



## SEPTEMBER, 2021

**COMMUNITY CENTER ANNIVERSARY**  
**FAMILY BBQ**  
 10 YEARS OF THE  
 LANCASTER  
 COMMUNITY CENTER

**MUSIC! GAMES! FOOD!**  
**PICKLEBALL DEMONSTRATIONS**  
**COMMUNITY INFORMATION**

**COME CELEBRATE WITH US**  
 SATURDAY 9/18  
 3 - 6 pm  
 Lancaster Community Center

**THANK YOU SANDEE'S FOR SPONSORING THE MUSIC!**

**DUNK TANK!  
BOUNCY HOUSE!  
Fun for all ages!!**

**f FIND US ON FACEBOOK FOR MORE INFO**

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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,

Covid has taught us some valuable lessons. I constantly remind myself of the value of lessons learned; particularly when Covid throws us challenges, count to ten (10). I am sure you agree Covid has challenged us, but in many ways, it has made us better. You know the expression 'stuff happens' it has. We now have a deeper perspective of what is important. We also know that stuff is 'messed up' this year, a predicted storm never materializes yet derails a catering order – postponing our 10<sup>th</sup> anniversary party. Years past I think that would have been harder to accept, now it is just the norm, what is our normal, anyway? If the lessons we learn are the importance of practicing patience, embracing change, and demonstrating kindness, this pandemic will not be for nothing. Kick me when I complain - change is often good. That said, I hope our new party date September 18th, rain date Sept 19th is perfect, and more of you can attend. We did not intend to move our party celebration out, but with climate change, and a pandemic-stuff happens. I predict the 3rd time will be a charm, I really hope you join us! Don't forget, it will be perfect weather and many of our friends and neighbors celebrating.

10 years– wow! As I reflect on the evolution of the Center I realize there has been a lot of change in ten years; though I venture more has changed in the last two years than in the previous eight years since we opened. I reminisced about what had changed, how changes came about and people I remember. It has been an organic process, inspired by the many touches of the Community. The best analogy I could think of to illustrate our plan, and implementation of the Center is offered by our wonderful Community Garden; the Get Dirty Community Gardens. Our garden began as a cooperative project with the town and Growing Places, who initially built a couple of senior beds by the parking lot. The first year no one knew about them, and they were tended by one senior in search of friends. Under his watchful eye, they produced a good harvest. The first winter we realized we were in trouble, the beds had been put in a convenient place but it is a multi-generational, peaceful place that has yielded great harvests- friendships, good food, it is a safe giving place. We have helped a lot of people, and a lot of people have helped us.

Do you have a picture or a memory of the Center or your memories? I hope you will share a picture or send us a memory for our big birthday card it does not have to be fancy but something that illustrates why the Lancaster Community Center is someplace special, not fancy but full of life. It truly is. The Center is more than our building (that has largely remained the same – though we need building love desperately.) The magic of the Center is our diverse people, with varied interests and all changing events and programs. We try to keep up with you, but sometimes it is like the Magic 8 ball- I never know what you may say! Community has evolved, because many of you were part of it, I hope you will continue or join us to help shape our future.

See you on the 18th if not before! Alix



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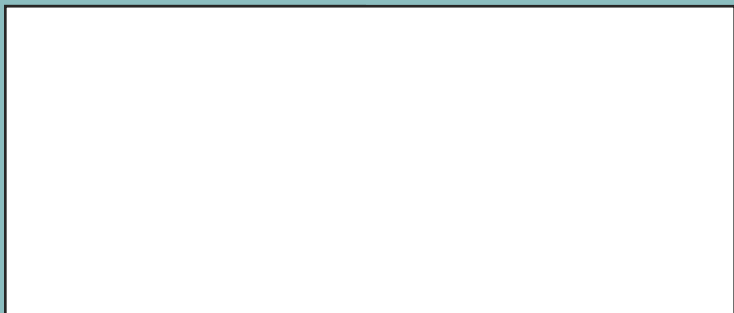
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## The Lancaster Community Center (LCC)

*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)

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, 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](mailto: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, Sept 13<sup>th</sup> & Monday, October 4<sup>th</sup>  
1-6pm (Community invited 2:30-6pm)

**Luther Burbank Middle School-Gymnasium**  
1 Hollywood Drive, Lancaster MA  
Tuesday, Sept. 14<sup>th</sup> & Tuesday, October 5<sup>th</sup>  
4-6pm Community invited

COVID 19- 1<sup>st</sup> & 2<sup>nd</sup> 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**

## HEALTH AND HOME

Join us for a new fitness class, get in shape for the holidays!  
**Strength *and* Cardio!**

Kick off September 17th -Oct 28th 11:15 a.m. in the upstairs gym  
\$5 per class or \$25 for six week series.

