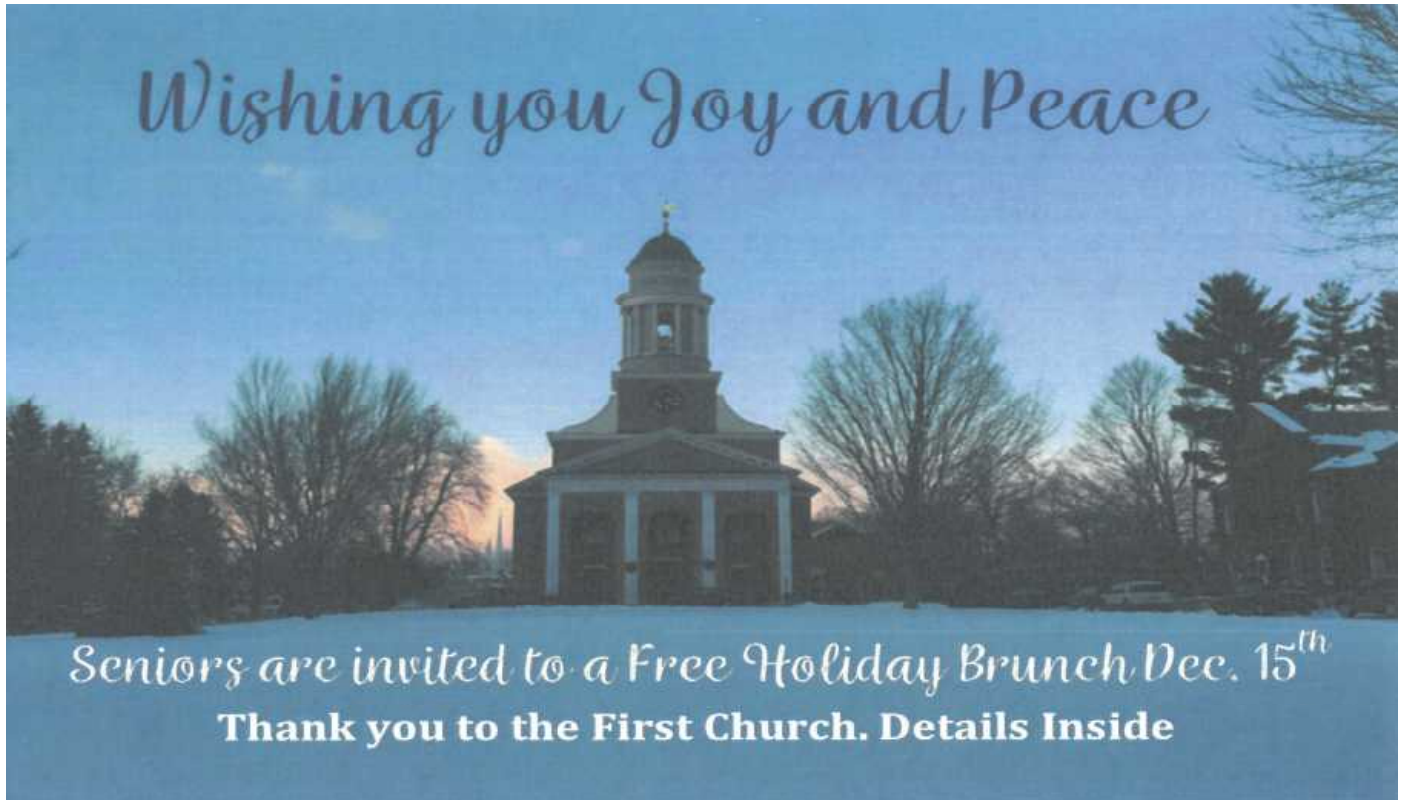


COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

DECEMBER, 2019



WHAT'S INSIDE

- 02 DIRECTOR'S THOUGHTS
- 03 LCC RENTAL INFO
- 05 LUNCH CALENDAR
- 06, 08 HEALTH & FITNESS
- 07 ACTIVITY CALENDAR
- 09 FUN AND GAMES
- 10-11 TRIPS & EVENTS
- 12 WORKSHOPS & MORE
- 13 RESOURCES & HELP
- 14 ITEMS OF INTEREST
- 15 SHINE & CENTER INFO
- 16 FRIENDS' PANCAKE BREAKFAST AND INFO

