



Please visit the Lancaster Community Center:
 Located behind the Town Green & Library

Community Crier

Jay Moody Chair, Mary J MacLean, Frank MacGrory, Michele Macdonald, Jane Anne Crossman, Ann Mazzola, Nicole Kanis, Jo St. Angelo,
 April-May, 2019 (978) 733-1249 , fax (978) 733-4076 Alexandra Turner, Director. Olga Torres Admin, Marilyn Largey Community Services

IN LOCAL NEWS!

Spring into Fun!!

Spring Vacation

Family Fun Day!

April 16th All Day

Events include

- **Kids eat free Pancake Breakfast**
 - **Free Nerf Wars!**
 - **Free Crafts!!**
- **Free Movie and Popcorn!**
- **Kids Friendly lunches**
 - **Scavenger Hunt**
- **Nature Walk and more!**
 - **Details inside!**

*Spring is Here! It is time to
 Garden. Interested in joining our
 Community Gardens? Call!*

978-733-4076



www.facebook.com/Lancaster-Community-Center-970047129685468

Thoughts from the Director

Did you know April is designated National Volunteer Month? Not many do. It does not get the publicity that many other months do. I wish it did, our volunteers deserve it. On April Fool's day I jokingly announced the Center would be closed due to budget restraints, without volunteers that is not far from the truth. In honor of National Volunteer Month we are launching our Volunteer Appreciation program. While we can never do enough, it is a small token to honor those who serve the town so well!

In FY 2018 volunteers conservatively donated 3,678 hours of service to the Center, likely more as many volunteers do not log in to credit their service. If you multiply that even by the modest \$11 minimum wage volunteers saved the town \$40,458 Zowie!

I hesitate to use the minimum wage to calculate their worth, as their service is worth much more; after all how do you price a last minute ride to a doctor when you can't drive, or the satisfaction of getting your finicky laptop fixed so you can see pictures of your kids again? How about a person to sit with your ill spouse so you can shower, or help prepare one of our fabulous dinners you enjoy and see long lost neighbors? What is the value the fitness program that makes you feel so much better? Our volunteers bring priceless piece of mind, and relief to many. Their contribution = priceless!

Interested in volunteering? The process is simple, please call or email Olga or myself. We will talk to you about what you are good at, and enjoy. There is so much to be done I am sure we can make a match. Gardening, helping with kids activities, cooking, providing rides, teaching classes, decorating, crafts, desk work and friendly visitors and so much more come to mind.

I mentioned the launch of our Volunteer Appreciation Program. Those of you have volunteered more than 20 hours a year know we get together for a wonderful party each year, but we would like to honor all volunteers, with more than just bragging rights! Pancake breakfasts, exercise classes and more are all on the table for the rewards program.

While the rewards of our volunteers hard work really belong to the town I have noticed our volunteers are rewarded to. I am gratified to have witnessed friendships develop, or better yet be rekindled. The joy of helping others is truly a reward we can't price. I hope you consider volunteering, while we may not say it enough please know we appreciate you every day and every month.

Hope to see you,

Alexandra "Alix" Turner

Tuesday is **PANCAKE DAY**

Everyone is invited!

Senior Center

7:30 am until 9:00 am

**Suggested donation
\$3.00 adults**

**Chef/Chair Extraordinaire
David James**



ALL YOU CAN EAT!

**Pancakes, French Toast, Eggs
Sausage, Fruit
Juice, Coffee, Tea**



We have so many new offerings planned we are plain old overwhelmed. We could use some help! In particular we need help setting up more garden beds. Our gardening program won the grand prize from the NISC (National Institute of Senior Centers) for our healthy programming in particular for the intergenerational opportunities it brings to the community. That is the good news! Now we have run out of space we would like to invite you to a work day, **April 13th weather permitting** . to help us clean and replenish beds. If you are able to help out or would like a garden bed please give us a call!

Friends of Lancaster Seniors Update

It is really nice to see the days getting longer (and warmer)! Spring has truly sprung, and I am really enjoying the emerging flowers and hearing the birds singing in the morning.

The Friends has been relatively quiet over the winter (exception: our very popular Tuesday pancake breakfast). We are looking forward to a variety of events over the next few months. Most will involve food (always a favorite), but I am looking for other ideas for inexpensive, fun events. Stay tuned!

