

Lancaster Senior Citizen's Newsletter
Please visit our Senior Center in the Lancaster Community Center:
Lower Level behind the Town Green

Senior Moments

David James, Chair, Mary J MacLean, Elaine M Doherty, Eileen McRell, Nicole Jimino, Michele Macdonald

Volume II: August 2012 (978) 733-1249, fax (978) 733-4076 aturner@lancasterma.net

Residents are stumped! Q: When is Friday, Sundae?

A: August 24th at 1pm at the

The 1st Annual Ice Cream Sundae Spectacular!

August 24th at 1 pm

On the Senior Center Patio

Generously sponsored by
**Rota Spring Farms Ice Cream
Sterling MA**

Games, Friends, Fun!

Your \$1.50 donation helps buy toppings!

Please RSVP to the COA (978 733-4076) by 8/17

Free van transportation by reservation.

In this Issue

- A Message from the Director..... pg 3
- Breaking News!..... pg 1
- Health & Fitness News..... pg 5-6
- Classes & Workshops..... pg 9-10
- Trips and Events..... pg 12-13
- Lunch Schedule..... pg 7
- The Financial Pages.....pg 15

Thoughts From the Chair

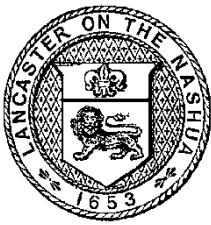
Well, it has been an interesting and event-filled month!

Feedback on the first "Senior Moments" COA newsletter (I love that title) has been fantastic. Alix has done an excellent job putting the info in an interesting format, and there is a LOT of info! Please be sure to read it all. We are trying to make sure "Senior Moments" is available in a number of locations around town (especially the post offices, library, town hall, and senior center). If you see someplace that needs some copies, let Alix know.

Thanks to our acquisition of a couple of air-conditioners, we were pleased to be able to offer the Senior Center as a "cooling station" during the recent heat wave. Do not hesitate to call the COA at 978-733-1249 if you ever need relief from the heat (or cold); we are here to assist any way that we can.

Finally, we still have one opening on the COA Board of Directors. Contact the COA office if you are interested.

David R. James, Chair



Lancaster Senior Citizen's Newsletter
Please visit our Senior Center in the Lancaster Community Center:
Lower Level behind the Town Green

Senior Moments

David James, Chair, Mary J MacLean, Elaine M Doherty, Eileen McReil, Nicole Jimino, Michele Macdonald

Volume II: August 2012 (978) 733-1249, fax (978) 733-4076 aturner@lancasterma.net

***Please complete this survey (Mail it back or drop it off, please!)
It will help determine our programming, and funding allocations.***

Have you used COA resources? Yes _____ No _____

If not, would you like to use COA resources if they were of interest?

Yes _____ No _____

What type of programs would you find interesting or helpful? Choose as many as you like.

Meals: (Feel free to add comments)

Potlucks _____ Homemade (funded by donation) _____

Friday Congregate Meals _____ Catered _____ Restaurant _____

Trips (Feel free to add comments)

Local _____ Overnight _____ Self Guided _____ include transportation _____

Other Suggestions _____

What type of Trips (please feel free to comment, add more pages is desired)

- a. Garden Related _____
- b. Museums _____
- c. Fairs, Cultural Events (ie Theater) _____
- d. Restaurant _____
- e. Shopping _____
- f. Vacation Destinations _____
- g. Other (please explain) _____

Classes/Workshops (add comments)

What type of Classes or Workshops may be of interest to you?

When would you be most likely to attend? Weekdays _____ (hours)

Weekday evenings _____ (hours) Weekends _____ (Specify)

- a. Art and Crafts _____
- b. Fitness, What type _____
- c. Language _____
- d. Adult Education _____

Counseling, Education, and Advocacy: Insurance _____

Financial _____ Assistance (Heating) _____ Taxes _____

Please take a minute to tell us how we can help you, or someone you know! Or if you would like to help us, let us know that too!

