



COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

OCTOBER, 2021



Call to Artists & Afficiandos

THE BEAUTY AROUND US

A regional art show and sale held in Lancaster
November 12-21

You are invited to Opening and Closing Receptions
To enter or learn more

<https://lccfallart2021.squarespace.com/>

Thank you

Lancaster Cultural Council and MA Cultural Council



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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: 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,

Remember when you were young, and you could not wait to be older? Every birthday was a real treat, a milestone on the way to your goal of 'older'. At some point that changes – it's different for everyone. When I tell people I work as a Community Center/Senior Center Director I can see them step back mentally, sometimes they offer me a comforting nod. I think they are focusing on the challenges that come with supporting the aging process, the challenges are real but trust me- please don't pity me or 'Older Americans'.

We just celebrated 10 years as a Center, we are getting older, too. Boy, it has been a great ride. As we mark our anniversary I reflect on the evolution of the Center, and our accomplishments (there are many). Collectively we have lived up to our mission to 'serve the residents of Lancaster' as a cultural, fitness, educational and social hub. Just as our home building, a former school, was repurposed with creative solutions, and volunteer labor, our programming and services are built on unique ideas and hours of volunteer service. I smile when I reflect on a few highlights. The Center was a catalyst for the growth of Pickleball in North Central MA. The Foell's had to convince me to offer this quirky, little known sport. In true Lancaster fashion they supported us, and helped make it happen. We led the area in what is now commonly regarded as a popular and healthy sport, made possible by volunteers. Pickleball remains one of my favorite offerings at the Center. I love the 'pinging' sound of balls hitting rackets followed by peal of laughter as a ball fly out of the court. Other examples abound, for example we won the Grand Prize Nationally from the National Institute of Senior Centers/NCOA for our intergenerational, HP accessible gardening program now modeled elsewhere. Covid struck and we led in the remote fitness, connecting Seniors to the virtual world and more. We will continue to try new ideas, to enrich our community.

The point is aging is not to be feared– it is a journey to be embraced. The course, and quality of the last half of your life is greatly up to you. An active volunteer recently remarked that this was the best part of her life. I love that! She has good health which she values and works to maintain, she has good friends and family some she made at the Center, she lives purposefully contributing greatly to us, to her community. I can't tell you how happy and grateful I am to be a little part of making the lives of those in our community better. It is incredibly gratifying, thank you for all you do too. I hope you share the 'rush' of making this world a better place.

Here's to 10 years Lancaster Center!

Cheers! Alix




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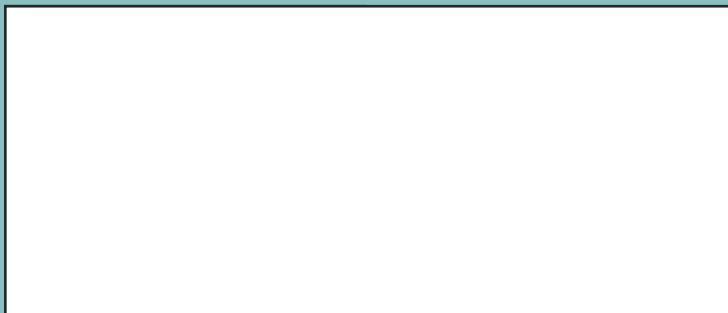
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COMMUNITY CENTER



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.

COVID-19 UPDATES and RESOURCES:

Lancaster Board of Health has hired COVID coordinator, Tracy Gagnon to help you with Covid. For questions or assistance call her at 978-365-3326 ext 1078 See their information on their page. Upcoming Vax clinics below:

Clinton High School
200 W. Boylston St, Clinton MA
Monday, October 4th
1-6pm (Community invited 2:30-6pm)

Luther Burbank Middle School-Gymnasium
1 Hollywood Drive, Lancaster MA
Tuesday, October 5th
4-6pm Community invited

COVID 19- 1st & 2nd Dose Pfizer/Comirnaty Ages 12 +/Walk-ins Welcome

CORONAVIRUS UPDATES

So glad to be back! Following Governor's orders

- ◆ 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.

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

UNIQUE TO OUR TOWN



Interested in Writing and Meeting interesting people?
 Explore here: <https://sevenbridge.org/>
 Register for a SBWC class offered this Autumn. Run on a rolling admission basis until mid-October.
Fiction Essentials, a 10-week class for learning the fundamentals of writing.

Short Story Reading and Writing, designed for writers interested in a challenging writing class, including skill development and weekly readings. Information about these classes can be found at <https://sevenbridge.org/seven-bridge-sessions/classes/>. More classes and workshops on line.

