



COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

AUGUST, 2019



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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

VAN RESERVATION

978-733-4076

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
- Transportation | SHINE
- Agency Referrals | Bridge
- Gardening | Mahjong | more!

THOUGHTS FROM THE DIRECTOR

I am very excited to share this 'First Edition' of our new format of our newsletter *The Community Crier*. This slick, fabulous newsletter is sponsored by the Friends of Lancaster Seniors and is meant to support the Community as a whole. When I refer to the Community I mean all of you; young and old, caregivers, seniors, kids, grandkids and friends from the region. When I say support I mean it will keep you up to date about local events, and opportunities in town and 'out and about'. Life is not all fun and games so when it gets hard the Crier should offer steps to help with that, too. I hope you look to this newsletter for resources, tips to help with tough financial times, avoid scams and keep you healthy, too. In other words we want to be your 'go to' publication, supporting your 'go to' Center.

As the Director of the Center it is an honor it is to help organize programs and provide supports. It is my great honor to do this work, and we do it on a shoe string. Many people have asked me how we do it all. The answer is it is made possible by the many incredible volunteers without whom this would not be possible. You know if you are one of them, and if you are not, I hope you soon become one! (Please note our upcoming volunteer party, always a fun time! Details in the new "Crier".) My other note of thanks today is to the Friends of Lancaster Seniors. The Friends work with LPI, our publisher to bring you this newsletter. The Friends support many events and charitable works, too. Finally, our heartfelt thanks to our advertisers. This is a new format, and they really took a leap of faith to advertise. Many told me they advertised to support the Friends, some said they hoped to raise awareness of their business. As a municipal official we can't endorse any business but I can thank those that advertise with the Friends and honestly appreciate their support. Without their support and advertising we could not bring you this great newsletter – at no taxpayer expense! I hope you thank them, too! By the way if you know me at all you know we threw in some mistakes, just for you to find! More mistakes to come. Also, many events 'pop up' in between issues, so I suggest you sign up for updates on line at <http://ci.lancaster.ma.us/subscribe> and on Facebook at <http://www.tinyurl.com/lancastercc>. *Alix*

<p>CREIGHTON FLOOR COVERING INC. CARPET • TILE • LVP CERAMIC WALK-IN SHOWERS DAN CREIGHTON 417 Bolton Rd. So. Lancaster, MA 01561 (978) 365-5426 creightonfloor@comcast.net </p>		<p>Schloss Lock RESIDENTIAL • COMMERCIAL P.O BOX 224, AYER, MA 01432 Phone: 978-732-3374 Email: schlosslocksmith@gmail.com www.schlosslocksmith.com</p>	<p>bankHometown 131 Main St. Unit 1 Lancaster 978-365-3352 www.hometowncoop.com</p>
 <p>➤ Reach the Senior Market ADVERTISE HERE</p> <p>CONTACT</p> <p>Lisa Templeton to place an ad today! ltempleton@lpiseniors.com or (800) 477-4574 x6377</p>	<p>TAG ADVISORY SERVICES TRUST ADVISORY GROUP, LTD. • A REGISTERED INVESTMENT ADVISOR Stanley B. Starr, Jr. M Ed. STARR INVESTMENT SERVICES, INC. President 34 Squire Shaler Lane, Lancaster, MA Tel: (978) 365-2494 sstarr@tag-ages.com <small>Securities offered through Advisory Group Equity Services, Ltd. Member FINRA/SIPC/MSRB 444 Washington Street, Suite 407, Woburn, MA (781) 933-6100</small></p>		
	 <p>What did you use to love doing that you no longer do? Call today to book your FREE Caregiver Consultation! 978-707-9977 <small>www.nurse-next-door.com</small></p>		





The Lancaster Community Center (LCC)

*The all ages hub for community events.
Nurturing the Body, the Mind, and the Soul*

www.ci.lancaster.ma.us

And on Facebook www.tinyurl.com/lancastercc

Or call—978-733-4076

Business Office hours 8:30-12:00 M-TH & by event

Where: The Community Center is located behind the Town Green, directly behind the Prescott Building. Enter on the upper level, handicapped access use the lower level-elevator at end.

