



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

# Community Crier

Jay Moody Chair, Judie MacLean, Frank MacGrory, Nicole Kanis, Jo St. Angelo, Michelle Jones, Michele MacDonald, Kathy Codianne  
September- October, 2016 (978) 733-1249 , fax (978) 733-4076 Alexandra Turner, Director. Melissa Pelletier.

## Save *the* DATE!

### Lancaster Health & Wellness Fair

October 5<sup>th</sup>  
2 p.m. - 6 p.m.

Lancaster Community Center  
Yummy Soup Bar  
Speakers  
Drawings  
Prizes and more!

## ALL AGES!



### FREE CLASSES

*Adventures In Consciousness*

**Guided Meditation**

**Thursday 10 a.m. Before YOGA**



### LCC WALKING CLUB

**Tuesdays & Thursday 9:00 a.m.**



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

## Thoughts from the Director

Scams. Can you think of anything more frustrating! Well, maybe the current electoral bickering or waiting for predicted rain (not). Still scams are frustrating, a waste of time and money and at worst very destructive. Victims have lost money, in extreme cases lost homes, their pride and worse. We have all heard of or seen scams perpetuated, in fact some of us have fallen victim. I know what you are thinking; you could not fall victim- am I close? I have to admit I have thought I was so street smart that I would never fall for a scam. Stop and think of those who have been duped before, not just victims of historic big name scam artists-like victims of the infamous Bostonian, Charles Ponzi, or Madoff's sophisticated victims but think closer to home. Many of your friends and neighbors have been tricked. We all have a 'weak spot' and that is what scammers prey upon. The problem is not enough people come forward and tell their stories. If someone you trust shares their experience you may have your 'antennae up'.

Recently, there seems to be an uptick in scams; I am sad to report some seniors have lost money they could not afford to. Just this morning I had a call from a company 'partnering with my medical insurance company' so they could get me cheaper/free pain medication. Recently I had an injury so this sounded *almost* plausible, almost. (the mark of a good scam). Then they wanted verification, personal information. I hung up.

Please remember no one should call you and ask for personal information, not your insurance company, not the IRS, nor the Microsoft help desk - no one. if they do take their phone number and information and call back. Before you call back check their number If you don't have the means to check ask our office for help. We will be happy to, the last thing we want is you to fall victim.

Make no mistake- scammers keep up with the times. Recently a scammer took advantage of one of our seniors by falsifying another senior's Facebook account, they asked for money to be wired to cover a 'windfall'. The sender suspected this was a scam but not before losing a lot of money. Remember once wired your money is gone. There are many scams around, the nice person at the rest stop who ran out of gas, the Microsoft scam, and more. As many as we learn about there will be another one tomorrow. That is where the Senior Center comes in. We work with the police department if you fall victim, hopefully we can help you avoid the scams before you fall prey. We constantly get notices about scams, there are many so please be wary. Legitimate companies will understand if you need to check on them, those that don't- well they are likely scams. Call us!

*Alex*

# Tuesday is **PANCAKE DAY**

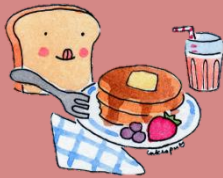
*Everyone is invited!*

**Senior Center**

**7:30 am until 9:00 am**

***Suggested donation***  
**\$2.50 adults**

**Chef/Chair Extraordinaire**  
**David James**



## **ALL YOU CAN EAT!**

**Pancakes, Eggs**

**Sausage, Fruit**

**Juice, Coffee, Tea**

**Afterwards join us for  
speakers**



## **Friends of Lancaster Seniors Update**

First, remember when you were very generous when the Friends was asked to raise and allocate funds to support an Outreach Worker for the COA? Well, the process is still moving along (title changed to Community Services Liaison to reflect the wide-ranging needs to be met). Alix has commitment from the town for a portion of the funds required, but, to fully fund the position we need more \$\$\$. Thanks to your already generous targeted donations, the Friends has pledged \$3,000 for the position. Please consider making an additional tax-deductible donation to support this desperately needed position in Lancaster. Thank you!

Second, Alix is always pushing me to get more volunteers involved in Friends activities. Our primary activity is the Tuesday breakfast. I will be away most of *September*, and would LOVE to train someone to be able to cover for me. Interested? See me at the Senior Center!

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

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

## **Sponsored Breakfasts**

**Free Raffles & More!**

- Oct 11<sup>th</sup>: Door prizes!  
Hometown Bank

- Oct 18<sup>th</sup>: River  
Terrace Day. Double  
Donations!

