

# COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

## APRIL, 2021

### PIZZA ON THE GREEN!

Thursday, April 15

4-6pm



Celebrate  
Spring with Pizza on  
The town Green!

\$3 Lancaster Seniors  
\$5 all others.

RSVP!!

978-733-4076

[COADMIN@Lancasterma.net](mailto:COADMIN@Lancasterma.net)

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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@lancasterma.net](mailto:coadmin@lancasterma.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,*

Spring is finally here, it is my favorite season complete with spring flowers, baby bunnies and unicorns! This year add vaccines to my list of my favorite things. Until recently vaccines were just about as scarce as the elusive unicorn but thanks to some dedicated, sleep deprived volunteers we were still able to get a lot of appointments for people. We still are, though we are more than happy to share our tips too so you can get your own if you are comfortable with it.

No one is forced to get a vaccine, but, honestly, if we want to support businesses, family, friends and the medical system I can think of no better way than to step up. The cost of Covid care is staggering, the cost to businesses has been devastating-the consequences of this pandemic has harmed all of us. The vaccine is free to you, and while there are potential side effects (I can personally attest to them) it is liberating to know I am not going to be at risk of serious illness should I contract Covid.

I admit to jitters about getting the vaccine, but I weighed the risk/reward balance. This risks are minimal. The vaccine was rigorously reviewed. It may seem 'rushed' but keep in mind operation warp speed truly accelerated development and production. SARS viruses have been around for 50 years, this is a variant so a lot is known. mRNA research has been going on for a decade for other viruses, so the foundation was built. Test subjects volunteered quickly. Factories were built or repurposed rather than the typical cycle in which companies await approval. The testing period was compressed as funding was allocated for 24/7 staffing for development and production. The government allowed for expedited review, so phases could be reviewed concurrently and approvals were timely. So while it may seem rushed the vaccines did pass vigorous review, and continue to be monitored.

I have heard people say they will wait. You can, but while you do Covid continues to find hosts and the risks of mutations and spread will continue. I wear my mask for you, I got my vaccine for you. Get one for those you love, for the economy, for the good times ahead!

Not everyone can get out for a vaccine. Some of our neighbors are homebound, and not able to leave their home to get vaccinated, The state has developed a program to vaccinate them. Some people who need the assistance are not on line, or do not realize the state has developed a homebound program. The criteria is very strict, and it may be a while before our town nurse is able to get out to people but it is still important to get on the list. If you know someone who would benefit from this program have them call the **Lancaster Board of Health (978-612-1999)** or the **state homebound line: (833) 983-0485**. They will enroll you through Nashoba Board of Health, who has a great team getting prepared to help out.

Who knew a year ago that we would face a year of darkness, with headlines of world wide death and economies in crisis. Now with wisdom and hard earned lessons we look to spring filled with hope for new industries, renewed appreciation for the little things- gardens and puppies and family- and yes the most magical of all, the unicorn of vaccines. I hope you catch one!

*Stay well, Alix*

## CREIGHTON

FLOOR COVERING INC.  
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417 Bolton Rd.

So. Lancaster, MA 01561

**(978) 365-5426**

creightonfloor@comcast.net 



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**Phone: 978-732-3374**

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[www.schlosslocksmith.com](http://www.schlosslocksmith.com)

## bankHometown

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Lancaster

**978-365-3352**

[bankHometown.com](http://bankHometown.com)

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Contact **Lisa Templeton**  
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**978.365.3144**

[www.mcnallywatson.com](http://www.mcnallywatson.com)



Evelyn Salmon: MLO21537  
Tom Gibbons: MLO21535  
Diana Ancill: MLO21538

  
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**CALL US FOR THE FACTS:  
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Celebrate Earth Day- Every Day! Help Lancaster's environment

# 2021 Clean Up Days

## April 15- May 15

**BBQ Party for  
Participants**

**May 16<sup>th</sup>**

**Prizes for**

**Most bags**

**Strangest trash.**

**Help us clean up  
Lancaster  
Roads+Parks**

**Pick up some yellow trash bags at the Community Center!**

### COVID-19 UPDATES and RESOURCES

We are always here to help you with information or referrals.  
Just leave Alix a message 978-733-1249 ext 3

*Here are some good on line information below*

**Link to MA Information updated Daily: Included town specific Information**

<https://www.mass.gov/info-details/covid-19-response-reporting>

**Lancaster Town Announcements** <https://www.ci.lancaster.ma.us/news>



### CORONAVIRUS UPDATES

- ◆ We are **OPEN!** For fitness, pickleball and distanced Counseling.
- ◆ We are **REMOTE** for crafts online, some classes, delivering meals and offering SHINE and Counseling assistance!
- ◆ **MEALS and TRANSPORTATION** are up and running – off site of course.

