

Leicester Senior Horizon

40 Winslow Avenue, Leicester, Massachusetts 01524-1113

(508) 892-7016

Transportation (508) 752-9283

Rachelle S. Cloutier, M.Ed.
Director of Elder Affairs

LEICESTER COUNCIL ON AGING
LEICESTER, MA 01524

Nancy H. Lamb, RN
Outreach Coordinator

Our Mission : The Leicester Senior Center enriches the lives of the seniors by providing opportunities of volunteerism, education, recreation and social engagement



MARCH 2021



IRISH BLESSINGS THROUGHOUT THE NEWSLETTER

Irish Blessings

"May the road rise up to meet you..
May the wind always be at your back.
May the sun shine warm upon your face,
And rains fall soft upon your fields.
And until we meet again,
May God hold you in the palm of
His hand."

"May the lord keep you in His hand and
Never closes His fist too tight."

"May there be a generation of children on the
children of your children."

Inside this issue:

Picture Gallery	2
Menu	3
Rebus	4
Director's Corner/Outreach Lamb Bytes	5
Irish Blessings	6
Our Advertisers/Supporters	7
Word Jumble	8

Programs Weather Permitting

Our programs are held outside weather permitting. We follow State mandated COVID-19 regulations. Pre-registration and signing of WAIVER policy a must.

Exercise Tuesdays, 1:00 PM

Train Your Brain Wednesday, 10:00 AM

Chair Yoga Thursdays, 1:00 PM

BALANCE Wednesday at 1:00 P.M.

"May God be with you and bless you. May you see your children's children. May you be poor in misfortunes and rich in blessings. May you know nothing but happiness from this day forward."

Picture Gallery of the Month



ACTIVITIES



STRAWBERRY HILL CAFE

*Diabetic
Friendly
Dessert

Menu subject to change. All meals include milk, margarine & bread
Your donation of \$2.50/meal helps keep the program running.

**Higher
Sodium

Please be patient with drivers delivering meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Beef Stew Rice Corn Niblets Pineapple	2. Buttermilk Chicken Herbed Potatoes Peas Peaches	3. Baked Potato w/chili & Cheese Broccoli Sour Cream Chocolate Mousse	4. Hot Dog on Bun Baked Beans Mixed Vegetables Fresh Fruit	5. Macaroni & Cheese Stewed Tomatoes Green Beans Cookies
8. Chicken Mornay Couscous Roman Blend Vegetables Butterscotch Pudding	9. Meatloaf & Gravy Garlic Mashed Potatoes Carrots Mixed Fruit	10. Shepherd's Pie Carrots Green Beans Peaches	11. Roast Turkey w/ Gravy Mashed Sweet Potatoes Peas Fresh Fruit	12. Fish w/Parm Cream Sauce Wild Rice Broccoli w/Red Peppers Tapioca Pudding
15. Swedish Meatballs Mashed Potatoes Scand. Veg. Cookies	16. Pork Rib-i-que Mac N Cheese Roasted Calif. Veg. Cold Cinnamon Pears	17. Corned Beef Boiled Potatoes Cabbage & Carrots Vanilla Mousse	18. Chicken Cacciatore Gemelli Pasta Peas Fresh Orange Gratin	19. Fish w/Crumb Topping Lemon Seasoned Rice Mixed Veg. Fruited Ambrosia
22. Chicken Pot Pie Mashed Potatoes Corn Niblets Peaches	23. Sloppy Joe Potato Wedges Mixed Veg. Fresh Fruit	24. Garlic Herbed Chicken Herbed Stuffing Roasted Carrots & Broccoli Vanilla Pudding	25. Spaghetti & Meatballs Green Beans Oreo Mousse	26. Potato Crunch Fish Herbed Potatoes Peas & Onions Baked Cinnamon Pears
29. Stuffed Pepper Casserole Mashed Potatoes Carrots Cookies	30. Ranch Chicken Wild Rice Spinach Pears	31. Braised Beef Gravy Gemelli Pasta Broccoli Mixed Fruit		

TO CANCEL MEALS ON WHEELS YOU MUST CALL ELDER SERVICES AT 508-852-3205

<p>ADT-Monitored Home Security Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> Burglary Fire Safety Flood Detection Carbon Monoxide <p>ADT Authorized Provider SafeStreets 1-855-225-4251</p>	<p>Reach the Senior Market ADVERTISE HERE</p> <p>CONTACT Susanne Carpenter to place an ad today! scarpenter@lpiseniors.com or (800) 477-4574 x6348</p>
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REBUS

A rebus is a puzzle device that combines the use of illustrated pictures with individual letters to depict words and/or common phrases.

