



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
May 2018 (978) 733-1249, fax (978) 733-4076 Alexandra Turner, Director. Melissa Pelletier, Marilyn Largey

Save the Date!

Join us for an all ages Summer
Garden Celebration
The Summer Solstice Soiree!
June 20th 6:30-8:30 p.m.



An evening of gardens, food,
music and fun!

Thanks to



IMPORTANT DATES: THE TOWN NEEDS YOU!

This is your chance to make policy decisions for Lancaster.
You are the legislators. VOTE!

ANNUAL TOWN MEETING:

(All registered voters eligible to vote)

MONDAY, MAY 7th 2018 7 p.m.

TOWN ELECTIONS:

Local offices

MONDAY, MAY 14th, 2018

https://www.ci.lancaster.ma.us/sites/lancasterma/files/news/fy19_detail_budget.pdf

<https://www.ci.lancaster.ma.us/home/news/annual-town-election-5-14-2018-warrant>

An Open Letter of Thanks

Groucho Marx once said "Getting older is no problem. You just have to live long enough!" Well, I know many who may dispute that in favor of Bette Davis's "Getting old ain't for sissies". As someone who has made a career of working with seniors I can tell you both Groucho and Bette nailed it! How it is possible? Two opposed perspectives are both correct? The answer is simple. It is all in how you age, it really is. The answers, not so simple --but we have an ally in Harvard Pilgrim Health Care Foundation and our other community partners.

As boomers rapidly become the majority of the population there is renewed interest in *how* to address issues arising in the wake of the 'silver tsunami'. Studies and news reports conclude the answer is simple; we need to "Age Well". Aging well is not easy; in fact it takes work- but the benefits- priceless! Challenges to aging well are many but maybe broadly summarized into two categories, first financial challenges and lastly physical and mental health challenges. Solutions are few; innovation is not keeping pace with mounting hurdles. This imbalance can make the work of those in senior care, and caregivers' lives frustrating, never mind the seniors facing problems associated with aging.

On a positive note there are wonderful people and organizations that recognize the challenges, and embrace the "Aging Well". Harvard Pilgrim Health Foundation is one of the best! We can't thank them enough. They have dedicated considerable resources to develop innovative programs that may be replicated in any community to help meet unmet challenges. The Lancaster Community Center is blessed to have been chosen to develop an Intergenerational Garden and cooking program directed to help reduce food insecurity in the senior population.

Our grant award from Harvard Pilgrim allowed us to create a very successful program that any community could replicate. There is too much to detail here but we would love to share program details with you. Suffice to say, many of all ages are more knowledgeable and active now than they were prior to the grant. What better gift, than that of health! Speaking of gifts Harvard's support has been catalyst for other generous partners. Clear Summit Lancaster, Indian Head Farm, Rota Spring Farm, Lancaster and the Wekepeke 4-H, Homestead Homeschoolers 4-H, and other buisnees and wonderful volunteers- and of course the Friends of Lancaster Seniors have all helped support us. **Please join us for a fun evening of food and music and games to thank Harvard and our supporters on June 20th at our Summer Solstice Soiree!**

Come garden! Alix

*The Lancaster Get Dirty Garden & Center Village Table Series
invite you to an evening to celebrate gardening and eating well.*

The Summer Solstice Soiree

A Garden Party

June 20th, 2018 6:30 p.m.~8:30 p.m.
Catering by Roots and special guest chefs.

Light healthy fare, music, garden and lawn games, Raffles!

Wear your garden garb, best hat or comfortable attire.

Cash bar by the Friends of Lancaster Seniors ^



Save the Date for the Soiree!

Further details to follow

Many, many volunteer opportunities (means we need you) to get ready for the Soiree, also need help the evening of the party. 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! Office, outside, and special events.

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.