***Thank You***  
***River Terrace***

# FITNESS CLASSES

## Tai Chi

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

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

"Tai Chi strengthens the weak, raises the sick, invigorates the debilitated, and encourages the timid"

-Tai Chi Grandmaster Cheng Man-Ching 1947

*Instructor: Jeff Cote*

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

General public \$7 per class or 6 for \$33

*(Buy a card, no penalty for missed classes!)*



## Gentle Hatha Yoga

**Monday & Thursdays - 11 a.m. Saturdays - 9:30 a.m.**

After a Tai Chi class your yoga will be better than ever! At least try one. Get the week started with gentle **Hatha yoga**. All ages and abilities will benefit from this yoga class. Yoga is widely recognized as a way to improve balance, improve posture, keep your range of motion, improve clarity of mind and reduce stress.

*Held on the Lower Level; we provide mats and water!*



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

General public \$7 per class or 6 for \$33

*(Buy a card, no penalty for missed classes!)*

## Free Walking Group(s)

Join our Walking Group! Short walks and longer walks, come walk with friends or make new ones! Measured loops, starting at 1/4 mile, and more-groups based on distance and walking speed. This is the best season for walking outside, so come enjoy the weather. Occasional weekend destination walks too, suggest one!



**Tuesday & Thursday 9:00 a.m.**

*Friendly Dogs Welcome!*

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

## Pickleball

**M, W, F, S 9-11 a.m.**

**M, W, F 1-3 p.m.**

**Wed 6-8 p.m.**



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

**6 classes for \$20**

*(Buy a card, no penalty for missed classes!)*

**Starting in  
October**

# FITNESS CLASSES



## BALLROOM DANCING

Begins Sept  
22<sup>nd</sup>  
Tango!

No one is born dancing, but Jim will have you thinking you were! Every three weeks you will become a decent dancer, really! As they say, if I can-you can! Jim is a fabulous teacher and how better to get your body moving, add a little grace, dancing is also good for the mind-improves coordination, and you will look better at those upcoming weddings and graduation parties. Great group of people too, come meet your neighbors and have a few laughs! No need for a partner, all welcome. We change partners anyway!

You can't beat it! Bring comfy shoes, preferably with smooth soles-other than that come dressed as you are. RSVP to 978-733-4076 or [mpelletier@lancafterma.net](mailto:mpelletier@lancafterma.net)

**Thursday evenings, 6:30-7:30**

**3 week class is only \$30 per person, or \$13 per class p.p.**

**RESERVATIONS STRONGLY SUGGESTED 978-733-4076 Or [mpelletier@lancafterma.net](mailto:mpelletier@lancafterma.net)**

Jim has won top teacher at 2014, 2015 Dancing A la Carte and 2014 Commonwealth Classic. Jim's studio, Poise Style and Motion has won Top Studio at 2014 and 2015 Dancing A la Carte.

## LCC BOOT CAMP

Wednesdays- 7 p.m.



LCC BOOT CAMP is cardio-based, total body conditioning workout. With cardio, plyometric drills, strength intervals as well as core and ab training you'll work out at your own pace. Suitable for all ages.

Bring a towel, water, mat and sneakers.

**\$10 per class or 6 classes for \$48**

### October Special!

1/2 off drop in rate when you  
bring a friend!

(1/2 rate for both participants)

## Adventures In Consciousness

**Free Guided Meditation**

*with Angela Simms*

Begin the session with 5 minutes of gentle breathing techniques to release stress and relax the body and mind, then, take your imaginations to places and experiences that will promote physical and emotional peace and harmony.

The class will last about 40-45 min. and you will be feeling lighter and brighter for the rest of the day!



