



Please visit the Senior Center and the Lancaster Community Center
Behind the Town Green Complex

Community Crier

Nicole Kanis, Chair, Judie MacLean, Frank MacGrory, Jo St. Angelo, Linda Cutler, Ann Mazzolla, Jane Ann Crossman, Michele Macdonald,
July, 2019 (978) 733-1249 , fax (978) 733-4076 Alexandra Turner, Director. David James, COA Administrative Assistant



Join the Friends of
Thayer Memorial Library for

**Free
Concerts
On
Lancaster
Town Green!**

6:30-8:30 p.m. Wednesday evenings
Family friendly & Free to attend!
Bring your chair, a blanket and bug spray!

Come hungry! Enjoy a BBQ

Thanks to the Friends of Lancaster Seniors

Kalon Farms Burgers, Sausages plus more

Or bring your own cooler (no alcohol please)

In the case of inclement weather, concerts are in Town Hall.

Date	Bands
♦ July 3	Tootie Pa and His Great Big Thang
♦ July 10	Knock on Wood
♦ July 17	The Delmatics
♦ July 24	The O-Tones
♦ July 31	Decatur Creek

Thoughts from the Director

Thank you all that have helped by joining us for events, volunteering and toiling or supporting the Friends fundraisers. We could not have accomplished what we have without the help of many dedicated volunteers. We need your talents to move forward. This requires a lots of work of those with various skills. We need hands on trades, and cleaning. Hosts and Hostesses with the moistest, office helps, gardeners, weeders, phone help, friendly visitors and more. You will be surprised by the gratification you receive in helping your neighbors and all the free coffee you can stand! You are up to it– I know you are! As a small token of appreciation we are holding our volunteer appreciation party August 7th to honor our volunteers. Any volunteer who has contributed 20 hours of service to the Center this year is invited. You know who you are, and yes we keep track.!! hope you are able to join us and if you have not volunteered this year we hope to see you at next years party!

Sue's Kitchen

**Friday July 12th Noon
Senior Center**

Grill, Baby Grill!

*Beef or Shrimp Sliders, Veggie Skewers, Pasta
Salad Grilled Fruit*

**Tickets Required. Seating Limited: \$5
Call Dave at 978-733-4076 (COA Office)**

Happy Independence Day!

*On behalf of the staff and volunteers we wish you a safe and
happy holiday.*

Openings and Closings and News

- * Town Buildings are closed July 4th.
- * The Center is OPEN July 5th
- * Lancaster Recycling is CLOSED July 6th and 7th

♦
Looking for Fireworks? Try this link

https://www.bostoncentral.com/events/massachusetts_fireworks_2010/p5389.php

Tuesday is Pancake Day Everyone is invited!

Senior Center
Tuesday mornings
7:00 AM~ 9:00 ish

\$3

Suggested donation

Chef Extraordinaire

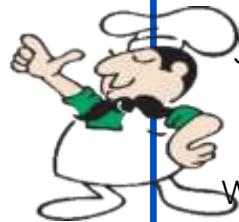
David James

Weekly pancakes sand French
Toast

Sausage, eggs, fruit

Juice & coffee &

All the pancakes you can eat!



OUR WISH LIST

We need VOLUNTEERS!

We can use all your talents, just call or drop by. Serving, meal delivery, crafts, exercise monitors and participants, office, gardening and more!

SUPPLIES

We always appreciate items for crafts classes, events, & every day fun. Thank you to everyone who has donated some amazing supplies. They bring great joy and keep the mind going. *Join us for upcoming classes.*

Check out our swap shop! for other items.
Share, and Reuse!

Reminder

'NO" DOG POLICY

Town buildings are no longer dog friendly .
Sorry, please leave your dogs at home when
visiting unless they are a service dog.



The BackStage Gym is OPEN!

Hours of Operation:
Monday-Thursday
8am-4pm

Stop by the COA Office
and sign a Release
Form before using.

THANK YOU!



Summer Art-ventures for Kids

Sponsored by Lancaster Recreation and Community Center

"Happiness...it lies in the joy of achievement, in the thrill of creative effort". –Franklin D. Roosevelt



July 22-26 Mon- Fri

Time: 1-4PM

Location: Lancaster Community Center

Fee: \$145 includes 15 hrs of Art Fun! And all supplies!

Bring: an old, oversized t-shirt to use as a smock, a nut-free snack and a drink each day



Splish Splash ArtBlast for Gr. Entering K -5

This inspiring week of art-ventures sparks creativity, engagement, exploration and individual expression. Learn about the fascinating underwater world of seahorses, sea turtles and other wonderful creatures while exploring original art forms and techniques. Design beach hats, sunglasses, and T-shirts. Create ocean slime and discover the art of mosaics while creating sea shell boxes. Sculpt shimmery coral and goofy clay octopuses. Paint ceramic fish banks, and design ocean creature stuffed animals. Experience painting, printmaking, stained glass, ceramics, collage, mosaics, fabric art and working with clay. Lots of surprises round out these totally cool Splish Splash art-ventures.



Register at: <https://www.ci.lancaster.ma.us/recreation>

**A scholarship may be available for a child whose parent is willing to assist every day. Contact summerprograms@artventuresforkids.com*



With a dash of whimsy and a dollop of fun, we help art explorers think creatively about art and the amazing role it plays in our wonderful world!

