

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

Senior Moments

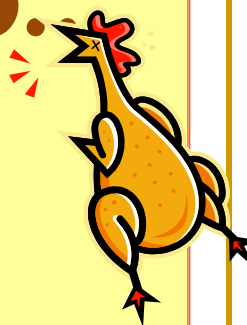
COA Board: Mary J MacLean, Frank McGrory, Eileen McRell, Nicole Jimino, Michele Macdonald

August 2013 (978) 733-1249, fax (978) 733-4076, aturner@lancasterma.net

**Cheep, cheep.
even better.....**

Free!!

**You've been waiting, it's
here.....**



Lancaster Fireman's Senior Chicken BBQ

August 23rd

12 pm Noon



Join us for an afternoon of fun, friends, for a
delicious chicken BBQ with all the fixings!

Thanks to the Lancaster Fire Department.

Last year we sold out so reserve early.

Free tickets by reservation only

At Senior Center, or by phone.

Seating is limited

RSVP to 978 733 4076

We will dine outdoors, indoors in case of
bad weather, or extreme heat.

Early birds pay double!

Thoughts from the Director

Learning is not compulsory... neither is survival.

(W. Edmunds Deming)

We know a lifetime of learning is a noble goal, but until recently we did not have proof how vital lifelong learning is. This summer at the National Alzheimer's conference a study confirmed what many of us know; continuing to learn, staying fit, and challenging yourself keeps reduces your chance of developing the devastating disease, Alzheimer's. This is not a new thought but the conclusion reaffirms our commitment to providing diverse programming for those of all ages. As the Doctors stated 'it is never too young or too late to start'

The town and the state have made an investment in supporting the Center. Now more than ever you have an incentive to make an investment in yourself, not only for you, but for your family and your community. The longer you stay healthy and productive the better for all. We offer a variety of options to stretch your mind, and your body. We have great computer classes – even some directed for those who have never turned on a computer, Social media classes for those who still use a land line. We even provide a computer! We offer trips, art classes and of course high quality exercise programs and more. We will help you stretch your hamstrings, and your boundaries!

Alzheimer's is an expensive disease, not only financially but emotionally. Anything we can do to reduce risk is time and money well spent so please use the Center, help us and help yourself. If you would like to help further we are recruiting for team to walk in the Alzheimer's Walk, Sept 29th and would greatly appreciate your support.

Hope to see you, Alix

It is Summer!

Enjoy every moment, every BBQ!

You are invited

August 17
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 7:30-9:00 AM

\$1 suggested donation

Chef 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!



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

Save the Date! River Terrace Health Care



A
**Plethora of
Popsicles**

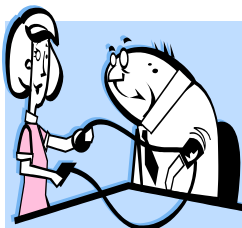
**Forget Lime, think healthy
Yogurt and Mango and
more... learn some new
recipes, and taste some too,
yummy!**

FREE FOR ALL!

August 12th 12:30

Free! Take some recipes for healthy, cool snacks home with you. **Please RSVP to make sure we have some for you to taste!**

Our thanks to Kristi Mendoza



Health & Fitness News, Classes and Events

FREE Well Adult Clinic!
 With our town nurse, Tamara Bedard
 3 Wednesday of each month (August 21st)
 11 am – 12 pm

Now here the First Tuesday (Aug 6th) at 9am
Pancakes and Pressure!

