Our New Year's Resolution Edition!

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

Senior Moments

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

Volume V: January/February 2013 (978) 733-1249, fax (978) 733-4076 aturner@lancasterma.net

The Resolution Edition

#1 Improve diet

#2 Make time for friends

✓We have you covered…

January 25th-12 pm-noon

Join us for our Final Friday lunch

"Souper Bowl Party"

GO Pats!

Football Fun, Games!

$3 suggested donation to offset costs!

Tickets may be purchased at the Senior Center
M-TH 8am-3pm or call us, or email!

Cheese and Crackers, Veggie Platter, Unlimited Extra Cheese Filled Crust Pizza, All Homemade Soups-Beef Stew, Chicken Soup and Veggie Lentil Soup, Assorted Breads with Herbed Butter, Brownies and who knows what else*!*

In this Issue

- **A Message from the Director**
- **Breaking News**
- **Health & Fitness News**
- **Classes & Workshops**
- **Trips and Events**
- **Lunch Schedule (January and February)**

Thoughts from the Director

This is an exciting time, a time for new beginnings, a time when we resolve to make positive changes in the year to come. I, too, have been known to make well-intentioned resolutions. The media loves to recap popular resolutions, and then to follow with predictions of how long before we lose steam. Shucks!

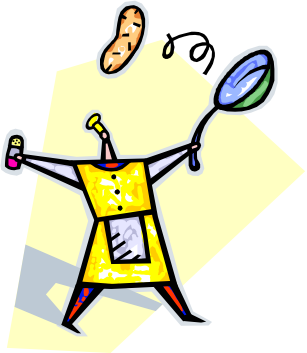
Fortunately, for those of us with weak resolve, our Council on Aging's directive follows the Office of Elder Affairs mission. In short, it reads **"to enhance the well-being of the senior population by optimizing services on behalf of mature adults and their families."** In 2012 the COA offered a wide variety of programming meant to improve your well-being. For 2013 we intend to continue that trend. After all it is no surprise that those who have support with their resolutions tend to have better success. Support can be found in many ways, including the community and resources found at the COA.

I am thrilled with the depth of support our community has offered seniors, and the wonderful, remarkable effects of it. If you are interested in improving your life, or helping others in theirs, please join us. Please don't think we are here just to play Bingo, though we invite you to that. We offer so much more. We garden, go on trips, teach Bridge, figure out insurance papers and more. Most of all it is better with friends, and support. So, for 2013 resolve to try! *Happy New Year*! *Alexandra 'Alix' Turner*

Tuesday is Pancake Day

Everyone is invited!

Senior Center
Tuesday mornings
8:00 am until 9:30 am
$1
Suggested donation
Presenting
Chef/Chair Extraordinaire
David James



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

'The Top Ten'

We can help check these off!

1. **Spend Time with Family & Friends**
2. **Get Fit**
3. **Eat Well**
4. **Improve Health**
5. **Enjoy Life More**
6. **Improve my finances**
7. **Taxes!**
8. **Learn Something New**
9. **Help Others**
10. **Get Organized**

✔ **#1 <u>Spend more time with Family and Friends</u>**

GAME DAY

And FREE CHEESE PIZZA SUPPER

February 4th 3:30 pm to 5 pm

Coaching, and 'gaming' buddies brought to you by the
Clinton/Lancaster Youth Group and Friends of The Lancaster Seniors
We hope to form Scrabble Club and Domino League!
Dominos (9 and 12) and Scrabble or bring your favorite game
Get the 'Party Started!'

This newsletter is sponsored in part by a grant from Executive Office of Elder Affairs

#2 Get Fit Would you like to meet other area residents, find a 'work out buddy', or simply enjoy a reasonably priced class with no 'initiation fee, or contractual commitment? ***Then try a fitness class!***

All classes are structured for all ages and abilities.

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

Join Tai Chi-Thursday Mornings 10:30am

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

"Tai Chi Chuan strengthens the weak, raises the sick, invigorates the debilitated, and encourages the timid"
Tai Chi GrandmasterCheng Man-Ching 1947 If you're looking for another way to reduce stress, and to improve balance, reduce aches and improve overall health then consider tai chi (TIE-chee). Tai chi is described as "meditation in motion" because it promotes serenity through gentle movements — connecting the mind and body. Developed in China for self-defense, tai chi evolved into a graceful form of exercise that's now used for stress reduction and to help with a variety of other health conditions. Tai chi is a non-competitive, self-paced system of gentle exercise and stretching. To do tai chi, you perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Jeff Cote: Instructor. **Seniors $5 per class or 6 classes for $23**
Thursdays 10:30-11:30 am **General public $6 per class or 6 for $29**

Buy a punch card for six classes! Start now for New Years Resolutions!