- Provides unique and original art experiences using quality art materials
- Talented instructors encourage children's creative spirit and imagination
- Inspires children to create art that is uniquely their own
- Fosters creativity through exposure to a variety of art tools, techniques and materials
- Programs include T-shirt creations and 2 or 3 awesome works of art each day

www.ARTventuresforKids.com 413-584-7243 Summerprogram@artventuresforkids.com



Kids Code & Play - **Take Two** - Make Video Games Using Scratch

*****We had a successful first lesson.**

Join us for an introductory course in computer programming using "Scratch," a visual programming language that teaches kids how to code by creating video games and "Bitsbox," a JavaScript application maker

As a bonus the students will work as a team to program "Cozmo," an artificially intelligent robot

- All equipment is provided
- Only 5 spaces available
- Ages: 7 - 11
- Skill Level: Beginner, no previous experience necessary

Duration: July - One hour sessions in the Community Center
Wednesdays evenings from 6 to 7 p.m.

Dates:

7/10, 7/17, 7/24, 7/31

Cost: \$100 per participant for all four hours

Location: Lancaster Community Center, 701 Main St. Lancaster, MA

To sign up contact: ashepard@lancasterma.net

Sheriff's Annual Senior Picnic



Sponsored by
Worcester County Reserve Deputy
Sheriff's Association



Saturday, August 17, 2019

SAC Park

438 Lake Street

Shrewsbury, MA

11:00 AM - 3:00 PM



A fun filled day with complimentary lunch, raffles and bingo in honor of our seniors!



For More Information Contact Donna Ostiguy at dostiguy@worcestersheriff.org

MAC N CHEESE FESTIVAL

Saturday, July 13

10 - 4 Templeton Common

Serving at 11

Come as your favorite Superhero!



Superhero Games
Touch a Truck
Vendors & Auctions
Music: The Can Collectors,
Sweet Euphoria & JB Murray

Hosted by Friends of the Templeton Elders
contact: Gail Noel, 978-939-8519

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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

Health & Fitness

To insure a space please pre-register at 978-733-4076 or mpelletier@lancasterma.net



free

Lancaster's Keep Moving Walking Club

OUTDOORS

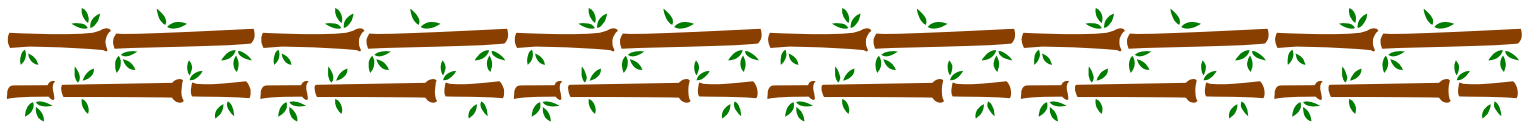
WHEN: TUESDAY 9:00-10:00 A.M.

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 Qigong

Tai Chi uses gentle movements to reduce stress and improve health.

If you're looking for another way to reduce stress, consider tai chi (TIE-chee). Tai chi is described as "meditation in motion" because it promotes serenity through gentle movements — connecting the mind and body. Developed in China for self-defense, tai chi evolved into a graceful form of exercise that's now used for stress reduction and to help with a variety of other health conditions. Tai chi is a non-competitive, self-paced system of gentle exercise and stretching. To do tai chi, you perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Jeff Cote: Instructor.

Monday Mornings 9:30 a.m.

Tuesday Evening 5:30 p.m.

\$5 per class or 6 classes for \$25

Lancaster Community Center

Jeff has taught in Chinese Medical schools and workshops both around the country and most recently internationally. He has been a guest lecturer at Northeastern University for graduate studies in holistic health, was the Traditional Chinese Medicine and Tuina instructor at the Charles River Shiatsu School and is the Founder, Director, and Head Instructor of the Traditional Arts Institute. Wear comfortable clothes.

LEARN TO PLAY PICKLEBALL!

Pickleball is a fun sport that combines elements of tennis, badminton and ping-pong. **It's played on a badminton-sized court**, with a paddle and a plastic ball with holes. It has simple rules and is easy to play. Come Join the FUN! No experience necessary.

Mondays 1-3 p.m. (call 978-733-4076 to reserve a spot)
Lancaster Community Center
\$3 Call first as we may be outside!



Got Ticks? Concerned about Tick Borne Illnesses? We are too!

July 17th 12:30-1:30



- Learn what a Tick Tube is. *Spoiler alert: They are a safe way to greatly reduce ticks in your yard.*
- Learn how to make your own Tick Tubes
- Leave with a Tick Tube supply good for an average yard.

All ages Workshop-\$2 for twelve tubes. RSVP to 978-733-4076 or coadmin@Lancasterma.net

Arthritis/Chair Yoga Tuesdays 10:30 a.m.

Seniors \$5 per class or 6 classes for \$25

General public \$6 per class or 6 for \$30

Arthritis/Chair Yoga Class is designed for all ages and abilities.

