



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

September and October 2013 (978) 733-1249, fax (978) 733-4076, aturner@lancasterma.net

In Local News...

Let's talk Turkey!



Q: What is better than Thanksgiving with family?

A: Thanksgiving with Friends and Family!

Thanksgiving with Friends

November 22nd

12pm (Noon)

With all the fixings!

Dinner \$5

**RSVP by 11/14
Van trips free!**

*Sponsored by the First Church
Lancaster*

At the First Church Community Hall

Dessert and Pie Contest: 1pm

Awards for Best Apple, Best Pumpkin,

Best Cream Pie, and of course Best of the Rest!

Bring a recipe and one pie! Be prepared to share.

(Homemade encouraged, admit it if you cheat!)

Bring a recipe for us to copy

So we may plan this is a ticketed event. Lancaster Seniors and COA Scan Card ticket holders receive the first tickets. Neighbors are encouraged to join us space permitting.

For reservations, call 978 733 4076

or email meugene@lancasterma.net

Please bring a canned good, or non-perishable to benefit the Angel Tree!



Greetings,

Happy Thanksgiving! Once again the holidays are upon us. I look forward to festivities; lots of food and fun. If you do too, then you are in luck! The Community Center is just the place to find it!

I do not need to remind anyone who has joined activities here that many interesting, adventurous, wonderful people join in-- many of whom you may not have seen for years. The activities offered at the Center are as varied as the folks who come here.

Our goal is to offer something for everyone- from art classes, trips, and feasts. There really is no excuse to sit home. The old stereotype of seniors sitting on the porch staring to the street is so last century.

Our generous friends and wonderful cooks at the First Church are hosting Thanksgiving with Friends this year. We had such a wonderful turn out last year they offered their lovely community room for our feast. I can personally attest to the talent of the cooks at the church. My waist line (what is left of it) is testament to their cooking. However, I have been most impressed with the bakers and cooks we have in our midst. This year, I ask you once again to put your skills to use and compete for the best pie in Lancaster, or best of the rest.... This year we have secured some nice prizes! So join in. It will help keep you young, and happy and that is what it is all about.

Alix



Tuesday is Pancake Day! *Everyone is invited!*

Senior Center

Tuesday mornings 7:30-9:00 AM

\$1 suggested donation

**Beginning in December the Fee is \$2*

To help renovate our kitchen and support meals.

Presenting

**Chef/Chair Extraordinaire David James
And Special Surprise Guests! ?**

**It's Harvest Season so we may have apple pancakes,
or we may have pumpkin or just plain old plain!**

Now requesting \$2 donation

**\$1 will go to improving our breakfast facilities! So
come early and come often!**

**Still a great deal! Sausage, juice and coffee and
all the pancakes you can eat!**



Rainbow Lunch

Worcester Elder Services and WLEN

Invite you to the

Rainbow Lunch Club

Every 2nd Wed. Noon

Unitarian Church, 90 Holden St.

Worcester

Questions or to RSVP 508-756- 1545

**Back to School-
Means Back to...**

Game Night *Free!*

The First Monday of each Month.

November 4th

3:30 to 5 pm

December 16th

November debuts a new
game by Lancaster
Gamester, Les McLean!
Spell-N_Rhyme

**Come join Seniors and the
Students of the
Clinton/Lancaster Youth
Group for a night of fun
and games!**

**We provide the games;
you provide the
expertise, or the
willingness to learn. It is
your group. Play some
games.**



- *Dominoes*
- *Scrabble*
- *Twister?*
- *Your favorite!!!*

We provide a fun supper.

IN LOCAL NEWS \$\$\$\$

Scam Alert

The Federal Trade Commission has reported several recent scams targeting older people. Scammers are calling and emailing people with Medicare and telling them Obamacare requires them to change their insurance and buy a marketplace plan. Oftentimes, these scammers will ask for personal information like Social Security numbers or bank accounts. Do not give them this information! This is just one of many scams, learn about how to avoid more scams, Join us for

How to identify scams and protect yourself!

