



Community Crier

Lancaster Community Center
Lancaster Massachusetts
March 2019

Join us for a

Memory Café

Lancaster Community Center

And Council on Aging

Every Last Thursday of the Month.

Thursday March 28th

1-3 pm

"Sweet Treats" with Tracey

Learn How to Decorate Cupcakes

Call 978-365-4537 to register

or 978-733-4076

Memory Cafes are a warm, welcoming place for individuals with memory loss and those with developmental disabilities plus memory loss and their care partners.



COA Board Meetings

Please join us

3rd Wednesday of the month

9 am March 20

Lancaster Community Center

What's happening ?

Lancaster Community Center

[LCC CALENDAR](#)

Follow us on Facebook

www.tinyurl.com/lancastercc



Friends of Lancaster Seniors

All ages Pancake Breakfast

Every Tuesday Morning!

7:00am - 9:00am

\$3 Donations Graciously Accepted

Blueberry, Plain, French Toast, Sausage, eggs, fruit

After breakfast join us for a Walk!

Lancaster Keep Moving Walking Club

9 a.m. Tuesday and Thursday: Join us!

Free. Bring good shoes/boots— your dog and mittens.

Join us for lively conversation and a hike.

Fast or slow we have a group for you.

Questions? 978-733-4076

Lancaster is Going to the Dogs!

Licenses DUE by March 31st. April 1st Fine is \$50

Need shots? Lancaster Clinic Saturday
March 30th from 10:30 am – 12:00 pm . .

https://www.ci.lancaster.ma.us/sites/lancasterma/files/uploads/rabies_clinic_sch_2019.pdf

License Information

- 1) **Online** dog's license(s) online
<https://www.ci.lancaster.ma.us/home/pages/online-payments> .
- 2) **Mail** a check (to "Town of Lancaster") \$10.00 for a neutered/spayed or \$20.00 for an intact dog.
Address: Town Clerk, 701 Main Street, Suite 2, Lancaster, MA 01523. Please include a self-addressed, stamped envelope so we may return your dog's license(s)
3. **Visit!** the Town Clerk's Office at their new location of 701 Main Street (Prescott Building) on the first floor.
Hours are Monday 9:00 am – 5:00 pm
Tuesday through Thursday from 9:00 am – 4:00 pm.

SNOW POLICY: Van Service will be canceled or delayed based on Nashoba Regional Schools notices.

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

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/

MASSACHUSETTS HEALTH CONNECTOR

1-877-623-6765 TTY 1-877-623-7773
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

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

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

Free! SAND for SAFE SENIORS

Elders are higher risk for falls -results can be devastating.

The Lancaster Council on Aging is partnering with the First Church of Christ, Unitarian, and the Friends of Lancaster Seniors to initiate a new program to help reduce falls risk to our elders.

Through this program, senior citizens will receive a free bucket of sand to use on their walkways, steps & driveways to make them safer during the snowy/icy winter months.

If you or someone you know would like a *bucket of sand* send your name, address and phone number to LCC@lancasterma.net or contact Marilyn Largey 978-733-1249 ext 1109



Like to help? Interested in what we do?

Join us!

COA Board Meetings

Please join us

3rd Wednesday of the month

9 am March 20

Lancaster Community Center

How do we make it happen? With YOUR help.

Volunteer Opportunities Abound!

We need instructors for art classes, exercise 'hosts', organizers, drivers, cleaning, office work, garden help—pretty much everything you can imagine.

*Even if you only have a couple of hours a year— it helpsnd it is fun. Hope you will join our fun and zany crew!
Call 978-733-4076 and lv a message we will call you back*

Lancaster Community Center

701 Main Street, Suite 7 Lancaster, MA 01523

Director 978-733-1249 ext 1102

Reception 978-733-4076

Social Services 978-733-1249 ext 4

Van Reservation 978-733-4076

48 hours advanced notice required.

Van Hours Mon -Thurs 8:30am –4pm or by
appt.



News!
you should know.

