



COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

OCTOBER 2023

TOWN OF LANCASTER RECREATION PRESENTS

HALLOWEEN ON THE GREEN

A FUN AFTERNOON FOR THE WHOLE FAMILY
OCTOBER 29, 2023
4:30 PM - 7:30PM

Fun:
TRUNK OR TREATING
(PRESENTED BY MRE PTO)
LAWN GAMES
BOUNCE HOUSE

FOOD TRUCKS:
COUSINS MAINE LOBSTER
KITH N KIN TRUCK
LALOS MEXICAN
KONA ICE
STERLING STREET BREWERY

ACTIVITIES:
MAGICIAN
(PRESENTED BY THAYER MEMORIAL LIBRARY)
TOUCH A TRUCK
(LPD & LFD)
SCHOLASTIC BOOK FAIR
(PRESENTED BY MRE PTO)
PUMPKIN CARVING
(4-H)
FACE PAINTING
CUPCAKE/SUGAR COOKIE DECORATING

FOR MORE INFORMATION,
CONTACT SAMANTHA AT SZEDIKER@LANCASTERMA.GOV

TRICK OR TREAT

WHAT'S INSIDE

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

Center hours:

M-T: 8am-5pm
F: 8am-5pm
Sat: 8am-12pm
Closed Sundays

Director: Kelly Dolan
Kdolan@lancasterma.gov
978.365.3326x1055

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



A message from Kelly

Friends,

I hope you have enjoyed your summer and are looking forward to the bliss of Fall—it's a charming time in New England so be sure to get outside and take it all in!

In this month's Crier you will notice a heavy emphasis on what we are calling our 'money matters' series. We hear you and we are doing all we can in the Health and Human Services department to ensure that we are providing you with all the resources available to get you educated, aware and supported in your personal financial journey. But wait, there's more :) we have even more programming coming this winter in what we are calling our 'financial literacy' series – stay tuned!

We appreciate you all and are here to help – we not only hope to see you, but we look forward to assisting in making improvements in your life. It's an honor to be a part of your day.

As always, remember to **be kind to one another**.

Sincerely,

Your HHS team

COST SAVING SERIES AND SUPPORTS AT THE LCC

1. Nationalgrid
Connect to Caring Program

Drop-in hours 3rd Friday of every month 10-1 starting in September

2. Veteran's Services & Benefits
Drop in Tuesdays 8:00-12:00

3. Fuel Assistance

First time applicants: Wednesdays 9-12 by appointment starting in October.
Recertification assistance also available!

4. WHEAT

Community Connections
10/4/23 at 11:30
Presentation on all services and supports provided. Lunch is included!

5. Effective Strategies for Budgeting and Saving Money
10/26/23 at 11:00
Presented by Rollstone Bank & Trust

6. Central MA SHINE Program

10/25/23 at 10:00
Medicare Open Enrollment Presentation & breakfast
Individual appointments are always available.

7. Six financial pillars: Savings, Cash Flow, Debt Repayment, Credit Optimization, Risk Management and Retirement
11/15/2023 at 10:00
Presented by: Worker's Credit Union



custom kitchens • flooring • baths & more!

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SCAN QR CODE TO SEE ALL WE OFFER!

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www.creightonflooring.com • email: creightonfloor@comcast.net



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978.365.3144
www.mcnallywatson.com

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

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pa@archdeaconlaw.com
www.archdeaconlaw.com

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Lisa Templeton

ltempleton@lpicommunities.com
(800) 477-4574 x6377



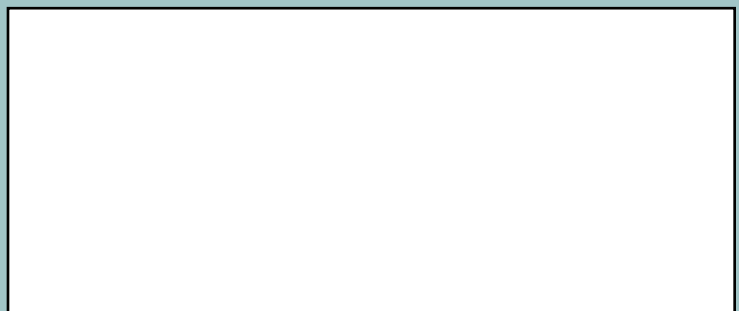
Manor On The Hill
THE DIFFERENCE IS CARING

Independent, Assisted living, memory care unit and short term stays.

