



COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

FEBRUARY, 2020

JOIN US FOR AN EVENING IN PARIS!

An evening of Romance and Song

FEBRUARY 13TH 6:30-8

Dessert Crepes: may include Nutella, Lemon, Jam and more!

French Cooking Demo's~"Flambe"

Live Romantic Music with Steve Beckwith: Music from the American Song book and more.

Games and Door Prizes! Space is limited. Reserve at 978-733-4076 or coadmin@lancasterma.net

Advance Tickets Required : \$7 If available same day tickets: \$10

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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

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,

As I sat to write I pondered what was THE most important topic to discuss with you this month; there are many. It came to me. The 2020 Federal Census is the most important item before us now. Before you shut down, you really need to realize the impact the Census has on Lancaster, and not just the town as a whole but you, personally. Your pocketbook for the next ten years is directly affected, and indirectly, more than that.

I ran a great team for the 2000 Census. Loved the work, but more importantly it gave me an appreciation for the hurdles of getting an accurate count; and there are many. It continues to amaze me that people will or will not answer the local census and then respond differently to the Federal Census. This year there has been lots of consternation, and certainly a lot more mistrust, so I fear our numbers may be impacted. Why is this important?

For me the answer is simple. It reads: money, pure and simple. The state uses the Federal monies to allocate aid \$\$ through grants, and other support. For example the Council on Aging receives funding (The Formula Grant) for every senior over 60. Currently that reimbursement is about \$12 per head. So imagine, if you and your spouse/partner chose not to be counted this little department loses \$24 per year. Multiply that by 10 years or a \$240 loss for this department alone! Never mind the other departments! That could come back to you in increased local taxes. You likely know that if we lose population, and we likely will with the college closure, we also stand to lose political representation and be redistricted. Relationships own officials have built will be changed, or gone. That costs us, too.

You should be receiving Census forms in the mail soon. Please fill them out. If you need help contacting the Census, we can help. Please, please be careful of scams. Sample forms are on the "real census" website 2020census.gov. If you have any doubt about a form or census worker, please contact us or the Police Department of the Census directly.

Finally, if you need a part time job (10 hours per week is required) the Census is still hiring enumerators and maybe other positions. Starting pay is \$22 an hour and really can be a lot of fun! Want more information or help. Join us Feb. 11th to meet Census officials and learn about opportunities.

Hope to see you soon, *Alix*

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CONTACT

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

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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

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 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 or visit the Lancaster website.

Trip and Class Policy

CLOSURE POLICIES

If **Nashoba Schools are closed** due to inclement weather, ALL events, activities & transportation are canceled for the day. However, Center offices will remain OPEN unless directed to close.

If **Nashoba delays** activities and transportation are delayed too. Occasionally meal service may be disrupted even if schools remain open. Questions? Call us at 978-733-4076 to check

CLOSED FEBRUARY 20th for PRESIDENTS DAY

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 Reservations or Cancellations,
please call: (978) 733-4076
For Home Delivered Meals, call:
(978) 345-8501 EXT 2

Group Dining Menu
February 2020
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
3 Beef & Lentil Chili 260 Brown Rice 5 Carrots 64 Wheat Bread 170 Mandarin Oranges 7	4 Gr. Chicken in Mediterranean Sc 320 Cous Cous with 197 Roasted Veggies 24 Genoa BI Veg 45 Multigrain Bread 164 Pears 5	5 Butternut Bisque 149 Roast Pork in 73 Rosemary Gravy 83 Yukin Gold Potato 4 Rye Bread 12 Vanilla Yogurt 150 50	6 Chicken A la Vodka with Penne Pasta 494 Spinach 65 Dinner Roll 132 Cranapple Crisp 56 D : 1/2 Crisp 28	7
10 High Sodium Meal Minestrone Soup 152 Chicken Parm* 573* Cavatappi Pasta 1 Italian Bread 230 Apricots 10 *High Sodium Item*	11 Special Beef Burgundy 159 Scalloped Potato 125 Cr Spinach 55 WW Dinner Roll 105 Cherry Brownie 165 D: 1/2 Brownie 83	12 Roast Turkey in Herb Gravy 443 Bread Stuffing 316 Scandinavian Veg 61 Multigrain Bread 164 Clementine 1	13 Cr of Broccoli Sp 275 BBQ Beef Burger 139 On a Bun 230 Potato Wedges 273 Applesauce 15	14
17 	18 Chicken Corn Stew 265 Winter Veg Blend 29 Multigrain Bread 164 Butterscotch Pudding 317 Diet. B. Pudding 173	19 Wh Bean Kale Sp 211 Veg Lasagna Roll w/Tomato Sc & Mozzarella 142 Dinner Roll 132 Mixed Fruit 10	20 Breaded Chicken Drumstick 450 O'Brien Potatoes 34 Green Peas 66 Wheat Bread 170 Almond Cookie 181 D:Cin Grahams 95	21
24 Vegetable Soup 115 Gr. Chicken Breast 320 Honey Ginger Glaze 88 Veg Fried Rice 98 WW Dinner Roll 105 Fortune Cookie 6 Gingerbread Cake 314 D: 1/2 Piece Cake 157	25 Shepherd's Pie with Gravy 221 Green Beans 3 Pumpnickel Bread 155 Pineapple 4	26 Ash Wednesday Gypsy Soup 272 Baked Pollock in Florentine Sc 94 Orzo Spinach Pilaf 27 Multigrain Bread 57 164 Fresh Pear 2	27 Chicken Kielbasa & Cabbage 364 Casserole 5 Red Bliss 64 Potatoes 150 Carrots 5 Rye Bread Sliced Peaches	28



