

COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

APRIL, 2020



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STOP BY TODAY!

Lancaster Community Center
701 Main Street, Suite 7
(behind the War Memorials)

RECEPTION

978-733-4076

COMMUNITY SERVICES LIAISON

978-733-1249 ext 4

DIRECTOR

978-733-1249 ext 3

VAN RESERVATION

978-733-4076 or

Email: coadmin@lanasterma.net

VAN HOURS

Mon -Thurs 8:30am -3pm *

Office: Mon -Thurs 8:30am -1pm

*or by reservation

48 hours advanced notice required.

CENTER ACTIVITIES

Pickleball | Ballroom dancing | Yoga

Tai Chi | Walking Group | Bingo

Lunch Club | Meals | Trips | Veteran

Benefits | Well Clinics | Transporta-

tion | SHINE | Agency Referrals |

Bridge | Gardening | Mahjong | more!

Check us out on
social media!



THOUGHTS FROM THE DIRECTOR

Greetings,

I hope this finds you well. These days that is not just a nice sentiment but is truly heartfelt. Since we became aware of the Coronavirus I have found people are caring about others more, and appreciating little things a bit more too. A Pandemic will do that to you! After all we know we are mortal but witnessing the scale of suffering and death is traumatic for everyone, young and old. Facing challenges like this cause us to evaluate what we can do, and can't do. The stay at home order has given us a moment, a moment to pause, evaluate, and breath. In its simplest term, we help each other by 'flattening the curve', which is vital but there are many more 'silver linings' too.

Out of these dark days I have seen glimpses of light. People seem genuinely concerned with other's welfare. Main St. has never been busier, bustling with walkers and dogs and people greeting one another. Traffic is calmer and pollution has decreased. When we put our a call for volunteers for the Senior Angels program (serving those at highest risk) we were overwhelmed by the flood of caring and generous people stepping forth. It was truly heart-warming. I am sure you have heard inspirational stories. I could write a book! Featuring Jacqui Roy who helped start a Million Mask project here in town, and those that have generously collected funds for those in financial hardship due to the economic crisis. In short, Lancaster has stepped up! We are blessed to live in an amazing town filled with examples of bright lights during this dark time. I cannot thank everyone enough for all their help for our community.

Wishing you good health, Alix

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► Reach the Senior Market
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CONTACT

Lisa Templeton to place an ad today!
ltempleton@lpiiseniors.com or (800) 477-4574 x6377

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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, for handicapped access use the lower level-elevator at end.

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, Commission on Disability, Council on Aging . The LCC is 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, The Backstage Gym, Pickleball as well as summer and winter sporting events.*
- ◆ *Healthy Cooking Class Series and Nutrition classes and ongoing meals*
 - ◆ *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 third 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 Birthday Parties, Cook-outs, Reunions, Meetings and more! We have hosted weddings and funerals too.

Check the calendar for availability, and the website for our rental forms (call to be sure). There are a variety of spaces including kitchen facilities, 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.

For more information contact Alexandra Turner, director at ext. 1103 or aturner@lancasterma.net or visit the Lancaster website.

CORONAVIRUS CLOSURE POLICY

April 1-May 3 We are closed to the public for activities due to the Coronavirus pandemic. We are running programs online, delivering meals and offering assistance. We are working from our offices and home. Please feel free to call or leave a message and we will get back to you asap. Email works well too! Stay tuned for updates

978-733-4076 or aturner@lancasterma.net

UNIPAY

**We are now Accepting Electronic Payments
through UniPay!**

On the town website:

<https://www.ci.lancaster.ma.us/>

Click on **ONLINE PAYMENTS** in the lower left corner and look for the LCC/COA link.

NEVER MISS A NEWSLETTER !

