



Please visit the Senior Center and the Lancaster Community Center
Behind the Town Green Complex

Community Crier

Jay Moody Chair, Judie MacLean, Frank MacGrory, Nicole Kanis, Jo St. Angelo, Michele MacDonald, Elsie Lively
September/October 2018 (978) 733-1249 , fax (978) 733-4076 Alexandra Turner, Director. Donna Traylor, Marilyn Largey

Free!



Lancaster Health & Wellness Fair

**Wednesday,
October 3rd**

2:30 - 6:00 p.m.

Lancaster Community Center

**Speakers, Drawings, Food,
Demo's, Door Prizes and more!**



Visit the Friends of Lancaster Seniors Granola & Cider Sale too!

All ages shots +!

Prizes, Gifts etc..

Special thanks to our sponsors



Join us! *Free*

Family Fun Walk

September 27th

Registration 5-5:30 or by phone 978-733-4076
Or email at dtraylor@lanasterma.net

Walk at 6

Party afterwards!

Your reward for walking...

- ◆ **Rota's Ice Cream Sundaes***
 - ◆ Live Music with Jon Roper
 - ◆ Entry into a statewide drawing
- Chose 'Strollers' (slower) or 'Striders' (faster)
Wheelchairs, walkers welcome

Prizes for

Largest Team, Youngest Walker, Oldest Walker

*To earn your sundae- you must walk (or volunteer)



**WALK TO
END
ALZHEIMER'S**

Alzheimer's Association

**THE END OF ALZHEIMER'S
STARTS WITH**
you.

Friends of Lancaster Seniors

**Tuesday
is Pancake Day**

Senior Center

Tuesday mornings

7:30am ~ 9:00 ish

\$3 *Suggested donation*

Chef Extraordinaire

David James

Weekly pancake specials

Blueberry, Apple, Plain,

French Toast, too

Sausage, eggs, fruit

Juice & coffee &

All the pancakes you can eat!

Often with Special Guests.

Come meet them!

Learn and socialize.



Get Dirty

Garden Series

***Healthy Garden
Lunches***

Thursdays @ Noon

Recipes available

\$5 per person

Includes, beverage and tip! :)

*'Registered' Garden Participants Eat
Free*

RSVP Required 978-733-4076

Great healthy meals.

Menu questions call us!

Always a salad and protein.



Harvard Pilgrim
Health Care Foundation

*Transportation available for many events
Call (978) 733-4076 within 48 hours of the event*



2018-2019 FUEL ASSISTANCE PROGRAM

It's been a hot, hot summer. Before you know it the snow will fly.

"Nature has no mercy at all. Nature says, "I'm going to snow. If you have on a bikini and no snowshoes, that's tough. I am going to snow anyway." *Maya Angelou*

If you or someone you know needs *assistance paying for fuel* the LIHEAP program is a very good option.

Low Income Home Energy Assistance Program (LIHEAP) is managed by The NEW ENGLAND FARM WORKERS' COUNCIL (NEFWC) and serves households meeting income guidelines in the North Central Mass area.

Who should Apply? *Renters and homeowners who pay for their own heat.
 Renters whose **heat is included** in their rent.*

When? *For those applying for the first time application process is from November 1st - April 30th. (Applications for households eligible for Fuel Assistance last winter will be mailed in August.)*

Other Benefits *When you become eligible for Fuel Assistance, you may be eligible for*

- *A discount on Unitil or National Grid utility rates*
- *Weatherization, which is a program that can install attic/or wall insulation and perform air sealing measures to prevent loss of heat.*
- *Burner repair or replacement if you are a home owner. Priority is given to people with no heat or unsafe heating situations.*

Applications are by appointment only. Call (978)342-4520 Monday thru Friday from 9AM to 12PM and 1PM to 3:30 PM to make an appointment. Only first time applicants should schedule an appointment in person.

Eligibility for the LIHEAP fuel assistance program is determined on the basis of 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.

INCOME GUIDELINES			
HOUSE-HOLD SIZE	INCOME LIMIT	HOUSEHOLD SIZE	INCOME LIMIT
1	\$35,510	6	\$90,141
2	\$46,437	7	\$92,190
3	\$57,363	8	\$94,239
4	\$68,289	9	\$96,287
5	\$79,215	10	\$98,336

September 29th at the Lancaster Town Green

MOTHERTOWN QUILTERS
10th Anniversary
Quilt Show



SATURDAY, SEPTEMBER 29, 2018
 10:00am - 4:00pm

LANCASTER COMMUNITY CENTER
 39 Harvard Road, Lancaster MA

Admission \$7.⁰⁰

Quilts	Quilt Raffle	Vendors
Cookie Sale	Raffle Baskets	Yard Sale

Follow us on Facebook
[mothertownquilts](https://www.facebook.com/mothertownquilts)
www.mothertownquilts.com

Early Bird Discount tickets
 at *Mothertown Quilters* on
Eventbrite.com

43rd Annual Horseshed Fair! 10am—4pm



The annual Horseshed Fair draws hundreds of visitors from throughout northern Worcester County to the grounds of First Church of Christ Unitarian in Lancaster. In addition to a wide range of craft items displayed by more than 60 independent vendors, church members make over 100 pies, ranging from apple to cherry and blueberry and apple crisp.

