



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, Kathy Codianne
February_March , 2018 (978) 733-1249 , fax (978) 733-4076 Alexandra Turner, Director. Melissa Pelletier, Marilyn Largey

The Great Souper Bowl



Potluck!
February, 16th
5 p.m.



The Pats did not make it, they will next year!
We can still enjoy a good Souper Bowl.
Eat well with friends and neighbors!
Appetizers & mingling at 5
Crock Pots break open at 5:30

**Don't cook? Don't worry! We need bread, appetizers,
beverages and SOUP!**

Healthy Winter 'Emerald Green Salad' too
Thanks to Harvard Community Health Foundation



Call and let us know what you will bring!
978-733-4076

More Winter fun, Save these dates too!

February Vacation Fun Days
20th, 21st and 22nd

Details inside

Road Trips!

- ◆ **Georgia O'Keefe at the Peabody Essex**
- ◆ **Maine! Kennebunk and Portland**

Thoughts from the Friends

As the Friends of the Lancaster Seniors, Inc. enters our sixth year **(doesn't seem possible!)**, I want to **wish everyone a Happy Valentine's Day**, and thank you for your generous support over the years. Through your generosity we have been able to provide fuel assistance, subsidized meals, trips, events, and much more. Our weekly Tuesday (7:15-9:00am) pancake breakfast continues to be a consistent fund-raiser, but it is, also, one of the most popular ways for folks to socialize and catch up **with each other. If you haven't been to one of our breakfasts, you don't know what you are missing! I have often been told, "there is no place I'd rather be on Tuesday mornings than right here!"** School Vacation weeks are *especially* fun as Alix and her team offer all sorts of activities for the kids, and Alix takes over the griddles and makes the most *creative* **pancakes you've seen!** See you Tuesday!

David R. James, President
Friends of the Lancaster Seniors, Inc.



Join us! Free. *All ages welcome*
Family Vacation Fun Days!!

Feb. 20th, 21st & 22nd

At the Lancaster Community Center
695 Main St. Behind the library. *Call us 978-733-4076*

SAVE THE DATE!

Check our Facebook page for a complete schedule and updates

Tuesday, Feb 20th

8-9 a.m. Family Pancake Breakfast Chocolate Chip, Blueberry and more Pancakes, French toast, Fruit, Scrambled Eggs, Sausage, OJ, Coffee, Tea & Hot chocolate.

Thanks to the Friends of Lancaster Seniors! \$3 Donation Appreciated!

9-12 p.m. Free Craft Stations! Kinetic & Moon Sand Station, Pinecone Birdfeeders, Make your own beaded bracelets. And more!

10:30-12 p.m. NERF Wars! BYOG. We will have some guns to borrow, we supply the bullets (*NO Bullets go home*-you bring them, they stay here).

12-1 p.m. Fun Lunch time! A fun menu of Hot Dogs, Grilled Nutella & Banana sandwiches, Mac and Cheese, Juice Soup and Salad for the older set! \$3 Donation Appreciated

5 p.m. Fire and Ice Outdoor family gathering with the help of Win, Jeanne and Recreation! Join us at the rink is located just behind the LCC. Bring your own skates.

We will have the fire pit stoked so bring your dogs, or smore making materials. Don't have snowshoes? We have extra. (*S'more Station*)?

Wednesday, Feb 21st

11 a.m. 1 p.m. Free Kids Pickleball Lessons! (ages 7-12) **Don't know Pickleball? It is a highly addictive indoor/outdoor sport-the fastest growing in the country. Try it you will like it!** RSVP required so we have space and paddles

Thursday, Feb 22nd

11:45-2:30 Lunch and Free Hike: Jeannie will lead us through the magical Parker woods. Prior to our shuttle leaving you can join us for lunch, another yummy kid friendly menu and home-made soup and salad for the older hikers. We appreciate an RSVP. Lunch \$3



Lunch & Woods Walk
Parker Family Woods
Thursday, February 22

Discover Lancaster!