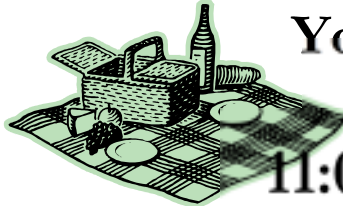
It is still Summer!

Enjoy every moment, every BBQ!

You are invited

August 18

11:00am-3:00pm



Sheriff's Annual Senior Picnic

Sponsored by Sheriff Lew Evangelidis

SAC Park, 348 Lake Street Shrewsbury, MA

Free! Table service, games etc.

RSVPs preferred to COA (978) 733-4076

If you need a ride we will TRY to help.



BLUEBERRY

Tuesday is ^ Pancake Day

Everyone is invited!

**Senior Center Tuesday mornings 8:30 AM on
\$1 suggested donation**

Breakfast Special Guest Vacation!

Chef/Chair Extraordinaire David James breaks out the griddle flips fresh pancakes. It's **blueberry** season! Dave whips in local fruit for a special treat, so come on down when it is in season. For \$1 donation you may have sausage, juice and coffee and all the pancakes you can eat!

Thoughts from the Director

Good times! When we anticipate summers arrival many of us conjure up images of relaxing, basking in the warmth, BBQs and time with friends. That is just what we got!

July began with a heat wave; so we set up a cooling station with the help of town hall. Our drought-continued, until it was broken briefly by rain during our Senior BBQ. Still everyone had a great time—friends, and lots of good food—how can you go wrong!

Everyone would like to extend special thanks to the Fireman's Association, and Woman's Auxiliary who made our BBQ possible. They out did themselves grilling and serving delicious grilled chicken and sides for a record number of attendees (nearly 100). Thanks also to our wonderful volunteers and bakers. Everyone left the BBQ fat and happy, after an afternoon of good food, and good company! Dewey would like to thank those all who slipped him treats.

We are inspired to continue the tradition of getting folks together to enjoy each other's company! Classes, breakfasts, and trips they are all made special by those that join in and share their time, talents, and bad jokes! In that spirit we hope you can make it to our Ice Cream Sundae Spectacular, August 24th at 1pm and continue our tradition of good times!

Alexandra Turner 'Alix

Rainbow Lunch

Worcester Elder Services and WLEN

Invite you to the Rainbow Lunch Club*Every 2nd Wed. Noon

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



IN LOCAL NEWS....

What is the Town Green's future? Or where did you go to High School?

'Old High School', may have a new life!

The Lancaster Historical Commission invites you to a trip down memory lane! Come see what they plan for the Green.

Re-Use Public Forums for the Prescott Building scheduled.

Wed. 6:30 August 15, 2012

Wed. 6:30 September 12, 2012

Forums will be in the Lancaster Community Meeting Room

- *Lancaster Town Administrator Orlando Pacheco will present facts and figures relating to the proposed project which will be on the warrant at the Special Town Meeting. The Lancaster Historical Commission will present a PowerPoint® slide show outlining the plans. Following this there will be a Q&A with Orlando and Town planner Noreen Pizza*
- ***"Complete the Green"** is an initiative focused on implementing a part of the 2007 Master Plan.*
- *For more information call the Lancaster Historical Commission Office at (978) 365-3909*

Prescott Building Open House

September 22 1pm-3pm

Voter Registration Deadline

For September 6th Primary is August 7th To register contact Sue Thompson, Town Clerk at 978 365-2542 email is sthompson@lancasterma.net

SAVE THE DATE SPECIAL TOWN MEETING



OCTOBER 1st 2012

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

**Come vote on the
budget and more!**



Health and Fitness

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



Flu Shots-Save The Date!

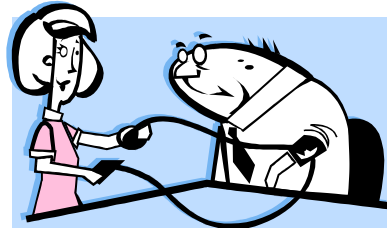
October 17th

9 am – 1 pm

Lancaster Community Center-Free to residents

Bring your insurance information.