**NEW DAY & TIME!**  
**THURSDAYS 10AM**  
**STAY FOR YOGA**





**\$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
	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>
	Three C Soup Shepherd's Pie HDM: Broccoli Multigrain Bread Applesauce	Grilled Chicken Apricot Glaze Mashed Potatoes Tossed Salad Rye Bread Almond Cookie Diet: Gingerboy	**Chicken Ala King Penne Pasta Mixed Vegetables Whole Wheat Bread Chocolate Pudding Diet: SF Chocolate Pudding	<b>Market Basket/ Searstown Mall</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8 Special</b>	<b>9</b>
<b>LABOR DAY NO MEALS SERVED</b>	Corn Chowder Grilled Chicken Pico de Gallo Cous Cous Mexicali Corn Whole Wheat Bread Mixed Fruit	Chef Salad with Turkey, Egg, Cheese and Romaine Pasta Salad with Red Peppers Italian Bread Vanilla Yogurt	Marinated Beef Tips Peppers and Onions Herbed Egg Noodles Tossed Salad Wheat Dinner Roll Strawberry Apple Crisp	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Veg Gumbo Soup Chicken w/Lemon Piccata Sauce Cavatappi Pasta Wheat Bread Applesauce	Breaded Pollock Scalloped Potatoes Tossed Salad Multigrain Bread Pineapple	Chicken Corn Stew Peas and Carrots Wheat Dinner Roll Fresh Orange	Sliced BBQ Pork Sweet Potato Coins Cole Slaw Hamburg Roll Apple Streusel Cake Diet: Sliced Apples	
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Beef and Lentil Chili Brown Rice Carrots Multigrain Bread Mandarin Oranges	Grilled Chicken Florentine Sauce Mashed Potatoes Ratatouille Whole Wheat Bread Choc Chip Cookie Diet: Choc Grahams	Roast Pork Apple Cider Gravy Yams Green Beans Dinner Roll Applesauce	Chicken and Rice Casserole Tossed Salad Whole Wheat Bread Tropical Fruit Salad	<b>Stow Food Pantry</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Kielbasa Cabbage Casserole Diced Red Potatoes with Dill Rye Bread Peaches	Roast Turkey Cran Orange Sauce Butternut Squash Tossed Salad Italian Bread Fruit n Snack Loaf Diet: Lorna Doons	Grilled Chicken Coq Au Vin Rice Pilaf Brussels Sprouts Multigrain Bread Lemon Cake Diet: Lemon Grahams	Portuguese Kale Soup Meatloaf with Mushroom Gravy Mashed Potatoes Wheat Dinner Roll Mixed Fruit	



## Rainbow Lunch

Worcester Elder Services and WLEN

**Invite you to the Rainbow Lunch Club**

**Every 2<sup>nd</sup> Wed. Noon**

Unitarian Church, 90 Holden St. Worcester Questions or to RSVP 508-756- 1545





**\$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
3 Grilled Ckn Breast Honey Mustard Sauce Orzo Pilaf w/ Spinach (Broccoli Whole Wheat Dinner Roll Mixed Fruit	4 Chicken & White Bean Chili White Rice Italian Blend Veggies Whole Wheat Bread Spice Cake Diet: Lorna Doons	5 <b>**HIGH SODIUM**</b> <b>**Ham &amp; Cheese Bake</b> Tater Tots Tossed Salad Multigrain Bread Applesauce	6 Minestrone Soup Breaded Pollock Filet Tartar Sauce Cous Cous Whole Wheat Bread Fresh Fruit	7  <b>Connecticut River Boat Cruise</b>
10  <b>Columbus Day</b>  <b>Closed</b>	11 Salisbury Steak Jardiniere Gravy Sour Cream & Chive Mashed Potatoes Tossed Salad Rye Bread Butterscotch Pudding Diet: Strawberry Grahams	12 Cheesy Cauliflower Soup Alaskan Salmon Boat Dill Sauce Rice Pilaf Multigrain Bread Tropical Fruit	13 Chicken Meatballs Marinara Sauce Cavatappi Pasta Au Gratin Broccoli Twisted Breadstick Escalloped Apples Diet: Sliced Apples	14  <b>Market Basket/ Searstown Mall</b>
17 Beef Stew Green Beans Whole Wheat Bread Pineapple Chunks	18 Chicken Drumstick Hawaiian Sauce Brown rice Cauliflower Multigrain Bread Almond Cookie Diet: Gingerboy	19 Turkey a la King Penne Pasta Tossed Salad Wheat Dinner Roll Applesauce	20 Butternut Bisque Roast Pork Cranberry Orange Sauce Whipped Potatoes Italian Bread Lemon Pudding Diet: Sugar-free Pudding	21  <b>Stow Food Panrty</b>
24 Corn Chowder Grilled Chicken Breast BBQ Sauce Yams Rye Bread Fruited Jello Diet: SF Jello	25 <b>**White Vegetable</b> Lasagna Carrots Italian Bread Mandarin Oranges	26 Autumn Harvest Soup Diced Chicken Lemon Piccata Sauce Cavatappi Pasta Wheat Bread Vanilla Yogurt	27 <b>SPECIAL</b> Roast Beef with Au Jus Sour Cream & Chive Mashed Potatoes Tossed Salad Dinner Roll Chocolate Brownie	28
31 Shepherd's Pie Broccoli Multigrain Bread Cherry Snack Loaf Diet: Grahams				