- 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.



MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

An education program presented by the Alzheimer's Association®



If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place.

Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

This project was supported in part by grant number 90PPFL0001-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

Monday, October 16
10:30 a.m. - 11:30 a.m.

Lancaster Community Center
39 Harvard Rd
Lancaster, MA 01523

To register, contact Caitlin Roy:
CRoy@lancasterma.gov
978.773.1249

Visit alz.org/CRF to register online and explore additional education programs in your area.

ALZHEIMER'S ASSOCIATION®



Nashoba Neighbors
BERLIN • LANCASTER • BOLTON

A Gratifying Volunteer Opportunity

Services being offered the members of **Nashoba Neighbors** have found an appreciative audience

among the seniors living in Berlin, Bolton, and Lancaster. Requests for transportation to medical appointments, shopping, and entertainment venues have led the list, but are by no means the only forms of assistance sought. Our volunteers have provided small in-home carpentry repairs, helped trim back bushes, changed hard-to-reach light bulbs, and prepared yards for seasonal changes. While these are chores that might have been taken in stride in our younger years, seniors often find ladder climbing, driving at night or to unfamiliar destinations, and some yard work more taxing than expected and they consequently welcome a helping hand - and the companionship that goes with it - from a friendly volunteer from **Nashoba Neighbors**. The response to these offerings has been so positive, in fact, that **Nashoba Neighbors** is working to recruit additional volunteers to fulfill members' requests for services. Our volunteers have appreciated the fact that they can choose when and for how long they provide help they feel qualified to offer. Additionally, they report enjoying their engagement with **Nashoba Neighbors** members and appreciate the gratitude they receive for their efforts. If you have a couple of hours or more to offer each week, or even each month, and believe you would enjoy making a difference in a senior's life, please contact us and explore your options. **Email us**

at: info@nashobaneighbors.org Or call us at: (978) 226-8844



WHEAT COMMUNITY CONNECTIONS

WILL BE SERVING UP LUNCH
AND INFORMATION ON ALL THE
SUPPORTS THEY OFFER TO OUR
COMMUNITY...

RIGHT HERE AT THE LCC!!

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

October 4th
2023
11:30-12:30
LCC Cafe



Grief Support Group

for adults experiencing loss

Facilitated by Karen Campbell, Grief Counselor,
Nashoba Associated Boards of Health

Fourth Monday of Every Month
12:30-1:30

Lancaster Community Center

*Grief and Loss can be
experienced in many ways:*

- Death of a loved one
- Social changes
- Pet loss
- Health changes
- Moving

Questions? Contact Caitlin
978-733-1249 x2 or Croy@lancasterma.gov



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-

COUNTRY KETTLE—WEST BOYLSTON

LUNCHEON CLUB—FOURTH FRIDAY—

BOLTON STREET TAVERN-MARLBORO

DIVINE DINING-SECOND THURSDAY OF THE MONTH

- THE OLD MILL RESTAURANT — WESTMINSETER

MEDICARE OPEN ENROLLMENT BREAKFAST & INFORMATION SESSION

October 25, 2023
10:00 at the LCC

The SHINE Program is here to help you with questions related to insurance. SHINE Counselors offer free and unbiased insurance counseling and assistance to Medicare eligible individuals, their families and caregivers.

Receive education on:

- ✓ Medigap Plans
- ✓ Medicare Advantage Plans
- ✓ Medicare Part D Prescription Coverage



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



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 ADVERTISERS 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!



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>

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

LANCASTER COMMUNITY CENTER

PICKLEBALL INSTRUCTION!

