



SEPTEMBER, 2019



# Lancaster

## Health & Wellness Fair

**October 2<sup>nd</sup>**

2:30 – 6:30 p.m.

**FREE**



**Lancaster Community Center**



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### STOP BY TODAY!

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

#### RECEPTION

978-733-4076

#### COMMUNITY SERVICES LIAISON

978-733-1249 ext 1109

#### DIRECTOR

978-733-1249 ext 1102

#### VAN RESERVATION

978-733-4076

#### VAN HOURS

Mon -Thurs 8:30am -3pm \*  
Office: Mon -Thurs 8:30am -1pm

### CENTER ACTIVITIES

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

# THOUGHTS FROM THE DIRECTOR

Define health. Now ask your partner, child, or parent to define health. My guess is you are all going to have a different definition depending on your perspective. Your definition will be shaped by your age, experiences and society. If you stop to think of what is really important to you and your family, my guess is health will emerge as one of the most important priorities in your life. That is what we at the Center are here for: to help you be healthy.

Did you know the word Health is of Germanic and old English origin and literally means Whole? Our board considered that connotation when developing the Center's mission. Our events and programs are designed to support the broad definition of health for ALL AGES, thus supporting the mission. Our goal is to keep Lancaster residents as healthy, happy and productive for as long as possible. As trite as it sounds, to provide tools so you may have the best quality of life possible.

Developing resources for all ages has proved challenging. First, how we tried to define it, then come up with resources to address what we had targeted. We asked, "what is health for the young?" From a child's perspective the concept of a health may be who was the fastest kid on the block in pick up races. We now know it includes healthy social interactions, good nutrition and of course medical care. We provide children and family friendly events, clinics and immunizations, and of course, resources to deal with physical and mental challenges children face. We direct resources to young families and middle aged working people whose definition of health often includes how to balance hectic demands: trying to get a good night's sleep, keeping up with health nutrition, and perhaps caring for children and elders. Caregiving on both sides of the age spectrum can be challenging at best. We try to help where we can as well as provide lots of all ages programming. Finally we considered our older residents health needs as they age and may face challenges, including increased physical and mental health issues, social isolation, limited earning abilities and mounting bills. How do we do all this with very limited staffing and budgets? With you and your support and suggestions. Please let us know how we can support your needs. It is important that you participate in the Center or our limited resources will be redirected. We need you to attend health fairs, walk for a cure or just to be fit, work out, and just share yourself with us. After all, it takes a village (Center Village, North Village, Ballard Hill, North Lancaster, South Lancaster) and all of you from those towns once part of our great Mothertown, Lancaster.

**Events we really want you to attend:**

- ◆ **September 8<sup>th</sup>**—Family Fun Walk and Party! ( see page
- ◆ **September 15<sup>th</sup>**—Walk for Alzheimer's: Please join us! We need more members of Team "The Unforgettables"! (see page )
- ◆ **September 23**—Free Brunch and Falls Panel Workshop
- ◆ **October 2<sup>nd</sup>**—Health Fair: All ages, Freebies, Snacks, meals, demo's etc. Full schedule to be on line mid-September. One hour will make you healthier as you gain knowledge of some great offerings in our area.

To your health, *Alix*

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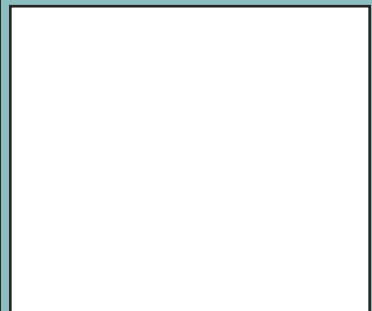
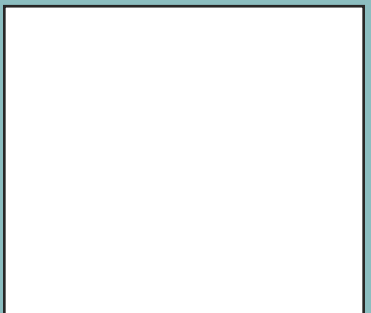
**bankHometown**  
 131 Main St. | Unit 1  
 Lancaster  
**978-365-3352**  
 www.hometowncoop.com

➤ Reach the Senior Market  
**ADVERTISE HERE**

**CONTACT**

**Lisa Templeton to place an ad today!**  
 ltempleton@lpiseniors.com or (800) 477-4574 x6377

**TAG ADVISORY SERVICES**  
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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](http://www.ci.lancaster.ma.us)

And on Facebook [www.tinyurl.com/lancastercc](http://www.tinyurl.com/lancastercc)

Or call—978-733-4076

Business Office hours 8:30-12:00 M-TH & by event

**Where:** The Community Center is located behind the Town Green, directly behind the Prescott Building. Enter on the upper level, handicapped access use the lower level-elevator at end.

