

COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

NOVEMBER, 2020



WHAT'S INSIDE

- 02 DIRECTOR'S THOUGHTS
- 03 LCC INFORMATION
- 04 HEALTH AND HOME
- 05 THANKSGIVING
- 06 HEALTH AND FITNESS
- 07 FRIENDS AND NEIGHBORS
- 08 ACTIVITY CALENDAR
- 09 TID BITS
- 10 TRANSPORTATION
- 11 OUTREACH
- 12 AROUND TOWN

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: coadmin@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

Happy Thanksgiving.

This Thanksgiving promises to be non-traditional, to say the least. I bet you are not surprised. After all, nothing has been 'traditional' this year. Modern traditions we love are out of the question: big family gatherings are unwise, travel is restricted, and large events at the Center are forbidden. What will we do? After all, this is a tough time for many, even under normal circumstances, but after eight months of Covid strains it seems bleak. We are all experiencing Covid fatigue, economic challenges, and in some cases health problems, or missing those we have lost. These are real challenges we should not belittle. Mental Health studies agree depression and stress are epidemic, and mental health practitioners are over capacity. Yet, there are options. Celebrating Thanksgiving 2020 requires a fresh approach. Perhaps looking to our past may help us appreciate some of our challenges, and opportunities. Thanksgiving began as a celebration of hope and appreciation. Pilgrims had new freedoms, and a rich harvest thanks to the help on new native American friends. They made sacrifices and faced adversity but maintained hope. Like the Pilgrims, we know it is going to be a long, dark winter, but let us try to remember their 'attitude of gratitude' or, simply said, hope. So, while we will not be eating too much with family and friends at large parties, we can still celebrate. We need a new perspective that honors what is important. Join me to make a special effort to practice mindfulness, to give thanks for the small things, a healthy harvest, for friends. While I will miss our family gathering, I am thankful for many blessings, a wonderful community, family members that have recovered from Covid, for a comfortable home. In our community we share some very giving neighbors, and interesting people. We face challenges and division too, but 'an attitude of gratitude' has proven to improve spirit and mental health. We are here if you are feeling down, and welcome your efforts if you can help others that are. A simple conversation can help more than you know. This Thanksgiving join us at 9 to enjoy friends and neighbors for a Turkey Trot, or more of a Turkey waddle with me. There will be trotters, too. We are lucky we are to live in a gorgeous town with giving, generous neighbors and friends. Join us to start the day for a non-partisan, secular moment of thanks and unity.

Alix

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www.bankhometown.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, 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

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/news>



CORONAVIRUS UPDATES

- ◆ We are **OPEN!** For fitness, pickleball and distanced Counseling.
- ◆ We are **REMOTE** for crafts online, some classes, delivering meals and offering SHINE and Counseling assistance!
- ◆ **MEALS and TRANSPORTATION** are up and running – off site of course.

**Stay tuned for updates– join our mailing list on line.
978-733-4076 or aturner@lancasterma.net**

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 right corner and look for the LCC/COA link.

Change Happens!

NOW is the time to check your Medicare.

Open Enrollment Deadline

December 7th.

Your plan may have changes for 2021 Many did! Make sure your insurance is the best for your needs. How? Call us for a SHINE appointment. SHINE-Medicare counseling by independent, non-profit counselors.

Need help? Call Judy to schedule
978-733-1249 ext 4 (Or see below)

If you are 65 or older, have lost your employment coverage, or simply have a general question about Medicare coverage—call! Counselors are working remotely and will return your calls. Counselors are available via phone or Zoom video conferencing for appointments.

Medicare and Social Security have announced new procedures for Medicare enrollment during the COVID emergency. Call the SHINE office at 508-422-9931 and leave your name and number. Check www.shinema.org for helpful videos, including "Medicare & You."

Words spread faster than the virus. Answer the call, **stop** the spread of Coronavirus.

Community Tracing Collaborative
Partners In Health

Habitat for Humanity
North Central Massachusetts

Are YOU a homeowner who can't afford home repairs?

