



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, Elsie Lively  
August 2018 (978) 733-1249 , fax (978) 733-4076 Alexandra Turner, Director. Melissa Pelletier, Marilyn Largey

## You are invited! Join us for lunch

The bounty of our gardens is abundant. Sue is creating delicious homemade offerings for us with locally sourced ingredients. Where else can you eat well, see friends –All for \$5 including beverage, tax and tip!

*RSVP 978-733-4076 by Tuesday noon please*

- \* **Aug 2nd Quiche Lorraine** , or **Quiche Florentine**, Locally sourced salad with homemade dressing and herb potatoes.
- \* **Aug 9th It's Corny!** A celebration of Corn of course with salads and grilled chicken.
- \* **Aug 16th 6 Roasted Veggie Kabobs** on a bed of seasoned farro (you will love it) Salad and more
- \* **Aug 23rd 3 Tomato Time.** Savor it! Bruschetta, Caprese and more!
- \* **Aug 30th Ode to Summer.** Ribs, Corn on the Cob – all things summer

*All meals include homemade lemonade, iced tea, bread and sometimes –if you are good dessert!*



Harvard Pilgrim  
HealthCare Foundation

## Summer Fun!

**First! Join our Facebook Page for updates**

<https://www.facebook.com/Lancaster-Community-Center-970047129685468/>

**Second Make sure you sign up for our emails. Send us an email and we will sign you up!**

mpelletier@lancasterma.net

Greetings,

Brace yourself. I have a favor to ask of you. It may be helpful to know it is for a very good cause. Would you help 'The Unforgettables' as we walk for Alzheimer's research? Of all the great causes that deserve support , why are we directing our efforts for this one? Allow me to explain.

Our mission is to improve lives of Lancaster seniors and their caregivers. It seems simple enough– it is not. One of the biggest challenges we face is helping families, or worse individuals facing a grim diagnosis complete with the unsurmountable challenges. I could share many examples, but offer just a few. Picture yourself– not being able to sleep for fear of your loved one sneaking out, falling, or breaking something. Even the early stages of Alzheimers can be difficult subtle mood and memory changes strain relationships- no it is not you it may be the first signs of worse to come. The worries continue, Alzheimer's patients are more susceptible to scams –sometimes giving credit cards , or financial information to those that should not have it. Finally, in the end forgetting those they loved most... It is cruel. Having been through it I attest it rips you apart.

Why should you care, after all your family is healthy–right?! Well, at the rate Alzheimer's diagnosis is increasing chances are you will not be spared. Impacts range well beyond the patient, to families, business and caregivers many who have to leave well paying jobs. It is a loss to the community, and strains our health care system and our tax base—simply put it is worth fighting for a cure.

Now, the good news. There have been tremendous breakthroughs in Alzheimer's research. Scientists have identified genetic markers so they are able to direct therapies more efficiently. Studies conclude we can improve life with Alzheimers for example exercise will improve mental acuity for dementia patients as well as all of our aging brains. There is much to be optimistic about and we will continue to share strategies with you this in upcoming newsletters.

Now we want to be part of the cure, lets make lives better and selfishly it feels good to help. So please help us help everyone and walk with us, or pledge or volunteer. Anything and everything helps and yes, it feels good.

**Go The Unforgettables! September 23, 2018**

*Join us, Donate, or Volunteer*



THE END OF ALZHEIMER'S  
STARTS WITH *you.*

## **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!**

\*\*\*\*\*

**Often with Special Guests.**

**Come meet them!**

**Learn and socialize.**



## **Get Dirty**

### **Garden Series**

*Healthy Garden*

*Lunches*

Thursdays @ Noon

**Recipes available**

*\$5 per person*

*Includes, beverage and tip! :)*

*'Registered' Garden Participants Eat Free*

**RSVP Required 978-733-4076**

**Great healthy meals.**

Menu questions call us!

Always a salad and protein.