**What:** The Center, formally the Tercentenary School is home to many special events open to all ages. A full schedule is on line, scroll down our page to view the calendar. The LCC is home to Lancaster Social Services offices. Each office keeps their own office hours; Veterans Affairs, Commission on Disability, Council on Aging and Recreation. The LCC is also home to Senior Center, and offers meeting space for town boards, commissions, and non-profits.

### IN ADDITION, THE CENTER OFFERS:

- *Year Round Fitness Classes as well as special fitness series. Tai Chi, Yoga, Aerobics, Ballroom Dancing, Pickleball as well as summer and winter sporting events.*
  - *Healthy Cooking Class Series and Nutrition classes*
  - *Arts and Crafts Classes and drop in Art Group*
  - *Community Garden Beds*
  - *Community BBQ's, Holiday events, Concerts, Fairs etc.*
  - *Social Services support, SNAP, Fuel Assistance, Referrals*
  - *Nashoba Wellness Clinic, first Tuesday of the month*
- *Information series by guest speakers on topics relating to Lancaster*
  - *Field Trips*

## Rentals:

The LCC is available for rentals, Birthday Parties, Cookouts, Reunions, Meetings and more!

Please see our calendar for availability, and the website for our rental forms. There are a variety of spaces, a kitchen, meeting rooms, a gym and a lovely shaded patio. The Center is a great space for birthday parties, family gatherings, club meetings and more! Let us show you our space.

For more information contact Alexandra Turner, director at ext. 1103 or [aturner@lancasterma.net](mailto:aturner@lancasterma.net) or visit the Lancaster website.



# NEVER MISS A NEWSLETTER !

Sign up to have our  
newsletter emailed to you at  
[www.ourseniorcenter.com](http://www.ourseniorcenter.com)







**MOC Elder Nutrition**  
**For Reservationss, please call:**  
**978-733-4076**

## Group Dining Menu

**September 2019**

Menu Is subject to change

Menu subject to change.  
 All meals include 1% milk  
 \* Indicates higher sodium item >500mg)  
 Suggested voluntary donation: \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>3</b> Chunky Tomato Sp 177 Macaroni & Cheese 488 Italian Bread 230 Peaches 5	<b>4</b> Chicken Breast 220 Honey Mustard Sc. 213 Cous Cous 24 Tossed Salad 5 Wheat Bread 170 Clementine 1	<b>5 High Sodium Day</b> Veal Parmesan 853 Garlic Whip Potato 66 Italian Gr. Beans 3 Dinner Roll 132 CherryApple Crisp 56 D: Cin Apples	<b>6</b>
<b>9</b> Haddock 296 Lemon Dill Sc 66 O'Brien Potatoes 34 California Bl Veg 22 Pumpernickel Brd 155 Lemon Pudding 200 Diet Lemon Pudding	<b>10</b> Shepard's Pie 136 Beef Gravy 140 Tossed Salad 5 Wheat Bread 170 Diced Pears 5	<b>11</b> Glazed Drumstick 450 Baked Beans 152 Brussels Sprouts 12 Multigrain Bread 164 Fig Bar 65 D: Grahams	<b>12</b> Bok Choy Soup 99 Asian Chicken Salad 277 Pasta Cucumber Salad 69 Dinner Roll 132 Pineapple Whip 87	<b>13</b> <b>LUNCH CLUB TRIP</b> <b>The "Pic"</b> <b>(Piccolino's)</b>
<b>16</b> Steak Fajita 217 Red & Green Peppers 27 Red Bliss Potatoes 5 Tortilla 220 Mixed Fruit 10	<b>17</b> Gr Chicken Breast 320 Pesto Cream Sc 70 Tri Color Pasta 1 Genoa Blend 45 Multigrain Bread 164 Oatmeal Cookie 97 D: Raisins	<b>18 High Sodium Day</b> Three C Soup 299 Turkey Cran Salad 468 Tangy 4 Bean Salad 225 Wheat Dinner Roll 105 Clementine 1	<b>19</b> BBQ Pulled Pork 389 On Bun 230 Mashed Potato 66 Tossed Salad 5 Peaches 5	<b>20</b> <b>Stow Food Pantry and Market</b> <b>Basket in Hudson</b>
<b>23</b> Vegetable Soup 115 Gr Chicken Breast 362 Teriyaki 98 Veg Fried Rice 164 Multigrain Bread 6 Fortune Cookie 1 Pineapple	<b>24</b> Potato Pollock 273 Tartar Sauce 100 Butternut Squash 0 Tossed Salad 5 Wheat Bread 170 Applesauce 0	<b>25</b> Chicken & Rice Casserole 429 Spinach 65 Marble Rye Bread 127 Snack N Loaf 115 D: Lorna Doones	<b>26</b> Beef Stew 200 Brussels Sprouts 12 Dinner Roll 132 Blueberry Buckle 360 D:1/2 Portion Blueberry Buckle 180	<b>27</b>
<b>30</b> Beef & Lentil Chili 260 Brown Rice 5 Genoa Blend Veg 45 WW Dinner Roll 105 Diced Pears 5		<u>1% MILK:</u> 110 calories 125mg sodium (included in totals)		

