

MARCH, 2013



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 VI: March 2013 (978) 733-1249 ext 1102, fax (978) 733-4076, <mailto:aturner@lancasterma.net>

Spring Forward!
It's not just the clocks
that are changing!!



We are trying something different!
Let's get together and meet our neighbors!
Friday Evening Potluck
Supper!

March 22nd at 5:00 pm
Free! Call us to let us know what
you are bringing, please.

Please call and sign up so we can vary the dishes.
We would love to have you join us, even if you
stay just a short time. We will provide punch, and
no sugar drinks. We will add some main dishes
and we will even wash the dishes... priceless!

In this Issue

- A Message from the Director
- Breaking News
- Health & Fitness News
- Classes & Workshops
- Trips and Events
- Lunch Schedule

Thoughts from the Director

Spring is near! This is my favorite season, as it such an exciting time of year. Spring is full of promise, and hope. For me this is the 'real' New Year. I know as the snow recedes bulbs will sprout as if they were on a time lapse reel. Already I have seen lots of Robins, and there are no apparent weeds in my garden (yet)!

As the days grow longer, and warmer we are ready to 'burst forth' too. This edition of Senior Moments is full of programs, and requests designed to bring the community together, for healthy, social activities. Many volunteers and your town resources have dedicated time and money to make these programs possible. I truly hope you will join us. Your participation makes a big difference, both for you and for others. Personally, I am looking forward to getting in shape, and will be joining the fitness classes. I hope you do too.

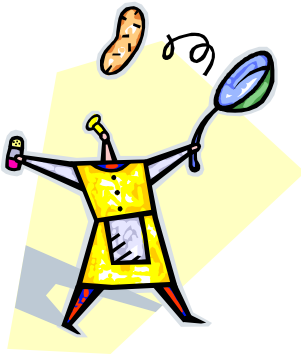
If you are able, please dedicate a few moments to volunteer too. You do not have to spend hours each week to make a difference. Even a little time can make a huge difference in your neighbors lives. For example, we need able body folks to help us for a one day Garden Build—with Growing Places. We can use drivers to help with Meals on Wheels, only an hour and a half a day....even if you only help once a month it really helps. The list goes on...Like the seeds I intend on planting in my *perfect* garden (hah) your small contribution will grow more than you can imagine! Thanks. *Alix*

Tuesday is Pancake Day

Everyone is invited!

Senior Center
Tuesday mornings
8:00 am until 9:30 am
\$1

Suggested donation
Presenting
Chef Extraordinaire
David James



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

Open Please! Free Dental Clinic

For a healthy life, start with
healthy teeth.

March 18, 12:30-3:30
LCC Public Meeting Room



Lancaster's own Jennifer Hedstrom
Has generously offered to run a fully licensed dental
clinic here at the LCC. No insurance required. . She*
will clean your teeth, complete exams, adjust
dentures and more!

Open to all ages!

See Page 10 for details.

For a free appointment call 978 733 4076



GAME DAYS

And FREE CHEESE PIZZA SUPPER



April 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 \$23

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

Buy a punch card for six classes! Start now for New Year's 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

Beginning Line Dancing with Dawn Berk

Everyone is Welcome, So Come on Down, Y'all

Coming April 11th for six weeks!

6:30 to 8 pm

***may take 'vacation week' off**

Register early to get series price!

Beginners on up will get a great work out and have fun.

Watch for more information on this fun and healthy program!

Register early to get series price!



Seniors: \$23 series of six classes (limited to 12 series tickets) or \$6 per class

General Public \$30 for six classes (Limited to 12 series tickets) or \$7 per class

