



COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

MARCH, 2020



SHARERS & MAKERS FLEA & SALE

Reduce, Reuse. Create! Sunday, March 22nd 9 a.m.-1p.m.

Rental and Admission details inside

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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

VAN HOURS

Mon -Thurs 8:30am -3pm *
Office: Mon -Thurs 8:30am -1pm

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

Spring time greetings,

It appears Punxsutawney Phil was right. Spring is early this year! Exciting news indeed, as we all dream of life anew and spring blossoms, baby chicks... ahh. I can feel my heart speed up and not all from hope. There is much to do to fulfill spring's promise. This is time for spring chores. Literally, 'spring cleaning' around the house, under the bed and in the yard. Time to get our winter bodies into shape, too, as bathing suit season (gasp) is just around the corner.

Here at the Center we try to make life easier for our residents, with a dose of fun thrown in. How about incentivizing your clean out with an old fashioned Flea Market? \$\$\$ That should help turn some of your spring cleaning cast offs in green! We have a great space in the gym where you can set up, rain or shine. Rent a space and get rid of your cast offs, or better yet donate great stuff to our to the Get Dirty Community Garden Table or another worthy cause. The Friends we will be selling snacks, and we invite other organizations to participate and provide information about their offerings and do some fundraising. Crafters will be selling their works, too. It should be a great time for all. I hope you can make it! We are open to the public from 9 a.m. -1 p.m. FREE! Can't wait? Early bird admission is \$2 to let bargain hunters get a jump start by shopping by 8:30 a.m. Tables are available, by reservation. First come first serve. Details are inside or call us with questions 978-733-4076.

What is not in question is the benefit of exercise. We always want to be in shape but cleaning that closet and putting the sweaters away gives us that extra kick! Come join the FREE Backstage Gym. The gym is equipped with professional level equipment thanks to the Friends of Lancaster Seniors and very generous donors. Once you see it you will want to join. The Board of Selectman has approved extended hours so now you can work out after a day at work. We are open from 8:30 a.m. until 7:30 p.m. M-Th and 7 p.m. on Fridays. Saturday mornings from 8 a.m. until 12 noon, too. More good news! The Friends just purchased a new upper body machine soon, and a leg press— coming soon. This service (free for now) is the best deal in town and we will get you in shape just in time to break out the bikini. You must sign up before using the gym (see Dave in the COA office), join a free training session (usually Saturday morning at 9:15), and bottom line, have fun!

Embrace spring! Turn that trash into cash and your flab into fab! :0)

Carpe Diem, Alix

Don't forget to sign up for your FREE AARP Tax Prep. A few slots still left! Call 978-733-4076 to reserve for March 13, 20

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➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Lisa Templeton to place an ad today!
ltempleton@lpi-seniors.com or (800) 477-4574 x6377

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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

And on Facebook 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, Commission on Disability, 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, Cook-outs, 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 or visit the Lancaster website.

CLOSURE POLICIES

If Nashoba Schools are closed due to inclement weather, ALL events, activities & transportation are canceled for the day. However, Center offices will remain OPEN unless directed to close.

If **Nashoba delays** activities and transportation are delayed too. Occasionally meal service may be disrupted even if schools remain open. Questions? *Call us at 978-733-4076 to check.*

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



MOC Elder Nutrition
For Reservations or Cancellations,
please call: (978) 733-4076

For Home Delivered Meals, call:
(978) 345-8501 EXT 2

Group Dining Menu



March, 2020

Menu Is subject to change

All meals include 1% milk

* Indicates higher sodium item (>500mg)

