



JULY, 2020



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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 4th of July!

When we rang in the New Year, I don't think anyone expected what 2020 would bring. Who would ever have guessed we would be celebrating the 4th without Fireworks or a big backyard BBQ. On the 4th of July we celebrate our hard won Independence from England and the right to govern ourselves. The Coronavirus pandemic has been a test of our government and leadership and many other systems. It has changed our lives and will for sometime to come. The impacts of the virus vary dramatically based on where you are from. I am proud we call the Commonwealth home. Despite our faults, our leadership and residents have responded well. I think we can agree from whatever side of the aisle you call 'home' the cooperative efforts and leadership have been good. Plans have been clearly stated, and while I would have liked more information, plans seem to be working. In fact, just today I learned that studies show MA has the lowest transmission rate of Coronavirus in the country— that is something to brag about because, until we have a vaccine, this will be controlled by behaviors.

At the Center we serve those at highest risk so we have been especially careful about planning, and implementing supports and safeguards to keep people taken care of and protected as much as possible from the Virus. We also strive to serve your soul. (Thank goodness for our wonderful volunteers— we could not do it without them). Our programs have led the way. Supports we have implemented now serve as models for other communities are now using for service and social support – I am proud of our team and leading the way.

It takes a team to lead, I am blessed with a great one, including our Board of Health who is making sure our planning balances risk and our desire to be social. Currently, our goal for late July and August is to bring small groups together outside for exercise, crafts and spaced socializing. We will continue to provide virtual supports for those at highest risk. We will let you know if we can expand, or if we need to look again to stricter measures if the anticipated resurgence arrives. Until then, hang in there with us and share your time and ideas so Lancaster may continue to lead. Happy Fourth of July!

Hope to see you soon, *Alix*

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CONTACT

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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/home/urgent-alerts/updated-covid-19-numbers-4302020-real-estate-tax-information>



CORONAVIRUS CLOSURE POLICY

April 1-??? We are closed to the public for activities due to the Coronavirus pandemic. We are running programs online, delivering meals and offering assistance. We are working from our offices and home. Please feel free to call or leave a message and we will get back to you asap.

Email works well too! **Stay tuned for updates**

978-733-4076 or aturner@lancasterma.net

UNIPAY

We are now Accepting Electronic Payments through UniPay!

On the town website:

<https://www.ci.lancaster.ma.us/>

Click on **ONLINE PAYMENTS** in the lower left corner and look for the LCC/COA link.

INSURANCE INFORMATION



Blue Cross Blue Shield of Massachusetts
Medicare Seminar



SHINE IS OPEN!

SHINE is open!

Although we cannot provide office appointments, BUT our fabulous counselor Barbara is still available to assist you to answer any of your Medicare related questions.

Need help? Call Melanie, Dave or Alix. Melanie I 978-733-1249 ext 1109 or 978-733-4076 to schedule.

If you are aging into Medicare at 65, have lost your employment coverage, are 65 or older, or simply have a general question about Medicare coverage.— call! Counselors are working remotely will return your call within 1 business day.

Main office is 508-422-9931

Counselors are available via Zoom video conferencing to for appointments if needed.

Medicare and Social Security have announced new procedures for Medicare enrollment during the COVID emergency.
www.shinema.org

SHINE office is 508-422-9931 leave your name and number.

www.shinema.org for TV program "Medicare and More."

Planning for Medicare—Countdown to 65

If you're getting close to Medicare eligibility, this seminar is for you. Whether you are planning to retire or will continue to work, it's important to know your Medicare options.

Did you know that missing your Medicare enrollment deadlines could cost you money? We know that Medicare can be confusing, so we designed this seminar to help you be confident you're making the right health coverage decisions.

What will Planning for Medicare—Countdown to 65 cover?