11:45 am LCC* Lunch

\$3/person soup & salad and a kid friendly menu w/Mac&Cheese, grilled dogs, applesauce, etc. OR bring your own.

12:45 pm Depart for Walk

We will carpool and van over to Parker Family Woods for a beautiful less than one mile walk on nice trail w/small pond.

Lancaster Community Center (LCC) is behind the town green & library in a renovated school at 695 Main St.

Questions?

Jeanne Blauner, jablauner@comcast.net, 978-202-5606

Presented By Lancaster Recreation & Community Center

Join us for a road trip to the
Peabody Essex Museum
to see

Georgia O'Keeffe
Art, Image, Style

March 23rd

Join us to travel to the wonderful Georgia O'Keeffe exhibit before it leaves our area. We meet for a light breakfast and head out to Salem to get to the Museum for opening. There you will have time to visit the exhibit, shop and several other special exhibits opening soon. We plan to stop at a very special tea shop before leaving Salem. On the way home we stop at the highly regarded restaurant Joe Fish for a late lunch. We hope to be home before rush hour

Lancaster seniors \$26/others \$29
Includes trip and museum admission. Lunch is not included.
Reservations 978-733-4076

Save the Date!

May 31st –June 1st

Coastal Maine Overnight! All aboard

An overnight to Portland Spa Hotel and a limo tour of Kennebec Port and the area.

Details in the April newsletter.



LANCASTER COMMUNITY CENTER *APRES PANCAKE SPEAKER SERIES*

DEFINING THE FINE LINE BETWEEN COLLECTING AND HOARDING

Tuesday, February 6th 9am

Need to downsize? Do you have a tough time parting with your possessions? Too much clutter? ClearPath will present a slide presentation that defines the fine line between collecting and hoarding. Get help so you can lighten your load and move on with your life!
Presented by Lynn Faust, Executive Director of MCDC, a regional non-profit.

LEARN ABOUT TOWN'S PUBLIC HEALTH SERVICES THAT ARE AVAILABLE TO YOU!!

Tuesday, March 6th 9 am



Did you know you have a town nurse and a local public health team? Do you know that these services are provided to you by your local board of health in partnership with Nashoba Associated Boards of Health as part of your town assessment? Come meet your town nurses to learn what they do, when you should call them and how to reach them."
*Presented by Tamara Bedard, BSN RN
Community Health Manager*

ASK THE PHARMACIST

Tuesday, March 13th 9 am

Learn about medication safety and meet with a pharmacist. Come with your medications and questions and we will have answers! Sign up for a personal consultation.

Presented by Colleen Massey, Director of Operations,

MCPHS University Pharmacy Outreach Program

MCPHS
UNIVERSITY
Pharmacy Outreach Program

SHOPPING RIGHTS

Tuesday, March 20th 9 am

Learn about the Mass Office of Consumer Affairs, expressed & implied warranties, return policies, defective merchandise, pricing discrepancies, and shopping online, through the mail or television.

*Presented by Robin Putnam Research and Special Projects Manager
from the Office of Consumer Affairs and Business Regulation*

Marilyn Largey
Community Service Liaison
Phone 978-733-1249 ext 1109
mlargey@lancasterma.net

Need help with caregiving, housing, transportation or another issue? We will do our best to find to help you. Don't be shy to ask for help about anything else too, we have a great staff and good support to help make your life in Lancaster better. Call Marilyn at ext 1109 or Alix at ext 1102



It's TAX SEASON again!

That task we seem to procrastinate doing.

With the changing rules it's important to get help from a professional for every possible advantage.

And depending on your stage in life there are different things to watch for.

If you need help with your taxes here are a couple organizations that can help.

These sites fill up fast so get your appointment booked now!