A baked goods kitchen offers additional goods-cookies, breads, baked beans, fruit rollovers, cupcakes and more. The outdoor Lunch Box provides burgers, hot dogs, chili and nachos. In addition to the usual selection of soft drinks, coffee, iced tea and water, a few years ago the fair added selections from Wachusett Brewery. There will also be fresh Vermont cheddar for sale.

Look for the gift basket raffle with such items as holiday decorations, coffees, chocolates and crafts.

Children from the church's Religious Education group provide face painting, games and treats especially for younger visitors. There is no cost of admission, but there is plenty of fun. The fair is the church's largest annual fundraiser.

Friends of Thayer Library Annual Book Sale

- Fri. Sept. 28: 3 to 7 pm (Friends Members only)
 - Sat. Sept. 29: 9 am to 4 pm
 - Sun. Sept. 30: 12 to 4 pm



Old Town Hall Auditorium

The sale includes Fiction, non-fiction, hardcover and paperback books. Also included in the sale are DVDs and Audio books.

Members of the Friends have the opportunity to purchase items on the Friday prior to the main sale. Memberships will be available at the door.



Out and About: The Travel Section

Foliage and Lunch: October 12th Along the Upper Post Road

Salem Cross Inn

Step back in time traveling the Upper Boston Post Rd gazing at the foliage as early settlers once did. In West Brookfield you arrive at the Salem Cross Inn , a 600 acre farm located in West Brookfield . In 1950 the White family sold it to the Salem family who restored it and opened the restaurant in 1961. It is now known as the Salem Cross Inn. Look for clues while we are there as how it became ‘The Salem Cross Inn—you already have one big clue)! The gorgeous early American architecture is decorated with rare artifacts, a museum unto itself. The real work of art, the food! The Inn is famous for using local ingredi-



Join the Friday Lunch Club

Join new found friends for a Friday lunch date! There are many good restaurants around, some classics some new! Let's try them Meet us there or ride our van (reservations required) The only criteria is you have fun! Every place we pick is casual, and we try to choose quality restaurants that serve to a budget.

Would you like to try a special place? We are open to suggestions.

September 28st *Barbers Crossing*

October 26th *Olive Garden*

Reserve your ride at 978-733-4076

Another redo! Never hurts to ask twice !

Brace yourself. I have a favor to ask of you. It may be helpful to know it is for a very good cause. Would you help 'The Unforgettables' as we walk for Alzheimer's research? Of all the great causes that deserve support, why are we directing our efforts for this one? Allow me to explain.

Our mission is to improve lives of Lancaster seniors and their caregivers. It seems simple enough— it is not. One of the biggest challenges we face is helping families, or worse individuals facing a grim diagnosis complete with the unsurmountable challenges. I could share many examples, but offer just a few. Picture yourself— not being able to sleep for fear of your loved one sneaking out, falling, or breaking something. Even the early stages of Alzheimers can be difficult subtle mood and memory changes strain relationships- no it is not you it may be the first signs of worse to come. The worries continue, Alzheimer's patients are more susceptible to scams —sometimes giving credit cards, or financial information to those that should not have it. Finally, in the end forgetting those they loved most... It is cruel. Having been through it I attest it rips you apart.

Why should you care, after all your family is healthy—right?! Well, at the rate Alzheimer's diagnosis is increasing chances are you will not be spared. Impacts range well beyond the patient, to families, business and caregivers many who have to leave well paying jobs. It is a loss to the community, and strains our health care system and our tax base—simply put it is worth fighting for a cure.

Now, the good news. There have been tremendous breakthroughs in Alzheimer's research. Scientists have identified genetic markers so they are able to direct therapies more efficiently. Studies conclude we can improve life with Alzhiemers for example exercise will improve mental acuity for dementia patients as well as all of our aging brains. There is much to be optimistic about and we will continue to share strategies with you this in upcoming newsletters.

Now we want to be part of the cure, lets make lives better and selfishly it feels good to help. So please help us help everyone and walk with us, or pledge or volunteer. Anything and everything helps and yes, it feels good.



