



# COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

## JULY, 2021

### SAVOR SUMMER IN LANCASTER

- ◆ Enjoy Wednesday Evening Concert
- ◆ Fireworks -Clinton July 10th!
- ◆ Cool off at fabulous town beach!
- ◆ Go Blueberry picking! Or buy at the Friends Farmer's Market.
- ◆ Enjoy local sweet corn
- ◆ Ice Cream Wars– Rota's vs Kimballs?

Save the Date: Aug 24th BIG 10th Party!



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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: coadmin@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

Greetings,

I cringed as I listened to people planning for Lancaster's rosy future. You know this is out of character for me, after all I love our hometown and see great things ahead, but I am worried. Participants in the meeting said, 'now that Covid is over' and went on to look forward. Believe me, like you, I want this to be done and I share your hopes for our future. Trust me it is not over. Someone sent me a meme that says it all - it reads *"The relaxation of isolation rules does not mean that the pandemic is over, it means they currently have room for you in the ICU. Make good choices."* How true.

Want to be shocked. Lancaster once again leads the way - this time to the bottom of the heap, as I write less than half of our residents are vaccinated. We stand out as one of the worst vaccination rates in the state. This is sad. Why am I so concerned, you ask? After all, it is people's choice- right?! It is - but not a good one. Your choice not to vaccinate puts other's health, our economy and frankly our quality of life at risk. I know the arguments: it is 'my body' - it is, and I have heard people say "I take care of myself" .. I won't die...trust me that is the one that really confuses me. If you took care of yourself, why would you not get a vaccine?

This is NOT new technology, mRNA has been used as a basis of vaccines for ten years- for example as the basis for the Ebola vaccine. We don't have Ebola vaccines here- yet- but you better believe when/if we do I will roll my sleeves up. mRNA is the basis for other vaccines. Guess what? The new flu shot and other vaccines are now going to be using this technology. This does not change your DNA.

This was rushed. Well compared to governments usual slow, bureaucratic approach, it was fast, but not because it was rushed. YOUR tax dollars and mine funded 'parallel' testing and trails, paying researchers OT and retooling- people literally worked around the clock. I personally know people who were in trials a year ago. (continued on Health page 4)

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Contact **Lisa Templeton**  
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# COMMUNITY CENTER



## 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](http://www.ci.lancaster.ma.us)

Facebook [www.tinyurl.com/lancastercc](http://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, 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, 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](mailto:aturner@lancasterma.net) or visit the Lancaster website.

### COVID-19 UPDATES and RESOURCES

We are always here to help you with information or referrals. Lancaster Board of Health has hired a COVID coordinator, Tracy Gagnon. For questions or assistance call the Board at 978-365-3326 ext 1310



### CORONAVIRUS UPDATES

**So glad to be back! And following Governor Baker's orders**

- ◆ We are **OPEN!** Many fitness classes are outside or spaced in the gym, or hybrid.
- ◆ We are **HYBRID** for crafts online, some classes, delivering meals SHINE and Counseling assistance!
- ◆ **MEALS and TRANSPORTATION** are up and running— off site of course. Soon we will return to fully open status.

**Stay tuned for updates— join our mailing list on line.**  
978-733-4076 or [aturner@lancasterma.net](mailto: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.

## HEALTH AND HOME

*Continued from thoughts...regarding COVID*

It's risky to be vaccinated. I can't argue with that. There is a risk- to everything. Sitting on your couch has risks. We have lost friends, neighbors and what really scares me are the long haulers. I am talking about young people, or people you know who WERE strong healthy people, no longer. Strokes, clots, amputations, respiratory issues and cardiac issues threaten those that survive. What breaks my heart are the kids. Never mind the mental health impacts of isolation but if they contract Covid the health risks are real. Most kids are asymptomatic but as we learn more we realize symptoms may be harder to detect- circulatory, and cardiac issues etc. I have heard horror stories of amputations and more. The vaccine has a small risk, but given the choice I will take the controlled risks over the long haul risks.

Finally. let's look to the big picture. With over half our population not vaccinated there is a strong chance Lancaster will go 'red' again ... soon. Delta is here and poses a greater threat. This is going to cost us. Prepare to close schools, limit or close businesses, threaten jobs, strain our local medical, and first responders'. So, if not for yourself, think about this for our community.