A brief presentation by
Frank Mitchell

10:20 am Thursday November 7th
Senior Center

With help from Sterling Healthcare

Assisted Living, What You Should Know

Wednesday, November 13 at 11:00

Join us to review of the highlights of the Massachusetts EOE Consumer Affairs Guide to Assisted Living in MA, practical information about what assisted living is (and isn't), and how assisted living is different from other senior housing/care options Door prizes, cheese & crackers & grapes and Consumer Guides for people to take home with them. *Presented by Michelle Jones of Corcoran House*

** We DO NOT endorse any specific facility and look forward to upcoming informational presentations by other facilities.*

Got Time? Help Wanted!

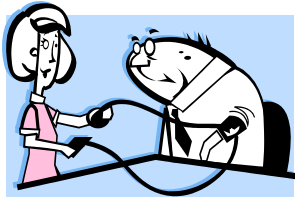
Would you consider volunteering with the Council on Aging?

We need help! Below are just a few ideas.

- **To or run events** participate in events. Do you have a sense of adventure; are you physically able, confident, love people... a fun person? We want you!
- **Newsletter:** To help with the newsletter, in particular. To coordinate dates, events etc.
- **Imaginative, traveling types:** To help facilitate trips and workshops. Teach classes, or organize trips.
- **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"
- **Talented people:** To Good cooks, Artists, Crafters, Fitness Teachers: To teach classes, lead workshops
- **Home Repair Skills:** To help with Handyman type repairs, fixing railings, trimming bushes etc..
- **Knitters, or Crochet'ers' etc.** to help start our group.

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

Health and Fitness



Come to the Well Adult Clinic~ It is FREE!
With our town nurse, Tamara Bedard.
1st Tuesday and 3rd Wednesday ~11am-12pm
Every Wednesday 11:45-12:30 with Kathy Cronin!

Handle Emotionally-charged Conversations at Work and Home

Thayer Memorial Library, 717 Main Street, Lancaster

. Thursday, November 7 @6:30 p.m

Stress is to be avoided, not only is it bad for you emotionally but it is also a strain physically. Come learn how to reduce stress, and handle emotionally charged conversations more effectively.

Presented by Tyke Crowley, President of Life Path Insights.

For more information, contact Karen Silverthorn at 978-368-8928 ext. 4-

Please join us for 'all ages' fitness classes.

Start the week right! Monday classes

Gentle Tai Chi & HathaYoga

Tai Chi @ 9:30 am Mondays

The ancient art of **tai chi** uses gentle flowing movements to reduce the stress of our lives and improve health. If you're looking for another way to reduce stress, consider tai chi (TIE-chee). Tai chi is described as "meditation in motion" because it promotes serenity through gentle movements – connecting the mind and body. Developed in China for self-defense, tai chi evolved into a graceful form of exercise that's now used for stress reduction and to help with a variety of other health conditions. Tai chi is a non-competitive, self-paced system of gentle exercise and stretching. *In the Garden (weather permitting) or indoors. Wear comfortable clothes.*

Jeff Cote: has been a guest lecturer at Northeastern University for graduate studies in holistic health, & is the Founder, & Director of the Traditional Arts Institute.

Hatha Yoga @ 11 am Mondays

After a Tai Chi class your yoga will be better than ever! At least try one. Get the week started with gentle **Hatha yoga**. All ages, and abilities will benefit from this yoga class. Yoga is widely recognized as a way to improve balance, improve posture, keep your range of motion, improve clarity of mind and reduce stress. *Held on the Lower Level, we provide mats and water!*

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, approach of Kripalu. She has taught in corporate settings for over 10 years.