And, if you haven't already done so, be sure to consider donating to the Friends! You will receive a tax deduction receipt for every dollar, and you don't have to be a senior (60+) to be a Friend! Donate online at <http://FriendsoftheLancasterSeniors.org> or mail a check to:

Friends of the Lancaster Seniors
PO Box 173
Lancaster, MA 01523

Another idea: IF you are over 70½, have an IRA, and are required to take minimum distributions, ask your investment pro about Qualified Charitable Distributions!

See you soon.

--

David R. James, President

FITNESS CLASSES

Tai Chi

Monday 9:30 am & Tuesday Evenings 5:30 pm

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

Instructor: Jeff Cote



Seniors \$5 per class or 6 classes for \$25
General public \$7 per class or 6 for \$33
(Buy a card, no penalty for missed classes!)

Gentle Hatha Yoga

Monday & Thursdays 11 a.m. Sat @ 9:30 am

After a Tai Chi class your yoga will be better than ever! At least try one. 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.

Held on the Lower Level; we provide mats and water!



Monday and Saturday: \$5 per class or 6 classes for \$25

Thursday: \$10 per class (two punches)

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

Now PBall
Lessons!
Mondays
1- Call
First!

Spring Strength and Weight Training

Coming Friday morning
at 9:30 a.m.

Introductory
6 week session beginning
May 10th

Indoor Pickleball

Pickleball is a game sweeping the nation! Interested? Never heard of it? Pickleball is a fun, fast-paced game for all ages. Pickleball is a low impact racquet sport combining badminton, tennis, and table tennis. It was created in the 1960s with one thing in mind: **fun!** It was designed to be easy to learn and play whether you're five, eighty-five or somewhere in between. For more information check out this website: <http://www.usapa.org> or go to You tube for videos.

\$3 ONLY!

See schedule at

<https://www.ci.lancaster.ma.us/lancaster-community-center/pages/community-center-calendar>



FITNESS CLASSES



BALLROOM DANCING LESSONS

Did you know studies show Ballroom Dancing is good for the mind and the body? All ages and all abilities can benefit from this class. A wide range of ages, and abilities attend (even clutzy me)! Join Jim Cole, an award winning dance instructor* and sometimes his wife Amie from the Poise, Style and Motion studio of Worcester, now here at the Community Center. *No partner-no problem?* We switch and learn from each other. So much fun! Try it!

Thursday evenings, 6:00-7:00

3 week class is only \$30 per person, or \$13 per class p.p.

**RESERVATIONS STRONGLY SUGGESTED 978-733-4076 Or
aturner@lancasterma.net**

Wear comfortable shoes (bring a fresh pair please; we are trying to take care of our gym floor). Jim has won top teacher at 2014, 2015 Dancing A la Carte and 2014 Commonwealth Classic. Jim's studio, Poise Style and Motion has won Top Studio at 2014 and 2015 Dancing A la Carte.

Want to Garden? Got Beds. Open house and clean up

Old Gardeners and Newbies please attend

Saturday April 13

2:30 -5

Community Center Lower Level and patio

Call us at 978-733-4076



APRIL 2019

\$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 978 733-1249 for details
 Or MOC 800-286-3441 for nutrition questions



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Meatballs in 210 Tomato Basil Sc 142 Cavittappi Pasta 1 Italian Blend Veg 41 Wheat Bread 160 Fruit Yogurt 75	2 Chicken Breast in 320 CranOrange Sc 18 Sweet Potato 2 Tossed Salad 5 Pumpernickel Brd 155 Peaches 5	3 Tom.Florentine Sp 164 Pork & Pepper Sautee 120 over Wild Rlce 140 Multigrain Brd 190	4 Turkey Corn Stew 464 Green Beans 3 WW Dinner Roll 105 Mandarin Oranges 7	Market Basket Trip
8 Split Pea Soup 96 Chicken Breast 320 Coq Au Vin 67 Sr Cr & Chive Whipped Potato 92 Wheat Bread 160	9 Special Salmon Boat in 210 Lemon Dill Sauce 66 Roasted Yukon Gold Potatoes 5 Broccoli Au Gratin 158 WW Dinner Roll 105	10 Cheesy Cauliflower Soup 319 Beef Tips in Burgandy Sauce 395 Butternut Squash 48 Rye Bread 150	11 Grilled Chicken 320 Parmesan Bowtie Pasta 335 Tossed Salad 5 Multigrain Bread 164 Pineapple 1	
15 Patriots' Day 	16 Autumn Harvest Sp 233 Chicken Kielbasa 400 on a Bun 270 Peppers & Onions 27 Roasted Potatoes 5 H: Spinach 65 10	17 Chicken Breast Florentine Sc. 347 Butternut Squash 48 Multigrain Bread 164 Tossed Salad 5 Fig Bar 100	18 Meatloaf in Gravy 301 Whipped Potato 66 Carrots 64 Dinner Roll 132 Brownie 149 D: Choc Graham 95	
22 Gypsy Soup 272 BBQ Pork Rib / Sc 362 O'Brien Potatoes 34 Multigrain Bread 154 Pears 5	23 Swedish Meatballs 220 Egg Noodles 4 Summer Bl Veg 24 Rye Bread 150 Hermit Cookie 24 D: Maple Graham 115	24 Grilled Chicken Breast in 320 Apricot Glaze 32 Chantilly Potato 238 Tossed Salad 5 Wheat Bread 160 Fruit Yogurt 75	25 Wh. Bean Kale Sp 211 Roast Turkey 440 In Tarragon Gravy 80 Bread Stuffing 316 WW Dinner Roll 105 Tropical Fruit 10	
29 Chicken Jambalaya 310 Brown Rice 5 Broccoli 10 Wheat Bread 160 Diced Peaches 5	30 Omelet w/Chz Sc 482 Sausage Patty 270 Home Fries 5 Spinach 65 WW Dinner Roll 105 CranOrange Loaf 115		1% MILK: 110 calories 125mg sodium (included in totals)	



