



COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

DECEMBER 2023

Nutcracker
BREAKFAST

December 12, 2023 9:00
LANCASTER COMMUNITY CENTER
Scrambled Eggs, Bacon & Pancakes

Seating is limited and registration is required **\$5/person**

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

CENTER UPDATES

OUTREACH

LCC INFORMATION

HEALTH AND WELLNESS

EVENTS AND PROGRAMMING

ACTIVITY CALENDAR

Center hours:

M-T: 8am-5pm

F: 8am-5pm

Sat: 8am-12pm

Closed Sundays

Director: Kelly Dolan

Kdolan@lancasterma.gov

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 | Trans-

portation | SHINE | Agency Referrals | Bridge | Garden-

ing | Mahjong | Scrabble | Educational Series | cake



A message from Kelly

Dearest friends,

Have you ever felt like time is just flying sometimes? I sure do! It seems like just yesterday we were welcoming the new year, yet, here we are, closing it out! I hope you are able to take time to reflect on what positives came of this year and what you hope to accomplish in the 2024.

On behalf of the Health and Human Services Department, we want to thank each and every one of you for spending time with us this year and please know that we cannot wait to show you all what 2024 has in store!

We are beyond elated for Decembers events and please remember, should you have questions, need assistance, or just want to chat, do not hesitate to come see us here at your beautiful Lancaster Community Center!

Happy holidays and wishing you a vibrant and healthy New Year!

Best,
Kelly

 <p>custom kitchens • flooring • baths & more!</p> <p>Creighton Floor Covering</p> <ul style="list-style-type: none">- Family Owned and Operated- Celebrating 50 Years of Service- Residential and Commercial- Discounts on all Stock Materials! <p>SCAN QR CODE TO SEE ALL WE OFFER!</p> <p>Visit our showroom at 417 Bolton Rd, Lancaster - 978-365-5426 www.creightonflooring.com • email: creightonfloor@comcast.net</p>	 <p>CORCORAN HOUSE</p> <p>Personalized- All Inclusive Care Assisted Living</p> <p>40 Walnut St., Clinton, MA 978-365-3600 CorcoranhouseAL.com</p>	 <p>McNally & Watson Funeral & Cremation Service</p> <p>304 Church Street, Clinton, MA 978.365.3144 www.mcnallywatson.com</p>	<p>Philip Arcidiacono MA, MARCH, MFA, JD Attorney at Law</p> <p>ELDER LAW</p> <p>Security for you. Peace of mind for your family.</p> <p>Offices in Lunenburg and Concord tel 978-400-2626 pa@archdeaconlaw.com www.archdeaconlaw.com</p>
---	---	--	---

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.

- 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.



Regonini-Zoll Memorials

978-368-7539

**GRANITE • BRONZE
LETTERING • CLEANING**

626 Main Street, Clinton, MA 01510



The Friends of the
Lancaster Seniors

ARE HOSTING

**A SHOPPING TRIP TO THE
HOLIDAY MARKET AT THE
SNOWPORT IN BOSTON!**

**\$25/
Person**



**Saturday, December 9, 2023
Leaving from the Lancaster
Community Center at 10am and
returning at 2pm**

Contact Denise Hurley to register:
deehurley@hotmail.com or 978-257-2849



PROTECT YOURSELF FROM

SCAMS
this holiday season

PRESENTED BY DETECTIVE ANDREW SHAW
OF THE LANCASTER POLICE DEPARTMENT

DECEMBER 12, 2023 | 10AM

PLEASE CONTACT CAITLIN
TO REGISTER:
978-733-1249 OPTION 2
OR
CROY@LANCASTERMA.GOV



Free

HOLIDAY

**Ceramic Figurine
Painting Class**

Instructed by Lydia from

River Terrace Rehabilitation and Healthcare Center

**DECEMBER 14, 2023
AT 10AM**

**Lancaster Community
Center Cafe**

Space is limited. Please contact Caitlin to reserve
your spot: 978-733-1249 x 2 or
Croy@lancasterma.gov

**RIVER
TERRACE**
REHABILITATION AND HEALTHCARE CENTER

Free!, but
space is
limited

Take a trip with us to
Lancaster's

*Celebration
of Lights*

Wednesday,
December 13, 2024
at 7:00PM with a
6:45PM Pick up.

Call Caitlin to reserve your spot!
978 733 1249 x2

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.

