



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

Senior Moments

Jo St. Angelo, Joe Mule, Mary J MacLean, Frank McGrory, Eileen McBell, Nicole Jimino, Michele MacDonald Chair

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

--In Local News...

Studies reveal the top 5 ways to achieve a healthy New Year!

1. Join us for healthy, in-expensive exercise classes~ good for all ages.
2. Learn some new healthy recipes, take a class, eat well!
3. Get your paperwork in order.
4. Get out and try something different!
5. Meet new people

We can help with all of them !!



**Join us for a
Heart Warming
Soup Party!**

Friday, February 21st @ 12 noon

**Bring your favorite soup, or hearty bread, or salad
and together we will make a hearty meal.**

Hearty Healthy Soups Class

Come learn to make your soup
Free cooking class and tasting with Laura
and friends.

January 15th at 1pm

Good news from the Director,

Friends. You really can't have enough, and thank goodness we have them. The Friends of the Lancaster Seniors just celebrated their first year. In that year they have over grown to over 120 members.

Why am I so excited about Friends? In their first year the friends have helped contribute time and donations to meals, they have taken over the Pancake Breakfast, and have made a significant contribution to the Angel Tree oil fund. Those of you who have made individual donations of goods, gift cards, and cash to the Friends of the Lancaster Seniors should know that your gift may be tax deductible as the Friends has applied for 501c(3) status (in process – awaiting final determination).

The Friends hope to have another fundraiser this spring, perhaps a concert as wonderful as Aine was last spring. What they need to continue their growth and good work is your help. If you are able to volunteer your skills, time, or money please contact the President of the Friends, David James at 978-263-7962

But wait- there is more good news! We just began the elevator project, soon the whole Community Center will be handicapped accessible. I am hoping to christen the newly accessible gym with a 'Senior Prom', so get your dance shoes out and if need be join me in Ballroom dancing lessons coming soon.

Hope to see you soon, *Alix*

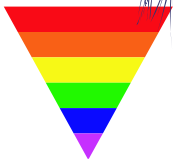
**Tuesday is Pancake Day
Everyone is invited!**

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

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

Suggested donation
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

**2nd Annual
Winterfest**

11am-5pm

February 8th

www.thayerfield.org

Community Center Fields, Ice Rink,
and more. Watch for details.

**Bring your skates
The ice rink is now open!**

**Work off those pancakes!
The Thayer Field Ice
Rink
Is now open for all to
skate**

*Behind Memorial School
Open all day Ice permitting.*



**Family Pancake Breakfast
School Vacation Week
February 18th
7:30-10:30**

**All you can eat!
Chocolate Chip Pancakes
Apple/Cinnamon and
Pumpkin Pancakes
Fruit, Sausage, and OJ**

IN LOCAL NEWS



Thanks to Growing Places Garden Project for their help last year, Minuteman High School, and all our wonderful volunteers!

Did you notice our gorgeous gardens last year?

You too can garden in *our* backyard, and help others at the same time!

**Come volunteer and garden! Grow veggies for Seniors & ourself!
Reserve your accessible bed space now! Seed starting begins soon.**

With the help of GPGP, Minuteman School, and volunteers we built high raised beds last year, much easier on bad knees and old backs! We share the beds, our plants and weeding. A real community garden. Join us for loads of fun and lots of produce.

FREE gardening for Lancaster Seniors and the Community Center!

Produce will be used in Senior meals or given to the community

Pot Luck Seed and Catalog Swap March 6th at 6:30

Bring extra seeds, and/or catalogs and to trade.

Bring your favorite dish to share too. No need to garden here, join us!



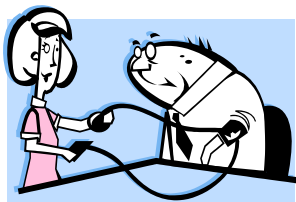
Got Time? Help Wanted!

A sample of volunteering opportunities, there are more. Just call or come down!

