

# Lancaster Events this Month

Town of Lancaster

July 1, 2017

Volume 47, Issue 1

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IN OBSERVANCE OF THE JULY  
4TH HOLIDAY,  
PLEASE NOTE THE FOLLOWING:  
The Recycling Center will be  
**CLOSED**  
Saturday, July 1st, and  
Sunday, July 2nd.

## More Pets Go Missing on July 4th Than Any Other Day Of The Year!

Share these great tips to provide a safe Independence Day  
for your canine household!

Take your dog for a long walk  
before the festivities begin. This will  
allow them to potty before the noise  
begins and it tires them out.

Never use fireworks around  
your dog. The noise can spook  
them into taking off, or they can  
accidentally get burned by the  
fireworks.

Make sure your dog is wearing an  
ID collar with your current  
contact info. Collars can come  
off, so microchip your dog as well  
(and be sure to register it).

Loud, crowded fireworks  
displays are no fun for dogs.  
Resist the urge to bring your  
dog with you to the festivities.

Leave your dog at home with all the  
windows securely closed and all  
shades drawn. Turn on some music to  
drown out noise from fireworks.

Leave your dog with  
something to play with  
(A frozen kong stuffed with  
treats will last hours).

Consider staying home with  
your dogs to insure they  
remain safe, especially if  
they have anxiety.

If your dog is extremely  
anxious, consult with  
your vet about giving a  
mild sedative to help  
calm your dog.



HAPPY  
FOURTH OF JULY

### KEY



Helpful Information



Save the Date!



News!



Neighboring Towns

Remember, you can unsubscribe at any time by emailing "unsubscribe" to "townclerk@lancasterma.net"



# ***Third Thursdays on the Terrace***



## **Free Fun!**

**Join us for an evening of great music, delicious fare,  
and fun and games!**

**The Third Thursday of each month this summer the Terrace comes alive!  
A different theme each month, but the constant is fun! Music, lawn  
games, and fun last until after dusk.**

*Music and gathering begins at 6:30*

**July 20<sup>th</sup>: Tapas on the Terrace. Try some great Tapas in our own Barcelona.**

**August 17<sup>th</sup>: A Harvest Garden Party. Great garden Grub and Lawn Games.**

*Food and Beverages by fee. Sangria, Wine and Beer*

**We would love to have your share your singing or musical talent!  
Got time? Good Cook? Like to play games? We need that too!**

*Lancaster Community Center 978-733-4076*





## GET DIRTY & THE CENTER VILLAGE TABLE SUMMER EVENTS

***Call to reserve a seat now - 978 -733-4046***

### **Garden Bounty Lunch Series**

This pilot program will highlight the bounty from our Community Garden to include a salad bar and expanded congregate menu.

**2nd Wednesday of the Month**

***July 12th, August 9th, and Sept 13th.***

***11:30 am***



### **BLOOD PRESSURE CHALLENGE**

Blood pressure readings will be taken at the first and third class.

*Presented by Ann Mazzola of Home Instead Senior Care*

***July 24th, 12 pm - Food as Medicine: How Veggies Can Help Manage Your Blood Pressure***

*Based on the latest nutrition information, learn how eating veggies can help manage hypertension. Presentation includes information about what hypertension is, how it affects the body and how blood pressure-lowering medications work.*

***August 14th, 12 pm - No Animals Were Harmed in the Making of this Meal***

*Vegan. Ovo-Lacto. Flexitarian. Huh?*

*Learn the pros and cons of the different types of vegetarianism in this interactive presentation that teaches how to put together an easy, healthy meal using little-to-no animal products.*

***Sept 25th, 10 am - Recipe Makeover: Yes, You Can Eat that!***

*Love Grandma's homemade baked macaroni and cheese, but just know it's a heart attack on a plate? Bring your favorite recipe to this class and learn how to give it a complete, healthy and delicious makeover.*

### **Get Dirty Garden Program 2017 & 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 Pilgrim HealthCare Foundation and Home Instead Senior Care for their support!***



**Harvard Pilgrim  
HealthCare Foundation**

# LANCASTER RECREATION DEPARTMENT

~Town Beach at Spec Pond ~Off Old Union Turnpike/Firehouse Road #4~

**Daily: June 24<sup>th</sup> thru August 26th**

**Hours of Operation:**

*The beach will close when there is inclement weather.* 12:00 p.m. - 6:00 p.m.