All Classes: Seniors \$5 per class or 6 classes for \$25 (Buy a card, no penalty for missed classes!)
General public \$7 per class or 6 for \$33 (*Invite your friends so we can keep prices low!*)





Kick it up with Zumba Gold

Wednesdays at 9:30 am *Dance your way to fitness!*

Exercise can be fun! With its upbeat music and simple dance moves, Zumba Gold is a dynamic blend of fitness and dance designed specifically with the mature active adult in mind. The routines involve Latin and international rhythms such as Salsa, Cha Cha, Tango and more. So come and dance! We encourage you to enroll for a six week session. *We meet in the Gym, so there is plenty of room bring a friend!*

No experience necessary. Wear comfortable clothing

Seniors \$5 per class or 6 classes for \$25 (Buy a card, no penalty for missed classes!)

General public \$7 per class or 6 for \$33 (*Invite your friends so we can keep prices low!*)

RECIPE OF THE MONTH

GARLIC, ARUGULA & CHILI

PASTA EXPLOSION

(AKA THE BEST PASTA YOU'VE EVER HAD!)

4 tablespoons extra-virgin olive oil
6 large cloves of garlic, roughly chopped
1-2 fresh chili peppers, chopped (We like jalapeño peppers, but use whatever chilis fit your taste buds. Seed them and remove the ribs if less heat is desired.)
5 large fresh ripe tomatoes, coarsely chopped (Substitute a 28 ounce can of good-quality plum tomatoes if fresh are not available) You want about 4 cups of tomatoes when all is said and done.
2 cups fresh arugula, coarsely chopped
Freshly ground pepper and Kosher salt to taste
12 ounces of sauce-loving pasta (try shells, orecchiette aka little ears, penne or rigatoni. You want a pasta shape that will capture this tasty sauce.)
Parmesan cheese for serving

Fill a pasta pot with water and bring it to a boil. Add a few tablespoons of Kosher salt. Meanwhile, prepare the sauce by heating the olive oil in a large sauté pan over medium heat. Add the garlic and the chili peppers, stirring constantly for one minute. Don't allow the chilis or garlic to brown. Add the tomatoes and stir well. Cook for about eight minutes over low heat, or until the tomatoes are soft. While the tomatoes are cooking, drop your pasta into the boiling water and cook it until it is al dente. Remove ½ cup of pasta water and set it aside. Drain the pasta.

Turn up the heat on your sauce, add the pasta, arugula and about ¼ cup of pasta water. Stir over medium heat for about one minute. Add more pasta water if sauce seems too thick. Season with salt and pepper and serve at once, sprinkled with freshly grated parmesan cheese and have some good hearty bread on hand for sopping up all of this "can't get enough of it" sauce.

*Lip-smacking, garlic tasting good. This recipe will serve four normal people (fewer if the diners are chili-garlic heads.)
Recipe courtesy of my friends at Stockbridge Farms*

Strength and Weight Training Classes



Coming in January
Interested, let us know~ We are working on time slots.

Medicare Boot Camp



....Or

Insurance 101

With Special Guest Ed Roth, Director of
SHINE
(Serving Health Insurance Needs of Elders)

Tuesday November 5th at 10am
9am~ Free!

**Coffee, Tea and
Coffee Cake!**

Lancaster Community Center Meeting Room

November 5th

Tamara Bedard, our town nurse. She will bring a few flu shots, just in case. Take your blood pressure and more!

Need help, advice-It's free!!

The To Do List! *We can help.*

WHEAT Community Services

Would like to invite
anyone who
qualifies to visit our
Food Pantry.

Call for details.

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

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

Fuel Assistance Starts November 1

The 2013-2014 heating season is here and
the predictions for the coming winter are for
a cold one. The state gross annual income
limits for fuel assistance are as follows: for
a household of one, \$32,065; for a
household of two, 41,932.

In addition, Lancaster Residents can try Joe
for Oil, the Angel Tree, and The Item
Appeal. If you are concerned about paying
your heating bill, please let us know. Don't
be left out in the cold..

Medicare Open Enrollment **ENDS December 7th**

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

Gretchen does!

