



COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

MAY, 2020



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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 or

Email: coaadmin@lancasterma.net

VAN HOURS

Mon -Thurs 8:30am -3pm *

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

*or by reservation

48 hours advanced notice required.

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

Times they are a changing...

We are now just shy of two months of our 'new Covid-19 world', To say the world has changed would be an understatement. Change has not passed by anyone even in the small hamlet of Lancaster. Covid-19 times have been hard on everyone; it is likely you know someone who has been effected, or worse, someone who has died. The economy is in a shambles and a healthy world is a long way away. It sounds bleak - it is. Change is hard, but sometimes it is what we need. Change can be for the better, but most changes we have faced recently are major league hard. I don't want to diminish the suffering or anxiety many are feeling, but for now I will focus on changes that may be good.

For years we have been building a vibrant Center with lots of events and companionship designed fight social isolation. You read it right: fight isolation! By now you have heard me espouse about how dangerous isolation is—studies show it shortens lives. Yet, mid-March we made the difficult decision to cancel events, pickleball, meals, our flea market and more. Many visitors are high risk. We treated this as the public health emergency that it is.

As we planned the shut down, I was filled with anxiety about the effects on 'our dysfunctional family' –aka our friends and crew at the Center (I miss you all). After all, we serve residents including those at highest risk and those most prone to ill effects of social isolation. How should we respond? We knew we had to do something to protect residents, yet battle isolation. We learned to Zoom, and quickly offered yoga classes, strength training and tai chi, even Bingo (which is even more fun on line). We developed COA (Caring of All) partnering seniors with lower risk families (or Angels as we call them – and they are)! They help high risk people stay home by doing errands. New friendships have been forged; a change for the good! If you need help, or know someone who does, please be in touch. We have learned it is the connections that matter most.

Can you imagine not having a 'virtual connection'? Some don't— they are falling through the cracks in our new world. We are not reaching all our 'regulars'. Many don't have the technology to ZOOM or even the internet. Can you imagine not being able to see anyone, check email or social media! We need change; no one should be in the dark not able to connect. Thanks to Nashoba Rotary, and our resident geek, Jon Roper, we are piloting a program called **Connections**. We provide those not on line due to no hardware issues a new tablet, internet service, and a mentor to teach people. *No excuses!* There is no cost, no judgement and no commitment. Try it! If you are reading this on-line then you could help explain to those who are not connected how life changing this could be. Change for the good!

*Please continue to stay **connected**. It will help up get through this!* **Alix**

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➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Lisa Templeton to place an ad today!
 ltempleton@lpiseniors.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, Cookouts, 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 website.

COVID-19 UPDATES and RESOURCES

We are always here to help you with information or referrals.
Just leave Alix a message 978-733-1249 ext 1102 or aturner@lancasterma.net

Here are some good on line information below

Link to MA Information updated Daily: Included town specific Information

<https://www.mass.gov/info-details/covid-19-response-reporting>

Lancaster Town Announcements <https://www.ci.lancaster.ma.us/home/urgent-alerts/updated-covid-19-numbers-4302020-real-estate-tax-information>



CORONAVIRUS CLOSURE POLICY

April 1-May 18 We are closed to the public for activities due to the Coronavirus pandemic. We are running programs online, delivering meals and offering assistance. We are working from our offices and home. Please feel free to call or leave a message and we will get back to you asap. Email works well too! **Stay tuned for updates**

