



COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

JUNE, 2020



Gardening! *Good times*

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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 *

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

My thoughts are simple and my space is limited this month. As a former Selectman, Conservation Commissioner and having served on many boards I can attest to the impact **YOU** can have on your community. *Now is your chance.* June 22nd is town meeting, at this writing the BOS have slated it to be held in the MRE auditorium (check first I have not seen a posting). June 29th Municipal elections will be held in town hall (not the offices, the building with the pillars). 7 am—8 pm. I thank everyone who is running, it is a lot of work and you can make a huge impact. You can effect important issues such as your tax rate, your open space, our great schools, the library and the Center. Zoning is adopted or not at town meetings too. So ask questions! Inform yourself and then vote. (If you don't vote you should not complain. It is easy this year! See page 7 for details. Watch the town website for more information too, and of course watch for emails from us! I cede the balance of my space so we can bring you more from candidates! Vote early. (shucks not often.)

Stay healthy and stay well. *Alix*

Continued from candidates statements from Jason Allison this is part 2 policies. Continued from page 3 Also page 7

These town decisions must be transparent and balanced. The responsibility of these choices, which include their eventual outcomes, must be made together as a town.

Hear from the town - My observation is that Lancaster has done minimal solicitation of its residents. I do not believe a select board can properly work on behalf of its residents without hearing from most of them. I believe that in the 21st century this is simple and easy to do and am in shock that it has not already been done. I will create a simple and easy manner for all residents to communicate their needs and wants to the leaders of the town.

Formulate a specific development strategy - Lancaster already has an Economic Development Plan which was completed in 2015. Nothing has been done with this plan and no one is considering its weight. I believe this is an egregious mistake. I will utilize this plan and work with existing town boards and interested residents to create a strategy, even a mission statement, for the future direction of Lancaster development.

Solicit feedback - Now that we have heard from residents on what is important to them and created a specific development strategy for Lancaster, the next step is to review this plan with all residents and businesses. The purpose of this review is not to try and have everyone to agree, the purpose of this review is to hear from as many individuals as possible. It is critical that any large steps taken in our town are succinctly communicated out and must include a simple and each manner to receive and respond to all feedback.

In conclusion, I believe Lancaster is a near perfect town. My objective is to try and keep it that way. My approach will be achieved through a balance of fiscal and community choices. None of these choices will be easy, but we will make them together as a town and work side by side as a team to achieve them.



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STARR INVESTMENT SERVICES, INC.
President
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Candidates Night June 9th

Below is a continuation of submissions– Full election coverage p g11/12

To submit questions or for Zoom questions email clintonitem@yahoo.com or lidstones@aol.com
Or Alexandra Turner, director at ext. 1103 or aturner@lancasterma.net or visit website.

From Russ Williston– candidate for Planning

I am running for a second term on the Lancaster Planning Board and would deeply appreciate your support. My wife and I moved to Lancaster in 2008: we loved the small town feel of Lancaster. Lancaster’s open space, tree-filled neighborhoods and great school district made it a perfect place for our family to live and raise our daughter. When we moved in 2016, we moved to another house in Lancaster.

I am now seeking re-election for a second term on the Lancaster Planning Board. I want to be:

A voice for your family on the planning board: I have no personal, professional or family ties to land development. You can trust me to vote without bias or favoritism.

A devoted member of the planning board: since joining Planning Board in 2016 I have never missed a meeting and I have been present for every vote.

A competent member of the planning board: During my first term I completed training and certification each year through the “Citizen Planner Training Collaborative.” I now represent the board as a commissioner on the “Montachusett Regional Planning Commission” and I represented the board on the selectmen’s “Affordable Housing Ad-Hoc Committee” earlier this year.

Lancaster is a hometown to be proud of: Lancaster is home to many families who have lived here for generations, many families that have chosen this town as a hometown for their children, and many people that that have chosen this town as their community while they work or enjoy their retirement years. Those are the people who I want to represent on the planning board.

Thank you, *Russ Williston*

From Jason Allison - (part two– see intro on page 11)

My platform on running for the Lancaster Board of Selectmen is based on a desire to drive transparency, accountability, and ultimately progress, of town priorities. In addition it is critical that team cohesiveness is corrected between all of our boards and the town leaders. This will be done by establishing a clear and concise strategy which all residents may contribute to.