**Menu Specifications:** Sodium amounts are listed next to each item individually & totaled below each day.

Meals on Wheels provides this information in effort to better serve our clients on Sodium-restricted diets.

Nutrition Questions? Contact Alex Welch, RD at (978) 785-5340, [awelch@mocinc.org](mailto:awelch@mocinc.org). To cancel a meal call (978) 345-8501 EXT 2

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

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



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

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

*Every 2<sup>nd</sup> Wed. Noon*



Unitarian Church, 90 Holden St. Worcester  
 Questions or to RSVP 508-756- 1545

## The BackStage Gym is OPEN and FREE.

- ◆ All residents are welcome
- ◆ *Free Training available.*
  - ◆ No pressure!
- ◆ Commercial equipment

Monday-Thursday  
8am-4pm\*

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

**You must stop by Center Office and sign a Release Form before using the equipment and schedule an appointment for training.**

## FREE WELLNESS CLINICS

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

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

Free services include health assessments (blood pressure, blood sugar, cardiopulmonary assessments, etc.), teaching (medication, diet, disease management, preventive health, etc.), and referrals to community resources.



**STRENGTH TRAINING**  
September - see page 8 for details



**BALLROOM DANCING IS BACK IN SEPTEMBER!**

See page 8 for details

## Tai Chi and Quigong

Monday 9:30 am & Tuesday Evenings 5:30 pm  
Tai Chi uses gentle movements to reduce stress and improve health. "Tai Chi strengthens the weak, raises the sick, invigorates the debilitated, and encourages the timid"

-Tai Chi Grandmaster Cheng Man-Ching 1947  
Instructor: Jeff Cote

\$5 per class or 6 classes for \$25  
(Buy a card, no penalty for missed classes!)



INDOOR PICKLEBALL RETURNS IN OCTOBER.

Sign ups required. See the LCC/COA Office.

Interested? Never heard of it? Pickleball is a fun, fast-paced *game for all ages*. Pickleball is a low impact racquet sport combining

badminton, tennis, and table tennis. It was created with one thing in mind: **fun!** It was designed to be easy to learn and play whether you're five, eighty-five or somewhere in between. For more information check out this website: <http://www.usapa.org> or go to You tube for videos.. We have equipment too!

**ONLY \$3! BACK THIS FALL**

*See schedule at*

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

## Chair Yoga

**Wednesday's 10:30 a.m.**

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

*General public \$6 per class or 6 for \$30*

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

## Hatha Yoga

Monday & Thursdays 11 a.m. Sat @ 9:30 am

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

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

*Monday and Saturday: \$5 per class or 6 classes for \$25  
Thursday: \$10 per class (two punches)*