I am fairly analytical. I balance risks and rewards. I see my personal risks as pretty low and controlled, the risks to my friends and family and those that love me are high (if I don't vaccinate). The rewards- BIG! 1. Freedom is priceless. Walking into a store and not fearing the person beside me may have Covid- very liberating. 2. The Vax lottery-I can dream! I just entered, and if I win we are going to have a big party- on me!

Life has risks, and rewards. This is an easy decision- roll up your sleeves, and take your best shot.

*Alix*

*Best place to take your shot? Anywhere! We can book same day at local pharmacies OR Tracy Gagnon will help you. (978) 365-3326 x 1078*  
[tgagnon@lancasterma.net](mailto:tgagnon@lancasterma.net)

### **Lancaster COVID-19 Vaccination clinic:**

**Tuesday, July 27<sup>th</sup> 3-6pm**

College Church, 337 Main St. South Lancaster  
(Pfizer vaccine for ages 12+)

*Free Refreshments and Bravehearts Tickets for Vax!*

Thank you Pastor Rom & Ed Collins of The College Church

### **Clinton Covid Clinic**

Elementary School-100 Church Street, Clinton

**Wednesday, July 21st 8am-1pm**

**Wednesday, August 11th 8am-1pm**

(Pfizer and Johnson and Johnson offered)

*Free Refreshments and Bravehearts Tickets for Vax!*

Thanks to Clinton BOH, School Department. Outreach for Lancaster Adult Ed, ESOL clients) and more.



**SUPPORT THE  
ADVERTISERS**  
*that Support  
our Community!*



**FREE!**  
**Farmers Market**  
**Coupons**

*Are in*

\$25 of FREE coupons so you eat well while supporting local farmers good for any senior (over 60) and income eligible at approved vendors. Lancaster Residents first please. Come and get them!

9 until 12, Monday - Thursday. All income eligible seniors are welcome to these great coupon booklets good at any approved vendor for \$25 of FREE produce or honey. A really great program. Get yours while they last. One per household

**Taxes got you down?**

**Help us, and help yourself.**

Want to help your town?

While working for a reduction in your taxes. Call us about the-

**Senior Tax Abatement Program**

Are you 65 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 us to learn more.

Phone 978-733-1249 press 4  
aturner@lancasterma.net

**Free!**

**Drop in or By Appointment**  
**Well Adult Health Clinic**  
**4th Tuesday of each month**  
**9 a.m.—10 a.m.**

*Try the pancakes and stay and maybe the decaf! Then*

*Meet Lenny, our nurse for blood pressure monitoring, glucose, oxygen and more.*

*To reserve call 978-733-4076 by Noon Monday prior*

*Thanks to the VNA Care.org*

**Are You OK? Home alone?**

Would you benefit from a friendly call from Nashoba Dispatch to check on you daily? This free service is available to any resident who would like to be checked on.

*Details at the Center or 978-733-4076*

*Get Dirty Garden Club*

Join the Club for workshops, tips or just to help out in our Gardens. Join the waiting list for next year. Eat well, live well!

Potatoes are looking amazing this year, an no bugs? Shhh

Dill is great too— try this!

*Credits to my friend Denise of Stockbrige Farm.*

**German Potato Salad**

- 2 pounds small waxy potatoes, cut in half
  - 1/4 cups extra-virgin olive oil
    - 1/2 chopped onion
  - 1/4 cup apple cider vinegar
    - 4 scallions, thinly sliced
- 2 tablespoons chopped, fresh dill
  - Salt and pepper to taste

Bring saucepan full of lightly salted water to boil, add potatoes. Boil until slight resistance when you pierce them w a paring knife. Drain, transfer to bowl. In a pan drizzle oil, bring to heat add chopped onion saute til soft add vinegar. Add to potatoes, with scallions and dill, salt and pepper— toss. Serve at room temperature! Yum.

**Medical Equipment Loan Program**

We have Crutches, canes, commodes, wheelchairs + some first aid, incontinence supplies, and more to loan or in some cases keep, or to drop off excess

Our surplus is donated to charities!

(978) 733 4076

aturner@lancasterma.net  
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 4th Wed. Noon**

Unitarian Church, 90 Holden St. Worces-

# HEALTH & FITNESS

**CALL FOR PASSWORDS**



**Get into Shape for Summer!**  
**IN PERSON AT THE CENTER!**

## **Strength & Weight Training**

**SATURDAYS— 9 AM (Zooming, too!)**

*Check in 10 minutes early please*

**ZOOM Meeting ID: 907734542**

Get in shape—get rid of 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 50 plus.*

**FREE TRIAL**  
**in June!**

## **Kirtan Kriya** **Monday Morning Meditation**

**Mondays at 9:00 a.m.**  
***In person or by Zoom***

Studies prove meditation improves memory, reduce stress, sleep better and enhance your mood & well-being as we explore Kirtan Kriya meditation. This 1000 year old meditation practice stimulates the senses, awakens the brain, and rejuvenates your energy. Looking forward to meditating together.

