



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, Michele MacDonald, Elsie Lively  
June and July 2018 (978) 733-1249, fax (978) 733-4076 Alexandra Turner, Director. Melissa Pelletier, Marilyn Largey

## The Summer Solstice Soirée

7:00 - 8:30 p.m. ☿ Wednesday, June 20  
Lancaster Community Center

Celebrate gardening,  
eating well and the  
Summer solstice!

**Wear garden garb, best hat or comfortable attire.**

Cash bar by the Friends of Lancaster Seniors  
Lancaster seniors, children 18 and under \$8; all others, \$10

Sponsored by  
The Lancaster Get Dirty Garden and Center Village Table Series



## Summer Fun!

**School is out and now what?  
Lots going on-to keep up...log on**

**First! Join our Facebook Page for updates**

<https://www.facebook.com/Lancaster-Community-Center-970047129685468/>

**Second Make sure you sign up for our emails. Send us  
an email and we will sign you up!**  
mpelletier@lancasterma.net

### Greetings!

Can't you feel the excitement in the air. I keep hearing Alice Cooper's song, *Schools out for the Summer* in my head! Kids of all ages really are looking forward to summer. I know I am! Used to be the sidewalks rolled up around here as people vacationed (way back they vacationed up on 'the ponds', now some are lucky enough to be there all year.) Now, we are active all year and boy do I mean active! We try to pack as many reminders as we can into the newsletter it is simply not possible to get them all. I implore you -sign up for our emails, on the town website, or call Melissa. She will get you signed up. No email? Vsit! It is a great way to find out what is going on. Don't forget Facebook too.

Anytime is a good time to visit but I would especially encourage you to come to our special events; perhaps one of our healthy we are harvesting for tasty special Thursday noon time lunches. These meals are top notch, all include a salad and something special. Recently we had Quinoa Wild Salmon cakes with homemade Aioli. Look out Jaques Pepin! We are saving these recipes for our cookbook and video series due out this fall. IF you have a healthy recipe and would like to share it we would appreciate it. Better yet, let's make it and taste it for our cookbook! Another way to taste-join us June 20th for the Soiree, with Bocce, Croquet, Jenga, music and lots of friends. Friends Sangria plus on their cash bar.

*Hope you can make it! Alix*

### Can't Sleep?

*Me either!* Don't miss

**Sweet Dreams! Sleep Seminar**

**FREE 3 p.m.– 4 p.m.**

**Monday June 11th**

**Lower Level, Raffles etc! See details pg 6**

# The Summer Solstice Soirée

**7:00 - 8:30 p.m. ☿ Wednesday, June 20  
Lancaster Community Center**

Celebrate gardening,  
eating well and the  
Summer solstice!

**Wear garden garb, best hat or comfortable attire.**

**Cash bar by the Friends of Lancaster Seniors**

**Lancaster seniors, children 18 and under \$8; all others, \$10**

**Sponsored by  
The Lancaster Get Dirty Garden and Center Village Table Series**



Friends of Lancaster Seniors

**Tuesday  
is Pancake Day**

Senior Center

Tuesday mornings

7:30am ~ 9:00 ish

**\$3 Suggested donation**

**Chef Extraordinaire**

**David James**

**Weekly pancake specials**

**Blueberry, Apple, Plain,**

**French Toast, too**

**Sausage, eggs, fruit**

**Juice & coffee &**

**All the pancakes you can eat!**

\*\*\*\*\*

**Often with Special Guests.**

**Come meet them!**

**Learn and socialize.**



Get Dirty

Garden Series

**Healthy Garden  
Lunches**

Thursdays now  
through July 6th at 12pm

Lunch and Demonstration

Recipes available

\$5 per person

'Registered' Garden Participants Eat Free

RSVP Required 978-733-4076

Great healthy meals.

Menu questions call us! Always a salad and protein.



Immaculate Conception Church Main Street

**Annual Chicken BBQ!**

**Saturday, June 16th**

11 :00 AM to 2:00 PM.

*Chicken, salad, baked  
potato and dessert.*

\$8.00 for children and  
seniors

\$10.00 for adults.

