



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

Community Crier

Jay Moody Chair, Judie MacLean, Frank MacGrory, Nicole Kanis, Jo St. Angelo, Michelle Jones, Michele Macdonald,
July/August 2017 (978) 733-1249 , fax (978) 733-4076 Alexandra Turner, Director. Melissa Pelletier, Marilyn Largey



Third Thursdays on the Terrace

*Join us for evenings of great music,
delicious fare, and fun and games!*

The Third Thursday of each month
this summer the Terrace comes alive!
A different theme each month, but the
constant is fun! Music, lawn games,
and fun last until after dusk.

Music/Bar begins at 6, Tapas at 6:30

The event is free!

RSVP Please Food and bar are cash.

July 20th *Tapas on the Terrace*

August 17th *A Harvest Garden Party*

All events feature cash bar Sangria, Wine and Beer



Thoughts from the Director **Peas for the Fourth!**

We made it! We had sweet delicious tender sugar peas for the Fourth of July, and not just standard peas but pretty purple peas. This is exciting, but as the expression goes- **it's the little things!** Growing up I remember peas for dinner on the Fourth marked the holiday as much as fireworks did. This old New England tradition began by John and Abigail Adams July 4, 1776. They celebrated the holiday by eating well with a meal of salmon, new potatoes and new peas. This menu quickly became a July Fourth tradition for generations to follow. Times and tastes change, now many turn to the grill. I love a BBQ too, but I am happy to see a rekindled appreciation of old traditions, a return to old ways- home gardening, craft brewing, and composting are all the rage. What is old is new again!

Many of you have heard me brag about our wonderful garden program. We have been awarded the National Grand prize for health and wellness, and we are supported by Harvard Pilgrim Health Care Foundation. I like to think our program is revolutionary, but in the spirit of the Adams-the real revolutionaries - we are simply carrying on an honored tradition of eating well. During WWII it was a patriotic duty to grow your own vegetables in a Victory Garden. Victory gardens brought neighbors together; sharing crops, and tips, and improving diets in a time when food was scarce. The gardens sustained the body, and the soul. Our gardens do the same.

Many of us have an abundance of food, but not all healthy. I expect most of us feasted well on the Fourth but how many were lucky enough to have sweet peas fresh from the garden, now a delicacy. Generations have forsaken healthy whole food to grab something quick to sustain our busy life styles-often not good for us -certainly not as tasty. Fortunately, we now realize how damaging this is to our health.

With help from our partners. Home Instead Health Care and Harvard Pilgrim Health Care Foundation we have put together fun, programs to get us healthy! This is your chance to participate in free gardening and nutrition programs, classes, gardens plots, and an in house farm stand and cooking classes. **Lets' make this the summer of health!**

Join us for a Wednesday Salad Bar lunch, a class, ask me about a garden plot, or joining the Walking challenge. We have Farmers Market Coupons for eligible seniors, and soon our Thursday evening Fitchburg Farmers Market shuttle. We are committed to getting healthy, mentally and physically and helping make our little slice of the planet better. Our new/old victory gardens are waiting for you!

Peas join us!
Alix

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Tuesday is
Pancake Day
Everyone is invited!

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

Suggested donation
Chef Extraordinaire
David James
Weekly pancake specials
Blueberry, Apple, Plain,
French Toast, too
Sausage, eggs, fruit
Juice & coffee &
All the pancakes you can eat!

OUR WISH LIST

We need VOLUNTEERS!

We can use all your talents, just call or drop by. Serving, meal delivery, crafts, exercise monitors and participants, office, gardening and more!

SUPPLIES

We always appreciate items for crafts classes, events, & every day fun. Thank you to everyone who has donated some amazing supplies. They bring great joy and keep the mind going. *Join us for upcoming classes.*

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

LANCASTER VETERANS SERVICES DEPARTMENT

Richard Voutour 1st SGT USMC RET—Veteran Services Officer

Contact: rvoutour@leominster-ma.gov

Lancaster Office: 978-706-1754 (Tues 0800-1200)

**Lancaster Community Center, 695 Main St, Lancaster, MA 01523
(behind the Library and War Memorials)**

Leominster Office: 978-534-7538

Leominster Veterans Center, 100 West Street, Leominster, MA 01453.



Lancaster Veteran Services provides the following: VA Healthcare applications, VA Disability Claim applications, VA Widow Pension applications, VA Widow/Survivor Benefit applications, VA Burial Benefits applications, VA Veteran Cemetery applications, VA Grave Markers/Symbols, State Veterans Benefits applications, Obtain Military discharge/

Hungry? Know someone who is?

We can help! Nutrition Options for Seniors and Disabled

Healthy eating is a difficult challenge as we age. We often cook less, make easy meals, and eat alone. Not to mention the shopping! Time and money! *Yikes!* There are options to help you eat better, save money, and have fun along the way. Improve your social life, eat well and help others!

MEALS ON WHEELS (HOME DELIVERED MEALS)

MOC's Meals on Wheels program provides meals to elders who need help preparing their meals and who are unable to attend a community dining site because of health issues or a lack of transportation. Nutritionally balanced, designed for seniors. Please ask for further information on these special meals.

A voluntary, confidential contribution of \$3.00 per meal to help cover costs is *suggested*.

Once a month a contribution letter is sent to participants. In order to be eligible for Meals on Wheels, applicants must be age 60 years or over and homebound.

Please call 978-345-8501 ext. 2 for more info



Lancaster Lunches

***Monday–Thursday 11:30 a.m.**

In partnership with MOC, (Montachusett Opportunity Council) the Lancaster Community Center/COA provides lunches Mon– Thurs at 11:30 am . Social, Healthy, and Reasonable!

Transportation available by reservation.

\$3.00 per meal contribution to cover meal costs is suggested.

Call To reserve lunch and/or a ride!