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

Free! Fitness Center for Seniors

Perkins School-Fitness Center on Main Street

Contact the COA for details on utilizing this fantastic facility.

Hours of Operation

Mondays, 9AM-10AM

Wednesdays/Thursdays 10:15-11:115am

Our thanks to Perkins for sharing their wonderfully appointed fitness center with Lancaster Seniors.

Coming in February- Gentle, "Friendly" Chair Exercise led by Dick Barrows
Wednesday's 11am-11:30am *Free!* **Line dancing and Yoga coming soon!**

#3 Eat Well -Join us for Lunch +

JANUARY, 2013

$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

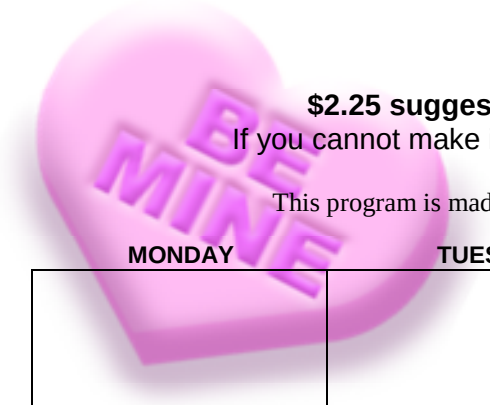
Or MOC 800-286-3441 for nutrition questions

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2 Gypsy Soup Meatloaf Mashed Potato Multigrain Bread Diced Peaches HDM: Green Beans	**3** Roast Turkey W/ Gravy Mashed Potato Broccoli Wheat Bread Blueberry Graham	**4** **Orchard Hill Shopping Trip**
7 Stuffed Shell 2 meatballs/Tomato sauce Veggie Blend Wheat Bread Apple Cinn Muffin Diet: Lemon Graham	8 Vegetable Chili Soup Sloppy Joe Green Beans Hamburger Bun Fruited Straw gelatin Diet: Fresh fruit **Pancake BFAST**	**9** Turkey Ham/Raisin sauce Baked Beans Carrots Wheat Bread Orange Artic Ice Diet: SF Jello	10 Lentil Spinach Soup Diced Chicken Cacciatore Rotini Orange HDM: Spinach	**11** **Market Basket Shopping Trip**
14 Autumn Harvest Soup Breaded Chicken Mashed Potato Wheat Bread Pineapple	15 Chef Salad w/Turkey, Cheese, Egg Pasta Salad Peaches **Pancake BFAST**	16 Shepherd's Pie Carrots Rye Bread Choc. Pudding Diet: Choc, Pudding	17 Creamy Tomato Soup Potato Fish Corn Snack N Loaf Muffin Diet: Cinnamon Apple Graham	**18** **Water Tower Plaza Shopping Trip**
21 **The Center will be closed** **NO VAN SERVICE**	22 Meatballs/Swedish Gravy Noodles Peas Rye Bread Applesauce **Pancake BFAST**	23 **SPECIAL** Salmon Boat w/ Dill Sauce Brown Rice Pilaf Italian Green Beans Peach Crisp Diet: SF Lemon Pudding	24 Vegetable Soup Broccoli Bake Parslied Potatoes Rye Bread Fresh Fruit	**25** **'Souper Bowl' Party** **12 noon at the Senior Center**
28 Tortellini Salad w/ Diced Chicken and RP Pesto Sauce Cole Slaw Wheat Bread Apple Cinnamon Muffin Diet: Blueberry Graham	29 Minestrone Soup for all Roast Turkey/Gravy Mashed Potato Rice Pudding Diet: SF butterscotch Pudding **Pancake BFAST**	30 Chicken w/Teriyaki Sauce Brown Rice Green Beans Rye Bread Strawberry Fruited Jell-o Diet: SF Jell-o	31 Chili Baked Potato California Blend Wheat Bread Fresh Fruit **Birthday Party!**	**1** *FLORA IN WINTER* **TRIP TO TOWER HILL JPs for LUNCH Preregistration required**

Join us for Breakfast- The most important meal of the day

All you can eat- Pancakes every Tuesday., Drop in 8am -9:30am! Lots of fun!



