



Happy Valentine's Day!

Join us for a "Food is Love"
Heart Healthy Brunch
Feb. 17th 2021 starting at 1 p.m.

See page 9 for all the details and the menu!
\$5 Lancaster Seniors \$7 all others.

Special Guest: Senator John Cronin

Reservations required! 978-733-4076 or coadmin@lanasterma.net

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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@lanasterma.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

First, we miss you, and hope you are well!

I am writing to try to ease some of your frustration, and provide you reliable information- at least as reliable as it gets it is still changing. That frustrates me too, you know how I/we love to help! In that vein I would like to share good news and bad news. As you undoubtedly have heard we are entered phase two of the state's Covid vaccination program, this phase means those 75 plus are eligible to be vaccinated; emphasis on eligible. We have fielded hundreds of calls from those eager to be vaccinated. It is exciting to be so close to receiving a vaccine for this horrible virus, yet frustrating too. If you have tried to secure an appointment you know what I mean, that it is a challenge in itself. We will do our best to make securing a vaccine a bit easier. We have a plan but it will require you to please practice patience.

I met with EOEA Sec. Chen in hopes of bringing you good 'breaking news'. Sadly I learned there is no silver 'needle' yet. She reminded us we are waging a war, and this will be a long one. Technically we are entering phase two, but this is just the beginning of another front. Many eligible for phase one are still waiting to be vaccinated, and demands for those eligible for phase two far outstrip current supply. As we have in other wars, we face scarcities. Remember the 2020 toilet paper caper (which I will never understand)? Today we face a vaccine shortage. That is bad news.

Now, good news! We will get through this, and we would like to help you to do so. We are developing ideas and plans to give you community support, to the best of our abilities. We are assured vaccines are on their way. I meet with the state to discuss logistics again today (January 29). Please be patient and confident that everything WILL work out. The state's web site is useful, and there are links in this newsletter. Keep trying to get your vaccine! That's the way out of this pandemic.

Alix

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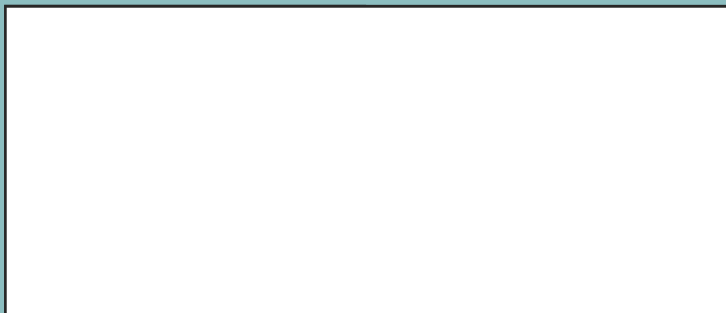
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978-365-3352
bankHometown.com

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

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



**McNally & Watson**
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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, 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 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 3

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*

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 left corner and
look for the LCC/COA link.



Recycling Center

Schedule for February 2021

Saturday, February 6th and Sunday, February 7th
from 10:00 am - 12:00 pm

Saturday, February 20th and Sunday, February 21st
from 10:00 am - 12:00 pm

ALL DATES ARE WEATHER PERMITTING

When in doubt check the Town Website or
Call Nashoba Dispatch
978-368-1380

AARP FREE –COVID SAFE TAX PREP!

Reservations required. Appointments may
be scheduled Jan. 15th

For Appointments after Feb. 15th

Call 978-733-4747 or us!

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.

SPREAD THE WORD:

A Thriving, Vibrant Community Matters



Support Our Advertisers!

NEVER MISS A NEWSLETTER !

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



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



TO YOUR HEALTH!

*Stay at Home
Try something new!*
COVID Health Series
For improved
Mind and Body

Julianna Record of Wachusett Wellness and the Community Center invite you to a limited trial of a COVID Health Series FREE! To Lancaster residents.

1. Click this link: <https://www.wachusettwellness.com/chair-yoga> to access our 10 videos. Or go to our website at www.wachusettwellness.com and click on the *WW Live and Virtual Classes* Drop down menu, then select *Virtual ONDemand*.
2. You will be prompted to enter a password. The password for this limited trial series is **Inbesthealth**
3. You will see and have access to click on the links and watch our videos!
4. Know that trying new things is part of keeping our spunk and making us smart. Stuck in the routine isn't always great for new growth and ways to develop yourself. ;-)
5. If you have any friends who are interested in this FREE trial, please have them email me at: info@wachusettwellness.com and we can add them to our list!