Don't forget to ask about the Senior Circuit Breaker Tax credit. You may just get some 'extra money'



AARP Foundation Tax-Aide offers free, individualized tax preparation for low-to moderate-income taxpayers - especially those 50 and older
All centers' are By Appointment Only

CLINTON SENIOR CENTER 978-365-9416 271 CHURCH ST, CLINTON TU & FR: 9:00 AM - 1:00 PM	LUNENBURG SENIOR CENTER 978-582-4166 25 MEMORIAL DR, LUNENBURG FR: 09:00 AM - 01:00 PM
LEOMINSTER PUBLIC LIBRARY 978-534-7511 30 WEST ST, LEOMINSTER SA: 9:30 AM - 2:30 PM	LEOMINSTER SENIOR CENTER 978-534-7511 5 POND ST, LEOMINSTER MO & WE: 9:00 AM - 12:30 PM
STOW SENIOR CENTER 978-897-1880 380 GREAT RD, STOW	AYER SENIOR CENTER 978-772-8260 18 POND ST REAR, AYER
FITCHBURG PUBLIC LIBRARY 978-829-1780 610 MAIN ST, FITCHBURG TU & THU: 12:00 PM - 5:00 PM	



VITA IS A PROGRAM OF THE
MONTACHUSETT OPPORTUNITY
COUNCIL, INC
133 PRICHARD STREET
FITCHBURG, MA 01420
978-345-7040 ext. 24

Volunteer Income Tax Assistance Program (VITA)

For individuals and families with income up to \$54,000

Taxes are prepared by IRS-trained and certified Volunteers.

They will prepare and E-File your taxes for free.

MONTACHUSETTS OPPORTUNITY
COUNCIL

133 Prichard St.
978-345-7040

Call to schedule an appointment between M-F 8:30 –
4:30, no voicemails will be returned.

Appointments times

Tuesday and Thursday evenings 5:30 pm– 7pm

Saturday 9am - 2pm

INTERNET RESOURCES

What to Bring to tax prep appointments: <https://www.irs.gov/individuals/checklist-for-free-tax-return-preparation>

6 Tax Tips for Family Caregivers: <http://www.aarp.org/home-family/caregiving/info-02-2013/6-tax-tips-for-family-caregivers.html>

Free E-File Options <http://www.mass.gov/dor/individuals/filing-and-payment-information/filing-options/free-filing-and-preparation/free-tax-filing-information.html>



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 mpelletier@lancasterma.net
48 BUSINESS hours' notice to reserve a ride**

Reservation requests may be placed by phone, or email. 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.

NEW RATE (EFFECTIVE MARCH 1st) 2018 - 50¢

- ◆ Lancaster Community Center /Senior Center/Town Green Complex:
- ◆ 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 ◇ \$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.

HEALTH & FITNESS

All activities are held at the Lancaster Community Center
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
\$5 each or 6 for \$25

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
Learn from the best!
Thurs 6 pm—\$13 per class or 3 for \$30

Lancaster Keep Moving Walking Club
Striders and strollers welcome.
Tues & Thurs 9 am
FREE

PICKLEBALL

\$3 per session

Schedule subject to change. Call to confirm times 978-733-4076

Or check our website <http://www.signupgenius.com/go/409044ea5a623a1fb6-20172018>

	Mornings	Afternoons	Evenings
Monday	Time: 9-11:00 Reserve on SignUpGenius	Time: 1-3:00 Open/No reservation needed	Time: 6 – 8:00 Open/No reservation needed
Tuesday			
Wednesday	Time: 9-11:00 Reserve on SignUpGenius	Time: 1-3:00 Open/No reservation needed	Time: 6 – 8:00 Open/No reservation needed
Thursday		Time: 1-3:00 Reserve on SignUpGenius	Time: 7:15-9:15 Open/No reservation needed
Friday	Time: 9-11:00 Reserve on SignUpGenius		
Saturday	Time: 8-9:00 Reserve on SignUpGenius		
	Time: 9-11:00 Open/No reservation needed		

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



PLAY SCRABBLE EACH WEEK @ THAYER MEMORIAL LIBRARY

THURSDAYS @ 6:00 p.m.