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

VAN HOURS

Mon -Thurs 8:30am -3pm *
Office: Mon -Thurs 8:30am -1pm

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

Greetings,

The holidays are often referred to 'as the most wonderful time of year! That can be true but often the stress and hectic pace of the season puts people on edge. Unfortunately during this season there are higher numbers of cardiac incidents, and increased depression. Why? Because often people are under too much pressure, not taking care of themselves and expectations are high! Please remember few of us are perfect (myself excluded :)). This year try to focus on the holidays as a gift to spend time with others, family and friends and don't fret the details. This month's Crier highlights some fun events focusing on the simple pleasures; pancakes with friends, a good work out on our very comfy bike or walking with neighbors; special events include a holiday concert and a dollar store swap! We have shopping and light viewing trips planned too! Whatever your pleasure we try to offer something for you. I hope you join us for some low key, low cost fun. Remember keep your expectations low, be kind, and enjoy the season's simple pleasures. (and if you need help.. Know we are here for that too!

Hope to see you soon, *Alix*

CREIGHTON
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creightonfloor@comcast.net 



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Email: schlosslocksmith@gmail.com
www.schlosslocksmith.com

bankHometown
131 Main St. | Unit 1
Lancaster
978-365-3352
www.hometowncoop.com

➤ 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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What did you use to love doing that you no longer do?
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Tom Gibbons MLO21535
Diana Anctil MLO21538

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wachusettmortgage.com



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.

WE WILL BE CLOSED :

DECEMBER 25TH CHRISTMAS DAY JAN. 1 NEW YEARS DAY

WE WILL BE OPEN:

JOIN US DECEMBER 24TH, 31ST FOR REGULAR ACTIVITIES

UNIPAY

We are now Accepting Electronic Payments through UniPay!

On the town website:

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

Click on ON:INE PAYMENTS in the lower left corner and look for the LCC/COA link.

NEVER MISS A NEWSLETTER !

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



MOC Elder Nutrition
 For Cancellations, please call:
(978) 345-8501 EXT 2
800-286-3441 Ext 2

Group Dining




December 2019

Menu Is subject to change

All meals include 1% milk

* Indicates higher sodium item (>500mg)

Suggested voluntary donation: \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pollock in Newburg Sauce 162 Cous cous w/carrots 24 Spinach 65 Pumpnickel Brd 155 Peaches 5	3 High Sodium Day Autumn Harvest Sp 233 Beef Burrito 250 w/Flour Tortilla 220 Red & Green Peppers 110 Blueberry Buckle 360 Diet: ½ B.Buckle 180	4 Gr. Chicken Brst in CranOrange Sc 338 Red Bliss Potatoes 5 Carrots 64 WW Bread 170 Mandarin Oranges 7	5 Gypsy Soup 272 Chicken Jambalaya 310 Brown Rice 5 Multigrain Bread 164 Snack N Loaf 115 Diet: Grahams 115	6
9 Beef Bolognese 223 Cavatappi Pasta 1 Italian Blend Veg 41 Italian Bread 230 Fruit Yogurt 75	10 BBQ Gr.Chicken Brst 402 on a Bun 230 Potato Wedges 273 Brussel's Sprouts 12 Pineapple 1	11 Turkey Corn Stew 454 Genoa Blend Veg 45 Multigrain Bread 164 Fig Bar 65 Diet: Lorna Doones 100	12 3 C Soup 299 Roast Pork in Apple Gravy 96 Whipped Potato 66 Wheat Bread 170 Apple Crisp 123 Diet: Maple Waffle Graham	13 Lunch Club Bull Run, Shirley
16 ChzyCauliflowerSp 319 Gr.Chicken Breast Coq au Vin 320 Butternut Squash 48 Multigrain Bread 164 Mixed Fruit 10	17 Chicken Kielbasa 1 w/Onions & Peppers 27 on Bun 281 Sauerkraut 136 German Potato Salad 210 Fresh Orange 0	18 Pot Roast w/Gravy 123 Au Gratin Potatoes 132 Broccoli 10 WW Dinner Roll 105 Pineapple Coconut Cake 159 Diet: ½ Piece Cake 80	19 Garden Veg Soup 240 Potato Pollock 273 Tartar Sauce 100 Mac & Cheese 244 Wheat Bread 170 Peaches 5	20
23 Beef & Lentil Chili 250 Brown Rice 5 Broccoli 10 WW Dinner Roll 105 Apricots 10	24 Meatballs in Tomato Basil Sc 142 Cavatappi Pasta 1 Genoa Blend Veg 45 Italian Bread 230 Almond Cookie 181 Lorna Doones 100	25 	26 Gr.Chicken Marsala 395 Whipped Potato 66 Mixed Vegetable 88 Multigrain Bread 164 Apple Sauce 0	27
30 Vegetable Barley Soup 352 Lasagne Roll-up 340 Multigrain Bread 164 Mandarin Oranges 7	31 Gr.Chicken Teryaki 362 Asian Blend Veg 42 Fried Rice 98 Wheat Bread 170 Fortune Cookie 6 Reg+Diet: 87 Pineapple Whip	Happy New Year 	1% MILK: 110 calories 125mg sodium (included in Sodium And calorie totals)	