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



# Farmers Market Coupons & Farmers Market Trips!

The Massachusetts Senior Farmers' Market Nutrition Program  
This program is a great way to support your health and local farmers  
AND help your health! Buy nutritious fresh fruits, vegetables, and honey!

\$25 Coupons may be used at any participating farmers market in the state.

Go yourself, or join us! The Lancaster COA is planning trips to area Farmer's Markets between August and October

## SMART BUYING AT THE FARMERS MARKET

- ◆ Take your time and walk around, look at everything before you decide
- ◆ Compare prices, varieties and quality
- ◆ If you see something new, don't be shy, give it a try!
- ◆ Have recipes or meal ideas ready for the fruits and vegetables you buy
- ◆ Buy local in season from you farmers market!

\*Lancaster residents who are 60 and older, or disabled and meet income requirements are eligible to receive one booklet per household.

Come to the COA Office Monday through Thursday from 9am-1pm  
or contact Marilyn Largey for eligibility guidelines and coupons.  
978-733-1249 ext 1109

*The Farmers Market Coupon Program began in Massachusetts in 1986. The success of the project led Congress to enact the WIC Farmers Market Nutrition Act of 1992, thereby establishing it as the 14th Federal food assistance program of the U.S. Department of Agriculture.*

## Extra Cabbage \$!\$! Did you know?

### SNAP/EBT and HIP Program

Use your SNAP benefits at a participating HIP retailer. You will receive \$1 for each dollar you spend on eligible fruits and vegetables, up to a monthly limit. HIP retailers include: farmers' markets, farm stands, mobile markets, and (CSA) farm share programs  
Important: You must have a SNAP balance to earn the HIP incentive benefits.

Your monthly cap is based on your household size.

Look at what you can earn each month based on household size

\$40 1-2 people ~~~ \$60 3-5 people ~~~ \$80 6+ people

(Interested if you are SNAP eligible? It opens doors— Single \$

YFind a HIP Location near you. Visit [www.mass.gov/hip](http://www.mass.gov/hip) for a directory, call Project Bread's FoodSource Hotline at 1-800-645-8333,  
If you need assistance applying for SNAP benefits contact Marilyn Largey 978-733-1249 ext 1109  
SNAP serves families with children, elders and disabled.

# Out and About: The Travel Section

## *Pickity Place Lunch and Treasure hunt*

Friday August 24th

Pickity Place is a destination for foodies, gardeners, and fairy tale lovers alike. Tucked in the small town of Mason NH it is a total sensory experience. We will visit gardens, stroll through an interesting gift store and finally enjoy a five course lunch made with locally sourced ingredients in a quaint 17th Century home. You may recognize the house, it inspired the 1948 English edition of Little Red Ridinghood, by Elizabeth Orton Jones. Hope the wolf has been fed!



No Lancaster trip would be complete with even more adventure! After lunch we sneak in a few more local treasure, both old and new— after all isn't it always an adventure! We will be back in time for your light evening supper.

Two main course choices

Pickity Fried Chicken with Cheddar Chipotle Grits

— or —

Summer Vegetable Stack with Opal Basil

We at 9:00am, dine at 11:30 and return to the Center by 4.

5 courses including beverage, tip, MART van and Snacks

\$35 Lancaster Seniors, \$38 all others which includes transportation, five course meal including tax, tip, bev-



### ***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*



# *Lancaster Land Trust & Lancaster Recreation*

*Invite you to*

## **Walk the Flats**

August 18th 10 a.m.- 1 p.m.

