

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 III: September 2012 (978) 733-1249, fax (978) 733-4076 [aturner@lancasterma.net](mailto:aturner@lancasterma.net)

## In Local News... HARVEST IS IN!

**Come Share the Wealth, and  
your favorite recipe.**



On the Senior Center Patio and in the Center  
Celebrate the abundance of the season with  
the bounty of your garden, or your  
neighbors, or Farmer's Markets! Think  
Bob's Turkeys, Rota's Meats, Goves etc.  
Bring a recipe for us to copy!

Please RSVP to the COA (978 733-4076) by 9/17

Free van transportation by reservation.

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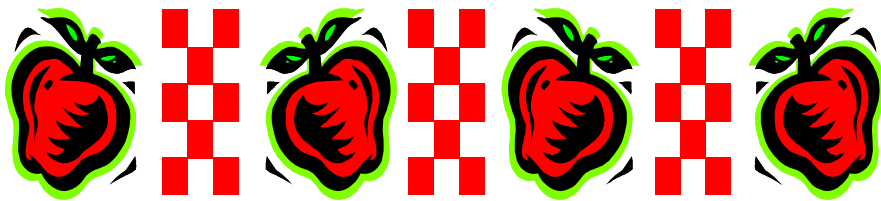
### *Thoughts From the Chair*

The old adage says "time flies when you're having fun!" Well, we must have had a lot of fun this summer at the Senior Center, because it is hard to believe that (sob!) summer is over. Alix has brought a new level of enthusiasm and activities to the Seniors of Lancaster, and, as you can tell from the newsletters, it just keeps getting busier.

A lot of the increase in attendance at the various activities has come about due to improved distribution of this newsletter. In August we printed over 400 copies, and they were distributed all over Lancaster (post offices, library, town hall, Senior Center, etc.). The residents of Bigelow Gardens can thank Greg Stirk for hand-delivering a copy to each and every resident there. What Alix is hearing is that many people didn't even know Lancaster had a Senior Center! But, that is changing, and you can help by giving a copy of the newsletter to a friend. Even better: send an email to [aturner@lancasterma.net](mailto:aturner@lancasterma.net) and we will send you a full-color copy of "Senior Moments" each month (PDF format).

One last note: now that blueberry season is over, look for apple-cinnamon pancakes each Tuesday for September (I'll have some plain ones, just in case).

*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**

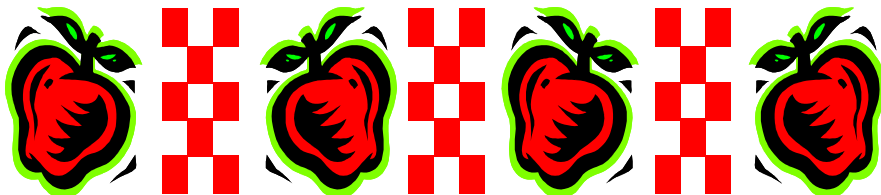
*Presenting*

**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

Fall brings a return to our hectic schedules, but before we forget summer we look we should take a moment to reflect, to breathe...or as they say in Yoga, 'take a deep, restorative breath. It has been a wonderful summer, with lots of sun, gardens overflowing with their bounty. Now it is 'back to school', to work and to our routines, time to get our bodies, and minds back in shape (that does not mean a pancake or two on Tuesday mornings will hurt you, moderation!)

I am happy many of you carved time out of your summer to attend trips, classes, and events here at the Center, thank you for joining us. As we settle into our routines I invite everyone to include visits to the Center. Let's get back in shape! We offer many low cost, or no cost wellness programs this fall that everyone could benefit from. For example, for the first time we are offering Tai Chi. Tai Chi is wonderful for all ages and abilities, good for the body and the soul. It should be lovely, we will hold it in the garden, or if weather demands indoors. We also offer Yoga, Belly Dancing, and more. Many of you have already signed up for the nutrition classes, complete w free cooking lessons, and yes you eat too! There is still room for more.

Your help, friendship, and volunteer efforts are what makes a Center -live. So please, come celebrate September birthdays Sept 27<sup>th</sup>. (yours and your friends!). and don't forget our Potluck, Sept 21<sup>st</sup>, after all Dewey would like to sample your dish.

May we all enjoy a healthy fall.

*Alexandra Turner 'Alix*

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

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

**Town Meeting** began in New England; many say it is the purest form of Democracy. At town meeting every registered voter may cast their vote to legislate (establish laws, and approve or disapprove budgets. On October 1<sup>st</sup> Lancaster will hold fall town meeting. This is an important meeting to balance the FY 2013 budget and vote on many spending items that affect each of us.