T₁

M₂

L₁

Benefits of playing SCRABBLE

- Improves spelling abilities
- Improves language skills
- Improves math abilities
- Improves anagramming or "forming words or phrases by rearranging its letters"
- Enhances strategizing abilities
- Enhances social and/or family life
- Builds self-confidence
- It's fun

Every Tuesday at 12:30 pm-2:30

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



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

First Run Free Movies!

You heard it here! New(ish) & free!

Every Monday at 1 pm at the Thayer Memorial Library

In the Dexter Room. Just show up! Check out www.thayermemoriallibrary.org for more details on the upcoming movies *shhh. We can't name them here but they are good Stop by the Community Center for lunch or lemonade on the way over.

Resources and Help Recreation

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

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.

Are you 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 departments needs.

<https://www.ci.lancaster.ma.us/council-aging>

Contact Marilyn Largey to learn more.

Phone 978-733-1249 ext 1109

mlargey@lancasterma.net

Medical Equipment Loan Program

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

mpelletier@lancasterma.net



In need?

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

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

We are here to help!

To make and appointment

Marilyn Largey at ext 1109

Alix Turner at ext 1102

The Great Outdoors!

Lancaster Garden Club

presents

The Spring Garden

with Cheryl Monroe

Get your garden ready for



spring!

- *what to prune now and why
- *tool sharpening demo
- *flower bed clean up
- *transplanting
- *bulb care
- *lawn care
- *pest control
- *and more.....

Sunday, March 18th 7:00 p.m.

First Church of Christ Unitarian
725 Main St. Lancaster

Free to Lancaster Garden Club members*



Camellia House Tour

February 18th, Sunday at 1 p.m

Join us for insiders look at the fabulous Camellia collection at Liberty Hill. Chris Jacobs, award winning horticulturist leads a tour of their 'home' an antique glass house. This is a very special place.

Thanks to Chris, and Liberty Hill Farm.

Liberty Hill Farm

325 George Hill

Lancaster MA 01523

*Arrive at 12:45 to join! \$20 annually

GET DIRTY GARDEN SERIES

A Series of all ages Gardening and Cooking Classes

February 26th 3:30 pm

Homemade Seed Paper and Healthy Power Snacks!

Learn about gardening and nutrition.

Interested in joining our Community Garden?

We have several raised beds available for the 2018 season, sign up!

The mission of our garden project is to bring people of all ages together to learn, grow, and nurture our minds, body, and the whole community.

Thanks to Harvard Community Health Foundation for their support Contact Aflix Turner for details 978-733-1249 ext 1102



Harvard Pilgrim
HealthCare Foundation



Center Village Table Gardens

An intergenerational
community garden and
cooking project

Interested?

www.ci.lancaster.ma.us

Or 978-733-4076

Generously supported by



Free! Get Dirty Garden Program 2018 & The Center Village Table

The mission of our garden project is to bring people of all ages together to learn, grow, and nurture our minds, body, and the whole community.

Thanks to Harvard Community Health Foundation for their support

Join us! What do we give you? We use natural organic, gardening methods for growing vegetables in high raised bed gardens. We offer classes to teach members about planting, growing, and cooking. If you choose to we will share a garden bed with natural compost and soil, some plants and seeds, you are welcome to add to these. We provide most supplies, storage, tools and lots of learning! You will also receive a membership to the Center Village table, which includes early admission to workshops, and first chance to register for Farm to Fork dinners, and reduced tickets for income eligible participants.

- **February 26th, 3:30—5:30 ‘Homemade Seed Paper and Healthy Power Snacks**
- **March 19th. Seeds Glorious Seed Starting: Let the gardens begin! Cooking**

Free! Garden Bed Sign Up and Lottery NOW OPEN





Interested in Gardening? We have a free bed open for you. All it takes is a willingness to learn & share. Interested? See Alix or Marilyn at the Center or give us a call 978-733-4075
Thanks to Harvard Community HealthCare Foundation for making this possible.



