



COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

NOVEMBER 2023

LANCASTER HEALTH AND HUMAN SERVICES DEPARTMENT
 INVITES YOU TO OUR
LANCASTER-GIVING
Grab-&-Go
TURKEY DINNER
\$8 per person
NOVEMBER 16, 2023
12:00 Pick-Up at the
Lancaster Community Center
 We are grateful for you &

 REGISTRATION & PREPAYMENT WITH CAITLIN ARE KINDLY REQUESTED BY THURSDAY, 11/8/23
 978-733-1249 X2 OR CROY@LANCASTERMA.GOV
 Bolton Orchards

- Fresh carved turkey
- Mashed potatoes
- Gravy
- Fresh vegetables
- Stuffing
- Pumpkin pie

WHAT'S INSIDE

Center hours:

CENTER ACTIVITIES

CENTER UPDATES

M-T: 8am-5pm

Pickleball | Ballroom dancing | Tai Chi | Stitch & Sew | Bingo

OUTREACH

F: 8am-5pm

Chair and Standing Yoga | Cribbage | Zumba | Open Mic Nights

LCC INFORMATION

Sat: 8am-12pm

Lunch Club | Meals | Trips | Veteran Benefits | Well Clinics | Transportation | SHINE | Agency Referrals | Bridge | Gardening | Mah-jong | Scrabble | Educational Series | cake decorating

HEALTH AND WELLNESS

Closed Sundays

Director: Kelly Dolan

EVENTS AND PROGRAMMING

Kdolan@lanasterma.gov

ACTIVITY CALENDAR

978.365.3326x1055

| internet cafe | arts and crafts



A message from Kelly

Dearest friends,

On behalf of the Health and Human Services department we want to thank you for the highly successful year thus far with you all. We have offered an abundance of new programs; we have grown our Community at the Center and we have built a highly positive, harmonious, and healthy culture amongst our team. We have much more to do but I want to personally thank you for allowing us to serve you and partake in your journey through life. This holiday season we hope to see you, support you and bring more health and wellness to your life.

As I always say, be well, be happy and be kind to one another!

Best,
Kelly Dolan

LANCASTER COMMUNITY CENTER'S
Thanksgiving
Food Drive
Let's Share & Care

Join us in helping community members in need!

November 1st-10th

Items needed:
Stuffing Mix, Canned Vegetables, Instant Potatoes, Cranberry Sauce, Baking Mixes, Gravy

Drop-off location:
Lancaster Community Center
39 Harvard Road, Lancaster, MA

Contact Caitlin with any questions: 978-733-1249 x2 or Croy@lanasterma.gov

custom kitchens • flooring • baths & more!

Creighton Floor Covering

- Family Owned and Operated
- Celebrating 50 Years of Service
- Residential and Commercial
- Discounts on all Stock Materials!

SCAN QR CODE TO SEE ALL WE OFFER!

Visit our showroom at 417 Bolton Rd, Lancaster - 978-365-5426
www.creightonflooring.com • email: creightonfloor@comcast.net

CORCORAN HOUSE

Personalized- All Inclusive Care
Assisted Living

40 Walnut St., Clinton, MA
978-365-3600
CorcoranhouseAL.com

McNally & Watson
Funeral & Cremation Service

304 Church Street, Clinton, MA
978.365.3144
www.mcnallywatson.com

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

Security for you.
Peace of mind for your family.

Offices in Lunenburg and Concord
tel 978-400-2626
pa@archdeaconlaw.com
www.archdeaconlaw.com

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

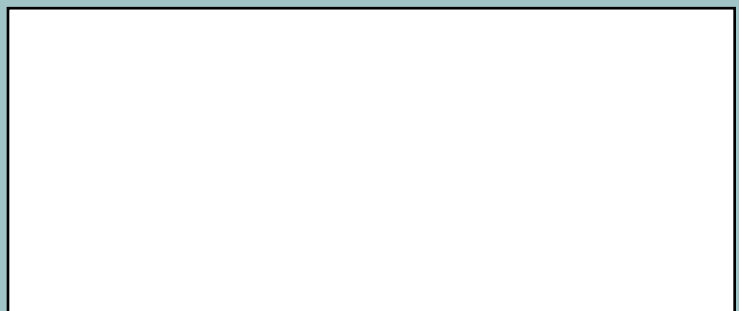
CONTACT ME
Lisa Templeton

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

Manor On The Hill Independent, Assisted living, memory care unit and short term stays.
THE DIFFERENCE IS CARING.

- 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.