What: The Center, formally the Tercentenary School is home to many special events open to all ages. A full schedule is on line, scroll down our page to view the calendar. The LCC is home to Lancaster Social Services offices. Each office keeps their own office hours; Veterans Affairs, Commission on Disability, Council on Aging and Recreation. The LCC is also home to Senior Center, and offers meeting space for town boards, commissions, and non-profits.

IN ADDITION, THE CENTER OFFERS:

- *Year Round Fitness Classes as well as special fitness series. Tai Chi, Yoga, Aerobics, Ballroom Dancing, Pickleball as well as summer and winter sporting events.*
 - *Healthy Cooking Class Series and Nutrition classes*
 - *Arts and Crafts Classes and drop in Art Group*
 - *Community Garden Beds*
 - *Community BBQ's, Holiday events, Concerts, Fairs etc.*
 - *Social Services support, SNAP, Fuel Assistance, Referrals*
 - *Nashoba Wellness Clinic, first Tuesday of the month*
- *Information series by guest speakers on topics relating to Lancaster*
 - *Field Trips*

Rentals:

The LCC is available for rentals, Birthday Parties, Cookouts, Reunions, Meetings and more!

Please see our calendar for availability, and the website for our rental forms. There are a variety of spaces, a kitchen, meeting rooms, a gym and a lovely shaded patio. The Center is a great space for birthday parties, family gatherings, club meetings and more! Let us show you our space.

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



NEVER MISS A NEWSLETTER !

Sign up to have our
newsletter emailed to you at
www.ourseniorcenter.com





MOC Elder Nutrition
 For Reservations, please call:
(978) 733-4076

August 2019
Group Dining Menu

Menu is subject to change

Menu is subject to change
 *Indicates item is > 500 mg Sodium
Suggested voluntary donation: \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1% MILK: 110 calories 125mg sodium (included in totals)		1 Hawaiian Meatballs 247 Brown Rice 5 Asian Vegetables 21 Multigrain Bread 164 Almond Cookie 181 Diet: Maple Waffle Graham 115	2 Sue's Kitchen Noon - \$5 Reservation Required 978-733-4076
5 Shepherd's Pie 136 Beef Gravy 85 Green Beans 3 Multigrain Bread 164 Pineapple 1	6 Grilled Chicken in Apricot Glaze 352 Orzo Spinach Pilaf 57 Italian Vegetables 41 WW Dinner Roll 105 Cherry Brownie 165 D: ½ Cherry Brownie 83	7 Cold Plate Vegetable Gumbo 50 Turkey Cranberry Salad 596 Wild Rice Salad 140 Potato Bread 170 Clementine 1	8 Roast Pork in Apple Gravy 96 O'Brien Potatoes 34 Tossed Salad 64 Wheat Bread 170 Peaches 5	9 Lunch Club Trip
12 Grilled Chicken on a Bun 320 BBQ Sauce 230 Potato Wedges 82 Brussel's Sprouts 273 Pears 12 5	13 Teriyaki Beef & Broccoli 314 Veg Fried Rice 98 Multigrain Bread 10 Fortune Cookie 164 Pineapple Cake 10 Diet: ½ pc. Cake 338 169	14 Chicken Parmesan w/Tomato Basil Sc & Mozzarella 397 Tossed Salad 335 Penne Pasta 5 Italian Bread 1 Applesauce Cup 230 0	15 Tomato Florentine Soup 164 Broccoli Bake 482 Home Fries 5 Multigrain Bread 164 Choc Pudding 190 Diet Choc Pudding 156	16 Stow Food Pantry and Market Basket in Hudson
19 Lasagna Roll with Meat Sauce 420 Italian Blend Veg 41 Multigrain Bread 164 Make Your Own Peach Yogurt Parfait 50	20 Breaded Chicken Drumstick 450 Sweet Potato 78 Tossed Salad 5 Pumpernickel Brd 155 Mandarin Oranges 7	21 Pulled Pork Grinder 401 Brussel's Sprouts Seasoned Potatoes 12 Fresh Pear 5 2	22 Chicken Brunswick Stew 365 Genoa Blend Veg 45 Corn Bread 291 Mixed Fruit 10	23 Reserved for special van trips
26 Swedish Meatballs 220 Parslied Egg Noodles 4 Broccoli 10 Multigrain Bread 164 Tropical Fruit 10	27 High Sodium Day Brunch Omelette w/CheeseSc 482 Sausage & Home Fries 275 Home Fries 5 Stewed Tomato 150 WW Dinner Roll 105 Apple Streusel Cake 191 Diet: ½ pc Cake 96	28 Gypsy Soup 272 Grilled Chicken Picatta 324 Wild Rice Pilaf 140 Rye Bread 150 Fruit Yogurt 51	29 Cold Plate Tuna Salad 228 Israeli Cous Cous 42 Beet & Onion Salad 217 Marble Rye Bread 127 Fresh Peach 0	30

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 restart 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

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

The BackStage Gym is OPEN!



