



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

Snow birds return~ Welcome home!

Friday Night Pot Luck on the Patio

Weather permitting,
otherwise we eat indoors!

**Friday, May 31st
6-8**

We will light the grill, and harvest early lettuce (we hope) for an early dinner to welcome home our snowbirds, and to reward those brave souls who endured our New England Winter.

Please let us know what you may bring, don't worry even if you don't cook we need soda, chips and more!

*We invite everyone, but please sign up please!
Call 978 733 4076 for a list of suggestions.*

In this Issue

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

Thoughts from the Director

One of my favorite songs is Riley King's *Young at Heart*. It has been performed by the greats, but any way it is performed the sentiment is the same: age is a state of mind. It is our unofficial anthem.

Our Center has evolved into a dynamic place. History comes alive speaking with veterans of Iwo Jima and the Battle of the Bulge; stress is reduced gardening with friends; and who does not enjoy hula hoop lessons from little friends? There is always something fun to do here. Come, be young!

Fairy tales can come true

It can happen to you

If you're young at heart or it's hard, you will find,

To be narrow of mind

If you're young at heart

You can go to extremes

With impossible schemes

You can laugh when your dreams

Fall apart at the seams

And life becomes exciting with each passing day,

And love is either in your heart... or on its way.

Don't you know that it's worth

Every treasure on earth

To be young at heart?

For, as rich as you are,

It's much better by far

To be young at heart

And, if you should survive

To a hundred and five,

Look at all you'll derive

Just by being alive!

Now, here is the best part:

You have a head start

If you are amongst the very young...

At heart.

Alix

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**

Save the Date!

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



GAME DAYS

And FREE CHEESE PIZZA SUPPER



May 6th 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



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

Gentle Hatha Yoga

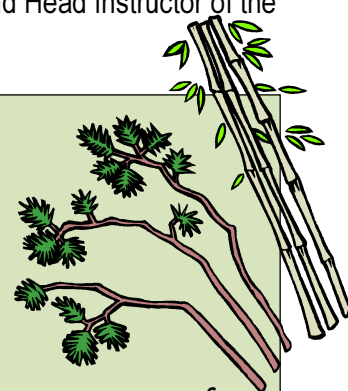
STARTS May 6th

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!

**Mondays, 10 am Community Meeting Room, Seniors \$5 per class or \$25 for six weeks
All others \$7 per class or \$30 for six weeks**



Please join us for lunch, and events!

