

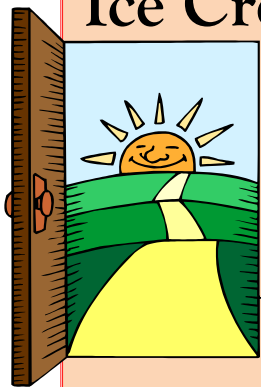


Please visit the Senior Center and the Lancaster Community Center:  
Behind the Town Green Complex

# 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

## Farewell to Summer Hot Dog BBQ & Ice Cream Sundae Social *on the Patio*



Games at 4  
Friday, Sept 27th  
Hot Dogs, and the fixins  
*Beef, Turkey & Veggie Dogs*  
**A buck (\$1) a dog!**

Followed by an  
**Ice Cream Sundae Social around 6**

*\*Your first Sundae is free!*

*Special thanks to Kimball Farms our sponsor*



Join us for an afternoon of fun & friends. We  
will start with games and snacks at **4pm**. Show  
off your golf, corn hole, & hula hoops skills.

**Grilling starts at 5** followed by ice cream!

By reservation only

Stop by the Center, or by phone. Seating is  
limited

Need a ride? Call us  
**RSVP to 978 733 4076**

We will dine outdoors, indoors if bad weather is bad

## *Thoughts from the Director*

*"You never are too old to chase your dreams."*

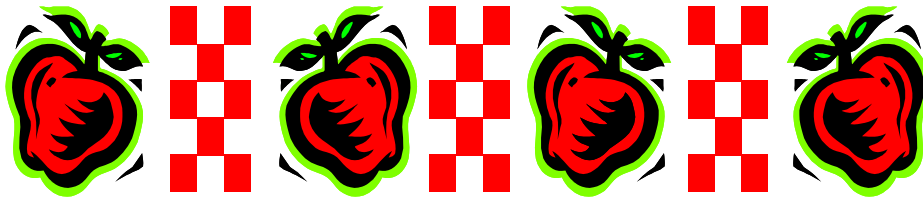
*Diana Nyad*

This summer flew by, I hope you enjoyed it.  
Maybe no one enjoyed it more than a very  
inspirational senior, Diana Nyad. As you may  
know, Diana Nyad completed a 103 mile swim  
from Cuba to Miami without a shark cage this  
summer. She is an amazing woman we can all  
learn from.

Her story is compelling not only because of her  
age, but because of her journey. Diana is an  
inspirational symbol who has shown us the  
power of persistence, hard work and that life is  
rich as we age. She made her first attempt to  
swim the straits in 1978. That was 35 years ago...  
She failed, repeatedly- she went on to try again  
three more times-failing each time. Finally on her  
fifth attempt at age 64 she made it. *"I believe  
endurance grows and we can never discount the  
mental...the powers of concentration and perspective of  
what it all means. What you are capable of is infinitely  
higher at this age [64] than when you are a young  
twenty-something."* Diana Nyad

Her story, like all of ours, has 'heartache and  
difficulties' but that is not her calling. Her great  
joy, and success is what is compelling. Diana  
challenged herself to face adversity and to  
succeed, and succeed she did! Her failures make  
her real; make her one of 'us'. Her success makes  
her a truly inspirational senior. What a gift, to  
inspire as she does. We should all learn from  
Dianna and follow our dreams. *"I wanted to teach  
myself some life lessons at the age of 60 and one of them  
was that you don't give up"* Dianna

Thank you and congratulations, Diana! *Alix*



*APPLE and CINNAMON*



Tuesday is ^Pancake  
Day

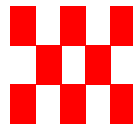


**Everyone is invited!**

**Senior Center**

Tuesday mornings 7:30-9:00 AM

\$1 suggested donation



*Presenting*

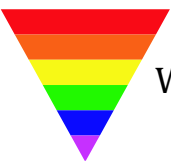
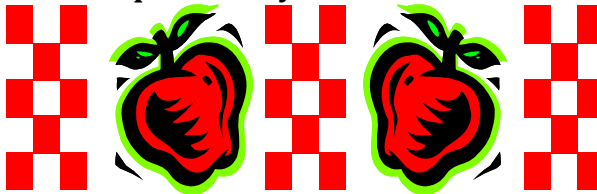
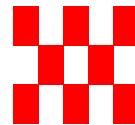
**Chef/Chair Extraordinaire David James  
And Special Surprise Guests! ?**



**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

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

## **Game Night**

**Free!**



The First Monday of each Month.

