

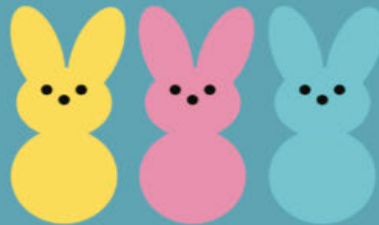


# COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

APRIL, 2023

## Peeps & Pancakes



Thursday, April 6th at 9:00AM

\$1.00 upon entry

Lancaster Community Center, 39 Harvard Road

Registration for this event is required as space is limited.

Please contact Caitlin Roy at 978-733-1249 x2 or [CRoy@Lancasterma.gov](mailto:CRoy@Lancasterma.gov)

### WHAT'S INSIDE

CENTER UPDATES  
NASHOBA NEIGHBORS  
LCC INFORMATION  
HEALTH AND FITNESS  
EVENTS AND PROGRAMMING  
ACTIVITY CALENDAR  
OUTREACH

### Center hours:

Monday-Thursday  
8am-7pm  
Friday-8am-5pm  
Saturday 8am-  
1pm  
Closed Sundays

### CENTER ACTIVITIES

Pickleball | Ballroom dancing | Tai Chi | Stitch & Sew | Bingo  
Chair and Standing Yoga | Cribbage | Zumba | Open Mic Nights  
Lunch Club | Meals | Trips | Veteran Benefits | Well Clinics | Transportation | SHINE | Agency Referrals | Bridge | Gardening | Mah-jong | Book club | Open Mic nights | cake decorating

Greetings,

Happy SPRING to you all!

This month we welcome the sun, warmer temperatures, blooming flowers, and all the programming and smiling faces you can imagine down here at the Community Center!

We would like to especially highlight our Peep and Pancakes breakfast on the 6<sup>th</sup> of April at 9am. Please register with Caitlin Roy at 978.733.1249 x2 or [Croy@lancasterma.org](mailto:Croy@lancasterma.org) as space is limited. This breakfast is graciously being provided by the Sunshine Café, so we extend a special shoutout to them!

Please remember to mark your calendars as we celebrate the 53rd Earth Day on April 22! Though some would say earth day is every day, let's give special thanks and appreciation to the ground beneath us to the skies above us to everything in between!

I'd love to end with an April fool's day joke but that would just not be bunny...get it?! Funny but bunny...Easter joke...

Anyway, **Happy Easter to all!!!**

We hope to see you all in the month of April and are honored to continue to serve you!

As always, be happy, stay healthy and laugh often,  
Kelly



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**Lisa Templeton**

[ltempleton@lpicommunities.com](mailto:ltempleton@lpicommunities.com)

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# Join us for Yoga at the Lancaster Community Center!



Our Thursday evening, 4 session program starts April 6th and runs until May 4th (no class on 4/20). Each class starts at 5 PM and runs for 45 minutes.

Certified yoga instructor, Liz Garreffi, RYT, will emphasize refreshing and strengthening movement, including; sun salutations, stretches, balancing poses, and end with a feel good restorative pose, Savasana.



## 7 DOCUMENTS EVERYONE SHOULD HAVE

SET YOUR PRIORITIES ABOUT YOUR HEALTH AND YOUR PROPERTY

In a 1 hour illustrated talk, Attorney Philip Arcidiacono, who specializes in elder law, will show you how to state your priorities about your health and your property. A few steps now will help your family follow the course you set.

### Learn About:

1. Homestead Declaration
2. Joint Ownership Bank Account
3. Durable Power of Attorney
4. Health Care Proxy
5. Health Care Directive
6. HIPAA Release
7. Will

Archdeacon  
Law Associates

Philip Arcidiacono  
MA, MFA, March, JD  
Attorney at Law

Lancaster Community Center  
April 26, 2023 at 11:00AM

Please contact Caitlin Roy to register:  
978-733-1249 x2 or CRoy@Lancasterma.gov



NASHOBA NEIGHBORS, the non-profit volunteer organization offering services to help seniors in Bolton, Berlin, and Lancaster remain in their own homes as long as possible, is actively seeking to enroll new members. For information on the services NASHOBA NEIGHBORS offers, or to apply for membership for yourself, a friend, or a family member, please call us at 978-226-8844, or email [info@nashobaneighbors.org](mailto:info@nashobaneighbors.org).