Go The Unforgettables! September 23, 2018

Join us, Donate, or Volunteer ~! Pictured, Team The Unforgettables 2015



Join us for a Pet Memorial Service

A Time to Remember our Departed Pets and Animal Companions

Thursday, October 11th 1pm

Lancaster Senior Center

The service is ecumenical, we include all pets and faiths. Join us to reflect and celebrate the wonderful creatures that have touched our lives.

Please bring a photograph, a pet toy, a collar, a reading or a remembrance



Sheriff's Annual Senior Picnic

Sponsored by

*The Worcester County Reserve Deputy
Sheriff's Association*

Everyone had a fun time at this year's Annual Picnic. There were many gifts, great food and high bingo stakes.

Thank you to Sheriff Lew and the Crew!

From left to right: Pat McDowell, Judy Vaghini, and Charlotte Berry



VAILLANCOURT

Friday, November 9th

Vaillancourt Trip

Join us for an early holiday treat visit the studios of Vaillancourt where artisans create heirloom quality Chalkware figurines and ornaments from antique chocolate moulds. During our tour you will see how the process of creating each step and watch the artisans at work. You will have a chance to shop, holidays are just around the corner! Everyone leaves with an ornament! On the way home we stop for lunch and 'awesome bread' at Birchtree Bread Company in the Crompton Building. Yes, yes we will have enough time for you to shop the collective downstairs- only if you promise to be good.

We leave the Center at 9 a.m. after a quick continental breakfast. Following our tour we lunch and shop and return to the Center by around 2. A morning of fun and friendship! \$22 Lancaster Seniors/\$24 all others. Includes, tour, ornament and transportation. Lunch is not included. Reserve at 978-733-4076

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.

Emergency Contacts are required for all trips at time of registration

Details and Questions 978-733-4076



Center Village Table Gardens

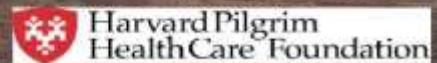
An intergenerational
community garden and
cooking project

Interested?

www.ci.lancaster.ma.us

Or 978-733-4076

Generously supported by



The Get Dirty Garden Series – Spring Series

Free Classes by reservation!

Tuesday Classroom Programs from 10-11am *

Garden time 11-12

Thursday Garden 10-11:30am *

Healthy Lunch & Cooking Tip or Demonstration 12 pm

Center Village Table Thursday Lunch Club

All Welcome! 12pm * Healthy Lunch & Demonstration Tip

September 27th

Seafood Pasta with Tomato and Crushed Olives!

October 4th

One pot Harvest Bounty Spaghetti

October 11 th

Fried Green Tomatoes!

October 18th

Get to the Bottom of it! Roasted Root Veggies

October 25th

Harvest Soups



HEALTH & FITNESS

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

Chair Yoga with Julianna

Get fit while you sit or stand.

Tuesday 10:30 am

\$5 each or 6 for \$25

Gentle Hatha Yoga with Louise

Improve your balance and keep
your range of motion

Mon & Thurs 11 am, Sat 9:30 am

\$10 per session

Tai Chi with Jeff

Series of movements performed in a
slow focused manner with deep
breathing

Monday at 9:30 am, Tuesday 6 pm.

\$5 each or 6 for \$25

INSANITY LIVE with Pam Weir

A fun cardio based total

body conditioning workout.

Mon 7pm

\$10 per class

BALLROOM DANCING with Jim Cole

STARTS BACK UP LEARN FROM THE BEST!

Thurs 6pm beginner, 7pm intermediate

September 6th

\$13 per class or 3 for \$30

Lancaster Keep Moving Walking Club

Striders and strollers welcome.



LEARN TO DANCE!

Ballroom Dancing starts Thursday September 20th

Two levels of dance: Beginner 6pm / Intermediate 7pm

\$13 drop in \$10 if purchase 3 or more sessions

Also available for private lessons \$75
hour

Jim Cole SUNSTRIKE DANCESPORT

Lancaster Community Center Gymnasium

HELPFUL NUMBERS and WEBSITES

SHINE

Free health insurance counseling and assistance
1-800-243-4636 press 3 TTY: 1-800-872-0166
www.shine.org

PRESCRIPTION ADVANTAGE

State prescription drug assistance program
1-800-243-4636 press 2 TTY: 1-877-610-0241

MASS HEALTH

1-800-841-2900 TTY: 1-800-497-4648
www.mass.gov/eohhs/gov/departments/masshealth/

MASSACHUSETTS HEALTH CONNECTOR

1-877-623-6765 TTY 1-877-623-7773
www.mahealthconnector.org

MCPHS PHARMACY OUTREACH PROGRAM

Prescription drug assistance
1-866-633-1617

MEDICARE

1-800-633-4227 TTY 877-486-2048
www.medicare.gov

MEDICARE ADVOCACY PROJECT

Legal advice and assistance
1-800-323-3205

SOCIAL SECURITY

1-800-772-1213 TTY: 1-800-325-0778
www.socialsecurity.gov

MASSACHUSETTS EXECUTIVE OFFICE OF ELDER AFFAIRS

1-800-243-4636
Mass Relay 711 1-800-548-2547 (voice)
TTY/HCO: 1-800-548-2546
www.800ageinfo.com

SHINE

Serving the Health Insurance Needs of Everyone **SHINE Counselors are available**

Tuesday's 9 am—3 pm By Appointment Only 978-733-4076

"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".