**Instructor: Dana Winsmann**

**ZOOM ID: 844 3931 7311 Passcode: 01523**

## **Tai Chi and Quigong**

**TUESDAY at 9am**

**Outdoors under the trees or Zoom it!**

**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** **Wednesday Mornings at 9 a.m.**

In-person or Zoom!

**Summer Series**

## **Patio\* Chair Yoga**

**Thursdays through Aug. 26 10:30 a.m.**  
**(call 978-733-4076 for details)**

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

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

**ZOOM Meeting ID: 433492564**

On the patio or indoors depending on weather. 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.

In-person or Zoom

## **Hatha Yoga**

**Mon. @ 11:15 a.m.**

**Meeting ID: 742183799**

Try it! First class is free. 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.

***Now in THE GYM, or outdoors or on Zoom!***

***We provide mats and water!***

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

## **BACKSTAGE GYM is OPEN!**

**Monday thru Friday, 9AM-6PM (last entry at 5pm)**

**PLEASE RESERVE TIME IN SIGNUPGENIUS!**

**<https://tinyurl.com/backstagegym>**

**PICKLEBALL IS OUTSIDE FOR THE SUMMER!**  
**SEE YOU IN THE FALL!**

# FRIENDS, NEIGHBORS AND ALL AGES FUN



**Nashoba  
Neighbors**

BERLIN • LANCASTER • BOLTON

*Introducing*  
**nashobaneighbors.org**

Our new website is up and running!

Please take a look around to see who we are and how we will help older adults remain in their own homes.

While you are there, we invite you to sign up for our email list.

*Let's stay in touch!*

nashobaneighbors.org

978-218-8025

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You shop. Amazon gives.

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.*

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-

## Free Computer, IT & Phone Help

With Jon Roper *after Pancakes*

8:30am on - Drop in! Jon will help with your laptop, or our computer iPad or phone.

*Thanks to Jon Roper - our hero!*

**Tuesday mornings 8:30 a.m.  
(or by appointment)  
Call 978 733 4076**

**ALL are Invited!** Support the Friends and Eat well!

**Tuesday Morning Friends Farmer's Market  
On the patio-701R Main St.**

*Thanks to Rota Springs & local farms for support*

- ◆ July- while they last.
- ◆ Local Blueberries are in! only \$4 pt
- ◆ Corn is here.- first of the season 50 cents per
- ◆ Plus fresh spring onions and more! Come shop

Tuesdays from 8:30-1 or until gone.



*We are back!*

**Friends of Lancaster  
Seniors, Inc.**

**All Ages**

**Pancake Breakfast  
Every TUESDAY Morning!**

On the patio or inside the Center

8:00am - 10:00am

**\$3**

*All you can eat!*

Blueberry and plain pancakes, French toast (gluten free or regular) sausages, scrambled eggs,

orange juice, coffee /tea/milk.

All you can eat!

