



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

December (and some of January) (978) 733-1249, fax (978) 733-4076, aturner@lanasterma.net

In Local News...

*It's the Most Wonderful Time
of the Year!*



Please join us

*Holiday Sunday
Brunch!*

December 15th, 12:30 PM

*Join us for a delicious brunch, with a carving
station with Turkey, or Ham, eggs, waffles,
pancakes, fruit and more!*

Entertainment, Door prizes and More!

Join us to meet our very special guest ~can you
guess whom?

\$5 Reservations Required ~978-733-4076

*Please join the 2nd Annual
Holiday Cookie Swap!*

*Bring your favorite cookies and the recipe! We
will copy and share it. Please bring three
dozen cookies, two to swap and one to share.*

*Then stay for a Free
Celtic Holiday Concert starring
Rose, Thorn, and Fiddle
At 2 pm*

Greetings,

I trust you enjoyed Thanksgivingukkah, and hope you enjoy rest of the wonderful season. Holidays of this season are often celebrated with gift giving; a tradition of generosity common in Lancaster.

This tradition is best embodied in Lancaster's Angel Tree. For those who are not familiar with the Angel Tree it began 16 years ago as a way for residents to help fellow Lancastrians who were down on their luck around the holidays. The sad news is it seems every year the list of those in need gets longer, and the demands greater. The amazing news is each year Lancastrians have risen to meet the challenge. It is a wonderful testament to our town.

For the first time this year we have two trees to meet even more need; one here at the Center and the 'original' tree at the Police Station. We welcome residents to visit either location to sign out an 'Angel' and return a gift. This year we are happy the Angel tree is supported by the Friends of Lancaster Seniors (a 501c.3). Donations to seniors or their families may receive a thank you note from the Friends.

It is a wonderful feeling to be able to help make someone's holidays happier. While there is tremendous need among us, there is also tremendous generosity. I celebrate the many anonymous angels who have brought much joy to so many. My wish is for many Angels to visit Lancaster again this holiday season!

Peace, Alix



Tuesday is Pancake Day

Everyone is invited!

Senior Center
Tuesday mornings
7:30 AM until 9:00

Now \$2
(\$1 goes to renovations)

Suggested donation

Pancakes with Santa on the 24th

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 2nd Wed. Noon

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



**Back to School- Means
Back to...**

Game Night Free!

The First Monday of each Month.

Holiday Party!
December 16th

We will enjoy games, and
extra special treats. Bring a
game related grab if you
like, not to exceed \$2!

**Come join Seniors and the
Students of the
Clinton/Lancaster Youth
Group for a night of fun and
games!**

**We provide the games; you
provide the expertise, or
the willingness to learn. It
is a fun group. Play some
games.**

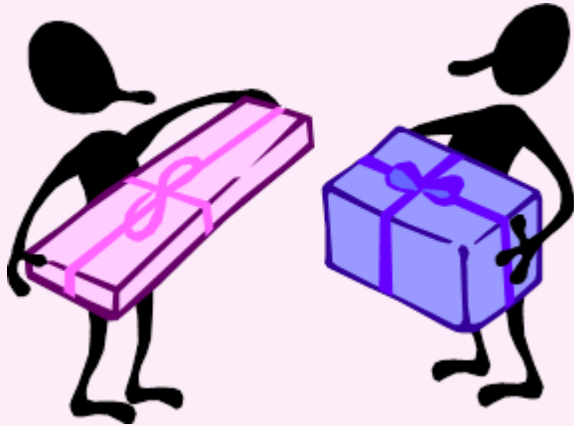
- **Dominoes**
- **Scrabble**
- **Twister?**
- **Your favorite!!!**



*We provide a fun supper,
Tacos, pizza or the like.*



IN LOCAL NEWS \$\$\$\$



**LCC/Senior Center Certificates
Make Great Gifts!**

**Give a Series of Classes!
Breakfasts or more.**

Call 978 733 4076 to order

SCAM ALERT!

There are several very destructive scams going on right now via telephone and computers.

PLEASE BE CAREFUL

One scam is an Anti-Virus technician working for a company will call and ask for remote access to your computer to update, or repair your computer, or update it, or repair We DO NOT endorse any specific facility and look forward to upcoming informational presentations by other facilities.*

Best thing to do is HANG UP!