Sign up to have our
newsletter emailed to you at




www.ourseniorcenter.com




MOC Elder Nutrition
 For Reservations or Cancellations,
 please call: (978) 733-4076
 For Home Delivered Meals, call:
 (978) 345-8501 EXT 2

Group Dining Menu
March, 2020
 Menu Is subject to change


All meals include 1% milk
 * Indicates higher sodium item (>500mg)
 Suggested voluntary donation: \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1% MILK: 110 calories 125mg sodium (included in totals)	1 Meatloaf in Mushroom 216 Gravy 85 Sr Cr & Onion Whipped Potato 92 Green Beans 3 WW Dinner Roll 105 Vanilla Yogurt 75	2 Cheesy 319 Cauliflower Sp 310 Chicken 5 Jambalaya 164 Brown Rice 5 Multigrain Bread Peaches	3
6 Special Meal Chicken Cordon Bleu 260 Orzo Spin Pilaf 57 Broccoli 10 Dinner Roll 105 Choc. Chip Cookie 100 (Regular & Diet)	7 Portuguese Kale 281 Soup 290 Cheese Lasagna 50 Roll 164 w/Meat Sauce 10 Multigrain Brd Mixed Fruit	8 Beef & Cabbage Casserole 301 Tossed Salad 5 Wheat Bread 170 Fresh Fruit 2	9 Garden Veg 240 Soup 272 Sw & Sr 4 Meatballs 150 White Rice 0 Rye Bread Applesauce w/C	10
13 Sloppy Joe On a Bun 259 Potato Wedges 230 Green Beans 273 Pineapple 3 1	14 3 C Soup 299 Gr.Chicken Coq au vin 387 Butternut Squash 10 Dinner Roll 105 Choc Pudding 190 D: Diet Choc Pudding 156	15 White Chicken 260 Chili 5 Brown Rice 65 Spinach 291 Corn Bread 1 Fresh Apple	16 Roast Pork 73 Herb Gravy 2 Whip Potato 66 Tossed Salad 64 Multigrain Brd 164 Sliced Pears 5	17
 Patriot's Day	21 Potato Pollock 273 Tartar Sauce 100 Mashed Potato 66 Green Beans 3 Wheat Bread 170 Peaches 5	22 Brd Chicken 450 Drumstick 36 Whipped Sweet 5 Potato 164 Tossed Salad 100 Multigrain Bread 115 Fig Bar D: Maple Graham	23 Beef Stew 200 Brussels Sprouts 12 WW Dinner Roll 105 Brownie 165 Diet: 1/2 Brownie 83	24
27 High Sodium Meal Cheese Omelet 402 w/Cheese Sauce 170 Red Bliss Home Fries 5 Pork Sausage 217 WW Dinner Roll 105 Clementine 1	28 BBQ Pulled Pork 234 Sweet Potato 36 Coins 291 Corn Bread 22 Cole Slaw 101 Pears 5	29 Chicken Brunswick Stew 365 Mixed Veggies 88 Rye Bread 150 Lorna Doones 100	30 High Sodium Meal Gypsy Soup 272 Gr. Chicken Teriyaki 458 Veg Fried Rice 98 Multigrain Bread 164 Fortune Cookie 6 Pineapple Whip 87	

Menu Specifications: Sodium contents are listed individually beside each item and in total below each meal.
 To reduce the Sodium content of any meal, save the Bread, Milk or Non-Fruit Dessert for the following meal.
 To reduce the Carbohydrate content of any meal, save the Bread & Milk for a between meal snack.
 Nutrition Questions? Contact Alex Welch, RD at (978) 785-5340, awelch@mocinc.org.
 To cancel a home delivered meal or resume meals call **(978) 345-8501 EXT 2**



The Lancaster Senior Center supports the MOC Meals on Wheels program. If you are home-bound and need meals delivered, Call MOC at 978-345-8501 ext 2 and ask to be signed up for home delivered meals. Menu is essentially the same as the Congregate meals (above).



Worcester Elder Services and WLEN Invite you to the Rainbow Lunch Club
Every 2nd Wed. Noon
 Unitarian Church, 90 Holden St. Worces-

Zoom it! Try it you will like it.
We have gone Virtual! Join us to exercise from home.

Exercise classes below are now on Zoom. Don't have Zoom? We can help out with our great IT volunteers. It takes practice, but a new world will open.

ZOOM WEEK! FREE

Free trial March 30– April 4 No charge for classes.
Look at Calendar page 8 to find your Meeting IDs. Once you are hooked you don't have to leave the house. Need a fitness card? Want to 'fill your wallet? You can pay online through the town website. See page 3 for details on how to pay.

Pickleball is off until further notice.
Sorry! We miss you.

WARNING! *NEW SCAM ALERT*

NEVER GIVE YOUR SOCIAL or BANK INFO
 to a caller or send a bank check to anyone who calls!
 Currently there are several serious scams out, and more to come!
 Ever in doubt? Call us and we will check for you!