Lancaster Community Center

Join us for Lunch

Monday through Thursday
11:30 am

\$3 *Suggested donation*

RSVP 978 733 1249 x 1103

Get Dirty

Garden Series

Healthy Garden Lunches

Thursdays
through July 6th
12pm

**Lunch and Demonstration
Recipes available**

\$5 per person
'Registered' Garden Participants Eat Free

RSVP Required 978-733-4076

Save the date! Garden Party June 20th



Montachusets Opportunity Council

Learn
Heart Healthy Ways to Wellness
11: 30 pm Lunch
May 10th
Presented by Alexandra Welch
Lunch to be served \$5
RSVP Required 978-733-4076

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

LANCASTER COMMUNITY CENTER
SPEAKER SERIES

UNDERSTANDING THE “WHO, WHAT AND WHY” OF HOSPICE CARE

Tuesday, May 22nd 9 am

Modern medicine provides so many wonderful options to patients; yet none are as misunderstood as the “hospice care” benefit. This presentation will provide important consumer information about hospice care, how to know if hospice is right for you or your family and put to rest some common misunderstandings about the “H” word.

Presented by Carol Recchion, MDiv. Brookhaven Hospice

TICK TALK

Tuesday, June 5th 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 11th 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 13th 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 and programs available to early retirees



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

- April 3 and 5: Let's Begin! (Seed Starting and Bed Prep)
- April 10-12: Peas Please & Tater Towers!
- April 17-19 Gardening out of the box! Straw Bale Gardening, Bean Tee-Pees
- April 24-26 It's Time! Spring Planting Commences
- May 1-3 Container Crazy! Veggies and Herbs and accessible planting tips and tricks
- May 8-10 Flower Power! Flowers for the garden and cutting.
- May 15-18 Summer Veggie Planting: Squash, Pumpkins and everything nice
- May 22-25 Edible Flowers and Herbs
- May 29-June 1 Tomato time (and don't forget the peppers + eggplant)
- 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.
- July 3-July 6 Maintain and Celebrate (no classes)

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



Are you taking advantage of all the benefits available to you?

63% of older adults in Massachusetts (over age 65) are economically insecure – meaning their monthly income is less than their monthly expenses. Over time, savings are used to make up the gap between monthly income and household expenses.

The Massachusetts Association of Councils on Aging and Senior Center Directors (MCOA) has joined with the National Council on Aging (NCOA) to help improve the health and well-being of older Americans with limited income and resources. This effort gives older adults across Massachusetts free access to complete a benefits check up.

BenefitsCheckUp® Screening Tool

Here is a great way to see if you are taking advantage of all benefits available to you. It's easy to use, free, comprehensive, and confidential. This web based screening tool helps older adults find out about important benefits that can significantly improve their household finances and quality of life.

A BenefitsCheckUp® screening can be completed through the web site at www.benefitscheckup.org/MCOA.

Your answers to a set of general questions will identify benefits you may qualify for and how to apply for them. Using only your zip code (no names, addresses or other identifiers are used), it will provide you with the local phone numbers and addresses of social programs, make it easy to download applications, and link you directly to other helpful program web sites to learn more about each benefit assistance program.

Some of the most effective ways to postpone spending all of one's savings is to move to affordable housing as early in retirement as possible, and then to take advantage of income tax credits for renters and homeowners, real estate tax deferrals for home owners, home heating programs such as weatherization and energy assistance programs, food aid programs like congregate meals at the Lancaster Community Center, and health care premium and co-payment assistance programs designed especially for Medicare beneficiaries. There are many more programs that can help reduce household costs which BenefitsCheckUp will consider as it conducts the eligibility screen.

Since 2001, more than three million people have used BenefitsCheckUp® to find programs that help them pay for prescription drugs, health care, meals, housing, utilities, tax relief, and other needs. The online tool includes both public and private benefits programs from all 50 states and the District of Columbia.

If you find you are eligible for programs or service don't hesitate to ask me for assistance completing the forms or referrals.

If you do not have access to the internet and would like to try this out, just let me know. I can arrange for you to complete the check up at our center.

Join the 6,719,590 older Americans who have discovered \$24.7 billion in benefits

BenefitsCheckUp® is a free service of the National Council on Aging

Their goal is to improve the health and economic security of 10 million older adults by 2020



May 23rd 6 p.m.-8 p.m.

Lancaster Community Center \$8 adults and \$5 for seniors and kids

Help Sarah McGregor complete her Girl Scout GOLD STAR Project and Help the Community Center! She is project manager for installing a handicap walk way for easy access to the elevator at the LCC and create a lovely flower garden near the meeting room exit door.