# AUGUST ACTIVITY CALENDAR

## September 2019

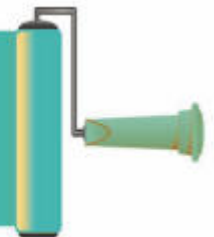
August '19							October '19						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3			1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30	31	27	28	29	30	31		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	<b>3</b> Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 6:00	<b>4</b> Mah Jong 10-2 MOC Lunch 11:30	<b>5</b> Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30 Ballroom Dance 6:00	<b>6</b> Bridge 1:00-4:00  Van: Market Basket	<b>7</b> Yoga 9:30  BBQ on the patio 4pm (ALSO Sunday at 4pm)
<b>9</b> Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	<b>10</b> Celebrity Guest Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 6:00	<b>11</b> Mah Jong 10-2 MOC Lunch 11:30	<b>12</b> Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30 Ballroom Dance 6:00	<b>13</b> Bridge 1:00-4:00  Van Lunch Group: The 'Pic' (Piccolino's)	<b>14</b> Yoga 9:30  Waterfire Trip
<b>16</b> Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	<b>17</b> Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 6:00	<b>18</b> Mah Jong 10-2 MOC Lunch 11:30  Wine and Dine at Nancy's Airport Diner	<b>19</b> Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30 Ballroom Dance 6:00	<b>20</b> Bridge 1:00-4:00  Van: Stow Food Pantry	<b>21</b> Yoga 9:30  Strength Call 8:30
<b>23</b> Equinox Brunch and Falls Panel 9:00 Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30 Art Class 12:15	<b>24</b> Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 6:00	<b>25</b> Mah Jong 10-2 MOC Lunch 11:30	<b>26</b> Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30 Ballroom Dance 6:00	<b>27</b> Bridge 1:00-4:00	<b>28</b> Yoga 9:30  Strength Call 8:30
<b>30</b> Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30 Art Class 12:15	<b>1</b> Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 6:00	<b>2</b> Mah Jong 10-2 MOC Lunch 11:30	<b>3</b> Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30 Ballroom Dance 6:00	<b>4</b> Bridge 1:00-4:00	<b>5</b> Yoga 9:30  Strength Call 8:30
<b>7</b>	<b>Notes</b> <b>PICKLEBALL is outside until October.</b> <b>BACKSTAGE GYM is open Monday through Friday, 8AM to 4PM.</b> <b>See page 9 for more pre-scheduled van shopping trips.</b>				

Calendar Templates by Vertex42

<https://www.vertex42.com/calendars/>

**SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY**



# MORE HEALTH & FITNESS & FUN



*Please Join US*

**Walk for ALZ Research.  
With Team the Unforgettables!**

*Can't make it. We are fundraising for the walk and could use your help.  
To donate, help or walk please see Alix*

**Worcester County Walk to End Alzheimers  
Sunday, September 15 10:30 a.m.**



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

**SATURDAYS— Sept. 21-Oct 26— 6 week session  
8:30am-9:15pm Limited space.**

Get in shape for Fall with this SIX week class. . Strengthen your core, improve your flexibility, work on your balance while working out in air conditioned comfort with resistance training and weights. *All ages and abilities will benefit.* Lancaster Seniors (50 and over )  
*Series price \$30. \$45 for all others. Call to reserve. Limited space. 978-733-4076*

## *LEARN TO DANCE!*

**We're back after a summer break!  
Thursday Evenings 6:00-7:00 p.m.  
Lancaster Community Center  
No Partner? No Problem!**



Learn from the best! Jim Cole has repeatedly been voted best and his students agree. A fun casual class for beginners and pros alike.

No partner, no problem! Come alone or bring friends. Great exercise, good for the body and mind and yes your social life. Call for information on which dances are currently taught. Choose from Waltz, Rhumba, Cha Cha, Salsa, Swing and more! All ages! Dress is casual.

*Please bring an extra pair of dry, clean shoes to change into.*

**DROP IN for \$13 or buy a three week session for \$30! pp**

Register at [coadmin@lancasterma.net](mailto:coadmin@lancasterma.net) or 978-733-4076



# HEALTH & FITNESS

## *Healing Conversations*

A Support Group  
Are you grieving?

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

### *Some upcoming locations and times:*

September 3, 5-6pm, Hazen Library, Shirley  
September 16, 3-4pm, Acton Senior Center  
September 16, 1:30-2:30pm, Eagle House, Lunenburg  
September 17, 2-3pm, Pepperell Senior Center  
September 19, 1-2pm, Townsend Senior Center  
September 23, 3-4pm, Littleton Council on Aging

## *Healing Garden Cancer Support Center*

Thursdays, 3:30-5:00pm  
October 10, 17, 24, 31 and November 7, 14

For more information and to register please contact:  
Brianna Carter—978-456-3532



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

The Lancaster Community Center  
Invites you to an all ages

## Go For Life Fun Walk and Party!

Sept 18th— 5:30 p.m. Walk 6-7



- ◆ 5:30 p.m. A quick supper
- ◆ Walk 6-7 pm

- ◆ 7 pm Awards and Prizes and Ice Cream

Short Courses, for 'Strollers' Longer Course for Striders.  
Get a Team ready to compete in the team division too!  
First 25 registered get a special prize!

