



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

Senior Moments

COA Board: Mary J MacLean, Frank McGrory, Eileen McRell, Nicole Jimino, Michele Macdonald

Volume VI: April 2013 (978) 733-1249, fax (978) 733-4076, aturner@lancasterma.net

Will Work for Food?

Come celebrate

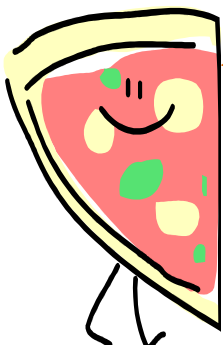
National Volunteer Week (April 21-27)

SATURDAY, APRIL 27th, 9AM

Help us work on Saturday or join the party to thank those that volunteer!

We will build raised garden beds, clean flower beds, the yard, clean indoors, prepare brunch, paint and more!

Sign up ahead to volunteer, please! Call 978 733 4076 for a list of suggestions.



All Volunteers eat free!

All ages-All you can eat!

Pizza Party!

12 pm Senior Center

If you can not work, we would still love your Company! Those who can not work, but would still like to enjoy the full pizza party we would appreciate a \$2 donation to keep programs afloat!

Includes salad, drinks and desserts!

In this Issue

- A Message from the Director
- Breaking News
- Health & Fitness News
- Classes & Workshops
- Trips and Events and Lunch Schedule

Thoughts from the Director

In 1974 National Volunteer Week was established to celebrate people doing extraordinary things through service. We are hosting a morning to volunteer here at the Community Center, April 27th. The morning of work will be followed by a lunch time pizza party to honor those who volunteer throughout the year.

Please join us for lunch, not just to volunteer but to show appreciation to those who volunteer.

I am overwhelmed, and proud by the kindness of Lancaster residents who do extraordinary things *every day*. Nowhere have I seen more of an impact that a volunteer can make on another's life than I have here at the Center. Volunteers are making huge impacts on our most critical challenges – year round. It is trendy to speak about random acts of kindness as if it was a new idea; it is an age old tradition in Lancaster.

I hope you will consider joining the tradition, if not on Saturday the 27th then on another day. Do something you enjoy, it should not be work. Don't to put it off, as one small act can make a huge difference in a person's life. I could cite numerous examples and while I cannot thank our 'regular' volunteers enough your commitment does not have to be extraordinary. I reflect on examples of a resident whose spirits were very low, and was lifted by a caring call. One of our volunteers helped secure a wobbly railing, this small act made a Senior more comfortable about getting out, greatly reducing their stress about falling. In turn they have come out to offer help. There is much to do, and there are many that give. I hope you consider joining them.

John Kennedy said "One person can make a difference, and everyone should try."

Please try! *Alix Turner*

Tuesday is Pancake Day

Everyone is invited!

Senior Center
Tuesday mornings
8:00 am until 9:30 am
\$1

Suggested donation
Presenting
Chef/Chair Extraordinaire
David James



All you can eat!
Sausage, juice, coffee
& Pancakes

Open Please! Free Dental Clinic For a healthy life, start with healthy teeth.

April 22, 12:30-3:30
LCC Public Meeting Room



Lancaster's own Jennifer Hedstrom
has generously offered to run a fully licensed dental
clinic here at the LCC. No insurance required*. . She
will clean your teeth, complete exams, adjust
dentures and more!

Open to all ages!

See flyer for details.

For a free appointment call 978 733 4076

Free to all!

If you have insurance we can bill and it will help offset costs.



And FREE CHEESE PIZZA SUPPER



May 6th 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!'

New to Tai Chi? Not sure if it will help you. Then stop by our office before 10:30 am Thursdays to check in for your first class free!

Join Tai Chi-Thursdays Mornings 10:30am

All classes are structured for all ages and abilities.

- **"I have not felt this good in years" (Dick)**
- **"My balance is vastly improved" (Jean)**
- **"Great quality instruction" (Sarah)**
- **"My arthritis feels so much better after class" (Elizabeth)**

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

"Tai Chi Chuan strengthens the weak, raises the sick, invigorates the debilitated, and encourages the timid"
Tai Chi Grandmaster Cheng Man-Ching 1947

If you're looking for another way to reduce stress, and to improve balance, reduce aches and improve overall health then 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.

Thursdays 10:30-11:30 am

Seniors \$5 per class or 6 classes for \$23

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

Buy a punch card for six classes! Start now for New Year's Resolutions!

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

Beginning Line Dancing with Dawn Berk

Everyone is Welcome, So Come on Down Y'all

Coming April 11th for six weeks!

