

COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

DECEMBER, 2021

Happy Holidays!

SANTA AND SONG

December 12th 2 pm—4 pm
Lancaster Town Hall

Light Up Lancaster Contest!

2nd Annual Light Up Contest.
Details inside

Happy Birthday Bernice Ondung! 100 years strong



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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: coaadmin@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,

Hope. Is powerful, it is valuable but also hard to define. It usually involves uncertainty of outcome, and is defined by personal values. Universally, we celebrate the winter holidays as the season of hope. We share many dreams, or hopes in this season but many are personal. I venture we all look forward to longer days of finding or receiving the perfect gift, of feasts or treats with family and friends. In these dark days as we battle a pandemic having hope is more important. I can think of no better gift than the gift of hope, join me to consciously spread and inspire hope. The simple gift of hope might be the most valuable gift of all this season.

I watched a great story last night about a man named Alexander MacLeish, who received a get well card sent to cheer him during his recovery from open heart surgery. His friend sent him a card, with a lottery scratch card in it. I don't scratch lottery cards much because I know the odds are for the state, but sometimes I get caught up in the dream, the hope. The story is truly 'heart warming'. The card was sent from a friend who had previously sent another one during a previous illness. The first time Alexander won \$1,000. This time, he scratched the crossword and revealed the word 'Heart', an omen? It seems so- he won \$1 million dollars (or a mere \$400,000 after taxes and a one time payment). Obviously this was an amazing gift, and I could not help but wonder what he shared with his friend. Hope does not have to be a grand gesture, like giving your friend a million dollar lottery ticket it can be simple gesture like inviting someone to a future event. How about the free Santa and Song, just the promise of going out offers many hope. Donating to the Angel Tree is gratifying, you will be fulfilling the gift of hope. Some families hope for a warm holiday filled with gifts will be met. Hope takes many forms, it is individual and uncertain and I know you can give it this season. I hope you do!



Cheers, Alix

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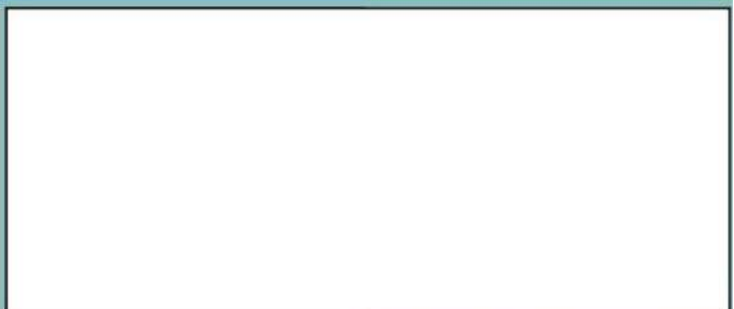
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COMMUNITY CENTER



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

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, 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, 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 the Lancaster webpage.

Happy 100th Birthday Bernice Ordnung! 12-02-2021 A pallindrome birthday too.

Please join us to celebrate a wonderful Lancaster woman, Bernie Ordnung. Business woman, co-founder of Lancaster Gardens, Artist, Mother and great lady.

THANK YOU! All who drove by for her birthday, Lancaster fire, Ambulance, DPW, Police and many friends. You made a humble lady proud! Thanks to the First Church for lighting up pink for Bernice!



CORONAVIRUS UPDATES

- ◆ We are **OPEN!** Many fitness classes are outside or spaced in the gym, or hybrid.
- ◆ We are **HYBRID** for fitness, some classes, delivering meals SHINE and Counseling assistance!
- ◆ **MEALS and TRANSPORTATION** are up and running— off site of course.
- ◆ **Masks Required while inside LCC and Senior Center.**

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.

UNIPAY

THE BASICS

Join us! Enter or just be a judge for the 2nd

Light up Lancaster Contest

Lancaster Lights Holiday Decorating contest

You judge! You enter. To be on the map or enter, to volunteer or ask questions:
lightslancaster@gmail.com Or Alix at 978-733-1249 ext 1102,

Winners get ticket to Lancaster Celebration of Lights + Bragging rights

Maps on line OR in person Dec 12th @ Santa and Song

Or on Facebook, and at Thayer Memorial Drive and

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

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**

Friends of Lancaster Seniors & Fiesta Shows Celebration of Lights and volunteers!