Heart to Home Meals invites you to Lunch, FREE!

Wed. Feb 19th Snow Date Feb 26th

By reservation only (978-733-4076) space is limited.

A new meal service featuring easy home meals for Seniors would like you to consider them next time you are considering what to eat. What better way to asses their product then trying them. They have agreed to host a lunch with their meals, FREE by reservation only. There will be nutritional information as well as drawings and games. Hope you will come sample Heart to Home Meals and tell us what you think!

**They will not take your name or number- no hooks here!*



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. Worces-

The BackStage Gym

Is OPEN* & FREE**

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

Monday-Thursday

8:30 am-7:30pm* Fridays 8:30-7

Saturday 8-12

Note you must leave by closing

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

BEFORE USING THE EQUIPMENT

You must stop by Center Office and sign a Release Form



HEALTH & FITNESS

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)
MON	1-3, 6-8 (open)	THU	12-2 (signup)
TUE	1-3 (open)	Fri	9-11, 3:30 (signup)
TUE	3-5 (Adv'd: 3.5+)	FRI	1-3 (open play)
WED	9-11, 1-3 (signup)	SAT	8-12, 1-3 (open)

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.**

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

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

No matter what your capability/ ailment or restriction is, you will learn tools and techniques to carry with you to help with discomfort, lubricate the joints, calm the mind, **AND get a good workout!** We start with seated poses, core work, twists, balance, spine lengthening and strengthening and grounding work off the chair (with modifications if needed in chair), and end with a guided relaxation. This class promises to leave you feeling more peaceful, energized, and uplifted. Please let Julianna know prior to class. If you have any specific restrictions.

Hatha Yoga

Mondays @ 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)

MORE HEALTH & FITNESS & FUN



Get into Shape for Fall! *All ages.* **Strength and Weight Training** *Now 2 Classes!*

SATURDAYS— Starting January 11 — 6 week session 7:30am-8:15am AND 8:30am-9:15am (Limited space Reserve NOW).

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

Openings
For 7:30
class



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

February
A romantic month
TANGO!

PiYo! Here! NOW!

It's new, it's fun, and it is good for you! What more could you want?

This great class will stretch and tone you with Yoga and Pilates inspired moves set to an upbeat sound track. Still not sure? Try it for FREE Feb. 13th at 9:30 a.m.

Series: \$45 mats, water provided. Drop in \$15 978-733-4076

You will be hooked! If you like it sign up for a series!

9:30 a.m. Feb. 27th, March, 5, 12, 19, 26 April 2

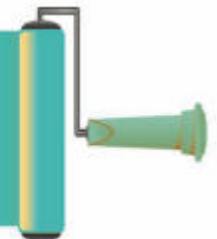


An Evening in Paris Event Details! Reserve NOW!

for this elegant soirée of French crepes, while listening to music and socializing. You will learn about the French tradition of *Le Chandeleur*, or Candlemas, celebrated every February, and leave with a crepe recipe to try at home. Call 978-733-4076.

Bon appétit!

