



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

# Community Crier

Jay Moody Chair, Judie MacLean, Frank MacGrory, Nicole Kanis, Jo St. Angelo, Michele MacDonald, Kathy Codianne  
April 2018 (978) 733-1249 , fax (978) 733-4076 Alexandra Turner, Director. Melissa Pelletier, Marilyn Largey



## **We Need You! Volunteer Work Days!**

**April 21 9 a.m. – 2:00 p.m.**

**& April 22nd 2:00-4:00 p.m.**

***Celebrate the Earth by Helping Lancaster Garden, Landscape and fix the Center!***

*Willing to help? Please call or look to our website for ideas!*

## Free Gardens!

Thanks to Harvard Pilgrim Community Health Foundation

## The Get Dirty Garden Series

**Spring Programs: April 3 - July 6th**

*Enjoy the fresh air and share in our community garden*

**Join us Tuesday and Thursday mornings at 10 am.**

Each of the 14 weeks a new topic!

### **BY RESERVATION! Want a garden for your own?**

**REGISTER! GARDENERS RECEIVE BED, INSTRUCTION,  
FREE FITNESS and MORE!**

**All welcome to learn Tuesdays 10 a.m.-10:30 a.m..**

**Call or check our website for full schedule(See inside)**

1. Let's Begin! (Seed Starting and Bed Prep)
2. Peas Please & Tater Towers!
3. Gardening out of the box! Straw Bale Gardening, Bean Tee-Pees
4. It's Time! Spring Planting Commences
5. Container Crazy! Veggies and Herbs and accessible planting tips and tricks
6. Flower Power! Flowers for the garden and cutting.
7. Summer Veggie Planting: Squash, Pumpkins and everything nice
8. Edible Flowers and Herbs
9. Tomato time ( and don't forget the peppers + eggplant)
10. Fun with Food. Squash Towers and Pumpkin Patch
11. Weed it or Eat It!
12. Salad Celebrations! Here we go again.. replanting
13. Recipes for the 4th and holiday fun.
14. Maintain and Celebrate (no classes)

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### **Healthy Lunch & Cooking Demos and Tips**

**#EAT WELL THURSDAYS by RESERVATION**

Every Thursday April 3 - July 6 12p.m.

**'Registered' Gardeners Eat Free**

**Guests are \$5 RSVP 978-733-4076**

Contact Alix Turner to register as a gardener



Harvard Pilgrim  
HealthCare Foundation

## *Thoughts from the Director*

I love winter, but this winter has been way too long. At last I see the signs – spring is a comin'. Little green bulb tips are sprouting, we host an "Froggie Went A Courtin' Vernal Pool" walk and of course we the kick off of our garden series!

I am super excited for gardening year. Sadly, this is your last chance to participate in the Eat Well-Healthy Eating Gardening Grant as a 'fully enrolled' gardener. Our grant from Harvard Pilgrim Community Health Fund ends this year. However, we saved the best for last! Check out the overview of our spring schedule! Lots to learn, and so much more coming from the summer and fall. This is all FREE for you! (If you enroll and are picked from the garden lottery. )

1. No big expenses! Thanks Harvard Pilgrim Health Foundation
2. Great instructor and Garden Mentor Thanks Sandy Reardon (Gardenista)\*
3. Coverage for vacations etc. Going away? We help each other
4. Growing too much of one thing and not enough of another? We share! It's required.
5. Free Exercise and Cooking Classes. In case you are not in gardening shape, or don't know what to do with your loofah squash!

Thanks to Harvard Pilgrim and generous volunteers we have really put it together! This year is led by Gardenista Sandy Reardon. Sandy, is a creative genius, a great gardener! She hales from Tower Hill Botanic Garden. Now she will help you learn, and most of all have fun and grow, baby grow!

There is a catch .. (Bet you were waiting for it). You need to commit, and you need to share. Call , email or come in for details on the requirements. I can hardly wait to get dirty, in the garden that is! Come get dirty too!

Join us! A/l/x



Join us! Free. *All ages welcome*  
**Family Vacation Fun Days!!**  
Tue. April 17<sup>th</sup> Thurs. 19<sup>th</sup> Fri 20<sup>th</sup>

At the Lancaster Community Center

695 Main St. Behind the library. *Call us 978-733-4076*

**SAVE THE DATE!**

*Check our Facebook page for a complete schedule and updates*

Tuesday, April 17<sup>th</sup>

8-9 a.m. Family Pancake Breakfast Chocolate Chip, Blueberry and more Pancakes,  
French toast, Fruit, Scrambled Eggs, Sausage, OJ, Coffee, Tea & Hot chocolate.  
*Thanks to the Friends of Lancaster Seniors! \$3 Donation Appreciated!*

9-12 p.m. Free Craft Stations!

10:30-12 p.m. NERF Wars! BYOG. We will have some guns to borrow, we supply the bullets (NO Bullets go home-you bring them, they stay here).

12-1 p.m. Fun Lunch time! A fun menu of with healthy additions, Mini Pizza's with toppings from the gardening program. Hot Dogs, Mac and Cheese, Juice Soup and Salad for the older set! \$3 pp

1-2:30 p.m. Soccer Kick Around: Skills and Drills with the help of Rec and Friends! Younger kids and older kids will enjoy tips and running around. Outside if we can, but we may be in the gym. Questions? Call us.