**GOT NEWS? Let us know! We will share it for you .  
aturner@lancasterma.net**

# JULY ACTIVITY CALENDAR

## July 2021

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

| Monday                                                                                                                                 | Tuesday                                                                                         | Wednesday                  | Thursday                                                                   | Friday                                                                                             | Saturday                                                |
|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------------|
| 28                                                                                                                                     | 29<br>Tai Chi 9-10am<br><br>Pancakes! 8:00-10am<br><br>Yoga 11:15<br>Mtng ID: 742183799         | 30<br><br><br>MAHJONG 10am | 1<br><br><br>Chair Yoga 10:30<br>Mtng ID: 433492564<br><br>BRIDGE - 1-4pm  | 2                                                                                                  | 3<br><br><br>Strength Class 9:00<br>Mtng ID: 907734542  |
| 5<br>CLOSED FOR HOLIDAY<br>                          | 6<br>Tai Chi 9-10am<br><br>Pancakes! 8:00-10am<br><br>BINGO! 1pm<br>Mtng ID: 807642080          | 7<br>MAHJONG 10am          | 8<br><br><br>Chair Yoga 10:30<br>Mtng ID: 433492564<br><br>BRIDGE - 1-4pm  | 9                                                                                                  | 10<br><br><br>Strength Class 9:00<br>Mtng ID: 907734542 |
| 12<br>COA Meeting 8:30<br>Mtng ID: 85212560797<br>Yoga 11:15 ZOOM<br>Mtng ID: 742183799<br>Kirtan Kriya Meditation<br>9am - see page 6 | 13<br>Tai Chi 9-10am<br><br>Pancakes! 8:00-10am<br><br>BINGO! 1pm<br>Mtng ID: 807642080         | 14<br>MAHJONG 10am         | 15<br><br><br>Chair Yoga 10:30<br>Mtng ID: 433492564<br><br>BRIDGE - 1-4pm | 16<br>Crazy Crafternoon<br>11am-1pm<br>At the Center!<br>Mtng ID: 862 8069 5141<br>Passcode: 01523 | 17<br><br><br>Strength Class 9:00<br>Mtng ID: 907734542 |
| 19<br><br><br>Yoga 11:15<br>Mtng ID: 742183799<br><br>Kirtan Kriya Meditation<br>9am - see page 6                                      | 20<br><br><br>Tai Chi 9-10am<br><br>Pancakes! 8:00-10am<br><br>BINGO! 1pm<br>Mtng ID: 807642080 | 21<br>MAHJONG 10am         | 22<br><br><br>Chair Yoga 10:30<br>Mtng ID: 433492564<br><br>BRIDGE - 1-4pm | 23                                                                                                 | 24<br><br><br>Strength Class 9:00<br>Mtng ID: 907734542 |
| 26<br><br><br>Yoga 11:15<br>Mtng ID: 742183799<br><br>Kirtan Kriya Meditation<br>9am - see page 6                                      | 27<br>Tai Chi 9-10am<br><br>Pancakes! 8:00-10am<br><br>BINGO! 1pm<br>Mtng ID: 807642080         | 28<br>MAHJONG 10am         | 29<br><br><br>Chair Yoga 10:30<br>Mtng ID: 433492564<br><br>BRIDGE - 1-4pm | 30                                                                                                 | 31<br><br><br>Strength Class 9:00<br>Mtng ID: 907734542 |

**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*

**Summer Fun Cards!**

Friday, July 16, 11am-1pm

IN PERSON or **ZOOM.US**

Meeting ID: 862 8069 5141 Passcode: 01523

Register: 978-733-4076 or

[coadmin@lancasterma.net](mailto:coadmin@lancasterma.net)

**IN-PERSON BINGO**

**TUESDAYS 1-3**

**AND ON ZOOM**

Everyone is welcome!

Join your Bingo Buddies or make some new friends.

<http://zoom.us/join>

Meeting ID: 807642080



**BRIDGE IS BACK!  
Thursday, 1-4pm**

Area residents are invited to join us for friendly bridge Thursday afternoons. Come to the Center for friendly bridge games with nice people and nice snacks. All free! Suitable for all levels, novice to pro. We provide the cards, teachers, and friends.

**AMERICAN MAHJONG LESSONS**

FREE! WEDNESDAYS 10:00 A.M.

Keep your brain 'fresh and supple', play Mahjong! A great game played with 152 tiles, dealt in 'hands'. Fun people willing to help teach.

**Join fun people willing to help**






JOIN US FOR THE

# SHERIFF'S ANNUAL SENIOR PICNIC

FREE DRIVE-THRU SPECTACULAR

**FREE CAR WASH TOO!**

---

**21 AUGUST 2021** | **11 AM START**  
**1 PM ENDS**

SAC Park 438 Lake St, Shrewsbury, MA 01545

---

BBQ MEAL • ORGANIC PRODUCE • ICE CREAM • TONS OF GIVE AWAYS • RAFFLE BONANZA

**ABSOLUTELY MUST REGISTER BY AUGUST 5TH TO ATTEND!**

DOSTIGUY@WORCESTERCOUNTYSHERIFF.ORG  
508-796-2638

Sorry, No Extra Bags to Go. Must Be Present To Participate.