Free Hot Dog BBQ, Turkey, Veggies and 'Real' Dogs  
And the best reward of all -  
When you finish... *if you are good!*)

*Rota Ice Cream Sundae Fest.*

*Thanks to MCOA and Go For Life for your grant!*

# FUN & GAMES

## AMERICAN MAHJONG LESSONS

**FREE! WEDNESDAYS 10:00 A.M.**

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



## BRIDGE ON FRIDAYS

**FRIDAYS 1:00-4:00**

Area residents are invited to join us for friendly bridge Friday afternoons. Don't play? Come watch and learn. There are lots of patient teachers here. Come to the Center for friendly bridge games with nice people and nice snacks, All free! Suitable for all levels, novice to pro. We provide the cards, teachers, and friends. Questions Call Jean at 978-273-2418



## BINGO

**EVERY TUESDAY FROM 1PM-3PM**

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

Everyone is welcome! Treats and fun!

25 cents per every three cards

Bring your quarters, odds are better than the lottery!



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

## VETERANS SERVICES DEPARTMENT



Richard Voutour 1st SGT USMC RET— Veteran Services Officer  
Contact: rvoutour@leominster-ma.gov

Lancaster Office: 978-706-1754 ext 9 (Tues 0800-1200)  
Lancaster Community Center, 695 Main St, Lancaster, MA 01523 (behind the Library and War Memorials)

Leominster Office: Leominster Veterans Center, 100 West Street, Leominster, MA 01453. 978-534-7538

Lancaster Veteran Services provides the following: VA Healthcare applications, VA Disability Claim

- \* applications, VA Widow Pension
- \* applications, VA Widow/Survivor Benefit applications, VA Burial
- \* Benefits applications, VA Veteran Cemetery applications, VA Grave
- \* Markers/Symbols, State Veterans Benefits applications, Obtain
- \* Military discharge/cords, Obtain
- \* Military medals/decorations

## THAYER MEMORIAL LIBRARY

717 MAIN ST  
LANCASTER MA

A Back to School Place!

“MONDAY MOVIE MATINEES”  
CHECK THE LIBRARY WEBSITE FOR DETAILS

FREE MUSEUM PASSES:  
A GREAT WAY TO SPEND A HOT DAY

## RECREATION DEPT.

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

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

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

## SHOPPING \*\*

Reservations Required

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

ALL SCHEDULES SUBJECT TO CHANGE

### MONDAY

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

### TUESDAY

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

### WEDNESDAYS

1 p.m. Leominster Shopping (destinations alternate): Water Tower Plaza, Dollar Tree, Orchard Hill Park .  
\$2.00 plus 50c per additional stop

### THURSDAYS

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

### 1ST FRIDAYS

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

### 2ND FRIDAYS

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

### 3RD FRIDAYS

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

## LANCASTER MART VAN

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

### FEES & POLICIES

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

Reservations: Call 978 733 4076

Please leave your request on our voicemail.

Messages will be returned next business day by noon.

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

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

Requests will be accepted in the order received.

Preference given to medical appointments.

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

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

Service in town 50¢, per stop

Special Events will be priced according to the trip.



# TRIPS, EVENTS, & CLASSES



*Waterfire ~ Sept 14<sup>th</sup>*

Waterfire is an award winning art installation/event often credited with the renaissance of Providence. Sept 14th the city will come alive with artists, vendors, food trucks, and visitors. This is a FULL lighting, with gondolas and all the pyres lit. It is magical! Come walk the city, visit artists, exhibits and enjoy tastes from the many famous food trucks or restaurants. If we have enough people we will travel by motor coach, but we need to reserve quickly so sign up

**NOW! RSVP by 9/6 please.**

*We leave at 3pm, returning around 10. This will sell out so sign up now by calling 978-733-4076. Open to residents of Lancaster and our surrounding town neighbors. \$38 includes coach, snacks and drinks. See trip policies on page 12.*

*Celebrate Fall Free from Falls!*

## *Free Fall Equinox Brunch & Fall Prevention Workshop*

September 23rd at 9 a.m. -11:30

*RSVP Required by Sept 16 978-733-4076*

9 a.m. Greeting: Falls 101 Introduction  
9:30 Free Tai Chi demo and class

10:30 Falls Panel Discussion and Experts on how to prevent falls.