***Did you know Lancaster is known as one of best areas in the state for birding. One of the best places in town to see a wide array is Bolton Flats ( which are actually in Lancaster and Bolton). So come join us to explore the Flats! Led by Bob Lidstone, president of the Land Trust. The Flats is an area with a rich biodiversity and many uses. An easy walk for a Saturday with a pot of gold at the end, a free ice cream thanks to Bolton Orchards! Be still my heart.***

***Parking: Bolton Orchards at the Lancaster Land Trust banner. We will shuttle you. Registration required email [recinfo@Lancasterma.net](mailto:recinfo@Lancasterma.net) for ice cream and walk.***



## Join the Friday Lunch Club



Join new found friends for a Friday lunch date! There are many good restaurants around, some classics some new! Let's try them Meet us there or ride our van (reservations required) The only criteria is you have fun! Every place we pick is casual, and we try to choose quality restaurants that serve to a budget.

*Would you like to try a special place? We are open to suggestions.*

\*\*\*\*\*

**August 10th JPs Westborough.** The best Lobster Salad, and/or scallops plus lots of pub grub. Plus you will have a few minutes in Job Lot or TJs if you like.

**August 31st El Camino:** A classic. May I suggest the Placcatta. You won't leave hungry.

***Join us !***

**Home Cooked Lunch Thursdays In August**

**Tax Tip and Beverages Included Menu and Questions?**

***Ask for Susan at (978)733-1249 ext 1106***



# Sheriff's Annual Senior Picnic

*Sponsored by*

*The Worcester County Reserve Deputy*

*Sheriff's Association*

**Saturday**

**11:00am-3:00pm— August 18 , 2018**

**SAC Park**

**348 Lake Street**

**Shrewsbury, MA**



B I N G O				
7	25	44	57	62
15	22	40	50	70
11	30	FREE SPACE	46	74
2	28	37	55	68
10	27	39	59	75

A fun filled day with complimentary lunch, raffles and bingo in honor of our seniors!

**TRANSPORTATION By Lancaster COA!**

**Contact Melissa at (978) 733-4076**

**RSVP by August 9<sup>th</sup> to reserve ride. \$3 RT.**

**1st preference to Lancaster Seniors**

If you're not taking the van and want more information  
Contact Donna Ostiguy at [dostiguy@worcestercountysheriff.org](mailto:dostiguy@worcestercountysheriff.org)



## 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

### *Garden Calendar for July/August*

- July 31st-Aug 2nd: Pickling Time
- Aug 7th-9th: Tomato Time: Let’s pick. Yum.
- Aug 14th-16th: Deadhead, Harvest and Weed. Gotta do it!
- Aug 21st-23rd: Garlic for Harvest & Planting
- 

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

All Welcome! 12pm \* Healthy Lunch & Demonstration Tip

Aug 2nd **Quiche** Lorraine , or Quiche Florentine, Locally sourced salad with homemade dressing and herb potatoes.

Aug 9th—9 **It’s Corny!** A celebration of Corn of course with salads and grilled chicken.

Aug 16th 6 **Roasted Veggie** Kabobs on a bed of seasoned farro (you will love it)

Aug 23rd 3 **Tomato Time.** Savor it! Bruschetta, Caprese and more!

Aug 30th **Ode to Summer.** Ribs, Corn on the Cob– all things summer

‘Registered’ Garden Participants Eat Free

All others \$5

RSVP 978-733-4076

Recipes available at demo.

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



# HEALTH & FITNESS

All activities are held at the Lancaster Community Center unless noted  
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 7 pm\* **UNTIL JULY**

\$13 per class or 3 for \$30

## **Lancaster Keep Moving Walking Club**

Striders and strollers welcome.

Tues & Thurs 9 am

FREE

## **PICKLEBALL**

Outdoors at Doyle Field Leominster  
And other locations. Questions call us.

*We've had a great season and look forward to starting up again next fall. Thanks everyone!*

## **Free Chair Yoga!**

**Try it once and you will be back!**

**Join us Wednesday August 29th at 10:30 Special  
Class ONE time only!**





# 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*



### **Interested in Learning; Mahjong?**

Talk about keeping your brain 'fresh and supple', *play Mahjong!* A great game played with 144 tiles, dealt in 'hands', some liken it to rummy. We have some fun people willing to help teach. We are planning on small group lessons, or one on one. Tuesday afternoons or by appointment. Call for details, or just tell us you are interested.