Habitat's Critical Home Repair program provides assistance to eligible homeowners by offering repairs on a sliding scale, based on income. Check out their website <https://ncmhabitat.org/critical-repair/> for more information on how families can apply for this program.

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THANKSGIVING AND OTHER MEALS

Join us! Thanksgiving Dinner with Friends –2020 edition.

Wednesday, November 25th at Sandee's!

Remember those big, friendly gatherings we had with dessert tastings? *Not this year!* However, with brainstorming and lots of community support we have a fabulous Thanksgiving meal planned. A very limited amount of seniors are allowed at this greatly distanced event. Reserve now! Limited table service by reservation, or reserved take home meals available or delivery via your angel! (don't have an angel? Need one- let's talk) . Thanks to the Sandee's, the First Church and some amazing volunteers who have come forward– and as always our Lancaster Senior Angels.

Sample Menu Includes:

'Argonaut' squash homemade soup, Wild Rice Pecan Salad, Fresh Roasted 'Bobs' *Turkey, Sweet potato casserole, Green Bean casserole, Vegetarian Stuffing, Cranberry relish, Cornbread
Homemade Desserts and Beverages.

Two Seatings; 1 p.m. and 2 p.m.

Socially distanced at the BOH approved Sandees. Very limited seating to allow for extra spacing

Safer at Home meals available too! *Grab and Go or delivered to you by your angel.*

RSVP to 978-733-4076 Lancaster Seniors \$7, others \$9 tax and gratuity included.

No one is turned away! Tough times– we get it just let us know.

Thanks to the Friends of Lancaster Seniors & Sandees & Angels and generous donors.

Thanksgiving Day Turkey Trot November, 26th 2020 (or waddle...join us)

A non-competitive walk with neighbors, masked and casual. Fun slow waddler group and some running birds. We leave the Center and around your choice of three loops. Strollers and pups welcome. Coffee, and hot cider on the patio to keep you fueled. FREE event, Good Cheer is priceless!

Leaving at 9 a.m. RSVP is appreciated

Routes are .25 m or .5 m or 2. or 2.5 M– maps provided.



HUNGRY? DON'T WANT TO COOK?

The Lancaster Senior Center supports the MOC Meals on Wheels program. If you are home-bound and need meals delivered, Call 978-733-1249 ext 4 and ask to be signed up for home delivered meals. See what else we have to offer too! You might be happily surprised.



**Worcester Elder Services and WLEN
Invite you to the Rainbow Lunch
Club**

Every 2nd Wed. Noon

Unitarian Church, 90 Holden St. Worces-

HEALTH & FITNESS

CALL FOR PASSWORDS
CLASSES TO BEGIN INDOORS SOON
Well distanced, mask required.



Get into Shape for Fall!
ZOOM ONLY!

Strength & 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 with resistance training and weights. *All ages and abilities will benefit, especially seniors (50 and over).*



Keep Moving Walking Club

LOOKING FOR NEW TIMES AND DAYS/-
INTERESTED PLEASE BE IN TOUCH!

In-person or Zoom!

In the gym -14 feet spacing per BOH
So please RSVP 978-733-4076

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 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), 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. **BONUS! Attend Tuesday and get access to a FREE Wednesday 45 Minute Class-via Zoom.**



Coming - November 21st

In-person (gym) 14 feet apart or via Zoom!

Fall Prevention Series

Meeting ID: 819 3366 6287

INTRO SERIES: 5 WEEKS TO BETTER BALANCE \$25

TRY IT! FIRST CLASS IS FREE— NOV. 21!

Learn how to improve:

- muscular strength, endurance and flexibility
- agility, balance, coordination, reaction time and power
- functional fitness to prepare for daily tasks
 - home safety
 - confidence in stability

This class is appropriate for those new to exercise or managing chronic conditions.

We will discuss for 5 minutes a topic regarding fall prevention, then, we get to work.

Tai Chi and Quigong

In-person OR Zoom!

Mondays 9 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

Zoom! Hatha Yoga

Mon. @ 11:15 a.m.

Meeting ID: 742183799

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.

In THE GYM! We provide mats and water!

Monday and Saturday: \$5 per class or 6 classes for \$25

It's BACK!