- ◆ All residents are welcome
- ◆ *Free Training available.*
 - ◆ No pressure!
- ◆ Commercial equipment

Hours of Operation:
Monday-Thursday
8am-4pm*

**or by appointment (we are looking for volunteers to have act as gym monitors evenings and weekends)*

You must stop by Center Office and sign a Release Form before using the equipment

FREE WELLNESS CLINICS

Lancaster Community Center
8-10 a.m.

1st and 4th Tuesdays
Starring

1st Tuesday : Nashoba Board of Health "
4th Tuesday: VNA Care

Free services include health assessments (blood pressure, blood sugar, cardiopulmonary assessments, etc.), teaching (medication, diet, disease management, preventive health, etc.), and referrals to community resources.

Special Healthy Heart & Blood Pressure Demo!



August 6th at 9 a.m.

Join us! Tamara will teach us about heart health and demonstrate a Telehealth monitor.

Bonus! Free BP Check +meet our town nurses!

Tai Chi and Quigong

Monday 9:30 am & Tuesday Evenings 6:00pm
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

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

HEALTH & FITNESS



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.

ONLY \$3!

See schedule at

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

Chair Yoga Wednesday's 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 will 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 to leave you feeling more peaceful, energized, and uplifting in the body, mind, and spirit. Please let Julianna know prior to class. If you have any specific restrictions, such as sciatica, hip/knee replacement, etc.

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)*

HEALTH & FITNESS

Healing Conversations

A Support Group

Are you grieving?

Please join us for Healing Conversations, a free adult bereavement support group series offered by Nashoba Nursing Services & Hospice. The programs are facilitated by Kathy Benson, LICSW and Lucia Camara. Registration is not required. For questions, contact 978-425-6675 or email health@nashoba.org.

Some upcoming locations and times:

- August 6, 5-6pm, Hazen Library, Shirley
- August 13, 2-3pm, Pepperell Senior Center
- August 14, 1-2pm, Acton Senior Center
- August 15, 10-11am, Hildreth House, Harvard
- August 15, 10:30-11:30am, Sargent Library, Boxborough
- August 19, 1:30-2:30pm, Eagle House, Lunenburg
- August 22, 11am-12pm, Ashburnham COA
- September 3, 5-6pm, Hazen Library, Shirley



Nashoba Nursing Service & Hospice
Nashoba Associated Boards of Health
Your COMMUNITY, Your CHOICE Since 1931

The Lancaster Community Center
Invites you to an all ages

Go For Life Fun Walk and Party!

Sept 18th— 5:30 p.m. Walk 6-7



- ◆ 5:30 p.m. A quick supper
- ◆ Walk 6-7 pm

- ◆ 7 pm Awards and Prizes and Ice Cream

Short Courses, for 'Strollers' Longer Course for Striders.
Get a Team ready to compete in the team division too!
First 25 registered get a special prize!

Free Hot Dog BBQ, Turkey, Veggies and 'Real' Dogs
And the best reward of all -
When you finish... *if you are good!*)

Rota Ice Cream Sundae Fest.

Thanks to MCOA and Go For Life for your grant!

FUN & GAMES

MAHJONG LESSONS

FREE! WEDNESDAYS 10:00 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.



BRIDGE ON FRIDAYS

FRIDAYS 1:00-4:00

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. Questions Call Jean at 978-273-2418



BINGO

EVERY TUESDAY FROM 1PM-3PM

(Wed. and Fri. 1pm-3pm at Bigelow Gardens)

Everyone is welcome! Treats and fun!

25 cents per every three cards

Bring your quarters, odds are better than the lottery!



