



## TOWN OF LANCASTER EVENTS

April 7, 2020

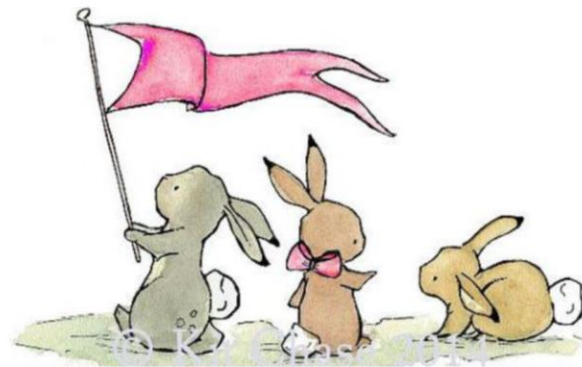
Volume 83 Issue 1

### Inside this issue:

|  |       |
|--|-------|
| Bunny Parade                                   | 2     |
| Emergency Management<br>Director Update 4/7/20 | 3-4   |
| Town Administrator Corvid-<br>19 Update        | 5     |
| Town Services                                  | 6-7   |
| Annual Town Meeting/<br>Annual Town Election   | 8     |
| Current Town Clerk<br>Services                 | 9-11  |
| Perkins School Flyer                           | 12    |
| Thayer Youth Library                           | 13    |
| US Census Information                          | 14    |
| Street Sweeping List 2020                      | 15    |
| Virtual Bingo                                  | 16    |
| Clean Up Days/Month                            | 17    |
| Exercise Flyer                                 | 18    |
| SLCTV Schedule                                 | 19-22 |

# Bunny Parade

## Sunday 1 1:30 a.m.



The Bunny is back to spread some Easter cheer!

*Sponsored by the **First Church Lancaster***

***Lancaster Police** and **Lancaster Fire***

*The Lancaster Community and Senior Center*

# Bunny Parade

## Sunday 1 1:30 a.m.



**Come wave hi to the bunny from your car!**

Please STAY in your car so we all keep a safe distance from each other.

*Route to be posted on the Lancaster website and Lancaster Post Office lobbies.*

## Spring Decorating Contest too!

On the way, check out the decorated houses. *Decorate yours too!*

Count eggs, bunnies- make your own contest at home. Prizes for the Best Decorated House & Craziest!

Parade Route-

Fire Station to MRE parking lot

Main to Mill St.

Cross over High St ext. on to Mill st ext.

Lee St to Maynard st on to Settlers Path to Farnsworth

Settlers Path to Squireshaler Ln around the circle

Houghton to High st ext.

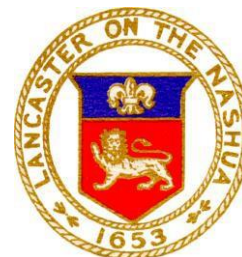
Centerbridge RD return to Fire Station

Many don't know this but the Easter Bunny often dens in the upper level of the First Church bell tower. Usually at this time of year he sneaks out and is very busy at Easter egg hunts or out visiting everyone at the Mall. Well, things are a little different this Easter, that's for sure, and he has come out of hiding to ask for our help. He wants to say hi! But he knows we need to stay apart from each other so he hopes you will wave hi from your car!  
Let's show him some Bunny Love!





**TOWN OF LANCASTER, MASSACHUSETTS**  
**FIRE-EMS DEPARTMENT**



*Michael J. Hanson, Fire Chief*

*1055 Main Street  
Lancaster, MA 01523*

*Tel: (978) 368-4003  
Fax: (978) 368-4006*

April 7, 2020

**COVID-19 UPDATE**

I hope all are doing well. I would like to just reach out and give a few updates on the fire and EMS side of things during this situation.

We want to reassure all our residents that we are ready and available to respond to every and any call we get, we are as prepared as we can be. We have been very fortunate to have amazing people in town make donations of much needed protective equipment and disinfectant.

We want to remind people that if you do start to have any signs of COVID to please call your Dr first. They will then direct you what to do, if you can stay home that is what is recommended, we have been given new guidelines for in home treatment and non-transport of certain cases. Yes if you are having any more serious complications such as shortness of breath or difficulty breathing call 911.

Most importantly we want to let everyone know of our change in responses to both Fire and EMS calls. When we respond with the ambulance for a medical call, our EMT's will be wearing mask, gloves and safety glasses, 1 EMT will approach the patient to make the assessment, you will be handed a mask to wear, and asked about any sickness, or anyone in the house has been sick or fever, or if you have been tested for COVID, these will be asked regardless to why we were called, you may be asked to meet us outside if you are able to. If you cannot come outside we will meet someone at the door as the questions and hand them the mask to put on the patient and ask everyone in the house to wait outside. This is for the protection of all involved.

