



COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

DECEMBER, 2022

Holiday Sip & Shop

Hosted by the Lancaster PTO

December 3rd, 12-4pm

**Lancaster Community Center
39 Harvard Road, Lancaster MA**

**20+ LOCAL VENDORS
10 MIN PHOTO SESSIONS
CRAFTS FOR KIDS
GIFT WRAPPING
BAKE SALE
RAFFLES
CASH BAR**

<https://bit.ly/sipshopevent>



Book Photos Today!

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CENTER ACTIVITIES

- Pickleball | Ballroom dancing | Yoga Tai Chi | Walking Group |
- Bingo
- Lunch Club | Meals | Trips | Veteran Benefits | Well Clinics | Transportation | SHINE | Agency Referrals | Bridge | Gardening | Mah-jong | Book club | Open Mic nights | line dancing

Greetings,

Sing it with me, 'it's the most wonderful time of the year...' and we all want to partake in the joys the holidays bring, from the glimmer of lights to the scent of pine and cinnamon to the music that brings nostalgic memories filled with joy, and when we combine all that, we find ourselves a little more thankful, joyful, and kind.

That said, we also know that there are many a folks who don't have a family to make memories with and/or extra money to spend this year. We certainly all feel the rising costs, however, I bring you this feel-good message from your friendly town Director. If you have lived in Lancaster for a while, you know of the **Angel Tree** and if you are new here, we openly welcome you to a community who truly cares! Our Angel Tree was established in 1998 by a few residents who recognized a local need. Although Francine Moody was not the founder of the tree, many will tell you she was synonymous with Lancaster's Angel Tree and the face of the Lancaster Police department for many years. Thus, in honor of her memory, we keep this tradition and all the dreams made possible through the **Lancaster's Angel tree**, alive! This tree serves as a symbol of *hope and generosity* for those who need it most this time of year. Each year this emblem of unity and compassion grows with the generosity of our constituents and local businesses. This year the police department has expanded its goals and partnered with the **Community Center** to enhance services to our seniors. Please consider getting involved and helping to make a difference for fellow community members. Tags can be picked up in the lobby of the police station any time or email

RZagwyn@lancasterma.net for information on how to participate. Let's make this our best year yet!

Be kind and stay healthy,
Kelly Dolan



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ltempleton@lpicommunities.com

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Lancaster 4-H Presents Festival of trees and the Annual Tree Lighting event!!!

Festival of Trees will be on December 3rd from 10am-8pm and December 4th from 10am-noon in the former Town Hall. Enjoy helping us judge the 'best in show' as well as the gingerbread house competition!

Our annual Tree Lighting is on December 3rd at 6:45pm on The Town Green!



**Nashoba
Neighbors**
BERLIN • LANCASTER • BOLTON

Nashoba Neighbors is Gearing Up for 2023!

We are happy to announce that we are mid-way through our pilot program in Bolton, Berlin, and Lancaster. For the past two months we have enrolled members and volunteers to help us with a trial run before we officially "open our doors" in January. Our pilot volunteers are helping our members by cleaning up garden beds, organizing a sewing room, providing transportation to appointments and handyman services. It is exciting to see our seniors receive the help they need to continue living comfortably in their homes and in their community, all through the kindness of community volunteers. Their gratitude is worth all the hard work of getting Nashoba Neighbors up and running! We hope you join us!

Things You Can Do Now

Call us to learn more about how you can become a volunteer or member. We are friendly and would love to talk to you about how you can help. We are a group of neighbors helping neighbors. We believe that we can make a difference by helping older adults live comfortably in their homes.

Join our email list to receive monthly updates. Email us at info@nashobaneighbors.org or call 978-226-8844.

Tell your neighbors and local Council on Aging that Nashoba Neighbors provides membership subsidies for those who qualify. Who do you know who could benefit from the home and transportation services that Nashoba Neighbors provides?