Free Blood Pressure Checks
Every Wednesday 11:30 with Kathy Cronin

Women's Health Expo

To benefit the YWCA Battered Women's Shelter

SATURDAY, AUGUST 17TH, 9AM-1PM

ON THE LANCASTER TOWN GREEN

FREE ADMISSION
DONATION'S TO THE YWCA ARE APPRECIATED

CORRECTCHIROPRACTIC.COM/WOMENS-HEALTH-EXPO

Featuring:

- Blossom Wellness and Yoga
- The Gathering Inn
- Mazlit Health Seminars
- Curves of Leominster
- Initiate Wellness
- Roots Natural Foods
- Your Pilates Connection
- Lancaster Farmer's Market
- MOMs Club of Lancaster/Sterling
- Nerium International
- YWCA of Leominster
- Kwon's Martial Arts
- Corrective Chiropractic
- Blue Heron Tai Chi and Massage
- Back N Touch Wellness Center
- Dr. Timothy Gallagher
- Mossmann Family Dental
- Mary Kay
- Plus Many More

ACCEPTED DONATIONS FOR THE YWCA INCLUDE:

- * New Bed, Bath, & Kitchen Items
- * Diapers Infant & Children's Clothes
- * Toiletries Non-perishable foods
- * New Duffle Bags Cleaning Supplies
- * Monetary Donations

Free Samples

Demonstrations

Raffles

Health Workshops

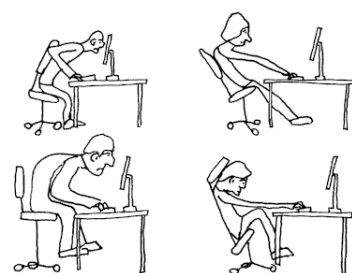
Resources for girls,
 women & moms-to-be!

Sponsored By:

Corrective
 CHIROPRACTIC
 978.706.1667

Posture Part 2: Does Your Posture Look Like This?

Thayer Memorial
 Library, 717 Main St.
 Lancaster



BAD POSTURE (EXAMPLES OF)

Thursday, August 8
@ 6:45 p.m.

Posture Specialist
Natasha Dashkovskaya
 returns for a follow up

- More about posture Conditions I, II, and III.
- What a professional posture evaluation looks like.
- How to self-test one's posture.
- What posture exercises you can do at home.

Newcomers are welcome.

For more information,
 contact Karen Silverthorn at
 978-368-8928 or
ksilverthorn@cwmar.org.

News from Boston Keys to preventing Alzheimer's Disease

Karen Weintraub, Special for USA Today *(emphasis added, and excerpted by Alexandra Turner)*

BOSTON No one yet knows how many cases of Alzheimer's can be prevented by healthier living. But without treatments to change the course of the disease, researchers believe prevention may be key to avoiding its memory and quality of life challenges. Taking preventive measures against dementia involves common sense, healthy activities exercising regularly, eating well, sleeping enough - as well as keeping your brain active and challenged. Precise prescriptions aren't possible yet, but new evidence for prevention came out this week at the Alzheimer's Association International Conference in Boston, said Steven Arnold, director of the University of Pennsylvania's Penn Memory Center. "We're understanding the course of the development of Alzheimer's disease much better now," he said, adding that dementia probably takes decades to develop. Genetics drives vulnerability to Alzheimer's, and there are an unlucky few who carry a single gene mutation that dooms them to the disease. For others the way they live earlier in life can help determine how agile their brain remains, and for how long. "I'm 55 years old," Arnold said. "What I do now is going to determine whether I am demented in my old age or not." Even in early childhood, we may be able to lay the groundwork for a healthy brain decades later. Studies consistently find that people with more education are less likely to develop Alzheimer's. "Sometimes I think the best way to prevent Alzheimer's is fully fund early childhood education," said Arnold, a psychiatrist and neurologist. Part of our understanding of Alzheimer's, Arnold said, is a growing recognition that the disease is closely related to other conditions, like diabetes and heart disease. Keep those at bay through a healthy lifestyle, and you may be able to reduce your risk of dementia, he said. Arnold said he now manages his middle-aged patients' cholesterol, blood pressure, obesity and sugar levels much more aggressively than he used to, to make sure that their blood vessels are feeding enough blood to their brain and that they avoid diabetes, which can make brain cells more vulnerable to damage. "If you can manage these well in your 50s, you can probably reduce your risk of developing Alzheimer's, some people estimate by as much as 50%," he said. "Or at least delay the onset of Alzheimer's by a couple of years" - pushing memory loss into your 80s or beyond. Even after symptoms of dementia have begun, evidence suggests that regular aerobic exercise can improve quality