Normally when we transport someone to the hospital your loved one or family member would come with us or follow to the hospital, unfortunately this is not being allowed right now. You can call the hospital and ask when you can go and they will explain the procedures. Everyone enter a hospital is being screened, and every patient we bring in by ambulance has to have a mask on.

When calling 911 they will ask these questions ahead of time so they can advise us on what level of precaution we need to take. Depending on the answers you may see the EMT's wearing a protective gown which is part of the OEMS protocol for response.

Also on the Fire side of things, if we respond to your house for any reason the firefighters will be wearing mask for theirs and your protection and the same questions will be asked as above.

Don't hesitate to call we train for this and are as prepared as we can be. We are willing to assist in any way we can.

As far as inspections go, the Fire marshals office has released information on selling of homes and closings I will send it to the clerk to post on the towns web site and have it posted on the fire depts. Site as well, we currently are not doing any in home inspections unless it is an emergency situation.

The fire station remains closed to the public but there is a drop box next to the main door for permits and payments or other information or paperwork that you need to get to us. Any questions you can call the station @ 978-368-4003 we are here from 7am till 9pm this is for business or questions only please call 911 for emergencies. You can contact the Fire Chief by email @ [mhanson@lancasterfd.net](mailto:mhanson@lancasterfd.net) as well.

Additionally the drop box at the fire station can be used to drop off payments for the Town Hall as well, or any other paper work you need to get there, we are in contact with them daily.

Thank you all for adhering to all the social distancing guidelines, we are experiencing a pandemic that we cannot put an end date on, but are learning more everyday and know how fast it can spread so please take all precautions, and help flatten the curve. If you must go to the store send one family member, wear a mask, wash your hands, be safe and please check on your neighbors, seniors or others that you know may need assistance and if you have any concerns reach out to us and we will follow up.

We are on daily calls with the state, MEMA, DPH and all our department heads staying informed and up to date on the COVID-19.

Please find a credible source for information, social media is a great tool but unfortunately not everything is true that is posted, I recommend the Mass.gov website there is a COVID-19 link that is updated daily on cases and the numbers and information pertaining to everything COVID, or the CDC website. These will give you real and up to date information and guidelines.

Thank you and stay safe.

*Michael J. Hanson*

**Fire Chief/EMD**

Lancaster Fire-EMS Department

1055 Main Street

Lancaster, MA 01523

Bus: 978-368-4003

Fax: 978-368-4006

[www.Lancasterfd.net](http://www.Lancasterfd.net)



# TOWN OF LANCASTER

701 MAIN STREET

Lancaster, MASSACHUSETTS

CORONAVIRUS (COVID-19) UPDATE

April 7, 2020

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The Town is in a continued local state of emergency due to the COVID-19 pandemic. The Town currently has 6 active COVID-19 cases. Our thoughts and prayers are with those individuals for a safe recovery. In accordance with guidance from the Massachusetts Dept. of Public Health and the Centers for Disease Control, residents should continue to practice safe social distancing and utilize face masks and gloves when needed.

The continued presence of the COVID virus and the potential impact to public health has warranted the continued closure public facilities thru Monday, May 18, 2020. We urge residents and business to continue to work with departments remotely as they have over the past month to continue to complete transactions with the Town. Please refer to previous updates and/or the Town website [www.ci.lancaster.ma.us](http://www.ci.lancaster.ma.us) should you need to find a specific departmental contact.

The Board of Selectmen has voted to move the following public gathering as a safety measure for the public:

The Annual Town Meeting has been re-scheduled to June 22, 2020.

The Annual Town Election has been re-scheduled to June 29, 2020

With recent legislation now signed into law, the Town is enabled to waive penalties and interest on tax payments thru June 30, 2020.

For the most up-to-date public health information, please visit these websites:

Massachusetts Department of Public Health – <http://www.mass.gov/2019coronavirus>

U.S. Centers for Disease Control & Prevention – <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

World Health Organization – <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Massachusetts 2-1-1 – <https://www.211info.org/corona-virus>

Mass.gov: Know, Plan, Prepare – <https://www.mass.gov/know-plan-prepare>

The Town continues to monitor this situation very closely and will provide further updates on the town's website and various social media platforms as new information becomes available:

I would like to thank the community for your patience in assisting public health professionals in doing their part to limit the spread of the virus. Understating the prolonged nature of this event is not easy on individuals and families alike. Please continue to take care of yourselves, and check on friends and family. Our first responders are ready and able to assist as needed

Stay Safe and Healthy

Orlando Pacheco

Town Administrator





**TOWN OF LANCASTER, MASSACHUSETTS  
FIRE-EMS DEPARTMENT**



*Michael J. Hanson, Fire Chief*

*1055 Main Street  
Lancaster, MA 01523*

*Tel: (978) 368-4003  
Fax: (978) 368-4006*

FOR IMMEDIATE RELEASE

March 17, 2020

Lancaster, MA- Lancaster residents, as you are aware the COVID-19 virus has been fluid in its development, and the Town has been working with local and state agencies to understand and prevent the spread of the virus.

