



OCTOBER, 2020

Lancaster Immunization Clinic

October 7th

1:00 – 6:00 p.m.

**Lancaster Community Center
Lower Level Patio**



WHAT'S INSIDE

- 02 DIRECTOR'S THOUGHTS
- 03 LCC INFORMATION
- 04 HEALTH AND HOME
- 05 MEALS ON WHEELS MENU
- 06 HEALTH AND FITNESS
- 07 FRIENDS AND NEIGHBORS
- 08 ACTIVITY CALENDAR (ZOOM)
- 09 FUN AND GAMES, CRAFTS
- 10 TRANSPORTATION
- 11 OUTREACH
- 12 VOTING, CENSUS, & CONNECTIONS

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

Greetings,

2020 - what an incredible year.

I remember being involved in a master planning process. 'Back in the day' we called it the 2020 Vision. It seemed like a fairy tale. It was so far away it seemed like a dream with anything possible. Well, it is here and thanks to hard work and meaningful work directed by a plan, some of the vision is now reality - not everything, because as you know - things happen. 2020 happened.

This has been a year that has taught us a lot. Events this year have taught me the value of appreciating simple things: dinners together, walking in our lovely community, gardening, and an abundance of quality toilet paper. In the past (pre 2020) when you wished someone well, or said 'see you later' it was almost a well meaning reflex. Now with over 200,000 dead Americans and over 1 million worldwide, I really mean it. I appreciate people more than ever and realize time is fleeting. My friends with terminal illnesses have told me their perspective has been a gift, they appreciate every moment. Covid has given me that awareness, and appreciation.

We have lost too many friends this year, each one was very special. My heart breaks for families who could not be with their loved ones when they were passing, or ill. Early September we lost a member of our Community Center family. Sue Franks, our lunch lady and a member of our Get Dirty Gardens passed away. Some of you enjoyed her homemade shrimp scampi or benefitted from her bad jokes and great laugh. Sunday, October 4th, we will celebrate her life from 1 -3. I hope you are able to join us. We will meet and enjoy each others company from 1 to 2 and then share memories at 2. I hope you will come honor her. Her obituary is here: <https://www.legacy.com/obituaries/telegram/obituary.aspx?n=susan-franks&pid=196780886&fhid=6160>

Alix

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CONTACT

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Stanley B. Starr, Jr. M Ed.
STARR INVESTMENT SERVICES, INC.
President
34 Squire Shaler Lane, Lancaster, MA
Tel: (978) 365-2494
sstarr@tag-ages.com
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444 Washington Street, Suite 407, Worcester, MA 01608-4130

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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/lancastercct](https://www.facebook.com/lancastercct) 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 CLOSURE POLICY

April 1-??? We are closed to the public for activities due to the Coronavirus pandemic. We are running programs online, delivering meals and offering assistance. We are working from our offices and home. Please feel free to call or leave a message and we will get back to you asap.

Email works well too! **Stay tuned for updates**

978-733-4076 or aturner@lancasterma.net

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.



**SHINE
IS STILL OPEN!**

Although we cannot provide office appointments, our fabulous counselor Barbara is STILL available to assist you with any of your Medicare related questions. **Need help?** Call Dave or Alix at **978-733-1249 ext 4 or 978-733-4076** to schedule.

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 call within 1 business day. 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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OCTOBER HOME-DELIVERED MEAL MENUS