- To or run events or participate in events. Do you have a sense of adventure; are you physically able, confident, love people- love fun? We want you! Meals, field trips etc.
- 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 for those who can't drive for 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,
- Knitters, or Crochet'ers' etc. to help start our group.
- Website work and more!



Health and Fitness



Come to the Well Adult Clinic~ It is FREE!

With our town nurse, Tamara Bedard.

1st Tuesday 9 am - 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! January 7th 2014 at 10. Right after pancakes!

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! Now Feb 5,12,19,26, March 5, 12

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 (*Invite your friends so we can keep prices low!*)

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.



Beginning Feb 20th

You should attend all 5, this class is progressive.

Thursdays 9:30 – 10:15 am



Instructor: Debbie Pennesi

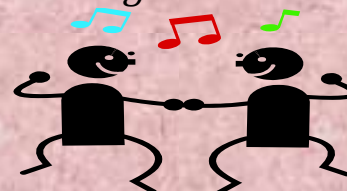
Debbie is a veteran instructor of Fitness. She has over 30 years of experience in the field. Her background includes years of working as a director in the YMCA and Corporate Wellness; as an Exercise Physiologist in Cardiac Rehabilitation programs and as a Certification Specialist teaching lectures for 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
Limited to first 12 registered.

Dance, Dance, Dance!

Join us for a Beginners +
Ballroom Dancing

All ages invited!



February and March

February 19, 26 March 5, 12, 19

7:00 pm -8:00 pm

5 week session

\$65.00 pp or \$120 per couple

**Early registration suggested*

Class size is limited

Good for beginners on up!

Elder Help 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 +.

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**.

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

Elevator is located in the rear of the building for your convenience.

Fuel Assistance

Heating Assistance news. The state gross annual income limits for fuel assistance follow: for a household of one, \$32,065; for a household of two, 41,932. In addition, Lancaster Residents may 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..

Durable Medical Equipment Loan

Need to borrow a walker? Crutches? Cane? We may have it. Give us a call to borrow or give us durable medical equipment in good condition.

978 733 4076

**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!*

Taxes:

We all hate them, but we all need to do them!

Even if you are low income and do not typically file, you may be due money back-Check it out!

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.

AARP Tax Sites close by

Clinton Senior Center

200 High St

Clinton MA

978 365 9416

Sterling Senior Center

1 Park St

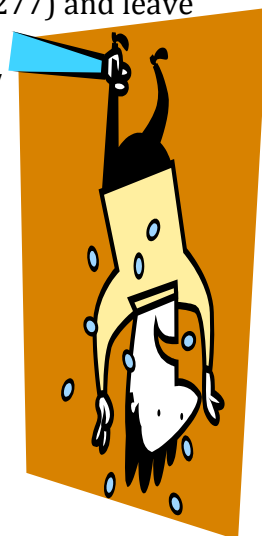
Sterling MA

978 422-3032

Leominster Public Library

30 West Street

Leominster MA



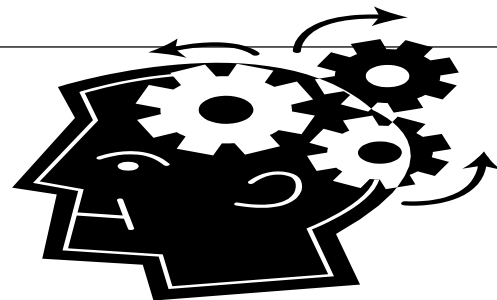
We are able to transport you. Call the van to book a ride.

Currently AARP is booking appointments at many area Senior Centers and Libraries You do not need to be a resident of the town to visit.

Learn Something New!

Did you know ...

There are real benefits to getting older...