Reserve lunch David James 978-706-1958 Rides 978-733-4076

Center Village Table

A homemade lunch series featuring the bounty of our 'Get Dirty' Community Gardens. Includes a salad bar, and in house homemade healthy menu.

2nd Wednesday of the Month

Senior Farmers' Market Nutrition Program

The Lancaster Senior Center will be receiving coupons in mid July. Coupons can be used at any participating farmers market.

The Lancaster Senior Center will provide rides to the Fitchburg Farmers Market.

The Farmers Market Coupon Program began in Massachusetts in 1986. The success of the project led Congress to enact the WIC Farmers Market Nutrition Act of 1992, thereby establishing it as the 14th Federal food assistance program of the U.S. Department of Agriculture.

Contact Marilyn Largey for eligibility guidelines and coupons.
978-733-1249 ext 1109



SNAP (Food Stamps)

SNAP (food stamps) has been streamlined for ages 60 and older. If you've never applied for assistance, or have been ineligible in the past, here are some reasons to consider re-applying for SNAP:

- Even a modest monthly SNAP benefit can help to offset some of your household expenses.
- Using SNAP benefits is completely confidential. SNAP recipients use a card which works just like a debit card.
- The application for seniors is shorter (only two pages).
- If you spend more than \$35 per month on medical expenses including medications and doctor's visits, you may qualify for a \$155 standard deduction resulting in a higher monthly SNAP benefit.

SNAP benefits are provided by the federal government and administered by DTA. SNAP serves families with children, elders and disabled.

Contact Marilyn Largey for eligibility guidelines and application process.
978-733-1249 ext 1109

Marilyn Largey

Community Service Liaison

Phone 978-733-1249 ext 1109

mlargey@lancasterma.net Walk in office hours 1st floor of the LCC building:

Tues 10-12 am, Wed 2-4 pm, Thurs 6-8 pm, or by appointment.





GET DIRTY GARDEN PROGRAM & THE CENTER VILLAGE TABLE

Garden Bounty Lunch Series

SALAD BAR LUNCH

Come try some delicious healthy treats, with produce from our garden and our partners. Take recipes home!

2nd Wednesday of the Month

August 9th, and Sept 13th.

11:30 am- \$5 Please reserve 24 hours in advance 978-733-4076

Our thanks to Home Instead

FREE NUTRITION CLASSES & BLOOD PRESSURE CHALLENGE

Take all three classes to learn and improve your health. Prizes too!

Presented by Ann Mazzola of Home Instead Senior Care

July 24th: 12 pm - Food as Medicine: How Veggies Can Help Manage Your Blood Pressure

Based on the latest nutrition information, learn how eating veggies can help manage hypertension. Presentation includes information about what hypertension is, how it affects the body and how blood pressure-lowering medications work.

August 14th: 12 pm - No Animals Were Harmed in the Making of this Meal

Vegan. Ovo-Lacto. Flexitarian. Huh? Learn the pros and cons of the different types of vegetarianism in this interactive presentation that teaches how to put together an easy, healthy meal using little-to-no animal products.

Sept 25th: 10 am - Recipe Makeover: Yes, You Can Eat that!

Love Grandma's homemade baked macaroni and cheese, but just know it's a heart attack on a plate? Bring your favorite recipe to this class and learn how to give it a complete, healthy and delicious makeover.

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

their sup-

Call to re-
978-733-



Harvard Pilgrim HealthCare Foundation and Home Instead Senior Care for
port!

serve a seat now -
4076



Harvard Pilgrim
HealthCare Foundation



Free Fun!

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

The Third Thursday of each month this summer the Terrace comes alive! A different theme each month, but the constant is fun! Music, lawn games, and fun last until after dusk.

Music and gathering begins at 6:30

July 20th: Tapas on the Terrace. Try some great Tapas in our own Barcelona.

August 17th: A Harvest Garden Party. Great garden Grub and Lawn Games.

Food and Beverages by fee. Sangria, Wine and Beer

**We would love to have your share your singing or musical talent!
Got time? Good Cook? Like to play games? We need that too!**

Lancaster Community Center 978-733-4076

Senior Farmers' Market Nutrition Program

Administered by USDA, Mass Agriculture, and Montachusett Opportunity Council

Farmers Market Coupons are Here! \$25 VALUE*

For income eligible seniors over the age of 60.

Can be used at any participating farmers market.

First Come/First Serve - 1 booklet per household - Lancaster Residents will have preference

Join us on the Free Shuttle to Fitchburg Farmers Market

& receive additional bonus tokens.

Distribution Hours 9 a.m.-12 p.m. or by appointment

Thanks Harvard Pilgrim Health Care Foundation !

July 20, Aug 3, Aug 17, Aug 31, Sept 7, Sept 21

Reservation required 978-733-4076

Contact Marilyn Largey for details - 978-733-1249 ext 1109



Free Tai Chi! (for gardeners)

Learn to optimize your movements to garden. All are welcome, gardeners do it free!

Tuesday at 6 PM—**FREE to Garden Program Participants—Call for Details**

Tai Chi uses gentle movements to reduce stress and improve health. Good for everyone, but free for gardeners. Questions, call us 978-733-4076

GET DIRTY GARDEN PROGRAM & THE CENTER VILLAGE TABLE FARM STAND IS OPEN



Tuesday's 8 am -12:30 pm.

Deals! Corn, Lettuce, Eggs, Flowers and more.

Enjoy the bounty from our community garden
and locally grown produce from ROTA Springs.

Profits to benefit the Get Dirty Garden Program & Center Village Table

Contact Alix Turner if you would like to sell your wares. 978 - 733-1249 ext 1102



**Prescription
Advantage**

Need Help with the Cost of Your Medical Prescriptions?

Check out Prescription Advantage!