### **SPECIAL TOWN MEETING**

**OCTOBER 1<sup>st</sup> 2012**

**7:00 pm**

**Mary Rowlandson**

**Auditorium**

**You MUST attend to vote!**

MGL does not allow absentee  
participation

We will provide transport if  
needed. *Call 978 733-4076*

**Come vote on the budget  
and more!**

- **Prescott Building (\$3.4M)**
- **Town Forest Land Acquisition (\$TBD)**
- **Nashoba Science Labs (\$8.1M)**
- **Thayer Field Recreation Campus (\$5.7K)  
(Grant reimbursement net \$202K)**
- **Municipal Budget**
- 

*All numbers are estimates, look to the  
Warrant For final numbers.*



**National Elections:  
November 6th**

**Town Meeting**

**Voter Registration Deadline**

**Thursday, September 20<sup>th</sup>  
Until 8pm (on Sept 20<sup>th</sup>)**

Details, or to register contact Sue Thompson, Town  
Clerk at 978 365-2542 email is [sthompson@lancasterma.net](mailto:sthompson@lancasterma.net)

The Lancaster Historical Commission invites you to  
Come see what they plan for the Green.

**Re-Use Public Forum**

**Prescott Building**

**Wed. 6:30 September 12, 2012**

**Lancaster Community Meeting Room**

# 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!

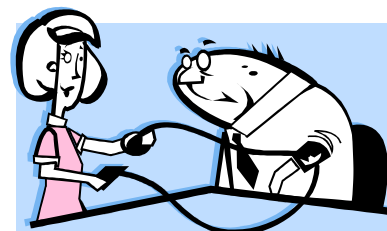
**October 17<sup>th</sup>**

**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**



## 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 cloths.*



# Healthy eating options

getting the most out of your farmers market and garden!



**Get started on a healthier and happier life learning to choose and prepare fresh produce.**

## HOW:

**Attend 6 FREE 1 hour classes over 3 weeks, including a trip to the farmer's market**

## WHERE:

**Lancaster Senior Center  
at the Community Ctr.**

## WHEN:

**9/26, 28, 10/3, 4, 10, 12**

**11:00a.m. to Noon, except for a Thursday class which will begin at 3p.m. followed by dinner**

**Reservations Required**

**Get in touch with  
Alix at The Senior Center**

 **978-733-1249**

 **LCC, Behind Library**

 **Lancaster MA 01523**

The Lancaster Council on Aging is pleased to offer Lancaster Seniors the opportunity to participate in FREE cooking and nutrition classes this fall.

Join our very own local nutrition educator, Ann Mazzola, B.S., RN, Nurse Health Educator, MazLit Health Seminars. For a fun and interactive program designed to make eating and cooking healthy, fun and easy!



Produce for the cooking classes will come from the Senior Center Vegetable Garden and the Lancaster Farmer's Market!

## Sign up NOW!!!

The classes are provided through a grant by the Nashoba Valley Health Fund, a joint fund of the Community Foundation of North Central MA and the Lowell Community Foundation.

We are grateful to our partner in the garden and nutrition program:

Growing Places Garden Project :  
500 Main Street  
Clinton, MA 01510  
978.598-3723, Ext. 802  
[www.growingplaces.org](http://www.growingplaces.org)

**GROWING PLACES  
GARDEN PROJECT**  
Feeding Families Together 



# Farmers Market Coupons are in!

Thanks to Mass Agriculture and MOC we have coupons to for any Farmers Market  
Stop in to get your Free \$25 Coupon booklet\* good at any market.

*\*for income eligible seniors over the age of 60*

**Visit Lancaster Market- Thursday's 3-6 pm on the Green.**

Farmers Market are in their full glory now! Corn, Tomatoes, Herbs, Meat, Jams, Jewelry,  
Cheese and Milk and much more are available.

Only 4  
Books  
Left!

**GO LOCAL!**

## **Quick Easy Vegetarian Cooking** *With Laura Kryger!*

Once you have your produce join us and learn how to create sumptuous feasts, which are strictly vegetarian! It is true! You can whip up a Red Sauce no one will know is vegetarian, create appetizers and more! Laura's meals are legendary, now she will share her (previously) closely guarded secrets with us. Take this early afternoon class and you will leave with recipes, and a healthy, belly!  
**September 17<sup>th</sup> 3:30-4:30 followed by Dinner**

**Class, Recipes, Meal-\$4 Seniors/\$7 general**

## **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.

## **The WHEAT Community Café** **242 High Street, Clinton**

Serves tasty and nutritious meal six nights a week free of charge. The Cafe is open from 4:30 – 6:30 every night except Saturday and dinner is served at 5:00. We have 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.

