



AUGUST, 2020

Summer Fun
from our friends at Sandee's!



Lancaster residents!
**Limited-edition,
socially-distanced
Summer Barbecue**
*Great music, grilled
food, good company*

**August 19
(rain date
August 20)**

*See page 9 for
details and guidelines*

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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

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 miss seeing your smiling faces, it is my hope that with patience, masks, and your best behavior we will be seeing each other sooner rather than later. A vaccine will help expedite that. I am not a betting person so we will leave that to ...when they are ready. Speaking of missing smiling faces, I have some bittersweet news. Our wonderful Community Services Liaison Melanie Trottier, is leaving us for greener pastures— those pastures are in Clinton. You will have to go visit her at the Museum of Russian Icons where she will be working full time, for a cheap date with Melanie reserve a pass from the Thayer library. The museum is open Friday, Saturday and Sunday, and is very careful about social distancing. She tells me she will visit often, and I intend to hold her to that.

Speaking of smiling faces and seeing you. I hope to catch a glimpse of you at our very distant BBQ brought to Lancaster seniors by our good friends at Sandees restaurant. Eric and his generous staff have offered to treat Lancaster seniors to a free BBQ! They are just some of the bright lights that we have seen during these dark times., they help make Lancaster very special. There are other businesses and countless volunteers that make this area so special too. I understand Sandees is re-opening August 7th so make sure you thank them when you head in, or get take out. I hear the Friday fish fry is amazing. The summer BBQ will be is a very structured event, with limited seating. Advance tickets required for each seating, or take out meal. Please call us and leave a message and we will issue tickets beginning at 11:30 , then 12:30 and finally 1:30. We are allowing for smaller groups, and cleaning in between... and hey, hey— I don't want to jinx it but I hear tell you are not the only one's that maybe outside.. I heard Elvis has left the building. He just maybe outside with you too! Come see. MASKS REQUIRED! NO INDOOR SEATING. Rain date Aug. 20

Hope to see you soon, *Alix*

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➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Lisa Templeton to place an ad today!
ltempleton@lpiseniors.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](https://www.facebook.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, Cookouts, 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 website.

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 1102

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/home/urgent-alerts/updated-covid-19-numbers-4302020-real-estate-tax-information>



CORONAVIRUS CLOSURE POLICY

April 1-??? 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.



**SHINE
IS STILL OPEN!**

Although we cannot provide office appointments, our fabulous counselor Barbara is STILL available to assist you with any of your Medicare related questions. **Need help?** Call Melanie, Dave or Alix at **978-733-1249 ext 1109 or 978-733-4076** to schedule.

If you are 65 or older, have lost your employment coverage, or simply have a general question about Medicare coverage— call! Counselors are working remotely and will return your call within 1 business day. Counselors are available via phone or Zoom video conferencing for appointments.

Medicare and Social Security have announced new procedures for Medicare enrollment during the COVID emergency.

Call the SHINE office at 508-422-9931 and leave your name and number. Check www.shinema.org for helpful videos, including "Medicare & You."

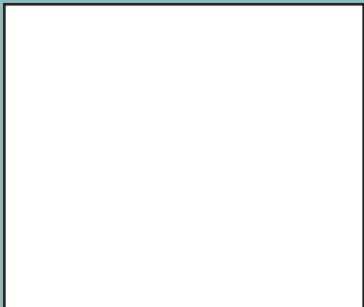
Words spread faster than the virus. Answer the call, **stop** the spread of Coronavirus.

Community Tracing Collaborative
Partners In Health

Habitat for Humanity
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 <http://ncmhabitat.org/critical-repair/> for more information on how families can apply for this program.



**THIS SPACE IS
AVAILABLE**

NEVER MISS A NEWSLETTER !