Call 1-800-243-4636 press 2

www.prescriptionadvantage.org

Prescription Advantage is available to Massachusetts residents who are:

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

Schedule a free session with our SHINE councilors if you have questions related to your eligibility and enrollment.

By Appointment Only 978-733-4076

Blood Pressure and Wellness Clinics

Lancaster Community Center

OPEN TO ALL RESIDENTS

1st Tuesday of the month from 8-10am

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

Come & Visit with the Town Nurse

Courtesy of the Nashoba Associated Board of Health



SHINE HELP

Serving the Health Insurance Needs of Everyone

Turning 65? Facing a lay off? Bad Insurance? We can help.

SHINE Councilors are available

Tuesday's 9 am—3 pm.

- Barb Blom 9 am—11am
- Gretchen Pruden 11 am—3 pm

By Appointment Only 978-733-4076

Town of Lancaster

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

Senior Tax

Abatement Program

Are you 65 or older and own your own home? You may be eligible to lower your real estate tax bill by performing jobs for the Town of Lancaster.

There are still a few slots left.

Contact Marilyn Largey to learn more.

Phone 978-733-1249 ext 1109

mlargey@lanasterma.net

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

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

Join us for Adventures Around New England



Friday July 28th Consignment Crawl

Westborough/ Northborough with Lunch at JPs Lounge

There is so much to do right here in our backyard, hidden treasures abound. For this day trip we leave Lancaster and head off to some great consignment, thrift, and 'junking' spots featuring clothing, and home décor. After a morning of 'wheeling and dealing' we will need our sustenance. We will stop for lunch at the casual, JPs Restaurant & Pub. Lobster rolls are their specialty, but their scallops are to 'kill for' too. Something for everyone on this trip, hope you can join us!

We meet at the Center at 8:30 for a quick caffeine and a snack before we leave at 8:45.

We return by 3:00. \$8 seniors and children under 16. Others are \$10.

Lunch is NOT included; expect to pay \$10 to \$15 for lunch. JPs accepts CASH only

Friday August 11th Freeport by Train

Reserve early as seating is limited

All transportation included

We will meet at the Center at 8:15 a.m. for a quick cup of coffee and a breakfast snack, board our bus and head to the Amtrak in Haverhill to board the Downeaster headed for a day of shopping. It is a wonderful scenic trip up the coast, complete with a Café Car to enjoy beverages and snacks. We arrive in Freeport around noon. LL Bean will ship anything you purchase free of charge, or hold them until 4pm closing at the tourism center. We depart on the Downeaster at 6 pm, arrive in Haverhill for 8:30, and back to Lancaster by 9:30 - with all of your goodies. *Pick up and drop off at your home is available.*



Seniors \$32.50 General public \$45.00

(Excludes restaurant and dining car food/beverages)

Special Events and Trip Policies:

Reservations are limited to Lancaster residents for the first week the trip is announced. After that 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.





AUGUST 28TH 2017

LET'S GO FISHING!

Join our group as we head to Eastman's with our resident deep sea ground fishing expert, Rocky aboard the Lady Merilee Anne. We had so much fun last time this time we are going all day! We will be targeting haddock, Pollock, Cusk and assorted species. This is an all day trip, remember it is a long, fun day and once you are on the boat you are there til it returns to dock. Filled with your catch! The trip includes transportation, snacks, rod n reel on a large comfortable 100ft boat, 2 decks, galley, satellite TV, professional staff. We will have a big cooler on our van iced down for getting the fillets home. All you need is yourself, appropriate clothing (comfy shoes and a light jacket) optional small cooler with drinks and lunch(or galley money), and tip money for mates (10\$ min suggested) . We leave the Center at 6 a.m. and will be back around 6:30 or 7.

Reservation and deposit required. Registration open to Lancaster residents until 7/19 then to all. Lancaster Seniors \$77 All others seniors/adults/kids \$82 . Call 978-733-4076 This trip will sell out! Trip cancellation policies apply.

Friday September 8th Brimfield Crawl



This is the big one!

You have seen our consignment crawls, we are headed off to the ultimate crawl. **Brimfield Antique Flea Markets!** Join us for the 'mother' of all crawls. This world famous flea is huge, you may have seen it on Flea Market Flip or the Roadshow; now see it in person. We get an early start, leaving here at 7:30 am after a quick cup of java or tea and snacks to get you ready for treasure hunting. We board the van directly to the flea; we will have a quick tour of the 'strip' by a regular exhibitor, and then stop at some of our favorite fields to find treasures or at least 'window shop'. *Wear comfortable shoes, go casual and bring a bag to carry your loot.* Cash is always a good idea at Brimfield, but just like the casinos don't bring more than you want to spend. For those that need a break we will park our van in a nice shady glen and meet up for a light, quick healthy snack of tabbouleh, hummus, fruit, lemonade and more on the van to allow you to rest your feet and drop your goodies off. Then home along scenic back roads you will think you went back in time. Home by 3:30 ish.... Trip, Guided Tour, snacks and beverages on the van included.

\$16 Lancaster residents, \$19 all others Purchases at the Flea and Rose 32 are on you!
Trip cancellation policy applies. Reserve at 978-733-4076 or mpelletier@lanasterma.net
Deadline to RSVP August 31st 12 pm

Sheriff's Annual Senior Picnic



Sponsored by

Worcester County Sheriff Lewis G. Evangelidis

and the

Worcester County Reserve Deputy Sheriff's Association



Saturday

August 19, 2017

SAC Park

348 Lake Street

Shrewsbury, MA

11:00am-3:00pm

Free! Wonderful Picnic.

Call for a ride, if we have enough for the van we will run it. \$4 fare.

A fun filled day with complimentary lunch, raffles and bingo in honor of our seniors!

For More Information Contact Donna Ostiguy at dostiguy@worcestercountysheriff.com



Every Tuesday at 12:30 pm

Everyone is welcome

Bring your quarters, odds are better than the lottery!

