



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

Free!



**Lancaster
Flu Clinic**

**Wednesday,
October 3rd**

2:30 - 6:00 p.m.

**Lancaster Community
Center**

*Special thanks to Nashoba Board of Health.
Please bring your insurance card if you have
one.*

AN IMPORTANT MESSAGE FROM MEDICARE



"I found a better deal on prescriptions."

"We found lower co-pays."

"I found a plan that works better for me."

WHAT WILL YOU FIND DURING MEDICARE OPEN ENROLLMENT?

You'll never know unless you go. Compare your current plan to new options. See if you can lower some costs or find a plan that better suits your needs. Many people do. Even if you like your current plan, check to see if the costs or coverage are changing at medicare.gov. Or call 1-800-MEDICARE for help.

Medicare Open Enrollment Oct. 15 - Dec. 7

WWW.MEDICARE.GOV
1-800-MEDICARE (TTY 1-877-486-2048)



They're BACK... NetFlix that is!!

To make life easier for all we have decided to cancel most activities on Tuesday, Wednesday and Thursday, October 9,10,11.

That means no Pancakes, Yoga, Tai Chi, and Ballroom Dancing. Sorry for the inconvenience- but those pancakes will be even sweeter when we get back together on the 17th!

**The MART Van will be running.
Lunch and Bingo at Bigelow Gardens.**

Wondering if your event is on give us a call at 978-733-4076



**For More Information Sign up and Attend Our Medicare Update Meeting On:
Tuesday, October 30th at 9:00 AM
at the Lancaster Senior Center.**

SHINE provides free & unbiased health insurance counseling for Medicare beneficiaries of all ages

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!

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.



Halloween on the Green

October 31st 5-8 p.m.

Kids of all ages welcome!

Volunteers Needed

Free Games

Jack O' Lantern Contest !

Tricks & Treats!

Friends of the Lancaster Seniors

BBQ 5-7 pm



Harvard Pilgrim
HealthCare Foundation

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

Out and About: The Travel Section

Foliage and Lunch: October 12th Along the Upper Post Road



Step back in time traveling the Upper Boston Post Rd gazing at the foliage as early settlers once did. In West Brookfield you arrive at the Salem Cross Inn, a 600 acre farm located in West Brookfield . In 1950 the White family sold it to the Salem family who restored it and opened the restaurant in 1961. It is now known as the Salem Cross Inn. Look for clues while we are there as how it became 'The Salem Cross Inn—you already have one big clue)! The gorgeous early American architecture is decorated with rare artifacts, a museum unto itself. The real work of art, the food! The Inn is famous for using local ingredients to prepare sumptuous menu's. You will be fed and happy when we leisurely begin the return trip to the MotherTown, another old settlement! Upon our return we will have a nice hayride and hot cider at George Hill Orchards.

Leave with a small bag of apples.



Our trips always sell out quickly.

Transportation, lunch, hayride, apples and cider included.

Lancaster Seniors \$30, all others \$32 dtraylor@lancasterma.net 978-733-4076

Meet at the Lancaster Community Center at 9:30 and return late afternoon



VAILLANCOURT

Friday, November 9th

Vaillancourt Trip

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.

October 26th *Olive Garden*

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.

INCOME GUIDELINES			
HOUSE-HOLD SIZE	INCOME LIMIT	HOUSEHOLD SIZE	INCOME LIMIT
1	\$35,510	6	\$90,141
2	\$46,437	7	\$92,190
3	\$57,363	8	\$94,239
4	\$68,289	9	\$96,287
5	\$79,215	10	\$98,336



Revitalize Your Brain: Spur Your Creative Muse with Paula Castner



**Wednesdays, October 3, 10, 17, and 24, 2018, 6:00 p.m. – 8:00 p.m.
Lancaster Community Center, Lancaster, Massachusetts**

Studies reveal that writing, dancing, art, and listening to music improve brain function. Writing encourages the two hemispheres of the brain to work together, enhancing memory, productivity and stress relief. Dancing increases the brain's ability to manage balance, encourages neuroplasticity, and strengthens muscle memory. Art raises serotonin levels which affects mood, and the "wow" factor of appreciating art trains the brain to be more hopeful. Music boosts the brain's ability to learn and to lower and manage anxiety.