Suggested voluntary donation: \$3.00

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| 2 Philly Steak 408 Sandwich 248 Sub Roll 27 Peppers & Onions 5 Home Fries 1 Pineapple | 3 Gr. Chicken Marsala 395 Cavatappi Pasta 1 Italian BI Vegetable 41 Multigrain Bread 164 Diced Pears 5 | 4 Turkey Corn Stew 464 Carrots 43 WW Bread 170 Fresh Orange 1 | 5 Autumn Harvest Sp 162 Rst Pork/Herb 99 Gravy 316 Stuffing 105 Multigrain Bread 338 Pineapple Cake 169 D : ½ Portion Cake | 6 |
| 9 Gr.Chicken in 342 Red Pepper 24 Pesto 24 Israeli Cous 65 Cous 164 Spinach 10 Multigrain Bread Mixed Fruit | 10 3 C Soup 299 Potato Pollock 273 Tartar Sc 100 Red Bliss 5 Potatoes 12 Brussels Sprouts 170 WW Bread 5 Sliced Peaches | 11 Beef Stew 200 Tossed Salad 5 Dinner Roll 132 Vanilla Yogurt 50 | 12 Sw & Sr Chicken 445 Veg Fried Rice 9 Asian Veg Blend 21 Multigrain Bread 164 Choc Chip Bar 154 Diet: ½ Bar 77 | 13 |
| 16 Beef & Lentil Chili 260 Brown Rice 5 California BI Veg 22 Dinner Roll 132 Diced Pears 5 | 17 Special ^Na Corned Beef Hash 874 Braised Cabbage 25 Glazed Carrots 55 Pumpernickel Brd 155 Apple Streusel 191 Cake 96 D: ½ portion cake | 18 Mulligatawny Sp 153 Rst.Pork/OnionGra 99 vy 66 Mashed Potato 61 Scandinavian Veg 164 Multigrain Bread Fresh fruit | 19 Bread'd Drumstick 450 Au Gratin Potato 132 Tossed Salad 5 WW Bread 170 Mandarin Oranges 7 | 20 |
| 23 Chicken & Rice 429 Bake Brussels Sprouts 12 Multigrain Bread 164 Sliced Peaches 5 | 24 Corn Chowder 172 Hot Dog 490 On a Bun 270 Baked Beans 152 Pineapple Chunks 1 | 25 Grilled Chicken In Supreme Sc. 376 Sweet Potato 33 Spinach 65 WW Bread 170 WG ChocChip 190 Muffin 100 D: Lorna Doones | 26 Veg Barley Sp 257 Rst Turkey/Gravy 389 Mashed Potato 66 WW Dinner Roll 105 Carnival Cookie 85 D: Grahams 95 | 27 |
| 30 Navy Bean Soup 222 Swedish 220 Meatballs 4 White Rice 170 WW Bread 14 Applesauce | 31 Gr.Chicken Cacciatore 426 Tri-Color Pasta 1 Tossed Salad 5 Italian Bread 230 Blueberry Buckle 360 D: ½ Portion Cake 180 |  | 1% MILK: 110 calories 125mg sodium (included in totals) |  |

Menu Specifications: Sodium amounts are listed beside each item individually & totaled below each meal

Meals on Wheels provides this information for individuals interested in minimizing their Sodium intake.

Nutrition Questions? Contact Alex Welch, RD at (978) 785-5340, awelch@mocinc.org. **To cancel a meal call (978) 345-8501 EXT 2**

- To reduce the Sodium content of any meal, save the Bread, Milk &/or Non-Fruit Dessert for the following meal or snack.
- To reduce the Carbohydrate content of any meal, save the Bread, Milk &/or Dessert for the following meal or snack.



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-

The BackStage Gym Is OPEN*& FREE**

- ◆ All residents are welcome
- ◆ *Free Training available.*
 - ◆ No pressure!
- ◆ Commercial equipment

Monday-Thursday

8:30 am-7:30pm* Fridays 8:30-7

Saturday 8-12

Note you must leave by closing

**or by appointment (we are looking for volunteers to have act as gym monitors evenings and weekends) ** until further notice*

BEFORE USING THE EQUIPMENT

You must stop by Center Office and sign a Release Form before using the equipment and schedule an appointment for training.



HEALTH & FITNESS

Pickleball is BACK!

