



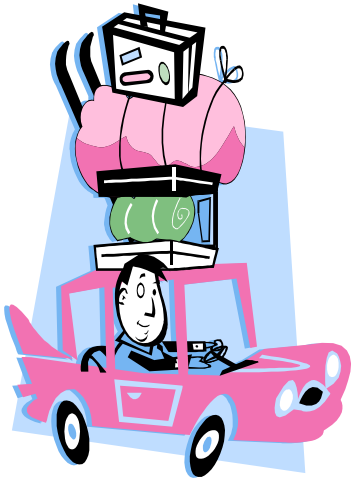
Please visit the Senior Center, and the Lancaster Community Center:
Behind the Town Green Complex

Senior Moments

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

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

“DayCation” Deals



The
Community
Center and
The Senior
Center offer
summer
escapes
without
breaking the
bank!

Join us, take time to ‘smell the roses’!

More offerings coming, please check in.
July 11th

- Free Rose Garden Tour,
- Trip to Mohegan, \$25 with \$15 toward lunch and \$25 for slots! It is almost free!

July 26th

- Garden in the Woods Tour with Lunch at the Wayside Inn.
Details inside.

Coming in September

Maine trip on the
DownEaster, to Portland and Freeport!

Thoughts from the Director

July is the peak of summer, a month of long hot days, great for vacations, and our tomato plants thrive, but the long sunny days bring hazards too. Heat, ticks and poison ivy are the downside of summer. Good news is having some ideas to turn the dark cloud lining to silver.

Heat kills, so please look in our neighbors who may not have air conditioning, or those who work too hard in the heat. Keep your eye on them, often people do not know they are getting sick until it is serious. Anyone who gets disoriented or feels sick may need medical help, or at least a drink and a cool spot! This is particularly true for seniors, as people get older bodies they do not cool as effectively, and heatstroke can kill. There are many in town who do not have a cool place to retreat. We do, here at the Center we are a ‘cooling station’, complete with Wi-Fi, a brand new Wii game, a fridge stocked with lemonade, and drinks, and often treats. > While here, you may wish to take classes, hone your computer skills, create a craft, have a meal, or watch a movie. For those who don’t drive we are happy to transport you on our van. So let the heat be an excuse to come and join the cool kids in the Senior Center.

We would love to have you.

Hope to see you,

Alix

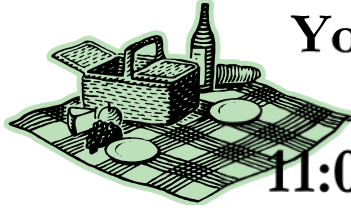
It is Summer!

Enjoy every moment, every BBQ!

You are invited

August 17

11:00am-3:00pm



Sheriff's Annual Senior Picnic

Sponsored by Sheriff Lew Evangelidis

SAC Park, 348 Lake Street Shrewsbury, MA

Free! Table service, games etc.

RSVPs preferred to COA (978) 733-4076

*If you need a ride we will **TRY** to help.*



BLUEBERRY

Tuesday is ^ Pancake Day

Everyone is invited!

Senior Center Tuesday mornings 8:30-10 AM

\$1 suggested donation

Chef/Chair Extraordinaire David James breaks out the griddle flips fresh pancakes. It's **blueberry** season! Dave whips in local fruit for a special treat, so come on down when it is in season. For \$1 donation you may have sausage, juice and coffee and all the pancakes you can eat!



Rainbow Lunch

Worcester Elder Services and WLEN

Invite you to the Rainbow Lunch Club*Every 2nd Wed. Noon

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

Garden Tour and Lunch

*Take time to smell
the Roses!*

July 12th at 9:30 am

You don't have to travel far to enjoy one of the most wonderful Rose Gardens you have ever seen. We will meet at the Center for Coffee or Tea and travel to Clinton to Tina Marcinczyk, and Edgar Watson's Rose Garden for a 10 am tour.

Their garden is a work of art, and has been featured in *Worcester Living* and the *Telegram*. Take the van, or follow in your own car. Those who want to get together for lunch we will go on to Rota Spring Farms for the best meatball subs, tuna subs, or just skip everything and get some delicious ice cream!

**Free Tour~Van is \$2
You pay for your own lunch.**

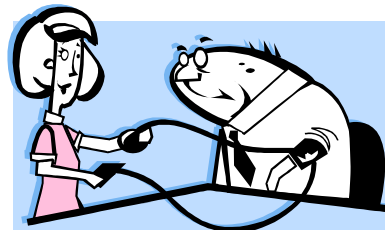
Health and Fitness

To insure a space for any event, or class please pre-register at 978 733 4076
meugene@lanasterma.net

Come to the Well Adult Clinic~ It is FREE!