All activities are held at the Lancaster Community Center unless noted | Call 978-733-4076 with questions

AUGUST ACTIVITY CALENDAR

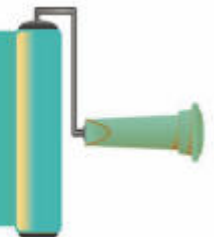
August 2019

July '19							September '19						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6		1	2	3	4	5	6	7
7	8	9	10	11	12	13	8	9	10	11	12	13	14
14	15	16	17	18	19	20	15	16	17	18	19	20	21
21	22	23	24	25	26	27	22	23	24	25	26	27	28
28	29	30	31				29	30					

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30 Pickleball 1:00-3:00	30 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 6:00	31 Mah Jong 10-2 MOC Lunch 11:30	1 Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30	2 Bridge 1:00-4:00 Van: Market Basket	3 Yoga 9:30 Sue's Kitchen 12 noon
5 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30 Pickleball 1:00-3:00	6 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 6:00	7 Mah Jong 10-2 MOC Lunch 11:30	8 Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30	9 Bridge 1:00-4:00 Van: Lunch Group	10 Yoga 9:30
12 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30 Pickleball 1:00-3:00	13 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 6:00	14 Mah Jong 10-2 MOC Lunch 11:30	15 Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30	16 Bridge 1:00-4:00 Van: Stow Food Pantry	17 Yoga 9:30 Fireworks Trip! Sheriff's Annual Senior Picnic
19 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30 Pickleball 1:00-3:00	20 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 6:00	21 Mah Jong 10-2 MOC Lunch 11:30	22 Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30	23 Bridge 1:00-4:00	24 Yoga 9:30
26 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30 Pickleball 1:00-3:00	27 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 6:00	28 Mah Jong 10-2 MOC Lunch 11:30	29 Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30	30 Bridge 1:00-4:00	31 Yoga 9:30
2	Notes PICKLEBALL is outside for the summer. BACKSTAGE GYM is open Monday through Friday, 8AM to 4PM.				

Calendar Templates by Vertex4
<https://www.vertex42.com/calendars>

**SUPPORT THE ADVERTISERS
 THAT SUPPORT OUR COMMUNITY**





Lancaster Garden Club and Lancaster Community Center invite you to A Free* Field Trip to

SUMMER STAR SANCTUARY & GOLDEN SKEP FARM SUMMER TOUR

AUGUST 11, SUNDAY (Rain date: August 18)

Meet at the Center at 9:30 a.m. for light refreshments and to car pool as parking is very limited, or board our air conditioned, handi-capped accessible van. (\$3 fee for van-minimum and maximum attendance for the van). First stop is a local treasure, **Summer Star Wildlife Sanctuary** in Boylston. <https://summerstarwildlife.wordpress.com> There we enjoy a private tour of the award winning visitors center and the sanctuary trails. Two trails, one is two miles and one is shorter both require walking. After our tour we will enjoy your brown bag lunch order from the Center. Interested in our lunch option please inquire at 978-733-4076. You must pre-pay for the Center lunch by Aug 4th. Then on to Golden Skep, voted one of the ten best gardens to visit by Yankee Magazine. <http://goldenskepfarm.com> There, Carl Wickstrom will teach us about Day-lilies, how they have changed and why. Carl will also demonstrate dividing and planting. We return to the Center by 3.

**The trip is free with registration required due to reservation limitations. Reserve by August 5th space permitting. Optional Costs: Choose to join us on the van or be picked up \$3 fee applies. A box lunch is \$9 including choice of sandwiches, Mediterranean grilled chicken or a vegan Mediterranean side, beverage and dessert. You must pre-pay for the Center lunch or van by Aug 5th.*

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 **

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

MONDAY

1 p.m. Clinton Shopping /Errands/Banking/Pharmacy/ Hannaford's \$1.00 plus 50c per additional stop

TUESDAY

1:30 p.m. Clinton Shopping /Errands/Banking/Pharmacy/ Shaw's \$1.00 plus 50c per additional stop

WEDNESDAYS

1 p.m. Leominster Shopping (destinations alternate): Water Tower Plaza, Dollar Tree, Orchard Hill Park . \$2.00 plus 50c per additional stop

THURSDAYS

1 p.m. 117 Shopping - Walmart, Aldi's, Lowes, Restaurants \$2.00 plus 50c per additional stop

1ST FRIDAYS

9 a.m. Whitney Field Mall. Market Basket Return 1 p.m. (or 12 for Sue's Kitchen)-e.g Mall stores, Market Basket, Restaurants \$2.00 plus 50c per additional stop

2ND FRIDAYS

Lunch Club—Van riders choose the place to go for lunch.