We are forming a team! Join us to raise money for Alzheimer's Research. No money required, of course, any time or money is appreciated. September 29th a.m. in Worcester.
Transportation available.



of life. "It's beneficial whenever you start Here are some specific, evidence-based recommendations

- **Exercise:** Aerobic activity three times a week for 40 minutes is strongly supported by research. That's not taking a stroll looking at shop windows, but actually breaking a sweat and elevating your heart rate.
- **Sleep** The symptoms of sleep disorders can be similar to dementia, so it's important to identify and address sleep problems, said Alvaro Pascual-Leone, a neurologist at Harvard Medical School and Beth Israel Deaconess Medical Center. Medications, late-night exercise and alcohol can also interfere with sleep quality and length. Typically, adults should get between seven and nine hours of sleep daily, he said.
- **Nutrition:** Snyder, Arnold and Pascual-Leone all recommend a heart-healthy Mediterranean diet, rich in plant-based foods such as vegetables, fruits, legumes and whole grains, with healthy fats such as olive oil instead of butter, and a minimal amount of processed foods and sweets.
- **Keeping mentally active:** Crossword puzzles aren't enough to challenge your brain, Pascual-Leone said, if you're already a regular puzzle doer. Instead, pick up new skills like learning to dance or paint or do math problems - something that's challenging and an outside your comfort zone, he said. "It's not about coasting into old age with the activities you like to do, but encountering the kinds of challenges our kids go through" when they study subjects as varied as math, history and language, Pascual-Leone said. Online brain-training programs, like Lumosity by Lumos Labs and BrainHQ can be helpful if done frequently, said Pascual-Leone opened a brain fitness center at Beth Israel Deaconess Medical Center in Boston to engage patients in brain training and other lifestyle improvements.
- **Limiting stress:** Some stress is clearly good for the brain, but too much can be toxic. There's growing evidence that things like mindfulness meditation and yoga are good for the brain, Arnold said.

Free Computer Learning Lessons from the Whiz Kids!

Join the New Century” with the help of Ben Hart RSVP to 978 733 4076

All classes are 12:30 – 2:30, and are Free! We will provide snacks, and beverages. You come with a thirst to learn and a laptop or tablet (if you have one). *Call first as class size is limited to give everyone attention.*

August 5th: Email 101 (Intro to email) You do not have to attend both 101 sessions, but we give preference to those reserving both. First we will sign you up for a free email address. Those who already have an address may benefit from learning about shortcuts, & favorites. How to manage folders. identify and manage SPAM, and scams, etc.

August 8th How to get the most from your email, and free services on the internet. Email 102. We will continue exploring the many offerings available, talk about the best ways to ‘surf’ or Google, cyber- security, on line banking and bill pay, and viruses. Get you ready to begin to enter the world of Social Media.

August 12th: Facebook; We know you have heard about it, but did you know Facebook is a great way to find old friends, ‘chat’ with new ones? It is also a way to keep in touch without long distance bills. Many businesses rely on Facebook to promote specials, and announce events. You can play games, and do so much more.. and it is **FREE!** Learn how to use Facebook, and learn about the pitfalls. We will spend the full class setting up accounts, and/or learning how to manage them better. Setting up profiles, security, posting, what a status is, messenger and more!

August 15th Wait, there is more! Now that you are hooked we will touch on the basics of other popular social media, Twitter, LinkedIn, Google+. These are all great tools those looking for a job, and those who want to stay current. Keep that brain going, try something new!

Tai Chi

What people are saying about Tai Chi in Lancaster?