Menu Specifications: Sodium amounts are listed next to each item individually & totaled below each day.

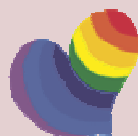
Meals on Wheels provides this information for individuals interested in minimizing their Sodium intake.

Nutrition Questions? Contact Alex Welch, RD at (978) 785-5340, awelch@mocinc.org. **To cancel a meal call (978) 345-8501 EXT 2**

- To reduce the Sodium content of any meal save the Bread, Milk or Non-Fruit Dessert for the following meal or snack.
- To reduce the Carbohydrate content of any meal save the Bread, Milk and/or Dessert for the following meal or snack.



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



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

Every 2nd Wed. Noon

Unitarian Church, 90 Holden St. Worcester
 Questions or to RSVP 508-756- 1545



Pickleball is BACK!

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 with one thing in mind: **fun!** It was designed to be easy to learn and play ALL AGES. For more information check out this website: <http://www.usapa.org> or go to You tube for videos.. We have equipment too!

ONLY \$3 per session. See LATEST schedule at

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

MON	9-11am (signup)	WED	6-8 (open play)
MON	1-3 (open play)	THU	12-2 (signup)
WED	9-11 (signup)	FRI	9-11 (signup)
WED	1-3 (signup)	FRI	1-3 (open play)
SAT	8-12 (open play)	*More	Days coming

Sign ups required for classes noted as SIGN UP. See link below <https://www.signupgenius.com/go/409054da4a82cabfa7-lancaster>

**Need Help ? More questions?
Try the LCC/COA Office for help.
SIGN UP DEMO JAN 6th 12:30 pm.**

The BackStage Gym

Is OPEN* & FREE**

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

8am-4pm*

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

You must stop by Center Office and sign a Release Form before using the equipment and schedule an appointment for training.

FREE WELLNESS CLINICS

Lancaster Community Center

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

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.



Lancaster's

Keep Moving Walking Club

STILL OUTDOORS:

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

WHEN: THURSDAYS 9:00– 10:00 A.M.

Striders (Speedy) and Strollers (Slower) welcome!
Come join us for pancakes and then work them off!
We provide water, and 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

Monday 9:30 am &

Tuesday Evenings 5:45 pm

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

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)

