



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

Community Crier

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

Sept/Oct, 2014 (978) 733-1249, fax (978) 733-4076, Alexandra Turner aturner@lanasterma.net

In Local News

Things are getting really scary in Lancaster.

Dave is cooking again!

Join us for an all ages costume

Halloweenie Hot Dog BBQ

& Chili Cook off contest!

Friday, Oct 31st

Starting at 4:30

Celebrity chili judging Prizes @ 6:30

Best spicy, best mild, best veggie categories

Awards for best costumes @ 7:30 *

*Adult, Kids under 17, Most creative &
most scary and best animal costumes*

**Come enter our photo gallery for judging*



It's Halloween on the Green!

All ages: Grilled Dogs/chips/side \$2

Hot Cider and drinks.

Help us treat the kids! Bring candy

Thoughts from the Director,

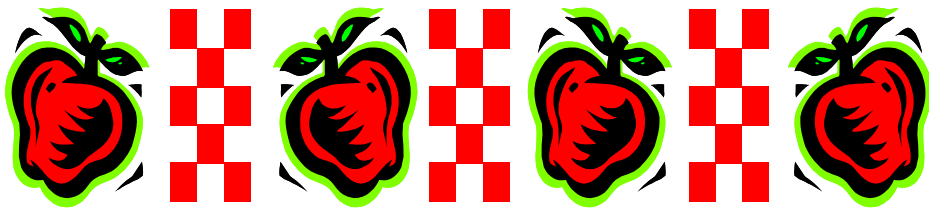
September is marked by back to school sales and the end of leisurely vacations; now it is back to business. Kids are not the only ones who benefit from furthering their education; numerous studies support the benefits of keeping your mind challenged, and your body healthy. Recently we began the Apre' Pancake Series, Tuesday mornings. These presentations are educational and informative and out of the 'rut'. Look for the schedule in the newsletter each month. We have some other wonderful free or inexpensive continuing education here, and in our community. One of our favorites is the Library, there are many more, some other examples are listed in the within.

Our mind benefits from exercise, as does our body. So, we have added exercise classes for the fall; back by popular demand are Yoga and Tai Chi, now evenings as well. Zumba is returning, too. I am really looking forward to a new offering: Pickleball! The only way we can continue to offer these classes is if people participate and, why not, they are fun! Truly they are-and many people rave about how much better they feel after taking them.

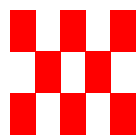
Finally, now that your mind and body are in shape you need to feed the soul. We cover that too; if you miss seeing friends, try pancakes, if you want some spirited competition, try Bridge, if you need a laugh, come to our Halloween party or help with Trick or Treating!

My costume alone will give you a laugh, though Dewey is going to win the best costume prize- I am sure! Hope to see you soon,

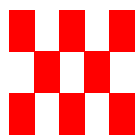
Alix



APPLE and CINNAMON



Tuesday is ^Pancake Day



Everyone is invited!

Senior Center

Tuesday mornings 7:30-9:00

\$2 suggested donation

Presenting

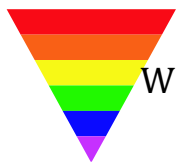
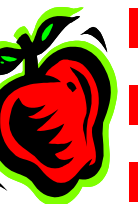
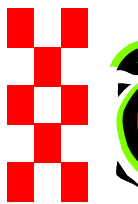
Chef Extraordinaire David James



It's Apple Harvest Season

\$2 donation

**Sausage, eggs for now, juice and coffee and
all the pancakes you can eat!**



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

Candidates Forums

*Election season is upon us, and
voters will be asked to vote on
several contested races on Nov. 4th*

State Representative Forum

October 6th @ 6:30

(D)Rep. Hank Naughton

(R)Brad Wyatt

Lancaster Community Center

Meeting Room

*Sponsored by the Item, and the
Center*



Forum for

Candidates for Selectmen

October 22nd @ 7:30

Until May 2015

Jean Syria and Jen Leone

Until May 2016

Susan Smiley, Peter

Christoph, Phil Lawler,

Heather Lennon.

Meeting Room

*Sponsored by the Land Trust, Item,
and Community Center.*

Both forums will be aired on SLCTV. We
welcome live questions. Those who are
not able to be at the forums may submit
questions in advance to the Item, or to
aturner@lancasterma.net

IN LOCAL NEWS \$\$\$\$

It's Election Season (As if we did not know)!