Never heard of it? Pickleball is a fun, fast-paced *game for all ages*. Pickleball is a low impact racquet sport combining badminton, tennis, and table tennis. It was created with one thing in mind: **fun!** It was designed to be easy to learn and play ALL AGES. For more information check out this website: <http://www.usapa.org> or go to You tube for videos.. We have equipment too!

ONLY \$3 per session. See LATEST schedule at

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

| | | | |
|-----|--------------------|-----|---------------------|
| MON | 9-11am (signup) | WED | 6-8 (open) |
| MON | 1-3, 6-8 (open) | THU | 12-2 (signup) |
| TUE | 1-3 (open) | Fri | 9-11, 3:30 (signup) |
| TUE | 3-5 (Adv'd: 3.5+) | FRI | 1-3 (open play) |
| WED | 9-11, 1-3 (signup) | SAT | 8-12, 1-3 (open) |

Sign ups required for classes noted as SIGN UP. See link below
<https://www.signupgenius.com/go/409054da4a82cabfa7-lancaster>

**Need Help ? More questions?
Try the LCC/COA Office for help.**

FREE WELLNESS CLINICS

Lancaster Community Center

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

1st Tuesday : Nashoba Board of Health "

4th Tuesday: VNA Care

Free services include health assessments (blood pressure, blood sugar, cardiopulmonary assessments, etc.), teaching (medication, diet, disease management, preventive health, etc.), and referrals to community resources.

Lancaster's

Keep Moving Walking Club

STILL OUTDOORS:

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

WHEN: THURSDAYS 9:00– 10:00 A.M.

Striders (Speedy) and Strollers (Slower) welcome!
Come join us for pancakes and then work them off!
We provide water, and companionship for a safe walk on Lancaster's lovely byways.
Get in shape, and get healthy.
Questions? Call us! 978-733-4076

Tai Chi and Quigong

Monday 9:30 am &

Tuesday Evenings 6:00 pm

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

Instructor: Jeff Cote

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

No matter what your capability/ ailment or restriction is, you will learn tools and techniques to carry with you to help with discomfort, lubricate the joints, calm the mind, AND get a good workout! We start with seated poses, core work, twists, balance, spine lengthening and strengthening and grounding work off the chair (with modifications if needed in chair), and end with a guided relaxation. This class promises to leave you feeling more peaceful, energized, and uplifted. Please let Julianna know prior to class. If you have any specific restrictions.

Hatha Yoga

Mon. & Thurs. @ 11 a.m., Sat @ 9:30 am

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)

MORE HEALTH & FITNESS & FUN



Get into Shape for Fall! *All ages.* **Strength and Weight Training**

Now 2 Classes!

SATURDAYS— Starting March 7 — 6 week session 7:30am-8:15am AND 8:30am-9:15am (Limited space Reserve NOW).

Get in shape for the holidays with this SIX week class. 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).* **Bonus:** get trained for our new Backstage Gym, too. **Series price for Lancaster residents \$30. \$45 for all others. Call to reserve. Limited space. 978-733-4076**

Openings
For 7:30
class



LEARN TO DANCE!

**THURSDAY EVENINGS 6:00-7:00 P.M.
LANCASTER COMMUNITY CENTER**

No Partner? No Problem!

Learn from *the best!* Jim Cole has repeatedly been voted best and his students agree. A fun casual class for beginners and pros alike. **No partner, no problem!** Come alone or bring friends. Great exercise, good for the body and mind and yes your social life. Call for information on which dances are currently taught. Choose from Waltz, Rhumba, Cha Cha, Salsa, Swing and more! All ages! Dress is casual.

Please bring an extra pair of dry, clean shoes to change into.

SCHEDULE

MARCH
Waltz
April
Rhumba

PiYo! Here! NOW!

It's new, it's fun, and it is good for you! What more could you want?

Get in shape for spring with this fun class. Michelle LaFrance makes this fun and easy for all abilities, shapes and ages. Through this great class you will stretch and tone you with Yoga and Pilates inspired moves set to an upbeat sound track.

