



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

# Community Crier

Jay Moody Chair, Judie MacLean, Frank MacGrory, Nicole Kanis, Jo St. Angelo, Michelle Jones, Michele Macdonald,  
June 2017 (978) 733-1249 , fax (978) 733-4076 Alexandra Turner, Director. Melissa Pelletier, Marilyn Largey

*Join us!*

## Open Houses The BackStage Gym

Monday June 10th

5p.m.-7:00 p.m.

Tuesday, June 11th

9:00-11 a.m.

*Refreshments, Fitness Evaluations and  
more. Details inside.*

**Ribbon Cutting TBA**

*Thanks to the Friends of Lancaster Seniors*

## Sue's Kitchen

**June 7th 2019 Noon**

*Shrimp Scampi with Homemade Fettuccini and  
Homemade Tiramusi*

**July 12th Noon**

*Grill, Baby Grill!*

*Assorted Grilled Vegetables and Meats*

**Tickets Required. Seating Limited: \$5**

## *Thoughts from the Director*

Happy Anniversary to us! The Center is officially seven years old this month-boy have we grown, and still growing strong. We are excited about initiatives coming soon. Twelve years ago the Center was conceived as a product of the Master or Comprehensive plan. Extensive surveys and focus groups concluded Lancaster residents wanted a place for all ages to call their own, to relax, learn and socialize. Seven years ago this month The Lancaster Community Center (LCC) opened as a Senior Center, and Veterans and Recreation, Cable TV and more. Overtime we realized the wisdom and efficiencies of the past at the expression goes 'what is old is new again'. Now we share a Center blending generations and their interests into an All ages Center. No silos here! Our Center has become a model many towns have followed -it makes sense. Adults want recreation, kids a place to hang out, many enjoy our community garden and a **place to 'play' with friends**. **Twelve years ago at the time of the planning I thought, 'ya all those would be nice' but how.....** With town support, funding, and thousands of volunteer hours, grants and sheer determination-we see the dream realized! We did it and are growing better each day. Each day I hear compliments about how vibrant, and homey our Center is. It makes me happy when I hear the giggles of people playing Pickleball, the joy of the kids trying something new from their garden or watch the good friendships flourish that began right here. Thanks to a grant from the Friends of Lancaster Seniors and a very generous donor we will soon debut the Backstage Gym (details inside). SMASH (Super Mario video gaming) tournaments are back too. Literally something for everyone. *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 this month 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. I hope you are able to join us and if you have not volunteered this year we hope to see you at next years party!

Hope to see you soon, Alix

## 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!

Tuesday is  
Pancake Day  
Everyone is invited!  
Senior Center  
Tuesday mornings  
7:00 AM~ 9:00 ish

\$3

*Suggested donation*

Chef Extraordinaire

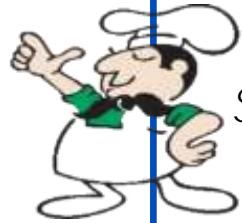
David James

Weekly pancakes sand French

Toast

Sausage, eggs, fruit

Juice & coffee &



### **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.**



It takes a  
Village.



Interested in Aging in Place? Do you think it is important to support the community so residents may Age in Place (Stay in their homes). Come learn about one tool Lancaster and Bolton is exploring.-

The Village Concept  
Discussion

***June 5th@ 7 Bolton Library***

Can't make it? Need more information ? Call  
Alix at 978-733-1249 ext 1102



## 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)

And on 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, 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](mailto:aturner@lancasterma.net)

# Health & Fitness

To insure a space please pre-register at 978-733-4076 or [mpelletier@lancasterma.net](mailto:mpelletier@lancasterma.net)



## Lancaster's

### Keep Moving Walking Club

#### OUTDOORS

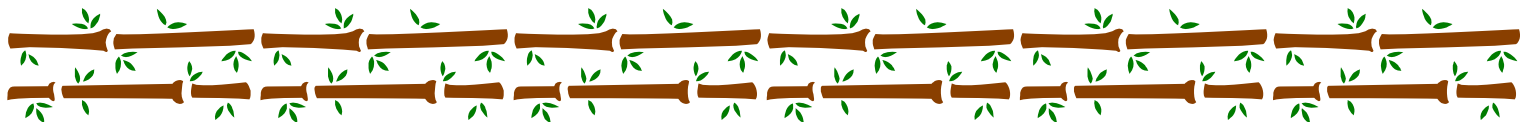
WHEN: TUESDAY 9:00-10:00 A.M.

