



## Rainbow Lunch

Worcester Elder Services and WLEN

**Invite you to the  
Rainbow Lunch Club  
Every 2<sup>nd</sup> Wed. Noon**

Unitarian Church, 90 Holden St.  
Worcester

Questions or to RSVP 508-756- 1545

## First Annual Pie in the Sky Dessert Contest



If you wish to make an apple pie from scratch, you must first invent the universe.

**Carl Sagan**

Calling all bakers, cooks, and astrophysicists!

Compete for the honor of winning our First Annual Dessert Contest,

*Featuring our celebrity judges  
Their identities are withheld to keep the Paparazzi at bay.*

### Pie Catogories

1. Best Apple
2. Best Pumpkin or Squash
3. Best Cream Pie
4. Best of the Rest! Pecan, Mince meat and more

### Bars and Brownies

5. Best Brownies; Chocolate and Blond
6. Best Cream Based Desert
7. Best Cookies
8. Best of the Rest! That leaves lots of fruit desserts etc.



After judging all desserts will be shared with the admiring crowd!

# IN LOCAL NEWS \$\$\$\$

## Fun Voting Facts or Voting 101



- Election Day is November 6<sup>th</sup> 2012
- Polls are open 7am-8pm at Town Hall, 695 Main St
- Handicapped Parking; Past the town hall on right, by the ramp.
- Absentee Ballot applications; Available at the Town Clerks office or download the form from the state's website <http://www.sec.state.ma.us/ele/eleifv/howabs.htm>. Then fill it out and mail it to Town Clerk, 695 Main Street, Suite 2, Lancaster MA 01523
- Absentee Deadline; November 5<sup>th</sup> 2012 at NOON (11/5/2012)
- Transportation: Seniors, or Handicapped by prior reservation 978 733-4076
- No IDs required, unless you have received a letter asking you to bring one.

*Any other questions, call Sue Thompson, Town Clerk at 978 365 2542 M-TH 8:30-4:00  
The Town Clerk's Office is in the Lower Level of The Town Hall @ 695 Main Street, Lancaster*



### *Join us for Fun Free Event!*

### **Presidential Trivia! November 30<sup>th</sup> at 1:00**

*With Kristi Mendoza from River Terrace*

*It's election time, time to test your knowledge of presidents past and current!  
(Who will be current?) Share your knowledge, and sure your opinions too!  
Get ready, who was your favorite, and why?*

### **Please join us!**

### **To Honor our Veterans Veterans Reception**

*Learn about the History of  
Lancaster's  
American Legion  
Post 96*

**Veterans Day,  
November 11 2012  
4pm-5pm**

**Lancaster Community  
Center**



**Do you know a  
Veteran returning  
home from the  
service?**

**Welcome them  
home with their name  
in Lights**

**Please call 978 706 1754, or 978 333 6239 to arrange  
Roland Nelson, Veterans Agent  
And the Lancaster Fire Dept**

Please join us to honor our Veterans, and learn about their memorabilia!

## THE LANCASTER COUNCIL ON AGING AND THE LANCASTER COMMUNITY CENTER

Invite you to join us to honor our Veterans service.

### Veterans Reception

Visit with members of American Legion Post 96 and tour their display of Lancaster Veterans Historical memorabilia

**November 11<sup>th</sup> 4pm-5pm**

Lancaster Community Center  
*Lower Level*

**Veterans Day**, formerly Armistice Day, honors armed service veterans. Veterans Day is a federal holiday, observed in the US on November 11. This year **Lancaster marks Veterans Day Nov 12<sup>th</sup>**. Veterans Day is celebrated as Armistice Day or Remembrance Day, in other parts of the world to mark the anniversary of the signing of the Armistice that ended World War I.

Major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918 with the German signing of the Armistice. Veterans Day is not to be confused with Memorial Day; Veterans Day celebrates the service of all U.S. military veterans, while Memorial Day is a day of remembering the men and women who *died* while serving.