- **NEW Coronavirus Testing Scam (for money)**
- **Tax Check Scam (to get your banking info)**
- **Offers of Coronavirus "cures"**



Lancaster's Keep Moving Walking Club

STILL OUTDOORS:

WHEN: TUESDAY 9:00-10:00 A.M.
WHEN: THURSDAYS 9:00– 10:00 A.M.

Striders (Speedy) and Strollers (Slower) welcome!
 Work off your stress eating! We provide water, and (socially-distanced) companionship for a safe walk on Lancaster's lovely byways.

Get in shape, and get healthy.
Questions? Call us! 978-733-4076

Zoom! Chair Yoga

TUESDAYS at 10:30 a.m.
Seniors \$5 per class or 6 classes for \$25
General public \$6 per class or 6 for \$30

No matter what your capability/ ailment or restriction is, you will learn tools and techniques to carry with you to help with discomfort, lubricate the joints, calm the mind, AND get a good work-out! We start with seated poses, core work, twists, balance, spine lengthening and strengthening and grounding work off the chair (with modifications if needed in chair), and end with a guided relaxation. This class promises

Tai Chi and Quigong

Zoom, Zoom!
Monday 10 am

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

Hatha Yoga

Mon. @ 11 a.m., Sat @ 10am

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!)

MORE HEALTH & FITNESS & FUN—TENTATIVE!



Get into Shape for Fall! *All ages.* **Strength and Weight Training**

SATURDAYS— 9 AM

Zooming! Check in 10 minutes early.

Get in shape—avoid the Covid 15! (yup, that is in pounds). Strengthen your core, improve your flexibility, work on your balance while working out in a comfortable space with resistance training and weights. *All ages and abilities will benefit, especially seniors (50 and over).*

FREE THIS SATURDAY! APRIL 4th on ZOOM

Series price for Lancaster residents \$30. \$45 for all others. Call 978-733-4076

HOME? HELP YOUR COMMUNITY & EXERCISE

CLEAN UP DAYS! APRIL 1st - MAY 4th



Sponsored by the Community Center and the First Church

Grab a bag and go! Walk our streets and pick up trash.

Prizes! 1. Most unique trash 2. Most trash bags per family

Details

Yellow Trash bags provided. Pick up in the Take and Go Bin at the Lancaster Community Center Front Door. In the bin there is a sign up list to note which road you are taking! Leave bags at the roadside for pick up.

Keep them light enough to be picked up easily please. Printed directions in the box.

Special Precautions and Safety

Trash picking is a dirty job under any circumstances! In this time of Coronavirus please be extra careful and keep social distancing in mind. Do not walk or work closer than 6 feet apart. Wear gloves! And wash like crazy with soap and water at least 20 seconds or longer. Want to see lots of friction and foam!

Please leave bags off the road but visible to be picked up.

SUPPORT THE **ADVERTISERS**
THAT SUPPORT OUR COMMUNITY

APRIL ACTIVITY CALENDAR

April 2020

March '20							May '20							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7							1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9	
15	16	17	18	19	20	21	10	11	12	13	14	15	16	

ALL MEETINGS ON HTTP://ZOOM.US

31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4
6 COA Meeting 8:30 Mtng ID: 286400986 Yoga 11:15 Mtng ID: 742183799 Tai Chi 10:00 Mtng ID: 255384123	7 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! Mtng ID: 807642080	8	9	10	11 Strength Class 9:00 Mtng ID: 907734542 Yoga 10:00 Mtng ID: 575050699
13 Yoga 11:15 Mtng ID: 742183799 Tai Chi 10:00 Mtng ID: 255384123	14 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! Mtng ID: 807642080	15	16	17	18 Strength Class 9:00 Mtng ID: 907734542 Yoga 10:00 Mtng ID: 575050699
20 Yoga 11:15 Mtng ID: 742183799 Tai Chi 10:00 Mtng ID: 255384123	21 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! Mtng ID: 807642080	22	23	24	25 Strength Class 9:00 Mtng ID: 907734542 Yoga 10:00 Mtng ID: 575050699
27 Yoga 11:15 Mtng ID: 742183799 Tai Chi 10:00 Mtng ID: 255384123	28 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! Mtng ID: 807642080	29	30	1	2 Strength Class 9:00 Mtng ID: 907734542 Yoga 10:00 Mtng ID: 575050699

Please check our website & Facebook for updates in the 'New Normal' We are not publishing as many copies of our newsletter and we don't want you to miss events or news.