Indoor/Gym Pickleball

Many Slots available! \$3 per session

<https://tinyurl.com/LCC-pickleball>

Or, call for Sign Up Genius times and link. 978-733-4076



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You shop. Amazon gives.

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>

*Friends of Lancaster Seniors- Thanks you!
And Asks for your help.*

End of Year Giving in your budget? Like to honor someone? The Friends of Lancaster Seniors do great work, feeding our neighbors, helping with Fuel, providing gym equipment, garden supplies and so much more! All with the help of your donations. What better way to leverage your dollars to directly help your neighbors!

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).



**Thayer Library IS OPEN
By appointment and Curbside!**

**Get your movies, magazines and books
Now right at the curb.**

Members can request as many as 20 titles to be found in any library in the CW MARS network.

Curbside Pickup appointments

- Mon: 10-4:30
- Tues: 10-2; 4-7:30
- Wed: 10-6:30
- Thur: 1-4:30
- Fri: 10-4:30
- Sat: 10-1:30

<https://thayermemoriallibrary.org/media-request/>

FRIENDS AND NEIGHBORS

Please join

Nashoba Neighbors!

Lancaster/Berlin/Bolton

*Cooperate to help older adults
stay in their homes.*



Nashoba Neighbors is an innovative grassroots nonprofit in development in Bolton/Berlin/Lancaster based on the 'Village' model. Our goal is to help our members, who are older adults in the community, stay engaged, connected, and active by making decisions about aging in their own homes. We are hoping to provide transportation, light home repairs, check-in-phone calls, help with technology, some social events and trips (once we can start socializing) and most importantly, creating a community and connecting people. We will be able to fill in the gaps between what our current community services provide and what people need (and want) to stay in their homes as long as they choose.

Nashoba Neighbors is an all volunteer-run organization. We plan to coordinate a network of volunteers to help people with needs such as transportation to appointments and social events, technology help, minor household repairs, and well-being calls on a regular basis. Many of our volunteers will also be members using some of these services.

We are not quite ready to accept volunteers to help out with some of the above tasks but please put your name on our email mailing list if you are. However, we do need people interested in helping to create and lead the organization. Here are some of the areas we need help in:

- Outreach/Marketing
- Member Services
- Technology and web development
- Legal

To find out more, or put your name on our email mailing list, you can contact Catherine Pfau (catherinepfau@gmail.com, 978-337-3059 or Susan Henry (sfh744@mail.harvard.edu).

The Community Center

SWAP SHOP is OPEN!

Out front of the Center. Contactless.

Check out our CART in the Bins.

Please take what you need.

Examples of items available

Fabric for Masks, Magazines, Puzzles! Let us know what you need- we may just have it.

****Check with us before leaving items please***

NOVEMBER ACTIVITY CALENDAR

November 2020

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Tai Chi 9:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799	3 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	4	5	6	7 Strength Class 9:00 Mtng ID: 907734542
9 Tai Chi 9:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799 COA Meeting 8:30 Mtng ID: 84439317311	10 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	11	12	13	14 Strength Class 9:00 Mtng ID: 907734542
16 Pickleball 12:30-5:00 Tai Chi 9:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799	17 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	18 Pickleball 9-11am	19 Crazy Crafternoon 2-4pm Mtg ID: 862 8069 5141 Passcode: 01523	20 Pickleball 9-11am	21 Strength Class 9:00 Mtng ID: 907734542 Fall Prevention 10:00 Mtng ID: 81933666287
23 Tai Chi 9:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799 Pickleball 12:30-5:00	24 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	25 Pickleball 9-11am	26 THANKSGIVING LUNCHEON at SANDEE'S (and takeaway) Reservations Required (see info this newsletter)	27 Pickleball 9-11am	28 Strength Class 9:00 Mtng ID: 907734542 Fall Prevention 10:00 Mtng ID: 81933666287
30 Tai Chi 9:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799 Pickleball 12:30-5:00	1 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080	2 Pickleball 9-11am	3	4 Pickleball 9-11am	5 Strength Class 9:00 Mtng ID: 907734542 Fall Prevention 10:00 Mtng ID: 81933666287

	MON TUE WED THU FRI SAT	Signup online! Sessions Monday, Wednesday and Friday http://https://tinyurl.com/LCC-pickleball	BACKSTAGE GYM is OPEN! Monday thru Friday, 9AM-7PM MUST RESERVE TIME IN SIGNUPGENIUS! MAXIMUM THREE (3) PEOPLE PER HOUR https://tinyurl.com/backstagegym Creator's email: jojomac1956@comcast.net
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CRAZY CRAFTERNOONS!