CALL 978-733-4076 IF YOU WISH/NEED HOME DELIVERED MEALS—LANCASTER IS M-W-F ONLY

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|---|--|--|--|---|--|----------|--|--|--|
|  | | 1 Na+ | | 2 Na+ | | 1 Na+ | | 2 Na+ | |
| | | 1% MILK: 110 calories 125 mg Na+ Included in Totals | |  | | | | Chicken Brunswick Stew 482 Brussels Sprouts 12 Marble Rye 127 Assorted Fruit Cup 5 | |
| | | | | | | | | Total Sodium (mg): 750 Calories: 520 | |
| 5 | | 6 Na+ | | 7 Na+ | | 8 Na+ | | 9 Na+ | |
| Gr Chicken Picatta 324 Orzo Pilaf w/Spinach 57 Italian Veg Blend 41 Multigrain Bread 164 Apple Cin Grahams 85 | | | | Kielbasa & Cabbage Casserole 304 Yukon Gold Potatoes 4 Peas & Carrots 72 Rye Bread 150 Yogurt 75 | | | | Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 251 Multigrain Bread 164 Assort Fruit Cup 5 | |
| Total Sodium (mg): 795 Calories: 625 | | | | Total Sodium(mg): 729 Calories: 612 | | | | Total Sodium (mg): 1030 Calories: 736 | |
| 12 Na+ | | 13 Na+ | | 14 Na+ | | 15 Na+ | | 16 Na+ | |
|  | | | | Beef & Lentil Chili 262 Brown Rice 5 California Veg Blend 22 Cornbread 210 Assorted Fruit Cup 5 | | | | Salisbury Steak 201 w/Mushroom Gravy 30 Mashed Potatoes 66 Peas & Pearl Onions 42 Wheat Bread 170 Applesauce 10 | |
| Columbus Day No Meals Served | | | | Total Sodium(mg): 629 Calories: 628 | | | | Total Sodium(mg): 643 Calories: 704 | |
| 19 Na+ | | 20 Na+ | | 21 Na+ | | 22 Na+ | | 23 Na+ | |
| Chicken Jambalaya 310 w/Brown Rice 5 Broccoli 10 Multigrain Bread 164 Yogurt 75 | | | | Beef Stew 200 Mixed Vegetables 88 Wheat Dinner Roll 105 Fresh Pear 2 | | | | Potato Pollock 273 Tartar Sauce 100 Potato Wedges 273 Spinach 65 Multigrain Bread 164 Reg & Diet: 105 Packaged Cookie 95 | |
| Total Sodium (mg): 889 Calories: 620 | | | | Total Sodium(mg): 520 Calories: 729 | | | | Total Sodium(mg): 1105 Calories: 801 | |
| 26 Na+ | | 27 Na+ | | 28 Na+ | | 30 | | 31 | |
| Macaroni & Cheese 488 Stewed Tomatoes 251 Wheat Bread 170 Assort Fruit Cup 5 | | | | Sloppy Joe 378 on a Bun Corn 1 Broccoli 10 Yogurt 75 | | | | Roast Pork 73 w/Apple Gravy 24 Sweet Potatoes 36 Cauliflower Au Gratin 145 Rye Bread 150 Fresh Apple 1 | |
| Total Sodium(mg): 1038 Calories: 793 | | | | Total Sodium(mg): 590 Calories: 612 | | | | Total Sodium(mg): 555 Calories: 643 | |



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



Worcester Elder Services and WLEN
Invite you to the Rainbow Lunch Club
Every 2nd Wed. Noon
 Unitarian Church, 90 Holden St. Worces-

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



Get into Shape for Fall!
ZOOM ONLY!
Strength and Weight Training

SATURDAYS— 9 AM Zooming!
 Check in 10 minutes early.
ZOOM Meeting ID: 907734542

Get in shape—avoid the Covid 15! (yup, that is in pounds). Strengthen your core, improve your flexibility, work on your balance with resistance training and weights. *All ages and abilities will benefit, especially*



Lancaster's Keep Moving Walking Club

TUESDAY 8:00-9:00 A.M.
THURSDAY 8:00- 9:00 A.M.

Striders (Speedy) and Strollers (Slower) welcome! Work off your stress eating! We provide water, and (socially-distanced) companionship for a safe walk on Lancaster's lovely byways.
Get in shape, and get healthy.
Questions? Call us! 978-733-4076

Tai Chi and Quigong

In-person OR Zoom!

Monday 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

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

Coming- November
In-person or on Zoom!
Fall Prevention



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

In-person or Zoom!
Chair Yoga

TUESDAYS at 10:30 a.m.

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

ZOOM Meeting ID: 433492564

No matter your capability or restriction, you will learn tools and techniques to help with discomfort, lubricate the joints, calm the mind, AND get a good 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.

Zoom! Hatha Yoga

Mon. @ 11:15 a.m.

Monday ID: 742183799 Friday ID: 575050699

After a Tai Chi class your yoga will be better than ever! At least try one. Get the week started with gentle **Hatha yoga.** All ages and abilities will benefit from this yoga class. Yoga is widely recognized as a way to improve balance, improve posture, keep your range of motion, improve clarity of mind and reduce stress.

Held on the Lower Level; we provide mats and water!

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

Thursday: \$10 per class (two punches)

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

Indoor Pickleball

Back in November— Fingers crossed!
Call us for details or to sign up for time slots. 978-733-4076

FRIENDS AND NEIGHBORS

Interested in helping a charity with your Stimulus check?

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

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

To support the Friends, fill out the information below, and send it and your check (payable to Friends of the Lancaster Seniors, Inc.) to:

Friends of the Lancaster Seniors, Inc.

PO Box 173

Lancaster, MA 01523

For more information about the Friends, contact Jay Moody at 978-833-8429

Name: _____

Address: _____

Email: _____

Enclosed is my TAX DEDUCTIBLE contribution of \$_____ (you will receive a receipt).