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

Unitarian Church, 90 Holden St. Worcester Questions or to RSVP 508-756- 1545

Classes and Workshops

To ensure a space please pre-register at 978-733-4076 or email aturner@lancasterma.net.

Garden Whimsies Workshop



May 8th, from 12:30 -3:30 p.m.

Lancaster Seniors may register until 4/29 then registration is open to all. Class is limited to 8.

Come find inspiration for creating up-cycled fanciful and sometimes even practical ornaments to adorn your garden. These low cost, fun projects are easy to create and a great way to turn your cast offs into a new type of 'garden heirloom', or gifts for your funky garden friends. The fanciful creations will fill in your veggie garden with colorful focal points before your plants take over. You will leave with an ornament and lots of ideas for more projects to work on when you still have a few minutes before the weeds sprout! [Bring your odd colorful plates, cups, vases, candlesticks and more. Keep your favorites and if you have extra to swap -even better! Bring one, take one (or bring two, take two.)!]

Seniors and children: \$13 Adults \$15 See our cancellation policy for trips and classes.

Join us for **FREE Gardening Classes Tuesday mornings!**

We have a wonderful instructor. Sandy Reardon, former instructor at Tower Hill Botanic Garden. Please call to reserve. A few beds are available too! Great organic soil, good gardening friends! Call for details. Alix at 978-733-1249 ext 1102



Center Village Table Gardens

An intergenerational community garden and cooking project

Interested?
www.ci.lancaster.ma.us
Or 978-733-4076

Generously supported by



Well Adult Clinic~ It is FREE!

With our town nurses, Susan Hoag and Tamara Bedard.
1st Tuesday of each month, 8am-10am



VNA Network

4th Tuesday of each month 8am-10am
Advice, Blood pressure screenings and more

Coffee, Crumpets, & Coloring! Chatting too.

Join us Tuesday mornings 10-11:30 to relax over a nice cup of coffee and some toast or crumpets (whatever goodies we have or make). We provide coloring books and colored pencils to draw the morning away!

Thank you Sumner Family for the great supplies

Gardening



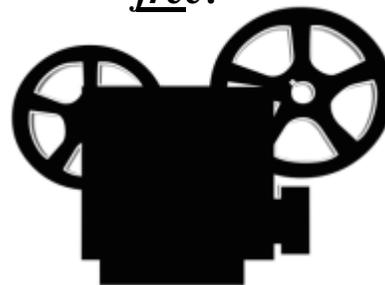
Come join us to exchange ideas, kudo's and complaints about gardening. This is not a formal garden club, rather a no cost group to exchange ideas, seeds, plants and more.

Led by Sandy Reardon the wonderful gardener who taught at Tower Hill and lectures on Gardening. We will have tea/coffee and goodies and exchange ideas and learn and grow! (Pun intended.)

**Tuesdays at 9 a.m.
Senior Center**

First Run Free Movies!

You heard it here! New(ish) & free!



**Every Monday at 1 pm
at the Thayer Memorial Library**

In the Dexter Room, Just show up!
Check out

www.thayermemoriallibrary.org

For more details on the upcoming movies *shhh. We can't name them here but they are good!

Have you been to the
Thayer Memorial Public Library lately?

Stop in or check it out online.

thayermemoriallibrary.org



Having trouble with your landline?