Come to the Well Adult Clinic~ It is FREE!
With our town nurse, Tamara Bedard
3rd Wednesday of each month



All ages 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 (Session 1 9/6-10/11)
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.

Healthy eating options

getting the most out of your farmers market and garden!



Get started on a healthier and happier life learning to choose and prepare fresh produce.

HOW:

Attend 6 FREE 1 hour classes over 3 weeks, including a trip to the farmer's market

WHERE:

Lancaster Senior Center at the Community Ctr.

WHEN:

Session I: 9/5, 7, 12, 14, 19, 20
Session II: 9/26, 28, 10/3, 4, 10, 12
11:00a.m. to Noon

Get in touch with

Alix at The Senior Center

☎ 978-733-1249

☎ 39 Harvard Rd

☎ Lancaster MA 01523

The Lancaster Council on Aging is pleased to offer Lancaster Seniors the opportunity to participate in FREE cooking and nutrition classes this fall.

Join our very own local nutrition expert, Ann Mazzola, in a fun and interactive program designed to make eating and cooking healthy, fun and easy!



Produce for the cooking classes will come from the Senior Center Vegetable Garden and the Lancaster Farmer's Market!

Sign up NOW!!!

The classes are provided through a grant by the Nashoba Valley Health Fund, a joint fund of the Community Foundation of North Central MA and the Lowell Community Foundation.

We are grateful to our partner in the garden and nutrition program:

Growing Places Garden Project :
500 Main Street
Clinton, MA 01510
978.598-3723, Ext. 802
Www.growingplaces.org



Farmers Market Coupons are in!

Thanks to Mass Agriculture and MOC we have coupons to for any Farmers Market
Stop in to get your Free \$25 Coupon booklet* good at any market.

**for income eligible seniors over the age of 60*

Visit Lancaster Market- Thursday's 3-6 pm on the Green.

Farmer's Markets are in their full glory now! Corn, Tomatoes, Herbs, Meat, Jams, Jewelry,
Cheese and Milk and much more are available.

GO LOCAL!



Please join us for lunch Monday-Thursday
\$2.25 suggested donation, reserve one day ahead @ 978 706-1958
If you cannot make it we will bring it to you, 978 733-4076 Meals on Wheels
MOC 800-286-3441 for nutrition questions
Look for Special Meals! Try it out!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pancakes,Sausage, OJ Every Tuesday \$1 @ 8:30 Bingo @ 1:30	1 Roast Pork w/ Herb Rub Brown Rice and Peas Peach Chutney Multigrain Bread Applesauce with c	2 Vegetable Gumbo Soup Chicken Salad w/cranberries Pasta Salad (Vinaigrette) ½ Pita Pocket Pineapple HDM: 3 Bean Salad	3 Market Basket/Searstown
Teriyaki Chicken 6 Stir Fry Vegetables Brown Rice Whole Wheat Pita Pocket Pears	Meatballs 7 w/ Tomato Sauce Winter Blend Herbed Rotini Whole Wheat Bread Chocolate Pudding Diet: Vanilla Pudding	Minestrone Soup 8 BLT Pasta Salad Cheese Stick 2 Slices White Bread Muffin Diet: Animal Crackers HDM: Minestrone Soup ** High Sodium	Boneless Chicken 9 w/ Coq A Vin Sauce Mashed Potatoes Mixed Veggies (Vit A) Rye Bread Fresh Fruit	10 Orchard Hills/Kohls/Target
Fiesta Fish Wedge 13 Spanish Rice Corn Rye Bread Applesauce w/ C	Roast Chicken 14 w/ Supreme Sauce Sweet Potatoes Warm Fruit Compote (dried fruit) Whole Wheat Bread Tropical Fruit	SPECIAL 15 Kielbasa w/ Sauerkraut (2 oz) Hot German Potato Salad w/ Bacon Bits Carrots Hot Dog Bun Strawberry Rhubarb Crisp Diet: Strawberry Rhubarb (no crisp) ** High Sodium	Three C Soup 16 Chicken Caesar Salad w/ Grated Parmesan Cheese Dinner Roll Butterscotch Pudding Diet: Cherry Pudding HDM: Cinnamon Applesauce HDM: Pasta Salad	17 Garden In the Woods \$ Wayside Inn
Swedish Meatballs 20 w/ Stroganoff Sauce Mashed Potatoes Peas Whole Wheat Bread Chocolate Chip Cookie Diet: Graham Cookie	Tomato and Chick Pea 21 Soup Chicken Breast with Red Pepper Pesto Pasta Salad Hamburger Bun Fresh Fruit w/ c HDM: Tomato and Chick Pea Salad	Broccoli and Cheese Bake 22 Warm Peach Compote Home Fries White Bread Dried Fruit	Whole Wheat Lasagna 23 w/ Chunky Tomato Sauce Broccoli Green Beans Rye Bread Tapioca Pudding Diet: Cherry Pudding	24 Solomon Pond Ice Cream Social- 1pm
Hamburg (2 oz) and Ziti 27 Bake w/ Cheese (1 oz) and Peppers Carrots Whole Wheat Bread Fresh Fruit w/ c HDM: Green Beans	Fish Sticks 28 Brown Rice Oriental Blend Vegetables White Bread Muffin Diet: Graham Crackers	Meatloaf 29 w/ BBQ Sauce Mashed Potatoes Peas Rye Bread Peaches	Vegetable Soup 30 Tuna Salad Pasta Salad (Vinaigrette) Hot Dog Bun Pineapple HDM: Vegetable Soup	31 JFK Museum and Library and Chinese Lunch

