



Please visit the Lancaster Community Center:
 Located behind the Town Green & Library

Community Crier

Jay Moody Chair, Mary J MacLean, Frank MacGrory, Michele Macdonald, Jane Anne Crossman, Ann Mazzola, Nicole Kanis, Jo St. Angelo,
 April-May, 2019 (978) 733-1249 , fax (978) 733-4076 Alexandra Turner, Director. Olga Torres Admin, Marilyn Largey Community Services

IN LOCAL NEWS

Memorial Day Celebration & Parade

Monday May 27th 9 a.m.
Town Green.

*Please join us to honor
 and remember our fallen
 Veterans. Join the Parade
 to the North Cemetery and back*



Following the parade, join the First Church
 Lancaster for a BBQ

**Free ice cream for children that march at
 First Church on the green!**

*Sponsored by the Memorial Day Committee, Town of
 Lancaster & The First Church*



www.facebook.com/Lancaster-Community-Center-970047129685468

NEW CLASS!
Strength Training
Beginning May 31, 2019

Thoughts from the Director

The all-ages model Lancaster has embraced for our Community Center is wonderful! It really works well. However, May is Older American's Month (OAM), so I would like to remind you of some of the contributions of one segment of our population: seniors or older Americans. This year the theme of OAM is "Connect, Create, Contribute" and I can tell you first hand Older Americans do all that and more. There is life after 50. Yes, 50. The state has suggested we serve those over 50 to prepare people for the transition to retirement. Depending on the definition, seniors are those over 50 - do you know any? Even the traditional definition of 60+ does not mean you should be getting your afghan and recliner ready. It is merely a time to Connect, Create and Contribute.

People are living longer, and better! When I tell people that I work with older residents, elders, or seniors, the reactions are priceless. Many, even those who are 80+ are reluctant to admit they are seniors! After spending some time here I ask them why? Some of the most inspiring people I know fit the "Senior" bill. It is all about aging well, and that is what we are here to help you with.

The over 60 population is **28%**, more if you use the 50 year old metric. Why is this significant? Older Americans are working later in life, pay taxes, and they volunteer more than the rest of the population. They also have unique challenges, among them health care issues, challenges as caregivers, and financial security issues which are compounded by debt often incurred by caring for others. If we prepare early for aging it is proven we will live better, and our community will benefit as well.

Think it is too late? Let me remind you of some great examples of Older Americans who blazed a trail and prepare well. Ruth Bader Ginsburg joined the Supreme Court at 60; that was 26 years ago. Jimmy Carter left the White House to become a diplomat and volunteer extraordinaire, and is still going strong at 94. My favorite, Bruce Springsteen, keeps on performing some of the best shows I have ever seen. Need more examples, just stop in here and watch some of our all ages classes ballroom dancing, or Pickleball, or take a trip! Older Lancaster residents hold their own!

Try to age well! Remember 60 is the new 40, or something like that, and it is up to you to make it count. We are here to help!

Hope to see you soon,

Alexandra "Alix" Turner

Tuesday is **PANCAKE DAY**

Everyone is invited!

Senior Center

7:30 am until 9:00 am

Suggested donation
\$3.00 adults

Chef/Chair Extraordinaire
David James



ALL YOU CAN EAT!

Pancakes, French Toast, Eggs
Sausage, Fruit
Juice, Coffee, Tea



We have so many new offerings planned we are plain old overwhelmed. *We could use some help!* In particular *we need help with our garden beds, cleaning, and administrative work.*

Our gardening program won the grand prize from the NISC (National Institute of Senior Centers) for our healthy programming in particular for the intergenerational opportunities it brings to the community. That is the good news!. **If you are able to help** out or would like a garden bed please give us a call! 978-733-4076

Friends of Lancaster Seniors Update

It is really nice to see the days getting longer (and warmer)! Spring has truly sprung, and I am really enjoying the emerging flowers and hearing the birds singing in the morning.

The Friends has been relatively quiet over the winter (exception: our very popular Tuesday pancake breakfast). We are looking forward to a variety of events over the next few months. Most will involve food (always a favorite), but I am looking for other ideas for inexpensive, fun events. Stay tuned!

And, if you haven't already done so, be sure to consider donating to the Friends! You will receive a tax deduction receipt for every dollar, and you don't have to be a senior (60+) to be a Friend! Donate online at <http://FriendsoftheLancasterSeniors.org> or mail a check to:

Friends of the Lancaster Seniors
PO Box 173
Lancaster, MA 01523

Another idea: IF you are over 70½, have an IRA, and are required to take minimum distributions, ask your investment pro about Qualified Charitable Distributions!

