

COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

NOVEMBER, 2021

The Beauty Around Us

Community Art Show & Sale

Opening Reception
November 12, 6pm
Lancaster Town Hall

From November 12-21, join us at Lancaster Town Hall for an open, juried exhibition that celebrates the art and artists of New England. The exhibition is free and open to the public.

This show is made possible by a grant from the Massachusetts Cultural Council.

Facebook.com/TheBeautyAroundUs
lccfallart2021.squarespace.com



Clockwise from top left: Peony Parade by Yvonne Hemingway; Thayer Carriage House by Sharon Jordan Bahosky; The Living Room by Bridget Huss; October in Vermont by Mark Lore.

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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

Greetings,

The shorter days conjure up memories of autumn holidays spent snuggled up at the fireside or packed around tables with abundant feasts. For many of us these holidays are some of the best times of the year, the perfect antidote to social isolation. Wait a second, are we really ready to get together? We are, but like everything our holiday parties, our events and get-togethers have changed. We invite you to join us for our holiday celebrations - Covid style. We are taking every measure to balance our craving, our need to socialize with our need to be as safe as possible. When you come to the Center, or to any public building Lancaster's Board of Health mandates you wear a mask, unless eating or drinking. Fitness classes require extra spacing and separation. We are very serious about signing in when you visit, just in case we need to contact you about virus exposure. Large events, such as dinners or trips, may require proof of vaccinations. All these measures are for you. We don't want to make you uncomfortable to the contrary - we care about you and all of our friends. For those of you who are not vaccinated or don't tolerate masks we want you to participate safely, too. That is why we offer free masks if you forget yours, spacing and take out dining. We are always crafting alternatives to keep you safe, and to protect others around you. It's a balance. Please feel free to let us know what works well for you- and I am speaking to both those who are vaccinated and those who are not. We are all joined by our desire for good health.

All of these precautions require more man power, and more space -- it is worth it but we need your helping hands. Volunteer opportunities include work in the Center; especially the basics, cooking, cleaning and hosting events both virtual and in person. Like games, or have a hobby to share? We want instructors or group leaders. We need people to help us with our gardens, and landscaping. We need servers and greeters for special events, like Thanksgiving dinner. We also need people who can write cards, help with reports and other 'desk work'. Outside the Center we need people who can give rides, help with chores and help on trips. In short, there is something for everyone, and the rewards of volunteering are heartwarming. You will meet some great people and you will really help others- and let's face it, especially in Covid times those are very special gifts.

Stay well, Alix

PS If you would like to see the latest and greatest newsletters and tips electronically, or in print. Please sign up on line

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



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COMMUNITY CENTER



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

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, 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 the Lancaster webpage.

Be our Guest for
The Beauty Around Us Lancaster's First Annual Art Show and Sale
November 12– November 21 in the Town Hall Auditorium
Opening Reception Nov. 12th 6-9,
Open all week— see schedule at <https://lccfallart2021.squarespace.com/>
Closing reception Nov 20th 11-1 (check time)
Find a very special holiday gift, support local artists, see friends!

CORONAVIRUS UPDATES

- ◆ We are **OPEN!** Many fitness classes are outside or spaced in the gym, or hybrid.
- ◆ We are **HYBRID** for fitness, some classes, delivering meals SHINE and Counseling assistance!
- ◆ **MEALS and TRANSPORTATION** are up and running— off site of course.
- ◆ **Masks Required while inside LCC and Senior Center.**

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.

UNIPAY

THE BASICS

Lancaster
Recycling Center

Centerbridge Rd
[Click here for details](#)

Saturday, Nov. 6th,
20th

Sunday, 7th, 21st

10 a.m. to 12 noon.

\$3 per visit

The Center will be closed
Labor Day weekend!

Enjoy.



Congrats!

One down, let's keep going. Lancaster gets a bench for 500#. Bring us your bubble wrap, packing, bags +

Open Community Center hours 8-4 + Lower level.

Thanks to Nashoba Valley Climate Committee and Trex.



Recycle your household bags & wrap into Trex's Earth-friendly composite decking and railing!



Recycled must be clean, dry and free of food and organic residue



Protect Yourself From MEDICARE FRAUD!