Real quotes, from attendees

- ❖ *It is fantastic, I feel so much better!*
- ❖ *Jeff is a wonderful Instructor*
- ❖ *My balance has improved, I have not fallen*
- ❖ *My back was killing me, it feels so much better*

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. **IN SEPTEMBER CLASS IS MOVING TO MONDAY AT 9:30 am**
Jeff Cote: Instructor. Seniors \$5 per class or 6 ‘Get Fit’ classes for \$25

Get Fit 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.

Dance your way to fitness!

Coming in September ~ Zumba Gold

Beginning Wednesday, Sept 4th at 9:30 am

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



No experience necessary. Wear comfortable clothing and bring water
Wednesday 10 am OR evening classes. *Call and let us know which you prefer!*

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

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

Buy a Get Fit card for six classes! (Classes DO NOT have to be consecutive)



Gentle Hatha Yoga

New Session Begins June 24th

11 am-12 pm Mondays

No class on July 15th

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!

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

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

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 as 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.



AUGUST, 2013

Please join us for lunch Monday-Thursday

\$2.25 suggested donation, reserve one day ahead @ 978 733 1240 ext. 1106
If you cannot make it we will bring it to you, 978 733 4076 Meals on Wheels
MOC 800-286-3441 for nutrition questions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga 11 am	Every Tuesday Pancake Day! 8-9:30~\$1 BINGO at 1		1TAI CHI @10:30 Fr. Veggie Soup Chicken Breast With Tarragon Gravy Mashed Potatoes WW Bread Muffin	2 Market Basket Leominster
5 BBQ Beef Rib Baked Beans Carrots Hamburger Bun Pineapple Milk	6 COLD PLATE Fr. Cr. Tomato Soup Chicken Caesar Salad Dinner Roll Orange Milk	7 Grilled Chicken with Marsala Sauce Sweet Potatoes Italian Green Beans Wheat Bread Butterscotch Pudding Milk	8 Potato Fish Wedge Herbed Ziti Broccoli Wheat Bread Snack & Loaf Milk	9 Garden in the Woods Rain Date Space still available
12 Roast Pork W/ Herbed Gravy Mashed Potato California Blend Wheat Bread Strawberry FruitJellO Milk	13 Spinach Lentil Soup Breaded Chicken Herbed Noodles Peaches Milk HDM: Spinach	14 Meatball Sub W/ Cheese & Tomato Sauce Italian Green Beans Sub Roll Fresh Fruit (Peach) Milk	15 SPECIAL Shaved Steak Sandwich W/ Cheese, Peppers & Onions Tater Tots Broccoli Blueberry Cobbler Milk	16 Market Basket Hudson and Solomon Pond Trip
19 Chicken Cacciatore Sauce Herbed Penne Broccoli Wheat Bread Bread Fresh Fruit (Plum) Milk	20 Fish Sticks Cheesy Potatoes California Blend Muffin Diet: Lemon Graham Milk	21 Hot Dog Baked Beans Carrots Hot Dog Bun Mandarin Oranges Milk HIGH SODIUM ENTREE	22 COLD PLATE Fr. Vegetarian Chili Egg Salad/Lettuce Veggie Pasta Salad/RP Dinner Roll Pineapple Milk	23 Fireman's BBQ
26 American Chop Suey Broccoli Wheat Bread Peaches Milk	27 Three C Soup Turkey W/ Gravy Scalloped Potato Wheat Bread Apple Grahams Milk	28 Chicken A la King Mashed Potato California Blend Biscuit Vanilla Pudding Milk	29 Sweet & Sour Roast Pork Couscous Mixed Veggies Wheat Bread Applesauce Milk	30 Enjoy! Labor Day Weekend

Join us for Special Meals on Fridays too Reservations Required!

Homemade Pancake Breakfasts

Every Tuesday 8am only \$1.00 All you can eat. Pancakes, Sausage, OJ,



coffee and tea



Farmers Market Coupons are **HERE!**

Thanks to Mass Agriculture and MOC we have coupons to for any Farmers Market

Stop or call to sign up for a coupon booklet* good at any market..
**for income eligible seniors over the age of 60. Quantities limited, call early.*

Visit our Lancaster Market-
Thursdays 3-6:30 pm on the Green.