*Take out too!*



*Transportation available for many events  
Call (978) 733-4076 within 48 hours of the event*

## Calling all Volunteers!

***Help us make the Summer Solstice Soiree a great success.***

**We have many, many volunteer opportunities (means we need you) to get ready for the Soiree, June 18, 19 also need help the evening of the party the 20th. Please be in touch if you can help. 978-733-4076 We need woodworkers, strong backs, cooks, decorators, servers, hosts and more!**

**Always looking for helpers for daily activities too!**



**Join us for a FREE screening of Lancaster's Own**

*Presented by the Friends of Lancaster Seniors*

**July 25th Rain Date July 26th \*Call with questions or email us**

You may have noticed the movie production going on last year...street closures, 'dead' bodies, stars! Lancaster was transformed a small Maine town Castle Rock, the setting for a Stephen King 'multiverse'. Read, a scary story combining Kings works. Just the kind of flick fun to watch outside with friends (brave, mature friends) Well Castle Rock in now 'in the can' and we can't wait to see it.

Join us for a FREE community viewing. Outdoors on the big screen! *\*THIS IS RATED TV MA and may not be suitable for a younger audience. (or me)*

**Games and BBQ starts at 7 Castle Rock Showing begins at 8:30 p.m.**

**\*Please confirm showing at 978-733-4076 waiting for confirmation of permission from Hulu**

**LANCASTER COMMUNITY CENTER**  
***SPEAKER SERIES***

---

**TICK TALK**

**Tuesday, June 5<sup>th</sup> 9am.**

Although awareness of certain tick-borne diseases has increased over the years, many people are unfamiliar with the full variety of illnesses that can be transmitted to humans by these arachnids or the symptoms often associated with each. Join us to learn about tick-borne diseases such as Lyme and tips on how to prevent.

*Presented by Tamara Bedard, BSN RN, Community Health Manager,  
Nashoba Associated Boards of Health*

---

**SWEET DREAMS SLEEP SEMINAR**

**Monday, June 11<sup>th</sup> 3:00pm to 4:00pm**

How to Get the Good Night's Sleep Your Body Deserves. For some of us a good night's sleep may not be as easy as it used to be. Today there are plenty of aids to help with these problems, from practicing good "sleep hygiene" to managing what you eat and when you exercise. Learn why sleep is vital to good health and tips for what you can do to fall asleep faster and stay asleep longer.

*Presented by Ann Mazzola from Home Instead Senior Care*

**\*This Seminar will include handouts and the opportunity to win a Sleep Hygiene Basket!**

---

**PLANNING FOR MEDICARE - COUNTDOWN TO 65**

**Wednesday, June 13<sup>th</sup> 7pm to 9pm**

If your 65 or nearing 65 this seminar is for you. Whether you are planning to retire or will continue to work, it's important to know your Medicare options. Missing deadlines could cost you money!

*Presented by Sue Flanagan Senior Plan Consultant Blue Cross Blue Shield of Massachusetts*

In this seminar you will learn about:

Explanation of Medicare A,B, and C	Medicare enrollment timeline
Medigap Plans	Medicare Advantage
Medicare Part D Prescription plans	Plans & programs available for early retirees



# Sweet Dreams Sleep Seminar

**Monday, June 11<sup>th</sup>  
3:00pm to 4:00pm**

**Lancaster Council on Aging  
And Community Center  
(behind the Prescott Building)  
695 Main St. #7  
Lancaster, MA 01532**

## ***How to Get the Good Night's Sleep Your Body Deserves***

For some of us a good night's sleep may not be as easy as it used to be. Today there are plenty of aids to help with these problems, from practicing good "sleep hygiene" to managing what you eat and when you exercise. Learn why sleep is vital to good health and tips for what you can do to fall asleep faster and stay asleep longer.

