



COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts



IN HONOR OF FATHER'S DAY AND ALL RED SOX FANS, WE INVITE YOU TO A SHOWING OF THE 2013 WORLD SERIES

Monday, June 12, 2023 at 11:30 at the Lancaster Community Center

RED SOX ATTIRE ENCOURAGED!

TO REGISTER, PLEASE CONTACT CAITLIN ROY:
978-733-1249 X2 OR 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

Letter from Kelly

Dear Friends,

Tis the season for morning walks, gardening, cotton candy sunsets and allergies...A-choo!!!

We here at the Health and Human Services department are truly enjoying the landscaping taking place behind our beautiful Community Center. If you can, take a walk or spin down to see our amazing gardeners at work! They are sprucing up the area daily and their efforts are impressed upon us all!

Speaking of such, our patio is ready-to-go with tables, chairs, couches, and conversations in the sun so grab a friend and come on down!

All that said, please remember a few things: We need you to stay hydrated, wear your sunscreen and don't over do it with outdoor activity! We are all happy to be outside, but we are also fans of rest and recovery in the shade :)

So, friends, we have lots going on down here this June – please enjoy all our amazing programming and remember to visit our friendly faces when you're here.

If you are in need of **any** assistance or just have a question, don't hesitate to contact me! 978.365.3326 x 1055 or kdolan@lancasterma.gov. I thank you in advance for taking me up on my offer!

Be happy, stay safe and be kind to one another!

Kelly Dolan



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Lisa Templeton

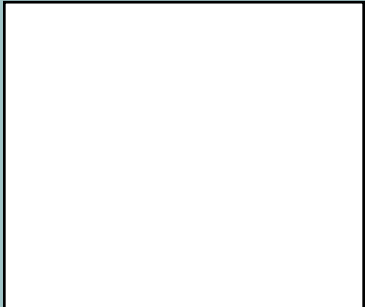
ltempleton@lpicommunities.com

(800) 477-4574 x6377



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www.mcnallywatson.com





Cookin' Up Community Lunches

on the LCC Patio

Presented by your Friends of the Lancaster Seniors

**Bring and share your favorite
Potluck dish with your
friends and neighbors**



Thursdays 12:00PM-2:00PM

June 15th, July 20th, August 17th

Music, Games, Memories

Why is Nashoba Neighbors important for older adults in our community?

We fill in the gap between the services that are currently available and other things that seniors need. For example, we offer small home repairs where a volunteer will go to your home and fix something or work with you to organize a closet or put out deck or lawn furniture for the season. We offer personalized transportation, when and where you want to go. We have volunteer opportunities ranging from being on a committee to giving a ride to someone. All volunteers are vetted so seniors can be comfortable when they come into your home. We offer a low-cost alternative so seniors can age in their own homes as long as possible. Members have a number to call when they need help with something. You can preserve your independence with a little help and make new friends!



**Nashoba
Neighbors**

BERLIN • LANCASTER • BOLTON

**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-RIDES STARTING AT \$1.00

SHOPPING TRIPS

MONDAY AFTERNOON—SHAWS

TUESDAY AFTERNOON—WALMART

WEDNESDAY AFTERNOON—WATERTOWER PLAZA

THURSDAY AFTERNOON—MARKET BASKET

LUNCHEON CLUB—FOURTH FRIDAY

BREAKFAST CLUB—FIRST FRIDAY OF THE MONTH—TALK TO YOUR DRIVER BETTY ANN

FOR DETAILS.

***JUNE LUNCH WILL BE AT IL CAMINO ***





JOIN US FOR THE
**2023 SHERIFF'S
ANNUAL**

SENIOR PICNIC

FREE DRIVE THRU EXTRAVAGANZA!

SATURDAY, JUNE 10, 2023

**11 AM - 1 PM
SAC PARK**

**438 LAKE STREET,
SHREWSBURY, MA 01545**

**BBQ MEAL | LOTTERY TICKETS | TONS OF GIVEAWAYS
DESSERTS | RAFFLE BONANZA**

ATTENDEES MUST REGISTER BY MAY 19, 2023

**NYDIA@WORCESTERCOUNTYSHERIFF.ORG
508-796-2638**

**LEAVE MESSAGE WITH NAME, ADDRESS & PHONE
FIRST COME, FIRST SERVE**

**IF YOU WOULD LIKE TO RESERVE A SEAT ON THE LCC MART VAN,
PLEASE CONTACT CAITLIN ROY AT 978-733-1249 X2.**

Sorry, No Extra Bags to Go. Must Be Present To Participate.

NEWS FROM SHINE: June 2023 IMPORTANT UPDATES

MASSHEALTH RENEWALS ARE BACK!!