# Is your Dog number 1?

The Town Clerk's Office will be holding a contest to name **Lancaster's Number #1 Dog for the 2017** calendar year. Beginning September 15th, residents who license their dogs will have a chance to have their canine companion voted as Lancaster's Number #1 Dog. The 1st place winner will receive the #1 dog license for 2017 at no charge, and have their picture in the Clinton Item. Participants must send a favorite photo of their pet via email to "number1dog2017@lancasterma.net" by October 1st, or via mail by downloading the registration form from the Town Clerk's website at: [http://www.ci.lancaster.ma.us/Pages/LancasterMA\\_TownClerk/index](http://www.ci.lancaster.ma.us/Pages/LancasterMA_TownClerk/index)

## Our #1 Dog!



Editors Pick!

# HALLOWEEN ON THE GREEN



Lancaster Town Green

October 31<sup>st</sup> 5-8 p.m.

Jack O' Lantern Contest 🍁 Games 🍁 Tricks & Treats

## MAX Regional Bus Service Notice

### NO LANCASTER STOP



Please be advised that MAX Bus will undergo a significant set of service changes on October 1, 2016. Service will be suspended to the following communities: Clinton, Lancaster, New Salem, Pelham, Amherst, Northampton (including Florence and Leeds). We recognize that this is a substantial set of changes within a very short period of time due to MassDOT's program changes. We appreciate your understanding and sincerely apologize for the disruption that these changes may cause some customers. To our suspended communities and customers displaced our sincere appreciation for your support during this first year. For more information visit: <http://ridemaxbus.com/october-service-changes/>



## Sit & Stitch



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

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

## Teachers wanted!

Know someone who is talented?  
We are looking for people to lead workshops and teach fitness, creative classes, a walking group, and more!

*Call Alix at 978-733-4076 x 1102*

## Garden Talk & Swap

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

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

**Wednesdays 12:30 p.m.  
Senior Center**



## Craft!

### Autumn Wreaths

*with Beverly*

Thursday, Oct 13<sup>th</sup> 1-3pm

Join us for a fun afternoon to whip up a pretty fall wreath for your door, table or a maybe a hostess gift.

Refreshments, instructions, and materials included!

*Bring yourself and be ready to get crafty!*  
\$5 general public, \$4 seniors(over 50)

## Early Voting!

Decided who to vote for?

Come cast your ballot early here after  
pancakes

**November 1<sup>st</sup>**

**7:00 p.m. -9:00 a.m.**



## Here at the Center!

*For more information, or to check  
your voter registration status, contact  
the Town Clerk's Office at  
"townclerk@lanasterma.net"  
978-365-3326 ext 1013*





# Join us! Free!!

Time to make your bed!

Pick a bed and prepare it for

Spring planting

Gardening classes

**2 Garlic Planting Workshops**

**2 pm Oct 6th 1 p.m. October, 8<sup>th</sup>**

**Reservations required**

**978-733-4076**



## Farmers Market Coupons are **HERE!**

Thanks to Mass Agriculture and MOC

We have 'coupon' books good at any certified vendor

*\*for income eligible seniors over the age of 60. Quantities limited, call early.*

Thanks to Harvard Community Health Foundation

Free Farmers Market Shuttle and Coupon Bonuses!

Thanks to Growing Places, Harvard Community Health Foundation

and the Fitchburg Farmers Market

Your \$25 coupon book is now worth \$65!!

**Reservation required Thursdays 4:00-600**

**978-733-4076**



**Harvard Pilgrim  
HealthCare Foundation**



# TRIPS & EVENTS



## Shopping and Entertainment Trips

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

Shopping trips are typically two dollars round trip\*; Home Pick up and Drop off available

CALL 978 733 4076

- **September 2<sup>nd</sup>:** Market Basket/ Whitney Field Mall
- **Thursdays:** Fitchburg Farmers Market
- **September 23<sup>rd</sup>:** Stow Food Pantry
- **September 30<sup>th</sup>:** Garden in the woods & Wayside Inn
- **October 7<sup>th</sup>:** Connecticut River Boat Cruise
- **October 14<sup>th</sup>:** Market Basket/ Whitney Field Mall
- **October 21<sup>st</sup>:** Stow Food Pantry

*New England at it's best!*

## New England Wildflower Society & The Wayside Inn September 30<sup>th</sup>

Not many regions can compare to New England in the Autumn. Where better to view falls splendor than at Garden in the Woods, the headquarters of New England Wildflower Society? The gardens are lovely in the fall; paths meander over glacier sculpted ridges, through valleys, to a pond and a bog. Along the paths you will see rare and some common native plants as well as other wildlife. Our guide will point out the highlights, as they pack a lot into 45 acres! So wear comfortable shoes and bring a light jacket as unless it is pouring we will visit. There is very limited space on a golf cart for those that can not navigate the long paths on foot. After our morning in the fall air we board the van to Longfellow's Wayside Inn for lunch. Their classic New England fare is the perfect end to a day strolling through the New England countryside.