6:30 to 8 pm

***may take 'vacation week' off**

Register early to get series price!

Beginners on up will get a great work out and have fun.

Watch for more information on this fun and healthy program!

Register early to get series price!

Seniors: \$23 series of six classes (limited to 12 series tickets) or \$6 per class

General Public \$30 for six classes (Limited to 12 series tickets) or \$7 per class

Please join us for lunch, and events!

APRIL 2013



To reserve lunch at the Center call 978 733 4076. *Leave a message before noon at least the day before.*
Can't get out? We are happy to bring lunch to you! Please call MOC to arrange for delivery 978 345 8501

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Minestrone Soup Meatballs w/ Sauce and Shredded Mozzarella Corn Wheat Hot Dog Roll Orange Juice Game Day Calories: 744 %Fat: 14 Sodium:1453	2 Diced Turkey and Cheese Tortellini with Red Pesto Sauce California Blend Whole Wheat Bread Peaches Calories: 575 % Fat: 11 Sodium:703	3 Cream of Vegetable Soup Breaded Chicken Red Bliss Potatoes Rye Bread Strawberry Jell-o Diet: Mandarin Orange Calories: 745 % Fat: 17 Sodium:1203	4 Roast Turkey w/ Gravy Mashed Potatoes with Sour Cream and Dill Carrots Whole Wheat Bread Mixed Fruit Tai Chi 10:30 Calories: 567 % Fat: 18 Sodium:1012	5 Market Basket Trip Bridge
8 Diced Chicken w/ Lime and Cilantro Peppers and Onions Spanish Rice Corn Bread Pineapple Calories: 661 % Fat: 23 Sodium:708	9 Vegetable Chili Macaroni and Cheese Broccoli Whole Wheat Bread Cranberry Juice Calories:917 % Fat: 30 Sodium: 1271	10**High Sodium Tomato Rice Soup Salisbury Steak w/ Gravy Mashed Potatoes Whole Wheat Bread Vanilla Pudding Diet: SF Butterscotch Calories: 707 % Fat: 22 Sodium: 1478	11 Roast Pork w/ Rosemary Gravy Sweet Potatoes Peas Whole Wheat Bread Applesauce w/ C Tai Chi 10:30 Calories: 406 % Fat: 20 Sodium: 277	12 
15  Patriots Day HOLIDAY Calories: 621 % Fat: 27 Sodium: 774	16 Potato Fish Wedge Rice Pilaf California Blend Whole Wheat Bread Peaches Calories: 621 % Fat: 27 Sodium: 774	17 Vegetable Gumbo Soup Roast Chicken w/ Apricot Glaze Brown Rice Whole Wheat Bread Apple Juice HDM: California Blend Calories: 664 % Fat: 23 Sodium:477	18 Broccoli Bake Home Fries Stewed Tomatoes Rye Bread Apple Muffin Diet: Graham Tai Chi 10:30 Calories: 762 % Fat: 34 Sodium: 1225	19 Water Tower Plaza Trip  CPR/AED Sunday
22 Portuguese Kale Soup Roast Turkey w/ Gravy Butternut Squash w/ Brown Sugar and Cinnamon Whole Wheat Bread Grape Juice DENTAL CLINIC Calories: 479 % Fat: 30 Sodium: 1157	23 SPECIAL Roast Beef /Au Jus Baked Potato Sour Cream Green Beans Whole Wheat Bread Strawberry Jell-o /Pears Calories: 598 % Fat: 28 Sodium: 260	24 Autumn Harvest Soup Kielbasa Baked Beans Hot Dog Roll Pineapple HDM: Carrots Calories: 701 % Fat:21 Sodium:764	25 Boneless Chicken Breast w/ Hawaiian Sauce Cous Cous Broccoli Lemon Graham Tai Chi 10:30 Birthday Party!  Calories: 521 % Fat: 17 Sodium: 356	26 National Volunteer Week Saturday Brunch And Build Bridge
29 Turkey Ham w/ Maple Glaze Sweet Potatoes w/ Pineapple Peach Compote Muffin Calories: 569 % Fat: 19 Sodium: 1057	30**High Sodium Tomato Chick Pea Soup Breaded Chicken Breast Red Bliss Potato Chocolate Pudding Diet: SF Vanilla Pudding HDM: California Blend Calories: 697 % Fat:24 Sodium:1250	1 Roast Pork w/ Rosemary Gravy Mashed Potatoes Peas Whole Wheat Bread Applesauce Calories: 646 % Fat: 20 Sodium:467	2 Stuffed Shell and 2 Meatballs w/ Marinara Sauce Italian Blend Whole Wheat Bread Mixed Fruit Tai Chi 10:30 Calories: 578 % Fat: 23 Sodium: 1078	3 Market Basket Trip Bridge

'Uncle Pete's' Free Gardening Class Series

And seed and supply swap!

