9:00-1:00 SHINE 11:30-12:30 MOC Lunch 1:00-3:00 BINGO 6:00-7:00 Tai Chi	16 11:30-12:30 MOC Lunch 12:30-3:00 Garden Chat 1:00-3:00 Pickleball 2:30-4:00 Sit & Stitch 6:00-8:00 Pickleball 6:30-8:30 Cub Scouts 7:00-8:00 Insanity/Bootcamp	17 9:00-10:00 Walking Group 10:00-11:00 Guided Meditation 11:00-12:00 Yoga 11:30-12:30 MOC Lunch 6:30-7:30 Ballroom Dance	18 1:00-3:00 Bridge 9:00-11:00 Pickleball	19 9:30-10:30 Yoga 9:00-11:00 Pickleball
21 9:00-11 Competitive Pball 9:30-10:30 Tai Chi 11:00-12:00 Yoga 11:30-12:30 MOC Lunch 1:00-3:00 Pickleball	22 7:30-9:00 Pancake Bfast 9:00-10:00 Walking Group 9:00-1:00 SHINE 11:30-12:30 MOC Lunch 1:00-3:00 BINGO 6:00-7:00 Tai Chi	23 11:30-12:30 MOC Lunch 12:30-3:00 Garden Chat 1:00-3:00 Pickleball 2:30-4:00 Sit & Stitch 6:00-8:00 Pickleball 6:30-8:30 Cub Scouts 7:00-8:00 Insanity/Bootcamp	24  CLOSED	25 1:00-3:00 Bridge 9:00-11:00 Pickleball	26 9:30-10:30 Yoga 9:00-11:00 Pickleball
28 9:00-11 Competitive PBall 9:30-10:30 Tai Chi 11:00-12:00 Yoga 11:30-12:30 MOC Lunch 1:00-3:00 Pickleball	29 7:30-9:00 Pancake Bfast 9:00-10:00 Walking Group 9:00-1:00 SHINE 11:30-12:30 MOC Lunch 1:00-3:00 BINGO 6:00-7:00 Tai Chi	30 11:30-12:30 MOC Lunch 12:30-3:00 Garden Chat 1:00-3:00 Pickleball 2:30-4:00 Sit & Stitch 6:00-8:00 Pickleball 6:30-8:30 Cub Scouts 7:00-8:00 Insanity/Bootcamp			

Special Events you don't want to miss

Scams and Skimmers, Wednesday Nov 16th Free! Soup too

Thanksgiving with Friends. Sunday, Nov. 20th

Santa, Sweets, and Song, Sunday, Dec 11th



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

If you cannot make it here we offer Meals on Wheels, call 978 733-4076 for details

Or MOC 800-286-3441 for nutrition questions

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NUTRITION QUESTIONS? Contact Christin Saucier (978) 345-8501 x288 csaucier@mocinc.org	1 Three C Soup (340) Grilled Chicken (320) Apricot Sauce (32) Cous Cous with Red Peppers (45) Wheat Bread (160) Pears (5)	2 Beef Stew (200) Tossed Salad (5) Dinner Roll (132) Spice Cake (245) Diet: Lorna Doons	3 Corn Chowder (172) Chicken Drumstick (287) BBQ Sauce (82) Mashed Potatoes (66) Wheat Bread (160) Peaches (5)	4
7 Beef and Lentil Chili (260) Brown Rice (5) Carrots (64) Rye Bread (150) Fresh Orange (1)	8 Minestrone Soup (152) Roast Pork (73) Rosemary Gravy (83) Red Potatoes (5) Italian Bread (230) Applesauce (15)	9 Chicken and Rice Casserole (327) Spinach (65) Multigrain Bread (164) Sugar Cookie (181) Diet: Chocolate Grahams	10 Rainbow Trout (35) Lemon Vinaigrette (10) Tossed Salad (5) Rice Pilaf (141) Wheat Bread (160) Mandarin Oranges (7)	11 VETEREN'S DAY 
14 Portuguese Kale Soup (281) Sliced Beef Wrap (271) Peppers and Onions (27) Flour Tortillas (170) Peaches (5)	15 Chicken and White Bean Chili (314) Tossed Salad (5) Brown Rice (5) Wheat Bread (160) Fruited Jello (10) Diet: SF Fruited Jello	16 SPECIAL *HIGH SODIUM* Roast Turkey (330) Herb Gravy (59) Cranberry Sauce (4) Stuffing (118) Mashed Potatoes (66) Green Beans (35) Dinner Roll (132) Pumpkin Pie Diet: Gingerboy	17 Grilled Chicken Breast (320) Lemon Picatta Sauce (35) Cavatappi Pasta (1) Brussels Sprouts (12) Multigrain Bread (164) Chocolate Brownie (165) Diet: Chocolate Grahams	18
21 Breaded Pollock (273) Tartar Sauce (261) Winter Squash (0) Broccoli (10) Rye Bread (150) Mixed Fruit (10)	22 *HIGH SODIUM* Cheesy Cauliflower Soup (319) **Hot Dog (550) Tater Tots (29) Hot Dog Bun (270) Lemon Cake (95) Diet: Lemon Grahams	23 Grilled Chicken Breast (320) Honey Mustard Sauce (213) Tossed Salad (5) Cous Cous (24) Wheat Bread (160) Snack Loaf (115) Diet: Lorna Doones	24 	25
28 Mulligatawny Soup (120) Beef Bolognaise (241) Ziti (1) Italian Bread (230) Pineapple (1)	29 Grilled Chicken Breast (320) Pesto Sauce (70) Tossed Salad (5) Mashed Potatoes (66) Dinner Roll (132) Blueberry Snack n Loaf (115) Diet: Gingerboy	30 Autumn Harvest Soup (162) **Turkey Tetrazzini (514) Bowtie Pasta (1) Multigrain Bread (164) Applesauce (15)	To CANCEL an order: Call a day before by 11AM (978) 345-8501 x1	1% MILK: 110 calories 125mg sodium (included in totals)



