

DECEMBER, 2012 - Lancaster Senior Citizen's Newsletter  
Please visit the Senior Center, and the Lancaster Community Center:  
Behind the Town Green Complex

# Senior Moments

David James, Chair, Mary J MacLean, Frank McGrory, Eileen McBell, Nicole Jimino, Michele Macdonald

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

## Local News...

**IT'S PARTY TIME! !**

Please join us!



December 21<sup>st</sup>  
12pm Noon for our  
**Our Annual  
Holiday  
Party**  
**Tickets Required!**

*As Space is Limited.*

\$5 suggested donation to offset costs! Tickets may be purchased at the Senior Center M-TH 8am-3pm

*Menu includes; Cheese and Crackers, Assorted Appetizers, Glazed Ham, Roast Turkey with Homemade Cranberry Apple Pecan Stuffing, Roast Herbed Potatoes, Spinach Salad with Winter Fruits, Vegetables, Assorted Breads with Herbed Butter*

**Swap Shop! Please bring one dozen to share, and two dozen to swap!**

***Holiday Concert and Sing-a long, Holiday Games, and Special Guests!***

### In this Issue

- A Message from the Director..... pg 1
- Breaking News!..... pg 1
- Health & Fitness News..... pg 4-5
- Classes & Workshops..... pg 8
- Trips and Events..... pg 10-11
- Lunch Schedule.....pg 9.

## Thoughts from the Director

Happy Holidays! On behalf of the Council on Aging I would like to wish you a peaceful and joyous season.

This has been a blessed year for Lancaster Seniors; with the support of the townspeople, an active Council, and many volunteers we have established a vital Senior Center. We offer field trips, transportation residents' use for shopping, employment, and medical appointments, financial counseling, health and exercise classes, gardens, events, parties, classes, workshops and many, many delicious meals!

In the upcoming year we will host more classes, trips and events. These offerings will only be successful with your support, and your participation. In this season of giving please remember the Council on Aging, and the newly formed Friends of Lancaster Seniors. There is no more precious gift than your time; we need your help all year long. The Friends of Lancaster Seniors is currently working to obtain their non-profit status so your gifts will be tax deductible as allowed by law. The Angel Tree also benefits those of all ages from Lancaster who are in need during the holidays, buying presents, fuel and more. Thank you again, for your support now and throughout the year! *Happy New Year!*

*Alexandra Turner*



## Tuesday is Pancake Day

**Everyone is invited!**

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

*Suggested donation*

*Presenting*  
Chef/Chair Extraordinaire  
David James

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 2<sup>nd</sup> Wed. Noon**

Unitarian Church, 90 Holden St.  
Worcester

Questions or to RSVP 508-756- 1545

### First Annual Cookie Swap Dessert Contest

**December 21<sup>st</sup>  
Around 1pm**

(Just after Holiday Dinner)

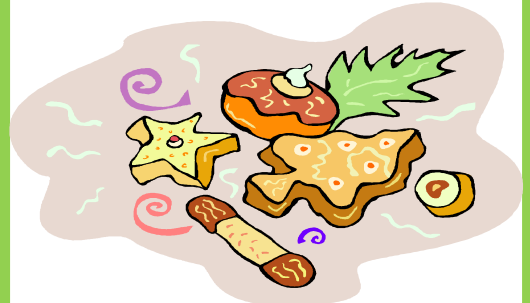
*People have got to learn: if  
they don't have cookies in  
the cookie jar, they can't eat  
cookies.*

**Suze Orman**

So let's bake some cookies  
for the jar!

### Cookie Swapping 101

Please bring your three dozen  
of your favorite cookies. One  
dozen to share, and two  
dozen more to swap. Bring a  
container to carry your  
cookies home in. You will  
leave with three dozen  
assorted cookies. Who knows,  
maybe a new favorite! Please  
bring the recipe too, we will  
copy them for you and give  
them out with your cookies.



# IN LOCAL NEWS

## A note from Roland Nelson, Veterans Agent

*As I mentioned in my last note to you, this month I will explain the 'Spend Down'*

My office, the Veterans Service Office, can help you with medical expenses up to 200% of the poverty level. If a veteran qualifies for Medical he will get financial assistance for most everything medically related.

