



JANUARY, 2020

*Wishing you a
Brilliant 2020!*

January 4th begins with a

*Winter Tracking Walk
and New Year's Brunch*

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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

Happy New Year!

Can you believe it is now 2020. I recall participating in plans culminating in 2020. At the time I thought it was so far off! It is true as you get older time goes more quickly. I am determined to make the most of my precious time, and I hope you do too. I am replacing resolutions with life style changes, maybe you want to consider that too. Joining the Community Center is one way to begin working to a more positive, healthier future. 2019 marked the opening of the Free BackStage Gym thanks to funding from the Friends we have a professional gym. Look for me on the rowing machine. This fabulous gym is for registered Center participants- we even offer you a free training session to get you on your way. Call us to set it up.

Another vital part of a healthy life is social interaction. You may have heard of the real danger and negative consequences to isolating yourself. *You need to get out!* Social isolation kills— pure and simple. A Harvard University study reports social isolation is more dangerous than smoking. There is no excuse to isolate in Lancaster. We offer low cost transportation, in a warm toasty van (no shoveling. We have developed diverse offerings from trips to Bingo to exercise and art. If we don't have something you are interested in just ask. Better yet, if you would help we would be very appreciative. Arm Chair Travel is coming, more Art Classes, and cooking lessons are back soon.

Our first "signature" event of 2020 is our New Year's Brunch and Tracking Walk— can't wait! I have had the good fortune of hiking with leader David Brown. His depth of knowledge is AMAZING. Thanks to funds saved up from classes etc. we are able to offer a walk with David FREE. He will open your eyes to many natural wonders here in Lancaster. Of course you will need to bulk up first— why not join us for our New Years Brunch, featuring free range brisket, home made quiche, waffles etc.. Really Decadent and only \$5. Tix required and limited and available from Dave by phone or email. You can even pay online so there is no excuse. Bring the family! Wishing you a healthy and prosperous 2020!

Hope to see you soon!

Alix

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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, formally the Tercentenary School is home to many special events open to all ages. A full schedule is on line, scroll down our page to view the calendar. The LCC is home to Lancaster Social Services offices. Each office keeps their own office hours; Veterans Affairs, Commission on Disability, Council on Aging and Recreation. The LCC Is also 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, Pickleball as well as summer and winter sporting events.*
 - Healthy Cooking Class Series and Nutrition classes
 - Arts and Crafts Classes and drop in Art Group
 - Community Garden Beds
- Community BBQ's, Holiday events, Concerts, Fairs etc.
- Social Services support, SNAP, Fuel Assistance, Referrals
 - Nashoba Wellness Clinic, first Tuesday of the month
- Information series by guest speakers on topics relating to Lancaster
 - Field Trips

Rentals:

The LCC is available for rentals, Birthday Parties, Cookouts, Reunions, Meetings and more! Please see our calendar for availability, and the website for our rental forms. There are a variety of spaces, a kitchen, 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.

WE WILL BE CLOSED :

DECEMBER 25TH CHRISTMAS DAY JAN. 1 NEW YEARS DAY

WE WILL BE OPEN:

JOIN US DECEMBER 24TH, 31ST FOR REGULAR ACTIVITIES

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 Cancellations, please call:
(978) 345-8501 EXT 2
800-286-3441 Ext 2