Town Meeting began in New England; many say it is the purest form of Democracy. At town meeting every registered voter may cast their vote to legislate (establish laws, and approve or disapprove budgets. On October 6th Lancaster will hold fall town meeting. This is an important meeting to balance the FY 2015 budget and vote on many spending items that affect each of us.

SPECIAL TOWN MEETING

OCTOBER 6th 2014

7:00 pm

Mary Rowlandson

Auditorium

You MUST attend to vote!

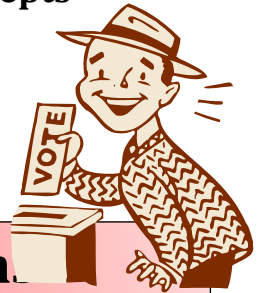
MGL does not allow absentee
participation

We will provide transport if
needed. Call 978 733-4076

Come vote on the budget
and more!

- Ambulance
 - Trucks for DPW and Buildings Depts
- Municipal Budget**

*All numbers are estimates, look to the
Warrant For final numbers.*



Statewide Election
November 4th

Town Meeting

Voter Registration Deadline

Friday, September 26th
Until 8pm (on Sept 26th)

Details, or to register contact Barbara Bartlett, Acting
Town Clerk at 978 365-2542 email is
bbartlett@lancasterma.net

More Election Deadlines!

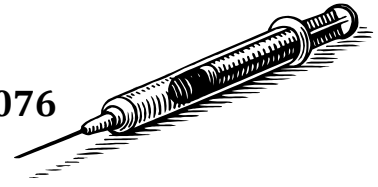
Register to vote in November's Election

By Wednesday October 15th.

The Town Clerks Office will be open until 8 pm

Health and Fitness

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



Flu Shots-Save The Date!

October 15th
9 am – 11 am

Lancaster Community Center-Free to all residents over 6 months

Bring your insurance information.

Come to the Well Adult Clinic~ It is FREE!

With our town nurse, Tamara Bedard

1st Tuesday 9 am & 3rd Wednesday ~11am-12pm
every Wednesday 11:45-12:30 with Kathy Cronin!



**Tai Chi now
Wednesday
Evenings too!**

Fitness Classes

Tai Chi

The ancient art of tai chi uses gentle flowing movements to reduce the stress of our lives 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. Seniors \$5 per class or 6 classes for \$23 Monday Mornings @ 9:30 and Wednesday evenings @

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

Thursdays 10:30-11:30 am Lancaster Community Center Garden (weather permitting) or indoors

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 cloths.



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 who are happy to answer your questions.

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)!**

Kick it up with Zumba Gold

**Coming back!* Tuesday evenings If we have enough sign ups
We will start a new session June 24th 5:30 p.m.**

Dance your way to fitness!

Exercise can be fun! With its upbeat music and simple dance moves, Zumba Gold is a dynamic blend of fitness and dance designed specifically with the mature active adult in mind. The routines involve Latin and international rhythms such as Salsa, Cha Cha, Tango and more. So come and dance! We encourage you to enroll for a six week session. *We meet in the Gym, so there is plenty of room bring a friend!*

In the gym, or on our patio weather dependent. No experience necessary. Wear comfortable clothing

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)!



LANCASTER COMMUNITY CENTER

LANCASTER SENIOR CENTER

SEPTEMBER 2014

Web: <http://www.lancastercommunitycenter.org>

Email: lancastercommunitycenter@gmail.com

On-going Activities in the Senior Center

SENIOR LUNCH - Mon. thru Thurs. at 12
FREE PASTRIES Thanks to Shaws - Tues., 8:00AM
BINGO - Tuesdays 1:00-3:00
CRIBBAGE - Thurs, 8AM-10AM
PANCAKES - Tuesdays, 7:30-9:00 AM
FREE COMPUTER HELP- Tuesdays 9 am. *Call to make sure you have an appointment, or try dropping in.*

Phone Numbers

Senior Center & Meal Site - 978-733-1249x1106
Community Center General 978-733-1249x1102
Council on Aging - 978-733-1249
COA Transportation Line - 978-733-4076
Veterans' Representative - 978-733-1249x
If in doubt: call 978-733-1249 for ANY COA function (meals, rides, services, etc.)

Tuesday Pancakes!