<https://www.facebook.com/lancastermass/>
<https://www.ci.lancaster.ma.us/lancaster-community-center>

zoom

Teleconferencing!

Our Virtual Center!

In the wake of the coronavirus shut-down, we are going 'virtual'. That means many classes; events and meetings will be available, with the instructors' help via teleconferencing! Each class will have a "meeting ID" which will be communicated to you by email, phone or in the newsletter. To join the class, go to a browser and enter the following address: <http://zoom.us/join>

On the resulting web page, type the meeting ID (*string of numbers without the spaces*) in the indicated box and click **JOIN**.

That's it! Have fun!

AARP®

Driver Safety

**NOW
SCHEDULED FOR
SEPTEMBER!
RESERVE NOW**

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 April , 22rd 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 \$15 for AARP members and \$20 for non-members. 9:45AM to 3PM with a break for lunch limited to 20 individuals. To register 978-733-4076 or coadmin@lancasterma.net

FUN & GAMES



VIRTUAL BINGO TUESDAYS 1-3

Everyone is welcome!

Prizes each week! Pick up outside the Center or delivered to you.

Join your Bingo Buddies or make some new friends.

Try this new approach to BINGO on Zoom!

<http://zoom.us/join> Meeting ID: 807642080

Sorry, gotta get your own snacks!

Forget your quarters! Call or email us for your cards.

Call us to help you join Zoom!



Questions? Call the Lancaster Community Center at 978-733-4076 for more information.



BRIDGE!

*Missing the Game?
Friends? You have a
choice.*

These are really frustrating times for Bridge players too. Fortunately, we have the internet! Let's try it. Visit <http://bridgebase.com> to play for FREE This is apparently THE place to play Bridge.

Under the "Casual" tab, you can even start your own "table" and reserve seats if you know your friends' usernames. Can't wait to try this!

--In case of technical trouble, or to join a group, call us!

MUNICIPAL NEWS

VETERANS SERVICES DEPARTMENT

Richard Voutour 1st
SGT USMC RET—Veteran
Services Officer

Contact:
rvoutour@leominster-
ma.gov

Lancaster Office: 978-706-
1754

ext 9 (**Tues 0800-1200**)

Lancaster Community Center, 695 Main St, Lancas-
ter, 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 applica-
tions, VA Burial
- *Benefits applications, VA Veteran Cemetery appli-
cations, VA Grave
- *Markers/Symbols, State Veterans Benefits applica-
tions, Obtain
- *Military discharge/cords, Obtain
- *Military medals/decorations

THAYER MEMORIAL LIBRARY

717 MAIN ST LANCASTER MA

"MONDAY MOVIE MATINEES"

CHECK THE LIBRARY WEBSITE FOR DETAILS

LANCASTER RESIDENTS CAN STILL GET ELECTRONIC
MATERIALS FROM THE LIBRARY!



TRANSPORTATION

Lancaster offers those over 60 and the disabled transportation services in conjunction with MART. In addition we run trips with private carriers and partner volunteers with those in need of transportation. Don't see what you need or want? Let us know and we will work on it.

SHOPPING AND DINING WEEKLY TRIPS ARE SUSPENDED UNTIL MAY 1ST * OR AS ANNOUNCED.

Reservations Required

**Rides for medical appointments have first priority. Trips may fill up quickly or be cancelled if there are no reservations. So reserve early if interested!

ALL SCHEDULES SUBJECT TO CHANGE

VAN IS AVAILABLE FOR
MEDICAL APPTS BY
RESERVATION ONLY!
SORRY! NO SHOPPING
UNTIL WE ARE APPROVED

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 \$2 plus 50c per additional stop

*Special Events will be priced according to the trip.

DOG LICENSES ON SALE DEADLINE EXTENDED TO MAY 1st

But don't wait—buy it online!

[http://www.ci.lancaster.ma.us/Pages/
LancasterMA_WebDocs/billpay](http://www.ci.lancaster.ma.us/Pages/LancasterMA_WebDocs/billpay)

Call *Dianne Reardon* or *Melissa Pelletier*
978-365-3326 ext 1

M 8:30-5 or T-TH 8:30-4:00
Town Clerk's Office



Lancaster Recreation presents:

Art-ventures for Kids at Home!