*Stay tuned for updates– join our mailing list on line.  
978-733-4076 or [aturner@lancasterma.net](mailto: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.

## HEALTH AND HOME



### Recycling Center

Schedule for April, 2021

CLOSED April 3 and 4 for Easter

OPEN April 17 and 18, 10am-noon

ALL DATES ARE WEATHER PERMITTING

When in doubt check the Town Website or

### **AARP FREE –COVID SAFE TAX PREP!**

*Reservations required.*

**TAX PREP IS FULL, CALL US**

**With questions!**

**TAX DEADLINE NOW MAY**

**Don't forget to take the Circuit Breaker**

**Call 978-733-4076 if you need help, but cannot guarantee we'll be able to help.**

Words spread faster than the virus. Answer the call, **stop** the spread of Coronavirus.



Community Tracing Collaborative



**Habitat for Humanity**<sup>®</sup>  
North Central Massachusetts

**Are YOU a homeowner who can't afford home repairs?**

Habitat's Critical Home Repair program provides assistance to eligible homeowners by offering repairs on a sliding scale, based on income. Check out their website <https://ncmhabitat.org/critical-repair/> for more information on how families can apply for this program.



**SUPPORT THE  
ADVERTISERS**  
*that Support  
our Community!*





# Got Ticks?

Make Tick Tubes

Earth Day Workshop

Concerned about Tick Borne Illnesses?

We are too!

April 22, 2021 @ 1 p.m

- Learn what a Tick Tube is: *Spoiler alert: They are a safe way to greatly reduce ticks in your yard*
- Learn how to make your own Tick Tubes
- Leave with a Tick Tube supply good for an average yard

All ages Workshop-\$3 for twelve tubes.

RSVP to 978-733-4076 or  
coadmin@Lancasterma.net



IT'S SPRING CLEANUP TIME!  
GET YOUR BAGS AT THE LCC.

## Tune Up Your Credit!

### Scams Awareness

- The Covid Testing Scam
- Social Security Scam
- Tax filing Scam.

**RULE ONE:** When in doubt call us! Never give out ANY personal information

Call us for help. 978-733-4076

### Vaccine Help! We are here



- Waiting list. Availability, News, Waiting List etc. We are creating a list to notify you of updates in this tumultuous, rapidly changing environment. We will notify you by email or phone call when we get vaccination updates, as the state shares news about new clinics opening, or supplies being released. If you like you can join our waiting list notification list, we will call you if we are notified of openings locally. Email aturner@lancasterma.net or call 978-733-4076
- Computer/IT/ Help to Sign Up If you have attempted to sign up online, you know how tough it can be. Imagine if you were not connected, or had other obstacles- language, sight, hearing? With the help of great volunteers and staff we are committed to helping those who do not have reliable computer access get through the sign up and look for appointments. I understand there maybe a phone number to sign up with soon. Let us help you book an appointment Refer a friend! Just call or email us. *If you would like to join us to help we will be training next week.*
- Transportation: We will get you to your appointment by reservation if you need a ride. We have a spacious van built for 11 passengers, but just for you, a private/semi-private limo (as we are restricted to two people on the van at a time. Drivers are fabulous, and drive behind a plexi shield. We will travel out of our normal area, within limits. We would be honored to escort you, so again be in touch and get on our list. **Reservation required.**



### HUNGRY? DON'T WANT TO COOK?

The Lancaster Senior Center supports the MOC Meals on Wheels program. If you are home-bound and need meals delivered, Call 978-733-1249 ext 4 and ask to be signed up for home delivered meals. See what else we have to offer too! You might be happily surprised.