**October 7<sup>th</sup>**

**3:30 to 5 pm**

**November 4<sup>th</sup>**

**3:30 to 5 pm**

**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  
a fun group. Play some  
games.**



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

*We provide a fun supper,  
maybe pizza or the like.*



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

## ***It's Fall Town Meeting Time!***

**October 7<sup>th</sup> at 7 pm**

**Mary Rowlandson School Auditorium**

***Are you registered to vote?***

Town Meeting offers any voter the opportunity to be heard, and vote your choices for important issues, such as our town budget and capital purchases. Zoning, and other by-laws are promulgated by town meeting. This fall voters will vote on the renovation of the Prescott School. So **come** by heard! Absentee voting is NOT allowed at town meeting.

**To Register for October's meeting:**

- **Mondays- 9 a.m. to 5 p.m (Clerks Office)**
- **Tuesdays through Thursdays -9 a.m. to 4 p.m. (Clerk's Office)**
- **Thursday, Sept 26<sup>th</sup> until 7pm (Clerk's Office)**

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 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)



**HELP  
WANTED**



## **Got Time? Help Wanted!**

**Would you consider volunteering with the Council on Aging?**

**We need help! Below are just a few ideas.**

- **To or run events** participate in events.
- **Administrative:** To help with the newsletter, data entry, research. In short to help organize our mess!
- **Imaginative, traveling types:** To help facilitate trips and workshops. 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..
- **Computer Tutoring**

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

***Thanks for offering***

# Health and Fitness

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



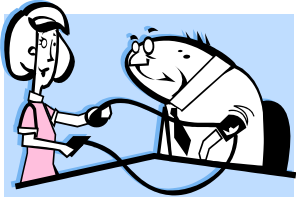
## Flu Shots-Save The Date!

October 16<sup>th</sup>

9 am – 1 pm

Lancaster Community Center-Free to residents

*Please 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**

*Every Wednesday 11:45-12:30 with Kathy Cronin!*

*Please join us for 'all ages' fitness classes.*

Start the week right!

**Gentle Tai Chi & HathaYoga Mondays**

Every Monday (except Holidays) @ 9:30 am 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. *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.

Every Monday (except Holidays) @ 11:00 am Hatha Yoga

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.*

**Seniors \$5 per class or 6 classes for \$30 (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!*)**







# 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 \$30 (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!*)**

**Buy a 'Get Fit' Card for six classes!**  
*(Classes DO NOT have to be consecutive, they are still a deal!)*

## Medicare Boot Camp



....Or

## Insurance 101

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

**Tuesday November 5<sup>th</sup> at 10am**

**9am~ Free!**

**Coffee, Tea and  
Coffee Cake!**

**Lancaster Community Center Meeting Room**

## Strength and Weight Training Classes



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

## Save the Date

**Saturday Nov 2<sup>nd</sup>**

**9 AM to 1PM.**

## Free Health Info Fair!

The Shirley COA, in conjunction with other area COAs, is hosting a fair to help all seniors and their families be aware of medical offerings. Information will be available to aid medical decisions for the future. This once a year opportunity is “**Medicare Open Enrollment**” time. SHINE counselors will be available to help explain the new options available. (*This is especially important if you have Reliant Physicians or Fallon Health plans*) This information is critical, maybe even life altering so come and listen, ask questions, learn what your options are to save money or get better coverage!

**TRADE SHOW featuring 30+ Vendors**

Talks too! Just a few topics follow~ Medicare, Safe Driving, Diabetes management, Caregiver support services and “Elder Care” options such as In-Home care, Adult Day care and assistive living. The Lions are bringing the “EyeMobile.”