Donate to Nashoba Neighbors. We are a 501(c)(3) nonprofit corporation. We are all volunteers and your donation will go to support our work

*978-226-8844 *nashobaneighbors.org*info@nashobaneighbors.org



The Lancaster Community Center (LCC)

An all-ages center for community events

www.ci.lancaster.ma.us Or call—978-733-1249

The LCC is open from 7am-7pm M-F and 8am-1pm on Saturdays

Where: The Community Center is behind the Town Green (behind Prescott Building). The lower level has handicapped access. **What:** The Center is home to many special events and open to **all ages.** A full schedule is on the town website, under Community Center. The LCC is home to Lancaster Social Services offices. Each office keeps their own office hours; Veterans Affairs, Council on Aging, Recreation and Board of Health. The LCC is home to the Senior Center, and offers meeting space for 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, Line dancing, cards, basketball, Pickleball, personal training and more. We also host special summer and winter sporting events.*
 - ◆ *Arts and Crafts Classes , Group Community Garden Beds and more*
 - ◆ *Community BBQ's, Holiday events, Concerts, Open Min nights, Fairs*
- ◆ *Social Services support for all ages including SNAP, SHINE, Fuel Assistance, Referrals etc.*
 - ◆ *Wellness Clinics, the fourth Tuesday of the month*
- ◆ *Information series by guest speakers on topics relating to Lancaster and more*
 - ◆ *Field Trips to some of our New England treasures*

Rentals:

We rent our facility for reasonable fees! The Center is popular for Parties, Cookouts, Reunions, meetings and more! Check the calendar for availability, and the website for our rental forms (call to be sure). There are a variety of spaces including game and 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!



HUNGRY? DON'T WANT TO COOK?

The Lancaster Senior Center supports the MOC Meals on Wheels program. If you are home-bound and need meals delivered, Call 978-345-8501 x2 and ask to be signed up for home delivered

Worcester Elder Services and WLEN Invite you to the Rainbow Lunch Club Every 2n and 4th Wed. at Noon

UNITARIAN CHURCH, 90 HOLDEN ST. WORCESTER QUESTIONS
OR TO RSVP CALL 508-756-1545 OR EMAIL
WLEN@ESWA.ORG

All,

It's that time of year again, time to bring Holiday Cheer to residents of our Community, We have not done a cheer event for a while so lets make this one better and more joyful than ever. The Holiday Cheer Bags will be going out on Thursday, December 15th. Non perishable Items can be dropped off at the Community Center in the Cafe area. Perishable items to be dropped off on Wednesday, December 14th at the Community Center or Old Town Hall. (times to be announced) Please sign up on Sign Up Genius or on our Amazon List to make this event successful!

Thank you again for your support & Happy Holidays to All!



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that Support our
Community!



Get into Shape!

IN PERSON AT THE COMMUNITY CENTER!

Strength & Weight Training

SATURDAYS— 9 AM (Zooming, too!)

Check in 10 minutes early please

ZOOM Meeting ID: 907734542

Get in shape—get rid of the Covid 15! (yup, that is in pounds). Strengthen your core, improve your flexibility, work on your balance with resistance training and weights.

All ages and abilities will benefit, especially 50 plus.

Learn to Dance !

Ball Room Dancing Lessons

with

Jim Cole of Sunstrike

Thursdays at 7pm

Tai Chi and Quigong

BACK TO TUESDAY AT 9:30AM!!

In person in the gym

Tai Chi uses gentle movements to **reduce stress and improve health**. "Tai Chi strengthens the weak, raises the sick, *invigorates the debilitated, and encourages the timid*"

-Tai Chi Grandmaster Cheng Man-Ching 1947

Studies prove Tai Chi improves balance , and reduces your risk of fall! Try it—FREE for the first virtual lesson.

Instructor: Jeff Cote

\$5 per class or 6 classes for \$25

Line Dancing!!! Thursdays 4:30-6:00pm in the Gym. Come dance, laugh and make memories with your friends. Last class is 12/15/22—we will start up again in January after a small holiday break!

In-person (LCC Meeting Rm) or Zoom (ID: 742 183 799)

Hatha Yoga

Monday at 11:15

Try it! First class is free. 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.