This seminar is a presentation and discussion led by a knowledgeable Blue Cross Blue Shield of Massachusetts representative. We'll be sure to answer your specific questions, in addition to covering these topics:

- Explanation of Medicare Parts A, B, and C
- Medicare enrollment timeline
- Medigap plans that help supplement Medicare coverage
- Medicare Advantage plans, such as HMOs and PPOs
- Medicare Part D prescription drug plans
- Plans and programs available to early retirees, such as COBRA



Seminar Details

When: Tuesday, July 14, 6pm-7pm

Click this link or type in your browser to join us!

<https://attendee.gotowebinar.com/register/5412071517343497231>

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



Pickleball is off until further notice.
Sorry! We miss you.

Zoom it! Try it; you will like it.

Exercise from home—or outdoors here—call us for details or sign up for announcements at - _____

Exercise classes below are now on Zoom. Don't have Zoom? We can help out with our great IT volunteers. It takes practice, but a new world will open.

First Zoom class is FREE!

Look at Calendar page 8 to find your Meeting IDs. Once you are hooked you don't have to leave the house. Need a fitness card? Want to 'fill your wallet'?



Get into Shape for Fall! All ages.
Strength and 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 while working out in a comfortable space with resistance training and weights. *All ages and abilities will benefit, especially seniors (50 and over).*

Series price for Lancaster residents \$30. \$45



Lancaster's Keep Moving Walking Club

STILL OUTDOORS:

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

Striders (Speedy) and Strollers (Slower) welcome!

Work off your stress eating! We provide water, and (socially-distanced) companionship for a safe walk on Lancaster's lovely byways.

Get in shape, and get healthy.
Questions? Call us! 978-733-4076

Zoom! 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 workout! 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.

Tai Chi and Quigong

Zoom, Zoom!

Monday 10 am

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

Zooming! Hatha Yoga

Mon. @ 11:15 a.m., FRI* @ 10am

Monday ID: 742183799 Saturday ID: 575050699

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)

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

*** SUBJECT TO CHANGE DAYS— CALL .**

FRIENDS AND NEIGHBORS

Interested in helping a charity with your Stimulus check?

*Please consider the Friends of Lancaster Seniors
A 501c.3 if you wish to donate.*

Current projects include funding for the Garden, the Backstage Gym, Food resources, and providing Seniors who are isolating and do not have computer access a tablet and internet service as well as FREE tutorials to allow them access to on line resources.

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>

amazonsmile
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>



Please join
Nashoba Neighbors!

Lancaster/Berlin/Bolton
Cooperates to help older
adults stay in their homes.

Nashoba Neighbors is an innovative grassroots non-profit in development in Bolton/Berlin/Lancaster based on the Village model started by Beacon Hill Village in 2002. Our goal is to help our members, who are older adults in the community, stay engaged, connected, and active by making decisions about aging in their own homes. We are hoping to provide transportation, light home repairs, check-in-phone calls, help with technology, some social events and trips (once we can start socializing) and most importantly, creating a community and connecting people. We will be able to fill in the gaps between what our current community services provide and what people need (and want) to stay in their homes as long as they choose.

Nashoba Neighbors is an all volunteer-run organization. We plan to coordinate a network of volunteers to help people with needs such as transportation to appointments and social events, technology help, minor household repairs, and well-being calls on a regular basis. Many of our volunteers will also be members using some of these services.

We are not quite ready to accept volunteers to help out with some of the above tasks but please put your name on our email mailing list if you are. However, we do need people interested in helping to create and lead the organization. Here are some of the areas we need help in:

- Outreach/Marketing
- Member Services
- Technology and web development
- Legal

To find out more, or put your name on our email mailing list, you can contact Catherine Pfau (catherinepfau@gmail.com, 978-337-3059) or Susan Henry (sfh744@mail.harvard.edu).



Thayer Library goes Curbside!
Get your movies, magazines and books
Now right at the curb.