With our very own Gardening Guru, 'Uncle Pete' Gene Christoph.

New to gardening? Already a gardener, but you would like to pick up some tips? This is the series for you. Join us for one or more of our Gardening Classes. We will try to keep it to an hour; you will leave with each class with knowledge and several months you will leave with goodies.

Free- but please RSVP



#4 Tuesday, April 23rd



It's the big **famous tomato give away**. Get some of Gene's famous tomato seedlings and some more hot tips! Learn how to plant early (or what you can and cannot plant early). Exchange those direct sow seeds, and your stories!

#5 Tuesday, May 7th

A support group, wrap up party! Get the garden growing! Ya hoo. Final tips on what to sow now, what to sow later (in succession) and any questions you may have for the wise one. Thanks for joining us (any plants left over go home), now go get dirty!

Thanks to Growing Places Garden Project for their help.

Did you notice our gorgeous gardens last year?

You too can garden in our backyard, and help others at the same time!

Saturday, April 27th at 9 am

National Volunteer Week



Come and get us started! Call with questions or help!

With GPGP this year we will rebuild higher raised beds,
much easier on bad knees and achy backs!

FREE gardening for Lancaster Seniors and the Community Center!

Produce raised in the garden will be used in Senior meals or given to the community.



Come Help Us Grow! We need volunteers who want to garden. Garden beds are available to share, or perhaps take on your own. Grow herbs and vegetables in our new raised beds at the Community Center thanks to students at Minuteman and Growing Places Garden Project. Anyone can garden, all ages and abilities! *We need you~ call us for details, or questions.*

IN LOCAL NEWS \$\$\$\$

It's Spring! Annual Town Meeting: *May 6th*
Elect Local officials and Vote on Prescott *May 13th*
Special Primary for Senate! *April 30th*



Let's wish our town clerks & election workers our best! What a work out!

These elections will help shape Lancaster's future! You must attend Town Meeting to vote, decide how to put your tax dollars to work!

Are you registered to vote?... deadlines fast approach!

- **April 10th** is deadline for the Senate primary. Primary Election is April 30th. The final Senate election for Senator is Tuesday, June 25th.
- **April 16th** is the last day to register to vote at Town Meeting and May 13 Annual Town Election.

Good luck to Secretary Kerry! Now let's fill his seat.

Special State Primary ~ April 30th Town Hall Auditorium

Polls Open 7 a.m. to 8:00 p.m.

Absentee ballots for the Primary are now available in the Clerk's Office. Anyone who will be absent from town on election day or who cannot vote in person for physical or religious reasons can call the Clerk's Office at 978-365-3326, ext. 1013 for an application to vote absentee.

Annual Town Meeting ~ Monday May 6 at 7 pm

Mary Rowlandson School Auditorium

The warrant for the Annual Town Meeting and the proposed FY14 Operating Budget will be posted on the town website, www.ci.lancaster.ma.us as soon as they are available.

Please note that Mass General Laws do not provide for voting absentee in a local town meeting; you must be present to participate.

To Register for Elections:

- Mondays- 9 a.m. to 5 p.m (Clerks Office)
- Tuesdays through Thursdays -9 a.m. to 4 p.m. (Clerk's Office)
- Wednesday, April 10th 9 a.m. to 8 p.m. (Clerk's Office)
- Tuesday, April 16th 9 a.m. to 8 p.m. (Clerk's Office)



Town Elections and Prescott Vote May 13th

Polls Open 7 a.m. to 8:00 p.m.

The Town Clerk's Office is in the The Town Hall @ 695 Main Street, Lancaster . Any resident of Massachusetts who will be 18 years old (*by an election*) and is a US Citizen can register at any of these events. If you are unsure of your status, contact your Clerk (in Lancaster at sthompson@lancasterma.net or 978-365-2542 ext 1013). To apply for an absentee ballot, contact the Clerk's or download the form from the state's website <http://www.sec.state.ma.us/ele/eleifv/howabs.htm>, fill it out and mail it to Town Clerk.

It's almost that time- April 15th (or 16th for us!) *Eeks*. Deadline!

(Even if you are low income you may be due money back)!