Can't make it but want to support Sarah, Take Out Available!



AARP Smart Driver Safety Course

Wednesday May 16

9:45 am—3pm

Even the most experienced drivers can benefit from brushing up on their driving skills, so the Lancaster Community Center is offering a driver safety program through AARP. *This course* 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 will be 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.

The course will run from 9:45AM to 3PM with a break for lunch. Bring a lunch, or join our center's group lunch. \$3 donation suggested. Space is limited to 20 individuals.

\$15 for AARP members and \$20 for non-members.

Registration and payment required May 3rd.

To register contact Marilyn Largey mlargey@lancasterma.net or call 978-733-1249 ext 1109

Out and About: The Travel Section

Coastal Maine: Spa and Sightseeing

Overnight!

Join us for a leisurely trip up the coast of Maine ending up in Portland, and touring the coast to Kennebecport.

We board the DownEaster (Amtrak train) early May 31st, heading to Portland. Upon arrival we are picked up by our good friend Bruce of the Good Times Shuttle who will whisk us to our hotel. We stay at the highly rated luxury spa hotel in Old Town, the Regency Hotel and Spa. Drop your bags for an afternoon to lunch and explore Old Town Portland for some great shopping, and foodie destinations. If you prefer you may want to visit the wonderful Portland Museum of Art, or just return to our hotel spa and sit and relax. Whatever you choose try to be back by 5 to grab a light jacket and get ready to walk the 10 minutes to the pier for our narrated Sunset Cruise of the Harbor. Bring something yummy for supper aboard the cruise (There are many wonderful restaurants near the hotel), or eat before you board as we will cruise for several hours. Upon your return you are free to roam Old Port or relax at our hotel.



Either way go to bed early as Bruce will pick us up first thing in his new luxury 'limo', van for his humor filled tour of Coastal Maine-destination Kennebecport. They say the trip is half the fun, well with Bruce it is! He plans on showing us some hidden treasures; pointing out lighthouses and stopping at a few hot spots. Including a Friday Flea Market! We will see the Wedding Cake house, an incredible church and more. Of course, there is more time for wandering and exploring too before he picks us up for an early supper/late lunch in at Twin Lights in Cape Elizabeth Maine. Back to the hotel to retrieve our bags and off to Amtrak for our comfy trip home.

Two full days, one night. Snacks, trips, lodging and all tips and taxes included. Meals, and beverages are not included. This is priced based on shared rooms (double and 4 in a suite) Single is considerably higher. Lancaster Seniors \$165, all others \$175 Space is very limited.

Save the Date! **Flag Day Patriotic Road Trip. June 14th**

Tour the treasures of Quincy MA. We will visit the National Parks in Quincy to visit some historic homes including the house Adams and much more!

This will be a full day, reasonably priced and of course have some good food included!

Special Events and Trip Policies: MAINE

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
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—\$13 per class or 3 for \$30

Lancaster Keep Moving Walking Club
Striders and strollers welcome.
Tues & Thurs 9 am
FREE

PICKLEBALL

\$3 per session

Schedule subject to change. Call to confirm times 978-733-4076

Or check our website [http://www.signupgenius.com/
go/409044ea5a623a1fb6-20172018](http://www.signupgenius.com/go/409044ea5a623a1fb6-20172018)

	Mornings	Afternoons	Evenings
Monday	Time: 9-11:00 Reserve on SignUpGenius	Time: 1-3:00 Open/No reservation needed	Time: 6 – 8:00 Open/No reservation needed
Tuesday			
Wednesday	Time: 9-11:00 Reserve on SignUpGenius	Time: 1-3:00 Open/No reservation needed	Time: 6 – 8:00 Open/No reservation needed
Thursday		Time: 1-3:00 Reserve on SignUpGenius	Time: 7:15-9:15 Open/No reservation needed
Friday	Time: 9-11:00 Reserve on SignUpGenius		
Saturday	Time: 8-9:00		
	Time: 9-11:00 Open/No reservation needed		

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

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

Blood Pressure and Wellness Clinics

Lancaster Community Center

OPEN TO ALL RESIDENTS

1st 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

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 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.