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

REMEMBER!! IF MASSHEALTH CAN'T REACH YOU..THEY WILL DROP YOU

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

Contact your local COA or SHINE Rep for assistance!



SUPPORT THE ADVERTISERS that Support our Community!



Cake Decorating



PLEASE NOTE
JUNE'S CLASS
WILL BE 6/14.
Classes will
resume to the 1st
Wednesday in
July

\$10.00 PER
CLASS
Paid Ahead
Please



The first Wednesday of each
month 1:00-2:00 at the LCC

Please kindly register
48 hours in advance with Caitlin Roy,
978-733-1249 or CRoy@lancasterma.gov



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!

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

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

SCRABBLE



TUESDAYS

2:00PM-4:00PM

Lancaster Community Center

COME PLAY BRIDGE!

Tuesdays 6PM-8:30PM

Thursday, 12:30-3:30PM

Friday, 1:00 –4:00PM

Location: the Community Center Meeting Room

Enjoy the fun :)



TUESDAYS 1-3

Everyone is welcome!

Join your **Bingo Buddies**

or make some new friends.

Community Center—meeting 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!**



SEN. JOHN CRONIN'S
CONSTITUENT HOURS WITH
BETH WALSH,
CONSTITUENT SERVICES DIRECTOR

11-12:30 June 6, 2023 in the Café

CRAZY CRAFTERNOONS! **CARD MAKING CLASS –2nd** **Friday**

Instruction, Materials , laughs
just \$10

Class begins at 10 a.m.

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

JOIN US FOR A NO-COST Seminar Need help understanding your Medicare health insurance options?

Planning for Medicare-Countdown to 65 is a no-cost seminar that helps you understand your Medicare health insurance options outside of your employer-sponsored coverage, whether or not you're planning to retire.

What will the Planning for Medicare—Countdown to 65 seminar cover?

This is a presentation and discussion led by a Blue Cross Blue Shield of Massachusetts representative in collaboration with your Community Center.

Topics include:

- Medicare and Medicare Parts A and B
- Medicare enrollment timeline
- Medigap plans that supplement Medicare coverage
- Medicare Advantage plans, such as HMOs and PPOs
- Medicare Part D prescription drug plans

EVENT: Date: Tuesday, June 6, 2023

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

To sign up: Contact Lancaster Community

Center at 978-733-1249 x2

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

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.

June 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2 walk n' talk	3
Walk and Talk 10AM & 5PM	Tai Chi 9:30am		YOGA 5pm	Strength & Cardio 9:00	
Yoga - 11:15	Scrabble 2-4	MAHJONG 10am	BRIDGE - 12:30pm	BRIDGE - 1pm	Strength Class 9:00
	BINGO! 1pm	LPD hours	STITCH & SEW 10am	Open MIC night 6:30pm	
	BRIDGE 6pm		Dirty Gardening 10am	Caring for the Caregiver 10A	pickleball 10:30am &1pm
			Ballroom Dancing 7p	breakfast club	
5	6	7	8	9	10
	Bingo! 1pm				
	Tai Chi 9:30am	MAHJONG 10am	STITCH & SEW 10am	Strength & Cardio 9:00	Strength Class 9:00
	Senator Cronin Rep		BRIDGE - 12:30pm	Crazy Crafternoon 10A	Sheriff's office Senior
Yoga - 11:15	Medicare-BCBS 10am		Dirty Gardening 10am	BRIDGE - 1pm	Picnic Drive-thru
	BRIDGE 6pm	LPD hours	YOGA 5pm	Walk and Talk 10 & 5	pickleball 10:30am &1pm
Walk and Talk 10&5	Scrabble 2-4				
12	13	14	15	16	17
COA meeting 10am		How to Destress	BRIDGE - 12:30pm	Strength & Cardio 9:00	
Yoga - 11:15	Scrabble 2-4	Your Life seminar - 10:30	Dirty Gardening 10am		Strength Class 9:00
Fathers Day Red Sox & Root Beer Floats 11:30A	Tai Chi 9:30am	CAKE DECORATING 1pm	STITCH & SEW 10am	BRIDGE - 1pm	
Walk and Talk 10&5	BRIDGE 6pm	MAHJONG 10am	YOGA 5pm	Walk and Talk 10 & 5	pickleball 10:30am &1pm
	BINGO! 1pm	LPD hours	Cookin' up Community		
19	20	21	22	23	24
	Tai Chi 9:30am		Health clinic 11:30am	Strength & Cardio 9:00	Strength Class 9:00
	BINGO! 1pm		STITCH & SEW 10am	Walk and Talk 10 & 5	
CLOSED	Scrabble 2-4	MAHJONG 10am	BRIDGE - 12:30pm	Lunch Club 12pm	pickleball 10:30am &1pm
	BRIDGE 6pm	LPD hours	Dirty Gardening 10am	BRIDGE - 1pm	
26	27	28	29	30	1
	Healthy living 10:30		STITCH & SEW 10am	Strength & Cardio 9:00	Strength Class 9:00
	Tai Chi 9:30am	MAHJONG 10am	BRIDGE - 12:30pm		
Yoga - 11:15	BINGO! 1pm	LPD hours	Dirty Gardening 10am	BRIDGE - 1pm	pickleball 10:30am &1pm
	BRIDGE 6pm	There's NO place like HOME	YOGA 5pm	Walk and Talk 10 & 5	
Walk and Talk 10AM & 5PM	Scrabble 2-4	seminar 11:00AM			