We provide free coffee, treats and prizes!



PARTY Bridge



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

Fridays 1:00-4:00

Free! calling ahead is strongly suggested

Questions Call Jean at 978-273-2418

First Run Free Movies!

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

Every Monday at 1 pm at the Thayer Memorial Library

In the Dexter Room. Just show up! Check out www.thayermemoriallibrary.org for more details on the upcoming movies *shhh.

We can't name them here but they are good.

Stop by the Community Center for lunch or lemonade on the way over.



Health & Fitness

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



FITBIT CHALLENGE

Lancaster's Keep Moving Walking Club

OUTDOORS

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

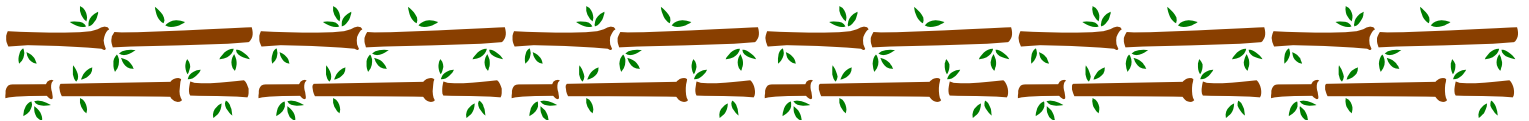
WHEN: THURSDAYS 8:15-9:15 A.M.

MONDAY EVENINGS COMING TOO!

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.

Guided Meditation Workshops

Adventures In Consciousness with Angela Simms



Tai Chi

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

If you're looking for another way to reduce stress, consider tai chi (TIE-chee). Tai chi is described as "meditation in motion" because it promotes serenity through gentle movements — connecting the mind and body. Developed in China for self-defense, tai chi evolved into a graceful form of exercise that's now used for stress reduction and to help with a variety of other health conditions. Tai chi is a non-competitive, self-paced system of gentle exercise and stretching. To do tai chi, you perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Jeff Cote: Instructor.

Monday Mornings 9:30 a.m.

Tuesday Evening 6:00 p.m.

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

Lancaster Community Center

Jeff has taught in Chinese Medical schools and workshops both around the country and most recently internationally. He has been a guest lecturer at Northeastern University for graduate studies in holistic health, was the Traditional Chinese Medicine and Tuina instructor at the Charles River Shiatsu School and is the Founder, Director, and Head Instructor of the Traditional Arts Institute. Wear comfortable clothes.

INSANITY Live

is a fun, cardio-based, total body conditioning workout. This class combines cardio, strength, flexibility and core work.

You will work at your own pace and fitness level.

Modifications will be shown! Bring a friend, water, towel and YOU!



This class is by RSVP, contact Pam Weir at 978-430-6753 or pamweirfitness@gmail.com to reserve your spot.

There must be 3 participants in order for class to be held.

Monday 7 PM. \$10 'Drop In'

Pam Weir is a Certified Insanity Live Instructor



Arthritis/Chair Yoga

Tuesday's 10:30 a.m.

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

General public \$6 per class or 6 for \$30

Arthritis/Chair Yoga Class is designed for all ages and abilities.



No matter what your capability, ailment or restrictions, this class promises to leave you feeling more peaceful, energized, and uplifting in the body, mind, and spirit. A gentle Yoga, students will have the option to **use a chair to assist with balance** and therapeutics of specific body aches and immobility. **Suitable for all levels** and those who want a simple, gentle exercise that will focus on relaxing the mind and lubricating the joints. You will get a great workout physically, and through clarity enhancement, mentally.

Julianna will work with your specific restrictions, such as sciatica, knee/hip replacements, etc.

Please let her know prior to class.

Julianna Record is the founder of Wachusett Wellness Center located in Clinton MA. Practicing and studying yoga, therapeutics and holistic healing techniques since the 90s, she holds numerous training certifications and degrees in Yoga, Group Fitness, Therapeutics, Barre, and Pilates, Yin, Meridian, Energy Flow, Senior, Chair Yoga, Sport and Injury related therapeutics, Arthritis, and more. In addition to Yoga and Barre, Julianna has gained extensive knowledge studying in Energetic Fields such as Reiki, Meridian Therapy, Thai Bodywork, Acupressure, and Energetic Healing Modalities.

Gentle Hatha Yoga

11 am-12 pm Mondays & Thursdays

9:30 a.m. Saturday,

Got Stress? You need to relax!

Worried about falling, twisting? *Improve* your balance, and keep your range of motion. Stay young! Yoga is widely recognized as a way to improve posture, improve clarity of mind and reduce stress.

We provide mats, and chairs~ Bring yourself!

Seniors \$5 per class or 6 classes for \$25, General public \$6 per class or 6 for \$30



All ages, and abilities will benefit from this yoga class. Louise Dorian has taught hatha yoga since 1989, She was originally certified by the Ayurvedic Whole Life Center in Brookline, Mass. and has since evolved her own unique style of teaching, incorporating the detail and precision of Iyengar yoga, the gentle, individualized approach of Kripalu, the inner focus and playful quality of Angela Farmer's innovative teaching, while still maintaining the balanced focus of Ayurvedic principles. Louise has taught yoga in corporate settings for over ten years, to improve employee's health and reduce stress.



LEARN TO DANCE!

Thursday Evenings 6:00-7:00 p.m.

Lancaster Community Center

No Partner? No Problem!

Learn from the best! Jim Cole has repeatedly been voted best and his students agree.

A fun casual class for beginners and pros alike. No partner, no problem! Come alone or bring friends. Great exercise, good for the body and mind and yes your social life. Call for information on which dances are currently taught. Choose from Waltz, Rhumba, Cha Cha and more! All ages! Dress is casual.

Please bring an extra pair of dry, clean shoes to change into.