Repercussions: You have given a complete stranger access to ALL your personal information! They likely can find your bank account information, social security and

more. IF this happens to you, call the Police Department or our office for help. PLEASE write down the number that called.

Got Time? Help Wanted!

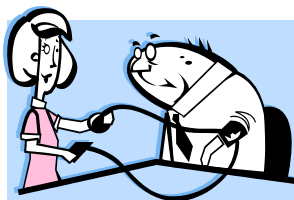
Would you consider volunteering with the Council on Aging?

We need help! Below are just a few ideas.

- **To or run events** participate in events. Do you have a sense of adventure; are you physically able, confident, love people... a fun person? We want you!
- **Newsletter:** To help with the newsletter, in particular. To coordinate dates, events etc.
- **Imaginative, traveling types:** To help facilitate trips and workshops. Teach classes, or organize trips.
- **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"
- **Talented people:** To Good cooks, Artists, Crafters, Fitness Teachers: To teach classes, lead workshops
- **Home Repair Skills:** To help with Handyman type repairs, fixing railings, trimming bushes etc..
- **Knitters, or Crochet'ers' etc.** to help start our group.

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

Health and Fitness



Come to the Well Adult Clinic~ It is FREE!
With our town nurse, Tamara Bedard.
1st Tuesday and 3rd Wednesday ~11am-12pm
Every Wednesday 11:45-12:30 with Kathy Cronin!

What is a Brown Bag Pharmacy? Do I need it?

**Do you see more than one Doctor? Take prescriptions, or supplements?
Then you need it!**



Paula Evans, PharmD, RPh

of Massachusetts College of Pharmacy and Health Sciences Outreach is coming! .

Gather up your medications, including over the counter medications, vitamins and supplement. Bring them for our first brown bag pharmacy. Paula will present a FREE program on FREE services, and talk with you individually about medications, interactions etc.

This is a community service of Massachusetts College of Pharmacy and Health Services.

Please join us for 'all ages' fitness classes.

Start the week right! Monday classes

Gentle Tai Chi & HathaYoga

Tai Chi @ 9:30 am Mondays

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. *In the Garden (weather permitting) or indoors. Wear comfortable clothes.*

Jeff Cote: has been a guest lecturer at Northeastern University for graduate studies in holistic health, & is the Founder, & Director of the Traditional Arts Institute.

Hatha Yoga @ 11 am Mondays & **NOW Thursdays @ 11, too!**

After a Tai Chi class your yoga will be better than ever! At least try one. 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. *Held on the Lower Level, we provide mats and water!*



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, approach of Kripalu. She has taught in corporate settings for over 10 years.

All Classes: Seniors \$5 per class or 6 classes for \$25 (Buy a card, no penalty for missed classes!)
General public \$7 per class or 6 for \$33 (Invite your friends so we can keep prices low!)



Kick it up with Zumba

Gold

Coming back in January Sign up early for discounts

Dance your way to fitness!

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. *We meet in the Gym, so there is plenty of room bring a friend!*

No experience necessary. Wear comfortable clothing

Seniors \$5 per class or 6 classes for \$25 (Buy a card, no penalty for missed classes!)

General public \$7 per class or 6 for \$33

SMART MOVES

Strength and Weight Training Classes

This unique class is especially geared for individuals looking to build strength and muscular endurance, improve balance, functional mobility and joint range of motion. Emphasis is placed on conditioning all the major muscle groups of the body with careful instruction to proper posture and body mechanics.

The class will be conducted in a slow, yet steady progression where individuals are encouraged to move at a pace that is comfortable for them. Make a commitment to fitness; get stronger, move with more ease and live with a higher quality of life.