When you first make application for DVS (Department of Veterans Service) benefits, your income may be above the poverty level. Do not despair! The Department can still offer you medical assistance. This where your 200% become part your income for medical purposes.

Allow me to explain, a single veteran may have up to \$1800.00 or less per month in income or less he will receive an all medical expenses benefit, and therefore not have any expenses to pay. If a veteran's income is above \$1800.00 he will have to use up the difference for his medical expenses before he can get additional money from the Department of Veteran's Services.

If a veteran's income is \$1900.00 and his/her medical expenses are \$400.00 he will have to pay the first one hundred dollars and the DVS will pay the \$300.00 remaining balance. The one hundred dollars is assessed as the difference between \$1800.00 income limit and \$1900.00 real income.

Another example if a veteran makes \$2000.00 per month he/she will have to pay the difference between \$1800.00 and \$2000.00 (or \$200.00) on the first two hundred dollars of a four hundred dollar medical bill. This is called a 'spend down'. These figures are illustrative only as each case will be different.



**Do you know a Veteran  
home 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**

I hope this helps clarify the 'spend down'. For more help or questions please visit me during my office hours in the Community Center or call me at 978-368-1754

Thank you, *Roland Nelson.*

# Health and Fitness

To insure a space for any classes please pre-register at 978 733 4076  
or [aturner@lanasterma.net](mailto:aturner@lanasterma.net)

Yoga has long been known to improve balance, increase breathing capacity, circulation & digestion, and strengthen bones.

*Reservations Highly Recommended! This is suitable for all levels, however if you are in doubt please call your Doctor before participating.*



Get Fit While you Sit!

Please join us

## GENTLE YOGA or CHAIR YOGA

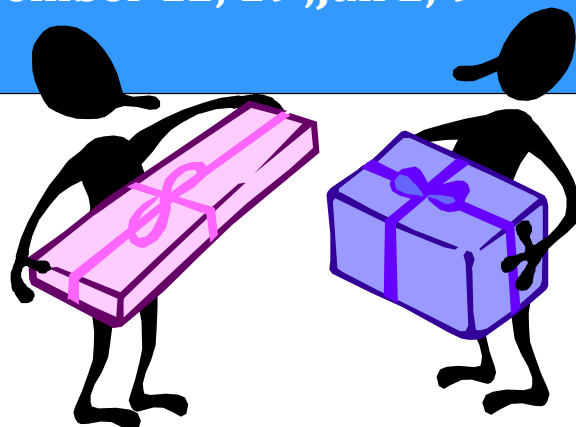
Wednesday Mornings 9:00 am-10:00am

\$4 per class or 4 classes for \$12

Session 1-November 14, 21, 28, Dec 5

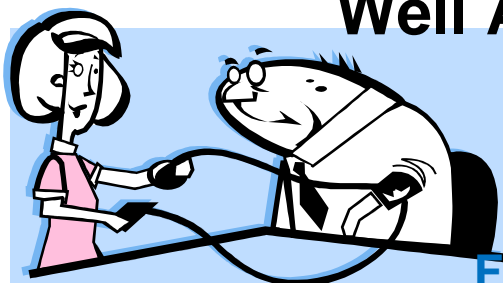
Session 2-December 12, 19, Jan 2, 9

**LCC/Senior Center Certificates  
Make Great Gifts!  
Give a Series of Classes!**



## Well Adult Clinic~ It is FREE!

With our town nurse, Tamara Bedard.  
3<sup>rd</sup> Wednesday of each month 11am-12pm



**New! Stay in Shape! We now also offer:**  
**Free Blood Pressure Testing every week!**

11:30am to 12:30 pm with **Kathy Cronin**

Every Wednesday in the Senior Center

Come for lunch (please reserve by Tuesday at 12) and a tune up!



*"Tai Chi Chuan strengthens the weak, raises the sick, invigorates the debilitated, and encourages the timid"*

*Tai Chi Grandmaster Cheng Man-Ching 1947*

## **Back by Popular Demand-Tai Chi New Punch Card Series Option!**

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

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

**Jeff Cote: Instructor.**  
**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 Years Resolutions!**

**Great Reviews! Great Gift Item! Lancaster Community Center**

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



## **Get your resolutions ready!** **Coming in January: Line Dancing!**



*This newsletter is generously supported by funding from the Executive Office of Elder Affairs.*



# The To Do List! *We can help.*

## WHEAT Community Services

Would like to  
invite anyone who  
qualifies to visit  
our **Food Pantry**.