978-733-4076 or aturner@lancasterma.net



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



MAY HOME-DELIVERED MEAL MENUS

CALL 978-733-4076 IF YOU WISH/NEED HOME DELIVERED MEALS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
|  |  | 1% MILK: 110 calories 125mg sodium (included in totals) |  | 1 Meatloaf in Beef Gravy 246 Sr Cr Whip Potatoes 92 Carrots 64 Wheat Bread 170 Strawberry Applesauce 5 |
| | | | | Total Sodium(mg): 702 Calories: 748 |
| 4 Sodium | 5 Sodium | 6 Special Baked Sodium | 7 Sodium | 8 Sodium |
| Chicken Meatballs 210 Tomato Basil Sauce 58 Cavitatappi Pasta 1 Mixed Veggies 88 Italian Bread 230 Fruit cup 5 | Beef & Lentil Chili 262 Brown Rice 5 Broccoli 10 Wheat Roll 105 Yogurt 75 | Wild Caught Salmon in Dill Sauce 67 Chantilly Potatoes 238 Green Beans 3 Rye Bread 150 Cookie 124 | Roast Turkey with Gravy 440 Bread Stuffing 19 Peas and Carrots 316 Multigrain Bread 72 Fruit cup 164 5 | Potato Pollock 273 Tarter Sauce 100 Red Bliss Potatoes 5 Italian Blend Veg 41 Wheat Bread 170 Applesauce 0 |
| Sodium(mg): 717 Calories: 672 | Sodium(mg): 582 Calories: 585 | Sodium(mg): 767 Calories: 646 | Sodium(mg): 1141 Calories: 661 | Sodium(mg): 714 Calories: 645 |
| 11 Sodium | 12 Sodium | 13 Sodium | 14 Sodium | 15 Sodium |
| Macaronie & Cheese 488 Spinach 65 Spinach 65 Wheat Roll 105 Grahams 95 | Chicken A La Voldka* Penne 518 Mixed vegetables 88 Wheat Bread 170 Fruit Cup 5 | COLD PLATE Egg Salad 243 Pasta Salad with Red Peppers 231 Broccoli Salad 159 Pumpernickle Bread 127 Applesauce cup 0 | Chicken Drummer 450 Brussels Sprouts 12 Butternut Squash 36 Wheat Bread 170 Muffin 190 Diet: Grahams | Roast Pork 73 Cran-Orange Sauce 20 Whipped potatoes 66 Carrots 64 Multigrain Bread 164 Vanilla Yogurt 75 |
| Sodium: 878 Calories: 810 | Sodium: 906 Calories: 710 | Sodium: 885 Calories: 551 | Sodium: 533 Calories: 661 | Sodium: 587 Calories: 660 |
| 18 Sodium | 19 Sodium | 20 Sodium | 21 Sodium | 22 Sodium |
| "Catch of the Day" Baked Cod 250 Lemon Picatta Sauce 4 Orzo with Spinach 57 Italian Gr. Beans 3 Rye Bread 150 Lorna Doones 100 | COLD PLATE Chicken Salad 389 Macaroni Salad 206 3 Bean Salad 89 Wheat Dinner Roll 105 Strawberry 5 Applesauce | Gr. Chicken Breast 320 Sweet & Sour Sauce 46 Vegetable Fried Rice 98 Asian Blend Veg 21 Wheat Bread 170 Snack & Loaf 115 Diet: Grahams | Shephards Pie 136 Beef Gravy 30 Broccoli/Cauliflower 10 Multigrain Bread 164 Fruit Cup 5 | BBQ Beef Patty 207 Baked Beans 152 Corn 1 Hamburger Roll 230 Applesauce 0 |
| Sodium: 689 Calories: 551 | Sodium: 530 Calories: 688 | Sodium: 895 Calories: 746 | Sodium: 460 Calories: 564 | Sodium: 715 Calories: 734 |
| 25 Sodium | 26 Sodium | 27 Sodium | 28 Sodium | 29 Sodium |
| <i>Memorial Day</i> | Grilled Chicken Breast 320 Honey Mustard Sauce 34 Sweet Potatoes 36 Peas 66 Italian Bread 230 Fruit Cup 5 | Turkey Tetrazzini* 514 Cavitappi Pasta 1 Mixed Veggies 88 Multigrain Bread 164 Yogurt 75 | Roast Pork 73 Rosemary Gravy 83 Garlic Whip Potatoes 66 Broccoli 10 Pumpernickle Bread 127 Grahams 95 | Chicken Meatballs 210 Swedish Sauce 39 Parslied Egg Noodles 4 Spinach 65 Multigrain Bread 164 Fruit cup 5 |
| No Meals Served | Sodium: 821 Calories: 600 | Sodium: 967 Calories: 626 | Sodium: 513 Calories: 608 | Sodium: 612 Calories: 632 |



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-

**Pickleball is off until further notice.
Sorry! We miss you.**

Zoom it! Try it; you will like it.

