



COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

NOVEMBER, 2019

All ages! Please join us for

Friendsgiving

November 21st 2019 Lancaster Community Center

Doors Open at 1:00 p.m. Dinner 1:30

Tickets Required \$10 Seniors/\$12 all ages

Menu and other details inside



WHAT'S INSIDE

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STOP BY TODAY!

Lancaster Community Center
701 Main Street, Suite 7
(behind the War Memorials)

RECEPTION

978-733-4076

COMMUNITY SERVICES LIAISON

978-733-1249 ext 1109

DIRECTOR

978-733-1249 ext 1102

VAN RESERVATION

978-733-4076

VAN HOURS

CENTER ACTIVITIES

- Pickleball | Ballroom dancing
- Yoga | Tai Chi
- Walking Group | Bingo
- Lunch Club | Meals | Trips
- Veteran Benefits | Well Clinics
- Transportation | SHINE
- Agency Referrals | Bridge
- Gardening | Mahjong | more!

THOUGHTS FROM THE DIRECTOR

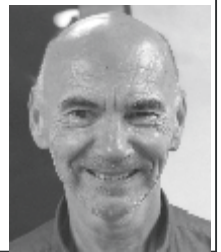
Tis the Season of Thanks!

I have a lot to be thankful for, I hope you do, too. It sounds trite but I am thankful for the opportunity to work close to home in a lovely town . I am thankful I can make a difference in people's lives– it is rewarding. I am thankful for good health– though I really need to use our new gym (yet another thing to be thankful for). None of our work would be possible with out the help of a great team. Over time I have been blessed to work with some wonderful people, both staff and many incredible volunteers.– many of which I now count as friends. The older I get the more I realize what a blessing that is! Recently two wonderful people joined our team. I do mean 'our' as they are dedicated to serving you– and of course putting up with my craziness (and yours). Stop by and meet our new Community Services Liaison (CSL), Melanie, say congrats to a familiar face, David James, who has taken over as our administrative assistant. (though he still thinks he is boss)! :



Hi! I'm Melanie Trottier, mom of 2 middle-schoolers and resident of Lancaster. In my spare time, I enjoy walking, Spanish Book Club, home deco, and trying out healthy cooking hacks (especially French cuisine). To stay active, I am also learning how to fence! En garde!

Our new administrator is David James. I am not sure he needs any introduction. When I asked him for a few words about himself he declined. Are you as shocked as I am? Dave has years of experience, first as a volunteer on the LCC Board helping renovate the building. He served as Chair of the COA, Founder and president of the Friends and for a spell as our lunch lady (we saved on hair nets). Before retirement he worked as a software engineer and knows systems. This explains a lot of his issues and his strengths! We are putting him to good work. Call him with any questions –just don't let him boss you around!



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978-365-3352
www.hometowncoop.com

➤ Reach the Senior Market
ADVERTISE HERE

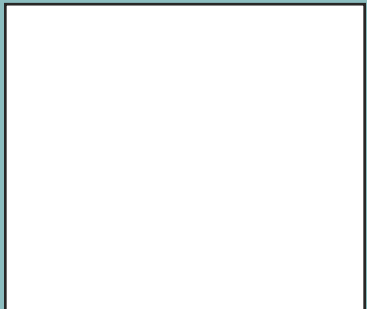
CONTACT

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, 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.



WE WILL BE CLOSED :
MONDAY NOVEMBER 11TH TO HONOR VETERANS
THURSDAY NOVEMBER 28, THANKSGIVING DAY
PLEASE JOIN US NOVEMBER 12TH FOR PANCAKE
BREAKFAST TO HONOR VETERANS,
WHO EAT FREE!
JOIN US FRIDAY NOVEMBER 29TH FOR REGULAR
ACTIVITIES

UNIPAY

We are now Accepting Electronic Payments through UniPay!

On the town website:

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

Click on ONLINE PAYMENTS in the lower left corner and look for the LCC/COA link.

NEVER MISS A NEWSLETTER !