**SUPPORT THE
ADVERTISERS**
*that Support
our Community!*



HEALTH & FITNESS

CALL FOR PASSWORDS



Get into Shape for Summer!
IN PERSON AT THE CENTER!

Strength & Weight Training

SATURDAYS— 9 AM (Zooming, too!)

Check in 10 minutes early please

ZOOM Meeting ID: 907734542

Get in shape—get rid of 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 50 plus.

Learn to Dance !

Ball Room Dancing Lessons

with

Jim Cole of Sunstrike

Do you dance? Never have? Either way this is fun evening and you WILL leave better than you entered. This fun non-judgmental' class is taught by a pro with students who are fun loving neighbors and soon to be friends Try it! Exercise and grace is yours! Previous novice students have gone on to compete— or like me, just an evening to enjoy!

Rhumba! December

Thursday evenings 7:00 \$13 or 4 sessions for \$40

All levels welcome- with a partner or solo!

Tai Chi and Quigong

_FRIDAY at 1PM (December change)

Outdoors under the trees or Zoom it!

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

Hatha Yoga

Mon. @ 11:15 a.m.

Meeting ID: 742183799

Try it! First class is free. 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.

Now in THE GYM, or outdoors or on Zoom!

We provide mats and water!

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

(Buy a card, no penalty for missed classes!)

Your FREE Health Resource

The Backstage Gym is Open!

Join us to use the best, **professional grade exercise equipment** in a low stress, no crowding, NO FEE environment! All you need to do is sign up and come down.

Open MON-FRI 8-5 and Sat 8:30-12

Thank you to the Friends of Lancaster Seniors for the equipment.

Signup online: <https://tinyurl.com/backstage-gym>

Join us for a **new fitness class**, get in shape for the holidays!

Strength *and* Cardio!

Fridays at 11:15 a.m upstairs gym \$5 per/ or \$25 for 6 weeks

Join us for a 45 minute class combining aerobic conditioning, strength training, core and flexibility. Designed for max results! Appropriate for all fitness abilities. This class will strengthen and tone your entire body, using body weight, weights and other fitness equipment. We provide the equipment. Bring your will and determination.

It's BACK! Beginning November*

Indoor/Gym Pickleball

\$3 per session

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

Or, call for Sign Up Genius times and link.

978-733-4076

TO YOUR HEALTH!



Open Enrollment is OPEN!

November 1, 2021 - December 7, 2021

It is time to check your insurance coverage. There are lots of changes this year, please invest time now to make sure you have the best coverage for the upcoming year. This no cost 'check up' may just save you lots of money, time and best of all grant you piece of mind. To arrange for a personal session please contact Dave Bartlett at 978-733-1249 ext 1109 to schedule an appointment with Barb, our most excellent SHINE representative. This is a busy time, and appointments are virtual, but limited! Schedule now.

SHINE (SERVING THE HEALTH INSURANCE NEEDS OF EVERYONE)

SHINE provides FREE unbiased health insurance counseling information and assistance to Massachusetts residents with Medicare, caregivers and those approaching eligibility. Volunteer counselors are trained to assist residents with Medicare and health insurance. All our counselors are trained and certified by the Massachusetts Executive Office of Elder Affairs and are available to speak with Medicare beneficiaries regarding their Medicare coverage options. We will also review eligibility for Public Assistance programs such as Prescription Advantage, Extra Help from Social Security, MassHealth and other programs to assist beneficiaries with limited resources to pay for health care costs.

Free!

Drop in or By Appointment

Well Adult Health Clinics

4th Tuesday of each month

9 a.m.—10 a.m.

Lancaster Community Center

Try the pancakes and maybe the decaf! Then meet

Amy our nurse for

blood pressure monitoring, glucose, oxygen and

more. To reserve call 978-733-4076 by

Noon Monday prior

Grab some free take home treats too!

Thank you to Shaws.

Thanks to the VNA Care.org and our volunteers.

Nashoba Nursing Wellness Clinics

1st Tuesdays of the month

8 a.m.—10 a.m.

Join us to experience the healing powers of

Reiki with Tamara

December 9th 6:30 p.m. -8:30 p.m.

