

# COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

## JUNE, 2021

**JUNE 29  
4:30-7:00**

**LANCASTER  
COMMUNITY  
CENTER  
10TH ANNIVERSARY  
PARTY**

**LIVE MUSIC \* GARDEN FRESH FOOD \*  
BBQ \* DRAWINGS \* GAMES \*  
PICKLEBALL DEMOS  
COMMUNITY RESOURCE INFORMATION**

**@ The Lancaster Community Center  
701 MAIN STREET  
PATIO AND FIELD BEHIND THE COMMUNITY CENTER**

### WHAT'S INSIDE

- 02 DIRECTOR'S THOUGHTS
- 03 LCC INFORMATION
- 04 HEALTH AND HOME
- 05 TO YOUR HEALTH
- 06 HEALTH AND FITNESS
- 07 FRIENDS AND NEIGHBORS
- 08 ACTIVITY CALENDAR
- 09 FUN AND GAMES
- 10 TRANSPORTATION
- 11 HISTORICAL SOCIETY NEWS
- 12 AROUND TOWN

### STOP BY TODAY!

Lancaster Community Center  
701 Main Street, Suite 7  
(behind the War Memorials)

#### RECEPTION

978-733-4076

#### COMMUNITY SERVICES LIAISON

978-733-1249 ext 4

#### DIRECTOR

978-733-1249 ext 3

#### VAN RESERVATION

978-733-4076 or

Email: coaadmin@lancasterma.net

#### VAN HOURS

Mon -Thurs 8:30am -3pm \*

Office: Mon -Thurs 8:30am -1pm

\*or by reservation

**48 hours advanced notice required.**

### CENTER ACTIVITIES

Pickleball | Ballroom dancing | Yoga

Tai Chi | Walking Group | Bingo

Lunch Club | Meals | Trips | Veteran

Benefits | Well Clinics | Transporta-

tion | SHINE | Agency Referrals |

Bridge | Gardening | Mahjong | more!

Check us out on  
social media!



## THOUGHTS FROM THE DIRECTOR

*Greetings,*

I love parties! Don't you? Especially a party to usher us out of Covid, to kick off the summer and mark the tenth anniversary of our fabulous Community Center. Mark June 29<sup>th</sup> on the calendar to join us, because after all, the best part of parties is seeing friends and neighbors, so you really must join in. This is a truly joyous occasion and coming off a pandemic one we really need.

I cannot believe it has been ten years, a decade since the Community Center opened our doors. Wow! It would not have been possible without the 'can do, cooperative' spirit of an army of volunteers. This is The Center the people built; it truly is. Visitors stop by and marvel at what their sweat, and donations have spawned. Our success goes well beyond all the volunteer hours of labor and donated supplies it has become what many of us dreamed of, a welcoming all ages place in the heart of Lancaster because of the continued investment of time and love. It sounds corny but this is a place truly worth celebrating.

When you join us for our BBQ dinner, complete with Grilled Chicken, Vegan plates and pulled pork you must take time to sit and mingle and look at our photo boards and talk with volunteers and 'members'. Take time to visit the tables and information booths of local offerings, to look at the fitness demos, to play some field games, admire the Gardens, dance (to Blackstone Soul) and you will begin to realize why this nationally recognized Center is such a special place. Here is to you celebrating with us for the next decade.

*Ps if you would like to see the latest and greatest newsletters and tips electronically, or in print. Please sign up on line <https://www.ci.lancaster.ma.us/subscribe>*

*Stay well, Alix*

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Tom Gibbons MLO21535  
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## The Lancaster Community Center (LCC)

*The all-ages hub for community events.  
Nurturing the Body, the Mind, and the Soul*  
[www.ci.lancaster.ma.us](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



### Recycling Center

Schedule for June, 2021

OPEN June 5th and 6th, 10am-noon

OPEN June 19th, 10am-noon

ALL DATES ARE WEATHER PERMITTING

When in doubt check the Town Website or  
Call Nashoba Dispatch 978-772-1900



### Medical Equipment Loan Program

*Crutches, canes, commodes,  
wheelchairs, shower chairs +  
more to loan. Done with yours? We take them  
for others to borrow! But please call first.  
**FREE to local residents!***

*Of course, the MART van is available for medical  
trips, too!*

*Just ask! 978 733 4076*



## WORLD ELDER ABUSE AWARENESS DAY

**JUNE 15, 2021**

If you or someone you know is being abused  
or neglected and are 60 years old or older call:

• 1-800-922-2275 •

**The Worcester County Elder Abuse Prevention Roundtable**

Central Mass. Agency on Aging District Attorney Joseph D. Early, Jr. The City of Worcester, Office of Elder Affairs Elder Services of Worcester Area Tri-Valley, Inc.	Montachusett Home Care Corp. Community Legal Aid Fitchburg Police Department Pathways for Change, Inc. R.S.V.P. Volunteers of Central MA JHC Lifecare Mgmt.
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# SUPPORT THE ADVERTISERS *that Support our Community!*



# TO YOUR HEALTH!



## Pharmacy Outreach Program

19 Foster St.,  
Worcester, MA 01608  
Toll-Free (866) 633-1617  
www.mcphs.edu

### "ASK THE PHARMACIST"

#### Breathing Easier: ASTHMA vs COPD



**Tuesday, June 8, 10AM**  
**Senior Center Patio**  
**And ZOOM Meeting ID**  
**867 5728 2735**

- Medication Safety and the COVID vaccine
- Breathing Easier, Asthma vs COPD
- Depression, Anxiety and Mindfulness
- Medication Safety with Hypertension and Diabetes
- COVID Facts vs Fiction

Do you have Asthma or COPD? Do you have questions about your medications? Please join us for a presentation that will provide information regarding the difference between Asthma and COPD and the symptoms and common medications used to treat each of the conditions.

There will be an opportunity for you to ask questions following the presentation. We hope you can join us!

Presentation Provided By:



**Free!**

**Drop in or By Appointment**  
**Well Adult Health Clinic**  
**4th Tuesday of each month**  
**9 a.m.—10 a.m.**  
**June 22nd, July 27**

*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*



#### **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!

#### Roasted Radishes with Radish Greens

- 3 bunches small radishes with greens attached ~30 radishes
- 2 tablespoons extra-virgin olive oil
- Salt and freshly ground pepper
- 2 tablespoons unsalted butter
- 2 tablespoons fresh lemon juice



Preheat oven to 500, wash and dry radishes. Heat oil on stove in skillet, saute radishes with salt and pepper over high heat about 2 min. Until browned in spots. Pop skillet into oven for 15 min. until crisp. Return to stove top, add butter and greens over medium 2 min until wilted. Add lemon, season and serve! Yummy!



*you are invited!*  
**Lancaster's Special**  
**& Annual Town Meetings**  
**June 21st 7 p.m.**

Bolton Fair Grounds— Rt 117  
*VOTE the budget, zoning!*  
*YOU are the legislature.*

All registered voters are invited. Not registered? There is time. Call Lisa at 978-365-3326 ext 1304 or <https://www.sec.state.ma.us/e/eifev/howreg.htm>

#### 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**  
**Try it free June 14, 28**  
**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

Thursday June 17, 24 -  
through Aug. 26 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**

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!**



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: \_\_\_\_\_



**ANNUAL MEETING**  
**JUNE 13**  
**SUNDAY 4PM TO 6:30PM**  
**COMMUNITY CENTER PATIO**



**SPEAKER: LIZ BLAIKIE FROM LANCASTER GARDENS**  
**GARDEN FLOWER BOUQUETS**

**INSTALLATION OF OFFICERS**  
**ANNUAL BUDGET REPORT, COMMITTEE REPORTS**  
**BREAK OUT MEETINGS**

**DRAWINGS FOR PRIZES- (have to be present) LONG HANDLED TROWEL SET**  
**GIFT CERTIFICATES TO GARDEN CENTERS**  
**FINGER FOOD AND BEVERAGES**

**MA COVID RULES FOR OUTSIDE/INSIDE MEETINGS APPLY**  
**TO REGISTER GO TO LANCASTERGARDENCLUB.NET**  
**MEMBERS FREE NON-MEMBERS 5.00 GYM IF IT RAINS**



**Nashoba Neighbors**

BERLIN • LANCASTER • BOLTON

We are a new nonprofit designed to help older adults in Lancaster, Bolton, and Berlin age in their own homes. We will provide transportation services, light home repairs, help with home care, assistance with technology, and much more.

Nashoba Neighbors is based on the old fashioned idea of neighbors helping neighbors. We will provide a low-cost option for older adults who may need a little help around the house, a ride, a friendly visitor, a group to walk with, and many other things.

To learn more about us and how a membership will help you, visit our website at [nashobaneighbors.org](http://nashobaneighbors.org)

We are lining up volunteers this summer, contact us at 978-218-8025 or stop by & introduce yourself at our information table at the Lancaster Community Center BBQ on June 29!