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

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.*



OPEN HOUSE FOR THE BACKSTAGE GYM  
AT THE LANCASTER COMMUNITY CENTER

MONDAY, JUNE 10TH 5:00-7:00 PM  
TUESDAY, JUNE 11TH 9:00-11:00 AM

COME SEE THE STAGE GYM AND ALL OF THE EQUIPMENT  
PROVIDED BY THE FRIENDS OF THE SENIORS

A FITNESS INSTRUCTOR WILL BE THERE TO ANSWER  
QUESTIONS. THEN, YOU CAN SIGN UP FOR TRAINING OF  
THE EQUIPMENT

HAVE FUN, GET FIT, FOR FREE!

LIGHT REFRESHMENTS SERVED

ENTRANCE TO THE BACKSTAGE GYM IS AT THE FRONT OF THE COMMUNITY CENTER

# 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.

Lancaster Community Center

\$3 Call first as we may be outside!



**Get into Shape for Summer! All ages.**

**Strength and Weight Training**

Fridays May 31-June 28<sup>th</sup> 5 week session

11:00 a.m.-11:45 a.m.



Get in shape for summer with this five week class. . Strengthen your core, improve your flexibility, work on your balance while working out in air conditioned comfort with resistance training and weights. *All ages and abilities will benefit.* Lancaster Seniors (50 and over ) Series price \$30 all others \$45 for all others. Call to reserve. Limited space. 978-733-4076

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!**

Thursday Evenings 6:00-7:00 p.m.  
Lancaster Community Center  
**No Partner? No Problem!**

Learn from the best! Jim Cole has repeatedly been voted best and his students agree. A fun casual class for beginners and pros alike. No partner, no problem! Come alone or bring friends. Great exercise, good for the body and mind and yes your social life. Call for information on which dances are currently taught. Choose from Waltz, Rhumba, Cha Cha 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](mailto:aturner@lancasterma.net) or 978-733-4076



## Medicare Outpatient Observation Notice (MOON)\*

For some being in the hospital can have devastating financial consequences if a patient is ‘held for observation’ rather than being admitted. You have a right to know what your status is. Two hospitalized seniors may receive the exact same treatments and tests, but one of them is inpatient and the other an outpatient.

A study conducted by Brown University found there is a growing number of elderly patients “under observation” rather than admitting them as inpatients. “Observation” services are considered outpatient services and are billed and covered differently by Medicare. Patients considered as ‘Observation’ pay a Part B deductible and 20 percent of the Medicare-approved cost for each test and treatment they receive. They may also have to pay full price for any prescriptions they receive during their hospital stay. Supplemental insurance plans will differ in what the patient actually owes.

This billing practice not only affects coverage of the services and products a patient receives while in the hospital but also affects how their care is covered after being discharged. A three-day inpatient hospital stay is required to qualify for Medicare coverage of rehab care in a skilled nursing facility. If a patient never fulfills this three-day requirement, then the full cost of post-discharge care in a nursing home must be paid for out of pocket.

According to Medicare.gov, a patient may receive a Medicare Outpatient Observation Notice (MOON) that lets them know they’re being treated as an outpatient in hospital or critical access hospital. A patient who is getting outpatient observation services for more than 24 hours **must** receive this notice no later than 36 hours after outpatient services have begun. This may be too late from a billing perspective. The MOON will explain why the senior is an outpatient getting observation services, instead of an inpatient. It will also explain how this may affect personal care costs incurred while in the hospital and following discharge.

