



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

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

All are invited!

Old Fashioned Community Home Days



June 23rd 12-4

- **Free! Games for kids of all ages**
- **Fireman's BBQ: Featuring old fashioned prices**
- **Music: Paul Della Valle, Liz Narbonne and the Sheep Shaggers and Jon Roper**
- **Craft Fair**
- **Flea Market/Yard Sale**

Please help us! We need you...

- **Participants and Visitors**
- **Crafters and Yard Sale'r's**

BBQ, Community Tables, Booths, and more!
Many free games for all ages. Craft fair too.
Call to reserve a craft or yard sale space.
Come and check out the Community Center
for a free day of fun.

**We NEED volunteers! Please help
To volunteer or reserve a space please
call 978 733 4076 or email
aturner@lancasterma.net**

Thoughts from the Director

It has been mentioned we should rename this newsletter. After all it is not just for 'Seniors', rather for our community as a whole. People are often surprised when they find interesting updates or events going on in Senior Moments; they shouldn't be.

Our events are meant for all ages, in fact they are enhanced by participation from the very young, to our most senior residents and everyone in between.

Examples of events abound, some of you may have been here to honor our Robolancers team; a team of young students guided and inspired by our seniors. Who created award winning ideas. Our wonderful gardens are gorgeous and tended by grandparents, and grandchildren too. Game Day is a lot of fun with kids from the Clinton/Lancaster youth group playing – they are teaching us 'old birds' a few new tricks. I dare say they are enjoying it too.

So I am looking for a new name that better suits our inclusive, intergenerational Senior and Community Center, please feel free to suggest one should you think of it. In the meantime, please do not be shy, we want you to participate in our activities. We don't 'card'. June 23rd is a great opportunity to join in, Old Fashioned Community Home Days, which offers something for all ages, come browse crafts, enjoy the Fireman's BBQ, listen to music and shop the "Yard Sale" .

A free, fun afternoon with friends and family, it does not get much better than that!

Hope to see you, Alex



More events, YaHoo!

Garden Tour and Lunch

*Take time to smell
the Roses!*

June 28th at 10 am

You don't have to travel far to enjoy one of the most wonderful Rose Gardens you have event seen. We will meet at the Center for Coffee or Tea and travel to Clinton to Tina Marcinzk and Edgar Watson's Rose Garden for a 10:30 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 Sandee's afterwards.

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

Please help! *We need volunteers*

June 23rd 12-4

Old Fahioned Community Days Volunteer Hours available for set up and break down as well. Friday, Saturday, and Sunday until 6 pm. We need help setting up, making signs, greeting vendors, setting up and running yard sale table!

Please help! Call 978 733 4076 to sign up

*You are
invited to a
Free
Brunch*

*Wednesday
June 26th
10:30 am*

Enjoy brunch at the Center, on the patio or in the Dining Room.

There will be lots of wonderful offerings, so save your appetite and bring a friend!

It is free but we need to know how many are coming, so please RSVP, your name tag will await you.

*Many thanks to the Helping
Hands program from the
College Church at Atlantic
Union College.*

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

Lancaster Community Center's
2nd Annual

Old Fashioned Home Days

June 23rd 12-4 pm

- *Yummy grilled burgers and dogs* thanks to the Lancaster Fire Department.
- *Field Day Games* with the help of the gang at Corrective Chiropractic.
- Local organizations, & boards resource area!
- *Live Music w Paul Della Valle and Gang!*

Artisans and Crafters wanted for Fair!

Flea Market tables! Sign up early to reserve a spot to sell your 'goodies' or donate to the Friends of Lancaster Seniors.
Space is limited.

Call 978 733 4076 to inquire or email
aturner@lancasterma.net

GAME DAYS

And FREE CHEESE PIZZA SUPPER

June 3rd & July 1st 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 a Scrabble Club and Domino League!

Dominos (9 and 12) and Scrabble *or bring your favorite game*

Get the 'Party Started!'