Here are the video types:

- Chair Yoga
- Senior Strength Stretch and Stamina
- Yoga 101-Mat Gentle Classes
- Gentle Mat Yoga Classes
- "How to Basic Breathe"
Guided Relaxation Script!

Tune Up Your Credit! Scams Awareness

- The Covid Testing Scam
- Social Security Scam
- Tax filing Scam.

RULE ONE: When in doubt call us! Never give out ANY personal information

Call us for help. 978-733-4076

Vaccine Help! We are here

- **Waiting list. Availability, News, Waiting List etc.** We are creating a list to notify you of updates in this tumultuous, rapidly changing environment. We will notify you by email or phone call when we get vaccination updates, as the state shares news about new clinics opening, or supplies being released. If you like you can join our waiting list notification list, we will call you if we are notified of openings locally. Email aturner@lancasterma.net or call 978-733-4076
- **Computer/IT/ Help to Sign Up** If you have attempted to sign up online, you know how tough it can be. Imagine if you were not connected, or had other obstacles- language, sight, hearing? With the help of great volunteers and staff we are committed to helping those who do not have reliable computer access get through the sign up and look for appointments. I understand there maybe a phone number to sign up with soon. Let us help you book an appointment Refer a friend! Just call or email us. *If you would like to join us to help we will be training next week.*
- **Transportation:** We will get you to your appointment by reservation if you need a ride. We have a spacious van built for 11 passengers, but just for you, a private/semi-private limo (as we are restricted to two people on the van at a time. Drivers are fabulous, and drive behind a plexi shield. We will travel out of our normal area, within limits. We would be honored to escort you, so again be in touch and get on our list.



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 2nd Wed. Noon

Unitarian Church, 90 Holden St. Worces-

HEALTH & FITNESS

CALL FOR PASSWORDS



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).*

Via ZOOM!

Fall Prevention Series

Meeting ID: 819 3366 6287

INTRO SERIES: 5 WEEKS TO BETTER BALANCE \$25

TRY IT! FIRST CLASS IS FREE— 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

Now **TUESDAY** at 9am— in person or Zoom!

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



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.**

Zoom Only - 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

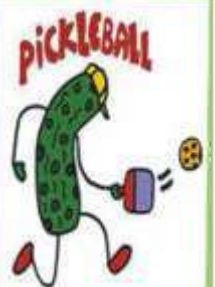
It's BACK!

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



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-

Save the Date (s)!

Get Dirty Gardening Project

2021 Kick Off~ Get a Bed! Choose Seeds.
Covid Style via Zoom

Seed Starting Lessons

Zoom and In person

Feb 18th & Feb. 19th.

Outdoor Session Weather Dependent

Some supplies included

*Garden support thanks
to the Friends of Lancaster Seniors*

Call for Zoom information by 2/16



New Organization to Help Older Adults Age at Home

Nashoba Neighbors is a nonprofit that is starting in Bolton, Berlin, and Lancaster. We are based on the old fashioned idea of neighbor helping neighbor. We will coordinate a network of volunteers to help our members with needs such as personalized transportation to appointments, social and cultural programs, new learning opportunities, technology help, minor household repairs, and well-being calls and visits. **Our goal is to have older adults stay engaged and thrive!**

At this time, we are working to establish the foundations of our organization. While we develop policies and decide on operational strategies, we are also making connections for funding possibilities and creating marketing and outreach plans. We are not enrolling volunteers or members just yet, but plan to keep you up to date on our progress.

We look forward to being an active part of our communities by supplementing existing services, starting as soon as we can do so safely.

We would like to keep you informed on our progress as we develop the organization. Every month we email a newsletter with our progress. To be included, or just to receive more information, please contact:

Catherine Pfau at 978-337-3059 or email catherinepfau@gmail.com or Susan Henry at 978-838-2985 or email sfh744@mail.harvard.edu

We are also looking for volunteers who have expertise in marketing, technology, and/or finance to help us get Nashoba Neighbors up and running.

Please contact us!

We would love to hear from you!!