### Worcester Elder Services and WLEN Invite you to the Rainbow Lunch Club

Every 2<sup>nd</sup> Wed. Noon

Unitarian Church, 90 Holden St. Worces-

## HEALTH & FITNESS

### CALL FOR PASSWORDS



## Get into Shape for Fall! **ZOOM ONLY!**

### **Strength & Weight Training**

**SATURDAYS— 9 AM Zooming!**

Check in 10 minutes early.

**ZOOM Meeting ID: 907734542**

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

Via ZOOM!

## Fall Prevention Series

**Meeting ID: 819 3366 6287**

**INTRO SERIES: 5 WEEKS TO BETTER BALANCE \$25**

**TRY IT! FIRST CLASS IS FREE—**  
**RESERVATIONS REQUIRED**

Learn how to improve:

- muscular strength, endurance and flexibility
- agility, balance, coordination, reaction time and power
- functional fitness to prepare for daily tasks
  - home safety
- confidence in stability

This class is appropriate for those new to exercise or managing chronic conditions. We will discuss for 5 minutes a topic regarding fall prevention, then, we get to work.

## Tai Chi and Quigong

Now **TUESDAY at 9am— in person or Zoom!**

**ZOOM Meeting ID: 255384123**

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!)*



## Keep Moving Walking Club

**LOOKING FOR NEW TIMES AND DAYS/- INTERESTED PLEASE BE IN TOUCH!**

**NO CHAIR YOGA IN APRIL. TRY TAI CHI OR HATHA YOGA ON MONDAYS., OR THE SATURDAY CLASSES.**

## It's Spring Clean-up time!

Get some exercise and help clean up Lancaster at the same time! Yellow trash bags are available near the front door of the Community Center. Return filled bags to the dumpster in the upper parking lot (near the shed). Thank you!

## Zoom Only - Hatha Yoga

**Mon. @ 11:15 a.m.**

**Meeting ID: 742183799**

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.

*In THE GYM! We provide mats and water!*  
*Monday and Saturday: \$5 per class or 6 classes for \$25*

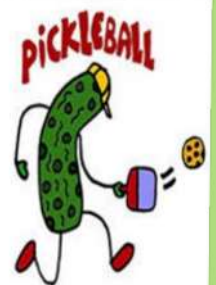
## It's BACK!

### Indoor/Gym Pickleball

Many Slots available! \$3 per session

<https://tinyurl.com/LCC-pickleball>

Or, call for Sign Up Genius times and link. 978-733-4076



**amazon smile**  
You shop. Amazon gives.

When you use this link to do your shopping, Amazon donates a percentage to the Friends! *Thank you!*

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

*Friends of Lancaster Seniors- Thanks you!  
And Asks for your help.*

End of Year Giving in your budget? Like to honor someone? The Friends of Lancaster Seniors do great work, feeding our neighbors, helping with Fuel, providing gym equipment, garden supplies and so much more! All with the help of your donations. What better way to leverage your dollars to directly help your neighbors!

**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 re-

**Get Dirty Gardening Project**

Join us! Open Reservations NOW

Pick your bed, and lie in it!\*

First come, first serve.

Beds are going quickly

Interested in joining a great group of gardeners?

All ages and abilities welcome.

Grow in our organic soil with support of trained gardeners, and grow some good friends too.

We share friends, seeds and plants and of course produce. We will be sharing the bounty of our produce as well.

It is almost time to plant those peas!

978-733-4076 or [aturner@lancasterma.net](mailto:aturner@lancasterma.net)

*\*at least plant it!*

**True friends and neighbors!  
These wonderful people helped a senior in  
Lancaster with a new roof! Free!**



*Pan-  
cakes  
on the  
Patio!*



**Friends of Lancaster  
Seniors, Inc.**

**All Ages Pancake Breakfast  
Every TUESDAY Morning!**

**8:30am - 10:00am**

*(weather permitting)*

Donations Graciously Accepted!