A free informational Medicare workshop

Tuesday, November 16, 10AM, Lancaster Community Center



Healthcare errors cost consumers and Medicare billions of dollars annually! Join us at this free workshop when a representative of the Massachusetts Senior Medicare Patrol Program provides us with tools to become better educated and engaged health care consumers to help protect ourselves and our loved ones from Medicare fraud and deceptive marketing tactics.

Lancaster Community Center

695 Main Street, Lancaster, MA 01523
To reserve a space or for more information call 978-733-1249

This program is supported in part with ACL grant no. 96-MH9226-001-06.



SUPPORT THE ADVERTISERS that Support our Community!



HEALTH & FITNESS

CALL FOR PASSWORDS



Get into Shape for Summer!
IN PERSON AT THE CENTER!

Strength & Weight Training

SATURDAYS— 9 AM (Zooming, too!)

Check in 10 minutes early please

ZOOM Meeting ID: 907734542

Get in shape—get rid of 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 50 plus.

Learn to Dance !

Ball Room Dancing Lessons

with

Jim Cole of Sunstrike

Do you dance? Never have? Either way this is fun evening and you WILL leave better than you entered. This fun non-judgmental' class is taught by a pro with students who are fun loving neighbors and soon to be friends Try it! Exercise and grace is yours! Previous novice students have gone on to compete— or like me, just an evening to enjoy!

November 4, 11, 18 Foxtrot

Thursday evenings 7:00 \$13 or 4 sessions for \$40

All levels welcome- with a partner or solo!

Tai Chi and Quigong

TUESDAY at 9am

Outdoors under the trees or Zoom it!

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

\$5 per class or 6 classes for \$25

In-person or Zoom

Hatha Yoga

Mon. @ 11:15 a.m.

Meeting ID: 742183799

Try it! First class is free. 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.

Now in THE GYM, or outdoors or on Zoom!

We provide mats and water!

\$5 per class or 6 classes for \$25

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

Your FREE Health Resource

The Backstage Gym is Open!

Join us to use the best, **professional grade exercise equipment** in a low stress, no crowding, NO FEE environment! All you need to do is sign up and come down.

Open MON-FRI 8-5 and Sat 8:30-12

Thank you to the Friends of Lancaster Seniors for the equipment.

Call us for sign up genius information and links.

Join us for a new fitness class, get in shape for the holidays!

Strength and Cardio!

Fridays at 11:15 a.m upstairs gym \$5 per/ or \$25 for 6 weeks

Join us for a 45 minute class combining aerobic conditioning, strength training, core and flexibility. Designed for max results! Appropriate for all fitness abilities. This class will strengthen and tone your entire body, using body weight, weights and other fitness equipment. We provide the equipment. Bring your will and determination.

It's BACK! Beginning November*

Indoor/Gym Pickleball

\$3 per session

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

Or, call for Sign Up Genius times and link.

978-733-4076

TO YOUR HEALTH!



Open Enrollment is OPEN!

November 1, 2021 - January 23, 2022.

It is time to check your insurance coverage. There are lots of changes this year, please invest time now to make sure you are have the best coverage for the upcoming year. This no cost 'check up' may just save you lots of money, time and best of all grant you piece of mind. To arrange for a personal session please contact Dave Bartlett at 978-733-1249 ext 1109 to schedule an appointment with Barb, our most excellent SHINE representative. This is a busy time, and appointments are virtual, but limited! Schedule now.

SHINE (SERVING THE HEALTHINSURANCE NEEDS OF EVERYONE)

SHINE provides FREE unbiased health insurance counseling information and assistance to Massachusetts residents with Medicare, caregivers and those approaching eligibility. Volunteer counselors are trained to assist residents with Medicare and health insurance. All our counselors are trained and certified by the Massachusetts Executive Office of Elder Affairs and are available to speak with Medicare beneficiaries regarding their Medicare coverage options. We will also review eligibility for Public Assistance programs such as Prescription Advantage, Extra Help from Social Security, MassHealth and other programs to assist beneficiaries with limited resources to pay for health care costs.

Free!

Drop in or By Appointment

Well Adult Health Clinics

4th Tuesday of each month

9 a.m.—10 a.m.

