



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
November 2018 (978) 733-1249 , fax (978) 733-4076 Alexandra Turner, Director. Donna Traylor, Marilyn Largey

In Local News...

Let's talk Turkey!

Q:What is better than Thanksgiving with family?

A:*Thanksgiving with Friends and Family!*

Thanksgiving with Friends!

All ages! Entertainment!

November 15th 1:00PM

With all the fixings!

RSVP 11/13th

Van trips free!



Dessert and Pie Contest

Awards for Best Apple, Best Pumpkin,

Best Cream Pie, and of course Best of the Rest!

Bring a recipe and one pie!

Be prepared to share.

(Homemade encouraged, admit it if you cheat)!

Bring a recipe for us to copy

A feast to be sure! Sample Menu includes

Light appetizers, Fresh Roasted Turkey, Curried Squash/Pumpkin or Carrot Ginger Soup +, Apple/Cranberry/Pecan Stuffing, Wild Rice Citrus Salad, Green Beans Almondine, Homemade Smashed Potatoes, Cranberry Orange Sauce, Assorted Breads and Herbed Corn Bread and more!

\$10 general \$8 Seniors +under 12

978 733 4076 dtraylor@lancasterma.net



Thoughts from the Director

The crisp autumn air is upon us heralding all those great New England traditions: apple and pumpkin picking, foliage hikes, and, of course, preparing for sumptuous Thanksgiving meals. We all know Thanksgiving is much more than a hearty meal; it is a spiritual time. It is a time to count our blessings and to take a moment to share with friends and family.

Our Thanksgiving plans at the Center were on my mind as I prepared to write you. As the team planned for the dinner we thought of how best to honor the spirit of the Center; after all, the spirit of Thanksgiving describes the ethos of the Center *every month*, not just November. We are a diverse community helping one another as the Native Americans joined the Pilgrims to share friendship and food.

It is a lot of work, but as the adage goes, 'many hands light work.' I am thankful for our many volunteers: the bakers who contribute to our dessert contest, the crew from Perkins who helps us decorate, Homeschoolers 4-H, our board and the many tireless people who are here late and weekends to set tables and cook! We need more hands and would appreciate any effort you could offer to make the work lighter for the rest of us!

Hope to see you soon,

Alix

PS Do you want to be added to our email list to get this newsletter electronically? Of course you do! Send me an email at aturner@lancasterma.net and I'll add you to the list. Please like us on Facebook- Thank you! www.tinyurl.com/lancastercc

Friends of Lancaster Seniors

**Tuesday
Pancake Breakfast**

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!

NOTICE

PANCAKE BREAKFAST

**CANCELLED 11/6/2018 DUE TO VOTING
SO SORRY!**

HOPE TO SEE YOU. 11/13/2018

The Mens Club of the
Immaculate Conception Church

Main Street, Lancaster

Invite you to join them!

PASTA SUPPER

Saturday, November 10th ,

5:00 PM to 7:00 PM, in the

Church Hall.



\$10.00 for adults and \$8.00 for seniors

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

The Center Village Garden

***Healthy
Winter Lunches***

Third Thursdays

Watch for menus on

Facebook or call us

Recipes available

\$5 per person

Includes, beverage and tip! :)

RSVP Required 978-733-4076

Great healthy meals—cheap!



Food is medicine



Harvard Pilgrim
Health Care Foundation

4-H Holiday Food Drive



**Shopping? Buy a non-perishable food
item or toiletry for the 4-H food drive.**

Collection Box in upper foyer

**Friday, November 9th
Vaillancourt Trip**



VAILLANCOURT

Join us for an early holiday treat visit the studios of vaillancourt where artisans create heirloom quality Chalkware figurines and ornaments from antique chocolate moulds. During our tour you will see how the process of creating each step and watch the artisans at work. You will have a chance to shop, holidays are just around the corner! Everyone leaves with an ornament!

On the way home we stop for lunch and 'awesome bread' at Birchtree Bread Company in the Crompton Building. Yes, yes we will have enough time for you to shop the collective downstairs- only if you promise to be good.