Thursday, April 19<sup>th</sup>

11:45-2:30 Lunch and Vernal Pool Walk (or Froggie Went a Courtin'

Rona will teach us about some rare and very special habitats nearby! Bring your muck boots and be prepared to get wet, or you can just watch. Bring your Sketch books, questions and more!. Prior to our walk

## **Friends of Lancaster Seniors**

Tuesday  
is Pancake Day  
Senior Center  
Tuesday mornings  
7:30am ~ 9:00 ish  
\$3 *Suggested donation*

**Chef Extraordinaire**  
**David James**  
**Weekly pancake specials**  
**Blueberry, Apple, Plain,**  
**French Toast, too**  
**Sausage, eggs, fruit**  
**Juice & coffee &**  
**All the pancakes you can eat!**

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**Often with Special Guests.**  
**Come meet them!**  
**Learn and socialize.**

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## **Lancaster Community Center**

Join us for Lunch  
**Monday through Thursday**  
**11:30 am**

\$3 *Suggested donation*

RSVP 978 733 1249 x 1103

## **Get Dirty**

### **Garden Series**

*Healthy Garden*  
*Lunches*

Thursdays  
April 5th through July 6th  
12pm

**Lunch and Demonstration**  
**Recipes available**

*\$5 per person*  
*'Registered' Garden Participants Eat Free*

RSVP Required 978-733-4076

**Save the date! Garden Party June 20th**



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## **Montachusettts Opportunity Council**

**Learn**  
**Heart Healthy Ways to Wellness**  
11: 30 pm Lunch  
**May 10th**  
Presented by Alexandra Welch  
**Lunch to be served \$5**  
RSVP Required 978-733-4076

*Transportation available.*  
*Call (978) 733-4076 within 48 hours of the event*

# LANCASTER COMMUNITY CENTER

## SPEAKER SERIES

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### **ASK THE PHARMACIST**

**Tuesday, April 3<sup>rd</sup> 9 am**

Learn about medication safety and meet with a pharmacist.

Come with your medications and questions and we will have answers!

Sign up for a personal consultation.

*Presented by Colleen Massey, Director of Operations,  
MCPHS University Pharmacy Outreach Program*

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### **UNDERSTANDING THE “WHO, WHAT AND WHY” OF HOSPICE CARE**

**Tuesday, May 22<sup>nd</sup> 9 am**

Modern medicine provides so many wonderful options to patients; yet none are as misunderstood as the “hospice care” benefit. This presentation will provide important consumer information about hospice care, how to know if hospice is right for you or your family and put to rest some common misunderstandings about the “H” word.

*Presented by Carol Recchion, MDiv. Brookhaven Hospice*

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### **TICK TALK**

**Tuesday, June 5<sup>th</sup> 9am.**

Although awareness of certain tick-borne diseases has increased over the years, many people are unfamiliar with the full variety of illnesses that can be transmitted to humans by these arachnids or the symptoms often associated with each. Join us to learn about tick-borne diseases such as Lyme and tips on how to prevent.

*Presented by Tamara Bedard, BSN RN, Community Health Manager, Nashoba Associated Boards of Health*

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### **SWEET DREAMS SLEEP SEMINAR**

**Monday, June 11<sup>th</sup> 3:00pm to 4:00pm**

How to Get the Good Night’s Sleep Your Body Deserves. For some of us a good night’s sleep may not be as easy as it used to be. Today there are plenty of aids to help with these problems, from practicing good “sleep hygiene” to managing what you eat and when you exercise. Learn why sleep is vital to good health and tips for what you can do to fall asleep faster and stay asleep longer.

*Presented by Ann Mazzola from Home Instead Senior Care*

**\*This Seminar will include handouts and the opportunity to win a Sleep Hygiene Basket!**

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### **PLANNING FOR MEDICARE - COUNTDOWN TO 65**

**Wednesday, June 13<sup>th</sup> 7pm to 9pm**

If your 65 or nearing 65 this seminar is for you. Whether you are planning to retire or will continue to work, it’s important to know your Medicare options. Missing deadlines could cost you money!

*Presented by Sue Flanagan Senior Plan Consultant Blue Cross Blue Shield of Massachusetts*

In this seminar you will learn about:

Explanation of Medicare A, B, and C	Medicare enrollment timeline
Medigap plans	Medicare Advantage
Medicare Part D prescription plans	Plans and programs available to early retirees





## **The Get Dirty Garden Series – Spring Series**

***Free Classes by reservation!***

**Tuesday Classroom Programs** from 10-11am \* Garden time 11-12

**Thursday Garden** 10-11:30am \* **Healthy Lunch & Cooking Tip or Demonstration** 12 pm

- April 3 and 5: Let's Begin! (Seed Starting and Bed Prep)
- April 10-12: Peas Please & Tater Towers!
- April 17-19 Gardening out of the box! Straw Bale Gardening, Bean Tee-Pees
- April 24-26 It's Time! Spring Planting Commences
- May 1-3 Container Crazy! Veggies and Herbs and accessible planting tips and tricks
- May 8-10 Flower Power! Flowers for the garden and cutting.
- May 15-18 Summer Veggie Planting: Squash, Pumpkins and everything nice
- May 22-25 Edible Flowers and Herbs
- May 29-June 1 Tomato time ( and don't forget the peppers + eggplant)
- June 5-8 Fun with Food. Squash Towers and Pumpkin Patch
- June 12-June 15 Weed it or Eat It!
- June 19-June 22 Salad Celebrations! Here we go again.. replanting
- June 26-June 29 Recipes for the 4th and holiday fun.
- July 3-July 6 Maintain and Celebrate (no classes)

### **Center Village Table Thursday Lunch Club**

12pm \* Healthy Lunch & Demonstration Tip

‘Registered’ Garden Participants Eat Free

Guests are \$5 seniors and children 18 and under

RSVP 978-733-4076

Recipes available at demo.