Lancaster Community Center

Try the pancakes and maybe the decaf! Then meet

Amy our nurse for

blood pressure monitoring, glucose, oxygen and

more. To reserve call 978-733-4076 by

Noon Monday prior

Grab some free take home treats too!

Thank you to Shaws.

Thanks to the VNA Care.org and our volunteers.

Nashoba Nursing Wellness Clinics

1st Tuesdays of the month

8 a.m.—10 a.m.

Join us to experience the healing powers of Reiki with Tamara

December 9th 6:30 p.m. -8:30 p.m.

Sign in for treatment reservation upon arrival



Reiki is a powerful yet gentle, hands-on modality that can provide pain relief, improved sleep, decreased anxiety and a general boost to wellness. A Reiki session is very calming and nurturing. During a Reiki session, the recipient lies fully clothed on a massage table or seated in a chair. It is performed by a trained practitioner who gently places his/her hands on or near areas of the body needing attention. Reiki works on all levels: physical, emotional, mental, and spiritual. It is not affiliated with any religious belief and does not interfere with medical practices or interventions. It is not meant to take the place of prescribed medical treatment. Our Reiki clinics are offered to the community on a no-cost or donation only basis. Expect to enjoy a twenty minute to a half hour session of this modality and explore its unique contribution to their overall health and well-being.

Questions or to register please call 978-733-4076

THE BEAUTY AROUND US

—

A regional art show

In Lancaster

November 12-21

To learn more:

[https://](https://lccfallart2021.squarespace.com/)

lccfallart2021.squarespace.com/

Thank you

Lancaster Cultural Council

And MA Cultural Council



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 4th Wed. Noon

Unitarian Church, 90 Holden St. Worces-

FRIENDS, NEIGHBORS AND ALL AGES FUN



Nashoba Neighbors
BERKSHIRE-LANCASTER-BOLTON

Join Us
Information Session

18 Carter, Saturday, Nov 13, 10-11 am
Zoom, Tuesday, Nov 16, 7-8 pm

Learn about a new concept in aging in place coming to our communities.

Do you need rides to an appointment or social engagement?



Are you an older adult who needs a little help around the house?

Register by contacting us at:
info@nashobaneighbors.org
or call 978-226-8844

Want to help make a difference? Volunteer to help us get going or to provide services for our members.

nashobaneighbors.org

Fall Concerts!
Enjoy Live Music and Support our talented students.
Come enjoy fun musical selections at Nashoba Regional High School



wednesdays

Band Concert; November 3rd at 7pm.
Choral groups November 10th at 7 pm

NRHS Fall Concerts are held in the NRHS auditorium (12 Green Road, Bolton, MA). Admission is \$5 per person (*seniors and students are free*), payable at the door. These concerts are family friendly...younger musicians are especially encouraged to attend. Masks for attendees are required.

Come and enjoy music at Nashoba Regional High School!

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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- Thank you!
And Asks for your help.

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 re-

Did you know that when you donate to the Friends of the Lancaster Seniors, you are automatically a member of the Friends? Would you like to have a say in how we help our Lancaster seniors? Do you have any ideas or suggestions to share with other Friends members? Join us for our monthly meetings and find out how we work to make Lancaster a great town for seniors. If you are interested or need more information about us, please give me a call, text or email.

Thank you!

Sheila Casey, Treasurer 508-838-6958



.Join us! For an All Ages Pancake Breakfast

Every TUESDAY Morning!
On the patio or inside the Center
8:00am - 10:00am
\$3 donation

All you can eat!

Blueberry and plain pancakes, French toast (gluten free or regular) sausages, scrambled eggs, orange juice , coffee /tea/milk.

All you can eat!