Fiscal Responsibility - Lancaster is like a business, it has revenue and it has expenses. Each decision in town needs to be viewed in such a lense. The residents and businesses in town play a pivotal role in the tradeoffs as large decisions in town need to be made. Today there is no transparency, in addition to an overall lack of communication, which impacts the town and any choices in front of it. A strategy and plan must be established quickly if we are to right the ship from the position we are at today.

Community Responsibility - Lancaster is a town we all call home. While it is a business, Lancaster is also the place we rest our heads at night, raise our children, and are also proud to call home. We must balance all the fiscal choices of our town against the vision of what we want Lancaster to be. Today there is no coordination around the town’s Master Plan and its Economic Development Plan. If we are to be successful in bringing Lancaster forward, in the manner we want Lancaster to be, this must change immediately.

On moving forward

My observation is that the select board has not done a satisfactory job in communicating to town residents and amongst its dedicated volunteer boards. In addition, I believe the select board is doing an overall poor job in listening to the breadth of town residents. In my opinion this has been no more obvious over the past year with new development projects within the town. Most notably, there is a significant disconnect between what the town can afford, what the select board is recommending and ultimately what the residents want. See page 2

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 is some good online 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

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.

NEVER MISS A NEWSLETTER !



Sign up to have our
newsletter emailed to you at

www.ourseniorcenter.com



JUNE HOME-DELIVERED MEAL MENUS

CALL 978-733-4076 IF YOU WISH/NEED HOME DELIVERED MEALS

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
1	Na+	2	Na+	3	Na+	4	Na+	5	Na+	
Grilled Chicken in Mediterranean Sauce	320	Potato Pollock with Tartar Sauce	273	Chicken Jambalaya	310	Beef Burgundy	159	Broccoli Bake	482	
Tri Color Rotini	1	Butternut Squash	0	Brown Rice	5	Roasted Red Potatoes	5	Home Fries	5	
Italian Vegetable Blend	41	Cauliflower	14	Broccoli	10	Peas & Carrots	72	Stewed Tomatoes	150	
Italian Bread	230	Wheat Bread	170	Multigrain Bread	164	Dinner Roll	132	Wheat Bread	170	
Cookie	105	Berry Applesauce Cup	10	Fig Bar	65	Assorted Fruit (cup)	5	Assorted Fruit (cup)	5	
Sodium (mg):	894	Sodium (mg):	567	Sodium (mg):	649	Sodium (mg):	373	Sodium (mg):	812	
Calories:	777	Calories:	639	Calories:	630	Calories:	666	Calories:	711	
8	Na+	9	Na+	10	Meatballs	Na+	11	Na+	12	Na+
Beef & Lentil Chili	262	Grilled Chicken Picatta	324	Mushroom Gravy	290	BBQ Rst Pork	223	Beef & Cabbage	301	
Brown Rice	5	Orzo Spinach Pilaf	57	Chantilly Potatoes	238	Macaroni & Cheese	195	Casserole		
Corn	1	California Veg Blend	22	Italian Green Beans	3	Italian Veg Blend	41	Carrots	64	
Multigrain Bread	164	Wheat Bread	170	Multigrain Bread	164	Hamburger Bun	230	Rye Bread	150	
Assorted Fruit (cup)	5	Yogurt	75	Assorted Fruit (cup)	5	Assorted Fruit (cup)	5	Grahams	80	
Sodium (mg):	437	Sodium (mg):	648	Sodium (mg):	700	Sodium (mg):	694	Sodium (mg):	690	
Calories:	651	Calories:	548	Calories:	681	Calories:	727	Calories:	803	
15	Na+	16	Na+	17	Na+	18	SPECIAL	Na+	19	Na+
Chicken Corn Stew	265	Sloppy Joe	148	Rst Turkey in Gravy	459	Chicken Cordon Bleu with Gravy	750*	Potato Pollock with Tartar Sauce	273	
Brussels Sprouts	12	Potato Wedges	273	Bread Stuffing	316	Wild Rice Pilaf	140	Yukon Gold Potatoes	4	
Wheat Bread	170	Scandinavian Veg Blend	61	Mixed Vegetables	88	Broccoli Au Gratin	158	Italian Vegetable Blend	41	
Applesauce	10	Hamburger Bun	230	Multigrain Bread	164	Wheat Dinner Roll	105	Multigrain Bread	164	
		Assorted Fruit (cup)	5	Assorted Fruit (cup)	5	Cookie (pkg)	105	Vanilla Yogurt	75	
Sodium (mg):	457	Sodium (mg):	717	Sodium:	1032	Sodium (mg):	536	Sodium (mg):	657	
Calories:	505	Calories:	680	Calories:	703	Calories:	806	Calories:	668	
22	Na+	23	Na+	24	Na+	25	Na+	26	Na+	
Lasagna Roll w/Cheese & Tomato Basil Sauce	483	Chicken & Rice Bake	429	Philly Steak & Cheese w/Peppers & Onions	656	Breaded Chicken Drumstick	450	Rst Pok in Gravy	153	
Spinach	109	Green Beans	3	Grinder Roll	218	Baked Beans	101	Cinnamon Sweet Potatoes	36	
Italian Bread	230	Wheat Bread	170	O'Brien Potatoes	34	Mixed Vegetables	88	Brussels Sprouts	12	
Lorna Doones	100	Assorted Fruit (cup)	5	Muffin	95	Multigrain Bread	164	Wheat Bread	170	
				Diet: Grahams	95	Assorted Fruit Cup	5	Applesauce Cup	10	
Sodium (mg):	980	Sodium (mg):	607	Sodium	1125	Sodium (mg):	960	Sodium (mg):	381	
Calories:	679	Calories:	570	Calories:	783	Calories:	696	Calories:	595	
29	Na+	30	Na+			1% MILK: 110 calories 125mg sodium (included in totals)				
Baked Pollock in Lemon Dill Sauce	154	Beef Bolognese	162							4th of July No Meals Served
Red Bliss Potatoes	4	Italian Vegetable Blend	41							
Broccoli	10	Italian Bread	230							
Multigrain Bread	164	Snack n Loaf	115							
Assorted Fruit (cup)	5	Diet: Grahams	95							
Sodium (mg):	337	Sodium (mg):	644							
Calories:	501	Calories:	732							