Cookbooks and videos will be available in November for holiday giving!



**Harvard Pilgrim  
HealthCare Foundation**



**Changes to Important Identification documents are coming our way! What you need to know!**

## **Medicare Cards**

**Medicare is removing Social Security Numbers from Medicare cards.**

**Medicare will mail new cards between April 2018 – April 2019**

Personal identity theft affects a growing number of seniors. They are increasingly victims of this type of fraud. This is why the Centers for Medicare & Medicaid Services (CMS) is readying a fraud prevention initiative that removes Social Security Numbers from Medicare cards and replaces them with an alpha-numeric identification.

To help prevent identity theft, new cards won't include Social Security numbers. Instead, each person will get a new unique Medicare Number. ★ *You don't need to do anything, except to make sure your mailing address is up to date.* ★

Visit [ssa.gov/myaccount](http://ssa.gov/myaccount) or call 1-800-772-1213 (TTY: 1-800-325-0778) to correct your mailing address, if needed.

*Medicare will never call and ask for personal information before sending new cards, so don't share your Medicare Number or other personal information if someone calls and asks for it.*

## **New Massachusetts Requirements for Drivers Licenses**

On March 26, 2018, to get or renew any driver's license, ID card, or learner's permit, you need documentation showing U.S. citizenship or lawful presence as required by federal and state law.

**STEP 1:**  
**Locate your Social Security Number**  
(Choose 1 document for REAL ID. For a Standard ID, SSN must be verified electronically.)

- SSN Card
- W-2 Form
- SSA-1099 Form
- Non-SSA-1099 Form
- Pay stub with applicant's name and SSN

\*Applicant without an SSN must present an SSA denial notice, foreign passport, Visa, and I-94. Document presented must display full nine digits of SSN.



**STEP 2:**  
**Choose one lawful presence/ date of birth document**

- U.S. Passport/Passport card
- Certified copy of U.S. birth certificate
- Certificate of Citizenship (Form N-560 or N-561)
- Certificate of Naturalization (Form N-561 or N-570)
- Consular Report of Birth Abroad (Form FS-240, DS-1350, FS-545)
- Permanent Resident Card (Form I-551)
- Employment Authorization Card (Form I-766 or I-688B)
- Foreign Passport with U.S. Visa affixed and I-94 Stamp



**STEP 3:**  
**Choose a MA residency document**  
(2 for REAL ID, 1 for MA Standard ID)

- MA RMV-issued documents such as a renewal letter
- State/Federal/Municipal/City/Town/Country Agency-issued documents such as 1st class mail, MA-issued professional license with photo, Medicaid statement, firearms card, jury duty summons, court correspondence, property tax, or excise tax dated within 60 days
- Bills such as a utility bill, credit card statement, or medical statements dated within 60 days
- Lease, mortgage, or rental contract dated within 60 days
- Financial-related documents such as a bank statement with image of personal checks, W-2, pension statement, retirement statement, pay stub, SSA statement, or installment loan contract dated within 60 days
- School-issued documents such as school transcript, proof of enrollment, tuition bill, school record for the current year

**GET YOUR LICENSE/ID**

- Start application online at [mass.gov/ID](http://mass.gov/ID).
- For renewals applicants must choose:
  - Standard license or ID card: may be able to complete online.
  - REAL ID license or ID card: must visit a RMV Service Center or a AAA office (if member).
- All first-time applicants must visit a RMV Service Center and bring appropriate documents.
- A REAL ID license/ID costs the same as a Standard license/ID.

**GO ONLINE TO LEARN MORE**  
**[mass.gov/ID](http://mass.gov/ID)**

Rev. 3/12/18



## AARP Smart Driver Safety Course

Wednesday May 16

9:45 am—3pm

Even the most experienced drivers can benefit from brushing up on their driving skills, so the Lancaster Community Center is offering a driver safety program through AARP. *This course* is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course attendees will be taught the current rules of the road, defensive driving techniques and how to operate a vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course and there are no tests to pass.

The course will run from 9:45AM to 3PM with a break for lunch. Bring a lunch, or join our center's group lunch. \$3 donation suggested. Space is limited to 20 individuals.

*\$15 for AARP members and \$20 for non-members.*

*Registration and payment required May 3rd.*

To register contact Marilyn Largey [mlargey@lanasterma.net](mailto:mlargey@lanasterma.net) or call 978-733-1249 ext 1109



### Full House Presentation

Join us at 10:00 am on Thursday, April 26th  
The Community Room - Bigelow Gardens  
449 Main St Lancaster MA 01561



Most of us have a lot of stuff and some of us hang on to things that others put on the curb or leave at the dump. Our closets are full, flat surfaces are a magnet for all kinds of items, and there are stacks of newspapers and magazines in every corner. It is a struggle for us to find things amid the chaos in our homes.

Are you trying to downsize?

Do you have trouble getting rid of your stuff?

Learn how to build insight, skills, and strategies to help  
declutter and get organized. Discussion will follow.

*Free and all are welcome. This program is brought to you by ClearPath in partnership with Nashoba Associated Boards of Health.*







**Join us for a treasure hunt, the prize Emeralds!**

**Arnold Arboretum**

**Friday May 11<sup>th</sup>**

*And while there let's stop to smell the flowers!*

You may have heard of the Emerald Necklace, the collection of green public spaces that form a necklace around Boston. On this trip we visit 'The Arnold Arboretum.