AARP offers a Tax-Aide Program for low and moderate income taxpayers with special attention to those over 60. To make an appointment call 1-888-OUR-AARP (1-888-687-2277) and leave your name and number.

Currently AARP is booking appointments at many area Senior Centers and Libraries

AARP Tax Sites close by

Clinton Senior Center
200 High St
Clinton MA
978 365 9416

Sterling Senior Center
1 Park St
Sterling MA
978 422-3032

Leominster Public Library
30 West Street
Leominster MA
978 534-7522

You do not need to be a resident of the town to visit, We are able to transport you.

If you need help and can wait we are working to open a Center in Lancaster too!

Worth repeating~ Information you need to know! **\$\$\$\$\$\$ The Circuit Breaker \$\$\$\$\$\$**

Did you know Massachusetts law includes a provision, dubbed the 'Circuit Breaker Credit' (or Cash, even if you do not owe taxes) The Massachusetts Department of Revenue (DOR) allows a Circuit Breaker refundable tax credit on personal income tax for qualifying home owners *and renters*. This exemption is available to residents age 65 and over whose property taxes exceed 10% of their income. This figure includes water and sewer bills.

What are the requirements?

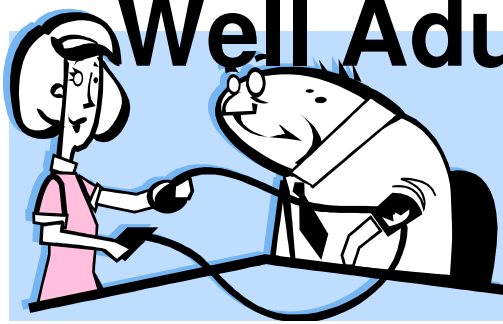
- Own or rent residential property in Massachusetts and occupy the property as primary residence.
- Have an annual income of \$51,000 or less for a single filer; \$64,000 or less for a head of household; or \$77,000 or less for joint filers.

Who is not eligible for the Circuit Breaker Credit?

- Married persons who do not file jointly for this credit.
- Those who are a dependent of another tax filer.
- Those who receive federal or state rent subsidy directly; or those who live in a property-tax exempt facility.
- Those whose property is assessed at a value of \$788,000 or more.

**Eligibility income and home value are set by the Commonwealth each year. Currently they are as follows:*

- Single \$53,000
- Head of household \$67,000
- Married \$80,000



Well Adult Clinic~ It is FREE!

With our town nurse, Tamara Bedard.
3rd Wednesday of each month 11am-12pm
Advice, Blood pressure screenings and more!

April 17th

Free Blood Pressure Testing every week!

Wednesday afternoons 11:45-12:15 pm

**With Kathy Cronin
Senior Center**

Come for lunch too! Please reserve lunch by Tuesday morning

Please join us!

**Monday, April 22nd
at 9 a.m.**

For a special breakfast
In the Senior Center
In honor of our Veteran's Agent
Roland Nelson

*Thank you for your service,
Enjoy Retirement!*

CPR/AED Class
Taught by Lancaster Fire
Certification only \$10



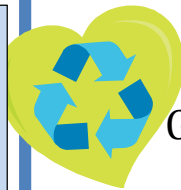
April 21st 12 pm - 4 pm
Call 978- 733-4076
Limited to the first 10 people

Help Wanted Lancaster Recycling



Needs You!

Well known to be the 'Hot Spot' in town!
A fun place to meet and greet.



Give back to your community!
Help the earth!

Scope out good 'reuse items'

Only two hours a week!*

Volunteers Needed Saturday or Sunday

*From 10 am-12pm

Questions call Larry @ 978 368 3481 Or
larryshoer@comcast.net



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!

Annual Membership Dues

❖ Senior(60 +)	\$10
❖ Individual (non-Senior)	\$15
❖ Family	\$30

We now accept credit cards! Ask for (David James) the next time you are at the Senior Center!

Website: <http://FriendsOfTheLancasterSeniors.org> **Email:** 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.

504 Blue Heron Dr.

Lancaster, MA 01523

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

Name: _____

Address: _____

Email: _____

Category of Membership:

___Senior \$10

___Individual \$15

___Family \$30

Thank You for supporting Lancaster Seniors!

Who We Are

A distinguished group of dental healthcare providers who deeply believe that oral healthcare should be accessible to everyone.



Public Health Dental Hygienists with the knowledge and passion to provide everyone with excellent state-of-the-art preventive oral health services.

Good oral care is very important. Tooth decay is the number one health disease and can be painful and dangerous...



an undiagnosed abscess can cause infection of your bloodstream and possibly lead to death.

