



JANUARY , 2021

Happy Brand New Year!



Wishing you health and happiness!

Join us! For a New Year's Brunch! ~ COVID Style

Join us to celebrate and see friends-even from a far!

January 6th 2021-1:00 p.m.

Seniors \$5. Thanks to Friends of Lancaster Seniors and Sandee's Menu and Details inside .

RSVP REQUIRED!

Reservations required. 978-733-4076

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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: coaadmin@lancasterma.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

Happy New Year!

This year more than most we look forward to the New Year with hope. After all, we can all agree 2020 was a dark time. While there are still dark times ahead, I look forward to the New Year with cautious optimism. Before we dismiss 2020 we must give it due. This year we were reminded of important lessons. Lessons we 'knew' but had forgotten in our frenetic pace but need to heed. The trials of 2020 reminded us of the importance of simple things: the healing power of walking in the woods, the joy of making homemade bread, having dinner with family, and the reward of watching your garden grow to harvest. Maybe most importantly we were reminded of the most important rule: the Golden Rule. Do unto others. or as I like to summarize it, be kind. It sounds simple, it sounds easy, yet we have a hard time practicing it. After all, we were all exhausted by 2020, not just the mask debates, missing friends and lack of social events, but by the division, the dread and the instability. The negativity of 2020 impacted all of us more than you know. Mental health problems are at record levels, grief counselors are harder to get than tickets to the Pats, and unemployment is high. The economic impacts of this pandemic will be felt for years.

So why do I hold any fond reflections for 2020? Because much of our division and trepidation could be reduced by practicing the simple act of kindness. Walk in your neighbors shoes- if only for a minute. I saw kindness move mountains in Lancaster this year. Your neighbors care; they are kind. The Center benefitted from many kind angels, aka laid off teachers, workers, out of school students, and those with few resources but time came forward to help those that were most at risk during the pandemic – often offering before I even asked. Businesses who were decimated reached out to help the community. I can not thank them enough! Bless you.

The last week of December we delivered stockings filled with lovingly made homemade treats, handmade ornaments and donated poinsettias to those who are homebound and need a little pick me up. It is not just the cost of the small gifts that make the difference, that heal divisions, or bring a twinkle to eyes above the masks, it is the gesture that shows that others care— gifts are tokens of kindness. It only takes a minute to be kind; if you can afford to, give two. Trust me, the reward is worth more than the simple moment or kind word. One of my favorite people, Bob, used to say "It does not cost anything to be nice". He was so right. I think you will agree with kindness, that is, following the Golden rule, and enough vaccines, we will be just fine.

Happy New Year! *Alix*


CREIGHTON FLOOR COVERING INC.

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So. Lancaster, MA 01561

(978) 365-5426

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www.schlosslocksmith.com

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Lancaster

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

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www.mcnallywatson.com



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Tom Gibbons MLO21535
Diana Anctil MLO21538


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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](https://www.facebook.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 1102

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 right corner and look for the LCC/COA link.



Recycling Center

Schedule for
January 2021

Saturday, January 9th and Sunday, January 10th
from 10:00 am - 12:00 pm

Saturday, January 23rd and Sunday, January 24th
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!

Time for your New Year's
Free credit report & check up.

Scams Awareness

Current popular scams

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

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

**Call us for help.
978-733-4076**

NEW YEARS FITNESS CHALLENGE!

&

FAMILY FRIENDLY NEW YEAR'S WALK

Bring your dog, your children, your friends and family

January 9th, Storm Walk Jan 10th

Strollers or Striders routes.

Every participant gets

A Complimentary Fitness Series card valued at \$25

Masks Required! Spacing required!

Lawn or Patio Games weather permitting

Free Hot Cider and cookies

Walk for your health!

Let's make 2021

A healthy year, we need it!

Reservations PLEASE

Q: 978-733-1249 ext 3

coadmin@lancasterma.net



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-

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— Starting

Jan 9th!

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

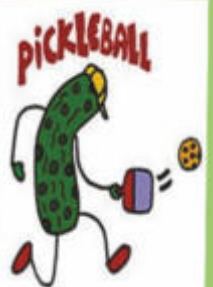
It's BACK!

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 Catalog Palooza!

Thursday Jan 21st at 10 a.m.

Come drool over the gardening porn, (seed catalogs) order seeds, exchange ideas and share. Did you save Seeds? Bring your list.