College costs are through the roof; two possible solutions- first ace your tests, or turn 60! Many state institutions now offer **FREE** classes to those over 60. We are surrounded by wonderful learning opportunities; **Mt. Wachusett, Fitchburg State University, Framingham, Quinsigamond, and 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 **Worcester College Consortium** also offer deeply discounted classes. Check out www.assumption.edu/wise for a sample. WISE is an affiliate of the Elderhostel Institute Network.

Division of Unemployment offers free seminars, even if you are not on unemployment.

***Take advantage of the state's 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

It's time for the second annual

Papa Pasta Night!

An ages for a fun filled night, with a variety of gourmet pastas. This is not your father's spaghetti dinner!

Saturday January 25, 2014

\$5 for Seniors 65 + and for children

\$10 for other adults

First Church, Lancaster Green

Tickets available from Dave James

At the Senior Center



Evening Adult Book Discussion Group

Thayer Memorial Library



"Too Close to the Falls: A Memoir"
by Catherine Gildiner

This is a poignant memoir about one intrepid, unforgettable girl and her extraordinary childhood in 1950s small-town America. It's the middle of the 1950s in Lewiston, NY – a small and sleepy American town very near Niagara Falls. No one is divorced. Mothers wear high heels to the beauty salon and children pop Pez candy and swing from vines over a local gorge. But at the tender age of four, it becomes clear to Cathy's parents that their rambunctious daughter is no ordinary child and they soon put her "to work" at her father's pharmacy.

Tuesday, January 28 @ 6:30 p.m.

For more information, contact Karen Silverthorn at 978-368-8928 ext. 4 or ksilverthorn@cwmar.org



Join us for Lunch in February

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

We also 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 also included.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Ziti W/ Bolognese Sauce Broccoli Italian Bread Pears <i>Tai Chi 9:30</i> <i>Yoga 11</i>	4 Breaded Chicken Mashed Potato Carrots Snack & Loaf Diet: Lemon Graham Bingo at 1pm Pancakes 7:30-9:30	5** High Sodium Ham & Cheese Bake Homefries Stewed Tomatoes Whole Wheat Bread Fresh Orange <i>Yoga 11</i>	6 Turkey W/ Gravy Red Bliss Potato Kale Whole Wheat Bread Pineapple	7 Bridge at 1:30 To confirm 978 263-2418 <i>Market Basket</i> <i>Leominster</i>
10 Roast Pork W/ Gravy Sweet Potato Broccoli Whole Wheat Butterscotch Pudding <i>Tai Chi 9:30</i> <i>Yoga 11</i>	11 Meatballs W/ Tomato Sauce Rotini Green Beans Applesauce Bingo at 1pm Pancakes 7:30-9:30	12 Chicken Breast W/ Coq Au Vin Brown Rice Pilaf Mixed Veggies Whole Wheat Br Fruited Jello <i>Yoga 11</i>	13 SPECIAL Salmon Mac & Cheese Stewed Tomatoes Italian Green Beans Whole Wheat Roll Cheesecake	14 Bridge at 1:30 To confirm 978 263-2418 <i>Soup Party</i>
17  PRESIDENT'S DAY NO MEAL DELIVERY	18 White Turkey Chili Baked Potato California Blend Whole Wheat Roll Strawberry Cup Diet: Fresh Fruit 1% Milk Bingo at 1pm Pancakes 7:30-9:30	19 Potato Fish Tator Tots Beets Rye Bread Pineapple <i>COA MEETING @ 9</i> <i>Yoga 11</i> <i>Nurse 11:30-12:30</i>	20** High Sodium Entree Baked Ham W/ Apricot Sauce Brown Rice Pilaf Peas Whole Wheat Bread Fresh Orange 1% Milk	21 Bridge at 1:30 To confirm 978 263-2418
24 Lasagna W/ Meat Sauce Carrots Whole Wheat Roll Strawberry Cup Diet: Fresh Fruit <i>Tai Chi 9:30</i> <i>Yoga 11</i>	25 Roast Pork W/ Gravy Mashed Potato Spinach Whole Wheat Applesauce Bingo at 1pm Pancakes 7:30-9:30	26 Meatballs W/ Swedish Sauce Noodles Italian Blend Chocolate Graham <i>Yoga 11</i>	27 Diced Chicken W/ Teriyaki Sauce Brown Rice Oriental Veggies Rye Bread Mandarin Oranges	28 Bridge at 1:30 To confirm 978 263-2418 <i>Price Rite &</i> <i>Greendale Mall</i>