Sign up to have our
newsletter emailed to you at
www.ourseniorcenter.com



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

Group Dining Menu
November 2019
Menu is subject to change

All meals include 1% milk
* Indicates higher sodium item (>500mg)
Suggested voluntary donation: \$3.00


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1% MILK: 110 calories 125mg sodium (included in totals)	1
4 3 C Soup 299 Chicken Drumstick 450 Yukon Gold Potato 4 Multigrain Bread 164 Sliced Peaches 5 Yogurt 75	5 Baked Pollock Loin 160 In Lemon Dill Sc 140 Wild Rice Pilaf 5 Tossed Salad 170 Wheat Bread 170 Cherry Apple Crisp 56 Diet: 1/2 Cherry Apple Crisp 28	6 Navy Bean Soup 222 Brd Chicken Breast 573 In Florentine Sc 19 Garlic Whip Potato 66 Pumpnickel Bread 155 Fresh Fruit 2	7 Beef Stew 200 Brussel's Sprouts 12 Biscuit 340 Mixed Fruit 10	8 Lunch Group Trip Val's
11 	12 High Sodium Day Minestrone Soup 152 Chicken Parmesan *860 Cavatappi Pasta 1 W. Wheat Bread 105 Pear Halves 5	13 Sloppy Joe 259 On a Bun 230 O'Brien Potatoes 34 Tossed Salad 5 Fresh Fruit 1	14 Wh. Bean Kale Sp 211 Chicken Rice Bake 429 Wh. Bread 170 Oatmeal Cookie 97 D: Cin. Grahams 85	15
18 Vegetable Soup 240 Sw & Sour Mt Balls 248 White Rice 90 Wheat Bread 170 Fortune Cookie 6 Pineapple 1	19 Shepherd's Pie with Gravy 221 Tossed Salad 5 Multigrain Bread 164 Fruit Crunch Bar 80 D: Lorna Doones 100	20 Roast Turkey In Herb Gravy 443 Whipped Potato 66 Stuffing 158 Maple Cinnamon Butternut Squash 0 WW Dinner Roll 105 Pumpkin Pie 430 D: Pumpkin Pudding 173	21 <i>Friendsgiving Thanksgiving Luncheon</i> 1:30 RSVP: \$10 60+ \$12 all others	22
25 Lasagna Rollup Topped w/Cheese & Tomato Basil Sc 625 Italian Veg Blend 41 Wheat Bread 170 Mixed Fruit 10	26 BBQ Pork Rib 362 Grinder 218 Red Bliss Potato 4 Cabbage 25 Gingerbread Cake 314 Diet: 1/2 Portion 157	27 Grilled Chicken in Honey Mustard Sc. 533 Potato Wedges 273 Peas & Carrots 72 Multigrain Bread 164 Fresh Fruit 1		

Menu Specifications: Sodium amounts are listed next to each item individually & totaled below each day
Meals on Wheels provides this information for individuals interested in minimizing their Sodium intake.


Nutrition Questions? Contact Alex Welch, RD at (978) 785-5340, awelch@mocinc.org.

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

To reduce the Carbohydrate content of any meal save the Bread, Milk and/or Dessert for the following meal or snack.



The Lancaster Senior Center supports the MOC Meals on Wheels program. If you are home-bound and need meals delivered, Call MOC at 978-345-8501 ext 2 and ask to be signed up for home delivered meals. Menu is essentially the same as the Congregate meals (above).



Worcester Elder Services and WLEN Invite you to the Rainbow Lunch Club
Every 2nd Wed. Noon
Unitarian Church, 90 Holden St. Worcester
Questions or to RSVP 508-756- 1545



The BackStage Gym

Is OPEN*& FREE**

- ◆ All residents are welcome
- ◆ *Free Training available.*
 - ◆ No pressure!
- ◆ Commercial equipment
Monday-Thursday
8am-4pm*

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

You must stop by Center Office and sign a Release Form before using the equipment

Pickleball is BACK!

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

ONLY \$3 per session. See *LATEST* schedule at

MON	9-11am (signup)	WED	6-8 (open play)
MON	1-3 (open play)	THU	12-2 (signup)
WED	9-11 (signup)	FRI	9-11 (signup)
WED	1-3 (signup)	FRI	1-3 (open play)
SAT	8-12 (open play)	*More	Days coming

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

FREE WELLNESS CLINICS

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

1st Tuesday : Nashoba Board of Health "
4th Tuesday: VNA Care

Free services include health assessments (blood pressure, blood sugar, cardiopulmonary assessments, etc.), teaching (medication, diet, disease management, preventive health care, etc.),

Chair Yoga

TUESDAYS at 10:30 a.m.