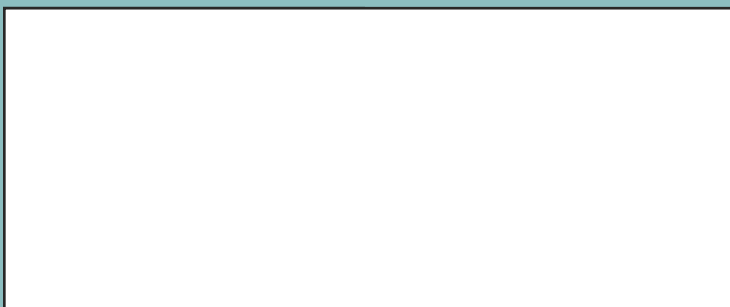
Sign up to have our newsletter emailed to you at www.ourseniorcenter.com



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LET US *carry*
YOUR MESSAGE
TO *Senior*
THE *Community*

AUGUST HOME-DELIVERED MEAL MENUS

CALL 978-733-4076 IF YOU WISH/NEED HOME DELIVERED MEALS—LANCASTER IS M-W-F ONLY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Na*	4	Na*	5	Na*	6	Na*	7	Na*
Macaroni & Cheese	488	Frozen meal		Beef & Cabbage Casserole	576	Frozen meal		Broccoli Bake	482
Stewed Tomatoes	251			Carrots	64			Home Fries	5
Multigrain Bread	164			Pumpnickel Brd	155			Stewed Tomatoes	251
Cookie	105			Applesauce				Wheat Bread	170
Waffle Graham (straw i avail)								Assorted Fruit Cup	5
Sodium (mg):	1133	Sodium (mg):	125	Sodium (mg):	920	Sodium (mg):	125	Sodium (mg):	1038
Calories:	835	Calories:	656	Calories:	685	Calories:	656	Calories:	698
10	Na*	11	Na*	12 Special	Na*	13	Na*	14	Na*
Pollock (loin) in Dill Sauce	94	Frozen meal		Broccoli Stuffed Chicken Breast v-c-20	410	Frozen meal		Roast Pork in Herb Gravy	73
Rst Red Bliss Potatoes	5			Wild Rice Pilaf	140			Stuffing	316
Spinach	65			Zucch & Sum Squash	11			Carrots	64
WW Dinner Roll (Flavored) Applesc	105			WW Dinner Roll	105			WW Dinner Roll	105
	10			Lorna Doones	100			Applesauce	
Sodium (mg):	467	Sodium (mg):	125	Sodium (mg):	891	Sodium (mg):	125	Sodium (mg):	766
Calories:	492	Calories:	674	Calories: <i>Dist Brd 230</i>	662	Calories:	696	Calories:	595
17	Na*	18	Na*	19	Na*	20	Na*	21	Na*
Lasagne Rollup in Meat Sauce	370	Frozen meal		Turkey Corn Stew	464	Frozen meal		Sw & Sr Diced Chicker	297
Peas	66			Brussel's Sprouts	12			White Rice	4
Wheat Bread	170			Wheat Bread	170			Asian Veg Blend	21
Fruit Cup	5			Muffin Diet: MplWattieGraham	95			Fortune Cookie	6
Sodium (mg):	939	Sodium (mg):	125	Sodium (mg):		Sodium (mg):	125	Sodium (mg):	622
Calories:	576	Calories:	635	Calories:	594	Calories:	595	Calories:	568
24	Na*	25	Na*	26	Na*	27	Na*	28	Na*
Grilled Chicken Brst	320	Frozen meal		Swedish Meatballs	249	Frozen meal		Beef Stew	200
Lemon Picatta Sc	4			Egg Noodles	4			Green Beans	3
Butternut Squash	48			Spinach	65			WW Dinner Roll	105
Broccoli	10			Multigrain Bread	163			Applesauce	5
Rye Bread	150			Strawberry Yogurt	75				
Cookie, D: Grahams	105								
Sodium (mg):	762	Sodium (mg):	125	Sodium (mg):		Sodium (mg):	125	Sodium (mg):	433
Calories:	589	Calories:	778	Calories:	642	Calories:	629	Calories:	624
31	Na*			1% MILK: 110 calories 125mg sodium (included in totals)					
Beef & Lentil Chili	262								
Corn	1								
Carrots	64								
Multigrain Bread	163								
Fruit Cup	5								
Sodium (mg):	620								
Calories:	577								



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

Tai Chi and Yoga NOW live and in person—
OUTDOORS (space is limited) or by Zoom!
 Call for details and reservations: 978-733-4076



Get into Shape for Fall!
ZOOM ONLY!
Strength and 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*



Lancaster's Keep Moving Walking Club

TUESDAY 8:00-9:00 A.M.
THURSDAY 8:00- 9:00 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

Tai Chi and Quigong

In-person OR Zoom!