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!

Join Tai Chi-Thursdays Mornings 10:30am

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)*

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 Grandmaster Cheng 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.

Thursdays 10:30-11:30 am

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! (They DO NOT have to be consecutive)

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

Get ready for that Bikini! Coming in July~Zumba Go



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! (They DO NOT have to be consecutive)



Please join us for lunch, and events!

To reserve lunch at the Center call 978 733 4076. Leave a message before noon at least the day before.

Can't get out? We are happy to bring lunch to you!

Please call MOC to arrange for delivery 978 345 8501

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Yoga at 10 Roast Pork with Rosemary Gravy Mashed Potato Green Beans Whole Wheat Bread Applesauce Game Day! 3 pm Concert on the Green 7 pm Calories: 600 %Fat: 22 Sodium: 476mg	4 Portuguese Kale Soup Grilled Chicken with Coq Au Vin Sauce Cong: Couscous with Red Pepper / HDM: Broccoli Muffin Pancakes 8:30am Bingo at 1:15 pm Calories: 603 %Fat: 20 Sodium: 1033mg	5 Broccoli Bake O'Brien Potato Stewed Tomatoes Whole Wheat Bread Mini Banana Calories: 656 %Fat: 28 Sodium: 1077mg	6 Kielbasa ** Red & Green Peppers and Onions Tater Tots Hot Dog Roll Peaches Tai Chi at 10:30 HIGH SODIUM MEAL Calories: 686 %Fat: 35 Sodium: 1368mg	7 Market Basket And Whitney Field Trip
10 Yoga at 10 Swedish Meatballs Brown Rice Broccoli Fruited Jello Diet: SFJello Calories: 608 %Fat: 30 Sodium: 534mg	11 Pea Soup Tuna Salad on Lettuce Veggie Pasta Salad with Red Peppers Mini Sub Roll Muffin Diet: Graham Pancakes 8:30am Bingo at 1:15 pm Calories: 617 %Fat: 21 Sodium: 974mg	12 SPECIAL Baked Ham ** with Sweet & Sour Fruit Sauce Baked Potato Sour Cream Green Beans Whole Wheat Roll Peach Crisp Diet: Peaches HIGH SODIUM MEAL Calories: 582 %Fat: 30 Sodium: 1471mg	13 Breaded Chicken Mashed Potato Carrots Whole Wheat Bread Fresh Fruit Tai Chi at 10:30 Calories: 640 %Fat: 26 Sodium: 923mg	14
17 Yoga at 10 Chicken Breast with Red Pepper Pesto Sweet Potato Green Beans Rye Bread Pineapple Sewing Group Calories: 606 %Fat: 13 Sodium: 354mg	18 Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Mixed Fruit Pancakes 8:30am Bingo at 1:15 pm Calories: 614 %Fat: 26 Sodium: 928mg	19 Turkey with Gravy Stuffing Cranberry Sauce Peas Whole Wheat Bread Strawberry Fruited Jello Garden Art Calories: 667 %Fat: 17 Sodium: 1178mg	20 Cong: Spinach Lentil Soup Potato Fish Wedge Herbed Ziti Wheat Bread Applesauce Tai Chi at 10:30 Birthday Party Calories: 641 %Fat: 15 Sodium: 858mg	21 Wal Mart Trip SUNDAY OLD FASHIONED COMMUNITY HOME DAYS! 12-4 Green and Center +
24 Yoga at 11 BBQ Beef Rib Baked Beans Carrots Whole Wheat Hamburger Bun Applesauce (Vit. C) Sewing Group Calories: 583 %Fat: 20 Sodium: 1284mg	25 Breaded Chicken Whipped Potato with Sour Cream & Dill Green Beans Mixed Fruit Pancakes 8:30am Bingo at 1:15 pm Calories: 539 %Fat: 29 Sodium: 673mg	26 Free Brunch Ziti with Bolognese Sauce Broccoli Carrots Whole Wheat Bread Chocolate Chip Cookie Garden Art Calories: 770 %Fat: 29 Sodium: 673mg	27 COLD PLATE Chili (Commodity) Egg Salad on Lettuce Couscous Salad with Red Peppers Hot Dog Roll Fresh Fruit (Vit. C) Tai Chi at 10:30 Jewelry Class Calories: 823 %Fat: 24 Sodium: 1066mg	28 Rose Tour At the spectacular Garden of Tina Marcinczyk and Edgar Watson 10:30 am Lunch at Sandees to follow @12