We leave the Center at 9 a.m. after a quick continental breakfast. Following our tour we lunch and shop and return to the Center by around 2. A morning of fun and friendship! \$22 Lancaster Seniors/\$24all others. Includes, tour, ornament and transportation. Lunch is not included. Reserve at 978-733-4076

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.*

November 23th Black Friday Meal—Vals in Holden

Reserve your ride at 978-733-4076

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

Details and Questions 978-733-4076



2018-2019 FUEL ASSISTANCE PROGRAM

It's been a hot, hot summer. Before you know it the snow will fly.

"Nature has no mercy at all. Nature says, "I'm going to snow. If you have on a bikini and no snowshoes, that's tough. I am going to snow anyway." *Maya Angelou*

If you or someone you know needs **assistance paying for fuel** the LIHEAP program is a very good option.

Low Income Home Energy Assistance Program (LIHEAP) is managed by The NEW ENGLAND FARM WORKERS' COUNCIL (NEFWC) and serves households meeting income guidelines in the North Central Mass area.

Who should Apply? *Renters and homeowners who pay for their own heat.
Renters whose **heat is included** in their rent.*

When? *For those applying for the first time application process is from November 1st - April 30th.
(Applications for households eligible for Fuel Assistance last winter will be mailed in August.)*

Other Benefits *When you become eligible for Fuel Assistance, you may be eligible for*

- A discount on Unitil or National Grid utility rates
- Weatherization, which is a program that can install attic/or wall insulation and perform air sealing measures to prevent loss of heat.
- Burner repair or replacement if you are a home owner. Priority is given to people with no heat or unsafe heating situations.

Applications are by appointment only. Call (978)342-4520 Monday thru Friday from 9AM to 12PM and 1PM to 3:30 PM to make an appointment. Only first time applicants should schedule an appointment in person.

Eligibility for the LIHEAP fuel assistance program is determined on the basis of a household's gross income (before deductions) and size. Proof of income of all household members must be provided for not less than 30 continuous days (4 weeks) prior to application submission date.

NEW ENGLAND FARM WORKERS' COUNCIL 473 Main St., 3rd Floor, Fitchburg, MA 01420 (978) 342-4520

<http://www.partnersforcommunity.org/default/index.cfm/fuel-assistance/>

SNOW POLICY

In the event of Nashoba Regional Schools cancel we will cancel van services. In the case of a delay we delay, look to our website and Facebook for updates.

Medicare Open Enrollment **Oct 15th - Dec 7th**



Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best.

FREE! SHINE COUNSELORS ARE AVAILABLE TO HELP YOU REVIEW YOUR OPTIONS.

- Wednesday November 7, 14, 28
- Monday November 19
- Wednesday December 5

Mornings— By Appointment Only Call - 978-733-4076

“SHINE’S MEDICARE AND MORE” PROGRAM

Central MASS SHINE Cable TV program called SHINE’s MEDICARE AND MORE”. This program is designed to educate and update you on MEDICARE and other programs that can assist you with your health insurance needs.

Links to the online episodes can be found at www.shinema.org

RECYCLING CENTER NEWS—A PSA!

<https://www.ci.lancaster.ma.us/recycling-center>

- 1) Despite challenges the Recycling Center is still active.! Saturday & Sundays mornings. 10-12
- 2) Winter weather is coming! If it is pouring, snowing, or the DPW is in active clean up mode, the Recycling Center will be closed.

When in doubt Nashoba Valley Regional Dispatch District at 978-772-1900

More information about Hazardous Waste etc. Maybe found at



Join us for a Pet Memorial Service

A Time to Remember our Departed Pets and Animal Companions

November 8th 1 p.m.

Lancaster Senior Center

New Date

The service is ecumenical, we include all pets and faiths. Join us to reflect and celebrate the wonderful creatures that have touched our lives.

Please bring a photograph, a pet toy, a collar, a reading or a remembrance



Center Village Table Gardens

An intergenerational community garden and cooking project

Interested?

www.ci.lancaster.ma.us

Or 978-733-4076

Generously supported by



Center Village Table Cookbook & Video Cooking Series Coming Soon!

Heathy Lunches on third Thursdays!

Coming for the Holidays!

Our delicious recipes and tutorials and planting tips all in one handy book!

Interested in a Garden Bed? Family beds, ADA beds etc.

Ready for the spring!



Muno Felling

Scarf Class

Coming in December

Register NOW

Limited to first six reservations only

Call for details



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 & Sat 9:30 am \$5

Thurs 11 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

**STARTS BACK UP LEARN FROM THE
BEST!**

\$13 per class or 3 for \$30

Lancaster Keep Moving Walking Club

Striders and strollers welcome.