Tuesdays, from 7:30 on, til about 9 I
David James, on behalf of the Friends of Lancaster Seniors will be serving pancakes, eggs, orange juice, coffee, tea and and sausage! Only \$2 to defray the cost of food and help us outfit our kitchen

Are you ServSafe Certified? We need your help! Call the COA office at 978-733-1249. Thank you

BINGO

Every Tuesday at 1 pm-3pm
Only 25 cents a game. Prizes, free goodies
All are welcome!

Bridge Games

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

All Ages Fitness Fun!

ZUMBA Gold

Thursday nights @ 6

October 2nd on 6 p.m. (no class Oct 16th)

Upstairs in the Gym

Seniors \$5 per class or 6 classes for \$25
General public \$6 per class or 6 for \$29

Tai Chi

9 AM each Monday morning, downstairs!

Now also Wednesday Evenings @ 5:30

Beginning Oct 1st-November 5th

All ages!

Jeff Cote: Instructor.

Seniors \$5 per class or 6 classes for \$25
General public \$6 per class or 6 for \$29

Yoga

Monday and Thursday Mornings

11 am Downstairs

Seniors \$5 per class or 6 classes for \$25
General public \$6 per class or 6 for \$29

New! Chair Yoga

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

Free! With Michelle Jones of River Terrace

Pickleball! Come on try it!

Get Fit Card *Pickleball* Limited Special
2 cards, 12 classes for \$40.

Friday Mornings 9-11 beginning October 3 rd
Sunday afternoons 4-6

Interested in Kids Pickleball? Sundays 2-4
For all children under 16

Have a
Great
Year!



Pain Management Seminar

October 7th at 9 am
In the Center



Learn about pain, and pain management from the perspective of hospice. You will hear how to manage pain with less medication, plus some non-traditional therapies to consider. Learn about the risk of some pain medications. In short how to live life with as little pain as possible and healthy!

*Sponsored by
Aseracare Hospice
Thank them for the eggs
and fruit too!*

IN LOCAL NEWS



The project provides free advocacy for residents of the Nashoba Valley who are elder victims of domestic violence or elders facing issues accessing or maintaining health insurance.

Free Legal Seminar Tuesday September 23rd at 9

The Nashoba Valley Elder Law Project, part of Community Legal Aid, will offer a two part training on: **(1) Elder Abuse.** What is it and what can you legally do about it? AND **(2) Accessing Health Insurance.** Navigating legal roadblocks!

This training will be provided by an elder law attorney and will be followed by an opportunity for questions and discussion."

There is no cost to residents for this seminar

WHEAT Community Services has been in existence since 1982, when a group of

The WHEAT Community Café 242 High Street, Clinton

Serves tasty and nutritious meal six nights a week free of charge.
The Cafe is open from 4:30 – 6:30 every night except Saturday
and dinner is served at 5:00.
Enjoy good company and good food!

**compassionate
volunteers gathered
together to identify the
needs of our
neighbors in the
communities of Berlin,
Bolton, Clinton,
Lancaster and Sterling.**

Love to bargain shop? Like Thrift Shops? Cleaning out?

Hidden Treasures on High Street is a great shop to donate to, or shop at.
All proceeds support WHEAT and their good works.

272 High St, Clinton, MA 01510 Tuesday-Saturday 10-4 (978) 365-3085

Also consider **The Hospital Thrift Shop** also a great place to shop or donate your goods.
Also a great place to shop or donate your goods. Proceeds benefit our great resource.

37 High St, Clinton, MA 01510
(978) 365-3832

**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



Open Enrollment is Coming!

October 15th-December 7th

SHINE Counselor

Gretchen: 508-502-8279

Tuesday and Thursdays

By reservation

Call first please!

Another Apre' Pancake Presentation

MEDICARE BOOT CAMP

COMING NOVEMBER 4nd at 9:30 a.m.



It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2014. During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early!

October Apre Pancakes will feature Insurance Providers as well as SHINE seminars. Keep up on the changes, and enjoy some pancakes!

Important Numbers to Save

Medicare Advocacy Project legal advice and 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 Hleath(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.

ARTS AND CULTURE

Worries

By Lancaster's Joan L. Baird

Worries are like blankets
Piling high on top of you
You can withstand their weight
Only when they're few.

When one or more are added
Your life you just maintain,
But soon the pile gets heavier
And all you do is just complain.

If you and God can face just one
Every day from this day on,
Soon the weight is less and less,
And sooner still, your worries gone. .