#### **A note from Roland Nelson, Veterans Agent**

Last month I wrote about the differences between the Dept. of Veteran Affairs and the Dept. of Veterans Services. This month, I will explain the duties of the Dept. of Veteran Services (DVS).

The DVS provides financial, medical assistance, job hunting and education assistance for the short term. A veteran, spouse, widow or dependent children may ask for assistance. The most important piece of information that is needed is a DD-214 which is the separation or discharge paper that every veteran receives at the end of his tour of duty.

Financial assistance is based on financial need, which is based on the federal level of poverty. This income is about \$1,300 a month (for a single person). The DVS allows some deductions for shelter and maintenance of your home, but your home *is not* counted as an asset. If your income is at this level all your medical bills may be paid. If you exceed \$1,800 a month for a single person you will have to use 'a spend down'. I will explain this in the next issue! Remember if you are veteran or the spouse of a veteran, please call me at 978 333.6239, or visit my office in the Community Center. Hope to see you on Veteran's Day.

Thank you, *Roland Nelson.*



# Health and Fitness

To insure a space please pre-register at 978 733 4076  
or [aturner@lancasterma.net](mailto:aturner@lancasterma.net)



Get Fit While you Sit!

Please join us

## GENTLE YOGA or CHAIR YOGA

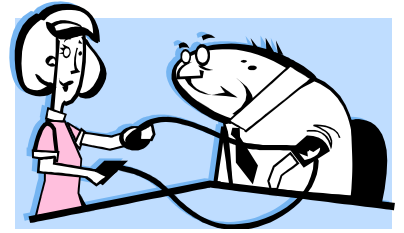
Wednesday Mornings 9:30 am-10:30am

\$4 per class or 4 classes for \$12

Session 1-November 14,21,28,Dec5

Session 2-December 12, 19,Jan2, 9

Come to the **Well Adult Clinic~ It is FREE!**  
With our town nurse, Tamara Bedard.  
3<sup>rd</sup> Wednesday of each month 11am-12pm



## Back by Popular Demand-Tai Chi

### Join us for New Sessions!

**Tai Chi uses gentle movements to reduce stress and improve health.**

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

**Jeff Cote: Instructor.**

**Thursdays 10:30-11:30 am**

**Seniors \$5 per class or 6 classes for \$23**

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

**Lancaster Community Center Garden (weather permitting) or indoors**

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



# Mark your calendars!

## You are invited to join us a new series of classes

### Gentle Senior Yoga

#### Wednesday Mornings

9:00 – 9:45 a.m.

Nov 14, 21, 28, Dec 5

\$4 per class

Or all 4 classes for \$12

- ❖ Warm Up Stretches
- ❖ Breathing Exercises
- ❖ The Sun Salutation
- ❖ Final Relaxation



Yoga has long been known to improve balance, increase breathing capacity, circulation & digestion, and strengthen bones.

*Reservations Highly Recommended!*

*This is suitable for all levels, however if you are in*

- fries, made with shredded Chinese leaves, onions and other vegetables, and served with noodles.
- **Chinese turkey** Cook diced turkey with onion, baby corn and bean sprouts. Coat with sweet/sour sauce made from orange juice, soy sauce and a little honey, thickened with cornstarch.
- **Turkey hash** This dish is a great standby. Sauté chopped onions and peppers, add diced turkey and cook through. Make hollows in mixture, break an egg into each one and cook under hot grill or bake in oven until set. Serve with crusty bread and a tomato salad.
- **Turkey soup** Make a batch of warming turkey soup

### TURKEY TIPS!

*Courtesy of MOC*



### Let's go 'Cold Turkey' Dishes

#### Turkey salad Variations

Use both white and dark meat. Cube the leftover turkey, or shred it for an oriental-style salad. Try these turkey salad variations:

- Toss with toasted, unsalted cashews, sliced fresh mango and baby salad leaves. Dress with a light vinaigrette.
- Mix with cubed avocado, thinly sliced yellow and red pepper, canned sweet corn or baby corn and halved cherry tomatoes. Dress with olive oil blended with lime juice and chili.
- Cook thin rice noodles and cool. Stir through shredded turkey breast meat, shredded lettuce and spring onions (scallions), matchstick slices of carrot and cucumber, and dress with a well-blended mixture of 2 parts light soy sauce to 1 part sweet chili sauce.
- Cook and cool couscous. Stir through chunks of turkey, diced red pepper, canned chickpeas (drained and rinsed), cubes of feta cheese and a few stoned black olives. Dress with a lemony vinaigrette.
- Mix curry paste into low calorie mayonnaise and use to dress cubed turkey. Serve on a bed of spinach leaves, with a rice salad.