The Lancaster Senior Center supports the MOC Meals on Wheels program. If you are home-bound and need meals delivered, Call MOC at 978-345-8501 ext 2 and ask to be signed up for home delivered meals. Menu is essentially the same as the Congregate meals (above).



Worcester Elder Services and WLEN Invite you to the Rainbow Lunch Club
Every 2nd Wed. Noon
 Unitarian Church, 90 Holden St. Worces-

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

Zoom it! Try it; you will like it.

Exercise from home

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'? You can pay online through the town website. See page 3 for details on how to pay.



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

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

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

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.

Zooming! Hatha Yoga

Mon. @ 11:15 a.m., Sat @ 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!)

ELECTION NEWS



Vote! Town Elections **June 29th 7 a.m. - 8 p.m.**

Lancaster Town Hall

Here is a sneak peek at the ballot.

https://www.ci.lancaster.ma.us/sites/lancasterma/files/uploads/samlpe_ballot_ate_2020.pdf

Wondering who to vote for?

You are invited to Zoom *Candidates Night*

<https://us02web.zoom.us/j/82455952388?pwd=RGh5SG9EaGM5TG5oOURoNWNmb0Q1UT09>

Meeting ID: 824 5595 2388 Password: 01523

Interested in asking questions? Submit questions to clintonitem@yahoo.com or lidstones@comcast.net

Questions preferred by Sunday June, 7th 7 p.m. This meeting will be recorded and aired prior to election.

Sponsored by the Lancaster Community Center, the Lancaster Land Trust and the Clinton Item

Are you registered to Vote? Not Sure?

Check here <https://www.sec.state.ma.us/ovr/> **and Register too**



Get your Ballots Here!

Avoid the rush, the heat and stay safe. Vote Early, or Absentee.

At the links below.

No computer or no printer-no problem!

PRINTED COPIES on the Cart in front of the Community Center.

BYOPen. Leave completed applications in the drop box at Prescott lower door

https://www.ci.lancaster.ma.us/sites/lancasterma/files/uploads/2020-municipal_early_ballot_application_0.pdf

https://www.ci.lancaster.ma.us/sites/lancasterma/files/uploads/absentee_ballot_application_0_0_1.pdf

Town Meeting: June 29th

Any registered voter in invited to participate. The warrant has been approved and will be posted soon. Check out details on line or as discussed at the Board of Selectman's meetings

<https://www.townhallstreams.com/towns/lancasterma>



CANDIDATES STATEMENTS

Below are statements submitted to be published from candidates running for the Board of Selectman. There are other races too, including the planning board, and write ins. Please vote! Election Day is June 29th, polls are open from 7 a.m.—8 p.m. You may vote early, or absentee. The links to get your ballots are on page 7, and on the town site. If you prefer to pick up a printed application they are handy, on the cart in front of the Community Center front door. Just bring a pen, fill it out and drop it in the black box at the lower rear door of the Prescott building. Our Town Clerks will send your ballot out right away! Hope to see you for Candidates Night Tuesday, June 9th. Watch for replays to be linked to our site. Zoom invite page 7,

Stanley B. Starr Jr has announced his candidacy for re-election to the Lancaster Board of Selectman.