**\*Seminar will include handouts and the opportunity to win a Sleep Hygiene Basket!**

**Presented by Home Instead**



### **Got Sharps?**

We can help you dispose of them properly. Details? Call us 978-733-4076 or

SHARPS 800-772-5657 [www.sharpsinc.com](http://www.sharpsinc.com)

GRP & Associates 800-207 0976 [www.sharpsdisposal.com](http://www.sharpsdisposal.com)

Sharps Assure 855-974-2777 [www.sharpsassure.com](http://www.sharpsassure.com)

#### **DROP OFF LOCATION FOR SHARPS CONTAINERS:**

Nashoba Associated Boards of Health  
30 Central Avenue  
Ayer, MA 01432





## The Get Dirty Garden Series – Spring Series

***Free Classes by reservation!***

**Tuesday Classroom Programs** from 10-11am \* Garden time 11-12

**Thursday Garden** 10-11:30am \* **Healthy Lunch & Cooking Tip or Demonstration** 12 pm

- June 5-8 Fun with Food. Squash Towers and Pumpkin Patch
- June 12-June 15 Weed it or Eat It!
- June 19-June 22 Salad Celebrations! Here we go again.. replanting
- June 26-June 29 Recipes for the 4th and holiday fun.

### ***Garden Calendar for July/August***

- July 3rd -5th :Three Sisters Garden
- July 10th-12th :Scapes, Herbs & Garden Delights
- July 17th-19th :Compost Care
- July 24th-26th :To Mulch or Not To Mulch (or Garden Pests)
- July 31st-Aug 2nd :Pickling Time
- Aug 7th-9th :Tomato Time: Let’s pick. Yum.
- Aug 14th-16th :Deadhead, Harvest and Weed. Gotta do it!
- Aug 21st-23rd :Garlic for Harvest & Planting

## Center Village Table Thursday Lunch Club

12pm \* Healthy Lunch & Demonstration Tip

‘Registered’ Garden Participants Eat Free

Guests are \$5 seniors and children 18 and under

RSVP 978-733-4076

Recipes available at demo.

Cookbooks and videos will be available in November for holiday giving!



**Marilyn Largey**  
**Community Service Liaison**  
**Phone 978-733-1249 ext 1109**  
**mlargey@lancasterma.net**



Since starting at the Community Center I've been searching for a term we old folks can embrace for this phase of our life. Here is a great article that resonates with me much more than Boomer Generation or the Silent Generation.

Please enjoy this excerpt from an article by Lauren Carstensen printed in the Washington Post December 29, 2017

## ***In search of a word that won't offend 'old' people***

*Laura L. Carstensen is professor of psychology and the Fairleigh S. Dickinson Jr. professor in public policy at Stanford University.*

We hear a lot about aging societies these days. At the same time, we hear relatively little about being old from older people. In part, this is because most people in their 60s, 70s and older still don't think of themselves as "old." As long as we are healthy and engaged in life — as most people in their 60s, 70s and older are — we don't view ourselves as old. By failing to identify with "old," the story about old people remains a dreary one about loss and decline.

### **Language matters: We need a term that aging people can embrace.**

For years, I've thought that we should just start calling ourselves old and be proud of the fact that we've reached advanced ages. Maggie Kuhn, who co-founded the anti-ageism group Gray Panthers, also took this position. I first heard Kuhn speak in the late 1970s at the meetings of the Gerontological Society of America. A distinguished geriatrician introduced "And now it is my great pleasure to give you this impressive young lady." Kuhn ambled to the podium, stood silent for a moment, pulled the microphone down to her mouth and slowly and forcefully said, "Two things: I am not young, and I'm no lady. I am an old woman. And the fact that you cannot call me what I am without insulting me illustrates the depth of the problem we face."

Over the past 40 years or so, I've tried to persuade people to use the word "old" proudly, but I have so far failed to get a single person to do so. In fact, even I avoid "old" for fear that the term might offend.

Alternative terms range from distant but respectful to outright patronizing. None of them are appealing to old people. The most widely used are "senior citizens," "retirees," "the elderly" and "elders." Then there are the derogatory terms, such as "geezer" and "coots," mostly whispered behind closed doors. And there are terms such as "sages," which frankly go too far in the opposite direction, as plenty of old people are a far cry from wise. Some people prefer the comfortably familiar term "boomers." But then what do we call Gen Xers and millennials when they grow old?

The functional status of "old people" has also shifted substantially over historical time. A century ago, 40 was old. Today's older generations are healthier, more cognitively fit and better educated than any previous generation. So, what do we call old people? Last spring, I met Maureen Conners, a fascinating woman who works in fashion technology. She uses the word "**perennials**" to refer to older customers.