Tues & Thurs 9 am

FREE



LEARN TO DANCE!

Ballroom Dancing starts Thursday

Dancing is a great workout, and great for your coordination and balance. So much fun! Come alone or with a partner.

Two levels of dance: Beginner 6pm / Intermediate 7pm

\$13 drop in \$10 if purchase 3 or more sessions

Getting ready for a wedding? Also available for
private lessons \$75 hour Jim Cole SUNSTRIKE DANCESPORT
Lancaster Community Center Gymnasium

PICKLEBALL PAGES

2018-2019 SCHEDULE

Upstairs Gym at the
Lancaster Community Center, 695 Main Street, Lancaster MA 01523

The Lancaster Community Center starts Pickleball Saturday, October 27th. Everyone is welcomed to come and play! There are two types of sessions:

Reserved Play – limiting the number of players to 7 (1 Host plus 6 Players).
Use [SignUpGenius](#) to reserve your place.

Open Play – no limit for the number of players, no sign up necessary. Open sessions are
Mondays from 1-3:00 p.m.; Tuesdays from 6-9:00 p.m.; Saturdays from 8-11:00 a.m.

All sessions are \$3.00 per person, payable at the time of play. Players are asked to sign in using their Lancaster Community Center card and bring clean, dry sneakers.

Beginners are encouraged to come to the Monday open session. Shawn Parker will be there to coach and instruct beginners.

Advanced players are encouraged to sign up for the Wednesday afternoon sessions with Dennis Prinos.

Home Instead Senior Care
Presents

ELVIS

A Tribute To Elvis

November 8th
12:00pm to 2:00pm
\$3.00/ticket
Lunch Included

rsvp: Heather Goodsell
Bolton Council on Aging
(978) 779-3313

First Parish Church
Bolton, MA

Starring

Robert
Black

Another Consignment Crawl

Another most excellent adventure!

Grafton and environs

Friday, November 30th

This time we take a right hand turn and head southwest to explore some 'new' old shops full of second hand treasures. We start our adventure heading to some great haunts in Grafton. We will need sustenance and try the Grafton Grill for lunch. Why not, it gets good reviews! If we are not laden down with too many treasures we may have time to stop at Savers Marlborough or another fun stop. For those of you who have been on our adventures know it is always fun, usually we all find something great and get to see or make some friends! Hope you can join us!

Lancaster Seniors \$7 all others \$9 Lunch is not included. Morning coffee, snacks and van treats included. Limited space RSVP 978-733-4076 Meet at Center at 8:30-back mid afternoon.

The Best of Boston -A Holiday Palooza!

December 19th

Come enjoy the city bedazzled for the holidays. We spend the day enjoying culture, history and of course shopping and eating.

Wear your most comfortable water proof boots, and break out your fit bit, we are off on another adventure! This time we spend the day in a walking, and shopping tour of our capital city, Boston. It is a great time to be in Boston, and we will hit a few of the best holiday highlights, of course we will work in some gourmet 'rest stops too'. Highlights include a guided tour of the Church of the Covenant to see their Tiffany windows, and a stop to see Trinity Church. What better way to appreciate the splendors of the Christian holidays. We will add in the Boston Library. Shopping at The Gourmet Boutique for little tasty gifts for your sweetie or yourself, You will have to decide where to spend those hard earned dollars-shopping at Copley Place and the Shops at the Prudential or wandering over to Newbury Street or the now chic Boylston Street. Of course we need to get together for a sumptuous cheap lunch a hidden gem in Chinatown. No trip would be complete without a tour of the lights at Faneuil Hall and the Common. More specifics coming, but as space is limited we wanted to get the save the date out to you soon!

Interested. Save a spot by calling Donna at 978-733-4076. Walking required. Includes all transportation, snacks before and after- Chinese/Asian luncheon and tea/cake break.



NEC Symphonic Winds & Chamber Singers with the U.S. Navy Band



December 5th *A Holiday Concert & Luncheon*

NEC Symphonic Winds & Chamber Singers with the U.S. Navy Band perform holiday selections in the lovely Mechanics Hall. The New England Conservatory is one of the most prestigious institutions in the country and this should be a world class concert. The US Navy Band is amaz-

ing too, what a combination! We will get there early and enjoy a delicious Mediterranean lunch while watching the concert. We then get chauffeured back to the Center in time to enjoy the afternoon.