GOT NEWS? Let us know! We will share it for you .
aturner@lancasterma.net

NOVEMBER ACTIVITY CALENDAR

November 2021

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Tai Chi 9-10am Pancakes! 8:00-10am	3 MAHJONG 10am	4	5	6 Strength Class 9:00 Mtng ID: 907734542
Yoga 11:15 Mtng ID: 742183799	BINGO! 1pm	Jam Session 6:30	BRIDGE - 1-4pm	Strength & Cardio 11:15	
8	9 Tai Chi 9-10am Pancakes! 8:00-10am	10 MAHJONG 10am	11 IT'S A HOLIDAY! LCC AND SC CLOSED	12 Strength & Cardio 11:15 Crazy Crafternoon 11am-1pm At the Center!	13 Strength Class 9:00 Mtng ID: 907734542
Yoga 11:15 Mtng ID: 742183799	BINGO! 1pm	Dining Club Chioda's - Worcester			
15 COA Meeting 8:30 Mtng ID: 85212560797	16 Tai Chi 9-10am Pancakes! 8:00-10am	17 MAHJONG 10am	18 BRIDGE - 1-4pm Friendsgiving Dinner 978-733-4076 to reserve	19 Strength & Cardio 11:15 Lunch Club	20 Strength Class 9:00 Mtng ID: 907734542
Yoga 11:15 Mtng ID: 742183799	BINGO! 1pm OPEN MIC 5:30PM	Jam Session 6:30	Ballroom Dancing 7PM		
22	23 Tai Chi 9-10am VNA Blood Pressure Pancakes! 8:00-10am	24 MAHJONG 10am	25 IT'S A HOLIDAY! LCC AND SC CLOSED Happy Thanksgiving!	26 Strength & Cardio 11:15	27 Strength Class 9:00 Mtng ID: 907734542
Yoga 11:15 Mtng ID: 742183799	BINGO! 1pm				
29 Yoga 11:15 Mtng ID: 742183799	30 Pancakes! 8:00-10am Tai Chi 9-10am BINGO! 1pm	1 MAHJONG 10am	2 BRIDGE - 1-4pm Ballroom Dancing 7PM	3 Strength & Cardio 11:15 Freeport Trip	4 Strength Class 9:00 Mtng ID: 907734542

PICKLEBALL IS BACK! CHECK [HTTP://SIGNUPGENIUS.COM/LCC-PICKLEBALL](http://SIGNUPGENIUS.COM/LCC-PICKLEBALL) FOR TIME SLOTS AND RESERVATIONS.
CURRENTLY, M-W-F FROM 9AM-11AM, M-W 11:30-1:30, F 12-2

CRAZY CRAFTERNOONS!

Join us in the Community Center meeting room! A small group of crafters (space is limited to give you attention and allow for distancing) and create wonderful homemade cards-so pretty you won't want to give them away! You will take home at least two cards, maybe more!

Instruction, Materials , laughs just \$5

*Nov. 19th Foliage Fun
December, 10th Holiday Spirit*

Class begins at 11 a.m.

RSVP 978-733-4076 or coadmin@lancasterma.net

Save the Date

December 12th

Santa and Song

**Join us for Holiday Treats & a Holiday Concert
starring**

**Worcester Men of Song and
The Post Road Chorus**

Also starring

The Seven Hills Four & Indigo

**More holiday fun too- including
Last minute gifts from local crafters too!**

Do you create? Give us a call.

IN-PERSON BINGO

TUESDAYS 1-3

Everyone is welcome!

**Join your Bingo Buddies or make some
new friends.**

Community Center—meeting room



BRIDGE IS BACK! Thursday, 1-4pm

Area residents are invited to join us for friendly bridge Thursday afternoons. 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.

Bolton Council on Aging Presents...

Christmas by the Sea, Newport RI

December 3-5, 2021

Package includes-

- Two Nights Accommodations
- Elms Mansion
- Two Breakfast
- Holiday Greenery Shop
- One Lunch
- Marble House Mansion
- One Dinner
- Holiday Evening at The Breakers
- W/Entertainment
- La Salette Shrine Christmas Festival of Lights
- Bowen's Wharf 49th Annual Tree Lighting

Cost is \$596 / PP Double Occupancy
\$498 / PP Single Occupancy

For more information or to sign up for this fabulous trip, please call or email Heather Goodsell.
(978-779-3314 or hgoodsell@townofbolton.com)

***Proper Vaccination is required by all who attend. Mask are also required while on the bus**

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.

Join fun people willing to help



Old Time Jam Sessions!

First and Third Wednesday, starting September 15th.