Easy Water Colors on Water Color 101

Thursdays 12:00 pm-2:00 pm

Call for Dates

With

Ron Beckner

Not only does he move us (as one of our drivers)
but he also inspires us! Who knew Ron is a
talented artist. He will share the basics of
watercolor painting in this quick session.

The class is free. We request a \$5 donation for
materials.. RSVP as our class size is limited.



Winter Scene by Ron Beckner

Rhythm & Beat of Africa

At Thayer Memorial Library

Saturday, October 4th

Beginning at 2 pm

Come Enjoy this

African Art and Music Series

THE HORSE SHED FAIR



**An Exceptional Arts and Crafts Fair,
With Baked Goods, Pies, and BBQ too!**

SATURDAY OCTOBER 4,
2014 10 A.M-4 P.M.

**First Church of Christ on the
Green, Lancaster Center**



September Join us for lunch Monday-Thursday

\$2.25 suggested donation, reserve one day ahead @ 978 706-1958

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

MOC 800-286-3441 for nutrition questions

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	2 Chicken Breast W/ Red Pepper Pesto Au Gratin Potatoes Mixed Veggies WW Bread Pears	3 SPECIAL Turkey Chow Mein Crunchy Noodles Brown Rice Broccoli/Pea Pods Fortune Cookie Pineapple	4 Minestrone Soup Roast Pork W/ Applesauce Mashed Potatoes WW Bread Fresh Fruit	5 Market Basket Bridge at 1
	Calories: 557 % Fat: 21 Sodium: 745mg	Calories: 673 % Fat: 25 Sodium: 898mg	Calories: 654 % Fat: 20 Sodium: 500mg	
8 Chicken Kielbasa Onions and Peppers Baked Beans Hot Dog Roll Mandarin Oranges	9 3 C Soup Breaded Fish Brown Rice Pilaf Mixed Fruit	10 Chicken Breast W/ Honey Mustard Sauce Sweet Potato Mash Brussels Sprouts WW Bread Peach Cobbler	11 COLD PLATE Roast Beef Rotini Salad 3 Bean Salad WW Hamburger Roll Applesauce	12 Bridge at 1
Calories: 695 % Fat: 23 Sodium: 870mg	Calories: 541 % Fat: 30 Sodium: 568mg	Calories: 681 % Fat: 14 Sodium: 859mg	Calories: 664 % Fat: 28 Sodium: 560mg	
15 American Chop Suey Italian Blend WW Bread Butterscotch Pudding Diet: SF BS Pudding	16 Chicken Breast W/ Tarragon Gravy Scalloped Potato California Blend WW Bread Snack & Loaf	17 Vegetable Soup Roast Pork W/ Gravy Mashed Potatoes Strawberry Cup	18 Chicken Alfredo Tri-color Pasta Mixed Veggies WW Bread Orange	19 Bridge at 1
Calories: 741 % Fat: 24 Sodium: 819mg	Calories: 728 % Fat: 27 Sodium: 677mg	Calories: 575 % Fat: 22 Sodium: 490mg	Calories: 716 % Fat: 22 Sodium: 867	
22 Sweet & Sour Meatballs Brown Rice Peas WW Bread	23 Beef Bolognese Ziti Broccoli WW Bread Muffin	24 Bread Chicken Couscous W/ RP Mixed Veggies Italian Bread Mandarin Oranges	25 Spin. Lentil Soup Roast Turkey W/ Gravy Mashed Potatoes Chocolate Pudding	26 Gloucester Trip Bridge at 1
Calories: 641 % Fat: 20 Sodium: 568mg	Calories: 728 % Fat: 27 Sodium: 677mg	Calories: 551 % Fat: 16 Sodium: 782mg	Calories: 672 % Fat: 23 Sodium: 1259mg	
29 Shepard's Pie Carrots WW Roll Oatmeal Cookie	30 Bok Choy Soup Diced Chicken Teriyaki Brown Rice WW Bread Pudding Whip			
Calories: 765 % Fat: 31 Sodium: 649mg	Calories: 760 % Fat: 21 Sodium: 698mg			

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

Surprise! Delicious Desserts included.

Make sure to sign up by 11:30 the day BEFORE for lunch.