## ART ENCOUNTERS AT THE LANCASTER COMMUNITY CENTER MONDAYS, 12:15PM-3:00PM

*Six Sessions for \$50.00 or \$10.00 per session*

*978-733-4076 or reserve at office.*

- ◆ September 23 Nature - Explore sketching outdoors & indoors
- ◆ September 30 Zentangle - Create patterns with line repetition following the three step method.
- ◆ October 7 Focal Point - Frame a small artwork within a larger layout. Sketch & watercolor. .
- ◆ October 21 Tessellations - View Escher's work. Then create your own tessellation. Work will be rendered in marker & watercolor.
- ◆ October 28 Pastel Fruit - Paint fruit still lifes & mount them.
- ◆ November 4 Old English with Zentangle - One letter will be drawn & filled with patterns - followed by a watercolor wash.

## WINE & DINE

Special Wednesdays Dinner s  
*Enjoy Food, Fun and Friends!*  
\$4 van fee\* plus food



Sept 18—Nancy's Airport Diner-outdoors!

Oct 16—Forge & Vne in Groton-Sunset

Nov 13—El Basha in Westborough-BYOB

Dec 18—JP's and Tower Hill-Holiday Lights

Watch for more details as we approach each one. Some restaurants are BYOB. Van space is limited to ten (10).

\*Fee is transportation only.



## BACK-TO-BACK BBQS!

4pm, Saturday 9/7 and Sunday 9/8

Join the Friends on the patio and in the Senior Center on Saturday and Sunday, September 7th and 8th for back-to-back BBQs. While enjoying delicious Kalon Farms burgers and sausages, pop into the Senior Center and watch the women's and men's finals of the US Open Tennis Tournament.



## MORE TRIPS ! SAVE THE DATE:

Details in upcoming Issues:

October 11<sup>th</sup>: Essex CT. Train & River Boat & Griswold Inn

*Three course lunch, motor coach, boat and train in scenic Essex CT. \$87*

November 7<sup>th</sup>: Boston Public Library, Tiffany Windows & shopping, eating.

December 6<sup>th</sup>: Freeport by Train. LL Bean Northern Lights Festival

\*\*\*\*\*

## LUNCHEON CLUB TRIPS:

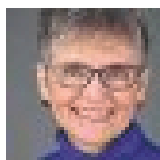
Leave here around 11 a.m. for lunch with Friends. Space is limited. RSVP to 978-733-4076

September 13: The Pic (Piccolino's)

October 11: The Old Mill

November 8: Val's

## CELEBRITY PANCAKE SERVER!



CATHERINE PFAU  
NASHOBA NEIGHBORS  
SEPT 10TH

Join us September 10 at the Pancake Breakfast to meet Cathirine and others interested in creating a group called Nashoba Neighbors. This will be a Village designed to help seniors age in place. A great concept, so come say hi and learn

## FARMERS MARKET COUPONS!



Speaking of Farmers Markets, we will run our *Farmers Market Shuttle once again*. Make sure you get your Farmers Market Coupons ahead of time. They just came in and will be distributed from 9 until

12, Monday - Thursday. All income eligible seniors are welcome to these great coupon booklets good at any approved vendor for \$25 of FREE produce or honey. A really great program. Get yours while they last. One per person! See David in the COA office.

### Farmers Market Shuttle Service!

Thursdays

Days Change depending on which market we visit. Thursdays we travel to Fitchburg Farmers Market at 3:30 p.m. Reserved Parking! Certified Vendors accept HIP + Coupons. Music and Fun.

## LANCASTER YOUTH BASEBALL AND SOFTBALL INAUGURAL CORNHOLE TOURNAMENT

Saturday, September 28, 3-7pm

Leominster Eagle's Club

Tournament will be indoors if raining

\$50 per adult team of 2

\$30 per kid's team (12 and under) of 2

Max of 64 teams; first come, first served

Double Elimination Tournament

Register: <http://lybs.us> then click on "Register Online" in the left menu

Rules: <http://bostoncornhole.com/rules>

## UPDATES

## Become a Tax-Aide Volunteer



Join the largest volunteer-run tax preparation and assistance service.