*Established in 1872 the Arnold Arboretum was planned and designed for Harvard University and the City by landscape architect Frederick Law Olmsted. The Arboretum is a National Historic Landmark and one of the best preserved of Olmsted's landscapes. The Arnold Arboretum is a unique blend of respected research institution and beloved Public Park. Occupying 281 acres, the Arboretum's living collection of trees, shrubs, and woody vines is recognized as one of the most comprehensive and best documented of its kind in the world.*

View this expansive collection from the comfort of our van for a 90 minute tour with our personal guide. May is the perfect time to visit- just ahead of the famous Lilac Sunday so we will have the early bird view! Also we hope to see native dogwood and early azaleas in bloom. After our tour you will have time for a leisurely walk or simply sit in the shade and sip some lemonade or iced tea and have a light snack before lunch.

Back to relax on the vehicle and on our way to another Olmstead treasure, The Robert Treat Paine House and grounds. This National Historic landmark is tucked in the woods , and the architecture is amazing. Our plan is to view the Rhododendrons in all their glory.

We meet at the Center for lite breakfast and orientation at 8 a.m. setting off at 8:30 a.m. for the Arboretum returning to the Center by late afternoon.

*Trip, Tour and Treats for Lancaster seniors is \$20, everyone else is \$24. Paid reservation due by April 27<sup>th</sup>. Space is limited! Reserve early. See Melissa Pelletier in the COA Office Mon—Thurs 8am –1 pm No trip is complete without a foodie destination. Will will enjoy lunch in Waltham at The Chateau. Expect to pay between \$15 and \$20 for lunch.*

### ***Special Events and Trip Policies:***

Our space is limited, so we book first come first serve, booking is complete with payment. Any cancellations after due date will not be refunded unless we fill your spot from a waiting list, usually we can. Trips may be cancelled due to low enrollment, if we cancel we will refund all monies.

*Emergency Contacts are required for all trips at time of registration*



## HEALTH & FITNESS

All activities are held at the Lancaster Community Center  
Call 978-733-4076 with questions

### **Chair Yoga with Julianna**

Get fit while you sit or stand.

Tuesday 10:30 am

\$5 each or 6 for \$25

### **Gentle Hatha Yoga with Louise**

Improve your balance and keep  
your range of motion

Mon & Thurs 11 am, Sat 9:30 am

\$10 per session

### **Tai Chi with Jeff**

Series of movements performed in a slow focused  
manner with deep breathing

Monday at 9:30 am, Tuesday 6 pm.

\$5 each or 6 for \$25

### **INSANITY LIVE with Pam Weir**

A fun cardio based total  
body conditioning workout.

Mon 7pm \$10 per class

### **BALLROOM DANCING with Jim Cole**

Learn from the best!

Thurs 6 pm—\$13 per class or 3 for \$30

### **Lancaster Keep Moving Walking Club**

Striders and strollers welcome.

Tues & Thurs 9 am

FREE

### **PICKLEBALL**

\$3 per session

Schedule subject to change. Call to confirm times 978-733-4076

Or check our website <http://www.signupgenius.com/go/409044ea5a623a1fb6-20172018>

	Mornings	Afternoons	Evenings
<b>Monday</b>	Time: 9-11:00 Reserve on <a href="#">SignUpGenius</a>	Time: 1-3:00 Open/No reservation needed	Time: 6 – 8:00 Open/No reservation needed
<b>Tuesday</b>			
<b>Wednesday</b>	Time: 9-11:00 Reserve on <a href="#">SignUpGenius</a>	Time: 1-3:00 Open/No reservation needed	Time: 6 – 8:00 Open/No reservation needed
<b>Thursday</b>		Time: 1-3:00 Reserve on <a href="#">SignUpGenius</a>	Time: 7:15-9:15 Open/No reservation needed
<b>Friday</b>	Time: 9-11:00 Reserve on <a href="#">SignUpGenius</a>		
<b>Saturday</b>	Time: 8-9:00		
	Time: 9-11:00 Open/No reservation needed		

## HELPFUL NUMBERS and WEBSITES

### SHINE

Free health insurance counseling and assistance  
1-800-243-4636 press 3 TTY: 1-800-872-0166  
[www.shine.org](http://www.shine.org)

### PRESCRIPTION ADVANTAGE

State prescription drug assistance program  
1-800-243-4636 press 2 TTY: 1-877-610-0241

### MASS HEALTH

1-800-841-2900 TTY: 1-800-497-4648  
[www.mass.gov/eohhs/gov/departments/masshealth/](http://www.mass.gov/eohhs/gov/departments/masshealth/)

### MASSACHUSETTS HEALTH CONNECTOR

1-877-623-6765 TTY 1-877-623-7773  
[www.mahealthconnector.org](http://www.mahealthconnector.org)

### MCPHS PHARMACY OUTREACH PROGRAM

Prescription drug assistance  
1-866-633-1617

### MEDICARE

1-800-633-4227 TTY 877-486-2048  
[www.medicare.gov](http://www.medicare.gov)

### MEDICARE ADVOCACY PROJECT

Legal advice and assistance  
1-800-323-3205

### SOCIAL SECURITY

1-800-772-1213 TTY: 1-800-325-0778  
[www.socialsecurity.gov](http://www.socialsecurity.gov)

### MASSACHUSETTS EXECUTIVE OFFICE OF ELDER AFFAIRS

1-800-243-4636  
Mass Relay 711 1-800-548-2547 (voice)  
TTY/HCO: 1-800-548-2546  
[www.800ageinfo.com](http://www.800ageinfo.com)

## SHINE

Serving the Health Insurance Needs of Everyone **SHINE Counselors are available**

**Tuesday's 9 am—3 pm By Appointment Only 978-733-4076**

### "SHINE'S MEDICARE AND MORE" PROGRAM

*The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE's MEDICARE AND MORE".*

*Links to the online episodes can be found at [www.shinema.org](http://www.shinema.org)*

### Blood Pressure and Wellness Clinics

## Lancaster Community Center

### OPEN TO ALL RESIDENTS

**1<sup>st</sup> Tuesday of the month from 8-10am**

Your Local board of health provides a town nurse to serve as a free resource in an effort to improve and protect the health of the community

Come & Visit with the Town Nurse

*Courtesy of the Nashoba Associated Board of Health*



### Keep Well & Blood Pressure Clinics

Free and open to residents age 60 and over.