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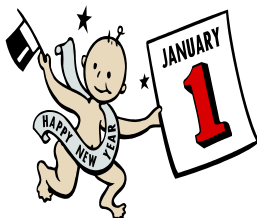

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Monday	Tuesday	Wednesday	Thursday	Friday
Every Monday is Fitness Day Tai Chi at 9:30 Yoga at 11 All ages Drop in!	Pancakes Every Tuesday 7:30-9:30 \$2 all you can eat BINGO at 1		2 Portuguese Kale Soup Fish Sticks Herbed Noodles Whole Wheat Bread Mixed Fruit Yoga 11	Bridge at 1:30 To confirm 978 263-2418
6 Hot Dog Baked Beans Mixed Veggies Hot Dog Bun Fresh Orange Tai Chi 9:30 Yoga 11	7 Pancakes Grilled Chicken with Herb Gravy Red Bliss Potatoes Butternut Squash Wheat Bread Butterscotch Pudding Bingo 1	8 Three C Soup Salisbury Steak with Gravy Noodles Wheat Bread Muffin	9 Sloppy Joe Brown Rice Carrots Hamburger Bun Applesauce Yoga 11	Market Basket Bridge at 1:30
13 MIGHTY MEAL \$3.00 Spinach Lentil Soup Chicken Breast w Red Pepper Pesto Baked Potato Sour Cream/Cheddar Bread Stick Strawberry Cup Tai Chi 9:30 Yoga 11	14 ** Pancakes Baked Ham with Raisin Sauce Baked Beans Carrots Pineapple Chunks HIGH SODIUM ENTRÉE Bingo 1	15 SPECIAL Harvest Soup Sweet Potato Fish Brown Rice Pilaf Whole Wheat Roll Apple Cherry Crisp Cooking w Laura at 1 COA MEETING @ 9 Nurse in 11:30-12:30	16 Meatballs with Tomato Sauce Penne Italian Green Beans Wheat Bread Gingerbread Cookies Yoga 11	Bargain Hunters Trip Bridge at 1:30
20 Closed for MLK Day 	21 Pancakes Diced Chicken with Teriyaki Sauce Brown Rice Oriental Vegetables Rye Bread Applesauce with Vitamin C Bingo 1	22 Chicken Breast with Tomato Basil Sauce Bowtie Pasta Italian Blend Snack & Loaf	23 Pea Soup Roast Turkey/Gravy Mashed Potato Whole Wheat Bread Mixed Fruit Yoga 11	Wal Mart Trip Bridge at 1:30
27 Roast Pork with Gravy Brown Rice Pilaf Whole Wheat Bread Applesauce Tai Chi 9:30 Yoga 11	28 Pancakes Tomato Chick Pea Soup Fish Sticks Creamed Corn Peaches Bingo 1	29 Meatballs with Swedish Sauce Egg Noodles Carrots Whole Wheat Bread Strawberry Cup Diet: Applesauce	30 Chicken Breast with Marsala Sauce Broccoli Penne Pasta Italian Bread Muffin Yoga 11	Market Basket 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!

- **January 3rd** Market Basket Leominster
 - **January 10th** Orchard Hill Plaza
- **January 17th** Bargain Hunters Treasure Hunt
 - **January 24^t** Walmart Leominster
- **February 7th** Market Basket Leominster
- **February 14th** Heart Warming Soup Party
- **February 28th** Price Rite and Greendale Mall
 - **March 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 (with tax & tip).**





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.