## 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"

**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@lanasterma.net](mailto:aturner@lanasterma.net) or [pcampaglia@lanasterma.net](mailto:pcampaglia@lanasterma.net)



## August Classes

### Beading with Bev 2

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 will quickly learn the basics of beading.

Bev uses elegant beads, crystal and Czech glass among others 'no junk' allowed. Students will take home finished pieces, including a necklace and bracelet. **Space is limited.**

**Oct 16<sup>th</sup> 2pm-4pm**

*\$10 fee includes materials*

**Pre-Registration Required!**

### Drawing with Sandy

**Drop in Tutorials** Learn the basics of drawing, August we will explore color with pastels You do not need to be a pro, or you may want to refresh those dormant creative skills with our Artist in Residence, Sandy McMinn. Bring a drawing pad if you have one!

**Thursday September 20th**

**1pm-3pm**

**Free! Registration required**, call 978 733 4076 and leave your name, space is limited.

### Introduction to Zentangle

**October 4<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

**September 24<sup>th</sup> October 1<sup>st</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!**  
***Please look for materials!***  
**Coming in September**

**Garden Totem**

**Free Demonstration!**

*(Donations to Senior Activities Fund encouraged)*

*With Dick D'Agostino*

September 6<sup>th</sup> at 2pm

Lancaster's creative genius (yes he plays bridge too)! Will demonstrate how you can make your very own garden totems, similar to the one enhancing the flower beds behind the Community Center. Dick will divulge his 'tricks of the trade'. Come armed with your notebook and questions. We provide the lemonade, cookies and inspiration.



**Batik Workshop**

September 20<sup>th</sup> 1pm-4pm

Keep your eye out for 100% Cotton T-Shirt or a table cloth. 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 shirt!

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

**Painted Flowerpots**

September 19<sup>th</sup> 1pm-3:00pm

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.

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

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



**More workshops coming this fall**  
**Wreaths, Flower Arranging,**  
**Wall Hangings, Bridge lessons**  
**Vegetarian Cooking Classes**



# LANCASTER COMMUNITY CENTER

## LANCASTER SENIOR CENTER

SEPTEMBER 5, 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

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.

### Phone Numbers

Congregate Meal Site - 978-706-1958  
 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.)

### Tuesday Pancakes!

Tuesdays, from 8:30 on, 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 I've extended the opening to 8:30 to accommodate the increased attendance.

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

### American Tribal Style Bellydance® classes with Julyana

Next session starts September 4<sup>th</sup>, with level 1 at 6:30 and level 2 at 7:30. Julyana is a FCBD® Sister Studio.

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

### Tai Chi at the Senior Center!

Starting Thursday, September 6<sup>th</sup>, the COA will be offering Tai Chi at 10:30AM each Thursday!

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


### 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!

Check out the beautiful Community Gardens behind the LCC. Thanks to Growing Places for their donation, and to Greg Stirk and Myra Omler for all the maintenance and watering. Watch for information about nutrition and cooking classes coming in September!