Links to the online episodes can be found at www.shinema.org

Blood Pressure and Wellness Clinics

Lancaster Community Center

OPEN TO ALL RESIDENTS

1st Tuesday of the month from 8-10am

Your Local board of health provides a town nurse to serve as a free resource in an effort to improve and protect the health of the community

Come & Visit with the Town Nurse

Courtesy of the Nashoba Associated Board of Health



Keep Well & Blood Pressure Clinics

Free and open to residents age 60 and over.

Services include health assessments (blood pressure, blood sugar, and weight monitoring; cardiopulmonary assessments, etc.), teaching (medication, diet, disease management, preventive health, etc.), and referrals to community resources.

4th Tuesday of the Month

8 am—10am

Provided by



VNA Care

Interested in Learning; Mahjong?

Talk about keeping your brain 'fresh and supple', *play Mahjong!* A great game played with 144 tiles, dealt in 'hands', some liken it to rummy. We have some fun people willing to help teach. We are planning on small group lessons, or one on one. Tuesday afternoons or by appointment. Call for details, or just tell us you are interested.

INTERESTED IN TUESDAYS?

(978) 733-4076 or dtraylor@lancasterma.net



Scrabble Group –Free! Join in.
Tuesdays at 2-4 Lower Level
Snacks, fun, friends.
Just come on down.

Every Tuesday at 1pm-3pm
Everyone is welcome! Treats and fun!

25 cents per every three cards
Bring your quarters, odds are better than the lottery!
We provide free coffee, treats and prizes!
Come early for lunch at 11:30



Bridge Fridays 1-4

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. Fridays 1:00-4:00
Free! calling ahead is strongly suggested
Questions Call Jean at 978-273-2418

ALFA Fall Schedule out now.

Interested in more quality events?

Look at ALFA (Adult Learning in the Fitchburg Area)

Some great adult classes, inexpensively!

<https://www.fitchburgstate.edu/offices-services-directory/alfa/>

Friends Farmer's Market

Tuesdays 8:30-11:30

Or until we run out!



***Eat Well and Support local vendors
and farmers***

Spaces Available

Questions or to reserve call

Deb 978-706-1090 c617-610-4603



Lancaster Cultural Council is currently accepting online grant proposals from organizations, schools and individuals to support artistic projects, cultural events and activities in Lancaster and surrounding communities.

To submit a grant proposal, visit
www.mass-culture.org.

Application deadline is
Monday, October 15, 2018.

The Lancaster Cultural Council gathers input from the community every three years and develops funding priorities used to award grants locally for arts, humanities and interpretive science projects.

Check out the 2018 Lancaster Cultural Council survey results here

https://www.ci.lancaster.ma.us/sites/lancasterma/files/uploads/2018_cultural_council_survey_results.pdf

Bolton Repair Café

Saturday Sep 29th 9am - 1 pm

Florence Sawyer School,

100 Mechanic Street in Bolton

Provided by The Rotary Club of Nashoba Valley, with help from Bolton Local. Residents of Bolton and surrounding towns are invited to come and find out what a Repair Café is all about.

Bring your items that need repair, and knowledgeable volunteers will help you try to fix them for free. ***The volunteers can work on items such as clean mendable clothing, knitted and crocheted items, lamps, small appliances, computers and other electronics, bikes, outdoor power equipment, toys, and jewelry. They can also sharpen knives, scissors, and garden tools.*** You only pay for needed parts. If you know what parts are needed, please get them ahead of time and bring them to the Repair Café to save time.

We will continue our activity for kids at this event. Bring your children or your grandchildren so they can work on taking something apart at the supervised take-apart table to see how it works. Putting things back together and fixing things is not expected.