February 2013

$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
				1 FLORA IN WINTER ***TRIP TO TOWER HILL JPs for LUNCH Preregistration required***
4 Grilled Chicken w/Apricot Glaze Mashed Potatoes Mixed Veggies No Bread Apple Cinnamon Muffin Diet: Blueberry Graham ***Game Day @ 3:30***	***5*** Three C Soup Chicken Salad w/ Cranberries Coleslaw Wh. Wheat Bread Banana Pudding Diet: Banana Pudding HDM: Pasta Salad	***6*** Ground Beef & Lentil Stew (w/ carrots) Pasta Peas Rye Bread Applesauce w/C	***7*** Empanada Pico de Gallo Mexicali Corn Pineapple	***8*** ***Market Basket Shopping Trip***
11 Turkey Chow Mein White Rice Oriental Vegetables Fortune Cookie Pineapple Chunks	***12*** Meatloaf/Jardinaire Gravy Mashed Potatoes Peas Wheat Bread Peaches	***13 Ash Wed*** Tomato Rice Soup Baked Fish W/ Lemon Sauce Green Beans Rye Bread Strawberry Fruit Cup Diet: Fresh Fruit HDM: Couscous	**14** ***Valentines!*** Chicken Cordon Blue w Supreme Sauce Almond Brown Rice Pilaf Italian Green Beans Dinner Roll Brownie **Pampering Day**	***15*** ***Wal Mart Shopping Trip***
18 Presidents Day ***KIDS VACATION***	**19** American Chop Suey(2 compartments) Italian Blend Veggie No Bread Snack N Loaf Diet: Apple Cinnamon Graham ***KIDS VACATION***	**20** Breaded Chicken (bone-in) Mashed potatoes Carrots Whole Wheat Bread Sliced Peaches ***KIDS VACATION WEEK*** ***FUN DAY!***	**21** Portuguese Kale Soup Crackers Meatballs W/ Stroganoff Sauce Bow Tie Pasta Rye Bread Orange ***KIDS VACATION***	***22*** **Hearty Comfort Food** **Pot Roast Dinner** **12 noon at the Senior Center** *Must RSVP* *$3 suggested donation* ***KIDS VACATION***
25 Spinach Egg Drop Soup Grilled Chicken W/ Mushroom Gravy Red Bliss Potatoes w/ peas, oil & garlic Rye Bread Fruit Loaf	***26*** Hoppin John (2 compartments)Turkey ham, brown rice, peppers, black-eyed peas) Collard Greens Corn Bread Fresh Fruit (not Orange)	***27*** Vegetable Gumbo Soup Roast Turkey W/ Gravy Mashed Potato No Bread Butterscotch Pudding Diet: SF Butterscotch Pudding	***28*** Chicken Meatballs W/ BBQ Sauce Mixed Vegetables Tater Tots Wheat Bread Fresh Orange **Birthday Party!**	

#4 Improve Your Health If the idea of digging in the dirt has never much appealed to you, consider a 'growing' number of studies are finding improved *mental and physical health benefits of gardening* that extend far beyond the obvious rewards of exercise and fresh air. And in this economy, the free food certainly doesn't hurt either!

Momma said 'eat your veggies.' Make her proud!

Free Gardening Class Series

And seed and supply swap!

With our own Gardening Guru, Gene Christoph.

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

#1: Thursday February 7th @6:30-7:30

BYOSeed Catalog, (Bring your favorite Catalog or browse ours) We will learn how to read and select seeds suited for this climate. Browse an assortment of unusual catalogs and bring your wish list. Interested in sharing a pack or two of seeds? This may be your chance!
We will discuss supplies, proper seed starter, trays, lights etc and techniques. We may even plant some long season seeds.

#2 Thursday March 6th

Now we are deep in it! We will swap seeds, exchanging 'loot' and plant for the spring to come. Let's talk do's and don'ts! You may leave with seeds and lots of ideas. Bring gloves if you like.

#3 April 4th

More planting of tender crops, followed by a discussion of bed and soil prep. Interested in sharing plugs or supplies? We will try to team up! Herbs to enhance your garden and plate. Organic, IPM or conventional gardens. What is right for you?

#4 May 2nd

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

Thanks to Growing Places Garden Project for their help.

Did you notice our gorgeous gardens last year? You too can garden in *our* backyard, and help others at the same time!

GROWING PLACES GARDEN PROJECT

Come volunteer! Grow veggies and herbs for Seniors!

Please save time the week of April 21st National Volunteer Week. Call with questions or help!

