

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

August 2021



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Programs

Our programs are held inside or outside. We follow State mandated COVID-19 regulations. \$3 per class, except for Train Your Brain and Cribbage.

Exercise	Tuesday, 1:00 PM
Train Your Brain	Wednesday, 10:00 AM
Balance	Wednesday, 1:00 P.M.
Cribbage	Thursday, 10:00 AM
Joy Fusion	Thursday, 11:00 AM
Chair Yoga	Thursday, 1:00 PM

COMING ATTRACTIONS

ALL ABOUT BEES

BY

DIANNA PROVENCHER

Little Bit Farm

August 6, 11:00 AM



HOT DOG/COUNTRY MUSIC JAMBOREE

Sponsored by

Leicester Police Department

Leicester Fire Department

August 20, 12PM

Entertainment by Edmond

Must sign up at Leicester Senior Center



PRESENTATION BY ROBIN PUTNAM WORCESTER DISTRICT ATTORNEY'S OFFICE

- Tuesday August 24, 10:00 AM—Beware of Scams

MONTHLY SENIOR BREAKFAST

THURSDAY, August 19, 9 A.M.

David Genereux, Town Administrator, will be discussing and answering questions on the potential acquisition of Becker College's Leicester campus.

\$3.00 per person for breakfast

Call for reservation 508-892-7016

Picture Gallery of the Month

Senior Center Returning Activities



LEICESTER SENIOR CITIZENS CLUB



GOLDEN NEEDLES



JOHNSON'S FARM



CRIBBAGE


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
2. Pork Rib-i-que Mac N Cheese Green Beans Cold Baked Apples	3. Swedish Meatballs Mashed Potatoes Scandinavian Veg Vanilla Pudding	4. Sloppy Joe Herbed Potatoes Carrots Strawberries	5. Chicken Cacciatore Gemelli Pasta Broccoli Yogurt	6. Fish w/Crumb Top-ping Rice Pilaf Tuscany Veg. Fruited Ambrosia
9. Chicken Pot Pie Mashed Potatoes Corn Peaches	10. Penne Pasta with Green Beans Apple Crisp	11. Potato Crunch Fish Seasoned Potatoes Peas & Onions Chocolate Pudding	12. Baked Ham Sr. Crm/Chive Mashed Pot Roasted Calif. Veg. Fresh Fruit	13. Garlic Herbed Chicken Yukon Gold Pot. Roasted Brussels Sprouts Lemon Pudding
16. Lemon Pepper Fish Brown Rice Winter Blend Veg. Tapioca Pudding	17. Hot Dog on Bun Baked Beans Coleslaw Fresh Fruit	18. Stuffed Pepper Cas-serole Mashed Potatoes Glazed Carrots Mixed Fruit	19. Ranch Chicken Wild Rice Capri Blend Veg. Pineapple	20. Braised Beef Gemelli Pasta Broccoli Lorna Doone Cook-ies
23. Chicken Pesto Yukon Gold Pot. Roasted Calif. Veg. Fresh Fruit	24. Burger Chili & Cheese Herbed Potatoes Strawberries	25. Roast Pork Loin w// Gravy Apple Cornbread Stuffing Roasted Brussels Sprouts PearCrisp	26. American Chop Suey Roasted Broccoli Corn Vanilla Mousse	27. Jambalaya Rice Pilaf Green Peas Pineapple
30. Shepherd's Pie Carrots Green Beans Butterscotch Pud-ding	31. Greek Chicken Steamed Brown Rice Roasted Broccoli Peaches			

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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.



IF YOU ARE STUMPED CALL GENEVIEVE AT THE SENIOR CENTER FOR CLUE OR ANSWER.

Governor Baker keeps us abreast of what is happening with COVID. He indicated that of late there has been an increase in the numbers of those who are infected and an increase in hospitalizations. As you all know there is a strain that is quite deadly (Delta virus) for those not vaccinated. We urge you to please get vaccinated. Let us be protected against variances. It is our hope that we all stay well so we can stay open.

At the center we were in fact as open as allowed during the worst of this pandemic. We were here to answer phones and implement outdoor programs using propane heaters. We offered "Train Your Brain" with Genevieve and exercises with Heidi. Recently our senior group came back. I observed how joyful they were to greet each other after a very long hiatus. We recently introduced "Joy Fusion" with Myriam. We need to healthy and open so you can all come and enjoy all the above and more. We will be having our first breakfast on August 19th and a hot dog country music jamboree on August 20th. Stay well. Rachelle

OUTREACH—LAMB BYTES

Hello-hello-hello-to all. Lambie Pie has returned. Welcome to the month of Persian apples (peaches), thought to give longevity to all who ate them. They are also packed with anti-oxidants. The birth flower for August is the gladiolus. It signifies sincerity and generosity. Share these traits with everyone around you this month.