Wachusett Wellness

No matter what your capability/ ailment or restriction is, you will learn tools and techniques to carry with you to help with discomfort, lubricate the joints, calm the mind, AND get a good work-out! We will start with seated poses, core work, twists, balance, spine lengthening and strengthening and grounding work off the chair (with modifications if needed in chair), and end with a guided relaxation. This class promises to leave you feeling more peaceful, energized, and uplifting in the body, mind, and spirit.

*Julianna will work with your specific restrictions, such as sciatica, knee/hip replacements, etc. Please let her know prior to class.

Julianna Record is the founder of Wachusett Wellness Center located in Clinton MA. Practicing and studying yoga, therapeutics and holistic healing techniques since the 90s, she holds numerous training certifications and degrees in Yoga, Group Fitness, Therapeutics, Barre, and Pilates, Yin, Meridian, Energy Flow, Senior, Chair Yoga, Sport and Injury related therapeutics, Arthritis, and more. In addition to Yoga and Barre, Julianna has gained extensive knowledge studying in Energetic Fields such as Reiki, Meridian Therapy, Thai Bodywork, Acupressure, and Energetic Healing Modalities.



Gentle Hatha Yoga

11 am-12 pm Mondays & Thursdays
9:30 a.m. Saturday,
Got Stress? You need to relax!



Worried about falling, twisting? *Improve* your balance, and keep your range of motion. Stay young! Yoga is widely recognized as a way to improve posture, improve clarity of mind and reduce stress.

We provide mats, and chairs~ Bring yourself!

Seniors \$5 per class or 6 classes for \$25, General public \$6 per class or 6 for \$30

All ages, and abilities will benefit from this yoga class. Louise Dorian has taught hatha yoga since 1989, She was originally certified by the Ayurvedic Whole Life Center in Brookline, Mass. and has since evolved her own unique style of teaching, incorporating the detail and precision of Iyengar yoga, the gentle, individualized approach of Kripalu, the inner focus and playful quality of Angela Farmer's innovative teaching, while still maintaining the balanced focus of Ayurvedic principles. Louise has taught yoga in corporate settings for over ten years, to improve employee's health and reduce stress.



LEARN TO DANCE!

Enjoy your summer!
We'll be back in September!!

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 and more! All ages! Dress is casual.

Please bring an extra pair of dry, clean shoes to change into.

DROP IN for \$13 or buy a three week session for \$30! pp

Register at aturner@lancasterma.net or 978-733-4076



CHARLES RIVER BOAT ARCHITECTURAL TOUR

LUNCH AT THE CHEESECAKE FACTORY

Join us for to learn about Boston's wonderful architecture from the best vantage point. We sail with the Charles Riverboat Company to enjoy spectacular views of historic and contemporary architecture along Boston Harbor, the Charles River Locks, and the Charles River basin. The tour—narrated by a guide from Boston By Foot and co-sponsored by BSA Space, a center for architecture and design—includes landmarks such as Marriott's Custom House, the Prudential Building, and the Hancock tower, as well as cutting-edge contemporary design by today's top architects. These are simply the best waterfront views of Boston and Cambridge.

Lunch at the Cheesecake Factory is included, and it is not all cheese! We leave the Center at 9:30. First stop is lunch, and then we board our boat. On the way home we just may sneak in one of those sweet surprises our trips are so famous for! All inclusive fee is \$ 55 Rsvp to 978-733-4076 or coadmin@lancasterma.net



Save the Date!

Saturday, August 17th

Fireworks Palooza

**Join us for a trip to THE best fireworks display
in New England**

Hungry? Know someone who is?

We can help! Nutrition Options for Seniors and Disabled

MEALS ON WHEELS (HOME DELIVERED MEALS)

Montachusett Opportunity Council (MOC) provides a Meals on Wheels program provides meals to elders who need help preparing their meals and are unable to attend a community dining site.

Nutritionally balanced, designed for seniors. Please ask for further information on these special meals. A voluntary, confidential contribution of \$3.00 per meal to help cover costs is *suggested*.

In order to be eligible for Meals on Wheels, applicants must be age 60 years or over and homebound.

Please call 978-345-8501 ext. 2 for more info
Or 978-733-1249 ext 1109

SNAP (Food Stamps)

SNAP (food stamps) has been streamlined for ages 60 and older. If you've never applied for assistance, or have been ineligible in the past, here are some reasons to consider re-applying:

- *Even a modest monthly SNAP benefit can help offset your household expenses.*
- *A new program called Healthy Incentive Program (HIP) allows SNAP beneficiaries to buy items at participating farm stands. For each \$1 spent on eligible fruits and vegetables, the EBT card will be credited back. (Up to a monthly limit)*
- *The application for seniors is shorter (only two pages).*
- *If you spend more than \$35 per month on medical expenses including medications and doctor's visits, you may qualify for a \$155 standard deduction resulting in a higher monthly SNAP benefit.*

**To enroll in SNAP contact the Fitchburg
Dept. of Transitional Assistance
49 Nursery Lane, Suite 101, Fitchburg, MA 01420
978-685-8700**

Lancaster Lunches Monday–Thursday 11:30 a.m.

In partnership with MOC
the Lancaster Community Center/COA
provides lunches Mon– Thurs at 11:30 am .

Social, Healthy, and Reasonable!
Transportation available by reservation.
\$3.00 contribution is suggested.