Exercise from home

Exercise classes below are now on Zoom. Don't have Zoom? We can help out with our great IT volunteers. It takes practice, but a new world will open.

First Zoom class is FREE!

Look at Calendar page 8 to find your Meeting IDs. Once you are hooked you don't have to leave the house. Need a fitness card? Want to 'fill your wallet'? You can pay online through the town website. See page 3 for details on how to pay.

Lancaster's Keep Moving Walk- ing Club

STILL OUTDOORS:

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

THURSDAY 9:00- 10:00 A.M.

Striders (Speedy) and Strollers (Slower) welcome!
Work off your stress eating! We provide water, and (socially-distanced) 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

Zoom, Zoom!

Monday 10 am

ZOOM Meeting ID: 255384123

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

Studies prove Tai Chi improves balance, and reduces your risk of fall! Try it—FREE for the first virtual lesson.

Instructor: Jeff Cote

Get into Shape for Fall! *All ages.*



Strength and Weight Training

SATURDAYS— 9 AM Zooming!

Check in 10 minutes early.

ZOOM Meeting ID: 907734542

Get in shape—avoid the Covid 15! (yup, that is in pounds). 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).*

Series price for Lancaster residents \$30. \$45

Zoom! 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

ZOOM Meeting ID: 433492564

No matter your capability or restriction, you will learn tools and techniques 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), and end with a guided relaxation, leaving you feeling peaceful, energized, and uplifted. Please let Julianna know prior to class if you have any specific restrictions.

Zooming! Hatha Yoga

Mon. @ 11:15 a.m., Sat @ 10am

Monday ID: 742183799 Saturday ID: 575050699

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!)

HAPPENING NEAR YOU

GET READY FOR SUMMER WITH SOLAR PANELS!

NASHOBA VALLEY CLIMATE COALITION

is looking for 50 – 100 homeowners who are interested in solar investments. Commercial or residential installations!



*Learn more about our solar sprint with SOLAR FLAIR and tune in for SOLAR 101 workshops coming soon - when permitted.
Federal Rebates are phasing out in 2022.
And 0% loans are available.*

Contact us at nvclimatec@gmail.com or our FB page.



Please join
Nashoba Neighbors!
Lancaster/Berlin/Bolton
Cooperates
to help older adults stay in their homes

Nashoba Neighbors is an innovative grassroots non-profit patterned on the Village movement. It includes Bolton, Berlin and Lancaster. The goal is to help our members, older adults, stay engaged, connected and active by making their own decisions about aging in their own homes. We need your expertise in:

Finances, technology, outreach, marketing, member services

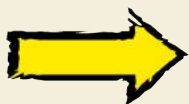
If interested, or to subscribe to updates, please contact

Catherine Pfau at
catherinepfau@gmail.com
or 978-337-3059

Check out these innovative services from Thayer Memorial Library

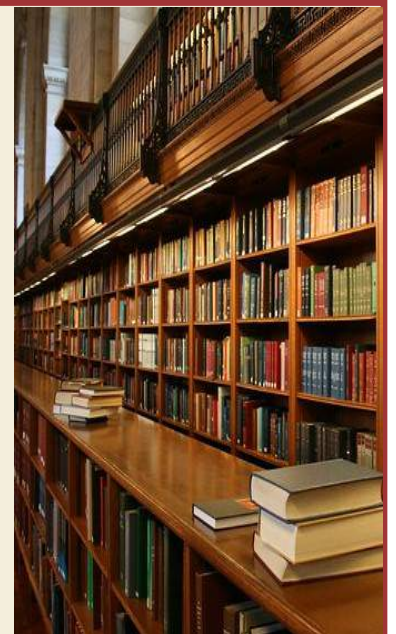
FREE!