Mr. Starr has served on the Lancaster Selectboard for the past seven years, with the last five years as Chairman. He has also served the Town as a member of the Nashoba Regional High School Superintendent Search Committee, the Lancaster Cultural Council, the Lancaster Community Center Board of Trustees, the Lancaster Finance Committee and Town Moderator.

Stan currently serves as a Trustee on the Perkins School Board of Trustees, serves on the Clinton Savings Bank Board of Directors, is a member of the Lodge of Elks, a member of the Clinton Exchange Club, volunteers at the WHEAT community cafe, and is involved in many community-based activities in the town and region.

I have served as financial consultant/advisor to municipalities, companies, and individuals, for the past thirty-five years. As a business owner for thirty-five years, along with decades of community service, I believe I have the necessary skills, insight, and temperament to address the many challenges that confront the Town, particularly its substantial upcoming budgetary challenges. "Listening, being impartial and responsive to fellow residents, overseeing the details and assisting in prudent management of a \$23 million dollar budget, would remain my prominent themes as a Town Selectman.

Mr. Starr is married and has two children and lives on Squire Shaler Lane. Please vote on or before June 9th and kindly consider my candidacy.
Thank you,
Stanley B. Starr Jr.

My name is Jason Allison and I am a resident of Lancaster, Massachusetts. I care deeply about our town, its residents, and its stature as a destination for folks to settle down and raise a family.

I desire to be a positive contributor to Lancaster and would like an opportunity to continue my service to the town.

For work I am the Director of Software Engineering at Doble Engineering, an Engineering firm in Marlborough, MA. In my role I am looked on to be a technical leader for our company's software products. In addition I am expected to work with my peers to build and foster great teams which are capable of delivering innovative solutions on schedule and under budget. I am proud of the work I do, especially with leveraging teamwork to help drive results. I am currently serving on the Lancaster Town Forest committee and have served for over 7 years to the town. I also previously led the Lancaster Cub Scouts for 4 years. Finally, I am also actively leading the MRE/LBMS Lancaster Ski Club which allows any child an opportunity to try and experience Wachusett skiing at a discounted rate. Through these roles I have, and continue to, partner with hundreds of Lancaster families.

I am happily married to my wife of 19 years Lesley. We have three boys Alex (16), Andrew (14), and Nathan (11) who attend NRHS and LBMS respectfully. Lesley has been serving on the Commission on Disability for about 10 years. Each one of us love the town of Lancaster. What I hope to achieve through my public service to the town of Lancaster is to play a part in its positive forward growth. It is easy to see the beauty of the town and its residents.

These traits are wonderful and are not something which warrant changing. I desire to leverage all these existing strengths of the town and its residents to help progress the town in a positive direction.

I believe I am a strong candidate for the Board of Selectmen as my experience with the town and its residents has positively shaped me and my desire to see Lancaster grow as the town we all know it can continue to be. I also believe that my work experience in building collaborative and cohesive teams for the purpose of delivering on clearly defined goals will help guide positive growth through the town and its organizations.

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>

ACTIVITY CALENDAR

June 2020

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Yoga 11:15 Mtng ID: 742183799 Tai Chi 10:00 Mtng ID: 255384123	2 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	3	4	5	6 Strength Class 9:00 Mtng ID: 907734542 Yoga 10:00 Mtng ID: 575050699
8 COA Meeting 8:30 Mtng ID: 286400986 Password: 01523 Yoga 11:15 Mtng ID: 742183799 Tai Chi 10:00 Mtng ID: 255384123	9 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080 Candidates Night 6:30 PM Mtng ID: 82555952388 Password: 01523	10 Covid Lunch and Learn 11:30 AM Call 978-733-4076 Mtng ID: 81150956354	11	12	13 Strength Class 9:00 Mtng ID: 907734542 Yoga 10:00 Mtng ID: 575050699
15 Tai Chi 10:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799	16 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	17	18	19	20 Strength Class 9:00 Mtng ID: 907734542 Yoga 10:00 Mtng ID: 575050699
22 Tai Chi 10:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799	23 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	24	25 Crazy Crafternoon 2:00 PM Call 978-733-4076 Mtng ID: 84200284940	26	27 Strength Class 9:00 Mtng ID: 907734542 Yoga 10:00 Mtng ID: 575050699
29 Tai Chi 10:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799	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
	MON TUE WED THU FRI SAT	Gym is closed, so no Pickleball! Sorry!!!		BACKSTAGE GYM is CLOSED!	

