

Lancaster Senior Citizen's Newsletter  
Please visit our Senior Center in the Lancaster Community Center:  
Lower Level behind the Town Green

# Senior Moments

David James, Chair, Mary J MacLean, Elaine M Doherty, Eileen McRell, Nicole Jimino, Michele Macdonald

Volume IV: October 2012 (978) 733-1249, fax (978) 733-4076 [aturner@lancasterma.net](mailto:aturner@lancasterma.net)

## In Local News... Residents are scared!

*Witnesses believe it may be the tax bills!  
But authorities reassure townspeople...It's the*



## Spooktacular Potluck Party!

*~ only scary if Alix is cooking!*

**OCTOBER 19th  
12 pm, Noontime-  
at the Center!**

Celebrate the season Bring a recipe for us to copy!

**Costumes, hats and silliness encouraged!**

**Please RSVP to the COA (978 733-4076) by 10/17**

**Free van transportation by reservation.**

### *In this Issue*

- A Message from the Director..... pg 2
- Breaking News!..... pg 1
- Health & Fitness News..... pg 5-6
- Classes & Workshops..... pg 9-10
- Trips and Events..... pg 12-13
- Lunch Schedule..... pg 11

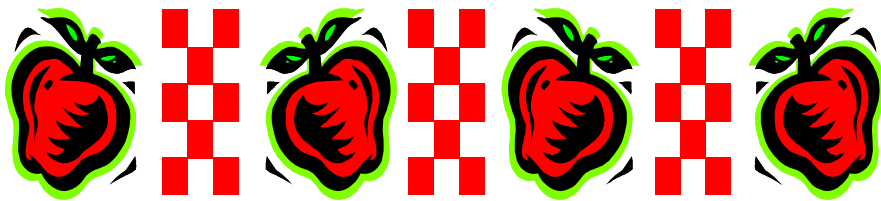
## *Thoughts From the Chair*

It seems like there is something new at the Senior Center every time I visit! Stop by and see for yourself. And, if you want a copy of this newsletter via email, be sure to send an email to Alix at [aturner@lancasterma.net](mailto:aturner@lancasterma.net).

If you haven't gotten your key tag for the Card Swipe system yet, how did we miss you?? I want to thank EVERYONE for their faithful "swiping in" every time you visit the center. This really helps with our reporting to the state, and for planning future events and activities. If you don't have a key tag, stop by the Senior Center, fill out the information form, and get yourself one.

I, also, want to thank everyone for their patience and understanding while we search for replacements for Pat and Patrice. Sandy is doing a great job with the lunch program, and I am trying to help her when I can, and assist Alix in the office. Openings are being posted, and we hope to fill the positions as soon as possible.

*David R. James, Chair*



*APPLE and CINNAMON*



**Tuesday is Pancake**

**Day**

**Everyone is invited!**

**Senior Center**

**Tuesday mornings 8:30 AM on**

**\$1 suggested donation**

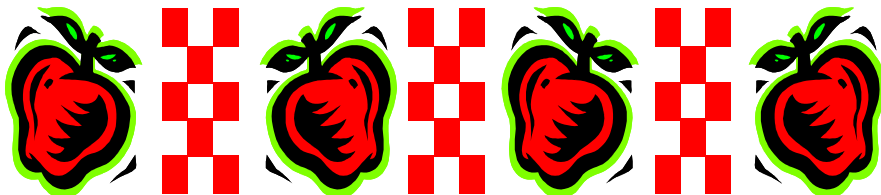
*Presenting*

**Chef/Chair Extraordinaire David James**

**It's Apple Harvest Season**

**\$1 donation**

**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 2<sup>nd</sup> Wed. Noon**

Unitarian Church, 90 Holden St.

Worcester

Questions or to RSVP 508-756- 1545

## Thoughts from the Director

The nights have cooled, but the days are still warm! I feel like a squirrel rushing around to bring nuts home for the winter larder. As winter approaches there is much to do. First we should pause to enjoy the beauty and bounty of autumn, and we must prepare for the cold ahead.