Thursdays 9:30 - 10:15 am



Our instructor-Debbie Pennesi

Debbie is a veteran instructor of Fitness. She has over 30 years of experience in the field. Her background includes years of working as a director in the YMCA and Corporate Wellness; as an Exercise Physiologist in Cardiac Rehabilitation programs and as a Certification Specialist teaching lectures for and certifying Personal Trainers across Debbie has her Masters degree in Exercise Physiology from Northeastern University in Boston. She holds certifications in Personal Training as well as Health & Fitness Specialist with the American College of Sports Medicine. Currently Debbie is a consultant implementing walking programs, Seniors Fitness, Pilate Mix & Circuit classes. She also specializes in Home Based Personal Training. She especially enjoys designing programs based on an individual's needs, abilities, goals and interests. Every detail is taken into consideration whether it is to improve balance and functional mobility, improve stamina or recovery from injury or surgery. Her years of working with diverse and special populations have deepened her passion for helping people become healthier, stronger and more functional leading to a higher quality of life.

\$7 each class or 5 week session for \$30

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

Lancaster's Angel Tree

Is located in the Community Center, on the Lower Level



Many tags still left, help your neighbors and friends, seniors, children and their families. Gifts and donations may be tax deductible, made out to Friends of the Lancaster Seniors. Unwrapped gifts due back December 11th, please.

Pick up tags any weekday from

8-3*except Friday 12/6 or many evenings

Questions call us 978 733 4076

Free Elder Hotline

The Attorney General's office has a free toll free hotline to assist individuals with elder issues. Staffed by seniors, it provides dispute resolution services and more.

1-888-243-5337

TTY 617-727-4765

Monday-Friday 10:00 am-4:00 pm



The To Do List! *We can help.*

WHEAT Community Services



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

Call for details.
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

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

Medicare Open Enrollment **ENDS December 7th**

**Frustrated by Insurance Paperwork?
Not sure what option is best, Don't know
what to do?**

Gretchen does!

SHINE Counselor

508-502-8279

Tuesday and Thursdays Call to check time
Or by appointment *Call first please!*

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.*

Fuel Assistance

The 2013-2014 heating season is here and the predictions for the coming winter are for a cold one. The state gross annual income limits for fuel assistance are as follows: for a household of one, \$32,065; for a household of two, 41,932.

In addition, Lancaster Residents can try Joe for Oil, the Angel Tree, and The Item Appeal. If you are concerned about paying your heating bill, please let us know. Don't be left out in the cold..

SNAP Benefits are changing in October, and November

*Get help and advice from the pros. On SNAP?
Call...*

Project Bread's Food Source Hotline
1-800-645-8333

FoodSource Hotline Counselors are available to assist callers
in over 160 languages Monday-Friday 8:00 am to 7:00 pm and
Saturdays 10:00 am to 2:00 pm. Counselors can also be
reached via LiveChat at

www.gettingsnap.org.

*Callers should try to have the following information available to
ensure an accurate benefit amount screening (gross income
amounts-social security, pensions, bank interest, etc, monthly
rent/mortgage, property tax, homeowners' insurance, and medical
expenses including monthly insurance premiums)*

Classes and Workshops

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



Classes

**Dance,
Dance,
Dance!**



**Coming in
January
Ballroom
Dancing**

Good for beginners on up!

*Please let us know if you are
interested.
Evenings in the gym!*

Oil and Acrylic Painting Classes

**Free! November 14,21, Dec 5, 12 +
Beginning Painting and Drawing
With Doc Frigolletto**

Join us for a free series of six painting classes with Doc Frigolletto, a Dental artist who now practices his skills on canvas. Painting is a good brain 'exercise', creative work is excellent for keeping your brain flexible and studies show it reduces stress! All levels are welcome. This is a great excuse to get together with friends.

No charge except for materials, instructor will give us a list of supplies at the first class.

Boxwood Tree Workshop

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

December 13th

**9am-11 pm \$22 includes
everything**

(Tea, coffee, cider and coffee cake)

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. .



Got swag? You could if you join us!

Create a Custom Swag for your door

Create a fabulous swag with fresh greens for your door. Your swag may be structured to fit any size door, wonderful exotic greens, ornaments and unusual ribbons provided. This is a quick workshop, lots of fun in an action packed hour. Join us for tea and coffee and take home a swag.

**December 11th at 1pm, deadline to register Dec 6th by 9 am.
Fee \$10 includes all materials**





Join us for Lunch in December

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

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

Or MOC 800-286-3441 for nutrition questions

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

Surprise! Delicious Desserts included.

Make sure to **sign up by 11:30 the day BEFORE** for lunch.