VETERANS SERVICES DEPARTMENT

Richard Voutour 1st
SGT USMC RET—Veteran
Services Officer

Contact:

rvoutour@leominster-
ma.gov

Lancaster Office: 978-706-
1754

ext 9 (**Tues 0800-1200**)

Lancaster Community Center, 695 Main St, Lancas-
ter, MA 01523 (behind the Library and War
Memorials)

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

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

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



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 SUSPENDED

*David James, Transportation Coordinator
Administrative Assistant
978-733-4076
Or 978-733- 1249 ext 1103
Or cooadmin@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 50¢ per additional stop
Fitchburg, Ayer \$3 plus 50¢ per additional stop
All others \$2 plus 50¢ per additional stop

**VAN IS AVAILABLE
FOR MEDICAL APPTS
BY
RESERVATION ON-**



Absentee & Early Voting Ballots

*Now Available for the
Annual Town Election*

Link Below to Forms and Information

[https://www.ci.lancaster.ma.us/
town-clerk-records-access-officer/
pages/absentee-early-ballot-
information](https://www.ci.lancaster.ma.us/town-clerk-records-access-officer/pages/absentee-early-ballot-information)

Just for you! We printed blank forms
available in bins on the cart at the
front door Community Center. Take
one! Fill it out (BYOP (pen) sign it, and
put it in the drop box by the rear door
of the Prescott Building.

Then wash your hands!

Thank you!

Check out these innovative services from Thayer Memorial Library

- ♦ Overdrive (digital reading platform)
- ♦ Hoopla (movies, eBooks, eAudiobooks,
eComics)
- ♦ RB Digital magazines (over 50 subscrip-
tions)



**And even Mail-Order Books and
Magazines
for Lancaster residents!**

For more info, visit

<https://thayermemoriallibrary.org/>



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



Are You OK?



The "Are You OK?"

Program, run by the Nashoba Valley Regional Emergency Communications Center and Lancaster Community Center, is an excellent resource for seniors living alone and their families.

Participants receive a call once a day to check in on safety, and local emergency services are alerted if the participant cannot be reached. If you or a loved one would like more info on this free program, contact:

978-733-1249 ext. 4

mtrottier@lancasterma.net

BEACH NEWS

From the Recreation Department:

We are carefully evaluating our ability to safely and successfully operate the Town Beach for Summer 2020. We ask for your patience and understanding as we work with the Town to determine how best to move forward. We will announce when/if we are opening as soon as final determinations have been made.

We wish everyone a safe and sunny summer!

Procrastinators Rejoice. Extensions and Changes

- ◆ Federal and State Tax Filing Deadline —July 15th
- ◆ Real ID Deadline —October 2021
- ◆ **ANNUAL TOWN MEETING—June 22, 2020 *NEW DATES**
- ◆ **ANNUAL TOWN ELECTION - June 29, 2020 *NEW DATES**

Lancaster and Central MA Chapter

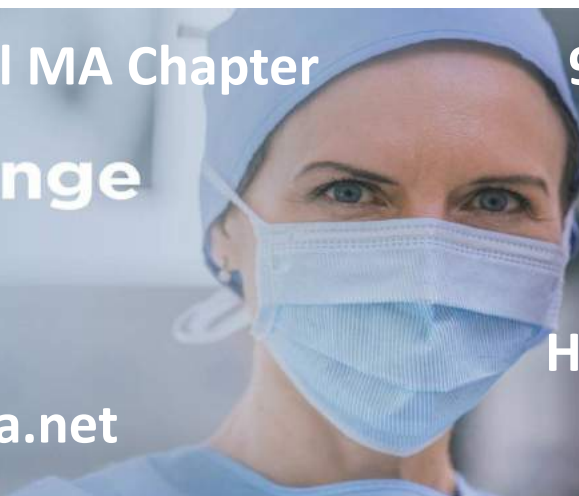
100 Million Mask Challenge

The journey begins with us. Learn how to get involved.

aturner@lancasterma.net

978-733-4076

We have
Materials.
Help us!
Help others.