Join us for Lunch! March, 2013

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

If you cannot make it here, consider Meals on Wheels, call 978 733-4076-MOC 800-286-3441 for nutrition questions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Autumn Harvest Soup Boneless Chicken w/ Supreme Sauce Egg Noodles Wheat Bread Diced Peaches HDM: Winter Blend Calories: 552 % Fat: 8 Sodium: 418mg	5 1 Stuffed Shell 2 Meatballs/Tomato Sauce Italian Blend Veg. Italian Bread Muffin Pancake Breakfast! Calories: 649 % Fat:28 Sodium:1192mg	6 ** Turkey Ham and Cheese Bake Diced Potatoes and Peas Stewed Tomatoes Orange Calories: 599 % Fat: 21 Sodium:1218mg	7 Sweet Potato Bisque Roast Pork w/Rosemary Gravy Green Beans Wheat Bread Mixed Fruit Tai Chi 10:30 Calories: 595 % Fat: 12 Sodium:467mg	8
11 Teriyaki Chicken Rice Pilaf Broccoli Wheat Bread Animal Crackers 9am Breakfast Class with Laura! Free Calories: 593 % Fat: 14 Sodium:800mg	12 Split Pea Soup Salisbury Steak w/ Jardinière Gravy Mashed Potatoes Wheat Bread Peaches Pancake Breakfast! Calories: 788 % Fat: 22 Sodium:742mg	13 Vegetable Gumbo Soup Breaded Chicken Mashed Potato No Bread Mixed Fruit Calories:555 % Fat:17 Sodium:697mg	14 Hot Turkey Sandwich Gravy/Stuffing Peas 2 Slices Rye Bread Pineapple Insurance 101 @1 Tai Chi 10:30 Calories:665 % Fat: 12 Sodium:1257	15 Shopping Trip to WalMart-Aldi's and Dollar Tree
18 SPECIAL ** Corned Beef Hash Carrot Coins, Cabbage Rye Bread Pineapple Cake Free Dental Clinic Milk Shake Party 9am Breakfast Class with Laura! Free Calories: 550 % Fat: 20 Sodium:1397mg	19 Baked Fish w/ Newburg Sauce Diced Red Bliss Potato w/ Rosemary and Oil Broccoli Wheat Bread Fresh Fruit Pancake Breakfast! Calories:526 % Fat: 9 Sodium:423mg	20 Shepherd's Pie Mashed Potato Carrots Whole Wheat Bread Chocolate Pudding Pudding Town Nurse In Calories: 640 % Fat: 21 Sodium:574mg	21 National Nutrition Month Vegetable Kale Soup Balsamic Glazed Chicken Sweet Potatoes Pineapple Multigrain Bread Fresh Banana Tai Chi 10:30 Calories:549 % Fat: 17 Sodium:534mg	22 POT LUCK DINNER! 5pm-7pm Contact the COA to let us know what you are bringing! Yumm!! Don't forget to bring your recipe to share.
25 Roast Pork/Gravy Mashed Potato Peas Whole Wheat Bread Fruit Loaf Passover Begins  Calories: 662 % Fat:14 Sodium:457mg	26 3C Soup Chicken Chow Main Brown Rice + Red Peppers Multigrain Bread Apple Cinnamon Muffin Pancake Breakfast! Free Garden Class Calories: 640 % Fat: 16 Sodium:884mg	27 Chili Cous Cous w/Peas California Blend Wheat Bread Mixed Fruit Blood Pressure w Kathy Calories: 612 % Fat: 14 Sodium:686mg	28 Spinach Lentil Soup Chicken Breast /Gravy Mashed Potatoes Biscuit Rice Pudding Birthday Party! 2pm Tai Chi 10:30 Calories: 515 % Fat:14 Sodium:730mg	29 Good Friday 



Join us for a Free

Milk Shake Party ~March 18th 2013 ~12:30pm

With Kristi Mendoza of River Terrace Health Care.

Try her famous mint green milk shakes, sure to get your inner Irish going!

'Uncle Pete's' Free Gardening Class Series

And seed and supply swap!

With our very own Gardening Guru, 'Uncle Pete' 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.

Free- but please RSVP

#2 Tuesday March 5th

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 Tuesday, March 26th

More planting of tender crops, (free seeds) followed by a discussion of bed and soil prep. Interested in sharing plugs or supplies? We will try to team up! Topics include discussion of herbs to enhance your garden and plate. Organic, IPM or conventional gardening methods. What is right for you?



#4 Tuesday, April 23rd



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!

#5 Tuesday, May 7th

A support group, wrap up party! Get the garden growing! Ya hoo. Final tips on what to sow now, what to sow later (in succession) and any questions you may have for the wise one. Thanks for joining us (any plants left over go home), now go get dirty!

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!

Friday, April 26th

National Volunteer Week

GROWING PLACES
GARDEN PROJECT



Come and get us started! Call with questions or help!

With GPGP this year we will rebuild higher raised beds,
much easier on bad knees and achy backs!

FREE gardening for Lancaster Seniors and the Community Center!

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

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

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
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!*

Information you need to know!