Verizon is updating its traditional copper based landline telephone service to fiber optic based landline technologies. Customers receiving landline phone service may be impacted by the transition.

If you need additional information or experience issues with your telephone service, please call or email the DTC's Consumer Division at 1-800-392-6066 or consumer.complaints@state.ma.us.



Land Trust Town Wide Clean Up Days

Saturday April 27rd & Sunday April 28th

10~2 @ First Church on the Green
We Supply~ Bags, Maps & Water!



*Need bags ahead of time? Visit the town clerk or Community Center

Thanks To Pleasant View Waste Disposal
For their generous support

And the First Church Lancaster for helping and hosting

Questions? Email- info@lancasterlandtrust.org

The Cub Scout Pack 9 - 2019 Annual Pancake Breakfast!

**8 a.m. 10:30 a.m. Saturday April 6th First Church (Lancaster Town Common)
725 Main Street, Lancaster.** The cost for the pancake breakfast is \$7 for adults, \$3 for kids, all you can eat. The adults will do all of the cooking and supervise the dining room and money. The boys will help set up, seat people, take customer orders, serve food, clear the tables, and help clean up. Come enjoy the fresh homemade Lancaster syrup!

TRIPS & EVENTS



Shopping and Entertainment Trips

*Reserve early! Trips may fill or be cancelled if there are no reservations.
(Shopping trips are two dollars round trip*; Home Pick up and Drop off
CALL 978 733 4076)*

Other trips as priced, trips are non-refundable unless we can fill your slot. We often can!

- **April 4:** Parkers Maple Barn and Frye's Measure Mill
- **April 5** Whitney Field
- **April 6th:** Pack 9 Cub Scout Annual Pancake Breakfast- First Church
(Lancaster Town Common)
- **April 16th:** Family Fun Day
- **April 19th** Stow Food Pantry Trip
- **April 26th** Art in Bloom
- **May 1st:** Free Painting Party

TRIP/CLASS CANCELLATION POLICY

We make every effort to ensure that the various planned trips do occur. However, we reserve the right to cancel the trip if there are not enough participants. Also, if you cancel, you may forfeit any payments/deposits made unless we can fill your spot from the waiting list. We typically can, but there are no guarantees!

Art in Bloom Trip

Dinner at the Old Mill and bonus stops



Join us for this afternoon trip to visit a few local treasures just down the road a piece. in our backyard. First we visit the Fitchburg Art Museum , a local jewel. Art in Bloom is the perfect reason to go! This event features the work of floral designers who will create arrangements inspired by selected artwork.. Light refreshments will be served at the museum. Reservations are required if you go on your own (and you should if you cannot join us)! Then we make a quick stop at the Boulder Gallery. The Gallery displays art inspired by our region Then off to another local treasure the charming Old Mill-for an early dinner to take advantage of great early bird specials.

http://www.1761oldmill.com/html_pages/menu_early_bird.html

We leave just after lunch at 1 return by 6. Lancaster Seniors \$6 all others \$7. Includes admission, snacks and transportation. Does not include dinner or purchases. Please see our cancellation policy.

Go Red Sox!

Join us for a Free Opening Day Party

World Champion Red Sox vs Blue Jays.

Tuesday April 9

Doors Open 1:30 p.m.

Game 2:05 p.m

On the big screen! Free Franks and Fixins
Popcorn Peanuts and Beer (Rootbeer that is)!

You will feel like you are at Fenway *without the lines*.
Why fight the traffic or pay fortune for parking
when you can get front row seats right here!
You will feel like you are at Fenway *without the lines*
And you can treat all your friends!

RSVP if you would to 978-733-4076
Special Thanks to Nashoba Rotary
for the good times with the Boys of Summer!



Save the Date! A road trip birthday party. May 31st
The Sea, Rhododendrons, Antique Cars and Fresh Jam and wait... seafood too.
Heaven on Earth!

An off-season trip to enjoy the splendors of Spring on the Cape!

Join us for a day trip to Sandwich to see some of the best of the Cape before the tourists descend. Meet at the Center at 8 to head to the quaint Thorton Burgess Reserve famous for their jam and the animals that inspired the great illustrations and stories of Thorton Burgess. The salt air may pique your appetite- we will sate it at our favorite seaside seafood stop for lunch, casual and very fresh. Then off to the party! Heritage Museums turns 50 this year that makes them an official AARP eligible senior. Never been? The living museum is a treasure trove of plants, antique cars, nautical antiquities and more and we will hit the highlights in a private tour celebrating 50 highlights. We will return home in time for a late supper around 6:30 or 7.