*Seniors \$5 per class or 6 classes for \$25
General public \$6 per class or 6 for \$30*

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

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!

Lancaster's

Keep Moving Walking Club

OUTDOORS

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

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

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

Tai Chi and Quigong

Monday 9:30 am &

Tuesday Evenings 5:45 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

NOVEMBER ACTIVITY CALENDAR

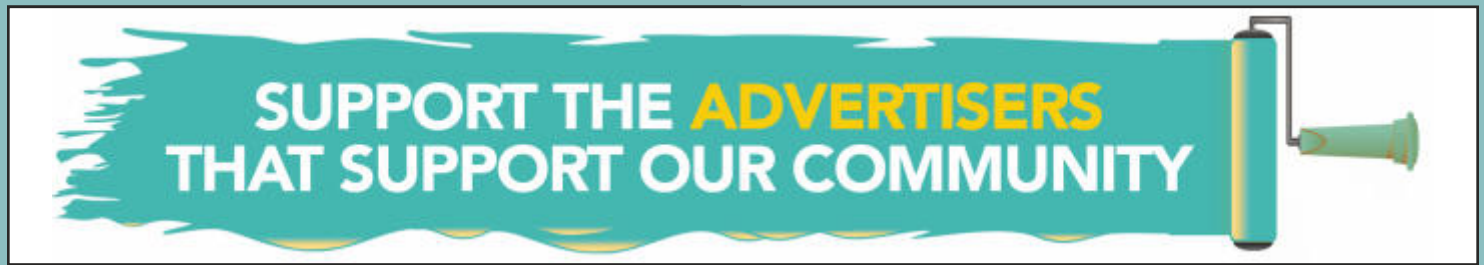
November 2019

October '19							December '19						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5	1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30	31			29	30	31				

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	29 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 5:45	30 Mah Jong 10-2 MOC Lunch 11:30	31 Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30 Ballroom Dance 6:00	1 Bridge 1:00-4:00 Van: Market Basket	2 Strength Class 8:30 Yoga 9:30
4 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	5 Celebrity Guest Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 5:45	6 Mah Jong 10-2 MOC Lunch 11:30	7 Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30 Ballroom Dance 6:00	8 Bridge 1:00-4:00 Van Lunch Group: Val's	9 Strength Class 8:30 Yoga 9:30
11 CLOSED VETERAN'S DAY	12 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 5:45	13 Mah Jong 10-2 MOC Lunch 11:30 Wine and Dine at El Basha	14 Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30 Ballroom Dance 6:00	15 Bridge 1:00-4:00 Van: Stow Food Pantry	16 Yoga 9:30
18 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	19 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 5:45	20 Mah Jong 10-2 MOC Lunch 11:30	21 Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30 Ballroom Dance 6:00	22 Bridge 1:00-4:00	23 Strength Class 8:30 Yoga 9:30
25 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	26 Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 5:45	27 Mah Jong 10-2 MOC Lunch 11:30	28 CLOSED THANKSGIVING HOLIDAY	29 Bridge 1:00-4:00	30 Strength Class 8:30 Yoga 9:30

2

PICKLEBALL: MON 9-11am (signup) WED 6-8 (open play) SAT 8-12 (open play)
 MON 1-3 (open play) THU 12-2 (signup) *****
 WED 9-11 (signup) Fri 9-11 (signup) **BACKSTAGE GYM is open**
 WED 1-3 (signup) FRI 1-3 (open play) Monday through Friday, 8AM to 4PM.
 Calendar Templates by Vertex42 <https://www.vertex42.com/calendars/>



MORE HEALTH & FITNESS & FUN



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

SATURDAYS— November 2, 9, 23, 30 December 7, 14 — 6 week session

8:30am-9:15am (Limited space).

Get in shape for the holidays with this SIX week class. . Strengthen your core, improve your flexibility, work on your balance while working out in a comfortable space with resistance training and weights. *All ages and abilities will benefit.* Seniors (50 and over)



LEARN TO DANCE!

**THURSDAY EVENINGS 6:00-7:00
P.M.**

LANCASTER COMMUNITY CENTER

No Partner? No Problem!