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

*How to De-Stress
Your Life*

**Wednesday, June 14, 2023
10:30**

Lancaster Community Center

Sharon Nolli from Fallon Health—Summit Elder Care will discuss the importance of laughter, how to stop worrying, being grateful and resilient, socializing, making healthy choices and focusing on what you really want in your life.

**To register: Please contact Caitlin Roy
978-733-1249 x2 or Croy@lancasterma.gov**

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



**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**

Healthy Living for your Brain and Body
 Presented by the Alzheimer's Association
 Join us to learn more about research in the areas of **Diet, Nutrition, Exercise, Socialization and more!**

Monday, June 26, 2023
10:30-11:30 LCC Café
 To register, please contact Caitlin Roy: 978-733-1249 x2 or Croy@lancasterma.gov

There's No Place Like Home

MassHealth and the Veterans Administration Can Help You Stay There

Wednesday, June 28, 2023 at 11:00am Lancaster Community Center

With visits by nurses, therapists, and aides, you could remain in your own home instead of receiving care in a facility. Attorney Philip Arcidiacono will explain how MassHealth and the VA offer funding for support at home.



To Register, Please contact Caitlin Roy at 978-733-1249 x2 or Croy@lancasterma.gov



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

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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*



Caring for the Caregiver

A facilitated, peer directed support group for family caregivers

THE FIRST FRIDAY OF EVERY MONTH AT 10AM AT THE LANCASTER COMMUNITY CENTER

An opportunity to share the stresses, challenges, and rewards of providing care to a loved one while learning recipient care options, self-care opportunities, identifying resources and gaining knowledge to assist you on your journey.

Questions? Contact Caitlin Roy, LSW: 978-733-1249x2 or Croy@lancasterma.gov

Elder Education Series at the LCC

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 10:00 Philips Lifeline Personal Emergency Response Systems and Medication Dispensing Systems

July 12th 11:00 Food That Makes Me Feel Good, presented by MOC

July 17th 10:00 Generations on the Move- Senior Moving and Downsizing Specialists

July 19th 10:00 Meet Nashoba Associated Boards of Health

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@lancasterma.gov

A tribute to John—from the Board of Health team

On the eve of his well-deserved retirement, this note is to acknowledge and thank John Farnsworth for his many years of dedicated service on the Lancaster Board of Health (BOH). John served on BOH for seven years, since 2017, including two years as Chair.

John is a well-known figure in Lancaster. A lifelong resident, he attended local schools and was an Eagle Scout, among many other achievements. He has forged numerous relationships with many town residents through his business and personal contacts.

As BOH member and Chair, John's impartial, unbiased concern for public health and safety has always been paramount. His leadership in numerous areas has helped the Town significantly, including but not limited to PFAS (Per- and Polyfluoroalkyl Substances) awareness and research, food insecurity including procuring and distributing over 800 cases of food stuffs to local social service agencies and needful individuals, COVID-19 protocols and complaints, the purchase, installation, and use of two electronic road signs, providing counsel regarding CARES Act and ARPA funding to Town leadership, instituting a new educational programming Lunch and Learn series, and the coordination of the purchase and installation of 10 air quality sensors via a Commonwealth-sponsored grant.

John has been a strong advocate, leading by example, in expanding BOH knowledge and expertise in many areas, holding public meetings, attending educational and informational programs, organizing and staffing vaccination clinics, and gathering information to provide the best possible services to the town.

Above and beyond these and many other accomplishments, we must acknowledge John's easy-going, friendly and inclusive nature. He has great patience and is an excellent listener, and these characteristics have helped make the BOH a highly functional and accessible Town Board. Many have experienced John's overall philosophy about interacting with the environment and with people; "to leave each place better than he found it" and "leave people in a better place after meeting them" - something he actively pursues with both places and people whether at the grocery store, the Town Hall, or Walmart. We wish John well in his future endeavors!