POPPD	iRIGHTi	NNNN NME	@ ee
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IF YOU ARE STUMPED CALL GENEVIEVE AT THE SENIOR CENTER FOR CLUE OR ANSWER.

*Do you know this about St. Patrick's Day? Traditionally, holidays commemorating saints take place on the date of the saint's death, not their birthday. St. Patrick is no exception. Born "Palladius" in fourth-century Britain, he came to Ireland as a missionary as an adult. He was instrumental to the early adoption of Christianity by the Irish people. The first observance of the holiday (March 17) is thought to have taken place in the ninth or tenth century. Holiday was a misnomer back then, as was the way with saints' feasts. It was actually a day of prayer and reflection. And though it would evolve over the years and Irish celebrants would begin feasting and even drinking on that day, it wasn't until the day would make its way to the United States, with Irish immigrants in the 18th and 19th centuries that it took on its current raucous, party-centric flair. That might be a surprise to us today, when the day seems to be all about partying. But what's even more surprising? That original color associated with St. Patrick's Day was actually...**BLUE.***
Rachelle

OUTREACH—LAMB BYTES

Yippy Yi Yo and here I go! I'm off to check on my pals at the farm at the Leicester Senior Center.

Just to catch you up we had a great Valentine party on Feb 14 at the Red Clover Inn. We freely imbibed The Lovebug Critter cocktail. This led Henrietta and Ozzie to become befuzzled about the way home. You can rest easy = eventually we all got back to our rooms and beds.

March is here but the temperature is still cold. I'm a February lamb that likes to swim so I figure I'm a Pisces (gentle wise and trusting??). I also love the color blue like an aquamarine (March birthstone). All of us on the farm keep on the lookout for the lower of March the daffodil. It symbolizes new beginnings and is a nice way to think of springtime.

I see that the exercise classes and Train You Brain are still meeting outdoors at the Leicester Senior Center. They be hearty souls and freeze dried brains (Ha Ha!!)

Farmer Bob is deciding where to plant his wheat and corn. Last year he got lost in his own corn maze. Oreo and Butterscotch our trusty horses finally sniffed him out. He's also checking his machines, wheels and harnesses for repairs to be done. The other working stock have to be checked for medical problems and their grain content increased to allow them to heavier jobs in the spring and summer. We all help cut down the cover crops. Skittles tends to fly with a sharp knife and cut the foliage and crops at the top. Molasses closes her turtle eyes and hopes he doesn't unintentionally behead anything and or anyone he shouldn't. The Missus is planning her spring cleaning and starting to plant seeds indoors for the garden.

Salt and Pepper our goats are out in back—"way back" north pasture. They found a friend to play with who decided not to play. She sprayed them and not with Febreeze. They're fine—just airing far out. Dr Leaper, Frog M.D, triple masks and checks them out on a daily basis. They come home Friday.

We'll celebrate St. Patrick's Day with some green critter beer and our annual Shamrock Hunt. Shamrocks are considered clover and the four leaves stand for faith, hope, love and luck. Let's look for luck during our month of new beginnings and help our fellow man.

Ponder these—What is a quire? Have you ever worked with a wrest pin?

Sweet dreams roll an avocado around and stand a banana upright. Ha Ha!! Tootles

Lambie Pie



"Now when the primrose makes a splendid show, and lilies face the March-winds in full blow, and humbler growths as moved with one desire; put on, to welcome Spring, their best attire..." — William Wordsworth

"If one is lucky, a solitary fantasy can totally transform one million realities." — Maya Angelou

ST PATRICK'S DAY BLESSING
 A sunbeam to warm you, a moonbeam to charm you, a sheltering angel, so nothing can harm you.
 May the dreams you hold dearest be those which come true and the kindness you spread keep returning to you.
 May your troubles be less. And your blessings be more. And nothing but happiness come through your door. — Irish Blessing

"March winds and April showers bring forth May flowers." — English Proverb

NEVER IRON A FOUR-LEAF CLOVER, BECAUSE YOU DON'T WANT TO PRESS YOUR LUCK.