**The following directive effective Tuesday March 17, 2020 through May 18, 2020:**

All public buildings, including Town Hall, DPW, Library, and Senior Center will be closed to the public. The public will be able to utilize the Town's web site, [www.ci.lancaster.ma.us](http://www.ci.lancaster.ma.us) to collect phone numbers and email addresses or contact information necessary to reach out to individual departments. A drop box for payments is located by the back entrance of the Town Hall or at the main door of the central Fire Station 1055 Main St.

**Lancaster Fire Department**

The lobby will be closed to the public. Please use the web site to obtain burning permits. [www.lancasterfd.net](http://www.lancasterfd.net). Burning permits will not be done on site. There is a drop box outside the door for anyone needing to drop off paper work. You can call the main number at **978-368-4003** for information and forms can be emailed to you.

All inspectional services are suspended-

**Lancaster Police Department**

The public vestibule will remain open. Forms for accident reports, and License to carry will be available in this area. There is a two way phone where officers can speak to you directly.

License to carry applications will still be processed. For these and any no emergency issues please call ahead before going to the station. We may be able to assist you over the phone or have reports ready for you when you arrive.

**978-368-1380**

### **Treasurer-Collector**

Real Estate, personal Property, and water bills will be mailed by March 27, 2020. Payments can be dropped in the drop box at the back of the Town Hall or at the Main Fire Station drop box. (NO CASH)

We also offer payments through Invoice Cloud or they can be mailed to the Lockbox in Woburn (Town Of Lancaster P.O. Box 4172 Woburn, MA 01888-4172) or 701 Main St, Suite 5 Lancaster, MA 01523

If Municipal liens are needed- Attorney's offices and/or banks can email us to request and mail the check to 701 Main St, Suite 5, Lancaster, MA 01523.

### **Library**

Will check out materials to the public by appointment only from 9-5. After an appointment is established, materials will be left outside of the library to pick up. Please call **978-368-8928** Ext. 2 and someone will be in touch with you.

### **Senior Center (978) 733-1249**

The Center is closed. All activities are canceled.

Meals on Wheels is running

Limited van service will be available

\*The Friends of the Council on Aging is offering assistance to pick up food and medical supplies for homebound seniors

### **Building Inspector**

Inspections will be conducted on empty homes only. Any additional assistance should be coordinated directly with the Department at **(978) 365-3326 x 1310**

### **Board of Health**

The Nashoba Board of Health agent is available by phone during working hours at **978-772-3335**.

Nashoba Associated Boards of Health in Ayer, MA.

All Municipal Departments are functioning and the Main phone line at **(978) 365-3326** will direct you to the Town.

We want to encourage everyone to practice good hygiene and social distancing. It is important to remember, this is not a snow day or a time to meet with friends. Our future actions, particularly this week, is crucial in helping to reduce the spread of the virus. Please understand your decisions and interactions have an impact on our community and will help to minimize the number of cases in our area.

In times like this our residents need to pull together. How can you help? I want to encourage everyone to reach out to a senior that you know, a neighbor with disabilities, or people with medical challenges- by phone, text, or email. Ask how they are doing; see if they need anything, and if they do please drop any packages off in a safe manner, while continuing to practice social distancing.

If you are feeling sick or experience symptoms please call your doctor. If you have to call 911 please give the dispatcher as much information as you can to help your local responders to protect them and you.



# 2020

**ANNUAL TOWN MEETING**

**MONDAY JUNE 22ND**

**ANNUAL TOWN ELECTION**

**MONDAY JUNE 29TH**

**Registered voters who would like to request an early or an absentee ballot should apply now to receive a ballot by mail.**

- **[Click here for an Absentee Ballot Application](#)**
- **[Click here for an Early Ballot Application](#)**
- **[Click here to check voter registration status](#)**

**For more information contact [townclerk@lanasterma.net](mailto:townclerk@lanasterma.net)**





# TOWN OF LANCASTER

## OFFICE OF THE TOWN CLERK

Dianne M. Reardon  
Town Clerk

Melissa L. Pelletier  
Assistant Town Clerk

### **TOWN CLERK SERVICES GUIDE WHILE TOWN OFFICES ARE CLOSED TO THE PUBLIC**

The Clerk's Office will be working remotely. Residents requiring services from the Town Clerk's Office are asked to email their request to [townclerk@lanasterma.net](mailto:townclerk@lanasterma.net) or Call 978-365-3326 ext. 1013.

