



# COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

## JULY 2023

### INTRO TO LOCAL PUBLIC HEALTH

**What exactly IS public health, anyways?**

Did you know you have a town nurse and a local public health team?

Do you know that these services are provided to you by your local elected board of health in partnership with Nashoba Associated Boards of Health as part of your town assessment?

Learn about the town's public health services that are available to you!

**July 19, 2023**

**10:00AM**

**Lancaster Community Center**

Presented by:



To Register, Please Contact Caitlin Roy:  
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-6pm  
 Friday-8am-5pm  
 Saturday 8am-12pm  
 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 | Scrabble | Educational Series | cake decorating
- | internet cafe | arts and crafts

# Letter from Kelly

Hello friends,

Welcome to July at the Community Center! We have a lot going on here this month as you will see as you flip through the pages. Please be sure to take a moment to once again, enjoy the outside patio this summer at one of our Cookin' Up Community luncheon events or while you play a card game with friends or perhaps while you sip some coffee and simply relax. Point is, come on down :) Though these pictures do not do it justice—please enjoy them as we all have worked hard to make this a beautiful outside oasis for you!



July brings many joys to us in the form of Patriotism, Pride, and did you get the **scoop** on this...July is known as National Ice Cream month...be sure to enjoy a dish, cone and all the sprinkles this month! This all being said, we hope to see you at one of our many amazing events around town—join us on the green at the summer concert series or one of our many events at the LCC! Be sure to let us know how we can best serve you and our amazing community. For now, should you need any assistance feel free to reach out to your friendly Health and Human Service department! Be happy, stay healthy and be kind to one another!  
~Kelly Dolan

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Have our newsletter emailed to you.

Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)

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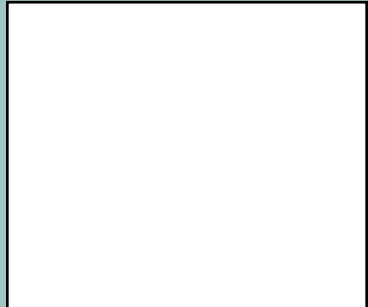
**CONTACT ME**  
**Lisa Templeton**

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

**(800) 477-4574 x6377**

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# 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



Loneliness is a bummer, whether occasioned by the loss of close friends or life partners or retirement from a work place where we were part of a supportive team.

NASHOBA NEIGHBORS, like its kindred groups in the national Village to Village movement, has been lauded by AARP, the well-known senior advocacy non-profit, for its ability to connect seniors with the personal attention and companionship that is one of its hallmark offerings.

Whether volunteers provide rides in their personal vehicles to medical appointments, shopping, social and cultural events, or simply respond to member calls for a personal visit and chat over tea or companionship on a walk, Nashoba Neighbors volunteers are happy to make new friendships and lighten or brighten the lives of our members.

For a conversation about how our all-volunteer senior support non-profit might work best for you, please call us at: (978) 226-8844, or email us: [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 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](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.

### 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

## MEALS on WHEELS

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 Council-on-Aging Rides



**Monday- Friday 7:00am to 5:00pm**  
**Book at least 1 business day in advance.**

Monday	Shaw's
Tuesday	Walmart
Wednesday	Water tower Plaza
Thursday	Market Basket

Fourth Friday	Luncheon Club
July Luncheon	Taka in Littleton
First Friday	Breakfast Club
July Breakfast	Denny's in Leominster

Reach out to Bus Driver Betty Ann or Tim Casey for details.

Random Acts Of  
**Kindness Rock**

Join the  
Lancaster Community Center Team at  
The Horse Shed Fair



Let's show our love for our community!  
Paint a kindness rock and place  
for our friends and neighbors to find

**September 30, 2023**

*We hope you can join us!*



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Community!



## Making Opportunity Count

Presents:

### Food That Makes Me Feel Good



Including certain foods in your diet each day can be more important than cutting back on others. Learn powerful nutrition strategies to help you focus on what you can & should enjoy. The good news is, it's easier & more delicious than you think!

**Learn how to transform food into powerful medicine.**

- What are the right choices?
- Why are they effective?
- How can I make them work?