DROP IN for \$13 or buy a three week session for \$30! pp

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



JULY LUNCH CALENDAR

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

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

Or MOC 800-286-3441 for nutrition questions

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 	4  No Meals Served	5 Chicken Breast 320 Lemon Piccata SC 81 Spinach 65 Penne Pasta 1 Multigrain Bread 164 Fresh Fruit 1 Total Calories: 579 Total Sodium: 757 mg	6 ~Special~ High Sodium BBQ Pulled Pork 424 Coleslaw 101 Mac & Cheese 244 Hamburger Bun 230 Pineapple Whip 87 Total Calories: 837 Total Sodium: 1211 mg
10 Chicken Corn Stew 141 Broccoli 10 Wheat Roll 105 Raisins 4 Total Calories: 533 Total Sodium: 385 mg	11 Chicken Breast 320 Red Pepper Sc 99 Baked Beans 39 Tossed Salad 5 Multigrain Bread 164 Fresh Orange 1 Total Calories: 582 Total Sodium: 753 mg	12 Sloppy Joe 259 Mixed Vegetable 88 Tater Tots 29 Hamburger Bun 230 Brownie 165 Diet: Choc Grahams 85 Total Calories: 837 Total Sodium: 896 mg	13 Roast Turkey 320 Tarragon Gravy 26 Mashed Potatoes 66 California Blend 22 Wheat Bread 160 Butterscotch Pudding 230 D: Butterscotch Pudding Total Calories: 631 Total Sodium: 949 mg
17 Roast Pork 73 Rosemary Gravy 83 Red Bliss Potatoes 5 Genoa Blend Veg 45 Italian Bread 230 Fresh Fruit 1 Total Calories: 573 Total Sodium: 562 mg	18 Sweet & Sour Chicken 610 Brown Rice 5 Tossed Salad 5 Wheat Bread 160 Oatmeal Cookie 124 Diet: Apple Cinnamon Bears Total Calories: 712 Total Sodium: 1029 mg	19 Honey BBQ Rib 410 Au Gratin Potatoes 132 Summer Blend Vegetable 24 White Bread 123 Fruited Applesauce 10 Total Calories: 644 Total Sodium: 824 mg	20 Chunky Tomato Soup 177 Broccoli Bake 482 Home Fries 5 Multigrain Bread 154 Tropical Frt Salad 10 Total Calories: 693 Total Sodium: 953 mg
24 Meatballs 190 w/Marinara Sauce 94 Cavatappi Pasta 1 Italian Blend Veg 41 Italian Bread 230 Pineapple 1 Total Calories: 664 Total Sodium: 682 mg	25 Beef Burgundy 159 Egg Noodles 4 Tossed Salad 5 Wheat Bread 160 Spice Cake 245 Diet: Lorna Doones 100 Total Calories: 737 Total Sodium: 698 mg	26 COLD PLATE High Sodium Caesar Chicken 1030 Potato Salad 122 Wheat Roll 105 Fresh Fruit 1 Total Calories: 693 Total Sodium: 1383 mg	27 Three C's Soup 299 Salmon 67 W/Dill Sauce 66 Sour Cr & Chive Mashed Potato 94 White Bread 123 Diced Pears 5 Total Calories: 691 Total Sodium: 779 mg
31 Beef & Lentil Chili 260 Spinach 65 Brown Rice 5 Rye Bread 150 Escalloped Apples 39 Diet: CinApple Slices 46 Total Calories: 695 Total Sodium: 644 mg	1% MILK: 110 calories 125mg sodium (included in totals)		Nutrition Questions? Contact Alex Welch @ awelch@mocinc.org

Need a Ride?