**With our town nurse, Tamara Bedard
3rd Wednesday of each month (June 17th)
11 am – 12 pm**

**Now also here on the First Tuesday at 9 am
Pancakes and Pressure!**



**Free Blood Pressure Checks
Every Wednesday 11:45-12:15 with Kathy Cronin**

All ages Fitness Classes

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

**New to Tai Chi? Not sure if it will help you. Then stop by our office
before 10:30 am Thursdays to check in for your first class free!**

Tai Chi

**The ancient art of tai chi uses gentle flowing movements to reduce the stress of our
lives and improve health.**

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

Jeff Cote: Instructor. Seniors \$5 per class or 6 'Get Fit' classes for \$25

Get Fit General public \$6 per class or 6 for \$29

Thursdays 10:30-11:30 am Lancaster Community Center Garden (weather permitting) or indoors

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

Dance your way to fitness!

Coming in September ~ Zumba Gold Beginning Wednesday, Sept 4th at 9:30 am

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



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

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

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

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



Gentle Hatha Yoga

New Session Begins June 24th

11 am-12 pm Mondays

No class on July 15th

Got Stress? You *need* to relax!



Worried about falling, twisting? *Improve* your balance, and keep your range of motion.

Stay young! We provide mats, and chairs~ Bring yourself!

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

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

Join us Monday mornings to get the week started with gentle Hatha yoga. All ages, and abilities will benefit from this yoga class. Yoga is widely recognized as a way to improve balance, improve posture, keep your range of motion, improve clarity of mind and reduce stress. Louise Dorian has taught *hatha yoga* since 1989, Louise Dorian was originally certified by the Ayurvedic Whole Life Center in Brookline, Mass. She has since evolved her own unique style of teaching, incorporating the detail and precision of Iyengar yoga, the gentle, individualized approach of Kripalu, the inner focus and playful quality of Angela Farmer's innovative teaching, while still maintaining the balanced focus of Ayurvedic principles. Louise has taught yoga in corporate settings for over ten years, to improve employee's health and reduce stress.

Farmers Market Coupons are coming!

Thanks to Mass Agriculture and MOC we have coupons to for any Farmers Market Stop or call to sign up for a coupon booklet* good at any market. Available soon.
**for income eligible seniors over the age of 60. Quantities limited, call early.*

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

Farmer's Markets are in their full glory now!

Corn, Tomatoes, Herbs, Meat, Jams, Jewelry,
Cheese and Milk and much more are available.

GO LOCAL!



Lancaster Summer Evening at the Park

Please join us at Nathaniel Thayer Park
(Behind Thayer Memorial Library – 39 Harvard Road, Lancaster, MA 01523)

Saturday July 20th 2013

FIELD ACTIVITIES: 5-8 pm

Fire Truck/Farm Equipment/Tractor Demo
Games – bring your outdoor toys - Frisbees, Whiffle balls, Jump Ropes, etc.
Pump Track Bike Riding/Races (bring your bikes)
Bicycle Safety Checks sponsored by GearWorks Cyclery
Bike Donation Center: bring old bikes – get a free raffle ticket per bike donated

LANCASTER FIREMEN'S BBQ: 6-9 pm

LIVE MUSIC: 6:30 pm – AMERICAN BEAUTIES

OUTDOOR MOVIE, SNACKS, DRINKS: 8:30 pm MADAGASCAR 3 (Rated PG)

www.thayerfield.org



"This program is supported in part by a grant from the Lancaster cultural council, a local agency which is supported by the Massachusetts Cultural Council, a state agency."

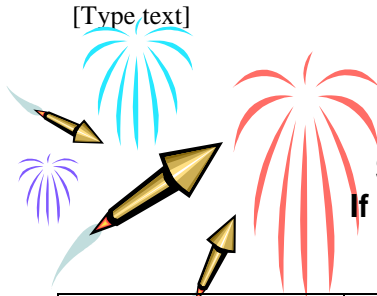
Sponsors



Blisters for Sisters

Wachusett Music





Join us for lunch Monday-Thursday

\$2.25 suggested donation, reserve one day ahead @ 978 706-1958
 If you cannot make it we will bring it to you, 978 733-4076 Meals on Wheels
 MOC 800-286-3441 for nutrition questions