***Ayer-Shirley Middle School, Hospital Road, Shirley.***

***Free continental breakfast for the attendees***

***Van reservations possible, please call our COA.***

**The Fair is open to all,**

This is a “NO COST EVENT. Please stop by, to get information that may help you have a better quality

## Navigating the Long Term Admission Process

*Placing a loved one in long term care can be stressful, and complicated. This will review the basics, payment options, care options and what to look for.*

**Free! September 30<sup>th</sup> at 5 pm**

**In the Senior Center**

**With Kristi Mendoza**

# 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.

### Need advice?

- Fuel Assistance.
- SNAP (food stamps)
- Food Pantry-Senior Day  
is Wed (10-2 by apt.)
- The Café: Serving at 5-6  
weekdays. Lots of fun!  
Free.

365-6349

## Medicare Open Enrollment **Opens in October**

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

Gretchen does!  
Call 774-578-5432  
**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 Café 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](http://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 rent/mortgage, property tax, homeowners'  
insurance, and medical expenses including monthly insurance premiums)*

# Classes and Workshops

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



## Classes

### Batik Scarf Workshop

**October 17th 1pm-4pm**  
**Great Homemade Scarf!**

We will provide you with a 100% natural fiber scarf, die, and wax. You bring your creativity!! . You will leave with a lovely, large scarf great for a gift or to brighten your coat.  
Artist in Residence Sandy McMinn. Materials provided

***Class Size is limited, please reserve in advance***

**Seniors: \$12**

**General Public \$15**

*Class size is limited, min. 3 max 7  
So register early!*

## Boo! Make a Boo Basket.

*Join us for a free Halloween Craft  
with Kristi Mendoza of River Terrace*

Get ready for your favorite trick or treaters this Halloween. We will make mini Boo cup baskets that may be filled with treats for ghost, goblins and what ever comes knockin'! No tricks here, just crafting Halloween fun.

**No experience needed and no fee!**

**Please pre-register**

**October 10<sup>th</sup> at 2pm**



*Come join us to make*

## Natural Christmas Ornaments

*For the COA Tree for the Festival of Trees*

*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

### Halloween Cards

**October 8<sup>th</sup>, 10 a.m. - 12**



### Thanksgiving Cards

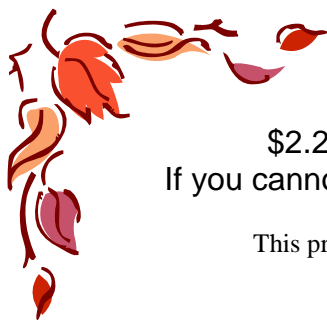
**November 8<sup>th</sup>, 10 a.m. - 12**

### Christmas Greeting Card Class

**December 6<sup>th</sup>, 10 - 12**

Each class will allow you to make 3 - 4 greeting cards, Using Rubber Stamps, colored markers and precut card stock. All included and prepared for you, all you have to bring is your enthusiasm! Fee: \$10.00 per class. No experience necessary.

*Our instructor Joan Allard enjoys designing and making cards, and sharing her passion for paper crafting with others.*