Holiday Sip & Shop

Hosted by the Lancaster PTO

December 2nd, 12-4pm

**Lancaster Community Center
701 Main Street, Lancaster MA**

**20+ LOCAL VENDORS
MIMOSA & WINE BAR
PHOTOS WITH SANTA
CRAFTS FOR KIDS
GIFT WRAPPING
BAKE SALE
RAFFLES**

FALL HARVEST

FLORAL
ARRANGEMENT
WORKSHOP

with

DiMeco's

NURSERY | LANDSCAPE | FLORAL & GIFT

NOVEMBER
16TH \$25

10:00AM-11:30AM

Lancaster Community Center

CONTACT CAITLIN TO REGISTER

PRIOR TO 11/10/23:

978-733-1249 X2 OR

CROY@LANCASTERMA.GOV

AGING IN PLACE:

CONTINUING
CARE
RETIREMENT
COMMUNITY

Learn the benefits of a "CCRC"

Presented by: Susan Marie Touhey & Danielle Pakus, of
The Willows at Westborough

NOVEMBER 29, 2023 11:00

Lancaster Community Center

Contact Caitlin to register: 978-733-1249 option 2 or
Croy@lancasterma.gov

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.**



Appointments are available to assist you!

First Time Applicants:

1st & 3rd Wednesdays at the LCC
9:00-12:00 by appointment ONLY
Please contact MOC 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



Transportation Services
Call **MART** Directly to Schedule:
1-800-922-5636, Option 3
Social, Medical, & Shopping

Weekly SHOPPING Trips

Monday-Shaws

Tuesday-Walmart

Wednesday- Watertower Plaza

Thursday-Market Basket

November Monthly DINING Trips

Breakfast Club-1st Friday
11/3 at 10:00 with 9:15 pick up
Meadowbrook Orchards
209 Chase Hill Road, Sterling

Luncheon Club-
3rd Friday due to the holiday
11/17 at 12:00 with 11:30 pick up
Welly's Restaurant
23 Main Street, Hudson

Divine Dining- 2nd Thursday
11/9 at 5:00 with 4:30 pick up
Slattery's
106 Lunenburg Street, Fitchburg

Weekly Medicare Open Enrollment Assistance is available at the LCC!

Mary from the SHINE program is here to assist you.

Mondays
10:00-2:00
through
December 4th!

Contact Caitlin for an appointment:
978-733-1249 x2 or
Croy@lancasterma.gov





SUPPORT THE ADVERTISERS
that Support our Community!



New & Improved (!) Fall/Winter

Pickleball

at the LCC!



Register on Playtime Scheduler!

\$3 per session

Please pay via check to add to your My Senior Center account

Monday: 8:30-10:30 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: 8:30-10:30 10:30-12:30 12:30-2:30
Friday: 10:15-12:15 1:00-3:00 3:30-5:30
Saturday: 10:15-12:15 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>

LANCASTER COMMUNITY CENTER **NOVEMBER**

PICKLEBALL INSTRUCTION!

Beginner: starting 11/13 3:15-4:15

Advanced Beginner: starting 11/13 4:30-5:30

Intermediate: starting 11/15 12:00-1:00

6 WEEK SESSIONS

\$125 PER PERSON

REGISTER EARLY - SPACE IS LIMITED

DETAILED INFORMATION AND REGISTRATION ON MYREC

Lancaster.myrec.com

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!



TAI CHI & QIGONG

LCC GYM

Tuesdays

9:30

TAI CHI USES GENTLE MOVEMENTS TO REDUCE STRESS AND IMPROVE HEALTH

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 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!

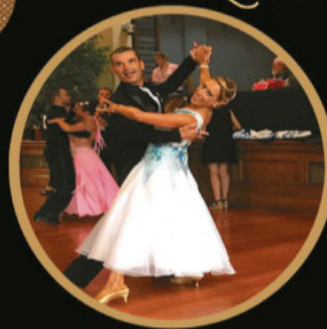


TUESDAY 6:00PM-8:30PM
THURSDAY 12:30PM-3:30PM
FRIDAY 1:00PM-4:00PM

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

Ballroom Dancing Lessons



Get started
right away!
Learn to
partner dance,
a fun fitness
activity that
engages your
body and mind.
Come with a
partner, or not!

Thursday Evenings at the LCC
7:00

EVENTS & PROGRAMMING

Greeting Card Making

\$10

The Second Friday of every month in the LCC Activities Room
10:00AM-12:00PM

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

KNOWLEDGE IS POWER!

CHECK OUT OUR SEMINAR AND OFFICE HOUR OPPORTUNITIES AT A GLANCE!