**Please join us for lunch Monday-Thursday**  
**\$2.25 suggested donation, reserve one day ahead @ 978 706-1958**  
**If you cannot make it we offer Meals on Wheels, call 978 733-4076 for details**  
**MOC 800-286-3441 for nutrition questions**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>Labor Day</b> 3	BBQ Burger 4 Baked Beans Carrots Hamburg Roll Strawberry cup Diet: mandarin oranges  <b>PANCAKES! 8:30AM</b>	<b>Special **</b> 5 Navy Bean Soup Chef's Salad: Romaine, turkey, 1 oz. cheese, 1 hard-boiled egg/dressing	Chicken Ale King 6 Mashed Potatoes Green Beans and Carrots  <b>Tai Chi (10:30AM)</b> <b>Garden Totems (2PM)</b>	7 <b>Market Basket and Sasstown</b>
	<b>Calories: 764 % Fat: 23 Sodium:750mg</b>	<b>Calories:1039% Fat: 42 Sodium:1330mg</b>	<b>Calories: 536 % Fat: 25 Sodium:835mg</b>	
<b>Roast Chicken</b> 10 Peach Sauce Herbed Penne Italian Blend Vegetable Whole Wheat Bread Fresh Fruit	**Tomato Cabbage 11 Soup Tortellini Salad w/ 1oz. ham/1oz. cheese Three Bean salad  <b>PANCAKES! 8:30AM</b>	Veg Soup 12 Roast Pork /Applesauce Mashed Potatoes <b>Choice Meal Available at Congregate Meal Sites</b>	Meatballs 13 w/ mushroom sauce Mashed Potatoes Mixed Veggies (vit A) Whole Wheat Bread Pears  <b>Tai Chi (10:30AM)</b>	14 <b>WalMart</b>
<b>Calories: 562 % Fat: 20 Sodium:571mg</b>	<b>Calories: 821 % Fat:24 Sodium:1572</b>	<b>Calories: 870 % Fat: 31 Sodium: 1056mg</b>	<b>Calories: 636 % Fat: 16 Sodium:967mg</b>	
Whole Wheat 17 Stuffed Shells Tomato Sauce Spinach  <b>Vegetarian Cooking (3-5PM)</b>	Roast Turkey 18 w/ Rosemary Gravy Mashed Potatoes Carrots and Peas  <b>PANCAKES! 8:30AM</b>	Baked Chicken 19 w/ Marsala Sauce Sweet Potatoes Cabbage <b>Choice Meal Available at Congregate Meal Sites</b>  <b>Painted Pots (1-3PM)</b>	Sausage(chicken) 20 Baked Beans Carrots Hot Dog Roll  <b>Tai Chi (10:30AM)</b> <b>Batik (1-4PM)</b>	21 <b>(No shopping trip)</b> <b>Locally Grown Pot- Luck Luncheon</b>
<b>Calories:748 % Fat: 29 Sodium:1185</b>	<b>Calories: 608 % Fat: 16 Sodium:715mg</b>	<b>Calories:532 % Fat: 16 Sodium:778mg</b>	<b>Calories: 765 % Fat:19 Sodium:890mg</b>	
<b>Sweet/Sour Pork</b> 24 <b>Noodles w/peas</b> <b>Oriental Blend</b> <b>Rye Bread</b> <b>Fresh Fruit</b>  <b>Mosaic Flower Pots Part 1 (part 2 Oct 1<sup>st</sup>)</b>	Boneless Chicken 25 Lemon Mustard Sauce Mashed Potatoes Green Beans  <b>PANCAKES! 8:30AM</b>	<b>Broccoli Bake</b> 26 <b>Garlic/Parsley Potatoes</b> <b>Stewed Tomatoes</b> <b>Choice Meal Available at Congregate Meal Sites</b>  <b>Healthy Cooking Class (11AM-12)</b>	Vegetarian Chili 27 Egg Salad Coleslaw /carrots Hot Dog Roll  <b>Tai Chi (10:30AM)</b>	28 <b>Water Tower Plaza/Job Lot etc.</b>  <b>Healthy Cooking Class (11AM-12)</b>
<b>Calories: 732 % Fat: 19 Sodium:304mg</b>	<b>Calories: 630 % Fat: 15 Sodium:947</b>	<b>Calories: 669 % Fat:21 Sodium:1098</b>	<b>Calories: 783 % Fat: 25 Sodium:1054</b>	

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.**  
**Call either 978-733-1249 (COA Office) You may sign up for multiple days,**  
**but be sure to let us know if you have to cancel.**



# Trips and Events

## It's almost Fall! Let's head South! September 15

### *A Garden, Foodie, Wine Lovers Tour of SE Mass*

Join us for this day-long garden, foodie and wine lover's tour of Coastal Southeastern Massachusetts, including two incredible nurseries, a winery and lunch at a spectacular restaurant. Early birds meet at the Senior Center at 8 a.m. for a continental breakfast. For the rest of you, we depart at 8:30 am.

First stop is *Avant Gardens* in Dartmouth, MA. This family business is anchored by an antique farmhouse, the nursery serves as a showcase for the rare and unusual plant treasures they collected globally. After a guided tour you may shop at Avant Gardens' extensive nursery.

Then on to one of the most revered nurseries in the country: *The Haskell Nursery*. Founded in 1953 by Allan Haskell, the nursery specializes in rare and unusual plants, trees and shrubs. Allan Haskell was a decorated plants man before he gained fame as a fixture on Martha Stewart's show. She often referred to his gardens and used his plant materials on air. Allan Haskell's family has continued his tradition hosting visitors in one of the most interesting gardens/nurseries in New England. We will have an opportunity to visit the six acre garden center, viewing hostas, topiaries, and incredible ornaments. We will have an opportunity to view the 50 acre farm and display areas too.