GO LOCAL!

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

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 Dues are only **\$10 for Seniors (60+) for an individual, \$15 for a non-senior, a Family is \$30.** We now accept credit cards! Ask for (David James) the next time you are at the Center!

<http://FriendsoftheLancasterSeniors.org>
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: (see above)\$_____enclosed

Got Time? Help Wanted.

Would you consider volunteering with the Council on Aging?

We need help! Below are just a few ideas.

To or run events participate in events.

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!

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.

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!

It is HOT, cool off with a Movie!

1 pm at the Library

Dexter Room

❖ **July 29th The Jackie Robinson Story**
❖ Excellent Movie! PG-13 Harrison Ford, Chadwick Boseman

❖ **August 5^h Admission**
❖ Rated PG-13 Tina Fey & Paul Rudd

❖ **August 12th The Call**
❖ Rated R

❖ **August 19th The Incredible Burt Wonderstone**
❖ PG-13, Steve Carell, Steve Buscemi, Olivia Wild & Jim Carrey

Save the Date

November 2, 2013

9-1

FREE Medical Fair!
Answer Open Enrollment Questions! Meet Doctors, have breakfast!

To be held in Shirley, featuring customized presentations for our Seniors from our region Families of seniors are also encouraged to attend, and those planning ahead!

We will provide Van Service.

THE TRAVEL PAGES

It's all 'Fare'

Bingo!

Every Tuesday at 1:00 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 1:30pm*

***Call to confirm!**

Free lesson available

Call Jean @ 978 273 2418

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 \$50 cents. If they then go to Lunch at the Senior Center they will pay nothing. If they go to Wal-Mart after lunch they will be assessed*

\$ HELP WANTED \$

Project ABLE

(SCSEP Program)



**We have openings for a
Building/Maintenance Person
and an Office Person**

**We will train you; learn new skills. To
qualify you must be over 55, meet income
guidelines and be willing to learn a new
job. Wages are paid directly.**

Call 978 733 4076 for more information

OUR WISH LIST

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

- Gardening Tools
- Silverware
- Paints and Brushes
- 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



**Join us
for a
new
date!**

Garden in the Woods

Fun Friday Day Trip August 9th

We will enjoy a guided tour of the Garden in the Woods, New England's premiere showcase of native plants and headquarters of the NE Wildflower Society. Visitors can view over 1,000 species of flowers, shrubs, trees and ferns native to North America in a wood land. Tour highlights include Garden history, landscape design, plant ID, and horticultural practice and conservation. You may choose from either a guided walking tour, or an hour and a half tour in a garden cart. To fully enjoy the garden moderate walking is suggested, though many paths are accessible for walkers and wheel chairs.

Join us for this lovely tranquil escape!

Coffee and Tea at Center at 8 am. We depart at 8:30 sharp. Then off to Longfellow's Wayside Inn in Sudbury for lunch at noon, then home by about 2:00! If you need to be picked up at home please call Reservations Required (if we do not have a minimum of 7 we will cancel) Fee includes Admission, and bus travel. Reserve at 978 733-4076 Deadline 7/18 to reserve.

Fee does not include lunch.

Trip & Tour \$15 Seniors, \$18 general public.

Expect to pay \$20 incl. tax and tip

(You may bring a picnic if prefer to eat on the grounds of the Inn)

Peabody Essex Museum Guided Tour & Salem Historic Houses and 'Faberge Revealed'

September 20th



We meet at the Center at 8 am for coffee, at 8:30 we head to head to Salem to visit the Peabody Essex Museum (PEM). PEM is one of the countries most respected museums, featuring a Chinese house and one of the world's best collections of Chinese export, and restored Federal mansions. The museum's collections began thanks to the East India society's charter which included a provision for the establishment of a "cabinet of natural and artificial curiosities," which is what we today would call a museum. The Peabody Essex has emerged as a new and different kind of museum — one that creates a richer experience for visitors by bringing art, architecture and culture together in new ways. , There truly is something for everyone!