Now in THE GYM, or outdoors or on Zoom!

We provide mats and water!

\$5 per class or 6 classes for \$25

(Buy a card, no penalty for missed classes!)

Your FREE Health Resource

The Backstage Gym is Open!

Join us to use the best, professional grade exercise equipment in a low stress, no crowding, NO FEE environment! All you need to do is come on down!

Open MON-FRI 7am-7pm and Sat 8a-m1pm

Thank you to the Friends of Lancaster Seniors for the equipment.

Join us for a new fitness class, get in shape for the holidays!

Strength and Cardio!

Fridays at 9:00 a.m. Community Center Gym

\$5 per class or \$25 for 6 weeks

Join us for a 45 minute class combining aerobic conditioning, strength training, core and flexibility. Designed for max results! Appropriate for all fitness abilities. This class will strengthen and tone your entire body, using body weight, weights and other fitness equipment. We provide the equipment. Bring your will and determination!

PICKLEBALL IS BACK IN THE GYM!



Signup for a session online:

<http://playtimescheduler.com>

Lancaster is listed under
"Central Worcester County"

\$3 per session. Prepay and get one FREE session for every five you purchase.

Local Food Pantry's

Wheat Community Connections

272 High Street, Clinton · (508) 370-4943

Caring Is Sharing Thrift Shop & Food Pantry

63 Plain St, Clinton · (978) 368-9990

Wachusett Food Pantry

50 Worcester Rd, Sterling · (978) 563-1064

Berlin Family Food Pantry

23 Linden St, Berlin · (774) 245-8320

FUEL ASSISTANCE

Making Opportunity Count (MOC)

Complete an application online at: www.toapply.org/MassLIHEAP

Email documents to: fuelassistance@mocinc.org

Drop box available at our 601 River Street office. Box is located to the left of our main entrance door.

Need assistance: Contact Kelly Dolan at the Lancaster Community Center: kdolan@lancasterma.gov or call at 774.733.1249

CRAZY CRAFTERNOONS!

Fun Class take home gorgeous cards CARD MAKING CLASS

Join us in the Community Center meeting room! A small group of crafters (space is limited to give you attention and allow for distancing) and create wonderful homemade cards-so pretty you won't want to give them away! You will take home at least three cards, maybe more!

Instruction, Materials, laughs just \$10
December 16th

COMPASSIONATE CANNABIS

CONVERSATION 12/22 @

6:30 Lancaster Senior Center

Ask questions, get educated and enjoy!!



EVENTS& PROGRAMMING

Nashoba's Public Health
Nursing Team

Well Adult Health Clinic
on December, 27th

1 p.m.—2 p.m.

Lancaster Community Center
blood pressure monitoring, glucose, oxygen and more.

Thanks to the Nashoba Nursing Team

AMERICAN MAHJONG LESSONS & PLAY

FREE! WEDNESDAYS 10:00 A.M.

Keep your brain 'fresh and supple', play Mah-jong!

A great game played with 152 tiles, dealt in 'hands'. Fun people willing to help teach.



TUESDAYS 1-3

Everyone is welcome!

Join your Bingo Buddies or make some new friends.

Community Center—meeting room

PLAY BRIDGE!

Thursday, 12:30-3:30

Friday, 1:00 –4:00 p.m.

LCC Meeting Room

Snacks! Fun!

Free!



Bridge

EVENTS & PROGRAMMING

**Open Mic
First Friday
of Month
6:30PM -
9:00PM
Community
Center
Coffeehouse
695 Main
Street
Lancaster**

**December 2nd
Next Open Mic**

**Sign Up
PM
deehurley@
hotmail.com
978-257-2849**



**all ages welcome
interested in being a
feature contact
Denise Hurley**

*To support the Friends during the holi-
days and all year long
Cut and mail this form*

Please 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 Denise Hurley...978-257-2849...email Deehurley@hotmail.com. Also, can you change web site to www.friendsofthelancasterseniors.com

Name: _____

Address: _____

Email: _____

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

Thank You for supporting Lancaster Seniors
<http://FriendsoftheLancasterSeniors.org>

***Join the Friends Meeting
December 9 at 10:30 a.m.***

Are you interested in the Business of the Friends . Are you willing to help, want to learn more ? This is a great opportunity. To learn more, enjoy a snack and meet some kind neighbors.