Group Dining Menu

January 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
	1% MILK: 110 calories 125mg sodium (included in totals)		2 Roast Turkey In Herb Gravy 443 Stuffing 316 Broccoli 10 Rye Bread 150 Fresh Fruit 2	3
6	7	8	9	10
Chunky Tom Sp 177 Mac & Cheese 488 Home Fries 164 Multigrain Brd 164 Peaches 5	Sw & Sr Chicken 445 Brown Rice 5 Broccoli 10 Dinner Roll 132 Oatmeal Cookie 97 D: Grahams	Shepard's Pie 136 Beef Gravy 85 Mixed Veggies 88 Italian Bread 230 Vanilla Yogurt 75	Corn Chowder 172 Gr.Chicken Brst 320 Supreme Sc. 46 Mashed Sw.Pot 31 Pumpnickel Brd 155 Mandarin Oranges 7	
13	14	15	16	17
Gr Chicken Breast 320 CranOrange Sc 18 Scalloped Potatoes 125 Green Beans 3 Wheat Bread 170 Mixed Fruit 10	Autumn Harvest Sp 162 Cheeseburger 241 On a Bun 230 Roasted Red Potato 5 Applesauce 1	Salmon Boat 210 Lemon Dill Sc 66 Wild Rice Pilaf 140 Broccoli Au Gratin 158 WW Dinner Roll 105 Choc Mousse 280 D:Diet Ch. Mousse 112	Lentil Kale Soup 352 Swedish Meatballs 220 Egg Noodles 4 Multigrain Bread 164 Pears 5	
20	21	22	23	24
Martin Luther King Day 	Grilled Chicken Marsala 320 Garlic Whip Potato 66 Glazed Carrots 64 Multigrain Bread 150 Vanilla Pudding 170 Diet: Grahams	Mulligatawny Sp 153 Turkey A King 381 1 Rotini Pasta 170 Wheat Bread 10 Fruit Cup	BBQ Pulled Pork 424 On a Bun 230 Calif. Bl. Veggies 22 Baked Beans 152 Escalloped Apples 39 D: Cin Apples	
27	28	29	30	31
Gr.Chicken Brst Cacciatore 426 Orzo Spinach Pilaf 57 Mixed Veggies 88 Multigrain Bread 164 Apricots 10	Vegetable Soup 115 Potato Pollock 273 Tartar Sc. 100 Butternut Squash 31 Wheat Bread 164 Pineapple 5	Chicken & Rice Casserole 429 Spinach 65 Wheat Bread 170 Lorna Doones 100	Beef Stew 200 Cauliflower 14 Italian Bread 230 Brownie 165 D: 1/2 Brownie	


Menu Specifications: Sodium amounts are listed beside each item individually & totaled below each meal. Meals on Wheels provides this information for individuals interested in minimizing their Sodium intake.

For Nutrition Questions? Contact Alex Welch, RD at (978) 785-5340, awelch@mocinc.org. To cancel a meal call (978) 345-8501 EXT 2

- To reduce the Sodium content of any meal, save the Bread, Milk &/or Non-Fruit Dessert for the following meal or snack.
- To reduce the Carbohydrate content of any meal, save the Bread, Milk &/or Dessert for the following meal or snack.



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. Worcester
 Questions or to RSVP 508-756- 1545



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 play)
MON	1-3 (open play)	THU	12-2 (signup)
WED	9-11 (signup)	FRI	9-11 (signup)
WED	1-3 (signup)	FRI	1-3 (open play)
SAT	8-12 (open play)	*More	Days coming

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.
SIGN UP DEMO JAN 6th 12:30 pm.**

The BackStage Gym

Is OPEN* & FREE**

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

8am-4pm*

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

You must stop by Center Office and sign a Release Form before using the equipment and schedule an appointment for training.

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

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)

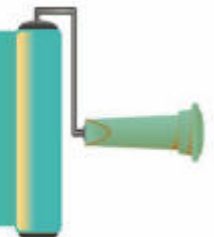
JANUARY ACTIVITY CALENDAR

January 2020

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	31 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30	1 CLOSED NEW YEAR'S DAY	2 Walking Group 9:00 MOC Lunch 11:30 Ballroom Dance 6:00	3 Bridge 1:00-4:00 Van: Market Basket	4 NEW YEAR'S BRUNCH (LCC Gym) NO PICKLEBALL Yoga 9:30
6 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	7 Celebrity Guest Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 5:45	8 Mah Jong 10-2 MOC Lunch 11:30	9 Walking Group 9:00 MOC Lunch 11:30 Ballroom Dance 6:00	10 Bridge 1:00-4:00 Van Lunch Group: The Boynton	11 Strength Class 8:30 Yoga 9:30
13 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	14 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 5:45	15 Mah Jong 10-2 MOC Lunch 11:30 Wine and Dine at El Basha	16 Walking Group 9:00 MOC Lunch 11:30 Ballroom Dance 6:00	17 Bridge 1:00-4:00 Van: Stow Food Pantry	18 Strength Class 8:30 Yoga 9:30
20 CLOSED MARTIN LUTHER KING DAY HOLIDAY	21 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 5:45	22 Mah Jong 10-2 MOC Lunch 11:30	23 Walking Group 9:00 MOC Lunch 11:30 Ballroom Dance 6:00	24 Bridge 1:00-4:00	25 Strength Class 8:30 Yoga 9:30
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 Bingo 1:00-3:00 Tai Chi 5:45	29 Mah Jong 10-2 MOC Lunch 11:30	30 Walking Group 9:00 MOC Lunch 11:30 Ballroom Dance 6:00	31 Bridge 1:00-4:00	1 Strength Class 8:30 Yoga 9:30
3	PICKLEBALL: MON 9-11am (signup) WED 6-8 (open) SAT 8-12, 1-3 (open play) MON 1-3, 6-8 (open) THU 12-2 (signup) ##### WED 9-11 (signup) Fri 9-11 (signup) BACKSTAGE GYM is open WED 1-3 (signup) FRI 1-3 (open play) Monday through Friday, 8AM to 4PM.				