The frosting on the cake is the special exhibit of Faberge jeweled eggs entitled "Faberge Revealed" . The exhibit ends September, we have a tour Sept 20th ! After a 10 am guided tour of the exhibit we head to lunch, then return to finish the museum and tour the Mansions at 1:30. We return home after a scenic drive around the coast.

Interested? *Seniors \$26, General public \$30 Includes transport and coffee. Lunch is not included. .*

Join us to visit Portland Maine *A DownEaster Day Trip*



We are heading 'DownEast' a bit...

Would you like to come too?

October 4th 2013

Reserve early as seating is limited

All transportation, van, train, ferry, and bus included

We will meet at the Center around 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 Portland. It is a wonderful scenic trip up the coast, complete with a Café Car to enjoy beverages and snacks. We arrive in Portland at 11:45; board the bus to arrive in Old Port around noon. In Old Port you have several hours to roam. You may wish to shop, relax, go to a museum, wander over to the Narrow Gauge railway, or eat enjoy a light lunch perhaps a cup of chowder at Gilberts-save some room for an early dinner. We tour the harbor on the Casco Bay Line, and view some of Maine's iconic lighthouses, landing on Peaks Island to dine at the Peaks Island Inn, a lovely old waterfront Inn. We return to Old Port around 6, in time to grab a coffee and grab the bus back to the Down Easter to return home. It is a long day; so enjoy a nap on a relaxing ride home on the Down Easter. We will be back to the Center around 10:30 p.m.

Pick up and drop off at your home is available.

Seniors \$45 General public \$60

(Excludes restaurant and dining car food/beverages)

Classes and Workshops at the Center

To insure a space please pre-register at 978 733 4076
or aturner@lancasterma.net or meugene@lancasterma.net
TRIPS AND CLASSES REQUIRE A NON-REFUNDABLE FEE!



Adult Batik Workshop

September 26th

Rain Date September 27th

Keep your eye out for 100% cotton T-shirt or we can provide material for a scarf, for a fee. . We will turn your shirt, or scarf into a work of art with the help of our Artist in Residence Sandy McMinn. This is suitable for everyone over the age of 12 as we will be using dye, and hot wax. You will leave with directions so you can continue to perfect your talents at home!

Reserve a spot for lunch by calling David James the day before.

Class size is limited to 6 but we require 4 to run so please reserve a spot early.



*Class, includes dye, wax, handouts.
\$12.00 Seniors and \$14 general public
Natural fiber scarf \$2.50 or BYOTee shirt*



Fairy House Workshop!

For ages 6 and up!

Bring your kids, bring your grandchildren!
(adults are encouraged to stay with children under 8)

Friday August 3rd 9:30 am to 12:00 pm

Come create little houses for your neighborhood fairies to reside in, you may want to leave them indoors so your tooth fairy can enjoy a rest too! We will make whimsical little homes, complete with windows and gardens out of natural materials, plus a little 'bling' of ours. Please dress in play clothes as we will use paint and glue. If you have a favorite pine cone, or shell you may want to bring it too, or just search through ours.

Snacks, materials, and inspiration provided. You bring the creative kids, young and old. This class is limited to 8 so register early. Taught by Sandy and friends.

Class, includes materials and snacks \$6 each house.

More Workshops and Classes are coming up!

August

(See terms and conditions)

An Old Fashioned Quilting Bee!

*Let's make a Lancaster Memory
'Quilt'*

Beginning August 5th~Free!

It is time to start thinking about an image, or an idea that describes what you love best about Lancaster, to inspire you! We will turn your creative square into a pieced quilt with a little help from our friends.

You don't have to be a master quilter (we know some talented folks) but we would like to create a multimedia quilt inspired by Lancaster to grace our front entrance. Some folks have suggested batik square of the great elm, embroidered Shasta daisies, and hooked squares. You name it! The only limits are you must have fun. Please join us to make this quilt, our first meeting is Monday August 5th.