### Hot Turkey Dishes

- **Turkey pasta** Mix diced turkey into a rich tomato sauce and serve with rice or pasta.
- **Curried turkey** Turkey makes a great curry. Serve with rice and Nan bread.
- **Tarragon turkey** Add cubed turkey to a white sauce made with semi-skimmed milk. Flavor with tarragon, add sweet corn and mushrooms. Put in a pie dish, top with pastry and bake. For an even easier version, top with mashed potatoes and brown in the oven.
- **Leafy stir-fry** Add shredded turkey to stir

# The To Do List! *We can help.*

## WHEAT Community Services



Would like to invite  
anyone who  
qualifies to visit our

### **Food Pantry.**

500 Main Street, 2nd

floor, Clinton.

We offer a variety of fresh  
produce (seasonal), baked  
goods and you may choose  
from an assortment of meat  
products as well. And of  
course we always have an  
ample supply of pantry items  
such as canned goods, pasta,  
rice etc.

978-365-6349

9:30-4:00

Tuesday-Friday.

An elevator is located in the  
rear of the building for your  
convenience.

### **Need advice?**

- *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**

## **Medicare Open Enrollment**

**October 15<sup>th</sup> to December 7<sup>th</sup>**

### **Extended Hours in November**

*Frustrated by Insurance Paperwork?  
Not sure what option is best. Don't know what to do?*

**Gretchen does!**

**Call our**

**SHINE Counselor**

**Tuesday and Thursdays 9:00 am-2:00 pm**

**Appointments strongly suggested (774) 378-5432**

### **The WHEAT Community Café**

**242 High Street, Clinton**

Serves tasty, nutritious meal six nights a week free of charge!

The Cafe is open from 4:30 – 6:30 every night (*except Saturday*)

Dinner is served at 5:00.

There is an eager staff of 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.

Call us Monday for weekly menu options.

Van service--Tuesday and Wednesdays

*From your home! 4pm -6pm Reservations Required*

### **Tuesday and Wednesday Community Café Trips**

Join us for trips to WHEAT's Community Café'. Van pick up at  
your home, reserve at 978 733 1249.

For just \$1 donation you will enjoy a delicious meal with friends!

4:00 pick up, home by 6:00pm

# \$ THE FINANCIAL PAGES \$

## **Abatements, Exemptions, and Taxes: *Oh My!***



**Anyone who owns property in  
Lancaster should attend!**

***Join us for this Free  
Informational Meeting***

**November 14<sup>th</sup>**

**1:30 pm to 3:30 pm**

**Come and listen to an  
overview about Abatements,  
and Exemptions available to  
Lancaster Seniors.**

***With Deb Saunders***

**There are more than you think!  
Those who are not 60 yet may want to  
attend to be prepared.**

***Followed by a Q&A***

**Our thanks to our  
The Lancaster Assessors**

## **Medicare 101**



**or Insurance  
Boot Camp**

**with**

**Ed Roth**

**Of SHINE**

**(Serving Health Insurance  
Needs of Elders)**

**Coffee, Tea and  
Coffee Cake!**

**Tuesday November 15<sup>th</sup>  
9am~ Free!**

**Lancaster Community Center  
Meeting Room**

**Need help?**

**Is your house cold, unsafe?**

**Loans, Grants are available for those  
over 62, with limited income. up to  
20K for rehab are available. Safety,  
and accessibility issues have highest  
priority.**