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



Worcester Elder Services and WLEN **Invite you to the Rainbow Lunch Club**

Every 2nd Wed. Noon

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

AUGUST LUNCH CALENDAR


\$3.00 suggested donation, reserve one day ahead

978 733 1249 x 1103

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

Or MOC 800-286-3441 for nutrition questions

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Cr of Broccoli Soup 275 Gr Chicken w/Apricot glaze 352 Red Pepper Cous Cous 45 Wheat Dinner Roll 105 Diced Peaches 5	2 Turkey Tetrazzini 514 Bowtie Pasta 1 Tossed Salad 5 Wheat Bread 160 Fresh Orange 0	3 Roast Pork w/Apple Gravy 96 Chantilly Potatoes 238 Summer Blend Veg 24 Multigrain Bread 164 Applesauce Fruit Cup 10
	Total Sodium: 907 mg Total Calories: 571	Total Sodium: 805 mg Total Calories: 611	Total Sodium: 657 mg Total Calories: 651
	7 Honey Mustard Chicken 533 Orzo & Rice w/Spinach 57 Brussels Sprouts 12 White Bread 123 Diced Peaches 5	8 Salmon Newburg 135 Sweet Potatoes 35 Spinach 65 Multigrain Bread 165 Blueberry Snack Loaf 160 Diet Lorna Doones 100	9 Hawaiian Meatballs 227 Brown Rice 5 Tossed Salad 5 Wheat Bread 160 Applesauce Fruit Cup 10
Total Sodium: 855 mg Total Calories: 553	Total Sodium: 685 mg Total Calories: 731	Total Sodium: 532 mg Total Calories: 651	10 Beef Stew 200 Broccoli 10 Biscuit 340 Hermit Cookie 24 D: Apple Oatmeal Bar 80
14 BBQ Beef Burger 282 Tater Tots 29 Peas & Carrots 72 Wheat Hamburg Roll 230 Tropical Fruit Salad 10	15 Special/High Na+ Chicken Cordon Blue* w/Gravy 799 Red Bliss Potatoes 5 Cranberry Green Beans 3 Wheat Dinner Roll 105 Apple Streusel Cake 191 D: Fig Bar	16 Roast Pork w/Rosemary Gravy 156 Whipped Potato 66 Genoa Blend Vegetable 45 Multigrain Bread 164 Chocolate Pudding 156 Diet: SE Choc. Pudding 125	17 COLD PLATE Chef Salad w/Turkey, Egg & Cheese 245 Pasta Salad w/Peppers & Broccoli 231 Dinner Roll 123 Fresh Apple 1
Total Sodium: 748 mg Total Calories: 718	Total Sodium: 1228 mg Total Calories: 804	Total Sodium: 712 mg Total Calories: 699	Total Sodium: 725 mg Total Calories: 615
21 Chicken & Rice Casserole 327 Fresh Squash Blend 3 Multigrain Bread 164 Applesauce Fruit Cup 10	22 Beef Bolognese 223 Cavatappi Pasta 1 Italian Blend Vegetable 41 Dinner Roll 132 Diced Peaches 5	23 COLD / High Sodium Portuguese Kale Soup 281 Turkey Apple Salad 619 New Macaroni Salad 206 Wheat Dinner Roll 105 Blueberry Yogurt 75	24 Chicken Breast w/Supreme Sauce 376 Bread Stuffing 224 Tossed Salad 5 Wheat Bread 160 Chocolate Mouse 280 D: Chocolate Mousse 112
Total Sodium: 629 mg Total Calories: 567	Total Sodium: 527 mg Total Calories: 640	Total Sodium: 1411 mg Total Calories: 658	Total Sodium: 1170 mg Total Calories: 659
28 Sw & Sour Pork 93 Brown Rice 5 Oriental Vegetables 21 Wheat Bread 160 Cherry Snack Loaf 240 D: Apple Cinn Grahams 85	29 Kielbasa Cabbage Casserole 364 Red Potatoes w/Dill 5 Rye Bread 150 Raisins 4	30 Meatball Casserole Cavatappi Pasta 296 Tossed Salad 5 Italian Bread 230 Almond Cookie 181 Lorna Doones 100	31 Chunky Tomato Soup 177 Broccoli Bake 482 Home Fries 5 Wheat Bread 160 Mixed Fruit 10
Total Sodium: 644 mg Total Calories: 704	Total Sodium: 648 mg Total Calories: 636	Total Sodium: 838 mg Total Calories: 766	Total Sodium: 959 mg Total Calories: 691

Protein builds, maintains, repairs muscle & much more!

- Delivers oxygen to all cells in our body
- Boosts immunity
- Improves Brain function
- Builds stronger bones
- Aids in satiety/fullness
- Manages weight

Tips to maximize Protein's Effectiveness:

Consume adequate calories:

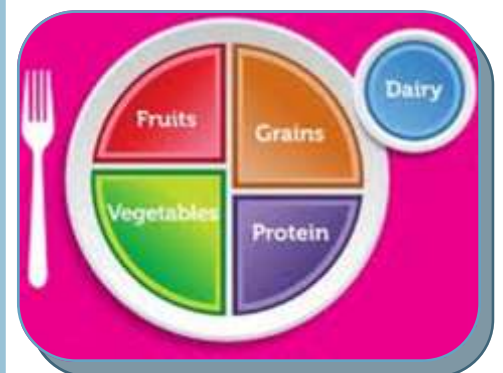
By eating enough calories, your body uses the Protein you eat properly. If you don't eat enough, the protein you eat is broken down and used for fuel.

Balance Protein intake during the day:

Including protein at meals and snacks helps your body uses the protein you eat most effectively.

Consume High Biological Value protein:



Protein from milk, cheese, yogurt, eggs, chicken, fish, pork and meat is metabolized most effectively by our body.





EVENTS JULY 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3</p> <p>CLOSED</p> 	<p>4</p> <p>CLOSED</p>  <p>Happy 4th of July!</p>	<p>5</p> <p>11:30am MOC Lunch</p>	<p>6</p> <p>8am Walking Group 11am Yoga 11:30am MOC Lunch 6pm Ballroom Dance</p>	<p>7</p> <p>1pm Bridge</p>	<p>8</p> <p>9:30 am Yoga</p>
<p>10</p> <p>9:30am TAI CHI 11am Yoga 11:30am MOC Lunch 7pm Country Heat</p>	<p>11</p> <p>7:30am Pancake Bfast 9am Walking Group 10:30am Chair Yoga 11:30am MOC Lunch 12:30pm BINGO 6pm TAI CHI</p>	<p>12</p> <p><u>11:30 am Center Village Table Lunch</u></p> 	<p>13</p> <p>8am Walking Group 11am Yoga 11:30am MOC Lunch 6pm Ballroom Dance</p>	<p>14</p> <p>1pm Bridge</p>	<p>15</p> <p>9:30 am Yoga</p>
<p>17</p> <p>9:30am TAI CHI 11am Yoga 11:30am MOC Lunch 7pm Country Heat</p>	<p>18</p> <p>7:30am Pancake Bfast 9am Walking Group 10:30am Chair Yoga 11:30am MOC Lunch 12:30pm BINGO 6pm TAI CHI</p>	<p>18</p> <p>11:30am MOC Lunch</p>	<p>19</p> <p>8am Walking Group 11am Yoga 11:30am MOC Lunch <u>6:30pm Terrace Party</u></p> 	<p>20</p> <p>1pm Bridge</p>	<p>21</p> <p>9:30am Yoga</p>
<p>24</p> <p>9:30am TAI CHI 11am Yoga 11:30am MOC Lunch? <u>12 PM Blood Pressure Challenge</u></p>  <p>7pm Country I</p>	<p>25</p> <p>7:30am Pancake Bfast 9am Walking Group 10:30am Chair Yoga 11:30am MOC Lunch 12:30 pm BINGO 6pm TAI CHI</p>	<p>26</p> <p>11:30am MOC Lunch</p>	<p>27</p> <p>8am Walking Group 11am Yoga 11:30am MOC Lunch 6pm Ballroom Dance</p>	<p>28</p> <p>1pm Bridge <u>Consignment Crawl</u></p> 	<p>29</p> <p>9:30 am Yoga</p>
<p>31</p> <p>9:30am TAI CHI 11am Yoga 11:30am MOC Lunch 7pm Country Heat</p>					

Lancaster Recreation

~ TOWN BEACH AT SPEC POND ~

Lancaster Recreation Department
Off Old Union Turnpike/Firehouse Road #4~

Daily: June 24th thru August 26th

Hours of Operation:

The beach will close when there is inclement weather. 12:00 p.m. - 6:00 p.m.

