



# COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

## DECEMBER, 2020

### *Light Up Lancaster!*

**Lancaster's 1<sup>st</sup> Decorating Contest  
Enter! Judge! Enjoy!!**



**December 12<sup>th</sup> -13<sup>th</sup> Details Inside**

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### STOP BY TODAY!

Lancaster Community Center  
701 Main Street, Suite 7  
(behind the War Memorials)

#### RECEPTION

978-733-4076

#### COMMUNITY SERVICES LIAISON

978-733-1249 ext 4

#### DIRECTOR

978-733-1249 ext 3

#### VAN RESERVATION

978-733-4076 or

Email: [coadmin@lancasterma.net](mailto:coadmin@lancasterma.net)

#### VAN HOURS

Mon -Thurs 8:30am -3pm \*

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

\*or by reservation

**48 hours advanced notice required.**

### CENTER ACTIVITIES

Pickleball | Ballroom dancing | Yoga

Tai Chi | Walking Group | Bingo

Lunch Club | Meals | Trips | Veteran

Benefits | Well Clinics | Transporta-

tion | SHINE | Agency Referrals |

Bridge | Gardening | Mahjong | more!

Check us out on  
social media!



# THOUGHTS FROM THE DIRECTOR

Happy Holidays,

It looks like it is going to be a COVID Christmas, something none of us asked for, but we will get anyway. I am optimistic that the New Year before us will be much better. After all, how can you get much worse? Honestly, I hope you share my enthusiasm. After all, we are promised three vaccines may be available all with efficiency rates higher than 90%. That is a gift worth waiting for! What else is worth waiting for? Seeing friends and family. I know how hard it is. My in-laws are not well and while I want to spend time with them, I don't want to be the cause of their demise, nor do I want to give it to strangers. We have lost some very special people in our community this year, and if more were to die because of my lack of patience, I don't think I could forgive myself. So, please be careful. If you HAVE to go somewhere outside your own 'pod' please test first and know the test is only good for the moment of your test. As the CDC said: assume you have COVID if you travel.

I learned the hard way - about testing that is. We had a scare at the Center. I was briefly exposed to an asymptomatic positive person (who handled it perfectly). They notified us, and we in turn notified others and tested and quarantined - which translates to working from home. I learned more about testing than I expected. There are many unsung heroes during this pandemic, and now I realize testing that staff should be up at the top of the heap. I encourage you to get tested. It is easy and fast (unless you get left in a room and forgotten- yes siree... that happened to me, now I know what solitary confinement feels like). A comprehensive list of places to be tested locally can be found at this link: <https://www.mass.gov/doc/ma-covid-19-testing-sites/download> I have been tested at Rite Aid several times, and found them to be wonderful. Finally, if you think you may have had COVID in the past, one way to see if you have antibodies is to give blood, plus - you are doing a good deed. Make an appointment to give blood - the gift of life is the perfect gift for any holiday.

*Alix*

**CREIGHTON**  
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creightonfloor@comcast.net



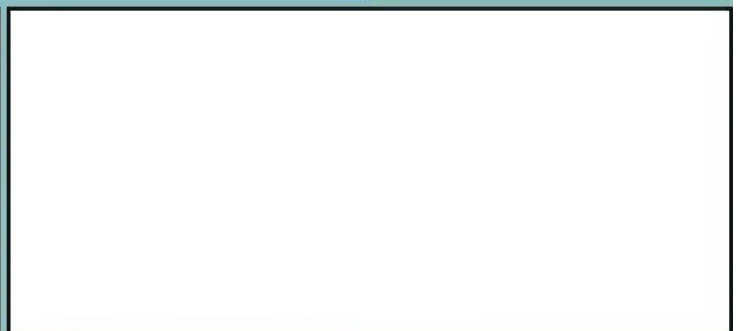
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**bankHometown**  
131 Main St. | Unit 1  
Lancaster  
**978-365-3352**  
bankHometown.com

➤ Reach the Senior Market  
**ADVERTISE HERE**

**CONTACT**

Lisa Templeton to place an ad today!  
ltempleton@liseniors.com or (800) 477-4574 x6377



**McNally & Watson**  
Funeral & Cremation Service  
304 Church Street, Clinton, MA  
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www.mcnallywatson.com

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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](http://www.ci.lancaster.ma.us)

And on Facebook [www.tinyurl.com/lancastercc](https://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, 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](mailto: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/news>



## CORONAVIRUS UPDATES

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

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

# UNIPAY

**We are now Accepting Electronic Payments  
through UniPay!**

**On the town website:**

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

Click on **ONLINE PAYMENTS** in the lower right corner and  
look for the LCC/COA link.