IN LOCAL NEWS \$\$\$\$

Tuesday June 25, 2013

Special Senate Election

Polls Open 7 a.m. to 8:00 p.m.

The Special State Election to choose John Kerry's replacement in the US Senate is set for Tuesday, June 25. Polling hours in the Town Hall, 695 Main St, are from 7 a.m. to 8 p.m. Congressman Markey(D) and Gabriel Gomez® are competing for this seat.

If you are not already registered to vote, you must register by Wednesday, June 5. The **Town Clerk's Office will be open until 8:00 p.m. that night for voter registration.** If you are unsure of your voter registration status call 978-365-2542 ext 1013 or email sthompson@lanasterma.net.

Absentee ballots are now available for the June 25 Special State Election. If you will be out of town on June 25, have a physical disability preventing you from getting to the polls, or have religious beliefs that prevent you from voting in person, you may download an absentee ballot application by [clicking here](#), fill it out and send it to the Town Clerk, 695 Main St, Suite 2, Lancaster MA 01523 and an absentee ballot will be sent to you. Or you can come in to the Clerk's Office to vote in person.

No absentee ballot applications will be accepted after noon on Monday, June 24.



Been to the Library lately?

There is so much more than just great books, passes, art & DVDs.

Join the following Thursday Evening Library Program.

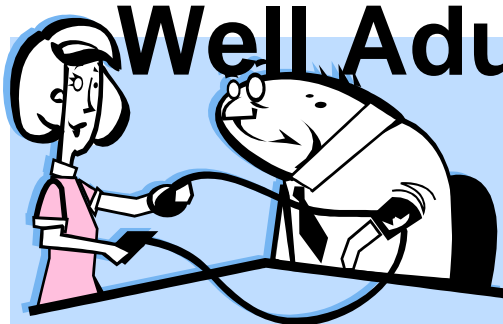
June 13 @ 6:30 p.m. "An Introduction to the Art of Home Brewing"
by Steve D'Ambrosia



You are invited to the Thayer Memorial Library Adult Book Group
Tuesday, June 25 @ 6:30 p.m.

Timothy Egan's "The Big Burn"

On the afternoon of August 20, 1910, a battering ram of wind moved through the drought-stricken national forests of Washington, Idaho, and Montana, whipping the hundreds of small blazes burning across the forest floor into a roaring inferno. Egan narrates the struggles of the overmatched rangers against the implacable fire with unstoppable dramatic force. Equally dramatic is the larger story he tells of outsized president Teddy Roosevelt and his chief forester, Gifford Pinchot. Pioneering the notion of conservation, Roosevelt and Pinchot did nothing less than create the idea of public land as our national treasure, owned by and preserved for every citizen.



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!

June

Free Blood Pressure Testing every week!

Wednesday afternoons 11:45-12:15 pm

With Kathy Cronin
Senior Center

Come for lunch too! Please reserve lunch by Tuesday morning

Free!!! Monday Matinees



‘First Run’ Movies!

Free Popcorn
& Lemonade too!!

Contact the Library
for Questions (978) 368 8928

Help Wanted



Lancaster Recycling



Needs You!