If you are good we will stop for some old fashioned ice cream on the way home. Did you know New Englanders eat more ice cream than any other region of the country Must be because we are so smart!

*A light breakfast, transportation from the Center or your home, a guided tour and refreshments on the trip included. Not included is your choice from the Wayside Inn lunch menu and/or ice cream. We meet for breakfast at 8:30 expect to return by 3*

# Connecticut River Boat Cruise, Bridge of Flowers & New England Mills October 7<sup>th</sup>



October is such a beautiful month in New England; what better way to enjoy it than a trip down the Mohawk Trail to see the Bridge of Flowers, take a quick peek in the quaint galleries and shops of Shelburne Falls and Montague and Cruise the Connecticut aboard the Riverboat the *Quinnetukut II*.

We begin with a scenic trip down Rt. 2, the Mohawk Trail, to Buckland, just West of Shelburne Falls. There you will have a choice of visiting one of

two mills; either the Salmon Falls Gallery which is home to over 100 accomplished artists including famous glass blower Josh Simpson or Lamson and Goodnow, a working mill making some of the best knives and cutlery you can imagine. Their outlet store is a serious candy store for anyone who seriously likes to cook. From there we head to the first seating for lunch at the yummy West End Pub, aptly named as you dine at the West End of the Bridge of Flowers. After lunch we will meander over the bridge before getting on the bus to travel to Northfield to board the boat. On the scenic twelve mile narrated round trip cruise you will learn about the cultural and natural history, while admiring the French King Gorge and watching for nesting Eagles. Back on land we finish the day at another old mill, the Book Mill. I love their slogan "books you don't need in a place you cannot find", once you do you will want to go back. This is more than just a wonderful book store, there is a lovely café to grab a hot cider or homemade cookie to top off the day for your ride home.

*We leave the Center at 8:15 a.m. and return home before dinner, around 5. Lancaster Seniors \$26, all others \$29. Seating is limited please rsvp to 978-733-4076 or [mpelletier@lancasterma.net](mailto:mpelletier@lancasterma.net) Payment is due by Sept 23rd. Your food and purchases are not included.*

## TRIP/CLASS CANCELLATION POLICY

*We make every effort to ensure that the various planned trips do occur. However, we reserve the right to cancel the trip if there are not enough participants. Also, if you cancel, you may forfeit any payments/deposits made unless we can fill your spot from the waiting list. We typically can, but there are no guarantees!*



# About Town

## Well Adult Clinic~ FREE!



1st Tuesday of each month 8-10 a.m.\*  
Except October. Visit us at the Health Fair with  
Rite Aid, the VNA and more!

*With our town nurse, Tamara Bedard.*

3<sup>rd</sup> Wednesday of each month 11a.m.-1p.m.-  
*With the VNA Network*

Advice, Blood pressure screenings and more!!

### First Run Free Movies!

*You heard it here! New(ish) & free!*



Every Monday at 1 pm  
at the Thayer Memorial Library  
In the Dexter Room, Just show up!  
Check out  
[www.thayermemoriallibrary.org](http://www.thayermemoriallibrary.org)



## Community Heating Oil Buying Group \$\$\$

Join us! For the past several years, an informal heating oil buying group has coordinated the purchase of discounted home heating oil for area residents. Heating oil is delivered much as customers receive their heating oil today (through automatic fill or as requested by the homeowner). The heating oil supplier is one of the largest and best known companies in the area. Over the several year operation of the program we have compared the delivered cost of oil to the competition and found the buying group prices are consistently lower.

If you would like more information about the "Tellert Group Buy,"  
please contact Larry Shoer ([LarryShoer@comcast.net](mailto:LarryShoer@comcast.net)).