Services include health assessments (blood pressure, blood sugar, and weight monitoring; cardiopulmonary assessments, etc.), teaching (medication, diet, disease management, preventive health, etc.), and referrals to community resources.

**4th Tuesday of the Month**

**8 am—10am**

***Provided by***



## VNA Care

# Family Fun Day

School Vacation! Tue. April 17th

**At the Lancaster Community Center**

695 Main St. Behind the library.

Call us 978-733-4076



**Lets play SCRABBLE**

**Tuesdays, 2pm—4pm**

**Lancaster Community Center Meeting Room**

**Fun! Free Snacks!**

Questions or just to let us know you're coming call 978-733-4076

**Every Tuesday at 12:30 pm-2:30**

***Everyone is welcome! Treats and fun!***

25 cents per every three cards

Bring your quarters, odds are better than the lottery!

We provide free coffee, treats and prizes! Come early for lunch at 11:30



## Bridge



Area residents are invited to join us for friendly bridge Friday afternoons. Don't play? Come watch and learn. There are lots of patient teachers here. Come to the Center for friendly bridge games with nice people and nice snacks, All free! Suitable for all levels, novice to pro. We provide the cards, teachers, and friends. Fridays 1:00-4:00

*Free! calling ahead is strongly suggested*

## **First Run Free Movies!**

***You heard it here! New(ish) & free!***

**Every Monday at 1 pm at the Thayer Memorial Library**

In the Dexter Room. Just show up! Check out [www.thayermemoriallibrary.org](http://www.thayermemoriallibrary.org) for more details on the upcoming movies \*shhh. We can't name them here but they are good Stop by the Community Center for lunch or lemonade on the way over.





## **Lancaster MART Van Policies and Fees**

Lancaster and MART provides transportation services for Lancaster residents for those (60+) and disabled residents.

### **Fees & Policies**

**Reservations: Call 978 733 4076 or by email to [mpelletier@lancasterma.net](mailto:mpelletier@lancasterma.net)**

**48 BUSINESS hours' notice to reserve a ride**

Reservation requests may be placed by phone, or email. Please leave your request on our voicemail.

Requests will be accepted in the order received, with preference given to medical appointments.

**Office hours are Mon—Thurs 9:00 to 12 pm. Messages will be returned next business day by 12 pm.**

- ◆ Lancaster Community Center /Senior Center/Town Green Complex: 50¢
- ◆ Service in Town: 50¢ in town, per stop
- ◆ Service outside Lancaster to a contiguous town: \$1 Clinton, or \$2 Leominster/Sterling/Bolton  
(Multiple stops may be charged, call for details)
- ◆ Special Events will be priced according to the trip.

### **Shopping \*\***

#### **Reservations Required**

*\*\*Rides for medical appointments have first priority. Shopping trips and schedule may change.*

Trips may fill up quickly or be cancelled if there are no reservations. So reserve early if interested!

◆ **Monday 1 p.m.** Clinton Shopping /Errands/Banking- e.g. Hannafords, CVS, Walgreen, Rite-Aid, downtown ◇ \$1.00 plus 50c per additional stop

◆ **Wednesdays 1 p.m.** Leominster Shopping - e.g. Water Tower Plaza, Shaws, BJ's, Restaurants  
◇ \$2.00 plus 50c per additional stop

◆ **Thursdays 1 p.m.** 117 Shopping - e.g. Walmart, Aldi's, Lowes, Restaurants  
◇ \$2.00 plus 50c per additional stop

◆ **1st Fridays 9 a.m.** Whitney Field Mall Leominster return 1 p.m. -e.g Mall stores, Market Basket, Restaurants◇ \$2.00 plus 50c per additional stop

◆ **3rd Fridays 8:15 a.m. Stow Food Pantry and Highland Commons** in Berlin/Hudson - return 1 p.m.◇ \$2.00 plus 50c per additional stop

### **Inclement Weather Policy**

*Van will not run if Nashoba Regional School District Delays or Cancels school due to Inclement Weather. Call to check.*

# Resources and Help

## Town of Lancaster

### Senior Tax Abatement Program

*Work off your taxes and help the town too!*

*Applications for the 2019 Tax year are still available!*

**Want to help your town,**

**While working for a reduction in your real estate taxes.**

If you are 65 or older and own your own home, you may be eligible to lower your real estate tax bill by performing jobs for the Town of Lancaster.

Application details can be found on the Lancaster Council on Aging website.

This is a work program, we will match your skills and interests to departments needs.

<https://www.ci.lancaster.ma.us/council-aging>

Contact Marilyn Largey to learn more.