Beginner: starting 10/2 3:15-4:15

6 WEEK SESSIONS

Advanced Beginner: starting 10/2 4:30-5:30

Intermediate: starting 10/4 12:00-1:00

\$125 PER PERSON



DETAILED INFORMATION AND REGISTRATION ON MYREC

Lancaster.myrec.com

TAI CHI & QUIGONG

LCC GYM

Tuesdays

9:30

TAI CHI USES GENTLE MOVEMENTS TO REDUCE STRESS AND IMPROVE HEALTH

THE BACKSTAGE GYM

YOUR NO-COST HEALTH RESOURCE

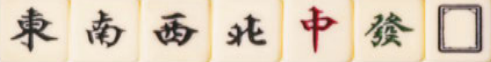
Professional Machines and Equipment

No Crowding = No Stress!

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



AMERICAN MAHJONG



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!



ZUMBA[®]

gold

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



BINGO

Every Tuesday

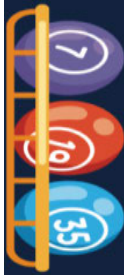
1:00-3:00

25 cents for 3 cards
50 cents for 6 cards

2 optional coveralls played:
3 cards 50 cents
6 cards \$1.00

LCC

Activities Room



Stitch & Sew

THURSDAYS
10:00-11:30
AT THE LCC!

COME STITCH, SEW, CHAT
AND ENJOY A CUP OF
COFFEE WITH FRIENDS!!

THIS IS A NO-COST, DROP-IN PROGRAM

Bring your projects:

- Knitting
- Crochet
- Quilting
- Needlepoint
- Cross Stitch
- Or anything in between!

Bridge!



TUESDAY 6:00PM-8:30PM
THURSDAY 12:30PM-3:30PM
FRIDAY 1:00PM-4:00PM

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

Vaccine Clinic

When October 5, 2023

Where Lancaster Community Center Cafe

Time 3:00PM - 6:00PM

Register Meningitis, Pneumonia, Shingles, TDap, COVID-19 & RSV (if supplies allow)
<https://www.riteaid.com/pharmacy/clinical-experience>

Flu (6 months- seniors), High-dose Flu (seniors 65+)
<https://www.nashoba.org/calendar> -then scroll down to Lancaster and choose your age range.

Registration preferred but not required.
 Walk-ins welcome!
 Please bring Insurance Cards

Lancaster PD will be onsite collecting old/expired/no longer used prescriptions

For inquiries, call Samantha at 978- 365-3325 ext 1086

Hosted by
 Rite Aid,
 Nashoba Associated Board of Health,
 Town of Lancaster Board of Health

Friends with a Purpose

The Friends of the Lancaster Seniors is a 501c3 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

IMPROVE BALANCE PREVENT FALLS

\$7/class

Join Sharon for a fitness class with a focus on strength, balance and falls prevention!

WEDNESDAYS AT THE LCC

1:30-2:30 IN THE ACTIVITIES ROOM

This is a standing or sitting class and can be adapted depending on participant need.

Stay Active & Independent for Life (SAIL)
 A strength, balance, and fitness class for adults 65+

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!!!!

MOC Making Opportunity Count

Presents:

Nutrition Myths - Debunked!



Are eggs bad for my cholesterol?
 Can I eat broccoli if I'm on blood thinners?
 Is intermittent fasting a good option for weight loss?
 Is a Low-Saturated Fat Diet the best way to control cardiac disease?

With so much information at our fingertips, it's still hard to decipher health from hype. Learn the truth and more importantly, how to separate nutrition fact from fiction on your own!

DATE: OCTOBER 11TH AT 11 AM

Presenter: Alex Welch, MA RDN, LDN

Funded by Title III Funds of the Older Americans Act through the Central Mass Area Agency on Aging and Mass EOE, State Elder Lunch, and Town and participant donations.