Upon first hearing this term, I was startled. The symbolism it connotes is perfect. ***For one, "perennials" makes clear that we're still here, blossoming again and again. It also suggests a new model of life in which people engage and take breaks, making new starts repeatedly. Perennials aren't guaranteed to blossom year after year, but given proper conditions, good soil and nutrients, they can go on for decades. It's aspirational.***

Perhaps we are reaching a tipping point — a shift away from the fear of growing old and toward embracing living long. "Perennials" may just move the conversation along.



# Out and About: The Travel Section

## *Flag Day Patriotic Road Trip.*

*July 27th, 2018*

## *Adams National Historic Park in Quincy*

*"Oh my sweet little farm..."*

From the sweet little farm at the foot of Penn's Hill to the gentleman's country estate at Peace field, Adams National Historical Park is the story of "heroes, statesman, philosophers ... and learned women" whose ideas and actions helped to transform thirteen disparate colonies into one united nation. The park includes the birthplaces of two presidents, the "summer White House," Stone Library, the Adams Carriage House, and 13 acres of a historic landscape that reflects the lifestyles and values of four generations of the Adams family.



*We will lunch at the at BayPointe Inn with Gorgeous water views and a wide affordable menu*

*Transportation, admittance to the park, and snacks included. Bonus stops too!*

*Lancaster Seniors \$23, all others \$26 Reservation required by June 8th*

*Contact Melissa 978-733-4076*

*Meet at the Lancaster Community Center at 8 am.*

### *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.

*Emergency Contacts are required for all trips at time of registration*

# HEALTH & FITNESS

All activities are held at the Lancaster Community Center unless noted  
Call 978-733-4076 with questions

## Chair Yoga with Julianna

Get fit while you sit or stand.

Tuesday 10:30 am

\$5 each or 6 for \$25

## Gentle Hatha Yoga with Louise

Improve your balance and keep  
your range of motion

Mon & Thurs 11 am, Sat 9:30 am

\$10 per session

## Tai Chi with Jeff

Series of movements performed in a  
slow focused manner with deep  
breathing

Monday at 9:30 am, Tuesday 6 pm.

\$5 each or 6 for \$25

## INSANITY LIVE with Pam Weir

A fun cardio based total

body conditioning workout.

Mon 7pm

\$10 per class

## BALLROOM DANCING with Jim Cole

Learn from the best!

Thurs 7 pm\* **UNTIL JULY**

\$13 per class or 3 for \$30

## Lancaster Keep Moving Walking Club

Striders and strollers welcome.

Tues & Thurs 9 am

FREE

## PICKLEBALL

Indoor PickleBall sessions are over for the season. Outdoors at Doyle Field Leominster  
And other locations. Questions call us.

*We've had a great season and look forward to starting up again next fall. Thanks everyone!*



## Summer time Fun at Spec Pond! Our gorgeous town beach opens June 23rd

**NOW with Swimming Lessons, Paddleboards +!**

### Season Passes

- Lancaster Resident: \$50.00 (before June 23rd)
- Lancaster Resident: \$60.00 (after June 23rd)
- Non-Resident: \$100.00

### Day Pass

- Lancaster Resident: \$10 (Car Load)
- Lancaster Senior Citizens: Free (Age 62 and up)
- Non-Resident: \$20 (Car Load)

## HELPFUL NUMBERS and WEBSITES

### SHINE

Free health insurance counseling and assistance  
1-800-243-4636 press 3 TTY: 1-800-872-0166  
[www.shine.org](http://www.shine.org)

### PRESCRIPTION ADVANTAGE

State prescription drug assistance program  
1-800-243-4636 press 2 TTY: 1-877-610-0241

### MASS HEALTH

1-800-841-2900 TTY: 1-800-497-4648  
[www.mass.gov/eohhs/gov/departments/masshealth/](http://www.mass.gov/eohhs/gov/departments/masshealth/)

### MASSACHUSETTS HEALTH CONNECTOR

1-877-623-6765 TTY 1-877-623-7773  
[www.mahealthconnector.org](http://www.mahealthconnector.org)

### MCPHS PHARMACY OUTREACH PROGRAM

Prescription drug assistance  
1-866-633-1617

### MEDICARE

1-800-633-4227 TTY 877-486-2048  
[www.medicare.gov](http://www.medicare.gov)