Our COA offers many resources to help prepare for winter-financially, and fitness and nutrition. The Flu Clinic is here, Oct 17<sup>th</sup>. There are plenty of vaccines available. They only work if you get them! Keep in mind it takes weeks to take effect so please protect yourself and those around you. Winter brings staggering heating bills, for many fuel assistance is not enough, but it is a help so apply early as it has been cut. SNAP (food stamps) may be a help too. This is a critical time for Medicare subscribers; Open Enrollment is October 15-December 7<sup>th</sup>, as you may know the paperwork can be daunting. We offer FREE help through SHINE, but *call in October* as we book up. Please do not forget to join us for celebrations too, after all this is a wonderful time to lighten the evenings, and the soul! As days grow shorter it is a time to 'nest', to join in celebrations with new or old friends, or take a short trip. This month we offer several trips, a foliage tour, a Museum trip, an October Birthday Bash, and a Halloween potluck. Last month Dewey rated it two paws way up! After the social life, relax and enjoy FREE Yoga to work it out! In summary we offer many resource to help prepare for winter, and a place for all of us to enjoy one another. So embrace the season and come on down!

*Alexandra Turner 'Alix*

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

## It's Election Season (As if we did not know)!

Prepare for November 6<sup>th</sup>



### Are you registered to vote?

The Board of Selectmen have called a Special **Town** Election, November 6<sup>th</sup> in conjunction with the presidential election, to vote on the Nashoba Regional School District's request for \$8 million to renovate the science labs.

### To Register for November:

- Mondays- 9 a.m. to 5 p.m (Clerks Office)
- Tuesdays through Thursdays -9 a.m. to 4 p.m. (Clerk's Office)
- Saturday, October 6, 10 a.m. to 2 p.m- Horse Shed Fair
- Wednesday, October 17, 9 a.m. to 8 p.m. (Clerk's Office)

**(THIS IS THE LAST CHANCE TO REGISTER TO VOTE IN THE TWO ELECTIONS ON NOVEMBER 6<sup>TH</sup>!)**

The Town Clerk's Office is in the Lower Level of The Town Hall @ 695 Main Street, Lancaster

Any resident of Massachusetts who will be 18 years old by November 6 and is a US Citizen can register at any of these events. If you are unsure of your voter status, please contact your Town Clerk (in Lancaster at [sthompson@lanasterma.net](mailto:sthompson@lanasterma.net) or 978-365-2542).

*Absentee ballots for this election will be available in early to mid October.*

To apply for an absentee ballot, contact the Clerk's office for an application form 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, 695 Main Street, Suite 2, Lancaster MA 01523

## **Ballot Language for Special Election\***

*\*Depends on Town Meeting Votes*

**This Election is November 6<sup>th</sup>, 2012- Vote Early, vote often!**

**Polls Open 7am-8pm**

### **Lancaster Special Election 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 the Town's allocable share of the bond issued by the Nashoba Regional School District for the purpose of paying for renovations to the science labs at the Nashoba Regional High School?

Questions? Sue Thompson, Town Clerk  
978 365 2542

[sthompson@lanasterma.net](mailto:sthompson@lanasterma.net)



# 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 36 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 our Veterans Agent:**

I am Roland A. Nelson, your Veterans Service Officer for Lancaster. By way of an introduction to my office, I will explain the difference between the Department of Veterans Services and the Veterans Administration, as they are two *different* organizations.

The Department of Veterans Services (DVS) is operated by the Commonwealth of Massachusetts and has a representative in each community of Massachusetts. Each town pays the initial cost of a client asking for help. The state then reimburses the town for 75 per cent of the expenses. The Commonwealth of Massachusetts and the State of Colorado are the only states that have this program. The Massachusetts program has been in existence since the Civil War.

The Veterans Administration (VA) is administered by the Federal Government. This program is larger and covers a great deal more than the Massachusetts based Department of Veterans. I work directly for the town but I take direction from the DVS, and it, in turn, has the answers to what financial and medical help I can allocate. If you are veteran or the spouse of a veteran, please call me at 978 333.6239 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)