Lancaster Seniors \$12 includes concert, transportation and luncheon. Others (enroll after 11/16) \$14

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

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/

MASSACHUSETTS HEALTH CONNECTOR

1-877-623-6765 TTY 1-877-623-7773
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

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

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

SHINE APPOINTMENTS!

OPEN ENROLLMENT ENDS DEC 7th!

Serving the Health Insurance Needs of Everyone SHINE Counselors are available

By Appointment Only 978-733-4076 Some Tuesdays and Wednesday "SHINE'S MEDICARE AND MORE" PROGRAM

Watch SHINE News at www.shinema.org

TUESDAY BLOOD PRESSURE AND WELLNESS CLINICS-FREE!



Keep Well & Blood Pressure Clinics

8-10 a.m. 1st and 4th Tuesdays

1st Tuesday Nashoba Board of Health "Town Nurses"

4th Tuesday: VNA Care

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. Thank you to





Interested in Learning? FREE Mahjong lessons

FREE! Wednesdays 10:45 a.m. beginning November 7th

Keep 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.

Small group lessons, start from the beginning or get a group of seasoned players.

or one on one. Call for details, or just tell us you are interested.

(978) 733-4076 or dtraylor@lancasterma.net



FREE CRAFT CLASS!

**PLARN AN ECO-FRIENDLY GIFT
FOR A 'GREEN' HOLIDAY**

Water bottle sling ~ or wine bottle gift holder!

Plarn is 'plastic yarn'. Reuse plastic bags headed for landfills, we can crochet them into useful projects like messenger bags, beach bags, water bottle slings, wallets, sleeping mats for shelters, purses, and more!

Wednesday, November 14 6:30 PM

Free Hot Chocolate and Snacks. Lancaster Community Center

ALL WELCOME! RSVP please!

Supplies to bring: 20 clean plastic grocery bags (colors)?-we have some. A pair of scissors, a crochet hook size at or close to 6mm (J-10) (or let us know and we will borrow a hook for you to use.)

Laura Bogart will teach you to follow a crochet diagram including rounds, double

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



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

Painting the Landscape in Pastel: A one day workshop with Jacob Aguiar

We are on a
waiting list!

Call if interested.



Have you just started painting in pastels and want to expedite your learning, or are you an experienced pastelist looking to change things up in a friendly but challenging environment? In this workshop, critically acclaimed artist Jacob Aguiar will guide you through his process of creating pastel landscape paintings en plein air and in the studio. Focusing on the foundations of successful representational art, including composition, values, color, and drawing; and including specific exercises such as creating notans, small color studies, and underpainting techniques, Jacob will take you through the process of producing landscape paintings in pastel.

Instructor: Jacob Aguiar is a nationally-recognized and award winning landscape pastel artist.

Who should attend: Anyone from the beginner to more experienced pastelist looking for

Dates & Price

Date: 11/10/2018

Time:

Coffee/set up 9-10 Workshop 10-5

Cost: \$125 coffee & continental breakfast included

Location

Lancaster Community Center

695 Main Street

Lancaster, MA 01523

United States

For More Info

Lisa Nugent

lisanugent@aol.com

978-870-2868

Reservations:

Alexandra Turner

978-733-4076

Thayer Memorial Library Invites you to a free evening

Tuesday, November 6 @ 6:30 p.m.

Puffins and Auks and Muirs ... Oh, My ...

presented by wildlife photographer John Rockwood, aka The Loon Man

This photo-journey will include seals, eagles, ospreys, moose, fox, and swans too.



This program is funded by the Rosemary Davis Memorial Fund grant from the Greater Worcester Community Foundation.

LOST and FOUND NOTICE! LAST CALL

We are cleaning out our lost and found to make room on our coat racks! If you visited and are missing anything come check!

All items not returned to their owners will be donated

Last Call November 14th, 2018





Food, Glorious, Food

May you never be hungry.

Ever Wonder if you would Benefit from Meals on Wheels?

Please contact Marilyn Largey, Lancaster Community Service Liaison, to complete the referral for the application, to see if you qualify for Meals on Wheels (MoW). Marilyn's email is MLargey@lancasterma.net PHONE: 978-733-1249 #4 .

Do you need assistance applying for SNAP benefits (food stamps)?