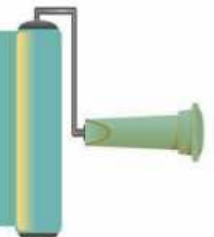
DECEMBER ACTIVITY CALENDAR

December 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	3 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 5:45	4 Mah Jong 10-2 MOC Lunch 11:30	5 Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30 Ballroom Dance 6:00	6 Bridge 1:00-4:00 Van: Market Basket Freeport by Train 8:00	7 Strength Class 8:30 Yoga 9:30
9 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	10 Orlando Pacheco Celebrity Guest Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 5:45	11 Mah Jong 10-2 MOC Lunch 11:30 Consignment Crawl 9:00 Wine & Dine JP's and Tower Hill 4:00	12 Walking Group 9:00 Yoga 11:00 Nashoba Music Concert & Holiday Brunch 11:00 (NO MOC lunch) Ballroom Dance 6:00	13 Bridge 1:00-4:00 Kids & Family Crafts 1-3:00 Van Lunch Group: Bull Run, Shirley 11:00	14 Strength Class 8:30 Yoga 9:30
16 CLOSED VETERAN'S DAY	17 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 5:45	18 Mah Jong 10-2 MOC Lunch 11:30	19 Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30 Ballroom Dance 6:00	20 Bridge 1:00-4:00 Van: Stow Food Pantry	21 Yoga 9:30
23 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	24 Yankee Swap \$1 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 5:45	25 <i>CLOSED</i> <i>CHRISTMAS!</i> <i>HAPPY HOLIDAYS!</i>	26 Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30 Ballroom Dance 6:00	27 Bridge 1:00-4:00	28 Yoga 9:30
30 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	31 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 5:45	1 <i>CLOSED</i> <i>HAPPY</i> <i>NEW YEAR!</i>	2 Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30 Ballroom Dance 6:00	3 Bridge 1:00-4:00	4 Strength Class 8:30 Yoga 9:30 New Year's Brunch 10:30
6	PICKLEBALL: MON 9-11am (signup) WED 6-8 (open play) SAT 8-12 (open play) MON 1-3, 6-8 (open) THU 12-2 (signup) ##### WED 9-11 (signup) Fri 9-11 (signup) BACKSTAGE GYM is open WED 1-3 (signup) FRI 1-3 (open play) Monday through Friday, 8AM to 4PM. Calendar Templates by Vertex42 https://www.vertex42.com/calendars/				

SUPPORT THE **ADVERTISERS**
THAT SUPPORT OUR COMMUNITY



MORE HEALTH & FITNESS & FUN



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

SATURDAYS— December 7, 14 — 6 week session
8:30am-9:15am (Limited space).

Get in shape for the holidays with this SIX week class. . Strengthen your core, improve your flexibility, work on your balance while working out in a comfortable space with resistance training and weights. *All ages and abilities will benefit.* Seniors (50 and over) Bonus. Get trained for our new Backstage Gym too.
Series price \$30. \$45 for all others. Call to reserve. Limited space. 978-733-4076



LEARN TO DANCE!

THURSDAY EVENINGS 6:00-7:00 P.M.

LANCASTER COMMUNITY CENTER

No Partner? No Problem!

Learn from the best! Jim Cole has repeatedly been voted best and

his students agree. A fun casual class for beginners and pros alike. **No partner, no problem!** Come alone or bring friends. Great exercise, good for the body and mind and yes your social life. Call for information on which dances are currently taught. Choose from Waltz, Rhumba, Cha Cha, Salsa, Swing and more! All ages! Dress is casual. **Please bring an extra pair of dry, clean shoes to change into.**

DROP IN for \$13 or buy a three week session for \$30! Pp* *No UniPay Option*

SCHEDULE

Come learn the Peabody this time!

Dec 5

Dec 12

Dec 19

Dec 26

Sparkle Weekend in Freeport Maine

Back by popular demand another DownEaster Train trip...

December 6th

Reserve early as seating is limited All transportation included

We meet at the Center around 8:00 a.m. for a quick cup of coffee and a breakfast snack, board our bus and head to the Amtrak in Haverhill to board the DownEaster headed for a day of shopping and enjoying Freeport at peak shopping season. . It is a wonderful scenic trip up the coast, complete with a Café Car to enjoy beverages and snacks. We arrive in Freeport around noon, for a day of shopping and enjoying holiday decorations and activities. LL Bean will ship anything you purchase free of charge, or hold them until 4pm closing at the tourism center. Just after the lights come on we return to the train station to board the Downeaster for a 6:15 pm departure back to Haverhill for 8:40, and back to Lancaster around 10- with all of your goodies and memories of sugar plums.

Pick up and drop off at your home is available.

Lancaster Seniors/disabled \$40.00 Others \$43

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:

December 3, 5-6pm, Hazen Library, Shirley

December 16, 3-4pm, Littleton Council on Aging

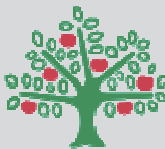
December 23, 1:30-2:30pm, Eagle House, Lunenburg

Healing Garden Cancer Support Center

Thursdays, 3:30-5:00pm

October 10, 17, 24, 31 and November 7,14

For more information and to register please contact:



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

“One Step at a Time”

FREE! Balance Workshop

December 3rd at 9 a.m.



Balance is Critical to a safe healthy life, don't take it for granted. You CAN improve your balance. Come learn how!