**Absentee / Early Voting by Mail** – see last page for Elections section

**Birth Certificates** – see Vital Records section

**Business certificates** - email [townclerk@lanasterma.net](mailto:townclerk@lanasterma.net)

- [Business Certificate Application Form](#)

**Death Certificates** – see Vital Records section

#### **Dog Licensing**

- [Information and questions about dog licensing](#)
- [Online licensing](#)
  - 🐕 A current rabies certificate must be on file with Clerks Office.
  - 🐕 Late fees are applied automatically (\$50 first month/\$10/month/dog starting May 1<sup>st</sup>).
- **New Dogs** – email [townclerk@lanasterma.net](mailto:townclerk@lanasterma.net) with rabies certificate & dog application. You will be notified when you can utilize the online system.

#### **Marriages**

- Applying for a [Marriage License](#) (to be married) – email [townclerk@lanasterma.net](mailto:townclerk@lanasterma.net) for forms and a detailed protocol. The 3-day waiting period to obtain the license begins once all materials and payment has been finalized. Licenses are valid for 60 days.
- **Certified Copy of your Marriage** – see Vital Records section

- **Marriage Ceremonies** – will be provided by appointment only. Email [townclerk@lanasterma.net](mailto:townclerk@lanasterma.net)

**Notary Services** – will not be available while the Town Offices are closed.

**Oath of Office** – if your board or committee is meeting and you have not taken your oath of office, please email [townclerk@lanasterma.net](mailto:townclerk@lanasterma.net) to make alternative arrangements.

**Public Records Requests** – Can be submitted to our office by mail (701 Main St. Suite 2 Lancaster, MA 01523) or by email [townclerk@lanasterma.net](mailto:townclerk@lanasterma.net) and will responded to in the required time if at all possible.

### **Vital Records**

**Birth Certificate** – Lancaster will only have your record if you were born in Lancaster or your parent(s) were living in Lancaster at the time of your birth. We will not have your record if you were born outside of Massachusetts.

**Death Certificate** – Lancaster will only have this record if the deceased passed away in Lancaster or they were on registered resident in Lancaster at the time of their death. We will not have this record if they passed away outside of Massachusetts.

**Marriage Certificates** – *we strongly recommend you email* [townclerk@lanasterma.net](mailto:townclerk@lanasterma.net) before ordering marriage certificates online. Lancaster will only have your record if you filed your intentions to be married in Lancaster.

### **Certified Copies –**

- [Online Ordering](#) – be sure our office has your record before ordering – see notes above.

### **Elections**

- Annual Town Election – originally scheduled for May 11<sup>th</sup> has been postponed to June 29th. We are recommending registered voters who would like to vote to apply now to receive a ballot by mail. [Absentee Ballot Application](#) or an [Early Ballot Application](#)(Annual Town Election)
  - [Register to vote Online and/or check voter registration status.](#)

- **Please apply early to allow ample mailing time – you will need MORE THAN ONE WEEK to:**
  - Receive your application - please [email](#) us a scanned signed copy or picture
  - Process your application (expect slower turnaround time due to reduced in office hours)
  - Receive your ballot via mail – postal services may take at least one week for delivery
  - Return your ballot - Ballots must be returned to the Polling Place, The Old Town Hall (695 Main St, Lancaster) by 8PM on Election Day to be counted!

### **Nomination Papers – Candidates for upcoming State Elections**

PAPERS MUST BE RECEIVED (NOT POSTMARKED) BY THE DUE DATE/TIME ON THE FORM

- **Drop Box** - Utilize the drop box in the back of the Prescott Building - Please put them in an envelope with your contact information including your name, phone number, e-mail address and mailing address. A receipt will be e-mailed to you. Should you use this option we recommend you email [townclerk@lanasterma.net](mailto:townclerk@lanasterma.net) to notify us as well.
- **Mail** papers (if the deadline is not approaching) to:  
Town Clerks Office – 701 Main Street Suite 2, Lancaster, MA 01523
- **Email** [townclerk@lanasterma.net](mailto:townclerk@lanasterma.net) to arrange for a time to drop off the papers.

For returning papers by mail - Please include a pre-stamped and pre-addressed envelope. We advise candidates to use some sort of tracking service if they are mailing their papers so they can ensure timely delivery.



## **Perkins Child Development Center Offering Free Emergency Child Care**

*Drop-in Child Care for Essential Employees and First Responders*

Starting Wednesday, April 1<sup>st</sup> (2020), the Perkins Child Development Center has been approved by the Department of Early Education and Care to open as an Emergency Child Care Program.

This is a **FREE** drop-in program for those who meet the essential personnel qualifications and have exhausted all options for child care. Perkins is proud to support those in our community who need us. The program is available Monday through Friday, 8 AM-5 PM – ages 0 through 14.

Please contact CDC Director, Patty Sinclair, to reserve a space today at [psinclair@perkinschool.org](mailto:psinclair@perkinschool.org) or (978) 368-6468.