**We are NOW enrolling members!**

Please have a look at our website, [www.nashobaneighbors.org](http://www.nashobaneighbors.org).

[nashobaneighbors.org](http://www.nashobaneighbors.org).

To learn more contact us at 978-226-8844 or

[info@nashobaneighbors.org](mailto:info@nashobaneighbors.org)

## Well-Being Total Home Care \* 978-877-3748 or [info@wbtotalhomecare.com](mailto:info@wbtotalhomecare.com)

Well Being Total Home Care provides the non-medical personal care and property care services most needed by seniors and disabled people that choose to live in their homes.

We provide services for the property such as; handy-man odd jobs, grab bar installations, gutter cleaning, lawn care, snow removal, pressure washing and more. Serving the North Central Massachusetts area, Well Being Total Home Care offers the personal care our senior community needs.



# The Lancaster Community Center (LCC)

## *An all-ages center for community events*

[www.ci.lancaster.ma.us](http://www.ci.lancaster.ma.us) Or call—978-733-1249

The LCC is open from 8am-7pm M-TH, 8am-5pm Friday and 8am-1pm on Saturdays

**Where:** The Community Center is behind the Town Green (behind Prescott Building). The lower level has handicapped access. **What:** The Center is home to many special events and open to **all ages**. A full schedule is on the town website, under Community Center. The LCC is home to Lancaster Social Services offices. Each office keeps their own office hours; Veterans Affairs, Council on Aging, Recreation and Board of Health. The LCC is home to the Senior Center, and offers meeting space for 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, Line dancing, cards, basketball, Pickleball, personal training and more. We also host special summer and winter sporting events.*
  - ◆ *Arts and Crafts Classes , Group Community Garden Beds and more*
  - ◆ *Community BBQ's, Holiday events, Concerts, Open Min nights, Fairs*
- ◆ *Social Services support for all ages including SNAP, SHINE, Fuel Assistance, Referrals etc.*
  - ◆ *Wellness Clinics, the fourth Tuesday of the month*
- ◆ *Information series by guest speakers on topics relating to Lancaster and more*
  - ◆ *Field Trips to some of our New England treasures*

### **Rentals:**

We rent our facility for reasonable fees! The Center is popular for Parties, Cookouts, Reunions, meetings and more! Check the calendar for availability, and the website for our rental forms (call to be sure). There are a variety of spaces including game and 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!

**Contact: [kmitrano@lancasterma.gov](mailto:kmitrano@lancasterma.gov) or 978-733-1249 x3**



The Meals on Wheels program is offered through Making Opportunity Count (MOC), helping older adults to eat nutritiously and stay safe in their homes. Each meal meets one-third of the USDA's daily recommended dietary allowances for adults. Questions for yourself or a loved one? **Give us a call at 978-733-1249 x2.**

**Worcester Elder Services  
and WLEN Invite you to  
the Rainbow Lunch Club  
Every 2n and 4th Wed. at  
Noon**

UNITARIAN CHURCH, 90 HOLDEN ST. WORCESTER  
QUESTIONS OR TO RSVP CALL 508-756-1545 OR  
EMAIL [WLEN@ESWA.ORG](mailto:WLEN@ESWA.ORG)



## AARP Smart Driver Safety Course

# Driver Safety

Even the most experienced drivers can benefit from brushing up on their driving skills, so the **Lancaster Community Center** is offering a Driver Safety program through AARP on Monday, **May 8, 2023, from 9:30AM to 3:00PM** including a break for lunch.