Thank You for supporting Lancaster Seniors

<http://FriendsoftheLancasterSeniors.org>



Thayer Library goes 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

For full details follow this link

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

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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>



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

Nashoba Neighbors is an innovative grassroots non-profit in development in Bolton/Berlin/Lancaster based on the Village model started by Beacon Hill Village in 2002. 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).

OCTOBER ACTIVITY CALENDAR

October 2020

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

| September '20 | | | | | | | November '20 | | | | | | |
|---------------|----|----|----|----|----|----|--------------|----|----|----|----|----|----|
| 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 |

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|--|
| 28 Tai Chi 9:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799 | 29 Pancakes on the Patio RSVP 978-733-4076 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080 | 30 | 1 | 2 Yoga 9:30 Mtng ID: 575050699 | 3 Strength Class 9:00 Mtng ID: 907734542 |
| 5 Tai Chi 9:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799 | 6 Pancakes on the Patio RSVP 978-733-4076 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080 | 7 Immunization Clinic Behind Senior Center 1-6pm | 8 | 9 Yoga 9:30 Mtng ID: 575050699 | 10 Strength Class 9:00 Mtng ID: 907734542 |
| 12 COA Meeting 8:30 Mtng ID: 84439317311 Tai Chi 9:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799 | 13 Pancakes on the Patio RSVP 978-733-4076 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080 | 14 | 15 Right to Repair 7PM Q&A ZOOM Session Mtg ID: 821 7917 0805 Passcode: 336248 | 16 Yoga 9:30 Mtng ID: 575050699 | 17 EARLY VOTING 8am-12pm Strength Class 9:00 Mtng ID: 907734542 |
| 19 EARLY VOTING 9:30AM-3:30PM Tai Chi 9:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799 | 20 EARLY VOTING 9:30AM-3:30PM Pancakes on the Patio RSVP 978-733-4076 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080 | 21 EARLY VOTING 9:30AM-3:30PM | 22 EARLY VOTING 9:30AM-3:30PM Ranked Choice Voting 7PM Q&A ZOOM Session Mtg ID: 814 8435 0168 Passcode: 706764 | 23 Yoga 9:30 Mtng ID: 575050699 | 24 EARLY VOTING 2-4PM, 6-8PM Strength Class 9:00 Mtng ID: 907734542 |
| 26 EARLY VOTING 9:30AM-3:30PM Tai Chi 9:00 Mtng ID: 255384123 Yoga 11:15 Mtng ID: 742183799 | 27 EARLY VOTING 9:30AM-3:30PM Pancakes on the Patio RSVP 978-733-4076 Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080 | 28 EARLY VOTING 9:30AM-3:30PM | 29 EARLY VOTING 9:30AM-3:30PM | 30 Yoga 9:30 Mtng ID: 575050699 | 31 HALLOWEEN ON THE GREEN Strength Class 9:00 Mtng ID: 907734542 |
| 2  | MON TUE WED THU FRI SAT | Gym is closed, so no Pickleball! Sorry!!! | | BACKSTAGE GYM is OPEN! Monday thru Friday, 9AM-4PM MUST RESERVE TIME IN SIGNUPGENIUS! MAXIMUM THREE (3) PEOPLE PER HOUR http://signupgenius.com/findasignup Creator's email: jojomac1956@comcast.net | |

MA RMV Offers Senior Hours

For those
75 Years of Age or
Older Through October

Dedicated appointment hours for seniors will be available on Wednesdays in September & October

The Massachusetts Registry of Motor Vehicles (RMV) is announcing that it is extending designated Wednesday appointment hours for customers 75 years of age or older into October and to additional Service Center locations. to be offered on Wednesdays at these locations through October.

Wednesdays (hours vary by location) **to customers 75 years of age or older** whose driver's license or ID card expire in September and October, including customers whose licenses/IDs were extended from March, April, May and June and are due to expire soon.

This new service option is being offered to provide customers with some flexibility while conducting transactions and to facilitate proper "social-distancing" protocols and procedures to keep customers and staff safe and healthy. Information regarding the new service hours and additional resources for seniors can be found at <https://www.mass.gov/info-details/older-drivers>.

Senior hours are by appointment only and will be available beginning in October at the following locations:

Below are the options for seniors to renew by appointment:

If you are a AAA member, you may make a reservation now to renew your driver's license/ID at a AAA location. Visit aaa.com/appointments to schedule your visit.

If you are not a AAA member, visit Mass.Gov/RMV to make a reservation to renew at an RMV Service Center. Select the Seniors License Renewal option on the Make/Cancel a Reservation transaction.

Email the RMV for assistance to renew at MassDOTRMVSeniors@dot.state.ma.us email address OR Call the RMV at 857-368-8005.