## Join us for Lunch in September!

\$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 EVENTS
<b>2 HOLIDAY</b>   	<b>3 PANCAKES!</b> Stuffed Shell with Meatballs(2) and Tomato Basil Sauce Calif. Blend Veggies Italian Bread Fresh Fruit <b>BINGO</b>	<b>4 SPECIAL</b> Baked Salmon with Herbed Dill Sauce Roasted Red Potatoes Green Peas Whole Wheat Dinner Roll Peach Cobbler <b>ZZUMBA @ 9:30</b>	5 Breaded Chicken Mixed Veggies Baked Beans Multigrain Bread Applesauce	<b>Market Basket Trip</b>
9 Fish Sticks Tater Tots Carrots Whole Wheat Bread Pineapple  <b>TAI CHI @ 9:30</b>  <b>YOGA @ 11</b>	<b>10 PANCAKES!</b> Turkey with Gravy Mashed Potatoes Broccoli Whole Wheat Bread Peaches <b>BINGO</b>	<b>11</b> <b>Cong: Lentil Spinach Soup</b> <b>HDM: Italian Blend Veggies</b> <b>Chicken Breast with Red Pepper Pesto</b> <b>Brown Rice Pilaf</b> <b>Whole Wheat Bread</b> <b>Strawberry Cup</b> <b>ZUMBA @ 9:30</b>	<b>12 COLD PLATE</b> Veggie Chili Egg Salad Italian Pasta Salad Rye Bread Muffin <b>Diet: Blueberry Graham</b>	<b>Wegmans and The Christmas Tree Shop Shopping</b> <b>BRIDGE AT 1</b>
<b>16</b> White Chicken Chili with Fresh Cilantro Brown Rice Broccoli Biscuit Peaches <b>TAI CHI @ 9:30</b>  <b>YOGA @ 11</b>	<b>17 PANCAKES!</b> Roast Pork with Applesauce Mashed Potato Peas Whole Wheat Bread Snack Loaf <b>BINGO</b>	<b>18</b> Chicken Meatballs with Swedish Sauce Herbed Egg Noodles Calif. Blend Veggies Pineapple <b>COA BOARD MEETING</b> <b>ZUMBA @ 9:30</b>	<b>19</b> <b>Cong: Three C Soup</b> <b>HDM: Broccoli</b> Chicken Breast with Apricot Glaze Scalloped Potato Whole Wheat Bread Butterscotch Pudding <b>Diet :SF Butterscotch Pudding</b>	<b>Peabody Essex Museum and Salem Trip</b> <b>BRIDGE AT 1</b>
<b>23</b> Cheese Tortellini with Red Sauce and Melted Mozzarella Cheese Calif. Blend Veggies Italian Bread Applesauce <b>TAI CHI @ 9:30</b> <b>YOGA @ 11</b>	<b>24 PANCAKES!</b> Potato Fish Green Peas Brown Rice with Red Pepper Whole Wheat Bread Strawberry Fruit Cup <b>Diet: Fresh Fruit</b> <b>BINGO</b>	<b>25</b> Breaded Chicken Mashed Potatoes Carrots Chocolate Pudding <b>Diet: SF Chocolate Pudding</b> <b>ZUMBA @ 9:30</b>	<b>26 COLD PLATE</b> <b>Cong: Minestrone Soup</b> <b>HDM: Macaroni Salad</b> Turkey Salad with Cranberries Broccoli Salad Whole Wheat Bread Fresh Fruit	<b>Hot Dog BBQ and Ice Cream Sundae Spectacular!</b>  <b>Thank you Kimballs!</b> <b>BRIDGE AT 1</b>
<b>30</b> Chicken a la King Mashed Potato Carrots and Peas Biscuit Strawberry Fruit Cup <b>Diet: Fresh Orange</b> <b>TAI CHI @ 9:30</b> <b>YOGA @ 11</b>	<b>OCTOBER 1</b> <b>PANCAKES!</b> Salisbury Steak with Brown Gravy Whipped Potatoes Beets Whole Wheat Bread Muffin <b>BINGO</b>	<b>OCTOBER 2</b> <b>Cong: Autumn Harvest Soup</b> <b>HDM: Mashed Potatoes</b> Roast Pork with Herbed Gravy Baked Beans Applesauce <b>ZUMBA @ 9:30</b>	<b>OCTOBER 3</b> Meatballs with Tomato Basil Sauce Penne Green Beans Whole Wheat Bread Pineapple	<b>DownEaster to Portland</b> <b>BRIDGE AT 1</b>