**Perkins Child Development Center**  
25 Creamery Road, Lancaster, MA 01523  
[perkinsprograms.org](http://perkinsprograms.org) | (978) 368-6468

Our mission is to promote meaningful and sustained well-being for children, youth, and adults facing educational, developmental, or mental health challenges.



[facebook.com/perkinsschool](https://facebook.com/perkinsschool)  
[facebook.com/perkinsCDC](https://facebook.com/perkinsCDC)





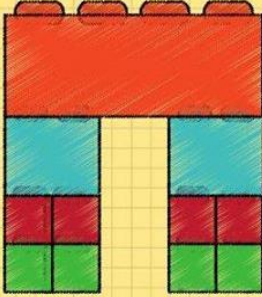
## THAYER MEMORIAL LIBRARY UPDATES

As you may have heard, in compliance with Governor Baker's extension of the stay-at-home order until (at least) May 4, the library is also closed to the public during this time. While I miss seeing you all at the library, I have been putting together some virtual programming that I hope you will find entertaining and helpful!



Join Miss Maren for our virtual storytime! Don't forget to email your own stories to her at [mcaulfield@lancasterma.net](mailto:mcaulfield@lancasterma.net)!

[CLICK HERE](#)



### Virtual LEGO Club

Monday, April 6, 2020  
4:00 PM

Have you been working on some awesome LEGO builds while stuck at home? Show them off at Virtual LEGO Club!

Join our Zoom meeting at <https://us04web.zoom.us/j/325878781>



## VIRTUAL TWEEN BOOK GROUP

**Wednesday, April 15 at 4:00 p.m.**  
**VIA ZOOM- meeting ID is 356-842-369.**

Discussing Victoria Schwab's *City of Ghosts*.

If your child did not pick up a physical copy of the book before the library was closed, there are copies available on Overdrive/Libby.

Unfortunately, I can't provide pizza for this meeting but I hope it provides some much-needed "hangout" time!

FOR MORE INFORMATION VISIT OUR WEBSITE- <https://thayermemoriallibrary.org/>



# The census counts every generation.

Every 10 years, the United States counts everyone who lives in the country, from newborn babies to the oldest among us. It is important for everyone to complete the 2020 Census so that communities like yours can be accurately funded and represented.

## Responding is important.

The 2020 Census will influence community funding and congressional representation for the next decade. Information collected in the census will inform the allocation of more than \$675 billion in federal funds for states and communities each year. That includes money for things like:

- › First responders
- › Medicare Part B
- › Supportive Housing for the Elderly Program
- › Libraries and community centers
- › Supplemental Nutrition Assistance Program (SNAP)
- › Senior Community Service Employment Program

## Responding is easy.

Beginning in mid-March 2020, you can respond to the census online, by phone, or by mail. Choose the option that is most comfortable for you. Large-print guides to the questionnaire are available upon request. From May – July 2020, census takers will visit households that have not yet responded. A census taker can assist if you need help completing your form.

## Responding is safe.

Your personal information is kept confidential by law. Your responses can only be used to produce statistics. They cannot be shared with law enforcement agencies or used against you by any government agency or court in any way.

For more information, visit:

**2020CENSUS.GOV**

D-OP-EL-EN-125

**Shape  
your future  
START HERE >**

**United States  
Census  
2020**



# 2020 Sweeping List

*Here is the proposed sweeping list for the 2020 season. Sweeping usually begins late in March or early April. Because of the mild winter you may see the sweeper out sooner, cleaning up some of the heavy sand, trying to keep it out of our streams and waterways. We will start sweeping row 1 first and then once row 1 is complete move over to row 2 and so on. It generally takes 4 to 6 weeks to sweep the entire town depending on weather.*

*Residents that want to rake sand from their property edge are encouraged to do so. Please **DO NOT** place any Sticks, trash or rocks at the edge of road that could damage the sweeper. Sweeping the sand into a long line 6 to 8 inches from the edge will assist the operator in finding the edge.*