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

For full details follow this link <https://thayermemoriallibrary.org/media-request/>

JULY ACTIVITY CALENDAR

July 2020

June '20							August '20						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6							1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
							30	31					

ALL MEETINGS ON HTTP://ZOOM.US

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Yoga 11:15 Mtng ID: 742183799 Tai Chi 10:00 Mtng ID: 255384123	30 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	1	2	3	4 Strength Class 9:00 Mtng ID: 907734542 Yoga 10:00 Mtng ID: 575050699
6 Yoga 11:15 Mtng ID: 742183799 Tai Chi 10:00 Mtng ID: 255384123	7 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	8	9	10	11 Strength Class 9:00 Mtng ID: 907734542 Yoga 10:00 Mtng ID: 575050699
13 COA Meeting 8:30 Mtng ID: 286400986 Password: 01523 Tai Chi 10:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799	14 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080 Planning for Medicare Webinar - 6-7pm	15 Heros for Heros BBQ Details page 9	16 (Rain date) Heros for Heros BBQ Details page 9	17	18 Strength Class 9:00 Mtng ID: 907734542 Yoga 10:00 Mtng ID: 575050699
20 Tai Chi 10:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799	21 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	22	23 Crazy Crafternoon 2:00 PM Call 978-733-4076 Mtng ID: 84200284940	24	25 Strength Class 9:00 Mtng ID: 907734542 Yoga 10:00 Mtng ID: 575050699
27 Tai Chi 10:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799	28 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	29	30	31	1 Strength Class 9:00 Mtng ID: 907734542 Yoga 10:00 Mtng ID: 575050699

Please check our website & Facebook for updates in the 'New Normal' We are not publishing as many copies of our newsletter and we don't want you to miss events or news.

<https://www.facebook.com/lancastermass/>
<https://www.ci.lancaster.ma.us/lancaster-community-center>

THANK YOU!



July 15th (rain date July 16th) 5:30 pm.

We are blessed to have some of the most amazing Heroes (volunteers) in town—our unsung heroes. We invite heroes to be our guests for a summer picnic complete with locally sourced sausage & fennel heroes, and a vegetarian option, sumptuous sides and a special homemade dessert. All Angels, past and present and invited to join us—it is our turn to take care of YOU!

Please RSVP so we can plan ahead and say hi to pick up your dinner to dine at home, or enjoy a few minutes here at tables spaced far apart. Masks are required! n RSVP to Dave at 978-733-4076

Our Heroes-hero recipe.

Enjoy on us just volunteer here* and enjoy!



- 4 hoagie rolls, split
- 2 tablespoons extra-virgin olive oil
- 1 pound sweet sausages/ roasted eggplant or mushrooms
- 3 fennel bulbs—halved, cored and thinly sliced (4 cups)
- Kosher salt and Pepper
- 1 1/2 cups marinara sauce
- 8 ounces fresh mozzarella cheese, sliced

Preheat the broiler. Place the rolls cut side up on a baking sheet. In a large skillet, heat the olive oil. Add the sausages and fennel and season with salt and pepper. Cook over moderate heat, stirring occasionally, until the fennel is deep golden and the sausage is cooked through, 15 minutes. Mound the mixture on the bottom halves of the rolls, then top with the marinara and mozzarella. Broil 6 inches from the heat until the cheese is melted, about 3 minutes. Top with basil leaves, close the sandwiches and serve.

FUN & GAMES



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.

Interested in Gardening? Learning about growing your own food?

Come learn, share and have fun.