- ◆ Overdrive (digital reading platform)
- ◆ Hoopla (movies, eBooks, eAudiobooks, eComics)
- ◆ RB Digital magazines (over 50 subscriptions)

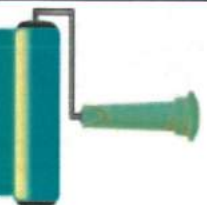


***And even Mail-Order Books and Magazines
for Lancaster residents!***

For more info, visit <https://thayermemoriallibrary.org/>



**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**



MAY ACTIVITY CALENDAR

May 2020

| April '20 | | | | | | | June '20 | | | | | | | |
|-----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|---|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | |
| | | | 1 | 2 | 3 | 4 | | | 1 | 2 | 3 | 4 | 5 | 6 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | |

ALL MEETINGS ON [HTTP://ZOOM.US](http://zoom.us)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|----------|--------|---|
| 27 | 28 | 29 | 30 | 1 | 2 Strength Class 9:00 Mtng ID: 907734542 Yoga 10:00 Mtng ID: 575050699 |
| 4 COA Meeting 8:30 Mtng ID: 286400986 Yoga 11:15 Mtng ID: 742183799 Tai Chi 10:00 Mtng ID: 255384123 | 5 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! Mtng ID: 807642080 | 6 | 7 | 8 | 9 Strength Class 9:00 Mtng ID: 907734542 Yoga 10:00 Mtng ID: 575050699 |
| 11 COA Meeting 8:30 Mtng ID: 286400986 Password: 01523 Tai Chi 10:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799 | 12 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! Mtng ID: 807642080 | 13 | 14 | 15 | 16 Strength Class 9:00 Mtng ID: 907734542 Yoga 10:00 Mtng ID: 575050699 |
| 18 Tai Chi 10:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799 | 19 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! Mtng ID: 807642080 | 20 | 21 | 22 | 23 Strength Class 9:00 Mtng ID: 907734542 Yoga 10:00 Mtng ID: 575050699 |
| 25 Tai Chi 10:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799 | 26 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! Mtng ID: 807642080 | 27 Crazy Crafternoon 2:00 PM Registration Req'd Call 978-733-4076 Mtng ID: 84316196627 | 28 | 29 | 30 Strength Class 9:00 Mtng ID: 907734542 Yoga 10:00 Mtng ID: 575050699 |

Please check our website & Facebook for updates in the 'New Normal' We are not publishing as many copies of our newsletter and we don't want you to miss events or news.

<https://www.facebook.com/lancastermass/>
<https://www.ci.lancaster.ma.us/lancaster-community-center>



Teleconferencing!

Our Virtual Center!

In the wake of the coronavirus shut-down, we are going 'virtual'. That means many classes; events and meetings will be available, with the instructors' help via teleconferencing! Each class will have a "meeting ID" which will be communicated to you by email, phone or in the newsletter. To join the class, go to a browser and enter the following address: <http://zoom.us/join>

On the resulting web page, type the meeting ID (*string of numbers without the spaces*) in the indicated box and click **JOIN**.

That's it! Have fun!



Driver Safety

**NOW
SCHEDULED FOR
SEPTEMBER!
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 , 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 \$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@lanasterma.net

FUN & GAMES



VIRTUAL BINGO TUESDAYS 1-3

Everyone is welcome!

Prizes ! Cards may be picked up outside the Center or delivered to you.

Join your Bingo Buddies or make some new friends.

Try this new approach to BINGO on Zoom!

<http://zoom.us/join> Meeting ID: 807642080

Sorry, gotta get your own snacks!

Forget your quarters! Call or email us for your cards.

[Call us to help you join Zoom!](#)



Questions? Call the Lancaster Community Center at 978-733-4076 for more information.

Interested in Gardening? Learning about growing your own food?

Come learn, share and have fun.