Exercise Classes with Heidi: \$3.00

- Tuesday—1:00 pm—exercise
- Thursday - 1:00 p.m. Chair Yoga
- Wednesday - 1:00 p.m. Balance

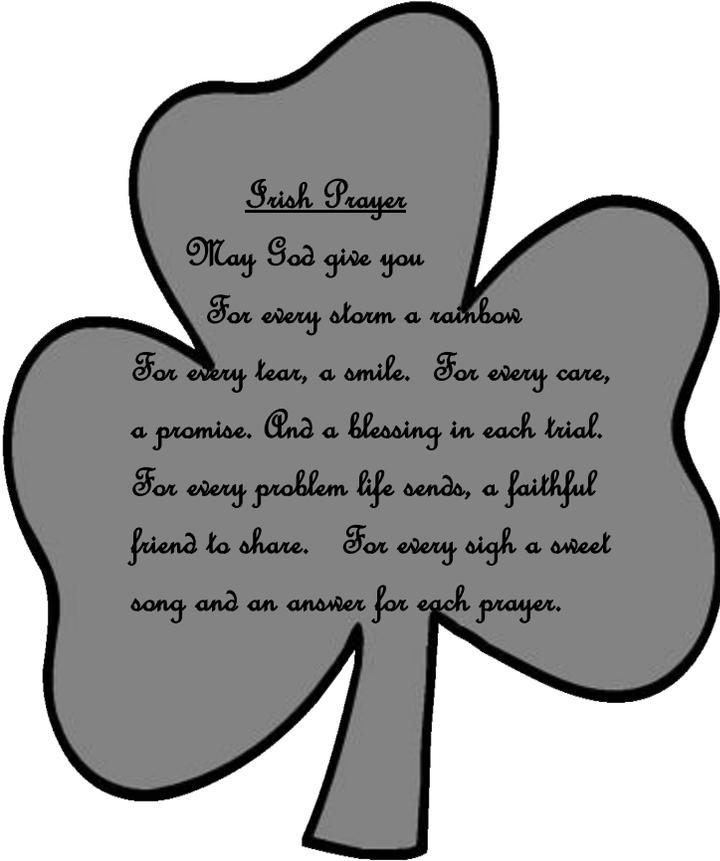

 OUR OUTREACH PROGRAM IS SPONSORED IN PART BY A GRANT FROM THE GREATER WORCESTER COMMUNITY FOUNDATION.

Book Club



BOOK CLUB In these trying uncertain times we need to take the time to distract ourselves and imagine being in another time, place, and maybe even laugh or at least giggle. So find a book to read and fall into that imaginary world. When we get back together again we can discuss what

books entertained us , what held our attention, and would we recommend this book to others. Happy reading!!!



Irish Prayer

May God give you

For every storm a rainbow

For every tear, a smile. For every care, a promise. And a blessing in each trial.

For every problem life sends, a faithful friend to share. For every sigh a sweet song and an answer for each prayer.

"In March winter is holding back and spring is pulling forward. Something holds and something pulls inside of us too." —Jean Hersey

"This is the perfume of March: rain, loam, feathers, mint." —Lisa Kleypas

Please know that we are here to assist you during this difficult time. Call if you are in need. We will do everything possible.

Rachelle, Genevieve and Nancy

DR. LACONTE PODIATRY at the Leicester Senior Center is scheduled for March 26. Please call his office at: 508-752-9444 to schedule appointments or make any changes.

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PAYMENT

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As you know COVID shots have been made available throughout our State. It is extremely important for all of us to try as much as possible to advocate for ourselves. If you fail at the first call keep trying (if you have a hard time with your computer ask a family member to help) you may get lucky and find a spot where indeed you can obtain a vaccination. Be diligent. It will eventually pay off. In the meantime observe the rules: wear a mask, wash your hands, maintain a safe distance. Stay well. Rachelle