March, 5, 12, 19, 26 April 2

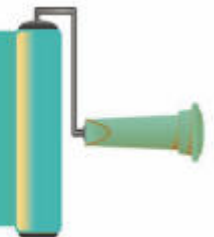
Series: \$45. Mats, water provided. Drop in \$15 978-733-4076

Reserve your class at 978-733-4076



LIVE

SUPPORT THE **ADVERTISERS**
THAT SUPPORT OUR COMMUNITY



MARCH ACTIVITY CALENDAR

March 2020

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|
| 2 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30 | 3 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 SUPER TUESDAY - VOTE (NO PANCAKES TODAY) | 4 Mah Jong 10-2 MOC Lunch 11:30 | 5 Walking Group 9:00 MOC Lunch 11:30 Yoga 11:00 Ballroom Dance 6:00 | 6 Bridge 1-4 Market Basket | 7 Strength Class 7:30 Strength Class 8:30 Yoga 9:30 |
| 9 COA Meeting 8:30 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30 American Legion 6:30 | 10 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 6pm | 11 Mah Jong 10-2 MOC Lunch 11:30 | 12 Walking Group 9:00 MOC Lunch 11:30 Yoga 11:00 Ballroom Dance 6:00 | 13 Bridge 1:30-4:30 Lunch Club: Slattery's | 14 Strength Class 7:30 Strength Class 8:30 Yoga 9:30 |
| 16 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30 | 17 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 6pm | 18 Friend's Meeting 9am (LCC Meeting Room) Mah Jong 10-2 MOC Lunch 11:30 | 19 Walking Group 9:00 MOC Lunch 11:30 Yoga 11:00 Ballroom Dance 6:00 Wine & Dine at Gibbet Hill Grill, Groton | 20 Bridge 1:30-4:30 Stow Food Pantry | 21 NO STRENGTH CLASSES Yoga 9:30 |
| 23 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30 | 24 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 6pm | 25 Mah Jong 10-2 MOC Lunch 11:30 | 26 Walking Group 9:00 MOC Lunch 11:30 Yoga 11:00 Ballroom Dance 6:00 | 27 Bridge 1-4 Stow Food Pantry 9:00 Highland Commons 10am-1pm | 28 Strength Class 7:30 Strength Class 8:30 Yoga 9:30 |
| 30 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30 | 31 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 6pm | 1 Mah Jong 10-2 MOC Lunch 11:30 | 2 Walking Group 9:00 MOC Lunch 11:30 Yoga 11:00 Ballroom Dance 6:00 | 3 Bridge 1-4 Market Basket | 4 Strength Class 7:30 Strength Class 8:30 Yoga 9:30 |
| 6  | MON 9-11 (signup) 1-3pm, 6-8pm (open) TUE 1-3pm (open) 3-5pm (advanced 3.5+) WED 9-11, 11-1 (signup) 1-3pm (signup), 6-8pm (open) THU 12-2 (signup) FRI 9-11am (signup) 1-3pm (open), 3:30pm (signup) SAT 8-12pm 1-3pm (open) | BACKSTAGE GYM is open more hours! Monday through Saturday 8am-7:30pm MTWT, 8am-6:30pm F, 8-12 Sat | | | |

OUR PARTNER: AARP!

Finally! *In Lancaster*

Free AARP Tax Prep Service!

Appointments required. All welcome

March 13th, March 20th

*Register NOW appointments
are filling fast.*

Don't do taxes? *You should!* \$\$ Everyone should especially in MA: Circuit Breaker! You might be leaving money on the table. AARP offers FREE tax preparation to low and moderate income families. Seniors are our specialty! WE are accepting reservations NOW! Can't make our dates? Clinton, Leominster have them too. *Sessions fill up quickly, so call early; don't wait until you get all your forms (1099's, W-2's, etc.).* Other locations are available on other days; details in next month's "Crier."

RSVP 978-733-4076

AARP®

Driver Safety

April 22nd.
Space is
limited
RESERVE NOW

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

FUN & GAMES

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.