**Come and enjoy Spec Pond, Lancaster's Town Beach with a sandy bottom swimming area, picnic tables, and restrooms. Lifeguards and parking attendants will be on duty during hours of operation.**

**Bring your sand toys for fun in the sand, a full size sand volleyball court other daily activities, special events and remember to sign up for swim lessons!**

**Daily and season passes are available for residents and non-residents.**

<b>Season Pass:</b>	<b>Lancaster Resident</b>	<b>\$50.00</b>
	<b>Non-Resident</b>	<b>\$75.00</b>
<b>Day Pass:</b>	<b>Lancaster Resident</b>	<b>\$10 (car load)</b>
	<b>Lancaster Senior Citizen</b>	<b>Free (age 62 &amp; up)</b>
	<b>Non-Resident</b>	<b>\$20 (car load)</b>
	<b>Additional family car</b>	<b>\$5.00</b>

Visit [www.tinyurl.com/LancasterRecreation](http://www.tinyurl.com/LancasterRecreation)

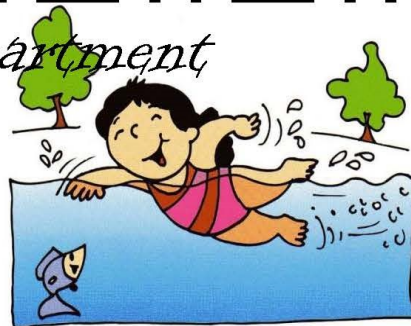




# Lancaster Recreation Department Swim Lessons

@ Spec Pond

Fire Road #4/ off of  
Old Union Turnpike Road



Swimming lessons will be held again during the 2017 summer for children grades k thru 5<sup>th</sup>. Swim lessons are taught by American Red Cross certified Water Safety Instructors (WSI)/Certified lifeguards and a lifeguard on duty. Student/instructor ratio is 8:1 for levels 3, 4, 5 6 and 5:1 for levels 1 and 2.

Please note that all students progress their swimming skills *at different rates*. Instructors will evaluate students at the beginning and end of each session. This is to determine if the student is in the correct class and also if a student needs to strengthen skills in the current level or has completed all of the requirements for the current swimming level.

**Session Information:** *There are three, two-week sessions to choose from.*

- Each session of swim lessons session is 9 days;45 minutes each.
- Week one of lessons is Monday thru Thursday.
- Week two of lessons is Monday thru Thursday; Friday make-up if needed due to inclement weather.

**Session 1:** Monday, June 26<sup>th</sup> thru Friday, July 7<sup>th</sup> (no class Tuesday, July 4<sup>th</sup>)

**Session 2:** Monday, July 10<sup>th</sup> thru Thursday, July 20<sup>th</sup>

**Session 3:** Monday, July 24<sup>th</sup> thru Thursday, August 3<sup>rd</sup>

Levels 1 & 2	11 - 11:45 am	Learn to put head underwater, float, kicking and are movements
Levels 3 & 4	10 - 10:45 am	Coordinate arm motions and kicks together for strokes, tread water
Levels 5 & 6	9 - 9:45 am	Perfect and learn all strokes. build endurance

**Registration for all sessions and levels @**

[www.tinyurl.com/LancasterRecreation](http://www.tinyurl.com/LancasterRecreation)

**Cost:**

\$70/child/session

**Questions?** Email [RecInfo@Lancasterma.net](mailto:RecInfo@Lancasterma.net)

Recreation Department website @ [www.tinyurl.com/LancasterRecreation](http://www.tinyurl.com/LancasterRecreation)

Recreation Department on Facebook @ [www.tinyurl.com/LancasterRecreationFacebook](http://www.tinyurl.com/LancasterRecreationFacebook)