SUPPORT THE **ADVERTISERS**
THAT SUPPORT OUR COMMUNITY



FEBRUARY ACTIVITY CALENDAR

February 2020

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	28 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30	29 Mah Jong 10-2 MOC Lunch 11:30	30 Walking Group 9:00 MOC Lunch 11:30 Yoga 11:00 Ballroom Dance 6:00	31 Bridge 12:30-3:30	1 Strength Class 7:30 Strength Class 8:30 Yoga 9:30
3 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	4 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 6pm	5 Mah Jong 10-2 MOC Lunch 11:30	6 Walking Group 9:00 MOC Lunch 11:30 Yoga 11:00 Ballroom Dance 6:00	7 Bridge 12:30-3:30 Market Basket	8 Strength Class 7:30 Strength Class 8:30 Yoga 9:30
10 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30 American Legion 6:30	11 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 6pm	12 Friend's Meeting 9am (LCC Meeting Room) Mah Jong 10-2 MOC Lunch 11:30	13 COA Meeting 8:30 Walking Group 9:00 Free PIYO pop up 9:30 MOC Lunch 11:30 Yoga 11:00 Ballroom Dance 6:00 An Evening in Paris 6:30-8	14 Bridge 12:30-3:30 Lunch Club: Barber's Crossing	15 No Strength class today Yoga 9:30
17 CLOSED PRESIDENTS DAY	18 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 6pm Family Fun Day!	19 Mah Jong 10-2 MOC Lunch 11:30 Cannabis Conversation 6:30pm LCC	20 Walking Group 9:00 MOC Lunch 11:30 Yoga 11:00 Ballroom Dance 6:00 Family Fun Day 12-4 Wine & Dine - Lucia's	21 Bridge 12:30-3:30 Stow Food Pantry	22 Strength Class 7:30 Strength Class 8:30 Yoga 9:30 FREE Tracking Walk 12:30
24 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	25 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 6pm	26 Mah Jong 10-2 MOC Lunch 11:30	27 Walking Group 9:00 MOC Lunch 11:30 Yoga 11:00 Ballroom Dance 6:00	28 Bridge 12:30-3:30 Highland Commons 10am-1pm Craft Beer Crawl	29 Strength Class 7:30 Strength Class 8:30 Yoga 9:30
2 	MON 9-11am (signup) 1-3pm, 6-8pm (open) TUE 1-3pm (open), 3-5pm (adv. 3.5+) WED 9-11am, 1-3pm (signup), 6-8pm (open) THU 12-2 (signup) FRI 9-11am (signup), 1-3pm (open), 3:30pm (signup) SAT 8-12pm, 1-3pm (open)	BACKSTAGE GYM is open more hours! Monday through Saturday 8am-7:30pm MTWT, 8am-6:30pm F, 8-12 Sat			

OUR PARTNER: AARP!


Finally! *In Lancaster*

Free AARP Tax Prep Service!

Appointments required. All welcome
March 13th, March 20th
Register NOW appointments are filling fast.

Don't do taxes? *You should!* \$\$ Everyone should especially in MA: Circuit Breaker! You might be leaving money on the table. AARP offers FREE tax preparation to low and moderate income families. Seniors are our specialty! WE are accepting reservations NOW! Can't make our dates? Clinton, Leominster have them too. *Sessions fill up quickly, so call early; don't wait until you get all your forms (1099's, W-2's, etc.).* Other locations are available on other days; details in next month's "Crier."

RSVP 978-733-4076



April 22nd.
Space is limited
RESERVE NOW

Driver Safety

Even the most experienced drivers can benefit from brushing up on their driving skills, so the Lancaster Community Center and Council on Aging is offering a driver safety program through AARP on April , 22nd 2019, from 9:45AM to 3PM The AARP Smart Driver Course offered by AARP Driver Safety is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course attendees are taught the current rules of the road, defensive driving techniques and how to operate a vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is *not* required to take the course and there are *no* tests to pass \$15 for AARP members and \$20 for non-members. 9:45AM to 3PM with a break for lunch *limited to 20 individuals.* To register 978-733-4076 or coadmin@lancasterma.net

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 TO CONFIRM THEY ARE PLAYING
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



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!
 Come early for lunch at 11:30

Breakfast

B	I	N	G	O
7	25	44	57	62
15	22	40	50	70
11	30	FREE FOR SENIORS	46	74
2	28	37	55	68
10	27	39	59	75

Feb 27th 2020
Breakfast @ 9:00am
Games @ 9:30

- Free Breakfast Buffet
- Free Bingo
- Grand Prize
- Meet our team
- Tour our Center