Join us! A small group of crafters (space is limited to give you attention) and create wonderful homemade cards-so pretty you won't want to give them away!
Instruction, Materials, laughs just \$5

Thanksgiving Cards
 Thursday, Nov. 19, 2pm-4pm

Holiday Cards
 Thursday, Dec. 10, 2pm-4pm

New Year's Cards
 Thursday, Jan. 7, 2pm-4pm

ZOOM.US

Meeting ID: 862 8069 5141 Passcode: 01523

Register: 978-733-4076 or coadmin@lancasterma.net

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.

Nashoba Neighbors invites you to a

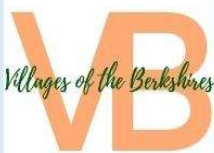
Online Speaker Series

brought to you by

Massachusetts Villages

November 15

4:00 pm



Villages of the Berkshires, Inc. invites you to attend, The Lenox Library's Distinguished Speakers Series Presentation:
 Tony Cenicola, Photojournalist

Tony Cenicola, photojournalist for the New York Times, will be the featured speaker on **Sunday, November 15, 2020 at 4:00 p.m.** His topic will be "My Life as a Chameleon (Assignment Photographer) for the New York Times."

Now in its 14th season, the Distinguished Lecture Series is organized and hosted by Dr. Jeremy Yudkin. Dr. Yudkin is a resident of the Berkshires and professor of music at Boston University and Oxford University. Every summer at the Lenox Library he presents the pre-concert lectures for the Boston Symphony Orchestra's Tanglewood season.

<https://lenoxlib.org/event/distinguished-lecture-series-tony-cenicola/>

Need Pies? Chili?

First Church, Lancaster pick up 11/22 12-4pm.

ORDER— link below by 11/15

Home Baked Pies – \$15

The congregation will be preparing apple and pumpkin pies to share with you! From our homes to yours... a great way to welcome the Fall season!

Dakota Chili – \$8 pint

George's famous "Dakota Chili" is made from a recipe developed in the Black Hills, Made from lean beef, beans, onions, peppers and all the other (secret) touches that make it special. Just what the doctor ordered to warm your bones on a chilly November day!

<https://www.firstchurchlancasterma.org/horseshed-fair-food-order/>

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



Library Services

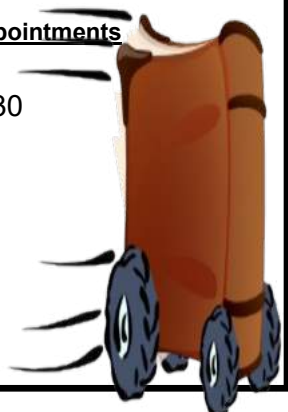
Thayer Memorial Library is OPEN!
By appointment or Curbside

Thayer Library IS OPEN
By appointment and Curbside!
Get your movies, magazines and books
Now curbside!

*Members can request as many as 20 titles to
be found in any library in the CW MARS net-
work.*

Curbside Pickup appointments

- Mon: 10-4:30
- Tues: 10-2; 4-7:30
- Wed: 10-6:30
- Thur: 1-4:30
- Fri: 10-4:30
- Sat: 10-1:30



Massachusetts Cultural Council Grants
Extended the deadline for FY21 grant ap-
plications to December 14, 2020.

Lancaster Cultural Council encourages you
to visit [https://www.ci.lancaster.ma.us/
cultural-council](https://www.ci.lancaster.ma.us/cultural-council), view their priorities and
to apply for these funds. Past grants have
supported music events, plays, cultural
and enrichment programs for all ages in
schools and the community. To apply, visit
www.mass-culture.org.

