



SEPTEMBER 2023

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!

WHAT'S INSIDE

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

Center hours:

Monday-Thursday
8am-5pm
Friday-8am-4pm
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





**Stay Active
& Independent
for Life (SAIL)**

**It Works,
it's safe and
it's fun!**

a strength, balance, and fitness class for adults 65+

One-hour classes will be held...

Lancaster Community Center
39 Harvard Road, Lancaster, MA

Wednesdays
1:30-2:30

For more information:

Caitlin Roy, Outreach & Activities Coordinator
CRoy@Lancasterma.gov or (978) 733-1249 x 2

**Can be done
standing or
seated**



**APPLE PIE SOCIAL
& SUMMIT ELDER
CARE INFO SESSION**

SEPTEMBER 27, 2023 1:00PM

**LANCASTER
COMMUNITY
CENTER**

REGISTRATION FOR THIS EVENT IS REQUIRED.
PLEASE CONTACT CAITLIN ROY:
978-733-1249 X2 OR CROY@LANCASTERMA.GOV

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MA, MARCH, MFA, JD
Attorney at Law

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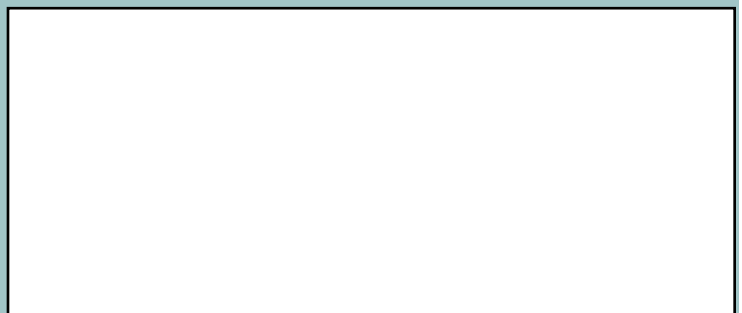
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(800) 477-4574 x6377

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- Individual personal care plan
- Elegant dining room with fireplace
- Wellness programs and consultation
- On site rehab and hospice services available

Call Today- 978-537-1661

Located just off Route 2 in Leominster, MA.



Assistive Technology and Apps for Caregivers

September 20, 2023
10:00AM

Lancaster Community Center

This program will discuss the different types of technology that can help you care for your loved ones. It will offer a variety of ideas that can make your life as a caregiver a little easier in the areas of safety, health and medical management, coordination of care, engagement, and self-care.

Presented by:

JHC LifeCare Management



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



Nashoba
Neighbors
BERLIN • LANCASTER • BOLTON

As we age, we have a lot to share. The experience and wisdom we have gained over the years are truly more valuable than we know. We may not

realize it, but there are people who need us, people who can learn from us and people who admire us. Nashoba Neighbors is based on the belief that everyone has something to offer and there is no limit to the effect we can have on others. We are never too old!!!

We have people who are members and those who are volunteers AND members who are also volunteers! Would you like to learn more about how you can join us in our goal of making a difference in the lives of those we serve while making a positive difference in your own life? We would love to tell you more about us, no pressure at all! If you know someone who could benefit from Nashoba Neighbors, please help us spread the word.

Call us anytime at **978-226-8844** or stop by our table at Backyard Bolton on Saturday, September 16 at the Bolton Town Common. At other tables, you will also be able to enjoy work by creative local artists, farm fresh vegetables, and some sweet treats.

nashobaneighbors.org, info@nashobaneighbors.org, 978-226-8844

HHS & Friends of the
Lancaster Seniors present:

VANCE GILBERT

Folk Singer &
Songwriter



SEPTEMBER 23, 2023

12:00PM-1:30PM

OPENING ACT: 11:00AM-12:00PM

ON THE TOWN GREEN

Bring your family and friends,
a blanket or chair and enjoy!

Pizza & Refreshments available

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!!! Call now!!!



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-5pm M-F, 8am-5pm Friday and 8am-12pm 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: croy@lancasterma.gov or 978-733-1249 x2



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

**BREAKFAST CLUB-FIRST FRIDAY OF THE MONTH-
MOUNTAINSIDE CAFE**

**LUNCHEON CLUB—FOURTH FRIDAY—
SANDEES**

**DIVINE DINNING-SECOND THURSDAY OF THE
MONTH - FUNKY MURPHYS**



**47th Annual
Horseshed Fair
Saturday September 30, 2023
10am - 4pm**

Over 60 crafter and artisan booths
Dakota Chili and Burgers
Live Music
Homemade pies
Craft Beers
Kids Korner with Pony Rides
and more...