FEBRUARY 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 details
 Or MOC 800-286-3441 for nutrition questions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 Multigrain Sp 120 Roast Pork w/Apple Gravy 89 Yams 31 Wheat Bread 160 Applesauce Cup 14 Total Sodium: 539 mg Total Calories: 636
5 Cream of Broccoli 275 Beef Patty w/Onion Gravy 226 Sr Cr & Chive Mashed Potato 94 Multigrain Bread 164 Diced Peaches 5 Total Sodium: 889 mg Total Calories: 766	6 ~Special~ Stuffed Chicken 465 Sweet Potato 35 Cauliflower au Gratin 158 Dinner Roll 132 Almond Cookie 181 D:CinnamonApples 4 Total Sodium: 1096 mg Total Calories: 922	7 Beef Bolognese 223 Penne Pasta 1 Tossed Salad 5 Italian Bread 230 Vanilla Yogurt 50 Total Sodium: 634 mg Total Calories: 638	8 Chunky Tomato Soup 177 Macaroni and Cheese 488 Wheat Bread 160 Diced Pears 5 Total Sodium: 955 mg Total Calories: 731
12 Escarole Soup 52 Chicken Jambalaya 310 Brown Rice 5 Wheat Bread 160 Applesauce 14 Total Sodium: 666 mg Total Calories: 645	13 Roast Pork with Rosemary gravy 149 Garlic Mashed Potatoes 66 Tossed Salad 5 Dinner Roll 132 Mixed Fruit 10 Total Sodium: 487 mg Total Calories: 596	14 Vegetable Soup 240 Broccoli Bake 482 Home Fries 5 Wheat Bread 160 Fresh Fruit 1 Total Sodium: 1013 mg Total Calories: 692	15 Chicken with Apple Berry Sc. 325 Wild Rice Pilaf 195 Brussels Sprouts 12 Multigrain Bread 164 Choc. Mousse 280 D: Choc Mousse 112 Total Sodium: 1101 mg Total Calories: 638
19 President's Day  No Meals Served	20 Beef & Lentil Chili 260 Brown Rice 5 Broccoli 10 Italian Bread 230 Diced Peaches 5 Total Sodium: 635 mg Total Calories: 634	21 Chicken Florentine 347 Cheesy Whipped Potatoes 73 Glazed Carrots 64 Wheat Bread 160 Gingerbread 314 D: Gingerboy 60 Total Sodium: 1083 mg Total Calories: 640	22 Roast Turkey w/Herb Gravy 410 Stuffing 176 Butternut Squash 0 Multigrain Bread 164 Diced Peaches 5 Total Sodium: 880 mg Total Calories: 493
26 Chicken Cacciatore 426 Cavatappi Pasta 1 Riviera Bld Veg 140 Italian Bread 230 Applesauce 14 Total Sodium: 936 mg Total Calories: 539	27 EggDrop Soup 167 Sweet & Sour Meatballs 228 White Rice 4 Multigrain Bread 164 Mandarin Oranges 7 Total Sodium: 695 mg Total Calories: 576	28 Shepherd's Pie 136 Tossed Salad 5 Pumpemickel 155 Blueberry Snack n Loaf 160 D: Loma Doones 100 Total Sodium: 581 mg Total Calories: 628	1% MILK: 110 calories 125mg sodium (included in totals)



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

Here is March's menu—IGNORE FRIDAY —(no lunch in Lancaster on Friday)