SUPPORT THE **ADVERTISERS**
 THAT SUPPORT OUR COMMUNITY



MORE HEALTH & FITNESS & FUN



Get into Shape for Fall! *All ages.*

Strength and Weight Training

SATURDAYS— Starting January 11 — 6 week session

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.



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.***

SCHEDULE

January

Learn the
Mereunge!

DROP IN for \$13 or buy a three week session for \$30! pp* *No UniPay Option*

Wishing you a Brilliant 2020!

Please join us

January 4th 2020

10:30 New Year's Brunch

12:30 Free Winter Tracking Walk

All ages. Lancaster Community Center.

Assorted Apps, Waffles, Free Range Brisket

Homemade Quiche, Vegan fare, Veggies, Sweets etc.

\$5 Tickets required. Limited!

RSVP to 978-733-4076 coadmin@lancasterma.net

TAX TIME



AARP TAX-AIDE VOLUNTEERS ARE GETTING READY!

AARP offers FREE tax preparation to low and moderate income families. Seniors are our specialty! The nearest location that currently offers this service is **Clinton Senior Center**. They will be accepting reservations starting Thursday, January 2nd, by calling 978-733-4747. Current sessions are scheduled for MONDAYS and WEDNESDAYS from 9-1 during February and March. 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."

NEW! Selected dates (to be determined) will be held at the Lancaster Senior Center! Call Dave at 978-733-4076 to reserve your spot.

Learn Something New!

FREE! Did you know.....

Did you know there are real benefit\$ to getting older... FREE TUITION +

College costs are through the roof; two possible solutions- first ace your tests, or turn 60! Many state institutions now offer **FREE** classes to those over 60. We are surrounded by wonderful learning opportunities; **Mt. Wachusett, Fitchburg State University, Framingham, Quinsigamond, Worcester State-** just to name a few. They offer classes to those over 60, tuition free. Some charge a fee, many do not. All charge for books (but not if you know our Thayer librarians and can get a book list).

Private institutions in the **Worcester College Consortium** also offer deeply discounted classes. Check out www.assumption.edu/wise for a sample.

WISE is an affiliate of the Elderhostel Institute Network.

Division of Unemployment offers free seminars, even if you are not on unemployment

Take advantage of the States best kept secret!

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.

BRIDGE CLUB

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



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

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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

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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.

\$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.



TRIPS, EVENTS, & CLASSES



Lets visit the Golden Triangle: Rt 9 The Neon Highway, January 22nd

Let's make it on the quieter side.

We are off to a special Wednesday crawl. Wednesday November, 6th we leave the Center at 9 to head off for an afternoon of bargain hunting adventure with good friends and of course a good food! We will shop away from the bright light of the neon lined Rt 9 to find hidden bargains and special treasures. This time we will stop in Sherborn, Natick and Framingham and if time allows we will meander home through Sudbury. Along the way we will stop for lunch on one of the side roads of "Worcester Turnpike". Good friends, laughs and I bet some great bahgans! We return to have you home for supper. Sign up early we will sell out quickly!

Transportation, secret stops, and snacks \$8 Lancaster residents/\$10 for out of town- now that is a bahgan! Reserve at 978-733-4076

Learn a new skill! Take a trip!

Glass Blowing Class

*Lunch at the best restaurants in Jaffery, Sunflowers.
January, 31st 2020.*



Join us to learn a new skill, glass blowing! Imagine spending an afternoon in the toasty warm Terrapin studio with friends trying your hand at a creative art-glass blowing. You will leave having learned the basics and take home a pretty glass ball/ornament that you will want to leave out all years long. Prior to our class we will dine at Sunflowers, voted the best restaurant in Jaffrey. Expect to pay about \$15 for lunch. (not included)

Expect to pay about \$15 for lunch. (not included)

We leave at 10 , back about 3:30-4. \$48 each includes transportation, class and taxes and tips.

Rsvp 978-733-4076 space is limited. See policies.

WINE & DINE WINE & DINE CLUB

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



*January 9th : New! Brady's Leominster
Leaving at 5*

February 20th: Lucia's Tavola Ayer. Leaving at 5

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

MORE TRIPS ! SAVE THE DATE:

Details on page 8:

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.

RSVP to 978-733-4076

January 10: The Boynton

Interested in your favorite spot! Let us know.