FIRST CHURCH LANCASTER | 725 MAIN ST, LANCASTER, MA 01523
FIRSTCHURCHLANCASTERMA.ORG



Friends Annual Book Sale
Sept 29-30, Oct 1 & Oct 7-8, 2023

Friday 3 - 7 pm
Saturdays 9 am - 4 pm
Sundays 12 - 4 pm

Lancaster old Town Hall

695 Main Street, Lancaster, MA 01523



Fill a bag!



Fri, Sept 29th \$30/bag
Sat, Sept 30th \$25/bag
Sun, Oct 1st \$20/bag
Sat, Oct 7th \$15/bag
Sun, Oct 8th \$10/bag
Members receive \$5 off/bag
\$2 hardcover, \$1.50 softcover, \$.50 paperbacks
Credit cards accepted

<https://ThayerMemorialLibrary.org> FriendsofTML@gmail.com



**SUPPORT THE
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that Support our
Community!



STRENGTH & CARDIO

Both Fridays &
Saturdays 9:00AM
LCC gym

Join us for a 45-minute class combining aerobic conditioning, strength training, core, and flexibility. Designed for max results and appropriate for all fitness abilities! This class helps to strengthen and tone, using body weight, weights, and other fitness equipment. Bring your will and determination!



THE BACKSTAGE GYM

YOUR NO-COST HEALTH RESOURCE

Professional Machines and Equipment
No Crowding = No Stress!

Hours:
Monday-Thursday 8:00AM-6:00PM
Friday 8:00AM-5:00PM
Saturday 8:00AM-12:00PM

YOGA WITH LIZ

This 4-week program runs on Wednesday evenings from September 6th through September 27th. Cost is \$40.

5:00-5:45 in the LCC Activities Room

Certified yoga instructor, Liz Garreffi, RYT, will emphasize breathwork along with refreshing and strengthening movement including sun salutations, core exercises, balancing poses, stretches, and ending with a feel good meditation and restorative Savasana pose.

Please register using MyRec:
https://lancasterma.myrec.com/info/activities/program_details.aspx
ProgramID=29846

TAI CHI & QUIGONG

LCC GYM

Tuesdays

9:30

TAI CHI USES GENTLE MOVEMENTS TO REDUCE STRESS AND IMPROVE HEALTH

Its BAAACCCKKKK
Ball Room Dancing Lessons
With Jim Cole of Sunstrike Thursdays at 7pm

STITCH & SEW FREE

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

AMERICAN MAHJONG

東南西北中發

Wednesdays 9:30AM No Cost!

Keep your brain fresh and supple, play Mahjong!

A great game played with 152 tiles, dealt in hands. Come and join in on the fun!



Starting
September
12th!

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@lanasterma.gov

BINGO

Every Tuesday

1:00-3:00

LCC

Activities Room

Hatha Yoga

Chair and Standing

Mondays at 11:15



In the Activites Room

Welcoming all ages and abilities!

Yoga is widely recognized as a way to improve balance and posture, maintain range of motion and reduce stress. Come join us!

First class is free!

\$5 per class or 6 classes for \$25

Mats provided

The Lancaster Police Department's Community Policing initiative is happy to announce the opening of our new satellite office at the Community Center. Let's work together to understand law enforcement's role in making today's Lancaster all that it can be. Together we can!

Bridge!



TUESDAY 6:00PM-8:30PM
THURSDAY 12:30PM-3:30PM
FRIDAY 1:00PM-3:00PM

KINDLY REGISTER FOR THE TUESDAY AND THURSDAY SESSIONS USING THE FOLLOWING EMAIL ADDRESS:

playbridge.lcc@gmail.com

ALL SESSIONS ARE IN THE
LCC ACTIVITIES ROOM

CRAZY CRAFTERNOONS!
CARD MAKING CLASS -2nd Friday

Instruction, Materials, laughs just

\$10

Class begins at 10 a.m.

EVENTS & PROGRAMMING

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 or visit our website: 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!!!!

JOIN US AT THE LCC FOR

TRIVIA

&

LUNCH!



September 22, 2023 12:00PM

Provided by:

Fitchburg Healthcare

Space is limited and registration is required. Please contact Caitlin Roy: 978-733-1249 x2 or Croy@lancasterma.gov

LCC VAN
Presents

DIVINE DINING

The second Thursday of every month

4:45 pick up, or meet us there!

Restaurant destination chosen by participants.