Monday 10 am

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

In-person or Zoom!
Gentle Yoga with Kris



SATURDAYS at 10:00 a.m.
starting August 15
(first 3 classes are FREE!)

Seniors \$5 per class or 6 classes for \$25

General public \$6 per class or 6 for \$30

ZOOM Meeting ID: 819 3366 6287

Join Kristen Higgins for this slow-moving and gentle yoga class especially for seniors, which can be done both standing and seated.

In-person or 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

ZOOM Meeting ID: 433492564

No matter your capability or restriction, you will learn tools and techniques to help with discomfort, lubricate the joints, calm the mind, AND get a good workout! We start with seated poses, core work, twists, balance, spine lengthening, and strengthening and grounding work off the chair (with modifications if needed), and end with a guided relaxation, leaving you feeling peaceful, energized, and uplifted. Please let Julianna know prior to class if you have any specific restrictions.

Zoom! Hatha Yoga

Mon. @ 11:15 a.m., Friday @ 9:30am

Monday ID: 742183799 Friday ID: 575050699

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!)

FRIENDS AND NEIGHBORS

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.

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>

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You shop. Amazon gives.

Support the Friends by shopping at Amazon!

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>



Please join
Nashoba Neighbors!

Lancaster/Berlin/Bolton
Cooperates to help older
adults stay in their homes.

Nashoba Neighbors is an innovative grassroots non-profit in development in Bolton/Berlin/Lancaster based on the Village model started by Beacon Hill Village in 2002. Our goal is to help our members, who are older adults in the community, stay engaged, connected, and active by making decisions about aging in their own homes. We are hoping to provide transportation, light home repairs, check-in-phone calls, help with technology, some social events and trips (once we can start socializing) and most importantly, creating a community and connecting people. We will be able to fill in the gaps between what our current community services provide and what people need (and want) to stay in their homes as long as they choose.

Nashoba Neighbors is an all volunteer-run organization. We plan to coordinate a network of volunteers to help people with needs such as transportation to appointments and social events, technology help, minor household repairs, and well-being calls on a regular basis. Many of our volunteers will also be members using some of these services.

We are not quite ready to accept volunteers to help out with some of the above tasks but please put your name on our email mailing list if you are. However, we do need people interested in helping to create and lead the organization. Here are some of the areas we need help in:

- Outreach/Marketing
- Member Services
- Technology and web development
- Legal

To find out more, or put your name on our email mailing list, you can contact Catherine Pfau (catherinepfau@gmail.com, 978-337-3059 or Susan Henry (sfh744@mail.harvard.edu).



Thayer Library goes Curbside!
Get your movies, magazines and books
Now right at the curb.

Members can request as many as 20 titles to be found in any library in the CW MARS network.

Curbside Pickup appointments

- Mon: 10-4:30
- Tues: 10-2; 4-7:30
- Wed: 10-6:30
- Thur: 1-4:30
- Fri: 10-4:30
- Sat: 10-1:30

For full details follow this link

<https://thayermemoriallibrary.org/media-request/>

AUGUST ACTIVITY CALENDAR

August 2020

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Tai Chi 9:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799	28 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	29	30	31 Yoga 9:30 Mtng ID: 575050699	1 Strength Class 9:00 Mtng ID: 907734542
3 Tai Chi 9:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799	4 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	5	6	7 Yoga 9:30 Mtng ID: 575050699	8 Strength Class 9:00 Mtng ID: 907734542
10 COA Meeting 8:30 Mtng ID: 286400986 Password: 01523 Tai Chi 9:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799	11 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080 Garden Totems 1PM Call: 978-733-4076	12	13	14 Yoga 9:30 Mtng ID: 575050699	15 Strength Class 9:00 Mtng ID: 907734542 Gentle Yoga 10:00 Mtng ID: 81933666287
17 Tai Chi 9:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799	18 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	19 Outdoor Barbecue Co-sponsored by Sandee's Restaurant. Lancaster residents. Must call 978-733-4076 to reserve a spot. (see cover and page 9)	20 Barbecue Rain Date	21 Yoga 9:30 Mtng ID: 575050699	22 Strength Class 9:00 Mtng ID: 907734542 Gentle Yoga 10:00 Mtng ID: 81933666287
24 Tai Chi 9:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799	25 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	26	27	28 Yoga 9:30 Mtng ID: 575050699	29 Strength Class 9:00 Mtng ID: 907734542 Gentle Yoga 10:00 Mtng ID: 81933666287