With GPGP we will rebuild higher raised beds, much easier on bad knees and old backs!
FREE gardening for Lancaster Seniors and the Community Center!
Produce will be used in Senior meals or given to the community.

#5 Enjoy your life more

Indulgence Day!

Pamper your favorite Valentine!

Join us for an afternoon to indulge yourself!
Bring a friend, to 'de-stress' and feel *(even more)* beautiful for Valentine's Day! Hand Massages and Kissable Lips!

February 14th 1:30-3:30pm 1:30-3:30 please rsvp.

Sponsored by Michelle Jones of Corcoran House and Lauren Richards, Independent Sales Director for Mary Kay

Join us after lunch! Even better join us for lunch (Chicken Cordon Blue $2.25, call by 10am the 13th to reserve a lunch) and stay for an afternoon of pampering. Michelle Jones will start with ten minutes to explain the offerings of Corcoran House Assisted Living in Clinton, then right to business as we will enjoy a free afternoon of pampering including Hand Massages and Satin Lip treatments. Not just for the ladies, men need kissable lips too! Lauren will give us samples, as we feast on Valentines cookies and tea. Free for all, but *please let us know you are coming.*

#6 Improve your Finance$ (and eat pie)!

Free Seminar with Sharon Nolli (w/ Pie and Coffee)!
February 11th at 1pm, *Try to call first if you can make it, we will get you materials.*

News Flash: Health Insurance and Long Term Care is expensive! In future months we are inviting some of the major providers to tell us about their products. We start with a wonderful program, Navi Care. We will also learn about Summitt Health. It is NOT too late to join these programs if they work for you.

NaviCare HMO is a Medicare Advantage Plan and Senior Care Options program for adults 65 and older, who have MassHealth Standard and Medicare benefits or MassHealth Standard alone. It includes comprehensive medical insurance and medication coverage with no premiums, no copayments, or deductibles. Some of the benefits include transportation to medical appointments, dental including dentures, vision services and hearing aides. Even if you are not on Mass Health Standard and Medicare this may benefit you as you will understand how determinations are made, and may ask for help with paperwork.

Summit ElderCare® is a program of all inclusive care and provides a high level of care, medical insurance, an adult day health, and home care. Participants are able to keep the independence of living in their own home.

#7 Taxes: We all hate 'em but it we all need to do them!

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

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

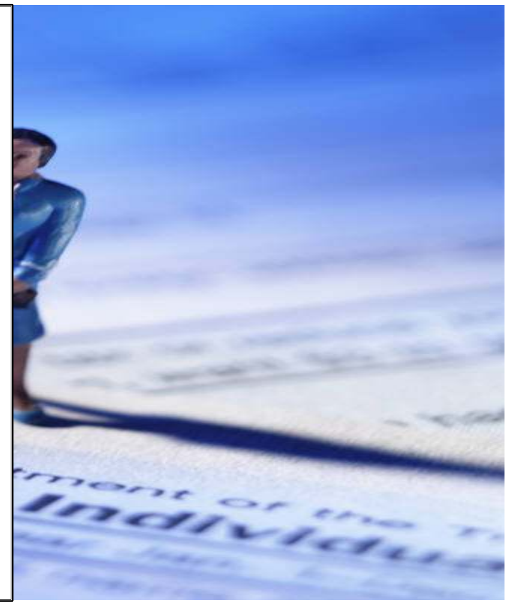
Currently AARP is booking appointments at many area Senior Centers and Libraries

<u>AARP Tax Sites close by</u>

Clinton Senior Center
200 High St
Clinton MA
978 365 9416

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

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



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

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

$$

#8.<u>Learn Something New</u>! Did you know…..

Did you know there are real benefit$ to getting older…

College costs are through the roof; two possible solutions- first ace your tests, or turn 60! Many state institutions now offer **<u>FREE</u>** classes to those over 60. We are surrounded by wonderful learning opportunities; ***Mt. Wachusett, Fitchburg State University, Framingham, Quinsigamond, Worcester State-*** just to name a few. They offer classes to those over 60, tuition free. Some charge a fee, many do not. All charge for books (but not if you know our Thayer librarians and can get a book list).

Private institutions in the ***<u>Worcester College Consortium</u>*** also offer deeply discounted classes. Check out www.assumption.edu/wise for a sample. WISE is an affiliate of the Elderhostel Institute Network.

<u>Division of Unemployment</u> offers free seminars, even if you are not on unemployment

Take advantage of the States best kept secret!