Sign in for treatment reservation upon arrival



Reiki is a powerful yet gentle, hands-on modality that can provide pain relief, improved sleep, decreased anxiety and a general boost to wellness. A Reiki session is very calming and nurturing. During a Reiki session, the recipient lies fully clothed on a massage table or seated in a chair. It is performed by a trained practitioner who gently places his/her hands on or near areas of the body needing attention. Reiki works on all levels: physical, emotional, mental, and spiritual. It is not affiliated with any religious belief and does not interfere with medical practices or interventions. It is not meant to take the place of prescribed medical treatment. Our Reiki clinics are offered to the community on a no-cost or donation only basis. Expect to enjoy a twenty minute to a half hour session of this modality and explore its unique contribution to their overall health and well-being.

Line Dancing!

Come join us to kick up your heels!

**Tuesday Jan 11th -Feb 16th
11 a.m. -12:30**



If you are new to line dancing or have not danced for a while this class is for you! You will learn the basic steps, and put them to old and new dances. This class is about having fun, moving to music and enjoying time with others!

Please keep in mind the beautiful floor at the Lancaster Center and please bring a change of shoes. A dance shoe or soft sole shoe that will move easily on the floor is recommended.

\$5 class or 6 week series for 425



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 4th Wed. Noon

Unitarian Church, 90 Holden St. Worces-

FRIENDS, NEIGHBORS AND ALL AGES FUN

Lancaster 4-H Festival of Trees & Town Tree Lighting



Annual Tree Lighting

W/ Santa on the Gazebo & Sing Along

Sunday December 5th @ 6:30pm
Tree Lighting, sign along & Santa On the Gazebo are outdoors
masks strongly recommended

Festival of Trees in the Town Hall

Saturday December 4th 9-5
Sunday December 5th from 9-6
Masks required for all in the Town Hall
reservations strongly suggested:
<https://www.signupgenius.com/go/30e0d44a9a62ba3fe3-lancaster>

Winners notified at 7:30 Sunday Dec 5
picking up of trees by 8:30 PM



Gingerbread House Competition

Open to all ages!!
drop off: Wednesday, Thursday and/or Friday @ Town Hall
Dec. 1, 2, 3, 3:30 - 7:00 PM
Masks required for all in the Town Hall

Questions? Email Judyzphoto@yahoo.com

Everyone is welcome

Pancake Breakfast Every TUESDAY Morning! 8:00am - 10:00am \$3 donation

All you can eat!

Blueberry and plain pancakes, French toast (gluten free or regular) sausages, scrambled eggs, orange juice, coffee /tea/milk.

You are welcome! Join the Friends Meeting
Maybe the Board!
December 10th Friday 10:30 p.m

Are you interested in the Business of the Friends .
Are you willing to help, want to learn more . This is a
great opportunity. To learn more, enjoy a snack and
meet some kind neighbors.

*To support the Friends during the holidays
and all year long
Cut and mail this form*

Please 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 Sheila Casey at 508-838-6958 or sheila_casey@comcast.net

Name: _____

Address: _____

Email: _____

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

*consult with your accountant

Thank You for supporting Lancaster Seniors

<http://FriendsoftheLancasterSeniors.org>

Thank You! 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!

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>

amazonsmile

You shop. Amazon gives.