### MEDICARE ADVOCACY PROJECT

Legal advice and assistance  
1-800-323-3205

### SOCIAL SECURITY

1-800-772-1213 TTY: 1-800-325-0778  
[www.socialsecurity.gov](http://www.socialsecurity.gov)

### MASSACHUSETTS EXECUTIVE OFFICE OF ELDER AFFAIRS

1-800-243-4636  
Mass Relay 711 1-800-548-2547 (voice)  
TTY/HCO: 1-800-548-2546  
[www.800ageinfo.com](http://www.800ageinfo.com)

## SHINE

Serving the Health Insurance Needs of Everyone SHINE Counselors are available

Tuesday's 9 am—3 pm By Appointment Only 978-733-4076

### "SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE's MEDICARE AND MORE".  
Links to the online episodes can be found at [www.shinema.org](http://www.shinema.org)

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



### Keep Well & Blood Pressure Clinics

Free and open to residents age 60 and over.  
Services include health assessments (blood pressure, blood sugar, and weight monitoring; cardiopulmonary assessments, etc.), teaching (medication, diet, disease management, preventive health, etc.), and referrals to community resources.

4th Tuesday of the Month

8 am—10am

Provided by



VNA Care

### **Interested in Learning; Mahjong?**

Talk about keeping your brain 'fresh and supple', *play Mahjong!* A great game played with 144 tiles, dealt in 'hands', some liken it to rummy. We have some fun people willing to help teach. We are planning on small group lessons, or one on one. Tuesday afternoons or by appointment. Call for details, or just tell us you are interested.

*(978) 733-4076 or mpelletier@lancasterma.net*

### **Lets play! SCRABBLE**

**Tuesdays, 2pm—4pm**

**Lancaster Community Center Meeting Room**

**Fun! Free Snacks!**

Questions or just to let us know you're coming  
call 978-733-4076

*Great for the mind! A fun group of scrabble addicts would like you to join us.*



**Every Tuesday at 1 pm-3**

*Everyone is welcome! Treats and fun!*

**25 cents per every three cards**

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

**We provide free coffee, treats and prizes!**

**Come early for lunch at 11:30**



### **BRIDGE FRIDAYS 1-4**

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, All free! Suitable for all levels, novice to pro. We provide the cards, teachers, and friends. Fridays 1:00-4:00

# Say Darling



Chris Hersch & Celia Woodsmith

"Say Darling is a lethal combination of all-star musicians from around New England... Whether it's country, jazz, soul or blues, pop rock or juke swing, the band has done what every artist strives to do: They killed it, right out of the gate." Manchester Ink

Voted 'Rock n' Rollers of the Year' in 2017 Red Line Roots public poll

**Free Concert**  
June 1<sup>st</sup>

No reservations needed. Come early as seating is limited.

Thayer Memorial Library

717 Main Street, Lancaster

978-368-8928

[www.thayermemoriallibrary.org](http://www.thayermemoriallibrary.org)

Doors Open @ 6:45 p.m.

SPONSORED BY



## 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.

ROSEMARY DAVIS NATURE SERIES

## PLAYING WITH POLLINATORS

June 4 @ 6:00 pm

Presented by Claire Hopkins of Brilliant Botany



Learn about bees, lemurs, and other pollinators who are essential to our planet. No live animals will be at this program.

Recommended for 6 year-olds to Adult.

Funding for this series is provided by a grant from the Rosemary Davis Memorial Fund of the Greater Worcester Community Foundation



Thayer Memorial Library

717 Main Street

Lancaster, MA 01523

978-368-8928



## **Lancaster MART Van Policies and Fees**

Lancaster and MART provides transportation services for Lancaster residents for those (60+) and disabled residents.

### **Fees & Policies**

**Reservations: Call 978 733 4076 or by email to [mpelletier@lancasterma.net](mailto:mpelletier@lancasterma.net)**

**48 BUSINESS hours' notice to reserve a ride**

Reservation requests may be placed by phone, or email. Please 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/Town Green Complex: 50¢
- ◆ Service in Town: 50¢ 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 \*\***

#### **Reservations Required**

*\*\*Rides for medical appointments have first priority. Shopping trips and schedule may change.*

Trips may fill up quickly or be cancelled if there are no reservations. So reserve early if interested!