Come, join us for a four-week workshop to revitalize your brain. Participants will draw, dance, listen and sing to music, and journal. Open to all ages. Please wear comfortable clothing.

Paula Castner is the Chief Operating Officer for Seven Bridge Writers Collaborative as well as a freelance writer, playwright, drama director, writing workshop facilitator, baking coach, and professional administrator. Her pieces have been published in a variety of venues, from parenting magazines, to newspapers, to online magazines, and have claimed first prize in several writing contests. Her play, *A Fairy Tale Life? A Musical*, with music by Canadian folk artist, Nancy Beaudette, was performed in Lancaster, Massachusetts. She is currently working on her second musical, set in an art museum. Her long-term writing project is a fictionalized account of a historical court case about a slave girl from Holden, MA.

For more information, email 7bridgewriterscollaborative@gmail.com or

check out SWBC's website at <https://sevenbridge.org/>

FREE Family Fishing Clinic

October 18, 4:30-Dusk
The Old Stone Church
180 Beaman St (Rt 140),
West Boylston

Space is limited!!
To Register, please email:
ashepard@lancasterma.net



Hook into some good outdoor fun by learning how to fish! Lancaster is surrounded by lakes and rivers that offer great opportunities to get out there and try your luck.

Lancaster Recreation has teamed up with Mass Wildlife to offer a **FREE** fishing clinic. This clinic is geared toward beginners of all ages. Kids should be at least 6 years old and accompanied by a parent if under age 12.

You will learn all the basics that you need to enjoy the sport of fishing for a lifetime! **All equipment will be provided!**

Our venue will be the shores around the Old Stone Church in West Boylston... a great Fall setting whether we catch anything or not!

Hope to see you there!

Lancaster Recreation
Andrea Kiuru-Shepard
ashepard@lancasterma.net



SHINE provides *free & unbiased* health insurance counseling for Medicare beneficiaries of all ages

Medicare Open Enrollment is 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 for the coming year.

SHINE COUNSELORS ARE AVAILABLE TO HELP YOU REVIEW YOUR OPTIONS.

Wednesdays October 17, 24

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

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE’s MEDICARE AND



Join us for a Pet Memorial Service

A Time to Remember our Departed Pets and Animal Companions

Thursday, October 25th 1pm

Lancaster Senior Center

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



7TH ANNUAL HARVEST FUNDRAISER



CELEBRATE A GREAT SEASON OF CONNECTING COMMUNITY THROUGH REAL FOOD!

**OCTOBER 10
6-8 PM**

**\$40 / \$45
EARLY BIRD* /
REGULAR
(*BEFORE 9/5)**

**LANCASTER
COMMUNITY CENTER
695 MAIN STREET**

FEATURING

- Seasonal appetizers
- Craft brews with Moon Hill Brewing Co.
- Seasonal dessert competition
- Live local music from Fields
- Local-themed raffles

TICKETS:

growingplaces.org



Eating In Catering
Leominster, MA



**UMassMemorial
HealthAlliance-Clinton Hospital**



**WORKERS
CREDIT UNION**

Banking that works.



Visit growingplaces.org for a full list of all our great sponsors!





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

Center Village Table Thursday Lunch Club

All Welcome! 12pm ★ Healthy Lunch & Demonstration Tip

October 4th

One pot Harvest Bounty Spaghetti

October 11 th

Fried Green Tomatoes!

October 18th

Get to the Bottom of it! Roasted Root Veggies

October 25th

Harvest Soups

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 & 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 September 20th

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

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

Also available for private lessons \$75 hour

Jim Cole SUNSTRIKE DANCESPORT

Lancaster Community Center Gymnasium

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

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

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*

Blood Pressure and Wellness Clinics

Lancaster Community Center

OPEN TO ALL RESIDENTS

1st Tuesday of the month from 8-10am

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

Come & Visit with the Town Nurse

Courtesy of the Nashoba Associated Board of Health



Keep Well & Blood Pressure Clinics

Free and open to residents age 60 and over.
Services include health assessments (blood pressure, blood sugar, and weight monitoring; cardiopulmonary assessments, etc.), teaching (medication, diet, disease management, preventive health, etc.), and referrals to community resources.