See you soon.

--

David R. James, President



FITNESS CLASSES

Tai Chi

Monday 9:30 am & Tuesday Evenings 5:30 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



\$5 per class or 6 classes for \$25
(Buy a card, no penalty for missed classes!)

Gentle Hatha Yoga

Monday & Thursdays 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)

(Buy a card, no penalty for missed classes!)

Now PBall
Lessons!
Mondays
1- Call
First!

Get into Shape for Summer! Strength and Weight Training

Fridays May 31-June 28th
11:00 a.m.-11:45 a.m.

5 week session beginning
Lancaster Seniors (50 and
up) \$30 all others \$45

Indoor Pickleball

Pickleball is a game sweeping the nation! Interested? 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 in the 1960s with one thing in mind: **fun!** It was designed to be easy to learn and play whether you're five, eighty-five or somewhere in between. For more information check out this website: <http://www.usapa.org> or go to You tube for videos.

\$3 ONLY!

See schedule at

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



FITNESS CLASSES



BALLROOM DANCING LESSONS

Did you know studies show Ballroom Dancing is good for the mind and the body? All ages and all abilities can benefit from this class. A wide range of ages, and abilities attend (even clutzy me)! Join Jim Cole, an award winning dance instructor, now here at the Community Center. *No partner-no problem?* We switch and learn from each other. So much fun! Try it!

Thursday evenings, 6:00-7:00

3 week class is only \$30 per person, or \$13 per class p.p.

**RESERVATIONS STRONGLY SUGGESTED 978-733-4076 Or
aturner@lancasterma.net**

Wear comfortable shoes (bring a fresh pair please; we are trying to take care of our gym floor). Jim has won top teacher at 2014,2015,2016,2017 Dancing A la Carte and 2014 Commonwealth Classic.



Get into Shape for Summer! All ages.

Strength and Weight Training

Fridays May 31-June 28th 5 week session

11:00 a.m.-11:45 a.m.

Get in shape for summer with this five week class. . Strengthen your core, improve your flexibility, work on your balance while working out in air conditioned comfort with resistance training and weights. *All ages and abilities will benefit.* Lancaster Seniors (50 and over) Series price \$30 all others \$45 for all others. Call to reserve. Limited space. 978-733-4076

Lancaster Seniors (50 and up) \$30 all others \$45 To reserve call 9-733-4076 or aturner@lancasterma.net

Classes and Workshops

To ensure a space please pre-register at 978-733-4076 or email aturner@lancasterma.net.

Garden Whimsies Workshop



May 8th, from 12:30 -3:30 p.m.

Lancaster Seniors may register until 4/29 then registration is open to all. Class is limited to 8.

Come find inspiration for creating up-cycled fanciful and sometimes even practical ornaments to adorn your garden. These low cost, fun projects are easy to create and a great way to turn your cast offs into a new type of 'garden heirloom', or gifts for your funky garden friends. The fanciful creations will fill in your veggie garden with colorful focal points before your plants take over. You will leave with an ornament and lots of ideas for more projects to work on when you still have a few minutes before the weeds sprout! [Bring your odd colorful plates, cups, vases, candlesticks and more. Keep your favorites and if you have extra to swap -even better! Bring one, take one (or bring two, take two.)!]

Seniors and children: \$13 Adults \$15 See our cancellation policy for trips and classes.

Join us for **FREE Gardening Classes Thursday mornings!**

We have a wonderful instructor. Sandy Reardon, former instructor at Tower Hill Botanic Garden. Please call to reserve. A few beds are available too! Great organic soil, good gardening friends! Call for details. Alix at 978-733-1249 ext 1102



Center Village Table Gardens

An intergenerational community garden and cooking project

Interested?
www.ci.lancaster.ma.us
Or 978-733-4076

Generously supported by





Edible-Wild-Plants Talk

with Kerry Evans and sampling too!

**7- 8 p.m Wednesday May 8th
Lancaster Community Center**

Join us for an evening learning about and sampling local wild edibles. Foraging enthusiast Kerry Evans will share slides from her personal foraging adventures and discuss where to find, how to identify, and how to prepare delicious and nutritious foods you won't find in the supermarket. Plants will include (but are not limited to!) wild carrot, wild spinach, sheep sorrel, purslane, aronia, spice bush, evening primrose, ground nut, autumn olive, beach plum, Japanese knotweed, and pokeweed. After the discussion you will be treated to some tasty samples too!