◆ **Monday 1 p.m.** Clinton Shopping /Errands/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, Aldi's, 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 Policy**

*Van will not run if Nashoba Regional School District Delays or Cancels school due to Inclement Weather. Call to check.*

# Resources and Help

## Town of Lancaster

### Senior Tax Abatement Program

*Work off your taxes and help the town too!*

*Applications for the 2019 Tax year are still available!*

**Want to help your town,**

**While working for a reduction in your real estate taxes.**

If you are 65 or older and own your own home, you may be eligible to lower your real estate tax bill by performing jobs for the Town of Lancaster.

Application details can be found on the Lancaster Council on Aging website.

This is a work program, we will match your skills and interests to departments needs.

<https://www.ci.lancaster.ma.us/council-aging>

Contact Marilyn Largey to learn more.

Phone 978-733-1249 ext 1109

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

---

### Medical Equipment Loan Program

Crutches, canes, commodes, wheelchairs, walkers, some first aid, incontinence, supplies more to loan. (978) 733 4076  
[mpelletier@lancasterma.net](mailto:mpelletier@lancasterma.net)

---

### Veterans Services Department

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

Contact: [rvoutour@leominster-ma.gov](mailto:rvoutour@leominster-ma.gov)

Lancaster Office: 978-706-1754 (Tues 0800-1200)

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

#### Leominster Office:

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

Lancaster Veteran Services provides the following: VA Healthcare applications, VA Disability Claim applications, VA Widow Pension applications, VA Widow/Survivor Benefit applications, VA Burial Benefits applications, VA Veteran Cemetery applications, VA Grave Markers/Symbols, State Veterans Benefits applications, Obtain Military discharge/cords, Obtain Military medals/decorations

**In need?**

### Food pantry options

**WHEAT**

### Community Cupboard

Tues, Wed, Thurs, 10am-1pm Thurs 5-6pm  
508-370-4943

---

### 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

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

*We are here to help!*

*To make an appointment call*

**978-733-1249**

Marilyn Largey at ext 1109

Alix Turner at ext 1102

---

### Free Computer Help

**Just starting out? Or getting by but would like to hone your skills.**

**Laptop has a bug?**

**Jon Roper is our hero!**

**Free, thanks Jon.**

Tuesday mornings 9 a.m.