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

FEBRUARY ACTIVITY CALENDAR

February 2021

January 21							March 21						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
31													

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Pickleball 9-11am Pickleball 12:30-2:30 Yoga 11:15 Mtng ID: 742183799	2 Tai Chi 9-10am Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	3 Pickleball 9-11am Pickleball 1-3pm	4 Crazy Crafternoon 2-4pm Mtg ID: 862 8069 5141 Passcode: 01523	5 Pickleball 9-11am	6 Strength Class 9:00 Mtng ID: 907734542 Pickleball 10am-12pm Pickleball 12-3pm
8 Pickleball 9-11am Pickleball 12:30-2:30 Yoga 11:15 Mtng ID: 742183799 COA Meeting 8:30 Mtng ID: 84439317311	9 Tai Chi 9-10am Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	10 Pickleball 9-11am Pickleball 1-3pm	11	12 Pickleball 9-11am	13 Pickleball 10am-12pm Pickleball 12-3pm Strength Class 9:00 Mtng ID: 907734542 Fall Prevention 10:00 Mtng ID: 81933666287
15 President's Day LCC CLOSED Yoga 11:15 ZOOM Mtng ID: 742183799	16 Tai Chi 9-10am Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	17 Pickleball 9-11am Pickleball 1-3pm Valentine's Brunch Sandee's take-away \$\$/\$7 - RSVP 978-733-4076	18	19 Pickleball 9-11am	20 Pickleball 10am-12pm Pickleball 12-3pm Strength Class 9:00 Mtng ID: 907734542 Fall Prevention 10:00 Mtng ID: 81933666287
22 Pickleball 9-11am Pickleball 12:30-2:30 Yoga 11:15 Mtng ID: 742183799 Pickleball 12:30-5:00	23 Tai Chi 9-10am Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	24 Pickleball 9-11am Pickleball 1-3pm	25	26	27 Pickleball 10am-12pm Pickleball 12-3pm Strength Class 9:00 Mtng ID: 907734542 Fall Prevention 10:00 Mtng ID: 81933666287
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	MON TUE WED THU FRI SAT	Signup online! Sessions Monday, Wednesday and Friday https://tinyurl.com/LCC-pickleball Check Signup Genius for all available sessions. Not all sessions may be listed in the calendar!		BACKSTAGE GYM is OPEN! Monday thru Friday, 9AM-7PM MUST RESERVE TIME IN SIGNUPGENIUS! MAXIMUM THREE (3) PEOPLE PER HOUR https://tinyurl.com/backstagegym Creator's email: inlmac1956@comcast.net	

FUN AND 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

Spring Holiday Cards!

Thinking of you

Easter

St. Patrick's Day

Thursday, March 4, 2pm-4pm

ZOOM.US

Meeting ID: 862 8069 5141 Passcode: 01523

Register: 978-733-4076 or coadmin@lancasterma.net

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.

Happy Valentine's Day

Make your reservation now! Join us for a COVID

Safe 'Grab and Go'

2021 Valentine's Brunch

February 17, 2021 at 1 p.m-2:30

(you will be given a pickup time based on reservation order)

Rain/Storm Date February 11th

Sandee's Main St. Parking Lot

A Heart Healthy Mediterranean Feast!

Spanakopita Recipe (Greek Spinach Pie), Home Made Hummus and Chips

Your choice of one; Deconstructed Shish Kabob with a Pomegranate glaze – Chicken, Beef or Vegan

Mediterranean Fruited Rice, Fattoush, Dessert TBD

Lancaster Seniors only pay \$5, thanks to contributions from River Terrace, Sandee's, and the Executive Office of Elder Affairs! All others \$7 RSVP REQ. BY 2-15 at 12 p.m.

We would love to see your smiling eyes above that mask! Eat well.

Reservations and Details at 978-733-4076 or coadmin@lancasterma.net

MUNICIPAL NEWS, UPDATES

VETERANS SERVICES DEPARTMENT

Richard Voutour 1st
SGT USMC RET—Veteran
Services Officer

Contact:

rvoutour@leominster-
ma.gov

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



CALL THE

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
- Wed: 10-6:30
- Thur: 1-4:30
- Fri: 10-4:30
- Sat: 10-1:30



Open Air Burning Season

January 15th -May 1st, 2021.

*Burning permits can be obtained at the Lancas-
ter Fire Department at 1055 Main Street during
normal business hours or can be obtained online
by clicking [http://www.massfire.net/brush/
lancaster.php](http://www.massfire.net/brush/lancaster.php)*



2021 DOG LICENSES
ON SALE JANUARY 4, 2021!

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!**

Happy Birthday!

Turning 65?