This program gives participants the opportunity to learn about and discuss balance difficulties - common among older people. In this course you will learn about how humans stay upright, factors that can cause falls and what we can do to stay independent and injury free. Dr. Chiazzui is an expert, and yours free on December 3rd!

There will be interactive segments and open discussions throughout this course.

Mike Chiauzzi is a Physical Therapist at the Nashoba Valley Medical Center Outpatient Physical Therapy Department. He is a Doctorate of Physical Therapy and has a clinical interest in orthopedics, geriatrics and balance populations. **RSVP Appreciated.**

FUN & GAMES

AMERICAN MAHJONG LESSONS

FREE! WEDNESDAYS 10:00 A.M.

Keep your brain 'fresh and supple', play Mahjong!
A great game played with 152 tiles, dealt in 'hands'.
Fun people willing to help teach.



BRIDGE MONDAY EVENINGS & FRIDAYS

MONDAYS 5:00 HOSTED BY ROBERTA.: CALL DAVE AT 978-733-4076

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 OR David at 978-733-4076

BRIDGE CLUB



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!
We provide free beverage, treats and prizes!



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

VETERANS, LIBRARY, REC

TRANSPORTATION

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, Lan-
caster, 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 follow-
ing: VA Healthcare applications, VA Disability
Claim*

- *applications, VA Widow Pension
- *applications, VA Widow/Survivor Benefit appli-
cations, VA Burial
- *Benefits applications, VA Veteran Cemetery
applications, VA Grave
- *Markers/Symbols, State Veterans Benefits appli-
cations, Obtain
- *Military discharge/cords, Obtain
- *Military medals/decorations

THAYER MEMORIAL LIBRARY

717 MAIN ST LANCASTER MA
"MONDAY MOVIE MATINEES"
CHECK THE LIBRARY WEBSITE FOR DETAILS

RECREATION DEPT.

CHECK OUT THE RECREATION DEPARTMENTS WEB
PAGE ON THE TOWN WEB SITE FOR ALL OF THEIR CUR-
RENT AND UPCOMING PROGRAMS.

<http://ci.lancaster.ma.us/recreation>

IMPORTANT TOWN UPDATES

**Sign up for immediate updates about
the Center, meeting and more!**

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

**Save the Date
FREE!
Sign Up Genius Tutorial
January 6th
Lancaster Community Center**

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

SHOPPING AND DINING**

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

8 a.m. or 1 pm 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
4:30pm WHEAT Café dinner; van reservation required, limited to 10. **FREE RIDE!**

WEDNESDAYS

1 p.m. **Leominster Shopping** (destinations alternate): Water Tower Plaza, Dollar Tree, Or-
chard 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, & CLASSES



Lets visit the Golden Triangle: Rt 9 The Neon Highway, December 11th`

Let's make it on the quieter side.

We are off to a special Wednesday crawl. Wednesday November, 6th we leave the Center at 9 to head off for an afternoon of bargain hunting adventure with good friends and of course a good food! We will shop away from the bright light of the neon lined Rt 9 to find hidden bargains and special treasures. This time we will stop in Sherborn, Natick and Framingham and if time allows we will meander home through Sudbury. Along the way we will stop for lunch on one of the side roads of "Worcester Turnpike". Good friends, laughs and I bet some great bahgans! We return to have you home for supper. Sign up early we will sell out quickly!

Transportation, secret stops, and snacks \$8 Lancaster residents/\$10 for out of town- now that is a bahgan! Reserve at 978-733-4076

All aboard! Last call for these fabulous trips, so reserve your spot today!



Tower Hill Lights & JP's Dinner! December 11th

Join us for Dinner and a show, an incredible light show! This special Wine and Dine trip leaves the Center at 4 to dine early at one of the area's best 'cheap eats'- the lobster salad, and the scallops are not to be beat. Leave room for 'dessert for the eyes' as we travel to Tower Hill to catch 'Night Lights' called one of the best light displays by the Boston Globe. We will have time to wander through the spectacular displays and visit the shop and make sure we drive by some of our local light destinations along the way home too. We always spoil people on our trips so we will make sure you have a few surprises too.