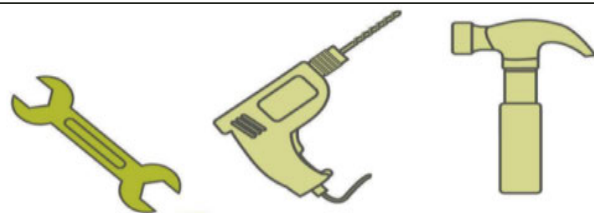
Rentals:

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.**



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, SNOW REMOVAL, AIR
CONDITIONER INSTALLATION, GRAB BAR
INSTALLATION, GUTTER CLEANING, LAWN CARE,
PRESSURE WASHING AND MORE!**

Sand for Seniors

Stay safe and have sand delivered to you!
Contact Nashoba Valley Regional Dispatch
978-772-1900

Thank you to our Friends at the Lancaster DPW
& Lancaster Fire Department!

**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>

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

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 \$5

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-Friday 8:00AM-5:00PM
 Saturday 8:00AM-12:00PM




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!

ZUMBA® gold

NO CLASSES ON 12/19 & 12/26

\$5.00 PER CLASS

TUESDAYS

10:45AM-11:45AM

Lancaster Community Center Gym

Perfect For:
Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity



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

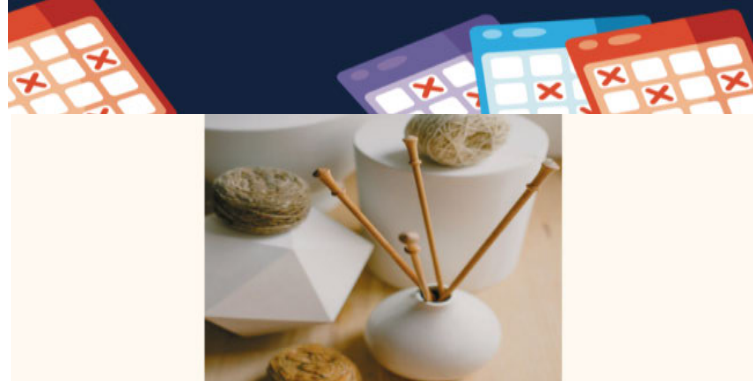


Bridge!

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



KNOWLEDGE IS POWER!

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

DECEMBER

- 12/6 10:00-11:00: AudioJournal Presentation
- 12/12 10:00-11:00: Protect Yourself From Holiday Scams
- 12/13 10:30-11:30: Medigap VS Medicare Advantage Presentation
- 12/15 10:00-1:00: Walk-In hours with Nationalgrid Connect to Caring Program
- December SHINE hours by appointment

JANUARY

- 1/24 10:30-11:30: Alzheimer's Association: A Caregiver's Guide to Managing Money
- 1/30 10:00-11:00: Manor on the Hill Adult Day Health Presentation
- 1/31 10:00-11:00: Rightsizing Workshop

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

Stitch & Sew

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

- Bring your projects:
- Knitting
 - Crochet
 - Quilting
 - Needlepoint
 - Cross Stitch
 - Or anything in between!

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

THIS IS A NO-COST, DROP-IN PROGRAM

EVENTS & PROGRAMMING

THE LANCASTER COMMUNITY CENTER
&
THE THAYER MEMORIAL LIBRARY
PRESENT:



December 6, 2023 at 10am at the LCC

Do you know anyone whose vision is poor?
Unable to read?
Feeling isolated and out of touch with the
community?
Looking for more information or a volunteer
opportunity?

**Harry Duchesne will fill you in on the best kept
secret in Central MA- a reading radio station!**

Contact Caitlin to register: 978-733-1249 x2 or croy@lanasterma.gov

DECEMBER ART WITH JULIE 4 DATES, 4 PROJECTS

DECEMBER 1, 2023- 1:00PM

**Landscape Study:
Snowy Mountains on Canvas- \$13**
This step-by-step instructional class will teach you how to create a
background, middle ground, and foreground with depth in the final project!



DECEMBER 8, 2023- 1:00PM

**Holiday Fun:
Decorative Rustic Santa on a Wood Canvas- \$13**
This is a step-by-step instructional class that will teach you how to
create and paint through transferring an outline and blending, creating
depth for a finalized cheery Santa.



DECEMBER 15, 2023- 1:00PM

**Holiday Fun:
Decorative Rustic Snowman on a Canvas- \$13**
This step-by-step instructional class that will teach you how to create
and paint through transferring an outline and blending, creating depth
for a finalized cheery snowfriend!



DECEMBER 16, 2023- 10:00AM

Light-up Winter Scene Box- \$20
This step-by-step instructional class will engage you through painting
the background and box, making a texture tree and add in a deer. Lights
and batteries included. - This class can be for 2 people per box.