This updated AARP Smart Driver Course offered by AARP Driver Safety is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the new AARP Smart Driver Course, attendees will be taught:

- \*The current rules of the road
- \*How to understand new traffic control devices on our ever-changing roadways
- \* About defensive driving techniques
- \*About some of the new *technical* features in vehicles like *lane departure warnings, blind spot indicators* and *adaptive cruise control* and
- \*How to operate a vehicle more safely in today's increasingly challenging driving environment.

You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course and there are no road tests to pass.

**The fee is \$20 for AARP members and \$25 for non-members. Time: 9:30AM-3:00PM with a break for lunch. Space is limited to 20 individuals. Checks payable to AARP. To register for the course, contact Caitlin Roy at 978-733-1249 x2 or [CRoy@Lancasterma.gov](mailto:CRoy@Lancasterma.gov).**





**TUESDAYS**  
**10:45AM-11:45AM**  
**Lancaster Community Center Gym**

**\$5.00 PER CLASS** To register, please contact  
 Caitlin Roy at 978-733-1249 x2  
 or CRoy@lancasterma.gov



**Ball Room Dancing Lessons**  
 With Jim Cole of Sunstrike

**Welcome Amy, our VNA nurse who hosts our Keep Well Clinics!!**  
 Please stop by for a blood pressure check, blood sugar check, or to ask any health related questions you may have and she will be happy to help. She will be here on March 30th at 11:30—stop by and chat with Amy!

**Tai Chi and Quigong**  
**EVERY TUESDAY AT 9:30AM!!**  
**In person in the gym**  
 Tai Chi uses gentle movements to **reduce stress and improve health.** "Tai Chi strengthens the weak, raises the sick, *invigorates the debilitated, and encourages the timid*"  
*-Tai Chi Grandmaster Cheng Man-Ching 1947*

In-person (LCC Meeting Rm) or Zoom (ID: 742 183 799)  
**Hatha Yoga**  
**(CHAIR& STANDING)**  
**Monday at 11:15**  
 Try it! First class is free. Get the week started with gentle **Hatha yoga.** All ages and abilities will benefit from this yoga class. Yoga is widely recognized as a way to improve balance, improve posture, keep your range of motion, improve clarity of mind and reduce stress.  
**We provide mats and water!**  
**\$5 per class or 6 classes for \$25**

Your FREE Health Resource  
**The Backstage Gym is Open!**  
 Join us to use the best, professional grade exercise equipment in a low stress, no crowding, NO FEE environment! All you need to do is come on down!  
 Open MON-Thurs 8am-7pm. Friday 8-5pm  
 Sat 8am-1pm

Join us for a new fitness class, come get in shape and *feel good!*  
**Strength and Cardio!**  
 Fridays and Saturdays at 9:00 a.m., Community Center Gym \*no more Zoom class\*  
 \$5 per class or \$25 for 6 weeks  
 Join us for a 45 minute class combining aerobic conditioning, strength training, core and flexibility. Designed for max results! Appropriate for all fitness abilities. This class will strengthen and tone your entire body, using body weight, weights and other fitness equipment. We provide the equipment. Bring your will and determination!

**PICKLEBALL at the Community Center**



Signup for a session online:  
<http://playtimescheduler.com>  
 Lancaster is listed under  
 "Central Worcester County"

**\$3 per session. Prepay and get one FREE session for every five you purchase.**

## EVENTS & PROGRAMMING

### The Lancaster Community Gardening Program for 2023 is beginning now!

If you were not able to attend our open house on March 23 to register for a raised bed, there is still time. Registration cost is \$25.00 and you must have a working email address. To be eligible for a raised bed, you must be available to garden with us for at least half of our Thursday morning sessions from 10:00-11:30. There are usually 20-24 sessions throughout the growing season. You'd need to attend at least 10-12 sessions.

This is a fun way to get exercise outdoors while you make great gardening friends.

There's always something new to learn when it comes to gardening. Join us!

To get more details, see our Outreach Coordinator, Caitlin Roy in her office across from the activity room.