3RD FRIDAYS

8:15 a.m. Stow Food Pantry and Highland Commons : Market Basket Berlin/Hudson - return 1 p.m. \$2.00 plus 50c per additional stop

LANCASTER MART VAN

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.

\$1 Clinton, all others \$2 (Multiple stops may be charged, call for details)

Service in town 50¢ , per stop

Special Events will be priced according to the trip.



TRIPS & EVENTS

WINE & DINE

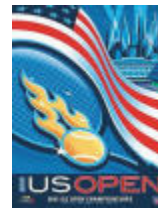
Special Wednesdays Dinner Trips.
Enjoy Food, Fun and Friends!
\$4 van fee*

Sept 18—Nancy's Airport Diner-outdoors!
Oct 16—Forge & Vine in Groton-Sunset
Nov 13—El Basha in Westborough-BYOB
Dec 18—JP's and Tower Hill-Holiday Lights

Watch for more details as we approach each one. Some restaurants are BYOB. Van space is limited to ten (10). *Fee is transportation only.

BACK-TO-BACK BBQS!

4pm, Saturday 9/7 and Sunday 9/8
Join the Friends on the patio and in the Senior Center on Saturday and Sunday, September 7th and 8th for back-to-back BBQs. While enjoying delicious Kalon Farms burgers and sausages, pop into the Senior Center and watch the women's and men's finals of the US Open Tennis Tournament.



SAVE THE DATE:

WaterFire (Providence)

Sept 14th

Join us to see the famous WaterFire; an art installation in Providence featuring over 100 fires in braziers in the river that illuminate downtown Providence from within. This is a full lighting, meaning all the fires will be lit, and music, food trucks and artists will fill the banks of the River. Visit with friends and enjoy an evening of sight-seeing, food and fun. If you are lucky even a Gondola ride!



FIREWORKS & FRIENDS!

Join us for the BIGGEST fireworks display in New England celebrating the 50th Anniversary of Woodstock. Atlas Fireworks stages Boston's display among others. This is their chance to 'give back' and show off their brand new designs (shells). A fun festival welcomes us with food trucks, vendors, games, and of course Woodstock music.

We leave Lancaster about 3:30 for the Festival in Jaffrey NH. Bring a folding chair. We'll provide drinks, sandwiches and snacks. \$27 includes admission, transportation, and food! Such a deal! You MUST sign up (and pay) no later than August 10th. Contact David in the COA Office or call 978-733-4076 Space is limited!

Sheriff's Annual Senior Picnic

Sponsored by
Worcester County Reserve Deputy
Sheriff's Association



Saturday, August 17, 2019
SAC Park
438 Lake Street
Shrewsbury, MA
11:00 AM - 3:00 PM



A fun filled day with complimentary lunch, raffles and bingo in honor of our seniors!



For More Information Contact Donna Ostiguy at dostiguy@worcestersheriff.org

OUT & ABOUT (OR, BEYOND THE CENTER!)

RECYCLING CENTER SURVEY PLEASE FILL OUT AND RETURN BY AUGUST 4

The survey is available at the recycling center and at the Community Center and on their web site: <https://www.ci.lancaster.ma.us/recycling-center> Look in the NEWS section on the right-hand side for Recycling Center Survey July 2019 and follow that link to get the survey.

MORE TRIPS WORTH SAVING THE DATE:

Details in upcoming Issues:

October 11th: Essex Train and River Boat Trip and the Griswold Inn

November 15th: Boston Public Library, Tiffany Windows & shopping, eating.

December 6th: Freeport by Train. LL Bean Northern Lights Festival

LUNCHEON CLUB TRIPS:

Leave here around 11 a.m. for lunch with Friends. Space is limited. RSVP to 978-733-4076

August 9th Il Camino, Leominster

September 13: The Pic (Piccolino's)

October 11: The Old Mill

November 8: Val's

December 13: Bull Run



THAYER MEMORIAL LIBRARY 717 MAIN ST LANCASTER MA

A great summer and Back to School Place.!