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



September 2023

By all these lovely tokens
September days are here
With summer's best of weather
And autumn's best of cheer
Helen Hunt Jackson

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2
	Tai Chi 9:30am			Strength & Cardio 9:00	
	Scrabble 2-4	MAHJONG 930am	BRIDGE - 12:30pm	BRIDGE - 1pm	Strength Class 9:00
	BINGO! 1pm	LPD hours	STITCH & SEW 10am		
	BRIDGE 6pm	YOGA 5pm	Dirty Gardening 10am	breakfast club 9AM	
			Ballroom Dancing 7pm		
4	5	6	7	8	9
PICKLEBALL: 9:30-11:30	Tai Chi 9:30am	MAHJONG 930am	STITCH & SEW 10am	Strength & Cardio 9:00	Strength Class 9:00
1-3PM	Scrabble 2-4	CAKE DECORATING 1pm	BRIDGE - 12:30pm	elder law 10am	
6PM-9PM	BINGO! 1pm	YOGA 5pm	Dirty Gardening 10am	BRIDGE - 1pm	
	BRIDGE 6pm	LPD hours	Divine dinning club	Crazy Crafternoon 10A	
		SAIL program 1:30pm	Ballroom Dancing 7pm		
11	12	13	14	15	16
PICKLEBALL: 9:30-11:30	Zumba Gold	SAIL program 1:30pm	BRIDGE - 12:30pm	Strength & Cardio 9:00	PTSD WALK 2-4
1-3PM	Scrabble 2-4	YOGA 5pm	Dirty Gardening 10am		Strength Class 9:00
6PM-9PM	Tai Chi 9:30am	Talking book library	STITCH & SEW 10am	BRIDGE - 1pm	ESSEX RIVER CRUISE
	BRIDGE 6pm	MAHJONG 930am		national grid connect	& LUNCH
	BINGO! 1pm	LPD hours	Ballroom Dancing 7pm	to caring 10-1	
18	19	20	21	22	23
PICKLEBALL: 9:30-11:30	Tai Chi 9:30am	assistive technology		Strength & Cardio 9:00	Strength Class 9:00
1-3PM	BINGO! 1pm	YOGA 5pm	STITCH & SEW 10am	TRIVIA & Lunch 12pm	
6PM-9PM	Scrabble 2-4	MAHJONG 930am	BRIDGE - 12:30pm		VANCE GILBERT
	BRIDGE 6pm	LPD hours	Dirty Gardening 10am	BRIDGE - 1pm	Concert on the green
	Zumba Gold	SAIL program 1:30pm	Ballroom Dancing 7pm		2-Nov
25	26	27	28	29	30
PICKLEBALL: 9:30-11:30		apple pie social 1pm	STITCH & SEW 10am	Strength & Cardio 9:00	Strength Class 9:00
1-3PM	Tai Chi 9:30am	MAHJONG 930am	BRIDGE - 12:30pm	Lunch Club 12pm	
6PM-9PM	BINGO! 1pm	LPD hours	Dirty Gardening 10am	BRIDGE - 1pm	Horseshed Fair & Kindness Rocks 10am-4pm
	BRIDGE 6pm	YOGA 5pm			
	Scrabble 2-4	SAIL program 1:30pm	Ballroom Dancing 7pm		
	Zumba Gold				

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

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

sign up at

Tues: 12-2pm

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

[PlayTime Scheduler for Pickleball](#)

Wed: 8:30-10:30, 1:30-3:30pm; 6:00-9:00pm

Sat: 10:30-12:30p &

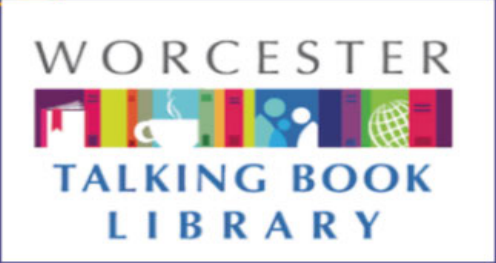
for LCC fun!

PICKLEBALL FALL SCHEDULE


1:00-3:00p

EVENTS & PROGRAMMING

Please Join



September 13, 2023 11:00 at the LCC
Do you struggle to read standard print or hold a book comfortably?
The Worcester Talking Book Library (WTBL) can help!



Learn more about this free service that loans accessible reading materials, including audio and large print books, via postage-free mail.

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

The LCC is on the road!
Join us for
Lunch and a Narrated Sightseeing Cruise in Essex, MA

Saturday, September 16, 2023
9:30AM departure from Lancaster
11:00AM Early Lunch at Woodman's
1:00PM-2:30PM River Cruise
\$28 per person includes transportation and River Cruise (lunch is not included in cost)




Space is limited and payment is due upon registration before 9/8/23. Please contact Caitlin Roy with any questions or to register.
978-733-1249 x2 or Croy@Lancasterma.gov

Fall/Winter Pickleball at the LCC!



Sessions on Pickleball Scheduler are currently live through 10/14/23!