4th Tuesday of the Month

8 am—10am

Provided by



VNA Care

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 dtraylor@lancasterma.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/>

Quilting Class Series

Create the perfect holiday gift-made with love!



No Experience? No Problem!

Do you want to learn to make a quilt? Or preserve special memories with a t-shirt quilt? Or do you want to work on your own project with a bit of coaching, assistance and encouragement? This is the class for you!

We'll start with a charm pack (5" squares), learn all the basics and make a **"charming" baby quilt**. If you prefer a T-shirt quilt, gather 12-15 t-shirts and we will turn them into a lap quilt. OR If you have your own project bring it along and enjoy some expert advice and fun companionship. Basic sewing skills are required (thread your machine, sew a simple seam). You should bring a sewing machine, thread, scissors, rotary cutter and mat. *Mothertown Quilters Guild will be teaching this class**. Please contact mothertownquilters@gmail.com for a detailed supply list for a baby quilt or a T-shirt quilt

*Don't have supplies. We may, so be in touch and let's talk.

October 10,17,24,31
12:30-3:30 p.m.
Lancaster Community Center

Pre-Registration required.

Lancaster Residents: \$20 for the series. All others \$25
Class is limited to the first 10

Register at 978-733-4076 or dtraylor@lancasterma.net



Save the Date

Create your own Thanksgiving Centerpiece: A Make and Take class

November 12th 1-3 p.m.

Class size limited to 6

Lancaster Seniors Only Registration until October 22nd. Then open to all. Materials Fee is \$18
Lancaster Community Center

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



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

Discover the Birds of Costa Rica presented by award-winning wildlife photographer Peter Christoph

Tuesday, October 16 @ 6:30 p.m.

A photo-journey of the birds, animals, and plants that inhabit this fragile tropical paradise where the rainforest meets the sea. This program is funded by the Rosemary Davis Memorial Fund grant from the Greater Worcester Community Foundation.

Writing More Than Your Book: Queries and the Business Side of Writing with Dale Phillips

Saturday, October 20 @ 10:30 a.m.-12:30 p.m.

Writers must connect with readers as well as people from the business side of writing. Communication must be precise and concise to be effective. Learn about the variety of communications you'll need: targeted query letters; acceptance letters; contract negotiations; requests; synopses, and more.

Puffins and Auks and Muirs ... Oh, My ... presented by wildlife photographer John Rockwood, aka The Loon Man

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

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.



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 .

If you do not 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! :)

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.

TUESDAY Farmer's Market. (seasonal)

Provided by FRIENDS of the Lancaster Seniors:

During the garden harvesting season, it is held just outside the kitchen on the patio.

TIME: 8:30 AM -ish - 11:30 AM -ish, or until they run out.

TUESDAY there is FREE donated day-old bread and pastries, Thank you to Shaws!

TIME: arrive sometime around 8:00AM, or after, (1 free bread & 1 free pastry each, while supplies last).

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

We also transport to Local Supermarkets, Food Pantries and Farmers Market.

For a full list call Donna at 978-733-4076

Alix 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/>



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!

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/>

Contact Marilyn Largey to learn more.