Call To reserve lunch and/or a ride!
Lunch: Sue Frank 978-733-1249 ext 2
Rides : Dave James 978-733-4076

Sue's Kitchen

A homemade lunch series featuring the bounty from our community garden.

Friday July 12th at Noon. Grilling!
\$5 per person

August 2nd. It's Corny!
Corn and Tomatoes Palooza

Reservation required. Call 978-733-4076

Free Senior Farmers' Market Nutrition Program **Join the LIST for coupons**

The Lancaster Senior Center will be receiving coupons in mid to late July. Coupons can be used at any participating farmers market.

Contact Alix Turner or Dave James
for eligibility guidelines and coupons.
978-733-4076

MART van trips to local markets start
in August!



Trips!

- * July 5 Whitney Field and Market Basket
- * July 11 Architectural Cruise
- * July 12 Trader Joes Acton and Sues Kitchen
- * July 19 Stow Food Pantry and Hudson Market Basket
- * July 26 Lunch Club: Meadow Brook and Rota Spring Farms

Contact the COA Office at 978-733-4076 or email COAdmin@lancasterma.net to reserve your spot!

Volunteer Party

August 7th! Volunteers who completed and recorded 20 or more hours of service for the Council on Aging are invited to our Annual Volunteer Party. This year we celebrate thanks to Oscars Burritos, Boxboro!

RSVP Required 978-733-4076

Blood Pressure and Wellness Clinics

Lancaster Community Center

OPEN TO ALL RESIDENTS

1st Tuesday of the month from 8-10am

Your Local board of health provides a town nurse to serve as a free resource in an effort to improve and protect the health of the community

Come & Visit with the Town Nurse

Courtesy of the Nashoba Associated Board of Health



SHINE HELP

Serving the Health Insurance Needs of Everyone

Turning 65? Facing a lay off? Bad Insurance? We can help.

SHINE Councilors are available

Wednesdays

- Barb Blom by Appointment

By Appointment Only 978-733-4076

Town of Lancaster

Want to help your town? While working for a reduction in your taxes. Call us about the-

Senior Tax

Abatement Program

Are you 60 or older and own your own home? You may be eligible to lower your real estate tax bill by performing jobs for the Town of Lancaster. ***There are still a few slots left.*** Contact the Assessors office to apply

978-365-3326 ext 1312

Application and income requirements are on the town website. This is a work program, we will match your skills and interests to departments needs. Call us or visit Town of Lancaster website for more information.

Well Adult Clinic~ It is *FREE!*

*With our town nurses, Susan Hoag and Tamara Bedard.
1st Tuesday of each month, 8am-10am*



VNA Network

4th Tuesday of each month 8am-10am
Advice, Blood pressure screenings and more

Coffee, Crumpets, & Coloring! Chatting too.

Join us Tuesday mornings 10-11:30 to relax over a nice cup of coffee and some toast or crumpets (whatever goodies we have or make). We provide coloring books and colored pencils to draw the morning away!

Thank you Sumner Family for the great supplies

Gardening



Come join us to exchange ideas, kudo's and complaints about gardening. This is not a formal garden club, rather a no cost group to exchange ideas, seeds, plants and more.

Led by Sandy Reardon the wonderful gardener who taught at Tower Hill and lectures on Gardening. We will have tea/coffee and goodies and exchange ideas and learn and grow! (Pun intended.).

**Tuesdays at 9 a.m.
Senior Center**

First Run Free Movies!

*You heard it here! New(ish) &
free!*



**Every Monday at 1 pm
at the Thayer Memorial Library**

**In the Dexter Room, Just show up!
Check out**

www.thayermemoriallibrary.org
**For more details on the upcoming
movies *shhh. We can't name them
here but they are good!**

*Forever
Young*

A Memory Cafe

*Socialization & Information
Networking for Care Partners*

Who: Individuals with memory loss and those with developmental disabilities plus memory loss, and their Care Partners

What: Informal, Stigma Free, and Relaxed Atmosphere

Time: 1:00pm to 3:00pm

Contact: (978) 365-4537

When: Usually The Last Thursday of the Month

Where:

Lancaster Senior Center

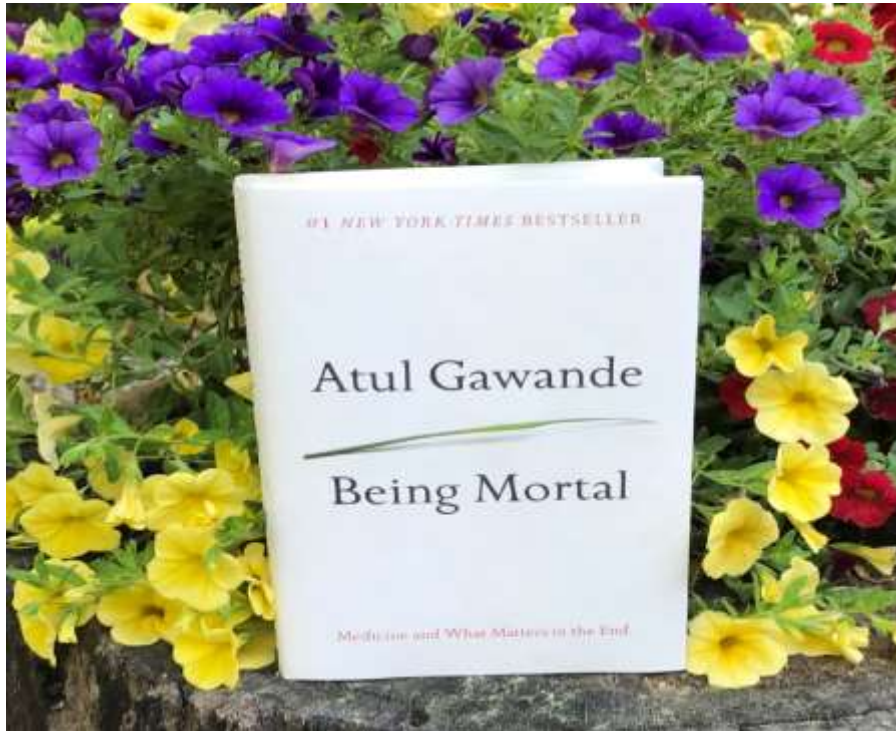
695 Main Street, Lancaster, MA 01523



**Make & Take a
Cactus Fairy or
Gnome Garden!
rsvp 978-733-4076**



Guests requiring personal care assistance must attend with a care partner.



Book Discussion: Being Mortal by Dr. Atul Gawande

Kathy Benson, LICSW and Joanne McCole, RN from Nashoba Nursing Service & Hospice, will lead a book discussion on "Being Mortal" by Dr. Atul Gawande, which is a sensitive, intelligent and heartfelt examination of the processes of aging and dying. The program highlights portions of the Frontline documentary to introduce the book, so that the program is not dependent on attendees reading or completing the book. This is a free and open to the public program.

Tuesday, July 16th

6:30-8:00 pm

Thayer Memorial Library, Lancaster



Nashoba Nursing Service & Hospice



Pastel Workshop - Janet Schwartz - The Value of Value

Description: One obstacle that many of us experience when starting a new work is getting caught up in the details of our compositions. Janet Schwartz designed this unique approach to encourage artists to use value to simplify and create strong compositions, in those early stages.

In this workshop, Janet will present this approach to starting a painting with value-shapes rather than details and to focus on composition. After a brief demo to reinforce the concepts, students will create value sketches and use value and composition principles to create their painting(s). The workshop will conclude with a critique of student work.

CMPS (Central Mass Pastel Society) in conjunction with the Lancaster Community Center is proud to sponsor this workshop.

Details provided below.

Dates & Price

Date: 07/27/19

Time: Coffee/set up 9-10 Workshop 10-5

Cost: \$125 coffee & continental breakfast included

Location

Lancaster Community Center

695 Main Street

Lancaster, MA 01523

For More Info or to Reserve a Spot

Lisa Nugent or Lancaster Community Center

lisanugent@aol.com or

Coadmin@lancasterma.net

978-870-2868 or 978-733-4076

The Friends of the Thayer Memorial Library
Present

MUSIC ON THE GREEN

Wednesday Evenings at 6:30
June 26 through July 31



6/26 T.J. Wheeler
7/3 Tootie Pa and
His Great Big Thang
7/10 Knock On Wood
7/17 The Delmatics
7/24 The O-Tones
7/31 Decatur Creek

The Friends of the
Lancaster Seniors

Barbecue

Featuring Kalon Farms
hamburgers and sausages



In case of rain, the concert
will be held in Town Hall

NEWS FROM SHINE FOR JULY/AUGUST 2019

Staying Healthy with No Cost Medicare Preventative Benefits

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO. Some of these services include:

- ◆ Colorectal cancer screening (including colonoscopies)
- ◆ Mammograms
- ◆ Pap tests and pelvic exams
- ◆ Prostate cancer screening
- ◆ Bone mass measurements
- ◆ Cardiovascular screening
- ◆ Flu and pneumonia shots
- ◆ Alcohol misuse screening and counseling
- ◆ Depression screening
- ◆ Obesity screening and counseling

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call us at 978-733-4076 for a SHINE appointment, usually Wednesdays. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org

Join us for FREE Gardening Chat Thursday mornings!

We have a wonderful instructor. Sandy Reardon, former instructor at Tower Hill Botanic Garden. Please call to reserve. A few beds are available too! Great organic soil, good gardening friends! Call for details.

Alix at 978-733-1249 ext 1102



**Center Village Table
Gardens**

An intergenerational
community garden and
cooking project

Interested?
www.ci.lancaster.ma.us
Or 978-733-4076

Generously supported by



Harvard Pilgrim
HealthCare Foundation



FRIDAY, JULY 19TH, 2019 • 3:00-6:00PM

Flats Mentor Farm

326 Seven Bridge Road (Route 117) • Lancaster, MA 01523

Flats Mentor Farm, a program of World Farmers, invites you to the Fifth Annual Tour de Farm on Friday, July 19, from 3:00 - 6:00 p.m. (Rain Date: Friday, July 26).

Come and meet some of the more than 300 immigrant and refugee farmers who farm at Flats Mentor Farm, and join us in celebrating small-scale agriculture in Massachusetts.

The event will include time to speak with some of the farmers and legislators who join us for the day, and a tour of the 70-acre farm.