\$\$\$\$\$\$\$ The Circuit Breaker \$\$\$\$\$\$\$

Did you know Massachusetts law includes a provision, dubbed the ‘Circuit Breaker Credit’ (or Cash, even if you do not owe taxes) The Massachusetts Department of Revenue (DOR) allows a Circuit Breaker refundable tax credit on personal income tax for qualifying home owners *and renters*. This exemption is available to residents age 65 and over whose property taxes exceed 10% of their income. This figure includes water and sewer bills.

What are the requirements?

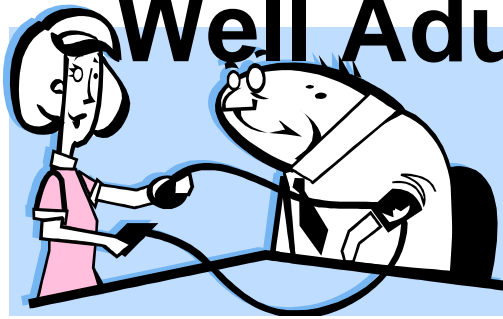
- Own or rent residential property in Massachusetts and occupy the property as primary residence.
- Have an annual income of \$51,000 or less for a single filer; \$64,000 or less for a head of household; or \$77,000 or less for joint filers.

Who is not eligible for the Circuit Breaker Credit?

- Married persons who do not file jointly for this credit.
- Those who are a dependent of another tax filer.
- Those who receive federal or state rent subsidy directly; or those who live in a property-tax exempt facility.
- Those whose property is assessed at a value of \$788,000 or more.

**Eligibility income and home value are set by the Commonwealth each year. Currently they are as follows:*

- Single \$53,000
- Head of household \$67,000
- Married \$80,00



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!

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!

from 4:30 – 6:30 every night
 (except Saturdays).

Dinner is served at 5:00.
 There are 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.



**May your troubles be less,
 may your blessings be
 more and may nothing but
 happiness come through
 your door**

Irish Proverb

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

Questions call Larry @ 978 368 3481 or
larryshoer@comcast.net



Please join Friends of The Lancaster Seniors

Friends of the Lancaster Seniors
presents

Aine Minogue

Celtic Harp and Song



April 13th 7:00 - First Church of Christ

Admission

\$20 Seniors \$18, Friends \$15, Children \$10

CALL: 978 263-7962

<http://www.FriendsoftheLancasterSeniors.org>

Aine pushes her art to the edge of her music. She embraces a traditional core and re-approaches it, wrapping it in new and exciting clothing. She's a terrific musician, with an uncanny ability to connect with her audience.

Brian O'Donnovan, WGBH, Boston



For a Very Special
Presentation

An Evening with Aine

As traditional Irish music and dance continue to enjoy phenomenal success both here and in Ireland, Áine Minogue is an artist who has long explored its themes and who captures its very essence. Her voice reflects the lyricism and richness to be found in Irish music, mythology and poetry with a voice undeniably her own and a diverse group of instruments that add to the traditional flavor of her work.

Born in Borrisokane, County Tipperary, Áine's harp has entertained Presidents and Prime Ministers. She is a regular performer at folk festivals and concerts throughout the world.

If you're at all into the Celtic Woman phenomenon, she's the real deal (born in County Tipperary). Minogue's sound is traditional, with mystical influences.*BOSTON GLOBE*

.the elegant harp gets down and dirty....Áine Minogue, who plays her harp in concert halls and ballrooms, for the president of Ireland or the mayor of Boston, has brought the elegant sound of the harp back to the sessions, where it roughhouses with Boston mainstay Irish instruments....when the harp solo begins, the room stops to listen..... one of the world's greatest harpists...an extraordinary talent..... *IRISH ECHO*

A limited number of Inner Circle Tickets are available.

Inner Circle Tickets include a Reserved Inner Circle Seating and a Private Reception following the concert with Aine, where you may chat and take home a signed CD of your choice.

Purchase Early to Guarantee Inner Circle Seating and Reception: Tickets \$50

Would you like to help Seniors? Then please consider joining The Friends 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, Inc., a non-profit corporation, is 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. 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.

We now accept credit cards! Ask me (David James) the 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!

Who We Are

A distinguished group of dental healthcare providers who deeply believe that oral healthcare should be accessible to everyone.



Public Health Dental Hygienists with the knowledge and passion to provide everyone with excellent state-of-the-art preventive oral health services.