TRANSPORTATION

Lancaster offers those over 60 and the disabled transportation services in con-
junction with MART. In addition we run trips with private carriers and partner vol-
unteers 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 CURRENTLY SUSPENDED

David James, Transportation Coordinator
Administrative Assistant
978-733-4076
Or 978-733- 1249 ext 1103
Or coadmin@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 50c per additional stop
Fitchburg, Ayer \$3 plus 50c per additional stop
All others \$2 plus 50c per additional stop

**WE ARE
RUNNING FOR
SHOPPING
AND
ERRANDS! NEED A
RIDE?
CALL US!**

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

TIME: 2:45PM to 3:30PM (NEW TIME)

LOCATION:

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

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



OUTREACH AND HELPFUL TIPS

Looking to Save some \$ on Utilities?

Everyone needs a little help sometimes. National Grid and Mass Save have several programs to help income-eligible families and customers needing special assistance meet their energy needs.

National Grid Discount Rates on Electric

Income-eligible customers may qualify for a discounted rate on electric service. To be eligible, you must be a National Grid customer and already enrolled in an eligible benefit program or the Home Energy Assistance Program (HEAP). To see if you are eligible and apply, fill out the Electric Discount Rate Application (available online @<https://www.nationalgridus.com/Discount-Rate-App-MA>)

National Grid Home Energy Assistance Program (HEAP)

The Home Energy Assistance Program (HEAP) is also known as the Fuel Assistance Program. Eligibility is based on your household size and annual household income. Household income cannot exceed 60% of estimated State Median Income. For the upcoming heating season, HEAP applications will be accepted from November 1, 2020 through April 30, 2021. To find out if you're eligible and apply, contact your local Fuel Assistance Agency, which you can find on the MASSCAP website.

National Grid Budget Plan

The Budget Plan takes the amount you usually pay on your National Grid bills in a year and breaks that amount into twelve balanced monthly payments to help offset the traditionally high winter heating and summer air conditioning peak bills. You will still pay only for the total amount of energy you use in a year, but the Budget Plan makes it easier to anticipate your monthly energy costs and plan your budget.

Mass Save No-Cost Home Energy Assessment

Find out about ways to make your home more efficient, learn about rebate and other money saving opportunities. <https://www.masssave.com/>

LANCASTER OUTREACH

- ◆ Transportation
- ◆ Housing
- ◆ Food Stamps (SNAP)
- ◆ Fuel Assistance
- ◆ Health Insurance
- ◆ Budget and Taxes
- ◆ Fitness
- ◆ Caregiving
- ◆ Visits

In-office hours subject to change: please call or email for an appointment.

Welcome to our new CSL,,
Judy Zmijak!



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THE *Community*





READY, SET....

DECORATE!!!

**Community Center's
HOLIDAY DECORATION
THROW DOWN**

**Making Spirits Bright!
Light up Lancaster**

**Help bring joy to our community
By brightening the dark night.**

Prizes!

Details on-line

**Save the Date!
Santa Claus is coming to Town!**

**Dec 12th, Rain or Snow date Dec 13th
1:30 p.m. -3:30 p.m.**

Bring your list to Santa! Elves will make sure it gets to him. Santa needs to be safe too— can't miss the big night! He will be sitting in his chair as he really wants to see you. Details.

Treats and more too! In the Dec. Crier.

CONNECTIONS!

(FREE! NO EXCUSES ACCEPTED)

A cooperative venture with the Lancaster Community Center, Nashoba Valley Rotary, Fallon Health & 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-judgmental 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 lose? 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 978-733-1249 ext 3 Leave msg.**

**Help us bring
Cheer for the Holidays!
Calling all Elves**



This year more than ever the holidays will be stressful for many of our neighbors staying Safer at Home. Let's brighten December's dark days with stocking stuffers! An army of volunteer elves will be distributing special care packages, filled with fun to open 'stocking stuffers' One for each day!

Would you help us deliver, better yet help craft something. Do you have little gifts to share? We could use your help. Know someone who you think might enjoy this. Please call.

*Call: Alix at 978-733-1249 ext 3
or, Joanne at 978-870-6197*