Grand Prize: \$150
 Market Basket Gift Card

RSVP by February 21 at 978-345-0146
To: Ashley Fagan or Damian Dell'Anno
Limited Number of Seats: 50 People Max

1199 John Fitch Highway
 Fitchburg, MA 01420
 978-345-0146



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

MUNICIPAL NEWS

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

- *applications, VA Widow Pension
- *applications, VA Widow/Survivor Benefit applica-
tions, VA Burial
- *Benefits applications, VA Veteran Cemetery applica-
tions, VA Grave
- *Markers/Symbols, State Veterans Benefits applica-
tions, 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 CURRENT AND
UPCOMING PROGRAMS.

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

IMPORTANT TOWN UPDATE NOTICES

**Sign up for here for breaking news.
about the Center & town and more!**

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



DOG LICENSES ON SALE

[http://
www.ci.lancaster.ma.us/
Pages/
LancasterMA_WebDocs/
billpay](http://www.ci.lancaster.ma.us/Pages/LancasterMA_WebDocs/billpay)

Call **Dianne Reardon** or
Melissa Pelletier

978-365-3326 ext 1

M 8:30-5 or T-TH 8:30-4:00

Town Clerk's Office

TRANSPORTATION

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 WEEKLY TRIPS

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 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.

VAN WILL NOT RUN IF NASHOBA SCHOOLS ARE CLOSED.



TRIPS, EVENTS, & CLASSES

You are invited to a Free!
**All ages* New Year's
 Winter Tracking Walk**
February 22, 2020 (Rain Date tbd)

Join us at 12 noon for free hot drinks & orientation
Walk 12:30 p.m.

with renowned tracker David Brown

Join us to learn more about Lancaster's fauna (and trees) in winter. It is a great time to walk our woodlands with less ticks, no mosquitos and many often hidden natural treasures are revealed.

Visit David's website at dbwildlife.com

Join us at 12 noon for free hot drinks & orientation.

Co-sponsored by Lancaster Community Center
 and Lancaster Recreation

*This walk is slow, and may be in a rugged area. Children under 11 may loose interest. Please wear waterproof warm layers.

Lancaster Community Center

WINE & DINE

WINE & DINE CLUB

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



February 20th: Lucia's Tavola Ayer. Leaving at 5
 March Gibbet Hill, Groton

Join us for fun evenings out on the town. Transportation is covered, please pay for your own food and beverage unless noted.

MORE TRIPS ! SAVE THE DATE:

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.

Barbers Crossing, Sterling

RSVP to 978-733-4076

Interested in your favorite spot?

Let us know.

Join Lancaster Recreation For a Full Moon Walk Saturday, Feb 8th

6 pm – 8 pm

All welcome
 At the Dexter Drumlin
 198 George Hill Rd.

Details:
 Lancaster Recreation Facebook

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 will refund all monies.

The Heart of America

American composers celebrate the diversity, majesty, and iconic spirit of the nation

Aaron Copland - *An Outdoor Overture*
 Brent Michael Davids - *Indian Treaty Time*
 Ferde Grofé - *Mississippi Suite*
 Clifton Williams - *Symphonic Dance No. 4: "Square Dance"*

...plus marches and more

Sunday, February 9, 2020
 3 pm
 Nashoba Regional High School
FREE Admission

Nashoba Symphonic Band
 David Wayne Bailey
 Music Director and Conductor

Mass Cultural Council

SPRING'S HERE AND BEER!

OUR FIRST CRAFT BEER CRAWL

JOIN US!! TOUR THREE GREAT BREWERIES WITH FRIENDS; OLD AND NEW!



JOIN US FOR OUR MOST EXCELLENT ADVENTURE... FEB 28TH



We leave Friday late morning (10 a.m.) to travel North West to begin our first Craft Beer Crawl, we expect not the last! Join friends or make some new ones along the way. We will visit some of the best breweries in our region, Our first stop to the West is Stone Cow Brewery, a fabulous old dairy farm still in operation producing their own milk, and now 'the other mother's milk-beer! Next stop is lunch, and you guessed it- Beer! Gardener Ale House and Brewery has some great luncheon selections and some great beer. We finish the first leg of our trip at the highly acclaimed, dog friendly River Styx Brewery...hope they are not referring to the Nashua but I fear they are. Their brews are highly regarded! We leisurely make the ride home to your house! Door to door, what service!