Good oral care is very important. Tooth decay is the number one health disease and can be painful and dangerous...



an undiagnosed abscess can cause infection of your bloodstream and possibly lead to death.

Gum disease can make diabetes and cardiovascular problems worse. It can cause or increase lung infections. Untreated gum disease leads to tooth loss making eating difficult and painful; creates self-esteem issues; and can even make it harder to find a job.

We come to you and provide these services in your locations so that you are more comfortable and have the amount of time you need and deserve. The same hygienist visits your location with portable dental equipment each time.

We get to know you and your family!

*Nursing Homes, Assisted Living Facilities, Group Homes, Doctor's Offices...
Our experienced staff is willing to work WITH you to choose options that give your clients the best service available!*

Our Services Include...

- ✓ Dental Cleanings
- ✓ Dental Screenings
- ✓ Oral Cancer Screenings
- ✓ Individualized Oral Hygiene Instruction and Referrals
- ✓ Dental X-Rays
- ✓ Fluoride Treatments
- ✓ Dental Sealants



Free to All!

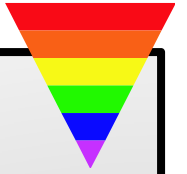
Please join us March 18th

1:00-3:30 Book early to reserve!

Appointments are first come first serve.

Appointments are available in April too.

In Local News.....



Join us!

Celebrate March Birthday's

Your friends, Your neighbors.. or yours!

March 28th 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
Roland Nelson, Veterans Agent
And the Lancaster Fire Dept**

Need advice?

A helping hand..

- *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.*

**Call Sandra Gomez
at 365-6349**

Classes and Workshops

To insure a space please
pre-register at 978 733 or
email us



Mosaic Flower Pot Workshop

Require two sessions to complete one pot.

Great for your spring table, or your summer deck!

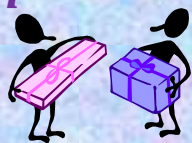
Take home a one of a kind flower pot, great as a gift or for windowsill herbs and more!

Session I: April 3rd 1:00 pm to 3:00pm Session II: April 10 1:00 to 3:00 pm

Space is limited, sign up early

Community Center Gift Certificates Make Great Gifts!

No expiration date!



**Give the gift of a Class,
or a trip.**

Call 978 733 1249

Contract Bridge

Contract bridge, or simply **bridge**, is a [trick-taking](#) game using a [standard deck](#). It is a wonderful game to keep the 'old gray matter' sharp!. It is played by four players in two competing partnerships. *Come to the Center for Free lessons, yes-free, suitable for all levels, novice to pro. We provide the cards, teachers, and friends. You bring the interest, a willingness to learn and a couple of hours of time.*

Fridays 2:30pm-4:30pm

Free! This group is coordinated by Jean James, 978-273-2418. Please contact her if you are interested in participating.

Get ready to add some bling to your spring windowsill or a focal point for your outdoor table. Your plants will look even better in bejeweled works of art, they also make great gifts! Mosaic Pots may be heirlooms, made with shards or bits of special dishes, jewels, mirrors, beads, shells, stones or whatever makes your heart sing! Students may want to bring their own colorful, special broken dishes, mosaic bits etc. to the first meeting but if you don't have them we will provide the works! Bring an apron, safety glasses if you have them. We provide gloves, mastic, grout, tarps, putty knives, pots and shards. You will take home a finished pot!

\$7 Seniors \$9 General Public

We will have coffee, tea and treats too!

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 2:30pm*

*Call to confirm!

Free lesson available

Call Jean @ 978 273 2418

Save the date~April 17th

Kids Vacation Week Fun!

Pancakes, Crafts, Games, and More!

All ages welcome Look to the website for details!

Or call 978 733 1249 ext 1102

Chocolate Chip & Strawberry Pancake Breakfast
(Kids eat free)!

Crafts too! Some free, some w a small fee. Paint a pot or
a rock. Make a birdhouse. Plant seeds! Lots more!

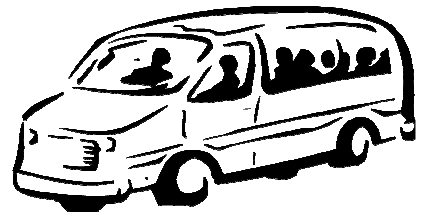
Gym time too!

Watch for details in the April newsletter.