# 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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY EVENTS
<b>September 30</b> Chicken a la King Mashed Potato Carrots and Peas Biscuit Strawberry Fruit Cup Diet: Fresh Orange <b>TAICHI @ 9:30</b> <b>YOGA @ 11</b>	<b>October 1 PANCAKES!</b> Salisbury Steak with Brown Gravy Whipped Potatoes Beets Whole Wheat Bread Muffin <b>BINGO</b>	<b>2</b> <b>Cong:</b> Autumn Harvest Soup <b>HDM:</b> Mashed Potatoes Roast Pork with Herbed Gravy Baked Beans Applesauce <b>ZUMBA @ 9:30</b>	<b>3</b> Meatballs with Tomato Basil Sauce Penne Green Beans Whole Wheat Bread Pineapple	Down Easter Trip to Portland Bridge
<b>7</b> <b>Cong:</b> Spaghetti <b>HDM:</b> Ziti Bolognese Sauce Broccoli Whole Wheat Bread Peaches <b>TAICHI @ 9:30</b> <b>YOGA @ 11</b>	<b>8 PANCAKES!</b> Vegetable Soup Chicken Breast with Tarragon Sauce Mashed Potatoes Snack Loaf <b>Diet:</b> Graham <b>BINGO</b>	<b>9</b> Meatloaf with BBQ Sauce Baked Beans <b>Cong:</b> Coleslaw <b>HDM:</b> Cabbage Whole Wheat Bread Applesauce <b>ZUMBA @ 9:30</b>	<b>10</b> <b>Cong:</b> Black Bean Soup <b>HDM:</b> Corn and Black Bean Salad Sliced Turkey Pasta Salad with Veggies Hamburg Roll Strawberry Fruited Gelatin	Market Basket Bridge
COLUMBUS DAY  <b>We are closed</b>	<b>15 PANCAKES!</b> Shepherd's Pie Mashed Potato <b>HDM:</b> Carrots Rye Bread Strawberry Fruit Cup <b>BINGO</b>	<b>16</b> <b>Cong:</b> Tom/Cabbage <b>HDM:</b> Broccoli Chicken with Fresh Rosemary Gravy** Noodles Whole Wheat Bread Banana Pudding <b>ZUMBA @ 9:30</b>	<b>17</b> BBQ Beef Rib with Sauce Tater Tots Mixed Vegetables Hamburg Roll Pineapple	Water Tower Plaza Bridge
Chicken with Marsala Sauce Herbed Penne Kale Whole Wheat Bread Fresh Fruit <b>TAICHI @ 9:30</b> <b>YOGA @ 11</b>	<b>22 PANCAKES!</b> <b>MEGA MEAL</b> Chili – Baked Potato – Carrots – Corn Bread – Brownie <i>Meal Sites also receive            Shredded Cheddar Cheese            and Sour Cream -- \$3.00            donation requested today            at meal sites</i> <b>BINGO</b>	<b>23</b> Tangerine Diced Chicken Brown Rice Green Peas Whole Wheat Bread Pistachio Pineapple Whip <b>ZUMBA @ 9:30</b>	<b>24 COLD PLATE</b> Tomato Soup Tuna Salad Macaroni Salad Hot Dog Roll Applesauce	Spooktacular Pot Luck Bridge
Lasagna with Fresh Basil Meat Sauce Italian Blend Vegetables Italian Bread Peaches <b>TAICHI @ 9:30</b> <b>YOGA @ 11</b>	<b>29 PANCAKES!</b> <b>Cong:</b> Lentil Soup <b>HDM:</b> Spinach Shaved Steak with Jardinere Sauce Noodles Whole Wheat Bread Butterscotch Pudding	<b>30</b> Breaded Chicken Whipped Potatoes Carrots Whole Wheat Bread Fresh Fruit <b>ZUMBA @ 9:30</b>	<b>31 SPECIAL</b> <b>Cong:</b> Pot. Corn Chowder <b>HDM:</b> Hot Potato Salad (Chicken) Sausage with Onions and Peppers Beets – Hot Dog Bun Apple Crisp <b>Diet:</b> Cinnamon Apples	Market Basket and Whitney Field Bridge

# 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!*

- **September 20<sup>th</sup>**: Faberge at the Peabody Essex Museum
- **September 27<sup>th</sup>** : Farewell Summer Hot Dogs and Ice Cream
- **October 4<sup>th</sup>** DownEaster Train to Portland and Ferry to Peaks Island
  - **October 11<sup>th</sup>** –MarketBasket and Whitney Field
  - **October 18<sup>th</sup>** WaterTower Plaza
  - **October 25<sup>th</sup>** Spooktacular PotLuck Luncheon
  - **November 1<sup>st</sup>** Market Baket and Whitney Field
- **November 8<sup>th</sup>** Consignment Crawl~ Breakfast and Treasures
  - **November 15<sup>th</sup>** WalMart Leominster
  - **November 22<sup>nd</sup>** Thanksgiving with Friends