Trip fee includes transportation, snacks, admission and tour.. Lunch is not included. \$35 Lancaster Seniors \$38 others. Cancellation policy applies. Reserve at 978-733-4076 or otorres@lancasterma.net

Free! Family Fun Day April Vacation! Tuesday April 16th



7:30-9:00 a.m. Breakfast Family Pancakes!

Start the day with Chocolate Chip, Blueberry, & Plain Pancakes! Eggs, fruit, Cocoa
++Adults, \$3 donation; kids eat free!

9:15 Free! All ages Hands Only CPR Class/Demo with Nashoba EMS

Get your pancakes before 9 Dine and learn (5/10 minutes) You may save a life! Best time you will ever spend! The American Heart Association is running a challenge. Nashoba EMS cadets are competing to teach as many community members as possible Hands Only CPR. Come help them and the community! Learn Hands Only CPR-everyone needs to know it.



9:30-11:00 Open Craft Stations and Bunnies!

Sponsored by Homestead Home-schoolers 4-H The most creative group of cool kids and leaders will teach us some fun spring crafts with the help of the best furry huggable assistants-bunnies! Be still my heart.

11:00-12:00 Kids Outdoor (we hope) Egg Hunt!

Put down the bunny and go find the eggs! You never know what treats the may hold. BYOBasket.

Thank you to Lancaster Recreation for running the hunt.



12:00-1:00 p.m. Lunch! Yum

Kids Sample Menu: Dave's famous (?) Mac and cheese, Hot Dogs, Grilled Nutella& Banana, tater tots, Grilled Cheese, Cocoa or Chocolate Milk, Juice Boxes,

Adults: Chicken Kielbasa with Peppers and Onions, Roasted Potatoes and Veggie Soup.

\$3 donation appreciated.



NERF WARS!

12:30-1 Warriors 8 and under only allowed- then

1:00 -2:30 All play! We have some guns or BYOG. **Our AMMO only!**

Bring safety or sun glasses to play. Adults must accompany children. See our house rules!

We provide some guns, or BYOG. Use OUR ammo only.

2:00 p.m. -3:00 p.m. Family Spring Critter Nature Walk

Join Rona Balco respected naturalist Former President Friends of the Oxbow. Come see what is in our outdoor neighborhood; see vernal pools, & critters + Bring boots! .



3:00 p.m. Kids+All ages Movie (we can't use the name... but you will love it!)

Something about the Internet... I bet you can figure it out! *Free Popcorn too! Bring a blanket or we will give you a mat or comfy chair.*

Lancaster Community Center 695 Main St Lancaster MA 01523



Driver Safety

AARP Smart Driver Safety Course

**You may get an insurance deduction!
Here-MAY 23rd**

Even the most experienced drivers can benefit from brushing up on their driving skills, so the Lancaster Community Center and Council on Aging is offering a driver safety program through AARP on Wednesday May, 23rd 2019, from 9:45AM to 3PM

The AARP Smart Driver Course offered by AARP Driver Safety is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course attendees are taught the current rules of the road, defensive driving techniques and how to operate a vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course and there are no tests to pass.

The fee is \$15 for AARP members and \$20 for non-members. The course will run from 9:45AM to 3PM with a break for lunch. Bring a lunch, or purchase one through the Center, suggested donation is \$3 call Sue Franks to reserve at 978-733-1249 ext 1102. Space is limited to 20 individuals. To register for the course, contact Alexandra Turner or Olga Torres at 978-733-4076 or aturner@lancasterma.net or otorres@lancasterma.net

BINGO!

**Tuesday 1pm-3pm
Lancaster Community Center
Come early and join us for lunch 11:30 am**

**3rd Tuesday is Lottery Bingo
Sponsored by River Terrace**

**Wednesday & Friday 1pm-3pm
Bigelow Gardens Clubhouse.
Dessert and coffee served starting at
noon on Bingo days.
Games are canceled when school is closed.**

All are welcome. Each game costs 25 cents for 3 cards.

Coffee, Crumpets, & Coloring!

Chatting too.

Join us Wednesday mornings 10:30-11:30 to relax over a nice cup of coffee and some toast or crumpets (whatever goodies we have or make).

We provide coloring books and colored pencils to draw the morning away!

Thank you Sumner Family for the great supplies



Mahjong lessons

FREE! Wednesdays 10:45 a.m.

Keep your brain 'fresh and supple', *play Mahjong!*
A great game played with 144 tiles, dealt in 'hands'.
Fun people willing to help teach.