Phone 978-733-1249 ext 1109

[mlargey@lancasterma.net](mailto:mlargey@lancasterma.net)

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### Medical Equipment Loan Program

Crutches, canes, commodes, wheelchairs, walkers, some first aid, incontinence, supplies more to loan. (978) 733 4076  
[mpelletier@lancasterma.net](mailto:mpelletier@lancasterma.net)

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### Veterans Services Department

**Richard Voutour 1st SGT USMC RET—Veteran Services Officer**

**Contact:** [rvoutour@leominster-ma.gov](mailto:rvoutour@leominster-ma.gov)

**Lancaster Office: 978-706-1754 (Tues 0800-1200)**

**Lancaster Community Center, 695 Main St, Lancaster, MA 01523 (behind the Library and War Memorials)**

**Leominster Office:**

**Leominster Veterans Center: 100 West Street, Leominster, MA 01453.  
978-534-7538**

Lancaster Veteran Services provides the following: VA Healthcare applications, VA Disability Claim applications, VA Widow Pension applications, VA Widow/Survivor Benefit applications, VA Burial Benefits applications, VA Veteran Cemetery applications, VA Grave Markers/Symbols, State Veterans Benefits applications, Obtain Military discharge/cords, Obtain Military medals/decorations

**In need?**

### **Food pantry options**

#### **WHEAT Community Cupboard**

Tues, Wed, Thurs, 10am-1pm Thurs 5-6pm  
508-370-4943

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#### **Village Church**

South Lancaster  
Thursday Evenings  
6 pm-7 pm  
Offering a wide variety of wholesome food

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#### **Stow Food Pantry**

335 Great Rd (Rt 117)  
Stow, MA 01775  
(978) 897-4230

TRANSPORTATION ON 3rd FRIDAY \$2, call to reserve

Offering variety of fresh produce (seasonal), baked goods. You may choose from an assortment of meat products as well, and an ample supply of pantry items such as canned goods, pasta, rice etc

- **Transportation**
- **Housing**
- **Food Stamps (SNAP)**
- **Health Insurance**
- **Budget and Taxes**
- **Fitness**
- **Caregiving Issues**

***We are here to help!***

***To make and appointment***

Marilyn Largey at ext 1109

Alix Turner at ext 1102

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### **Free Computer Help**

**Just starting out? Or getting by but would like to hone your skills.**

**Laptop has a bug?**

**Jon Roper is our hero!**

**Free, thanks Jon.**

Tuesday mornings 9 a.m.

Call 978 733 4076

# April LUNCH CALENDAR




**\$3.00 suggested donation, reserve one day ahead**

**978 733 1249 x 1103**

**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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>2</b> BBQ Chicken Breast 402 on a Bun 230 Baked Beans 39 Carrots 64 Pineapple 1  Total Sodium: 861 mg Total Calories: 642	<b>3</b> Lentil Spinach Sp. 304 Potato Pollack 273 Tartar Sauce 100 Whipped Potato 66 WW Dinner Roll 105 Diced Peaches 5  Total Sodium: 978 mg Total Calories: 732	<b>4</b> Chicken Jambalaya 310 Brown Rice 5 Tossed Salad 5 Wheat Bread 160 Fresh Orange 0  Total Sodium: 605 mg Total Calories: 594	<b>5</b> Beef Burgundy 159 Red Potatoes 5 Broccoli 10 Multigrain Bread 164 Hermit Cookie 24 D: Maple Graham 115  Total Sodium: 487 mg Total Calories: 793
<b>9</b> Beef & Lentil Stew 179 Cauliflower Supreme 114 Biscuit 340 Mixed Fruit 10  Total Sodium: 768 mg Total Calories: 554	<b>10 <i>Special</i></b> (High Sodium Day) Sage Stuffed Chicken Breast 430 Wild Rice Pilaf 140 Broccoli au Gratin 158 Dinner Roll 105 Chocolate Mousse 280 D: Choc. Mousse 125  Total Sodium: 1238 mg Total Calories: 691	<b>11</b> Vegetable Gumbo 50 Roast Pork 73 In Herb Gravy 83 Whipped Potato 66 Wheat Bread 160 Fresh Apple 1  Total Sodium: 558 mg Total Calories: 636	<b>12</b> Chicken Tetrazzini 487 Tossed Salad 5 Multigrain Bread 164 Mandarin Oranges 7  Total Sodium: 788 mg Total Calories: 526
<b>16</b>  Patriots Day  No Meals Served	<b>17</b> Tom Florentine Sp. 164 Meat Loaf in Mushroom Gravy 301 Chantilly Potato 238 Wheat Bread 160 Diced Peaches 5  Total Sodium: 993 mg Total Calories: 749	<b>18</b> Broccoli Bake 482 Stewed Tomatoes 150 Home Fries 5 Multigrain Bread 164 Fruit Crunch Bar 80 D: Gingerboy 60  Total Sodium: 1006 mg Total Calories: 907	<b>19</b> Roast Turkey in gravy 410 Butternut Squash 48 Tossed Salad 5 Multigrain Bread 164 Apple Streusel Cake 191 Diet Van Pudding 173  Total Sodium: 943 mg Total Calories: 570
<b>23</b> Meatball Grinder 238 Grinder Roll 218 Tomato Basil Sc 142 Peppers & Onions 27 Potato Puffs 29 Pears 5  Total Sodium: 784 mg Total Calories: 727	<b>24</b> Egg Drop Soup 167 Chicken Teriyaki 479 Brown Rice 5 Wheat Bread 160 Almond Cookie 181 D: Lemon Grahams 95  Total Sodium: 1117 mg Total Calories: 731	<b>25</b> Salisbury Steak 327 In Onion Gravy 10 Whipped Yams 35 Tossed Salad 5 Wheat Bread 160 Raisins 4  Total Sodium: 666 mg Total Calories: 699	<b>26</b> Three C Soup 299 Grilled Chicken Brst 320 in Red Pepper Pest 22 Sour Cream & Chive 94 Whipped Potato 160 Wheat Bread 160 Applesauce 14  Total Sodium: 1034 mg Total Calories: 621
<b>30</b> Haddock in Lemon Vinaigrette 296 Au Gratin Potato 39 Broccoli 10 Wheat Bread 160 Cherry Snack Loaf 115 D: Cinn Grahams 85  Total Sodium: 756 mg Total Calories: 700		<b>1% MILK:</b> <b>110 calories</b> <b>125mg sodium</b> (included in totals)	

Funded by Title III Funds of the Elder Association and through the Central Mass Area A...