## **November 22<sup>nd</sup>** ***Thanksgiving with Friends***



## **December 6<sup>th</sup>** ***Freeport ME Holiday Shopping Downeaster Day Train Trip***



**Call for details**

## **Save the Date!** **Spooktacular Pot Luck!**

*Bring your favorite dish, and a  
recipe!*

**Noontime~Friday, Oct 25<sup>th</sup>**  
*Silly costumes encouraged!*

*All are welcome, bring friends and  
family!*

*Make some new ones (not family....that is) !*



# Peabody Essex Museum Guided Tour &

## Salem Historic Houses and 'Faberge Revealed'



**Deadline**  
Wed. Sept 18th 10 am  
Call TODAY!

September 20th

We meet at the Center at 8 am for coffee, at 8:30 we head to Salem to visit the Peabody Essex Museum (PEM). PEM is one of the country's most respected museums, featuring a Chinese house and one of the world's best collections of Chinese export, and restored Federal mansions. The museum's collections began thanks to the East India Society's charter which included a provision for the establishment of a "cabinet of natural and artificial curiosities," which is what we today would call a museum. The Peabody Essex has emerged as a new and different kind of museum — one that creates a richer experience for visitors by bringing art, architecture and culture together in new ways. There truly is something for everyone!

The frosting on the cake is the special exhibit of Fabergé jeweled eggs entitled "Fabergé Revealed". The exhibit ends September, we have a tour Sept 20th! After a 10 am guided tour of the exhibit we head to lunch, then return to finish the museum and tour the Mansions at 1:30. We return home after a scenic drive around the coast.

Interested? *Seniors \$26, General public \$30 Includes transport and coffee. Lunch is not included.*

## Join us to visit Portland Maine A DownEaster Day Trip



**We are heading 'DownEast' a bit  
Would you like to come too?  
October 4<sup>th</sup> 2013**

*Reserve early as seating is limited*

All transportation, van, train, ferry, and bus 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 Portland. It is a wonderful scenic trip up the coast, complete with a Café Car to enjoy beverages and snacks. We arrive in Portland at 11:45; board the bus to arrive in Old Port around noon. In Old Port you have several hours to roam. You may wish to shop, relax, go to a museum, wander over to the Narrow Gauge railway, or eat enjoy a light lunch perhaps a cup of chowder at Gilberts—save some room for an early dinner. We tour the harbor on the Casco Bay Line, and view some of Maine's iconic lighthouses, landing on Peaks Island to dine at the Peaks Island Inn, a lovely old waterfront Inn. We return to Old Port around 6, in time to grab a coffee and grab the bus back to the Down Easter to return home. It is a long day; so enjoy a nap on a relaxing ride home on the Down Easter. We will be back to the Center around 10:30 p.m.

*Pick up and drop off at your home is available.*

*Seniors \$45 General public \$60*

*(Excludes restaurant and dining car food/beverages)*

Trip is on waiting list, but CALL. If we get more people we will take a 'luxury' bus to the train! So we can take everyone...give us a call!



## 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
- Small Bud Vases
- 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](mailto: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!**

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

- ❖ Fri. Oct 4, 3-7 pm Members Preview!
- ❖ Saturday, Oct. 5, 9 am -4 pm
- ❖ Sunday, Oct. 6, 12 pm -4 pm

*Lancaster Town Hall  
On the Lancaster, MA Town Green*

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-

## Please Join us! Free Cooking Class!

**And Tasting Too!! Just Desserts!**

## **Cooking with Laura Kryger**

Learn how to make delicious (almost healthy) desserts. Including seasonal apple desserts, and a cheese free cheesecake.