SCHEDULE

Oct 31 rumba

Nov 7 Foxtrot
Nov 14 Foxtrot
Nov 21 Foxtrot

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



Sparkle Weekend in Freeport Maine

Back by popular demand another DownEaster Train trip

December 6th



Reserve early as seating is limited All transportation included

We meet at the Center around 8:00 a.m. for a quick cup of coffee and a breakfast snack, board our bus and head to the Amtrak in Haverhill to board the DownEaster headed for a day of shopping and enjoying Freeport at peak shopping season. . It is a wonderful scenic trip up the coast, complete with a Café Car to enjoy beverages and snacks. We arrive in Freeport around noon, for a day of shopping and enjoying holiday decorations and activities. LL Bean will ship anything you purchase free of charge, or hold them until 4pm closing at the tourism center. Just after the lights come on we return to the train station to board the Downeaster for a 6:15 pm departure back to Haverhill for 8:40, and back to Lancaster around 10- with all of your goodies and memories of sugar plums.

Pick up and drop off at your home is available.

Lancaster Seniors/disabled \$40.00 Others \$43

HEALTH & FITNESS

Healing Conversations

A Support Group

Are you grieving?

Please join us for Healing Conversations, a free adult bereavement support group series offered by Nashoba Nursing Services & Hospice. The programs are facilitated by Kathy Benson, LICSW and Lucia Camara. Registration is not required. For questions, contact 978-425-6675 or email health@nashoba.org.

Some upcoming locations and times:

November 5, 5-6pm, Hazen Library, Shirley
November 18, 1:30-2:30pm, Eagle House, Lunenburg
November 18, 3-4pm, Littleton Council on Aging
December 3, 5-6pm, Hazen Library, Shirley
December 16, 3-4pm, Littleton Council on Aging
December 23, 1:30-2:30pm, Eagle House, Lunenburg

Healing Garden Cancer Support Center

Thursdays, 3:30-5:00pm

October 10, 17, 24, 31 and November 7, 14

For more information and to register please contact:



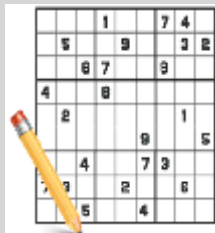
Nashoba Nursing Service & Hospice
Nashoba Associated Boards of Health
Your COMMUNITY, Your CHOICE Since 1931

Free! Sudoku Soup

Wed Nov 13th 12:30 (after lunch)

You've heard of alphabet soup... Well, instead of letters, our Sudoku Soup has numbers 1 to 9 and you!

Whether you are a beginner, expert, never played before, or just want to have fun--join us!



"One Step at a Time"

Balance Workshop

December 3rd at 9 a.m.

This program gives participants the opportunity to learn about and discuss balance difficulties - common among older people. In this course you will learn about how humans stay upright, factors that can cause falls and what we can do to stay independent and injury free.

There will be interactive segments and open discussions throughout this course.

Mike Chiauzzi is a Physical Therapist at the Nashoba Valley Medical Center Outpatient Physical Therapy Department. He is a Doctorate of Physical Therapy and has a clinical interest in orthopedics, geriatrics

FUN & GAMES

AMERICAN MAHJONG LESSONS

FREE! WEDNESDAYS 10:00 A.M.

Keep your brain 'fresh and supple', play Mahjong! A great game played with 152 tiles, dealt in 'hands'. Fun people willing to help teach.



BRIDGE ON FRIDAYS

FRIDAYS 1:00-4:00

Area residents are invited to join us for friendly bridge Friday afternoons. Don't play? Come watch and learn. There are lots of patient teachers here.

Come to the Center for friendly bridge games with nice people and nice snacks.

All free! Suitable for all levels, novice to pro. We provide the cards, teachers, and friends.

Questions Call Jean at 978-273-2418

BRIDGE CLUB



BINGO

EVERY TUESDAY FROM 1PM-3PM

(Wed. and Fri. 1pm-3pm at Bigelow Gardens)

Everyone is welcome! Treats and fun!

25 cents per every three cards

Bring your quarters, odds are better than the lottery!

We provide free beverage, treats and prizes!



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

VETERANS, LIBRARY, REC

TRANSPORTATION 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,
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

THAYER MEMORIAL LIBRARY

717 MAIN ST LANCASTER MA

"MONDAY MOVIE MATINEES"

CHECK THE LIBRARY WEBSITE FOR DETAILS



FREE PROGRAM!
November 17th at 6:30
*Restoration of the
American Chestnut*

By Curt Laffin,
American Chestnut
Foundation

*Learn about the history and demise of
chestnut trees, once plentiful and valuable.
Hear about restoration efforts too.*

RECREATION DEPT.