Friendship & travel \$7 Food and beverages are not included. RSVP to 978-733-4076 by 2/21 or until filled

2020 Garden Group Inaugural Meeting!

Feb 27th at 6:30 Pot Luck!

(feel free to come later too)

Join the Get Dirty Community Gardens Interested in our wonderful Community Gardens? Classes, Kinship, Organic Produce, Tips and Meals? We will begin the process setting up our gardens and taking about starting seeds.

This is NOT a hands on class but a potluck and byoc (Bring your own catalog so we can drool and order).

Then join us for a Garden Club PotLuck, or just bring yourself. We will talk about schedules, help, commitment, hurdles and dream of a garden with just enough rain and no weeds.



Save the Date ~ March 12th

Boston Flower Show

An Evening in the Garden (With bonus stops!)

Once again we head out to the Boston Flower Show to get a dose of Spring. We had so much fun last spring with are going to try it again. We leave late afternoon to avoid traffic and crowds. By request we make a quick stop at some of our favorite Armenian bakeries, and spice shops to stock up. Then off to one of our favorite cheap eats places, Gregs to get enjoy a lovely dinner. Finally our destination is in site! The Flower Show. We found the evening to be a great time to go, less crowds and a casual vibe. Enjoy a nice evening with friends and get 'recharged' in time for Spring.

\$26 includes travel, parking, snacks and bad jokes. Food and purchases are not included. See our cancelation policy. Reserva-

MORE EVENTS & RESOURCES



Free Computer & Phone (IT) Help

With our Computer Guru Jon Roper

8:30 am- ish Apres Pancakes
Jon will help with your laptop, computer,
cell phones, tablets etc.
RSVP 978-733-4076

Join our CANNABIS CONVERSATION!



FEB 20th at 6:30 pm.

Join interested residents to discuss all things cannabis. Our first meeting went well, and now we are off and running. Meet Friends, debunk myths, learn about laws, cultivation, applications etc. No judging!!

CALLING ALL HANDYMEN AND WOMEN!

We need YOUR skills to start our very own

Repair Café Lancaster

at the Lancaster Community Center, with help from the Rotary Club of Nashoba Valley. Please call us! 978-733-4076
If you can repair clothing, lamps, computers, and dull blades...we want you!

Rotary Save the Date!

ROTARY CLUB OF NASHOBA VALLEY
serving LANCASTER, STOW AND BOLTON presents

1st Annual Cabin Fever Winter Festival

Please join us! Bring your family, friends
and community spirit! Enjoy activities for every age.

- * Chili Challenge with local restaurants and a juried panel
- * Treasure Hunt through Bolton Trails
- * Family & Friends Sled Race and Parade
- * Snowman Contest
- ...and much, much more!

100% of the net proceeds from our winter fundraiser goes back to local programs and services in Lancaster, Stow and Bolton.

FOR MORE INFORMATION: WWW.ROTARYCABINFEVERFEST.COM

SATURDAY
February 1, 2020
12-4 pm
Bolton Town Common



For frequent updates, visit our Facebook page "Cabin Fever Winter Festival"

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 wholesome 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. *Now accepting donations of wheelchairs and rolling walkers.*
Call (978) 733 4076 or aturner@lancasterma.net or mtrottier@lancasterma.net





Join us! Free. All ages welcome
Family Vacation Fun Days!!
Feb. 18th & Thurs. 20 & Sat 22
At the Lancaster Community Center

701 Main St. Behind the library. Call us at 978-733-4076

SAVE THE DATES!

Check our Facebook page for a complete schedule and updates

Tuesday, Feb 18th

- * **8-9 a.m. Family Pancake Breakfast** Chocolate Chip, Blueberry and more Pancakes, French toast, Fruit, Scrambled Eggs, Sausage, OJ, Coffee, Tea & Hot chocolate.
- * *Thanks to the Friends of Lancaster Seniors! \$3 Donation Appreciated!*
- * **9-11 p.m. Free Craft Stations!** Ages 2-12 and immature
- * **11:00-12:30 p.m. NERF Wars (and competition).** BYOG. We will have some guns to borrow, we supply the bullets (NO Bullets go home-you bring them, they stay here). 11-12 Test your skills! Targets and Games of skill. Free Wars 11:30-12:30.
- * **12-1 p.m. Fun Lunch time!** A fun menu of Hot Dogs, Mac and Cheese plus Grilled Nutella & Banana sandwiches, Mac and Cheese, Juice \$3 Donation Appreciated
- * **1 p.m. A very cold movie... Ice cold Part 2!** On our big screen with free hot chocolate and popcorn!