# Nutrition & Blood Pressure!

*with Registered Dietitian Christin Saucier*  
**Wednesday, October 12<sup>th</sup> 10:30 a.m.**

**Did you know: 71.5% of people over age 65 in Lancaster, Massachusetts have been diagnosed with high blood pressure? Wow!**



Join us in a discussion about sodium with Christin Saucier, Registered Dietitian from Montachusett Opportunity Council. She'll be reviewing current sodium recommendations and MOC's menu, creating a "do-it-yourself" salt-free seasoning, as well as offering **free blood pressure screenings!**



**A Flu Shot Challenge:**

Help us be the top center with the highest vaccination rates between Sept. 1, 2016 and Oct. 31, 2016, to win prizes.  
**First prize will be awarded \$5,000!**

**October 5th**  
**2 pm – 6 pm**

**Lancaster Community Center**  
**-Free to all residents over 6 months**

**Already vaccinated?**  
**Let us know and we can**  
**still enter your name, and**  
**HELP US WIN!!**

Perkins Presents

# TASTE *of* WACHUSETT

WEDNESDAY SEPTEMBER 28, 2016  
5:00 PM - 8:00 PM CYPRIAN KEYES GOLF CLUB

**Purchase Tickets online at [www.perkinsprograms.org](http://www.perkinsprograms.org)**

## Seven Bridge Writers' Collaborative

### Fiction Essentials With Rich Marcello

Wednesdays, September 14 – November 16, 2016

6:00 – 9:00 PM

The Parlor, First Church  
725 Main Street, Lancaster MA

Each three-hour class will be divided into two sections. In the first section, we'll explore different aspects of the craft of fiction. In the second, we'll focus on scenes written by the students and provide positive, constructive feedback on how each author might further develop his or her work.

Prerequisites: Some level of previous experience writing fiction, either through class work or seminars or self-study. Each student must submit a sample of his or her writing, preferably a scene between six and ten *double-spaced* pages, as part of the application process for this class.

## ALZHEIMERS WALK

### Sept 25<sup>th</sup>

### Worcester

<http://act.alz.org>

Walk is Sept 25<sup>th</sup> 8:30 a.m.  
Worcester MA

alzheimer's  association

THE BRAINS BEHIND SAVING YOURS:

### September

- **The Garlic Festival! A fun day a 'tank away' September 24-25**
- **Sept 24<sup>th</sup> Free! Museum Day.** You know how we like free. Thanks to the Smithsonian <http://www.bostonmagazine.com/arts-entertainment/blog/2016/09/19/free-museum-day/>

### October

- **Oct 15<sup>th</sup> Free Icons! A day at the museum.** Our local treasure the Russian Icon Museum turns 10. Visit them free for their birthday





# Lancaster Health & Wellness Fair

October 5<sup>th</sup> 2 p.m. - 6 p.m.

Lancaster Community Center  
695 Main St. or [www.ci.lancaster.ma.us](http://www.ci.lancaster.ma.us)

*Speakers, Drawings, Food, Prizes and more!*



*Special thanks to our sponsors*



**Repair Cafe is Saturday, Sept. 24, 2016 from 9 am - 1 pm**

The Florence Sawyer School Cafeteria ~100 Mechanic St., Bolton, MA

**THE FIX IS FREE AT THE REPAIR CAFÉ!**

Most items are welcome, but we specialize in mendable clothing, lamps, small appliances, computers and other electronics, bikes, toys, jewelry, and dull blades. If your item needs a part, save time and bring the new part with you.

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

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



## Lancaster Repair Café?

Like the idea of a Repair Café? Please help us start a chapter here.

To learn more please join us after pancakes, at an information session.

*Tuesday, October 11<sup>th</sup> at 9:15*

# **SHINE**

*(Serving Health Insurance Needs of Everyone)*

## **WHEN CAN YOU ENROLL IN A MEDIGAP PLAN?**

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the “gaps” in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D.

In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

## **SHINE**

**Tuesdays at the Center 9-11 or 1-4 By appointment**

Need Insurance Help? Decoding your policy, getting ready for retirement, change in your job. Make an appointment with Gretchen, or Barbara our SHINE counselors. 978-733-4076

Visit  
RUOK at  
the Health  
Fair!



**RUOK**  
*ARE YOU OK?*



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

## **CLASSIFIEDS**

We are expanding our  
newsletter!



**FREE!**  
**New Electric Hospital Bed**  
Details, contact the office!

**Dog Sitting by a Senior**  
Fee. Details, Call the office.

**Services**  
Visit our literature rack

Contact Melissa for more  
information.

978-733-4076 or

[mpelletier@lancasterma.net](mailto:mpelletier@lancasterma.net)

# Cultural Council Grants Available

Lancaster Cultural Council is seeking funding proposals. Monday, **October 17, 2016 is the deadline** for organizations, schools, and Individuals to apply for grants that support arts and cultural events. Artistic projects and activities in Lancaster and surrounding communities can include exhibits, festivals, field trips, lectures, workshops, short term artist residencies or performances in schools or the community. Specific guidelines, information, and application are online at: [www.mass-culture.org/lcc\\_public.aspx](http://www.mass-culture.org/lcc_public.aspx).