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

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

Lancaster offers those over 60 and the disabled transportation services in conjunction with MART. In addition we run trips with private carriers and partner volunteers with those in need of transportation. Don't see what you need or want? Let us know and we will work on it.

SHOPPING AND DINING**

Reservations Required

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

ALL SCHEDULES SUBJECT TO CHANGE

MONDAY

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

TUESDAY

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

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

WEDNESDAYS

1 p.m. Leominster Shopping (destinations alternate): Water Tower Plaza,
Dollar Tree, Orchard Hill Park .

\$2.00 plus 50c per additional stop

THURSDAYS

1 p.m. 117 Shopping - Walmart, Aldi's, Lowes, Restaurants
\$2.00 plus 50c per additional stop

1ST FRIDAYS

9 a.m. Whitney Field Mall. Market Basket Return 1 p.m. (or 12 for Sue's Kitchen)-e.g Mall stores, Market Basket, Restaurants \$2.00 plus 50c per additional stop

2ND FRIDAYS

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

3RD FRIDAYS

8:15 a.m. Stow Food Pantry and Highland Commons : Market Basket
Berlin/Hudson - return 1 p.m. \$2.00 plus 50c per additional stop

LANCASTER MART VAN

Lancaster and MART provides transportation services for Lancaster residents for those (60+) and disabled residents.

FEES & POLICIES

Office hours are Mon -Thurs 8:30am to 1pm.

Reservations: Call 978 733 4076

Please leave your request on our voicemail.

Messages will be returned next business day by noon.

At least 48 business hours' notice to reserve a ride.

*We will try to honor your emergency but often can not.

Requests will be accepted in the order received.

Preference given to medical appointments.

Our Service Area: Lancaster, Clinton, Sterling, Bolton,
Leominster, Fitchburg.

\$1 Clinton, all others \$2 (Multiple stops may be charged, call for details)

Service in town 50¢ , per stop

Special Events will be priced according to the trip.



TRIPS, EVENTS, & CLASSES



Lets visit the Golden Triangle: Rt 9 The Neon Highway, November 6th`

Let's make it on the quieter side.

We are off to a special Wednesday crawl. Wednesday November, 6th we leave the Center at 9 to head off for an afternoon of bargain hunting adventure with good friends and of course a good food! We will shop away from the bright light of the neon lined Rt 9 to find hidden bargains and special treasures. This time we will stop in Sherborn, Natick and Framingham and if time allows we will meander home through Sudbury. Along the way we will stop for lunch on one of the side roads of "Worcester Turnpike". Good friends, laughs and I bet some great bahgans! We return to have you home for supper. Sign up early we will sell out quickly!

Transportation, secret stops, and snacks \$8 Lancaster residents/\$10 for out of town- now that is a bahgan! Reserve at 978-733-4076



Tower Hill Lights & JP's Dinner! December 11th

Join us for Dinner and a show, an incredible light show! This special Wine and Dine trip leaves the Center at 4 to dine early at one of the area's best 'cheap eats'- the lobster salad, and the scallops are not to be beat. Leave room for 'dessert for the eyes' as we travel to Tower Hill to catch 'Night Lights' called one of the best light displays by the Boston Globe. We will have time to wander through the spectacular displays and visit the shop and make sure we drive by some of our local light destinations along the way home too. We always spoil people on our trips so we will make sure you have a few surprises too.

Transportation and Tickets to the Light Display included. Meal costs are not included. \$19 Lancaster seniors/\$23 others. This will sell out so please reserve at 978-733-4076

WINE & DINE



Special Dinners, *Fun and Friends!*

\$4 van fee* plus food

- Nov 13—El Basha in Westborough- BYOB
- Dec 11—JP's and Tower Hill-Holiday Lights

Watch for more details as we approach each one. Some restaurants are BYOB.

MORE TRIPS ! SAVE THE DATE:

Details on page 8:

December 6th: Freeport by Train and the LL Bean Northern Lights Festival
Always a great trip! We take the van to board the Downeaster train in Haverhill.