Courtesy of our Partners at Mass Council on Aging

New Study Reports Health Benefits of Volunteering for Lower-Income Older Adults

Results from an independent study sponsored by the **Corporation for National and Community Service** reveal that **Senior Corps volunteers are not only improving the lives of others, they are also improving their own!**

This national study collected data from 1,200 first-time Senior Corps **Foster Grandparent** and **Senior Companion** volunteers. Nearly all volunteers serving through the Senior Corps programs reported household incomes of twenty thousand dollars or less. Senior Corps volunteers reported significantly higher self-rated health scores, compared to older adults in similar circumstances who do not volunteer. In addition, volunteers reported that their service provided opportunities for personal growth and a sense of accomplishment. Other key findings include:

- *84 percent of Senior Corps volunteers reported improved or stable health after serving approximately two years in the program.*
- *88 percent of Senior Corps volunteers who first reported a lack of companionship reported a decrease in feelings of isolation.*

This independent research also includes a Senior Companion Program caregiver study that highlights that respite services provided by Senior Companion volunteers positively impact the health and well-being of family caregivers.

To learn more about these research studies visit: SeniorCorps.gov/HealthyVolunteers. WE NEED YOU! Volunteer here.

March SNAP is Going out a Few Days Early to the Majority of Households.

SNAP is typically issued between the 1st and 14th of the month. DTA is issuing SNAP a few days early to close the gap between the early February issuance and March. **DTA will be doing robocalls to all households telling them about what is going on. This is NOT a scam. Don't give personal information to ANYONE who CALLS you. You call them on a number you look up.**

This change will affect the majority of households. Some households will get their SNAP on their normal issuance date - for example, if they usually get their SNAP the first couple of days in the month, or if they recently had to do the paperwork to keep SNAP. For all households, issuance will go back to normal in April.

Save \$\$\$ MONEY! Look into the Circuit Breaker Tax Credit– Thank us later.

Its tax time again! So, that means it's also time for older adults to claim the Circuit Breaker Tax Credit.

YOU MAY GET A CASH REFUND ON YOUR STATE INCOME TAXES The Massachusetts "Circuit Breaker" tax credit program is a program for adults age 65 + whose property taxes and half of the water and sewer bills are more than 10% of their annual gross income (or for renters, if their rent is greater than 25% of their income) and who meet a few other rules. Adults can get this income tax credit even if they owe no income taxes. Also, you can get this refundable tax credit. Many people are eligible but fail to complete the simple 1-page form! (In 2014, only 13.8% of adults age 65+ actually filed for this credit, of the over 600 thousand tax filers age 65 and above.)

Follow the link for Tax Tips for Seniors and Retirees or drop by the Lancaster Senior Center for a copy.

<https://www.mass.gov/files/documents/2019/02/06/dor-tax-tips-for-seniors-and-retirees.pdf>



SHINE (Serving the Health Insurance Needs of Everyone) provides **FREE unbiased health insurance counseling information and assistance to Massachusetts residents with Medicare, their caregivers and those approaching Medicare eligibility.**

SHINE COUNSELORS ARE AVAILABLE TO HELP YOU REVIEW YOUR OPTIONS.

March 13th and 27th 10 am –1pm

By Appointment Only Call - 978-733-1249 ext 4

www.shinema.org

FREE Wellness Clinics

At the Lancaster Community Center

8-10 a.m. 1st and 4th Tuesdays

1st Tuesday: Nashoba Nursing Services “Town Nurses”

4th Tuesday: VNA Care

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.



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, 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

Lancaster Senior Outreach

Need help and not sure where to turn?

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

**Contact Marilyn Largey
Community Service Liaison
mlargey@lancasterma.net
978-733-1249 ext 4**

HEALTH & FITNESS

Call 978-733-4076 with questions

Chair Yoga with Julianna

A gentle way to practice postures 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 11AM, Sat 9:30AM \$5
Thurs 11AM \$10 per session

BALLROOM DANCING with Jim Cole

\$13 per class or 3 for \$30

Tai Chi with Jeff

A Chinese martial art and form of stylized, meditative exercise
Monday at 9:30AM, Tuesday 5:30 PM.
\$5 each or 6 for \$25

Lancaster Keep Moving Walking Club

Walk the lovely park & neighborhood around the LCC. Striders, strollers & dogs welcome.