Find volunteer opportunities

Tax-Aide, a partnership between the IRS and the AARP Foundation, needs volunteer counselors to help low- and moderate-income persons in your community prepare their Federal and Massachusetts income taxes. Additional positions for site greeters are also available.

Last year over 4,700 returns were prepared at 41 sites around Worcester County. Nationally almost 3 million taxpayers avail themselves of Tax-Aide services.

Volunteers work 4-6 hours per week for the eleven weeks during tax preparation season – Feb 1st to Apr 15<sup>th</sup>. Training for volunteer preparers will be on three Saturdays in December. Internet access and basic computer skills are necessary. For an application and/or further information, go to <http://aarp.org/taxaide> or see David James in the COA Office (he is a Tax Aide Volunteer).

### *Special Events and Trip Policies:*

**Our space is limited, so we book first come first serve, booking is complete with payment. Any cancellations after due date will not be refunded unless we fill your spot from a waiting list, usually we can. Trips may be cancelled due to low enrollment, if we cancel we will refund all monies.**

# MORE UPDATES & RESOURCES

## Free Computer & Phone Help

Join Jon Roper *after Pancakes*

8:30am on - Drop in!

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

Jon Roper is our hero!

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

**Call 978 733 4076**

\*\*\*\*\*

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

FOR ALERTS TO PHONE AND EMAIL  
<https://public.coderedweb.com/cne/en-US/F1A940D55774>

FOR ALERTS TO A MOBILE DEVICE APP  
<https://ecnetwork.com/codered-mobile-alert-app/>

*If you do not have access to a computer we can help you sign up at the Lancaster Community Center , [lancastercommunitycenter@gmail.com](mailto:lancastercommunitycenter@gmail.com)*



\*\*\*\*\*

*Celebrate Fall Free from Falls!*

## Free Fall Equinox Brunch & Fall Prevention Workshop\*

September 23rd at 9 a.m. –11:30

*RSVP Required by Sept 16 978-733-4076*



\*Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs. However, falling is not an inevitable result of aging. can be reduced.

- ◆ 9 a.m. Greeting: Falls 101 Introduction
- ◆ 9:30 Free Tai Chi & QuiGong demo~ Yoga etc. Balance classes
- ◆ 10:30 Falls Panel Discussion and Experts on how to prevent falls.

*Following attendees are invited to brunch, thanks to MCOA & Go For Life*

In need?  
Got help!  
*Food pantry options*

## WHEAT

NEW NUMBER!

508-370-4943

Call for extensions

## Village Church

South Lancaster

Thursday Evenings

6 pm-7 pm

Offering a wide variety of wholesome food

## Stow Food Pantry

335 Great Rd (Rt 117)

Stow, MA 01775

(978) 897-4230

**TRANSPORTATION ON 3rd**

**FRIDAY \$2, call to reserve**

Offering variety of fresh produce (seasonal), baked goods. You may choose from an assortment of meat products as well, and an ample supply of pantry items such as canned goods, pasta, rice etc.

## Caring is Sharing Thrift Shop & Food Bank

63 Plain St, Clinton, MA 01510

(978) 368-9990

## Home Resources

Need home goods?

Fuel, repairs?

Call:

978-733-1249 x4

## Medical Equipment Loan Program

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

[aturner@lancasterma.net](mailto:aturner@lancasterma.net)

## NEWS FROM SHINE FOR SEPTEMBER 2019

### IMPORTANT MAIL ABOUT YOU DRUG AND HEALTH PLANS!!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be mailed an information package by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2020. Premiums, deductibles, co-pays, providers and the drugs covered by your plan can change significantly! This is important information and if you do not understand it, you should discuss it with your family or caregivers.

During the annual Medicare Open Enrollment Period (**October 15th - December 7th**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your Senior Center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine leave your name and number. A volunteer will call you back. You can also visit us on the internet at [shinema.org](http://shinema.org)

#### "SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs.

#### CENTRAL MASS SHINE WEBSITE

Our newly upgraded website: [www.shinema.org](http://www.shinema.org) has valuable information on Medicare, MassHealth and links and information that can be a valuable resource.