*INTERESTED IN TUESDAYS?*

*(978) 733-4076 or mpelletier@lancafterma.net*



Scrabble Group –Free! Join in.  
Tuesdays at 2-4 Lower Level  
Snacks, fun, friends.  
Just come on down.

**Every Tuesday at 1pm-3pm**  
*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 Fridays 1-4**

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*  
*Questions Call Jean at 978-273-2418*

**ALFA Fall Schedule out now.**

**Interested in more quality events?**

**Look at ALFA (Adult Learning in the Fitchburg Area)**

**Some great adult classes, inexpensively!**

<https://www.fitchburgstate.edu/offices-services-directory/alfa/>

## Friends Farmer's Market

Tuesdays 8:30-11:30

*Or until we run out!*



*Eat Well and Support local vendors  
and farmers*

**Spaces Available**

**Questions or to reserve call**

*Deb 978-706-1090 c617-610-4603*

## 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.**

**THAYER MEMORIAL LIBRARY'S  
END-OF-THE-SUMMER  
LAWN PARTY**

**Lancaster Town Green  
Wednesday, Aug. 15  
5-7 p.m.**

**Food Trucks \* Music by Peter Murphy  
Live Animals from Animal Adventures  
Lawn Games ... & MORE!**

**ALL ARE WELCOME**

Photo Credit: <http://freedomswav.org/about-fwnha/our-communities/>

# Memorial Hall

## A Civil War Footprint on Lancaster's Town Green Celebrating 150 Years of Public Service



Thayer Memorial Library stands on Lancaster's Town Green, but at her core is a much smaller footprint than that of the library's current structure. At her heart is a footprint dating back to the immediate post-Civil War era (1868) – Memorial Hall: a combination Civil War memorial dedicated to Lancaster's brave soldiers who sacrificed their lives during the War of the Rebellion; and Lancaster's Public Library. This month, Lancaster and Thayer Memorial Library celebrate the original building's 150<sup>th</sup> anniversary.

At Memorial Hall's dedication on June 17, 1868, keynote speaker and Unitarian minister Reverend Christopher Toppan Thayer stated that Memorial Hall was built to fulfill two specific purposes for the town of Lancaster, "The first is to dedicate a suitable and grateful memorial of your brave fellow-citizens, who at their country's call, and in the ardor of patriotic impulse, went forth from among you, life in hand, ready to peril life and all they held dear on earth, to do and die, and actually did lay down their own lives for the saving of that nation." and as a public library for Lancaster's citizens "... to enlighten, enlarge, fructify, and imbue with just, generous, and elevated sentiments and aspirations our own and others' minds." Such noble principles and lofty ideals placed high expectations upon this public building which had been erected on Lancaster's Town Green. What was that all about?

Step back in time to after the Civil War had ended in May, 1865. Lancaster citizens began talking about erecting a monument to honor the town's fallen soldiers. At Lancaster's April 1866 Town Meeting, the decision was made to build such a memorial "... and that it should take the form of a building for the public use, with appropriate tablets and inscriptions upon its wall." Lancaster appropriated \$5,000 for a memorial hall. Such a building would also accommodate a library, furnish a fire-proof space for safe-keeping of the town's records, provide additional areas for business meetings of town officers, and allow for natural history, manufacturing, and art displays.

On November 7, 1866, a committee of seven men was chosen to begin plans to erect Memorial Hall. The committee consisted of Nathaniel Thayer, George M. Bartol, Jacob Fisher, Henry Wilder, J.L.S. Thompson, Quincy Whitney and Dr. Edward M. Fuller. The First Church of Christ in Lancaster generously allowed the building to be built on part of its common land for which no compensation or rent has ever been paid or expected. The land chosen as the site for Memorial Hall could not be more appropriate since it was on the verge of a field used as a military muster ground for Lancaster soldiers – now Lancaster's Town Green.