Unlock your mind, start another career, just enjoy!

Interested in more information, or speaking with 'older students'? The COA has some friends who are happy to share their success stories (free Master's degrees over 60, etc.). Call, or write and we will help, or refer you.

#9. Help Others… Visit, Volunteer or

Become a Friend of the Lancaster Seniors!

Your annual membership contribution is a mainstay of our organization, helping to pay for programs that will enrich our senior's lives. Your membership will allow us to establish and administer assistance programs, monthly enrichment programs at the senior center, meals, trips, and more!

Annual Membership Dues

Senior	**$10**
Individual (non-Senior)	**$15**
Family	**$30**

\Yearly membership in the Friends of the Lancaster Seniors is open to all. *You don't have to be a Senior to be a Friend!* We will soon be applying for 501(c)3 status as a non-profit. Once we have that, any contributions above your membership fee will be tax-deductible. Stay tuned! Updates on the *Friends* will be included in the monthly COA newsletter.

UPDATE: As of 1/15/2013 there are 37 "Friends of the Lancaster Seniors!" Thank you!

UPDATE: We now accept credit cards! Ask me next time you see me at the Senior Center!

Website: http://FriendsoftheLancasterSeniors.org **Email:** FriendsoftheLancasterSeniors@gmail.com

To become a member, fill out the information below, and send it and your check (payable to *Friends of the Lancaster Seniors, Inc.*) to:

Friends of the Lancaster Seniors, Inc.
504 Blue Heron Dr.
Lancaster, MA 01523

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

- -

Name: ____

Address: ____

Email: ____

Category of Membership:

___Senior $10
___Individual $15
___Family $30

Thank You for supporting Lancaster Seniors!

#10 Get Organized

Let's make it a year to 'declutter'! Remember clutter has no age limit (I am testimony to that)! As we age clutter becomes even more troublesome, it takes our precious time and left in the way it can contribute to falls etc. Below are *just a few resources* that would happily repurpose you 'clutter'. We do not endorse merchants, just giving you options. CHECK Charitywatch.org to a rate charities works, or Charitynavigator.org before you donate. (If you need more help, call us and we will see what we can offer).

*To Give/Donate

Got Books?

***Friends of The Library**
Drop off at the Library during business hours

Too many Cloths, Household Items?

***Friends of Lancaster Seniors**
Spring and Fall Sales-Look for the ads for drop off days or call the COA
www.FriendsoftheLancasterSeniors.org
***WHEAT Store/Hidden Treasures** Clinton MA
www.wheatcommunity.org
(978) 365-3085
***Ginny's Thrift Store,** *Leominster*
(978) 537-1387
***Goodwill Industries**
www.goodwillmass.org
617-445-1010
***Salvation Army**
www.salvationarmy.org
800-958-7825
***Household Goods Recycling of Massachusetts**
www.hrgm.org
978-635-1763
***MA Coalition for the Homeless**
www.mahomeless.org
781-595-7570

Old Sneakers! *Believe it or not*

***The Nike Factory Store** *(to recycle rubber for roads, playing fields-10 pairs max)*
Wrentham Mall 508-384-1800

Furniture/Appliances etc.

***SEE MANY OF ABOVE*.**
***ReStore | Habitat for Humanity of North Central Massachusetts** Leominster*
www,restorencm.org
(978) 227-5556

One of my favorites, **Lancaster Recycling!**

To Consign/Sell

Clothing

***The Garment District,** Cambridge*
Vintage or High end
www.garmentdistrict.com
617-876-5230
Options Boutique, Littleton
info@optionsconsigmentboutique.com
978-486-3775
FAV Leominster
www.favconsignment.com
978-401-0303

Records and Music

Looney Toons, Boston
www.vinylhigh.com
617-549-5067/617-247-2238
Cheapo Records, Boston
www.cheaporecords.com
617-354-4455
***Newbury Comics.** Leominster and others*
www.newburycomics.com/
978-537-9517

Antiques and Furniture

Gallery 56 *Clinton Ma*
www.**gallery56**.com
(978) 365-6456
***Tables to Teapots,** Acton*
www.info@tablestoteapots.com
978-266-1115
***StillLifeHome,** Hudson*
www.**stilllifehome**.com
(978) 562-3221

Auctioneers

***Skinners,** Marlborough*
www.skinnersinc.com
978-779-6641
***Bill Eckleberry,** Spenser*
508-579-6615
BILLEKL@VERIZON.NET

Always a good idea to …

Well Adult Clinic~ It is FREE!