MAY 2013

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
Yoga Mondays 10-11 am	Tuesdays Are Pancake Days \$1 All you can eat!  8-10am	1 Roast Pork w/ Rosemary Gravy Mashed Potatoes Peas Whole Wheat Bread Applesauce 12:30 Trail Mix'er' Calories:646 % Fat: 20 Sodium:467	2 Stuffed Shell Meatballs w/ Marinara Sauce Italian Blend Veggies Whole Wheat Bread Mixed Fruit TAI CHI @ 10:30 Line Dancing @ 6 Calories: 578 % Fat:23 Sodium:1078	3 Market Basket Trip~9 am 5 - Sunday Sunday May 5th Concert- Gardener Friday Night Hoops
6 American Chop Suey Wax Beans Rye Bread Applesauce 1% Milk Calories:633 % Fat: 22 Sodium:554	7 COLD PLATE Turkey Salad w/ Cranberries Rotini Salad Three Bean Salad Whole Wheat Bread Fresh Orange BINGO 1 pm Calories:779 % Fat: 31 Sodium:769	8 MOTHER'S DAY** SPECIAL Chicken Cordon Bleu w/ Supreme Sauce Sweet Potato California Blend Veg Whole Wheat Roll Brownie Calories: 768 % Fat:41 Sodium:1301	9 Creamy Tomato Soup Potato Fish Wedge Brown Rice/Kale Whole Wheat Bread Butterscotch Pudding TAI CHI @ 10:30 Line Dancing @ 6 Calories: 798 % Fat:24 Sodium:1268	10 Raised Bed Planting & Learning 2-4 Senior Center 12 Sunday 4-6 Mother's Day Dinner Friday Night Hoops
13 Breaded Chicken Mashed Potato Green Beans Muffin Diet: Apple Graham No bread 1% Milk Calories: 630 % Fat: 33 Sodium:863	14 3C Soup Roast Pork w/ Applesauce Sweet Potato Banana Pudding Whole Wheat Bread BINGO 1 pm Calories: 527 % Fat: 25 Sodium:550	15 Hot BBQ Meatloaf Sandwich Mexicali Corn Carrots Hamburger Roll Pineapple 1% Milk Calories:709 % Fat:25 Sodium:689	16 Tomato Basil Chicken Ziti bake with Grated Cheese Italian Green Beans Italian Bread Mixed Fruit 1% Milk TAI CHI @ 10:30 Line Dancing @ 6 Calories: 484 % Fat: 11 Sodium:488	17 - Friday Higgins Armory And Boynton Trip 9-2 RSVP 18 - Saturday Aine Concert-Sat 18th Friday Night Hoops
20 Fish Sticks Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Pineapple 1% Milk Calories: 759 % Fat: 30 Sodium:1141	21 Ziti W/ Bolognese Sauce Italian Green Beans Multigrain Bread Chocolate Pudding BINGO 1 pm Calories: 768 % Fat:27 Sodium:765	22 Turkey w/ Gravy Mashed Potato Peas Whole Wheat Bread banana Diet : Lemon Graham 1% Milk Calories: 504 % Fat: 19 Sodium:1036	23 Birthday Party! 2 Veggie Gumbo Grilled Chicken Caesar Salad Pasta Salad Line Dancing @ 6 TAI CHI @ 10:30  Calories: 792 % Fat: 36 Sodium:1159	24 Water Tower Trip 9AM Friday Night Hoops
27 MEMORIAL DAY  CLOSED	28** Turkey Ham W Hawaiian Sauce Sweet Potato California Blend Mixed Fruit BINGO 1 pm Calories:524 % Fat: 11 Sodium:964	29 Breaded Chicken Baked Beans Coleslaw (cold) Pears Whole Wheat Bread HDM: Cabbage 1% Milk Calories:703 % Fat: 27 Sodium:941	30 Minestrone Soup Salisbury Steak w/ Jardiniere Sauce Mashed Potato Whole Wheat Bread Line Dancing @ 6 TAI CHI @ 10:30 Calories: 808 % Fat: 23 Sodium:1113	31 Patio & Grill Pot Luck Friday Supper 6-8 Friday Night Hoops

'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



#5 Tuesday, May 7th 6:30PM



A support group, wrap up meeting! 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!

A big thanks to Growing Places Garden Project for their help. Thanks to the many volunteers who gave us part of their weekend to build six new high raised beds.....and to Minuteman Students for helping build the beds.

Now the fun begins!



Join us!

Our new raised beds are NOW ready to plant.

Planting and Learning Kick Off Meetings

Thursday Night May 9th 6-8 or Friday May 10th 2-4

- Are you interested in learning more about gardening?
- In meeting new people, helping your community, sharing a garden?
- We provide plants, beds, and supplies- you bring enthusiasm.

Join us for an orientation meeting, with our mentor George Davis. We will share ideas, start assigning beds, and begin early planting.
Come and get us started! Call with questions or to help!
We need all ages, and abilities.

Produce raised in the garden will be used in Senior meals, and given to the community, and taken home by gardeners.



IN LOCAL NEWS \$\$\$\$

It's Spring! Annual Town Meeting: *May 6th*
Elect Local officials and Vote on Prescott *May 13th*
Special Primary for Senate! *April 30th*



Let's wish our town clerks & election workers our best! What a work out!

These elections will help shape Lancaster's future! You must attend Town Meeting to vote, decide how to put your tax dollars to work!

Annual Town Meeting ~ Monday May 6 at 7 pm

Mary Rowlandson School Auditorium

The warrant for the Annual Town Meeting and the proposed FY14 Operating Budget will be posted on the town website, www.ci.lancaster.ma.us as soon as they are available.

Please note that Mass General Laws do not provide for voting absentee in a local town meeting; you must be present to participate.

Town Elections and Prescott Vote May 13th

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

The Town Clerk's Office is in the The Town Hall @ 695 Main Street, Lancaster . Any resident of Massachusetts who will be 18 years old (*by an election*) and is a US Citizen can register at any of these events. If you are unsure of your status, contact your Clerk (in Lancaster at sthompson@lancasterma.net or 978-365-2542 ext 1013). To apply for an absentee ballot, contact the Clerk's or download the form from the state's website <http://www.sec.state.ma.us/ele/eleifv/howabs.htm>, fill it out and mail it to Town Clerk.



Been to the Library lately?

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

Join the following Thursday Evening Library Programs.