After breakfast join us for a Walk!

Lancaster Keep Moving Walking Club

9 a.m. Tuesday and Thursday: Join us!

Free. Bring good shoes/boots— your dog and mittens.

Join us for lively conversation and a hike.

Fast or slow we have a group for you.

Questions? 978-733-4076

BRIDGE ON FRIDAYS

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 *Calling ahead is strongly suggested*

Questions Call Jean at 978-273-2418

Learn about Genetically Modified Plants

With the Lancaster Garden Club

28 Apr 2019 7:00 PM - 8:30 PM

Location: First Church of Christ Unitarian, 725 Main St., Lancaster, MA

<https://lancastergardenclub.net/event-3092747>

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 Health Insurance Needs of Everyone)

SHINE

(Serving Health Insurance Needs of Everyone)

2nd and 4th Wednesday by appointment at the Center wth Barbara Blum

Need Insurance Help? Decoding your policy, getting ready for retirement, change in your job.

Appointment required with Barbara our SHINE counselor

To book call Olga at 978-733-4076

CENTRAL MASS SHINE WEBSITE

The Central Mass SHINE Program has recently launched a new more interactive website. You can visit us at www.shinema.org. The site has valuable general information, links to other agencies and resources and applications that can may provide you with financial assistance.

You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. For general information you can visit us at www.shinema.org

Q: How can you make a difference in Lancaster?

A: Vote!

- Last day to withdraw/object to Nomination Paperwork is **Wednesday, April 9th**
- Annual Town Meeting will take place on **Monday, May 6th at 7:00 PM** at the Mary Rowlandson School
- Last day/time to request an absentee ballot for the Town Election is **Friday, May 3rd at NOON.**
- Annual Town Election will take place on **Monday, May 13th**. Poll hours from 7:00 AM to 8:00 PM.

*Any other questions, call Dianne M. Reardon, Town Clerk at 978 365 2542 extension 1013
The Town Clerk's Office is in the Prescott Building, 701 Main St., First Floor, Lancaster*



Join us Aprre Pancakes for a
Free discussion and book group
with the author of
Thoughts and Words – Reflections on Child Welfare
Dr. Charles Conroy
Tuesday May 14, 2019 9 a.m.

Sign up early to receive your own copy of his book. I have had the opportunity to read some of the stories in this delightful chronicle featuring stories of our region and some of our most colorful residents, many you may know. Bring a friend or make a new one you this will be an hour well spent reminiscing or



Are you or a loved one experiencing signs of Alzheimer's or Dementia? Early detection can help in many ways. It can rule out other causes, improve communications, and provide time to plan for the future. Most important is to understand what's happening so you can face it with confidence and a positive attitude.

10 Early Signs and Symptoms of Alzheimer's	
Memory loss that disrupts daily life	Challenges in planning or solving problems
Difficulty completing familiar tasks at home, at work or at leisure	Confusion with time or place
Trouble understanding visual images and spatial relationships	New problems with words in speaking or writing
Misplacing things and losing the ability to retrace steps	Decreased or poor judgment
Withdrawal from work or social activities	Changes in mood and personality

Tips for effective communications with people experiencing Alzheimer's or dementia.

- Be patient.** Listen and try to understand. Don't interrupt. Keep your voice gentle.
- Show respect.** Avoid baby talk. Don't talk about your loved one as if he or she weren't there.
- Avoid distractions.** Talk in quiet surroundings where there are no other activities or people .
- Keep it simple.** Use short sentences. Break down requests into single steps.
- Offer comfort.** If a person with Alzheimer's is having trouble communicating, let him or her know it's OK.
- Use visual cues.** Sometimes gestures or other visual cues promote better understanding than words alone.
- Avoid criticizing, correcting and arguing.** Instead of correcting your loved one, agree, divert, distract.

Forever
Young

A Memory Cafe

The Lancaster Community Center is hosting a Memory Café for individuals with memory loss and those with developmental disabilities plus memory loss, and their care partners. There is always a fun activity and a welcoming ear. Join us!

The Memory Café is held the last Thursday of the month

1pm—3pm in the meeting room.

Enjoy a change of scenery and routine in a fun relaxed atmosphere.

Meet others experiencing similar challenges to share ideas and resources. Have fun with your loved one.

Reference; Alzheimer's Association, Education Resources. : The Mayo Clinic, Alzheimer's: Tips for effective communication

**In need?
Got help!**
Food pantry options

WHEAT

508-370-4943

Clinton MA

Offering variety of fresh produce (seasonal), baked goods. You may choose from an assortment of meat products as well, and an ample supply of pantry items such as canned goods, pasta, rice etc.