The Center for Medicare Advocacy (CMA) urges caregivers and family members to find out the status the day a patient enters the hospital and advocate for admission vs observation with the physician and social worker. If your loved one can return home safely, the CMA suggests that you ask the hospital or community physician to order home health care. So long as your loved one is homebound (i.e. leaving home requires a taxing effort and occurs infrequently) and requires skilled nursing care or physical or speech therapy, Medicare should pay for short-term in-home care services. If this is your plan of action, be sure to have this care set up as part of the discharge plan before leaving the hospital.

Excerpts from article: “Hospital Observation Status Can Be Financially Devastating for Seniors” by [John L. Roberts](#), April 8, 2019

\* Enacted August 6, 2015, the Notice of Observation Treatment and Implication for Care Eligibility Act (NOTICE Act) requires hospitals and Critical Access Hospitals (CAH) to provide notification to individuals receiving observation services as outpatients for more than 24 hours explaining the status of the individual as an outpatient, not an inpatient, and the implications of such status.

<https://www.cms.gov/newsroom/fact-sheets/medicare-outpatient-observation-notice-moon>

<https://www.medicare.gov/what-medicare-covers/what-part-a-covers/inpatient-or-outpatient-hospital-status-affects-your-costs>





Central Massachusetts  
Agency on Aging, Inc.



# ElderCare 2019

Educational Event for Seniors Including Raffle Bonanza!!

FREE ADMISSION | FREE EDUCATIONAL EVENT | FREE PARKING

## 12 Dynamic & Distinguished Speakers

Dr. Michelle Hadley, Cardiologist - St. Vincent Hospital

Worcester County Sheriff - Lew Evangelidis

Worcester County's Finest - First Responder Panel Featuring  
WPD Chief Steven Sargent & District Attorney Joseph D. Early, Jr.

Dr. Justin Maykel - Chief of Colon & Rectal Surgery at  
UMass Memorial Health Care

Special Retirement Celebration - Dr. Robert Dwyer, CMAA Executive Director

60 EXHIBITORS | DISCOUNTED LUNCH AVAILABLE | BLOOD PRESSURE CLINIC

Wednesday, June 12, 2019 from 9:30 am - 1:30 pm

Worcester State University - Wellness Center  
486 Chandler Street, Worcester, MA

Sponsored by





# A Lancaster Tradition the Strawberry Festival

Sunday Jun 23 @ 4:00PM - 07:00PM

**Lawn of the First Church– Main St. Lancaster**

The annual Strawberry Festival will be held on the lawn of the historic First Church. Come enjoy homemade chicken salad, ice cream, strawberry shortcake and more.

*The festival has been a tradition in Lancaster for nearly 100 years!*

**Blood Pressure and Wellness Clinics**

**Lancaster Community Center**

**OPEN TO ALL RESIDENTS**

**1<sup>st</sup> 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*



## **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.*

## **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**

## Well Adult Clinic~ It is *FREE!*

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



### **VNA Network**

**4<sup>th</sup> 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](http://www.thayermemoriallibrary.org)  
For more details on the upcoming movies \*shhh. We can't name them here but they are good!

Forever  
Young

RSVP

978-733-4076

June 27th

## 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



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

# ABOUT TOWN

THE LANCASTER FIREFIGHTERS ASSOCIATION & AUXILIARY WILL BE HOSTING ITS ANNUAL SPAGHETTI & MEATBALL DINNER ON SUNDAY JUNE 2ND FROM 12PM - 5PM AT ITS HEADQUARTERS - CALL (978) 368-4003 FOR TICKETS



TICKET PRICES ARE:  
\$6 ADULTS  
\$4 KIDS 6 - 12  
KIDS 6 & UNDER FREE



## THE IMMACULATE CONCEPTION CHURCH

Invites you to their



MEN'S CLUB

CHICKEN BARBEQUE

Saturday, June 15 th

11 :00 AM to 2:00 PM.