Call either 978-733-1249 (COA Office) You may sign up for multiple days,

MOC 800-286-3441 for nutrition questions

October Calendar	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Salisbury Steak W/ Gravy Mashed Potato Green Beans Fresh Fruit 1% Milk	2 Lasagna W/ Basil Meat Sauce Italian Blend WW Bread Peaches 1% Milk	3 Bridge at 1
		Calories:620 % Fat: 27 Sodium:430mg	Calories:515 % Fat: 17 Sodium:677mg	
6 Gypsy Soup Roast Turkey /Gravy Mashed Potatoes WW Dinner roll Ginger cookie 1% Milk	7 BBQ Beef Rib Baked Beans Coleslaw Hamburger Bun Applesauce/C 1% Milk	8 Breaded Fish (Catfish) Brown Rice/spinach Green beans w/red pepper Multigrain Bread Fruited Gelatin	9 Chicken Tortellini Soup Breaded Chicken Tossed Salad WW Bread Strawberry Cup Diet: Tropical fruit 1% Milk	10 Bridge at 1
Calories:742 % Fat:17 Sodium:1195mg	Calories: 608 % Fat:24 Sodium:1024mg	Calories:706 % Fat:29 Sodium:858mg	Calories:757 % Fat:22: Sodium:1220mg	
13  Columbus Day	14 Diced Chicken Penne ala vodka Brown Rice Pilaf Broccoli Bread Stick Fresh Fruit	15 White Turkey Chili Rice Pilaf Tossed salad Corn Bread Fresh Fruit 1% Milk	16 Harvest Soup Roast Pork Mashed Sweet Potato WW Bread Chocolate Pudding Diet: SF Choc Pudding	17 Bridge at 1
	Calories:530 % Fat: 15 Sodium:837mg	Calories: 688 % Fat: 18 Sodium:882mg	Calories:765 % Fat: 21 Sodium:858mg	
20 Baked Mac & Cheese Stewed Tomatoes w/ basil Green Beans WW Bread Strawberry Cup	21 Tomato Cabbage Soup Fish Sticks Tater Tots Italian Bread Butterscotch Pudding	22 COLD PLATE White Bean Kale Soup Chicken Breast w/ RP Pesto Rotini Salad Tropical Fruit	23 Egg Drop Soup Thai Diced Chicken Vegetable Low Mein Fortune Cookie Fresh Fruit ©	24 Bridge at 1
Calories: 622 % Fat:14 Sodium:768mg	Calories: 830 % Fat: 27 Sodium:1240mg	Calories:813 % Fat: 25 Sodium:853mg	Calories: 898 % Fat: 22 Sodium: 910mg	
27 Home-style Chicken(3oz) Stew (8oz) Broccoli & Caul mix Biscuit Apple Muffin	28 Chicken Kielbasa Baked Beans Peppers & Onions Tossed Salad (cong) Hot Dog Roll Mandarin Oranges	29 3C Soup Broccoli Bake Home Fries Multigrain Bread Fresh Fruit 1% Milk	30 SPECIAL Chicken Cordon Bleu w/ Supreme Sauce Brown Rice Almandine Creamed Spinach WW Dinner Roll Pumpkin Pudding	31 Happy Halloween  On the Green! Bridge at 1

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

Surprise! Delicious Desserts included.

Make sure to sign up by 11:30 the day BEFORE for lunch.

Call either 978-733-1249 (COA Office) You may sign up for multiple days

but be sure to let us know if you have to cancel.

The Travel Pages

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

(Only two dollars round trip for shopping. Home Pick up /Drop available CALL 978 733 4076)

Trips leave at 9am or as noted. Reservations required.

All special trips are non-refundable see policy below.

- September 26 Hammond Castle
- October 3: Market Basket
- October 17th: Fall Foliage Tour
- October 24th: Once again, A Consignment Crawl
- October 31st Halloween on the Green! No trip
- November 7th Market Basket Leominster
- November 14th: Sturbridge Village Trip

*What does a brilliant inventor and a suit of armor have in common? : A trip to
Hammond Castle*



On the road again to
Hammond Castle, a 'Dive' Restaurant, & sightseeing in Gloucester

September 26, 2014

Sold
Out

We leave the Center by 9:00 and travel to scenic Cape Ann, ending up in Gloucester.. We follow the scenic route to see some of our fabulous shoreline before we arrive at to one of my favorite dives, The Causeway Restaurant (BYOB) for an early lunch. Following lunch we will drive along the rocky coast looking at some of Gloucester's villages ending up back at Hammond Castle. The Castle is a design masterpiece built for John J Hammond Jr. to house his collection of medieval art. John is second only to Thomas Edison for his patents, sometimes called the 'father of remote control'! He amassed a wonderful collection of design, art and artifacts housed in a splendid castle by the sea. Come marvel at the treasures, and his inventions. We leisurely travel home before supper, though you may not have any room left after our lunch!