**Call the office for more information.**

# LANCASTER COMMUNITY CENTER

## LANCASTER SENIOR CENTER

NOVEMBER 1, 2012



Web: <http://www.lancastercommunitycenter.org>

Email: [lancastercommunitycenter@gmail.com](mailto:lancastercommunitycenter@gmail.com)

### On-going Activities in the Senior Center

SENIOR LUNCH - Mon. thru Thurs. at 12

FREE BREADS/CAKES - Tues., 8:30AM

BINGO - Tuesdays 1:15-3:15

BRIDGE - Fridays 2:30-4:30

CRIBBAGE - Tues and Thurs, 8AM-10AM

PANCAKES - Tuesdays, 8:30-9:15AM

COMPUTER CLASS - By Appointment\*

\*Call [978-263-7962](tel:978-263-7962) to arrange a computer session.

### American Tribal Style Bellydance® classes with Julyana

Two sessions! Level 1 at 6:30 and level 2 at 7:30. Julyana is a FCBD® Sister Studio.

<http://www.julyanadances.webs.com>

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### Tai Chi at the Senior Center!

Continuing at 10:30AM each Thursday! On the patio (weather permitting) or indoors (if too wet or cold).

**Jeff Cote: Instructor. Seniors \$5 per class or 6 classes for \$23 (Session 1 9/6-10/11)**  
**General public \$6 per class or 6 for \$29**

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### Phone Numbers

Congregate Meal Site -	978-733-1249
Community Center General Line	978-706-1527
Commission on Disability	978-706-1527
Council on Aging -	978-733-1249
COA Transportation Line -	978-733-4076
Veterans' Representative -	978-706-1754

**If in doubt: call 978-733-1249 for ANY COA function (meals, rides, services, etc.)**

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### Tuesday Pancakes!

Tuesdays, from 8:30 to 9:15AM, I (David James) will be serving pancakes, orange juice, coffee, and sausage! Donation (\$1) to defray the cost of food is appreciated, but not required. Note that the opening is 8:30 to accommodate the increased attendance.

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Are you ServSafe Certified? We need your help! Call the COA office at 978-733-1249. Thank you!

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### Gentle Yoga

Wednesday Mornings

9:00 - 9:45 a.m.

Nov 14, 21, 28, Dec 5

\$4 per class

Or all 4 classes for \$12

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### Contract Bridge Games

Like to play bridge? Join us Friday afternoons at 2:30 for some friendly games. For more information, contact Jean @ 978-263-7962. Thanks!





# Classes and Workshops

To insure a space please pre-register at 978 733 4076  
or [aturner@lanasterma.net](mailto:aturner@lanasterma.net) or on the Key Tag system.

## Classes

### Beading with Bev

Think  
Holiday Gifts!

Bev McCarthy is a talented teacher and designer and owner of The Bead Shoppe in Sterling. Participants will benefit from having beaded (a little) before! Students who have a little beading experience will build on it to quickly learn more tricks, and tips! . Bev uses elegant beads, crystal and Czech glass among others 'no junk' allowed. Students will take home three pieces of finished jewelry!

*Space is limited to 5*  
**November 16<sup>th</sup> 1pm-3pm**  
*\$12 fee includes materials*  
**Pre-Registration Required!**

### Contract Bridge

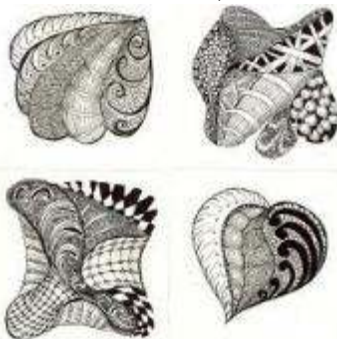
**Contract bridge**, or simply **bridge**, is a trick-taking game using a standard deck. It is a wonderful game to keep the 'old gray matter' sharp!. It is played by four players in two competing partnerships. *Come to the Center for Free lessons, yes-free, suitable for all levels, novice to pro. We 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! but Registration strongly suggested, call 978 733 1249 and leave your name, space is limited.**