Phone 978-733-1249 x 1109

Medical Equipment Loan Program

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

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Macaroni & Cheese 488 Stewed Tomatoes 150 Dinner Roll 132 Diced Peaches 5 Total Sodium: 900 mg Total Calories: 742	2 Vegetable Soup 115 Chicken Teriyaki 221 Veg Fried Rice 98 Wheat Bread 160 Almond Cookie 181 D: Grahams 95 Total Sodium: 895 mg Total Calories: 780	3 Shepherd's Pie 136 Tossed Salad 5 Multigrain Bread 164 Strawberry Cup 4 D: Strawberry Yogurt 75 Total Sodium: 509 mg Total Calories: 646	4 Wh Bean&Kale Soup 211 Grilled Chicken 347 Florentine TriColor Pasta 1 Wheat Bread 160 Fresh Fruit 1 Total Sodium: 845 mg Total Calories: 577	5
 No Meals Served	9 Haddock Newburg 364 Wild Rice Pilaf 140 Glazed Carrots 64 Multigrain Bread 164 Applesauce 14 Total Sodium: 871 mg Total Calories: 520	10 Mulligatawny Soup 120 CranOrange Chicken 338 Yugon Gold 5 Potatoes Wheat Bread 160 Loma Doones 100 Total Sodium: 848 mg Total Calories: 501	11 Swedish Meatballs 220 Egg Noodles 4 Tossed Salad 5 Rye Bread 150 AppleStreusel Cake 191 D: Cin Apples 10 Total Sodium: 695 mg Total Calories: 684	12
15 Beef Chili 260 Brown Rice 5 Mixed Vegetables 88 Wheat Bread 160 Mixed Fruit 10 Total Sodium: 648 mg Total Calories: 707	16 Corn Chowder 172 BBQ Chicken Breast 402 Chantilly Potatoes 238 Wheat Bread 160 Pineapple Whip 87 Total Sodium: 1184 mg Total Calories: 672	17 Turkey a la King 381 White Rice 4 Carrots 64 Buttermilk Biscuit 340 Applesauce 14 Total Sodium: 928 mg Total Calories: 552	18 Butternut Bisque 149 Pork w/Apple Sauce 78 Spinach Orzo Pilaf 57 Multigrain Bread 164 Fresh Fruit 1 Total Sodium: 574 mg Total Calories: 655	19
22 Autumn Harvest Sp 233 Chicken w/ Red Pepper Sc 419 Quinoa with Roasted Veggies 150 Multigrain Bread 164 Vanilla Yogurt 50 Total Sodium: 1141 mg Total Calories: 547	23 Breaded Pollock 273 Tartar Sauce 100 Yams 31 Tossed Salad 5 Wheat Bread 160 Diced Pears 5 Total Sodium: 699 mg Total Calories: 691	24 Cr of Broccoli Soup 275 Sw & Sr Meatballs 248 Brown Rice 5 Multigrain Bread 164 Fresh Fruit 1 Total Sodium: 818 mg Total Calories: 615	25 Special Marinated Sk Tips 272 Scalloped Potatoes 125 Peppers & Onions 27 Dinner Roll 132 Choc.Chip Cookie Bar 154 D: Choc Grahams 95 Total Sodium: 835 mg Total Calories: 907	26
29 Lasagne w/ Meat Sauce 340 Ital Veg Blend 41 Italian Bread 230 Butterscotch Pudding 230 D: SF Butterscotch Pudding 156 Total Sodium: 966 mg Total Calories: 608	30 Minestrone Soup 152 Cr Pesto Chicken 390 Ziti Pasta 1 Multigrain Bread 164 Strawberry Cup 4 D: Applesauce 14 Total Sodium: 836 mg Total Calories: 594	31 Roast Pork w/Herb Gravy 156 Garlic Mash Potato 66 Peas & Carrots 72 Wheat Bread 160 Spice Cake 245 D:Gingerboy 60 Total Sodium: 824 mg Total Calories: 706	1% MILK: 110 calories, 125mg sodium (included in totals)	

Menu item sodium amounts are listed next to each item individually & totaled below each day. Meals on Wheels provides this information in effort to better serve our clients on Sodium-restricted diets. Nutrition Questions? Contact Alex Welch, RD (978) 785-5340, awelch@mosinc.org. To Cancel a meal call (978) 345-8501 EXT 2 or Donna at 978-733-4076. To Reserve CALL Sue 978-733-1249 ext 1106



**We have Meals on Wheels- NOW we have Books on the Go!
(Movies and Music Too)**

Can't Get Out? Need Meals? Maybe you could use BOOKS and Movies too!
We will bring them to your door!
With the help and support of the Thayer Memorial Library
Questions: Call us at 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

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
October 17th
at 9:00 AM
Senior Center**

Go Green!

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

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



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www.tinyurl.com/lancastercc