Join us for a class with artist Julie Harrold!

Julie holds a BFA in Fine Arts and has recently worked as a Art Director at an independently owned
art studio that catered to children, then transitioned into a elementary school art teacher!

Currently Julie is a homeschool mom who loves to share her time creating fun art projects for
children, helping to foster a love of art and building new friendships within the community for
children and herself.

Register for all classes at
<https://lanasterma.myrec.com>

Try out a art class in December with Julie!

Believe in the magic of the season

Questions about a class, contact Samantha
szedlcer@lanasterma.gov or 978-733-1249 opt. 4



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

**December Monthly
DINING
Trips**

Breakfast Club-1st Friday
12/1 at 10:00 with 9:30 pick up
Karyn's Kitchen

200 West Street, Ayer

Luncheon Club- 4th Friday
12/22 at 12:00 with 11:30 pick up
Jimmy's Tavern & Grill
50 Boston Turnpike, Shrewsbury

Divine Dining- 2nd Thursday
12/14 at 5:00 with 4:30 pick up
Chopsticks
21 Commercial Road, Leominster



MEDICARE CAN BE CONFUSING, WE'RE HERE TO HELP.

Join our free seminar on the difference between
Medicare Supplement Plans and Medicare Advantage Plans.

We know how important it is to find coverage that fits your needs. That's why we offer
both Medicare Supplement and Medicare Advantage plans-- and why our Medicare experts
are leading a free seminar to help you understand the differences between the two
different plan types.

This is an educational session on how Medicare plans differ. For information on Blue Cross
plan benefits visit our website at bluecrossma.com/medicare.

What We'll Cover

- What's Original Medicare?
- Differences between Medicare Supplement and Medicare Advantage Plans
- Do I need Prescription Drug Coverage?
- Real life case studies
- Resources to help you in the decision process

Circumstances change. So can your health plan.

Every year, during the open enrollment period from October 15 to December 7,
you can change your Medicare plan for the following year. So even if you're
already on a plan, join our seminar and make sure you're still enrolled
in the best plan for you.

Join the Free Seminar

Date: Wednesday, Dec. 13, 2023

Time: 10:30 - 11:30 a.m.

To sign up: Contact Lancaster Community Center at 978-733-1249 x2

December 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Monday
27	28	29	30	1	2
pickleball 9-11	Tai Chi 9:30am		YOGA 5pm	Strength & Cardio 9:00	
pickleball 1-3	Scrabble 2-4			BRIDGE - 1pm	Strength Class 9:00
pickleball 6-9	BINGO! 1pm	LPD hours	STITCH & SEW 10am		
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
4	5 Sen Cronin	6	7	8	9
Holiday Stamp Card	Tai Chi 9:30am	MAHJONG 10am	STITCH & SEW 10am	Elder Law	Strength Class 9:00
pickleball 1-3	Holiday Scams	Audio Journal	BRIDGE - 12:30pm	Strength & Cardio 9:00	pickleball 10:30am
pickleball 6-9	BINGO! 1pm		Divine Dining	BRIDGE - 1pm	& 1pm
YOGA	BRIDGE 6pm	Balance & Fall Prevention	YOGA 5pm	Crazy Crafternoon	FRIENDS Snowport
Shine medicare	ZUMBA 10:45am		Ballroom dancing		Trip!
11	12	13	14	15	16
	ZUMBA 10:45am	Medicare presentation	Winter Ceramic Painting	Strength & Cardio 9:00	
Shine medicare	Scams Presentation	Balance & Fall Prevention	Ballroom dancing	pickleball	Strength Class 9:00
pickleball 1-3	Tai Chi 9:30am	Planning for Medicare	STITCH & SEW 10am		
pickleball 6-9	Nutcracker Breakfast	MAHJONG 10am	YOGA 5pm	National Grid	pickleball 10:30am
YOGA	BINGO! 1pm	Lancaster Lights!!		BRIDGE - 1pm	& 1pm
18	19	20	21	22	23
pickleball 9-11	Tai Chi 9:30am				Strength Class 9:00
pickleball 1-3	BINGO! 1pm	Balance & Fall Prevention	Ballroom dancing	Strength & Cardio 9:00	
pickleball 6-9	Scrabble 2-4	MAHJONG 10am	STITCH & SEW 10am	BRIDGE - 1pm	pickleball 10:30am
Shine medicare	BRIDGE 6pm	VNA	YOGA 5pm	Lunch Club 12pm	& 1pm
	ZUMBA 10:45am				
25	26	27	28	29	30
		Balance & Fall Prevention	STITCH & SEW 10am	Strength & Cardio 9:00	Strength Class 9:00
Closed for Holiday	Tai Chi 9:30am	MAHJONG 10am	BRIDGE - 12:30pm		
	BINGO! 1pm	Aging in Place 11am	Ballroom dancing	BRIDGE - 1pm	pickleball 10:30am
	BRIDGE 6pm	pickleball	YOGA 5pm		& 1pm
	Scrabble 2-4	pickleball	pickleball	pickleball	
	ZUMBA 10:45am	Grief Support Group			