GOT NEWS? Let us know! We will share it for you .
aturner@lancasterma.net

NOVEMBER ACTIVITY CALENDAR

December 2021

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|----------------------|--|---------------------|
| 29 | 30 | 1 | 2 | 3 | 4 |
| | Pancakes! 8:00-10am | MAHJONG 10am | | Tai Chi 1pm | Strength Class 9:00 |
| Yoga 11:15 Mtng ID: 742183799 | BINGO! 1pm | | Ballroom Dancing 7PM | Strength & Cardio 11:00 | Mtng ID: 907734542 |
| | | Jam Session 6:30 | BRIDGE - 1-4pm | | |
| 6 | 7 | 8 | 9 | 10 | 11 |
| Yoga 11:15 Mtng ID: 742183799 | | MAHJONG 10am | | Strength & Cardio 11:00 | |
| | Pancakes! 8:00-10am | | BRIDGE - 1-4pm | Tai Chi 1pm | Strength Class 9:00 |
| | BINGO! 1pm | Dining Club Val's and Tower Hill | Reiki 6:30-8:30 | Crazy Crafternoon 11am-1pm At the Center! | Mtng ID: 907734542 |
| | | | Ballroom Dancing 7PM | | |
| 13 | 14 | 15 | 16 | 17 | 18 |
| COA Meeting 11am Mtng ID: 83816132161 | Pancakes! 8:00-10am | MAHJONG 10am | BRIDGE - 1-4pm | Strength & Cardio 11:00 | Strength Class 9:00 |
| | BINGO! 1pm | | | | Mtng ID: 907734542 |
| Yoga 11:15 Mtng ID: 742183799 | | Jam Session 6:30 | Ballroom Dancing 7PM | Lunch Club | |
| | | | | Tai Chi 1pm | |
| 20 | 21 | 22 | 23 | 24 | 25 |
| | VNA Blood Pressure | MAHJONG 10am | | | MERRY CHRISTMAS! |
| Yoga 11:15 Mtng ID: 742183799 | Pancakes! 8:00-10am | | Ballroom Dancing 7PM | Strength & Cardio 11:00 | LCC CLOSED |
| | BINGO! 1pm | Lancaster Lights! | | Tai Chi 1pm | |
| | | | BRIDGE - 1-4pm | | |
| 27 | 28 | 29 | 30 | 31 | 1 |
| Yoga 11:15 Mtng ID: 742183799 | Pancakes! 8:00-10am | MAHJONG 10am | BRIDGE - 1-4pm | | HAPPY NEW YEAR! |
| | | | | Strength & Cardio 11:00 | LCC CLOSED |
| | BINGO! 1pm | | Ballroom Dancing 7PM | | |
| | | | | | |
|  | MON TUE WED THU FRI SAT | Signup online! Sessions Monday through Saturday! https://tinyurl.com/LCC-pickleball | | BACKSTAGE GYM is OPEN! Monday thru Friday, 9AM-7PM MUST RESERVE TIME IN SIGNUPGENIUS! MAXIMUM THREE (3) PEOPLE PER HOUR https://tinyurl.com/backstage-gym | |



December 12th 2-4PM - Old Town Hall Auditorium
Santa & Song

Starring
The Post Road Chorus
The Seven Hills Four & Indigo
Free Maps for Light Contest too
 Hot Cider and Sweets! Music at 2:15
 Santa and Mrs. Arrives at 3
Masks are required and provided

IN-PERSON BINGO

TUESDAYS 1-3

Everyone is welcome!

Join your Bingo Buddies or make some new friends.

Community Center—meeting room



BRIDGE IS BACK!

Thursday, 1-4pm



Area residents are invited to join us for friendly bridge Thursday afternoons. Come to the Center for friendly bridge games snacks and fun. All free! Suitable for all levels, novice to pro. We provide the cards, teachers, and friends.

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.

Join fun people willing to help teach.

Old Time Jam Sessions!

First and Third Wednesday, starting September 15th.

6:30-8:30 Lancaster Senior Center

We follow Old Time etiquette: musicians sit in a circle, we choose tunes in turn, play concurrently without breaks or solos.

Here's a sample video: <https://tinyurl.com/JamSessionSample>



**A GREEN GREENS HOLIDAY...
 OR NOT YOUR MOTHER'S
 CENTERPIECE**



**SOUP & SALAD POT LUCK
 SUNDAY DEC. 5TH**

**AT 4:00PM AT THE COMMUNITY CENTER
 \$30.00 members, \$35.00 non-members**

ALIX TURNER-
 A Natural Holiday- A Celebration of the New England Winter.. Join us to craft an eco-friendly or 'green' greens centerpiece with local products. Leave with a simply elegant centerpiece that will last you through the Solstice and the Winter Holidays. Don't worry, simple can be elegant and festive. You will learn some old fashioned decorating tricks, and some modern twists- with no guilt. Your collection of 'slow' greens and decorations will have you looking twice at your backyard. This is an evening to get creative and share a holiday kiss with Mother Nature. Bring gloves, clippers and a box. Wire cutters if you have them- and hey carpool if you can!