"MONDAY MOVIE MATINEES"
CLICK HERE FOR THIS WEEKS SHOW.

FREE MUSEUM PASSES:
A GREAT WAY TO SPEND A HOT DAY
CLICK HERE FOR THE FULL LIST.

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, Lancaster, MA 01523
(behind the Library and War
Memorials)

Leominster Office: Leominster
Veterans Center, 100 West Street,
Leominster, MA 01453. 978-534-7538

Lancaster Veteran Services provides the following: VA Healthcare applications, VA Disability Claim applications, VA Widow Pension applications, VA Widow/Survivor Benefit applications, VA Burial Benefits applications, VA Veteran Cemetery applications, VA Grave Markers/Symbols, State Veterans Benefits applications, Obtain Military discharge/cords, Obtain Military medals/decorations



RECREATION DEPT. FREE FISHING EVENT

When: Aug 14th 6-8 pm

Location: Wildlife Fisheries Headquarters (508) 835-3607
211 Temple St in West Boylston
Host: Jim Lagacy and staff

This is a short distance beyond the Old Stone Church where we had our last fishing event.

Short Hike in. Free fishing equipment provided and refreshments

Sponsored by Lancaster Recreation and AMC



BEST SOCCER 2019 Summer Soccer Camp

When: Mon., Aug 5th – Fri., Aug 9th

Where: Community Center fields

Who: Three age groups and cost:

- 3-5 \$90 9-10am
- 5+ \$150 9am-12pm
- 7+ \$250 9am-3pm

First KIX

This program is a friendly and fun introduction to dribbling, stopping, and controlling the ball. The non-competitive curriculum introduces soccer players to simple skills with fun games.

Half/Full Day Weekly Schedule

Each camp day, players will cover a new technical skill. Players will learn new skills in a challenging but supportive environment. Skills will be taught by conditioned games and coached scrimmages. Players are assigned by age and ability levels. Most of all, players will have FUN!

For more information (including immunization and physical exam requirements) or to register visit the [Lancaster Recreation Department website](#)

CELEBRITY PANCAKE SERVER!



August 6th, please join us to welcome Christy Mylott, District Director for our very own Senator Dean Tran.

Come with questions, or just to say hi! Most of all come for Pancakes and good company.

COOLING CENTER

Heat kills, so please look in on our neighbors who may not have air conditioning, or those who work too hard in the heat. Keep your eye on them, often people do not know they are getting sick until it is serious. Anyone who gets disoriented or feels sick may need medical help, or at least a drink and a cool spot! This is particularly true for seniors, as people get older bodies they do not cool as effectively, and heat-stroke can kill. There are many in town who do not have a cool place to retreat. We do, here at the Center we are a 'cooling station', complete with Wi-Fi, a big screen TV, a fridge stocked with lemonade, and drinks, and often treats. > While here, you may wish to take classes, hone your computer skills, create a craft, have a meal, or watch a movie. For those who don't drive we are happy to transport you on our van. So let the heat be an excuse to come and join the cool kids in the Senior Center.



FARMERS MARKET COUPONS!

Speaking of Farmers Markets, we will run our *Farmers Market Shuttle once again*. Make sure you get your Farmers Market Coupons ahead of time. They just came in and will be distributed from 9 until 12, Monday - Thursday. All income eligible seniors are welcome to these great coupon booklets good at any approved vendor for \$25 of FREE produce or honey. A really great program. Get yours while they last. One per person! See David in the COA office.



CENTER UPDATES



Volunteer Appreciation Party AUGUST 14 6:30 pm

Thank you all that have helped us the Center. Some of you have helped organize events, toiled at events, served lunch, visited home-bound residents, fixed computers, cleaned the Center, delivered newsletters, fixed our broken items, books, food, office work, made or written cards, led groups and classes— in short you have done it all. We could not do it without the help of many dedicated volunteers. We need your talents to move forward, just about every skill would be helpful. Hands on trades, cleaning, Hosts and Hostesses, office help, gardener help, phone help, friendly visitors and more. You will be surprised by the gratification you receive in helping your neighbors and all the free coffee you can stand. You are up to it— I know you are! As a small token of appreciation we are holding our volunteer appreciation party August 14th to honor our volunteers. Any volunteer who has contributed 20 hours of service to the Center this year is invited. You know who you are, and yes we keep track! I hope you are able to join us. If you have not volunteered this year I hope to see you at next years party! Please RSVP to David in the COA to let him know you can join us the 14th.