This event is free and open to the public. However, donations to support a local kids' Destination Imagination team will be gratefully accepted. The team of kids in grades 3-7 recently placed third at the Destination Imagination state tournament and have earned the chance to represent Massachusetts at the global finals in Kansas City May 22-26. All proceeds will go to support the team's registration fee and travel. Destination Imagination is an educational non-profit that promotes creativity, innovation, problem-solving, technical skills, and teamwork through annual academic competitions. For more information about the program, to watch the team's performance at states, or to support their trip, please

visit <https://www.gofundme.com/pennybagplaywrights>.

This event is coordinated in cooperation with the Lancaster Community Center and the Littleton Community Farm

The Imago School Theatre Department Presents:

*You're A Good Man,
Charlie Brown*



Friday, May 3rd, 2019 @ 7:00p.m.

Saturday, May 4th, 2019 @ 2:30p.m.

At Lancaster Town Hall
701 Main Street
Lancaster, MA 01523

LIMITED SEATING

Tickets available in advance at The Imago School office
(978-897-0549) or at the door. Tickets:\$10 (4 and under free)

You are invited!

To a Pops Concert
Nashoba Regional Bands and Choirs



- Bands Friday, May 10th 7 pm
- Choirs Friday, May 17th 7 pm

*NRHS Auditorium 12 Green Road, Bolton, MA.
Admission is \$5 per person (seniors and students are free),
payable at the door. All concerts are family
friendly...younger musicians are especially encouraged to
attend. Come enjoy music at Nashoba Regional High
School!*

ART ENCOUNTERS



Session Descriptions:

- I) **Nature** – Explore many mediums using, the same type of natural item. Create a booklet.
- II) **Pointillism** – Using markers, India ink, and acrylics. Intro to light sourcing.
- III) **Color** – Color mixing to use in design and advertising. Different textures also introduced. Learn painting techniques.
- IV) **Famous Artists from the Past** – Re-creation of some, using new subjects within the layout.
- V) **Focal Point** – Choose a picture using a focal point to create it larger. Intro to tessellation and symmetry.
- VI) **Old English Lettering** – Pen and ink and the addition of watercolor. Cross hatch art included.

Serious Art Classes for Fun! Art Encounters

Mondays May 20, June 3, 10, 17, 24
July 8th
12⁰⁰- 3 p.m.
Lancaster Community Center.

Join this six week art series taught by Cindy, a certified art teacher to explore many mediums, stretch your mind and hone talents that you can use for the rest for your life. Adding new skills and talents is good for your brain and your blood pressure. Who knows we may have the next Grandma Moses in our midst. Questions or to enroll 978-733-4076.

*Most materials provided by
Nashoba Rotary. Thank you!*

Six week fee is \$50
or individual classes are \$10 each.
Reservations requested. Most materials included.
Those that are not Cindy will give you a list.

The Rotary Club of Nashoba Valley and Bolton Local invite you

To the Repair Café



Saturday, June 1st 9 a.m. to 1 p.m.

At the Cafeteria of the Florence Sawyer School 100 Mechanic Street in Bolton.

The school is located behind the Emerson School, which is on the same driveway/street.

Bring your items that need repair, and knowledgeable volunteers will help you try to fix them for free. The volunteers can work on items such as clean mendable clothing, knitted and crocheted items, lamps, small appliances, computers and other electronics, bikes, outdoor power equipment, toys, and jewelry. They can also sharpen knives, scissors, and garden tools. You only pay for materials/parts we replace.

- If you know what parts are needed, please get them ahead of time and bring them to the Repair Café to save time For a calendar of upcoming repair events in Massachusetts, go to this link:

<http://www.boltonlocal.org/initiatives/repair-cafe>

For more information, contact Ray Pfau at 978-779-5545, ray.pfau@alum.mit.edu or visit www.nashobarotary.org.



A Memory Cafe

*Socialization & Information
Networking for Care Partners*

Who: Individuals with memory loss and those with developmental disabilities plus memory loss, and their Care Partners

What: Informal, Stigma Free, and Relaxed Atmosphere

Time: 1:00pm to 3:00pm

Contact: (978) 365-4537

When: Usually The Last Thursday of the Month

Where:

Lancaster Senior Center

695 Main Street, Lancaster, MA 01523



Guests requiring personal care assistance must attend with a care partner.