Join us for lunch or come at 12:30 we meet until 3. Senior Center, Tea and Coffee and Lemonade provided.



Clothespin Fairies

August 5th 9:30 -11:30

Did you have a fairy house and need some tenants? We can help! Make a clothespin fairy, both boys and girl fairies to adorn your house, your window sill or for a present tie on. We provide the pins and all materials. Anyone over age six in invited. Dress to craft!

*Lancaster residents \$3, visitors \$4
Limited to the first twelve,
Call soon!*

*Not interested in quilting?
Bring your fiber project along
to inspire us, and socialize.
Knitting crocheting hooking, etc*



More Classes ~ Off Site!



August Programs Thayer Memorial Library

For more information, contact Karen Silverthorn at 978-368-8928

Fascinating Frogs

Thursday, August 15 @ 6:30 p.m.

Big frogs, small frogs, and everything in between will be on view. Learn why frogs are disappearing at alarming rates, and why it is so important to protect these fragile creatures, because they indicate the health of our environment. Presented by Rainforest Reptile Shows - a traveling wildlife education organization based in Beverly, MA. The program is funded by a grant from the Rosemary Davis Memorial Fund of the Greater Worcester Community Foundation and is suitable for audiences of all ages

New England Aquarium with their Tidepool Open House

Thursday, August 22 1-4 p.m.

Open house visitors will get up close and personal with sea stars, hermit crabs, snails, clams, mussels, spider crabs, moon snails, and rock crabs as they learn about tidepool formations and animal adaptations. This open house is suitable for audiences of all ages.

To prevent overcrowding, staggered visitation times will be handled alphabetically based on the first initial of visitors' last names: A-I = 1:00; J-R = 2:00; S-Z = 3:00.



The Epic Adventures of a Massachusetts Bird Photographer -by Peter Christoph.

Thursday, August 29 @ 6:45 p.m.

Join Peter as he takes you along on a photographic journey showcasing his favorite bird pictures taken here in Massachusetts. During his slideshow you will learn how to photograph birds yourself as Peter shares the techniques he has developed over the years to capture great bird photos. He will also let you in on many secret and not so secret places he has discovered that are right nearby where you can create your own birding adventures - without ever leaving Massachusetts.

Techniques he has developed over the years to capture great bird photos. He will also let you in on many secret and not so secret places he has discovered that are right nearby where you can create your own birding

More Travel and Trips

All trips and classes are non-refundable unless otherwise arranged.

Reservations are not guaranteed unless payment is received.

Cancellations must be in at least two business days prior to departure.

Shopping Trips

Reserve early! Trips may fill or be cancelled depending on reservations.

(Two dollars round trip; Home Pick up /Drop off 978 733 4076)

August 2nd Market Basket and Whitney Field

- ***August 9th*** -Garden in the Woods Trip *No shopping*
- ***August 16th*** Market Basket Hudson and Solomon Pond
 - ***August 23rd*** Fireman's BBQ
 - ***August 30 Labor Day-Holiday***
 - ***Sept 6th*** Market Basket Leominster

Warning

A new scam!

The latest "investment" Fraud is called *Affinity*. Wikipedia defines *Affinity* Fraud as "investments that prey upon members of identifiable groups, such as religious or ethnic communities, language minorities, the elderly or professional groups." The fraudsters who promote affinity scams frequently are – or pretend to be – members of the group. They often enlist respected members of the group to spread the word about the so called investment, by convincing the members of the group that a fraudulent investment is legitimate and worthwhile. The respected members (leaders) many times become unwitting victims themselves of the fraudster's ruse

The.