We hope to see you there!

Any Questions?

staff@worldfarmers.org or (978) 706-7935

Lancaster, MA

Flats Mentor Farm

a program of World Farmers



www.worldfarmers.org

Your Ticket to FREE Summer Fun!

100 VENUES! 10 FRIDAYS!

FRIDAY 28 JUNE

Lyric Stage Company of Boston
Cape Ann Museum
Clark Art Institute
MIT Museum
Nichols House Museum
Norman Rockwell Museum
Plymouth Plantation
The Mount: Edith Wharton's Home
Wenham Museum
Worcester Art Museum

FRIDAY 05 JULY

Amelia Park Children's Museum
Cape Cod Maritime Museum
Children's Museum in Easton
Edward Gorey House
Falmouth Museums on the Green
Jacob's Pillow
Museum of Printing
Pilgrim Hall Museum
The Old Manse, The Trustees
The Telephone Museum

FRIDAY 12 JULY

Museum of Fine Arts, Boston
Charles River Watershed Association
Chesterwood
Children's Museum of Greater Fall River
Gloucester Stage Company
Mahaiwe Performing Arts Center
New England Quilt Museum
The Patriots Hall of Fame
Smith College Museum of Art
Springfield Museums

FRIDAY 19 JULY

Boston Children's Museum
The Arnold Arboretum of Harvard University
Battleship Cove
Cape Cod Children's Museum
Nantucket Maria Mitchell Association
New England Historic Genealogical Society
Peabody Essex Museum
Sandwich Glass Museum
Spellman Museum of Stamps & Postal History
The Eric Carle Museum of Picture Book Art

FRIDAY 26 JULY

Isabella Stewart Gardner Museum
Edward M. Kennedy Institute for the U.S. Senate
Cape Cod Museum of Art
Commonwealth Museum
Commonwealth Shakespeare Company
Fitchburg Art Museum
Historic Deerfield
Larz Anderson Auto Museum
The Gardens at Elm Bank (Mass Hort)
Ventfort Hall Mansion & Gilded Age Museum

FRIDAY 02 AUGUST

Franklin Park Zoo
Boston Symphony Orchestra at Tanglewood
Chatham Shark Center
Children's Museum at Holyoke
Concord Museum
International Volleyball Hall of Fame
Lynn Museum
Museum of Russian Icons
Naumkeag, The Trustees
Old State House

FRIDAY 09 AUGUST

Boston Harbor Islands National and State Park
Davis Museum at Wellesley College
Gore Place
Hancock Shaker Village
JFK Hyannis Museum
Museum of the National Center of Afro-American Artists
New Bedford Whaling Museum
Old Colony History Museum
Worcester Historical Museum
The Greenway Carousel

FRIDAY 16 AUGUST

John F. Kennedy Presidential Library & Museum
Berkshire Theatre Group
Cahoon Museum of American Art
Discovery Museum
Fruitlands Museum, The Trustees
Fuller Craft Museum
Harvard Museums of Science & Culture
Paragon Carousel
Provincetown Art Association and Museum
USS Constitution Museum

FRIDAY 23 AUGUST

The Institute of Contemporary Art/Boston
Berkshire Museum
Boston Athenæum
Buttonwood Park Zoo
Emily Dickinson Museum
Fort Devens Museum
Freedom Trail® Foundation
Heritage Museums & Gardens
Museum of African American History
The Mary Baker Eddy Library & Mapparium

FRIDAY 30 AUGUST

Old Sturbridge Village
Cape Cod Museum of Natural History
Griffin Museum of Photography
Hull Lifesaving Museum
Mass Audubon's Ipswich River Wildlife Sanctuary
MASS MoCA
Museum of the First Corps of Cadets
Osterville Historical Museum
Capron Park Zoo
EcoTarium



2019
**FREE
FUN
FRIDAYS!**

/HighlandStreet
 @HighlandStreet #FreeFunFridays
 @highlandstreetfoundation

Please visit HighlandStreet.org or call 617.969.8900 for more information

WCVB 5
The Boston Globe

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.

LOTTERY BINGO
JULY 16th @ 1 pm
Thanks River Terrace



Every Tuesday at 1:00 pm at the Senior Center
Every Wednesday and Friday at 1pm at Bigelow Gardens

Bring your quarters, odds are better than the lottery!
We provide free coffee, treats and prizes!



Bridge



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, Suitable for all levels, novice to pro. We provide the cards, teachers, and friends.
Fridays 1:00-4:00

Free! calling ahead is strongly suggested
Questions Call Jean at 978-273-2418

First Run Free Movies!

You heard it here! New(ish) & free!

Every Monday at 1 pm at the Thayer Memorial Library

In the Dexter Room. Just show up! Check out www.thayermemoriallibrary.org for more details on the upcoming movies *shhh.

We can't name them here but they are good.

Stop by the Community Center for lunch or lemonade on the way over.





MART Transit Van

MART provides Council-On-Aging transportation services throughout the 'MART' member communities for elderly (60+) and disabled residents.

Fees & Policies

Reservations: Call 978 733 4076 - 48 BUSINESS hours' notice to reserve a ride

Reservation requests may be placed by phone, leave your request on our voicemail.

Requests will be accepted in the order received, with preference given to medical appointments.