### Introduction to Zentangle

**November 8<sup>th</sup>, Thursday 2 pm-4pm**



Bev McCarthy, CZT will teach us the basics of the creative art of Zentangle, a beautiful art form from repetitive patterns. Fun, easy to leave and very relaxing. Zentangle combines relaxation and a sense of meditation through pen and paper. *Materials provided \$10fee. Reservations Required.*

### Mosaic Flowerpots: *For your tree!*

**November 21 and 28<sup>th</sup> 1pm-3 pm**

*Two sessions to complete one pot:*

Get ready to bring your plants inside in these 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 should bring colorful, special broken dishes, mosaic bits etc. to the first meeting. Bring an apron, safety glasses if you have them. We provide gloves, mastic, grout, tarps, putty knives, pots and limited shards. You will take home a finished pot!

**\$8 Seniors \$10 General Public**

**Space is limited, sign up early**



## **More Workshops and Classes!**

**Registration Required, Class size limited *so register early!***

### **Boxwood Tree Workshop**

*Take home a decorated topiary tree! Great for small homes, as a centerpiece, a hostess gift, or just for you!*



**Session I: November 29<sup>th</sup> 1:30 pm to 3:30pm**

*(with hot cider and cookies)*

**Session II: December 3<sup>rd</sup> 9am-11 pm**

*(Tea, coffee, cider and coffee cake)*

We will 'build' or arrange a boxwood tree (finished size about 12"-16" tall) of long lasting natural boxwood, and finish it by decorating it with lovely ornaments to scale. You may choose a naturally inspired motif, or something with lots of bling, or a trendy gold, silver, or trendy color scheme of copper, teal, purple or more! This tree will last beyond the holidays gracing your home or that of the lucky recipient. This class is taught by Alix Turner, who before working for the COA has taught Boxwood Tree classes many times.

*Seniors \$ 18 general public \$24*

### **Batik Gift Workshop**

**November 15<sup>th</sup> 1pm-4pm**

***Great Homemade Gift Items!***

Keep your eye out for a 100% natural fiber scarf, or the like. We will turn it into a work of art with the help of our Artist in Residence Sandy McMinn. Dye, wax etc. and instruction provided. You bring the material!

**Class Size Limited, must reserve!**

*Seniors: \$6 General Public \$8*



### **Deck the Halls! Wreath/Swag Decorating**

***Party!***

**December 6<sup>th</sup>**

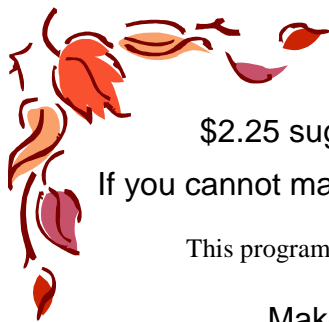
*Greens/decorations inc.*

**Seniors \$14, General \$17**

**Swags: \$8, General \$11**

Come celebrate the season with friends! We will enjoy hot cider, and cookies while listening to holiday tunes and adorning a lush 'over the top' double sided Frazier fir wreath, or a 12" swag (for smaller doors) with a custom color schemes you put together just

for your décor! You will learn to make full bows, great for wreaths, or presents. Then choose some decorations to complete your wreath. The workshop, gourmet greens, the wreath and goodies are included. Bad jokes, and critiques-priceless! Please bring gloves, cookies if you bake, if you need them, and any special ornaments you may want to use.