BRIDGE—FRIDAYS

FRIDAYS 1:00-4:00 (NOW THAT DAYLIGHT IS BETTER)

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.

Questions Call Jean at 978-273-2418 OR David at 978-733-4076

NOTE: Due to AARP Tax Preparation using the room 3/13 and 3/20, Bridge on those two days will start at 1:30.



BINGO

**EVERY TUESDAY FROM 1PM-3PM
(Wed. and Fri. 1pm-3pm at Bigelow Gardens)**

Everyone is welcome! Treats and fun!
25 cents per every three cards
Bring your quarters, odds are better than the lottery!
We provide free beverage, treats and prizes!

Come early for lunch at 11:30



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

MUNICIPAL NEWS

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

THAYER MEMORIAL LIBRARY

717 MAIN ST LANCASTER MA

“MONDAY MOVIE MATINEES”

CHECK THE LIBRARY WEBSITE FOR DETAILS

RECREATION DEPT.

CHECK OUT THE RECREATION DEPARTMENTS WEB PAGE
ON THE TOWN WEB SITE FOR ALL OF THEIR CURRENT AND
UPCOMING PROGRAMS.

<http://ci.lancaster.ma.us/recreation>

IMPORTANT TOWN UPDATE NOTICES

**Sign up for here for breaking news.
about the Center & town and more!**

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



DOG LICENSES ON SALE

[http://
www.ci.lancaster.ma.us/
Pages/
LancasterMA_WebDocs/
billpay](http://www.ci.lancaster.ma.us/Pages/LancasterMA_WebDocs/billpay)

Call **Dianne Reardon** or
Melissa Pelletier

978-365-3326 ext 1

M 8:30-5 or T-TH 8:30-4:00

Town Clerk's Office

TRANSPORTATION

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 AND DINING WEEKLY TRIPS

Reservations Required

**Rides for medical appointments have first priority. Trips may fill up quickly or be cancelled if there are no reservations. So reserve early if interested!

ALL SCHEDULES SUBJECT TO CHANGE

MONDAY

8 a.m. or 1 pm p.m. Clinton Shopping /Errands/Banking/Pharmacy/ **Hannaford's**
\$1.00 plus 50c per additional stop

TUESDAY

1:30 p.m. Clinton Shopping /Errands/Banking/Pharmacy/ **Shaw's**
\$1.00 plus 50c per additional stop

4:30pm WHEAT Café dinner; van reservation required, limited to 10. **FREE RIDE!**

WEDNESDAYS

1 p.m. **Leominster Shopping** (destinations alternate): Water Tower Plaza, Dollar Tree, Or-
chard 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. Market Basket** Return 1 p.m. (or 12 for Sue's Kitchen)-e.g Mall
stores, Market Basket, Restaurants \$2.00 plus 50c per additional stop

2ND FRIDAYS

Lunch Club—Van riders choose the place to go for lunch.

3RD FRIDAYS

8:15 a.m. **Stow Food Pantry** and Highland Commons : **Market Basket**

Berlin/Hudson - return 1 p.m. \$2.00 plus 50c per additional stop

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.

VAN WILL NOT RUN IF NASHOBA SCHOOLS ARE CLOSED.



WINE & DINE CLUB

JOIN A GROUP FUN LOVING MEN AND WOMAN WHO WANT TO TRY NEW PLACES, OR ENJOY OLD FAVORITES. NO NEED TO WORRY ABOUT DRIVING SO ENJOY A GLASS OF WINE, OR JUST DINING WITH FRIENDS. EACH MONTH WE TRY A DIFFERENT PLACE! NO WORRY ABOUT PARKING, OR EATING ALONE.



Speci-al Dinners, Fun and Friends!

\$ 4 van fee* plus food **RSVP to 978-733-4076**

March 19—Gibbet Hill Grill, Groton

April 16—Coach Grill Wayland

May 21—Giacomos & Russells Garden's

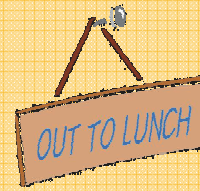
Join us for fun evenings out on the town.