**Wednesday after lunch**

**October 9<sup>th</sup> at 1pm**



# THE TRAVEL PAGES

**It's all Fare!**

## **\$ HELP WANTED \$**

**Project ABLE**  
(SCSEP Program)



**We have an opening in  
General Help**

**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*

**Yes, it is true! Free and First Run!**

**1 pm every Monday at the Library**  
*Dexter Room Check website for more  
info*

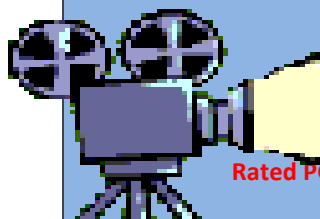
**September 16**  
**MUD**

**Rated PG-13** Matthew McConaughey, Sam Shepherd, & Reese Witherspoon

**September 23**

**The Emperor**

**Rated PG-13** Matthew Fox and Tommy Lee Jones



## **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

## \$\$\$\$It pays to get older\$\$\$\$

Many of these discounts are 'secret'! Don't be shy, ask!

### RESTAURANTS:

Applebee's: 15% off with Golden Apple Card (60+)  
 Arby's: 10% off ( 55 +)  
 Ben & Jerry's: 10% off (60+)  
 Bennigan's: discount varies by location (60+)  
 Bob's Big Boy: discount varies by location (60+)  
 Boston Market: 10% off (65+)  
 Burger King: 10% off (60+)  
 Chick-Fil-A: 10% off or free small drink or coffee ( 55+)  
 Chili's: 10% off ( 55+)  
 Denny's: 10% off, 20% off for AARP members ( 55 +)  
 Dunkin' Donuts: 10% off or free coffee ( 55+)  
 Einstein's Bagels: 10% off baker's dozen of bagels (60+)  
 Fuddrucker's: 10% off any senior platter ( 55+)  
 Hardee's: \$0.33 beverages everyday (65+)  
 IHOP: 10% off ( 55+)  
 Jack in the Box: up to 20% off ( 55+)  
 KFC: free small drink with any meal ( 55+)  
 Krispy Kreme: 10% off ( 50+)  
 Long John Silver's: various discounts at locations ( 55+)  
 McDonald's: discounts on coffee everyday ( 55+)  
 Mrs. Fields: 10% off at participating locations (60+)  
 Sonic: 10% off or free beverage (60+)  
 Subway: 10% off (60+)  
 Sweet Tomatoes: 10% off (62+)  
 Taco Bell : 5% off; free beverages for seniors (65+)  
 TCBY: 10% off ( 55+)  
 Village Inn: 10% off (60+)  
 Waffle House: 10% off every Monday (60+)  
 Wendy's: 10% off ( 55 +)  
 White Castle: 10% off (62+)... if I ever see one again.

### RETAIL & APPAREL :

Banana Republic: 30% off ( 50 +)  
 Bealls: 20% off first Tuesday of each month ( 50 +)  
 Big Lots: 30% off  
 C.J. Banks: 10% off every Wednesday (50+)  
 Clarks : 10% off (62+)  
 Dress Barn: 20% off ( 55+)  
 Goodwill: 10% off one day a week (date varies by location)  
 Hallmark: 10% off one day a week (date varies by location)  
 Kmart: 40% off (Wednesdays only) ( 50+)  
 Kohl's: 15% off (60+)  
 Modell's Sporting Goods: 30% off  
 Rite Aid: 10% off on Tuesdays & 10% off prescriptions  
 Ross Stores: 10% off every Tuesday ( 55+)  
 The Salvation Army Thrift Stores: up to 50% off ( 55+)  
 Stein Mart: 20% off clearance 1<sup>st</sup> Monday every month (55 +)

### GROCERY:

Albertson's: 10% off first Wednesday of each month ( 55 +)  
 American Discount Stores: 10% off every Monday ( 50 +)  
 Compare Foods Supermarket: 10% off every Wednesday  
 Great Valu Food Store: 5% off every Tuesday (60+)  
 Publix: 15% off every Wednesday ( 55 +)  
 Uncle Giuseppe's Marketplace: 15% off (62+)

### TRAVEL :

#### Airlines:

Alaska Airlines: 50% off (65+)