Call 978 733 4076

# JUNE LUNCH CALENDAR




**\$3.00 suggested donation, reserve one day ahead**

**978 733 1249 x 1103**

**If you cannot make it here we offer Meals on Wheels, call 978 733-4076 for details**

*Or MOC 800-286-3441 for nutrition questions*

This program is made possible in part by funding from the Executive Office of Elder Affairs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1% MILK: 110 calories 125mg sodium (included in totals)		
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Beef & Lentil Chili 260 Brown Rice 5 Green Beans 3 Dinner Roll 132 Mandarin 7 Oranges	Swedish Meatballs 200 Egg Noodles 4 Broccoli 10 Rye Bread 150 Blueberry Buckle 360 D:Apple Grahams 95	Broccoli Bake 480 Home Fries 5 Stewed Tomatoes 271 Multigrain Bread 164 Lorna Doone 100	Chicken 352 w/Apricot Sc Scalloped Potato 25 Tossed Salad 5 Wheat Bread 160 Diced Pears 5
Total Sodium: 532 mg Total Calories: 638	Total Sodium: 849 mg Total Calories: 736	Total Sodium: 1145 mg Total Calories: 770	Total Sodium: 672 mg Total Calories: 539
<b>11</b>	<b>12</b>	<b>13 ~Special~ High Sodium</b>	<b>14 Cold Plate</b>
Haddock in Lemon Dill Sc 362 Red Bliss Potato 5 Sun Veg Blend 24 Wheat Bread 160 Diced Pears 5	Beef Bolognese 163 Penne Pasta 1 Tossed Salad 5 Blend Veg 45 Italian Bread 230 Fresh Fruit 1	Chicken Francaise 573 Wild Rice Pilaf 140 Broccoli Au Gratin 158 Multigrain Bread 164 Pineapple Whip 87	3 C Soup 299 Chef Salad with Egg, Turkey, Chz 245 Multigrain Bread 164 Applesauce w/C 14
Total Sodium: 681 mg Total Calories: 591	Total Sodium: 525 mg Total Calories: 625	Total Sodium: 1247 mg Total Calories: 689	Total Sodium: 833 mg Total Calories: 510
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Pork Rib-B-Que 362 on a Bun 230 Baked Beans 200 Cal Blend Veg 22 Blueberry Yogurt 75	Chicken Marsala 395 Orzo Pilaf with Brussel's Sprouts 57 Multigrain Bread 12 AppleStreusel Cake 164 D:Lemon Grahams 191 95	Escarole Soup 52 Turkey Apple Sal 353 Macaroni Salad 206 ½ Pita Pocket 161 Fresh Fruit w/C 1	Roast Pork in 73 Apple Gravy 31 Yams 31 Tossed Salad 5 Wheat Bread 160 Mixed Fruit 10
Total Sodium: 1014 mg Total Calories: 647	Total Sodium: 944 mg Total Calories: 650	Total Sodium: 1059 mg Total Calories: 747	Total Sodium: 420 mg Total Calories: 593
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Veg Gumbo 50 Chicken Parmesan 860 Cavatappi Pasta 1 Dinner Roll 132 Fresh Fruit 1	Potato Pollock 1 Tartar Sauce 100 Butternut Squash 0 Tossed Salad 5 Multigrain Bread 164 Diced Peaches 5	Hawaiian Meatballs 227 White Rice 4 Oriental Vegetable 21 Wheat Bread 160 Raisins 4	Marinated Stk Tips 272 Sub 27 Peppers & Onions 29 Whipped Potato 218 Almond Cookie 181 D: Lorna Doones 100
Total Sodium: 1064 mg Total Calories: 810	Total Sodium: 671 mg Total Calories: 594	Total Sodium: 541 mg Total Calories: 660	Total Sodium: 852 mg Total Calories: 896

**Need a Ride?**

**Call us 48 hours ahead for a MART ride to the LCC and enjoy a nutritious meal with a us**

**978-733-4076**



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







## 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.



## Become a Friend of the Lancaster Seniors! 2018 Annual Appeal for Donations

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!

The Friends works in the background to financially support seniors and activities at the Senior Center. We provide funds to subsidize trips and meals, as well as supplies for the Senior Center (free coffee, for one thing). In addition, we provide money to help fund the Community Services Liaison, a position that has provided invaluable services to our senior population. We have spent over \$5,000 this past year (2017) alone to support the Senior Center and its programs!

Our popular Pancake Breakfast continues to be a major source of funds for the Friends. Join us every Tuesday from 7:30-9:00AM and enjoy blueberry pancakes, French toast, sausages, scrambled eggs, fruit, coffee, and OJ. All you want for a mere \$3 suggested donation. You can't beat that!

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>

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

For more information about the Friends, contact David James at 978-263-7962.

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 matching funds!

To **Harvard Community Health Foundation** for their generous support, and **MCOA**.

### *Special Thanks to:*

John J, Linda, Joan, Celeste, Bridget, Sue, Deb, Bev and Deb, Jude, Robert, Claire, Nicole, Shelia, Jon, Jay, Jean, Dick, Sue, Marie, Maribeth, Kathy and Lyn, Sean, Cindy, Fred, Katherine, Fred, Nancy, Laura, Dave, Sandra, Judy, Michele, Pam, Gretchen, Kathy, Joe, John G, Marie, Mark, Marilyn, Melissa, , Marie, Kathy, Micheline, and so many more for all their hard work

## **OUR WISH LIST**

**We need VOLUNTEERS, COA committee members and active Friends of Lancaster member**

We can use all your talents, just call or drop by. Serving, meal delivery, crafts, exercise monitors office, gardening and more! For a full list of volunteer opportunities please visit our website.

**Check out our swap shop! Share, and Reuse**

### **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 Meeting**

**Open to all \* Bring ideas,  
and suggestions. Stay for lunch!**

**Wednesday**

**June 27th**

**at 9:00 AM**

**Senior Center**

### **Go Green!**

**Sign up for updates and electronic Community Crier**

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

**Lancaster Community Center Calendar**

[https://www.ci.lancaster.ma.us/lancaster-community-center/pages/  
community-center-calendar](https://www.ci.lancaster.ma.us/lancaster-community-center/pages/community-center-calendar)



**Follow us on Facebook**

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