Gum disease can make diabetes and cardiovascular problems worse. It can cause or increase lung infections. Untreated gum disease leads to tooth loss making eating difficult and painful; creates self-esteem issues; and can even make it harder to find a job.

We come to you and provide these services in your locations so that you are more comfortable and have the amount of time you need and deserve. The same hygienist visits your location with portable dental equipment each time.

We get to know you and your family!

*Nursing Homes, Assisted Living Facilities, Group Homes, Doctor's Offices...
Our experienced staff is willing to work WITH you to choose options that give
your clients the best service available!*

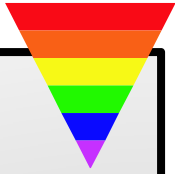
Our Services Include...

- ✓ Dental Cleanings
- ✓ Dental Screenings
- ✓ Oral Cancer Screenings
- ✓ Individualized Oral Hygiene Instruction and Referrals
- ✓ Dental X-Rays
- ✓ Fluoride Treatments
- ✓ Dental Sealants



Free to All!
Please join us April 22nd
1:00-3:30 Book early to reserve!
Appointments are first come first serve.
Appointments are available in May too.

In Local News.....



Join us!

Celebrate April Birthday's

Your friends, Your neighbors.. or yours!

April 25th at 2pm

Senior Center

Bring yourself and a friend. Enjoy cake
and ice cream, trivia and more!

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
RSVP 508-756- 1545



Lancaster Farmers Market

Opening Soon!

Extended Season
Begins June 20th

Still on the Town Green

Thursday's 3-6pm

Seeking entertainment, and quality vendors.

To participate, or to help contact
Steve Piazza @ 978 257-3938



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

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

**Call 978 706 1754, or 978 333 6239 to arrange
Roland Nelson, Veterans Agent
And the Lancaster Fire Dept**

Classes and Workshops and Trips

To insure a space please
pre-register at 978 733 or
email us



Mosaic Flower Pot Workshop

Require two sessions to complete one pot.

Great for your spring table, or your summer deck!

Take home a one of a kind flower pot, great as a gift or for windowsill herbs and more!

Session I: April 3rd 1:00 pm to 3:00pm Session II: April 10 1:00 to 3:00 pm

Space is limited, sign up early

Get ready to add some bling to your spring windowsill or a focal point for your outdoor table. Your plants will look even better in bejeweled works of art, they also make great gifts! Mosaic Pots may be heirlooms, made with shards or bits of special dishes, jewels, mirrors, beads, shells, stones or whatever makes your heart sing! Students may want to bring their own colorful, special broken dishes, mosaic bits etc. to the first meeting but if you don't have them we will provide the works! Bring an apron, safety glasses if you have them. We provide gloves, mastic, grout, tarps, putty knives, pots and shards. You will take home a finished pot!

\$7 Seniors \$9 General Public

We will have coffee, tea and treats too!

A Day Trip to Foxwoods, or Mohegan!

Your vote decides which one!

Thursday, May 23rd

Leaving at 8am promptly, back by dinner.

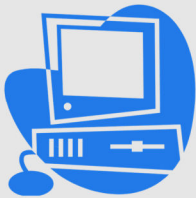
Foxwoods Trip \$30 and includes a free buffet lunch and \$10 Keno certificate

Mohegan Sun \$25 and includes \$15 towards lunch and \$25 slot play

If you would like to go to one, please call to reserve your favorite. The trip with the most votes wins.

4 Spaces Left!

Free Computer Lessons!



Just starting out? Or getting by but would like to hone your skills. Meet with our pro, Jon Roper Lessons Free, by appointment.

Call 978 733 4076

Please join Friends of The Lancaster Seniors

Friends of the Lancaster Seniors
presents

Aine Minogue

Celtic Harp and Song



**MAY 18th – 7PM – First Church of Christ Unitarian
(Bullfinch Church, Lancaster, MA)**

Admission:

Adult: \$20, Seniors: \$18, Friends: \$15, Children: \$10

For tickets, call 978-263-7962, or visit

<http://FriendsoftheLancasterSeniors.org>

Aine pushes her art to the edge of her music. She embraces a traditional core and re-approaches it, wrapping it in new and exciting clothing. She's a terrific musician, with an uncanny ability to connect with her audience.

Brian O'Donovan, WGBH, Boston



For a Very Special
Presentation

An Evening with Aine

As traditional Irish music and dance continue to enjoy phenomenal success both here and in Ireland, Áine Minogue is an artist who has long explored its themes and who captures its very essence. Her voice reflects the lyricism and richness to be found in Irish music, mythology and poetry with a voice undeniably her own and a diverse group of instruments that add to the traditional flavor of her work.