NOVEMBER

- SHINE Medicare Open Enrollment hour long appointments: Every Monday in November 10:00-2:00 by appointment
- 11/15 10:00-11:00: The Six Pillars of Financial Health Presentation
- 11/15 3:00-4:00: Planning for Medicare Presentation
- 11/17 10:00-1:00: Walk-in hours with Nationalgrid Connect to Caring Program
- 11/29 11:00-12:00: Aging in Place with a Continuing Care Retirement Community

Give Caitlin a call to register or make an appointment.
 978-733-1249 x2

DECEMBER

- 12/4 10:00-11:00: Rightsizing Workshop
- 12/6 10:00-11:00: AudioJournal Presentation
- 12/13 10:30-11:30: Medigap VS Medicare Advantage Presentation

VETERAN'S SERVICES

Are available in Lancaster



Please drop in to see our Veteran's Service Officer, Rick Voutour on Tuesdays: 8:00AM-12:00PM or call: 978-534-7538

Our VSO advocates on behalf of Lancaster's Veterans and dependents to provide them with quality services including financial and medical assistance.

Meditation Class
 November 28th at 10:00

LCC Activities Room

Please join Alicia from Nashoba Associated Boards of Health for a guided meditation

Please contact Caitlin the register 978-733-1249 x2 or Croy@lancasterma.gov

November 2023



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|------------------|-------------------------------|-------------------------|--------------------------|---------------------|
| 30 | 31 | 1 fuel assistance | 2 | 3 | 4 |
| pickleball 9-11 | Tai Chi 9:30am | Food drive Nov 1st - | YOGA 5pm | Strength & Cardio 9:00 | |
| pickleball 1-3 | Scrabble 2-4 | Nov. 10th | Senior Self-defense | BRIDGE - 1pm | Strength Class 9:00 |
| pickleball 6-9 | BINGO! 1pm | LPD hours | STITCH & SEW 10am | Open Mic/Coffee House | |
| YOGA | BRIDGE 6pm | Balance & Fall Prevention | Ballroom dancing | breakfast club 9AM | pickleball 10:30am |
| | ZUMBA 10:45am | MAHJONG 10am | pickleball | Caring for the caregiver | & 1pm |
| 6 | 7 | 8 | 9 | 10 | 11 |
| pickleball 9-11 | Tai Chi 9:30am | MAHJONG 10am | STITCH & SEW 10am | | Strength Class 9:00 |
| pickleball 1-3 | Scrabble 2-4 | | BRIDGE - 12:30pm | Closed for Holiday | pickleball 10:30am |
| pickleball 6-9 | BINGO! 1pm | | Divine Dining | | & 1pm |
| YOGA | BRIDGE 6pm | Balance & Fall Prevention | YOGA 5pm | | |
| Shine medicare | ZUMBA 10:45am | | Ballroom dancing | | |
| 13 | 14 | 15 | 16 | 17 | 18 |
| Ageless grace 1pm | ZUMBA 10:45am | 6 pillars of Financial Health | Fall Floral Arrangement | Strength & Cardio 9:00 | |
| Shine medicare | Scrabble 2-4 | Balance & Fall Prevention | Ballroom dancing | pickleball | Strength Class 9:00 |
| pickleball 1-3 | Tai Chi 9:30am | Planning for Medicare | STITCH & SEW 10am | Lunch Club 12pm | |
| pickleball 6-9 | BRIDGE 6pm | MAHJONG 10am | YOGA 5pm | National Grid | pickleball 10:30am |
| YOGA | BINGO! 1pm | Fuel Assistance | giving grab&go Turkey | BRIDGE - 1pm | & 1pm |
| 20 | 21 | 22 | 23 | 24 | 25 |
| pickleball 9-11 | Tai Chi 9:30am | | Budgeting Class 11am | | Strength Class 9:00 |
| pickleball 1-3 | BINGO! 1pm | Balance & Fall Prevention | STITCH & SEW 10am | Closed for Holiday | |
| pickleball 6-9 | Scrabble 2-4 | MAHJONG 10am | BRIDGE - 12:30pm | | pickleball 10:30am |
| Shine medicare | BRIDGE 6pm | | pickleball | | & 1pm |
| open enrollment | ZUMBA 10:45am | | Ballroom dancing | | |
| 27 | 28 | 29 | 30 | 1 | 2 |
| YOGA | Meditation Class | Balance & Fall Prevention | STITCH & SEW 10am | Strength & Cardio 9:00 | Strength Class 9:00 |
| Grief Group | Tai Chi 9:30am | MAHJONG 10am | BRIDGE - 12:30pm | | |
| pickleball 1-3 | BINGO! 1pm | Aging in Place 11am | Ballroom dancing | BRIDGE - 1pm | pickleball 10:30am |
| pickleball 6-9 | BRIDGE 6pm | pickleball | YOGA 5pm | | & 1pm |
| Shine medicare | Scrabble 2-4 | pickleball | pickleball | pickleball | |
| open enrollment | ZUMBA 10:45am | | | | |

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**

Cake Decorating



**\$10.00 PER
CLASS
Paid Ahead
Please**

**The First Wednesday of Every
Month in the LCC Cafe!**

Please kindly register
48 hours in advance with Caitlin Roy,
978-733-1249x 2 or CRoyalancasterma.gov

Lancaster HHS, Police & Fire Present:



Self-Defense Class for Older Adults



Provided by: Force Defense & Fitness

THURSDAY, NOVEMBER 2ND

2:30-4:30

Lancaster Community Center Gym

This class is no-cost, but space is limited,
so register today!