***Join us! 'Get Dirty Garden Group'
Mentoring etc! FREE***



Join us to get gardening tips and help from expert gardener

Sandra Reardon, Private Gardener and former Children's Education Garden Instructor Tower Hill Botanic Garden. Sheila Casey, Coordinator and others

978-733-4076

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, Lancaster, MA 01523 (behind the Library and War Memorials)

Leominster Office: Leominster
Veterans Center, 100 West Street,
Leominster, MA 01453. 978-534-7538

Lancaster Veteran Services provides the following:
VA Healthcare applications, VA Disability Claim

- *applications, VA Widow Pension
- *applications, VA Widow/Survivor Benefit applications, VA Burial
- *Benefits applications, VA Veteran Cemetery applications, VA Grave
- *Markers/Symbols, State Veterans Benefits applications, Obtain
- *Military discharge/cords, Obtain
- *Military medals/decorations



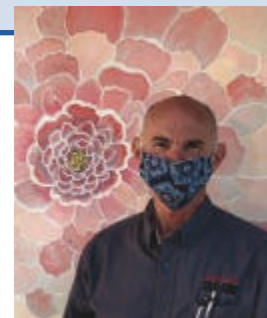
TRANSPORTATION

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 & 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

VAN IS AVAILABLE FOR
MEDICAL APPTS BY
RESERVATION ONLY!
SORRY! NO SHOPPING
UNTIL WE ARE APPROVED

Voluntary Water Usage Ban
until further notice to help conserve water.



Per Lancaster Water Dpt.



Farmer's Market Coupons
Arriving Soon! Reserve yours

Please join the list to get coupons for fresh produce from Farmer's Markets and certain vendors

Don't miss this chance to enjoy \$25 of 'free' produce from some of our best farms!

Limited Coupons available.

Reserve your booklet now with Dave at
978-733-4076

GROWING PLACES

MOBILE MARKET IN COLLABORATION WITH WHEAT COMMUNITY CONNECTIONS

Are you having a difficult time getting fresh affordable fruits and vegetables right now?

Come to the Mobile Market to purchase local produce using your SNAP and HIP dollars. HIP **DOUBLES** your SNAP purchase for local produce. If you have SNAP, you have HIP. We also have shelf stable meal packs for those who would like.

DATE: Wednesdays, starting April 29, 2020

TIME: 4:00 pm to 4:45 pm

LOCATION:

Bigelow Gardens
449 Main St, Lancaster, MA

For more information contact Growing Places at 978-598-3723



OUTREACH AND SCAMS ETC

Hello Friends,

One of the things I've learned from this loooooong period of isolation is how important it is to be flexible. Cancelled events and milestones, along with adjusted expectations, are now common, daily occurrences, requiring a sense of humor and a shift in perspective. My outreach colleagues and I have discussed the following helpful pandemic tips, which I'm passing on to you:

Your stimulus check could arrive in the form of a debit card that looks at first glance like an unsolicited credit card (see image lower right) with **Money Network Cardholder Services** as the sender. If you threw it out, call 1.800.240.8100 (TTY: 1.800.241.9100) and choose the menu option "Lost/Stolen" for a replacement! Another card that might be **mistaken for junk mail is the Pandemic EBT (P-EBT)** card, which is being sent to families with students who qualify for free and reduced lunches. You can use these benefits wherever SNAP benefits are accepted. Just like a bank debit card, the P-EBT card needs to be activated with your child's case number, sent as a separate letter. So keep your eyes peeled! If you or your family is in need of food, contact Project Bread's FoodSource Hotline at (800) 645-8333 (TTY 800-377-1292). You can call us too for local food pantry referrals—many are still open, staffed by their amazing staff and volunteers.

Call this Number! Do you have a family member in a Massachusetts nursing home? Are you having difficulty contacting your loved one? Governor Baker's Nursing Home Family Resource Line (617) 660-5399 works to get you information in a timely manner.

Check out the Community/Senior Center!

Many of our programs have been moved to an online format, and we are open for business by email or phone for any of your outreach questions. The COA (Care of All) program for seniors in Lancaster and others who are self-isolating is still accepting applications (and gratefully accepting volunteer angels!). If you need or can give a helping hand, we want to hear from you:

mtrottier@lancasterma.net or 978-365-3326 ext 1109.

Take care and stay in touch!