May 16 @ 6:45 "Why Am I SO Tired? Rev Up Your Energy"

Presented by the Drs. Engelhardt (Chiropractors from Lancaster)

May 23 @ 6:00 p.m. Program on Animal Rights

presented by Ed Laquidara from Animal Adventures, Bolton

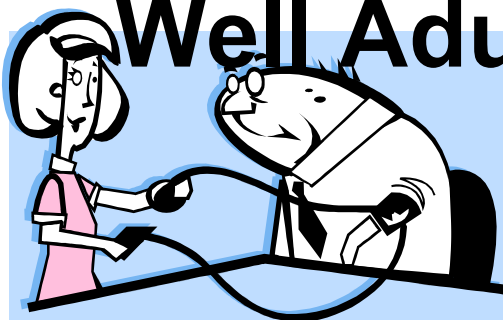
June 6 @ 6:00 p.m. Presentation by Marion Stoddart

and a viewing of the movie about her and the Nashua River Cleanup

June 13 @ 6:30 p.m. "An Introduction to the Art of Home Brewing"

by Steve D'Ambrosio

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!

May

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!

**FreePopcorn
& 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 Wanted

Over 60?

Have skills the town could use?

**Consider applying for the
Senior Tax Abatment**

**Several slots available NOW*

978- 733-1249 ext 1102



VOTE May 6th 2013

**Debt Exclusion for Prescott Building
Former Lancaster High School**

QUESTION

Shall the Town of Lancaster be allowed to exempt from the provisions of proposition two and one-half, so-called, the amounts required to pay for the bond issued in order to make renovations and extraordinary repairs to the Prescott Building, also referred to as the old Center School?

Yes _____ No _____



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!

Please join Friends of The Lancaster Seniors

This Month!

Saturday May 18th

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.

Friends of the Lancaster Seniors
presents

Aine Minogue

Celtic Harp and Song



**MAY 18, 2013 – 7PM – First Church of Christ
(Bullfinch Church) – Lancaster, MA**

Admission:

Adults: \$20 - Seniors: \$18

Friends: \$15 – Kids: \$10

Tickets: at the Senior Center, calling 978-263-7962, or
online at <http://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'Donovan, WQXH, Boston



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

Call David James: 978-263-7962 or visit: <http://FriendsoftheLancasterSeniors.org>

In Local News.....



Join us!

Celebrate May Birthdays

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



May 23rd 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**

Deadline to sign up May 31st



Squash Blossom



White Sweet Potatoes and Leaves



Pea Tendrils and much more!

Join us for our 2013 CSA!

Full share \$575 Half share \$300

Pick up: Mondays 4-6 pm at the World Farmers office 769 Main St. Lancaster

Sign up by May 30th: Contact Cara Peterson at cpeterson@worldfarmers.org or 203-314-5508

June 17th to
October 14th

- Taste and learn about over 40 vegetables and herbs from all over the world, not usually found in New England.
- Expand your cooking knowledge with authentic recipes from Asia, Africa and South America
- Support immigrant and refugee farmers starting new lives and enterprises in the United States

Fun Farm Facts...

Did you know

Lancaster is home to World Farmer's?

World Farmers is a non-profit organization that provides farmers, assistance in sustainable production and marketing for their crops. Their farm is on Seven Bridge Road (Rt 117) on Bolton Flats.

What is a CSA?

Community-supported agriculture (CSA) is an alternative, locally-based economic model of agriculture and food distribution. A CSA is a network of individuals who have pledged to support one or a group of farmers, by purchasing shares. CSA members or subscribers pay at the onset of the growing season for a share of the anticipated harvest. In turn they receive weekly shares of vegetables, fruit, and sometimes flowers

What is unique about the Flats Mentor CSA?

Mentor Flats farmers are from many countries. They raise many unusual, hard to find vegetables. When you pick up your share you it will include suggestions, information and recipes.

Classes, Workshops and Trips

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

Yo Yo -

(yo, yo, yo.....)

Now do we have your attention?



A Yo Yo Workshop

Wednesdays, May 22 & 29

1:00-3:00 pm

Remember tails of those old fashioned quilting bees? Join our get together to learn to make Yo Yo's. Yo Yo's are small gathered discs that can be used for quilts, wall hangings, shams, curtains wraps and more.

We hope to get together and make these discs and then create our own take home wall hanging or pillow cover. Bring fabric scraps, a needle if you have it, beads and buttons if you have them too!

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 WINS! THE VOTES ARE IN

Thursday, May 23rd

Leave the Center at 8am promptly,
back by dinner.