Got Time? Help Wanted.

Would you consider volunteering with the Council on Aging?

We need help! Below are just a few ideas.

or run events participate in events.



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

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!

Thanks for offering!

WHEAT may be the answer.

WHEAT Community Services has been in existence since 1982, when a group of compassionate volunteers gathered together to identify the needs of our neighbors in the communities of Berlin, Bolton, Clinton, Lancaster and Sterling.

Call Sandra Gomez at 365-6349

- Winter is Coming, Oil is high—Fuel Assistance.
- SNAP (food stamps)
- Food Pantry-Senior Day is Wed (10-4 by apt.)
- The Café: Serving at 5-6 weekdays. Lots of fun! Free.

FREE MONDAY MOVIES!

On a Hot day, go to the Movies! 1 pm

Dexter Room

Free Popcorn and Lemonade!

- August 13th A Thousand Words
- August 20th New Year's Eve
- August 27th Good Deeds

Thayer Memorial Library Dexter Room



FREE! ON VIEW IN THE
SENIOR CENTER
EVERY DAY!

COME JOIN US! WATCH
WITH OTHER OLYMPIC
ENTHUSIASTS>

CALL US!
WE ARE A COOLING
STATION!
FREE LEMONADE, GAMES, etc

Classes and Workshops

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



August Classes

Beading with Bev

Bev McCarthy is a talented teacher and designer and owner of The Bead Shoppe in Sterling.

Participants do not need any beading experience, just a willingness to create.

Students will quickly learn the basics of beading. Bev uses elegant beads, crystal and Czech glass among others 'no junk' allowed. Students will take home three finished pieces, including a necklace and bracelet.

August 22 2pm-4pm

Seniors \$5, General public \$10

Pre Registration Required!

Drawing with Sandy

August Special Drawing with Color-Pastels

Workshop: Learn the basics of drawing, August we will explore color with pastels You do not need to be a pro, or you may want to refresh those dormant creative skills with our Artist in Residence, Sandy McMinn. Bring a drawing pad if you have one!

Thursdays August 9th and August 16th.

1pm-3pm

Free! Registration required, call 978 733 4076 and leave your name. space is limited.