*A whimsical Supplement for your Art-
Enrichment Needs—Series One:*

**Bendy Paper Lizard; Coffee filter flowers in
tin can vase; Create a scene collage; Castle
building; Winslow Homer Seascape; Salt dough mask;
Superhero Self portrait; Rainstick**



**Just \$99 for 8 sessions of virtually-led fun! Register
now at www.ARTventuresforKids.com.
Use code LancasterRec when registering.**

413-584-7243 afterschool@artventuresforkids.com

WINE & DINE CLUB

Join a group fun-loving men and woman who want to try new places, or enjoy old favorites. No need to worry about driving so enjoy a glass of wine, or just dining with Friends. Each month we try a different place! No worry about parking, or eating alone.



Special Dinners, Fun and Friends!

\$ 4 van fee* plus food **RSVP to 978-733-4076**

May 21—Giacomos & Russells Garden's

June 18- Coach Grill Wayland

Join us for fun evenings out on the town.

**Transportation is covered, please pay for your own food and beverage unless noted.*

Watch for more details as we approach each one. Some restaurants are BYOB.

Special Events and Trip Policies:

Trip 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.

MORE TRIPS ! SAVE THE DATE:

LUNCHEON CLUB TRIPS:



Book Now for May!

Val's in Holden—May 8th

Leave here around 11 a.m. for lunch with Friends. Space is limited to ten on the van. \$2 fare/meal cost not included.

RSVP to 978-733-4076

Interested in your favorite spot?

Let us know.

Spring Savings!

DON'T FORGET YOU MAY QUALIFY FOR BENEFITS UNDER THE NEW MEDICARE SAVINGS PROGRAM!!!

If your income is under \$1,738/single or \$2,346 married and your assets are under \$15,720/\$23,600 respectfully you may qualify for this valuable program.

Filing Your own Taxes?! Using your Accountant? Make sure you ask for the Circuit Breaker. Questions? Talk to us. 978-733-4076

Procrastinators Rejoice. Extensions and Changes

- ◆ Federal and State Tax Filing Deadline —July 15th
- ◆ Real ID Deadline —October 2021
- ◆ Dog Licenses—April 30th
- ◆ ***New dates for Town Meeting and Election Due Soon.**

Lancaster and Central MA Chapter
**100 Million
Mask Challenge**

**The journey begins
with us. Learn how
to get involved.**

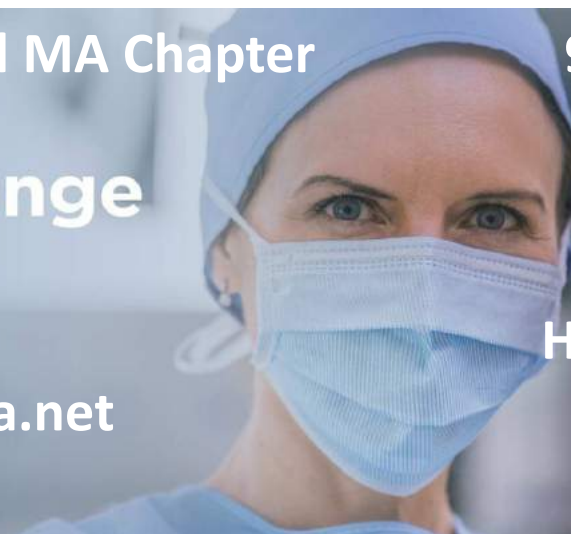
aturner@lancasterma.net

978-733-4076

**We have
Materials.**

Help us!

Help others.



Lancaster Announces Loss of Federal and State Aid –Bill Soars!! *

*April Fools! (kind of).....

Federal Law requires EVERYONE to answer the Federal Census by April 2020. The resulting count is used to determine allocation of state and federal aid as well as political representation . These numbers will be the basis for our aid for 10 years going forward. Why is this critical? Every department including the Community Center is impacted—so is your tax bill. This year is especially difficult for our town with the closure of Atlantic Union College , and the Coronavirus may limit counters ability to enter rest homes and prisons we stand to loose a lot.