Farmers Market Shuttle Service!

Thursdays

Days Change depending on which market we visit. Thursdays we travel to Fitchburg Farmers Market at 3:30 p.m. Reserved Parking!
Certified Vendors accept HIP + Coupons. Music and Fun.

Resources and Help

Free Computer and Phone Help

Join Jon Roper *after Pancakes*
8:30am on - Drop in! Jon will help with your laptop, or our
computer iPad or phone.

Jon Roper is our hero!
Tuesday mornings 8:30 a.m.
(or by appointment)
Call 978 733 4076



The Town of Lancaster has an emergency notification system (also known as Reverse 911). This system allows Lancaster residents to receive neighborhood specific emergency notifications issued by the town's public safety agencies.

These can be sent to you by phone, e-mail and/or text message, all of which can be set up by you through an easy-to-use web page. To enroll in this free service go to the **CodeRED** Community Notification Enrollment page listed below. This data is held securely and is used only for the purpose of emergency notifications.

FOR ALERTS TO PHONE AND EMAIL
<https://public.coderedweb.com/cne/en-US/F1A940D55774>

FOR ALERTS TO A MOBILE DEVICE APP
<https://ecnetwork.com/codered-mobile-alert-app/>

If you do not have access to a computer we can help you sign up at the Lancaster Community Center , lancastercommunitycenter@gmail.com.

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 wholesome 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 x4

Medical Equipment Loan Program

Crutches, canes, commodes, wheelchairs + some first aid, incontinence supplies, and more to loan. (978) 733 4076

aturner@lancasterma.net

Your Ticket to FREE Summer Fun!

100 VENUES! 10 FRIDAYS!

FRIDAY JUNE 28

Lyric Stage Company of Boston
Cape Ann Museum
Clark Art Institute
MIT Museum
Nichols House Museum
Norman Rockwell Museum
Plymouth Plantation
The Mount: Edith Wharton's Home
Wenham Museum
Worcester Art Museum

FRIDAY JULY 05

Amelia Park Children's Museum
Cape Cod Maritime Museum
Children's Museum in Easton
Edward Gorey House
Falmouth Museums on the Green
Jacob's Pillow
Museum of Printing
Pilgrim Hall Museum
The Old Manse, The Trustees
The Telephone Museum

FRIDAY JULY 12

Museum of Fine Arts, Boston
Charles River Watershed Association
Chesterwood
Children's Museum of Greater Fall River
Gloucester Stage Company
Mahaiwe Performing Arts Center
New England Quilt Museum
The Patriots Hall of Fame
Smith College Museum of Art
Springfield Museums

FRIDAY JULY 19

Boston Children's Museum
The Arnold Arboretum of Harvard University
Battleship Cove
Cape Cod Children's Museum
Nantucket Maria Mitchell Association
New England Historic Genealogical Society
Peabody Essex Museum
Sandwich Glass Museum
Spellman Museum of Stamps & Postal History
The Eric Carle Museum of Picture Book Art

FRIDAY JULY 26

Isabella Stewart Gardner Museum
Edward M. Kennedy Institute for the U.S. Senate
Cape Cod Museum of Art
Commonwealth Museum
Commonwealth Shakespeare Company
Fitchburg Art Museum
Historic Deerfield
Larz Anderson Auto Museum
The Gardens at Elm Bank (Mass Hort)
Ventfort Hall Mansion & Gilded Age Museum

FRIDAY AUGUST 02

Franklin Park Zoo
Boston Symphony Orchestra at Tanglewood
Chatham Shark Center
Children's Museum at Holyoke
Concord Museum
International Volleyball Hall of Fame
Lynn Museum
Museum of Russian Icons
Naumkeag, The Trustees
Old State House

FRIDAY AUGUST 09

Boston Harbor Islands National and State Park
Davis Museum at Wellesley College
Gore Place
Hancock Shaker Village
JFK Hyannis Museum
Museum of the National Center of Afro-American Artists
New Bedford Whaling Museum
Old Colony History Museum
Worcester Historical Museum
The Greenway Carousel