**Change Happens!**

**NOW** is the time to check your Medicare.

**Open Enrollment Deadline**

**December 7th.**

Your plan may have changes for 2021 Many did! Make sure your insurance is the best for your needs. How? Call us for a SHINE appointment. SHINE-Medicare counseling by independent, non-profit counselors.

**Need help?** Call Judy to schedule **978-733-1249 ext 4 (Or see below)**


*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 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](http://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 <https://ncmhabitat.org/critical-repair/> for more information on how families can apply for this program.



**#1 Medicare Advantage plan provider in America**

1-855-844-2078, TTY 711  
[ExploreUHCMedicare.com](http://ExploreUHCMedicare.com)



Y0066\_200813\_013109\_M SPRJ58101

**NEVER MISS A NEWSLETTER !**

Sign up to have our newsletter emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



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



# HOLIDAY LIGHTS! SANTA TOO

Join us! Enter or just be a judge for our first

## Light up Lancaster Contest

Lancaster Lights Holiday Decorating contest

Full lighting 12/12 and 12/13 5 p.m.– 9 p.m.

FREE! To enjoy, enter or judge! Prizes and bragging rights for winners

Decorations Map and Scavenger Hunt—FREE!  
Available

**Dec 12th-Dec 13th 1:30-3:30 from Santa and Elves**

Or on Facebook, and at Thayer Memorial Drive and

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

Maps will be handed out by the 'man', our MC, himself, - you guessed it - Mr. Claus- Santa. Get your paper map from an elf\_ complete with a scavenger hunt. Return it to the box on the green for prizes! Winners announced 12/20.

- **Best Entry way or doorway**
  - **Best Traditional**
  - **Most Whimsical**
- **Best Griswold Inspired Home** ( ? -you need to watch the movie)!
- **Best Overall: or People's Choice**

To be on the map or enter, to volunteer or just ask questions: [lightslancaster@gmail.com](mailto:lightslancaster@gmail.com)

Or Alix at 978-733-1249 ext 1102,

*Special Thanks to*

*Thanks to our sponsors : The First Church Lancaster, Lancaster Gardens, Sandee's, Lancaster Recreation , Friends of Lancaster Seniors and more!*



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

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



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

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

Unitarian Church, 90 Holden St. Worces-

Santa  
12/12  
sic etc!  
If you l



**CALL FOR PASSWORDS**  
**CLASSES TO BEGIN INDOORS SOON**  
 Well distanced, mask required.



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

**Strength & Weight Training**

**SATURDAYS— 9 AM Zooming!**

Check in 10 minutes early.

**ZOOM Meeting ID: 907734542**

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



**Keep Moving Walking Club**

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

**In-person or Zoom!**  
**In the gym -14 feet spacing per BOH**  
**So please RSVP 978-733-4076**

**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 work-out! 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. **BONUS! Attend Tuesday and get access to a FREE Wednesday 45 Minute Class-via Zoom.**

In-person (gym) 14 feet apart or via Zoom!



**Fall Prevention Series**

**Meeting ID: 819 3366 6287**

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

**TRY IT! FIRST CLASS IS FREE— Starting Jan 9th!**

**RESERVATIONS REQUIRED**

Learn how to improve:

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

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

**Tai Chi and Quigong**

**In-person OR Zoom!**

**OFF for DEC! Returning Jan.**

**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

**Zoom Only in Dec. - Hatha Yoga**

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

**Meeting ID: 742183799**

After a Tai Chi class your yoga will be better than ever! At least try one. Get the week started with gentle **Hatha yoga**. All ages and abilities will benefit from this yoga class. Yoga is widely recognized as a way to improve balance, improve posture, keep your range of motion, improve clarity of mind and reduce stress.