Well Adult Clinic~ It is *FREE!*

*With our town nurses, Susan Hoag and Tamara Bedard.
1st Tuesday of each month, 8am-10am*



VNA Network

4th Tuesday of each month 8am-10am
Advice, Blood pressure screenings and more

Coffee, Crumpets, & Coloring! **Chatting too.**

Join us Tuesday mornings 10-11:30 to relax over a nice cup of coffee and some toast or crumpets (whatever goodies we have or make). We provide coloring books and colored pencils to draw the morning away!

Thank you Sumner Family for the great supplies

Gardening



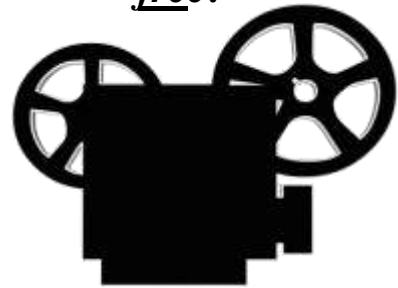
Come join us to exchange ideas, kudo's and complaints about gardening. This is not a formal garden club, rather a no cost group to exchange ideas, seeds, plants and more.

Led by Sandy Reardon the wonderful gardener who taught at Tower Hill and lectures on Gardening. We will have tea/coffee and goodies and exchange ideas and learn and grow! (Pun intended.).

Tuesdays at 9 a.m.
Senior Center

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!

TRIPS & EVENTS



Shopping and Entertainment Trips

*Reserve early! Trips may fill or be cancelled if there are no reservations.
(Shopping trips are two dollars round trip*; Home Pick up and Drop off
CALL 978 733 4076)*

Other trips as priced, trips are non-refundable unless we can fill your slot. We often can!

- **May 1st** : Free Painting Party
- **May 3rd** Whitney Field
- **May 5th** Free Senior Brunch at the Church
- **May 17th** Stow Food Pantry Trip
- **May 22nd** : AARP Driving School
- **May 31st** Sandwich Heritage Museum Trip

TRIP/CLASS CANCELLATION POLICY

We make every effort to ensure that the various planned trips do occur. However, we reserve the right to cancel the trip if there are not enough participants. Also, if you cancel, you may forfeit any payments/deposits made unless we can fill your spot from the waiting list. We typically can, but there are no guarantees!

Save the Date! A road trip birthday party. May 31st
***The Sea, Rhododendrons, Antique Cars and Fresh Jam and wait...
seafood too. Heaven on Earth!***

An off-season trip to enjoy the splendors of Spring on the Cape!

Join us for a day trip to Sandwich to see some of the best of the Cape before the tourists descend. Meet at the Center at 8 to head to the quaint Thorton Burgess Reserve famous for their jam and the animals that inspired the great illustrations and stories of Thorton Burgess. The salt air may pique your appetite- we will sate it at our favorite seaside seafood stop for lunch, casual and very fresh. Then off to the party! Heritage Museums turns 50 this year that makes them an official AARP eligible senior. Never been? The living museum is a treasure trove of plants, antique cars, nautical antiquities and more and we will hit the highlights in a private tour celebrating 50 highlights. We will return home in time for a late supper around 6:30 or 7.

Trip fee includes transportation, snacks, admission and tour.. Lunch is not included. \$35 Lancaster Seniors \$38 others. Cancellation policy applies. Reserve at 978-733-4076 or otorres@lancasterma.net

SPRING BRUNCH

For
Lancaster Seniors

May 5th, 11:30-1:00
First Church of Christ
Hawkins Hall
725 Main Street
Lancaster

*BRING YOUR
FAMILY & FRIENDS
TO CELEBRATE SPRING.*

Please join us for a hot meal
sweet treats and
some good company.

Free rides for
Lancaster Seniors call
978-733-4076



Sponsored by
First Church of Christ, Unitarian
Lancaster Council on Aging
Friends of Lancaster Seniors





Driver Safety

AARP Smart Driver Safety Course

**You may get an insurance deduction!
Here-MAY 22rd**

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 Wednesday May, 22rd 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.

The fee is \$15 for AARP members and \$20 for non-members. The course will run from 9:45AM to 3PM with a break for lunch. Bring a lunch, or purchase one through the Center, suggested donation is \$3 call Sue Franks to reserve at 978-733-4076 and leave a message.

Space is limited to 20 individuals. To register for the course, contact Alexandra Turner or Olga Torres at 978-733-4076 or aturner@lancasterma.net or otorres@lancasterma.net

BINGO!

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 Hall.

Dessert and coffee served starting at noon on Bingo days.

Games are canceled when school is closed.

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

New! FREE

Cribbage and Coffee Club

Join us Mondays 10 a.m.

Bring a friend. We have the cards and the coffee.