Mohegan Sun by motorcoach
\$25 fee includes \$15 towards lunch
and \$25 slot play

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

Fiber and Sewing Group

**Let's make a Lancaster Quilt, or knit,
crochet... bring your projects!**

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!*

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

Do you smell Smoke?

The Fire Department is cooking!

All you can Eat!

Spaghetti Supper

Sunday May 5th

1pm-5pm

Central Station

\$5 Adults (12+) \$3 kids under 11

To reserve tickets call 978 365-3502

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

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.*

- **May 3rd :** Market Basket and Whitney Field
- **May 5th:** Greater Gardner Community Choir Spring Concert
 - *Joe, our van driver, will be singing in this concert!*
- **May 10th** Planting Day!
- **May 17th** Higgins Armory Trip and The Boynton for lunch
- **May 24th:** Water Tower Plaza Trip
- **May 31st:** Snowbird Patio Pot Luck
- **June 7th:** Market Basket and Whitney Field

PLEASE JOIN US FOR SUNDAY SUPPER

MAY 12TH FROM 4PM-6 PM

 **No Charge for Seniors and their friends! Seating is limited.**

A variety of home cooked Pasta dishes with sumptuous toppings,

Salad, Green Beans, Breads and More!

Musical Entertainment, Too!

A gift to local seniors from our friends at the Service Committee of the First Church. Reservations suggested to assure a seat.

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
 - Dinner Plates
 - Glossy Mags for crafts and swap
 - 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
-
-

Welcome. Clanking, creaking, and rattling allowed.



GOOD KNIGHT, DEAR HIGGINS!

We will visit you soon.

May 17th 2013

Higgin's Armory is a national treasure, and it is just down the road from Lancaster. The American Association of Museums in its most recent reaccreditation report described the museum as "a place of national significance ... with superb collections." Sadly, the museum has faced financial troubles, which have led to its slated closure at the end of this year. Please join us to visit this local treasure before it closes forever.

Founded by wealthy industrialist John Woodman Higgins in 1931, Higgins houses an extremely rare collection of knightly armor. It is the only dedicated museum of its type in the Western hemisphere. The collection, some 4,000 pieces in all, includes major examples of arms and armor from medieval and Renaissance Europe, Ancient Greece and Rome, Africa, the Middle East, India, and Japan. Included are two dozen full suits of armor in addition to swords, other weapons, and medieval artwork.

As notable as the collection of armor is, the building John Higgins built to house the collection is equally notable. The art-deco building was one of the first all steel and glass curtain-wall structures in America, and it is a Nationally Registered building. Inside the museum you will be amazed by the high ceilings and gothic arches. It is the perfect setting to view the collection.

We will meet at the Center at 9 for coffee and a snack then board our bus to arrive at the Museum at 10 am. We will spend an hour and a half at the museum, which is fully accessible. We then board the bus and head to another



local treasure, the Boynton. The Boynton is famous for their sandwiches, pizzas (both regular and gluten free), their homemade soups and salads, and more. We will be home with your doggie bags by around 2.

Coffee, snacks, transportation and museum admission included. \$10 for seniors and children (under 16); \$12 for adults.

More all ages events.

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

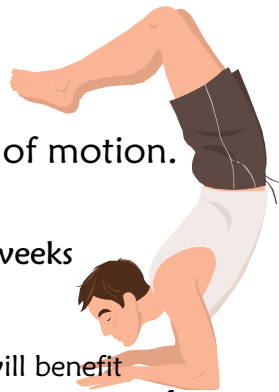
Gentle Hatha Yoga – STARTS May 6th



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!

Mondays, 10 am Community Meeting Room, Seniors \$5 per class or \$25 for six weeks
All others \$7 per class or \$30 for six weeks



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 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.

Friday Night Hoops!

Open Gym

BYOB

After school program
(under age 18)
4:00-5:45

\$2.00 donation per player

Adults and Big Kids
6:00-7:45pm

\$4.00 donation

Cash or Check Accepted

Begins

**Friday Night
April 19th**



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.....

**River Terrace
Health Care
Presents**

MIX IT UP!

**How to make healthy
your own healthy trail
mix workshop
(and feast)!**

May 1st 12:30-1



Free! Learn how to make delicious trail mixes for all diets and types, including diabetics and vegetarians etc. Leave with samples!

Our thanks to Kristi Mendoza

Memorial Day

Parade

May 27th 2013

On the Green

Ceremony at 9 am

Save the Date!