SNAP serves families with children, elders and disabled.

Please contact Marilyn Largey, Lancaster Community Service Liaison, Marilyn's email is MLargey@lancasterma.net PHONE: 978-733-1249 #4 .

Lunch for Seniors and Disabled and Qualify for Meals on Wheels:

Lancaster Community Center & CoA Senior Center:

LUNCH is served from Monday - Thursdays in the kitchen.

RSVP 24 business hours before you plan to join for lunch

CALL: Sue Franks 978-733-1249 TIME: 11:30 AM

There is a suggested donation of \$3. People are friendly and welcoming.

Center Village Table Healthy Garden Lunches

Thursdays @ Noon Recipes available

\$5 per person Includes, beverage and tip! :) Check Schedule

Tuesday Pancake Breakfast

Provided by FRIENDS of the Lancaster Seniors: Community Center Kitchen.

TIME: 7:30-ish AM to 9:00 AM.

EVERYONE is invited. SUGGESTED donation \$3.

INCLUDES: French toast, eggs, sausage, fruit, orange juice, coffee, tea and all the pancakes you can eat.

LOCATION: Behind the Town Green, Main St, Lancaster, MA -

We also transport to Local Supermarkets, Food Pantries and Farmers Market. Donna at 978-733-4076

Alexandra Turner, Director of the Community Center, & Director of Council on Aging (CoA) Senior Center.

Any of our team would love to help. EMAIL: aturner@lancasterma.net PHONE: 978-733-1249 #3.

WEBSITE: <https://www.ci.lancaster.ma.us/lancaster-community-center-and-council-aging>

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

In the Season of Giving consider 'FOOD for FINES'

Thanks to The Thayer Memorial Library

November 23rd begins 'Food for Fines'

Thayer Memorial Library will once again offer the Food for Fines Program. Fines are forgiven with your donations. In particular we need. Toiletries: Toothpaste, tooth brushes, deodorant, adult undergarments large-ex large, baby diapers all sizes. Food: Cereals, mixes (cake, cookie, muffins etc.) pasta, soups, coffee, tea. Support your hungry neighbors.

Please No perishables, No expired food.



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 dtraylor@lancasterma.net

At least 48 BUSINESS hours' notice to reserve a ride.

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

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.

Resources and Help

Town of Lancaster

Senior Tax Abatement Program

Work off your taxes and help the town too!

Want to help your town

While working for a reduction in your real estate taxes.

If you are 60 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.

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

Contact Marilyn Largey to learn more.
mlargey@lancasterma.net
Phone 978-733-1249 x 1109

Medical Equipment Loan Program

Crutches, canes, commodes, wheelchairs, walkers, some first aid, Incontinence supplies and more.

Contact Marilyn Largey to learn more.
mlargey@lancasterma.net
Phone 978-733-1249 x 1109

Veterans Services Department

Richard Voutour 1st SGT USMC RET—Veteran Services Officer

Contact: 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

Village Church

South Lancaster
Thursday Evenings
6 pm-7 pm

Offering a wide variety of wholesome food

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

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

The Montachusett Opportunity Council

Presents:

FOOD FOR THOUGHT



WHAT IS THE MICROBIOME?

We humans are mostly microbes, over 100 trillion of them! The microbiome is essential for human development, immunity and nutrition. The majority live in our gut, particularly in the large intestine.

Learn how the microbiome affects our health by foods we eat.