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

**Blueberry and plain pancakes, French  
toast, sausages, scrambled eggs,  
orange Juice , coffee /tea/milk.**

**All you can eat!**

*Welcome back!!*

GOT NEWS? Let us know! We will share it for you .  
[aturner@lancasterma.net](mailto:aturner@lancasterma.net)

# APRIL ACTIVITY CALENDAR

## April 2021

ALL MEETINGS ON [HTTP://ZOOM.US](http://zoom.us)

March '21							May '21						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6							1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
							30	31					

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>29</b> Pickleball 9-11am Pickleball 12:30-2:30 Yoga 11:15 Mtng ID: 742183799	<b>30</b> Tai Chi 9-10am Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	<b>31</b> Pickleball 9-11am Pickleball 1-3pm	<b>1</b> Pickleball 9-11am	<b>2</b> Pickleball 9-11am	<b>3</b> Strength Class 9:00 Mtng ID: 907734542 Pickleball 10am-12pm Pickleball 12-3pm
<b>5</b> Pickleball 9-11am Pickleball 12:30-2:30 Yoga 11:15 Mtng ID: 742183799	<b>6</b> Tai Chi 9-10am Pancakes! 8:30-10am BINGO! 1pm Mtng ID: 807642080	<b>7</b> Pickleball 9-11am Pickleball 1-3pm	<b>8</b> Pickleball 9-11am Crazy Crafternoon 2-4pm Mtng ID: 862 8069 5141 Passcode: 01523	<b>9</b> Pickleball 9-11am	<b>10</b> Pickleball 10am-12pm Pickleball 12-3pm Strength Class 9:00 Mtng ID: 907734542 Fall Prevention 10:00 Mtng ID: 81933666287
<b>12</b> COA Meeting 8:30 Mtng ID: 84439317311 Yoga 11:15 ZOOM Mtng ID: 742183799	<b>13</b> Tai Chi 9-10am Pancakes! 8:30-10am BINGO! 1pm Mtng ID: 807642080	<b>14</b> Pickleball 9-11am Pickleball 1-3pm	<b>15</b> Pickleball 9-11am Pizza on the Green! See page 1 for details	<b>16</b> Pickleball 9-11am	<b>17</b> Pickleball 10am-12pm Pickleball 12-3pm Strength Class 9:00 Mtng ID: 907734542 Fall Prevention 10:00 Mtng ID: 81933666287
<b>19</b> Pickleball 9-11am Pickleball 12:30-2:30 Yoga 11:15 Mtng ID: 742183799 Pickleball 12:30-5:00	<b>20</b> Tai Chi 9-10am Pancakes! 8:30-10am BINGO! 1pm Mtng ID: 807642080	<b>21</b> Pickleball 9-11am Pickleball 1-3pm	<b>22</b> Pickleball 9-11am Tick Tubes! 1pm on the patio. RSVP	<b>23</b> Pickleball 9-11am	<b>24</b> Pickleball 10am-12pm Pickleball 12-3pm Strength Class 9:00 Mtng ID: 907734542 Fall Prevention 10:00 Mtng ID: 81933666287
<b>26</b> Pickleball 9-11am Pickleball 12:30-2:30 Yoga 11:15 Mtng ID: 742183799	<b>27</b> Tai Chi 9-10am Pancakes! 8:30-10am BINGO! 1pm Mtng ID: 807642080	<b>28</b> Pickleball 9-11am Pickleball 1-3pm	<b>29</b> Pickleball 9-11am	<b>30</b> Pickleball 9-11am	<b>1</b> Pickleball 10am-12pm Pickleball 12-3pm Strength Class 9:00 Mtng ID: 907734542 Fall Prevention 10:00 Mtng ID: 81933666287
	MON TUE WED THU FRI SAT	Signup online! Sessions Monday, Wednesday and Friday <a href="https://tinyurl.com/LCC-pickleball">https://tinyurl.com/LCC-pickleball</a> Check Signup Genius for all available sessions. Not all sessions may be listed in the calendar!		BACKSTAGE GYM is OPEN! Monday thru Friday, 9AM-7PM MUST RESERVE TIME IN SIGNUPGENIUS! MAXIMUM THREE (3) PEOPLE PER HOUR <a href="https://tinyurl.com/backstagegym">https://tinyurl.com/backstagegym</a> Creator's email: jojomac1956@comcast.net	



# CRAZY CRAFTERNOONS!

Join us! A small group of crafters (space is limited to give you attention) and create wonderful homemade cards-so pretty you won't want to give them away!  
*Instruction, Materials, laughs just \$5*

## Spring Holiday Cards!

Thinking of you  
Easter

Thursday, April 8, 2pm-4pm

ZOOM.US

Meeting ID: 862 8069 5141 Passcode: 01523

Register: 978-733-4076 or [coadmin@lancasterma.net](mailto:coadmin@lancasterma.net)

# VIRTUAL BINGO TUESDAYS 1-3

Everyone is welcome!