For a calendar of upcoming repair events in Massachusetts, go to this link:

<http://www.boltonlocal.org/initiatives/repair-cafe>



Saving Summer A Sand Cast Leaves Workshop

Join us to learn how to preserve the lovely leaves of summer to enjoy them later as garden ornaments or even better as bird baths, or bird feeders. Taught by Sandy Reardon, our Get Dirty Garden Manager and acclaimed artist will share her secrets with us. Sandy has exhibited and sold her leaves which truly are a work of art. This is a two day workshop. All materials, including gloves and leaves are provided. Week two you may want to bring a cardboard box to bring your creation home. To end up with something this beautiful you need to be prepared to 'get dirty' so don't wear your Sunday best. Class size is limited so we have space and enough time to help each of you. If you have a special leaf you wish to immortalize please call us first, or send a picture. We want to make sure it fits!

September 18th (Tuesday) and 20th (Thursday) 10am—12pm

Fee \$20 Lancaster Seniors, \$23 all others.

978-733-4076 or dtraylor@lancasterma.net

Painting the Landscape in Pastel: A one day workshop with Jacob Aguiar



Have you just started painting in pastels and want to expedite your learning, or are you an experienced pastelist looking to change things up in a friendly but challenging environment? In this workshop, critically acclaimed artist Jacob Aguiar will guide you through his process of creating pastel landscape paintings en plein air and in the studio. Focusing on the foundations of successful representational art, including composition, values, color, and drawing; and including specific exercises such as creating notans, small color studies, and underpainting techniques, Jacob will take you through the process of producing landscape paintings in pastel.

Instructor: Jacob Aguiar is a nationally-recognized and award winning landscape pastel artist.

Who should attend: Anyone from the beginner to more experienced pastelist looking for ways to improve their work. Jacob provides ample attention at the easel in a fun, encouraging, and judgement-free environment.

Limited space, we are indoors! Sign up early! *Materials not included. List/sources upon registration.*

Dates & Price

Date: 11/10/2018

Time:

Coffee/set up 9-10 Workshop 10-5

Cost: \$125 *coffee & continental breakfast included*

Location

Lancaster Community Center

695 Main Street

Lancaster, MA 01523

United States

For More Info

Lisa Nugent

lisanugent@aol.com

978-870-2868

Reservations:

Alexandra Turner

978-733-4076



Neighborhood “Watch” Pot Luck.. and Horror.....

Watch Parties– Bring your friends and supper!

We provide lemonade and a HUGE TV and maybe some screaming.

Day time

Binge watch 1st 2 episodes on Aug 15th starting at 12:30 pm

Then one episode a week at 12:30pm Wednesday.

Wednesday August 22, Wednesday August 29, September 5

Evenings

Binge watch 1st 3 episodes on August 16^h starting at 6 pm.

Then one episode a week at 7pm on Thursdays.

You may have noticed the movie production going on last year...street closures, ‘dead’ bodies, stars! Lancaster was transformed a small Maine town Castle Rock, the setting for a Stephen King ‘multiverse’. Read, a scary story combining Kings works. Just the kind of flick fun to watch outside with friends (brave, mature friends) Well Castle Rock in now ‘in the can’ and we can’t wait to see it.

Join us for a FREE community viewing. Showings in the COA Kitchen.

Popcorn and drinks available. Feel free to bring your own.



Lancaster MART Van Policies and Fees

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

Fees & Policies

Reservations: Call 978 733 4076 or by email to dtraylor@lancasterma.net

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

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

Please leave your request on our voicemail. Requests will be accepted in the order received, with preference given to medical appointments.

Office hours are Mon—Thurs 9:00 to 12 pm. Messages will be returned next business day by 12 pm.

- ◆ Lancaster Community Center /Senior Center/Town Green Complex: 50¢
- ◆ Service in Town: 50¢ in town, per stop
- ◆ Service outside Lancaster to a contiguous town: \$1 Clinton, or \$2 Leominster/Sterling/Bolton
(Multiple stops may be charged, call for details)
- ◆ Special Events will be priced according to the trip.

Shopping **

Reservations Required

***Rides for medical appointments have first priority. Shopping trips and schedule may change.*

Trips may fill up quickly or be cancelled if there are no reservations. So reserve early if interested!

◆ **Monday 1 p.m.** Clinton Shopping /Errands/Banking- e.g. Hannafords, CVS, Walgreen, Rite-Aid,

downtown Clinton and Lancaster ◇ \$1.00 plus 50c per additional stop

◆ **Wednesdays 1 p.m.** Leominster Shopping - e.g. Water Tower Plaza, Shaws, BJ's, Restaurants

◇ \$2.00 plus 50c per additional stop

◆ **Thursdays 1 p.m.** 117 Shopping - e.g. Walmart, Aldi's, Lowes, Restaurants

◇ \$2.00 plus 50c per additional stop

◆ **1st Fridays 9 a.m.** Whitney Field Mall Leominster return 1 p.m. -e.g Mall stores, Market Basket,

Restaurants◇ \$2.00 plus 50c per additional stop

◆ **3rd Fridays 8:15 a.m. Stow Food Pantry and Highland Commons** in Berlin/Hudson - return 1

p.m.◇ \$2.00 plus 50c per additional stop [Inclement Weather Policy](#)

Van will not run if Nashoba Regional School District Delays or Cancels school due to Inclement Weather. Call to check.