License and ID renewal appointments are also available at other open RMV Service Centers that offer general appointments to the public. Select Renew My Driver's License or Mass ID option on the Make/Cancel a Reservation at Mass.Gov/RMV to view availability and make a reservation at one of these locations.

TID BITS

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.



Friends Annual Book Sale

October 2nd - 12th, 2020 (10 Days)

Saturdays 9 am - 4 pm

Sundays 12 - 4 pm

Monday-Fridays 3 - 7 pm

Lancaster old Town Hall

695 Main Street, Lancaster, MA 01523



Fill a bag!

Oct 2-4th \$25

Oct 5-9th \$15

Oct 10-12th \$10

Members receive \$5 off/bag

\$2 hardcover, \$1 softcover,
\$.50 reg paperbacks. DVD's & CD's
Credit cards accepted

www.thayermemoriallibrary.org FriendsofTMI@gmail.com

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, 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 applica-
tions, VA Burial
- *Benefits applications, VA Veteran Cemetery appli-
cations, VA Grave
- *Markers/Symbols, State Veterans Benefits applica-
tions, Obtain
- *Military discharge/cords, Obtain
- *Military medals/decorations



TRANSPORTATION

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

SHOPPING & DINING

WEEKLY TRIPS ARE 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?

Voluntary Water Usage Ban
until further notice to help conserve water.

Per Lancaster
Water Dept.



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



Farmer's Market Coupons are Here!

Join the list to get coupons for fresh produce from Farmer's Markets and certain vendors
Don't miss this chance to enjoy \$25 of 'free' produce from some of our best farms!

**Limited Coupons available. First come,
First Served!**

Reserve now with Dave at 978-733-4076



OUTREACH AND HELPFUL TIPS

Join me to welcome Judy Zmijak,

Our best wishes to Melanine Trottier who has left us for full time employment. Fortunately, Lancaster has been twice blessed—we now welcome Judy Zmijak. She has started off with a bang! Judy's knowledge of Lancaster, and her big heart make her ideal for the job. She is keeping office hours, so stop in and see her soon. Call first we require masks and reservations.

From Judy:

Judy resides in Lancaster with her husband and two school age children. She is an animal lover and has two dogs, three chickens and a leopard gecko as pets. She is an art lover and loves touring museums of all sorts. Judy enjoys being part of our local community and is 4H leader with Lancaster 4H and the organiser of the pumpkin carving contest for Halloween on the Green.

Judy has a degree from Fitchburg State College and many years working with the public. She is looking forward to serving the Lancaster community.

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!



THIS SPACE IS
AVAILABLE

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LET US *carry*
YOUR MESSAGE
TO *Senior*
THE *Community*



Questions? Ballot that is. Let's Talk—

**Join us for a Referendum Forum: Questions 1& 2
You decide Nov. 3— Be informed!**

Join us for a civil, informative Q & A moderated discussion with perspectives from experts for questions. Each evening we begin with an overview, listen to the pros and cons and then you ask questions.

Question 1: The Right to Repair: Oct. 15th 7 p.m.

Moderated by former Selectman Mark Grasso we will be joined by an auto dealer and an independent and YOU! We start with an overview, listen to pros and cons and then you ask questions.

Question 2: Ranked Choice Voting: Oct. 22nd 7 p.m.

Moderated by Mark Grasso We will be joined by Reps from the Ranked Choice coalition and election officials.

See calendar page 8, Email or call us for Zoom information or sign up for news: coadmin@lancasterma.net 978-733-4076



Voting by mail is available to ALL voters

REGISTRATION DEADLINE for Nov 3: OCT 24

To vote by mail,

1. **Complete a Vote by Mail Application. Online or written.** 978-365-3326 press 1
2. **Deliver application to Town Clerk via mail or drop box.**
3. **Vote ! When your ballot arrives;**
4. **Return your ballot to Clerk or election day.**
 - ◆ *Applications must reach your local election office by **October 24** for the State Election.*
 - ◆ *Hand-delivered State ballots need to be back to Clerk's office by 8 p.m. **November 3.***
 - ◆ *State Election ballots need to be postmarked no later than **November 3** and must be back at your local election office no later than **November 6.***

Apply early, See the following link:

<https://www.sec.state.ma.us/ele/elepdf/2020-Vote-by-Mail-Application.pdf>

Lancaster Only Election FAQs

Residents can deliver their ballots to the Town Clerk's office at Town Hall, or put them in new green ballot box located by the ramp at the old town hall.

Halloween On the Green!

Details are still emerging....

October 31st.



Likely it will be by reservation—

Details? Community Center news updates

Sign up for the latest and greatest.

Halloween is a Saturday this year!

A Blue Moon too

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.