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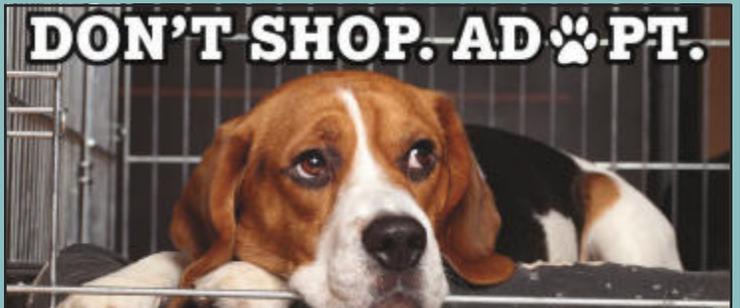
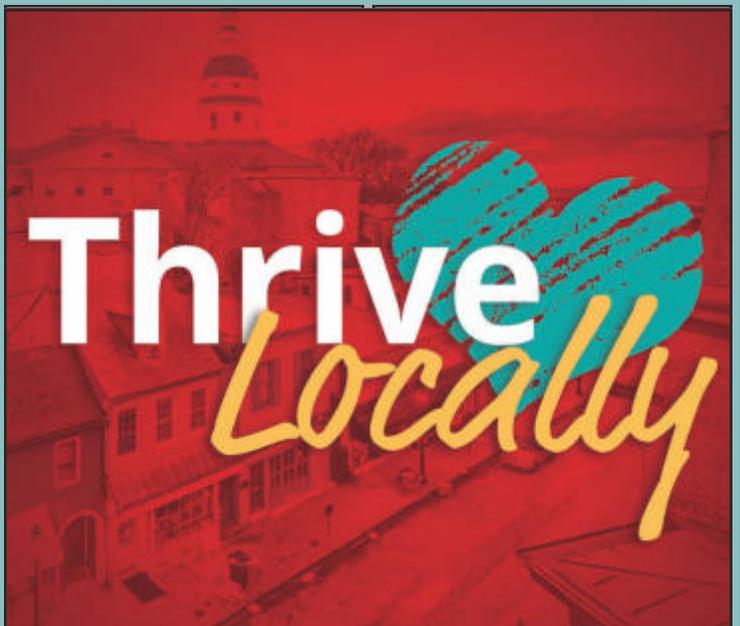
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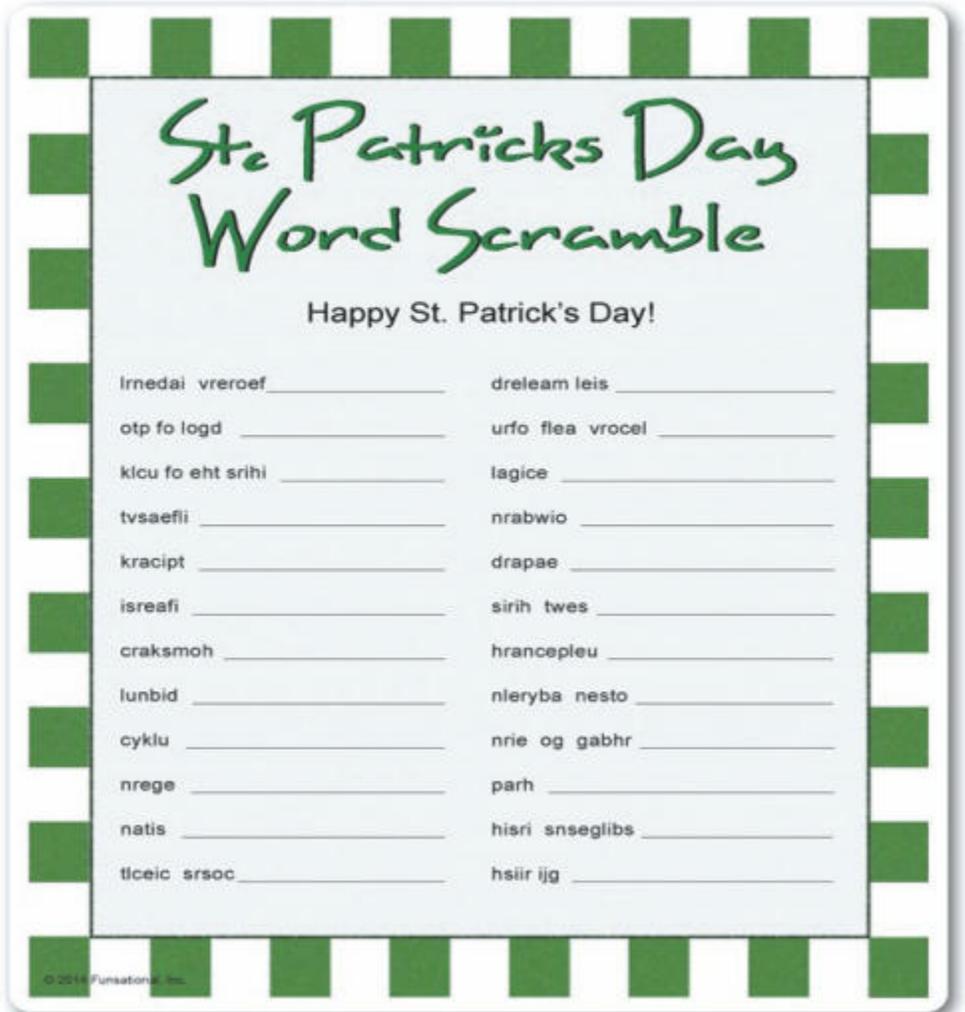
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***Address Service Requested**

The mailing of this newsletter is funded, in part, through a grant from the Massachusetts Executive Office of Elder Affairs.



DON'T FORGET TO RENEW YOUR SUBSCRIPTION. CALL THE CENTER TO KNOW WHEN YOU LAST PAID. THANK YOU.

STILL TIME TO SUBSCRIBE

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Please make a check in the amount of \$7.00 (change due to increase in postage) payable to: Leicester Council on Aging. Subscriptions may be dropped off at the Senior Center or mailed to the Leicester Senior Center, 40 Winslow Ave. Leicester, MA 01524.

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