Lancaster 
Recycling Center
 Centerbridge Rd
[Click here for details](#)
Saturday, Oct. 2nd, 16th
Sunday, 3rd, 17th
10 a.m. to 12 noon.
\$3 per visit

Congrats!
 You helped us 'win' a bench. We are a **Thin Film Collection Center!** Lancaster gets a bench for 500#. We just made it. **Now** help us get a pair! Bring us your bubble wrap, packing, bags + Open Community Center hours 8-4 + Lower level.
 Thanks to *Nashoba Valley Climate Committee and Trex.*

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

- FROM THE STORE**
 - ✓ Produce bags
 - ✓ Store bags
 - ✓ Ice bags
- FROM YOUR PANTRY**
 - ✓ Ziploc® & other reclosable bags
 - ✓ Cereal box liners
 - ✓ Case overwrap
 - ✓ Bread bags
- FROM YOUR FRONT DOOR**
 - ✓ Newspaper sleeves
 - ✓ Dry cleaning bags
 - ✓ Bubble wrap
 - ✓ Plastic e-commerce mailers

Plastics must be clean, dry and free of food and organic residue.


45th Annual Horseshed Fair
Saturday October 2, 2021
 10am - 4pm
 Over 40 crafter and artisan booths
 Dakota Chili and Burgers
 Homemade pies
 Craft Beer from Sterling Street Brewery
 Kids Corner with Pony Rides
 Raffles
 and more....


SUPPORT THE ADVERTISERS
that Support our Community!

TO YOUR HEALTH!

Lancaster Board of Health (BOH) invites YOU!

Vaccine Clinic Oct 13 from 12-6 p.m.

Flu Shots~Covid-19 Vaccines ~Pneumonia

College Church 337 Main St. Lancaster

Wed. Oct.13	Rite Aid	NABH
Time	12-6 pm	3-6 pm
Vaccinations Offered:		
Seasonal flu: ages 3 to adult	yes	yes
Seasonal flu: seniors	yes	yes
Seasonal flu: 6 months - age 3	no	yes
COVID-19 1st and 2nd dose (Ages 12+)	Moderna/Pfizer	no
COVID Booster (Pfizer only)	YES**	no
Pneumonia ages > 65	yes	no

Bring Insurance ID Card.

Masks are required.

Walk-ins welcome

Questions call:978-365-3326 x 1078

**Restrictions Apply for Booster

Free!

Drop in or By Appointment

Well Adult Health Clinic

4th Tuesday of each month

9 a.m.—10 a.m.

Oct 5th – Flu shots! 8-10 a.m.

Lancaster Community Center

High Dose, Low Dose! Free Pancake Breakfast for anyone who gets a shot!

To reserve call 978-733-4076 by Noon Monday prior or just drop in!



Grab some free take home treats too! Thank you Shaw's.

Thanks to the VNA Care.org
And our volunteers.



Join us to experience the healing powers of
Reiki with Tamara
October 14th or 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

PLEASE RSVP

Friends Annual Book Sale

October 1-3 & 9-10, 2021



Friday 3 - 7 pm
Saturdays 9 am - 4 pm
Sundays 12 - 4 pm

Lancaster old Town Hall

695 Main Street, Lancaster, MA 01523



Fill a bag!

Oct 1st \$25/bag

Oct 2nd \$20, Oct 3rd \$15

Members receive \$5 off/bag first weekend

Oct 9th \$10/bag, Oct 10th \$5/bag

\$2 hardcover, \$1.50 softcover,

\$.50 reg paperbacks

Credit cards accepted

<https://haverhilllibrary.org> FriendsofTML@gmail.com



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-

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!

October 7,14,21, 28: Cha Cha

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

M-W 9am-11am! Fri 10-12! \$3 per session

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

Or, call for Sign Up Genius times and link.

978-733-4076

FRIENDS, NEIGHBORS AND ALL AGES FUN

BUY TIX for OCT 2



Want to age in place?
Nashoba Neighbors
Zoom to learn.

October Informational sessions!

- ◆ Would you like to remain where you are as you grow older?
- ◆ Does volunteering to help a neighbor interest you?

Learn about what we will do and how. Join us on either:

October 20 from noon-1 pm

October 25 from 4 to 5 pm.

Please visit

info@nashobaneighbors.org or call 978-226-8844 to register.

Support Friends of Lancaster Seniors!

Gorgeous Handmade Quilt Raffle Tickets

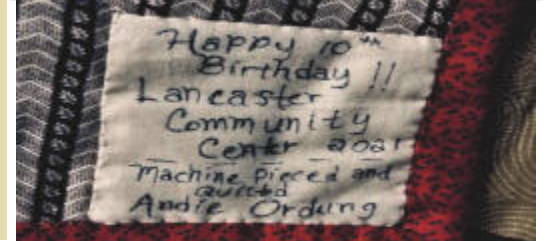
For a beautiful handmade Quilt to celebrate our 10th Anniversary!