Special Events and Trip Policies:

Trip 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.

MORE TRIPS ! SAVE THE DATE:

LUNCHEON CLUB TRIPS:



MARCH 13TH

SLATTERY'S IN FITCHBURG

Leave here around 11 a.m. for lunch with Friends. Space is limited to ten on the van. \$2 fare/meal cost not included.

RSVP to 978-733-4076

Interested in your favorite spot? Let us know.

Spring Savings!

DON'T FORGET YOU MAY QUALIFY FOR BENEFITS UNDER THE NEW MEDICARE SAVINGS PROGRAM!!!

If your income is under \$1,738/single or \$2,346 married and your assets are under \$15,720/\$23,600 respectfully you may qualify for this valuable program.

Filing Your own Taxes?! Using your Accountant? Make sure you ask for the Circuit Breaker. Questions? Talk to us. 978-733-4076

SHARERS & MAKERS FLEA & SALE

Reduce, Reuse. Create!

Sunday, March 22nd 9 a.m.-1p.m.

Free Admission*

Early bird entry at 8:30 \$2

Table Rental Information:

Limited space assigned first come first serve

Lancaster Residents: \$15 space until 3/15 then \$20

All others: \$20 Space

Set Up 3/22 7 a.m. – 8:30 a.m.

*clean up 1-3 All property must be removed from Center

Reserve by emailing coadmin@lancasterma.net or

calling 978-733-4076



SAVE THE DATE!

April 5—Join us for
Sunday Senior Brunch

You are invited...

If you like you may join the First Church
congregation for

Palm Sunday Service 10 a.m.

Brunch 11 a.m.

Free for seniors!

*Hosted by The First Church Lancaster in
partnership with the Friends of Lancaster
Seniors. All are welcome!*

Boston Flower Show *An Evening in the Garden* March 12th

Join us for a dose of Spring—leaving late afternoon to avoid traffic and crowds. By request we make a quick stop at some of our favorite Armenian bakeries, and spice shops to stock up. Then off to one of our favorite cheap eats places, Gregs to get enjoy a lovely dinner. Enjoy a nice evening with friends and get 'recharged' in time for Spring.

\$26 includes travel, parking, snacks and bad jokes. Food and purchases are not included. See our cancellation policy.

Reserve at 978-733-4076. Sorry—wait list only!



Art in Bloom

April 23rd

At the Fitchburg Art Museum
Lunch at the Famous Fay Club

What a trip! We will enjoy some treasures not far from our borders. We begin the trip with lunch at the private, and well renowned Fay Club. Make sure you don't miss this chance to get a sneak peak at this treasured landmark and enjoy while enjoying a delicious lunch. Following lunch we travel to the The Fitchburg Art Museum, a local treasure to see Art in Bloom. Floral designers will interpret select pieces of art from the museums collection. It is the best time to visit! If we have time we hope to visit the Boulder Gallery, to enjoy works of local artists many whom have chronicled life in our area. We will be back to the Center late afternoon after a wonderful day exploring treasures not far from home.

Tickets are limited. Lancaster Seniors until 3/15 \$10 General reservations 3/15 on \$10. you may join the waiting list early in case the trip is not filled by 3/15.*

See trip policies.

Join us!

Free Gardens & Gardening Classes

at the

Get Dirty Garden Program

Located at the Lancaster Community Center

Main St Rear Lancaster MA

Tentative March Schedule

March 5 - clean-up (pathways and common areas), soil testing

March 12 - seed starting (greenhouse) cool season crops, preparing the garden

March 19 - dress beds, plant peas

March 26 - seed starting warm season crops; tomatoes, peppers, flowers etc..

-Questions? To help out, or enjoy this community garden call Alix at 978-733-1249 ext 1109



EVENTS, RESOURCES & HELP



IMPORTANT DATES: What to expect

- ◆ March 12-20—invitation to respond online
- ◆ March 16-24—reminder letter
- ◆ March 26-April 3—reminder postcard
- ◆ April 8-16—reminder letter and paper questionnaire
- ◆ April 20-27—final postcard reminder before we follow up in person

REMEMBER: the US Census will NEVER ask for your Social Security number or your bank information!