*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 donation  
*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!**

*Welcome back!!*

GOT NEWS? Let us know! We will share it for you .  
[aturner@lancasterma.net](mailto:aturner@lancasterma.net)

# JUNE ACTIVITY CALENDAR

## June 2021

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Yoga 11:15 Mtng ID: 742183799	1 Tai Chi 9-10am Pancakes! 8:00-10am BINGO! 1pm Mtng ID: 807642080	2 MAHJONG 10am	3 BRIDGE - 1-4pm	4	5 Strength Class 9:00 Mtng ID: 907734542
7 Yoga 11:15 Mtng ID: 742183799	8 Tai Chi 9-10am Pancakes! 8:00-10am BINGO! 1pm Mtng ID: 807642080 Ask the Pharmacist	9 MAHJONG 10am Crazy Crafternoon 11am-1pm At the Center! Mtg ID: 862 8069 514 Passcode: 01523	10 BRIDGE - 1-4pm	11	12 Strength Class 9:00 Mtng ID: 907734542
14 COA Meeting 8:30 Mtng ID: 85212560797 Yoga 11:15 ZOOM Mtng ID: 742183799 Kirtan Kriya Meditation 9am - see page 6	15 Tai Chi 9-10am Pancakes! 8:00-10am BINGO! 1pm Mtng ID: 807642080	16 MAHJONG 10am	17 Chair Yoga 10:30 Mtng ID: 433492564 BRIDGE - 1-4pm	18	19 Strength Class 9:00 Mtng ID: 907734542
21 Yoga 11:15 Mtng ID: 742183799	22 Tai Chi 9-10am Pancakes! 8:00-10am BINGO! 1pm Mtng ID: 807642080	23 MAHJONG 10am	24 Chair Yoga 10:30 Mtng ID: 433492564 BRIDGE - 1-4pm	25	26 Strength Class 9:00 Mtng ID: 907734542
28 Yoga 11:15 Mtng ID: 742183799 Kirtan Kriya Meditation 9am - see page 6	29 Tai Chi 9-10am Pancakes! 8:00-10am BINGO! 1pm Mtng ID: 807642080 10th Anniversary BBQ 4:30-7pm behind LCC RSVP 978-733-4076	30 MAHJONG 10am	1 Chair Yoga 10:30 Mtng ID: 433492564 BRIDGE - 1-4pm	2	3 Strength Class 9:00 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 holiday Cards!*

Tuesday, June 9, 11am-1pm

**ZOOM.US**

Meeting ID: 862 8069 5141 Passcode: 01523

Register: 978-733-4076 or

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

**Lancaster Town Beach  
Opening 2021  
Saturday, June 26<sup>th</sup>!**



**Snack Shack and Paddle Board Rentals**

Look for our ads on FB as we try to reintroduce swim lessons and more. Season and Day Passes will be available.

A new online signup system is coming soon. In the meantime, please reach out to [ashepard@lancafterma.net](mailto:ashepard@lancafterma.net) with any questions.

Lancaster Recreation Presents  
**TOWN WIDE  
YARD SALE**

On the Green and around town

**SATURDAY, JUNE 12TH 8A-1P  
RAIN OR SHINE**

\$10 TO HAVE YOUR HOUSE LISTED ON THE MASTER HOME SELLER MAP

TO REGISTER TO BE ON THE MAP, PLEASE EMAIL: [LANCASTERTOWNYARDSALE@GMAIL.COM](mailto:LANCASTERTOWNYARDSALE@GMAIL.COM)

SPOTS WILL BE AVAILABLE FOR SELLERS ON THE GREEN FOR \$10, TABLES AVAILABLE TO RENT WHILE SUPPLIES LAST

ALL PROCEEDS TO BENEFIT LANCASTER RECREATION PROGRAMMING



**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**



The Friends of the Thayer Memorial Library  
Present  
**MUSIC ON THE GREEN**  
Wednesday Evenings at 6:30  
June 30 through July 28



- 6/30 Pastiche
- 7/7 Cosy Sheridan
- 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



In case of rain  
the concert will be in  
**The First Unitarian Church**

# 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*



## Letter from State Senator John Cronin

The recent lifting of all pandemic-related restrictions on businesses is a major milestone on the road to recovery from the COVID pandemic. Hopefully this puts us all on the road to normalcy once again where we can all begin to enjoy each other's company once again. That is my way of saying, I look forward to visiting your Senior Center in the very near future and finally having a chance to meet many of you.

The pandemic restrictions were lifted prior to Memorial Day, which gave many of us an opportunity to gather together to remember those who lost their lives defending our freedoms. As a combat veteran, I am so grateful for the sacrifices made by these men and women, and I was privileged to attend several events during the weekend commemorating their service.





With the major restrictions behind us and after more than a year of unprecedented disruptions we still have a great deal of work to do with regards to recovering from the pandemic. In particular, the need for our schools to make up the lost educational opportunities the pandemic created. That is why I applaud Gov. Baker's recent investment of \$70 million for summer school and other programs designed to give children ten weeks of additional support before the start of a new school year.