500 Main Street, 2nd  
floor, Clinton.

We offer a variety of fresh  
produce (seasonal), baked  
goods and you may choose  
from an assortment of meat  
products as well. And of  
course we always have an  
ample supply of pantry  
items such as canned goods,  
pasta, rice etc.

978-365-6349

9:30-4:00

Tuesday-Friday.

An elevator is located in the  
rear of the building for your  
convenience.

### Need advice?

- *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.*

**Call Sandra Gomez  
at 365-6349**

## Medicare Open Enrollment

**DEADLINE**  
**FRIDAY DEC 7<sup>th</sup>**

**For all 2013 insurance plans!**



**Gretchen does!**

**Call our**

**SHINE Counselor**

**Appointments strongly suggested (774) 578-5432**

### The WHEAT Community Café 242 High Street, Clinton

Serves tasty, nutritious meal six nights a week free of charge!  
The Cafe is open from 4:30 – 6:30 every night (*except Saturday*)  
Dinner is served at 5:00.

There is an eager staff of volunteers to serve you, so come and  
enjoy a wonderful meal as you socialize with old friends and  
have an opportunity to meet new friends.

Call us Monday for weekly menu options.

Van service--Tuesday and Wednesdays

*From your home! 4pm -6pm Reservations Required*

### Need help with your home?

Loans, Grants are available for those over 62, with limited  
income. up to 20K for rehab are available. Safety, and  
accessibility issues have highest priority.

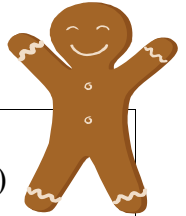
**Call the office at 978-733-1249 for more information**

**LANCASTER COMMUNITY CENTER  
and LANCASTER SENIOR CENTER  
NOVEMBER 1, 2012**



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

**Email:** [lancastercommunitycenter@gmail.com](mailto:lancastercommunitycenter@gmail.com)



**On-going Activities in the Senior Center**

**SENIOR LUNCH** - Mon. thru Thurs. at 12  
**FREE BREADS/CAKES** - Tues., 8:30AM  
**BINGO** - Tuesdays 1:15-3:15  
**BRIDGE** - Fridays 2:30-4:30  
**CRIBBAGE** - Tues and Thurs, 8AM-10AM  
**PANCAKES** - Tuesdays, 8:00-9:30AM  
**COMPUTER CLASS** - By Appointment\*  
 \*Call [978-263-7962](tel:978-263-7962) to arrange a computer session.

**Phone Numbers**

Congregate Meal Site -	978-733-1249
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.)**

**Tuesday Pancakes!**

Tuesdays, from 8:00 to 9:30AM, 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.

**Men's Pick Up Basketball!**  
**Coming Friday Nights**

**Friday Afternoon in the Gym!**  
**Come for free play with other kids!**  
**Call for details or email**  
**[aturner@lancasterma.net](mailto:aturner@lancasterma.net)**



**Holiday Cookie Swap**

After the Holiday Party at 1 pm(ish)  
 December 21<sup>st</sup> Senior Center  
*All are welcome, bring two dozen cookies and take two dozen assorted cookies home!*

**Work out! For a Healthy Holiday.**

**Gentle Yoga with Marg Takabare**

Work out those aches or pains, or better yet avoid them!

Wednesday Mornings  
 9 am Meeting Room  
 Drop in \$4 or 4 for \$12

**Tai Chi at the Senior Center!**

Continuing at 10:30AM each Thursday! On the patio (weather permitting) or indoors (if too wet or cold).

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

**Contract Bridge Games**

Like to play bridge? Join us Friday afternoons at 2:30 for some friendly games. For more information, contact Jean James @ 978-273-2418. Thanks!