Born in Borrisokane, County Tipperary, Áine's harp has entertained Presidents and Prime Ministers. She is a regular performer at folk festivals and concerts throughout the world.

If you're at all into the Celtic Woman phenomenon, she's the real deal (born in County Tipperary). Minogue's sound is traditional, with mystical influences.*BOSTON GLOBE*

...the elegant harp gets down and dirty....Áine Minogue, who plays her harp in concert halls and ballrooms, for the president of Ireland or the mayor of Boston, has brought the elegant sound of the harp back to the sessions, where it roughhouses with Boston mainstay Irish instruments....when the harp solo begins, the room stops to listen... one of the world's greatest harpists...an extraordinary talent. *IRISH ECHO*

A limited number of Inner Circle Tickets are available.

Inner Circle Tickets include a Reserved Inner Circle Seating and a Private Reception following the concert with Aine, where you may chat and take home a signed CD of your choice.

Purchase Early to Guarantee Inner Circle Seating and Reception: Tickets \$50

FOR TICKETS: Call 978-263-7962 or visit <http://FriendsoftheLancasterSeniors.org>

THE TRAVEL PAGES

It's all 'Fare'

Bingo!

Every Tuesday at 1:15 pm

Everyone is welcome

Bring your quarters, the odds are

Better than the lottery!

We provide free coffee, treats....

Coming soon ~Door prizes!

Contract Bridge

Fridays at 2pm*

***Call to confirm!**

Free lesson available

Call Jean @ 978 273 2418

Do you smell Smoke?

The Fire Department is cooking!

All you can Eat!

Spaghetti Supper

Sunday May 5th

1pm-5pm

Central Station

\$5 Adults (12+) \$3 kids under 11

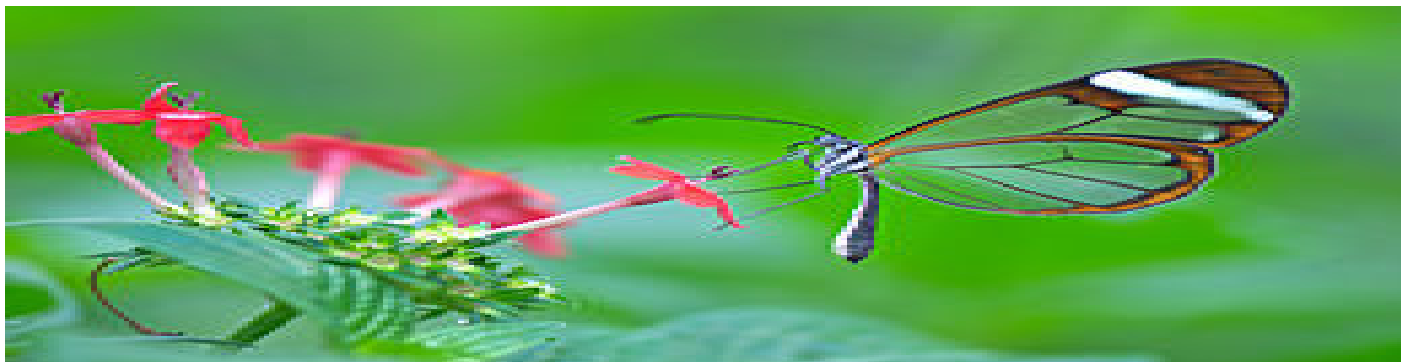
To reserve tickets call 978 365-3502

Lancaster Council on Aging MART Van Fees

- **Mart service to Senior Center: Free** for senior and disabled coming to meals and events
- ***Service in Town: \$0.50**
- ***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 \$0.50. If they then go to Lunch at the Senior Center they will pay nothing. If they go to Wal-Mart after lunch they will be assessed



Shopping and Entertainment Trips

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

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

Trips leave at 9am , returns about 2 pm or earlier if you do not want lunch.*

- **April 5th :** Market Basket and Whitney Field
- **April 12th** The Butterfly Place and Il Forno for Lunch
- **April 19th:** *Water Tower Plaza*
- **April 27th:** *National and Local Volunteer Appreciation Brunch*
- **May 3rd:** Market Basket and Whitney Field
- **May 17th:** Higgins and The Boynton

Let's fly away for another 'Fun Friday' trip!

The Butterfly Place, Westford MA **and Il Forno, Acton MA**



After this snowy winter everyone needs a respite. **Friday, April 12th** we head to the Butterfly place in Westford for a preview of summer.