## Join us for Lunch in November!

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

If you cannot make it here we offer Meals on Wheels, call 978 733-1249 for details

Or MOC 800-286-3441 for nutrition questions

This program is made possible in part by funding from the Executive Office of Elder Affairs

Surprise! Delicious Desserts included.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5</b> Frozen Pea Soup Grilled Chicken W/ Supreme Sauce Red Bliss Potato Rye Bread Diced Peaches 1% Milk  <b>Calories: 635 % Fat:11</b> <b>Sodium:1223mg</b>	<b>6</b> Swedish Meatballs W/ Mushroom Gravy Egg Noodles Carrots Wheat Bread Applesauce w/ C 1% Milk  <b>Calories: 573 % Fat: 15</b> <b>Sodium:1087mg</b>	<b>7</b> Three C Soup Meatloaf w/ Brown gravy Mashed Potatoes Wheat Bread Chocolate Pudding  <b>Yoga</b>  <b>Calories: 788 % Fat: 25</b> <b>Sodium:833mg</b>	<b>8</b> Baked Chicken W/ Cacciatore Sauce Penne Spinach Italian Bread Pears 1% Milk <b>Tai Chi</b>  <b>Calories: 603 % Fat: 17</b> <b>Sodium:636mg</b>	<b>9</b> <b>SHOPPING TRIPS ETC</b>  <b>Walmart Shopping Trip</b>
<b>12</b>  <b>Join us to honor our Veterans,</b> <b>American Legion 96-</b> <b>SUNDAY, 11<sup>th</sup> at 4pm</b> <b>LCC Meeting Room</b>	<b>13 SPECIAL</b> <b>Roast Turkey0</b> <b>W/ Brown Gravy</b> <b>Mashed Potato</b> <b>Bread Stuffing</b> <b>Peas</b> <b>Wheat Roll</b> <b>Pumpkin Pudding</b> <b>1% Milk</b>  <b>Calories:821 % Fat:18</b> <b>Sodium:1010mg</b>	<b>14</b> Breaded Chicken Brown Rice Broccoli White Bread Apricots  <b>Yoga</b>  <b>Tax Talk !</b>  <b>Calories: 651 % Fat:14</b> <b>Sodium:940mg</b>	<b>15</b> Autumn Harvest Soup Tuna Salad Macaroni Salad (2) Wheat Bread Pineapple HDM: Cauliflower <b>Tai Chi</b> <b>Medicare Boot Camp</b>  <b>Calories: 699 % Fat: 15</b> <b>Sodium:1283mg</b>	<b>16</b>  <b>Christmas Tree Shop</b> <b>Leominster or</b> <b>Shrewsbury</b>
<b>19</b> Grd Beef Burgundy Egg Noodles Green Beans Italian Bread Mandarin Oranges 1% Milk  <b>Calories: 823 % Fat:20</b> <b>Sodium:1055mg</b>	<b>20</b> Froz. Veggie Soup Baked Chicken W/ Marsala Sauce Brown Rice Wheat Bread Strawberry Fruit Cup 1% Milk  <b>Calories: 565 % Fat: 17</b> <b>Sodium:452mg</b>	<b>21</b> Hot Dog Baked Beans Carrots Hot Dog Bun Applesauce  <b>Yoga</b>  <b>Calories: 687 % Fat: 29</b> <b>Sodium:1375mg</b>	<b>22</b> <b>Happy Thanksgiving</b>  <b>No Meal Delivery</b>  <b>Calories:</b>	<b>No Shopping Trip</b>
<b>26</b> White Turkey Chili Brown Rice California Blend Wheat Bread Diced Peaches 1% Milk <b>HIGH SODIUM</b>  <b>Calories: 523 % Fat: 8</b> <b>Sodium:1205mg</b>	<b>27</b> Chef's Salad, Turkey, Cheese and Egg Pasta Salad Wheat Roll Fresh Fruit W/ C 1% Milk  <b>Calories: 600 % Fat:18</b> <b>Sodium:661mg</b>	<b>28</b> Lentil Spinach Soup Baked Chicken W/ Coq Au Vin Sweet Potato Rye Bread Apple Turnover  <b>Yoga</b>  <b>Calories:857 % Fat:24</b> <b>Sodium:1264mg</b>	<b>29</b> Meatballs W/ Brown Gravy Mashed Potato Peas Italian Bread Banana Pudding 1% Milk <b>Tai Chi</b>  <b>Calories:669 % Fat: 18</b> <b>Sodium:1086mg</b>	<b>30</b>  <b>Family and Friends</b> <b>Thanksgiving Dinner</b>  <b>Sponsored by Bob's</b> <b>and The Lancaster</b> <b>Police Dept</b>  <b>Presidential Trivia</b> <b>Game</b>