803 Main St. Lancaster MA

**1/2 chicken, hotdogs, salad, baked potato  
and dessert. Take Out Too!**

**\$8.00 for children and seniors, and \$10.00 for adults.**

**Main St. Tickets at the Door.**

**Hope to see you there!**



**Saturday June 1st 9-1 p.m.**

**Florence Sawyer School Bolton.**

**FREE!!! All Welcome!**

*What is a Repair Café? A volunteer based project of handy community members who will help fix your broken belongings for FREE! Reuse! Better than recycling! Meet Friends, make some. A great free project by Nashoba Rotary. Items such as as clean mendable clothing, lamps, small appliances, computers and other electronics, bikes, outdoor power equipment, toys, and jewelry. They can also sharpen knives, scissors, and garden tools. You only pay for needed parts. If you know what parts are needed, please get them ahead of time and bring them to the Repair Café to save time.*

**KIDS TOO!** We will continue our activity for kids at this event. Bring your children or your grandchildren so they can work on taking something apart at the supervised take-apart table to see how it works. Putting things back to-



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

You are invited to join us to celebrate 'Girl' Power!

Come see

## Sarah McGregor's Gold Award Project

with help from special seniors who worked to improve our Center.

**June 17<sup>th</sup> at 6:30 p.m.**

**Light refreshments. Short remarks at 7 p.m.**

**Enjoy some sweet strawberry treats to celebrate!**



The Girl Scout Gold Award is the most prestigious award in the world for girls (and the most difficult to earn), Lancaster's own Sarah McGregor earned her award here at the Center. To celebrate Sarah, her team and our community we invite you to join us. See how they have added their special touches to the Center— making it an even more inviting and healthy place. To learn more about this project make sure you see Sarah's project pictures and listen to her brief presentation.

Hope you can make it! *If you can make it we would appreciate if you RSVP! 978-733-4076*

**Got Stress? Don't we all and it is NOT good for you.**

Join us to learn how to

**Destress your life!**

**Wednesday, June 26 at 12:00 – 1:00 P.M.**

Join us after lunch for some herbal ice tea and treats and learn from Sharon Nolli or Summit Health will teach us how to how to de-stress your life. She will discuss

- Bringing laughter in your life ~ Making healthy choices
  - Socializing~ Exercising ~ Being thankful

**Town Wide Yard Sale-Sat June 15th 8a.m.-1 p.m.**

***On the Green and around town-RAIN OR SHINE***



**\$10 to have your address listed on the interactive map. Tables available on the Town Green. To Learn More and Register:**

**LANCASTERTOWNYARDSALE@GMAIL.COM**

## Classes and Workshops

To ensure a space please pre-register at 978-733-4076 or email [aturner@lancasterma.net](mailto:aturner@lancasterma.net).

### Edible Landscaping: The Latest Garden Design

*with Chef Liz Barbourowner of the Creative Feast*

**Tuesday, June 4 @ 6:00 p.m.**

*REGISTRATION IS REQUIRED AS SEATING IS LIMITED!* This cooking demonstration and food tasting will teach you how to utilize your limited garden space so that it can be productive and beautiful at the same time. This program is funded by the Rosemary Davis Memorial Fund grant from the Greater Worcester Community Foundation.

*REGISTRATION IS REQUIRED AS SEATING IS LIMITED!* Phone 978-368-8928 ext. 4 to register.

### Join us for **FREE Gardening Classes Thursday mornings!**

We have a wonderful instructor. Sandy Reardon, former instructor at Tower Hill Botanic Garden. Please call to reserve. A bed maybe 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](http://www.ci.lancaster.ma.us)  
Or 978-733-4076

Generously supported by





# Your Ticket to FREE Summer Fun!

## 100 VENUES! 10 FRIDAYS!

### FRIDAY JUNE 28

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

### FRIDAY JULY 05

Annie Park Children's Museum  
Cape Cod Maritime Museum  
Children's Museum in Taos  
Edward Gurney House  
Falmouth Museums on the Green  
Janet's Pillow  
Museum of Printing  
Plymouth Hall Museum  
The Old Manse, the Trustees  
The Toadstone Museum

### FRIDAY JULY 12

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

### FRIDAY JULY 19

Boston Children's Museum  
The Arnold Arboretum of Harvard University  
Bartolsho Cove  
Cape Cod Children's Museum  
Nantucket War of 1812 Association  
New England Historic Genealogical Society  
Peabody Essex Museum  
Sandwich Glass Museum  
Speelman Museum of Stamps & Postal History  
The Eric Carle Museum of Picture Book Art