Like any good April Fools joke it has to be believable. Believe me. You need to answer the Census! It is important to note this is NOT the local census you just sent into town. This is the Federal Census and you can do it on line or by snail mail. IF YOU DON'T someone will come to your door– really, do you want that now? It is the law, you have to answer them. So please do it now. We can help you if you need help.

Be careful of scams! The Federal Census will NEVER ask you for your social security number, or bank account information. DO NOT share that with anyone over the phone, or by computer! When in doubt ask.



Census Dates

What to expect

- ◆ March 12-20—invitation to respond online
- ◆ March 16-24—reminder letter
- ◆ March 26-April 3—reminder post-card

APRIL 1st is Census Day!
The official day of the 'count'.

- ◆ April 8-16—reminder letter and paper questionnaire
- ◆ April 20-27—final postcard reminder before we follow up in person

Let's Go Places! Free.

You know our great trips?
Let's go virtually this month.
Travel, Live, and Learn!

Visit The World's Best Museums
Tour Palaces and homes.

<https://artsandculture.google.com/partner?hl=en>

Travel to our National Parks

<https://www.youtube.com/watch?v=8EqHttmS3I>

Walking! It is good for you. 6 feet apart please!

And how about our own wonderful trails and Natural wonders close by.

<https://www.discovercentralma.org/articles/hiking-central-massachusetts/>

EVENTS, RESOURCES & HELP

You don't know Zoom?

Interested or scared to try, but you really want to participate?



We can help- Free!
**Computer & Phone (IT) Help
And Video Conferencing Tutorial**

With Computer Guru Jon Roper

Thursdays at 10 a.m. by phone

(reservation) or by conferencing appointment

**We know this is new but we will get you through it
—with new skills!**

Caring Of All (COA)

Senior Angels

Are here for you!



What is a Senior Angel? An angel is an incredibly caring resident who reached out to us to help YOU. We want you to socially distance and stay healthy and safe. How can you do that? Do you need food and medicine and maybe another errand? We can help!

If you want to meet a neighbor who would love to help you -all you need to do is call.- They are out there— waiting to help you.— FREE! So give us a call!

Would you be an angel? I bet you already are. Angels are caring people who can or will call people, do errands and in general be neighborly.

978-733-4076 or aturner@lanasterma.net

NOW! Open Air Burning Season

Through May 1st, 2020.

Get your permit at the Lancaster
online at

www.massfire.net/brush/lanaster.php



In need?

Got help!

Food pantry options

WHEAT

NEW NUMBER!

508-370-4943

Call for extensions

Village Church

South Lancaster

Thursday Evenings

6 pm-7 pm

Offering a wide variety of whole-
some food

Stow Food Pantry

335 Great Rd (Rt 117)

Stow, MA 01775

(978) 897-4230

TRANSPORTATION ON 3rd

FRIDAY \$2, call to reserve

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.

Caring is Sharing Thrift Shop & Food Bank

63 Plain St, Clinton, MA 01510

(978) 368-9990

Home Resources

Need home goods?

Fuel, repairs?

Call:

978-733-1249 x 1109

Medical Equipment Loan Program

Crutches, canes, commodes, wheelchairs + some first aid, incontinence supplies, and more to loan. *Now accepting donations of wheelchairs and rolling walkers.*



Joke Section! Thanks to our Junior Angels for the Jokes and Great ideas!

People think “icy” is the easiest word to spell. Come to think of it, I see why.
I told my wife she was drawing her eyebrows too high. She looked surprised.
I don’t know if listening to ‘Sir Mixalot’ is a good idea. If anything we should Cardi B-e careful and stay home like Outkast.

Have you heard about Murphy’s Law?
Of course--anything that can go wrong will go wrong.
How about Cole’s Law?
No.
It’s julienned cabbage in a creamy dressing.

What’s the difference between a hippo and a Zippo?

One is really heavy and the other’s a little lighter.

And God said to John, “Come forth and you shall be granted eternal life.” But John came fifth and won a toaster.

I invented a new word! Plagiarism!

How many tickles does it take to get an octopus to laugh? Ten tickles.

A man walks into a library and orders a hamburger. The librarian says, “This is a library.” The man apologizes and whispers, “I’d like a hamburger please.”

How to survive quarantine: 5 tips for chasing away boredom and having a blast!