Space is limited to maintain 'safe distancing so register early!

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. Pre-register to reserve limited space. 978-733-4076

### **Recycling Center**

*Schedule for September 2021*

**Saturday, September 18th, and Sunday, 19th, from 10 a.m. to noon.**

*Center will be closed Labor Day weekend! Enjoy.*



**SUPPORT THE  
ADVERTISERS**  
*that Support  
our Community!*





**KEEP CALM AND GET YOUR FLU SHOT**

Come for Pancakes, Stay for a shot! All ages- Free!

### Annual Flu Clinic

High Dose Vaccines available for those 65 plus  
Standard Vaccines available too!

**Tuesday, Sept 28th 8:00 to 10:30 a.m.**

**LANCASTER COMMUNITY CENTER**

Please try to let us know you are coming so we can plan accordingly. This will be a socially distanced clinic, masks too please! We will help with your intake form and finding your insurance if you have it. If you don't come on down anyway. Please bring insurance cards if you have insurance. Thanks to VNA Care.org for sponsoring the clinic.

NBOH Clinic—College Church, Wed. Oct. 13th, 12-6

**Free!**

**Drop in or By Appointment Well Adult Health Clinic**

**4th Tuesday of each month 9 a.m.—10 a.m.**

*Try the pancakes and stay and maybe the decaf! Then*

*Meet Amy our nurse for blood pressure monitoring, glucose, oxygen and more.*

*To reserve call 978-733-4076 by Noon Monday prior*

*Thanks to the VNA Care.org*



**Are You OK? Home alone?**

Would you benefit from a friendly call from Nashoba Dispatch to check on you daily? This free service is available to any resident who would like to be checked on.

Details at the Center or 978-733-4076

Join us to experience the healing powers of **Reiki with Tamara**  
October 14<sup>th</sup> or December 9<sup>th</sup> 6:30 p.m. -8:30 p.m.  
*Sign in for treatment reservation upon arrival*



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

Questions or to register please call 978-733-4076

### THE BEAUTY AROUND US

—  
A regional art show  
In Lancaster  
November 12-21

To enter or learn more

<https://lccfallart2021.squarespace.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!

*September 9, 16, 23, 30: Waltz Series*

*October 7,14,21, 28: Cha Cha*

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**

**Keep Moving Walking Club**  
**Wednesday Mornings at 9 a.m.**  
**Call to join us! 978-733-4076**

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.*

## It's BACK! Beginning in November

### Indoor/Gym Pickleball

M-W-F 9am-11am! \$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



## Come and meet us at Bolton Backyard!

Nashoba Neighbors will have a table at Bolton Backyard on September 11. It will be held at the Bolton Town Common from 10 am to 1 pm. You are invited to stop by and learn more about our plans to change the experience of aging in Bolton, Berlin, and Lancaster. Some of the benefits of Nashoba Neighbors are:

- Give members choices and control of how and where they wish to live.
- Maintain and enhance the quality of life.
- Cultivate a sense of community through services and programs.
- Enable older adults to safely and happily remain in their own homes and communities with a sense of purpose and promise.

*Stop by to learn more!*

## 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*



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!