**Vacation Week Kids Crafts**

*All ages welcome~ Look to the website for details!*  
**December 27<sup>th</sup> 1:30-3:30 pm**  
 Make your own **Pine Cone Birdfeeders**  
*(No charge-but please rsvp)*

Make your own **Party Accessories**  
 'Way Cool' Party 2013 Party Glasses, or Party Hats  
*Must RSVP~ Small Materials Fee applies*

# Classes and Workshops

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



## Contract Bridge

**Contract bridge**, or simply **bridge**, is a trick-taking game using a standard deck. It is a wonderful game to keep the 'old gray matter' sharp!. It is played by four players in two competing partnerships. *Come to the Center for Free lessons, yes-free, suitable for all levels, novice to pro. We provide the cards, teachers, and friends. You bring the interest, a willingness to learn and a couple of hours of time.*

**Fridays 2:30pm-4:30pm**

**Free! This group is coordinated by Jean James, 978-273-2418. Please contact her if you are interested in participating.**

## Boxwood Tree

### Workshop What a Fantastic Class This Was! More to come.

*Take home a decorated topiary tree! Great for small homes, as a centerpiece, a hostess gift, or just for you!*

**Session I: November 29<sup>th</sup> 1:30 pm to 3:30pm**

*(with hot cider and cookies)*

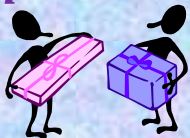
**Session II: December 3<sup>rd</sup> 9am-11 pm**

*(Tea, coffee, cider and coffee cake)*

## Community Center Gift Certificates

### Make Great Gifts!

*No expiration date!*



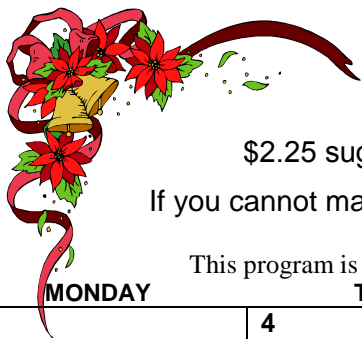
**Give the gift of a Class, or a trip.**

**Call 978 733 1249**

We will 'build' or arrange a boxwood tree (finished size about 12"-16" tall) of long lasting natural boxwood, and finish it by decorating it with lovely ornaments to scale. You may choose a naturally inspired motif, or something with lots of bling, or a trendy gold, silver, or trendy color scheme of copper, teal, purple or more! This tree will last beyond the holidays gracing your home or that of the lucky recipient. This class is taught by Alix Turner, who before working for the COA has taught Boxwood Tree classes many times.

**Contact the COA if you are interested in Alix running this class again.**








## Join us for Lunch!

\$2.25 suggested donation, reserve one day ahead @ 978 733 1249

If you cannot make it here we offer Meals on Wheels, call 978 733-1249 for details