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

**It's BACK!**

**Indoor/Gym Pickleball**

Many Slots available! \$3 per session

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

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



# FRIENDS AND NEIGHBORS

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

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

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

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

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

## To support the Friends,

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

**Friends of the Lancaster Seniors, Inc.**

**PO Box 173**

**Lancaster, MA 01523**

For more information about the Friends, contact Jay Moody at 978-833-8429

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Enclosed is my TAX DEDUCTIBLE contribution of \$ \_\_\_\_\_ (you will re-

## You are invited!

The First Church will be holding our traditional Christmas Eve services in an untraditional way. Both services (4pm and 11:30pm) will be held virtually and will feature Holiday music and readings. Silver lining - you can put us up on the big screen and kick back with your rum nog, safe from home

<https://www.firstchurchlancasterma.org/>



## Nashoba Neighbors Updates



We are excited to be forming a new organization called Nashoba Neighbors in Bolton, Lancaster, and Berlin! Our purpose is to help older adults stay in their homes by providing assistance and community. Here are some questions that we get:

**Will you have an office?** Nashoba Neighbors is a virtual village, we will have no physical location. We have studied other villages and concluded that it is the most cost effective way for us to operate. Other villages that do have an office and paid staff need to charge their members a higher annual fee.

**Will you have a paid staff?** We will be run entirely by volunteers. Many of the volunteers will be members but we will also reach out to those in our communities who would like to volunteer.

**Are there other villages close by?** The closest village is Groton Neighbors (<https://www.grotonneighbors.org/>). They have been a great help to us in offering advice. Other villages are located in Newton at Home (<https://www.newtonathome.org/>), Villages of the Berkshires (<https://www.villagesoftheberkshires.org/>). There are more than 15 others in Massachusetts and another 10 in formation. We want to start spreading the word about Nashoba Neighbors. Right now we are busy behind the scenes and won't enroll members and volunteers until the time is right. We do want to gather names and email address of people in our community who may be interested in learning more and keeping up to date with our progress. We are also looking for people to help us create and lead Nashoba Neighbors.

You can email Catherine Pfau at [catherinepfau@gmail.com](mailto:catherinepfau@gmail.com) or call at 978-337-3059 or Susan Henry at ([sfh744@mail.harvard.edu](mailto:sfh744@mail.harvard.edu)). Feel free to send us your questions as well!

## The Community Center

### SWAP SHOP Is OPEN!

Out front of the Center. Contactless.

Check out our CART in the Bins.

Please take what you need.

*Examples of items available*

**Fabric for Masks, Magazines, Puzzles! Let us know what you need- we may just have it.**

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

# DECEMBER ACTIVITY CALENDAR

## December 2020

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30</b> Pickleball 12:30 & 3  Tai Chi 9:00 Mtng ID: 255384123  Yoga 11:15 Mtng ID: 742183799	<b>1</b>  Chair Yoga 10:30 Mtng ID: 433492564  BINGO! 1pm Mtng ID: 807642080	<b>2</b>  Pickleball 9-11am  Pickleball 1-3pm	<b>3</b>	<b>4</b>  Pickleball 9-11am	<b>5</b>  Strength Class 9:00 Mtng ID: 907734542
<b>7</b>  Pickleball 12:30 & 3  Yoga 11:15 Mtng ID: 742183799  COA Meeting 8:30 Mtng ID: 84439317311	<b>8</b>  Chair Yoga 10:30 Mtng ID: 433492564  BINGO! 1pm Mtng ID: 807642080	<b>9</b>  Pickleball 9-11am  Pickleball 1-3pm  Bow Class ID: 844 6198 3212	<b>10</b>  Crazy Crafternoon 2-4pm Mtg ID: 862 8069 5141 Passcode: 01523	<b>11</b>  Pickleball 9-11am	<b>12</b>  Santa Claus 1:30-3:30 First Church  Strength Class 9:00 Mtng ID: 907734542
<b>14</b>  Pickleball 12:30 & 3  Yoga 11:15 Mtng ID: 742183799	<b>15</b>  Chair Yoga 10:30 Mtng ID: 433492564  BINGO! 1pm Mtng ID: 807642080	<b>16</b>  Pickleball 9-11am  Pickleball 1-3pm	<b>17</b>	<b>18</b>  Pickleball 9-11am	<b>19</b>  Strength Class 9:00 Mtng ID: 907734542
<b>21</b>  Pickleball 12:30 & 3  Centerpiece Class ID: 853 2614 4771 Yoga 11:15 Mtng ID: 742183799  Pickleball 12:30-5:00	<b>22</b>  Chair Yoga 10:30 Mtng ID: 433492564  BINGO! 1pm Mtng ID: 807642080	<b>23</b>  Pickleball 9-11am  Pickleball 1-3pm	<b>24</b>	<b>25</b>  MERRY CHRISTMAS!	<b>26</b>  Strength Class 9:00 Mtng ID: 907734542
<b>28</b>  Pickleball 12:30 & 3  Yoga 11:15 Mtng ID: 742183799  Pickleball 12:30-5:00	<b>29</b>  Chair Yoga 10:30 Mtng ID: 433492564  BINGO! 1pm Mtng ID: 807642080	<b>30</b>  Pickleball 9-11am  Pickleball 1-3pm	<b>31</b>	<b>1</b>  Pickleball 9-11am	<b>2</b>  Strength Class 9:00 Mtng ID: 907734542
<b>4</b> 	MON TUE WED THU FRI SAT	Signup online! Sessions Monday, Wednesday and Friday <a href="https://tinyurl.com/LCC-pickleball">https://tinyurl.com/LCC-pickleball</a>		<b>BACKSTAGE GYM is OPEN!</b> Monday thru Friday, 9AM-7PM MUST RESERVE TIME IN SIGNUPGENIUS! MAXIMUM THREE (3) PEOPLE PER HOUR <a href="https://tinyurl.com/backstagegym">https://tinyurl.com/backstagegym</a> Creator's email: jojomac1956@comcast.net	