Resources and Help

Town of Lancaster

Senior Tax Abatement Program

Work off your taxes and help the town too!

Applications for the 2019 Tax year are still available!

Want to help your town,

While working for a reduction in your real estate taxes.

If you are 65 or older and own your own home, you may be eligible to lower your real estate tax bill by performing jobs for the Town of Lancaster.

Application details can be found on the Lancaster Council on Aging website.

This is a work program, we will match your skills and interests to department's needs.

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

Contact Marilyn Largey to learn more.

Phone 978-733-1249 x 1109

Medical Equipment Loan Program

Crutches, canes, commodes, wheelchairs, walkers, some first aid, incontinence, supplies more to loan. (978) 733 4076
mpelletier@lancasterma.net

Veterans Services Department

Richard Voutour 1st SGT USMC RET—Veteran Services Officer

Contact: rvoutour@leominster-ma.gov

Lancaster Office: 978-706-1754 (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

In need?

Food pantry options

WHEAT

Community Cupboard

Tues, Wed, Thurs, 10am-1pm Thurs 5-6pm

Community Café Hours

Monday thru Friday Doors Open at 4:45pm and

Meal is served 5pm – 6pm

508-370-4943

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 to STOW 3rd FRIDAY

\$2, call to reserve

(978) 733 4076

- Transportation
- Housing
- Food Stamps (SNAP)
- Health Insurance
- Budget and Taxes
- Fitness
- Caregiving Issues

We are here to help!

To make an appointment call

978-733-1249

Marilyn Largey at ext 1109

Alix Turner at ext 1102

Free Computer Help

Just starting out? Or getting by but would like to hone your skills.

Laptop has a bug?

Jon Roper is our hero!

Free, thanks Jon.

Tuesday mornings 9 a.m.

Call 978 733 4076

SEPTEMBER LUNCH CALENDAR

\$3.00 suggested donation, reserve one day ahead
978 733 1249 x 1103

If you cannot make it here we offer Meals on Wheels, call 978 733-4076 for a ride or details.
Or MOC 800-286-3441 for nutrition questions

This program is made possible in part by funding from the Executive Office of Elder

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	4 Salmon Boat 210 Dill Sauce 66 Wild Rice Pilaf 140 Summer Blend Veg 24 Rye Bread 150 Diced Pears 5	5 Special Vegetable Soup 115 Breaded Chicken 573 Francaise Sauce 19 Garlic Whip Potato 66 Wheat Bread 160 CranApple Crisp 59 D: Apple Cin Grahams 95	6 ChickenCorn Stew 265 Tossed Salad 5 Wheat Dinner Roll 105 Fig Bar 65 Diet Gingerboy 60
	No Meals Served Total Sodium: 720 mg Total Calories: 602	Total Sodium: 1117 mg Total Calories: 709	Total Sodium: 566 mg Total Calories: 528
10 Beef Bolognese 163 Penne 1 Mixed Veggies 88 Italian Bread 230 Snack N Loaf 115 D: Grahams 95	11 Egg Drop Soup 167 Grilled Chicken 320 Honey Ginger Sc 28 Brown Rice Pilaf 150 Wheat Bread 160 Pineapple Whip 87	12 Cold Plate Chef's Salad 245 (Turkey, Egg, Cheese, Romaine) Pasta & Red Pepper Salad 231 Dinner Roll 132 Fresh Fruit 1	13 Roast Pork 73 w/Apple Gravy 23 Yams 31 Tossed Salad 5 Wheat Bread 160 Applesauce 15
Total Sodium: 722 mg Total Calories: 783	Total Sodium: 1037 mg Total Calories: 605	Total Sodium: 734 mg Total Calories: 615	Total Sodium: 432 mg Total Calories: 559
17 Grilled Chicken 320 Pesto Cream 70 Orzo Spinach Pilaf 57 Genoa Blend Veg 45 Multigrain Bread 164 Mixed Fruit 10	18 Potato Pollock 273 Tatar Sauce 100 Whipped Potato 66 Tossed Salad 5 Wheat Bread 160 Peaches 5	19 Minestrone Soup 152 Meatballs in Marinara 210 94 Cavitappi Pasta 1 Italian Bread 230 Fresh Fruit 1	20 Beef Stew 200 Brussels Sprouts 12 Biscuit 340 Blueberry Buckle 360 D: Maple Grahams 115
Total Sodium: 791 mg Total Calories: 575	Total Sodium: 734 mg Total Calories: 680	Total Sodium: 813 mg Total Calories: 702	Total Sodium: 1037 mg Total Calories: 864
24 Cheesy Cauliflower Soup 319 BBQ Beef Patty 139 On a Bun 230 Tater Tots 29 Blueberry Yogurt 75	25 Chicken Picatta 358 Tri-Color Rotini 1 Spinach 65 Wheat Bread 160 Choc Chip Cookie 160 D: Choc Grahams 100	26 Roast Pork 73 Rosemary Gravy 83 Au Gratin Potato 132 Tossed Salad 5 Multigrain Bread 164 Raisins 4	27 Cold Plate Cranberry Chicken Salad 323 Macaroni Salad 206 3 Bean Salad 89 Wheat Dinner Roll 160 Pineapple Chunks 1
Total Sodium: 917 mg Total Calories: 882	Total Sodium: 869 mg Total Calories: 771	Total Sodium: 586 mg Total Calories: 707	Total Sodium: 904 mg Total Calories: 755