The total cost of the building was \$30,000, of which two thirds was paid by Lancaster business man, banker, and financier Nathaniel Thayer. This money was in addition to Thayer's original endowment of \$5,000 for the purchase of books. Mr. Thayer's instructions were, "... to make the memorial hall worthy of its object, and an ornament and blessing to the town." And so Memorial Hall was built. The names of Lancaster's thirty-nine Civil War dead were inscribed on a marble tablet inside the rotunda. Reverend Christopher T. Thayer said at the dedication of the building, that their memories were kept "... away from the conflict and marring of the elements, apart from the disturbing or contaminating influences of the outer world, in the innermost shrine of the temple designed to commemorate their worth even as they are enshrined in the deepest recesses of our hearts." Placing this marble memorial tablet alongside the book collection that was housed in Memorial Hall, would help keep the heroic dead ever in the minds of those who would visit the library. "Here they, for their worthy and glorious deeds, are placed side by side with, and share the immortality of, those who by their writings have been made, so far as on earth they could be, immortal." The names of fallen war heroes were now inscribed alongside the printed names of published writers; Memorial Hall would impart a sense of immortality to both.

Memorial Hall was the first library building ever erected in Lancaster, even though the town's history of having some type of library, no matter how small or how limited in circulation, dates back to the mid-1700s. Lancaster's Memorial Hall was also the first of its kind of multi-purpose buildings designed and dedicated as a combination Civil War memorial/library. The next two memorial/library buildings designed in this unique style are known to be Andover Memorial Hall (1871-1873) and Northampton Free Public Library (1872-1874).

Memorial Hall has stood on Lancaster's town green since 1868. Some of the original structure's style, design, and original treasures remain visible throughout the building. The original marble tablet inscribed with the fallen soldiers' names, was moved to the Reference Room during the latest renovation in the 1990s. The structural form and name may be different today, but the spirit of her original purpose can often be felt by visitors to Thayer Memorial Library today.

Concerning Lancaster's library, perhaps early Lancaster minister, school committee member, and chairman of the Library Committee, George M. Bartol said it best in the March, 1865 School Committee report, "... no part of our public expenditure does or can, all things considered, bring back a richer return."

Lancaster's public library building has evolved and expanded over the past 150 years. It does have a different footprint today. But at her core, her heart remains the original Memorial Hall, that Civil War footprint on Lancaster's Town Green. Please stop by for a personal tour of this unique building that still stands on Lancaster's Town Green as a memorial to Lancaster's Civil War dead and Lancaster's public town library.

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



# Workshops and Classes



## Saving Summer

### A Sand Cast Leaves Workshop

Join us to learn how to preserve the lovely leaves of summer to enjoy them later as garden ornaments or even better as bird baths, or bird feeders. Taught by Sandy Reardon, our Get Dirty Garden Manager and acclaimed artist will share her secrets with us. Sandy has exhibited and sold her leaves which truly are a work of art. This is a two day workshop. All materials, including gloves and leaves are provided. Week two you may want to bring a cardboard box to bring your creation home. To end up with something this beautiful you need to be prepared to 'get dirty' so don't wear your Sunday best. Class size is limited so we have space and enough time to help each of you. If you have a special leaf you wish to immortalize please call us first, or send a picture.

We want to make sure it fits!

August 15 12:30-4:00 (Wednesday) and August 23rd 12:00-1:30 (Tuesday)

*Fee \$ 20 Lancaster Seniors, \$ 23 all others.*

*Reserve with Melissa at 978-733-4076 or [mpelletier@lancasterma.net](mailto:mpelletier@lancasterma.net)*

#### **Special Events, Workshop, 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.*



## Neighborhood “Watch” Pot Luck.. and Horror.....

Watch Parties– Bring your friends and supper!

We provide lemonade and a HUGE TV and maybe some screaming.