Come and enjoy Spec Pond, Lancaster's Town Beach with a sandy bottom swimming area, picnic tables, and restrooms. Lifeguards and parking attendants will be on duty during hours of operation.

Bring your sand toys for fun in the sand, a full size sand volleyball court other daily activities, special events and remember to sign up for swim lessons!

Daily and season passes are available for residents and non-residents.

Season Pass:	Lancaster Resident	\$50.00
	Non-Resident	\$75.00
	Additional family car	\$5.00
Day Pass:	Lancaster Resident	\$10 (car load)
	Lancaster Senior Citizen	Free (age 62 & up)
	Non-Resident	\$20 (car load)

Visit www.tinyurl.com/LancasterRecreation



WATER SAFETY

More than one in five drowning victims are children 14-years-old and younger, and most incidents happen when a child falls into a pool or is left alone in the bathtub.

Keep your kids safe in the water:

- ⇒ Choose age-appropriate swim lessons for your child, but keep in mind that lessons do not make your child "drown-proof"
- ⇒ Always swim with a buddy
- ⇒ Don't rely on lifeguards to watch over your children
- ⇒ Never leave your child unattended
- ⇒ Establish rules for your family and enforce them without fail
- ⇒ If boating, or an inexperienced swimmers wear U.S. Coast Guard-approved life jacket!

BEAT THE HEAT

Whether you're working or playing outside in the summer, if you are not accustomed to the heat you are at risk for a heat-related illness.

Take steps to protect yourself:

- ⇒ Wear appropriate clothing, including a wide-brimmed hat
- ⇒ Take frequent water breaks, avoid alcohol, carbonated and caffeinated beverages
- ⇒ Apply sunscreen with an SPF of at least 15
- ⇒ Never leave kids or pets unattended in a vehicle
- ⇒ Stay in a cool place during the hottest part of the day

Town of Lancaster
RECREATION DEPARTMENT
695 Main Street
Lancaster Community Center, 2nd Floor
Lancaster, MA 01523



Christa Duprey, Recreation Director
Town of Lancaster
978.365.3326 X1108
CDuprey@Lancasterma.net

Spec Pond Beach Pass Information ~ 2017

Located at Spectacle Pond Avenue, off Old Union Turnpike

Open Daily: Sat. June 24th thru Sat. August 19th Hours of Operation:
The beach will close when there is inclement weather. 12:00 p.m. - 6:00 p.m.

Season Pass:	Lancaster Resident	\$50.00
	Non-Resident	\$75.00
	Additional family car	\$ 5.00

Day Pass:	Lancaster Resident	\$10 (car load)
	Lancaster Senior Citizen	Free (age 62 & up)
	Non-Resident	\$20 (car load)

How to Purchase:

Season Pass~

- Visit www.tinyurl.com/LancasterRecreation
- Click on the blue link ~ Spec Pond - Town Beach
- Scroll down and Click "Click HERE to buy a Beach Pass for the Season"
- Click, green "Continue using Express Pay"
- Under the orange words "Express Pay"
- Enter email address and click express pay sign in blue button
- Fill in boxes and complete online purchase.
- Bring RECEIPT to Spec Pond Beach.
- Please drive the car to the beach you would like the beach pass applied to. Beach attendant will apply the beach pass.
- No refunds.

Day Pass:

- Please bring cash or check and pay upon arrival at beach.
- Pay parking lot attendant

www.tinyurl.com/LancasterRecreation
www.tinyurl.com/LancasterRecreationFacebook



Lancaster Recycling Center

Town Barn on Center Bridge Road

OPEN most Saturdays and Sundays, weather permitting, from 10 a.m. to noon.

SAMPLE ITEMS TO RECYCLE

Glass	Paper	Metal	Plastic
<ul style="list-style-type: none"> • Glass bottles/jars, all colors and sizes • No broken glass or other glass items such as glasses, window glass, dishes, Pyrex, ceramics, or light bulbs 	<ul style="list-style-type: none"> • Newspapers/inserts, paper bags • Magazines, phonebooks • Junk mail, mixed paper • Corrugated cardboard (flatten) • No waxed cardboard or soiled paper 	<ul style="list-style-type: none"> • Aluminum/tin/steel cans and lids - must flatten cans • Deposit and non-deposit beverage cans • Aluminum foil and trays • No cans containing hazardous material 	<ul style="list-style-type: none"> • All types of plastic containers with numbers 1 through 7  • No styrofoam or bubblewrap • No motor oil or driveway sealer containers • No plastic bags

FEE BASED RECYCLABLES

	Per Item
Appliances	
• Large Appliances (without Freon).....	\$20
Including washer, dryer, stove/range, oven, dishwasher, water heater, water storage tank	
• Medium Appliances/Electronics (without Freon).....	\$15
Including computer, microwave oven, vacuum cleaner, sewing machine	
• Small Appliances/Electronics.....	\$10
Including AV components (VCR, DVD, tape deck)	
• Electronics (miscellaneous).....	\$2
Including smoke & CO detector, mice, keyboard	
• Large Appliances (containing Freon).....	\$25
Including refrigerator & freezer	
• Medium Appliances (containing Freon).....	\$20
Window air conditioner, dehumidifier, compact refrigerator	
Televisions or computer monitors (tube or flat panel)	
• Large or heavy.....	\$30
• Small to medium.....	\$20

All Batteries.....	Donation please
Outdoors Equipment.....	\$15
Lawn mower (powered), snow blower, chain saw,	
20# propane tank	
Small propane cylinder.....	\$3
Gas tanks and oil must be emptied	
Tires	
• Passenger vehicle and small pickup truck.....	\$3
• Bicycle tires.....	No charge
Antifreeze.....	\$1.50/gallon



For more information about recycling or to get involved,

contact:

recycling@ci.lancaster.ma.us / [http://www.ci.lancaster.ma.us/Pages/LancasterMA Recycling/list](http://www.ci.lancaster.ma.us/Pages/LancasterMA%20Recycling/list)

Volunteers are needed to keep the center running.