SHINE Counselor

Tuesday and Thursdays 11:00 am-1:00 pm
Or by appointment Call first please

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.*

SNAP Benefits are changing in October, and November

**Get help and advice from the pros. On SNAP?
Call...**

Project Bread's Food Source Hotline
1-800-645-8333

FoodSource Hotline Counselors are available to assist callers
in over 160 languages Monday-Friday 8:00 am to 7:00 pm and
Saturdays 10:00 am to 2:00 pm. Counselors can also be
reached via LiveChat at

www.gettingsnap.org.

*Callers should try to have the following information available to
ensure an accurate benefit amount screening (gross income
amounts-social security, pensions, bank interest, etc, monthly*

Classes and Workshops

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



Classes

**Dance,
Dance,
Dance!**



**Coming in
January
Ballroom
Dancing**

Good for beginners on up!

*Please let us know if you are
interested.*

Evenings in the gym!

Oil and Acrylic Painting Classes

**Free! November 14, 21, Dec 5, 12 +
Beginning Painting and Drawing
With Doc Frigolletto**

Join us for a free series of six painting classes with Doc Frigolletto, a Dental artist who now practices his skills on canvas. Painting is a good brain 'exercise', creative work is excellent for keeping your brain flexible and studies show it reduces stress! All levels are welcome. This is a great excuse to get together with friends.

No charge except for materials, instructor will give us a list of supplies at the first class.

Come join us to make

Natural Christmas Ornaments

For the COA Tree for the Festival of Trees

November 13th at 1 pm

*Once again 4-H is sponsoring the Festival of Trees
Themed trees will be on display in Town Hall*



We are looking for creative seniors to have fun and sit around cups of hot cider and natural materials to create! You do not have to create your own designs, we will offer suggestions or you can create your own.

We need you! It will be fun, support a good cause, and put you in a festive mood.

Join the Fun! Make your own Greeting Card Classes



Make and Take Cards Holiday Greeting Card Class

November 8th, 2:30 pm

Make & Take 2 Holiday Cards! We will teach you how to use rubber stamps to make lovely greeting cards. Techniques will include embossing. Spaces limited to 10 people.

Our instructors Pam and Laura Laite will teach us how to design and make cards, and sharing her passion for paper crafting with others.



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 978 733-4076 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.

