



NOVEMBER, 2022

PARENTS—Come meet Kevin and talk all things REC!

Kevin is our new Recreation Coordinator here in Lancaster! He has over 25 years of experience working in youth development and recreation. He is committed to delivering high-quality experiential, educational and recreational programs. He has worked in municipal departments, the public schools and non-profit organizations in wide ranging roles from activity leader to executive director. He is the chairman of the Littleton Parks and Recreation Commission and serves on the Board of Directors for Acton-Boxborough Youth Hockey. Kevin lives in Littleton MA with his wife & son. Visit him at the LCC or email him at kmitrano@lancasterma.gov

WHAT'S INSIDE

- 02 CENTER UPDATES
- 03 LCC INFORMATION
- 04 NASHOBA NEIGHBORS
- 05 HEALTH AND FITNESS
- 06 HEALTH, FUN AND GAMES
- 07 FRIENDS AND NEIGHBORS
- 08 ACTIVITY CALENDAR
- 09 FUN AND GAMES
- 10 TRANSPORTATION

Thanksgiving Dinner at Sandys!!!
Our amazing friends at Bobs Turkey Farm are donating turkeys and the delicious Sandys will be hosting a Thanksgiving feast for our Seniors on Tuesday, November 22nd at 4:30pm. Please contact Kelly at 978.733.1249 for a reservation.



STOP BY TODAY!
Lancaster Community Center
Doors are open 7am-7am
Have a question: Contact the Director, Kelly Dolan at 978-733-1249 ext. 1055

Line dancing is BACK!

For six weeks the celebrated Teri Doucette is back to get you moving and grooving with some line dance FUN! Beginner session starts **Thursday November 3, 2022. 4:30-6:00 PM** for 6 weeks. Watch for weekly events on this page. So dust off those dancing shoes, tell your friends and plan on having some **fun!** \$5.00/class

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 | Mahjong | Book club | Open Mic nights | line dancing
 | internet cafe | arts and crafts

TOWN EVENT



The Lancaster Historical Society
presents
"The History of Fort Devens and Lancaster's South Post"
with featured speaker
Kara Fossey, Director, Fort Devens Museum



**Date: Sunday,
November 13, 2022**

Time: 2 pm



**Place: Dexter Room
Thayer Memorial
Library**

**717 Main Street,
Lancaster, MA
(use rear entrance)**

**FREE AND OPEN TO THE PUBLIC
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The Nashoba Associated Boards of Health (ANBH) was established in 1931 by its members to provide public health services to their communities. The Association currently serves sixteen member towns in Northern Worcester and Middlesex Counties, including Lancaster. The local elected Boards of Health in each town are, by Massachusetts General Law, responsible for promoting healthy communities by education, outreach, inspections, assessments and the enforcement of public health laws and regulations. NABH serves as the Health Agent for its member Boards of Health, working for them to address the public health and public health nursing needs in their communities on a daily basis. NABH is comprised of an Environmental Division and a Public Health Nursing Division. Under the auspices of NABH, Nashoba Nursing Service & Hospice (NNS&H) is a not-for profit Medicare certified agency, commonly referred to as a Visiting Nurse Association (VNA), providing quality home health and hospice care to the 16 member towns and surrounding communities. You can learn more about all of the services offered by visiting Nashoba's website at www.nashoba.org.

Harvard Lions Fruit Sale

Go to www.harvardlions.org for more details.
Scan the QR code to order.

Local Delivery



Gift Boxes



Harvard Lions Club Citrus Sale (2022)

It's a "new FALL time" of the year and the Harvard Lions Club has launched their 32nd annual fruit sale and are now taking **online orders**. **NEW** this year is Florida navel oranges along with the ruby red grapefruit. A Harvard Lion will deliver your order starting November 19 (just in time for Thanksgiving) to Lancaster.

Cash and Carry: November 19 - December 4 at Harvard Town Center and Transfer Station.

GIFT BOXES: If you are looking for a different variety of fruit, smaller quantities for yourself, or if you would like to send a box to friends and family outside our Harvard Lions delivery area, you can do so at our gift box order site.

As with all Harvard Lion fund raising events, 100% of the profits are used to benefit the many charities and community programs we support including *aiding the blind and visually impaired, families with disabled or terminally ill children, local food pantries and other organizations assisting families in need.*

Scan these codes to order.