New filing deadline July 15th!

AARP Tax-Aide

Prepare Your Taxes Online

Because of the current suspension of in-person tax assistance, Tax-Aide is providing access to selected tax preparation software so taxpayers can prepare and file their own tax returns — at no cost.

There are income limitations for each of these. Check the web site (follow the link) to see if you qualify!

Option 1—TurboTax <https://freefile.intuit.com>

- AGI \$36,000 or less **OR**
- Active Duty Military with AGI \$69,000 or less **OR**
- Eligible for Earned Income Credit

Option 2—OnLine Taxes <https://www.olt.com>

- AGI is between \$16,000 and \$69,000 **OR**
- Active Duty Military with AGI \$69,000 or less.



WHAT? We are losing \$\$
40% of Lancaster Residents have
NOT been counted- Are you one of them?

Lancaster will lose Federal Revenue for the next 10 years.
 Help Us! Help YOU.

LOWER YOUR TAXES in 10 minutes

What to expect:



April 16 – June 19:
 Census takers will work with facilities that house large groups of people to make sure everyone is counted.

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!

Interested in Gardening?
Learning about growing your own food?

Come learn, share and have fun.

Join us! 'Get Dirty Garden Group'

Field Space NOW available.

Mentoring etc! FREE

With help from expert gardeners

Call us at 978-733-4076



©LPI

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.

New Session!



Crazy Crafternoon

June 25 @ 2:00 pm:

Card-Making Workshop

Join our Zoom Studio & get inspired!

Limited to the first 10 participants

Deadline to register: 06/18

call (978) 733-4076

EVENTS, RESOURCES & HELP

You don't know Zoom?

Interested or scared to try, but you really want to participate?



We can help- it's free!
**Computer & Phone (IT) Help
And Video Conferencing Tutorial**

With Computer Guru Jon Roper

Thursdays at 10 a.m. by phone

(reservation) or by conferencing appointment

We will get you through this—with new skills!

Jon will help with your computer, cell phones, tablets etc. RSVP 978-733-4076

**Don't have a smartphone, tablet, or
computer yet?**

*Contact the Senior Center Outreach at
978-733-1249 ext 4 for free or low-cost options*

Caring Of All (COA)

Senior Angels Are here for you!



What is a Senior Angel? An angel is an incredibly caring resident who reached out to us to help YOU. We want you to socially distance and stay healthy and safe. How can you do that? Do you need food and medicine and maybe another errand? We can help!

If you want to meet a neighbor who would love to help you -all you need to do is call.- They are out there— waiting to help you.— FREE! So give us a call!

Would you be an angel? I bet you already are. Angels are caring people who can or will call people, do errands and in general be neighborly.

978-733-4076 or aturner@lanasterma.net

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 whole-some 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.

**Caring is Sharing
Thrift Shop & Food
Bank**

63 Plain St, Clinton, MA 01510

(978) 368-9990

Home Resources

Need home goods?

Fuel, repairs?

Call:

978-733-1249 ext 4

Medical Equipment Loan Program

Crutches, canes, commodes, wheelchairs + some first aid, incontinence supplies, and more to loan. *Now accepting donations of wheelchairs and rolling walkers.*





**NOW
SCHEDULED FOR
SEPTEMBER!
RESERVE NOW**

Driver Safety

Even the most experienced drivers can benefit from brushing up on their driving skills, so the Lancaster Community Center and Council on Aging is offering a driver safety program through AARP on April , 22nd 2019, from 9:45AM to 3PM The AARP Smart Driver Course offered by AARP Driver Safety is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course attendees are taught the current rules of the road, defensive driving techniques and how to operate a vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course and there are no tests to pass \$15 for AARP members and \$20 for non-members. 9:45AM to 3PM with a break for lunch limited to 20 individuals. To register 978-733-4076 or coadmin@lancasterma.net

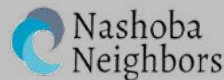
GET READY FOR SUMMER WITH SOLAR PANELS!

NASHOBA VALLEY CLIMATE COALITION

is looking for 50 – 100 homeowners who are interested in solar investments. Commercial or residential installations!