Or MOC 800-286-3441 for nutrition questions

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Roast Pork W/ Sweet & Sour Sauce Brown Rice Spinach Wheat Bread Applesauce  Calories: 662    % Fat: 18 Sodium: 676mg	<b>4</b> Tomato Soup Baked Chicken W/ Apricot Glaze Mashed Potato Rye Bread Butterscotch Pudding  Calories: 790    % Fat: 22 Sodium: 1056 mg	<b>5</b> Cheese Lasagna W/ Tomato Sauce California Blend Italian Bread Fresh Fruit  Calories: 401    % Fat: 7 Sodium: 594mg	<b>6</b> Friendship Stew Green Beans Biscuit Pineapple  Calories: 551    % Fat: 22 Sodium: 579mg	<b>7</b>
<b>10</b> Minestrone Soup Shepards Pie Wheat Bread Fruited Gelatin (red with pears)  Calories: 634    % Fat: 29 Sodium: 904mg	<b>11</b> Hot Tortellini Salad W/ Diced Chicken Red Pepper Pesto Sauce Carrots Italian Bread Chocolate Pudding  Calories: 410    % Fat: 21 Sodium: 522	<b>12</b> Baked Chicken W/ Mushroom Sauce Brown Rice Pilaf Mixed Veggies Rye Bread Strawberry Fruit Cup  Calories: 714    % Fat: 25 Sodium: 919	<b>13</b> Corn Chowder Potato Crunch Fish Green Beans Multigrain Bread Fresh Fruit HDM: Mashed Potato  Calories: 791    % Fat: 26 Sodium: 740	<b>14</b>
<b>17</b> Mulligatawny Soup Baked Chicken W/ Lemon/Mustard Egg Noodles Wheat Bread Fresh Fruit  Calories: 683    % Fat: 26 Sodium: 843mg	<b>18</b> Penne W/ Bolognese Sauce Winter Veggies Italian Bread  Calories: 619    % Fat: 23 Sodium: 502mg	<b>19 SPECIAL</b> Roast Beef W/ Onion Gravy Baked Potato Peas/Pearl Onions Crusty Roll Brownie  Calories: 696    % Fat: 36 Sodium: 502mg	<b>20</b> Ham+Cheese Bake Parsley Potatoes Carrots Wheat Bread Vanilla Pudding  Calories: 714    % Fat: 34 Sodium: 1183mg	<b>21</b>  <b>Holiday Party!</b> <b>Tickets \$5</b> <b>at COA office</b> 
<b>24</b> Butternut Mac & Cheese Stewed Tomatoes Wheat Bread Pineapple  Calories: 848    % Fat: 28 Sodium: 1451mg	<b>25</b>  <i>Merry Christmas</i>  <b>No Meal Delivery</b>	<b>26</b> Grilled Chicken Parmesan W/ Tomato Sauce Ziti Broccoli Italian Bread  Calories: 602    % Fat: 14 Sodium: 882mg	<b>27</b> Three C Soup Hamburger W/ BBQ sauce Baked Beans Hamburg Roll Diced Pear  Calories: 732    % Fat: 25 Sodium: 923mg	<b>28</b>
<b>31</b> Diced Chicken W/ Teriyaki Sauce Brown Rice Carrots Wheat Bread Mandarin Oranges  	<b>HAPPY NEW YEAR</b> <b>No Meal Delivery</b> 	<b>2</b> Gypsy Soup Meatloaf Mashed Potato Green Beans Multigrain Bread Diced Peaches  	<b>3**</b> Roast Turkey W/ Gravy Au Gratin Potato Broccoli Italian Bread Blueberry Muffin  	<b>4</b>



## Shopping and Entertainment 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)*

*Trips leave at 9am , you may go home with your goodies, or join the gang for lunch out and then home!*

- **December 7<sup>th</sup>** : Market Basket/Whitney Field
  - **December 14<sup>th</sup>** Solomon Pond Mall
- **December 21<sup>st</sup> Holiday Party! NO SHOPPING**
  - **December 28<sup>th</sup>** WalMart Leominster
  - **January 4<sup>th</sup>** Market Basket Leominster

## *Flora in Winter*

***"A MidWinters Dream" At Tower Hill Botanic Garden***

**Friday, January 31<sup>st</sup> at 9:00 am**

Meet at the Center for coffee and tea, then off to visit Tower Hill to see an incredible flower show, and stroll through the citrus scented conservatories

*Then off to casual JP's in Westborough, Famous for their inexpensive lobster rolls- or choose from their full menu.*

***Seniors \$10 General public \$12***

***Fee includes admission, and transportation from Center or your home.***

***Does not include lunch. Please remember to tip***

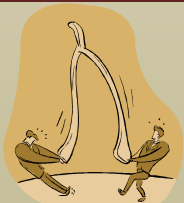
---

# 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)
- 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
- Ribbon
- Gold, Silver, Copper, or White Spray Paint
- Folding Tables
- Different Holiday Decorations
- Table cloths
- Baskets



You are invited!

No, it does not have to be your birthday

Come help us celebrate

December Birthdays!

December 27<sup>th</sup> at 2pm

Cake, Ice Cream, Games, Trivia Contests  
and lots of jokes.

Come have dessert in the Center and honor  
December Babies.