Any questions email HarvardLionsFruitSale@gmail.com

COMMUNITY CENTER



The Lancaster Community Center (LCC)

An all-ages center for community events

www.ci.lancaster.ma.us

Facebook www.tinyurl.com/lancastercc Or call—978-733-1249

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 handicapped access. **What:** The Center is home to many special events 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. The LCC is home to Senior Center, and offers meeting space 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, The Backstage Gym, Pickleball as well as summer and winter sporting events.*
- ◆ *Arts and Crafts Classes and drop in Art Group Community Garden Beds and Lessons*
 - ◆ *Community BBQ's, Holiday events, Concerts, Fairs etc.*
- ◆ *Social Services support for all ages including SNAP, Fuel Assistance, Referrals etc.*
 - ◆ *Wellness Clinics, first and fourth Tuesday of the month*
- ◆ *Information series by guest speakers on topics relating to Lancaster*
 - ◆ *Field Trips and more!*

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



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 meals. See what else we have to offer too! You might be happily surprised.

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

UNITARIAN CHURCH, 90 HOLDEN ST. WORCESTER
QUESTIONS OR TO RSVP
CALL 508-756-1545 OR EMAIL wlen@eswa.org

Accepting Electronic Payments through
UniPay!

On the town website:

UNIPAY

www.ci.lancaster.ma.us/

NASHOBA NEIGHBORS



Nashoba Neighbors is preparing to bring needed services and community connection to seniors in Lancaster and neighboring Bolton and Berlin. We have designed an all-volunteer support system for seniors in our towns who want to age at home. This month we started a pilot test with a small group of enthusiastic supporters who will take the roles of Members or Volunteers to test the system, including a couple from Lancaster as members and two willing Lancastrians on the Volunteer Squad, ready to drive seniors to appointments or help them with change of season chores. With this trial run this fall, we will use feedback so we are ready to open fully for our area seniors in 2023!

Let us know if you are interested in learning more or join our email newsletter so you will be the first to know about signing up in the new year. Call us at 978-226-8844 or email info@nashobaneighbors.org.

Visit our website at www.nashobaneighbors.org for additional information.



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HEALTH & FITNESS

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

BACKSTAGE GYM is OPEN!

Monday thru Friday, 9AM-7PM

Saturday, 8am-noon

NO SIGNUP NECESSARY!!!

Come use and enjoy our professional grade exercise equipment.

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 sign up and come down.

Open MON-FRI 8-6 and Sat 8:30-12

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.

PROGRAMMING

Come join our BOOK CLUB

We all can use a time to reflect on our circumstances and ponder the best and wisest choices to make in our lives. The Power of Positive Thinking, a book written by Norman Vincent Peale, may provide some insight into how to do just that, and we are offering the opportunity join a book discussion group in a supportive environment where everyone is welcome to share their thoughts on his writing as well as provide opportunities to share suggestions that can help others in the group. We will be meeting on each Tuesday in **November; 11/8; 11/15; 11/22, and 11/29 from 10-11 a.m.** in the meeting room located on the lower level of the Community Center. This will be a casual discussion and we hope to cover several chapters of the book each week. Please feel free to join us each week or one or two weeks. Whatever is comfortable for you is fine. Depending on interest from the community, we may be offering other groups in the future.

The digital e-book version is free on Amazon.com
[The Power of Positive Thinking - Kindle edition by Peale, Norman Vincent. Health, Fitness & Dieting Kindle eBooks @ Amazon.com.](#)

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 two cards, maybe more!

Instruction, Materials, laughs just \$10
November 18

COMPASSIONATE CANNABIS

CONVERSATION 11/24 @

6:30 Lancaster Senior Center

Ask questions, get educated and enjoy!!



Nashoba's Public Health
Nursing Team

Well Adult Health Clinic

On November 15th

9 a.m.—10 a.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!



EVENTS & PROGRAMMING

Community Center Coffee-house

Open Mic

November 4, 2022

6:30pm - 7:30pm

Blue Room

Lancaster Community Center

Snacks will be provided

What is your vibe...slam, spoken word, budding poet.....? Whatever it is join us for an evening of community and creativity.....

event is free

Senator John Cronin

invites you to coffee & donuts

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

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

978-772-1900 978-368-1380

Thin Film Recycling

At Horse Shed #22 at the First Church!

Worried about your Taxes?

Tax Relief to Consider

Questions? Assessors at 978-365-3326x1312

**To support the Friends during the holidays 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

November 10th 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.

LCC Wine and Dine Club

Is on the road again!

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

Starting 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.