**Free
Computer &
Phone (IT) Help**
With Computer Guru Jon Roper
8:30 am– ish Après Pancakes

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

NOW! Open Air Burning Season

Through May 1st, 2020.
Get your permit at the Lancaster Fire Department at
1055 Main Street OR



online at
www.massfire.net/brush/lancaster.php

In need?
Got help!

Food pantry options

WHEAT

NEW NUMBER!
508-370-4943
Call for extensions

Village Church

South Lancaster
Thursday Evenings
6 pm-7 pm

Offering a wide variety of wholesome food

Stow Food Pantry

335 Great Rd (Rt 117)
Stow, MA 01775
(978) 897-4230

TRANSPORTATION ON 3rd
FRIDAY \$2, call to reserve

Offering variety of fresh produce (seasonal), baked goods. You may choose from an assortment of meat products as well, and an ample supply of pantry items such as canned goods, pasta, rice etc.

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 x 1109

Spring Cleaning Help... Declutter Support Groups and Workshops—Spring 2020



About one in twenty people have cluttering tendencies, and help is available among peers where you can find hope for making positive changes in your habits and in your home.

ClearPath's groups meet weekly, in MetroWest and Nashoba Valley. Groups are offered at no charge to the attendee except for a \$20 book fee.

Lowell "Buried in Treasures" – starting March 12, Thursdays at 1:30 pm.

Meets at Lowell Senior Center. Lowell residents have preference for the 15 spaces. Call Lil Hartman to register 978-674-1170.

Maynard "The Right Stuff" - starting March 4 and meeting 10 consecutive weeks on Wednesdays at 5:30 pm. Meets at the Maynard Public Library. Must be a Buried in Treasures graduate to join this group.

Ashland "Buried in Treasures" - starting in March 11, Wednesdays 6-8 pm. Meets at 29A Pond St., Ashland. Members welcome from all towns.

Family Support Group – last Wednesday of each month September to June, Marlborough Hospital.

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.*
Call (978) 733 4076 or aturner@lancasterma.net or mtrottier@lancasterma.net





PRUNING BASICS



Before pruning



A well-shaped plant
after pruning

SUNDAY, MARCH 15TH

7:00PM TO 8:30PM

LANCASTER COMMUNITY CENTER
behind the library

Learn about the science behind when, how, and why to prune your woody plants. Learn how to make the best use of your money by making good choices when determining which plants can be pruned by a home gardener, and which require the services of a professional.

Gretel Anspach is an Overseer of the Massachusetts Horticultural Society, a Lifetime Master Gardener with the Massachusetts Master Gardener Association, and a recently-retired systems engineer for Raytheon. She has volunteered sporadically for the New England Wildflower Society as an adult's and children's guide. She considers her horticultural interests to be eclectic.

members- free non-members \$5.00

Visit our website for more information at lancastergardenclub.net
come half an hour early to share and snack and say "hi"

Luther Burbank Middle School
Drama Presents

Seussical JR.

Friday, March 27th &
Saturday, March 28th @ 6:30 pm
103 Hollywood Dr. Lancaster, MA
Tickets \$4 students/Seniors \$6 Adults

SEUSSICAL
Music by STEPHEN FLAHERTY Lyrics by LYNN AHRENS
Book by LYNN AHRENS and STEPHEN FLAHERTY
Co-Conceived by LYNN AHRENS, STEPHEN FLAHERTY, and ERIC IDLE
Based on the Works of DR. SEUSS

Seussical TV
Is presented through special arrangement with Music Theatre International (MTI).
All authorized performance materials are also supplied by MTI.
www.mtishows.com

*For an evening on the town, check out these quality local offerings by our very own Nashoba school theater programs
Transportation may be possible—please call us
in advance at 978-733-4076 to find out more.*

NASHOBA DRAMA
HELLO, DOLLY!
TICKETS

NASHOBA REGIONAL HIGH SCHOOL ADULT: \$14
12 GREEN ROAD BOLTON, MA STUDENT/SENIOR: \$10

Friday, March 20th
at 7:00 pm
Saturday, March 21st
at 7:00 pm
Sunday March 22nd
at 2:00 pm

**Transportation or ticket
order forms see the
COA office**

OUTREACH INFORMATION

Spring is in the air!