Thursday, Feb 20nd

- * **1 p.m. - 3 p.m. FREE! STEM and ARTS WINTER FAIR!**
- * Join the Homesteaders 4-H For Vacation Fun! Make and Take Winter Crafts. Lots of fun! Free!! All ages, Popcorn and Cocoa too! Bring a donation for the Homeless please. In doubt please call for suggestions- *new socks, gloves, hats are best!*

Saturday Feb 22nd

- * **12:30 Winter Tracking Walk** with Renowned Tracker David Brown. Author of The Companion Guide to Trackards for North American Mammals. During this rugged walk you will learn to ID tracks from Lancaster wildlife. Learn about Bark and Trees too Suitable for Adults and Older Kids (younger ones maybe bored and not want to wait while we carefully examine tracks and are careful not to run Need to walk well. Walk is Co-sponsored by Lancaster Community Center and Lancaster Recreation

CENTER INFORMATION

IT'S FEBRUARY...BUT DON'T HIBERNATE!

I don't know about you, but my finances take a major hit with the triple-whammy of Christmas and two January birthdays. Fortunately there are dozens of **free and low cost activities** around, so we don't have to limit ourselves to binge-watching Netflix and eating ramen during the winter months.

Right here at the Center, February will feature a free animal Tracking Walk and a very reasonably-priced Crepe Soirée. There is also a free PiYO pop-up (fusion of yoga and Pilates). In neighboring Clinton, The Museum of Russian Icons offers free admission the first Sunday of every month. The Repair Café in Bolton, staffed by volunteers, offers free fixes for many items you may otherwise discard...for details on all the above, check this newsletter edition.

Thayer Memorial Library hosts free Monday movies and several book clubs (and check out their library passes, available which allow free and reduced admission to a wide variety of places, from baseball games to butterfly gardens). Farther afield, Harvard University's Museums are free for Massachusetts residents every Sunday morning (year-round) from 10:00 am to noon (proof of residency required).

Home safety: Speaking of resolutions, how about testing that **smoke detector** at the house? Press and hold the test button—see page 14. If you need **assistance with smoke detectors**, or with the amazing **Sand for Seniors** program sponsored by our friends at First Church, please call me at 978-733-1249 + menu option 4 OR email mtrottier@lancasterma.net.

Hope to see you soon!



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 Trottier

Community Service Liaison,
978-733-1249 + menu option 4

Office hours:

Mondays 1-5 pm
Tuesdays 8 am-12 pm
Wednesdays 1-5 pm





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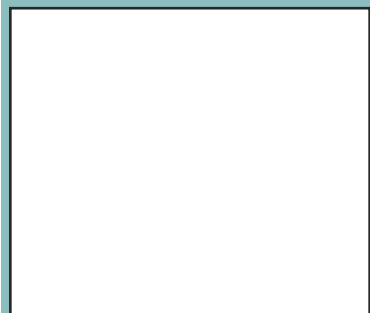
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We're paid by our partner communities

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





HELP PROTECT YOUR FAMILY & HOME

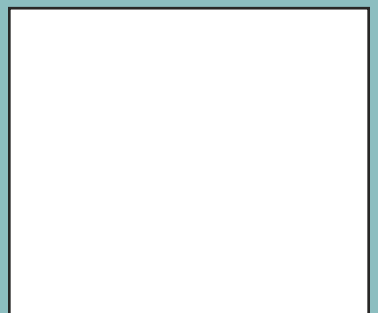
CALL NOW! 1-888-862-6429



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>

The BackStage Gym is OPEN (and it's FREE)!

- ◆ All residents welcome
- ◆ Free Training available.
- ◆ Commercial equipment

Monday-Thursday
8:30 am-7:30pm* Fridays 8:30-7
Saturday 8-12

First Time User? Stop by the Office and sign a Release Form and schedule an intro training before using the equipment.

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 SERVERS!
Census 2020 Recruitment Party!

Come learn about jobs working for the US Government helping the 2020 Census.

*Starting pay is **\$22 an hour.***
Questions about 'The Count' we can help with that too.

And, as always...all you can eat scrambled eggs, pancakes, French toast, sausage, fruit, coffee, and tea.
\$3