Resources and Help



Free Computer Help

Join Jon Roper *after Pancakes*
9:00 am on- Drop in! Jon will help with your laptop, or our
computer ipad or phone.

Jon Roper is our hero!
Tuesday mornings 9 a.m.



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

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

FOR ALERTS TO PHONE AND EMAIL

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

FOR ALERTS TO A MOBILE DEVICE APP

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

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

In need?

Got help!

Food pantry options

WHEAT

NEW NUMBER!
508-370-4943
Call for extensions

Village Church

South Lancaster
Thursday Evenings
6 pm-7 pm

Offering a wide variety of wholesome food

Stow Food Pantry

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

TRANSPORTATION ON 3rd
FRIDAY \$2, call to reserve

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

Home Resources

Need home goods?

Fuel, repairs?

Call Marilyn

978-733-1249 x1109

Medical Equipment Loan Program

**Crutches, canes, commodes, wheelchairs + some first aid, in-
continence, supplies more to loan. (978) 733 4076
mpelletier@lancasterma.net**



MART Transit Van

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

Fees & Policies

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

Reservation requests may be placed by phone, leave your request on our voicemail.

Requests will be accepted in the order received, with preference given to medical appointments.

Office hours are Mon—Thurs 9:00 to 12 pm.

Messages will be returned next business day by 12 pm.

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

Shopping on the Van**

Reservations Required

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

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

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

Inclement Weather

Van will not run if Nashoba Regional School District



Now, more than ever, become a Friend of the Lancaster Seniors!

We encourage you to consider supporting the Friends of the Lancaster Seniors, Inc., a non-profit 501(c)3 corporation. *You don't have to be a Senior to be a Friend!*

Thanks to your generous contributions, over \$4,000 has already been donated to the Friends this year! Thank you!

The Friends needs YOUR help!

When I started the Friends of the Lancaster Seniors four and a half years ago (doesn't seem possible!), I had a simple goal of assisting the Lancaster COA financially. Now, it's time to think big! I could really use the assistance/guidance/ideas of motivated Lancaster citizens to move our organization to the next level. I'm talking about more aggressive marketing, bigger fund-raisers, expanded service to the community, etc. Interested? Ideas? Contact me at 978-263-7962! Thank you!!

Please help us by making your tax-deductible donation today! Thank you!

We've decided to eliminate the "membership" aspect of the Friends. Any donation will be considered fully tax-deductible, and you will receive a letter and receipt to that effect.

We even accept credit cards! Ask for David James the next time you are at the Senior Center or donate using PayPal on our web site!

Website: <http://FriendsoftheLancasterSeniors.org> **Email:** FriendsoftheLancasterSeniors@gmail.com

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

**Friends of the Lancaster Seniors, Inc.
PO Box 173
Lancaster, MA 01523**

For more information about the Friends, contact David James at 978-263-7962.

Name: _____

Address: _____

Email: _____

Enclosed is my TAX DEDUCTIBLE contribution of \$_____ (you will receive a receipt).



The Lancaster Community Center (LCC)

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

www.ci.lancaster.ma.us

And on Facebook www.tinyurl.com/lancastercc

Or call—978-733-4076

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

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

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

IN ADDITION THE CENTER OFFERS:

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

Rentals:

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

Please see our calendar for availability, and the website for our rental forms. There are a variety of spaces, a kitchen, meeting rooms, a gym and a lovely shaded patio. The Center is a great space for birthday parties, family gatherings, club meetings and more! Let us show you our space.



For more information contact Alexandra Turner, director at ext. 1103 or aturner@lancasterma.net



We welcome everyone!

Office hours

Monday-Thursday 9-12

Or for special events



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

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

A big thank you to **River Terrace** for matching funds!

To **Harvard Community Health Foundation** for their generous support, and **MCOA**.

Special Thanks to:

Bridget, Maureen, Deb, Sandy, Bev and Deb, Jude, Claire, Celeste, Nicole, Shelia, Theresa, Jon, Jay, Jean, Dick, Sue, Marie, Maribeth, Jay, Theresa, Judi, Robert, Katherine, Jon, Fred, Nancy, Laura, Dave, Sandra, Judy, Michele, Pam, Gretchen, Kathy, Joe, John G, Marie, Mark, Marilyn, Melissa, Lyn, Sean, Marie, Kathy, Micheline, and so many more for all their hard work and support.

Special Events and Trip Policies:

Our space is limited, so we book first come first serve, booking is complete with payment. Any cancellations after due date will not be refunded unless we fill your spot from a waiting list, usually we can. Trips may be cancelled due to low enrollment, if we cancel we will refund all monies.

Please Join us!

Council on Aging Board Meeting

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

**Wednesday
July 19
at 9:00 AM
Senior Center**

Please like us on
Facebook

Did you know we
are on
Facebook?



www.tinyurl.com/lanastercc

NO PARKING -Town Hall Lot



LCC & COA visitors please park in the library lot to allow for Town Hall Business. Just past the Town Green, right onto Harvard Rd (before Post Office) First Right.

**Handicapped Parking
Lower Lot-behind Center**