### FRIDAY JULY 26

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  
Fossil Curiosity  
Lam Anderson Auto Museum  
The Gardens at Elm Bank (Mass Hort)  
Wentworth Hall Mansion & Golden Age Museum

### FRIDAY AUGUST 02

Francis 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 AUGUST 09

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

### FRIDAY AUGUST 16

John F. Kennedy Presidential Library & Museum  
Berkshire Theatre Group  
Caloon Museum of American Art  
Disney Museum  
Hullands Museum, the Trustees  
Fuller Craft Museum  
Harvard Museum of Science & Culture  
Paragon Carousel  
Princeton Art Association and Museum  
USS Constitution Museum

### FRIDAY AUGUST 23

Institute of Contemporary Art/Boston  
Berkshire Museum  
Boston A.Pioneer  
Buttrick Park Zoo  
Emily Dickinson Museum  
For. Downs Museum  
Freedom Trail Foundation  
Heritage Museums & Gardens  
Museum of African American History  
The Mary Baker Eddy Library & Maggorium

### FRIDAY AUGUST 30

Old Sturbridge Village  
Cape Cod Museum of Natural History  
Art in Museums of Photography  
Hull Lifesaving Museum  
Mass Audubon's Ipswich River Wildlife Sanctuary  
MASS MOCA  
Museum of the First Corps of Cadets  
Oyster Point Historical Museum  
Seppon Park Zoo  
Zooarium



Facebook: /HighlandStreet  
Twitter: @HighlandStreet #FreeFunFridays  
Instagram: @highlandstreetfoundation

Please visit [HighlandStreet.org](http://HighlandStreet.org) or call 617.969.8900 for more information

WCVB 5  
The Boston Globe

The Lancaster Garden Club

*Invites you to*

## Good Bugs-Bad Bugs 7 p.m.

*Lancaster Community Center*

Everyone is welcome to join a

Pot Luck dinner and Tour

of the Community Garden 5:30 p.m.



Not all insects are bad for the garden. In fact, we rely on many to rid us of other unwanted invaders. This presentation describes some of the common beneficial and pest insects that gardeners encounter in New England. We will take a look their habits and their lifecycles as we discuss how their presence affects the success of our garden year.

Bonnie Power, has an MA in Zoology from Boston University and taught college level science courses for over twelve years before leaving teaching for industry. After she retired she began taking courses to augment her love of gardening by working on certification at Garden in the Woods in Framingham and by becoming a certified Master Gardener in the fall of 2016. In 2015 she began volunteering on a Facebook page for insect identification and began learning about insects. Out of these experiences she developed a talk aimed at gardeners to acquaint them with beneficial and pest species of insects and other arthropods.

*Please RSVP if you would like to bring a dish for the potluck. RSVP is optional for attendance*

**Free! You are invited**

**Choose Wellness** A Community Health Fair

**Sunday, June 23rd 2019 from 11-4**

**AUC Field House, 103 George Hill Rd Lancaster, MA**

*Health Screenings, Workshops, Cooking Demos, Farmers Market,  
Food Court, Kids area, Touch a Truck, Walks +!*