Transportation and Tickets to the Light Display included. Meal costs are not included. \$19 Lancaster seniors/\$23 others. This will sell out so please reserve at 978-733-4076

WINE & DINE



Special Dinners, *Fun and Friends!*
\$4 van fee* plus food

•Dec 11—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. Entertainment is additional*

MORE TRIPS ! SAVE THE DATE:

Details on page 8:

December 6th: Freeport by Train and the LL Bean Northern Lights Festival Always a great trip! We take the van to board the Downeaster train in Haverhill.

LUNCHEON CLUB TRIPS:

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

RSVP to 978-733-4076

December 13: Bull Run

January 10: The Boynton

Interested in your favorite spot! Let us know.



SAVE THE DATE!

JANUARY 4th

New Year's Winter Tracking Walk

with Renown Tracker David Brown

& New Years Brunch!

Sumptous Brunch, featuring waffles, grass fed beef, vegan fare too.

Regift Swap and more!

Tix and details to follow on FB and our website

Special Events and Trip Policies:

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



Nashoba Regional High
Bands & Choruses

HOLIDAY CONCERT

Friday, December 13th at 7 pm

Nashoba High School Auditorium

Come early before the concert! Bring cash or checks to support the Nashoba Friends of Music Silent Auction and **Holiday Market!** Doors open at 6 pm. There will be **theme baskets and a dozen pies to bid on**, as well as a variety of holiday crafts and gifts to purchase.

\$5 pp. Students/Seniors free) Pay at the door.

All proceeds support Nashoba music programs

Nashoba Music Invites you to a

FREE! Special Senior Concert

& Holiday Brunch!

December 12th at 11 A.M.

Nashoba Regional Auditorium

RSVP Please to 978-733-4076 by 12/5
Van Service Provided!

Join Lancaster 4-H
For the Town

Tree Lighting

Dec 6th 6:30
Holiday Sing a Long!
View the
Festival of Trees!
Dec 7-8 10-2
Bid on a tree!
Support a good cause.

1st Annual

Kids Holiday Crafting & Fun Day!

Hosted by Homeschool Homesteaders 4-H Club

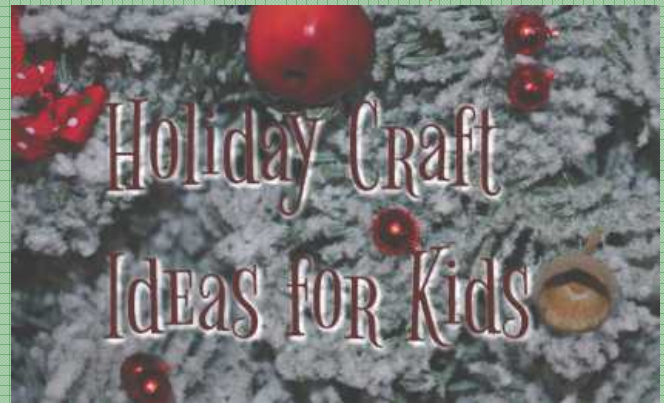
Friday, December 13th

1:00 to 3:00

(Nashoba 1/2 day)

Lancaster Community Center

701 Main St Lancaster, MA



Join us! Come craft with Homeschool Homesteaders 4-H Club. Our junior members will be hosting holiday craft tables and making projects to bring home and some to leave/donate. Games too!

Kids from 5 to 12 are invited.
The event is free we just ask you to bring any item to donate to the homeless.**

- ◆ Candy Cane Hunt!
- ◆ Free Crafts!
- ◆ Snacks too.

Thank you the Homesteaders 4-H

Please RSVP to Adrienne Niall - 617-905-6093 or
ajniiall@hotmail.com or coadmin@lancasterma.net or 978-733-4076

MORE UPDATES & RESOURCES

Free Computer & 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



Lancaster has an emergency notification system (also known as Reverse 911). This system allows 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



Save the Date! CABIN FEVER WINTER CARNIVAL

February 1, 2020

Bolton Town Common

*Chili Contest, Snowman Contest, Sled Races, Winter
Corn Hole, Treasure Races and more!*

Questions or to volunteer Nanci Bishop 978-479-1603

Sponsored by Nashoba Rotary

In need?

Got help!

Food pantry options

WHEAT

NEW NUMBER!

