



Please visit the Senior Center and the Lancaster Community Center
Behind the Town Green Complex

Community Crier

Jay Moody Chair, Judie MacLean, Frank MacGrory, Nicole Kanis, Jo St. Angelo, Michele MacDonald, Elsie Lively
December 2018 (978) 733-1249 , fax (978) 733-4076 Alexandra Turner, Director. Olga Torres, Marilyn Largey

Friends of Lancaster Seniors

Tuesday

Pancake Breakfast

Senior Center

Tuesday mornings

7:30am ~ 9:00 ish

\$3 Suggested donation

Chef Extraordinaire

David James

Weekly pancake specials

Blueberry, Apple, Plain,

French Toast, too

Sausage, eggs, fruit

Lancaster Community Center Calendar

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

Follow us on Facebook

www.tinyurl.com/lancastercc

SNOW POLICY

In the event of Nashoba Regional Schools cancel we will cancel van services. In the case of a delay we delay, look to our website and Facebook for updates.

Special Events and Trip Policies:

Our space is limited, so we book first come first serve, booking is complete with payment. Any cancellations after due date will not be refunded unless we fill your spot from a waiting list, usually we can. Trips may be cancelled due to low enrollment, if we cancel we will refund all monies.

OUR WISH LIST

We need VOLUNTEERS, COA committee members and active Friends of Lancaster member

We can use all your talents, just call or drop by. Serving, meal delivery, crafts, exercise monitors office, gardening and more! For a full list of volunteer opportunities please visit our website.

Please Join us! Council on Aging Meeting Open to all * Bring ideas, and suggestions. Stay for lunch! Join us for our meeting November 8th, at 9:00 AM Senior Center



SHINE (Serving the Health Insurance Needs of Everyone) provides **FREE unbiased health insurance counseling information and assistance to Massachusetts residents with Medicare, their caregivers and those approaching Medicare eligibility.**

SHINE COUNSELORS ARE AVAILABLE TO HELP YOU REVIEW YOUR OPTIONS.

January 9th and 30th 10 am –1pm

By Appointment Only Call - 978-733-4076

FREE—Wellness Clinics

8-10 a.m. 1st and 4th Tuesdays

1st Tuesday Nashoba Board of Health “Town Nurses”

4th Tuesday: VNA Care

Services include health assessments (blood pressure, blood sugar, and weight monitoring; cardiopulmonary assessments, etc.), teaching (medication, diet, disease management, preventive health, etc.), and referrals to community resources.



Veterans Services Department

Richard Voutour 1st SGT USMC RET—Veteran Services Officer

Contact: rvoutour@leominster-ma.gov

Lancaster Office: 978-706-1754 (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

Lancaster Senior 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 Marilyn Largey
Community Service Liaison
mlargey@lancasterma.net
978-733-1249 ext 1109**

HEALTH & FITNESS

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

Chair Yoga with Julianna

Get fit while you sit or stand.

Tuesday 10:30 am

\$5 each or 6 for \$25

Gentle Hatha Yoga with Louise

Improve your balance and keep
your range of motion

Mon & Sat 9:30 am \$5

Thurs 11 am \$10 per session

Tai Chi with Jeff

Series of movements performed in a
slow focused manner with deep
breathing

Monday at 9:30 am, Tuesday 6 pm.

\$5 each or 6 for \$25

INSANITY LIVE with Pam Weir

A fun cardio based total

body conditioning workout.

Mon 7pm

\$10 per class

BALLROOM DANCING with Jim Cole

**STARTS BACK UP LEARN FROM THE
BEST!**

\$13 per class or 3 for \$30

Lancaster Keep Moving Walking Club

Striders and strollers welcome.

Tues & Thurs 9 am

FREE

PICKLEBALL

Reserved Play –limited to 7 (1 Host plus 6 Players).

Use [SignUpGenius](#) to reserve your place.

Monday 9-11am, Wed 9-11am, Wed 1-3pm, Thurs, 1-3pm, Friday 9-11am

Open Play – no limit for the number of players, no sign up necessary.