Well known to be the ‘Hot Spot’ in town!
A fun place to meet and greet.
Give back to your community! Help the
earth! Scope out good ‘reuse items’

Only two hours a week!*
Volunteers Needed
Saturday or Sunday

*From 10 am-12pm

Call Larry @ 978 368 3481 larryshoer@comcast.net

Help Wante



Are you over 60?
Have skills the town
could use? Lawn mowing,
filing, reception work, cleaning?
Consider applying for the
Senior Tax Abatment
*Several slots available NOW
Call for details 978 733 4076



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 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:

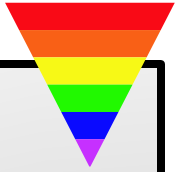
___ Senior \$10

___ Individual \$15

___ Family \$30

Thank you for your support!

In Local News.....



Join us!

Celebrate June Birthdays

Your friends, Your neighbors.. *or yours!*



June 20 at 2pm

Senior Center

Bring yourself and a friend. Enjoy cake
and ice cream, trivia and more!

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
RSVP 508-756- 1545



Do you know a Veteran
returning from the
service?

Welcome them home
with their name
in Lights!

Call 978 706 1754, or 978 333 6239 to arrange

Call our Mr. Shepard our Veterans Agent
And the Lancaster Fire Dept

Lancaster Farmers Market

Opening Soon!

Extended Season
Begins June 20th

Still on the Town Green

Thursday's 3-6pm

Seeking entertainment, and quality vendors.
To participate, or to help contact
Steve Piazza @ 978 257-3938

Classes and Workshops and Trips

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

Jewelry Making Earrings

Thursday, June 27th 1-3
BYOB (that is bring your



own beads)! Or use ours

Do you have broken necklaces, out of date

bracelets... or use some of ours. Diane will teach you how to have fun creating new bling from your old outcasts. Sure to dazzle you, or those lucky enough to get a pair as a gift. Suitable for anyone over 10 as we need to use tools. If you have beads please bring them, tools too though we will provide them. You will take home a pair (or more of earrings).

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



A Day Trip... **MOHEGAN SUN WINS!**

THE VOTES ARE IN

July 11th

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 the bus, Deadline to reserve July 5th

Fee: \$4 Seniors \$6 for general public (per set of earrings)

Fiber and Sewing Group

Let's make a Lancaster Quilt, or knit, crochet-bring your project.

Meets Mondays 12:30 on-2:45 pm

Drop in! Rug Hooking, Knitting, Quilting, Crocheting? Bring your favorite!

We have a lot of talented people who have offered to share their skills and support one another when you get to those 'sticking points'. We would also like help creating squares for a Lancaster quilt, featuring scenes or events evocative of Lancaster- think Memorial Day Parade, Rowlandson Pine, Bulfinch Church and more. **Free** Bring your project, ideas, and time. We provide snacks, tea and coffee and friendship

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

\$ HELP WANTED \$

Project ABLE

(SCSEP Program)

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

**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**

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

Arts and Entertainment The Literary Pages



Rock On!

Garden Art ~Painting Rocks

Wed June 19th and 26th 1-2:45pm

Paint a frog, a lizard, a turtle, flowers , whatever suits your fancy. Bring your own rock, or we will supply them, as well as paint and Brushes. We will finish and seal them so may be used outdoors to Adorn your garden for years to come! We provide snacks, and bevarages.

You bring the imagination. Taught by Sandy.

\$2.50 includes supplies. Reservations Required



Grandpa's Hat

Creased with sweat stained lines,

Grease spots no laundry can erase.

Its crown battered into comfortable form.

With a braod grin the small lad

Happily jogs along.

When he is wearing grandpa's hat.

By Ruth Baird. Thank you Ruth

GRANDPARENTS...

Submitted by David James, and Susan Tripp

Written by a third grader , on what his grandparents do.