508-370-4943

Call for extensions

Village Church

South Lancaster

Thursday Evenings

6 pm-7 pm

Offering a wide variety of whole-some food

Stow Food Pantry

335 Great Rd (Rt 117)

Stow, MA 01775

(978) 897-4230

TRANSPORTATION ON 3rd

FRIDAY \$2, call to reserve

Offering variety of fresh produce (seasonal), baked goods. You may choose from an assortment of meat products as well, and an ample supply of pantry items such as canned goods, pasta, rice etc.

**Caring is Sharing
Thrift Shop & Food
Bank**

63 Plain St, Clinton, MA 01510

(978) 368-9990

Home Resources

Need home goods?

Fuel, repairs?

Call:

978-733-1249 x4

Medical Equipment Loan Program

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

aturner@lancasterma.net

The Many Faces of A Christmas Carol

Presented by Timothy Kenny,

Collector and Enthusiast of Charles Dickens' *A Christmas Carol*

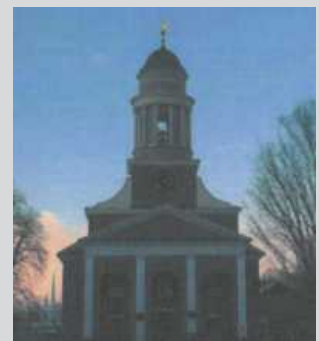


Given the wide popularity and staying power of Dickens' Christmas story, it is inevitable that over time the images that represent the story, mostly the vivid characters, get interpreted through the eyes of those retelling the story. Through time and across cultures, people have made the story their own. This presentation will bring a collection of those faces together forming an interesting and whimsical, at times bizarre, picture that celebrates the universal charm of *A Christmas Carol*.

Tim has been collecting, curating, and studying all things *A Christmas Carol* for 30 years, amassing a collection of over 1000 copies of the delightful and insightful book. Along with images, ephemera, ornaments, decorations, photos, and film, the collection celebrates the universal appeal and compelling lessons of the over 175-year-old story.

Lancaster's Thayer Memorial Library
 Monday, December 9 @ 6:30 p.m.

You are invited
 Free Holiday Brunch
 Enjoy the Season with Friends
 at the First Church, Lancaster
 With support from Friends of Lancaster Seniors
 Sunday, December 15th



9:45 am: Christmas Pageant
 11:00 am: Brunch

Join us for a lovely brunch featuring homemade sweets, eggs, and lots sumptuous treats! Fellowship too. Need a ride? We can help. Call us at 978-733-4076

CENTER INFORMATION

Hi all!

I hope you are doing well during the soon-to-be holiday frenzy. It was great to see many of you at Friendsgiving and other exciting events at the Community Center.

It's getting chilly out there! Fortunately, **Fuel Assistance programs have got you covered.** Did you know that assistance is available for eligible candidates in all kinds of situations—boiler repair, emergency funding, help with heating bills, and more? It's a busy time of year, so call me at 978-733-1249 ext. 4 to set up an appointment today (several locations available). To self-schedule, you can also go to <https://liheappub.octopi.org/LiheapPublic1/ScheduleAppointment.aspx>

In other news, don't forget that the **open enrollment deadline** for changing your Medicare plan options is 12/07/19. Our fabulous SHINE volunteers have been working many more hours more than usual to make sure everyone can make informed decisions. Create your online account on <https://www.mymedicare.gov/> to view your options for Part D (prescription meds), your plan details, and keep track of claims and doctors.

Lastly, don't forget about our **many programs** here—the only place in town you can eat pancakes, do yoga, lunch and learn, work out (for free!), take trips, play bingo, and much more. These are excellent ways to **combat social isolation** and that feeling of the blues that many people experience when days get shorter and colder.

Stay warm & see you soon! Melanie

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

Melanie Trotter
978-733-1249 ext 1109
mtrotter@lancasterma.net



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

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 **AUTHORIZED DEALER**

 **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.



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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 consider Friends of Lancaster Seniors on Giving Tuesday. December 3rd, 2019

GIVING TUESDAY

Your donation stays local-and helps your neighbors. #Lancaster Strong!

See donation form or visit our website.

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>

CELEBRITY PANCAKE SERVER!

December 10th 7:30-9



Orlando Pacheco
Town Administrator
Come meet Orlando!
He comes prepared with his secret ingredient for his famous French Toast.

Tuesday Dec 10 7:30-9
All you can eat, eggs, pancakes, sausage, fruit, Coffee, Tea and of course Orlando's Famous French Toast.
\$3