LUNCHEON CLUB TRIPS:

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

RSVP to 978-733-4076

November 8: Val's
December 13: Bull Run
January 10: The Boynton

Interested in your favorite spot!
Let us know.

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.

What is your Communication Style?



FREE! Catered Lunch & Learn Workshop

RSVP Required 978-733-4076
November 22 at 11:30-1:00 pm

Learn what your communication style is. We could all improve, but how? Why? Good skills help you in life, business, social and caregiving. This valuable workshop

UPDATES



3RD ANNUAL SHOP LOCAL! CRAFT & VENDOR FAIR

JOIN THE LANCASTER PTO & AREA CRAFT & VENDORS

SUNDAY, NOVEMBER 17

10 AM - 2 PM | LANCASTER COMMUNITY CENTER



LANCASTER GARDEN CLUB PRESENTS

WINTER TERRARIUM WORKSHOP

SUNDAY, NOV. 17TH
(or add holiday theme if you choose)

INSTRUCTOR
Sandy Reardon

SOCIAL 5:30PM TO 6:00PM
WORKSHOP 6:00PM TO 8:30PM

Lancaster Community Center, 695 Main St.
behind the library, Lancaster, Ma.

\$ 30.00 for Members
\$35.00 for Non-members
CLASS SIZE LIMITED TO 24

The day of the workshop: bring snips or tiny scissors, and a box to bring your terrarium home in. Light refreshments will be served.

Deadline to register is Friday, November 8th. Limited 24 people
Visit www.lancastergardenclub.net to register and pay online.

If questions contact: suebillings@golferlady45@gmail.com or 978-365-5716.

Free! Lancaster Historical Presents
A History and Tour of Founders Hall



Guided by AUC Professor Dean Davis

Sunday November 10th 2 p.m.
Meet at Founders Hall- Park on

Learn about Talking Books—
Free!

Après Pancakes

November 19th 9 a.m.



*Is low vision affecting your
reading?*

*Prefer listening to a good story
than reading one?*

The Talking Book Library will be visiting the Lancaster Community Center They will be providing information on their audio and large type books, all of which are available by mail for free. A staff member from the program will be on hand to answer your questions. *Stop in to see us after pancakes.*

WORCESTER
PUBLIC LIBRARY

MORE UPDATES & RESOURCES

Free Computer & Phone Help

Join Jon Roper *after Pancakes*

8:30am on - Drop in!

Jon will help with your laptop, or our computer iPad or phone.

Jon Roper is our hero!

Tuesday mornings 8:30 a.m. (or by appointment)

Call 978 733 4076



Lancaster has an emergency notification system (also known as Reverse 911). This system allows residents to receive neighborhood specific emergency notifications issued by the town's public safety agencies. These can be sent to you by phone, e-mail and/or text message, all of which can be set up by you through an easy-to-use web page. To enroll in this free service go to the **CodeRED** Community Notification Enrollment page listed below. This data is held securely and is used only for the purpose of emergency notifications.

FOR ALERTS TO PHONE AND EMAIL

<https://public.coderedweb.com/cne/en-US/F1A940D55774>

FOR ALERTS TO A MOBILE DEVICE APP

<https://ecnetwork.com/codered-mobile-alert-app/>

If you do not have access to a computer we can help you sign up at the Lancaster Community Center . lancastercommunitycenter@gmail.com



**THE FIX IS FREE
AT THE REPAIR
CAFÉ!**



Bolton Repair Café
Nov 9 at 9 am - 1 pm
Florence Sawyer School cafeteria.

Bring your broken items, missing parts, dull knives. We will try to fix it for you. Most items are welcome, but we specialize in clean mendable clothing, lamps, small appliances, computers and other electronics, bikes, toys, jewelry, outdoor power equipment (but not in the winter), and dull blades.

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

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](tel:9783689990)

Home Resources
Need home goods?
Fuel, repairs?

Call:
978-733-1249 x4

Medical Equipment Loan Program

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

Friendsgiving Nov. 22nd

Upstairs at the Center~

RSVP/Tix required 978-733-4076
(\$10 seniors/\$12 all others)
A sample Menu includes

Light appetizers, Fresh Roasted Turkey, Curried Squash/Pumpkin or Carrot Ginger Soup +, Apple/Cranberry/Pecan Stuffing, Wild Rice Citrus Salad, Green Beans Almandine, Homemade Smashed Potatoes, Roasted Vegetables, Cranberry Orange Sauce, Assorted Breads and Herbed Corn Bread, Hot cider, punch and more!