**JULY 12<sup>TH</sup> at 11:00 AM**

**IN THE CAFÉ**

Please contact Caitlin Roy to register 978-733-1249 X:2

Presenter: Alex Welch, MA, RDN, LDN

### 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 July 20 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**

### 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**

**No CLASSES the month of AUGUST**

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/class-Prepay and get 1FREE session for every 5 you purchase.**

**Ball Room Dancing Lessons**

**With Jim Cole of Sunstrike Thursdays at 7pm**

**STARTING BACK UP IN SEPTEMBER!!!**

## EVENTS & PROGRAMMING

### 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.**

### 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 **grow** with us!

Gardens are full for the season.

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!**



### COME PLAY BRIDGE!

**Tuesdays**

**6PM-8:30PM**

**Thursday,**

**12:30-3:30PM**

**Friday, 1:00-3:00PM**

**Location: Community Center  
Meeting Room**



### TUESDAYS 1-3

Everyone is welcome!

Join your **Bingo Buddies**

or make some new friends.

Community Center—meeting room

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

11-12:30 July 7, 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

## Cake Decorating



**\$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@lancafterma.gov](mailto:CRoy@lancafterma.gov)



## Breakfast Club

**1st Friday of every month at 9:30**  
**9:00 pick-up by LCC Van or Meet us there!**

Restaurant destination  
determined by participants



## Friends with a Purpose

The Friends of the Lancaster Seniors is a 5013C

Corporation whose purpose is to raise and collect funding and decide how to use these funds to improve the lives of Lancaster Seniors.

Become a member and help us to best meet the needs of our Seniors.

If you are unable to join, please consider donating. You may fill out the information below and send it with your check (Payable to Friends of the Lancaster Seniors, Inc.) to:  
Friends of the Lancaster Seniors, Inc.  
P.O. Box 173  
Lancaster, MA 01523

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

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

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

**Enclosed is my TAX DEDUCTIBLE contribution of \$ \_\_\_\_\_**

General Fund  Senior Tax Relief Fund

You will receive a receipt.

Thank you for supporting Lancaster Seniors!

For more information about the Friends, Contact Denise Hurley at  
978-257-2849 or [Deehurley@hotmail.com](mailto:Deehurley@hotmail.com)  
or visit our website: [www.friendsofthelancasterseniors.com](http://www.friendsofthelancasterseniors.com)

## 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! WE THANK YOU!!!!



# July 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30 walk n' talk	1
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
pickleball 9-11	BINGO! 1pm	LPD hours	STITCH & SEW 10am	pickleball 10:30-12:30	
pickleball 6-830	BRIDGE 6pm		Dirty Gardening 10am		pickleball 10:30am & 1pm
	Pickleball 12-2		pickleball 9-11		
3	4	5	6	7 walk n' talk	8
		MAHJONG 10am	STITCH & SEW 10am	Strength & Cardio 9:00	Strength Class 9:00
pickleball 9-11	Closed	CAKE DECORATING 1pm	BRIDGE - 12:30pm	Senator Cronin Rep	
Yoga - 11:15	Happy 4th of July!	pickleball 6-830	Dirty Gardening 10am	BRIDGE - 1pm	
pickleball 6-830		LPD hours	YOGA 5pm	breakfast club 9AM	pickleball 10:30am & 1pm
Walk and Talk 10&5		pickleball 9-11	pickleball 9-11	pickleball 10:30-12:30	
10	11	12	13	14	15
pickleball 6-830	Pickleball 12-2	Food that make you	BRIDGE - 12:30pm	Strength & Cardio 9:00	
Yoga - 11:15	Scrabble 2-4	Feel good-11AM	Dirty Gardening 10am	pickleball 10:30-12:30	Strength Class 9:00
Philips Lifeline 10AM	Tai Chi 9:30am	pickleball 9-11 & 6-8	STITCH & SEW 10am	BRIDGE - 1pm	
pickleball 9-11	BRIDGE 6pm	MAHJONG 10am	YOGA 5pm	Walk and Talk 10 & 5	pickleball 10:30am & 1pm
Walk and Talk 10&5	BINGO! 1pm	LPD hours	pickleball 9-11	Crazy Crafternoon 10A	
17	18	19	20 pickleball 9-11	21	22
Generations on the Move 10AM	Tai Chi 9:30am	Nashoba Board of Health Info Session	Health clinic 11:30am	Strength & Cardio 9:00	Strength Class 9:00
Yoga - 11:16	BINGO! 1pm	MAHJONG 10am	STITCH & SEW 10am	Walk and Talk 10 & 5	
Walk and Talk 10&5	Scrabble 2-4	LPD hours	BRIDGE - 12:30pm		pickleball 10:30am & 1pm
pickleball 9-11	BRIDGE 6pm		Dirty Gardening 10am	BRIDGE - 1pm	
	Pickleball 12-2	pickleball 9-11 & 6-8	Cookin' up Community	pickleball 10:30-12:30	
24	25	26	27	28	29
	Healthy living 10:30		STITCH & SEW 10am	Strength & Cardio 9:00	Strength Class 9:00
pickleball 9-11	Tai Chi 9:30am	MAHJONG 10am	BRIDGE - 12:30pm	Lunch Club 12pm	
Yoga - 11:15	BINGO! 1pm	LPD hours	Dirty Gardening 10am	BRIDGE - 1pm	pickleball 10:30am & 1pm
pickleball 6-830	BRIDGE 6pm	pickleball 9-11	YOGA 5pm	Walk and Talk 10 & 5	
Walk and Talk 10AM & 5PM	Scrabble 2-4	pickleball 6-830	pickleball 9-11	pickleball 10:30-12:30	
	Pickleball 12-2				