---

Sponsored by: Worcester County Reserve Deputy Sheriff's Association

## Celebrate OUR BIG 1-0!



**August 24th 4-7**

*The Lancaster Community Center turned 10 in June.*

**Thank you Sandee's for sponsoring our party!**

- ◆ Live music with Blackstone Soul- dancing too!
- ◆ **BBQ by Sandee's** featuring *grilled Chicken or Pulled Pork Only \$5 by reservation 978-733-4076 by Aug 21*
  - ◆ **Bingo! Field games! Adults and kids**
    - ◆ **Bouncy House!**
  - ◆ **Dunk tank with Lancaster's finest targets -you can guess!**
    - ◆ **Raffles!**
  - ◆ **Lancaster information tables!**
- ◆ **Call with questions or to volunteer! See you soon.**

# MUNICIPAL NEWS, UPDATES

## Library Services

\*\*\*\*\*

### Thayer Library IS OPEN

Monday: 10-8  
Tuesday: 12-8  
Wednesday: 10-8  
Thursday: 10-8  
Friday: 10-5  
Saturday: 10-2

PLEASE NOTE: The library requests that all patrons continue to wear a mask in the library. Curbside service is still available.

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 WILL BE STARTING IN JUNE!

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  
MEDICAL TRIPS,  
SHOPPING  
AND  
ERRANDS! NEED A  
RIDE?  
CALL US!**

## VETERANS SERVICES DEPARTMENT

**Richard Voutour** 1st SGT  
USMC RET—Veteran Services  
Officer

**Contact:** rvoutour@leominster-ma.gov  
**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



Thayer Memorial Library and Rosemary Davis Nature Series present:

# Wingmasters

bringing LIVE "New England Birds of Prey"  
to the library for an outdoor event

Thursday, July 29 at 1:00 p.m. behind the library. Recommended ages 6 and up

Funded by the Rosemary Davis Memorial Fund Grant from the Greater Worcester Community Foundation



# OUTREACH

## News from SHINE

(Serving Health Insurance Needs of Elders )

*Specific questions? Call us for personal appointments with our very own SHINE counselor Barb Blom.*

### Medicare Preventative Benefits!!

Did you know that Medicare Part B covers approximately two dozen preventive benefits, often at no or low cost to you? These benefits include services such as your flu and pneumonia shots, screenings for various health conditions (e.g., heart disease and certain types of cancer), and options to help you stop smoking. Preventive care may help to keep you healthier by preventing illness or detecting medical conditions. For more details you can visit our website [www.shinema.org](http://www.shinema.org) and click Part B Preventative Services under the Medicare Tab.

### Mail from Mass Health

We want to remind you of the importance of opening and responding to any Mail you get from MassHealth. These mailings often have deadlines involved and you have to respond to MassHealth by a specific date or lose your MassHealth coverage. **If you get mail from MassHealth that you do not understand you should contact a family member or friend for assistance. If neither is available you can contact us!**

## LANCASTER OUTREACH

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

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

**Looking for job?  
Want to help  
Your neighbors?**

**We are hiring for a Part  
Time Community Services**

**Liaison**

[https://www.ci.lancaster.ma.us/  
home/pages/employment-  
opportunities](https://www.ci.lancaster.ma.us/home/pages/employment-opportunities)  
[communi-](#)



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**Thomas R. Comeau**  
FUNERAL DIRECTOR

**(978) 365-6872**

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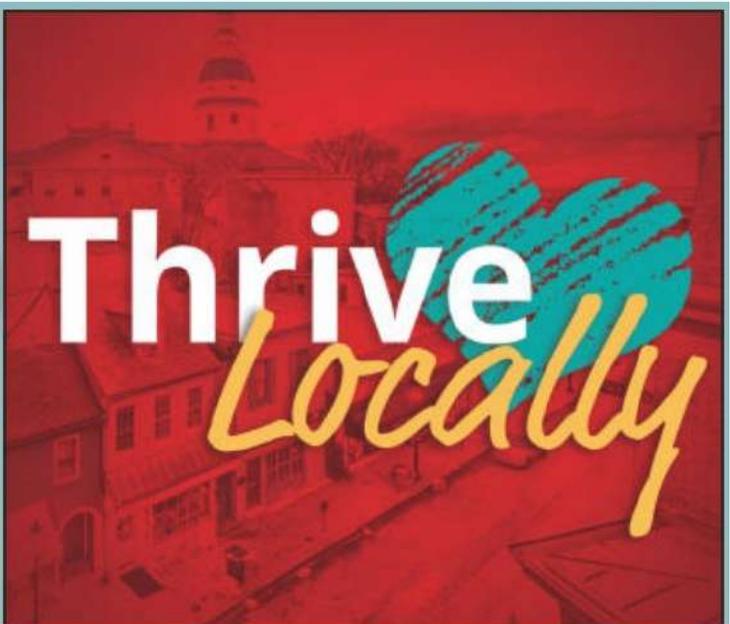
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BRING YOUR PASSION.  
WORK WITH PURPOSE.**