An elevator is located in the rear of the building for your convenience.

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

Offering variety of fresh produce (seasonal), baked goods. You may choose from an assortment of meat products as well, and an ample supply of pantry items such as canned goods, pasta, rice etc.

**Burn, Baby Burn!
Burning Season
is OPEN**

Jan 15th-May 1st

Rain is great protection for a fire; if you wish to burn your yard waste please contact the Fire Department to purchase a permit, and permission to burn.

<http://www.massfire.net/brush/lancaster.php#>
or in person at 1055 Main St M-F 8-4 978-368-4003

<http://www.massfire.net/brush/lancaster.php>

Free Workshop and Presentation

Put a Spring in Your Step with a

Free Spring Tune Up Workshop.

Monday, May 20th 12:00-12:30 pm.

Getting outdoors for a nice stroll this spring? Good for you! Let's make sure you are safe- this is a no fall zone. Bring your adaptive equipment to be checked out to make sure it fits you correctly. If it needs work we can help with that too! Don't use a cane or a walker?

Let's keep it that way in this quick, no cost presentation you will learn how to walk safely-in other words 'train your gait'.

Sponsored by Aveanna Home Care.



**Free
Computer Help**

With Jon Roper

Just starting out? Or getting by but would like to hone your skills. Laptop has a bug?

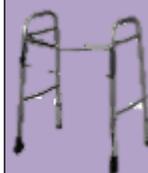
Tuesday mornings 8:30 or

so on.

Call 978 733 4076

**Free
Medical Equipment
Loan Program**

*Crutches, canes, commodes,
wheelchairs + more to loan.*



Just ask!
978 733 4076



Join us for a special lunch!



Healthy Homemade 'From Scratch' Meals'

Sue's Kitchen

May 3rd Noon Time (12pm) Downstairs

Homemade Raviolis with Homemade Red Sauce,

Salad, Bread and Beverages

RSVP to Olga 978-733-4076 by 4/29 please

Thanks to the Friends of Lancaster Seniors; Meal donation is \$5

Free Sunday Senior Spring Brunch!

May 5th 2019

11:30 a.m.-1 p.m.

Hawkins Hall, First Church (on the Green)



Please rsvp M-TH 978-733-4076

Sponsored by the First Church Lancaster

With support from the Friends of Lancaster Seniors

CONSIDER US FOR YOUR BIRTHDAY PARTY!



**Old or young it is lots of fun!
We offer reasonable rates and
a fun place to run around
or gather with a large group.
Call us 978-733-4076**



Lancaster Community Center
695 Main St, Suite 7
Lancaster, MA 01523
978-733-1249

<https://www.facebook.com/Lancaster-Community-Center-97004712968>

List of Services offered by the Lancaster Community Center

(Social Services hub for Lancaster; most services offered are intergenerational)

Nutrition:

- MOC Meals served Monday-Thursday for anyone over 60
- Meals on Wheels: Delivered to shut ins,(elderly and disabled under 60) by volunteers and staff
- Special Event Meals. Social/Fundraisers (intergenerational)
- Food Pantry: We belong to and transport for several food pantries: Stow, WHEAT, Village Church
- Nutrition Classes: Cooking and Fitness Class series, in the past we have hosted 'Seniors on the Move', 'Cooking from the Garden' and ongoing we host cooking classes and are producing a cook book.
- Supermarket Trips (generally over 60 and disabled)
- Friends Pancake Breakfast (intergenerational)

Fitness: *(All intergenerational)*

- Health and Wellness Classes
- Yoga (weekday, weekend)
- Tai Chi (weekday, and weekday evenings)
- Line Dancing (evenings)
- Ballroom Dancing (evenings)
- Bone Density
- Dental Screening
- Vision Screening
- Health Fairs
- Walking Club

Health Care:

- Nashoba Nursing Hub we hold clinics, home visits etc. VNA too!
- Seminars and Series of classes designed to promote knowledge of health management e.g. diabetes management, heart health
- Home visits to help with transitioning to hospice, nursing homes, safety checks
- Medical Durable Loan Equipment (wheelchairs, crutches, shower chairs, commodes, bars etc.)
- Health Fairs: Free information referral service, demos

Counseling:

- SHINE (Serving Health Insurance for Everyone)
- Home visits for housebound residents for insurance paperwork, fuel assistance; SNAP (food stamps) Home loan Modification grants and other grants and programs Finances: Mortgages, Credit Card debt, tax referrals, general insurance guidance
- Referring to appropriate state and non-profit agencies and following up. Helping complete paperwork.