# LOCAL 4TH OF JULY CELEBRATIONS AND FIREWORKS

<b>Acton</b> 7/1/2017 9:00 PM Behind Nara Park – 25 Ledge Rock Way ( Rain Date 7/2/2017)	<b>Ayer</b> 7/1/2017 9:00 PM Pirone Park – 36 Bligh Street 7/2/2017	<b>Boston</b> 7/4/2017 10:30 PM Hatch Shell on the Esplanade
<b>Fitchburg</b> 7/3/2017 10:00 PM Rollstone Hill – access from Pratt Road	<b>Leominster</b> 6/17/2017 9:30 PM Doyle Field – 115 Priest Street (Rain Date 6/18/2017)	<b>Lincoln</b> 7/4/2017 9:15 PM Codman Field – Ballfield Road (Rain Date 7/5/2017)
	<b>Maynard</b> 7/2/2017 10:00 PM Fowler School 3 Tiger Way	

AND FOR A FULL LIST OF LOCAL FIREWORKS:

[http://www.bostoncentral.com/events/massachusetts\\_fireworks/](http://www.bostoncentral.com/events/massachusetts_fireworks/)



**TOWN OF CLINTON**

This year the firework show will be on **July 15th, 2017**. The firework show will start around dusk. Many families sit at or near the Clinton Middle School for the best view of the show!

The rain date for this year's event is **July 16th, 2017**.

**TOWN OF HARVARD**

**MONDAY, JULY 3<sup>RD</sup>**  
**FIREWORKS AT FRUITLANDS**  
**5:30 PM - MUSIC**  
*Participating Bands: Bare Hill Band,  
No Man's Land, Rafter's & Sudden Odd Behavior*  
**9:15 PM - FIREWORKS**  
\$20 PARKING - GATES OPEN AT 5:00 PM

**TUESDAY, JULY 4<sup>TH</sup> FESTIVITIES**  
**10:00 AM - BIKE DECORATING**  
**11:00 AM - PARADE**  
**12:00 PM - FIELD EVENTS**

*Fireworks Rain Date - Friday, July 7<sup>th</sup>  
Parade Rain Date - Saturday, July 8<sup>th</sup>*