MOC Elder Nutrition

Group Dining Menu

All meals include 1 % milk

For Cancellations, please call:
(978) 345-8501 Ext: 2

MARCH 2018

**Indicates higher sodium (>500 mg)

Menu is subject to change

Suggested Voluntary donation \$ 3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>March Is National Nutrition Month!</p>	<p>1% Milk: 110 Calories 125 mg Sodium (included in totals)</p>		<p>1 mg Sodium</p> <p>Split Pea Soup 96</p> <p>BBQ Pork Rib B Que ###</p> <p>Mashed Potatoes 66</p> <p>Dinner Roll ###</p> <p>Cranberry Cake ###</p> <p>Diet Apple Grahams 85</p>	<p>2 mg Sodium</p> <p>Haddock Newburg 364</p> <p>CousCous w/carrots 24</p> <p>Spinach 65</p> <p>Wheat Bread 160</p> <p>Fresh Fruit 1</p>
			<p>Total Sodium (mg): 864</p> <p>Calories: 710</p>	<p>Total Sodium (mg): 1108</p> <p>Calories: 713</p>
<p>5 mg Sodium</p> <p>WhiteBean Kale Soup 211</p> <p>American Chop Suey 288</p> <p>Italian Bread 230</p> <p>Mixed Fruit 10</p>	<p>6 mg Sodium</p> <p>Roast Turkey 330</p> <p>Herb Gravy 80</p> <p>Sweet Potatoes 35</p> <p>Broccoli 10</p> <p>Wheat Bread 160</p> <p>Blueberry Buckle 368</p> <p>Diet Lemon Grahams 95</p>	<p>7 mg Sodium</p> <p>Cheesy CauliflowerSoup 319</p> <p>Chicken Breast with 320</p> <p>Red Bell Pepper Sauce 99</p> <p>Brown Rice 5</p> <p>Multigrain Bread 163</p> <p>Strawberry Yogurt 75</p>	<p>8 mg Sodium</p> <p>Meatloaf with 216</p> <p>Jardiniere Gravy 68</p> <p>Chantilly Potatoes 238</p> <p>Tossed Salad 5</p> <p>Dinner Roll 132</p> <p>Mandarin Oranges 7</p>	<p>9 mg Sodium</p> <p>Broccoli Bake 482</p> <p>Home Fries 5</p> <p>Stewed Tomatoes 150</p> <p>Wheat Bread 160</p> <p>Fresh Fruit 1</p>
<p>Total Sodium (mg): 728</p> <p>Calories: 437</p>	<p>Total Sodium (mg): 763</p> <p>Calories: 549</p>	<p>Total Sodium (mg): 1419*</p> <p>Calories: 796</p>	<p>Total Sodium (mg): 584</p> <p>Calories: 498</p>	<p>Total Sodium (mg): 1081</p> <p>Calories: 866</p>
<p>12 mg Sodium</p> <p>Turkey Corn Stew 464</p> <p>Winter Veg Blend 29</p> <p>Whole Wheat Roll 105</p> <p>Diced Peaches 5</p>	<p>13 mg Sodium</p> <p>Chicken Picatta 401</p> <p>Tri-Color Rotini 1</p> <p>Tossed Salad 5</p> <p>Italian Bread 230</p> <p>Fresh Fruit 1</p>	<p>14 High Sodium Meal SPECIAL</p> <p>Corned Beef Hash* 874</p> <p>Braised Cabbage 25</p> <p>Carrots 64</p> <p>Rye Bread 150</p> <p>Sugar Cookie 181</p> <p>Diet Gingerboy 60</p>	<p>15 mg Sodium</p> <p>Butternut Bisque 149</p> <p>Roast Pork 66</p> <p>Rosemary Gravy 83</p> <p>Red Bliss Potatoes 1</p> <p>Whole Wheat Bread 160</p> <p>Sliced Apples 0</p>	<p>16 mg Sodium</p> <p>Breaded Pollock 273</p> <p>Tartar Sauce 100</p> <p>Macaroni & Cheese 244</p> <p>Coleslaw 101</p> <p>Multigrain Bread 163</p> <p>Blueberry Yogurt 75</p>
<p>Total Sodium (mg): 804</p> <p>Calories: 714</p>	<p>Total Sodium (mg): 863</p> <p>Calories: 740</p>	<p>Total Sodium (mg): 702</p> <p>Calories: 764</p>	<p>Total Sodium (mg): 678</p> <p>Calories: 719</p>	<p>Total Sodium (mg): 1066</p> <p>Calories: 616</p>