Learn more about our solar sprint with SOLAR FLAIR and tune in for SOLAR 101 workshops coming soon. Federal Rebates are phasing out in 2022, and 0% loans are available. Contact us at nvclimatec@gmail.com or our FB page.



Please join **Nashoba Neighbors!** Lancaster/Berlin/Bolton co-operates to help older adults stay in their homes

Nashoba Neighbors is an innovative grassroots nonprofit patterned on the Village movement. It includes Bolton, Berlin and Lancaster. The goal is to help our members, older adults, stay engaged, connected and active by making their own decisions about aging in their own homes. We need your expertise in: **finances, technology, outreach, marketing, member services**
If interested, or to subscribe to updates, please contact Catherine Pfau catherinepfau@gmail.com



Bolton and Maynard Volunteer Virtual Repair Café Saturday June 20 from 12 - 2 pm

Guests with broken items, sign up at:
<https://tinyurl.com/Guests-with-Broken-Items>.
Fixers and observers, sign up at:
<https://tinyurl.com/Fixers-or-Observers>.
You will be e-mailed more information plus the Zoom meeting ID and password. Space is limited, so sign up now! **Registration deadline June 6!**



NEVER GIVE YOUR SOCIAL or BANK INFO

to a caller or send a bank check to anyone who calls! New scams include:
NEW Coronavirus Testing Scam (for money) - Tax Check Scam (to get your banking info) - Offers of coronavirus "cures"

Living your best 'New Normal'

or Is it Safe to....Return to Work? Dine outside with Friends?

A Zoom Lunch and Learn: June 10th at 11:30

How to live life well in the New Normal and still keep your loved ones safe. Learn the risks of returning to work, dining out, vacationing and how keep yourself and your loved ones safe while living with Covid.

This class is taught by Ann Mazzola, Nurse and Instructor in Covid Health Care Management. All advice is in accordance with CDC guidelines. Feel free to bring your lunch and dine with us! Ask questions in person or submit them in advance to

aturner@lancasterma.net 978-733-4076



OUTREACH INFORMATION

Resource-full

Hi everyone!

As the weather gets nicer, we are all eager to get back to normal, or at least a modified version of whatever normal is now!

If you are lucky enough to be unaffected by the health aspect of COVID-19, you are almost certainly socially affected. Boredom in isolation is a common complaint, and who is not suffering from a bit of Zoom fatigue right now? In an effort to combat boredom and lessen the temptation to head to the nearest crowded beach, our family is trying a few strategies: drive-in theatres, which are having a moment, and which will be opening soon; as well as continued hiking, Zoom open mics, and camping in the backyard.

Outreach: You may be aware of the resources out there related to the current pandemic, including expanded unemployment benefits (Pandemic Unemployment Assistance) and local food pantries. Much of my time recently has been spent on the mass.gov website, an excellent source for resources and updates.

Reach out: We all need a hand at some time, and we all have something to give. If you're a skilled student or teacher, you could consider online tutoring for kids who have fallen behind at school. If you speak another language, what about becoming volunteering to interpret or translate health info? <https://translatorswithoutborders.org/covid-19>, if you are good with people and have detective and analytical skills, you could be the next contact tracer. Check out <https://www.mass.gov/lists/covid-19-contact-tracing-resources-and-information>.

Take care, Melanie

PS Don't forget about our COA (Care of All) program for seniors in Lancaster and others who are self-isolating for health reasons: we are still accepting applications and can match you up with a local volunteer for help with errands, groceries, pharmacy, or just a friendly call.




LANCASTER OUTREACH

NEED HELP AND NOT SURE WHERE TO TURN?

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

Melanie Trotter
Community Service Liaison,
978-733-1249 + menu option 4

Office hours:
Mondays 9 am-1pm
Tuesdays 8 am-12 pm
Wednesdays 1-5 pm




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Or visit: www.walkintubinfo.com/safety



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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.



HELP PROTECT YOUR FAMILY & HOME
CALL NOW! 1-888-862-6429






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 loose? 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 at 978-733-1249 ext 1102 and leave a message.

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>

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>

Please consider noting the Friends of Lancaster Seniors to name as a charity to donate to when honoring a special occasion, in tribute, in memory, or in love!

Donations will be recognized in the newsletter or may be made privately

Thank you for your support the Lancaster Senior Center and Lancaster Community Center through your generous donations. We invite you to consider the Friends for a tribute gift in honor or memory of someone special. You not only recognize your loved one, but also impact the lives of fellow Lancastrians.