***Join us! 'Get Dirty Garden Group'
Field Space NOW available.***

Mentoring etc! FREE



With help from expert gardener

Sandra Reardon, Private Gardener and former Children's Education Garden Instructor Tower Hill Botanic Garden. Sheila Casey, Coordinator and others

978-733-4076

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



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 & DINING WEEKLY TRIPS ARE SUSPENDED

*David James, Transportation Coordinator
Administrative Assistant
978-733-4076
Or 978-733- 1249 ext 1103
Or cooadmin@lancasterma.net*



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 50¢ per additional stop

Fitchburg, Ayer \$3 plus 50¢ per additional stop

All others \$2 plus 50¢ per additional stop

**VAN IS AVAILABLE
FOR MEDICAL APPTS
BY
RESERVATION ON-**



Absentee & Early Voting Ballots

*Now Available for the
Annual Town Election*

Link Below to Forms and Information

[https://www.ci.lancaster.ma.us/
town-clerk-records-access-officer/
pages/absentee-early-ballot-
information](https://www.ci.lancaster.ma.us/town-clerk-records-access-officer/pages/absentee-early-ballot-information)

Just for you! We printed blank forms available in bins on the cart at the front door Community Center. Take one! Fill it out (BYOP (pen) sign it, and put it in the drop box by the rear door of the Prescott Building.

Then wash your hands!

Thank you!



Lancaster Recreation presents:

Art-ventures for Kids at Home!
*A whimsical Supplement for your Art-
Enrichment Needs—*

Series One:

**Bendy Paper Lizard; Coffee filter flowers in tin can vase;
Create a scene collage; Castle building; Winslow Homer
Seascape; Salt dough mask; Superhero Self portrait;**

Just \$99 for 8 sessions of virtually-led fun!

Register now at www.ARTventuresforKids.com.

Use code **LancasterRec** when registering.

Dates on website

EVENTS & NEWS

GROWING PLACES MOBILE MARKET IN COLLABORATION WITH WHEAT COMMUNITY CONNECTIONS

Are you having a difficult time getting fresh affordable fruits and vegetables right now?

Come to the Mobile Market to purchase local produce using your SNAP and HIP dollars. HIP **DOUBLES** your SNAP purchase for local produce. If you have SNAP, you have HIP. We also have shelf stable meal packs for those who would like.

DATE: Wednesdays, starting April 29, 2020

TIME: 4:00 pm to 4:45 pm

LOCATION:

**Bigelow Gardens
449 Main St, Lancaster, MA**

For more information contact Growing Places at 978-598-3723



Are You OK?

The “Are You OK?” Program, run by the Nashoba Valley Regional Emergency Communications Center and Lancaster Community Center, is an excellent resource for seniors living alone and their families.

Participants receive a call once a day to check in on safety, and local emergency services are alerted if the participant cannot be reached. If you or a loved one would like more info on this free program, contact:

978-733-1249 ext. 4
mtrottier@lancasterma.net

Procrastinators Rejoice. Extensions and Changes

- ◆ Federal and State Tax Filing Deadline —July 15th
- ◆ Real ID Deadline —October 2021
- ◆ **ANNUAL TOWN MEETING—June 22, 2020 *NEW DATES**
- ◆ **ANNUAL TOWN ELECTION - June 29, 2020 *NEW DATES**

Lancaster and Central MA Chapter 100 Million Mask Challenge

The journey begins
with us. Learn how
to get involved.

aturner@lancasterma.net

978-733-4076

We have
Materials.

Help us!
Help others.



Join us for virtual Crafting with REAL craft products when you are done. Materials Supplied. Pre-register to get materials delivered. Material and delivery fee posted. Mystery Cards are FREE for first 15!



Introducing...