By: Olivia T. (14), Sadie L. (14), and Quinn T. (12)

- Do something creative! Try a puzzle, an art project, bake something delicious, even learn new language! Olivia is currently learning Hebrew, and Sadie is learning Latin!
- Give your friends and family a call! One of the most important things you can do right now is stay in touch with the ones you care about most. It means a lot in times like these!
- Read and write! These are great ways to escape and keep your mind fresh during the time off. Right now, Sadie is reading *The Good Neighbor*, by Maxwell King, and Olivia is reading *Bread and Roses, Too*, by Katherine Patterson.
- Watch movies and listen to music! We love movies; some of our favorites are *Leon: The Professional* and *Braveheart*. Music is another great outlet; we find that uplifting tracks make us feel a little bit better right now. We recommend Bob Marley, Janis Joplin, The Mowglis, and The Red Hot Chili Peppers!
- Keep active! Even if that means taking a walk around your house, staying active is very important!



Traditional tunes and songs from New England and Appalachia

Old Time Jam and Song Session

all acoustic string players welcome
any ability level

1st and 3rd Wednesday of the month, 7-9pm

Starting date TBD!

LCC Dining Room, lower level



*What is your earliest travel memory?
The most adventurous thing you ever did?
How has Lancaster changed over the years?*

Everybody has a story to tell.



Students at Luther Burbank Middle School's Audio Visual club would like **you** to participate in an Oral History project to be filmed at a future date at the Senior Center. Please call Melanie **at 978-365-3326 ext. 1109** for more info!

OUTREACH INFORMATION

“Spread nothing but kindness”

Hi everyone,

What an odd, amazing time to be on the planet!

In the midst of uncertainty and disruption, Lancaster and local volunteers have stepped up in true community fashion to check on seniors and isolated people, braving grocery stores, waiting in pharmacy drive-throughs, or hunting for the last rolls of toilet paper for their new “Covid buddies.”

Our students have contributed jokes, stories, and drawings to help lessen the isolation of the homebound and to keep themselves occupied during stay-at-home school. Our musicians have hosted Zoom open-mike evenings. Our seamstresses (and maybe some seamsters) have whipped up masks with fabric from the Center.

If you want in on all this action and good karma...it’s not too late! Call the center and specify how you’d like to help (calls, deliveries, etc.) and we will match you with a job!

And of course, if you are in need of a helping hand or know someone who is isolated right now, call or email us. Let’s figure it out together.

Looking forward to seeing you soon, when we can all safely be together again!

Melanie Trottier

PS — Stay tuned for new programs at a TBD date, including an Oral History project with the AV Club and Old-Time Jam Session with local musicians. Dust off a story and a tune—we’ll be back together before we know it!

LANCASTER OUTREACH

NEED HELP AND NOT SURE WHERE TO TURN?

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

Melanie Trottier

Community Service Liaison,
978-733-1249 + menu option 4

Office hours:

Mondays 9 am-1pm
Tuesdays 8 am-12 pm
Wednesdays 1-5 pm



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ADT AUTHORIZED DEALER

HOME SECURITY TEAM



Friends of Lancaster Seniors, Inc.

All Ages Pancake Breakfast Every Tuesday Morning!

7:30am - 9:00am

Donation\$ Graciously Accepted!

\$3 is a suggested donation, but any donation is appreciated.



Blueberry and plain pancakes, French toast, sausages, scrambled eggs, fruit, muffins, orange juice, coffee/tea/milk



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<https://smile.amazon.com/ch/46-1483824>

Interested in helping a charity with your Stimulus check?

Please consider the Friends of Lancaster Seniors A 501c.3 if you wish to donate.

Current projects include funding for the Garden, the Backstage Gym, Food resources, and providing Seniors who are isolating and do not have computer access a tablet and internet service as well as FREE tutorials to allow them access to on line resources.

Please consider noting the Friends of Lancaster Seniors to name as a charity to donate to when Honoring a special occasion, in tribute, in memory, or in love!

Donations will be recognized in the newsletter or may be made privately

Thank you for your support the Lancaster Senior Center and Lancaster Community Center trough your generous donations. We invite you to consider the Friends for a tribute gift in honor or memory of someone special. You not only recognize your loved one, but also impact the lives of fellow Lancasterians.

Thank you, Lancaster Friends



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 Jay Moody at 978-833-8429

Name: _____

Address: _____

Email: _____

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

Thank You for supporting Lancaster Seniors

<http://FriendsoftheLancasterSeniors.org>