### Day time

***Binge watch 1<sup>st</sup> 2 episodes on Aug 15<sup>th</sup> starting at 12:30 pm***

***Then one episode a week at 12:30pm Wednesday.***

***Wednesday August 22, Wednesday August 29, September 5***

### Evenings

***Binge watch 1<sup>st</sup> 3 episodes on August 16<sup>h</sup> starting at 6 pm.***

***Then one episode a week at 7pm on Thursdays.***

You may have noticed the movie production going on last year...street closures, ‘dead’ bodies, stars! Lancaster was transformed a small Maine town Castle Rock, the setting for a Stephen King ‘multiverse’. Read, a scary story combining Kings works. Just the kind of flick fun to watch outside with friends (brave, mature friends) Well Castle Rock in now ‘in the can’ and we can’t wait to see it.

Join us for a FREE community viewing. Showings in the COA Kitchen.

Popcorn and drinks available. Feel free to bring your own.



## **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

At least 48 **BUSINESS** hours' notice to reserve a ride\*We will try to honor your emergency but often can not. *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 Clinton and Lancaster ◇ \$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.*



### **Need a Ride to a Doctor Outside our MART schedule/area?**

Call us! We have some gracious volunteers who may be able to help. Allow as much time as possible to coordinate busy schedules. When possible, we will help! *Med Ride Policies and Fees apply. \**

# 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 department's 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

### Community Café Hours

Monday thru Friday Doors Open at 4:45pm and

Meal is served 5pm – 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 to STOW 3rd FRIDAY

\$2, call to reserve

(978) 733 4076

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

*We are here to help!*

*To make an appointment call*

**978-733-1249**

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



# AUGUST 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 a ride or details.**

*Or MOC 800-286-3441 for nutrition questions*

This program is made possible in part by funding from the Executive Office of Elder

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1% MILK; 110 calories 125mg sodium (included in totals)		1 Turkey Corn Stew 464 Riviera Veg Blend 140 Biscuit 340 Strawberry 75 Yogurt	2 Roast Pork 73 Rosemary Gravy 83 Scalloped Potato 125 Spinach 65 Multigrain Bread 164 Apple Cobbler 317 D: Apple Cin Grahams 95
		Total Sodium: 1144 mg Total Calories: 546	Total Sodium: 893 mg Total Calories: 906
6 Grilled Chicken 320 Cacciatore Sauce 106 Tri-Color Pasta 1 Herbed Carrots 64 Wheat Bread 160 Applesauce w/C 0	7 Broccoli Bake 482 Stewed Tomato 150 Seasoned Red Potatoes 5 Multigrain Bread 164 Pineapple Whip 87	8 Cold Plate Bok Choy Soup 99 Asian Chicken Salad 277 Asian Pasta Salad 318 Fortune Cookie 6 Dinner Roll 132 Fresh Orange 0	9 Potato Pollock 270 Tartar Sauce 100 Whipped Potato 66 Tossed Salad 5 Multigrain Bread 164 Mixed Fruit 10
Total Sodium: 776 mg Total Calories: 535	Total Sodium: 1011 mg Total Calories: 735	Total Sodium: 957 mg Total Calories: 727	Total Sodium: 737 mg Total Calories: 676
13 Cheese Omelette 210 Cheese Sauce 170 Sausage Patty 206 Seasoned Potatoes 5 Multigrain Bread 164 Mandarin Oranges 7	14 Special <i>High Sodium Day</i> Chicken Cordon Blue w/Supreme Sauce 750 Wild Rice Pilaf 56 Broccoli 140 Peach Shortcake w/ topping 10 345	15 Roast Pork w/Herb Gravy 73 83 Sr Cr & Chive Whipped Potato 92 Tossed Salad 5 Wheat Bread 160 Fresh Pear 2	16 Vegetable Gumbo 50 Grilled Chicken 320 Marsala 75 Yukon Gold Potatoes 5 Multigrain Bread 164 Mixed Fruit 10
Total Sodium: 866 mg Total Calories: 614	Total Sodium: 1427 mg Total Calories: 737	Total Sodium: 540 mg Total Calories: 657	Total Sodium: 798 mg Total Calories: 563
20 Swedish Meatballs 220 Egg Noodles 4 Genoa Blend Veg 45 Wheat Bread 160 Mixed Fruit 10	21 Escarole Soup 52 Pork Riblet w/BBQ sc 492 Whipped Potato 66 Corn Bread 291 Chocolate Pudding 235 D: Choc. Pudding 156	22 Grilled Chicken 320 w/Cran Orange Sc 18 Spinach Orzo Pilaf 57 Broccoli 10 Multigrain Bread 164 Fresh Apple 1	23 Roast Turkey 330 Herb Gravy 59 Butternut Squash 0 Tossed Salad 5 Wheat Bread 160 Diced Peaches 5
Total Sodium: 564 mg Total Calories: 622	Total Sodium: 1162 mg Total Calories: 841	Total Sodium: 696 mg Total Calories: 575	Total Sodium: 684 mg Total Calories: 447
27 Lasagna Roll 370 Meat Sauce 50 Italian Veg Blend 41 Italian Bread 230 Diced Peaches 5	28 Cold Plate Caesar Salad 793 Couscous w/Carrots 24 Marble Rye Bread 127 Fresh Orange 0	29 Sloppy Joe on a Bun 489 Cole Slaw 84 Seas Red Bliss Potatoes 5 Snack N Loaf 115 D: Choc Grahams 95	30 Mulligatawny Soup 120 Grilled Chicken 320 Coq Au Vin 67 Whipped Potato 66 WW Dinner Roll 105 Blueberry Buckle 360 Lorna Doones 100
Total Sodium: 822 mg Total Calories: 515	Total Sodium: 1069 mg Total Calories: 706	Total Sodium: 835 mg Total Calories: 759	Total Sodium: 1163 mg Total Calories: 739

