



Community Crier

Lancaster Community Center
Lancaster Massachusetts
January 2019

HAPPY NEW YEAR! 2019

The Lancaster Council on Aging wishes you a New Year with Peace, Happiness, & Health. We are grateful to have a vibrant center with active members, volunteers, and gardeners. Last year the community garden added more raised beds, a green house, and shed. In 2019 a mural will be added and paving for handicap access to elevator.

We'd like to hear from you!

What would you like for the LANCASTER COMMUNITY CENTER now and in the future? What does aging and friends' mean to you? How can we help you find Peace, Happiness, & Health in 2019?

Drop by a meeting or send us your thoughts.

Email: LCC@lancasterma.net

Facebook : www.tinyurl.com/lancastercc

USPS: Council on Aging

701 Main St. Suite 7

Lancaster, MA 01523

Would you like to teach a workshop or language?

Do you like to organize programs and trips?

We offer many volunteer opportunities such as reception, greeters, media, maintenance, advocates, gardeners and more!

Lancaster Council on Aging
Holds Monthly Meetings on the
Third Wednesdays of each Month at 9:00 AM
Next Meeting January 15th
Open to All.

Friends of Lancaster Seniors

Our 1st breakfast for 2019

Tuesday January 8th

Pancake Breakfast

Every Tuesday

7:00am - 9:00am

\$3 Suggested donation

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!

Some of our many services and activities

Pickleball
Ballroom dancing
Yoga
Tai Chi
Walking Group
Bingo
Lunch Club
Meals

Veteran Benefits
Well Clinics
Transportation
SHINE
Agency Referrals
Bridge
Gardening
Mahjong

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 -3pm

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.




Lancaster Community Center

JANUARY LUNCH CALENDAR

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

**If you cannot make it here we offer Meals on Wheels, call 978 733-4076 for a ride or 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		2 Bok Choy Soup 99 Apricot Glazed 352 Chicken Breast 98 Veg Fried Rice 164 Multigrain Bread 360 Blueberry Buckle D: SF Choc Pudding	3 BBQ Beef Burger on a Bun 512 Potato Wedges 273 Broccoli Salad 159 Mixed Fruit Cup 5 D: Apples Cup
	No Meals Served	Total Sodium: 1198 mg Total Calories: 808	Total Sodium: 1074 mg Total Calories: 662
7 Shepherd's Pie 136 Broccoli 10 Wheat Bread 160 Vanilla Yogurt 75	8 Vegetable Soup 115 Chicken Breast 320 Florentine Sauce 27 Orzo Spinach Pilaf 57 Multigrain Bread 164 Apple Crisp 59 Diet: Apple Slices 0	9 Turkey Corn Stew 464 Genoa Blend Veg 45 Biscuit 340 Clementine 1	+10 BBQ Pulled Pork on a Bun 424 Tossed Salad 230 Mac & Cheese 5 Pineapple Whip 195 87
Total Sodium: 506 mg Total Calories: 573	Total Sodium: 867 mg Total Calories: 620	Total Sodium: 975 mg Total Calories: 508	Total Sodium: 1066 mg Total Calories: 843
14 Three C Soup 299 Chicken Teriyaki 242 Veg Fried Rice 98 Multigrain Bread 164 Fortune Cookie 6 Tropical Fruit 10	15 Potato Pollock 273 Tartar Sauce 100 Italian Gr. Beans 3 Yams 31 Wheat Bread 160 Canned Peaches 5	16 Chicken Cordon Bleu* with gravy 785 Garlic Whip Potato 66 Tossed Salad 5 Wheat Dinner Roll 105 ChocChip Cookie Bar 154 Loma Doones 150	17 Beef Stew 200 Brussels Sprouts 12 Italian Bread 230 Strawberry Cup 0 Diet: Lemon Grahams 85
Total Sodium: 944 mg Total Calories: 672	Total Sodium: 697 mg Total Calories: 674	Total Sodium: 1240 mg Total Calories: 891	Total Sodium: 587 mg Total Calories: 786
21 Martin Luther King Day 	22 Corn Chowder 172 Chicken Breast 320 in Supreme Sauce 46 Sweet Potato 190 Wheat Bread 160 Pineapple 1	23 Roast Pork 73 Apple Gravy 83 Roasted Potatoes 5 Tossed Salad 5 Wheat Bread 160 Applesauce Cup 0	24 White Bean Chicken Chili 260 Brown Rice 5 Broccoli 10 Multigrain Bread 164 Oatmeal Cookie 124 D: Raisins
No Meals Served	Total Sodium: 1014 mg Total Calories: 668	Total Sodium: 451 mg Total Calories: 537	Total Sodium: 687 mg Total Calories: 619
28 Autumn Harvest Sp 162 Chicken & Rice Bake 429 Wheat Bread 160 Mixed Fruit 10	29 Lasagna Rollup 290 Meat Sauce 76 Tossed Salad 5 Italian Bread 230 Brownie 165 D: Choc Grahams 95	30 Lemon Picatta 81 Chicken Breast 320 Quinoa with Roasted Veggies 164 Multigrain Bread 164 Strawberry Cup 0 D: Applesauce 0	31 Split Pea Soup 96 Roast Turkey 330 Herb Gravy 59 Garlic Whip Potato 66 Wheat Dinner Roll 105 Butterscotch Pudding 230 Diet Butterscotch Pudding 173
Total Sodium: 886 mg Total Calories: 566	Total Sodium: 890 mg Total Calories: 617	Total Sodium: 690 mg Total Calories: 447	Total Sodium: 1011 mg Total Calories: 700