<p>4 Fish Sticks (Lemon Sauce for HDM) Creamed Corn Broccoli Whole Wheat Bread Pears</p> <p>Tai Chi 9:30 Yoga 11</p>	<p>5 Breaded Chicken Mashed Potatoes Peas Rye Bread Fresh Fruit</p> <p>Pancakes 7:30-9:30 Nurse AM Bingo 1</p>	<p>6 Veggie Chili Crackers Empanada Kale Fresh Salsa Muffin Diet: Blueberry Graham</p> <p>Zumba 9:30</p>	<p>7 Cong. Veg. Gumbo Soup HDM: Green Beans Chicken with Tarragon Sauce Brown Rice Whole Wheat Bread Orange Julius Artie Ice Diet: Fresh Orange</p>	<p>8 <i>Consignment Crawl</i> <i>Card Making @ 2:30</i> <i>Bridge at 1</i></p>
<p>11 <i>Closed Veterans Day</i> </p>	<p>12 BBQ Beef Ribs/with Sauce Tater Tots Green Beans Hamburger Roll Strawberry Cup Diet: Fresh Fruit Pancakes 7:30-9:30 Nurse AM Bingo 1</p>	<p>13 Cong: Tomato Cabbage Soup HDM: Cabbage Roast Pork with Rosemary Gravy Sweet Potato Whole Wheat Bread Fresh Fruit</p> <p>Zumba 9:30</p>	<p>14 HDM: Meatballs with Tomato Basil Sauce – Penne – Carrots – Whole Wheat Bread – Pineapple Cong. Meal Sites: Meatballs with Tomato Basil Sauce and Shredded Mozzarella Cheese – Spaghetti – Tossed Salad – Bread Stick – Pineapple NOTE: \$3.00 donation</p>	<p>15 <i>Shopping Trip Wegman's And Christmas Tree Shop</i> <i>Bridge @ 1</i></p>
<p>18 Vegetable Soup Meatballs/Swedish Sauce Egg Noodles Whole Wheat Bread Strawberry Cup Diet: Applesauce Tai Chi 9:30 Yoga 11</p>	<p>19 <u>SPECIAL</u> Turkey with Gravy Stuffing / Mashed Potato Green Beans Whole Wheat Dinner Roll Cranberry Sauce Cong: Pumpkin Pie Pancakes 7:30-9:30 Nurse AM Bingo 1</p>	<p>20 Cheese Lasagna with Meat Sauce Italian Blend Veggies Italian Bread Snack 'n Loaf Diet: Graham</p> <p>Zumba 9:30 COA Meeting Nurse 11</p>	<p>21 Cong: Egg Drop Soup HDM: Carrots Chicken Breast with Apricot Glaze Mashed Potatoes Whole Wheat Bread Pears</p>	<p>22 <i>Thanksgiving With Friends</i> <i>Noontime, 12 o'clock First Church Hall</i> <i>\$5 Reserve Early!</i> <i>No Bridge</i></p>
<p>25 Cong: Autumn Harvest Soup HDM: Peas Roast Pork with Gravy Mashed Potato Multi Grain Bread Applesauce Tai Chi 9:30 Yoga 11</p>	<p>26 Tomato Soup Broccoli Bake O'Brien Potatoes Whole Wheat Bread Snack 'n Loaf Pancakes 7:30-9:30 Nurse AM Bingo 1</p>	<p>27 Chicken Chili Brown Rice Mixed Vegetable Whole Wheat Bread Fresh Orange</p> <p>Zumba 9:30</p>	<p>28  <i>Thanksgiving</i> Closed</p>	<p>29</p>

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 8th** Consignment Crawl~ Breakfast and Treasures
 - **November 15th** Wegman's and Christmas Tree Shop
 - **November 22nd** Thanksgiving with Friends
 - **December 6th** Freeport Downeaster Shopping Trip
 - **December 13th** Market Basket: Leominster
 - **December 20th** Holiday Party
 - **December 27th** Walmart
 - **January 3rd** Market Basket Leominster

The First Annual Consignment Crawl

or our junking expedition, antique shopping, treasure hunt... you name it!

Friday, November 8th

9 am to 2 pm

We meet at the Center at 9, or you may be picked up as we set off for a day of fun! We will root out a few of our local treasure havens after a hearty

brunch, so don't eat a big breakfast! We start with a favorite breakfast haunt, then off to Oh My Gosh in Sterling, where you will find old and new, crafts and antiques too. Over 200+dealers, something for everyone. Then off to Woosta' for a taste of a few of the new shops near Kelly Square including, Crompton Collective and others time permitting. We will see what else is in store, as we need to be back before 2 for those who want to join the card class. A fun morning for all! *Only \$6 Senior, \$8 non- senior Food not included. Expect to pay between \$5 and \$10 for brunch*





Join us for a Winter Celebration

Sparkle Weekend in Freeport Maine

Another DownEaster Train Trip...

Would you like to come too?

December 6th 2013

Reserve early as seating is limited

All transportation included

We will meet at the Center around 8:15 a.m. for a quick cup of coffee and a breakfast snack, board our bus and head to the Amtrak in Haverhill to board the DownEaster headed for a day of shopping and enjoying the kickoff of Freeport's Sparkle Celebration. It is a wonderful scenic trip up the coast, complete with a Café Car to enjoy beverages and snacks. We arrive in Freeport around noon, for a day of shopping and enjoying holiday decorations and activities. LL Bean will ship anything you purchase free of charge, or hold them until 4pm closing at the tourism center. For a complete list of events go to <http://www.freeportusa.com/events/20th-annual-sparkle-weekend/>. Just after the lights come on we return to the train station to board the Downeaster for a 6 o'clock departure back to Haverhill for 8:30, and back to Lancaster by 9:30- with all of your goodies and memories of sugar plums!