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

This newsletter is generously supported by funding from the Executive Office of Elder Affairs.

ABOUT TOWN



Save the Date! **A Free Concert & Free Light Lunch!**

December 21
11 a.m. -12:30 p.m.
At Nashoba Regional High
Bolton MA

Because of the lack of parking at the school, they have requested that attendees use the van from the Senior Center . Of course, reservations will be a must, and you can do so at any time by calling the COA Van line: 978-733-4076 to make a reservation.

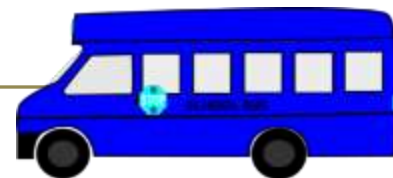
\$2 covers the van, and thanks to NHRS Concert and Lunch!

We are extremely grateful to the choral group and band at the high school for making this generous gift of their time and talents to the seniors of Lancaster!



Shoveling and Raking, Oh my!

Do you know someone who needs help shoveling their driveway, or walk. Maybe raking leaves? We have a list of able helpers (seniors and students) who you may wish to interview. We are not a job agency and do not insure or warranty their work but they come highly



MART Van **Fees & Policies**

Mart service to Senior Center:

Free for senior and disabled coming to meals and events

***Service in Town: 50c in town**

***Service outside Lancaster to a contiguous town: \$1 Clinton, or \$2**

Leominster/Sterling/Bolton
(Multiple stops may be charged, call for details)

Friday Shopping trips are \$2 per person

Special Events will be priced according to the trip.

****Round trip to Senior Center is free;*** otherwise the fees above apply to round trips beginning from home. Any 'home' trip interruption will result in a new fee will be assessed for example if a rider goes to the Post Office in the morning then home they pay 50 cents. If they then go to Lunch at the Senior Center they will pay nothing. If they go to Wal-Mart after lunch they pay \$1.

48 **BUSINESS** hours' notice to reserve a ride

Reservations:
Call 978 733 4076

Reservation requests may be placed by phone, leave your request on our voicemail. Requests will be accepted in the order received, with preference given to medical appointments. Office hours are 8:30 to 12 pm.
Calls after 12 are reviewed the next day.

RidgeField Craft Fair & Bake Sale

November 19th, 2016

10 am-2 pm

Visit our crafters!

Buy local



Ridgefield Club House

10 Ridgefield Circle
Clinton

The Immaculate Conception Church
Main St Lancaster

Invite you to join them for a
Pasta Dinner!



November 12th from 5-7
Take Out too!

\$10 Adults, \$8 Seniors and children.

The Lancaster Town Green Ornament

*This limited edition ornament is for
sale
at the Community Center for \$15.*



A great holiday gift or hostess gift!
This ornament is part of a series the Item
Appeal has produced of scenes of the area.
Surrounding towns. Sterling, Clinton and
West Boylston, have sold out!
All proceeds benefit the Item Appeal

Don't forget! Lancaster Winter Parking Ban



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



Scams and Skimmers. Be scared, be very scared.
Free! November 16th Wednesday at 6 p.m.

Shawn McKenna of the Worcester County Sheriffs Office is back by popular demand to teach us how to spot scams and those infamous card skimmers popping up in businesses. Knowledge is power, so come learn how to spot scams and help yourself and others. Free and informative speaking engagement.

Free coffee, cider and treats

Please Join us!

**Council on Aging Meeting
Open to all Bring ideas, and
suggestions. Stay for lunch!**

**Wednesday
Nov 16th
at 9:00
Senior Center**



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.

The Senior Center

Will be closed

Fri November 11 2016



We welcome everyone!

Office hours

Monday-Thursday 9-12

Or for special events



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

To **Shaws** Clinton for donating pastries. a big thank you to **River Terrace** for matching funds To **Harvard Community Health Foundation** for their generous support, and **MCOA**.

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

Bingo

Every Tuesday at 1:00 pm

Everyone is welcome

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

Bridge

Every Friday at 1:00 pm

Everyone is welcome

Snacks, and coffee provided
Call Jean to confirm 978 273-2418