*Lancaster*  
**5K Run & Walk**  
Village Church

Contact: Gael Moncoeur  
508-854-8468

September 8, 2019  
@ 10:00 a.m.

*Pricing*

Early Bird	Aug 1st	Race Day
5K Runner/Walker - \$28	5K Runner/Walker - \$25	5K Runner/Walker - \$30
5K Senior - \$15	5K Senior - \$20	5K Senior - \$30
Youth (14 & Under) - \$8	Youth (14 & Under) - \$8	Youth (14 & Under) - \$8

One Road, 4 Community

[lancaster5k.org](http://lancaster5k.org)

## United States<sup>®</sup> Census 2020

The Census Bureau has multiple job opportunities across Massachusetts.

The Census Bureau currently has openings for Partnership Specialists, Census Field Managers and Regional Technicians. A Supervisory Partnership Specialist position just opened as well.

Go to <https://www.usajobs.gov> to view the current job postings on the USAJobs website. The closing dates vary -- be sure to review the announcement details carefully so you don't miss your chance to apply!

Additionally, the Census Bureau is seeking applicants for the field positions needed to conduct the 2020 Census. There are plenty of positions available and the Census Bureau will hire locally in every corner of the state, so apply now at [2020census.gov/jobs](https://2020census.gov/jobs). Share with friends and family too!

## HELP WANTED

Join our team!

Lancaster Community Center

We are looking for two great people to join our team. We are seeking an Administrative Assistant and a Community Services Liaison.

These are part time positions: (19 hours)  
Details are on our website . Open 'til filled.

### Reminder 'NO DOG' POLICY

Town buildings are no longer dog friendly .  
Sorry, but please leave your dogs at home  
when visiting unless they are a service dog.



## CENTER INFORMATION

### LANCASTER OUTREACH

NEED HELP AND NOT  
SURE WHERE TO  
TURN?

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



Contact: Alexandra Turner  
aturner@lancasterma.net  
978-733-1249 ext 4

**PROTECTING SENIORS NATIONWIDE  
MEDICAL ALERT SYSTEM**



**\$29.95/MO** PLUS SPECIAL OFFER  
**BILLED QUARTERLY**

**CALL NOW! 1.877.801.5055**  
**WWW.24-7MED.COM**

**DON'T SHOP. AD PAW PT.**



*Call today to connect with a*  
**SENIOR LIVING ADVISOR**

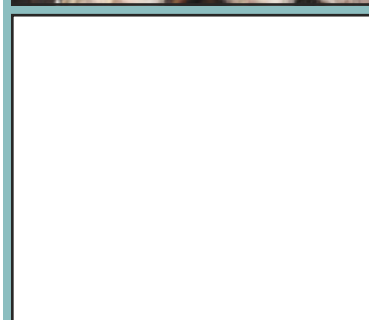
**INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE**

A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.

*There's no cost to you!*  
**(888) 612-8951**  
We're paid by our partner communities



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

**HELP PROTECT  
YOUR FAMILY & HOME**

**CALL NOW! 1-888-862-6429**







# Friends of Lancaster Seniors, Inc.

## All Ages Pancake Breakfast Every Tuesday Morning!

7:30am - 9:00am

Donations Graciously Accepted!

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



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



### Qualified Charitable Distribution (QCD) - What is it?

Are you over 70 and 1/2 years old? Do you have an IRA from which you must take required distributions? Do you contribute to charity? Then consider a QCD this year.

With the increased Standard Deduction, many people can no longer take advantage of the charitable deduction on their taxes (which you can do only if you itemize deductions). This past year, as an AARP Tax Aide, I processed over 150 tax returns. ONLY THREE itemized deductions! A QCD is a transfer (contribution) directly from your IRA to the charity. At tax time, this contribution is deducted from your taxable income, without having to itemize! This is doubly beneficial if your Social Security benefits are being taxed!

Want more information? Contact your financial adviser or fund manager.

We encourage you to consider supporting the Friends of the Lancaster Seniors, Inc., a non-profit 501 (c)3 corporation. You don't have to be a Senior to be a Friend! Please help us by making your tax-deductible donation today!

All monetary donations will be considered fully tax-deductible, and you will receive a letter and receipt to that effect. We even accept credit cards!

Website: <http://friendsofthelancasterseniors.org/index.html>

Email: [FriendsoftheLancasterSeniors@GMail.com](mailto:FriendsoftheLancasterSeniors@GMail.com)

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