November 2022



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Tai Chi 9:30am BINGO! 1pm	2	3 BRIDGE - 12:30pm LINE DANCING 430P Ballroom Dancing 7p	4 Strength & Cardio 9:00 BRIDGE - 1pm SLAM Poetry 6:30pm	5 Strength Class 9:00 Mtng ID: 907734542
7	8 Tai Chi 9:30am Book Club 10am BINGO! 1pm	9 MAHJONG 10am Gifts from the heart make a gift @11am	10 BRIDGE - 12:30pm LINE DANCING 430P Ballroom Dancing 7p	11 Veterans Day	12 Strength Class 9:00 Mtng ID: 907734542
14	15 Tai Chi 9:30am Yoga - 11:15 Book Club 10am BINGO! 1pm Wellness Clinic 9am With Nashoba Nurse	16 MAHJONG 10am	17 BRIDGE - 12:30pm LINE DANCING 430P Ballroom Dancing 7p	18 Strength & Cardio 9:00 BRIDGE - 1pm Crazy Crafternoon 10am-12pm	19 Strength Class 9:00 Mtng ID: 907734542
21	22 Yoga - 11:15 Tai Chi 9:30am Book Club 10am BINGO! 1pm Dinner at Sandys 4:30pm	23 MAHJONG 10am	24 Thanksgiving	25 Friend's of Lancaster Meeting @ 1030 Strength & Cardio 9:00 BRIDGE - 1pm	26 Strength Class 9:00 Mtng ID: 907734542
28	29 Tai Chi 9:30am Yoga - 11:15 Book Club 10am BINGO! 1pm	30 MAHJONG 10am	1 BRIDGE - 12:30pm LINE DANCING 430P Ballroom Dancing 7p	2 Lunch Club 12pm Strength & Cardio 9:00 BRIDGE - 1pm	3 Strength Class 9:00 Mtng ID: 907734542

**PICKLEBALL IN THE GYM! PLEASE SIGN UP AT
PLAYTIMESCHEDULER.COM**
Please remember to pay your \$3.00/class

Mon 9:30-11:30, 6-9pm
Tues 12-2pm
Wed 8:30-10:30am
1:30-3:30, 6:00-8:00pm

Thu 9:30-11:30
Fri 10:30-12:30; 3:30-5:30
Sat 10:30-12:30 & 1:00-3:00p

LIBRARY, VAN SERVICE, VETERAN SERVICE OFFICER INFO

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: thayermemorial-library.org

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)
OCTOBER 28—OLIVE GARDEN

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
- *Special Events will be priced according to the trip.

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

TRIP & EVENT POLICY:

Space is limited- trips and events are reserved first come first serve. Your (phone or email) reservation will be held three business days to allow time for payment, once paid is received your reservation is final and you will be added to the list. If you cancel before the deadline we will fully refund you, after the deadline we will try fill your spot from our waiting list. No fee needed to be on the waiting list. If we can't we are not obligated to refund you. We require emergency contact information and MSC to travel. Q: 978-733-4076

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

*kdolan@lancafterma.net

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://Shine (shinema.org))



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www.4lpi.com/careers

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

JOHN J. COSTANZO, ESQ.

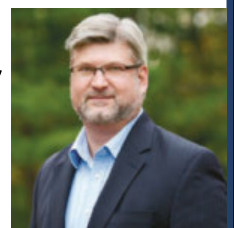
713 B Main Street, Bolton, MA 01740

Phone: 781-643-1070

Email: JCOSTANZO@JOHNCOSTANZOLAW.COM

Website: WWW.JOHNOCOSTANZOLAW.COM

- *Wills and Trusts*
- *Health Care Proxies and Powers of Attorney*
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THANKFUL NOTE FROM KELLY

Hello all,

I write you with thanks and appreciation for my first month down could not have better. It is a pleasure to get to know more of you and watch this center glow with laughter and optimism. We have many new programs starting such as, book club, open mic night, gift making and many more. We also hired our new Recreation Coordinator, Kevin Mitrano, and are elated to see what he brings to the Center. We encourage you to continue to visit us and if you have not done so yet, please call, email or swing down for we have lots to listen to, talk about and do!!

I am wishing you a THANKFUL month of November and I hope you are able to partake in our Thanksgiving dinner at Sandys on the 22nd at 4:30pm. Please be sure to contact me directly to register for a sit down dinner or a meal delivery. We thank you in advance!

Sincerely,
Kelly Dolan
978.733.1249

**The Holidays are coming!
Make a gift from the heart!**

Lisa from Elysium beads

There will be no charge but donations are welcome. Guests can make two bracelets, one to have and one to share.

Ten guests per session. Gift boxes and wrapping will be done as a community service. If the person who makes the cards wants to come also that would be fun. Also, if you have any ideas about other crafters of like mind, they would also be welcome.

First session will be November 9th at 11am in the card room