MEET AT 4:00PM TO GET STARTED-BREAK FOR SOUP & SALAD FOR THOSE WHO WISH TO PARTAKE IN THE CONFERENCE ROOM- VOLUNTEER TO BRING A FAVORITE SOUP OR SALAD — FINISH 6:30PM

LIMITED TO 25 & VACCINATED WITH MASKS FOR EVERYONE'S SAFETY REGISTER AT LANCASTERGARDENCLUB.NET

CRAZY CRAFTERNOONS!

Join us in the Community Center meeting room! A small group of crafters (space is limited to give you attention and allow for distancing) and create wonderful homemade cards-so pretty you won't want to give them away! You will take home at least two cards, maybe more!

Instruction, Materials, laughs just \$5

December, 10th Holiday Spirit

Class begins at 11 a.m.

MUNICIPAL NEWS, UPDATES

Library Services

Thayer Library IS OPEN

Monday: 10-8
Tuesday: 12-8
Wednesday: 10-8
Thursday: 10-8
Friday: 10-5
Saturday: 10-2

PLEASE NOTE: The library requests that all patrons continue to wear a mask in the library. Curbside service is still available.

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?

SHOPPING & DINING

WEEKLY TRIPS HAVE STARTED!
CALL 978-733-4076 TO BE INCLUDED

SHOPPING:

MONDAY AFTERNOON—CLINTON
TUESDAY AFTERNOON—WALMART
WEDNESDAY AFTERNOON—VARIES
THURSDAY AFTERNOON—MARKET BASKET

LUNCHEON CLUB—FOURTH FRIDAY (USUALLY)
DEC 17—OLIVE GARDEN



David James,
Administrative Assistant
978-733-4076
Or 978-733- 1249 ext 1103
Or cooadmin@lancasterma.net

VETERANS SERVICES DEPARTMENT

Richard Voutour 1st SGT
USMC RET—Veteran Services Officer

Contact: rvoutour@leominster-ma.gov

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



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

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



LCC Wine and Dine Club Is on the road again!

Join us with friends, or make some new ones! Try new restaurants or just enjoy a favorite. Don't worry about driving—leave that to us!

Trips are only \$2 RT! Meet at the Center or be picked up along the way

◆ December 8th - Val's — Holden

Want to add one? We love your suggestions!
RSVP 978-733-4076

Join the Compassionate Cannabis Conversation

Friday, December 17th at 2 p.m.

Meet with your neighbors to learn and discuss Cannabis in a non-judgmental atmosphere. Since Cannabis use and cultivation was legalized in MA some people have used it medicinally and recreationally, others have considered using it but remain skeptical, No matter you are welcome. Bring your questions about the laws, cultivation, purchasing or anything else. Meet others who are open minded, some very knowledgeable- none with any financial interest. This is a free conversation and meeting held in a public building so no sharing or sampling, sorry!

OUTREACH

Helping our Seniors with many issues and concerns is our goal here at The Lancaster Community Center.

The Senior Center is a place to make new friends and help others out. Let's be kind to each other and be there to help each other with transportation and visitation.

We need some volunteer's here at the Senior Center right away. Please call us to volunteer to help us!

If you haven't, please remember to replace the battery in all smoke detectors and other emergency devices. Lives depend on working devices.

Attention Lancaster Senior Homeowners – have you investigated the Senior Tax Work Off Program? If not, I highly recommend that you do so. Being a taxpayer, you can benefit from this program. There are many departments in Lancaster that can use a helping hand so don't be afraid to inquire and ask questions. Here at the Community Center, we are always looking for people to help us with meals, being a hostess, some minor paperwork, and the list goes on. Stop by and see us and see how YOU can help us. You can apply right online thru the Town of Lancaster website.

Covid still looms about us. We need to CRUSH Covid. The best way is to be vaccinated. Encourage family and friends to be vaccinated! Know how to recognize the signs and symptoms so treatment can be obtained. Supporting family and friends is still very important. Talk with your own Doctor about getting the Covid-19 vaccination. Observe wearing a mask in public places and crowded areas.

Budget Time now to prepare your 2022 personal budget. Keep all related paperwork in 1 box for immediate referencing. We can help you here at the Center.