**Harvard4<sup>th</sup>ofJuly.com**

# STERLING - LANCASTER COMMUNITY TV

## Comcast Channel 8

Broadcast Schedule July 1 - July 7, 2017

<b>Saturday</b>	<b>Genre</b>
12:00 AM Game Crush - D & D Chronicles of Mystara Part 5	Entertainment
12:15 AM Game Crush - D & D Chronicles of Mystara Part 6	Entertainment
12:30 AM Game Crush - D & D Chronicles of Mystara Part 7	Entertainment
12:45 AM Game Crush - D & D Chronicles of Mystara Part 8	Entertainment
4:00 AM Game Crush - D & D Chronicles of Mystara Part 5	Entertainment
4:15 AM Game Crush - D & D Chronicles of Mystara Part 6	Entertainment
4:30 AM Game Crush - D & D Chronicles of Mystara Part 7	Entertainment
4:45 AM Game Crush - D & D Chronicles of Mystara Part 8	Entertainment
6:30 AM Barbara and You	Interview
8:00 AM Village Church Service	Religion
10:00 AM College Church Service	Religion
12:00 PM Car Guy Channel - GTO	Hobby
1:00 PM Focus On Europe - Saving Norway's Fjords	Documentaries
2:00 PM Seven Bridge Writers Collaborative Poetry Slam	Religion
3:00 PM Car Guy Channel - GTO	Hobby
4:00 PM Childrens Corner - Oatmeal and Raisins	Children
5:00 PM Nashoba Symphonic Band	Music
6:30 PM Mostly Rock 'n' Roll - Shun Ng	Music
7:00 PM Focus On Europe - Saving Norway's Fjords	Documentaries
8:00 PM Seven Bridge Writers Collaborative Poetry Slam	Local
9:00 PM Car Guy Channel - GTO	Hobby
10:00 PM Barbara and You	Interview
<b>Sunday</b>	
12:00 AM Game Crush - D & D Chronicles of Mystara Part 5	Entertainment
12:15 AM Game Crush - D & D Chronicles of Mystara Part 6	Entertainment
12:30 AM Game Crush - D & D Chronicles of Mystara Part 7	Entertainment
12:45 AM Game Crush - D & D Chronicles of Mystara Part 8	Entertainment
4:00 AM Game Crush - D & D Chronicles of Mystara Part 5	Entertainment
4:15 AM Game Crush - D & D Chronicles of Mystara Part 6	Entertainment
4:30 AM Game Crush - D & D Chronicles of Mystara Part 7	Entertainment
4:45 AM Game Crush - D & D Chronicles of Mystara Part 8	Entertainment
7:00 AM Trinity Bolton Church Service	Religion
9:00 AM ECC Church Service	Religion
11:00 AM Trinity Lutheran Church Service	Religion
12:00 PM Car Guy Channel - GTO	Hobby
1:00 PM Focus On Europe - Saving Norway's Fjords	Documentaries
2:00 PM Seven Bridge Writers Collaborative Poetry Slam	Religion
3:00 PM Car Guy Channel - GTO	Hobby
4:00 PM Childrens Corner - Oatmeal and Raisins	Children
5:00 PM Nashoba Symphonic Band	Music
6:30 PM Mostly Rock 'n' Roll - Shun Ng	Music
7:00 PM Focus On Europe - Saving Norway's Fjords	Documentaries
8:00 PM Seven Bridge Writers Collaborative Poetry Slam	Local
9:00 PM Car Guy Channel - GTO	Hobby
10:00 PM Barbara and You	Interview
<b>Monday-Friday</b>	
12:00 AM Game Crush Fallout 4 Blind Playthrough - P3	Entertainment
12:30 AM Game Crush Fallout 4 Blind Playthrough - P4	Entertainment
1:00 AM Game Crush Fallout 4 Blind Playthrough - P5	Entertainment
1:15 AM Game Crush Fallout 4 Blind Playthrough - P6	Entertainment
4:00 AM Game Crush Fallout 4 Blind Playthrough - P3	Entertainment
4:30 AM Game Crush Fallout 4 Blind Playthrough - P4	Entertainment
5:00 AM Game Crush Fallout 4 Blind Playthrough - P5	Entertainment
5:15 AM Game Crush Fallout 4 Blind Playthrough - P6	Entertainment
7:30 AM Barbara and You	Interview
9:00 AM Cathy Neptune's Kitchen - Mojito Skewers	Cooking
10:00 AM Talk Me Healthy - Ep 2 Self Motivation	Health
11:00 AM Houghten Elementary Play - Home Sweet Biome	Local
12:00 PM Channel 8 Community Updates	News
12:30 PM Pawdoption	Animals
1:00 PM In Good Shape - Chia and Sesame Healthy	Documentaries
2:00 PM Church Service	Religion
4:00 PM Childrens Corner - Macaroni Madness	Children
5:00 PM Nashoba Pops Choral Spring Concert	Music
7:00 PM In Good Shape - Chia and Sesame Healthy	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption	Animals
9:00 PM Houghten Elementary Play - Home Sweet Biome	Local
10:00 PM Barbara and You	Interview