*Only online applications will be considered.*

## Seniors & SNAP: 5 Myths Busted

*Get help paying for healthy food!*

The Supplemental Nutrition Assistance Program (SNAP) helps over 4 million seniors aged 60+ buy healthy food every day. Get the facts—then see how to apply at [www.BenefitsCheckUp.org/SNAP](http://www.BenefitsCheckUp.org/SNAP).

1

### MYTH

SNAP is only for families with children.

### FACT

SNAP is for everyone who qualifies, including seniors.



2

### MYTH

I'll only get \$15 a month, so it's not worth applying.

### FACT

The average national SNAP benefit for a senior living alone is \$119 a month.



3

### MYTH

Other people need SNAP more than I do.

### FACT

Everyone who enrolls in SNAP will get help. By applying, you are not taking benefits away from others.



4

### MYTH

No stores near me accept SNAP.

### FACT

Over 250,000 grocery stores and farmers markets across the country accept SNAP to pay for food.



5

### MYTH

It's too hard to apply for SNAP.

### FACT

Depending on where you live, you can apply online, by mail, or in person—and get one-on-one help if you need it.



Visit [www.BenefitsCheckUp.org/SNAP](http://www.BenefitsCheckUp.org/SNAP) to get your application now!

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

**WHEAT**

508-370-4943  
Clinton MA

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

**Village Church**

South Lancaster  
Thursday Evenings  
6 pm-7 pm

Offering a wide variety of wholesome food

**Stow Food Pantry**

335 Great Rd (Rt 117)  
Stow, MA 01775  
(978) 897-4230

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

**Got Time? Help Wanted!**

Following is a sampling of volunteering opportunities, there are more. Just call or come down!

- **To or run events** or participate in events. Do you have a sense of adventure; are you physically able, confidence, love people- love fun? We want you! Meals, field trips etc.
- **Newsletter:** To help with the newsletter, in particular to coordinate dates, events etc. **Imaginative,**
- traveling types:** To help facilitate trips and workshops. Teach classes, or organize trips.
- **Organizers/Fundraisers** To help with the 'Friends of Council on Aging' Flea Market and other fund raising activities.
- **Welcoming/Hosts and Hostesses:** To greet visitors to the Center, our ambassador's!
- **Drivers:** To deliver Meals on Wheels, or for those who can't drive for trips to Dr's etc. "Angel Drivers"
- **Talented people:** To Good cooks, Artists, Crafters, Fitness Teachers: To teach classes, lead workshops
- **Home Repair Skills:** To help with Handyman type repairs,
- **Knitters, or Crochet'ers' etc.** to help start our group.
- **Children's Activities Help: Crafts, sports, games and more!**

**Sharps Collection Program**

*brought to you by Nashoba Board of Health(BOH)*

For a \$5 (5 quart) or \$10 (10quart) Nashoba BOH will provide a safe container for sharps disposal. In these approved containers sharps may be accepted for disposal. all 978-772-3335 or [www.nashoba.org](http://www.nashoba.org) for more information.



**Free  
Computer Help**

**With Jon Roper**

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

**Tuesday mornings 9 a.m.  
Call 978 733 4076**

**Free  
Medical Equipment  
Loan Program**

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



*Just ask!*  
**978 733 4076**



# THE FINANCIAL PAGE\$ & COMMUNITY NEWS

## SCAM ALERT

### TREASURER GOLDBERG ALERTS RESIDENTS TO UNCLAIMED PROPERTY SCAM

*Massachusetts State Treasurer Warns  
Citizens of Fraudulent Letters Claiming  
"Unclaimed Property Winnings"*

**BOSTON** – Illegitimate letters from a Massachusetts address are being sent to the state's citizens claiming "unclaimed property winnings". According to Treasurer Goldberg, **these letters are not being sent by either the Massachusetts Office of the State Treasurer or the National Association of Unclaimed Property Administrators (NAUPA).** Official unclaimed property notices will never direct owners to pay money, whether for processing fees, tax payments, or otherwise, when searching unclaimed property or filing a claim. The official Massachusetts Treasury website for unclaimed property, <http://www.findmassmoney.com/> is free of charge to search and claim.

## Free Cooking Events!



### Cooking With:

**Cathy Neptune**

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

**&**

**Laura Kryger**

**September 23rd 10 a.m.**

Come join our studio audience for the taping of Cooking with Kathy Neptune & Laura Kryger. We get to taste too! That is my favorite part!!