Coffee, Crumpets, & Coloring! *Chatting too.*

Join us Wednesday mornings 10:30-11:30 to relax over a nice cup of coffee and some toast or crumpets (whatever goodies we have or make).

We provide coloring books and colored pencils to draw the morning away!

Thank you Sumner Family for the great supplies



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.

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

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

Got Plants? Need Plants?

The Lancaster Garden Club Sale

May 25th Town Green

Pot up your extras now! Soil, pots and even Digging help provided.

<https://lancastergardenclub.net/>



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 Health Insurance Needs of Everyone)

SHINE

(Serving Health Insurance Needs of Everyone)

2nd and 4th Wednesday by appointment at the Center wth Barbara Blum

Need Insurance Help? Decoding your policy, getting ready for retirement, change in your job.

Appointment required with Barbara our SHINE counselor

To book call Olga at 978-733-4076

CENTRAL MASS SHINE WEBSITE

The Central Mass SHINE Program has recently launched a new more interactive website. You can visit us at www.shinema.org. The site has valuable general information, links to other agencies and resources and applications that can may provide you with financial assistance.

You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. For general information you can visit us at www.shinema.org

Q: How can you make a difference in Lancaster?

A: **Vote!**

- Last day to withdraw/object to Nomination Paperwork is **Wednesday, April 10th**
- Annual Town Meeting will take place on **Monday, May 6th at 7:00 PM** at the Mary Rowlandson School
- Last day/time to request an absentee ballot for the Town Election is **Friday, May 10th at NOON.**
- Annual Town Election will take place on **Monday, May 13th**. Poll hours from 7:00 AM to 8:00 PM.



Any other questions, call Dianne M. Reardon, Town Clerk at 978 365 2542 extension 1013

The Town Clerk's Office is in the Prescott Building, 701 Main St., First Floor, Lancaster



Join us Aprre Pancakes for a
Free discussion and book group
with the author of

Thoughts and Words – Reflections on Child Welfare

Dr. Charles Conroy

Tuesday May 14, 2019 9 a.m.

Sign up early to receive your own copy of his book. I have had the opportunity to read some of the stories in this delightful chronicle featuring stories of our region and some of our most colorful residents, many you may know. Bring a friend or make a new one you this will be an hour well spent reminiscing or learning about our town with a very talented author and local treasure-Dr. Conroy.



“Guard Your Card”

Alert from the Centers of Medicare and Medicaid Service (CMS)

Protect you personnel information against fraud by:

- ◆ Never giving out your Medicare or Social Security Number to anyone except those you know should have it.
- ◆ Report any suspicious activities like being asked over the phone for your Medicare/Social Security number or banking information. Medicare, Social Security, and the IRS will NEVER call you uninvited for this information.
- ◆ Check your billing statements and report suspicious charges. Using a calendar to track doctor’s appointments and services helps quickly spot possible fraud and billing mistakes. Medicare Summary Notices are sent from CMS every three months if you get any services or medical supplies during that 3-month period.
- ◆ Check claims early by logging into mymedicare.gov.

Genetic Testing Awareness – SCAM

Representatives from genetic testing companies, or possibly insurance agents working on behalf of these companies, may ask you to participate in an event. Decline these requests because of the potential for fraud. CMS has received inquiries from beneficiaries stating that they have been billed for genetic testing or cancer screenings performed at community events and senior centers.

- ◆ Do not consent to any lab tests at senior centers, health fairs, or in your home. Be suspicious of anyone claiming that genetic tests and cancer screenings are at no cost to you.
- ◆ Genetic tests and cancer screenings must be medically necessary and ordered by your doctor to be covered by Medicare. Random genetic testing and cancer screenings aren’t covered by Medicare. If you are interested in the test, speak with your doctor.
- ◆ Monitor your Medicare Summary Notice to see if there are any services you didn’t have or didn’t want but were billed for.

Nationwide Brace – SCAM

The US Dept. of Health and Human Services Office of Inspector General is alerting the public about a fraud scheme involving orthotic braces and other medical equipment. Scammers are offering Medicare beneficiaries equipment that are supposedly free to them and covered by Medicare. Scammers may call directly or use advertising to encourage ordering the free equipment by phone number. If a you provide or verifies personal or Medical information, equipment is sent even if it’s not requested or medically necessary. Often beneficiaries receive multiple items. Medicare is then billed for each using the beneficiary’s information.

If you receive a call offering free equipment, hang up immediately.