With our town nurse, Tamara Bedard.

3rd Wednesday of each month 11am-12pm

Advice, Blood pressure screenings and more

Bonus!

Free Blood Pressure Testing every week!

Wednesday afternoons 11:45-12:15 pm

With our nurse Kathy Cronin

Senior Center

Come for lunch too! Please reserve lunch by Tuesday morning

WHEAT Café

The Café' serves tasty, nutritious meals six nights a week free of charge! The Cafe is open from 4:30 – 6:30 every night *(except Saturdays)*

Dinner is served at 5:00. 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
Van service available!

Tuesday and Wednesday

From your home 4pm-6pm

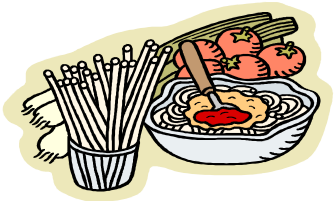
Papa Pasta Dinner

Buffett Pasta night

A large assortment of Pasta and sides

January 26th

Two seating's, 5:30 and 7:30



$10 adults $5 kids and 65 over

Sponsored by the First Church, to help their Religious Education and those in need

Tickets suggested: www.FirstChurchLancasterMA.org

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

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!

- ***January 4th :*** Orchard Hill Plaza
- ***January 11th*** Market Basket
- ***January 18th*** Water Tower Plaza
- ***January 25th*** Souper Bowl Party
- ***Febuary 1st*** Tower Hill Flora in Winter

Flora in Winter

"A MidWinters Dream" At Tower Hill Botanic Garden

Friday, February 1st 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

At 11:15 am

Then off to casual **JP's in Westborough**, Famous for their inexpensive lobster rolls- $14.99 for a huge plate of lobster, or a fat roll or 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

This newsletter is generously supported [illegible] from the Executive Office of Elder Affairs

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)
- 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

You are invited!

It does not have to be your birthday

Come help us celebrate January Birthdays!

January 31st at 2pm

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

Come have dessert in the Center and honor January Babies.

Got Time? Help Wanted.

Would you consider volunteering with the Council on Aging?

- **Help with our parties!** Cook, clean, schmooze!
- **Newsletter Help** To help with the newsletter, including research, ideas and computer work!
- **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**

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

THE TRAVEL PAGES

It's all 'Fare'

More Winter Fun!

Indoor games, look to Feb. edition for more outdoor fun
Call to confirm games!

Bingo!

Every Tuesday at 1:15 pm

Everyone is welcome

Bring your quarters, the odds are
Better than the lottery!

Contract Bridge

Fridays at 2pm

Always looking for players
And those interested in
Learning how to play
Call Jean @ 978 273 2418

Vacation Week Fun!
Kids Crafts

All ages welcome~ Look to the website for details!
Or call 978 733 1249
Reservations REQUIRED

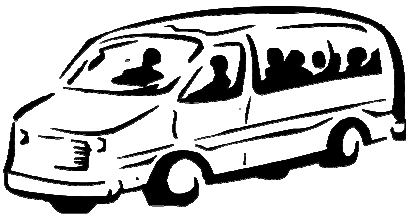
February 20th

1:30-3:30 pm
Make your own *Pine Cone Birdfeeders*
(No charge-but please rsvp as it is limited)

Look at our February Edition for more fun!

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

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

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

New Year's Resolution

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

Save
February 20th for Kids Day At the LCC

***The Senior* Center**

Will be **closed**

January 21st

In honor of Martin Luther King

We are open unless Nashoba closes. When in doubt call

978 733 4076

Monday-Thursday 9-3

Many thanks

To all of you who joined us for our Holiday dinner, what a wonderful time! Thanks to Jessica Prichard for leading a wonderful round of Carols. Who knew there was such talent in Lancaster. Thanks to the many volunteers who helped make the dinner, Rubin, Michele Macdonald, John Bowman, Diane Sousa, Sandi McMinn, Etta Dilling, Judi MacLean, Eileen McRell, Greg Stirk and many others. Especially all who baked. Recipes will be on our website soon, we shared some excellent cookies!

We would also like to thank ***Shaws*** in Clinton for donating pastries. Thanks again to the numerous volunteers who make the Center a wonderful place, Jessica Maribeth, Myra, Laura, Dave, Jean, Marie, Michelle, Nilah, Gretchen, Judi, Nicole Charlotte, Claire, and more for all their hard work.

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