Introduction to Zentangle

August 10th, Friday 2 pm-4pm

Bev McCarthy, CZT will teach us the basics of the creative art of Zentangle, a beautiful art form from repetitive patterns. Fun, easy to leave and very relaxing. Zentangle combines relaxation and a sense of meditation through pen and paper.

Materials provided \$5 Seniors, \$8 general public.

Reservations Required.

Mosaic Flowerpots

August 20th and 27th 1pm-3 pm

Two sessions to complete one pot:

Get ready to bring your plants inside in these 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 should bring colorful, special broken dishes, mosaic bits etc. to the first meeting. Bring an apron, safety glasses if you have them. We provide gloves, mastic, grout, tarps, putty knives, pots and limited shards. You will take home a finished pot! \$8 Seniors \$10 General Public

Space is limited, sign up early



More Workshops and Classes are coming up!
Please look for materials!
Coming in September

Garden Totem

Free Demonstration!

(Donations to Senior Activities Fund encouraged)

With Dick D'Agostino

September 6th at 2pm

Lancaster's creative genius (yes he plays bridge too)! Will demonstrate how you can make your very own garden totems, similar to the one enhancing the flower beds behind the Community Center. Dick will divulge his 'tricks of the trade'. Come armed with your notebook and questions. We provide the lemonade, cookies and inspiration.



Batik Workshop

September 13th 1pm-4pm

Keep your eye out for 100% Cotton T-Shirt or a table cloth. We will turn it into a work of art with the help of our Artist in Residence Sandy McMinn.

Dye, wax etc. and instruction provided. You bring the shirt!

Seniors: \$6 General Public \$8

Painted Flowerpots

September 19th 1pm-3:00pm

Keep an eye out for a great plain pot, terra cotta preferred. We will have fun customizing it to bring those plants in before frost.

More fun with our Artist in Residence, Sandy McMinn. Paints, sealer and instruction provided. You bring the pot!

Seniors: \$6 General Public \$8



More workshops coming this fall
Wreaths, Flower Arranging,
Wall Hangings, Bridge lessons
Vegetarian Cooking Classes



LANCASTER COMMUNITY CENTER LANCASTER SENIOR CENTER

JULY 30, 2012

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

Email: lancastercommunitycenter@gmail.com

<p>On-going Activities in the Senior Center</p> <p>SENIOR LUNCH - Mon. thru Thurs. at 12 FREE BREADS/CAKES - Tues., 8:30AM BINGO - Tuesdays 1:00-3:00 (note new time) CRIBBAGE - Tues and Thurs, 8AM-10AM PANCAKES - Tuesdays, 8:30-9:15AM COMPUTER CLASS - By Appointment* *Call 978-263-7962 to arrange a computer session.</p>	<p>American Tribal Style Bellydance® classes with Julyana</p> <p>Current session: Tuesdays, 7:30-8:30PM, through August 7. 6 sessions for \$60. Next session starts September 4th, with level 1 at 6:30 and level 2 at 7:30. Julyana is a FCBD® Sister Studio.</p> <p>http://www.julyanadances.webs.com</p>
<p>Phone Numbers</p> <p>Congregate Meal Site - 978-706-1958 Community Center General Line 978-706-1527 Commission on Disability 978-706-1527 Council on Aging - 978-733-1249 COA Transportation Line - 978-733-4076 Veterans' Representative - 978-706-1754 If in doubt: call 978-733-1249 for ANY COA function (meals, rides, services, etc.)</p>	<p>Air Conditioning!</p> <p>Next time you are in the Senior Center, you will notice we now have two portable air-conditioners in the room! These proved very useful during the recent heat-wave, when we got the Senior Center designated as an emergency cooling station.</p>
<p>Tuesday Pancakes!</p> <p>Tuesdays, from 8:30 to 9:15AM, I (David James) will be serving pancakes, orange juice, coffee, and sausage! Donation (\$1) to defray the cost of food is appreciated, but not required. Note that I've extended the opening to 8:30 to accommodate the increased attendance.</p> <p>Are you ServSafe Certified? We need your help! Call the COA office at 978-733-1249. Thank you!</p>	<p>Contract Bridge Games</p> <p>Like to play bridge? Join us Friday afternoons at 2:30 for some friendly games. For more information, contact Jean @ 978-263-7962. Thanks!</p> <p>-----</p> <p>Check out the beautiful Community Gardens behind the LCC. Thanks to Growing Places for their donation, and to Greg Stirk and Myra Omler for all the maintenance and watering. Watch for information about nutrition and cooking classes coming in September!</p>





Trips and Events

It's almost Fall! Let's head South!