From Marie Kondo-style tidying to Extreme Home Makeovers, there is something appealing about the idea of a fresh start for your living space, whether it means tossing your collection of bottle caps or taking a sledgehammer to the orange Formica basement bar. A world of transformative possibilities opens up--at least when you have inspiration, budget, and team of deco professionals at your side.

The reality however, is that cleaning up and cleaning out can be overwhelming and emotionally tiring. And faced with a task that seems too difficult, many of us can feel paralyzed or in denial about clutter. As excess objects become obstacles, our living spaces become less comfortable, less healthy, and less safe.

However, there is help available! The **ClearPath program, run by the nonprofit Metro Community Development Corporation** (more info on page 13) helps you learn valuable downsizing skills and strategies.

Workshops and peer groups run for 15 weeks in Lowell, Maynard, and Ashland, and are **free of charge** (purchase of a \$20 book is required). Call (508) 658-2880 or check out their information below.

Our local thrift and consignment stores are also an excellent way to swap out or donate home goods, to tide you over until yard-sale season. WHEAT's Hidden Treasures (508-370-4943) will take clean, usable items, including clothing, and will even pick up saleable furniture. ReStore in Leominster (978-227-5556) supports Habitat for Humanity's home ownership programs locally, while keeping the good stuff out of landfills.

Hope to see you soon at the Center!

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

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





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A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.

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Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)

American Standard
Walk-In Tubs

WALK-IN BATHTUB SALE! SAVE \$1,500

- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

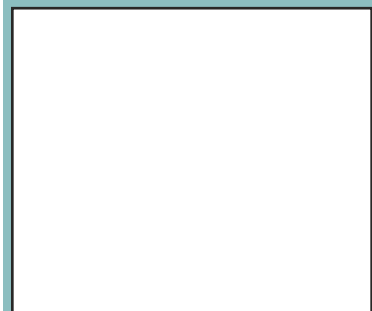
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There's no cost to you!
(888) 612-8951
We're paid by our partner communities



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



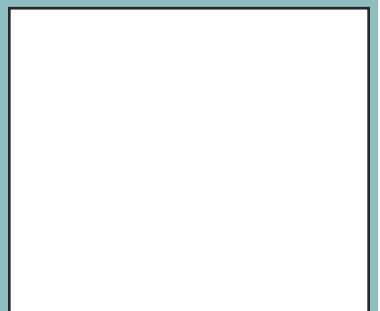


HELP PROTECT YOUR FAMILY & HOME

CALL NOW! 1-888-862-6429




HOME SECURITY TEAM





Friends of Lancaster Seniors, Inc.

All Ages Pancake Breakfast Every Tuesday Morning!

7:30am - 9:00am

Donation\$ Graciously Accepted!

\$3 is a suggested donation, but any donation is appreciated.



Blueberry and plain pancakes, French toast, sausages, scrambled eggs, fruit, muffins, orange juice, coffee /tea/milk.



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You shop. Amazon gives.

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>

The BackStage Gym is OPEN (and it's FREE)!

- ◆ All residents welcome
- ◆ Free Training available.
- ◆ Commercial equipment

Monday-Thursday 8:30 am-7:30pm*
Fridays 8:30-7 / Saturday 8-12

First Time User? Stop by the Office and sign a Release Form and schedule an intro training *before* using the equipment.

 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>

The Friends of Lancaster Seniors invite you to donate in honor of a special occasion, in tribute, in memory, or in love! Donations will be noted in the newsletter or may be private.

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 Lancasterians.

Thank you, Lancaster Friends