The Poets Corner

Submitted by Arthur Joseph

A Bend in the Road

by Helen Steiner Rice

When we feel we have nothing left to give
and we are sure that the "song has ended"
When our day seems over and the shadows fall
and the darkness of night has descended,
Where can we go to find the strength
to valiantly keep on trying,
Where can we find the hand that will dry
the tears that the heart is crying --
There's but one place to go and that is God
and, dropping all pretense and pride,
We can pour out our problems without restraint
and gain strength with Him at our side --
And together we stand at life's crossroads
and view what we think is the end,
But God has a much bigger vision
and He tells us it's Only A Bend --
For the road goes on and is smoother,
and the "Pause in the Song" is a "Rest",
And the part that's unsung and unfinished
is the sweetest and richest and best --
So rest and relax and grow stronger,
Let Go and Let God share your Load,
Your work is not finished or ended,
you've just come to a Bend in the Road.

*We welcome your original work, or favorite poem.
We do not endorse any religion or philosophy
but rather allow for sharing of poetry*

Castro Alves

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

News from our Chief

Chief Lamb reports that several residents have received phone calls recently asking for money. These calls seem to be targeting the elderly. Chief Lamb says there are no legitimate phone solicitations going on in town right now, and people who get these calls should report them to the police by calling dispatch at 978-368-1380.



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
Except August

See you **September 18th**
at 9:30
Senior Center

Thank You! Merci! Danke!

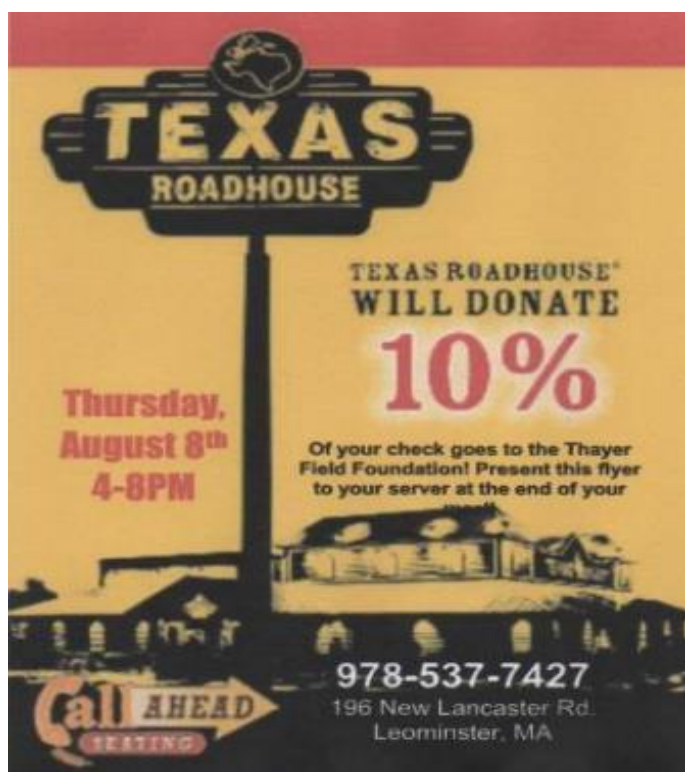
To all of you who join us for our events, you make them very special. *Special* thanks to our new Meals on Wheels volunteers, who bring nutritious meals to those who can not get out! Thanks to Jay Moody, Arthur Joseph, and Sandra McLearn! Thanks to Kathy for keeping us healthy, Gretchen for demystifying insurance, and to the whole gang of the Clinton/Lancaster youth group (they will be back in September..

Thanks to our board members, and to David James. To Lila for putting up with hungry throngs, and Dave- at pancakes, Dave for getting all those folks fed, Diane for organizing (tough job but someone has to do it) , Jean and George for keeping us gardening and so many more!

from the friends for their time and dedication.

We would also like to thank *Shaws* in Clinton for donating pastries. *River Terrace*, and Kristi for workshops and Judi and friends from *Compassionate Care* for helping

Thanks to all the students for sharing their time and knowledge.



The Event of the Season

The Annual Fireman's
Chicken BBQ



Free!

Requires advanced ticket

To claim your ticket call
978 733 4076 or email us at
meugene@lancasterma.net