Assistance Programs and Care Giver Support and Services:

- Listings of referrals for caretaker agencies, private and public
- Durable Medical equipment loan
- Agency 'decoding' and referral to meet the individual/family's needs
- Order/progression of considering alternatives for dependents
- Options Counseling (what are the legal and financial options for Referrals for rehab, services, providing loaner medical equipment
- We open as a Warming and Cooling Center when the weather demands to provide shelter and services to residents.

Events:

- Family Fun Days: Intergenerational Crafts and games, every school vacation Tuesday beginning with a family pancake breakfast, games in the gym, drop in crafts. Mostly children.
- Meals: Thanksgiving, BBQ's, Ice Cream Socials, Pot Lucks etc. Depends on meals
- Field Trips, Social shopping, Museums, Foliage, Holiday, Theater, Concerts, Restaurants, Train trips, cruises.
- Fairs: Health and Wellness, , Holiday Concerts, Concerts on the Green

Classes and Seminars:

- Legal help, Money management, Annual Health Insurance changes, Nutrition education, fitness, natural history
- Arts and Crafts, including multiple session and single. Kids crafts and all ages crafting.
- Legal Assistance
- IT
- Social Media for Seniors
- Computer assistance for all ages. Repair and lessons (mostly middle age)
- Free/Safety Phones

Cultural /Entertainment

- Concerts
- Space Rental – Weddings, meetings, Birthday party's – *Give us a call!*
- Fairs
- Game Nights

Call for Volunteers

Volunteers: We rely very heavily on volunteers; we have replaced previously paid jobs and supplemental jobs with volunteers. All events are run by volunteers: Classes, Computers, Meal prep, cleaning, driving, presenting and administrative work. .

Thanks to River Terrace for their support of the Pizza Party, Memory Café, Friends Breakfast and our Paint Party!

Call 978-733-4076 to RSVP for events

PAINT PARTY!

12pm May 1st

FREE – in the Senior Center

Come create your very own Mermaid just in time for the summer!
Materials included!



FREE PIZZA PARTY!

May 22nd 11:30 am

In the Senior Center

Sponsored by River Terrace.

Call 978-733-4076 to sign up

LANCASTER COUNCIL on AGING
LANCASTER COMMUNITY CENTER
Suite 7, Lancaster, MA 01523

978-733-1249
www.lancasterma.net

JOIN US!

Council on Aging Board Meetings

Second Thursdays of the month

Next meeting:

April 11

9am.

Free Coffee!

Become a Friend of the Lancaster Seniors!

We help seniors in your community

We encourage you to consider joining the Friends of the Lancaster Seniors, Inc., a non-profit corporation, open to all. *You don't have to be a Senior to be a Friend!* We are a certified federal 501(c)3 status non-profit.

Your annual contribution is a mainstay of our organization, helping to pay for programs that will enrich our senior's lives. Your support will help us to establish and administer assistance programs, the senior center and in the community. We will help with meals, trips, and more!

Web: <http://FriendsoftheLancasterSeniors.org>

Email: FriendsoftheLancasterSeniors@gmail.com

To contribute, send your check (payable to *Friends of the Lancaster Seniors, Inc.*) to:

Friends of the Lancaster Seniors, Inc. P.O Box 173 Lancaster, MA 01523.

For more information about joining FOLS, contact David James at 978-263-7962.

Shop on Amazon? Use this link! A percentage of your purchases support the Friends! https://smile.amazon.com/ref=smi_ext_ch_46

The Senior Center



We welcome everyone!

Monday-Thursday 9-3*

Office hours 9:00-12

**Call first*

or for special events check out our calendar

www.ci.lancaster.ma.us

We will move you!

MART Van Policies & Fees

For a full list of rules and pricing visit the town website

- **Mart service to Senior Center: *Free*** for senior and disabled coming to meals and events
- ***Service in Town: 50c in all other destinations town, per stop.**
- ***Service outside Lancaster: Clinton \$1. Leominster, Sterling, Bolton, Harvard is \$2 round trip. Fitchburg is \$2 each way. (Multiple stops may be charged)**
- **Friday Regular Shopping trips are \$2 per person**
- ***Special Events will be priced according to the trip.***



Reservations and Cancellations Call 978 733 4076 , At least 48 hours prior to appointment

**See our website for a full list of rules and pricing.*