| Row 1             | Row 2              | Row 3                   | Row 4                |
|-------------------|--------------------|-------------------------|----------------------|
| Main St.          | Sawyer St.         | Old County Rd.          | Connor Ln.           |
| Center Bridge Rd. | Goss Ln.           | Highfield Dr.           | Kelly Dr.            |
| Neck Rd.          | Oatman Way         | Highland St.            | Old Hickory Rd.      |
| Harvard Rd.       | Maple Ave.         | Lunenburg Rd.           | Buttrick Rd.         |
| Burbank Ln.       | Bartol Dr.         | Old Turnpike Rd. (east) | Sterling St.         |
| Pine Hill Rd.     | Carlton Place      | Stagecoach Rd.          | White Tail Ln.       |
| Shasta Dr.        | Barnes Ct.         | Meditation Ln.          | Farm Land Ln.        |
| Creamery Rd.      | High St. Ext.      | N. Shirley Rd.          | Redstone Hill Rd.    |
| Brazoa Ln.        | Old Common Rd.     | Grant Way               | Chace Hill Rd.       |
| Shirley Rd.       | Bolton Station Rd. | Evelyn Place            | Woodland Meadows Dr. |
| Otis St.          | Mill St. Ext.      | Chisholm Trail          | Runaway Brook        |
| Buttonwood Ln.    | Gorham Ave.        | Fort Pond Rd.           | Moffett St.          |
| Ponakin Rd.       | Woodruff Rd.       | Fort Pond Inn Rd.       | South Meadow Rd.     |
| Schumacher Rd.    | Settlers Path      | Old Lunenburg Rd. (9A)  | Hemlock Ln.          |
| Rte 117           | Farnsworth Way     | Kaleva Rd.              | Beach Point Rd.      |
| N. Main St.       | Garrison Grove     | Perry Rd.               | Fitch Rd.            |
| Colony Ln.        | Squire Shaler Ln.  | Donelle Way             | Rigby Rd.            |
| Devonshire Way    | Houghton St.       | Brian Rd.               | Public Rd.           |
| Carter St.        | Lee St.            | Old Turnpike Rd. (west) | Silver St.           |
| Crescent St.      | Maynard St.        | Harvard St.             | Magnolia Dr.         |
| Fairview Hill Rd. | Paine St.          | Duval Rd.               | Pilgrim Rd.          |
| Mill St.          | George Hill Rd.    | White Pond Rd.          | Myles Standish Rd.   |
| Winslow St.       | Hill Top Rd.       | Sterling Rd.            | Plymouth Dr.         |
| Bolton Rd.        | Brockelman Rd.     | Mary Catherine Dr.      | Mayflower Dr.        |
| Kilbourn Rd.      | Bradbury Ln.       | Shannon Way             | Parker Rd.           |
| Bigelow Rd.       | Windsor Rd.        | Nicholas Dr.            | Ivy Dr.              |
| Whitcomb Dr.      | Murphy Rd.         | Lindsey Way             | Ivy Ct.              |
| Prescott St.      | Bull Hill Rd.      | Deershorn Rd.           | Charlotte St.        |
| Narrow Ln.        | Langen Rd.         | Poulin Dr.              | Sylvan Rd.           |



## VIRTUAL BINGO TUESDAYS 1-3

Everyone is welcome!

Beginning April 14<sup>th</sup>

Prizes each week!

Sent directly to you.

Join your Bingo Buddies or make some new friends.

**Try this new approach to BINGO on Zoom!**

**<http://zoom.us/join> Meeting ID: 807642080**

*Sorry, gotta get your own snacks!*



**HOME? GOT TIME? GOING FOR A WALK?**

Practice Random Acts of Kindness and join us for

**CLEAN UP DAYS! Month!!**

**Join the stay at home challenge**

**APRIL 1st – MAY 4th**

*Sponsored by the*

*Community Center & the First Church*

*Grab a bag and go! Walk our streets and pick up trash!*

*Prizes awarded for*

*1. Most unique trash*

*2. Most trash bags per family*

#### Details

Yellow Trash bags are provided by the Land Trust and MA Highway- Thank you!

Pick up in a bag or two in the Take and Go Bin at the Lancaster Community Center Front Door.

In the bin there is a sign up list to note which road you are taking!

Leave bags at the roadside for pick up. Keep them light enough to be picked up easily please.

Printed directions in the box for prize entries.



#### Special Precautions and Safety

*Trash picking is a dirty job under any circumstances! In this time of Coronavirus please be extra careful and keep social distancing in mind. Do not walk or work closer than 6 feet apart. Wear gloves and a mask!*

*And wash like crazy with soap and hot water at least 20 seconds or longer. Want to see lots of friction and foam!*

*Please leave bags off the road but visible to be picked up.*

# Stay fit to Stay healthy

## *Fitness Mondays*

- 10 a.m. Tai Chi with Jeff
- 11:15 a.m. Gentle Hatha Yoga~Louise

## *Tuesdays*

10:30 Chair yoga with Julianna

## *Saturdays*

9 a.m. Strength and Weight Training~ Pam

10 a.m. Hatha Yoga with Louise

First Class is FREE to try out! To try it download Zoom to your phone or laptop. (google Zoom to find link). Need help? We have great volunteer IT help available to talk you set up

978-733-4076

Hooked on these great classes? Great! Classes are \$5 per class or 6 for \$25 and they do NOT need to be consecutive. Your 'card' is good anytime. Pay on line via UniPay on the townsite