*Enjoy the health Benefits of Yogurt*

*Rich in Important Nutrients:*

**It's high in B vitamins, particularly vitamin B12 which helps keep the body's nerve and blood cells healthy, and keeps you from feeling tired and weak**

*High in Protein*

Yogurt provides high quality protein – 1 gm/ounce with Greek yogurt providing twice the amount of regular yogurt.

*Our body uses protein to:*

- Build, maintain, & repair muscle
- Deliver oxygen to tissues
- Boost immunity
- Improves Brain function
- Build stronger bones

*Yogurts with Live*

*Active Cultures:*

Boost digestive health by reducing symptoms of common gastrointestinal disorders such as bloating, diarrhea or constipation.

Be sure the label states

**"live active cultures"**

*Helps Strengthen Your Immune System*

Yogurt's immune-enhancing properties are due in part by magnesium, selenium and zinc, which are trace minerals known for the role they play in immune system health

*Heart Health:*

Yogurt has been shown to benefit heart health by increasing Good cholesterol and also reducing blood pressure.

**Worcester Elder Services and WLEN Invite you to the Rainbow Lunch Club**

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





## 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.



## Become a Friend of the Lancaster Seniors! 2018 Annual Appeal for Donations

We encourage you to consider supporting the Friends of the Lancaster Seniors, Inc., a non-profit 501(c)3 corporation. *You don't have to be a Senior to be a Friend!* Please help us by making your tax-deductible donation today!

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). In addition, we provide money to help fund the Community Services Liaison, a position that has provided invaluable services to our senior population. 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!

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).

*Thank You for supporting Lancaster Seniors!*





**We welcome everyone!**

**Office hours**

**Monday-Thursday 9-12**

*Or for special events*



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! Clear Summit, Lancaster Applefields, Stow, To **Harvard Community Health Foundation** for their generous support, and **MCOA**.

### *Special Thanks to:*

John J, 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

### **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  
August 15th  
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>



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