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



IT'S TAX SEASON

AARP Foundation Tax-Aide offers free, individualized tax preparation for low-to moderate-income taxpayers at the **CLINTON SENIOR CENTER**



Volunteer Income Tax Assistance (VITA)

For individuals and families with income up to \$54,000.



Taxes are prepared by IRS-trained certified Volunteers.

MONTACHUSETTS
OPPORTUNITY COUNCIL
363 Broad St #4, Fitchburg,
MA . 978-345-7040

Call to schedule an appointment

between M-F 8:30 – 4:30.

No voicemails will be returned

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

26 November 2018 - 05 January 2019

Food for Fines

Reduce or Eliminate your fines by donating non-perishable, unopened, unexpired food and household Goods



Thayer Memorial Library 717 Main St Lancaster MA

Bring your items to Thayer Memorial Library and be sure to check in at the Circulation Desk FIRST so we can waive your fines on your account! For more info call the library at 978-368-8928.

This year FOOD (& More!) FOR FINES items will be distributed to three area pantries: WHEAT (Clinton), the Village Church (Lancaster), and the Stow Food Pantry.

Thank you to everyone who has donated so far! Food for Fines will continue until January 5, 2019.

(Pictured is Volunteer Robert Hamel getting ready to load the vehicle with donations to deliver to the Village Church.)



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.

January 9th and 30th 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!*

Monday	9-11:00 , reserved play
	1-3:00, open play, beginners
	3-4:00, open play, net drills
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!

January 25th 10am-2pm

LAKESIDE GRILL - Shrewsbury

After Lunch shop Trader Joe's

Reserve your ride at 978-733-4076—\$2

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



Friends of the Lancaster Seniors, Inc. 2019 Annual Appeal for Donations



We encourage you to consider supporting the Friends of the Lancaster Seniors, Inc., a non-profit 501(c)3 corporation. ***You don't have to be a Senior to be a Friend!*** Please help us by making your tax-deductible donation today!

All monetary donations will be considered fully tax-deductible, and you will receive a letter and receipt to that effect. We even accept credit cards! Ask for David James the next time you are at the Senior Center or donate using PayPal on our web site!

Website: <http://friendsofthelancasterseniors.org/index.html>

Email: FriendsoftheLancasterSeniors@GMail.com

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 David James at 978-263-7962.

Name: _____

Address: _____

Email: _____

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

Thank You for supporting Lancaster Seniors

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/lancaster-community-center/pages/community-center-calendar>

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