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,



## .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!**

### 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-

**GOT NEWS? Let us know! We will share it for you .**  
[aturner@lancasterma.net](mailto:aturner@lancasterma.net)

# SEPTEMBER ACTIVITY CALENDAR

## September 2021

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Yoga 11:15 Mtng ID: 742183799	31 Tai Chi 9-10am Pancakes! 8:00-10am BINGO! 1pm Mtng ID: 807642080	1 MAHJONG 10am	2 Chair Yoga 10:30 Mtng ID: 433492564 BRIDGE - 1-4pm	3	4 Strength Class 9:00 Mtng ID: 907734542
6 LABOR DAY! LCC AND SC CLOSED!	7 Tai Chi 9-10am Pancakes! 8:00-10am BINGO! 1pm Mtng ID: 807642080	8 MAHJONG 10am	9 Chair Yoga 10:30 Mtng ID: 433492564 BRIDGE - 1-4pm Ballroom Dancing 7PM	10 Crazy Crafternoon 11am-1pm At the Center!	11 Strength Class 9:00 Mtng ID: 907734542
13 COA Meeting 8:30 Mtng ID: 85212560797 Yoga 11:15 ZOOM Mtng ID: 742183799	14 Tai Chi 9-10am Pancakes! 8:00-10am BINGO! 1pm Mtng ID: 807642080 OPEN MIC 5:30PM	15 MAHJONG 10am	16 Chair Yoga 10:30 Mtng ID: 433492564 BRIDGE - 1-4pm Ballroom Dancing 7PM	17 Strength & Cardio 11:15	18 10th ANNIVERSARY! Strength Class 9:00 Mtng ID: 907734542
20 Yoga 11:15 Mtng ID: 742183799	21 Tai Chi 9-10am Pancakes! 8:00-10am BINGO! 1pm Mtng ID: 807642080 OPEN MIC 5:30PM	22 MAHJONG 10am	23 Chair Yoga 10:30 Mtng ID: 433492564 BRIDGE - 1-4pm Lucia Wine&Dine	24 Strength & Cardio 11:15	25 Strength Class 9:00 Mtng ID: 907734542
27 Yoga 11:15 Mtng ID: 742183799	28 VNA Blood Pressure Pancakes! 8:00-10am FLU CLINIC 8-10:30AM Tai Chi 9-10am BINGO! 1pm Mtng ID: 807642080	29 MAHJONG 10am	30 Chair Yoga 10:30 Mtng ID: 433492564 BRIDGE - 1-4pm Ballroom Dancing 7PM	1 Strength & Cardio 11:15	2 Strength Class 9:00 Mtng ID: 907734542

**PICKLEBALL WILL BE BACK IN THE GYM STARTING IN NOVEMBER!**



*CRAZY  
CRAFTERNOONS!*

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

*Instruction, Materials, laughs just \$5*

*Mystery Stamping!*

Friday, September 10

11am-1pm

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

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.

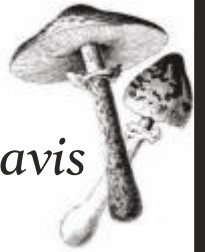
Keep your brain 'fresh and supple', play Mahjong! A great game played with 152 tiles, dealt in 'hands'. Fun people willing to help teach.

**Join fun people willing to help**



Join the  
Lancaster Community Center, Lancaster Recreation and  
the Town Forest Committee

**Mushroom Walk**  
*with a real Fungi-George Davis*



**September 19th at 1:00 p.m.**

**Rain Date Sept 26th 1:00 pm.**

*Lancaster Town Forest /Blood Forest*

Enjoy a leisurely but rugged walk in the lovely town forest, Brockelman Rd. to learn about interesting magical mushrooms sprouting around us. This promises to be a great tour with all the rain we have had! Perfect chance to celebrate mushrooms. George and Karen are well credentialed and have led many mushrooms walks.

*Parking is limited. Join us at the Center at 12:30 to have beverages, get bug spray, talk to the Davises and car pool.*

Questions 978-733-4076

**Spring Bulb Sale**

**Plant NOW for spring joy!**

*To order visit the Bulb Sale*

*By September 27th*

[https://lancastergardenclub.net/bulb\\_sale](https://lancastergardenclub.net/bulb_sale)



**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 coadmin@lancasterma.net

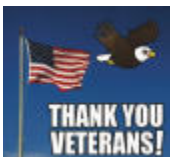
## VETERANS SERVICES DEPARTMENT

**Richard Voutour** 1st SGT  
 USMC RET—Veteran Services Officer

Contact: rvoutour@leominster-ma.gov

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

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



## LANCASTER MART VAN POLICIES

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

### FEES & POLICIES

Office hours are Mon -Thurs 8:30am to 1pm. Reservations: Call 978 733 4076

Please leave your request on our voicemail. Messages will be returned next business day by noon. At least 48 business hours' notice to reserve a ride.

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

\*Requests will be accepted in the order received.