FRIDAY AUGUST 16

John F. Kennedy Presidential Library & Museum
Berkshire Theatre Group
Cahoon Museum of American Art
Discovery Museum
Fruitlands Museum, The Trustees
Fuller Craft Museum
Harvard Museums of Science & Culture
Paragon Carousel
Provincetown Art Association and Museum
USS Constitution Museum


FRIDAY AUGUST 23

The Institute of Contemporary Art/Boston
Berkshire Museum
Boston Athenæum
Buttonwood Park Zoo
Emily Dickinson Museum
Fort Devens Museum
Freedom Trail® Foundation
Heritage Museums & Gardens
Museum of African American History
The Mary Baker Eddy Library & Mapparium

FRIDAY AUGUST 30

Old Sturbridge Village
Cape Cod Museum of Natural History
Griffin Museum of Photography
Hull Lifesaving Museum
Mass Audubon's Ipswich River Wildlife Sanctuary
MASS MoCA
Museum of the First Corps of Cadets
Osterville Historical Museum
Capron Park Zoo
EcoTarium



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#FreeFunFridays

 @highlandstreetfoundation

Please visit HighlandStreet.org or
call 617.969.8900 for more information

WCVB 
The Boston Globe

HELP WANTED

Join our team!

Lancaster Community Center

We are looking for two great people to join our team. We are seeking an Administrative Assistant and a Community Services Liason.

These are part time positions: (19 hours)
Details are on our website . Open 'til filled.

Reminder 'NO DOG' POLICY

Town buildings are no longer dog friendly .
Sorry, but please leave your dogs at home
when visiting unless they are a service dog.



CENTER INFORMATION

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
- ◆ Friendly Visits

Contact: Alexandra Turner
aturner@lancasterma.net
978-733-1249 ext 4



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SENIOR LIVING ADVISOR

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.



There's no cost to you!
(888) 612-8951

We're paid by our partner communities

◀ **Joan Lunden**, journalist,
best-selling author, former
host of *Good Morning America*
and senior living advocate.


**aPlace
for Mom.**

DON'T SHOP. AD PAWT.



**HELP PROTECT
YOUR FAMILY & HOME**

CALL NOW! 1-888-862-6429



HOME SECURITY TEAM



Friends of Lancaster Seniors, Inc.

All Ages Pancake Breakfast

Every Tuesday Morning!

7:30am - 9:00am

Donations 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.

All you can eat!



Several years ago the Friends received an anonymous \$5,000 contribution, with the stipulation that it be used for senior fitness programs.

I am pleased to say that, because of their generosity, we were able to purchase several pieces of equipment and additional supplies for the new BACKSTAGE GYM!

If that person is reading this, please know that we are extremely grateful for your contribution to the seniors of Lancaster. THANK YOU!!!

Qualified Charitable Distribution (QCD) - What is it?

Are you over 70 and 1/2 years old? Do you have an IRA from which you must take required distributions? Do you contribute to charity? Then consider a QCD this year.

With the increased Standard Deduction, many people can no longer take advantage of the charitable deduction on their taxes (which you can do only if you itemize deductions). This past year, as an AARP Tax Aide, I processed over 150 tax returns. ONLY THREE itemized deductions! A QCD is a transfer (contribution) directly from your IRA to the charity. At tax time, this contribution is deducted from your taxable income, without having to itemize! This is doubly beneficial if your Social Security benefits are being taxed!

Want more information? Contact your financial adviser or fund manager.

We encourage you to consider supporting the Friends of the Lancaster Seniors, Inc., a non-profit 501 (c)3 corporation. You don't have to be a Senior to be a Friend! Please help us by making your tax-deductible donation today!

All monetary donations will be considered fully tax-deductible, and you will receive a letter and receipt to that effect. We even accept credit cards!

Website: <http://friendsofthelancasterseniors.org/index.html>

Email: FriendsoftheLancasterSeniors@GMail.com

To support the Friends, fill out the information below, and send it and your check (payable to Friends of the Lancaster Seniors, Inc.) to:

Friends of the Lancaster Seniors, Inc.

PO Box 173

Lancaster, MA 01523

For more information about the Friends, contact David James at 978-263-7962.

Name: _____

Address: _____

Email: _____

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

Thank You for supporting Lancaster Seniors