September 15

A Garden, Foodie, Wine Lovers Tour of SE Mass

Join us for this day-long garden, foodie and wine lover's tour of Coastal Southeastern Massachusetts, including two incredible nurseries, a winery and lunch at a spectacular restaurant. Early birds meet at the Senior Center at 8 a.m. for a continental breakfast. For the rest of you, we depart at 8:30 am.

First stop is *Avant Gardens* in Dartmouth, MA. This family business is anchored by an antique farmhouse, the nursery serves as a showcase for the rare and unusual plant treasures they collected globally. After a guided tour you may shop at Avant Gardens' extensive nursery.

Then on to one of the most revered nurseries in the country: *The Haskell Nursery*. Founded in 1953 by Allan Haskell, the nursery specializes in rare and unusual plants, trees and shrubs. Allan Haskell was a decorated plants man before he gained fame as a fixture on Martha Stewart's show. She often referred to his gardens and used his plant materials on air. Allan Haskell's family has continued his tradition hosting visitors in one of the most interesting gardens/nurseries in New England. We will have an opportunity to visit the six acre garden center, viewing hostas, topiaries, and incredible ornaments. We will have an opportunity to view the 50 acre farm and display areas too.

Lunch is at *Antonio's* restaurant in New Bedford. Antonio's, a casual Portuguese restaurant, boasts an extensive, well-priced menu featuring local produce, fish and many daily specials. Antonio's has won a number of awards, including the title of Best Ethnic Restaurant in New England by Bon Appétit. On this trip, *you* be the judge!

After lunch, we'll head to *Westport Rivers Winery*, to tour this small winery with a big reputation set along the Coastal Wine Trail. Westport's wine has been served in two White Houses, garnered gold medals and many rave reviews. All this, plus gorgeous scenery!

Reservations accepted on a first come, first served basis until the bus is full

Co-sponsored by the Lancaster Garden Club and the Lancaster COA.

LGC Members or Seniors over 60: \$ 29 Non GC members or those under 60: \$32

You are responsible for your own purchases, and lunch. Please tip your server!

Friday Day Trip-August 17th

Reservations Required (if we do not have a minimum of 5 we will cancel) Includes Admission, and bus.

Deadline 8/9 Reserve at 978 733-4076 does not include food.

Garden in the Woods and Wayside Inn Trip

Headquarters of NE Wildflower Society; Garden in the Woods offers lovely walking paths in a wood-land garden, with benches and a garden shop. We leave at 8:30 am, after the Garden we stop at Longfellow's Wayside Inn in Sudbury for lunch at noon, then home by about 1:30! (Call for early pick up)

Trip \$5 Seniors, \$8 general public. Expect to pay \$20 incl tax and tip for lunch=\$25/\$28 total.

(You may bring a picnic if you prefer and just pay \$5 or \$8



The Race of The Century

At the Collings Foundation, Stow MA

August 18th

rain date August 19th

We will leave The Senior Center at 10:30 am

Prior pick up may be arranged through the reservation line.

We arrive at 11:00 to view the Antique Cars, WWII planes in the hangars and in flight, Tanks, ½ tracks and more. Then we sit for a picnic (indoor) lunch at 11:45 in the hanger, and then off to watch the Race at 1pm.

Then back on the bus and home by 2:30pm.

What was the Golden Age of Transportation?

Were cars, air, or horses better?

This is an absolutely fantastic event where horses, high wheelers, early automobiles and aircraft all "race" against each other. A truly entertaining event!