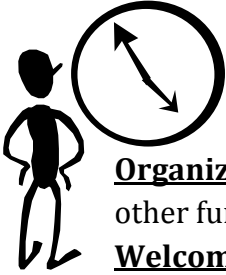
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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| 1 Fish Sticks Mac & Cheese Stewed Tomatoes Whole Wheat Bread Pineapple <i>Yoga at 11 am</i> | 2 Pancakes,Sausage,OJ Every Tuesday \$1 @ 8:30 Bingo @ 1:15 | 3 JULY 4th SPECIAL ** Pulled Pork Sandwich Coleslaw Baked Beans Hamburg Bun Blueberry Buckle | 4  HOLIDAY NO DELIVERY | 5 Trip to Market Basket And Whitney Field Pick up begins at 9 \$2.00 |
| Calories: 537 % Fat: 22 Sodium: 901 | Calories: 698 % Fat: 16 Sodium: 933 | Calories: 751 % Fat: 40 Sodium: 1,488 | | |
| 8 BBQ Beef Rib Spanish Rice California Blend Fresh Fruit (Plum) <i>Yoga at 11 am</i> <i>Happy Birthday</i> <i>Gino!</i> | 9 COLD PLATE Cong: Veggie Gumbo Soup HDM: Broccoli Salad Turkey Ham Salad Pasta Salad Hot Dog Bun Pancakes, | 10 Grilled Chicken with Teriyaki Sauce Brown Rice Green Beans Whole Wheat Bread Pineapple | 11 Turkey with Gravy Mashed Potato Peas Whole Wheat Bread Chocolate Graham <i>Tai Chi at 10:30</i> Mohegan Sun Trip | 12 Rose Tour Followed by Lunch at Rota Spring Farm (Yummie, subs and ice cream) \$2 van |
| Calories: 668 % Fat: 29 Sodium: 1,259 | Calories: 545 % Fat: 20 Sodium: 1,219 | Calories: 582 % Fat: 11 Sodium: 701 | Calories: 681 % Fat: 20 Sodium: 1,196 | |
| 15 Breaded Chicken Mashed Potato Butternut Squash Banana Pudding Diet: Sugar-free Lemon Pudding <i>Yoga at 11 am</i> | 16 Cong: Minestrone Soup HDM: Veggie Blend Potato Fish Scalloped Potatoes Whole Wheat Bread Strawberry Fruited Jello Pancakes, | 17 Meatballs with Tomato Basil Sauce Penne Green Beans Whole Wheat Dinner Roll Applesauce | 18 Broccoli Bake O'Brien Potatoes Stewed Tomatoes Whole Wheat Bread Banana <i>Tai Chi at 10:30</i> | 19 New Market Basket Hudson/Berlin MA And Solomon Pond Mall Pick up begins at 9 \$2.00 |
| Calories: 577 % Fat: 32 Sodium: 718 | Calories: 660 % Fat: 24 Sodium: 878 | Calories: 588 % Fat: 21 Sodium: 905 | Calories: 656 % Fat: 28 Sodium: 1,077 | |
| 22 White Chicken Chili Rice Pilaf Broccoli Biscuit Fresh Fruit (Peach) <i>Yoga at 11 am</i> | 23 American Chop Suey Wax Beans Whole Wheat Bread Applesauce Pancakes, | 24 Cong: Lentil Spinach Soup HDM: Spinach Chicken Breast with Peppers and Onions Tater Tots Peaches | 25 COLD PLATE Chef's Salad 3 Bean Salad Italian Bread Orange <i>Tai Chi at 10:30</i> | 26 Garden in the Woods Tour with Lunch at the Wayside Inn Leave Center at 8:30 RSVP required |
| Calories: 611 % Fat: 22 Sodium: 950 | Calories: 634 % Fat: 22 Sodium: 590 | Calories: 672 % Fat: 20 Sodium: 1,000 | Calories: 511 % Fat: 27 Sodium: 829 | |
| 29 Roast Pork with Applesauce Mashed Potato California Blend Rye Bread Chocolate Pudding Or Sugar-free <i>Yoga at 11 am</i> | 30 COLD PLATE Turkey Salad with Cranberries Rotini Salad Broccoli Salad Whole Wheat Bread Pancakes | 31 Macaroni & Cheese Green Beans Whole Wheat Bread Pineapple | 1 Fr. Veggie Soup Chicken Breast with Brown Gravy Mashed Potatoes Whole Wheat Bread Muffin <i>Tai Chi at 10:30</i> | 2 Trip to Market Basket And Whitney Field Pick up begins at 9 \$2.00 |
| Calories: 611 % Fat: 22 Sodium: 950 | Calories: 662 % Fat: 33 Sodium: 791 | Calories: 800 % Fat: 22 Sodium: 661 | Calories: 660 % Fat: 20 Sodium: 1,067 | |

Got Time? Help Wanted.