Monday	Tuesday	Wednesday	Thursday	Friday & Weekend
2 Breaded Chicken Mashed Potato Carrots Whole Wheat Fresh Fruit Tai Chi at 9:30 Yoga at 11	3 Butternut Macaroni & Cheese Broccoli Whole Wheat Bread Mixed Fruit Pancakes 7am -9:30 Bingo at 1	4 : 3 C Soup Shaved Steak& Onion Baked Beans Rye Bread Strawberry Cup Volleyball at 7	5 Grilled Chicken Breast with Red Pepper Pesto Brown Rice Pilaf Kale, Wheat Bread Muffin Yoga at 11	6 To Freeport ME on the DownEaster for Sparkle Weekend BRIDGE at 1:30
9 Jim's Split Pea Soup Roast Turkey& Gravy Roasted Red Potatoes Fruit Loaf Swag workshop - 1 pm Tai Chi at 9:30 Yoga at 11	10 Swedish Meatballs Egg Noodles Italian Green Beans Whole Wheat Bread Chocolate Pudding Pancakes 7am -9:30 Bingo at 1	11 Shepherd's Pie Mashed Potatoes Carrots Whole Wheat Bread Fresh Orange Volleyball at 7	12 Mulligatawny Soup Roast Pork/Gravy Sweet Potato Whole Wheat Bread Applesauce Yoga @ 11	13 Market Basket BRIDGE at 1:30 Holiday Brunch and Concert w Rose Thorn and Fiddle on the 15th
16 Vegetable Gumbo Soup Chicken Breast Marsala Rice Pilaf Whole Wheat Bread Mixed Fruit Tai Chi at 9:30 Yoga at 11	17 *SPECIAL* Roast Beef au Jus Roasted Red Potatoes Peas with Onions Whole Wheat Dinner Roll Brownie Pancakes 7am -9:30 Bingo at 1	18 Potato Fish Mac & Cheese Broccoli Butterscotch Pudding COA Meeting @ 9:30 Volleyball at 7	19 Bok Choy Soup Teriyaki Chicken Brown Rice Whole Wheat Bread Fresh Orange Yoga @ 11	20 No trip BRIDGE at 1:30
23 Minestrone Soup Meatball & Tomato/Basil Sauce w Spaghetti Whole Wheat Bread Pineapple Tai Chi at 9:30 Yoga at 11	24 Chicken Breast with Lemon Piccata Sauce Brown Rice Broccoli Whole Wheat Bread Gingerbread Cookie Pancakes 7am -9:30 Bingo at 1	25  CLOSED	26 Chicken Kielbasa with Onions and Peppers Baked Beans Hot Dog Roll Applesauce Yoga @ 11	27 Walmart Shopping Trip BRIDGE at 1:30
30 Chicken & Broccoli Alfredo with Linguini Whole Wheat Bread Tapioca Pudding Tai Chi at 9:30 Yoga at 11	31 Meatballs with Hawaiian Sauce Rice Pilaf Italian Green Beans Fresh Fruit Pancakes 7am -9:30 Bingo at 1	1 	2 Portuguese Kale Soup Fish Sticks Herbed Noodles Whole Wheat Bread Mixed Fruit Yoga@11	3 Market Basket Shopping Trip BRIDGE at 1:30



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 6th** Freeport Downeaster Shopping Trip
 - **December 13th** Market Basket: Leominster
- **December 15th** Holiday Brunch and Rose Thorn and Fiddle Concert
 - **December 27th** Walmart
- **January 3rd** Market Basket Leominster
 - **January 10th** Orchard Hill Plaza
- **January 17th** Bargain Hunters Treasure Hunt
 - **January 24th** Walmart Leominster
 - **February 7th** Market Basket Leominster

Bargain Hunters Treasure Hunt

Following the great time we had in November we now move on to new territory to search for bargains! Join us!