## FUN AND REINDEER GAMES

### *CRAZY CRAFTERNOONS!*

Join us! A small group of crafters (space is limited to give you attention) and create wonderful homemade cards-so pretty you won't want to give them away!

*Instruction, Materials, laughs just \$5*

#### *Holiday Cards*

Thursday, Dec. 10, 2pm-4pm

#### *New Year's Cards*

Thursday, Jan. 7, 2pm-4pm

**ZOOM.US**

Meeting ID: 862 8069 5141 Passcode: 01523

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



#### ***Bows Boggle your Mind?***

*Would you like to learn how to design the perfect bow for your wreath? Mail box, packages-you can!*

Join us via Zoom to learn to make a

#### **Build a Better Bow!**

**December 9th 2 pm – 3 pm**

Each person will get ribbon and supplies to create a bow for your mailbox, one for a wreath and some small ones great to tie on to packages. You will leave with at least 4 nice bows and the know how to get through the holidays with out tying yourself into knots!

Drop by to pick up materials—contactless or have them dropped off.

*Cost is \$5 for 4 bows and lots of fun. Limited space Swearing lessons included free.*

## VIRTUAL BINGO

### TUESDAYS 1-3

Everyone is welcome!

Prizes! Cards may be picked up outside the Center or delivered to you.

Join your Bingo Buddies or make some new friends.

**Try this new approach to BINGO on Zoom!**

<http://zoom.us/join> Meeting ID: 807642080

*Sorry, gotta get your own snacks!*

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

**Call us to help you join Zoom!**



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

### *The Shortest Day*

#### A Solstice Centerpiece Workshop

*Create a fresh centerpiece for your holiday table, mantle, or doorway with light!*

**Dec 21st 12:30-3:30**



Join a small group of Zoom friends to create a centerpiece with fresh NE greens, lights and baubles to make a lovely centerpiece. All materials will be distributed by contactless pick up or delivery. Brew some tea and let's create.

Materials inc. limited to 6  
\$17 inc. all. Register at 978-733-4076 by 12/17

# MUNICIPAL NEWS, UPDATES

## 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*



### Library Services

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

\*\*\*\*\*

**Thayer Library IS OPEN**  
By appointment and Curbside!  
Get your movies, magazines and books  
Now curbside!

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

### Curbside Pickup appointments

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



**Massachusetts Cultural Council Grants  
Extended the deadline for FY21 grant  
applications to December 14, 2020.**

Lancaster Cultural Council encourages you  
to visit [https://www.ci.lancaster.ma.us/  
cultural-council](https://www.ci.lancaster.ma.us/cultural-council), view their priorities and  
to apply for these funds. Past grants have  
supported music events, plays, cultural  
and enrichment programs for all ages in  
schools and the community. To apply, visit  
[www.mass-culture.org](http://www.mass-culture.org).