Which technologies will win? There is only one way to find out:

Horse/Carriage Vs. 1905 Franklin Type A Roadster: No competition here... silly motorized carriage. We all know where the real "horse power" lies. **Horse/Buggy Vs. 1908 Stanley Steamer:** This will be a close race.

An automobile that runs on water? Incredible! Can it be the horse and buggy has met its match? **1914 Stutz Bearcat Vs. 1909 Bleriot Type XI**

Flying Machine: The most incredible race ever! - One of the fastest cars of the time racing against this amazing flying machine. **1937 Offy Sprint**

Car Vs. 1942 Stearman: Fresh from the 1937 New England race circuit - our driver "Blazing Bob" will go all out to prove a true race machine is faster than any aircraft in a 1/8 mile "nose to prop" race.

Who will win the Race? You will have to come find out! (Line up and participating vehicles/airplanes subject to change)

Race is included \$27 Over 60, or \$30 General public

To reserve a space please pre-register at 978-733-4076 or 978-733-1249

deadline August 9*

(We will cancel if we do not meet 5 minimum)



JFK LIBRARY

TRIP-AUG 31



The JFK Library and Museum is on Boston's waterfront. Set in a park landscaped with pines, shrubs and roses reminiscent of Cape Cod. Experience the Museum through theaters, period settings, and multimedia exhibits. Enter the recreated world of the Presidency for a "first-hand" experience of John F. Kennedy's life, legacy, and leadership.

Shop in the Store, walk along the Harborwalk or picnic on the beautiful grounds at the Harbor's edge. President Kennedy's 26' sailboat Victura is on display.

Special Exhibit

In Her Words

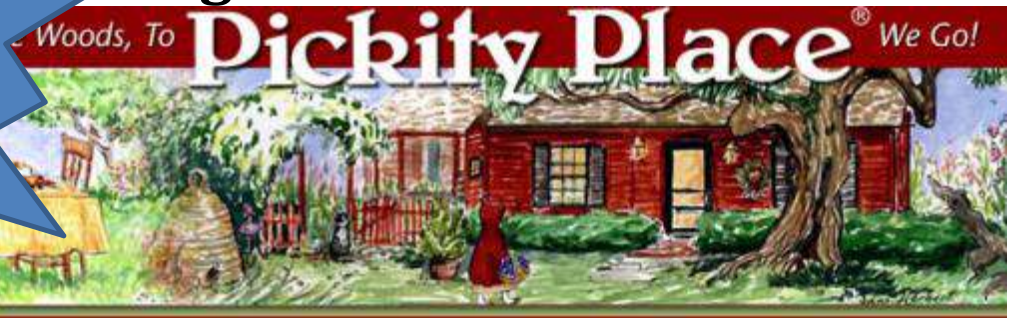
Mrs. Kennedy's 1964 oral history interview. Sealed 47 years, it is a series of wide-ranging conversations, in which she reveals her thoughts on topics spanning John F. Kennedy's early campaigns to the Cuban Missile Crisis and her life.

Trip + Lunch Inc.: Grand Chow Chow (Chinese) \$20 Seniors, \$24 Public. Leave SC at 8:30, Lunch at 11:30 **(includes lunch, tax & tip)-** (alcoholic beverages NOT included)

Trips and Events continued

**Only 4
spaces
left!**

August 26th



August 26th we will leave the Senior Center at 11:45am destined for 'Pickety Place', a 1786 quaint little red cottage. The enchanting cottage inspired Elizabeth Orton Jones for her illustrations in Little Red Riding Hood (Little Golden Books, 1948). Today it is a mecca for gardeners, foodies and anyone looking for inspiration and relaxation.

We will spend the afternoon strolling the gardens (yes- you can smell the herbs), visiting the greenhouses, the gift shop and finishing with a five course lunch. Then back for a leisurely ride home, with a stop at our favorite garden/antique stores if there is time. We will be back for dinner if you have room!