You will see New England butterflies and tropical species from all over the world. Walk along a winding pathway, or just sit on a bench and watch the butterflies land on you. Observe butterflies sipping from flowers, basking in the sunshine and flying freely in a natural habitat. Enjoy our koi fish and quail birds which live among the butterflies. Visit the "show and tell bench" where a staff member is always available to answer your questions and help make your visit fun. See eggs, caterpillars or other interesting creatures up close. We meet at the Senior Center for coffee and treats at 9, then board the bus to Westford. Arrive at 10, and spend an hour soaking in summer and learning about the beautiful creatures. At 11 we travel to Il Forno, an Italian restaurant, it is not fancy but yummy and offers huge portions! You will bring a doggie bag home! We should be home by 2.

Admission, and transportation inc. \$10 Seniors \$12 General public Lunch NOT included.

Call 978 733-4076 or email us with questions or to reserve. Space is limited.

OUR WISH LIST

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

- Gardening Tools
 - Dinner Plates
 - Glossy Mags for crafts and swap
 - Popsicle sticks
 - Card Stock
 - Drawing Pads and Tablets
 - Art Supplies of all sorts
 - Colored Glass and Clear (small plates, vases etc.)
 - Cribbage Boards, Chess Sets, Checkers
 - Dominoes
 - Colorful Fabric
 - Small Bud Vases
 - Costume jewelry, shells, beads
 - Glue
 - Tile Grout
 - Ribbon
 - Gold, Silver, Copper, or White Spray Paint
 - Folding Tables
 - Different Holiday Decorations
 - Table cloths
 - Baskets
-
-

Welcome. Clanking, creaking, and rattling allowed.



GOOD KNIGHT, DEAR HIGGINS!

We will visit you soon.

May 17th 2013

Higgin's Armory, is a national treasure it is just down the road from Lancaster. The American Association of Museums in it's most recent reaccreditation report described the museum as "a place of national significance ... with superb collections. Sadly, the museums has faced financial troubles, which have led to it's slated closure at the end of this year. Please join us to visit this local treasure before it closes forever.

Founded by wealthy industrialist, John Woodman Higgins in 1931 Higgins houses an extremely rare collection of knightly armor; the only dedicated museum of its type in the Western hemisphere. The collection, some 4,000 pieces in all, includes major examples of arms and armor from medieval and Renaissance Europe, Ancient Greece and Rome, Africa, the Middle East, India, and Japan. Included are two dozen full suits of armor in addition to swords, other weapons, and medieval artwork.

As notable as the collection of armor is the building John Higgins built to house the collection. The art-deco building was one of the first all steel and glass curtain-wall structures in America, a Nationally Registered building. Inside the museum you will be amazed by the high ceilings, and gothic arches. It is the perfect setting to view the collection.

We will meet at the Center at 9 for coffee and a snack then board our bus to arrive at the Museum at 10 am. We will spend an hour and a half at the museum, which is fully accessible. We then board the bus and head to another



local treasure, the Boynton. The Boynton is famous for their sandwiches, pizzas (both regular and gluten free), their homemade soups and salads and more. We will be home with your doggie bags by around 2.

Coffee, snacks, transportation and museum admission included \$ 10 seniors, and children (under 16) \$12 adults

The All Ages Pages



Wednesday, April 17



All ages

Family Pancake

Breakfast

8 am-10 am

Begin the day with Regular, Chocolate Chip, or Banana/Strawberry Pancakes!

Kids eat Free! Adults \$3

**Includes all the OJ,
Sausages, coffee/tea, you
can eat!**

All ages Craft!

Be-Dazzle a Pot!

Great gifts for Mother's Day

Or 'big kids' may want to adorn a pot for

To enhance your patio table, or to give!

**May be messy, bring a smock or don't wear your Sunday best.*

Donation of \$3 per pot appreciated, but not required.

We have lots of Bling, or bring your own to add to your pot.



Fly a Kite!

10:30-12:30

Weather Permitting!

**Parachute play indoors
in case of rain.**

We have kites, and a great open field! Or BYOK(kite).

Prizes

Highest flight!

Longest flight

Open Gym

10:30-2:00pm

Play!

Coming soon! More all ages events.

Sign up early to make sure your favorite event runs!

Questions, please call 978 733 4076

Gentle Hatha Yoga

Got Stress? You *need* to relax!

Worried about falling, twisting? *Improve* your balance, and keep your range of motion. Stay young! We provide mats, and chairs~ Bring yourself!