**Lancaster Community Center's
Concert on the Green**

Starring

***Rose, Thorn, and
Fiddle***



June 2, 7-8 pm

Rain or Shine

In the gym in case of rain

Free to all! Bring a blanket and a picnic.

Birding at Oxbow

Sunday, May 5 & May 19, at 7:30 am.

Come join Dick and Peggy Knowlton on a birding walk. See breeding populations of migratory birds, and native birds of the Oxbow National Wildlife Refuge.

It is not uncommon to see over 38 species during our spring walks!

Bring your binoculars and, maybe, a drink. There might be some biting insects, so bring repellent should you choose. We'll walk at a casual pace.

Birders of all levels are welcome! Meet at the Oxbow parking lot at the end of Still River Depot Road in Harvard. Please, pre-register with Rona at [978-779-2259](tel:978-779-2259) or by email at ada@FriendsoftheOxbowNWR.org.

Program sponsored by Friends of the Oxbow National Wildlife Refuge

Late Breaking 'Good News' It is true!

Generations Collaborate-Great things Happen!

In early fall, the First Lego League (FLL), released a robotics challenge, to solve a problem based on a real-world scientific topic. Each challenge has three parts: the Robot Game, the Project, and the FLL Core Values. This year, the Luther Burbank Middle School robotics team, the *RoboLancers*, participated in the Challenge. This year's project challenge was *Senior Solutions*.

For the *Senior Solutions* project, the *RoboLancers* had to • Find a senior partner • Identify and learn about a problem faced by seniors • Create an innovative solution to that problem • Share the problem and solution with others

The team met with a group of senior citizens at the Lancaster Senior Center. Robolancer's team members include Marcello Barbieri, Meredith Brummer, Derek Carpenter, Reuben Connor, Kevin Cote, AJ DeChambeau, Nate DeChambeau, Tyler Hunt, Allison Spratt, Emily Vivanco. Their coaches are Lisa Sama, and John Forcucci. The project coach is Anastasia Forcucci, and their mentor is Shane Brogan.

Last fall the *RoboLancers* had the opportunity to interview a seniors from the area. They discussed the seniors earlier life experiences, and also listened to the concerns that seniors have encountered as they age. Tina Marcinczyk, Edgar Watson, Dick Barrows, Michelle Macdonald, Sally Rouleau, and Jean Lidstone, contributed to the discussion.

The team took the information from the interview and developed a solution they called, "Smart Goggles." "Smart Goggles" pair technologies such as Bluetooth devices, miniature speakers, voice activation and night vision technology with an ordinary pair of glasses. in case of a fall (which seniors feared the most), the glasses will take over, asking the fallen senior if he or she is okay and alerting emergency services if there is a problem. The night vision component can help seniors with night driving (another thing they feared as they aged).

In November, the team competed in Leominster, and won third place for Innovative Design for the Smart Goggles idea. And, in January, the team competed in Melrose and won first place for Innovative Design for the Smart Goggles. Congratulations to the Robolancers, and thanks to the Seniors who dedicated their time! We are proud of the joint collaboration between the two generations, and the victorious invention they created! Congratulations!

Come join us! as our Selectman honor the team, May 20th at 6:15 pm Community Center



LANCASTER GARDEN CLUB PLANT

SALE

SATURDAY MAY, 18TH 9 AM

Members buy early! 8am-9am See their website for details

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. In honor of *National Volunteer Week* a 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 also to Fallon Health Plan for tickets to Young at Heart at Mechanics Hall. What a great show!

Thanks also to all those who help with our many events! We would also like to thank **Shaws** in Clinton for donating pastries. Thanks to Growing Places, who provided a huge crew, with lots of muscle to build our beds.

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

10 am

April 17th

Senior Center

The Senior Center

Is Open

Mon~Thurs

8:30-3

and longer for special events



Closed April 15th ~Patriots

Day

. When in doubt call

978 733 4076

Very special thanks to the Woodshop Students and Faculty at Minuteman High School for building our 'awesome' new raised beds. Thanks to

John Poretto, Nick Bove, Matt Day, Bob Medeiros, Chris Sennott, Tenzin Khedup, Tommy Florentino, Justin Gomes, and Will Peter



Thanks also to our dedicated school committee representative,

Dan Mazzola

for helping make it happen!



And finally thanks to Growing Places, Gardening Project for helping coordinate and fund all aspects of our prolific gardens!