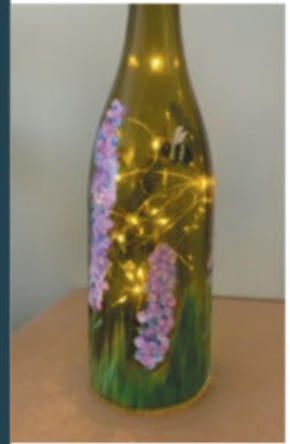




MAY 2023





mother's day
twinkle light
bottle painting class

thursday; may 11th
11:00am-1:00pm
lancaster community center

\$6.00 per
person

Space is limited and registration is required.

Please contact Caitlin Roy at

978-733-1249 x2 or CRoy@Lancasterma.gov

CENTER UPDATES

NASHOBA NEIGHBORS

LCC INFORMATION

HEALTH AND FITNESS

EVENTS AND PROGRAMMING

ACTIVITY CALENDAR

OUTREACH

Center hours:

Monday-Thursday

8am-7pm

Friday-8am-5pm

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 | Trans-

May is Stroke Awareness Month!

What causes a stroke?

Why is it important to act FAST if you experience signs of a stroke?

May 16th, 2023 at 10 AM

At the Lancaster Community Center Learn about stroke symptoms, risk factors and prevention



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GROTON HILL
MUSIC CENTER



Community Concerts in the Main Concert Hall

May 24th @ 12:00PM
Laurel Martin & Friends
Traditional Irish Music

We have 12 free tickets available.

**If you are interested in attending this concert, please
contact: Kevin Mitrano
(978) 733-1249 option 3
kmitrano@lancasterma.gov**



**Nashoba
Neighbors**
BERLIN • LANCASTER • BOLTON

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.

We are NOW enrolling members!

Please have a look at our website, www.nashobaneighbors.org.

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

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

info@nashobaneighbors.org

Well-Being Total Home Care
978-877-3748 or

info@wbtotalhomecare.com

Well-Being Total Home Care services seniors and disabled individuals that choose to live independently in their homes.

We provide property services such as handyman odd jobs, air conditioner installation, grab bar installation, gutter cleaning, lawn care, pressure washing and more.



The Lancaster Community Center (LCC)

An all-ages center for community events

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.

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 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.**

MART SERVICES

CALL MART DIRECTLY AT
1.800.922.5636 OPTION 3

TO BOOK YOUR TRAVEL NEEDS.

SHOPPING TRIPS

MONDAY AFTERNOON—SHAWS

TUESDAY AFTERNOON—WALMART

**WEDNESDAY AFTERNOON—WATERTOWER
PLAZA**

THURSDAY AFTERNOON—MARKET BASKET

LUNCHEON CLUB—FOURTH FRIDAY

**BREAKFAST CLUB—FIRST THREE FRIDAYS OF THE
MONTH**

MAY LUNCH WILL BE AT UNOS





Lancaster Garden Club

Come grow with us!



To All Members and Friends,

It is Plant Sale Time and our major activity to fund and keep our club and programs available for the community. Our hope is to keep it as simple as possible.

Our major request is to ask each of you to check your gardens and pick out for potting any plants you need to thin or remove. We are asking that you pot those plants up as soon as possible and care for them until they can be delivered to the home of Sue Billings, 120 Whitcomb Drive, Lancaster for pricing and organizing for the sale the last week. You may drop them off starting on Saturday May 13th at her home.

And of course, we will need volunteers for pricing, delivery and set and break down on May 20th. The more people who volunteer, especially the night before and day of the sale, the less work for anyone person.



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that Support our
Community!





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



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 May 25 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

JOIN US FOR A NO-COST Seminar

Need help understanding your Medicare health insurance options?

Planning for Medicare-
Countdown to 65 seminar

Date: Tuesday, June 6, 2023

Time: 10:00 - 11:00 a.m.


To sign up: Contact Lancaster
Community

Center at 978-733-1249 x2


Blue Cross Blue Shield of Mas-
sachusetts is an Independent Li-
censee

of the Blue Cross and Blue
Shield Association.