\*Preference given to medical appointments.

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

\*FEES: Lancaster 50¢ per stop.  
 Clinton, \$1 plus 50c per additional stop  
 Fitchburg, Ayer \$3 plus 50c per additional stop  
 All others \$2 plus 50c per additional stop

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

## LCC Wine and Dine Club *Is on the road again!*

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

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

- ◆ Sept 23rd—Lucia's Ayer
- ◆ October 20th —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

Join us for a trip to Star Island, leaving from Portsmouth NH we travel aboard the Challenger 10 miles to



the Isle's of Shoals for a guided walking tour of historic island. Learn about 400 years of rich history, including pirates and poets. You will see old retreats and hotels, and while on the island enjoy a delicious lunch from Beach Pea Bakery in Kittery. Trust me, you are going to want to get your own special treat there too.

Transportation, Tour, and brown box lunch included \$52 Lancaster Seniors, all others \$58 978-733-4076 coadmin@lancasterma.net

# OUTREACH

August was a very busy month. Helping our Seniors with many issues and concerns. We have a few Farmer Market Coupons left for distribution.

Please remember if you need to use our Van for transportation to medical appointments, grocery shopping etc. to give us at least a 48-hour notice. Many Seniors have been calling in their appointments from now thru the end of year so that they can book ahead.

Hard to believe we have been here 10 years and so many great things have come out of the 10 years. We had to postpone the Celebration until Saturday, September 18<sup>th</sup> 3pm to 6pm with a rain date for Sunday, September 19<sup>th</sup>. If you want to volunteer to help us give us a call.

Please stay alert for possible telephone scams. Do not get taken. If in doubt take their name and telephone number and call us here at the Center. We and the Lancaster Police are here for YOU.

Always be aware of your surroundings and know what is happening. You can make that difference and never be afraid to report what you see.

The Portsmouth trip for our sailing and walking tour will be happening on Wednesday, September 15<sup>th</sup> and our monthly Senior LCC Wine and Dine Club dinner at Lucia's in Ayer on Thursday September 23rd. Remember each week we have shopping trips lined up to Hannaford, CVS and Shaw's, then a different day for Market Basket and Wal\*Mart and another day to Water Tower Plaza and Dollar Store. Please call the Community Center to make your reservation for any of these events. Plan ahead for the Senior Luncheon trip.

Each Tuesday morning 1<sup>st</sup> Sgt. USMC (Ret) Richard Voutour is here to address any concerns, problems, or questions that our Veterans may have. Please feel free to stop in and see him and he will gladly assist you. 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.

Thinking ahead to October > lots of events are already scheduled so plan to take part in these events just call us at the Community Center to make reservations. How about an afternoon ride to the top of Mount Wachusett to view our beautiful state? Maybe a night out to see a movie? Do you have a suggestion?

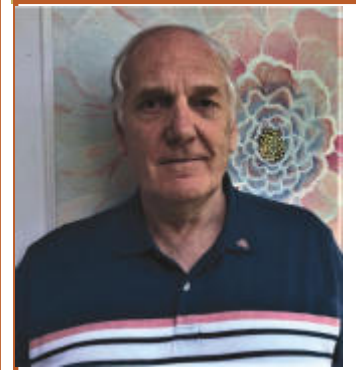
Our deepest sympathy to those that lost their life in Kabal. Thank you for your service!

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

## 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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## AROUND TOWN



# CALLING ALL ARTISTS

Lancaster presents "The Beauty Around Us", an art show, this November at Town Hall.

Celebrate New England art and artists with the Lancaster Community Center, Lancaster Cultural Center and the Mass Cultural Council !

Submit your art, and learn more about the show!  
[LCCFallArt2021.squarespace.com](http://LCCFallArt2021.squarespace.com)

Painting, photography, and sculpture by small town, local artists from New England

Questions? email [LCCFallArt2021@gmail.com](mailto:LCCFallArt2021@gmail.com)



**First Church's  
45th Annual  
Horseshed Fair  
IS A GO!  
Saturday,  
Oct 2, 2021  
10am – 4pm**



# Lancaster Community Center

## Open Mic

5:30 Tuesday September 21st  
Come and be a star, come and listen  
Come and enjoy a Bargain BBQ Dinner  
by Friends of Lancaster Seniors or BYO dinner