Dried Cranberries
Oh so nutritious!

Coming in September:
Free Cranberries
(One Free 30 oz. Bag for
each Meals on Wheels
Client)

Cranberries are native to the United States and Canada. Traditionally, Native Americans used cranberries as food, in ceremonies, and medicinally. The first commercial cranberry beds were planted in 1816. Today cranberries are farmed on approximately 40,000 acres across the northern United States and Canada.



Nutrients: Cranberries are an excellent source of vitamin C and a good source of dietary fiber and vitamin E. They're a potent source of flavonoids, which prevent E coli from adhering to the cells lining the urinary tract and, in turn, may avert urinary tract infections. This same effect may help prevent bacteria from causing gastric ulcers. The antioxidant properties of cranberries may also support cardiovascular health. 1/3 cup cranberries provide 2 grams of fiber w/the majority insoluble.

Enjoy cranberries in hot or cold cereal, muffins, stuffing, chicken salad, tossed salads, trail mixes or in any recipe for a chewy sweet & sour treat!





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

Every 2nd Wed. Noon

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Macaroni & Cheese 488 Stewed Tomatoes 150 Dinner Roll 132 Diced Peaches 5 Total Sodium: 900 mg Total Calories: 742	2 Vegetable Soup 115 Chicken Teriyaki 221 Veg Fried Rice 98 Wheat Bread 160 Almond Cookie 181 D: Grahams 95 Total Sodium: 895 mg Total Calories: 780	3 Shepherd's Pie 136 Tossed Salad 5 Multigrain Bread 164 Strawberry Cup 4 D: Strawberry Yogurt 75 Total Sodium: 509 mg Total Calories: 646	4 Wh Bean&Kale Soup 211 Grilled Chicken 347 Florentine TriColor Pasta 1 Wheat Bread 160 Fresh Fruit 1 Total Sodium: 845 mg Total Calories: 577	5
	9 Haddock Newburg 364 Wild Rice Pilaf 140 Glazed Carrots 64 Multigrain Bread 164 Applesauce 14 Total Sodium: 871 mg Total Calories: 520	10 Mulligatawny Soup 120 CranOrange Chicken 338 Yugen Gold 5 Potatoes Wheat Bread 160 Loma Doones 100 Total Sodium: 848 mg Total Calories: 501	11 Swedish Meatballs 220 Egg Noodles 4 Tossed Salad 5 Rye Bread 150 AppleStreusel Cake 191 D: Cin Apples 10 Total Sodium: 695 mg Total Calories: 684	12
No Meals Served				
15 Beef Chili 260 Brown Rice 5 Mixed Vegetables 88 Wheat Bread 160 Mixed Fruit 10 Total Sodium: 648 mg Total Calories: 707	16 Corn Chowder 172 BBQ Chicken Breast 402 Chantilly Potatoes 238 Wheat Bread 160 Pineapple Whip 87 Total Sodium: 1184 mg Total Calories: 672	17 Turkey a la King 381 White Rice 4 Carrots 64 Buttermilk Biscuit 340 Applesauce 14 Total Sodium: 928 mg Total Calories: 552	18 Butternut Bisque 149 Pork w/Apple Sauce 78 Spinach Orzo Pilaf 57 Multigrain Bread 164 Fresh Fruit 1 Total Sodium: 574 mg Total Calories: 655	19
22 Autumn Harvest Sp 233 Chicken w/ Red Pepper Sc 419 Quinoa with Roasted Veggies 150 Multigrain Bread 164 Vanilla Yogurt 50 Total Sodium: 1141 mg Total Calories: 547	23 Breaded Pollock 273 Tartar Sauce 100 Yams 31 Tossed Salad 5 Wheat Bread 160 Diced Pears 5 Total Sodium: 699 mg Total Calories: 691	24 Cr of Broccoli Soup 275 Sw & Sr Meatballs 248 Brown Rice 5 Multigrain Bread 164 Fresh Fruit 1 Total Sodium: 818 mg Total Calories: 615	25 Special Marinated Sk Tips 272 Scalloped Potatoes 125 Peppers & Onions 27 Dinner Roll 132 Choc.Chip Cookie Bar 154 D: Choc Grahams 95 Total Sodium: 835 mg Total Calories: 907	26
29 Lasagne w/ Meat Sauce 340 Ital Veg Blend 41 Italian Bread 230 Butterscotch Pudding 230 D: SF Butterscotch Pudding 156 Total Sodium: 966 mg Total Calories: 608	30 Minestrone Soup 152 Cr Pesto Chicken 390 Ziti Pasta 1 Multigrain Bread 164 Strawberry Cup 4 D: Applesauce 14 Total Sodium: 836 mg Total Calories: 594	31 Roast Pork w/Herb Gravy 156 Garlic Mash Potato 66 Peas & Carrots 72 Wheat Bread 160 Spice Cake 245 D:Gingerboy 60 Total Sodium: 824 mg Total Calories: 706	1% MILK: 110 calories, 125mg sodium (included in totals)	

