



Community Crier

Lancaster Community Center
Lancaster Massachusetts
February 2019

Valentines Brunch For Lancaster Seniors

February 10, 11:30-1:00

First Church of Christ

Hawkins Hall

725 Main Street

Lancaster

BRING YOUR FAMILY AND FRIENDS

TO CELEBRATE LOVE.

Please join us for a hot meal
sweet treats and
some good company.

*Live music by
Larry Domenico*

Free rides for
Lancaster Seniors call
978-733-4076

Friends of Lancaster Seniors Pancake Breakfast

Every Tuesday

7:00am - 9:00am

Donations Graciously Accepted
Blueberry, Apple, Plain, French Toast, too
Sausage, eggs, fruit juice & coffee &
All the pancakes you can eat!

After breakfast take a stroll around the campus
with the walking group! 9am

**Lancaster Keep Moving
Walking Club**

COA Meeting

3rd Thursday of the month

At 9 am in the

Lancaster Community Center

Next Meeting

February 20th

Lancaster Community Center

695 Main Street, Suite 7
Lancaster, MA 01523

Reception 978-733-4076

Social Services 978-733-1249 ext 4

Van Reservation 978-733-4076

48 hours advanced notice required.

Van Hours Mon -Thurs 8:30am -4pm

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

See what's happening
Lancaster Community Center

[LCC CALENDAR](#)

Follow us on Facebook
www.tinyurl.com/lancastercc

SNOW POLICY: Van Service will be canceled or delayed based on Nashoba Regional Schools notices.

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Sponsored by
First Church of Christ, Unitarian
Lancaster Council on Aging
Friends of Lancaster Seniors



Once Upon a Time...

Tales of the British Isles

Explore the many parts of Great Britain through some of the best
music written for symphonic wind band



Grainger



Lincolnshire Posy

Wood



Mannin Veen ~ A Manx Tone Poem

Cowell



Celtic Set

Bart



Selections from "Oliver!"

Alford



The Mad Major

plus music by Elgar and Anderson

Sunday, February 10, 2019

3pm

Nashoba Regional High School

Rte 117, 1 mile west of Bolton Center

FREE Admission



David Wayne Bailey
Music Director and Conductor



Mass
Cultural
Council

Nashoba Symphonic Band is supported in part by grants from the Bolton, Berlin, Harvard, Hudson, Lancaster, Northborough, and Stow Cultural Councils, local agencies that are supported by the Massachusetts Cultural Council, a state agency.





Nashoba Symphonic Band
is a program of
Nashoba Friends of Music

Lancaster Community Center

FEBRUARY LUNCH CALENDAR

11:30 am Monday—Thursday

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|--|---|--|
| 1% MILK: 110 calories 125mg sodium (included in totals) |  |  |  |
| 4 Chunky Tomato Sp 177 Mac & Cheese 488 Multigrain Bread 164 Diced Peaches 5 | 5 Special Beef Tips 272 Scalloped Potato 125 Brussels Sprouts 12 WW Dinner Roll 105 Chocolate Mousse 280 D: SFC Choc Mousse 112 | 6 Salisbury Steak 201 Mushroom Gravy 85 Whipped Potato 66 Tossed Salad 5 Dinner Roll 132 Strawberry Cup 0 D: Straw Yogurt | 7 Portuguese Kale Soup 281 Grilled Chicken w/ Red Pepper Pesto 342 Wild Rice Pilaf 140 Multigrain Bread 164 Diced Pears 5 |
| Total Sodium: 959 mg Total Calories: 741 | Total Sodium: 919 mg Total Calories: 722 | Total Sodium: 614 mg Total Calories: 685 | Total Sodium: 1057 mg Total Calories: 573 |
| 11 Muligatawny Soup 120 Haddock Newburg 364 Yams 31 Wheat Bread 160 Raisins 4 | 12 Chicken in Vodka Sauce 459 Cavatappi Pasta 1 Tossed Salad 5 Italian Bread 230 Mixed Fruit 10 | 13 Spinach Lentil Sp 304 Stuffed Cabbage Casserole 301 Rye Bread 150 Vanilla Yogurt 50 | 14 Chicken Jambalaya 310 Brown Rice 5 Broccoli 10 Multigrain Bread 164 Almond Cookie 181 D: Grahams 85 |
| Total Sodium: 803 mg Total Calories: 634 | Total Sodium: 829 mg Total Calories: 586 | Total Sodium: 930 mg Total Calories: 688 | Total Sodium: 795 mg Total Calories: 782 |
| 18  President's Day | 19 Minestrone Soup 152 Chicken Coq au Vin 387 Garlic Mashed Potato 66 Multigrain Bread 164 Diced Pears 5 | 20 Turkey Tetrazzini* 514 Egg Noodles 4 Tossed Salad 5 Dinner Roll 132 Loma Doones 100 | 21 Roast Pork w/ CranOrange Sc. 84 Whip Sweet Potato 31 Cauliflower 14 Wheat Bread 160 Lemon Cake 215 D: Lemon Grahams 95 |
| No Meals Served | Total Sodium: 899 mg Total Calories: 606 | Total Sodium: 880 mg Total Calories: 609 | Total Sodium: 629 mg Total Calories: 690 |
| 25 BBQ Chicken Brst 402 Mac & Cheese 195 Green Peas 66 Wheat Bread 160 Pineapple 1 | 26 Breaded Pollock 304 Tatar Sauce 100 Wild Rice Pilaf 140 Tossed Salad 164 Multigrain Bread 245 Spice Cake 5 D: Gingerboy | 27 3 C Soup 299 Meatball Cacciatore 316 Penne Pasta 1 Italian Bread 230 Raisins 4 | 28 Beef Stew 200 Spinach 65 Wheat Dinner Roll 105 Diced Peaches 5 |
| Total Sodium: 949 mg Total Calories: 663 | Total Sodium: 1081 mg Total Calories: 792 | Total Sodium: 975 mg Total Calories: 681 | Total Sodium: 500 mg Total Calories: 639 |