Tickets: \$5 or 5 for \$20 Drawing October 2nd

At the Fair.

Come see it at the Center or at the Horseshed Fair!

Thanks to Adrienne Ordung for her generous donation



amazon smile
 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- 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

OCTOBER ACTIVITY CALENDAR

October 2021

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Yoga 11:15 Mtng ID: 742183799	28 Tai Chi 9-10am Pancakes! 8:00-10am BINGO! 1pm Mtng ID: 807642080	29 MAHJONG 10am	30 BRIDGE - 1-4pm	1 Strength & Cardio 11:15	2 Strength Class 9:00 Mtng ID: 907734542 HorseShed Fair
4 COA Meeting 8:30 Mtng ID: 85212560797	5 Tai Chi 9-10am FLU CLINIC 8-10:30AM Pancakes! 8:00-10am BINGO! 1pm Mtng ID: 807642080	6 MAHJONG 10am Jam Session 6:30	7 BRIDGE - 1-4pm Ballroom Dancing 7PM	8 Strength & Cardio 11:15	9 Strength Class 9:00 Mtng ID: 907734542
11 IT'S A HOLIDAY! LCC AND SC CLOSED	12 Tai Chi 9-10am Pancakes! 8:00-10am BINGO! 1pm Mtng ID: 807642080 OPEN MIC 5:30PM	13 MAHJONG 10am Vaccine Clinic See page 5	14 BRIDGE - 1-4pm Reiki with Tamara 6:30 Ballroom Dancing 7PM	15 Strength & Cardio 11:15 Crazy Crafternoon 11am-1pm At the Center!	16 Strength Class 9:00 Mtng ID: 907734542
18 Yoga 11:15 Mtng ID: 742183799	19 Tai Chi 9-10am Pancakes! 8:00-10am BINGO! 1pm Mtng ID: 807642080 OPEN MIC 5:30PM	20 MAHJONG 10am Jam Session 6:30	21 Ballroom Dancing 7PM BRIDGE - 1-4pm Romain's Wine&Dine & Tower Hill	22 Strength & Cardio 11:15 Lunch Club Il Camino	23 Strength Class 9:00 Mtng ID: 907734542
25 Yoga 11:15 Mtng ID: 742183799	26 VNA Blood Pressure Pancakes! 8:00-10am Tai Chi 9-10am BINGO! 1pm Mtng ID: 807642080	27 MAHJONG 10am Roger Williams Trip	28 BRIDGE - 1-4pm Ballroom Dancing 7PM	29 Strength & Cardio 11:15	30 Strength Class 9:00 Mtng ID: 907734542 Pumpkin Carving 2-4

PICKLEBALL WILL BE BACK IN THE GYM STARTING IN NOVEMBER!

**CRAZY
CRAFTERNOON!**

Join us in the meeting room! A small group of crafters (space is limited to give you attention) create wonderful homemade cards-so pretty you won't want to give them away!

Instruction, Materials, laughs just \$5

Black Cats and
Blue Dahlias

Friday, Oct 15th

11am-1pm

Rsvp 978-733-4076

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.

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



FREE! Pumpkin Carving 10/30 2-4 @ Center

Free Pumpkin Carving!

Join us at the Community Center Saturday 10/30/2021 2-4 to carve pumpkins for the Jack O Lantern Contest. Bring a sharp knife, an apron and your imagination! Treats 2 too

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

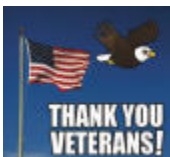
LUNCHEON CLUB—FOURTH FRIDAY
 (SEPT: SLATER'S, OCT: IL CAMINO)



David James,
 Administrative Assistant
 978-733-4076
 Or 978-733- 1249 ext 1103
 Or cooadmin@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

- ◆ **October 21th** —Romaine's Northborough
- ◆ **November 10th**—Chiodas Trattoria — Worcester
- ◆ **December 8th**- -Val's —Holden

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

THE LANCASTER HISTORICAL SOCIETY PRESENTS



The "Granite Kiss": A History of Stone Walls and Stone Wall Building in New England by Kevin Gardner

Date: Sunday, October 17, 2021 Time: 2 pm.

Place: Thayer Conservatory of Music, 438 Main Street, South Lancaster, MA

Free and Open to the Public
 For more information, call (978) 733-6907
 COVID requirements will be observed.

OUTREACH

September was the height of summer with Fall 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.