**Sterling-Lancaster Community TV**  
**Broadcast Schedule April 11 - April 17, 2020**  
**Comcast Channel 8**

|          | <b>Saturday</b>                                | <b>Genre</b>         |
|----------|--|----------------------|
| 12:00 AM | Fear in the Night                              | <i>Entertainment</i> |
| 4:00 AM  | Fear in the Night                              | <i>Entertainment</i> |
| 7:00 AM  | The Kamla Show - Isabel Hawakins               | <i>Interview</i>     |
| 8:00 AM  | Village Church Service                         | <i>Religion</i>      |
| 10:00 AM | College Church Service                         | <i>Religion</i>      |
| 12:00 PM | Around the World in 80 Days - Sterling Theatre | <i>Local</i>         |
| 1:00 PM  | Euromaxx - Hungarian Buso Parade               | <i>Documentaries</i> |
| 2:00 PM  | Tina Cooks - Carrot Cake                       | <i>Cooking</i>       |
| 3:00 PM  | Around the World in 80 Days - Sterling Theatre | <i>Local</i>         |
| 4:00 PM  | Virtual Storytime with Thayer Memorial Library | <i>Children</i>      |
| 5:00 PM  | Music of Mark Marquis P2                       | <i>Music</i>         |
| 6:00 PM  | Baby Blue Arts - Shoop                         | <i>Music</i>         |
| 7:00 PM  | Euromaxx - Hungarian Buso Parade               | <i>Documentaries</i> |
| 8:00 PM  | Around the World in 80 Days - Sterling Theatre | <i>Local</i>         |
| 9:00 PM  | Out and About - Rubber Ducks                   | <i>Hobby</i>         |
| 9:30 PM  | Out and About - Carousels                      | <i>Hobby</i>         |
| 10:00 PM | The Kamla Show - Isabel Hawakins               | <i>Interview</i>     |

|          | <b>Sunday</b>                                  |                      |
|----------|--|----------------------|
| 12:00 AM | Fear in the Night                              | <i>Entertainment</i> |
| 4:00 AM  | Fear in the Night                              | <i>Entertainment</i> |
| 7:00 AM  | Trinity Bolton Church Service                  | <i>Religion</i>      |
| 9:00 AM  | ECC Church Service                             | <i>Religion</i>      |
| 11:00 AM | Trinity Lutheran Church Service                | <i>Religion</i>      |
| 12:00 PM | Around the World in 80 Days - Sterling Theatre | <i>Local</i>         |
| 1:00 PM  | Euromaxx - Hungarian Buso Parade               | <i>Documentaries</i> |
| 2:00 PM  | Tina Cooks - Carrot Cake                       | <i>Cooking</i>       |
| 3:00 PM  | Around the World in 80 Days - Sterling Theatre | <i>Local</i>         |
| 4:00 PM  | Virtual Storytime with Thayer Memorial Library | <i>Children</i>      |
| 5:00 PM  | Music of Mark Marquis P2                       | <i>Music</i>         |
| 6:00 PM  | Baby Blue Arts - Shoop                         | <i>Music</i>         |
| 7:00 PM  | Euromaxx - Hungarian Buso Parade               | <i>Documentaries</i> |
| 8:00 PM  | Around the World in 80 Days - Sterling Theatre | <i>Local</i>         |
| 9:00 PM  | Out and About - Rubber Ducks                   | <i>Hobby</i>         |
| 9:30 PM  | Out and About - Carousels                      | <i>Hobby</i>         |
| 10:00 PM | The Kamla Show - Isabel Hawakins               | <i>Interview</i>     |

### Monday - Friday

|          |   |                      |
|----------|---|----------------------|
| 12:00 AM | St. Louis Bank Robbery                      | <i>Entertainment</i> |
| 4:00 AM  | St. Louis Bank Robbery                      | <i>Entertainment</i> |
| 7:00 AM  | Barbara and You                             | <i>Interview</i>     |
| 9:00 AM  | Eat Well Be Happy - Kiwi Custard            | <i>Cooking</i>       |
| 9:30 AM  | DW Coronavirus Updates                      | <i>News</i>          |
| 10:00 AM | Talk Me Healthy - PTSD and Healing the Hero | <i>Health</i>        |
| 11:00 AM | Nashoba Drama - A Midsummer Night's Dream   | <i>Local</i>         |
| 1:00 PM  | Tomorrow Today - What Happened to Pluto?    | <i>Documentaries</i> |
| 1:30 PM  | DW Coronavirus Updates                      | <i>News</i>          |
| 2:00 PM  | Church Services                             | <i>Religion</i>      |
| 4:00 PM  | Childrens Corner - Vegan Wedding            | <i>Children</i>      |
| 5:00 PM  | Sounds of Stow - Winter Concert             | <i>Music</i>         |
| 7:00 PM  | Tomorrow Today - What Happened to Pluto?    | <i>Documentaries</i> |
| 7:30 PM  | DW Coronavirus Updates                      | <i>News</i>          |
| 8:00 PM  | Nashoba Drama - A Midsummer Night's Dream   | <i>Local</i>         |
| 10:00 PM | Barbara and You                             | <i>Interview</i>     |

Please note this schedule is subject to change.