You are invited to a Free! New Year's Winter Tracking Walk

Leaving the Center at

12:30 p.m.

with Renown Tracker David Brown

Following our New Years

"Healthy" Brunch! 10:30 a.m.

Join us for a sumptous Brunch, featuring quiche, waffles, grass fed beef, vegan fare and of course decadent treats \$5. BY TIX ONLY

12:00 p.m. Gift Swap and more! Bring a gift you don't want or like and swap it up!

Tix and details to follow on FB and our website

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.

Nashoba Valley Climate Coalition
Presents

Under Pressure:
Merrimack Valley Gas Explosion
January 15th
6-8 pm
Film at 7 pm

At the Thayer Memorial Library

Come view this documentary created by the 2019 class of Four Rivers Charter School about the worst gas accident in the nation. Before the film starts, we will provide an update of town climate initiatives and an introduction to Citizens Climate Lobby. Dan Rivera, Mayor of Lawrence will be invited.

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"



The Joy of Herbs



**SUNDAY, JANUARY 19th,
7:00PM to 8:30PM,
Lancaster Community Center,
behind the Library**

Come learn everything about the wonderful world of herbs – organic growing conditions (sunlight, soil, fertilizer, water), harvesting techniques and preserving your herbal bounty (vinegars, oils, honeys, cleaning products and so much more).

Presenter: Rita C. Wollmering, Founder of The HERB FARMacy- <https://www.theherbfarmacy.com>

Rita is a dynamic, engaging speaker on horticultural topics with a specialty in herbs and "going green". She brings a depth of knowledge, broad experience and personal passion to each topic. Her ability to present information in an informative and interactive way that is fun for participants has received wonderful praise.

For more information visit our website at lancastergardenclub.net
Members free- Non-members \$5.00

Upcoming Trips 2020!

Here are some trips to whet your appetite. Other will be added too! Most trips sell out so plan ahead. Details in Crier.

- ◆ **February : Craft Beer Trip:** 'brewery hop". Pick up and drop off too.
- ◆ **March: Boston Flower Show..** A new tradition with a nice dinner.
- ◆ **Apri: Fitchburg Art Musuem:** Art in Bloom. A local treasure, with a very special show.
- ◆ **May: Heritage Gardens Rhodendron Show and Sandwich Tour:** A seaside lunch too!
- ◆ **June: Isle of Shoals trip,** All day tour and cruise.
- ◆ **July: Newport RI:** Enjoy the architecture, food and of course the shops.
- ◆ **August: Provicetown on the Ferry!** Spend the day in Ptown after arriving in style on the Ferry.
- ◆ **September: Lowell Natioanl Parks Tour** (Mills)
- ◆ **October: Roger Williams Famous Halloween Display Trip**
- ◆ **November: Boston Public Library Tour** and Back Bay Architecture and 'free time'
- ◆ **December" Freeport on the Train and Tower Hill Night Lights**

MORE UPDATES & RESOURCES

Free

Computer & Phone (IT) Help

With our Computer Gure

Jon Roper *after Pancakes*

8:30 am- Drop in- want to insure a spot? RSVP 978-733-4076
Jon will help with your laptop, or our computer iPad or phone.

Jon Roper is our hero!

Tuesday mornings 8:30 a.m. (or by appointment)

TTHE FIX IS FREE AT THE REPAIR CAFÉ!

Need something fixed? Don't want to throw it away?

Bolton Repair Café

Sat Jan 11 at 9 am - 1 pm

Florence Sawyer School cafeteria, 100 Mechanic St in Bolton

Most items are welcome, but we specialize in clean mendable clothing,

lamps, small appliances, computers and

other electronics, bikes, toys, and dull

blades. Enjoy a free drink and a snack,

have fun, and work with a volunteer to

repair your broken item. *An all-volunteer*

project of the Rotary Club of the Nashoba Valley and Bolton Local.

<http://www.boltonlocal.org/initiatives/repair-cafe>



CODE RED

Lancaster has an emergency notification system (known as Reverse 911). This system allows residents to receive neighborhood specific emergency notifications issued by the town's public safety agencies. These can be sent by phone, e-mail and/or text message, all of which can be set up by you through a web page. FREE! To enroll in this service go see below. *This data is held securely and is used only for the purpose of emergency notifications.*

FOR ALERTS TO PHONE AND EMAIL

<https://public.coderedweb.com/cne/en-US/F1A940D55774>

FOR ALERTS TO A MOBILE DEVICE APP

<https://ecnetwork.com/codered-mobile-alert-app/>

If you do not have access to a computer we can help you sign up at the Lancaster Community Center