Seniors/children under 12 are \$26 plus the cost of lunch. All others \$29 plus lunch. See our cancellation policy on line. RSVP please to 978-733-4076. Full payment due by September 17, Trip will be cancelled if not enough people sign up. No refunds after the Sept 18th, unless we can fill your spot from our waiting list. We typically do have a wait list.

Learning for all ages

Other Great Learning Opportunities *All catalogs are available at the Center.*

Village Church Educational

Program: Free courses ranging from crafts to math, and religion. 365-2754

Fitchburg State University:

ALFA (Adult Learning in the Fitchburg Area) Lifelong learning courses, special events, speaking series and more

Assabet After Dark

Great courses in Hudson for a full catalog
www.AssabetAfterDark.com

Minuteman Adult Ed

More great courses at our Vocational School in Bedford
<http://register.asapconnected.com/default.aspx?org=1977>

Learn Something New! Did you know.....

Did you know there are real benefit\$ to getting older...

College costs are through the roof; two possible solutions- first ace your tests, or turn 60! Many state institutions now offer **FREE** classes to those over 60. We are surrounded by wonderful learning opportunities; **Mt. Wachusett, Fitchburg State University, Framingham, Quinsigamond, Worcester State-** just to name a few. They offer classes to those over 60, tuition free. Some charge a fee, many do not. All charge for books (but not if you know our Thayer librarians and can get a book list).

Private institutions in the **Worcester College Consortium** also offer deeply discounted classes. Check out www.assumption.edu/wise for a sample. WISE is an affiliate of the Elderhostel Institute Network. **Division of Unemployment** offers free seminars, even if you are not on unemployment

Interested in more information, or speaking with 'older students'? The COA has some friends who are happy to share their success stories (free Master's degrees over 60, etc.). Call, or write and we will help. or refer you.

Free Snakes! *Oh my*

Join us for a presentation by Peter Myrick, biologist for Mass Fish and Wildlife. Peter is a herpetologist. Learn all about the snakes including those from our area. You will be able to admire some LIVE ones! Free Admission

October 2nd at 7 pm

in the Community Cener Meeting Room

Sponsored by Friends of the Oxbow and the Community Center





Join us to visit Old Sturbridge Village Nov. 17th

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, reservation then open to all.



All are welcome!

Dam Open House
Sunday, October 12th
10 am- 1 pm

Photo by T&G

**An evening walk in
the woods**

A Town Forest Tour
Friday, September 26th

5:30 Meet at Main Entrance

Rain Date Oct 3

**Walk w Tim Castner, Town Forest
Committee and Kevin Scherer, Forester to
learn about the Town Forest's new 10 year
management plan.**

Save the Date: Join us to honor Veterans

Veterans Day, November 11th

For a special red/white and blue breakfast.

Followed by a dedication at 9 am in honor of Ruth Roffee



Please join! We help seniors in your community Become a Friend of the Lancaster Seniors!

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!

<http://FriendsoftheLancasterSeniors.org> Email: FriendsoftheLancasterSeniors@gmail.com To become out the information below, and send it and your check *Friends of the Lancaster Seniors, Inc.* to: Friends of the Seniors, Inc. 504 Blue Heron Dr. Lancaster, MA more information about joining FOLS, contact David 263-7962. *Thank you for your support!*

❖ Senior(60 +)	\$10	a member, fill (payable to Lancaster 01523For James at 978-
❖ Individual (non-Senior)	\$15	
❖ Family	\$30	



Got Time? Help Wanted! We need Volunteers.

- **To help with or run events** or participate in events. 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!**



Lancaster Farmers Market

July 10~Oct 2nd

3:30-6:30

Still on the Town Green

All the vendors are back, plus some! Music, Great local veggies,

baked goods, bird houses, crafts, knife sharpening and more!

Seeking entertainment, and quality vendors.

We have Farmer's Market Coupons in our office. Call for details

To participate, or to help contact

Steve Piazza @ 978 257-3938

Free

Movies!

Call for the schedule

Mondays at 1 pm

Can not make Mondays?