- ◆ If medical equipment is mailed to you, don’t accept it unless it was ordered by your physician. Refuse the delivery or return it to the sender. Keep a record of the sender’s name address, and date the item was returned.
- ◆ Be suspicious of anyone who offers free medical equipment and then requests your Medicare number.
- ◆ A physician that you know and trust should approve any requests for equipment to address your medical needs.

Call 1-800-MEDICARE or 1-800-HHS-TIPS if you think you’re a victim of fraud.

**Be cautious of unsolicited requests for your Medicare or Social Security numbers.
If your personal information is compromised, it may be used in a fraud scheme.**

**In need?
Got help!**

Food pantry options

WHEAT

508-370-4943

Clinton MA

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.

An elevator is located in the rear of the building for your convenience.

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

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.

Free Workshop and Presentation

***Put a Spring in Your Step with a
Free Spring Tune Up Workshop***

For Durable Medical Equipment

Monday, May 20th 12:00-12:30 pm.

Getting outdoors for a nice stroll this spring? Good for you! Let's make sure you are safe- this is a no fall zone. Bring your adaptive equipment to be checked out to make sure it fits you correctly. If it needs work we can help with that too! Don't use a cane or a walker? Let's keep it that way in this quick, no cost presentation you will learn how to walk safely-in other words 'train your gait'.

RSVP to 978-733-4076

Sponsored by Aveanna Home Care.



**Free
Computer Help**

With Jon Roper

Just starting out? Or getting by but would like to hone your skills. Laptop has a bug?

Tuesday mornings 8:30 or

so on.

Call 978 733 4076

**Free
Medical Equipment
Loan Program**

*Crutches, canes, commodes,
wheelchairs + more to loan.*



Just ask!
978 733 4076



Join us for a special lunch!



Healthy Homemade 'From Scratch' Meals'

Sue's Kitchen

May 3rd Noon Time (12pm) Downstairs

Homemade Raviolis with Homemade Red Sauce

June 7th Shrimp Scampi with spring greens or asparagus

Salad, Bread and Beverages

RSVP to Olga 978-733-4076 by 4/29 please

Thanks to the Friends of Lancaster Seniors; Meal donation is \$5



CONSIDER US FOR YOUR BIRTHDAY PARTY!

Old or young it is lots of fun! We offer reasonable rates and a fun place to run around or gather with a large group.

Call us 978-733-4076

River Terrace Gives Back
A Kimballs Ice Cream
Senior Social!



May 13th

2:00 pm. - 4:00 p.m.

Free Ice Cream with Coupon.

See Olga at the Center or Call
Dianne Sevigny-Staples at River
Terrace 978-365-4537

Homesteaders 4-H

Invite Lancaster Seniors to a

Free!

Strawberry Shortcake Social

May 20th 12:30





And boy can these kids cook!