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>

Got Cukes? Get Refrig Pickes.. Dill too

SWEET GARLIC CHIPS

About 12 fresh-from-the-garden pickling cucumbers, washed, trimmed and cut into 1/4 inch slices

- 2 tablespoons kosher salt
- 2 cloves fresh garlic, finely chopped
- 1 cup sugar
- 1 cup white vinegar



Put the sliced cucumbers into a bowl and sprinkle with the salt. Add the garlic and toss. Let sit at room temperature for 2 hours. Add the sugar and vinegar and stir until the sugar has dissolved. Transfer the cucumber slices and as much liquid as needed to a glass jar. Cover the jar with a plastic or non-reactive cap and refrigerate. The pickles will be ready to eat the next day.

QUICK DILL PICKLES

- 6-10 pickling (Kirby type) cucumbers, washed well
- 4-6 cloves garlic (to your taste)
- Pinch of crushed red pepper
- 4 stalks of fresh dill weed or one head of dill flower
- 2 cups water
- 1/4 cup white vinegar
- 1/8 cup Kosher salt

Place the water and vinegar in a stainless steel or ceramic lined saucepan. Bring to a boil, then stir in the salt. Cook until salt dissolves.

Meanwhile, cut a small slice off of each end of each cucumber and pack them into a very clean quart glass canning jar, tucking in the garlic and dill among the cucumbers. When the jar is full, sprinkle in the red pepper.

Carefully pour the hot brine over the cucumbers. Put enough brine in the jar to completely cover the cucumbers. Cover the jar with a plastic or other non-reactive cap. Set the jar away from sun on your kitchen counter for 24 hours. Then, put the jar in the refrigerator for an additional 24 hours. Pickles are ready to eat and will stay in refrigerator for up to 6 months, if they last that long.

Important info regarding the August 19 BBQ sponsored by Sandee's and the Friends of Lancaster Seniors:, for Lancaster residents:

1. **wear masks at all times** unless seated at an outdoor table to eat
2. respect **meal start and finish time** as well as **assigned seating** (there will be 3 meal shifts)
3. No Indoor seating. Stay **outdoors**, except for bathroom use
4. **Answer** COVID screening questions and Temperature

FOR INFO & REGISTRATION call (978) 733-4076. Seating is limited. No walk-ins please!

ELECTION TYPE	DATE OF ELECTION	DEADLINE TO REGISTER TO VOTE
State Primary Election	September 1, 2020	August 22, 2020
Presidential Election	November 3, 2020	October 28, 2020

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!

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

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



Interested in Gardening?

Learning about growing your own food?

Come learn, share and have fun.

Join us! 'Get Dirty Garden Group' Mentoring etc! FREE

Join us to get gardening tips and help from expert gardener

Sandra Reardon, Private Gardener and former Children's Education Garden Instructor Tower Hill Botanic Garden. Sheila Casey, Coordinator and others

978-733-4076



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



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

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

Voluntary Water Usage Ban
until further notice to help conserve water.

Per Lancaster
Water Dept.



GROWING PLACES MOBILE MARKET IN COLLABORATION WITH WHEAT COMMUNITY CONNECTIONS

Are you having a difficult time getting fresh affordable fruits
and vegetables right now?

Come to the Mobile Market to purchase local produce using
your SNAP and HIP dollars. HIP **DOUBLES** your SNAP purchase
for local produce. If you have SNAP, you have HIP. We also have
shelf stable meal packs for those who would like.

DATE: Wednesdays, starting April 29, 2020

TIME: 4:00 pm to 4:45 pm

LOCATION:

**Bigelow Gardens
449 Main St, Lancaster, MA**

For more information contact Growing Places at 978-598-3723



Farmer's Market Coupons are Here!

Join the list to get coupons for fresh produce from
Farmer's Markets and certain vendors
Don't miss this chance to enjoy \$25 of 'free' produce
from some of our best farms!