978-733-1249 x2 or CRoyalancasterma.gov



**Harvard Lions
Citrus Sale
Pre order for Nov 18
Delivery to Lancaster
AND
Gift Boxes Mail Order
Shipped Anywhere In
Continental US**

www.harvardlions.com





Address: P.O. Box 847
272 High St. Clinton, MA 01510
Phone # (508) 370-4943
Fax # (978) 365-6340
www.uwotc.org/WHEATCC
FOLLOW US @WHEATCC

CALENDAR OF PROGRAMS AND EVENTS

| | HIDDEN TREASURES THRIFT STORE (508) 370-4941 | CASE MANAGER (508) 370-49465-6 | FOOD PANTRY (508) 370-4943 | MEAL PICKUP | LUNCH DELIVERY |
|-----------|--|--------------------------------|---|--------------------------|---|
| MONDAY | CLOSED | By Appointment Only | 10:00 am – 1:15 pm | | 12:30 pm – 1:30 pm Berlin Northbrook Village |
| TUESDAY | 10:00 am – 4:00 pm | By Appointment Only | 10:00 am – 1:15 pm | Lunch 12:30 pm – 1:30 pm | Bolton Bolton Manor |
| WEDNESDAY | 10:00 am – 4:00 pm | CLOSED | CLOSED | | Clinton 367 Water St. Prescott Mills |
| THURSDAY | 10:00 am – 4:00 pm | By Appointment Only | 10:00 am – 1:15 pm 3:00 pm – 5:45 pm | Dinner 4:45 pm – 6:00 pm | Shaughnessy Apts. Presentation Apts. |
| FRIDAY | 10:00 am – 4:00 pm | By Appointment Only | CLOSED | | Lancaster Bigelow Gardens |
| SATURDAY | 10:00 am – 4:00 pm | CLOSED | CLOSED | | Sterling Sholan Terrace |

JOIN US!

**Monday, November 13
1 pm**

Cost \$10

Please contact **Caitlin Roy** to register
978-733-1249 ext. 2

AGELESS GRACE

- cutting edge fitness program based on neuroplasticity
- activates all 5 functions of the brain & addresses all 21 physical skills
- movements are performed seated in a chair
- great cardio workout and core conditioning

IridESSENCE Community Health Collaborative

176 WATER STREET | CLINTON, MA 01510

Thomas R. Comeau
FUNERAL DIRECTOR
(978) 365-6872
www.philbincomeaufh.com

Specializing in Pre-Need Funeral Planning

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider 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

Please join us at the
Lancaster Community Center for a seminar on

THE SIX FINANCIAL PILLARS

Presented by:



**Wednesday,
November 15,
2023 at 10:00**

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

Workers Credit Union's mission is "To improve the daily lives of members" and our Workers Way program brings that mission to life. Through this program, we provide financial literacy at the highest level and focus on six financial pillars: Savings, Budgeting, Debt Repayment, Credit Optimization, Retirement, and Risk Management. Each of these pillars has distinctive areas that our Financial Partners will focus on. The partners will work with individuals to create and implement a custom plan that will help them reach their goals and achieve dreams. We are committed to partnering with businesses and nonprofit organizations, like the Lancaster Community Center, to educate the community.

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



Happy Thanksgiving!

Nashoba Neighbors started enrolling members in January 2023. We are amazed at how many people we are able to help. We help with things like transportation, fixing things around the house, and social activities. More importantly, we have made real connections with people, we have been there when people wanted a helping hand or a friend. We became the number to call when members need to solve a problem. Our volunteers truly made a difference to the folks they serve. We are grateful to all our volunteers and members as well as the communities of Berlin, Bolton, and Lancaster. Together we are changing lives. Please join us!

Nashoba Neighbors Inc. <https://nashobaneighbors.org> 978-226-8844

**NO CLASS
Nov. 1st**

IMPROVE BALANCE PREVENT FALLS

FREE!!

ALL WINTER LONG!

Kindly sponsored
by Lancaster
Police & Fire

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 ACTIVITES 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+



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
- Plans and programs available to early retirees, such as COBRA

Event Details

Date: Wednesday, November 15, 2023
Time: 3:00 - 4:00 p.m.
To sign up: Contact Lancaster Community Center at 978-733-1249 x2

Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association.

**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.**