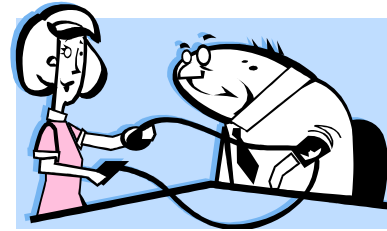


## Flu Shots-Save The Date!

**October 17<sup>th</sup>**  
**9 am – 1 pm**

**Lancaster Community Center-Free to residents**  
*Bring your insurance information.*

**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**



## All ages Fitness Classes

### Tai Chi

**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. 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. Seniors \$5 per class or 6 classes for \$23 (Session 1 9/6-10/11)**

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

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

### Free

## Gentle Senior Yoga Introductory Classes

### Wednesday Mornings

### 9:00 – 9:45 a.m.

### 17 & 24 October 2012

- ❖ 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 doubt please call your Dr. before participating.***

soften, then add fish

4. Add fish, and season to taste, salt and pepper, add a little Old Bay seasoning for a little excitement
5. Cook a bit longer till potatoes are done
6. Add some Half and Half or cream or milk depending on how creamy you like it (and a roux if you have made one, see below, I don't usually do this)

Quantities and density are infinitely variable according to what you like. Some people like it stew like with a lot of fish/potatoes and very little juice. Some like it thick. To make it thick, make a roux off to the side (melt some butter in a pan stir in flour and gradually add milk to get a thick white sauce and then add it to chowder)

For those of you who were not lucky enough to join us for the Localvore Pot Luck We would like to share these recipes from a few of the yummy offerings!

***THANK YOU to everyone who brought a dish!***

### DJ's Easy Homemade Chili

(David James)

- 1 pound ground beef
- 1 onion, chopped
- 1 (15 ounce) can tomato sauce
- 1 (15 ounce) can kidney beans
- 1 1/2 cups water
- 1/2 tsp each: cumin, paprika, garlic, and cayenne powders
- salt and pepper to taste



I added some carrots, beans, and tomatoes (4 medium tomatoes) from the garden

- In a large saucepan over medium heat, combine the beef and onion and saute until meat is browned and onion is tender. Add the tomatoes with juice, tomato sauce, beans and water.

- Season with the cayenne, cumin, paprika, and garlic powders; salt and ground black pepper to taste. Bring to a boil, reduce heat to low, cover and let simmer for 15 minutes.

Serve topped with cheese (optional)

### Easy Fish Chowder

(David Rockwell)

Onions, potatoes, lobster or clam stock, any Atlantic white fish, seasoning, Cream or Half & Half or whole milk



1. Sauté onions - for a big pot I will use a whole sweet Vidalia onion

2. Add Stock – I usually have some clam juice or lobster juice on hand saved from cooking either and frozen

3. Add potatoes chopped to bite sized pieces, boil till potatoes are part way done, edges start to

# 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>

**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 11:00 am-1:00 pm**

Or by appointment (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.

**Van service--Tuesday and Wednesdays**  
*From your home! 4pm -6pm Reservations Required*

### **New!!! MART**

#### **BOSTON or WORCESTER MEDICAL SHUTTLE BUS**

Lancaster MART Van will pick you up at home and drop you  
at a shuttle bus stop in Leominster for direct service to all  
Boston, or Worcester Hospitals  
(Leaves three times a day, call for times and prices. Veterans ride free)

## Got Time? Help Wanted.

Would you consider volunteering with the Council on Aging?

We need help! Below are just a few ideas.

or run events participate in events.



**Administrative:** To help with the newsletter, data entry, research. In short to help organize our meals!

**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. We can use you!

Thanks for offering!

## WHEAT may be the answer.

WHEAT Community Services has been in existence since 1982, when a group of compassionate volunteers gathered together to identify the needs of our neighbors in the communities of Berlin, Bolton, Clinton, Lancaster and Sterling.

*Call Sandra Gomez at 365-6349*

- Winter is Coming, Oil is high—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.

### 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

*Frustrated by  
Insurance  
Paperwork,  
Don't know what  
to do?*

Call Gretchen our

**SHINE  
Counselor**

**Tuesday and  
Thursdays 11:00  
am-1:00 pm**

Or by appointment



# Classes and Workshops

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



## Classes

### Beading with Bev 2

*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 finished jewelry!.