Lancaster Recreation




Pickleball Instructional



New Sessions Session starting May 9th

Novice Session 5
Tuesdays
May 9 - June 6
5:00-6:00 PM

Novice/Intermediate Session 1
This session is designed for those who have already participated in a Instructional Novice session
Tuesdays
May 9 - June 6
6:15 - 7:15 PM



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 Lancas-



TUESDAYS 1-3

Everyone is welcome!

Join your Bingo Buddies or make
some new friends.

Community Center—meeting room

CRAZY CRAFTERNOONS!

CARD MAKING CLASS

Instruction, Materials, laughs just \$10

Class begins at 10 a.m.

COME PLAY BRIDGE!

Tuesdays 6PM Thursday,
12:30-3:30

Friday, 1:00 -4:00

Location: the Community Center



Bridge

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

Bring your projects: Knitting • Crochet
Quilting • Needlepoint • Cross Stitch

EVENTS & PROGRAMMING

NEWS FROM SHINE: May 2023

Starting April 1, 2023, MassHealth has returned to its standard annual eligibility renewal process. All 2.3 million members will be reviewed over the following 12 months. Members who need to provide information to MassHealth will receive a redetermination package in a large blue envelope.

In preparation for this, it is important that you:

- Report any address changes or status updates to MassHealth as soon as possible.
- Update MassHealth by calling the Customer Service number at 800-841-2900
- Open and read any communications from MassHealth as soon as it arrives in the mail
- Follow the instructions in the letter and return any forms and required documentation
- Make sure you reply well in advance of the deadline

SHINE (Serving the Health Insurance Needs of Everyone) has certified counselors available to assist you with questions about Medicare. Our services are free and unbiased: we are available to discuss all options related to Medicare and additional coverage, and we do not sell any plans. The program is federally funded and state administered.

To make an appointment, call your local senior center or call the Central Mass Regional SHINE Office at 508-422-9931. A certified SHINE counselor will return your call. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom), email, or postal mail. We also offer excellent resources online through our website at www.shinema.org, our Medicare 101 webinars, and our Facebook page: [SHINE Central MA](#).

Get Dirty Gardening Is Open!

Join us to learn and garden

Thursday Mornings, 9a.m.

Growing Season 2023

Join our award winning, organic, all ages gardening program! Come learn & grow with us!

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. Also, can you change web site to 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>

Join the Friends Meeting

May 5th 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!

AMERICAN MAHJONG

LESSONS & PLAY

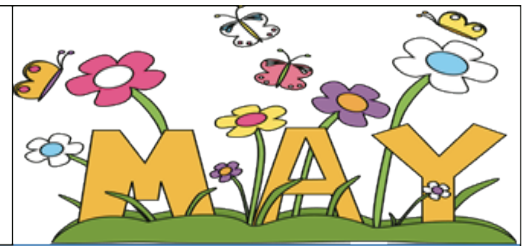
FREE! WEDNESDAYS 10:00 A.M.

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.