Prizes! Cards may be picked 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.

## How Nashoba Neighbors will help you!

We are still in the works but we want to share our top 3 ways we want to help you!



### Help with Technology

All these updates, Zooming, and new devices have you frazzled? Don't worry, call

Nashoba Neighbors

### Transportation

Your volunteer may not arrive in this car, but they will get you where you want to go!



### Help with home fixes and light repairs

Having trouble getting up the ladder?

We will have you covered, no problem!



**Nashoba Neighbors**  
BERLIN • LANCASTER • BOLTON

Contact Catherine 978-337-3059 /FaceBook at Nashoba Neighbors

# MUNICIPAL NEWS, UPDATES

## VETERANS SERVICES DEPARTMENT

**Richard Voutour** 1st  
SGT USMC RET—Veteran  
Services Officer

**Contact:**  
rvoutour@leominster-  
ma.gov

Lancaster Community Cen-  
ter, 695 Main St, Lancaster,  
MA 01523 (behind the Library and War  
Memorials)



### CALL THE

**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*

### Library Services

**Thayer Memorial Library is OPEN!**  
By appointment or Curbside

\*\*\*\*\*

**Thayer Library IS OPEN**

**By appointment and Curbside!**  
Get your movies, magazines and books

**Now curbside!**

*Members can request as many as 20 titles to  
be found in any library in the CW MARS net-  
work.*

### Curbside Pickup appointments

- Mon: 10-4:30
- Wed: 10-6:30
- Thur: 1-4:30
- Fri: 10-4:30
- Sat: 10-1:30



## Open Air Burning Season

January 15th -May 1st, 2021.

*Burning permits can be obtained at the Lancas-  
ter Fire Department at 1055 Main Street during  
normal business hours or can be obtained online  
by clicking [http://www.massfire.net/brush/  
lancaster.php](http://www.massfire.net/brush/lancaster.php)*



**2021 DOG LICENSES**  
ON SALE JANUARY 4, 2021!

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

## SHOPPING & DINING

WEEKLY TRIPS ARE CURRENTLY SUSPENDED

*David James, Transportation Coordinator*

*Administrative Assistant*

978-733-4076

Or 978-733- 1249 ext 1103

Or coadmin@lancasterma.net



## 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.

**WE ARE  
RUNNING FOR  
SHOPPING  
AND  
ERRANDS! NEED A  
RIDE?  
CALL US!**

*Happy Birthday!*

**Turning 65?**

Join us for a FREE Blue Cross

Planning for Medicare

**April 15, 2021, 6:30PM**

Planning for Medicare is a presentation and discussion led by a Blue Cross  
Blue Shield of Massachusetts representative. This meeting is geared to-  
wards individuals approaching Medicare Eligibility. Topics covered in-  
clude health insurance information outside of employer sponsored cover-  
age, such as an explanation of Medicare, the Medicare enrollment time-  
line, Medigap and Medicare Advantage plans and programs available to  
early retirees, and COBRA.

**Meeting information will be in the Community Center calendar  
and in the April "Crier"!**

# OUTREACH AND HELPFUL TIPS

## Local Food Resources

### Wheat Community Connections

Location: 272 High St., Clinton, MA 01510 Phone: 508-370-4943

**WHEAT Community Cupboard (Food Pantry)** = provides monthly groceries Hours: Monday & Thursday evenings from 4:30pm - 6:00pm,

Tuesday, Wednesday, and Thursday 10:00am - 1:00pm.