**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





**PUBLIC MEETING NOTICE TO  
ALL LANCASTER RESIDENTS  
Memorial School Reuse Committee  
INVITES YOU TO AN OPEN FORUM  
Wednesday, April 11, 2018  
7:00 PM  
Lancaster Community Center Meeting Room  
695 Main St. Lancaster MA**



We want to hear your ideas at an open forum for Lancaster residents. Learn about proposals from the committee, ask questions and listen to concerns and complaints. The Memorial School is located behind the Prescott Building and attached to the Lancaster Community Center.

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**DO YOU NEED REPAIRS TO YOUR HOME THAT YOU CAN'T AFFORD?  
THE TOWN OF LANCASTER MAY BE ABLE TO HELP YOU!**

The Town is applying for a Community Development Block Grant (CDBG) this year in partnership with the Montachusett Regional Planning Commission (MRPC). If you need:

A New Roof ★ New Windows ★ New Heating System ★ Well or Septic repairs  
Electrical Repairs ★ Other Repairs that are Affecting Your Health & Safety Health a  
**MRPC WILL COME TO YOUR HOUSE TO HELP YOU COMPLETE AN APPLICATION.**

Qualified applicants will be prioritized on the waiting list. If the town receives the grant, repairs will start late 2018. CALL MRPC! We want to include your repair needs in the application. It is very important that we include as many repair projects as possible in the application to ensure SUCCESS.

*Applicants need to be income eligible. See income guidelines below*

**Contact: Brian Keating (978) 345-7376 EXT. 305  
Montachusett Regional Planning Commission**

Household size	Is your household income at or below:		
<input type="checkbox"/> 1	<input type="checkbox"/> \$17,500	<input type="checkbox"/> \$29,150	<input type="checkbox"/> \$47,600
<input type="checkbox"/> 2	<input type="checkbox"/> \$20,000	<input type="checkbox"/> \$33,300	<input type="checkbox"/> \$54,400
<input type="checkbox"/> 3	<input type="checkbox"/> \$22,500	<input type="checkbox"/> \$37,450	<input type="checkbox"/> \$61,200
<input type="checkbox"/> 4	<input type="checkbox"/> \$24,950	<input type="checkbox"/> \$41,600	<input type="checkbox"/> \$68,000
<input type="checkbox"/> 5	<input type="checkbox"/> \$28,440	<input type="checkbox"/> \$44,950	<input type="checkbox"/> \$73,450
<input type="checkbox"/> 6	<input type="checkbox"/> \$32,580	<input type="checkbox"/> \$48,300	<input type="checkbox"/> \$78,900
<input type="checkbox"/> 7	<input type="checkbox"/> \$36,730	<input type="checkbox"/> \$51,600	<input type="checkbox"/> \$84,350
<input type="checkbox"/> 8	<input type="checkbox"/> \$40,890	<input type="checkbox"/> \$54,950	<input type="checkbox"/> \$89,800

Income Range: In the FIRST Column select the number of people currently living in your household. In the SECOND column select the range that best describes your household income. If you are able to check a box in this chart you are qualified to participate in the program.

*The Community Development Block Grant is funded by the federal Department of Housing and Urban Development (HUD) and administered by the Massachusetts Department of Housing & Community Development. (DHCD)*



## FRIENDS OF THE LANCASTER SENIORS, INC.

A 501(c)3 PUBLIC CHARITY

<http://www.FriendsOfTheLancasterSeniors.org>

*Friends Who Care*



# Become a Friend of the Lancaster Seniors!

We encourage you to consider supporting the Friends of the Lancaster Seniors, Inc., a non-profit 501(c)3 corporation.

The Friends works in the background to financially support seniors and activities at the Senior Center. We provide funds to subsidize trips and meals, as well as supplies for the Senior Center (free coffee, for one thing). programs! We have spent over \$5,000 this past year (2017) alone to support the Senior Center and its programs!

Our popular Pancake Breakfast continues to be a major source of funds for the Friends. Join us every Tuesday from 7:30-9:00AM and enjoy blueberry pancakes, French toast, sausages, scrambled eggs, fruit, coffee, and OJ. All you want for a mere \$3 suggested donation. You can't beat that!

Please help us by making your tax-deductible donation today!

## INDOOR FLEA MARKET AND YARD SALE

**WHERE:** Lancaster Community Center Gymnasium

**WHEN:** Sunday, April 22, 2018, 9AM until 2PM  
(setup Saturday, April 21, 2018, 3pm to 5pm)

**WHY:** We raise money and you get rid of stuff!

### THE NITTY-GRITTY DETAILS:

A limited number of spaces are available for \$20 each (non-refundable, payable by Monday, April 16<sup>th</sup>). We have several tables available, as well as the old cafeteria ones folded into the walls. A 'space' is one folding table or half of a cafeteria table. You bring your own stuff, sell what you can, and take the rest home with you - NO EXCEPTIONS. Elevator available.