APRES PANCAKES
NOVEMBER 13TH at 9:15 AM
IN THE
MEETING ROOM
LANCASTER COMMUNITY CENTER
695 MAIN ST. LANCASTER MA 01523



Presenter: Alex Welch, MA RDN, LDN

NOVEMBER 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																																																				
<p><u>1% MILK:</u> 110 calories 125mg sodium (included in totals)</p>			<p>1</p> <table> <tr><td>White Bean</td><td></td></tr> <tr><td>Chicken Chili</td><td>260</td></tr> <tr><td>Brown Rice</td><td>5</td></tr> <tr><td>Tossed Salad</td><td>5</td></tr> <tr><td>Multigrain Bread</td><td>164</td></tr> <tr><td>Diced Peaches</td><td>5</td></tr> </table> <p>Total Sodium: 564 mg Total Calories: 535</p>	White Bean		Chicken Chili	260	Brown Rice	5	Tossed Salad	5	Multigrain Bread	164	Diced Peaches	5																																								
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<p>5</p> <table> <tr><td>Gypsy Soup</td><td>272</td></tr> <tr><td>Hawaiian Mtballs</td><td>247</td></tr> <tr><td>White Rice</td><td>90</td></tr> <tr><td>Wheat Bread</td><td>160</td></tr> <tr><td>Fortune Cookie</td><td>6</td></tr> <tr><td>Pineapple Chunks</td><td>1</td></tr> </table> <p>Total Sodium: mg Total Calories:</p>	Gypsy Soup	272	Hawaiian Mtballs	247	White Rice	90	Wheat Bread	160	Fortune Cookie	6	Pineapple Chunks	1	<p>6</p> <table> <tr><td>Beef Stew</td><td>200</td></tr> <tr><td>Tossed Salad</td><td>5</td></tr> <tr><td>Biscuit</td><td>140</td></tr> <tr><td>CranApple Crisp</td><td>340</td></tr> <tr><td>D:CinApple</td><td>56</td></tr> <tr><td>Grahams</td><td>85</td></tr> </table> <p>Total Sodium: mg Total Calories:</p>	Beef Stew	200	Tossed Salad	5	Biscuit	140	CranApple Crisp	340	D:CinApple	56	Grahams	85	<p>7</p> <table> <tr><td>Autumn Harvest Sp</td><td>162</td></tr> <tr><td>Chicken Picatta</td><td>401</td></tr> <tr><td>Orzo Spinach Pilaf</td><td>57</td></tr> <tr><td>Multigrain Bread</td><td>164</td></tr> <tr><td>Fresh Orange</td><td>0</td></tr> </table> <p>Total Sodium: mg Total Calories:</p>	Autumn Harvest Sp	162	Chicken Picatta	401	Orzo Spinach Pilaf	57	Multigrain Bread	164	Fresh Orange	0	<p>8</p> <table> <tr><td>Meatloaf in</td><td></td></tr> <tr><td>Jardiniere Gravy</td><td>284</td></tr> <tr><td>Yukon Gold</td><td></td></tr> <tr><td>Potatoes</td><td>5</td></tr> <tr><td>Brussel's Sprouts</td><td>12</td></tr> <tr><td>Dinner Roll</td><td>132</td></tr> <tr><td>Mixed Fruit</td><td>10</td></tr> </table> <p>Total Sodium: 568 mg Total Calories: 648</p>	Meatloaf in		Jardiniere Gravy	284	Yukon Gold		Potatoes	5	Brussel's Sprouts	12	Dinner Roll	132	Mixed Fruit	10				
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<p>12</p> <p>CLOSED</p> <p>Thank You</p>  <p>VETERANS</p> <p>No Meals Served</p>	<p>13</p> <table> <tr><td>Potato Leek Sp</td><td>131</td></tr> <tr><td>Beef & Cabbage</td><td></td></tr> <tr><td>Casserole</td><td>301</td></tr> <tr><td>Rye Bread</td><td>150</td></tr> <tr><td>Diced Pears</td><td>5</td></tr> </table> <p>Total Sodium: mg Total Calories:</p>	Potato Leek Sp	131	Beef & Cabbage		Casserole	301	Rye Bread	150	Diced Pears	5	<p>14 Special High Sodium</p> <table> <tr><td>Roast Turkey & gravy</td><td>389</td></tr> <tr><td>Mashed Potatoes</td><td>66</td></tr> <tr><td>Bread Stuffing</td><td>158</td></tr> <tr><td>Butternut Squash</td><td>0</td></tr> <tr><td>Wheat Dinner Roll</td><td>105</td></tr> <tr><td>Pumpkin Pie</td><td>430</td></tr> <tr><td>D:Pumpkin Pudding</td><td>173</td></tr> </table> <p>Total Sodium: 1273 mg Total Calories: 905</p>	Roast Turkey & gravy	389	Mashed Potatoes	66	Bread Stuffing	158	Butternut Squash	0	Wheat Dinner Roll	105	Pumpkin Pie	430	D:Pumpkin Pudding	173	<p>15</p> <table> <tr><td>Broccoli Bake</td><td>482</td></tr> <tr><td>Red Bliss Potatoes</td><td>5</td></tr> <tr><td>Tossed Salad</td><td>5</td></tr> <tr><td>Multigrain Bread</td><td>164</td></tr> <tr><td>Fig Bar</td><td>100</td></tr> <tr><td>D:Lorna Doons</td><td>100</td></tr> </table> <p>Total Sodium: mg Total Calories:</p>	Broccoli Bake	482	Red Bliss Potatoes	5	Tossed Salad	5	Multigrain Bread	164	Fig Bar	100	D:Lorna Doons	100																