Would you consider volunteering with the Council on Aging?

We need help! Below are just a few ideas.

To or run events participate in events.



Administrative: To help with the newsletter, data entry, research. In short to help organize our mess!

Imaginative, traveling types: To help facilitate trips and workshops.

Organizers/Fundraisers To help with the 'Friends of Council on Aging' Flea Market and other fund raising activities.

Welcoming/Hosts and Hostesses: To greet visitors to the Center, our ambassador's!

Drivers: To deliver Meals on Wheels, or help those who can't drive with trips to Dr's etc. "Angel Drivers"

Good cooks, Artists, Crafters, Fitness Teachers: To teach classes,lead workshops


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

Thanks for offering!

WHEAT may be the answer.

WHEAT Community Services has been in existence since 1982, when a group of passionate volunteers gathered together to identify the needs of our neighbors in the communities of Berlin, Bolton, Clinton, Lancaster and Sterling.

Call Sandra Gomez at 365-6349

- 
- Winter is Coming, Oil is high—Fuel Assistance.
 - SNAP (food stamps)
 - Food Pantry-Senior Day is Wed (10-4 by apt.)
 - The Café: Serving at 5-6 weekdays. Lots of fun! Free.

FREE MONDAY MOVIES!

It is HOT, cool off with a Movie!

1 pm at the Library

Dexter Room



- **July 8th Oz the Great and Powerful**
(James Franco, Michelle Williams, Mila Kunis & Zach Braff)
- **July 15th Cold Comfort Farm**
Kate Beckinsale, Eileen Atkins, & Sheila Burrell
- **July 22nd Jack the Giant Slayer**
Nicholas Hoult, Ewan McGregor, & Stanley Tucci



Happy 4th from Joe Adshade!



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!

Annual Membership Dues

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

We now accept credit cards! Ask for (David James) the next time you are at the 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 your support!

THE TRAVEL PAGES

It's all 'Fare'

Bingo!

Every Tuesday at 1:15 pm

Everyone is welcome

Bring your quarters, the odds are

Better than the lottery!

We provide free coffee, treats....

Coming soon ~Door prizes!

Contract Bridge

Fridays at 2pm*

***Call to confirm!**

Free lesson available

Call Jean @ 978 273 2418

Lancaster Council on Aging MART Van Fees

- **Mart service to Senior Center: Free** for senior and disabled coming to meals and events
- ***Service in Town: \$0.50**
- ***Service outside Lancaster to a contiguous town: \$1** (Multiple stops may be charged)
- **Friday Shopping trips are \$2 per person**
- ***Special Events will be priced according to the trip.***



*Round trip to Senior Center is free; otherwise the fees above apply to round trips beginning from home. Any 'home' trip interruption will result in a new fee will be assessed for example if a rider goes to the Post Office in the morning then home they pay \$50 cents. If they then go to Lunch at the Senior Center they will pay nothing. If they go to Wal-Mart after lunch they will be assessed

\$ HELP WANTED \$

Project ABLE

(SCSEP Program)



**We have an opening in
Building/ Maintenance Person
And an Office Person**

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

Call 978 733 4076 for more information

Classes and Workshops

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



July Classes

Adult Batik Workshop

July 29th 12:30-3:00
Rain Date of July 30th

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

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

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



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



Fairy House Workshop!

For ages 6 and up!

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

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

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

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

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

More Workshops and Classes are coming up!

Coming in August

An Old Fashioned Quilting Bee!

Lets make a Lancaster Memory 'Quilt'

Beginning August 5th~Free!

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

You don't have to be a master quilter (we know some talented folks) but we would like to create a multimedia quilt inspired by Lancaster to grace our front entrance. Some folks have suggested batik square of the great elm, embroidered

Shasta daisies, and hooked squares. You name it! The only limits are you must have fun. Please join us to make this quilt, our first meeting is Monday August 5th.