Friday, January 17th

9 am to 2 pm

We meet at the Center at 9, or you may be picked up as we set off for a day of fun! This time we turn out sites East to search for bargains. By request we will explore some new spots, and some favorites. We will stop at standards such the Salvation Army before 'going deep' to find more bargains. Still Life Home, and other stops in Northborough, and Hudson are on the itinerary. Off course we must stop for sustenance along the way, maybe Hudson Super Buffett where you can eat til you drop (or need to buy bigger sizes when you are out)! We will see what else is in store, as we want to be back by 2 A fun morning for all! **\$6 Senior, \$8 non- senior Food not included, it will be around \$10 for lunch tax & tip**



Please join us for
All Ages Fun

New Year's Day Walk

Wednesday, January 1, 2014
12 noon:

At the Oxbow Refuge; -
Walk off some of the extra calories collected during the holidays and hike or snowshoe the trails near the main entrance to the refuge, while meeting up with old friends and making new ones. If there is enough snow, it should be possible to use cross-country skis. We'll start from the parking lot at the end of Still River Depot Road in Harvard.

For more information contact Rona at [978-779-2259](tel:978-779-2259) or Ada

atada@friendsoftheoxbownwr.org.

Event sponsored by the Friends of the Oxbow National Wildlife Refuge and co-sponsored by the Lancaster Trust Fund, the Bolton Conservation Trust and the Lancaster Senior Center. The event is free and open to the public. Reminder: in order to protect the wildlife and the environments that sustain this, dogs are not allowed on National Refuges.



Lancaster Council on Aging and Lancaster Community Center
cordially invite you to

A Celtic Christmas Concert

by
Rose, Thorn & Fiddle
and *Celtic Chorus*

Sunday, December 15th
2:00 p.m.
at
Lancaster Community Center

Admission: A non-perishable food item to benefit a local food bank.



Kathryn Kalmanson ~Director



Healthy Recipe Contest

MOC is soliciting healthy recipes to incorporate into YOUR Meal Site Menu!

- Contest Guidelines:**
- Recipe must incorporate one or more of the following ingredients: Hamburg, Chicken, Potatoes, Whole Grain Pasta, and/or Vegetables.
 - Recipe must be no added salt.
 - Recipe must be low-fat.
 - Submission must include: all of the ingredients with corresponding measures, preparation and cooking instructions, and number of servings.
- Extra consideration will be given to recipes that are high in fiber OR use fresh herbs and spices.

Please Submit Your Entry by
February 1, 2014
to Your Meal Site Manager

Winners will be announced in March 2014 with prizes for the top 3 choices (winner plus 2 runners up).

Remember to include your name and contact info on your submission.

For more information, please call Nancy Fillers, RD, at 978-345-8501 ext 288, or e-mail her at nfillers@mocinc.org.

Happy New Year's Eve!
End the Year with a Bang!!
At our Family Pancake Breakfast.
Kids Eat Free!
Adults \$3 for this one!
12/31 7:30-10 am

All you can eat ,Juice, Sausages and Pancakes

Chocolate Chip and Apple/CinnamonPancakes

Free Crafts too!



Join us for a Winter Celebration
Sparkle Weekend in Freeport Maine

Another DownEaster Train Trip...

Would you like to come too?

December 6th 2013

Reserve early as seating is limited

All transportation 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 a day of shopping and enjoying the kickoff of Freeport's Sparkle Celebration. It is a wonderful scenic trip up the coast, complete with a Café Car to enjoy beverages and snacks. We arrive in Freeport around noon, for a day of shopping and enjoying holiday decorations and activities. LL Bean will ship anything you purchase free of charge, or hold them until 4pm closing at the tourism center. For a complete list of events go to <http://www.freeportusa.com/events/20th-annual-sparkle-weekend/>. Just after the lights come on we return to the train station to board the Downeaster for a 6 o'clock departure back to Haverhill for 8:30, and back to Lancaster by 9:30- with all of your goodies and memories of sugar plums!

If you would like to make it an overnight, and enjoy the full light show and carols a block of hotel rooms has been reserved. Find a buddy, and share a room for \$100. Return home the next day, leaving at 7:20am to Haverhill by 9:30 and home well before lunch to enjoy the weekend! Let us know, we need enough rooms to make this work (\$50 more pp based on double occupancy)



Pick up and drop off at your home is available.

Seniors \$32.50 General public \$45.00

(Excludes restaurant and dining car food/beverages)

With a room-overnight stay \$82.50pp based on double occupancy.