**The Library has a great selection of
Free Flix to take home! No charge!!**

Thayer Memorial Library



ABOUT TOWN

\$ HELP WANTED \$

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 are paid directly.
Call 978 733 4076 for more information

OUR WISH LIST

We are planning crafts classes, events, & every day fun.

- Easels, Card Stock and or craft paper, Drawing Pads and Tablets Art Supplies of all sorts Colored Glass and Clear (small plates, vases etc.) Cribbage Boards, Chess Sets, Checkers Colorful Fabric, Table cloths, Costume jewelry, shells, beads, Garden Tools, and gloves etc. Pots, Garden Cart Baskets, or other crafting materials

Just ask if you don't see it on the list!

Donations of saleable items for Home Days

Friends of the Library

Friends Annual Book Sale

Such a deal! Movies, Books and more!

❖ Fri. Oct 3, 3-7 pm

Members Preview!

❖ Saturday, Oct. 4, 9 am -4 pm

❖ Sunday, Oct. 5, 12 pm -4 pm

Lancaster Town Hall

On the Lancaster, MA Town Green

It's all Fare!

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 8:30 to 12 nm.

**STYROFOAM &
ATHLETIC SHOE
RECYCLING EVENT**

**Saturday, October 4th
10AM—2PM**

Bolton DPW Garage
12 Forbush Mill Road - Bolton

WHAT TO BRING:

1. Athletic Shoes, any condition
(worn out sneakers will be made into playing fields, good ones will be donated to be reused.)
2. Styrofoam: Any Foam that has the recycling symbol 6 in the triangle with PS underneath it, including cups, trays, take-out containers, packing blocks, & packing peanuts For a complete list of what can be recycled. Check out the ReFoamIt web-site.
3. Bubble wrap

WHAT NOT TO BRING: Foam Sheets -
Insulation - Soft Foam Pipe Insulation

**THIS IS AN OPEN EVENT -
EVERYONE WELCOME!**

**Free! Admission in Sept. for
Worcester County Seniors**

Thanks to Tufts Health Plan

Fitchburg Art Museum:

25 Merriam Parkway, Fitchburg
(978) 345-4207

Free Senior Admission: Thursday,
September 25, 12pm—4pm

Tower Hill Botanic Garden:

11 French Drive, Boylston
(508) 869-6111

Free Senior Admission: Every Tuesday in
September, 9am—5pm

Worcester Art Museum:

55 Salisbury Street, Worcester
(508) 799-4406

Free Senior Admission: Every
Wednesday in September, 11am—5pm

More information is available

at www.thmp.org/seniorseptember. Admission to the museums is offered on a first come, first serve basis, at the discretion of the participating museums, and is not guaranteed. Each museum has handicapped parking. Seniors should call individual museums to learn more about handicapped access and tour information.

1st Monday of each month. All ages!



GAME DAYS

And FREE CHEESE PIZZA SUPPER



September 22nd 3:30 pm to 5 pm



Coaching, and 'gaming' buddies brought to you by the
Clinton/Lancaster Youth Group and Friends of the Lancaster Seniors

We hope to form a Scrabble Club and Domino League!

Dominos (9 and 12) and Scrabble *or bring your favorite game*



Get the 'Party Started



Please Join us!

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

**Wednesdays
Sept 17, Oct. 15th
at 9:00 a.m.
Senior Center**



Free!

Computer Classes!

Join Jon Roper
after Pancakes

9:30 am on-

Drop in! *

**Jon will help with your
laptop, or our computer,
ipad or phone.**

The Senior Center

Will be closed

September 1, 2014

October 13

Nov. 11 & Nov. 27th



We welcome everyone!

Monday-Thursday 9-3

Or for special events

Many thanks



To **Shaws**, Clinton for donating pastries.

Hank and Ann Pasko and Herbal Acres for lovely zinnias, The Harvest Grille for a yummy dinner, The whole gang that helped with Community Days, all of our vendors, Steve Beckwith, Jon Roper, John Bowman, Lancaster Police & Dave James, Sue Billings, Dick Dagistino, Etta, Eric and Bob Lidstone, Thayer Field Foundation members, Eric, Don, Dick, Jay, Jean, Ron, Pat, Celeste, Diane, Rachel, Karen, Judi, Maribeth, John, Laura, Dave, Michele, Pam, Gretchen, Laura, Karen, Kathy, Jon, John, Gino and more for all their hard work

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 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!