Crazy Crafternoon
 May 27 @ 2:00 pm:
Mystery Card-Making Workshop
 Join our Zoom Studio, create a mystery card, & get inspired!
 Limited to the first 15 participants
 call (978) 733-4076

WHAT? We are losing \$\$
40% of Lancaster Residents have NOT been counted- Are you one of them?
 Lancaster will lose Federal Revenue for the next 10 years.
 Help Us! Help YOU.
LOWER YOUR TAXES in 10 minutes



Census Dates 2020

What to expect ! We will help you too

- ◆ Mid-April: paper questionnaires were mailed
- ◆ April 16 – June 19: Census takers will work with facilities that house large groups of people to make sure everyone is counted.
- ◆ May 27 – August 14: Census takers will interview homes that haven't responded to the 2020 Census yet.

It's not too late to be counted!



VIRTUAL CRAFTING REQUIRES USE OF A COMPUTER
To join us on Facebook or Zoom! Need one? Call us

A June Crafternoon
Mosaic Flower Pots
June 18th and June 23rd
1 p.m. in the Zoom Studio

Join us to get dirty and make a Mosaic Flower Pot. We supply the pot and a grab bag of mosaic pieces. No two pots will be alike. Spending time crafting with us virtually! This is a two step process, first class is about 2 hours and the second class should be about 45 minutes.
 If we are able we will offer a live class too, but who knows. So learn to Zoom and craft– a true multi-tasker.

Class Instruction is FREE! Materials cost \$5



HOME? GOT TIME? LIKE TO WALK?
Practice Random Acts of Kindness
LANCASTER CLEAN UP DAYS!
New Month of May!!
Join the stay at home challenge
Sponsored by the
Community Center & the First Church
Grab a bag and go! and pick up trash!
Prizes awarded for
 1. Most unique trash
 2. Most trash bags per family



Pick up Yellow Bags- Front of The Center
 Call for pick up 978-733-4076

EVENTS, RESOURCES & HELP

You don't know Zoom?

Interested or scared to try, but you really want to participate?



We can help- it's free!
**Computer & Phone (IT) Help
And Video Conferencing Tutorial**

With Computer Guru Jon Roper

Thursdays at 10 a.m. by phone

(reservation) or by conferencing appointment

We will get you through this—with new skills!

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

**Don't have a smartphone, tablet, or
computer yet?**

*Contact the Senior Center Outreach at
978-733-1249 ext 4 for free or low-cost options*

Caring Of All (COA)

Senior Angels

Are here for you!



What is a Senior Angel? An angel is an incredibly caring resident who reached out to us to help YOU. We want you to socially distance and stay healthy and safe. How can you do that? Do you need food and medicine and maybe another errand? We can help!

If you want to meet a neighbor who would love to help you -all you need to do is call.- They are out there— waiting to help you.— FREE! So give us a call!

Would you be an angel? I bet you already are. Angels are caring people who can or will call people, do errands and in general be neighborly.

978-733-4076 or aturner@lancasterma.net

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 whole-some 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 ext 4

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.*



Word Search

Find the following words. Made by the Niall boys—
Homeschool Homesteaders 4H misses the seniors and the Cen-

| | | | |
|------|------|-------|-------|
| CAT | DOG | HORSE | TOAD |
| FISH | GOAT | COW | WOLF |
| RAT | DEER | ZEBRA | TIGER |
| ANT | BAT | DUCK | SLOTH |

L K C U D H Z P O
 C A T W O L F G T
 O U F R G O A T I
 W J S L O T H O G
 D E T M X Z N A E
 H A F R R E E D R
 B P I G C B Q T A
 I K S R J R N S T
 D Y H C Q A X P B



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for all ages and abilities,
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Cooking skills and
Recipe Club!**

See our Facebook page and email blasts for details!



Traditional tunes and songs from New England and Appalachia

Old Time Jam and Song Session

all acoustic string players welcome
any ability level

1st and 3rd Wednesday of the month, 7-9pm
Starting date...still TBD!

Call 978-365-3326 ext. 1109 for info



NEVER GIVE YOUR SOCIAL or BANK INFO

to a caller or send a bank check to anyone who calls! Currently there are several serious scams out, and more to come, including:
NEW Coronavirus Testing Scam (for money) - Tax Check Scam (to get your banking info) - Offers of coronavirus "cures"

*What is your earliest travel memory?
The most adventurous thing you ever did?
How has Lancaster changed over the years?*

Everybody has a story to tell.