6:30-8:30 Lancaster Senior Center

We follow Old Time etiquette: musicians sit in a circle, we choose tunes in turn, play concurrently without breaks or solos. Our repertoire is tunes and songs of Appalachia (from north to south), with leeway for maritime, British Isles or Celtic, Canadian or southwestern tunes. We play for fun and the public is invited to listen.

Here's a sample video: <https://tinyurl.com/JamSessionSample>

MUNICIPAL NEWS, UPDATES

Library Services

Thayer Library IS OPEN

Monday: 10-8
 Tuesday: 12-8
 Wednesday: 10-8
 Thursday: 10-8
 Friday: 10-5
 Saturday: 10-2

PLEASE NOTE: The library requests that all patrons continue to wear a mask in the library. Curbside service is still available.

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 HAVE STARTED!
CALL 978-733-4076 TO BE INCLUDED

SHOPPING:

MONDAY AFTERNOON—CLINTON
TUESDAY AFTERNOON—WALMART
WEDNESDAY AFTERNOON—WATER TOWER
THURSDAY AFTERNOON—MARKET BASKET

LUNCHEON CLUB—FOURTH FRIDAY (USUALLY)
NOV 19—BARBER'S CROSSING



David James,
 Administrative Assistant
 978-733-4076
 Or 978-733- 1249 ext 1103
 Or coadmin@lancasterma.net

VETERANS SERVICES DEPARTMENT

Richard Voutour 1st SGT
 USMC RET—Veteran Services Officer



Contact: rvoutour@leominster-ma.gov

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

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
 MEDICAL TRIPS,
 SHOPPING
 AND
 ERRANDS! NEED A
 RIDE?
 CALL US!**



LCC Wine and Dine Club Is on the road again!

Join us with friends, or make some new ones! Try new restaurants or just enjoy a favorite. Don't worry about driving—leave that to us!

Trips are only \$2 RT! Meet at the Center or be picked up along the way

◆ **November 10th**—Chiodas Trattoria — Worcester

◆ **December 8th**—Val's — Holden

Want to add one? We love your suggestions!
 RSVP 978-733-4076



You are invited to join the Compassionate Cannabis Conversation

**Lancaster Community Center
 November 12th at 2 p.m.**

Meet with your neighbors to learn and discuss Cannabis in a non-judgmental atmosphere. Since Cannabis use and cultivation was legalized in MA some people have used it medicinally and recreationally, others have considered using it but remain skeptical, No matter you are welcome. Bring your questions about the laws, cultivation, purchasing or anything else. Meet others who are open minded, some very knowledgeable- none with any financial interest. This is a free conversation and meeting held in a public building so no sharing or sampling, sorry!

OUTREACH

October was the height of summer with winter just around the corner. Helping our Seniors with many issues and concerns here at The Lancaster Community Center is a place to make new friends and help others out. We need some volunteer's please call us to volunteer to help other people. Let's be kind and be there for others!

Remember to set clocks **BACK 1 hour** on Sunday, November 7, 2021. At the same time replace the battery in all smoke detectors and other emergency devices.

Senior Tax Work Off Program – Lancaster Seniors can apply for this program right from the Lancaster Town website. Be sure to apply early to meet the deadline. A great opportunity.

Home Health Care – You should personally contact:

Montachusett Home Care by calling their office (978) 537-7411 and they will work with you to get the Care that you need. For other nursing assistance call Nashoba Nursing Service (978) 425-6675.

As Covid still looms about us. We need to CRUSH Covid, and the best way is to be vaccinated. Know how to recognize the signs, symptoms so treatment can be obtained. Supporting family and friends is still very important. Talk with your own Doctor about getting the Covid-19 vaccination.

Notary Public, I will be available to assist you by appointment only. You will need a valid government issued photo ID. No fees involved to you for this service.