Join us for a FREE Blue Cross

Planning for Medicare

March 11, 2021, 6:30PM

Planning for Medicare is a presentation and discussion led by a Blue Cross
Blue Shield of Massachusetts representative. This meeting is geared to-
wards individuals approaching Medicare Eligibility. Topics covered in-
clude health insurance information outside of employer sponsored cover-
age, such as an explanation of Medicare, the Medicare enrollment time-
line, Medigap and Medicare Advantage plans and programs available to
early retirees, and COBRA.

**Meeting information will be in the Community Center calendar
and in the March "Crier"!**

OUTREACH AND HELPFUL TIPS

Local Food Resources

Wheat Community Connections

Location: 272 High St., Clinton, MA 01510 Phone: 508-370-4943

WHEAT Community Cupboard (Food Pantry) = provides monthly groceries Hours: Monday & Thursday evenings from 4:30pm - 6:00pm,

Tuesday, Wednesday, and Thursday 10:00am - 1:00pm.

WHEAT Community Café=provides homemade lunches and dinners

Hours: Monday through Friday from 1:00pm - 2:00pm and 4:45pm - 6:00pm

Stow Food Panty provides groceries

Location: Pompo Community Center, 509 Great Road, Stow, MA 01775 Phone: 978-897-4230

Stow Food Panty would prefer that you call (978-897-4230) or email them (stowfoodpmail.com) for an appointment, but walk-ins are welcome. Please note LCC does monthly pickups from Stow Food pantry, *but you must sign up ahead of time*, please call or email us for more information or to be put on the list.

The Little Free Pantry at Lancaster First Church. = Provides non perishable goods for anyone in need.

Hours: Always open

Location: Front left hand side of Lancaster First Church, Thayer Memorial Drive,

Sharing is Caring- 7 days! Hours vary

Location: 63 Plain Street, Clinton, MA 01510



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.

We loved working with Judy Zmijak!



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AROUND TOWN



IT'S YOUR TOWN! A CIVICS "REFRESHER" SERIES

For all residents- Join us!

Join us for a Lancaster Listen and Learn Series

You decided to settle in this great town. *Now what?* Do you know how what your town does, how it works? What can you do for your town? What changes would you like to see, or not?

Learn about the structure of town government: What boards do, how laws are made, how your taxes are spent, how YOU can participate. We will answer all your questions! Meet Department heads, Civics pros, non-profit leaders, experts and special guests in municipal, local and state wide governance. You will learn what your taxes are buying and how to have a voice.

**Beginning March 10th
17th, 24th, 31st at 6:30 Via Zoom.
BYO snacks, questions, and note pad!**

Zoom Meeting ID: 819 0308 6684 Passcode: 845502



The Friends of Lancaster Seniors

Cheer to the Holidays Raffle

"Spin to Win" is coming to The Friends of Lancaster Seniors to support our effort to bring "Cheer to the Holidays".

Tickets \$3.00 each or 4 for \$10.00.

You can win some wonderful gifts! All the names will be put in a big container, a name is drawn, and then we spin the wheel! You win the prize that the wheel stops on! Right now, we have 10 prizes (*but are open to more!* If you would like to donate)

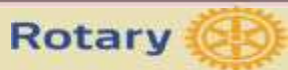
Drawing Friday, February 12th!

Prizes on Wheel:

- Valentine Themed Basket (donated by Avidia) containing plate, linen towels, candle, chocolates, chocolate covered Oreos, Vanilla Hand Soap
- \$25.00 Gift Card with Hair Products donated by Textures Salon
- \$50.00 Meadowbrook Gift Card
- \$20.00 Sandee's Gift Card
- \$50.00 Shaw's Gift Card
- Valentine Flower Bouquet
- 1 Children's Llama Bag filled with fun things
- 2 Adult Bags filled with mystery gifts
- 1 Bag filled with a hand crocheted lap blanket and misc. items
- **Just added!!** February School Vacation Basket: Including crafts, snacks, snow games, playdough cookie cutters, coloring books



Send a check to Friends of the Lancaster Seniors, Attention Holiday Cheer, PO Box 173, Lancaster, MA 01523 or pay online <http://friendsofthelancasterseniors.org/index.html>



CONNECTIONS



Learn to use new tools

Zoom-Social Media etc. (FREE! NO EXCUSES ACCEPTED)

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

Free Tablets, Training, Internet and More. Zoom, Zoom!

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 BIN-GO 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