Students at Luther Burbank Middle School's Audio Visual club would like **you** to participate in an Oral History project to be filmed at a future date at the Senior Center. Please call Melanie **at 978-365-3326 ext. 1109** for more info!

OUTREACH INFORMATION

Virtual Reality

Greetings from the new normal!

Our medical appointments, shopping, and social lives are increasingly moving online as we adjust to the new virtual reality. FaceTime conversations with grandkids, Zoom happy hours, telemedicine, and Facebook live church services, while far from ideal, can help to tide us over until we can meet in real life.

Get Connected to the Internet

Well, there's good news! Thanks to a technology grant and the generosity of the Rotary Club of Nashoba Valley, we can help you get set up! Contact us to find out about a low-cost or free tablet, Wi-Fi, and tech support! In these unique times, it could be life changing.

Get Connected to Available Resources

The spread of COVID has not spared anyone: all of us are experiencing change at the moment. If YOU could use a helping hand right now, please get in touch! We have options and ideas: food pantries, Meals on Wheels, applications for SNAP or unemployment benefits. For seniors in Lancaster and others who are self-isolating for health reasons, the COA (Care of All) program can match you up with a local volunteer for help with errands, groceries, pharmacy, or just a friendly call. Outside of office hours, call 211 for info and assistance on the pandemic, food security and other issues of primary concern.

Get Connected to Mental Health Assistance

Our stress levels are on the rise—for urgent mental health assistance, there are resources out there. To reach out: Contact **Samaritans** 24/7. Call or text the 24/7 helpline any time at **1-877-870-4673**. Contact the **Crisis Text Line** by texting HOME to 741741. In a mental health emergency, contact 911 or the Massachusetts Emer-

gency Services Program/Mobile Crisis Intervention (ESP/MCI) - **1-877-382-1609**.

Although we are all in varying degrees of isolation at this time, we hope you know that your friends at Lancaster Community and Senior Center are thinking of you and looking forward to seeing your faces!



Melanie Take care, Melanie

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 9 am-1pm
Tuesdays 8 am-12 pm
Wednesdays 1-5 pm





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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



CONNECTIONS! (FREE! NO EXCUSES ACCEPTED)



A cooperative venture with the Lancaster Community Center,
Nashoba Valley Rotary & Friends of Lancaster Seniors

Free Tablets, Training, Internet and More. Zoom, Zoom!

We guarantee you will be a computer whiz or your money back! :)

These days we are all missing connecting, none miss it more than those with no computer, or computer access. We can help! Thanks to the generosity of Nashoba Rotary and the Friends of Lancaster Seniors. You don't need to be from Lancaster— we help everyone. Internet service is income based. Our talented and non-judgemental band of volunteers are prepared to teach you, or your loved one to use technology. Right from turning it on. They will help get you internet services and best yet get you connected! Want to see your grandkids? Play BINGO with your friends? Take a class with us? It is all right at your finger tips. At this point there is NO cost for starting—what do you have to loose? Trust me, you will be hooked. This is not just a 'pandemic' approach, snow days, not feeling well, distance issues. You will be thanking us!

To join call or write Alix at 978-733-1249 ext 1102 and leave a message.

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>

Interested in helping a charity with your Stimulus check?

*Please consider the Friends of Lancaster Seniors
A 501c.3 if you wish to donate.*

Current projects include funding for the Garden, the Backstage Gym, Food resources, and providing Seniors who are isolating and do not have computer access a tablet and internet service as well as FREE tutorials to allow them access to on line resources.



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>

Please consider noting the Friends of Lancaster Seniors to name as a charity to donate to when honoring a special occasion, in tribute, in memory, or in love!

Donations will be recognized in the newsletter or may be made privately

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 Lancastrians.

Thank you, Lancaster Friends