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



If you cannot make it here we offer Meals on Wheels, call 978 733-1249 Ext 4 for details.

Or MOC 800-286-3441 for nutrition questions

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



**Impact of the Federal Government Shutdown on SNAP Benefits:
What You Need to Know**

⇒ **Instead of getting SNAP in February, you will get it early – between January 17 & 20th.**

In Massachusetts, households get SNAP (food stamps) between the 1st and 14th of each month. If you get SNAP on your EBT card early, you do NOT need to call the Department of Transitional Assistance (DTA) unless you have a question or need to tell them something about your case.

⇒ **DTA will NOT be issuing SNAP again in February.**

If you get SNAP on your EBT card early, you will not get SNAP again in February. Keep this in mind when you are making decisions about buying food. SNAP will stay on your card until you decide to use it!

⇒ **If DTA needs paperwork to approve your SNAP or keep your SNAP case open, get it to DTA as quickly as possible.**

Due to the shutdown and directions from the federal government, it is important that you send DTA missing paperwork as quickly as possible. The fastest ways to get paperwork to DTA are:

- Upload documents on DTAConnect.com
- Take a picture on your smartphone and send through the DTA Connect app
- Go to a local DTA office

⇒ **If you do not get SNAP on your EBT card between January 17 and 20th or you have questions for DTA, call 1-877-382-2363. There may be long wait times.**

More Information

- The shutdown has NO impact on SNAP eligibility rules or on DTA's issuance of cash assistance benefits.
- Retailers will continue to accept SNAP during the shutdown.
- If the shutdown continues through February, we do not yet know what will happen to SNAP in March.
- When the shutdown ends, SNAP will go back to normal.

- **For up to date information from DTA on the shutdown and its impact on SNAP, go to: Mass.gov/DTA**
- **For help with food resources in your community, call Project Bread's FoodSource Hotline: 1-800-645-8333**

Update 1/14/2019

SAND for SAFE SENIORS

Our elder population is at a higher risk for falls and the results can be devastating.

The Lancaster Council on Aging is partnering with the First Church of Christ, Unitarian, and the Friends of Lancaster Seniors to initiate a new program to help reduce falls risk to our elders.

Through this program, senior citizens will receive a free bucket of sand to use on their walkways, steps & driveways to make them safer during the snowy/icy winter months.

If you or someone you know would like a *bucket of sand* send your name, address and phone number to LCC@lancasterma.net or contact Marilyn Largey 978-733-1249 ext 1109





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

SHINE COUNSELORS ARE AVAILABLE TO HELP YOU REVIEW YOUR OPTIONS.

February 13th and 27th 10 am –1pm

By Appointment Only Call - 978-733-1249 ext 4

www.shinema.org

FREE Wellness Clinics

At the Lancaster Community Center

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

1st Tuesday Nashoba Board of Health “Town Nurses”

4th Tuesday: VNA Care

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



Veterans Services Department

Richard Voutour 1st SGT USMC RET—Veteran Services Officer

Contact: rvoutour@leominster-ma.gov

Lancaster Office: 978-706-1754 ext 9 (Tues 0800-1200)

Lancaster Community Center, 695 Main St, Lancaster, MA 01523
(behind the Library and War Memorials)

Leominster Office:

Leominster Veterans Center, 100 West Street, Leominster, MA 01453.
978-534-7538

Lancaster Veteran Services provides the following: VA Healthcare applications, VA Disability Claim applications, VA Widow Pension applications, VA Widow/Survivor Benefit applications, VA Burial Benefits applications, VA Veteran Cemetery applications, VA Grave Markers/Symbols, State Veterans Benefits applications, Obtain Military discharge/cords, Obtain Military medals/decorations

Lancaster Senior Outreach

Need help and not sure where to turn?