# Trips and Events

## Shopping and Entertainment Trips

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

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

*Trips leave at 9am , you may go home with your goodies, or join the gang for lunch out and then home!*

- **November 2nd:** Market Basket/Whitney Field
  - **November 9<sup>th</sup>** Walmart Leominster
- **November 16<sup>th</sup>** –Christmas Tree Shop, Leominster or Shrewsbury
  - **November 23<sup>rd</sup>** NO SHOPPING
- **November 30<sup>th</sup> st** Thanksgiving Meal with Friends and Family

Please join us on  
**Veterans Day**  
**To**  
**Honor Lancaster Veterans**  
**Sunday, November 11**  
**One Hour! Drop in from 4pm-5pm**  
**Lower Level -Community Center**

Tour the American Legion Post 96  
View Memorabilia from the proud history of  
Lancaster's Service Men and Woman

- ❖ *Meet Roland Nelson, Veterans Agent*
- ❖ *Meet members of the Legion*
- ❖ *Legion members will explain the artifacts*
- ❖ *Enjoy cider, coffee, tea and goodies!*

## Friends and Family Thanksgiving Dinner *And Pie and Dessert* *Contest*

Bring it on! Enter your best pie or  
dessert (and a recipe)

**Celebrity Judges!**

*Prizes awarded!*



Friday, November 30<sup>th</sup>, 2012  
High noon  
All are welcome, bring friends  
and family!



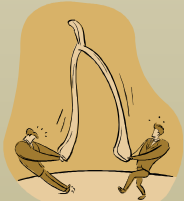
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# OUR WISH LIST

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



You are invited!

No, it does not have to be your birthday

Come help us celebrate  
November Birthdays!

November 26<sup>th</sup> at 2pm

Cake, Ice Cream, Games, Trivia Contests  
and lots of jokes.

Come have dessert in the Center and honor  
November Babies.

## Got Time? Help Wanted.

Would you consider volunteering with the Council on Aging?

We need help! Below are just a few ideas.

- To or run events participate in events.
- Administrative: To help with the newsletter, data entry, research. In short to help organize our mess!
- Imaginative, traveling types: To help facilitate trips and workshops.
- Organizers/Fundraisers To help with the 'Friends of Council on Aging' Flea Market and other fund raising activities.
- Welcoming/Hosts and Hostesses: To greet visitors to the Center, our ambassador's!
- Drivers: To deliver Meals on Wheels, or help those who can't drive with trips to Dr's etc. "Angel Drivers We really need Drivers for Meals on Wheels (.55c per mile paid)
- 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. you!

# THE TRAVEL PAGES

It's all 'Fare'

## Upcoming trips

*Call for details, or watch the Town Website for  
Updates to our newsletter!*

**January 11<sup>th</sup>**

***Foxwoods Day Trip***

*by Luxury Motor Coach!*

**January 26**

***Flora in Winter~Tower Hill***

*By Van*

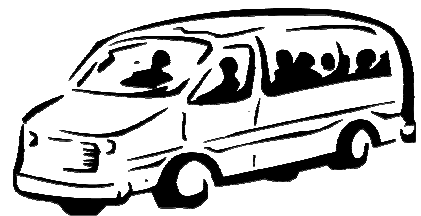
**Spring 2013**

**Isles of Shoals,  
Portland Me.**

*The Peabody Essex Museum and more!  
Please let us know where you might like to journey.*

## Lancaster Council on Aging MART Van Fees

- **Mart service to Senior Center: Free** for senior and disabled coming to meals and events
- **\*Service in Town: .50c in town**
- **\*Service outside Lancaster to a contiguous town: \$1 (Multiple stops may be charged)**
- **Friday Shopping trips are \$2 per person**
- ***Special Events will be priced according to the trip.***



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

**Be there, conquer it!**

**Kilimanjaro**

**Saturday, November 10 – 7:00 pm**

Renowned photographer and wildlife observer, Peter Christoph, will share his experiences climbing Mount Kilimanjaro via a slideshow enhanced with music and pithy comments, before returning to Massachusetts. On a recent visit to Tanzania he hiked up Africa's highest peak, Mt. Kilimanjaro (19,340 ft.) and thus endured many climate zones, going from tropical jungle to cool, arid regions and ending in a polar environment. Even though the mountain lies close to the equator, its top is (still) covered in snow and ice.