After Christmas , a teacher asked her young pupils how they spent their holiday away from school. One child wrote the following:

We always used to spend the holidays with Grandma and Grandpa. They used to live in a big brick house , but Grandpa got retarded and they moved to Florida. Now they live in a tin box that has wheels, but its strapped to the ground. They ride around on their bicycles , and wear name tags , because they don't know who they are anymore. They go to a building called a wreck center, but they must have got it fixed because it is all okay now, they do exercises there , but they don't do them very well. There is a swimming pool too, but they all just jump up and down in it with hats on. At their gate, there is a doll house with a little old man sitting in it. He watches all day so nobody can escape. Sometimes they sneak out, and go cruising in their golf carts. Nobody there cooks, they just eat out. And, they eat the same thing every night - early birds. Some of the people can't get out past the man in the doll house. The ones who do get out, bring food back to the wrecked center for pot luck. My Grandma says that Grandpa worked all his life to earn his retardment and , says I should work hard so I can be retarded someday too. When I earn my retardment, I want to be the man in the doll house. Then I will let people out, so they can visit their grandchildren.

Trips and Fun!

Shopping and Entertainment Happenings

Reserve early! Trips may fill or be cancelled if there are no reservations.

(Shopping only two dollars round trip; Home Pick up and Drop off CALL 978 733 4076)

Trips leave at 9am , returns about 2 pm or earlier if you do not want lunch.*

- **June 7th:** Market Basket and Whitney Field
- **June 21st:** Wal Mart Leominster
- **June 23rd** Community Home Days (The van will run)
- **June 26th:** Free Brunch with Entertainment
- **June 28th:** Rose Tour and Lunch at Sandees (\$2 Bus)
- **July 5th** Market Basket and Whitney Field
- **July 12th:** Garden in the Woods and Wayside Inn
- **July 18th:** Mohegan Sun All Day Trip

PLEASE JOIN US FOR A FREE BRUNCH!

JUNE 26TH 10 AM -11:30 AM

No Charge for Seniors and their friends!

Seating is limited. RSVPs REQUIRED

Relax and join us for a healthy Brunch. What a great way to start the day! A chance to mingle with neighbors, after eating stay and play some games and admire our gardens.

A gift to local seniors from our friends at the AUC College Church Helping Hands program. Reservations strongly suggested to assure a seat, seating is limited.

978 733 4076 to reserve.

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 And the Wayside Inn

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)

More all ages events.

Sign up early to make sure your favorite event runs!
Questions, please call 978 733 4076



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.

SHINE

**(Serving Health
Insurance of Elders)**

**Free Insurance
Counseling**

**Contact Gretchen
774-578-5432**

By appointment, Gretchen is a
trained by the state, with no
affiliation to any company.

Got Time? Help Wanted.

Would you consider volunteering with the Council on Aging?
We need help! Below are just a few ideas.

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!

Things to do! Things to think about.....

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



Outdoor Fun in our Neighborhood!

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

Native Bees

June 22, 9 AM - 12 PM:

A slide show at the Lancaster Community Center followed by a field trip to the Oxbow National Wildlife Refuge. The program will be presented by local naturalist Michael Viet. This will be a family oriented program. Please bring insect repellent, sunscreen, hat and water. Also bring binoculars if you have them. The Lancaster Community Center is located on Main Street behind the Town Hall.

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.

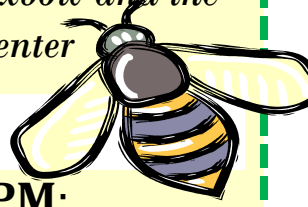
RSVP to Ada at [978-618-7703](tel:978-618-7703)

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)



Happy Father's Day!

Sunday June 16th 2013

Father's Day originated in Mohegan
West Virginia to honor men killed in
a mining accidents, many of them

Fathers. Thank's fathers for all you do! .

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 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 out.

Thanks again to the numerous volunteers who make the Center a wonderful place; we could not do it without you!

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

COA Board Meeting

Every 3rd Wed

9:30 am

June 19th

Senior Center

The Senior Center

Is Open

Mon~Thurs

8:30-3

and longer for special events



. When in doubt call

978 733 4076

for information

and for special events



Redeem this coupon for one
Free Popcorn
Or One Free Beverage

At Community Day June 23rd
12-4 pm