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

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

Medical Equipment Loan Program

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

Veterans Services Department

Richard Voutour 1st SGT USMC RET—Veteran Services Officer

Contact: 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

MAY 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 Minestrone Soup 152 Lasagne Rollup 370 w/Meat Sauce 50 Italian Bread 230 Tropical Fruit 10	2 Grilled Chicken Coq Au Vin 387 Whipped Potato 66 Genoa Blend Veg 45 Multigrain Bread 164 Brownie 154 Lorna Doones	3 Sw & Sr Mtballs 248 Brown Rice 5 Tossed Salad 5 Wheat Bread 160 Mixed Fruit Cup 10
	Total Sodium: 937 mg Total Calories: 568	Total Sodium: 941 mg Total Calories: 690	Total Sodium: 553 mg Total Calories: 592
7 Chicken Corn Stew 265 Green Beans 3 Corn Bread 372 Pineapple 1	8 Lemon Piccata Gr Chicken Brst 401 Roasted Potato 5 Tossed Salad 5 Italian Bread 230 Fresh Fruit 1	9 Cold Plate Tomato Rice Soup 325 Egg Salad 243 Red Pepper Pasta Salad 231 Rye Bread 150 Raisins 4	10 Special Veal Parmesan 640 Penne Pasta 1 Italian Blend Veg 41 Dinner Roll 132 Cream Puff 105 Diet: Vanilla Pudding
Total Sodium: 766 mg Total Calories: 567	Total Sodium: 769 mg Total Calories: 526	Total Sodium: 1078 mg Total Calories: 675	Total Sodium: 1044 mg Total Calories: 791
14 Grilled Chicken Cacciatore 426 Cavatappi Pasta 1 Italian Vegetable 41 Italian Bread 230 Mixed Fruit 10	15 Potato Pollock 273 Tartar Sauce 100 Mashed Potato 66 Tossed Salad 5 Multigrain Bread 164 Pears 5	16 Chicken Teriyaki 242 Brown Rice 5 Oriental Vegetable 21 Dinner Roll 132 Fresh Orange 0 Fortune Cookie 6	17 Beef Stew 200 Brussels Sprouts 12 Biscuit 340 Blueberry Buckle 360 Diet: Lemon Grahams
Total Sodium: 833 mg Total Calories: 546	Total Sodium: 737 mg Total Calories: 676	Total Sodium: 531 mg Total Calories: 579	Total Sodium: 1037 mg Total Calories: 864
21 Beef Chili 237 Mixed Vegetables 88 Wheat Bread 160 Applesauce 0	22 Grilled Chicken 320 Honey Mustard Sc 213 Red Pepper CousCous 44 Italian Gr. Beans 3 Italian Bread 230 Hermit Cookie 24 D: Choc. Grahams 95	23 Roast Pork 73 CranOrange Sc 18 Sweet Potato 35 Tossed Salad 5 W Wheat Bread 160 Fresh Fruit 1	24 Cold Plate WhiteBean Kale Soup 211 Cranberry Chicken Salad 323 Macaroni Salad 206 Wheat Dinner Roll 132 Pineapple Chunks 1
Total Sodium: 610 mg Total Calories: 543	Total Sodium: 959 mg Total Calories: 746	Total Sodium: 417 mg Total Calories: 666	Total Sodium: 998 mg Total Calories: 765
28 	29 Corn Chowder 172 BBQ Pork Rib 492 on a Bun 230 Yukon Gold Potato 5 Fresh Orange 0	30 Gr Chicken Breast 320 Supreme Sauce 46 Chantilly Potato 238 Glazed Carrots 64 Multigrain Bread 164 Snack N Loaf 115 D: Cinn Grahams	31 Roast Turkey 330 Herb Gravy 59 Stuffing 176 Tossed Salad 5 Italian Bread 230 Choc. Chip Cookie 160 D: Choc Grahams 110
No Meals Served	Total Sodium: 1024 mg Total Calories: 681	Total Sodium: 1072 mg Total Calories: 685	Total Sodium: 1085 mg Total Calories: 724

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 2nd 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

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, 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

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!

**The Senior Center
Will be closed
May 28th**



We welcome everyone!

Office hours

Monday-Thursday 9-12



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:

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 and support.

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
May 16th,
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)



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www.tinyurl.com/lancastercc