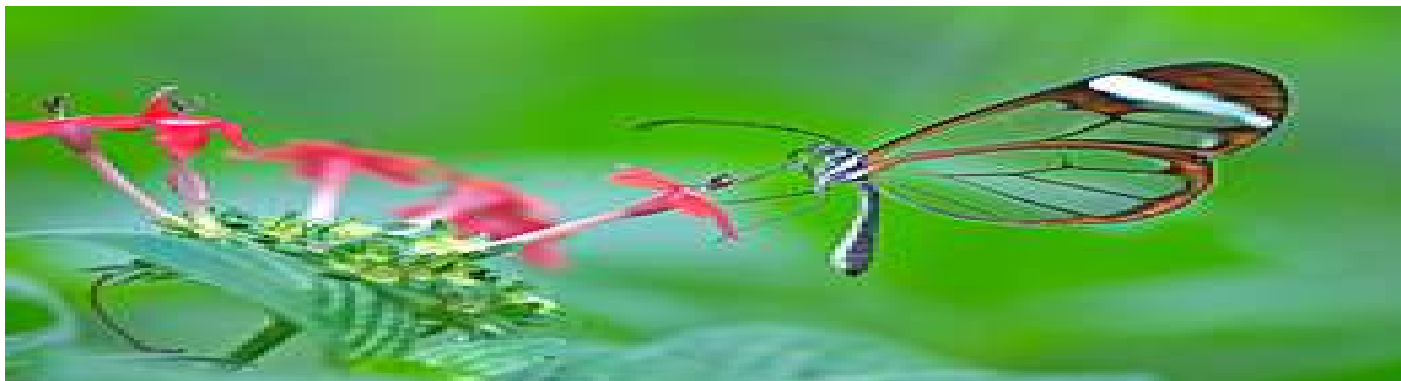
Email us to sign up for updates.

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 \$0.50. 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



Shopping and Entertainment Trips

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.*

- **March 15th:** Wal-Mart, Aldi's and The Dollar Tree
- **March 22nd:** **No Trip, POT LUCK DINNER at the Center**
 - **March 29th:** Good Friday-No trip
 - **April 5th** Market Basket and Whitney Field
- **April 12th** The Butterfly Place and Il Forno for Lunch

Let's fly away for another 'Fun Friday' trip!

The Butterfly Place, Westford MA
and Il Forno, Acton MA



After this snowy winter everyone needs a respite. **Friday, April 12th** we head to the Butterfly place in Westford for a preview of summer. You will see New England butterflies and tropical species from all over the world. Walk along a winding pathway, or just sit on a bench and watch the butterflies land on you. Observe butterflies sipping from flowers, basking in the sunshine and flying freely in a natural habitat. Enjoy our koi fish and quail birds which live among the butterflies. Visit the "show and tell bench" where a staff member is always available to answer your questions and help make your visit fun. See eggs, caterpillars or other interesting creatures up close. We meet at the Senior Center for coffee and treats at 9, then board the bus to Westford. Arrive at 10, and spend an hour soaking in summer and learning about the beautiful creatures. At 11 we travel to Il Forno, an Italian restaurant, it is not fancy but yummy and offers huge portions! You will bring a doggie bag home! We should be home by 2.

Admission and transportation included. \$10 Seniors \$12 Others - Lunch NOT included.

Call 978 733-4076 or email us with questions or to reserve. Space is limited.

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

Join us for **Apple Pie & Coffee** with **Sharon Nolti NAVICARE/Summit** **Health Care Insurance 101**

March 14th at 1pm!

Please 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, NaviCare. We will also learn about Summit 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

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!

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

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

COA Board Meeting

Every 3rd Wed
At 10 am
Senior Center
Next Mtg: March 20

Many thanks



To all of you who joined us for our events this winter, you made them very special. A special thanks to Lauren of Mary Kay, and ____ of Corcoran House for pampering us on Valentines Day. Don and Gino stole the show with their good looks! Thanks also to all those who helped with events, especially Jennifer Hedstrom who has been a big help and we are looking forward to her Dental Clinic coming soon. 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, Rubin, Laura, Dave, Jean, John, Michelle Jones, Michele Macdonald, Nilah, Gretchen, Judi, Nicole, Charlotte, Claire, and more for all their hard work.

The Senior Center

Is Open

Mon~Thurs

8:30-3



....unless Nashoba announces it is
closing. When in doubt call

978 733 4076

and for special events