Lunch is at *Antonio's* restaurant in New Bedford. Antonio's, a casual Portuguese restaurant, boasts an extensive, well-priced menu featuring local produce, fish and many daily specials. Antonio's has won a number of awards, including the title of Best Ethnic Restaurant in New England by Bon Appétit. On this trip, *you* be the judge!

After lunch, we'll head to *Westport Rivers Winery*, to tour this small winery with a big reputation set along the Coastal Wine Trail. Westport's wine has been served in two White Houses, garnered gold medals and many rave reviews. All this, plus gorgeous scenery!

**Reservations accepted on a first come, first served basis until the bus is full. Deadline 9/10**

*Co-sponsored by the Lancaster Garden Club and the Lancaster COA.*

LGC Members or Seniors over 60: \$ 29 Non GC members or those under 60: \$32



## Shopping 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 , stop for lunch out and then home early!**

- **September 7:** Market Basket/Whitney Field
- **September 14** SuperWalmart Leominster
- **September 21<sup>st</sup>** -Localavore Pot Luck @ 12pm *No shopping*
- **September 28<sup>th</sup>** Water Tower Plaza (Job lot, Shaws, TJMaxx)





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 (Meal price range is \$5 to \$15 please tip your server! Call for pick up at home

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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
- 



**Speaking of Birthdays! You feel old???**

***How about 150!***

**Thayer Library's Birthday Bash**

**You are invited**

**September 30<sup>th</sup>**



1:30 Welcome and Tree dedication

2:00 Performance by the Unionians

2:30 Puppet show (Community Center Auditorium)

3:30 Birthday cake

4:00 Performance by the Chair City Pipers

4:45 Raffle winners drawn

**Please Join us!**

**Council on Aging Meeting**

**Open to all**

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

**Wednesday September 26 at 10:30 in LCC Meeting Room**

# THE TRAVEL PAGES

## Or Van Service news

It's all 'Fare'

Dear Lancaster Senior,

We would like to thank you for your support of the Lancaster Council on Aging. In order to maintain services we are instituting a small fee for van service effective September 1, 2012. No one like new fees, however fees bring good news too! Fees collected will help defray Lancaster and MART's expenses for providing van service for all seniors. I am sure you all keep eye on gas prices, and are aware of the pressures on municipal budgets so the institution of new fees may not be a surprise to you. They will not come close to covering the cost of the service but help to continue service, and comply with MART's requests.

Initially we will begin with minimal fees: 50 cents for rides in Lancaster and \$1.00 to a contiguous town. The full fee schedule is attached. We will be selling "Go Cards" (10 punch tickets-each punch is 50 cents) in the Directors office M-TH, 9-3, or by appointment, beginning August 20<sup>th</sup>.

Rides to Senior Center for events, such as lunch or socials will be free (except for employment). Same day ride cancellations, or 'no shows', will be assessed a trip fee. If anyone feels they need a ride but genuinely cannot afford it the Council will review their situation and offer them free tickets. We will review this schedule and fee policies and revise them as necessary once we have had a chance to evaluate them in practice.

The good news is that we will be expanding van service for a trial run in response to requests we have received! Beginning September 4<sup>th</sup> the van will run later on Tuesday and Wednesdays, until 6:30 pm. 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 works well we hope to expand the schedule, if it does not we will return to our original schedule.

Thank you again for all of your support,

*Alix*

Alexandra Turner

### 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



**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 **Rota Spring Farms**, in Sterling for  
delicious donation of Ice Cream for our social.  
Please patronize our sponsors! *Thank you.*

**People in the News!**  
(or our Gossip Column)



The Lancaster COA welcomes two new van  
drivers, *David 'Nelly' Nelson*, to the right-  
and 'Pretty Boy' *Gino Brazeau* to the left.  
We are so lucky to have found two of the  
nicest men around to work with our other two great drivers,  
Joe Adshade (pictured here hard at  
work) and Bob Bartholomew (who  
must be on the golf course)!



***We will Miss You!***

The Council on Aging  
would like to extend our  
thanks and well wishes to  
**Patrice Giles, and Pat  
Ciampaglia** who are  
leaving after years of  
dedicated service to  
Lancaster Seniors. We wish  
them the best!

Please join us for a farewell  
soiree!

Cake and toasts! Thursday  
September 13<sup>th</sup> at 1pm!

**Save the Date**

**The 1<sup>st</sup> COA Flea Market**  
**October 6<sup>th</sup>**  
**10 am- 2pm**

**Tables available**  
**Or donate to Support Friends**  
**of Lancaster Seniors**