Melanie

LANCASTER OUTREACH

NEED HELP

- ◆ Transportation
- ◆ Housing
- ◆ Food Stamps (SNAP)
- ◆ Fuel Assistance
- ◆ Health Insurance
- ◆ Budget and Taxes
- ◆ Fitness
- ◆ Caregiving Issues
- ◆ Visits

Office hours:
Mon 1-5 pm
Wed 1-5 pm

Other times by appointment





176 WATER STREET | CLINTON, MA 01510

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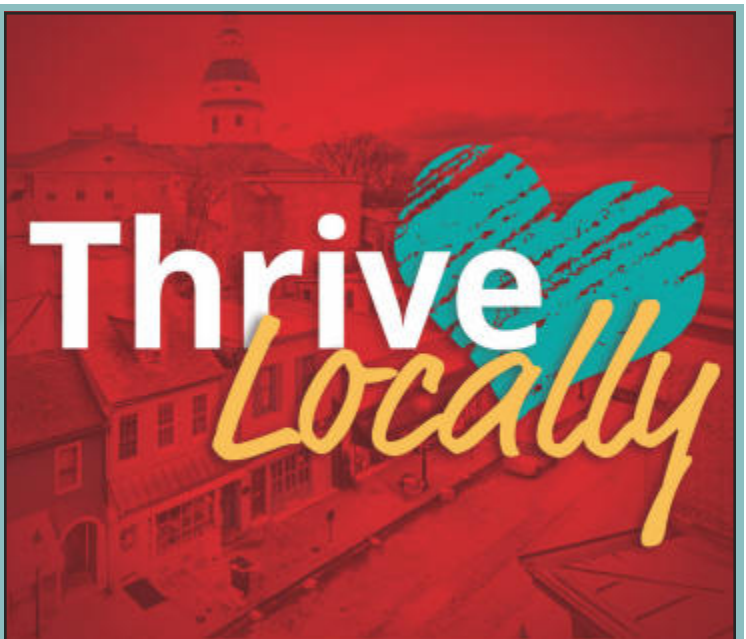
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- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

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Join us for virtual Crafting with REAL craft products when you are done you will have supplies to continue making cards on your own.

Crazy Crafternoons Continue!

Zoom ~ Card Crafting with Jo!
July 23rd 2 p.m.



Join us to learn the basics as you experiment with your own 'to keep' kit. You will learn skills, and have basic supplies to make all kinds of pretty homemade cards. By the end of class you will have created a Mystery Card, and still have supplies/tools to make cards for the future. These elegant cards are a gift in themselves, the skills you acquire, priceless!

Instruction, specialty papers, stamps acrylic blocks, ink and 'bling' included \$10. Please bring scissors, glue and a sense of humor!

Class limited to 8 people so instructor can give you attention

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

UPDATE

United States[™]
Census
Bureau

Census Dates 2020

What to expect!

We will help you if you are having trouble answering the Census

- ◆ May 27 – August 14: Census takers will interview homes that haven't responded to the 2020 Census yet.

*It's not too late to be counted!
Lancaster needs YOU to be counted!*

CONNECTIONS!



(FREE! NO EXCUSES ACCEPTED)

A cooperative venture with the Lancaster Community Center,
Nashoba Valley Rotary & 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-judgemental 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 BINGO 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!



To join call or write
Alix 978-733-1249 ext 1102 Lv msg.



Glass Garden Ornaments or Garden Totems* August 11th at 1

Create a great gift, or treat your garden to a suncatcher to jazz up your garden. Your totem

will be made of found, upcycled repurposed finds. You might make a crystal clear totem or a colorful whimsical one. Either way this great project will inspire you to start creating gifts, or maybe a new business. Outside together we must limit this class to 8. Mask are required. Tools, kits etc. provided. Bring any special objects you would like to incorporate

Materials and instruction: \$13 Lancaster seniors/\$15 others

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