\$3 per session Please pay via check to add to your My Senior Center account

Monday: 9:30-11:30 1:00-3:00 6:00-9:00
Tuesday: 12:00-2:00
Wednesday: 8:30-10:30 1:30-3:30 6:00-9:00
Thursday: 9:30-11:30 12:00-2:00
Friday: 10:30-12:30 1:00-3:00 3:30-5:30
Saturday: 10:30-12:30 1:00-3:00

All sessions will be entered on the same 8 week rotation.

<https://playtimescheduler.com/index.php?go=next&startDate=2023-08-14>

Elder Education Series at the LCC

September

- September 8th 10:00AM-12:00PM** Drop-in Elder Law Mini Meetings, second Friday of every month
- September 13th 11:00AM** Worcester Talking Book Library
- September 15th 10:00AM- 1:00PM** Nationalgrid Connect to Caring third Friday of every month.
- September 20th 10:00AM** Assistive Technology and Apps for Caregivers, presented by JHC LifeCare Management
- September 22nd 12:00PM** Lunch & Trivia, presented by Fitchburg Healthcare
- September 27th 1:00PM** Apple Pie Social and Summit Elder Care Presentation

October

- October 16th 10:30 AM** Alzheimer's Association- Managing Money: A Caregiver's Guide to Finances
- October 18th 10:00AM** Manor on the Hill Adult Day Health and Assisted Living Information Session
- October 25th 10:00AM** SHINE Medicare Open Enrollment Presentation

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

Fuel Assistance

PROVIDED THROUGH MOC-
MAKING OPPORTUNITY COUNT



Appointments are available to assist you!

First Time Applicants:

Wednesdays at the LCC starting in October
9:00-12:00 by appointment ONLY

Please contact MOC in September at 978-342-4520
to schedule your appointment.

Recertifications:

Drop-in appointments available at MOC:
165 Mill Street, Suite B, Leominster, MA.
Monday-Friday 8:30-4:30

nationalgrid

Connect to Caring

Meet with a Customer Advocate at
Lancaster Community Center



Our Customer Advocates will be available to meet one-on-one on the **3rd Friday of every month** to discuss options to manage your energy bill and help you find assistance, including:

- Discount Rate
- Payment Plans
- Budget Billing
- Arrears Management Program (AMP)

No appointment is needed, but please bring the following when you visit:

If you receive SNAP, MassHealth, SSI or WIC, please bring your benefit card and/or program acceptance letter to enroll in our Discount Rate Program.

If you are looking for assistance, we're here to help.

For more information, please visit ngrid.com/heretohelp

Life can be hard but finding assistance shouldn't be.

Lancaster
Community Center
39 Harvard Road
Lancaster, MA 01523



**3rd Friday
of every month**
10:00 a.m. to 1:00 p.m.

National Grid



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170 Data Drive, Waltham, MA 02451
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Este é um aviso importante. Quera mandá-lo traduzir.
Esto es un aviso importante. Si desea mandarlo traducir.
Aho important. Vaušití tržditie immediešment.
Questa è un'informazione importante, si prega di tradurla.
Это очень важное сообщение. Пожалуйста, порекомендуйте нас его перевести.
Đây là một thông báo quan trọng. Xin vui lòng dịch thông báo này.



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Contact us at
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



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@lanasterma.gov

ELDER LAW MINI MEETINGS

Archdeacon Law Associates

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



The second Friday of every month 10:00AM-12:00PM

Older adults are welcome to drop-in with questions about elder law or estate planning for a brief, no-cost meeting with Attorney Philip Arcidiacono. Your meeting does not enroll you as a client of Attorney Arcidiacono. It is an opportunity to learn about fundamental issues relevant to your questions.

Cake Decorating



\$10.00 PER CLASS Paid Ahead Please

September class: Wednesday, 9/6
October class: Monday, 10/2

(please note the october day change)

Please kindly register

48 hours in advance with Caitlin Roy, 978-733-1249 or Croy@lanasterma.gov

HAVE A CUP OF COFFEE WITH BETH WALSH, CONSTITUENT SERVICES DIRECTOR FOR SENATOR JOHN CRONIN



1ST TUESDAY OF EVERY MONTH 11:00AM-12:30PM

Lancaster Community Center Cafe

VETERANS SUICIDE PREVENTION & PTSD AWARENESS CHARITY WALK

Hosted by: American Legion Post 96 – Lancaster, MA

When: SATURDAY SEPTEMBER 16, 2023
2pm-4pm

Where: Lancaster Town Green

Supporting: Veteran Suicide Prevention and PTSD Awareness

ALL ARE WELCOME!

ALP96_LancasterMA@outlook.com