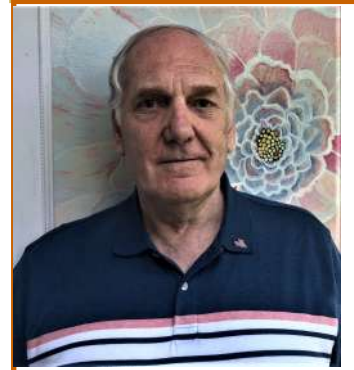
From all of us here at the Council on Aging we wish you a very **MERRY CHRISTMAS!**

David Bartlett

LANCASTER OUTREACH

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- ◆ Health Insurance
- ◆ Budget and Taxes
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- ◆ Caregiving
- ◆ Visits

*In-office hours subject to change:
please call or email for an
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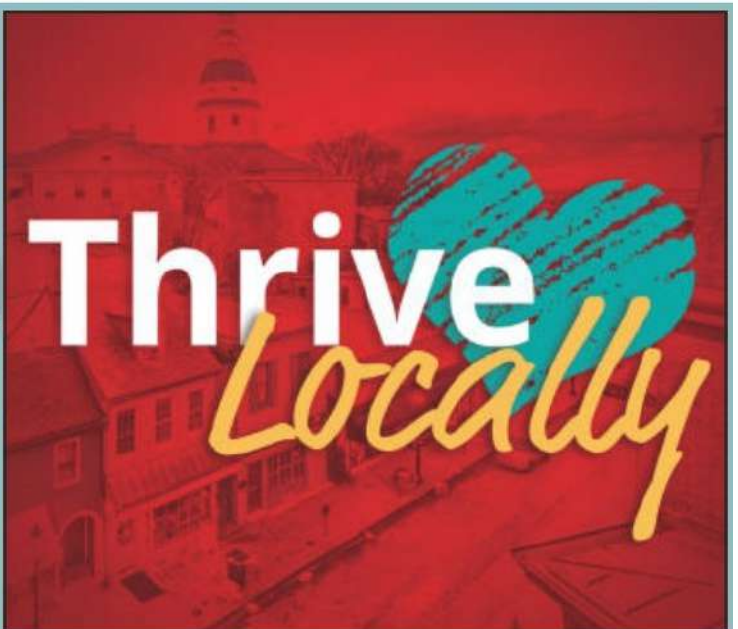
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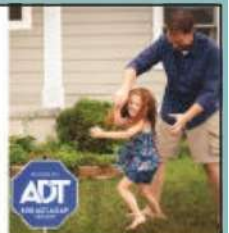
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OUT AND ABOUT



Light Ride!

DECEMBER 22


4:00 pick up— FREE! Thanks to the Friends.

Join Center Friends to tour Lancaster private light displays enjoying sweets, treats and tunes on our van.

We finish with a special treat thanks to a gift from Fiesta Shows dba Lancaster Celebration of Lights. Thanks to the Friends of Lancaster Seniors for the gift of fun. First Come, we pick up too!

Santa and Song! December 12th 2 p.m.

Join the sweet sounds of Indgo and the Post Road Chorus in the Old Town Hall beginning at 2 p.m. Hot Cider and Hot Chocolate 2 p.m. Carols and Holiday Tunes at 2:15. A very special jolly family, and our star arrives at 3. Then we all wrap up with more song! Masks required! This distanced event will be inside but if weather permits we will enjoy the fresh air and the gazebo.



A Special Wine & Dine Vals and Night Lights Wednesday, Dec 8th

Wine is optional! We visit Val's restaurant in Holden, one of our favorites – you will understand why once you try it. Personally, I can't wait for the scallops! Yum. (Yes, you pay for your own dinner). After dining with friends and making new ones we head Tower Hill for their Night Lights 2021!

Cost is \$21 pp Reserve your spot by calling 978-733-4076.

TRIP & EVENT POLICY:

Space is limited- trips and events are reserved first come first serve. Your (phone or email) reservation will be held three business days to allow time for payment, once paid is received your reservation is final and you will be added to the list. If you cancel before the deadline we will fully refund you, after the deadline we will try fill your spot from our waiting list. No fee needed to be on the waiting list. If we can't we are not obligated to refund you. We require emergency contact information and MSC to travel. Q: 978-733-4076