Senator John Cronin

invites you to coffee & donuts

At the Lancaster Community Center—on the 1st Tuesday of the month 12-1pm

Worried about your Taxes?

Tax Relief to Consider

Questions? Assessors at 978-365-3326x1312

Lancaster Recycling Center

Centerbridge Rd

[Click here for details](#)


First and Third Weekend

Saturday and Sunday

10 a.m. to 12 noon.

\$3 per visit

ALL DATES ARE WEATHER PERMITTING
When in doubt check the Town Website
Call Nashoba Dispatch



December 2022



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3
			BRIDGE - 12:30pm	Strength & Cardio 9:00	SIP & SHOP
				BRIDGE - 1pm	Festival of Trees 10A
			LINE DANCING 430P	Open MIC 6:30pm	
			Ballroom Dancing 7p		Tree Lighting 6:45P
5	6	7	8	9	10
	Tai Chi 9:30am	MAHJONG 10am	BACH Performance		Strength Class 9:00
Yoga - 11:15			BRIDGE - 12:30pm	Strength & Cardio 9:00	Mtng ID: 907734542
	BINGO! 1pm			Friend's of Lancaster	
	VA Rep 8-12		LINE DANCING 430P	Meeting @ 1030	
			Ballroom Dancing 7p	BRIDGE - 1pm	
12	13	14	15	16	17
	Tai Chi 9:30am		BRIDGE - 12:30pm	Strength & Cardio 9:00	
Yoga - 11:15		MAHJONG 10am			Strength Class 9:00
	BINGO! 1pm		LINE DANCING 430P	BRIDGE - 1pm	Mtng ID: 907734542
	VA Rep 8-12			Crazy Crafternoon	
			Ballroom Dancing 7p	10am-12pm	
19	20	21	22	23	24
Yoga - 11:15		MAHJONG 10am			
	Tai Chi 9:30am		BRIDGE - 12:30pm	Strength & Cardio 9:00	Strength Class 9:00
COA Meeting 10:00am Mtng ID: 83816132161	BINGO! 1pm		Cannabis Conv 6:30p		Mtng ID: 907734542
	VA Rep 8-12		Ballroom Dancing 7p	BRIDGE - 1pm	
26	27	28	29	30	31
	Tai Chi 9:30am			Lunch Club 12pm	Strength Class 9:00
Yoga - 11:15	BINGO! 1pm	MAHJONG 10am	BRIDGE - 12:30pm		Mtng ID: 907734542
				Strength & Cardio 9:00	Happy New YEAR!!
	Wellness Clinic 1pm W/a Nashoba Nurse		Ballroom Dancing 7p	BRIDGE - 1pm	

PICKLEBALL IN THE GYM!

Signup: playtimescheduler.com

Mon 9:30-11:30, 1-3, 6-9pm

Tues 12-2pm

Wed 8:30-10:30, 1:30-3:30pm

6:00-9:00pm

Thu 9:30-11:30

Fri 10:30-12:30; 3:30-5:30

Sat 10:30-12:30p, 1:00-3:00p

EVENTS & PROGRAMMING

SHOPPING & DINING

WEEKLY TRIPS HAVE STARTED! CALL 978-733-4076 TO RESERVE

MONDAY AFTERNOON—CLINTON

TUESDAY AFTERNOON—WALMART

WEDNESDAY AFTERNOON—VARIES

THURSDAY AFTERNOON—MARKET BASKET

LUNCHEON CLUB—FOURTH FRIDAY (USUALLY)

December 30th 2022

Thayer Library

Monday: 10-8

Tuesday: 12-8

Wednesday: 10-8

Thursday: 10-8

Friday: 10-5

Saturday: 10-2

The Library provides by appointment technical assistance with all electronic devices -Call Rachel at 978-368-8928 x 4.