*Space is limited.  
Oct 16<sup>th</sup> 2pm-4pm  
\$12 fee includes materials  
Pre-Registration Required!*

### *Drawing with Sandy*

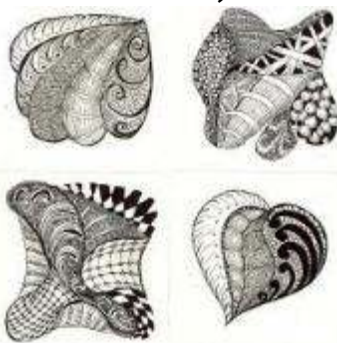
Now that fall is here it is time to dust off the drawing tablets, or just plunge in with our pencils and paper. You do not need experience; we provide the helping eyes and guidance. Learn the Artist in Residence, Sandy McMinn. Bring a drawing pad if you have one!

**Call for appointment, available most days.  
1pm-3pm**

**Free! but Registration required, 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 \$10  
fee. Reservations Required.**

### Mosaic Flowerpots

**October 22<sup>nd</sup> and October 29<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 are coming up!**  
**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**

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



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 T-Shirt, scarf, or table cloth, 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***



**Painted Flowerpots**

**October 17<sup>th</sup>**

**1:30pm-3:30pm**

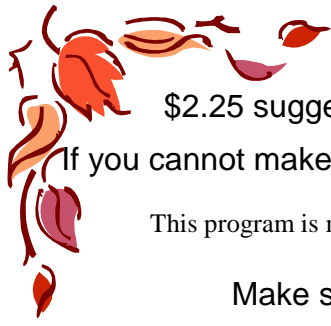
Keep an eye out for a great plain pot, terra cotta preferred. We will have fun customizing it to bring those plants in before frost, use as a vase, or maybe get it ready to put your boxwood tree in!

*More fun with our Artist in Residence, Sandy McMinn. Paints, sealer and instruction provided. You bring the pot!*

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

**Save your Door!**

**For our wreath decorating party! Hot cider, balsam wreaths, good times! November 25<sup>th</sup> at 1:30 details tba**



## Join us for Lunch in October!

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

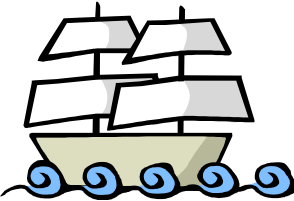
If you cannot make it here we offer Meals on Wheels, call 978 733-4076 for details

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Baked Ham 1</b> w/ Raisin Sauce Scalloped Potatoes Green Beans White Bread Applesauce w/C	<b>Muligitawny Soup 2</b> Roast Chicken w/Coq A Vin Sauce Herbed Egg Noodles Whole Wheat Bread Fresh Fruit w/C HDM: Peas	<b>Shepherd's Pie 3</b> Mashed Potato Peas and carrots Rye Bread Fruit Loaf Diet: Lemon Graham	<b>Penne w/ 4</b> Bolognese Sauce Broccoli Italian Bread Butterscotch Pudding Diet : Butterscotch Pudding  <b>Tai Chi @10 :30</b>	<b>5</b>  <b>Market Basket Trip</b>
<b>Holiday 8</b> 	<b>Baked Breaded 9</b> Chicken Mashed potatoes Green Beans Rye Bread Sliced Peaches	<b>Empanada 10</b> w/Pico de Gala Sauce Spanish Rice Corn Applesauce w/C	<b>Potato Leek Soup 11</b> Turkey Salad w/ Cranberries Coleslaw 2 Whole Wheat Bread HDM: Cold Potato Salad Banana Pudding <b>Tai Chi @10 :30</b>	<b>12</b>  <b>Foliage Trip</b>
<b>Roast Chicken 15</b> reast Filet w/Gravy Mashed Potatoes Carrots Whole Wheat Bread Fresh Fruit	<b>Egg Drop Spinach 16</b> Soup Krunch Lite Fish Fillet Couscous with Peas Rye Bread Lemon Pudding Diet: Diet Lemon Pudding HDM: Stewed Tomatoes	<b>American Chop 17</b> Suey Italian Blend Veggie Italian Bread Dried Fruit  <b>Free Yoga Class @9</b>	<b>Special 18</b> Roast Pork Cider Glaze Sweet Potatoes w/pineapple Italian Green Beans Whole Wheat Roll Apple Turnover <b>Tai Chi @10 :30</b>	<b>19</b>  <b>Spooktacular Pot Luck Lunch!</b>
<b>Roast Turkey 22</b> w/Gravy Mashed Potatoes Green Peas Rye Bread Fresh Fruit	<b>Ziti Bake 23</b> w/Ground Beef and Peppers Green Beans Whole Wheat Bread Applesauce	<b>Stir-Fry Diced 24</b> Chicken Cauliflower and Red Peppers Brown Rice White Bread <b>Free Yoga Class@9</b>	<b>Pea Soup(for all) 25</b> Smoked Turkey Ham(2oz) Macaroni Salad Hamburg Roll Pineapple <b>Tai Chi @10 :30</b> <b>Birthday Party 1PM</b>	<b>26</b>  <b>Glass Flowers Trip</b>
<b>Portuguese Kale 29</b> Soup Tortellini w/Creamy cheese sauce and 1 oz ham Peas Italian Bread Cinnamon Apple Muffin	<b>Baked Chicken w/ 30</b> Teriyaki Sauce Brown Rice Mixed Veggies w/A and C Whole Wheat Bread Vanilla Pudding Diet: Vanilla Pudding	<b>Chicken Ala King 31</b> Mashed Potatoes Peas and Carrots Biscuit Apricots	<b>1</b> Creamy Tomato Soup Salisbury Steak w/BBQ Sauce Baked Beans Hamburg Roll  <b>Tai Chi @10 :30</b>	<b>2</b>  <b>Orchid Show at Tower Hill</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!*