## 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 We really need Drivers for Meals on Wheels (.55c per mile paid)
- Good cooks, Artists, Crafters, Fitness Teachers: To teach classes, lead workshops

### Outdoor Winter Fun!

*Friends of the Oxbow, The Lancaster Land Trust  
And The Lancaster Community Center bring you*

**December 16<sup>th</sup>**

**8 am Bird Count** Oxbow National Wildlife Refuge  
(Devens). For details, call 978-733-1249!

**December 28<sup>th</sup>**

**12 pm Rock Walk**. Meet at the end of  
Kaleva Road for an all ages Rock walk to learn  
about some of fabulous rocks found in Lancaster

**January 1<sup>st</sup>**

**12pm Noon Resolution Walk!**

With Friends, explore the newly opened  
Wildlife Center in Devens.  
Meet at Hospital Rd in Devens



### Vacation Week Fun! Kids Crafts

*All ages welcome~ Look to the website for details!*

*Or call 978 733 1249*

*Reservations REQUIRED*

**December 28<sup>th</sup>**



**1:30-3:30 pm**

**Make your own *Pine Cone Birdfeeders***  
*(No charge-but please rsvp)*

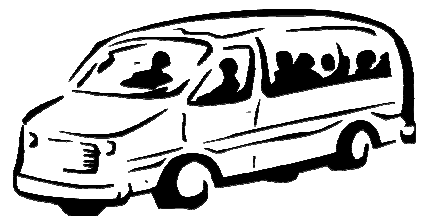


**Make your own *Party Accessories***

**'Way Cool' Party 2013 Party Glasses, or Party Hats**  
Must RSVP~ Small Materials Fee applies  
*Thanks to Sydney Foster and Kelsey*

### 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: \$.05.50**
- **\*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



## Dates to Remember

### December

**December 4:** Pancake Breakfast 8:00 am

**December 5:** Yoga 9 am-9:45 am

**December 6:** Tai Chi 10:30

**December 7:** Market Basket Shopping Trip

**December 11:** Pancake Breakfast 8:00 am

**December 12:** Yoga 9 am-9:45 am

**December 13:** Tai Chi 10:30

**December 14:** Solomon Pond Shopping Trip

**Decemember 16:** Bird Count, Please help!

**December 18:** Pancake Breakfast 8:00am

**December 19:** Yoga 9am

Well Adult Clinic @11-12 Free!

**December 20:** Tai Chi 10:30

**December 21:** Holiday Luncheon – 12 Noon

**December 22<sup>nd</sup>:** Santa Arrives! Come take pictures And enjoy a Pancake Breakfast! \$3

**December 26:** Yoga 9:30am

**December 27:** Tai Chi 10:30

**December 27:** 2PM - December Birthday Party! All welcome: Not just birthday babies!

**December 28:** Kids Crafts

Make your own pine cone birdfeeders!  
Make 'blingy' 2013 Party Glasses, and Hats

**December 28<sup>th</sup>** Rock Walk@ Turner Pond

**December 27:** 2PM - December Birthday Party! Come one come all, not just birthday babies.

***SHINE every Tuesday and Thursday  
by appointment***

**Many December Dates already reserved.  
Please check your calendar!**

***Thinking of what to  
do for the Holidays?***



**Consider the  
Angel Tree**

**Helping Lancaster  
Families in Need.**

Call Francine @  
978-368-2544

Jean or Denise @  
978365-2043

**Santa  
arrives!**

**December 22<sup>nd</sup>**

**9am-10am**

**\$3**

**Pancake Breakfast**

All you can eat  
Chocolate Chip or  
Cinnamon Sugar  
Pancakes! Juice,  
Sausages!

***Kids under 16 eat free!***

# THANKSGIVING DINNER WINNING RECIPES!

As we promised, here are is a sampling of the prize-winning recipes from the Thanksgiving Dinner with Friends and Family! Thanks to all who baked, and ate!

## **KANSAS CHOCOLATE BARS – The Hartke’s**

*Winner of Best Brownie, Bars!*

### **The bars:**

- 2 cups sifted sugar
- 2 cups sifted flour
- 1 tsp. soda
- 1/2 tsp. cinnamon
- 1 to 1.5 sticks butter
- 4 Tbsp Cocoa
- 1 cup water
- 2 eggs, beaten
- 1/2 cup buttermilk
- 1 tsp. vanilla

Sift sugar, flour, soda, and cinnamon together. Bring butter, cocoa, and water to slight boil and add to dry ingredients. Add eggs, buttermilk, and vanilla. Bake in a greased and floured jelly roll pan at 325 degrees for 20 minutes. Start frosting 5 minutes before the bars are done.

### **For the Frosting:**

- 1 stick butter
- 4 Tbsp cocoa
- 6 Tbsp buttermilk
- 1 box sifted powdered sugar
- 1 tsp vanilla
- 1 cup chopped pecans

Bring butter, cocoa, and buttermilk to slight boil, Add sugar, vanilla, and pecans. Beat until smooth. Frost bars while still hot.