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<p>26</p> <table> <tr><td>Beef & Lentil Chili</td><td>260</td></tr> <tr><td>Brown Rice</td><td>5</td></tr> <tr><td>Mexicali Corn</td><td>6</td></tr> <tr><td>Corn Bread</td><td>291</td></tr> <tr><td>Strawberry Cup</td><td>0</td></tr> <tr><td>D: Applesauce w/C</td><td>0</td></tr> </table> <p>Total Sodium: 687 mg Total Calories: 821</p>	Beef & Lentil Chili	260	Brown Rice	5	Mexicali Corn	6	Corn Bread	291	Strawberry Cup	0	D: Applesauce w/C	0	<p>27</p> <table> <tr><td>Roast Pork with Apple Gravy</td><td>156</td></tr> <tr><td>Roasted Potatoes</td><td>5</td></tr> <tr><td>Broccoli</td><td>10</td></tr> <tr><td>Multigrain Bread</td><td>164</td></tr> <tr><td>Choc Pudding</td><td>135</td></tr> <tr><td>Diet Choc Pudding</td><td>156</td></tr> </table> <p>Total Sodium: 595 mg Total Calories: 629</p>	Roast Pork with Apple Gravy	156	Roasted Potatoes	5	Broccoli	10	Multigrain Bread	164	Choc Pudding	135	Diet Choc Pudding	156	<p>28</p> <table> <tr><td>Egg Drop Soup</td><td>167</td></tr> <tr><td>Chicken Chow Mein</td><td>258</td></tr> <tr><td>w/Chinese Ndlles</td><td>166</td></tr> <tr><td>Veg Fried Rice</td><td>98</td></tr> <tr><td>H:Asian Veg Blind</td><td>21</td></tr> <tr><td>Fortune Cookie</td><td>6</td></tr> <tr><td>Fresh Orange</td><td>0</td></tr> </table> <p>Total Sodium: 820 mg Total Calories: 693</p>	Egg Drop Soup	167	Chicken Chow Mein	258	w/Chinese Ndlles	166	Veg Fried Rice	98	H:Asian Veg Blind	21	Fortune Cookie	6	Fresh Orange	0	<p>29</p> <table> <tr><td>Breaded Chicken</td><td></td></tr> <tr><td>Leg</td><td>450</td></tr> <tr><td>Baked Beans</td><td>152</td></tr> <tr><td>Coleslaw</td><td>101</td></tr> <tr><td>H: Mixed Vegetables</td><td>88</td></tr> <tr><td>Multigrain Bread</td><td>164</td></tr> <tr><td>Raisins</td><td>4</td></tr> </table> <p>Total Sodium: 996 mg Total Calories: 722</p>	Breaded Chicken		Leg	450	Baked Beans	152	Coleslaw	101	H: Mixed Vegetables	88	Multigrain Bread	164	Raisins	4
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WHAT IS THE MICROBIOME?

Humans are full of microbes, over 100 trillion of them that make up the microbiome! The microbiome is essential for human development, immunity and nutrition. The majority live in our gut, particularly in the large intestine. Prebiotics & Probiotics keep our microbiome strong and healthy.

PREBIOTICS

Act like fertilizer for the microorganisms that are the good bacteria in our gut.

Sources

Onions, Sweet Potato & Yams, Bananas, Garlic, Apples. Ground Flax seed. Barley, Oats, Wheat Bran & Whole Grain Wheat Bread

PROBIOTICS

The active microorganisms that make up the good bacteria of the microbiome

Sources

Miso Soup from Miso (Soybean paste), Yogurt with "Live Active Cultures" Sauerkraut Fermented Pickles



Our MART Van can pick you up and bring you home for all our lunches and activities .

Call today to reserve your ride. 978-733-4076



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

And on Facebook 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

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



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:

Donna, John J, Linda, Joan, Robert, 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!**

**Join us for our meeting
November 8th
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>



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www.tinyurl.com/lancastercc