Mondays from 1-3, Wednesday from 6-9:00 pm,

Thursday 7:15-9:15pm, Saturday 7-11 am

All sessions are \$3.00 per person, payable at the time of play. Players are asked to sign in using their Lancaster Community Center card and bring clean, dry sneakers.

Beginners are encouraged to come to the Monday open session. Shawn Parker will be there to coach and instruct beginners.

Advanced players are encouraged to sign up for the Wednesday afternoon sessions with Dennis Prinos.

Fun and Games for the Mind and Soul

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

Mahjong lessons

FREE! Wednesdays 10:45 a.m.

Keep your brain 'fresh and supple', *play Mahjong!*

A great game played with 144 tiles, dealt in 'hands', some liken it to rummy. We have some fun people willing to help teach. Small group lessons, start from the beginning or get a group of seasoned players. or one on one.



Scrabble Group –Free! Join in.

Tuesdays at 2-4 Lower Level

Snacks, fun, friends.

Just come on down.



BRIDGE FRIDAYS 1-4

Area residents are invited to join us for friendly bridge Friday afternoons.

Don't play? Come watch and learn. There are lots of patient teachers here.

Come to the Center for friendly bridge games with nice people and nice snacks,

All free! Suitable for all levels, novice to pro. We provide the cards, teachers, and friends.

Fridays 1:00-4:00 Free! calling ahead is strongly suggested

Questions Call Jean at 978-273-2418



Every Tuesday at 1pm-3pm

Everyone is welcome! Treats and fun!

25 cents per every three cards

Bring your quarters, odds are better than the lottery!

We provide free coffee, treats and prizes!

Come early for lunch at 11:30



Lancaster MART Van Policies and Fees

Lancaster and MART provides transportation services for Lancaster residents for those (60+) and disabled residents.

Fees & Policies

Reservations: Call 978 733 4076

At least 48 BUSINESS hours' notice to reserve a ride.

***We will try to honor your emergency but often can not.**

Please leave your request on our voicemail. Requests will be accepted in the order received, with preference given to medical appointments.

Office hours are Mon—Thurs 9:00 to 12 pm. Messages will be returned next business day by 12 pm.

- ◆ Lancaster Community Center /Senior Center/Town Green Complex: 50¢
- ◆ Service in Town: 50¢ in town, per stop
- ◆ Service outside Lancaster to a contiguous town: \$1 Clinton, or \$2 Leominster/Sterling/Bolton
(Multiple stops may be charged, call for details)
- ◆ Special Events will be priced according to the trip.

Shopping **

Reservations Required

***Rides for medical appointments have first priority. Shopping trips and schedule may change.*

Trips may fill up quickly or be cancelled if there are no reservations. So reserve early if interested!

◆ **Monday 1 p.m.** Clinton Shopping /Errands/Banking- e.g. Hannafords, CVS, Walgreen, Rite-Aid, downtown Clinton and Lancaster ◇ \$1.00 plus 50c per additional stop

◆ **Wednesdays 1 p.m.** Leominster Shopping - e.g. Water Tower Plaza, Shaws, BJ's, Restaurants
◇ \$2.00 plus 50c per additional stop

◆ **Thursdays 1 p.m.** 117 Shopping - e.g. Walmart, Aldi's, Lowes, Restaurants
◇ \$2.00 plus 50c per additional stop

◆ **1st Fridays 9 a.m.** Whitney Field Mall Leominster return 1 p.m. -e.g Mall stores, Market Basket, Restaurants◇ \$2.00 plus 50c per additional stop

◆ **3rd Fridays 8:15 a.m.** ***Stow Food Pantry and Highland Commons*** in Berlin/Hudson - return 1 p.m.◇ \$2.00 plus 50c per additional stop

Inclement Weather Policy

Van will not run if Nashoba Regional School District Delays or Cancels school due to Inclement Weather. Call to check.