August Menu

Vidalia and Cheddar Dip

Vegetable Pistou Soup

*Garden Salad, Fresh Herbs with
Extra Virgin Olive Oil and Meyer
Lemon*

Caraway Bread

*Roast Pork Loin w/Peach, Orange &
Dijon Glaze*

— or —

*Perogi with Ripe Tomatoes, Wild
Mushrooms and Spinach*

*Spaghetti Squash with Garlic Herb
Butter*

Blueberry Crisp with Bavarian Creme

To reserve call 978 733-4076 **ONLY A FEW SPACES LEFT! \$34 Over 60 \$37 General.**
(9% meals tax/tip inc.)

Shopping Trips

Reserve early! Trips may fill or be cancelled if there are no reservations.(Only two dollars round trip; Home Pick up and Drop off CALL 978 733 4076)

- ***August 3*** Market Basket
- ***August 10th*** Orchard Hills/Kohls, Target etc.
- ***August 17th*** -Garden in the Woods Trip *No shopping*
- ***August 24th*** Early trip, Solomon Pond 9-11: ***Ice cream!***
 - ***August 31:*** JFK Museum Trip- *No shopping*

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!

- Nice glossy magazines (for paper mosaics)
 - Large Nice Flower Pots
 - Card Stock
 - Drawing Pads and Tablets
 - Art Supplies of all sorts
 - Colored Glass and Clear (small plates, vases etc.)
 - Cribbage Boards, Chess Sets, Checkers
 - Colorful Fabric
 - Small Bud Vases
 - Costume jewelry, shells, beads
 - Glue
 - Tile Grout
 - Terra Cotta Pots
 - Gold, Silver, Copper, or White Spray Paint
 - Folding Tables
-

You are invited!

Come help us celebrate!



August
Birthdays!

August 30th 1pm

Cake, Ice Cream and lots of jokes.
Come have dessert in the Center and honor
Of August Babies.

***Frustrated by Insurance Paperwork,
Don't know what to do?***

Call Gretchen our
SHINE Counselor
(Financial Counseling for Insurance etc.)
Tuesday and Thursdays 11:00 am-1:00 pm
Or by appointment
Meet at the Senior Center
(private space available)

Please Join us!

Council on Aging Meetings
Open to all

Bring ideas, and suggestions. Stay for lunch!

Wednesday August 22 at 10:30 in LCC Meeting Room

Save the Date

The 1st COA Flea Market

October 6th

10 am- 2pm

Tables available

Or donate to Support Friends of the
Seniors

Many thanks

The Lancaster FireFighters Association,
the Womans Auxiliary and those that helped serve,
Patrice, Sandy, Greg, Etta, Stan Starr , David James, Michele
MacDonald for making our BBQ great!

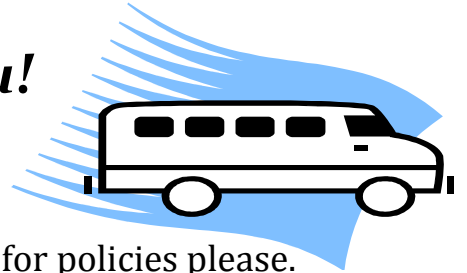
Thank you.



We Will Move You!

THE MART/SENIOR VAN

Reserve at 978-733-4076



At home pick up and drop off is Mon-Thursday. Call for policies please.

Friday Shopping trips and Special events too.

***For August** there is no charge for rides in town*, or to neighboring towns,
however reservations are required.

(Must be reserved at least 24 hours ahead, Medical reservations will be taken in advance.)*Less
than 24 hour notice cancellation fee may apply**We will try to accommodate emergencies.**

Lancaster Council on Aging
Lancaster Community Center
PO BOX 7, Lancaster Ma 01523
978-733-1249 or www.lancasterma.net

SHOW TIME

Tuesday, August 21 @ 7pm

**Winner of 5 Academy Awards
Including Best Picture, 2011**



Free Popcorn and Lemonade - Thayer Library
This newsletter is supported by The Executive Office of Elder Affairs