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 1/20



Nashoba Neighbors Updates



We are excited to be forming a new organization called Nashoba Neighbors in Bolton, Lancaster, and Berlin! Our purpose is to help older adults stay in their homes by providing assistance and community. Here are some questions that we get:

Will you have an office? Nashoba Neighbors is a virtual village, we will have no physical location. We have studied other villages and concluded that it is the most cost effective way for us to operate. Other villages that do have an office and paid staff need to charge their members a higher annual fee.

Will you have a paid staff? We will be run entirely by volunteers. Many of the volunteers will be members but we will also reach out to those in our communities who would like to volunteer.

Are there other villages close by? The closest village is Groton Neighbors (<https://www.grotonneighbors.org/>). They have been a great help to us in offering advice. Other villages are located in Newton at Home (<https://www.newtonathome.org/>), Villages of the Berkshires (<https://www.villagesoftheberkshires.org/>). There are more than 15 others in Massachusetts and another 10 in formation. We want to start spreading the word about Nashoba Neighbors. Right now we are busy behind the scenes and won't enroll members and volunteers until the time is right. We do want to gather names and email address of people in our community who may be interested in learning more and keeping up to date with our progress. We are also looking for people to help us create and lead Nashoba Neighbors.

You can email Catherine Pfau at catherinepfau@gmail.com or call at 978-337-3059 or Susan Henry at (sfh744@mail.harvard.edu). Feel free to send us your questions as well!

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**

JANUARY ACTIVITY CALENDAR

January 2021

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

December '20							February '21							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5			1	2	3	4	5	6
6	7	8	9	10	11	12	7	8	9	10	11	12	13	
13	14	15	16	17	18	19	14	15	16	17	18	19	20	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Pickleball 9-11am Pickleball 12:30-2:30 Yoga 11:15 Mtng ID: 742183799	29 Tai Chi 9-10am Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	30 Pickleball 9-11am Pickleball 1-3pm	31	1 Pickleball 9-11am	2 Strength Class 9:00 Mtng ID: 907734542 Pickleball 10am-12pm Pickleball 12-3pm
4 Pickleball 9-11am Pickleball 12:30-2:30 Yoga 11:15 Mtng ID: 742183799	5 Tai Chi 9-10am Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	6 Pickleball 9-11am Pickleball 1-3pm 12th Day Brunch Sandee's take-away \$5 - RSVP 978-733-4076	7 Crazy Crafternoon 2-4pm Mtg ID: 862 8069 5141 Passcode: 01523	8 Pickleball 9-11am	9 Pickleball 10am-12pm Pickleball 12-3pm Strength Class 9:00 Mtng ID: 907734542 Fall Prevention 10:00 Mtng ID: 81933666287
11 Pickleball 9am & 12:30 COA Meeting 8:30 Mtng ID: 84439317311 Yoga 11:15 Mtng ID: 742183799	12 Tai Chi 9-10am Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	13 Pickleball 9-11am Pickleball 1-3pm	14	15 Pickleball 9-11am	16 Pickleball 10am-12pm Pickleball 12-3pm Strength Class 9:00 Mtng ID: 907734542 Fall Prevention 10:00 Mtng ID: 81933666287
18 Pickleball 9-11am Pickleball 12:30-2:30 Yoga 11:15 Mtng ID: 742183799 Pickleball 12:30-5:00	19 Tai Chi 9-10am Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	20 Pickleball 9-11am Pickleball 1-3pm	21	22 MERRY CHRISTMAS!	23 Pickleball 10am-12pm Pickleball 12-3pm Strength Class 9:00 Mtng ID: 907734542 Fall Prevention 10:00 Mtng ID: 81933666287
25 Pickleball 9-11am Pickleball 12:30-2:30 Yoga 11:15 Mtng ID: 742183799	26 Tai Chi 9-10am Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	27 Pickleball 9-11am Pickleball 1-3pm	28	29 Pickleball 9-11am	30 Pickleball 10am-12pm Pickleball 12-3pm Strength Class 9:00 Mtng ID: 907734542 Fall Prevention 10:00 Mtng ID: 81933666287
	MON TUE WED THU FRI SAT	Signup online! Sessions Monday, Wednesday and Friday https://tinyurl.com/LCC-pickleball		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: jojomac1956@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

New Year's Cards

Thursday, Jan. 7, 2pm-4pm

Valentine's Cards

Thursday, Feb 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.

Make your reservation now!