Mondays, 10 am Community Meeting Room, Seniors \$5 per class or \$25 for six weeks

All others \$7 per class or \$30 for six weeks



Join us Monday mornings to get the week started with gentle Hatha yoga. All ages, and abilities will benefit from this yoga class. Yoga is widely recognized a way to improve balance, improve posture, keep your range of motion, improve clarity of mind and reduce stress. Louise Dorian has taught hatha yoga since 1989, Louise Dorian was originally certified by the Ayurvedic Whole Life Center in Brookline, Mass. She has since evolved her own unique style of teaching, incorporating, the detail and precision of Iyengar yoga, the gentle, individualized approach of Kripalu, the inner focus and playful quality of Angela Farmer's innovative teaching, while still maintaining the balanced focus of Ayurvedic principles. Louise has taught yoga in corporate settings for over ten years, to improve employee's health and reduce stress.

Friday Night Hoops!

Open Gym

BYOB

After school program
(under age 18)
4:00-5:45

\$2.00 donation per player



Adults and Big Kids
6:00-7:45pm

\$4.00 donation

Cash or Check Accepted

Begins

**Friday Night
April 19th**



Got Time? Help Wanted.

Would you consider volunteering with the Council on Aging?

We need help! Below are just a few ideas.

Administrative: To help with the newsletter, data entry, research. In short to help organize our mess!

Imaginative, traveling types: To help facilitate trips and workshops. **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 help those who can't drive with trips to Dr's etc. **"Angel Drivers"** **Good cooks, Artists, Crafters, Fitness Teachers:** **To teach classes, lead workshops**

We need too much to list, so if you have time and you can help. We can use you!

Town Wide Clean Up Days

Sponsored by the Lancaster Land Trust and
the Thayer Field Committee



April 13th

April 14th

8~4 @Thayer Field

April 27th

April 28th

9~3 @DPW Barn

We NEED You! Trucks and drivers,

Runners/haulers

Trash pickers Dispatchers and more

We supply!

Bags, Maps & Water and all the trash you can
pick up and more! And a place to put it!



*Things to do!
Things to think
about.....*

Candidates Night

**A forum for
Voters to meet
Candidates and
ask questions.**

**Refreshments, &
a quick debate!
Please join us!**

**April 25th
At 6:30**

*Community
Center*

Sponsored by the
Lancaster Land Trust
And the
Clinton Item

**Vote on Debt Exclusion
Prescott Building on May 13th
Get the facts *before* you Vote!**

April 24th at 6:30 Community Center

Lancaster Debt Exclusion for Prescott Building (Former Lancaster High School)

QUESTION

Shall the Town of Lancaster be allowed to exempt from the provisions of proposition two and one-half, so-called, the amounts required to pay for the bond issued in order to make renovations and extraordinary repairs to the Prescott Building, also referred to as the old Center School?

Yes_____ No_____

Lancaster Council on Aging
Lancaster Community Center
Suite 7, Lancaster Ma 01523
978-733-4076 or
www.lancasterma.net

Please join us,
To share ideas
help, or just learn.

**COA Board
Meeting**
Every 3rd Wed
10 am
April 17th
Senior Center

The Senior Center

Is Open

Mon~Thurs

8:30-3

and longer for special events



**Closed April 15th ~Patriots
Day**

. When in doubt call

978 733 4076

Many thanks



To all of you who join us for our you make them very special.

In honor of *National Volunteer Week* a special thanks to our new Meals on Wheels volunteers, who bring nutritious meals to those who can not get out! Thanks to Jay Moody, Arthur Joseph, and Sandra McLern! Thanks also to Fallon Health Plan for tickets to Young at Heart at Mechanics Hall. What a great show!

Thanks also to all those who help with our many events! A special thanks to Jennifer Hedstrom who has been a big help, and is fixing our smiles up, one cleaning at a time! We would also like to thank **Shaws** in Clinton for donating pastries.

Thanks again to the numerous volunteers who make the Center a wonderful place; we could not do it without you!

Very special thanks to the Woodshop Students and Faculty at Minuteman High School for building our 'awesome' new raised beds. Thanks to

**John Poretto, Nick Bove, Matt Day, Bob
Medeiros, Chris Sennott, Tenzin Khedup,
Tommy Florentino, Justin Gomes,
and Will Peter**



Thanks also to our dedicated school committee representative,

Dan Mazzola
for helping make it happen!



And finally thanks to
Growing Places, Gardening Project
for helping coordinate and fund all aspects of our
prolific gardens!