<p>19 mg Sodium</p> <p>Grilled Chicken with 320</p> <p>Honey Ginger Glaze 73</p> <p>Vegetable Fried Rice 98</p> <p>Oriental Style Veggies 21</p> <p>Wheat Bread 160</p> <p>Fortune Cookie 6</p> <p>Pineapple 1</p>	<p>20 mg Sodium</p> <p>Gypsy Soup 272</p> <p>Swedish Meatballs 246</p> <p>Parslief Egg Noodles 4</p> <p>Multigrain Bread 163</p> <p>PearCrisp 53</p> <p>Diet: Choc Grahams 95</p>	<p>21 mg Sodium</p> <p>Chicken Rice Bake 327</p> <p>Broccoli 10</p> <p>Wheat Bread 160</p> <p>Fruit Crunch Bar 80</p> <p>Diet Loma Doons 100</p>	<p>22 mg Sodium</p> <p>Beef Stew 200</p> <p>Green Beans 3</p> <p>Biscuit 340</p> <p>Tropical Fruit Cup 10</p>	<p>23 mg Sodium</p> <p>Vegetable Lasagna 370</p> <p>(Extra cheese) 193</p> <p>Tomato Basil Sauce 142</p> <p>Tossed Salad 5</p> <p>Italian Bread 230</p> <p>Fresh Fruit 1</p>
<p>Total Sodium (mg): 848</p> <p>Calories: 795</p>	<p>Total Sodium (mg): 875</p> <p>Calories: 758</p>	<p>Total Sodium (mg): 412</p> <p>Calories: 614</p>	<p>Total Sodium (mg): 712</p> <p>Calories: 713</p>	<p>Total Sodium (mg): 889</p> <p>Calories: 729</p>
<p>26 mg Sodium</p> <p>Corn Chowder 172</p> <p>BBQ Beef Burger 282</p> <p>Baked Beans 39</p> <p>Hamburg Roll 230</p> <p>Fresh Orange 0</p>	<p>27 mg Sodium</p> <p>White Bean Chicken</p> <p>Chili 314</p> <p>Brown Rice 5</p> <p>Tossed Salad 5</p> <p>Corn Bread 291</p> <p>Chocolate Pudding 135</p> <p>Diet: Choc Pudding 156</p>	<p>28 mg Sodium</p> <p>Roast Pork 66</p> <p>Cran Orange Sauce 18</p> <p>Yams 31</p> <p>Brussels Sprouts 12</p> <p>Wheat Bread 160</p> <p>Applesauce 0</p>	<p>29 mg Sodium</p> <p>Potato Leek Soup 131</p> <p>Beef & Cabbage</p> <p>Casserole 301</p> <p>Rye Bread 150</p> <p>Peaches 5</p>	<p>30 mg Sodium</p> <p>"Catch of the Day" 296</p> <p>Lemon Dill Sauce 66</p> <p>Orzo with Spinach 57</p> <p>Calif Veg Blend 22</p> <p>Multigrain Bread 163</p> <p>Berry SnackLoaf 160</p> <p>Diet:Gingerboy 60</p>

****Menu Specifications****

Sodium Totals are listed next to each item individually & totaled below each day.

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

Nutrition Questions? Contact Alex Welch, MA RD LDN @ (978) 785-5340 or awelch@MocInc.org



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.

**The Senior Center
Will be closed
February 19th**



We welcome everyone!

Office hours

Monday-Thursday 9-12



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!

To **Harvard Community Health Foundation** for their generous support, and **MCOA**.

Special Thanks to:

Joan, Celeste, Bridget, Sue, Deb, Bev and Deb, Jude, Robert, Claire, Nicole, Shelia, Theresa, 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 and support.

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
FEB 21th
at 9:00 AM
Senior Center**

Please like us on Facebook

Did you know we are on



Facebook?

www.tinyurl.com/lancastercc

We are closed in honor of
Presidents Day
Monday, February 19th



Go Green!

Sign up for updates on newsletters electronically.
Save a tree and be the first to know!

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