- **October 5<sup>th</sup>:** Market Basket/Whitney Field
- **October 12<sup>th</sup>** Foliage Trip, Mt Wachusett *No shopping*
- **October 19<sup>th</sup>** –Spooktacular Pot Luck @ 12pm *No shopping*
  - **October 26<sup>th</sup>** Glass Flowers Trip. No Shopping
- **November 1<sup>st</sup>** Orchid Show-Tower Hill and El Basha

### **Join us for a Fun Friday Foliage Frolic! October 12<sup>th</sup>**

Leave home at 9 and head for a morning, of sight seeing. First we head west to Templeton, and stop and Country Mischief and Steeple Antiques for a quick 'look see' for those that want to poke around. Then off to Mt. Wachusett where we drive up the Mountain Rd to the view the foliage. Once we arrive we will enjoy a picnic a top the mountain, if weather permits. If weather is poor we will return to the Center to enjoy an indoor picnic. You will be home by 1!

*Foliage Ride \$3.00 RT. Boxed lunch \$5 or BYOL!  
Boxed lunch includes Sandwich, Side, Fruit, Chips,  
and a Drink. Call for choices.*

**Save the Date!**

**Friday  
Spooktacular  
Pot Luck!**

**Bring your favorite dish, and  
a recipe!**

**Friday, Oct 19<sup>th</sup>**

**All are welcome, bring friends  
and family!**

***Make some new ones (not  
family)!***





Join us for a trip to the **Harvard Natural History Museum** home of the

## **Famous Glass Flowers** and more! **October 26th**

The Harvard Natural History Museum is one of our regions many gems, one of their most famous collections are The Glass Flowers. This unique collection of about 4,000 models, from 847 families, was created by glass artisans Leopold Black and his son, Rudolph.



In addition the Museum houses wonderful collections of Paleontology, New England Forests, Minerals, Hexapods and Special Exhibits on Climate and Color, and more.

We will leave the Community Center at 8:15, arrive around 9:30 and stay until 11:15, then off to the Greg's Restaurant for lunch.

This casual restaurant has been around 79 years, not very fancy but offers some good fish, Italian and Steak tips for a bargain.

Trip includes admission to Museum, and travel via MART van. Lunch is not included, but the price is right I assure you! Please tip your server well! Seniors \$20, All others \$25



### **New England Orchid Show**

#### **"Golden Jubilee: Celebrating 60 years"**

*Sponsored by Mass Orchid Society*

**November 2<sup>nd</sup> at Tower Hill Botanic Garden**

We will leave the Senior Center at 11:00 and head to El Basha, a wonderful Mediterranean Restaurant in Westborough (BYOB) After a delicious lunch we head to Tower Hill in Boylston, to see the Orchid Show and Sale, truly a treat. Tower Hill, which is always wonderful, this day it will be full of orchids set in themed displays. A treat to be sure! Home by 3:30pm. Door side van service, easy walking in and out, but book early as we will sell out.