**WHEAT Community Café**=provides homemade lunches and dinners

Hours: Monday through Friday from 1:00pm - 2:00pm and 4:45pm - 6:00pm

**Stow Food Panty** provides groceries

Location: Pompo Community Center, 509 Great Road, Stow, MA 01775 Phone: 978-897-4230

Stow Food Panty would prefer that you call (978-897-4230) or email them ([stowfoodpmail.com](mailto:stowfoodpmail.com)) for an appointment, but walk-ins are welcome. Please note LCC does monthly pickups from Stow Food pantry, *but you must sign up ahead of time*, please call or email us for more information or to be put on the list.

**The Little Free Pantry at Lancaster First Church.** = Provides non perishable goods for anyone in need.

Hours: Always open

Location: Front left hand side of Lancaster First Church, Thayer Memorial Drive,

**Sharing is Caring- 7 days! Hours vary**

Location: 63 Plain Street, Clinton, MA 01510

Looking for a career to help others? Part time? call us

## LANCASTER OUTREACH

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

*In-office hours subject to change: please call or email for an appointment.*

**Looking for job?  
Want to help  
Your neighbors?**

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# AROUND TOWN



## REGISTRY OF MOTOR VEHICLES

The RMV will designate Wednesdays through April at 17 RMV Service Centers to serve customers age 65 and older. These service centers will be dedicated to processing all Registry transactions for older customers. A reservation is required:

<http://www.Mass.Gov/RMV>

Providing older adults with a designated RMV service center every Wednesday through April will result in a safer space for customers to visit.

The designated RMV service centers for customers 65+ are:

- Brockton • Danvers • Fall River • Greenfield • Lawrence
- Leominster • Martha's Vineyard • Nantucket
- New Bedford • North Adams • Pittsfield • Plymouth

**Save The Date!! May 20, 2021 6:30-8:00 pm**

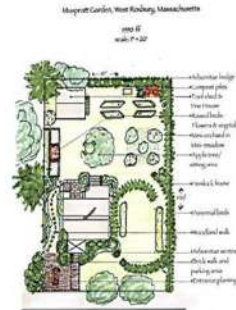
Nashoba Neighbors invites you to a free online presentation  
AARP ONLINE HOMEFIT PRESENTATION:

**"A GUIDE TO CREATING A SAFE & COMFORTABLE "LIFELONG HOME"  
DETAILS IN THE MAY NEWSLETTER!"**



## Transforming Personal Space: From Backyard to Garden

Sally Muspratt

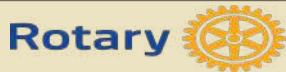


**Sunday, April  
18th 7:00PM**

**via zoom  
register at  
lancastergardenclub.net  
members free  
non-members \$5.00**

A private garden space is one where you feel you can be your true self, whether or not others can see you. What do you want to exclude? What are you cherishing, protecting, framing? In this slide talk we will look at ways of separating and joining public and private spaces and techniques for creating privacy in residential gardens and small city gardens.

Sally McGuire Muspratt holds a Graduate Certificate in Landscape Design from Radcliffe College (1993), a certificate in Landscape Maintenance from UMass Extension (2002), an M.A. from Newnham College, Cambridge and a BA from Harvard. In 2010 she was accredited as an Organic Land Care Professional by the Northeast Organic Farming Association, and in 2011 as a Professional Landscape Designer by the APLD, the Association of Professional Landscape Designers (certification #344). Sally gardens in West Roxbury, MA and La Malbaie, Quebec.



## CONNECTIONS



### Learn to use new tools

### Zoom-Social Media etc. (FREE! NO EXCUSES ACCEPTED)

A cooperative venture with the Lancaster Community Center, Nashoba Valley Rotary, Fallon Health & Friends of Lancaster Seniors

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These days we are all missing connecting, none miss it more than those with no computer, or computer access. We can help! Thanks to the generosity of Nashoba Rotary and the Friends of Lancaster Seniors. You don't need to be from Lancaster— we help everyone. Internet service is income based. Our talented and non-judgmental band of volunteers are prepared to teach you, or your loved one to use technology. Right from turning it on. They will help get you internet services and best yet get you connected! Want to see your grandkids? Play BIN-GO with your friends? Take a class with us? It is all right at your finger tips. At this point there is NO cost for starting—what do you have to lose? Trust me, you will be hooked. This is not just a 'pandemic' approach, snow days, not feeling well, distance issues. You will be thanking us!

**Call or write us 978-733-1249 ext 4**