October 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Sen Cronin Rep	4	5	6	7
pickleball 9-11	Tai Chi 9:30am	Moc Fuel Assistance	YOGA 5pm	Strength & Cardio 9:00	
pickleball 1-3	Scrabble 2-4	MAHJONG 10am	VACCINE CLINIC	BRIDGE - 1pm	Strength Class 9:00
pickleball 6-9	BINGO! 1pm	LPD hours	STITCH & SEW 10am	pickleball	
YOGA	BRIDGE 6pm	Balance & Fall Prevention	Ballroom dancing	breakfast club 9AM	pickleball 10:30am
CAKE DECORATING 1pm	ZUMBA 10:45am	WHEAT Presentation	pickleball	Caring for the caregiver	& 1pm
9	10	11	12	13 OPEN MIC 6pm	14
	Tai Chi 9:30am	MAHJONG 10am	STITCH & SEW 10am	Strength & Cardio 9:00	Strength Class 9:00
	Scrabble 2-4	Nutrition Myths	BRIDGE - 12:30pm	Elder Law 10am	
Closed	BINGO! 1pm	Moc Fuel Assistance	Divine Dining	BRIDGE - 1pm	
	BRIDGE 6pm	Balance & Fall Prevention	YOGA 5pm	Crazy Crafternoon 10A	pickleball 10:30am
	ZUMBA 10:45am		Ballroom dancing	pickleball	& 1pm
16	17	18	19	20	21
pickleball 9-11	ZUMBA 10:45am	VNA Care Keep Well Clinic	BRIDGE - 12:30pm	Strength & Cardio 9:00	
Alzheimers Assoc.	Scrabble 2-4	Balance & Fall Prevention	Ballroom dancing	pickleball	Strength Class 9:00
pickleball 1-3	Tai Chi 9:30am	Moc Fuel Assistance	STITCH & SEW 10am		
pickleball 6-9	BRIDGE 6pm	MAHJONG 10am	YOGA 5pm	National Grid 10am	pickleball 10:30am
YOGA	BINGO! 1pm	Manor on the Hill 10am	pickleball	BRIDGE - 1pm	& 1pm
23	24	25	26	27	28
pickleball 9-11	Tai Chi 9:30am	Moc Fuel Assistance	Budgeting Class 11am	Strength & Cardio 9:00	Strength Class 9:00
pickleball 1-3	BINGO! 1pm	Balance & Fall Prevention	STITCH & SEW 10am	Lunch Club 12pm	
pickleball 6-9	Scrabble 2-4	MAHJONG 10am	BRIDGE - 12:30pm		pickleball 10:30am
Grief support Group	BRIDGE 6pm	Medicare open enrollment	pickleball	BRIDGE - 1pm	& 1pm
	ZUMBA 10:45am	and breakfast 10am	Ballroom dancing	pickleball	
30	31	1	2	3	4
YOGA	HALLOWEEN	Balance & Fall Prevention	STITCH & SEW 10am	Strength & Cardio 9:00	Strength Class 9:00
pickleball 9-11	Tai Chi 9:30am	MAHJONG 10am	BRIDGE - 12:30pm		
pickleball 1-3	BINGO! 1pm	LPD hours	Ballroom dancing	BRIDGE - 1pm	pickleball 10:30am
pickleball 6-9	BRIDGE 6pm	pickleball	YOGA 5pm		& 1pm
	Scrabble 2-4	pickleball	pickleball	pickleball	
	ZUMBA 10:45am	Moc Fuel Assistance			

Pickleball Instructional classes are BAAACKKKK - take a look in the Crier for details!

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

Elder Education Series at the LCC

October

- October 4th MOC Fuel Assistance hours: Every Wednesday 9:00-12:00 by appointment
- October 4th 11:30AM WHEAT Community Connections presentation and lunch
- October 11th 11:00AM Nutrition Myths Debunked: Presented by MOC
- 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 20th Nationalgrid Connect to Caring Program 3rd Friday of every month 10:00-1:00
- October 25th 10:00AM SHINE Medicare Open Enrollment Presentation and breakfast
- October 26th 11:00AM Effective Strategies for Budgeting and Saving Money: Presented by Rollstone Bank and Trust

November

- November 15th 10:00AM Six Financial Pillars Workshop: Presented by Worker's Credit Union
- November 15th 3:00PM Planning for Medicare: Presented by: Blue Cross Blue Shield
- November 28th 10:00AM Meditation, Education and Blood Pressure: Presented by 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@lancafterma.gov



JOIN THE



Lancaster Garden Club
Come grow with us!