Hard to believe we have been here 10 years and so many great things have come out of the 10 years. THANK YOU to all the volunteers that helped us out to make it a successful afternoon!

Fuel Assistance – You should personally contact the **Low Income Home Energy Assistance Program (LIHEAP)** is managed by The New England Farm Workers' Council (NEFWC) and serves households meeting income guidelines for Lancaster residents. Applications are by appointment ONLY. Call (978) 342-4520. Eligibility for LIHEAP fuel assistance program is determined based on a household's gross income (before deductions) and size. Proof of income of all household members must be provided for not less than 30 continuous days (4 weeks) prior to application submission date..

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.

Senior Tax Work Off Program – Lancaster Seniors can apply for this program right from the Lancaster Town Directory.

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.

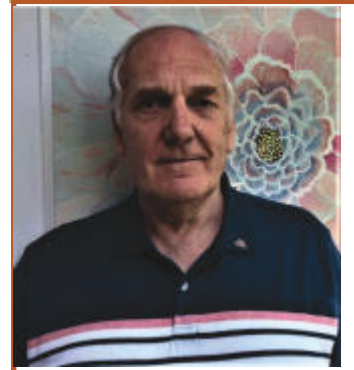
From all of us here at the Council on Aging we look forward to seeing YOU here at our offices!

David Bartlett

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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OUT OF TOWN

A special Autumnal Wine and Dine- Romaine's and Illumination

Trips sell out quickly, reserve soon! October 21 (Rain date Oct 28) we visit the classic restaurant Romaine's in Northborough. You will wonder why you have not visited this highly rated classic restaurant before. Their wide menu features food for most palates, done to perfection. After dessert you will be ready for a brisk walk. What better place to work off your sumptuous dinner than at *Autumn Illuminated* at Tower Hill. Cool nights of October are perfect for strolling Tower Hill's garden paths lit with the warm colors of Autumn. After wandering the grounds and visiting the gift shop we depart to arrive home in around 9:30 give or take.

Leave the Center or your home around 5:00 p.m. to dine by 6. Arriving at Tower Hill for our reservations, home by about 9:30. Trip includes transportation and Tower Hill Admission: Lancaster Seniors \$15 others \$17. Dinner, taxes and dinner gratuity are NOT included. Masks are required while riding the van. Current CDC guidelines apply. Reserve by 10/14

Providence A Glow:

Federal Hill, & Roger Williams Jack O Lantern Spectacular & Botanical Gardens

October 27th we travel to Providence RI. We leave late to stay later for optimum Jack O' Lantern viewing. Roger Williams pumpkin display is famous, a seasonal treat not to be missed. First stop is **Federal Hill** where you will have a chance to walk around and check out the architecture, and specialty food shops. Stock up for our trip to Roger William's **Botanical Center** New England's largest public indoor display garden, with 12,000 square feet of gardens that includes indoor conservatories, and outdoor gardens. Now that we have walked let's try one of the fabulous Providence restaurants, **Andreas** https://www.tripadvisor.com/Restaurant_Review-g60946-d385519-Reviews-Andreas_Restaurant-Providence_Rhode_Island.html We walk off dinner strolling through the lit pumpkins back at **Roger Williams Zoo**. Those of you brave enough may want to try 'the sky line' before we leave from the vantage of zip line that will fly you over the ponds, and the pumpkins- what a trip! Wear good shoes, bring a bag to carry goodies, dress casually and bring a light jacket! trip is rain or shine.

Leave the Center or get picked up around 1 p.m. Return home by 8. Reservations required; deadline is October 18th space available. \$29 Lancaster/ all others \$33 Reservations are very limited and will be filled first come first serve. Dinner, taxes and dinner gratuity are NOT included. Masks are required while riding the van. Current CDC guidelines apply. Reserve by 10/20

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)

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

Boosters*, YES! & \$25.00 Market Basket Gift Cards for COVID 1st/2nd vax

Lancaster BOH Flu & COVID-19 Clinic Wed., Oct. 13th



**12:00 – 6:00 p.m.
College Church
337 Main Street**



Vaccinations Available:
Seasonal Flu for ages 6 mos & up, Pneumonia, and COVID-19 1st/2nd & Booster*
* Restrictions Apply

COVID-19 Clinics-Open to Public

Clinton High School –Gym

Mon. Oct. 4th 2:30-6pm

COVID-19 1st & 2nd , Booster*

<https://tinyurl.com/ClintonHSVAX>

Luther Burbank Middle School-Gym

Tues. Oct. 5th 4-6pm

COVID-19 1st & 2nd, Booster*

<https://tinyurl.com/LutherBurbankVAX>

* Restrictions Apply

Questions? Call 978-365-3326 x1078