Lancaster Community Center

DECEMBER LUNCH CALENDAR

\$3.00 suggested donation, reserve one day ahead 978 733 1249 x 1103

**If you cannot make it here we offer Meals on Wheels, call 978 733-4076 for a ride or details.
Or MOC 800-286-3441 for nutrition questions**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 Beef Teriyaki 335 Veg Fried Rice 98 Broccoli 10 Fortune Cookie 6 Multigrain Bread 164 Pineapple 1 Total Sodium: 718 mg Total Calories: 781	4 Gypsy Soup 272 Grilled Chicken Marsala 395 Seasoned Potatoes 5 Wheat Bread 160 Mixed Fruit Cup 5 D: Applesauce Cup 0 Total Sodium: 962 mg Total Calories: 571	5 Breaded Pollock 302 w/Tartar Sauce 100 Whipped Potato 66 Tossed Salad 5 Dinner Roll 132 Brownie 149 D: Choc Grahams 95 Total Sodium: 879 mg Total Calories: 851	6 Garden Veg Soup 115 Swedish Meatballs 220 Egg Noodles 4 Multigrain Bread 164 Clementine 1 Total Sodium: 629 mg Total Calories: 491
10 BBQ Pork Rib 485 Corn 1 Winter Blend Veg 29 Multigrain Bread 164 Strawberry Cup 0 D: Diced Peaches 5 Total Sodium: 804 mg Total Calories: 555	11 Split Pea Soup 96 Breaded Chicken Drumstick 450 Brown Rice Pilaf 150 Rye Bread 150 Mandarin Oranges 7 Total Sodium: 978 mg Total Calories: 649	12 Rst Pork in Gravy 153 Butternut Squash 0 Tossed Salad 5 Wheat Bread 160 Fruit Yogurt 75 Total Sodium: 518 mg Total Calories: 525	13 Chicken Brunswick Stew 365 Genoa Blend Veg 45 Corn Bread 291 Lorna Doones 100 Total Sodium: 926 mg Total Calories: 702
17 White Bean Kale Sp 211 Meatballs in Tomato Basil Sauce 352 Penne Pasta 1 Italian Bread 230 Apricots 10 Total Sodium: 929 mg Total Calories: 719	18 Holiday Special Rst Beef au Jus 74 Seasoned Potato 5 Broccoli Au Gratin 158 WW Dinner Roll 105 Frosted Layer Cake 235 Diet: Pound Cake 409 Total Sodium: 702 mg Total Calories: 841	19 Tomato Florentine 164 Red Pepper Pesto Grilled Chicken 342 Sr Cr & Chive Whipped Potato 92 Pumpnickel Bread 155 Pineapple 1 Total Sodium: 879 mg Total Calories: 652	20 Roast Turkey in Herb Gravy 330 59 Cinnamon Yams 2 Tossed Salad 5 Wheat Bread 160 Applesauce w/C 0 Total Sodium: 681 mg Total Calories: 397
24 Grilled Chicken A la Vodka 489 Cavitappi Pasta 1 Jardinière BI Veg 41 Multigrain Bread 164 Diced Peaches 5 Total Sodium: 795 mg Total Calories: 624	25 	26 Potato Pollock 273 Tartar Sauce 100 Potato Wedges 273 Winter Blend Veg 43 Wheat Bread 160 Snack N Loaf 15 D: Maple Grahams Total Sodium: 1089 mg Total Calories: 834	27 Portuguese Kale Sp 282 Shepherd's Pie 136 Multigrain Bread 164 Choc Chip Cookie 160 D: Blueberry Yogurt 75 Total Sodium: 867 mg Total Calories: 816
31 Butternut Bisque 149 Baked Haddock in Lemon Dill Sauce 296 66 Chantilly Potato 238 Wheat Bread 160 Pears 5 Total Sodium: 1039 mg Total Calories: 711			All Meals Include: 1% MILK; 110 calories 125mg sodium (included in totals)

Our MART Van can pick you up and bring you home for all our lunches and activities . Call today to reserve your ride. 978-733-4076