The Lancaster Police Department's Community Policing initiative is happy to announce the opening of our new satellite office at the Community Center. Come on down, check us out, Wednesdays 8:30 - noon. Help us to achieve our goal of creating strong community partnerships that provide free-flowing bidirectional communication, while enjoying community-based activities that focus on problem-solving and quality of life issues. Let's work together to understand law enforcement's role in making today's Lancaster all that it can be. Together we can!



### CRAZY CRAFTERNOONS! CARD MAKING CLASS

Join us in the Community Center meeting room! Join a group of crafters and create wonderful homemade cards—they are so pretty you won't want to give them away! You will take home at least three cards, maybe more!

**Instruction, Materials, laughs just \$10**

**April 14th**

Class begins at 10 a.m.

### COME PLAY BRIDGE!

**EVERY Thursday, 12:30-3:30**

**EVERY Friday, 1:00 -4:00**

**Location: the Community Center Meeting Room**

**Snacks! Fun! Free!**



### A Note from Barb Blom, your SHINE Counselor!!

As your SHINE counselor, I am happy to work with you. You can leave a message for me with Kelly or Caitlin. I will contact you to set up a phone call or Zoom meeting with you. Remember that I will also work with you if you have questions about your current coverage, eligibility for Mass Health assistance or coverage and billing issues that arise throughout the year. Shine ([shinema.org](http://shinema.org))

### AMERICAN MAHJONG LESSONS & PLAY

**FREE! WEDNESDAYS 10:00 A.M.**

Keep your brain 'fresh and supple', play Mahjong!

A great game played with 152 tiles, dealt in 'hands'. Fun people willing to help teach.

**Join fun people willing to help teach.**



### TUESDAYS 1-3

Everyone is welcome!

Join your Bingo Buddies or make some new friends.

Community Center—meeting room

### **\*\*April Garden Club Meeting\*\***

Speaker Neal Sanders is the author of 15 mysteries, many of which use garden club or horticultural settings and all of which feature strong, independent women. This will be a very enjoyable and funny meeting. If you have never been to a Garden Club meeting before this is the night to attend.. Date April - 16th — Time - 7:00 @Lancaster community Center more information and register at [Lancastergardenclub.net](http://Lancastergardenclub.net)

## EVENTS & PROGRAMMING

### STITCH & SEW

FREE

- Thursdays • 10:00-11:30
  - Come stitch, sew, chat, and enjoy a cup of coffee with friends!
  - LANCASTER COMMUNITY CENTER •
- ACTIVITIES ROOM

39 Harvard Rd, Lancaster, MA 01523

Bring your projects: Knitting • Crochet  
Quilting • Needlepoint • Cross Stitch  
Or anything in between!



*To support the Friends during the holidays and all year long  
Cut and mail this form*

Please 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 Denise Hurley...978-257-2849...email [Deehurley@hotmail.com](mailto:Deehurley@hotmail.com). Also, can you change web site to [www.friendsofthelancasterseniors.com](http://www.friendsofthelancasterseniors.com)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

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

*Thank You for supporting Lancaster Seniors*  
<http://FriendsoftheLancasterSeniors.org>



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& SLCTV + ZOOM



### ASK, LISTEN & LEARN

- ALL CANDIDATES AND RESIDENTS ARE INVITED TO ATTEND IN PERSON OR VIA ZOOM
- SUBMIT QUESTIONS IN ADVANCE TO [info@LancasterLandTrust.org](mailto:info@LancasterLandTrust.org) or call 978-368-7747

Scan for Zoom link



OUR THANKS TO JAN GOTTESMAN  
OF THE ITEM FOR MODERATING &  
SLCTV FOR AIRING THE FORUM

[www.LancasterLandTrust.org](http://www.LancasterLandTrust.org)

### Join the Friends Meeting

**April 7th 10:30am**

Are you interested in the Business of the Friends . Are you willing to help, want to learn more ? This is a great opportunity. Come have a coffee and meet your neighbors and friends!