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

## SHOPPING & DINING

WEEKLY TRIPS ARE CURRENTLY SUSPENDED

*David James, Transportation Coordinator*  
*Administrative Assistant*  
978-733-4076  
Or 978-733- 1249 ext 1103  
Or coadmin@lancasterma.net



## LANCASTER MART VAN POLICIES

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

### FEES & POLICIES

**Office hours** are Mon -Thurs 8:30am to 1pm. **Reservations:** Call 978 733 4076

Please leave your request on our voicemail. Messages will be returned next business day  
by noon. At least 48 business hours' notice to reserve a

ride.

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

\*Requests will be accepted in the order received.

\*Preference given to medical appointments.

\*Our Service Area: Lancaster, Clinton, Sterling, Bolton,  
Leominster, Fitchburg, Ayer.

\*FEES: Lancaster 50¢ per stop.  
Clinton, \$1 plus 50c per additional stop  
Fitchburg, Ayer \$3 plus 50c per additional stop  
All others \$2 plus 50c per additional stop

\*Special Events will be priced according to the trip.

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

## Save the Date!

Thank Goodness it's 2021!

A New Year Brunch

\*and a Twelfth Day Celebration

Join us for a Covid Safe New Year's Bash- Drive in Brunch to take and go!

*We would love to see your smiling eyes above those masks.*

To be held at Sandee's Main St

A full brunch menu including Roast Turkey, Glazed Ham, Spinach Quiche,  
Alix's Wild Rice Salad, Baby Rosemary Potatoes, Spring Green salad, Fresh rolls, plus

Reservations and Details at 978-733-4076

*Thanks to the Friends of Lancaster Seniors, Sandees and The Town of Lancaster*





# OUTREACH AND HELPFUL TIPS

***Covid 19 has affected us all. Here is some helpful information copied from the CDC website:***

Pandemics can be stressful.

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

You may experience increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.

**Get immediate help in a crisis**

**Call 911**

## **Important phone numbers**

Disaster Distress Helpline: 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish

National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522

National Sexual Assault Hotline: 1-800-656-HOPE (4673)

The Eldercare Locator: 1-800-677-1116

Veteran's Crisis Line: 1-800-273-TALK (8255) or text: 8388255

SAMHSA's National Helpline: (Substance Abuse and Mental Health Services) 1-800-662-HELP (4357) and TTY 1-800-487-4889

National Alliance on Mental Health hotline: 1-800-950-6264

## **LANCASTER OUTREACH**

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

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

**Welcome to our new CSL,,  
Judy Zmijak!**



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**Help us bring  
Cheer for the Holidays!  
Calling all Elves**



This year more than ever the holidays will be stressful for many of our neighbors staying *Safer at Home*. Let's brighten December's dark days with stocking stuffers! An army of volunteer elves will be distributing special care packages, filled with fun to open 'stocking stuffers' One for each day!  
Would you help us deliver, better yet help craft something. Do you have little gifts to share? We could use your help. Know someone who you think might enjoy this. Please call.

Call: Alix at 978-733-1249 ext 3 or, Joanne at 978-870-6197

**Join us!**

**Santa's Coming to Town  
With elves! Bring your list  
A drive by event**



**12/12 -1:30-3:30**

**Storm Date 12/13**

**The real Santa is coming!**

**Join us**

**Thayer Drive, First Church Portico  
with elves and scavenger hunt  
maps and surprises.**

\*\*\*\*\*

This is a drive by event, please stay safe in your cars. *Snowstorm or rain date Sunday 12/13 same times*

Grab a map and find treasures in the decorating contest. Winner drawn at random gets a great family friendly prize.

An All ages event.

**All notes to Santa will be answered if you leave your address on your list!**

**Sponsored by the First Church and Lancaster Community Center**

**CONNECTIONS!**



**(FREE! NO EXCUSES ACCEPTED)**

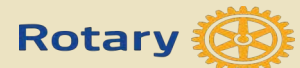
A cooperative venture with the Lancaster Community Center, Nashoba Valley Rotary, Fallon Health & Friends of Lancaster Seniors

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**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!



**Call or write us 978-733-1249 ext 4  
Or aturner@lancasterma.net**