Van and admission: Seniors \$9, General Public \$13 Meal is NOT included

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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)
  - 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
  - Small Bud Vases
  - Costume jewelry,  
shells, beads
  - Glue
  - Tile Grout
  - Terra Cotta Pots
  - Gold, Silver,  
Copper, or White  
Spray Paint
  - Folding Tables
- 



### **Friends Annual Book Sale** **Such a deal! Movies, Books and more!**

❖ Fri. Oct 5, 3-7 pm Members  
Preview!

❖ Saturday, Oct. 6, 9 am -4 pm

❖ Sunday, Oct. 7, 12 pm -4 pm

*Lancaster Town Hall*

*On the Lancaster, MA Town Green*

B  
n

**Please Join us!**

**Council on Aging Meeting**

**Open to all**

**Bring ideas, and suggestions. Stay for lunch!**

**Wednesday October 24th at 10:30 in LCC Meeting Room**

# THE TRAVEL PAGES

It's all 'Fare'

## More Great Transportation News!

### *Trips to Worcester and Boston Doctors*

Dear Lancaster Senior,

We have some great news for those of you who need rides to ***medical appointments in Worcester, or Boston.*** We now offer **shuttle service** to Worcester or Boston hospitals. Service is by appointment, we pick up you at your door, transfer you to a shuttle which in turn will drop you at the door of the hospital and return you home (by appointment). Reasonable fees apply, please call with questions.

We are continuing our WHEAT Café pilot program for the month of October. The van will run later on Tuesday and Wednesdays, until 6:30 pm to allow anyone who would like to go to WHEAT for dinner to do so. We hope that you take advantage of this new offering! WHEAT has invited all Lancaster Seniors to the Café on High Street for a delicious and friendly dinner. Medical appointments and late shopping may also be accommodated by reservations. If this trial continues to work well we hope to expand the schedule, but if it does not we will return to our original schedule and stop rides at 4.

We would like to thank you for your support of the Lancaster Council on Aging. Use of our MART Van service has picked up tremendously. Winter is coming so please book well ahead if you need to go somewhere and think you may not want to drive.

Thank you again your support,

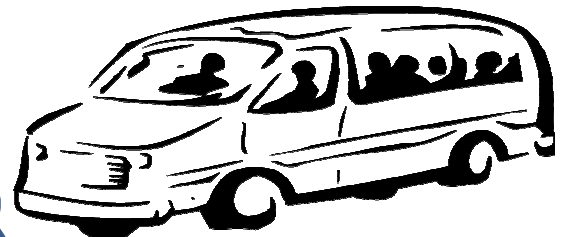
*Alix*

They did not tell me  
about the dress  
code before I took  
this job!



## 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

Right to Left: **Three Sharped Dressed Men**  
**Or our wonderful drivers**

Gino Brazeau, Dave Nelson, and Joe Adshade



**Lancaster Council on  
Aging**

Lancaster Community  
Center  
PO BOX 7, Lancaster Ma  
01523  
978-733-1249 or  
[www.lancasterma.net](http://www.lancasterma.net)

**Many thanks**

To **Shaws**, Clinton for donating pastries. Dick,  
Maribeth, Myra, Jessi, Laura, Dave, Jean  
Marie, Michele, Nilah, Gretchen, Dominique,  
Charlotte, and more for all their hard work.



**Lancaster Seniors  
Flea Market  
and Yard Sale  
On the Green!  
October 6<sup>th</sup> 10-2 pm**

**(1/2 price after 1)**

*In case of rain in the Lancaster  
Community Center and Senior  
Center!*

**We are still accepting  
donations!**

***Lancaster Seniors set up for Free!  
BYOT (Bring your own table)***

**Reserve at**

**[aturner@lancasterma.net](mailto:aturner@lancasterma.net) or call**

**978 733 1249**

***The Senior Center***

***Will be closed***

***Columbus Day***

***Oct 9<sup>th</sup> and in honor of  
Veterans Day***

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



**We welcomed everyone!**

**Monday-Thursday 9-3**

***or for special events***