Office hours are Mon—Thurs 9:00 to 12 pm.

Messages will be returned next business day by 12 pm.

- ◆ Lancaster Community Center /Senior Center: *Free* for elderly (60+) and disabled residents.
- ◆ Service in Town: 50c in town, per stop
- ◆ Service outside Lancaster to a contiguous town: \$1 Clinton, or \$2 Leominster/Sterling/Bolton
(Multiple stops may be charged, call for details)
- ◆ Special Events will be priced according to the trip.

Shopping on the Van**

Reservations Required

**Rides for medical appointments take priority over shopping trips and may result in shopping schedule changes.

Trips may fill up quickly or be cancelled if there are no reservations.

- ◆ Monday 1 p.m. Clinton Shopping and banking - e.g. Hannafords, CVS, Walgreen, Rite-Aid, downtown
 - ◇ \$1.00 plus 50c per additional stop
- ◆ Wednesdays 1 p.m. Leominster Shopping - e.g. Water Tower Plaza, Shaws, BJ's, Restaurants
 - ◇ \$2.00 plus 50c per additional stop
- ◆ Thursdays 1 p.m. 117 Shopping - e.g. Walmart, 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

Van will not run if Nashoba Regional School District

JULY LUNCH CALENDAR

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

We offer Meals on Wheels, call 978 733-4076 for details *MOC 800-286-3441 for nutrition questions*

This program is made possible in part by funding from the Executive Office of Elder Affairs

LAG Menu is subject to
change

July 2019

*Indicates item is > 500 mg Sodium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Picatta 324 Wild Rice Pilaf 140 Scandinavian Veg 61 Rye Bread 150 Fresh Peach 1	2 Beef Burgundy 159 Diced Red Potato 5 Fresh Sum Squash 3 Multigrain Bread 164 Diced Pears 5	3 Cheeseburger 241 On a Bun 232 Baked Beans 152 Corn 1 Cherry Apple Crisp 56 D:Sliced Cinnamon Apples 10		5 Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 150 Wheat Bread 170 Plum 1
Total Sodium: 801 mg Total Calories: 513	Total Sodium: 461 mg Total Calories: 731	Total Sodium: 807 mg Total Calories: 787	No Meals Served	Total Sodium: 933 mg Total Calories: 717
8 Pork & Red Pepper Pasta 122 Green Beans 3 Multigrain Bread 164 Strawberry Yogurt 75	9 Grilled Chicken in Ginger Glaze 320 Veg Fried Rice 88 Asian Veg Blend 98 Wheat Bread 21 Applesauce w/C 170 Applesauce w/C 0	10 Roast Pork in Rosemary Gravy 73 Sour Cr & Chive 83 Mashed Potato 92 Ratatouille 107 Multigrain Bread 164 Pineapple 1	11 Cranberry Chicken Salad 323 Pasta Salad 118 Broccoli Salad 159 Wheat Bread 170 Lorna Doones 100	12 High Sodium Meal Sloppy Joe 259 On a Bun 230 Tater Tots 330 Mixed Vegetables 88 Lemon Cake 215 D:Grahams 95
Total Sodium: 489 mg Total Calories: 640	Total Sodium: 823 mg Total Calories: 692	Total Sodium: 645 mg Total Calories: 734	Total Sodium: 995 mg Total Calories: 697	Total Sodium: 1247 mg Total Calories: 770
15 Kielbasa & Cabbage Casserole 364 Roasted Red Potato 5 Dinner Roll 132 Fresh Apple 2	16 High Sodium Meal Steak & Cheese Grinder 601 Peppers&Onions 27 Potatoes Wedges 218 Rye Bread 273 Mixed Fruit 150 Mixed Fruit 10	17 Grilled Chicken in Mediterranean Sc 320 Quinoa & Roasted Vegetables 193 Spinach 35 Fresh Peach 65 Fresh Peach 0	18 Rst Turkey in Tarragon Gravy 389 Whipped Potato 66 Peas & Onions 42 Wheat Bread 170 Strawberry Cup 0 D: Apples w/C 0	19 Potato Pollock 273 Tartar Sauce 100 Butternut Squash 0 Green Beans 3 Wheat Bread 170 Blueberry Buckle 360 D:Blueberry Yogurt 75
Total Sodium: 628 mg Total Calories: 583	Total Sodium: 1404 mg Total Calories: 690	Total Sodium: 738 mg Total Calories: 734	Total Sodium: 792 mg Total Calories: 586	Total Sodium: 1031 mg Total Calories: 714
22 Lasagna Roll 483 in Tomato Basil Sc 142 Mixed Vegetables 88 Multigrain Bread 164 SnackNLoaf 115 D: Grahams 95	23 Chef's Salad w/Turkey,Egg & Cheese 245 Chick Pea Cilantro Salad 212 Wheat Bread 170 Peaches 5	24 Beef & Lentil Chili 260 Brown Rice 5 Carrots 64 Multigrain Bread 164 Fruit Crunch Bar 100 D: Lorna Doones 100	25 Breaded Chicken Drumstick 450 Potato Salad 96 O'Brien Potatoes 34 Italian Green Beans 3 Corn Bread 291 Tropical Fruit 10	26 BBQ Pulled Pork 389 On a Bun 230 Macaroni & Cheese 195 California Blend Veg 22 Clementine 1
Total Sodium: 1117 mg Total Calories: 682	Total Sodium: 757 mg Total Calories: 790	Total Sodium: 718 mg Total Calories: 771	Total Sodium: 1009 mg Total Calories: 586	Total Sodium: 962 mg Total Calories: 683
29 Salmon Boat w/Dill Sauce 276 Yukon Gold Potato 4 Brussell's Sprouts 12 Wheat Bread 177 Blueberry Yogurt 75	30 Grilled Chicken 320 Pesto Cream Sc. 70 Tri-Color Rotini 1 Genoa Blind Veg 45 Multigrain Bread 164 Chocolate Pudding 135 D:SFChoc Pudding 156	31 Meatloaf in Mushroom Gravy 301 Mashed Potato 66 Mix'd Vegetables 88 Dinner Roll 132 Fresh Pear 2	<p>1% MILK: 110 calories 125mg sodium (included in totals)</p>	
Total Sodium: 669 mg Total Calories: 679	Total Sodium: 860 mg Total Calories: 610	Total Sodium: 714 mg Total Calories: 744		