Thank goodness it is a New Year! 2021 Brunch

January 6th 2021 at 1 p.m.

also 12th day, Little Christmas or Epiphany

Rain/Storm Date Jan. 7th



Salad with dried fruit and pecans and a homemade balsamic vinaigrette.

Lancaster Seniors only pay \$5, thanks to contributions from River Terrace, Friends of the Lancaster Seniors, the Town of Lancaster and Sandee's! All others \$7

"Cheer" surprises/door prize from our Cheer Elves

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 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*



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 & 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!**

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 network.

Curbside Pickup appointments

- Mon: 10-4:30
- Tues: 10-2; 4-7:30
- Wed: 10-6:30
- Thur: 1-4:30
- Fri: 10-4:30
- Sat: 10-1:30



Massachusetts Cultural Council Grants

Extended the deadline for FY21 grant applications to December 14, 2020.

Lancaster Cultural Council encourages you to visit <https://www.ci.lancaster.ma.us/cultural-council>, view their priorities and to apply for these funds. Past grants have supported music events, plays, cultural and enrichment programs for all ages in schools and the community. To apply, visit www.mass-culture.org.

The Lancaster Garden Club presents

Tackling Shade

With Cheryl Salatino

www.dancingshadowdesign.com



Jan. 17th 6 p.m. via Zoom

Cheryl is a Master Gardener and Designer who will teach us about shade, and how to maximize the beauty of your shade garden.

Members Free! Non-members \$5.00

To register visit lancastergardenclub.net for Zoom Sign Up

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, Lancaster (See photo on left)

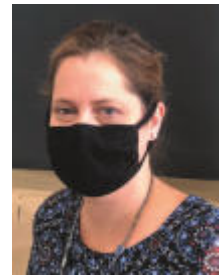


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- ◆ Transportation
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- ◆ Fuel Assistance
- ◆ Health Insurance
- ◆ Budget and Taxes
- ◆ Fitness
- ◆ Caregiving
- ◆ Visits

In-office hours subject to change: please call or email for an appointment.

Welcome to our new CSL,
Judy Zmijak!



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December, 2020

Dear Lancaster Historical Society (LHS) Members and Friends,

Holiday greetings to all! We hope you and yours are staying safe and healthy and thanks to those who have renewed your memberships or have joined for the first time for 2020-2021.

Since foreseeably it's not safe to gather in a physical location through 2020-2021, we have been working hard to offer alternatives. **At this time, I'm pleased to announce a program series viewable from home using Sterling-Lancaster Community TV (SLCT). Tune to Comcast Channel 8. A multi-part series on Lancaster's prominent Thayer family will begin in January, 2021 and continue through July, 2021. For those who do not have access to that TV station, a week after each program is shown there, it will be available for viewing on our new LHS WEB PAGE!**

Yes! This new **LHS WEB PAGE** is a long-time dream that has finally become a reality thanks to our web master Timothy Kenney. The address is: **lancasterhistoricalsociety.org**. Please do check it out to see all that is available there relating to Lancaster's rich and varied history.

Once again, I again extend sincere appreciation for contributing to us and helping to promote all we have to offer. If you have not had a chance to send in your dues, please check out that **LHS WEB PAGE** address mentioned above to find out how. Great things await in the New Year!

Best regards,

Heather L. Lennon, LHS President

LHS PROGRAMMING SCHEDULE FOR 2020-2021 SEASON

Lancaster Thayer Family Series

Viewable on Sterling-Lancaster Community TV (SLCT), Comcast Channel 8

Each program will air for seven days starting on the dates below.

Mondays through Fridays 11am & 9pm
Saturdays and Sundays 9pm only

After each week is over, the program will become available for viewing at lancasterhistoricalsociety.org

JANUARY 18 TH	PART 1 THE FOUNDER & THE FORTUNE-MAKERS
FEBRUARY 22 ND	PART 2 NAT THAYER III FAMILY & "THE HOMESTEAD"
MARCH 29 TH	PART 3 THE "RED HOUSE" ON THE HILL
APRIL	NO NEW PROGRAMS
MAY 3 RD	PART 4 THE TWO EVRT'S "FAIRLAWN" AND "CROWNLEDGE"
JUNE 7 TH	PART 5 JOHN E. THAYER II FAMILY & THE JET ESTATE
JULY 7 TH	PART 6 BAYARD THAYER FAMILY & "HAWTHORNE HILL"



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