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

Contact Marilyn Largey
Community Service Liaison
mlargey@lancasterma.net
978-733-1249 ext 4

HEALTH & FITNESS

Call 978-733-4076 with questions

Chair Yoga with Julianna

A gentle way to practice postures while you sit or stand.

Tuesday 10:30 am
\$5 each or 6 for \$25

Gentle Hatha Yoga with Louise

Improve your balance and keep your range of motion

Mon 11AM, Sat 9:30AM \$5
Thurs 11AM \$10 per session

BALLROOM DANCING with Jim Cole

\$13 per class or 3 for \$30

Tai Chi with Jeff

A Chinese martial art and form of stylized, meditative exercise
Monday at 9:30AM, Tuesday 6PM.
\$5 each or 6 for \$25

Lancaster Keep Moving Walking Club

Walk the lovely park & neighborhood around the LCC. Striders, strollers & dogs welcome.

Tues & Thurs 9AM

PICKLEBALL

Reserved Play *Limited to 1 Host plus 6 Players. Reserve your place at [SignUpGenius](https://www.signupgenius.com/go/409044ea5a623a1fb6-pickleball)*
<https://www.signupgenius.com/go/409044ea5a623a1fb6-pickleball>

Open Play *No limit no sign up. Just show up!*

NEW— Monday and Tuesday evenings 6-8pm for lobster ball machine practice!

| | |
|-----------|---|
| Monday | 9-11:00 , reserved play |
| | 1-3:00, open play, beginners |
| | 3-4:00, open play, net drills |
| | 6-8:00, open practice |
| Tuesday | 6-8:00, open practice |
| Wednesday | 9-11:00, reserved play |
| | 1-3:00, reserved play, advanced players |
| | 6-9:00, open play |
| Thursday | 1-3:00, reserved play |
| Friday | 9-11:00, reserved play |
| | 1-3:00, open play |
| Saturday | 8 – 12:00, open play |

Beginners

Learn the basics
Monday 1pm.
Coach Shawn Parker

Advanced players

Get ready for the Pickledome
Wednesday 1pm
Coach Dennis Prinos.

\$3 per sessions payable at the time of play.

Fun and Games for the Mind and Soul

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

Mahjong lessons

FREE! Wednesdays 10:45 a.m.

Keep your brain 'fresh and supple', *play Mahjong!*
A great game played with 144 tiles, dealt in 'hands'.
Fun people willing to help teach.



Bridge on Fridays

Area residents are invited to join us for friendly bridge Friday afternoons. Don't play? Come watch and learn. There are lots of patient teachers here. Come to the Center for friendly bridge games with nice people and nice snacks, All free! Suitable for all levels, novice to pro. We provide the cards, teachers, and friends.

Fridays 1:00-4:00 *Calling ahead is strongly suggested*
Questions Call Jean at 978-273-2418



Every Tuesday from 1pm-3pm
Everyone is welcome! Treats and fun!

25 cents per every three cards

Bring your quarters, odds are better than the lottery!

We provide free beverage, treats and prizes!

Come early for lunch at 11:30





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.

Shopping **

Reservations Required

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

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

◆ **Monday 1 p.m.** Clinton Shopping /Errands/Banking/Pharmacy/ Grocery

◇ \$1.00 plus 50c per additional stop

◆ **Wednesdays 1 p.m.** Leominster Shopping: Water Tower Plaza, Dollar Tree, Orchard 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 Leominster return 1 p.m. -e.g Mall stores, Market Basket,

Restaurants◇ \$2.00 plus 50c per additional stop

◆ **3rd Fridays 8:15 a.m.** **Stow Food Pantry and Highland Commons** in Berlin/Hudson - return 1

p.m.◇ \$2.00 plus 50c per additional stop

Inclement Weather Policy

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

Friday Lunch Club

Join new found friends for a Friday lunch date! Meet us there or ride our van.

The only criteria is you have fun!

OLIVE GARDEN

February 22, 2019 11:30 AM

Reserve your ride at 978-733-4076—\$2

Would you like to try a special place? We are open to suggestions.



FREE

PAINT PARTY

March 13, 2019 10 AM

Channel your inner Rembrandt

Join Candice to paint a basic seasonal picture to take home.

All supplies provided.

Registration required by March 6th

Call 978-733-4076

Sponsored by



WE WANT TO HEAR FROM YOU!

What would you like to see happening at the Lancaster Community Center?

Programs, trips, activities, workshops etc.

Would you like to volunteer? We offer many opportunities such as reception, greeters, media, maintenance, advocates, program/project managers, gardeners and more!

Call, email or stop by: 978-733-1249 ext 4 or LCC@lanasterma.net

Go Green!

Sign up for updates and electronic Community Crier <https://www.ci.lancaster.ma.us/subscribe>

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

Follow us on **Facebook** www.tinyurl.com/lanastercc