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

Resources and Help



Free Computer Help

Join Jon Roper *after Pancakes*
8 am on- Drop in! Jon will help with your laptop, or our
computer ipad or phone.

Jon Roper is our hero!
Tuesday mornings 9 a.m.



The Town of Lancaster has a emergency notification system (also known as Reverse 911). This system allows Lancaster residents to receive neighborhood specific emergency notifications issued by the town's public safety agencies.

These can be sent to you by phone, e-mail and/or text message, all of which can be set up by you through an easy-to-use web page. To enroll in this free service go to the CodeRED Community Notification Enrollment page listed 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 , lancastercommunitycenter@gmail.com.

In need?

Got help!

Food pantry options

WHEAT

NEW NUMBER!
508-370-4943
Call for extensions

Village Church

South Lancaster
Thursday Evenings
6 pm-7 pm

Offering a wide variety of wholesome food

Stow Food Pantry

335 Great Rd (Rt 117)
Stow, MA 01775
(978) 897-4230

TRANSPORTATION ON 3rd
FRIDAY \$2, call to reserve

Offering variety of fresh produce (seasonal), baked goods. You may choose from an assortment of meat products as well, and an ample supply of pantry items such as canned goods, pasta, rice etc.

Home Resources

Need home goods?

Fuel, repairs?

Call Marilyn

978-733-1249 x1109

Medical Equipment Loan Program

**Crutches, canes, commodes, wheelchairs + some first aid, incontinence, supplies more to loan. (978) 733 4076
aturner@lancasterma.net**

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.



Several years ago the Friends received an anonymous \$5,000 contribution, with the stipulation that it be used for senior fitness programs. I am pleased to say that, because of their generosity, we were able to purchase several pieces of equipment and additional supplies for the new BACKSTAGE GYM!

If that person is reading this, please know that we are extremely grateful for your contribution to the seniors of Lancaster. **THANK YOU!!!**

Qualified Charitable Distribution (QCD) - What is it?

Are you over 70 and 1/2 years old? Do you have an IRA from which you must take required distributions?

Do you contribute to charity? Then consider a QCD this year.

With the increased Standard Deduction, many people can no longer take advantage of the charitable deduction on their taxes (which you can do only if you itemize deductions). This past year, as an AARP Tax Aide, I processed over 150 tax returns. **ONLY THREE** itemized deductions! A QCD is a transfer (contribution) directly from your IRA to the charity. At tax time, this contribution is deducted from your taxable income, without having to itemize! This is doubly beneficial if your Social Security benefits are being taxed!

Want more information? Contact your financial adviser or fund manager.

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! 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

Name: _____

Address: _____

Email: _____

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

Thank You for supporting Lancaster Seniors



We welcome everyone!

Office hours

Monday-Thursday 9-12

Or for special events



To all our amazing volunteers, without your help we could not run the Center! Even an hour or two makes a huge difference-thanks!

To *Shaws* of Clinton for donating pastries.

A big thank you to **River Terrace** for their generous.

To **Harvard Community Health Foundation** for their generous support, and **MCOA**.

Special Thanks to:

Bridget, Maureen, Deb, Sandy, Bev and Deb, Jude, Claire, Celeste, Nicole, Shelia, John, Jay, Jean, Dick, Sue, Marie, Maribeth, Jay, Judi, Robert, Katherine, Nancy, Laura, Dave, Sandra, Judy, Michele, Pam, Gretchen, Kathy, Joe, John G, Marie, Mark, Sean, Marie, Kathy, Sandy, Shelia, Tim and so many more for all their hard work and support.

Special Events and Trip Policies:

Our 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.

Please Join us!

Council on Aging Board Meeting

*Open to all * Bring ideas, and suggestions. Stay for lunch!*

Thursday

July 11th

at 9:00 AM

Senior Center

(second Thursday is regular date for the meeting)

Please like us on
Facebook

Did you know we
are on
Facebook?



www.tinyurl.com/lancastercc

Staff Contacts and Hours

Alexandra Turner– Director
aturner@lancasterma.net

David James
Interim Administrative Assistant
978-733-4076

Office Hours 9-12 M-TH