SEN. JOHN CRONIN'S  
CONSTITUENT HOURS

WITH

BETH WALSH,  
CONSTITUENT SERVICES DIRECTOR  
1ST TUESDAY OF EACH MONTH

11am-12:30pm

April 4th 2023 in the Café



# April 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1
	Tai Chi 9:30am			Strength & Cardio 9:00	Learn Bridge-10AM
		MAHJONG 10am	BRIDGE - 12:30pm	BRIDGE - 1pm	Strength Class 9:00
	BINGO! 1pm	LPD hours	STITCH & SEW 10am		
	VA Rep 8-12		Dirty Gardening 10am		pickleball 10:30am
	ZUMBA 10:45		Ballroom Dancing 7p		& 1pm
3	4	5	6	7	8
	Tai Chi 9:30am	MAHJONG 10am	STITCH & SEW 10am	Strength & Cardio 9:00	Strength Class 9:00
Yoga - 11:15	Senator Cronin Rep	Cake Decorating 1:00pm	BRIDGE - 12:30pm	Crazy Crafternoon 10am	
	BINGO! 1pm		Dirty Gardening 10am	BRIDGE - 1pm	
Cribbage 12:30	Medicare Plans 10AM	LPD hours	YOGA 5pm	Open MIC night 6:30pm	pickleball 10:30am
	ZUMBA 10:45		Ballroom Dancing 7p		& 1pm
10	11	12	13	14	15
COA meeting 10am	ZUMBA 10:45		BRIDGE - 12:30pm	Strength & Cardio 9:00	
Yoga - 11:15		MAHJONG 10am	Dirty Gardening 10am		Strength Class 9:00
Cribbage 12:30	Tai Chi 9:30am	LPD hours	STITCH & SEW 10am	BRIDGE - 1pm	
	BINGO! 1pm		YOGA 5pm		pickleball 10:30am
	VA Rep 8-12		Ballroom Dancing 7p		& 1pm
17	18	19	20	21	22
	Tai Chi 9:30am		Health clinic 11:30am	Nashoba Neighbors 10	Strength Class 9:00
Yoga - 11:15	BINGO! 1pm	MAHJONG 10am	STITCH & SEW 10am		
Cribbage 12:30	VA Rep 8-12	LPD hours	BRIDGE - 12:30pm	Strength & Cardio 9:00	pickleball 10:30am
			Dirty Gardening 10am		& 1pm
			Ballroom Dancing 7p	BRIDGE - 1pm	
24	25	26	27	28	29
	Tai Chi 9:30am		STITCH & SEW 10am	Strength & Cardio 9:00	Strength Class 9:00
	BINGO! 1pm	MAHJONG 10am	BRIDGE - 12:30pm	Lunch Club 12pm	
Yoga - 11:15	ZUMBA 10:45	7 documents everyone	Dirty Gardening 10am	BRIDGE - 1pm	pickleball 10:30am
Cribbage 12:30		should have 11AM	Ballroom Dancing 7p		& 1pm
		LPD hours	YOGA 5pm		

**PICKLEBALL IN THE GYM!**

Signup: [playtimescheduler.com](https://playtimescheduler.com)

Mon 9:30-11:30, 1-3, 6-9pm

Tues 12-2pm

Wed 8:30-10:30, 1:30-3:30pm

6:00-9:00pm

Thu 9:30-11:30, 12-2

Fri 10:30-12:30; 1-3; 3:30-5:30

Sat 10:30-12:30p, 1:00-3:00p

## EVENTS & PROGRAMMING

**Open Mic  
First Friday  
of Month  
6:30PM -  
9:00PM  
Community  
Center  
Coffeehouse  
695 Main  
Street  
Lancaster**

all genres  
welcome

Sign Up  
PM  
deehurley@  
hotmail.com  
978-257-2849

all ages welcome  
interested in being a  
feature contact  
**Denise Hurley**



Come join us in a  
game of Cribbage!!!



15 - 2,15-4, 15-6 and a pair is 8.  
If those numbers make sense to you, come  
ready to play cribbage.  
If the numbers above look like an old locker  
combination lock, come anyway.  
Cribbage!!!!  
Cribbage is fun and easy to learn.  
Time: 12:30-2:00  
Date: Every Monday  
Place: Lancaster Community Center

## Cake Decorating Classes

Coming in April!