# 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.



**Every Tuesday at 12:30 pm**  
*Everyone is welcome*

**Bring your quarters, odds are better than the lottery!**

# 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](http://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

# JUNE LUNCH CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>3</b> Sweet & Sour MeatBalls 248 White Rice 4 Asian Vegetables 21 Wheat Bread 170 Lorna Doones 100 Total Sodium: 668 mg Total Calories: 681	<b>4</b> Shepherd's Pie 136 Peas 66 Rye Bread 150 Strawberry Cup 0 D: Strawberry Yogurt 51 Total Sodium: 477 mg Total Calories: 597	<b>5</b> Grilled Chicken w/Peach Salsa 363 Orzo Spinach Pilaf 57 Multigrain Bread 164 Tossed Salad 5 Pineapple Mousse 87 Total Sodium: 801 mg Total Calories: 678	<b>6 High Sodium Day</b> 3C Soup 299 Roast Turkey w/Gravy 389 Stuffing 316 Wheat Bread 170 Applesauce Cup 5 Total Sodium: 1304 mg Total Calories: 592
<b>10</b> Macaroni & Cheese 488 Stewed Tomatoes 150 Wheat Bread 170 Diced Peaches 5 Total Sodium: 938 mg Total Calories: 745	<b>11</b> Lasagna Roll w/MeatSauce 340 Italian Blind Veg 41 Italian Bread 230 Dried Cherries 5 D: Applesauce 0 Total Sodium: 741 mg Total Calories: 591	<b>12</b> Pot Roast/Gravy 153 Garlic Whip Potato 66 Gr.BeanCasserole 262 Dinner Roll 132 Chocolate Cake 410 D:SF Chocolate Pudding 156 Total Sodium: 1148 mg Total Calories: 805	<b>13</b> Chicken with Red Pepper Pesto 342 Red Potato Salad 96 Broccoli Salad 159 Multigrain Bread 164 Fresh Apple 1 Total Sodium: 887 mg Total Calories: 553
<b>17</b> Haddock Newburg 364 Red Bliss Potatoes 4 Spinach 65 Multigrain Bread 164 Mixed Fruit 10 Total Sodium: 732 mg Total Calories: 502	<b>18</b> Steak & Cheese Pinwheel* 550 Potato Wedges 273 Broccoli 10 Fruit Yogurt 51 *High Sodium Total Sodium: 1009 mg Total Calories: 671	<b>19</b> Teriyaki Grilled Chicken Breast 362 Veg Fried Rice 98 Asian Vegetables 21 Multigrain Bread 164 Fortune Cookie 6 Fresh Orange 0 Total Sodium: 776 mg Total Calories: 667	<b>20</b> Chicken & Rice Bake 429 Brussels Sprouts 12 Wheat Bread 170 Choc Chip Cookie 160 D: Choc Grahams 69 Total Sodium: 896 mg Total Calories: 763
<b>24</b> Beef Bolognese 163 Penne Pasta 1 Mixed Vegetables 88 Italian Bread 230 Diced Pears 5 Total Sodium: 612 mg Total Calories: 684	<b>25</b> Glazed Chicken Drumstick 290 Cinn Sw Potatoes 2 Tossed Salad 5 Multigrain Bread 164 Almond Cookie 181 D:Lorna Doones 100 Total Sodium: 767 mg Total Calories: 627	<b>26</b> Turkey & Tortellini Salad 430 Beet & Onion Salad 217 Three Bean Salad 89 Wheat Dinner Roll 1053 Fig Bar 5 D: Grahams 85 Total Sodium: 971 mg Total Calories: 946	<b>27</b> Corn Chowder 172 BBQ Pulled Pork on a Bun 389 O'Brien Potatoes 34 Tropical Fruit 10 Total Sodium: 960 mg Total Calories: 657



Worcester Elder Services and WLEN **Invite you to the Rainbow Lunch Club**

**Every 2<sup>nd</sup> 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](mailto: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](mailto: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! Ask for David James the next time you are at the Senior Center or donate using PayPal on our web site!

Website: <http://friendsofthelancasterseniors.org/index.html>

Email: [FriendsoftheLancasterSeniors@GMail.com](mailto: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, Theresa, Jon, Jay, Jean, Dick, Sue, Marie, Maribeth, Jay, Theresa, Judi, Robert, Katherine, Jon, Fred, Nancy, Laura, Dave, Sandra, Judy, Michele, Pam, Gretchen, Kathy, Joe, John G, Marie, Mark, Marilyn, , 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  
June 13th  
at 9:00 AM  
Senior Center**

Please like us on  
Facebook

Did you know we  
are on  
[Facebook?](#)



[www.tinyurl.com/lancastercc](http://www.tinyurl.com/lancastercc)

### Staff Contacts and Hours

Alexandra Turner– Director  
aturner@lancasterma.net

David James

Interim Administrative Assistant  
978-733-4076

Marilyn Largey

Community Services Liaison  
mlargey@lancasterma.net

Office Hours 9-12 M-TH