Only have a couple of things and don't want a space? The Friends is taking limited donations of goods for sale at *our* table. Contact one of us, below, and we will come to you to pick up items; DO NOT drop off items at the Senior Center. NO TVs, electronics, furniture, etc. We reserve the right to say, "no, thank you." Unsold items will be donated or disposed of properly.

The Friends WILL be offering coffee and home-baked goods for sale during the event.

Interested? Contact us at [FriendsOfTheLancasterSeniors@GMail.com](mailto:FriendsOfTheLancasterSeniors@GMail.com) or 978-263-7962  
Or, see Deb Ducharme, Bev Fiske, Claire Griffiths, or Dave James at the Senior Center. Thank you!

All monetary donations will be considered fully tax-deductible, and you will receive a letter and receipt to that effect. We even accept credit cards! Ask for David James the next time you are at the Senior Center or donate using PayPal on our web site!

**Website:** <http://FriendsOfTheLancasterSeniors.org>

**Email:** [FriendsOfTheLancasterSeniors@GMail.com](mailto:FriendsOfTheLancasterSeniors@GMail.com)

To support the Friends, 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.  
PO Box 173  
Lancaster, MA 01523

For more information about the Friends, contact David James at 978-263-7962.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Enclosed is my **TAX DEDUCTIBLE** contribution of \$\_\_\_\_\_ (you will receive a receipt).



## The Lancaster Community Center (LCC)

*The all ages hub for community events.  
Nurturing the Body, the Mind, and the Soul*

[www.ci.lancaster.ma.us](http://www.ci.lancaster.ma.us)

And on Facebook [www.tinyurl.com/lancastercc](http://www.tinyurl.com/lancastercc)

Or call—978-733-4076

Business Office hours 8:30-12:00 M-TH & by event

**Where:** The Community Center is located behind the Town Green, directly behind the Prescott Building. Enter on the upper level, handicapped access use the lower level-elevator at end.

**What:** The Center, formally the Tercentenary School is home to many special events open to all ages. A full schedule is on line, scroll down our page to view the calendar. The LCC is home to Lancaster Social Services offices. Each office keeps their own office hours; Veterans Affairs, Commission on Disability, Council on Aging and Recreation. The LCC is also home to Senior Center, and offers meeting space for town boards, commissions, and non-profits.

### IN ADDITION THE CENTER OFFERS:

- Year Round Fitness Classes as well as special fitness series. Tai Chi, Yoga, Aerobics, Ballroom Dancing, Pickleball as well as summer and winter sporting events.*
  - Healthy Cooking Class Series: and Nutrition classes*
  - Arts and Crafts Classes and drop in Art Group*
  - Community Garden Beds*
  - Community BBQ's, Holiday events, Concerts, Fairs etc.*
  - Social Services support, SNAP, Fuel Assistance, Referrals*
  - Nashoba Wellness Clinic, first Tuesday of the month*
- Information series by guest speakers on topics relating to Lancaster*
  - Field Trips*

### Rentals:

The LCC is available for rentals, Birthday Parties, Cookouts, Reunions, Meetings and more!

Please see our calendar for availability, and the website for our rental forms. There are a variety of spaces, a kitchen, meeting rooms, a gym and a lovely shaded patio. The Center is a great space for birthday parties, family gatherings, club meetings and more! Let us show you our space.



***The Senior Center  
Will be closed  
April 16th***



**We welcome everyone!**

**Office hours**

**Monday-Thursday 9-12**



To all our amazing volunteers, without your help we could not run the Center! Even an hour or two makes a huge difference-thanks!

To **Shaws** of Clinton for donating pastries.

A big thank you to **River Terrace** for matching funds!

To **Harvard Community Health Foundation** for their generous support, and **MCOA**.

### ***Special Thanks to:***

Linda, Joan, Celeste, Bridget, Sue, Deb, Bev and Deb, Jude, Robert, Claire, Nicole, Shelia, Jon, Jay, Jean, Dick, Sue, Marie, Maribeth, Kathy and Lyn, Sean, Cindy, Fred, Katherine, Fred, Nancy, Laura, Dave, Sandra, Judy, Michele, Pam, Gretchen, Kathy, Joe, John G, Marie, Mark, Marilyn, Melissa, , Marie, Kathy, Micheline, and so many more for all their hard work and support.

## ***OUR WISH LIST***

***We need VOLUNTEERS , COA committee members and active Friends of Lancaster member***

We can use all your talents, just call or drop by. Serving, meal delivery, crafts, exercise monitors office, gardening and more! For a full list of volunteer opportunities please visit our website.

***Check out our swap shop! Share, and Reuse***

### ***Special Events and Trip Policies:***

Our space is limited, so we book first come first serve, booking is complete with payment. Any cancellations after due date will not be refunded unless we fill your spot from a waiting list, usually we can. Trips may be cancelled due to low enrollment, if we cancel we will refund all monies.

***Please Join us!***

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

**Wednesday  
April 18th  
at 9:00 AM  
Senior Center**

**Go Green!**

Sign up for updates and electronic Community Crier  
<https://www.ci.lancaster.ma.us/subscribe>

Lancaster Community Center Calendar  
[https://www.ci.lancaster.ma.us/lancaster-community-center/pages/  
community-center-calendar](https://www.ci.lancaster.ma.us/lancaster-community-center/pages/community-center-calendar)



Follow us on **Facebook**  
[www.tinyurl.com/lancastercc](http://www.tinyurl.com/lancastercc)