THE FIRST  
WEDNESDAY  
OF EACH MONTH

1:00PM- 2:00PM

LANCASTER  
COMMUNITY  
CENTER

\$5.00 per class

Please kindly register 48 hours in advance with  
Caitlin Roy, 978-733-1249 or [CRoy@Lancasterma.gov](mailto:CRoy@Lancasterma.gov)



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MONDAY AFTERNOON—SHAW'S

TUESDAY AFTERNOON—WALMART

WEDNESDAY AFTERNOON—WATERTOWER PLAZA

THURSDAY AFTERNOON—MARKET BASKET

LUNCHEON CLUB—FOURTH FRIDAY

**\*APRIL 28—LUNCH WILL BE AT O'CONNORS IN W.BOYLSTON**



## Attention Veterans/Surviving spouse

Did you know the VA has presumptive conditions that are attributed to Agent Orange exposure for Veterans that served in Vietnam. Conditions covered, Diabetes, Ischemic Heart Condition, Parkinson's, Hypertension, and many types of cancer. A surviving spouse may be entitled to VA Widows benefits if any of these conditions contributed to their death. Please contact VSO Rick Voutour at 978 534 7538 for more information

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

Contact: [rvoutour@leominster-ma.gov](mailto:rvoutour@leominster-ma.gov)

Lancaster Office: Lower Level LCC, Tuesday mornings

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



# Discover



Flower arrangements crafted by local florists and garden clubs inspired by the works of art on view.

**Saturday, April 29th**  
**10:45 Departure from Lancaster Community Center**

**Senior Tickets are \$10 at the door**

Transportation space is limited, please contact Caitlin Roy to secure your reservation.  
978-733-1249 X2 or [CRoy@Lancasterma.gov](mailto:CRoy@Lancasterma.gov)



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### Have you been procrastinating? Do you have a Will or Estate Plan?

#### JOHN J. COSTANZO, ESQ.

713 B Main Street, Bolton, MA 01740

Phone: 781-643-1070

Email: [JCOSTANZO@JOHNCOSTANZOLAW.COM](mailto:JCOSTANZO@JOHNCOSTANZOLAW.COM)

Website: [WWW.JOHNOCOSTANZOLAW.COM](http://WWW.JOHNOCOSTANZOLAW.COM)

- *Wills and Trusts*
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- *Estate Tax Planning*
- *Life Care & Elder Care Planning*



# MEDICARE CAN BE CONFUSING, WE'RE HERE TO HELP.

## Join our free seminar on the difference between Medicare Supplement Plans and Medicare Advantage Plans.

We know how important it is to find coverage that fits your needs. That's why we offer both Medicare Supplement and Medicare Advantage plans—and why our Medicare experts are leading a free seminar to help you understand the differences between the two different plan types.

This is an educational session on how Medicare plans differ. For information on Blue Cross plan benefits visit our website at [bluecrossma.com/medicare](http://bluecrossma.com/medicare).

- What's Original Medicare?
- Differences between Medicare Supplement and Medicare Advantage Plans
- Do I need Prescription Drug Coverage?
- Real life case studies
- Resources to help you in the decision process of the Blue Cross and Blue Shield Association.

**Join the Free Seminar**  
**Date: Tuesday, April 4, 2023**  
**Time: 10:00 - 11:00 a.m.**  
**To sign up contact Lancaster**  
**Community Center at**  
**978-733-1249 x2**

LANCASTER LAND TRUST

## LANCASTER CLEANUP EARTH MONTH 2023



Help clean up all month April 1-29  
Grab yellow bags at Thayer Memorial Library

Join volunteers on final day  
Sat, April 29th 8-10 am bag pick up  
return for BBQ at 1pm  
First Church - Town Green

The snow is gone and  
the trash is... everywhere!



Sponsored by Lancaster Land Trust  
[info@lancasterlandtrust.org](mailto:info@lancasterlandtrust.org) or 978-660-8739  
Bob Lidstone for questions and bag pickup