**Limited Coupons available. First come,
First Served!**

Reserve now with Dave at 978-733-4076



OUTREACH AND SCAMS ETC

Hello!

Since we are now at the height of summer, season of garden tomatoes and BBQ, or maybe just because I am in need of a snack, these three summer tips are all food-related.

SNAP—This chipper acronym stands for the Supplemental Nutrition Assistance Program (formerly known as Food Stamps). If you're curious about your eligibility, check out the ten-second screening tool (go to the mass.gov website and type SNAP in the search box). SNAP benefits can be used at grocery stores, some online retailers, and even farmer's markets.

HIP and Fresh Veggies—Here are a few more acronyms to get fresh, seasonal, and local produce into your fridge. The Senior Farmers' Market Nutrition Program (SFMNP) provides a booklet of free farmer's market coupons to eligible seniors. Call 978-365-3326 ext. 1109 if you'd like to be on the list. HIP, or the Healthy Incentives Program, helps SNAP clients buy fruits and veggies. If you have SNAP, you have HIP! Clients will receive **\$1 back on their EBT card for each dollar spent** on eligible produce, up to a monthly limit. You can even buy seeds and edible plants. Check out the Mobile Market at Bigelow Gardens every Wednesday from 4 to 4:45pm).

Foodspiration—One unexpected upside of COVID-19 is the new recipes I have been trying out. Since I'm trying to avoid gratuitous grocery trips, I have finally dug to the very back of the cupboard to use up the soba noodles, cans of chickpeas, and pimiento sardines. To input your oddest ingredients and come up with a meal, check out websites like www.supercook.com. Then take your dinner picnic to the Lancaster town beach (open daily 12:00 to 6:00, weather permitting. Lancaster Residents ONLY, positive ID required

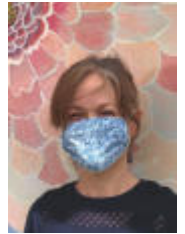
\$5 per car - cash or check only; no season passes.) And if you're a Lancaster senior (62 and up) it's free!

Take care, *Melanie*

PS--Keep an eye out for any calls that come from area codes (833) and (857) in case the contact tracers at the Massachusetts COVID team need to reach you!

LANCASTER OUTREACH

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



Office hours:

Mon 1-5 pm
Tues 9-3
Wed 1-5 pm

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



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Glass Garden
Ornaments
or Garden Totems*
August 11th at 1

Create a great gift, or treat your garden to a suncatcher to jazz it up. Your totem will be made of found, upcycled repurposed finds. You might make a crystal clear totem or a colorful whimsical one. Either way this great project will inspire you to start creating gifts, or maybe a new business. Outside together we must limit this class to 8. Mask are required. Tools, kits etc. provided. Bring any special objects you would like to incorporate. OUTDOORS CLASS

Materials and instruction: \$13 Lancaster seniors/\$15 others
Register: 978-733-4076 or coadmin@lancasterma.net



Census Dates 2020

What to expect!

We will help you if you are having trouble answering the Census

May 27 – August 14: Census takers will interview homes that haven't responded to the 2020 Census yet.

It's not too late to be counted!

Lancaster needs YOU!

CONNECTIONS!



(FREE! NO EXCUSES ACCEPTED)

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

Free Tablets, Training, Internet and More. Zoom, Zoom!

We guarantee you will be a computer whiz or your money back! :)

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 BINGO 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!



To join call or write

Alix 978-733-1249 ext 1102 Lv msg.

VOTE EARLY
BY MAIL • IN PERSON

Voting by mail is available to ALL voters for all elections in 2020.

PRIMARY REGISTRATION DEADLINE AUG 22

To vote by mail, all you need to do is:

1. Complete a Vote by Mail Application. Online or written.
2. Deliver application to Town Clerk via mail or drop box.
3. Vote ! When your ballot arrives;
4. Return your ballot to Clerk or election day.

Applications must reach your local election office by **August 26** for the State Primary. Applications must reach your local election office by **October 28** for the State Election. State Primary ballots need to be back at your local election office by 8 p.m. on **September 1**.

State Election ballots need to be postmarked no later than **November 3** and must be back at your local election office no later than **November 6**.

Apply early, See the following link:

<https://www.sec.state.ma.us/ele/elepdf/2020-Vote-by-Mail-Application.pdf>