American Airlines: Discounts for 50% off non-peak periods (Tuesdays - Thursdays) (62+) (call before booking)  
 Continental Airlines: no initiation fee for Continental Presidents Club & special fares for select destinations  
 Southwest Airlines: various discounts for ages 65 and up Call  
 United Airlines: various discounts for ages 65 + call first  
 U.S. Airways: various discounts for ages 65 + Call

#### Rail:

Amtrak: 15% off (62+) or more

#### Bus:

Greyhound: 15% off (62+)  
 Trailways Transportation System: various discounts 50+

#### Car Rental:

Alamo Car Rental: up to 25% off for AARP members  
 Avis: up to 25% off for AARP members  
 Budget Rental Cars: 40% off; up to 50% for AARP members  
 Dollar Rent-A-Car: 10% off ( 50+)  
 Enterprise Rent-A-Car: 5% off for AARP members Hertz: up to 25% off for AARP members  
 National Rent-A-Car: up to 30% off for AARP members  
 Overnight Accommodations:  
 Holiday Inn: 20-40% off depending on location (62+)  
 Best Western: 40% off (55+)  
 Cambria Suites: 20%-30% off (60+)  
 Waldorf Astoria - NYC \$5,000 off nightly rate for Presidential Suite (55 +)  
 Clarion Motels: 20%-30% off (60+)  
 Comfort Inn: 20%-30% off (60+)  
 Comfort Suites: 20%-30% off (60+)  
 Econo Lodge: 40% off (60+)  
 Hampton Inns & Suites: 40% off when booked 72 hours in advance  
 Hyatt Hotels: 25%-50% off (62+)  
 InterContinental Hotels Group: various discounts at all hotels (65+)  
 Mainstay Suites: 10% off with Mature Traveler's Discount (50+); 20%-30% off (60+)  
 Marriott Hotels: 25% off (62+)  
 Motel 6: Stay Free Sunday nights (60+)  
 Myrtle Beach Resort: 30% off ( 55 +)  
 Quality Inn: 40%-50% off (60+)  
 Rodeway Inn: 20%-30% off (60+)  
 Sleep Inn: 40% off (60+)

### ACTIVITIES & ENTERTAINMENT ::

AMC Theaters: up to 30% off ( 55 +)  
 Bally Total Fitness: \$100 off memberships (62+)  
 Busch Gardens Tampa, FL: \$13 off one-day tickets ( 50 +)  
 Carmike Cinemas: 35% off (65+)  
 Cinemark/Century Theaters: up to 35% off  
 Massage Envy - NYC 20% off all "Happy Endings" (62 +)  
 U.S. National Parks: \$10 lifetime pass; 50% off additional services including camping (62+)  
 Regal Cinemas: 50% off Ripley's Believe it or Not: @ off one-day ticket ( 55 +)  
 SeaWorld, Orlando, FL : \$3 off one-day tickets ( 50 +)

### CELL PHONE DISCOUNTS :

AT&T: Special Senior Nation 200 Plan \$19.99/month (65+)  
 Jitterbug: \$10/month cell phone service ( 50 +)  
 Verizon Wireless: Verizon Nationwide 65 Plus Plan \$29.99/month (65+).

### MISCELLANEOUS: (to top it off)!

Great Clips and Super Cuts \$8 off hair cuts (60+)



*Please Join us!*

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

**Wednesdays  
September 18<sup>th</sup>,  
October 16<sup>th</sup> at 9:30  
Senior Center**



**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. Ben Hart for his sharing his time and knowledge. And of course Kimballs for thier generous, yummy donation!



**Free!**

**Computer Classes!**

Join Jon Roper  
after Pancakes  
9:30 am on-  
Drop in!

**Friends of Lancaster Seniors  
Flea Market and Yard Sale**

**October 6<sup>th</sup> 10-2 pm  
(1/2 price after 12 noon)**

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

***In honor of***

**Veterans Day**

***November 11<sup>th</sup>***

**We welcomed everyone!**

**Monday-Thursday 9-3**

***Or for special events***

**Bingo!**

**Every Tuesday at 1:15 pm**

**Everyone is welcome**

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

**Door prizes!**

**Contract Bridge**

**Fridays at 1pm\***

***\*Call to confirm game will be held***