This month Laura and her special guests will prepare family friendly treats that all ages can cook, and certainly enjoy! Laura will teach us some of her short cuts and health tips and maybe even a few of her jokes. The classes are lots of fun, a great casual way to spend a morning. Join us **FREE!** **Bring your notebook.** **This will be taped by SLCTV.**



## CONSIDER US FOR YOUR PARTY!

Old or young it is lots of fun!  
We offer reasonable rates and  
or gather with a large group.  
Call us 978-733-4076

**Did you know our monthly newsletter reaches over 700 local residences? Interesting in advertising?**

**Contact the Friends of Lancaster 978-512-0284, for more information.**

**ADVERTISE  
YOUR  
BUSINESS  
HERE**



*Your  
ad  
here.*



We need you! Please *consider volunteering* to help with our poetry project.

## Partners in Rhyme.

**An intergenerational poetry project.**

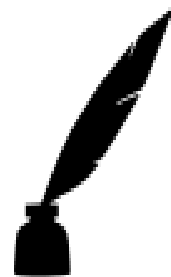
**Dates:** Wednesdays, October 12, 19, 26,  
November 2, 9, 16

**Your commitment times:** 10:30-11:30

*(COA bus will leave from the Town Hall at 10:15, taking you to and from the school.)*

***What do we do? Read picture books and write simple poems.***

***Do something craft and share out interests! Make new friends, young and old.***



### **Previous participants say:**

*"This is a way to stay connected with little ones as I miss my grandchildren. The youngsters are interesting, inquisitive, spontaneous and just plain fun to work with." "I have so enjoyed participating in the Intergenerational Poetry Project for the past two years.*

*Participation required only that I come ready to enjoy spending time with a child creating poetry. This was easy and fun because of the well-organized, interesting lessons. In return I got to know young citizens in town and enjoy the company of the other participants."*

*"It was fun exploring poetry with my pre-school buddy."*

**Call Alix Turner (978.733.1249) or Patti Russo (978.314.8659) with questions, or to sign up.**



LANCASTER COUNCIL ON AGING  
LANCASTER COMMUNITY CENTER  
Suite 7, Lancaster, MA 01523

P. 978-733-4076

F. 978-733-4076

Alix Turner, Director: 978-733-1249  
X1102

Melissa Pelletier: 978-733-4076

## JOIN US!

### Council on Aging Board Meetings

Third Wednesday of the month

### Next meeting:

October 19th  
9am.

Free Coffee!

### The Senior Center



*We welcome everyone!*

Monday-Thursday 9-3\*

Office hours 9:00-12

*\*Call first*

*or for special events check out our calendar*

[www.ci.lancaster.ma.us](http://www.ci.lancaster.ma.us)

## Become a Friend of the Lancaster Seniors!

### We help seniors in your community

We encourage you to consider joining the Friends of the Lancaster Seniors, Inc. a non-profit corporation, open to all. *You don't have to be a Senior to be a Friend!* We have applied for federal 501(c)3 status as a non-profit, and it is well underway. Check with your accountant, most non-profit contributions are tax deductible. Stay tuned! Updates on the *Friends* will be included in the monthly COA newsletter.

Your annual membership contribution is a mainstay of our organization, helping to pay for programs that will enrich our senior's lives. Your support will help us to establish and administer assistance programs, the senior center and in the community. We will help with meals, trips, and more!

❖ Senior(60 +)	\$10
❖ Family	\$30

Web: <http://FriendsoftheLancasterSeniors.org>

Email: [FriendsoftheLancasterSeniors@gmail.com](mailto:FriendsoftheLancasterSeniors@gmail.com)

To become a member, fill out the information below, and send it and your check (payable to *Friends of the Lancaster Seniors, Inc.*) to:

Friends of the Lancaster Seniors, Inc. P.O Box 173 Lancaster, MA 01523.

For more information about joining FOLS, contact David James at 978-263-7962.

### *We will move you!*

## MART Van Policies & Fees

*For a full list of rules and pricing visit the town website*

- **Mart service to Senior Center: Free** for senior and disabled coming to meals and events
- **\*Service in Town: 50c in all other destinations town, per stop.**
- **\*Service outside Lancaster: Clinton \$1. Leominster, Sterling, Bolton, Harvard is \$2 round trip. Fitchburg is \$2 each way. (Multiple stops may be charged )**
- **Friday Regular Shopping trips are \$2 per person**
- ***Special Events will be priced according to the trip.***



**Reservations and Cancellations Call 978 733 4076 , At least 48 hours prior to appointment**

*\*See our website for a full list of rules and pricing.*