Dessert and Pie Contest

- ◆ Awards for
- ◆ Best Apple,
- ◆ Best Pumpkin,
- ◆ Best Cream Pie,
- ◆ and of course Best of the Rest!

◆
Bring a recipe and
Be prepared to share.

(Homemade encouraged, admit it if you cheat)!

Please drop off your baking between 1-1:30 at the door with the lead judge.

Prizes will be announced at 2:30.

Grand Prize!

2 Tickets to the DownEaster Trip

Ps. We can always use volunteers for this event!

Call us please

GIVE THANKS

Free Cooking Lesson: A Lunch and Learn Cooking Lesson & Lunch

November 18th at 11:30

Come learn and taste. Micheline Prudent will teach you how to make the most squash delicious soup from locally sourced (Rota Spring Farms Winter Squash). We will dine on it for lunch with some delicious homemade crusty healthy bread. You will leave with a full belly of healthy, comfortable soup and a recipe so you can make your own for your Thanksgiving table, or great to take to another feast.



Free Thanksgiving Dinner

Wednesday, November 27,
2019 5:30pm

Trinity Church Congregational
in Bolton, MA



Invites you to be our guest for a FREE Thanksgiving Dinner. Doors open at 5:30pm for appetizers. Dinner at 6pm.

IMPORTANT: Seating is limited reservations are needed.

A Vegan Thanksgiving Potluck

Saturday, November 30
1:00 p.m.-4:00 p.m.

Join us for a Vegan Thanksgiving in the lower level of the Center. Try a new recipe, or find a new favorite. This FREE event offers healthy food and fellowship.

*Please rsvp so we can get you details. 978-733-4076
Or 978-790-7302*

Co-sponsored by Positive change for Animals



It is Open Enrollment Time!

Don't let it slip by.

SHINE

SHINE Appointments Available
 Date: Wednesday Mornings
 Time: 9-12 (one-hour appointments)
 RSVP

It's that time of year again! From now until Dec. 7th, you have the chance to make changes to your plan for the coming year. If you could use some advice to make an informed decision on your prescription drug plans or answers to your health-care related questions, call us to make an ap-

CENTER INFORMATION

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
- ◆ Friendly Visits

Contact: Melanie Trottier
 mtrotti-

er@lancasterma.net

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 WWW.24-7MED.COM

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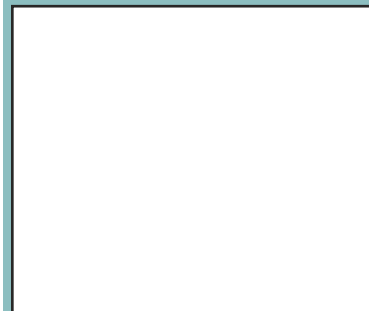
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WALK-IN BATHTUB SALE! SAVE \$1,500

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

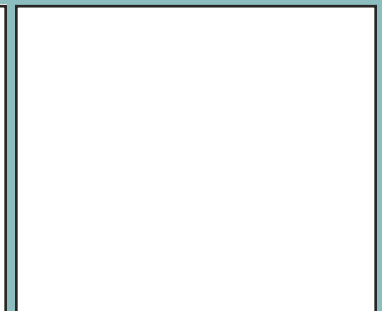
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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.



HELP PROTECT YOUR FAMILY & HOME
CALL NOW! 1-888-862-6429





Friends of Lancaster Seniors, Inc.

All Ages Pancake Breakfast Every Tuesday Morning!

7:30am - 9:00am

Donations Graciously Accepted!

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



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



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 You shop. Amazon gives.
 Support the Friends by shopping at Amazon! When you use this link to do your shopping, Amazon donates a percentage to the Friends! Thank you!
<https://smile.amazon.com/ch/46-1483824>

Thank You
for serving our country & protecting our freedoms!

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>

CELEBRITY PANCAKE SERVER!
 November 12
The Friends of Lancaster Seniors Invite Veteran's to Dine for FREE.
Thank you for your service. Our celebrity Server will be
Henry 'Hank' Paszko
 Korean War Veteran,
 Post 96 American Legion
 Memorial Day Committee
 Historical Commission