RSVP required by
To Olga at 978-733-4076 or
otorres@lanasterma.net

May 2019

Menu Is subject to change - For reservations: 978-733-4076 – Suggest voluntary donation \$3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1% MILK: 110 calories 125mg sodium (included in totals)	1 Butternut Bisque 149 French Meat Pie 297 with Gravy 26 WW Dinner Roll 105 Clementine 1	2 Grilled Chicken in 320 Lemon Picatta Sc 4 Whipped Potato 66 Tossed Salad 5 Multigrain Bread 164 Blueberry Buckle 360 Diet: Cinn Grahams	3
		Total Sodium: 703 mg Total Calories: 727	Total Sodium: 1044 mg Total Calories: 691	
6 Baked Haddock 296 Lemon Dill Sc 66 Chantilly Potato 238 Carrots 64 Wheat Bread 170 Lemon Pudding 200 D: SF L Pudding	7 BBQ Beef Burger 139 on a Bun 230 Mexicali Corn 6 Tater Tots 29 Mandarin Oranges 7	8 Cold Plate Chicken Caesar Salad 750 Cous Cous w/carrots 24 Pumpnickel Bread 155 Strawberry Cup 0 D: Grahams	9 Special Brd Chicken Brst 573 Francaise Sauce 19 Broccoli au Gratin 158 GarlicWhip Potato WW Dinner Roll 66 Strawberry 105 Rhubarb Crisp D: Straw Yogurt 7	10
Total Sodium: 1159 mg Total Calories: 752	Total Sodium: 536 mg Total Calories: 738	Total Sodium: 1054 mg Total Calories: 689	Total Sodium: 1053 mg Total Calories: 702	
13 BBQ Pulled Pork 389 On a Bun 230 Mac & Cheese 195 Summer Blend Veg 24 Sliced Apples 10	14 Grilled Chicken Breast 320 Supreme Sauce 46 Wild Rice Pilaf 140 Tossed Salad 5 Wheat Bread 170 Peaches 5	15 Turkey Corn Stew 464 Spinach 65 Biscuit 340 Sugar Cookie 181 D: Grahams	16 Mulligatawny Sp 153 Salisbury Steak 201 Onion Gravy 26 Whipped Potato 66 Multigrain Bread 164 Mixed Fruit 10	17
Total Sodium: 973 mg Total Calories: 643	Total Sodium: 811 mg Total Calories: 511	Total Sodium: 1175 mg Total Calories: 699	Total Sodium: 745 mg Total Calories: 725	
20 Grilled Chicken Breast 320 Honey Mustard Sc 213 Peas & Carrots 72 Sweet Potatoes 190 Multigrain Bread 164 Pineapple Chunks 1	21 Potato Pollock 273 Tartar Sauce 100 Italian Gr Beans 3 O'Brien Potatoes 34 Rye Bread 150 Lemon Cake 215 D: Choc Grahams	22 Vegetable Soup 115 Chicken Teriyaki 242 w/Brown Rice 5 Wheat Bread 170 Fortune Cookie 6 Clementine	23 Beef Stew 200 Tossed Salad 5 Pumpnickel Bread 155 Pears 5	24
Total Sodium: 1085 mg Total Calories: 619	Total Sodium: 900 mg Total Calories: 739	Total Sodium: 663 mg Total Calories: 561	Total Sodium: 490 mg Total Calories: 632	
27 	28 Breaded Chicken Drumstick 450 Baked Beans 152 Cole Slaw 101 Wheat Bread 170 Strawberry Cup 0 D: SFBanana Pudding	29 Pork & Red Pepper Pasta 122 Broccoli 10 Multigrain Bread 164 Fig Bar 100 D: Cinn Grahams	30 Cold Plate WhiteBean Kale Sp 211 Cranberry Chicken Salad 323 Macaroni Salad 206 WW Dinner Roll 105 Chocolate Brownie 149 D: Vanilla Yogurt	31
Memorial Day No Meals Served	Total Sodium: 998 mg Total Calories: 703	Total Sodium: 521 mg Total Calories: 742	Total Sodium: 1119 mg Total Calories: 800	



Rainbow Lunch
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



Lancaster Community Center
695 Main St, Suite 7
Lancaster, MA 01523
978-733-1249

<https://www.facebook.com/Lancaster-Community-Center-97004712968>

List of Services offered by the Lancaster Community Center

(Social Services hub for Lancaster; most services offered are intergenerational)

Nutrition:

- MOC Meals served Monday-Thursday for anyone over 60
- Meals on Wheels: Delivered to shut ins,(elderly and disabled under 60) by volunteers and staff
- Special Event Meals. Social/Fundraisers (intergenerational)
- Food Pantry: We belong to and transport for several food pantries: Stow, WHEAT, Village Church
- Nutrition Classes: Cooking and Fitness Class series, in the past we have hosted 'Seniors on the Move', 'Cooking from the Garden' and ongoing we host cooking classes and are producing a cook book.
- Supermarket Trips (generally over 60 and disabled)
- Friends Pancake Breakfast (intergenerational)

Fitness: *(All intergenerational)*

- Health and Wellness Classes
- Yoga (weekday, weekend)
- Tai Chi (weekday, and weekday evenings)
- Line Dancing (evenings)
- Ballroom Dancing (evenings)
- Bone Density
- Dental Screening
- Vision Screening
- Health Fairs
- Walking Club

Health Care:

- Nashoba Nursing Hub we hold clinics, home visits etc. VNA too!
- Seminars and Series of classes designed to promote knowledge of health management e.g. diabetes management, heart health
- Home visits to help with transitioning to hospice, nursing homes, safety checks
- Medical Durable Loan Equipment (wheelchairs, crutches, shower chairs, commodes, bars etc.)
- Health Fairs: Free information referral service, demos

Counseling:

- SHINE (Serving Health Insurance for Everyone)
- Home visits for housebound residents for insurance paperwork, fuel assistance; SNAP (food stamps) Home loan Modification grants and other grants and programs Finances: Mortgages, Credit Card debt, tax referrals, general insurance guidance
- Referring to appropriate state and non-profit agencies and following up. Helping complete paperwork.