Join us

Wednesday, January 15th at 1 pm

***Cooking with Laura
Warm Winter Soups***



After an enjoyable 45 minute class audience members will enjoy some tastings! As always a fun, and educational hour. Join us for the fun.

In the Senior Center

**A sampling from
Laura's December class**

*Please join us for her class
January 15th at 1 pm*

Healthy desserts

Apple slices

Wash apples
Slice apples
Brush fresh lemon on apples (optional)
Sprinkle cinnamon (brown sugar or honey)
Bake 350 degrees until brown.

Laura's Noodle Dessert

½ lb. low fat egg noodles
½ cup of cinnamon apple sauce or fresh diced apples
¼ cup of ricotta cheese
¼ cup heavy cream
2 eggs beaten
Hand full of raisins
Nuts (optional)
Mix all ingredients and bake 350 degrees until top of dessert is a little brown. Serves 4-5

Yogurt Dessert

Small lemon yogurt
Small raspberry yogurt
Small can pineapple drained
Container of cool whip
Mix all ingredients together and you're done. Place in the refrigerator until ready to serve.

Bread and Apples

Slices of bread
Apples diced
Raisins
Nuts (optional)
Remove crust around the edges and place bread in a cupcake tin. Add fruit and bake. Top with whip cream or ice cream.



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!

<http://FriendsoftheLancasterSeniors.org> Email:

❖ 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

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. **Thank you for your support!**

Our Poets Corner

Submitted and Written by Ruth Baird

Thank you, Ruth

WINTER DAY

The sun rises bright in the winter sky,
but the north wind takes away its warmth.

By noon a trickle drops from corner eave.
At three o'clock a glaze like broken glass
forms on the walkway.

The sun disappears in the early eve
to darken into deep night.
The chill of cold seeps in every corner until pale
light appears in far horizon.

With welcomed rays of morning sun.

\$ 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.**

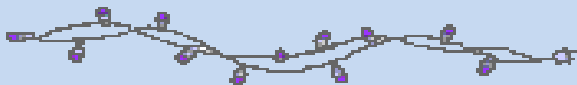
Wages are paid directly.

Call 978 733 4076 for more information

Holiday Lights!

It's not over, til it's over...

*The winter days are gray but it is a bright
wonderland at the Kenney's house.*



*We are invited to glimpse a Winter Wonderland an
Open House/Tour*

1 pm Meet at the Center

Jan 22nd

**Join us to view over 25 theme decorated trees,
including a special Lancaster tree.**

Free, but reservations required.

To reserve call 978 733 4076

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

Organization Options

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 is **Lancaster Recycling!**

To Consign/Sell

Clothing

The Garment District, Cambridge

Vintage or High end

www.garmentdistrict.com

617-876-5230

Options Boutique, Littleton

info@optionsconsignmentboutique.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

Skidders, Marlborough

www.skiddersinc.com

978-779-6641

Bill Eckleberry, Spenser

508-579-6615

BILLEKL@VERIZON.NET

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

**Wednesdays
January 15th
February 19
at 9:00
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

January 20, 2014



We welcome everyone!

Monday-Thursday 9-3

Or for special events

Many thanks



To **Shaws**, Clinton for donating pastries.
Jay, Arthur, Jean, Kay, Pat, Celeste, Judi,
The Crossmans, Maribeth, Sandra, Dora,
Arthur, Jessi, Laura, Dave, Jean Marie,
Michele, Pam, Gretchen, Rachel, Laura,
Charlotte, Karen, Joe, Jon, John, Gino and
more for all their hard work .

What can we say, a great big thank you to
all of us who helped us through the
holidays, and especially Kathy Pierce,
Francine Moody, Denise Hurley and Jean
Syria and the Friends of Lancaster Seniors
for their help through the Angel Tree.

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!

Bridge

Every Friday at 1:30 pm

Everyone is welcome

Snacks, and coffee provided

Call Jean to confirm 978 273-2418