FREE

**CHRISTMAS TREE
REMOVAL**

**By Lancaster Fire
Association**



◆ Call 978-368-4003 or
sgranger@lancasterfd.net

◆ Until Jan 15th

◆ All pick ups after
01/01/2020

**FREE! (Donations are ap-
preciated)**

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 whole-
some 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 sup-
ply 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. (978) 733 4076

aturner@lancasterma.net or mtrottier@lancasterma.net

Get Organized

Let's make it a year to 'declutter'! Remember clutter has no age limit (I am testimony to that)! As we age clutter becomes even more troublesome, it takes our precious time and left in the way it can contribute to falls etc. Below are ***just a few resources*** that would happily repurpose you 'clutter'. We do not endorse merchants, just giving you options. CHECK Charitywatch.org to a rate charities works, or Charitynavigator.org before you donate. (If you need more help, call us and we will see what we can offer). Have a REAL problem.... We have support groups and trainers and helpers too. Goodness knows it can get bad!

*To Give/Donate

Got Books?

***Friends of The Library**

Drop off at the Library during business hours

Too many Cloths, Household Items?

www.FriendsoftheLancasterSeniors.org

***WHEAT Store/Hidden Treasures Clinton MA**

www.wheatcommunity.org

(978) 365-3085

***Ginny's Thrift Store, Leominster**

(978) 537-1387

***Goodwill Industries**

www.goodwillmass.org

617-445-1010

***Salvation Army**

www.salvationarmy.org

800-958-7825

***Household Goods Recycling of Massachusetts**

www.hrgm.org

978-635-1763

***MA Coalition for the Homeless**

www.mahomeless.org

781-595-7570

Sharing is Caring

Plain St, Clinton MA

Old Sneakers! Believe it or not

***The Nike Factory Store** (to recycle rubber for roads, playing fields-10 pairs max)

Wrentham Mall 508-384-1800

Furniture/Appliances etc.

***SEE MANY OF ABOVE.**

***ReStore | Habitat for Humanity of North Central Massachusetts** Leominster

To Consign/Sell

Clothing

The Garment District, Cambridge

Vintage or High end

www.garmentdistrict.com

617-876-5230

Six 20 Six Fashion Consignment

www.six20six.com

(978) 368-6262

Records and Music

Looney Toons, Boston

www.vinylhigh.com

617-549-5067/617-247-2238

Cheapo Records, Boston

www.cheaporecords.com

617-354-4455

Newbury Comics.

www.newburycomics.com/

Antiques and Furniture

Gallery 56 Clinton Ma

www.gallery56.com

(978) 365-6456

Tables to Teapots, Acton

www.info@tablestoteapots.com

978-266-1115

Auctioneers

Skidders, Marlborough

www.skiddersinc.com

978-779-6641

Bill Eckleberry, Spenser

508-579-6615

BILLEKL@VERIZON.NET

CENTER INFORMATION

NEW YEAR, NEW RESOLUTIONS

New Year's...that time of year when we vow to eat more leafy greens, take up tai chi, and volunteer for a worthy cause...far beyond simply impacting the recipient of our time and talents, volunteering **can be a meaningful and rewarding experience for the volunteer.** And what better place to donate your valuable time than at 701 Main Street, Suite 7?!

Come join a dynamic and talented team of volunteers here at the Center, without which our many programs simply could not run. Are you skilled in dispensing tax advice? Do you know how to build a bat house? Mentor a fledgling gardener? Cook a soufflé? Deliver Meals on Wheels? Teach English as a Second Language?

Perhaps you want to “pay it forward” for support you’ve received here or elsewhere, and you dream of creating your own project? **We’d love to brainstorm with you, and we’d love to be part of your New Year’s Resolution for 2020!**

Happy New Year & see you soon!

Melanie

PS—Thanks to **1st Church in Lancaster**, our **Sand for Seniors program** is up and running—contact me for details on receiving a bucket of sand this winter.



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

Melanie Trotter

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

Office hours:

Mondays 1-5 pm

Tuesdays 8 am-1:30 pm

Wednesdays 1-5 pm

Other times by appointment

- ◆ Friendly Visits



Follow us on
Instagram



@lancaster.communitycenter



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- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
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Or visit: www.walkintubinfo.com/safety

Call today to connect with a

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A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.

There's no cost to you!


(888) 612-8951

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




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 8am-4pm*

**We are looking for volunteer gym monitors evenings and weekends!*

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!
January 28th 7:30-9

Election & Registration Special!

With Dianne Reardon & Melissa Pelletier



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