But so much more needs to be done. That's why I've been working hard during the state budget process to get additional educational resources for our district. My primary focus is to secure more funding that gives high school students a clear path to either college or a good paying job in the trades. That is why I've filed or co-sponsored several amendments that would strengthen early college initiatives, workforce development and career vocational funding in North Central Massachusetts.


At the same time, many have faced challenges during the last fifteen months and certainly senior citizens across the state were forced to make many very difficult decisions. As I continue to advocate for the citizens of the district during the budget process, I will remember those sacrifices as well. Thank you for your time, and I hope to see you soon at your senior center or a local community event.

# HISTORICAL SOCIETY AND OUTREACH




THE LANCASTER HISTORICAL SOCIETY  
PRESENTS

A 6 PART SERIES OF PROGRAMS FOR 2021  
LANCASTER'S PROMINENT THAYER FAMILY  
*Part 5 Begins on June 7, 2021*  
John E. Thayer II and the "JET Estate"



Each program will air for 7 days on  
Sterling-Lancaster TV Channel 8

Mondays thru Fridays 11am & 9 pm  
Saturdays & Sundays 9 pm only



After each week is over, the program will be available for viewing at:  
**lancasterhistoricalsociety.org**

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



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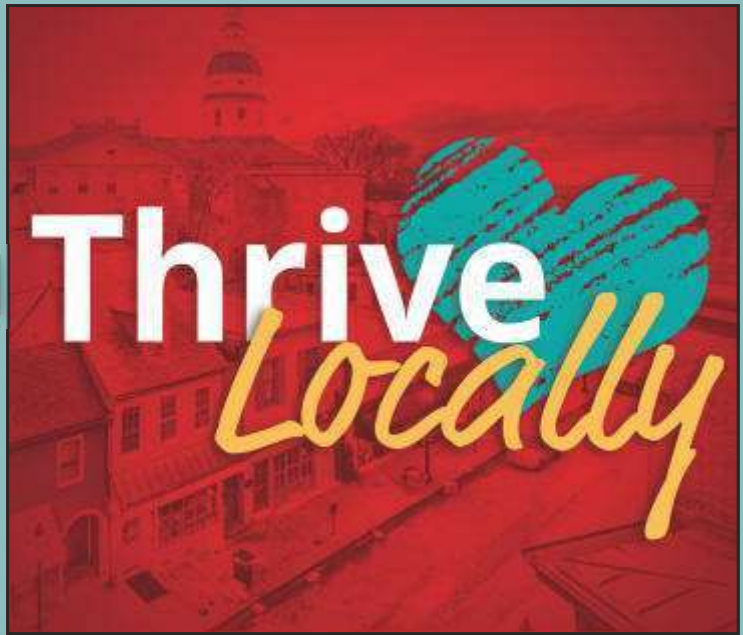
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Lancaster Council on Aging and Community Center  
701 Main St, Suite 7  
Lancaster, MA 01523

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## Cheers to 10 years!

Celebrating the 10<sup>th</sup> Anniversary of the Community Center

June 29<sup>th</sup> 4:30- 7 p.m.

An evening of Food and Fun for All Ages. Join us, for free and low cost fun!

For a full schedule visit the Lancaster Community Center Facebook Page:

<https://www.facebook.com/lancastermass/>

Or town website page:

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

Questions? 978-733-4076 or [aturner@lancasterma.net](mailto:aturner@lancasterma.net)

## Dance the evening away to the tunes of Blackstone Soul!

Thanks to Sandees for sponsoring the band!

<https://www.facebook.com/blackstonerockandsoul/>

Dance Demo's and "Free Quickie Lesson", too.

## Chicken and Pulled Pork BBQ Supper

on the patio behind the Senior Center

(by reservation so we have enough for you 978-733-4076)

Choose BBQ Chicken (A breast and a leg quarter) or Pulled Pork Sandwiches

**\$5 p.p. Flash back prices!**

Includes homemade coleslaw, homemade cucumber salad, and finished with a watermelon wedge.

## Sundae Bar!

Featuring Rota's Ice Cream station

Get a half pint of vanilla and toppings of your choice \$3

## Field Games and All Ages Fun

Including but not limited to Giant Jenga, Hula Hoops, Sac Races, and more

Scavenger Hunts, Gardening tastes and Tours, Bingo!

Drawings for gift baskets

## Adult Fun

Ballroom Dancing Demo's, Pickleball Demo's, Check out Chair yoga,

Hatha Yoga, Tai Chi, Fitness Center, Popcorn, Raffle (to benefit "Cheer Throughout the Year")

## Information Tables

Come learn about town services, and organizations.