May 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
Walk and Talk 10AM & 5PM	Tai Chi 9:30am			Strength & Cardio 9:00	
Yoga - 11:15	Senator Cronin Rep	MAHJONG 10am	BRIDGE - 12:30pm	BRIDGE - 1pm	Strength Class 9:00
Cribbage 12:30	BINGO! 1pm	LPD hours	STITCH & SEW 10am	Open MIC night 6:30pm	
	BRIDGE 6pm	CAKE DECORATING 1pm	Dirty Gardening 10am	Walk and Talk 10 & 5	pickleball 10:30am & 1pm
	ZUMBA 10:45		Ballroom Dancing 7p		
8	9	10	11	12	13
AARP Smart Driver Course 9:30AM	Tai Chi 9:30am	MAHJONG 10am	YOGA 5PM	Strength & Cardio 9:00	Strength Class 9:00
Yoga - 11:15	BINGO! 1pm		STITCH & SEW 10am	Crazy Crafternoon 10am	
Cribbage 12:30	BRIDGE 6pm	LPD hours	Dirty Gardening 10am	BRIDGE - 1pm	pickleball 10:30am & 1pm
Walk and Talk 10&5	ZUMBA 10:45		Mothers Day Twinkle Light Bottle painting	Walk and Talk 10 & 5	
15	16	17	18	19	20
COA meeting 10am	ZUMBA 10:45	Tours of Distinction	BRIDGE - 12:30pm	Strength & Cardio 9:00	
Yoga - 11:15	Stroke Awareness-10	Tanglewood Presentation	Dirty Gardening 10am		Strength Class 9:00
Cribbage 12:30	Tai Chi 9:30am	10-11AM	STITCH & SEW 10am	BRIDGE - 1pm	
Walk and Talk 10AM & 5PM	BRIDGE 6pm	MAHJONG 10am	YOGA 5pm	Walk and Talk 10 & 5	pickleball 10:30am & 1pm
	BINGO! 1pm	LPD hours	Ballroom Dancing 7p		
22	23	24	25	26	27
	Tai Chi 9:30am	Strategies to Pay for	Health clinic 11:30am	Lunch Club 12pm	Strength Class 9:00
Yoga - 11:15	BINGO! 1pm	Long term Care-11A	STITCH & SEW 10am	Walk and Talk 10 & 5	
Cribbage 12:30	VA Rep 8-12	MAHJONG 10am	BRIDGE - 12:30pm	Strength & Cardio 9:00	pickleball 10:30am & 1pm
Walk and Talk 10AM & 5PM	BRIDGE 6pm	LPD hours	Dirty Gardening 10am		
	ZUMBA 10:45		Ballroom Dancing 7p	BRIDGE - 1pm	
29	30	31	1	2	3
CLOSED	Tai Chi 9:30am		STITCH & SEW 10am	Strength & Cardio 9:00	Strength Class 9:00
	BINGO! 1pm	MAHJONG 10am	BRIDGE - 12:30pm		
	ZUMBA 10:45		Dirty Gardening 10am	BRIDGE - 1pm	pickleball 10:30am & 1pm
	BRIDGE 6pm		Ballroom Dancing 7p	Walk and Talk 10 & 5	
		LPD hours	YOGA 5pm		

PICKLEBALL IN THE GYM!

Signup: 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**

PLANNING AHEAD: STRATEGIES TO PAY FOR LONG TERM CARE

You have several options on how to pay for a skilled nursing facility: MassHealth, long term care insurance, an annuity, or a trust.

Attorney Philip Arcidiacono will outline the benefits of planning in advance while you are enjoying good health at home.

Wednesday, May 24, 2023

11:00AM

Lancaster Community Center

Kindly register by contacting
Caitlin Roy at 978-733-1249 x2
or CRoy@lancasterma.gov

Archdeacon
Law Associates

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

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

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

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



WALK & TALK

Step into better health with friends
Mondays & Fridays 10:00AM & 5:00PM



A self-led walk with route & destination
of your choice.

Departure from Lancaster Community Center
Contact Caitlin Roy with any questions
978-733-1249x2 or Croy@lanasterma.gov



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careers@4lpi.com or
www.4lpi.com/careers

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

Website: WWW.JOHNOCOSTANZOLAW.COM

- *Wills and Trusts*
- *Health Care Proxies and Powers of Attorney*
- *Estate Tax Planning*
- *Life Care & Elder Care Planning*



Elder Education Series at the LCC

May

May 8th 9:30-3:00 AARP Smart Driver Course

May 24th 11:00 Planning Ahead: Strategies to Pay for Long Term Care

June

June 6th 10:00 Planning for Medicare-Countdown to 65

June 14th 10:30 How to De-Stress Your Life & Summit ElderCare

June 26th 10:30 Alzheimer's Association: Healthy Living for your Brain and Body

June 28th 11:00 There's No Place Like Home: MassHealth and the Veterans Administration Can Help You Stay There

July

July 10th Philips Lifeline Personal Emergency Response Systems and Medication Dispensing Systems

July 17th Generations on the Move- Senior Moving and Downsizing Specialists

Stay tuned for additionally scheduled programs!

Questions? Would you like to register? We are happy to help! Contact Caitlin Roy at 978-733-1249 x2 or CRoy@lanasterma.gov