Menu item 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 (978) 785-5340, awelch@mcinc.org. To Cancel a meal call (978) 345-8501 EXT 2 or Donna at 978-733-4076. To Reserve CALL Sue 978-733-1249 ext 1108



We have Meals on Wheels- NOW we have Books on the Go!
(Movies and Music Too)
Can't Get Out? Need Meals? Maybe you could use BOOKS and Movies too!
We will bring them to your door!
 With the help and support of the Thayer Memorial Library
 Questions: Call us at 978-733-4076



The Lancaster Community Center (LCC)

*The all ages hub for community events.
Nurturing the Body, the Mind, and the Soul*

www.ci.lancaster.ma.us

And on Facebook www.tinyurl.com/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.



Become a Friend of the Lancaster Seniors! 2018 Annual Appeal for Donations

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!

The Friends works in the background to financially support seniors and activities at the Senior Center. We provide funds to subsidize trips and meals, as well as supplies for the Senior Center (free coffee, for one thing). In addition, we provide money to help fund the Community Services Liaison, a position that has provided invaluable services to our senior population. We have spent over \$5,000 this past year (2017) alone to support the Senior Center and its programs!

Our popular Pancake Breakfast continues to be a major source of funds for the Friends. Join us every Tuesday from 7:30-9:00AM and enjoy blueberry pancakes, French toast, sausages, scrambled eggs, fruit, coffee, and OJ. All you want for a mere \$3 suggested donation. You can't beat that!

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! Ask for David James the next time you are at the Senior Center or donate using PayPal on our web site!

Website: <http://FriendsoftheLancasterSeniors.org>

Email: 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 David James at 978-263-7962.

Name: _____

Address: _____

Email: _____

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

Thank You for supporting Lancaster Seniors!



We welcome everyone!

Office hours

Monday-Thursday 9-12

Or for special events



To all our amazing volunteers, without your help we could not run the Center! Even an hour or two makes a huge difference-thanks!

To **Shaws** of Clinton for donating pastries.

A big thank you to **River Terrace** for matching funds! Clear Summit, Lancaster Applefields, Stow, To **Harvard Community Health Foundation** for their generous support, and **MCOA**.

Special Thanks to:

John J, Linda, Joan, Celeste, Bridget, Sue, Deb, Bev and Deb, Jude, Robert, Claire, Nicole, Shelia, Jon, Jay, Jean, Dick, Sue, Marie, Maribeth, Kathy and Lyn, Sean, Cindy, Fred, Katherine, Fred, Nancy, Laura, Dave, Sandra, Judy, Michele, Pam, Gretchen, Kathy, Joe, John G, Marie, Mark, Marilyn, Melissa, , Marie, Kathy, Micheline, and so many more for all their hard work

OUR WISH LIST

We need VOLUNTEERS, COA committee members and active Friends of Lancaster member

We can use all your talents, just call or drop by. Serving, meal delivery, crafts, exercise monitors office, gardening and more! For a full list of volunteer opportunities please visit our website.

Check out our swap shop! Share, and Reuse

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.

Please Join us!

**Council on Aging Meeting
Open to all *Bring ideas,
and suggestions. Stay for lunch!**

**Wednesday
August 15th
at 9:00 AM
Senior Center**

Go Green!

Sign up for updates and electronic Community Crier
<https://www.ci.lancaster.ma.us/subscribe>

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



Follow us on **Facebook**
www.tinyurl.com/lancastercc