# EVENTS & PROGRAMMING

**SUMMER CONCERTS  
ON THE  
TOWN GREEN  
THURSDAYS AT 6:30  
JUNE 29 TO JULY 27**

Pizza and water for sale by Friends Of Seniors at 6:00  
In case of rain, concerts will be held at First Church  
on the Town Green



sponsored by  
**Clinton Savings Bank**  
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**MOC** Mass Cultural Council

**FRIENDS of the Thayer Memorial LIBRARY**

**OPEN MIC NIGHT**  
WILL BE TAKING THE  
SUMMER OFF AND WILL RESUME BACK  
IN OCTOBER — STAY TUNED FOR AN  
AMAZING FALL SEASON!!!

PLEASE JOIN

**PHILIPS**  
**Lifeline**

IN THE LCC CAFE'

Monday, July 10th 10:00AM

LEARN ABOUT:

MEDICAL ALERT  
SERVICES FOR INSIDE  
AND OUTSIDE THE  
HOME

FALL DETECTION  
SERVICES

MEDICATION  
DISPENSING SERVICES

SAFETY AND  
PEACE OF MIND

CONTACT CAITLIN ROY TO REGISTER:  
978-733-1249 X2 OR CROY@LANCASTERMA.GOV



PLEASE JOIN



**Generations on the Move**  
The Right Move

AND LEARN ABOUT THE  
"ART OF RIGHT SIZING" WHICH  
INCLUDES TIPS ON HOW TO  
PREPARE FOR AN EVENTUAL  
MOVE REGARDLESS IF YOU  
HAVE A MOVING DATE OR NOT.

**JULY 17, 2023**  
**10:00AM**  
**LANCASTER COMMUNITY CENTER**

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

## Elder Education Series at the LCC

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

August

August 9th 11:00 Practically Family Home Care Information Session

August 9th 6:00PM Target Hardening, presented by the Lancaster Police Department

August 16th 10:00 What is Assisted Living, presented by Corcoran House

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

**CHILL WITH US THIS**  
**SUMMER**  
**IN LANCASTER**

TOWN GREEN, PLAYGROUND,  
 SPLASH PAD, COMMUNITY CENTER

CPR/BABYSITTING CLASS  
 CORNHOLE TOURNAMENT  
 MOVIE AT THE BEACH  
 YOUTH BASKETBALL LEAGUE  
 TOWNWIDE PLAYDATE  
 MOVIE ON THE LAWN  
 TOWN WIDE YARD SALE  
 WELCOME BACK BBQ & BOUNCE  
 HOUSE PALOOZA

JOIN US THIS SUMMER  
 FOR SOME GREAT  
 COMMUNITY EVENTS

DATES TO BE  
 RELEASED BY JULY 1ST

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 www.4lpi.com/careers

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

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 Email: JCOSTANZO@JOHNCOSTANZOLAW.COM  
 Website: WWW.JOHNOCOSTANZOLAW.COM

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- *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

## 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@lancasterma.gov

# LANCASTER COMMUNITY CENTER PICKLEBALL SUMMER SCHEDULE

**Monday: 9:00-11:00AM & 6:00-8:30PM**

**Tuesday: 12:00-2:00PM**

**Wednesday: 9:00-11:00AM & 6:00-8:30PM**

**Thursday: 9:00-11:00AM**

**Friday: 10:30AM-12:30PM**

**Saturday: 10:30AM-12:30PM & 1:00-3:00PM**

**Effective:**

**July 3-September 2**

**Remember to register on:**