Broadcast Schedule July 8 to July 14, 2017

<b>Saturday</b>	<b>Genre</b>
12:00 AM Game Crush Fallout 4 Blind Playthrough - P3	Entertainment
12:30 AM Game Crush Fallout 4 Blind Playthrough - P4	Entertainment
1:00 AM Game Crush Fallout 4 Blind Playthrough - P5	Entertainment
1:15 AM Game Crush Fallout 4 Blind Playthrough - P6	Entertainment
4:00 AM Game Crush Fallout 4 Blind Playthrough - P3	Entertainment
4:30 AM Game Crush Fallout 4 Blind Playthrough - P4	Entertainment
5:00 AM Game Crush Fallout 4 Blind Playthrough - P5	Entertainment
5:15 AM Game Crush Fallout 4 Blind Playthrough - P6	Entertainment
6:30 AM Barbara and You	Interview
8:00 AM Village Church Service	Religion
10:00 AM College Church Service	Religion
12:00 PM Channel 8 Community Updates	News
12:30 PM Pawdoption	Animals
1:00 PM In Good Shape - Chia and Sesame Healthy	Documentaries
2:00 PM Channel 8 Community Updates	News
2:30 PM Pawdoption	Animals
3:00 PM Houghton Elementary Play - Home Sweet Biome	Local
4:00 PM Childrens Corner - Macaroni Madness	Children
5:00 PM Nashoba Pops Choral Spring Concert	Music
7:00 PM In Good Shape - Chia and Sesame Healthy	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption	Animals
9:00 PM Houghten Elementary Play - Home Sweet Biome	Local
10:00 PM Barbara and You	Interview
<b>Sunday</b>	
12:00 AM Game Crush Fallout 4 Blind Playthrough - P3	Entertainment
12:30 AM Game Crush Fallout 4 Blind Playthrough - P4	Entertainment
1:00 AM Game Crush Fallout 4 Blind Playthrough - P5	Entertainment
1:15 AM Game Crush Fallout 4 Blind Playthrough - P6	Entertainment
4:00 AM Game Crush Fallout 4 Blind Playthrough - P3	Entertainment
4:30 AM Game Crush Fallout 4 Blind Playthrough - P4	Entertainment
5:00 AM Game Crush Fallout 4 Blind Playthrough - P5	Entertainment
5:15 AM Game Crush Fallout 4 Blind Playthrough - P6	Entertainment
7:00 AM Trinity Bolton Church Service	Religion
9:00 AM ECC Church Service	Religion
11:00 AM Trinity Lutheran Church Service	Religion
12:00 PM Channel 8 Community Updates	News
12:30 PM Pawdoption	Animals
1:00 PM In Good Shape - Chia and Sesame Healthy	Documentaries
2:00 PM Channel 8 Community Updates	News
2:30 PM Pawdoption	Animals
3:00 PM Houghton Elementary Play - Home Sweet Biome	Local
4:00 PM Childrens Corner - Macaroni Madness	Children
5:00 PM Nashoba Pops Choral Spring Concert	Music
7:00 PM In Good Shape - Chia and Sesame Healthy	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption	Animals
9:00 PM Houghten Elementary Play - Home Sweet Biome	Local
10:00 PM Barbara and You	Interview
<b>Monday - Friday</b>	
12:00 AM Game Crush - Fallout 4 Blind Playthrough P7	Entertainment
12:45 AM Game Crush - Fallout 4 Blind Playthrough P8	Entertainment
1:30 AM Game Crush - Fallout 4 Blind Playthrough P9	Entertainment
1:45 AM Game Crush - Fallout 4 Blind Playthrough P10	Entertainment
4:00 AM Game Crush - Fallout 4 Blind Playthrough P7	Entertainment
4:45 AM Game Crush - Fallout 4 Blind Playthrough P8	Entertainment
5:30 AM Game Crush - Fallout 4 Blind Playthrough P9	Entertainment
5:45 AM Game Crush - Fallout 4 Blind Playthrough P10	Entertainment
7:30 AM Barbara & You	Interview
9:00 AM Eat Well Be Happy - Ep38 Cocoa Chia Pudding	Cooking
10:00 AM Body Sculpt with Elizabeth - Ep10 Curtsy Crunch	Health
11:00 AM LBMS Play - You Ain't Nothin' But A Werewolf	Local
1:00 PM Global 3000 - Protecting Cities From Flooding	Documentaries
2:00 PM Church Services	Religion
4:00 PM Childrens Corner - Curious Clamming	Children
4:45 PM Railroad House Band	Music
7:15 PM Global 3000 - Protecting Cities From Flooding	Documentaries
8:00 PM LBMS Play - You Ain't Nothin' But A Werewolf	Local
10:00 PM Barbara & You	Interview