If you would like to make it an overnight, and enjoy the full light show and carols a block of hotel rooms has been reserved. Find a buddy, and share a room for \$100. Return home the next day, leaving at 7:20am to Haverhill by 9:30 and home well before lunch to enjoy the weekend! Let us know, we need enough rooms to make this work (\$50 more pp based on double occupancy)



Pick up and drop off at your home is available.

Seniors \$32.50 General public \$45.00

(Excludes restaurant and dining car food/beverages)

With a room-overnight stay \$82.50pp based on double occupancy.



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!

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

OUR WISH LIST

We are planning for crafts classes, events, and every day fun.

- Christmas/Holiday Decorations
- Large Nice Flower Pots
- 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
- Table cloths
- Costume jewelry, shells, beads
- Glue
- Tile Grout
- Terra Cotta Pots
- Gold, Silver, Copper, or White Spray Paint
- Folding Tables

<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. **Thank you for your support!**

Protecting Rescued Birds of Prey Tuesday, November 12 @ 6:00 p.m. Thayer Memorial Library, 717 Main Street, Lancaster

Tom Ricardi, founder of the nonprofit Bird of Prey Rehabilitation Facility in Conway, MA, will speak about the care of birds of prey as well as problems and issues threatening this avian population. Tom will bring some of those he's rescued along for his audience to see.



Program funded by a grant from the Rosemary Davis Memorial Fund of the Greater Worcester Community Foundation For more information, contact Karen Silverthorn at 978-368-8928 ext. 4 or ksilverthorn@cwmar.org

Please Join us! Free Cooking Class!

Holiday Cookies and Punches!
Cooking with Laura Kryger
Our Studio Audience gets to Taste!

So please join us~ Free!
Wednesday after lunch
December 4th at 1pm



THE TRAVEL PAGES

It's all Fare!

\$ HELP WANTED \$

Project ABLE
(SCSEP Program)



**We have an opening in
DPW and Buildings**

Join us and learn to 'do it all'

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

Wages are paid directly.

Call 978 733 4076 for more information

Greater Gardener Community Choir Concert



Sunday December 1st at 3pm
**Join us to tour local light
displays, and listen to a lovely
concert.**

Concert, Cocoa and Trip \$5

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 pay \$1.

Please Join us!

**Council on Aging Meeting
Open to all Bring ideas, and
suggestions. Stay for lunch!**

**Wednesdays
November 20th
at 9:30
Senior Center**



Free!

Computer Classes!

Join Jon Roper
after Pancakes

9:30 am on-

Drop in!

Jon will help with your
laptop, or our computer,
ipad or phone.

Many thanks

Merçi

To **Shaws**, Clinton for donating pastries.
Dick, Maribeth, Sandra, Dora, Myra, Jessi,
Laura, Dave, Jean Marie, Michele, Nilah,
Gretchen, Dominique, Charlotte, and
more for all their hard work. Shirley and
Lorry for their Halloween magic, Wyn for
his firepit, Jay and Arthur for driving and
everyone else who has helped

Annual Tree Lighting and Santa's visit



December 3rd

6:30-8:30

LANCASTER 4-H FESTIVAL OF TREES

December 4 & 5

3:00 pm~7:00 pm

Weekdays from 3:00-7:00~

Weekends from 10:00-2:00pm

The Senior Center

Will be closed

Veterans Day

November 11th

and

December 25th & January

1st

We welcomed everyone!

Monday-Thursday 9-3

Or for special events

Bingo!

Every Tuesday at 1:00 pm

Everyone is welcome

**Bring your quarters, odds are better than the
lottery! We provide free coffee, treats**

Door prizes!

Contract Bridge

Fridays at 1:00pm*

****Call Jean to confirm games***

978-273-2418 Free lessons