*This event is sponsored by the Friends of the Oxbow National Wildlife Refuge. Kindly register for this presentation by phoning **Rona** at [978-779-2259](tel:978-779-2259) or by emailing [ada@friendsoftheoxbow.org](mailto:ada@friendsoftheoxbow.org)*

## Dates to Remember

### November

**November 5:** Absentee Ballot Deadline

**November 6:** Election Day 7am-8pm

Pancake Breakfast 8:30 am

**November 8:** Tai Chi 10:30

Zentangle Class (pre-register)

**November 9:** Walmart Shopping Trip

**November 10:** Kiliminjaro- Free 7pm

**November 11:** Veterans Day Reception 4-5 Free in the LCC

**November 12:** Closed in honor of Veterans Day

**November 13:** Pancake Breakfast 8:30 am

**November 14:** Yoga 9 am-9:45 am

Tax Abatement Seminar-Free! 1:30-3:30

**November 15:** Medicare Boot Camp 9am w Ed Roth

Tai Chi 10:30 am -11:30 am

Batik Workshop: 1pm Fee, preregister

**November 16:** Christmas Tree Shop Trip

Beading with Bev! Workshop Preregister

**November 20:** Pancake Breakfast 8:30am

**November 21:** Yoga 9am

Well Adult Clinic @11-12 Free!

Mosaic Flower Pot Workshop Part 1

**November 22:** Closed for Thanksgiving

**November 26<sup>th</sup>:** November Birthday Party!

Come one come all, not just birthday babies.

**November 27<sup>th</sup>:** Yoga 9:30am

**November 29<sup>th</sup>:** Tai Chi 10:30 am-LCC

Boxwood Tree Workshop

**November 30<sup>th</sup>**

Thanksgiving w Friends, Pie Contest 1pm Free!

*Thanks to Bob's Turkey Farm*

***SHINE every Tuesday and Thursday  
by appointment***

**Many December Dates already reserved.  
Please check your calendar!**

***Thinking of  
what to do for the  
Holidays?***



**Consider the  
Angel Tree**

**Helping Lancaster  
Families in Need.**

**Call Francine @  
978-368-2544**

**Save the Date**

**Lancaster  
Seniors'  
HolidayParty**



**Community Center  
December 21<sup>st</sup> 2012  
Reserve early!**

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

**Great Live Drama!**

**Nashoba Drama Club  
Presents**

*I Love Lucy!*

**Nashoba Drama Club  
November 16, 17**

**November 18<sup>th</sup> at 2pm\***

Bolton Seniors have reserved a  
block of tickets. Interested call  
Mary at 978 779 2740

**Many thanks**

To **Bob's Turkey Farm** for yummy turkey  
salad, **Shaws** in Clinton for donating  
pastries.

Maribeth, Myra, Jessi, Laura, Dave, Jean  
Marie, Michele, Nilah, Gretchen, Judi,  
Dominique, Charlotte, and more for all  
their hard work.

Did you know?

Thanksgiving Day, currently celebrated on the fourth  
Thursday in November by federal legislation in 1941, has  
been an annual tradition in the United States by  
presidential proclamation since 1863 and by state  
legislation since the Founding Fathers of the United States.  
Historically, Thanksgiving began as a tradition of  
celebrating the harvest of the year.

***The Senior Center***

*Will be closed*

*In honor of Veterans Day*

***November 12<sup>th</sup>***



***November 22nd***

Thanksgiving

***We welcome everyone!***

**Monday-Thursday 9-3**

***or for special events***