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



Clothespin Fairies

August 5th 9:30 -11:30

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

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

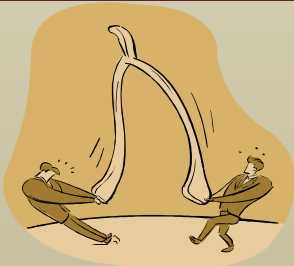
*Not interested in quilting?
Bring your fiber project along
to inspire us, and socialize.
Knitting crocheting hooking, etc*



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!

- Gardening Tools
- Silverware
- Paints and Brushes
- Popsicle sticks
- Card Stock
- Drawing Pads and Tablets
- Art Supplies of all sorts
- Colored Glass and Clear (small plates, vases etc.)
- Cribbage Boards, Chess Sets, Checkers
- Dominoes
- Colorful Fabric
- Small Bud Vases
- Costume jewelry, shells, beads
- Glue
- Tile Grout
- Ribbon
- Gold, Silver, Copper, or White Spray Paint
- Folding Tables
- Different Holiday Decorations
- Table cloths
- Baskets



Garden in the Woods

Fun Friday Day Trip July 26th

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

Join us for this lovely tranquil escape!

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

Fee does not include lunch.

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

Expect to pay \$20 incl tax and tip

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

Things to do!

Save the Date! River Terrace Health Care

A Plethora of Popsicles



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

FREE FOR ALL!

July 11th 12:30

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

Our thanks to Kristi Mendoza

Are you interested in joining us for a trip to Maine?

We are planning on a trip on
Amtrak's DownEaster.
Destination Portland and Freeport

*Please give us a call at 978 733 1249 x1102
To let us know what you would like to do!*

Leaving in September, space is limited.

Free Computer Lessons!



Just starting out? Or getting by but would like to
hone your skills.

Meet with our pro, Jon Roper
Lessons Free, by appointment.

Call 978 733 4076

Outdoor Fun in our Neighborhood!

*Sponsored by the Friends of the Oxbow and the
Lancaster Community Center*

RSVP to John at [978-779-8313](tel:978-779-8313)

Trailing the Wild Edibles

July 14, 2 PM:

Please join naturalist Gene Christoph for an edible
plant program. We will meet at College Church
Parking lot at the corner of Main Street and George
Hill Rd in Lancaster, then drive to Bolton Road for
more edible plants. Please bring insect repellent,
sunscreen, hat and water.

RSVP to Ada at [978-618-7703](tel:978-618-7703)

Strangers in the Night

July 20, 8 PM:

Join us for a family-friendly night walk in
the **Oxbow** National Wildlife Refuge to hear, and
maybe see, those who prowl after dark, such as
owls, frogs and coyotes. Meet at the Refuge parking
lot off of Still River Road in Harvard, MA. Wear
sturdy footwear and bring insect repellent and a
flashlight.

RSVP to Rona at [978-779-2259](tel:978-779-2259)

Lancaster Council on Aging
Lancaster Community Center
Suite 7, Lancaster Ma 01523
978-733-4076 or
www.lancasterma.net

Many thanks



To all of you who join us for our events, you make them very special. *Special* thanks to our new Meals on Wheels volunteers, who bring nutritious meals to those who can not get out! Thanks to Jay Moody, Arthur Joseph, and Sandra McLearn!

Thanks to Kathy for keeping us healthy, Gretchen for demystifying insurance, and to the whole gang of the Clinton/Lancaster youth group.

Thanks to our board members, and to David James from the friends for their time and dedication.

Thanks to Lorry Doucet for making the parties happen. To Lila for putting up with hungry throngs, and Dave- at pancakes, Dave for getting all those folks fed, Diane for organizing (tough job but someone has to do it) Myra for tackling weeds, Jean and George for keeping us gardening and so many more!

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

Please join us,
To share ideas
help, or just learn.

COA Board Meeting

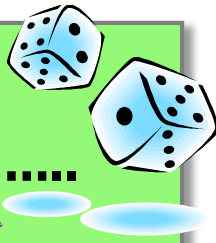
Every 3rd Wed

9:30 am

July 17th

Senior Center

A Day Trip..... MOHEGAN SUN THE VOTES ARE IN



Leave the Center at 8 a.m.
promptly, back by dinner
**\$25 fee includes \$15 towards
lunch and \$25 slot play**

Reserve early, limited seating!
We require a minimum of 40 for

Shopping 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)***

July 12th Rose Trip and Ice Cream

- ***July 18th*** Market Basket Hudson & Solomon Pond
- ***July 26th*** -Garden in the Woods
Trip *No shopping*
- ***August 2nd*** Market Basket and
Whitney Field Leominster