Please join! We help seniors in your community.

Become a Friend of the Lancaster Seniors!

We encourage you to consider joining the Friends of the Lancaster Seniors, Inc. a non-profit corporation, open to all. *You don't have to be a Senior to be a Friend!* We have applied for federal 501(c)3 status as a non-profit, and it is well underway. Check with your accountant, most non-profit contributions are tax deductible. Stay tuned! Updates on the *Friends* will be included in the monthly

COA newsletter.

Your annual membership contribution is a mainstay of our organization, helping to pay for programs that will enrich our senior's lives. Your support will help us to establish and administer assistance programs, the senior center and in the community. We will help with meals, trips, and more!

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

OUR WISH LIST

We are planning for crafts classes, events, and every day fun.

- Christmas/Holiday Decorations
- 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
- Table cloths
- Costume jewelry, shells, beads
- Glue
- Tile Grout
- Terra Cotta Pots
- Gold, Silver, Copper, or White Spray Paint
- Folding Tables

<http://FriendsoftheLancasterSeniors.org> Email:

FriendsoftheLancasterSeniors@gmail.com To become a member, fill out the information below, and send it and your check (payable to *Friends of the Lancaster Seniors, Inc.*) to: Friends of the Lancaster Seniors, Inc. 504 Blue Heron Dr. Lancaster, MA 01523 For more information about joining FOLS, contact

December 15th 8am- 3pm Audubon's 114th The Christmas Bird Count At the Oxbow Refuge

The CBC is citizen science at its best throughout North, Central and South America. Every year groups of observers search a given area trying to find as many species and number of birds as possible. Dress for cold adverse weather and bring binoculars, lunch/drink.

For information or to RSVP contact Rona at [978-779-2259](tel:978-779-2259) or Don MacFarlane at [978-897-7567](tel:978-897-7567).

David James at 978-263-7962. [Thank you for your support!](#)

Please Join us! Free Cooking Class!

Holiday Cookies and Punches!
Cooking with Laura Kryger
Our Studio Audience gets to Taste!
So please join us~ Free!
Wednesday after lunch
December 11th at 1pm



\$ HELP WANTED \$

Project ABLE
(SCSEP Program)



**We have an opening in
DPW and Buildings**

Join us and learn to 'do it all'

**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

Greater Gardener Community Choir Concert Trip



Sunday December 8st at 3pm
**Join us to tour local light
displays, and listen to a lovely
concert.**

Concert, Cocoa and Trip \$5

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:** 50c in town
- ***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 pay \$1.

To reserve call 978 733 4076

At least 48 hours prior to appointment

Please Join us!

**Council on Aging Meeting
Open to all Bring ideas, and
suggestions. Stay for lunch!**

**Wednesdays
December 18th
January 15th
at 9:30
Senior Center**



Free!

Computer Classes!

Join Jon Roper
after Pancakes

9:30 am on-

Drop in!

Jon will help with your
laptop, or our computer,
ipad or phone.

The Senior Center

Will be closed

For the holidays

December 25th

& January 1st

We welcomed everyone!

Monday-Thursday 9-3

Or for special events

Many thanks

 **Merçi**

To **Shaws**, Clinton for donating pastries.
Jay, Arthur, Jean, Kay, Pat, Celeste,
Maribeth, Sandra, Dora, Arthur Jessi,
Laura, Dave, Jean Marie, Michele, Pam,
Gretchen, Dominique, Charlotte, Karen
and more for all their hard work. What
can we say, a great big Thanksgiving thank

you to Sue Billings and the First Church
Service committee for all their hard work
and yummy food.

Annual Tree Lighting and Santa's visit

December 3rd

6:30-8:30 Town Green

LANCASTER 4-H

FESTIVAL OF TREES

DECEMBER 6-13

3:00 pm~7:00 pm

Weekdays from 3:00-7:00~

Weekends from 10:00-2:00pm



**VOTE
LCC**

Bingo!

Every Tuesday at 1:00 pm

Everyone is welcome

**Bring your quarters, odds are better than the
lottery! We provide free coffee, treats**

Door prizes!

Contract Bridge

Fridays at 1:30pm*

****Call Jean to confirm games***

978-273-2418 Free lessons by appointment