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Expense Reimbursement | Travel Required**



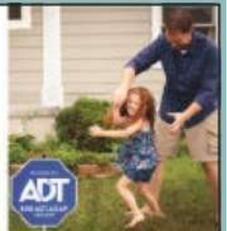
Contact us at: [careers@4lpi.com](mailto:careers@4lpi.com)  
[www.4lpi.com/careers](http://www.4lpi.com/careers)



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1-855-225-4251

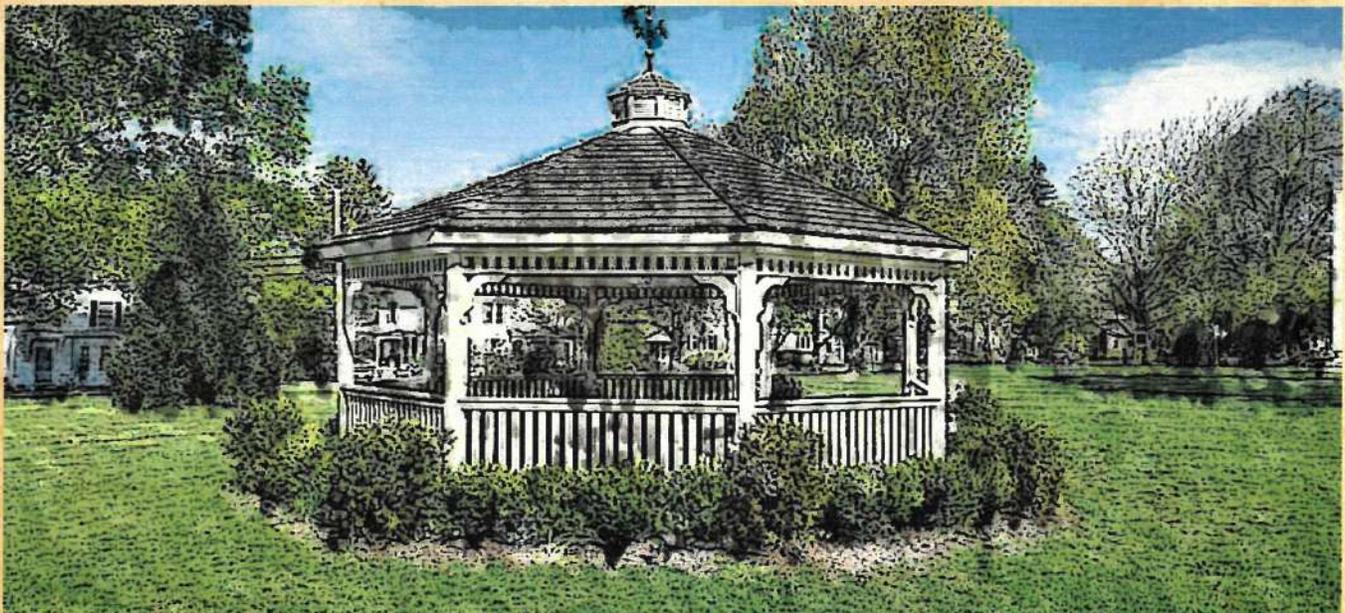
## AROUND TOWN

The Friends of the Thayer Memorial Library  
Present

# MUSIC ON THE GREEN

717 Main Street, Lancaster  
Wednesday Evenings at 6:30 pm  
June 30 through July 28, 2021

Sponsored by  Clinton Savings Bank

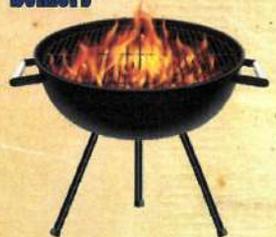


6/30 Cosy Sheridan with Charlie Koch  
7/7 Pastiche  
7/14 Seth Connelly & Ted Powers  
7/21 Endless Possibilities  
7/28 The Jim Atkinson Band

The Friends of the Lancaster Seniors

*Barbecue*

Featuring Kalon Farms  
hamburgers and sausages  
Starting at 5:30 pm



In case of rain,  
the concert will be held in  
The First Church of Christ