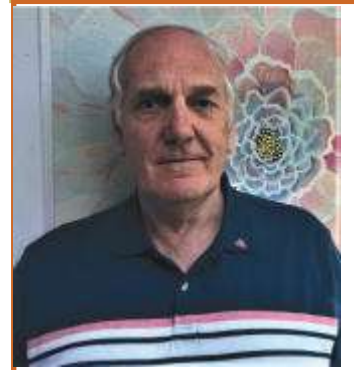
Deadline for families to apply for Stimulus and payments is extended to Nov 15, 2021. Apply @ findyourfunds.org

From all of us here at the Council on Aging we wish you a very HAPPY THANKSGIVING

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.*



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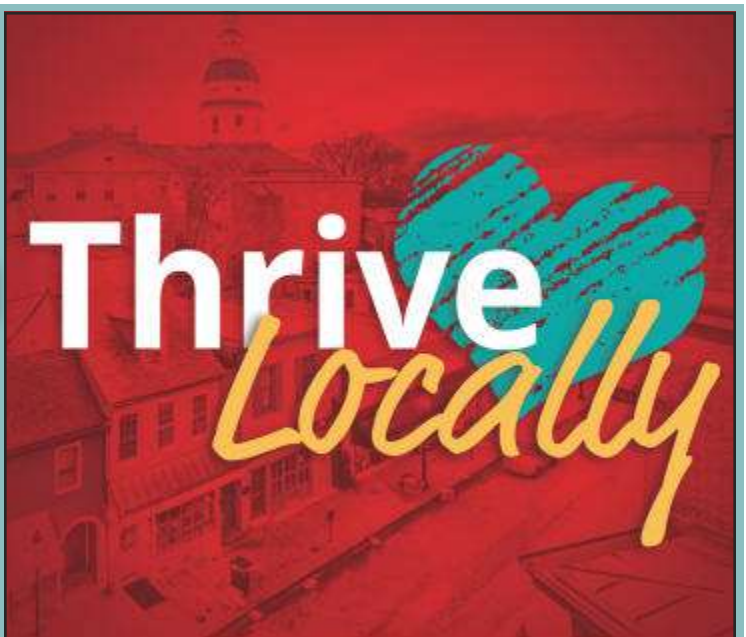
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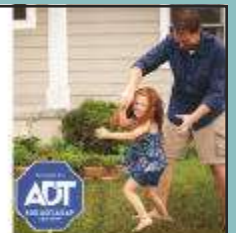
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OUT OF TOWN

Sparkle Weekend in Freeport Maine

Back by popular demand another DownEaster Train trip...Reserve early as seating is limited All transportation included
December 3rd

We meet at the Center at 7:45 a.m. for a quick hot beverage, and breakfast snack. We board the van to head to Amtrak in Haverhill to board the DownEaster for a day of shopping and enjoying Freeport at peek shopping season. The journey is part of the fun, the coastal views and forests are gorgeous– a real holiday card. The Café Car, comfy seating, and wifi add to the ambience! We arrive in Freeport around noon, for a day of shopping and enjoying holiday decorations, lights and activities. LL Bean will ship anything you purchase free of charge! Just after the lights come on we return to the train station to board the Downeaster for a 5:45 p.m. departure back to Haverhill around 8:15-Lancaster around 9:30- with all of your goodies and memories of sugar plums.

Pick up and drop off at your home is available. Lancaster Seniors/disabled \$37.00 others \$40 reserve by 11/22
(Excludes personal purchases restaurant and dining car food/beverages)



Thanksgiving with Friends Thursday, November 18th, 2021

Doors Open at 12:30, Appetizers 12:45, Dinner at 1 p.m.

Take away pick up begins at 2:00 by Reservation

Light music, table games, good friends!

Reserve by 11/15 please 978-733-4076 \$8 Lancaster Seniors \$10
others

Sample Menu includes

Delectable Appetizers, Roasted Butternut Soup * Roasted Turkey,
Herbed Cranberry Apple Stuffing, Baby Greens with homemade
Vinagrette, Green Beans Almondine, Potatoes, Herbed Corn Bread,
Wild Rice Citrus Pecan Cider your choice of hot beverages includ-
ing hot cider, coffee and tea and Dessert

Indoor dining requires Masks and Vax.

TRIP & EVENT POLICY:

Space is limited- trips and events are reserved first come first serve. Your (phone or email) reservation will be held three business days to allow time for payment, once paid is received your reservation is final and you will be added to the list. If you cancel before the deadline we will fully refund you, after the deadline we will try fill your spot from our waiting list. No fee needed to be on the waiting list. If we can't we are not obligated to refund you. We require emergency contact information and MSC to travel. Q: 978-733-4076