Assistance Programs and Care Giver Support and Services:

- Listings of referrals for caretaker agencies, private and public
- Durable Medical equipment loan
- Agency 'decoding' and referral to meet the individual/family's needs
- Order/progression of considering alternatives for dependents
- Options Counseling (what are the legal and financial options for Referrals for rehab, services, providing loaner medical equipment
- We open as a Warming and Cooling Center when the weather demands to provide shelter and services to residents.

Events:

- Family Fun Days: Intergenerational Crafts and games, every school vacation Tuesday beginning with a family pancake breakfast, games in the gym, drop in crafts. Mostly children.
- Meals: Thanksgiving, BBQ's, Ice Cream Socials, Pot Lucks etc. Depends on meals
- Field Trips, Social shopping, Museums, Foliage, Holiday, Theater, Concerts, Restaurants, Train trips, cruises.
- Fairs: Health and Wellness, , Holiday Concerts, Concerts on the Green

Classes and Seminars:

- Legal help, Money management, Annual Health Insurance changes, Nutrition education, fitness, natural history
- Arts and Crafts, including multiple session and single. Kids crafts and all ages crafting.
- Legal Assistance
- IT
- Social Media for Seniors
- Computer assistance for all ages. Repair and lessons (mostly middle age)
- Free/Safety Phones

Cultural /Entertainment

- Concerts
- Space Rental – Weddings, meetings, Birthday party's – *Give us a call!*
- Fairs
- Game Nights

Call for Volunteers

Volunteers: We rely very heavily on volunteers; we have replaced previously paid jobs and supplemental jobs with volunteers. All events are run by volunteers: Classes, Computers, Meal prep, cleaning, driving, presenting and administrative work. .

Thanks to River Terrace for their support of the Pizza Party, Memory Café, Friends Breakfast and our Paint Party!

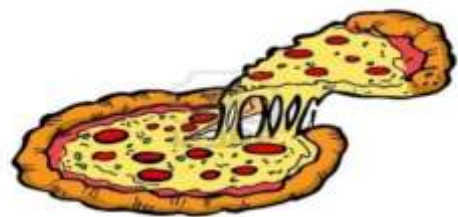
Call 978-733-4076 to rsvp for events

PAJNT PARTY!

12pm May 1st

FREE – in the Senior Center

Come create your very own
Mermaid just in time for the summer!
Materials included!



FREE PIZZA PARTY!

May 22nd 11:30 am

In the Senior Center

Sponsored by River Terrace.

Call 978-733-4076 to sign up

LANCASTER COUNCIL on AGING
LANCASTER COMMUNITY CENTER
Suite 7, Lancaster, MA 01523

978-733-1249
www.lancasterma.net

JOIN US!

Council on Aging Board Meetings

Second Thursdays of the month

**Next meeting:
May, 2 and 9***

9 a.m.

Free Coffee

***if needed**

Become a Friend of the Lancaster Seniors!

We help seniors in your community

We encourage you to consider joining the Friends of the Lancaster Seniors, Inc., a non-profit corporation, open to all. *You don't have to be a Senior to be a Friend!* We are a certified federal 501(c)3 status non-profit.

Your annual contribution is a mainstay of our organization, helping to pay for programs that will enrich our senior's lives. Your support will help us to establish and administer assistance programs, the senior center and in the community. We will help with meals, trips, and more!

Web: <http://FriendsoftheLancasterSeniors.org>

Email: FriendsoftheLancasterSeniors@gmail.com

To contribute, send your check (payable to *Friends of the Lancaster Seniors, Inc.*) to:

Friends of the Lancaster Seniors, Inc. P.O Box 173 Lancaster, MA 01523.

For more information about joining FOLS, contact David James at 978-263-7962.

Shop on Amazon? Use this link! A percentage of your purchases support the Friends! https://smile.amazon.com/ref=smi_ext_ch_46

The Senior Center



We welcome everyone!

Monday-Thursday 9-3*

Office hours 9:00-12

**Call first*

or for special events check out our calendar

www.ci.lancaster.ma.us

We will move you!

MART Van Policies & Fees

For a full list of rules and pricing visit the town website

- **Mart service to Senior Center: *Free*** for senior and disabled coming to meals and events
- ***Service in Town**: 50c in all other destinations town, per stop.
- ***Service outside Lancaster**: Clinton \$1. Leominster, Sterling, Bolton, Harvard is \$2 round trip. Fitchburg is \$2 each way. *(Multiple stops may be charged)*
- **Friday Regular Shopping trips** are \$2 per person
- ***Special Events will be priced according to the trip.***



Reservations and Cancellations Call 978 733 4076 , At least 48 hours prior to appointment

**See our website for a full list of rules and pricing.*