The Health and Human Service Team wishes you all a wonderful Holiday Season!

EVENTS & PROGRAMMING

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

For December
this group will
meet on
Wednesday,
12/27

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

Cake Decorating




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

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

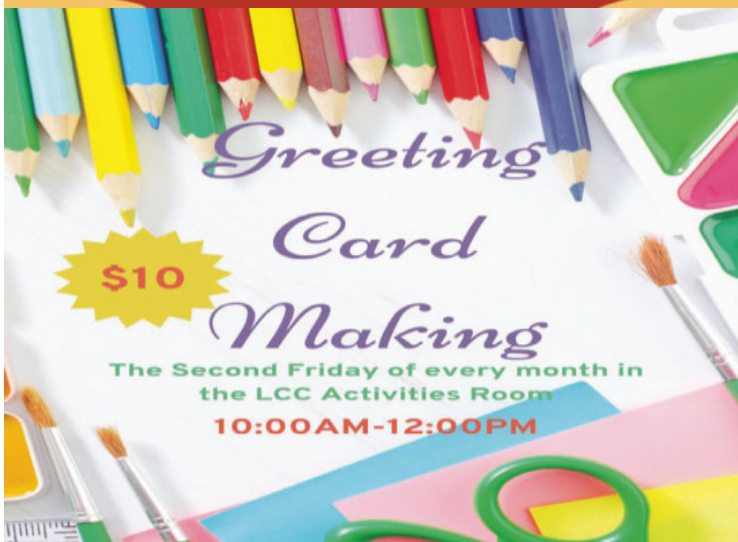
Please kindly register
48 hours in advance with Caitlin Roy,
978-733-1249x 2 or CRoy@lancasterma.gov

ALEPPO SHRINERS
**PULL-TAB
COLLECTION**



**FOR SHRINERS
HOSPITALS**

CONTAINER IS AVAILABLE IN
THE LCC CAFE!



*Greeting
Card
Making*

\$10

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

Please join us for an
★
OPEN HOUSE
**HOLIDAY
STAMP**
CREATE SIMPLE,
QUICK
HANDCRAFTED
HOLIDAY CARDS

**December 4, 2023
1:00-3:00**

Lancaster
Community
Center | **10 Cards
for \$10**

★

It is that time of the year again when the lobby of the Lancaster Police department transforms and becomes home to Lancaster's Angel Tree. The generosity and support from residents and local businesses continue to make this event a town-wide success. Last year we expanded our goals and partnered with Lancaster's Community Center to enhance services to our seniors.

This year the Angel tree is dedicated to Cheryl A. Sendrowski; Cheryl was an active member in our community and has always gone beyond when helping those in need. It is our hope that in celebrating the memory of those who have made a difference, we will continue to keep the Spirit and Dreams made possible through the Angel tree, alive! Please consider getting involved and helping neighbors in our community. Tags are available in the lobby of the police station or any time by email

RZagwyn@lancasterma.gov



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

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*



Happy Holidays!

The holidays are the time of year when we talk a lot about giving and receiving. But the holidays are not the only time it is important to think about this. **Nashoba Neighbors** is helping with many of our seniors' needs all year long. Volunteers are busy helping members clean up garden beds, going to members' homes to help around the house and visit, providing transportation for doctor and social events, and so much more. These volunteers are ready to go throughout the year!

On the receiving end, our members are able to get things done they couldn't do alone, get a ride to that special event or a medical appointment, and meet new friends. Nashoba Neighbors is here to connect people who want to give back by volunteering to those in need. We are a unique nonprofit that provides seniors a low-cost way to stay in their own homes as they age.

Give us a call to learn more about membership and volunteer opportunities.

We are neighbors helping neighbors!

Happy Holidays from all of us at Nashoba Neighbors!

www.nashobaneighbors.org

info@nashobaneighbors.org

978-226-8844

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.

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+



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

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

**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.