The third Sunday
of every month
7:00PM
Lancaster Community Center



LET'S TALK GARDENING AND LEARN TOGETHER WITH FRIENDS!

EFFECTIVE STRATEGIES FOR BUDGETING AND SAVING MONEY

A CLASS PRESENTED BY ROLLSTONE BANK AND TRUST



BUDGETING BASICS & TOOLS



FOLLOWING A BUDGET AND GETTING BACK ON TRACK



FRAUD AWARENESS

Thursday,
October 26, 2023
11:00-12:00
Lancaster
Community Center

 **Rollstone
Bank & Trust.**
Where you matter most.™

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



**Manor
On The Hill**
ADULT DAY HEALTH CENTER

**WILL BE AT THE LCC ON
OCTOBER 18, 2023 AT 10:00!**

Kim Blair will be able to answer any and all questions regarding their supports and services.

LOCATED IN LEOMINSTER, MANOR ON THE HILL PROVIDES ADULT DAY HEALTH, INDEPENDENT LIVING, ASSISTED LIVING, MEMORY CARE AND RESPITE CARE.

**Light refreshments
will be served**

Please contact Caitlin to register: 978-733-1249 x2 or Croy@lancafterma.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, Mass-Health, 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



This email was sent to EMAILADDRESS
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Please do not reply to this email as this email address is not monitored.

170 Delta Drive, Wallham, MA 02461
©2023 National Grid. CM9107 8/23

This is an important notice. Please have it translated.
Este è un avviso importante. Qualora non lo traduca:
Èsto è un aviso importante. Se você mandou traduzir:
Aviso importante. Veuillez traduire immédiatement.
Questa è un'informazione importante, si prega di tradurla.
Þro overna skilvægi croftaflæga. Þessi upplýsinga er mikilvæg og þarf að vera þýðin.
Đây là một thông báo quan trọng. Xin vui lòng dịch thông báo này.



176 WATER STREET | CLINTON, MA 01510

Thomas R. Comeau
FUNERAL DIRECTOR

(978) 365-6872

www.philbincomeaufh.com

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From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

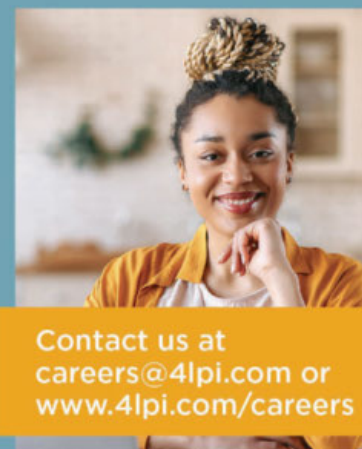
WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



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@lancasterma.gov

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@lancasterma.gov

ELDER LAW MINI MEETINGS

Archdeacon Law Associates

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

Please contact Caitlin for an appointment.
978-733-1249 x2



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

Older adults are welcome to come 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.

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



Learn About Invisible Disabilities During Lancaster October Accessibility Awareness Month

Simply defined, an invisible disability is a physical or mental condition that is not visible from the outside, yet can limit a person's movements, senses, activities, or the ability to function in society. You probably know someone with these challenges. Learn more this October at the

Thayer Memorial Library that will be featuring literature on this topic.

Also, visit www.thayermemoriallibrary.org to hear thought provoking podcasts on invisible disabilities. www.thayermemoriallibrary.org to hear thought provoking podcasts on invisible disabilities.

Lenny, R.N. through VNA Care will be at the LCC the 3rd Wednesday of every month 9:30-11:30!

He is able to complete blood pressure and blood sugar checks and answer any health-related questions our community may have.