Tues & Thurs 9AM



PICKLEBALL

Reserved Play *Limited to 1 Host plus 6 Players. Reserve your place at [SignUpGenius](https://www.signupgenius.com/go/409044ea5a623a1fb6-pickleball)*
<https://www.signupgenius.com/go/409044ea5a623a1fb6-pickleball>

Open Play *No limit no sign up. Just show up!*

NEW— Monday and Tuesday evenings 6-8pm for lobster ball machine practice

Monday	9-11:00 , reserved play
	1-3:00, open play, beginners
	3-4:00, open play, net drills
	6-8:00, open practice
Tuesday	6-8:00, open practice
Wednesday	9-11:00, reserved play
	1-3:00, reserved play, advanced players
	6-9:00, open play
Thursday	1-3:00, reserved play
Friday	9-11:00, reserved play
	1-3:00, open play
Saturday	8 – 12:00, open play

Beginners

Learn the basics
Monday 1pm.
Coach Shawn Parker

Advanced players

Get ready for the Pickledome
Wednesday 1pm
Coach Dennis Prinos.

\$3 per sessions payable at the time of play.

BINGO



All

Tuesday 1pm-3pm
Lancaster Community Center
Come early and join us for lunch 11:30 am

3rd Tuesday is Lottery Bingo
Sponsored by River Terrace

Wednesday & Friday 1pm-3pm
Bigelow Gardens Clubhouse.

Dessert and coffee served starting at noon on Bingo days.
Games are canceled when school is closed.

are welcome. Each game costs 25 cents for 3 cards.

Mahjong lessons

FREE! Wednesdays 10:45 a.m.

Keep your brain 'fresh and supple', *play Mahjong!*
A great game played with 144 tiles, dealt in 'hands'.
Fun people willing to help teach.



Bridge on Fridays

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 *Calling ahead is strongly suggested*
Questions Call Jean at 978-273-2418



Lancaster Community Center
MARCH LUNCH CALENDAR
11:30 am Monday—Thursday

\$3.00 suggested donation, reserve one day ahead 978 733 1249 x 1103

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 Navy Bean Soup 222 Pork & Red Pepper Pasta 122 Wheat Bread 160 Applesauce 0 Total Sodium: 629 mg Total Calories: 730	5 Chicken Picatta 401 Tricolor Rotini 1 Riviera Veg Blend 140 WW Dinner Roll 105 Chocolate Cake 410 Diet: Choc 95 Grahams Total Sodium: 1182 mg Total Calories: 664	6 ASH Wednesday Tom. Florentine Soup 164 Baked Haddock w/ 296 Lemon Dill Sauce 66 Red Bliss Potato 4 Multigrain Bread 164 Fig Bar 100 D: Loma Doones 100 Total Sodium: 919 mg Total Calories: 714	7 Roast Pork w/ 73 Apple Gravy 83 Green Beans 3 Dinner Roll 132 Mixed Fruit 10 Total Sodium: 426 mg Total Calories: 512
11 Gypsy Soup 272 Chicken Marsala 395 Garlic Mash Potato 66 Wheat Bread 160 Diced Peaches 5 Total Sodium: 1023 mg Total Calories: 615	12 Hawaiian Meatballs 247 White Rice 90 Tossed Salad 5 Multigrain Bread 164 Mandarin Orange 7 Total Sodium: 638 mg Total Calories: 606	13 SPECIAL: High Sodium Comed Beef Hash *874 Braised Cabbage 25 Parsled Carrots 64 Rye Bread 150 Pineapple Whip 87 Total Sodium: 1325 mg Total Calories: 651	14 Veg Gumbo Sp 50 Rst Turkey w/Gravy 389 Cin Sweet Potato 31 Dinner Roll 132 Strawberry Cup 0 D: Fruit Yogurt 75 Total Sodium: 727 mg Total Calories: 576
18 Swedish Meatballs 210 Parsled Noodles 4 Spinach 65 Pumpemickel Brd 155 Chocolate Pudding 135 Diet: SF Chocolate Pudding 156 Total Sodium: 694 mg Total Calories: 650	19 Cheesy Cauliflower Soup 319 Roast Pork w/Gravy 156 Yukon Gold Potato 4 WW Dinner Roll 105 Escalloped Apples 39 D: Cinnamon Apples 10 Total Sodium: 748 mg Total Calories: 697	20 Chicken (Breast) 362 Teriyaki 98 Asian Blend Veg 21 Wheat Bread 160 Fortune Cookie 6 Fresh Orange 1 Total Sodium: 773 mg Total Calories: 647	21 White Bean Kale Soup 211 Shepherd's Pie 136 Multigrain Bread 164 Loma Doones 75 Total Sodium: 736 mg Total Calories: 699
25 Chicken Brunswick Stew 365 Brussels Sprouts 124 Biscuit 340 Pears 3 Total Sodium: 847 mg Total Calories: 516	26 Autumn Harvest Sp 162 Breaded Chicken Drumstick 450 Mac & Cheese 195 Multigrain Bread 16 Pineapple 1 Total Sodium: 1097 mg Total Calories: 690	27 BBQ Pulled Pork on a Bun 448 Baked Beans 230 Baked Beans 152 Coleslaw 101 Vanilla Yogurt 50 Total Sodium: 1106 mg Total Calories: 787	28 Meatloaf in Gravy 284 Sr Cr & Chive 68 Mashed Potato 68 Ital Green Beans 3 Wheat Bread 160 Almond Cookie 181 D: Maple Grahams 115 Total Sodium: 845 mg Total Calories: 938