## **APPLE PIE – Joyce Millet**

*Winner of Best Apple Pie*

Prepare a 12” pie crust.\*

*Her yummy crust recipe is available at the COA*

### **Ingredients:**

- 10-12 apples. Use a mix of Granny Smith, Cortland, Baldwin, and Yellow Delicious
- 1 and 1/2 cups white sugar
- 3 Tbsp flour
- 1 and 1/2 tsp cinnamon
- 1/2 tsp nutmeg

Mix all ingredients and put into pie crust. Dot with some butter. Bake in a turkey bag or put foil around the edges. Bake at 375 degrees for 1/2 hour. Remove foil (if used) and bake an additional 1/2 hour.

## ***More winning recipes in COA .***

### **APPLE CRANBERRY CRISP Winner**

*Best of the Rest-Charlotte Berry*

Five pounds McIntosh or Macoun apples

Grated zest of 1 orange  
Grated zest of 1 lemon

2 tablespoons freshly squeezed orange juice

2 tablespoons freshly squeezed lemon juice

1/2 cup granulated sugar

2 teaspoons ground cinnamon

1 teaspoon ground nutmeg

1 1/2 cup fresh Cranberries, or 1 cup Craisans

### **For the topping:**

1 1/2 cups flour

3/4 cup granulated sugar

3/4 cup light brown sugar, packed

1/2 teaspoon kosher salt

1 cup oatmeal

1/2 pound cold unsalted butter, diced

*Preheat the oven to 350 degrees F. Butter a 9 by 14 by 2-inch oval baking dish.*

*Peel, core, and cut the apples into large wedges. Combine the apples with the zests, juices, sugar, and spices. Pour into the dish. To make the topping, combine the flour, sugars, salt, oatmeal, and cold butter in the bowl of an electric mixer fitted with the paddle attachment. Mix on low speed until the mixture is crumbly and the butter is the size of peas. Scatter evenly over the apples. Bake for 1 hour, on sheet pan- until top is brown and apples are bubbly.*

*Serve warm.*

**Lancaster Council on Aging**  
Lancaster Community Center  
Suite 7, Lancaster Ma 01523  
978-733-1249 or  
[www.lancasterma.net](http://www.lancasterma.net)

## **New Year's Resolution**

- **Get Healthy!**
- **Do New Things**
- **Meet New People**

**Then join us for a  
New Year's Walk**

**With the  
Lancaster Land Trust and  
Friends of the Oxbow  
Tuesday  
January 1<sup>st</sup> at Noon**  
*See details to the right  
Hospital Rd at the Nashua  
Devens MA*

## ***Many thanks***



To **Bob's Turkey Farm** a wonderful turkey for our great Thanksgiving feast! Thanks for Officer Ronny Knoll, Francine Moody, and Chief Kevin Lamb for their thoughtful judging and tasting of delectable desserts! Thanks to the girls Nashoba Volleyball team for their generous donation! We would also like to thank **Shaws** in Clinton for donating pastries. Plus numerous volunteers who make the Center a wonderful place, Jessica Maribeth, Myra, Laura, Dave, Jean, Marie, Michelle, Nilah, Gretchen, Judi, Nicole Charlotte, Diane, and more for all their hard work.

## **Annual New Year's Day hike**

Starting point: the parking lot at the new contact station/education center on Hospital Road in Devens just east of the Nashua River - Walk off some of the extra calories collected during the holidays and hike or snowshoe the newly groomed and enlarged trail to the old and hidden boathouse (remnants) on the Nashua River and learn some of its history while meeting up with old friends and making new ones. Trail not ready for cross-country skiing.

*For more information contact Rona at [978-779-2259](tel:978-779-2259). event co-sponsored by the Lancaster Trust Fun, Oxbow and the LancasterCommunity Center.*

## ***The Senior Center***

*Will be closed*

*December 25<sup>th</sup>*

*In honor of Christmas*



*and January 1st*

*and for New Years Day*

***We welcome everyone!***

## **Christmas Bird Count** **December 16<sup>th</sup> @ 8 am**