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**Sterling-Lancaster Community TV**  
**Broadcast Schedule April 18 - April 24 2020**  
**Comcast Channel 8**

| <b>Saturday</b> |   | <b>Genre</b>         |
|-----------------|---|----------------------|
| 12:00 AM        | St. Louis Bank Robbery                      | <i>Entertainment</i> |
| 4:00 AM         | St. Louis Bank Robbery                      | <i>Entertainment</i> |
| 6:30 AM         | Barbara and You                             | <i>Interview</i>     |
| 8:00 AM         | Village Church Service                      | <i>Religion</i>      |
| 10:00 AM        | College Church Service                      | <i>Religion</i>      |
| 12:00 PM        | Nashoba Drama - A Midsummer Night's Dream   | <i>Local</i>         |
| 2:00 PM         | Tomorrow Today - What Happened to Pluto?    | <i>Documentaries</i> |
| 3:00 PM         | Talk Me Healthy - PTSD and Healing the Hero | <i>Health</i>        |
| 4:00 PM         | Childrens Corner - Vegan Wedding            | <i>Children</i>      |
| 5:00 PM         | Sounds of Stow - Winter Concert             | <i>Music</i>         |
| 7:00 PM         | Tomorrow Today - What Happened to Pluto?    | <i>Documentaries</i> |
| 8:00 PM         | Nashoba Drama - A Midsummer Night's Dream   | <i>Local</i>         |
| 10:00 PM        | Barbara and You                             | <i>Interview</i>     |

| <b>Sunday</b> |   |                      |
|---------------|---|----------------------|
| 12:00 AM      | St. Louis Bank Robbery                      | <i>Entertainment</i> |
| 4:00 AM       | St. Louis Bank Robbery                      | <i>Entertainment</i> |
| 7:00 AM       | Trinity Bolton Church Service               | <i>Religion</i>      |
| 9:00 AM       | ECC Church Service                          | <i>Religion</i>      |
| 11:00 AM      | Trinity Lutheran Church Service             | <i>Religion</i>      |
| 12:00 PM      | Nashoba Drama - A Midsummer Night's Dream   | <i>Local</i>         |
| 2:00 PM       | Tomorrow Today - What Happened to Pluto?    | <i>Documentaries</i> |
| 3:00 PM       | Talk Me Healthy - PTSD and Healing the Hero | <i>Health</i>        |
| 4:00 PM       | Childrens Corner - Vegan Wedding            | <i>Children</i>      |
| 5:00 PM       | Sounds of Stow - Winter Concert             | <i>Music</i>         |
| 7:00 PM       | Tomorrow Today - What Happened to Pluto?    | <i>Documentaries</i> |
| 8:00 PM       | Nashoba Drama - A Midsummer Night's Dream   | <i>Local</i>         |
| 10:00 PM      | Barbara and You                             | <i>Interview</i>     |

| <b>Monday - Friday</b> |                                  |                      |
|------------------------|----------------------------------|----------------------|
| 12:00 AM               | St. Benny the Dip                | <i>Entertainment</i> |
| 4:00 AM                | St. Benny the Dip                | <i>Entertainment</i> |
| 7:00 AM                | Barbara and You                  | <i>Interview</i>     |
| 9:00 AM                | Eat Well Be Happy - Roasted Duck | <i>Cooking</i>       |
| 9:30 AM                | DW Coronavirus Updates           | <i>News</i>          |
| 10:00 AM               | In Good Shape - Lonliness        | <i>Health</i>        |
| 11:00 AM               | Out and About - Alpacas          | <i>Hobby</i>         |
| 11:30 AM               | Out and About - Rubik's Cube     | <i>Hobby</i>         |

|          |   |                      |
|----------|---|----------------------|
| 12:00 PM | Fork in the Road - Forge & Vine             | <i>Local Cooking</i> |
| 1:00 PM  | Euromaxx - Light Saber Fencing              | <i>Documentaries</i> |
| 1:30 PM  | DW Coronavirus Updates                      | <i>News</i>          |
| 2:00 PM  | Church Services                             | <i>Religion</i>      |
| 4:00 PM  | Childrens Corner - Weaving is Believing     | <i>Children</i>      |
| 5:00 PM  | Porch Party Mamas - New Revival Coffeehouse | <i>Music</i>         |
| 7:00 PM  | Euromaxx - Light Saber Fencing              | <i>Documentaries</i> |
| 7:30 PM  | DW Coronavirus Updates                      | <i>News</i>          |
| 8:00 PM  | Fork in the Road - Forge & Vine             | <i>Local Cooking</i> |
| 9:00 PM  | Out and About - Alpacas                     | <i>Hobby</i>         |
| 9:30 PM  | Out and About - Rubik's Cube                | <i>Hobby</i>         |
| 10:00 PM | Barbara and You                             | <i>Interview</i>     |

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