To see what's going on at the Library check out their website: thayermemoriallibrary.org

LANCASTER MART VAN POLICIES

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

FEES & POLICIES

Office hours are Mon -Thurs 8:30am to 1pm. **Reservations:** Call 978 733 4076 Please leave your request on our voicemail. Messages will be returned next business day by noon. At least 48 business hours' notice to reserve a ride.

*We will try to honor your emergency but often can not.

*Requests will be accepted in the order received.

*Preference given to medical appointments.

*Our Service Area: Lancaster, Clinton, Sterling, Bolton, Leominster, Fitchburg, Ayer.

*FEES: Lancaster 50¢ per stop.

Clinton, \$1 plus 50c per additional stop

Fitchburg, Ayer \$3 plus 50c per additional stop

All others \$5 plus 50c per additional stop

Attention Veterans/Surviving spouse

Did you know the VA has presumptive conditions that are attributed to Agent Orange exposure for Veterans that served in Vietnam. Conditions covered, Diabetes, Ischemic Heart Condition, Parkinson's, Hypertension, and many types of cancer. A surviving spouse may be entitled to VA Widows benefits if any of these conditions contributed to their death. Please contact VSO Rick Voutour at 978 534 7538 for more information

Richard Voutour 1st SGT USMC RET—Veteran Services Officer

Contact: rvoutour@leominster-ma.gov

Lancaster Office: Lower Level LCC, Tuesday mornings

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

LCC Wine and Dine Club

Care to join us for dinner out? Have a favorite spot? Suggestions appreciated.

Starting back up in January!

Fun Dinners out to our favorite places, or maybe just to try something new! Transportation and bad jokes only \$2. Food and drink is your responsibility.



LANCASTER OUTREACH

- ◆ Transportation
 - ◆ Housing
- ◆ Food Stamps (SNAP)
 - ◆ Fuel Assistance
 - ◆ Health Insurance
 - ◆ Budget and Taxes
 - ◆ Fitness
 - ◆ Caregiving
 - ◆ Visits

please call or email for an appointment.

*978-733-1249 x1055

*kdolan@lancasterma.gov

THE SHINE PROGRAM

WELCOMES YOU

SHINE (SERVING THE HEALTH INSURANCE NEEDS OF EVERYONE)

SHINE provides FREE unbiased health insurance counseling information and assistance to Massachusetts residents with Medicare, their caregivers and those approaching Medicare eligibility. Statewide, there are more than 600 certified volunteer counselors

[Shine \(shinema.org\)](http://shinema.org)



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Have you been procrastinating? Do you have a Will or Estate Plan?

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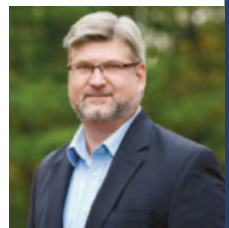
713 B Main Street, Bolton, MA 01740

Phone: 781-643-1070

Email: JCOSTANZO@JOHNCOSTANZOLAW.COM

Website: WWW.JOHNOCOSTANZOLAW.COM

- *Wills and Trusts*
- *Health Care Proxies and Powers of Attorney*
- *Estate Tax Planning*
- *Life Care & Elder Care Planning*





GROTON HILL
MUSIC CENTER

BACH'S LUNCH CONCERTS

Violin & Piano Duo

December 8, 2022

1:30pm

To sign up please contact:

Kevin Mitrano KMitrano@lancafterma.gov

Recreation Coordinator



15-Week Free Adult Courses



Open House!

Monday, November 28, 2022

6:00-8:00 PM

758 Marrett Road (Route 2A), Lexington, MA

Automotive Technology

Carpentry Pre-Apprentice

CNC Machine Operation

Cosmetology

Electricity

Facilities Management

Plumbing Code

Welding



Courses are FREE for students over age 18 with annual income below \$63,900 in Middlesex County or \$44,500 in Worcester County.

minutemanti.org 781-861-7151