My Plate: A Guide

Make half your plate fruits and vegetables. They are packed with fiber and antioxidants

Fruits: Eat fruits of all colors. Go for fruit instead of juice for higher fiber and less calories

Vegetables: The more colors and types you eat the better. Aim for non starchy veggies

Dairy: 3 servings per day gets you the calcium you need. Choose low – fat for fewer calories

Grains: Eat mostly whole grains. They have more fiber, iron and B Vitamins than refined grains.

Protein: A palm– sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good lean choices.

Our MART Van can pick you up and bring you home for all our lunches and activities. Call today to reserve your ride. 978-733-4076

If you cannot make it here we offer Meals on Wheels call 978 733-1249 Ext 4 for details. Or MOC 800-286-3441 for nutrition questions.





Lancaster MART Van

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.
\$1 Clinton, all others \$2 (Multiple stops may be charged, call for details)
- ◆ Service in town 50¢, per stop
- ◆ 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/Pharmacy/ Grocery

◇ \$1.00 plus 50c per additional stop

◆ **Wednesdays 1 p.m.** Leominster Shopping: Water Tower Plaza, Dollar Tree, Orchard Hill Park

◇ \$2.00 plus 50c per additional stop

◆ **Thursdays 1 p.m.** 117 Shopping - 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

MART Van honors Nashoba Regional School District policy for cancellations and delays due to inclement weather. Call to check.

Friday Lunch Club

Join new found friends for a Friday lunch date! Meet us there or ride our van.

The only criteria is you have fun!

Val's Restaurant

10 am—2pm March 22th

Reserve your ride at 978-733-4076—\$2 Does not include meal



FREE

PAINT PARTY

Channel your inner Rembrandt

Join Candice to paint

a basic seasonal

picture to take home.

All supplies provided.

Lancaster Community Center

March 13, 2019 10 AM

Registration required by March 6th

Call 978-733-4076

Sponsored by



Go Green!

Sign up for updates and electronic Community Crier

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

Community Center Calendar

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

Follow us on **Facebook** www.tinyurl.com/lancastercc

Saint Patrick's Day Supper

March 16 | 5:30 - 8pm
First Church of Christ
Hawkins Hall



Sláinte!

You don't need the luck of the Irish to enjoy a cold pint and a traditional corned beef and cabbage dinner in the company of good friends and neighbors!

All you need to do is show up with your good spirits and we will take care of the rest!

Beer will be available!

Adults \$10.00
Kids \$5.00



First Church of Christ, Unitarian
725 Main Street, Lancaster, MA
www.firstchurchlancasterma.org

In need?

Food pantry options

WHEAT

Community Cupboard

Tues, Wed, Thurs, 10am-1pm Thurs 5-6pm

Community Café Hours

Monday thru Friday Doors Open at 4:45pm and

Meal is served 5pm - 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 to STOW 3rd FRIDAY

\$2, call to reserve

(978) 733 4076

Clothing & Household

Goods

Dorcas Community Center

132 Bolton Rd Lancaster, MA

Tues 9:30 am - noon

Donations graciously accepted

Contact Becky Renzi 978-870-0266

Hidden Treasure

272 High St. Clinton, MA

Mon - Sat 10am -4pm

Sharing is Caring

Plain St

Clinton MA 01523

Donations Accepted

Food Bank too!

Seven Days 10-4