On the farm Henrietta has been busy and waddling around making some very frilly underwear for all her poultry pals. They will get together on National Underwear Day, Aug, 5th, wear their undies (aka- smalls or intimates) to acknowledge the day.

Molasses has been attending Brain Games on Wednesday. She learned a turtle has a long term memory of 7.5 months. Also she recalled an ancient Greek myth where a tortoise refused to attend the wedding of Zeus and Hera. Zeus became so angry he ordered that the tortoise be condemned to carry its own house on his back forever after.

Oreo and Butterscotch attended an Equine Convention—lots of fun. Oreo got stuck in one of the revolving doors at the hotel. Oh my! They learned that each of their ears has 10 muscles and they help with balance Farmer Bob is holding a 4 week nature workshop. The first session included classes on Filicology, the study of ferns, and Dendrology, the study of trees. Last year Pepper nibbled on a neighbor's boxwood. A bad idea. He got very ill. Luckily Farmer Bob & Dr. Leaper Frog M.D. treated him with a drench of malt, rennet and brandy. All this followed by a clyster (enema). He recovered—I think he liked the brandy. Skittles our barn owl made a SHINE appointment for 8/9. Pam is coming back once monthly. He plans to take the Botany class so he knows what tree he is perching in. He'll also take Phytomorphology to learn about the leaves. Lots of summer studying but that's OK. We have a lot of pencils (invented 5/4 1755). He'll lend a hand on 8/6 for Dianna Provencher's talk—"All About Bees" at Leicester Senior Center. Winston is doing great, he helps Dr. Leaper a bit and learned that insulin, heparin, cortisone and ACTH are all made from pigs. He helped with a burn injury and learned about the use of Porcine Dermal Collagen, used as a wound dressing. He was amazed by the healing of the area 10 days later.

Lilly our security dog patrols the grounds for us and chases all the chipmunks.

I've been busy visiting everyone and helping bear pal Mocha 4Paws. We're getting an area ready for her next winter hibernation. Sure is sweaty work. My tail went limp Must check in with Mabel soon for my weekly hair and tail updo.

Y'all take a breath, relax and think of fairy lights and waterfalls. See you in the next month of Cheeseburger day.

Lambie Pie



SPECIAL BREAKFAST

On August 19 at 9:00 a.m. we will host our first monthly breakfast. The cost is \$3.00 per person. Our Town Administrator, David, will be here to speak about the town's potential purchase of Becker College. He will be with us to inform and answer your questions. Please call us to let us know if you plan to attend. We need numbers to buy food.

Rachelle

This is my wish for you

*Comfort on difficult days,
Smiles when sadness intrudes,
Rainbows to follow the clouds,
Laughter to kiss your lips,
Sunsets to warm your heart,
Hugs when spirits sag,
Beauty for your eyes to see,
Friendships to brighten your being,
Faith so you can believe,
Confidence for when you doubt,
Courage to know yourself,
Patience to accept the truth,
Love to complete your life.*

Ralph Waldo Emerson

SHINE IS BACK—MONTHLY

Pam is back to answer your Health Insurance Questions by appointment—August 9, 9AM-12PM—call us to set an appointment at 508-892-7016.



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!!!

Leicester Senior Citizens Group Events

August 17—Cornerstone Bank on Fraud

September 7—Dwayne Carlson, Entertainment

October 5—Gary Landgren-Entertainment

In November and December there may be holiday parties. Arrangements are still pending. These are subject to change. Stay tuned.

DR. LACONTE PODIATRY at the Leicester Senior Center is scheduled for August 27. Please call his office at: 508-752-9444 to schedule appointments or make any changes.

UPCOMING TRIPS:

- **September 16**—Thursday-Cape Cod Canal's 107 Anniversary Tour!—Sandwich sightseeing, Daniel Webster House Grand Buffet and narrated hour and a half Cape Cod Canal Tour. We leave at 9:00 a.m. Cost is \$99 per person.
- **October 20**—Wednesday-New Hampshire Turkey Train. Full course lunch and local sightseeing and foliage viewing. \$99 due by August 21. Leave at 9:00 a.m.
- **November 4**—Thursday-Newport Playhouse "Social Security" Buffet and Cabaret. Leave 9:00 a.m. Cost is \$109.
- **December 9**—Thursday—Salem Cross & Bright Nights. Full course Luncheon at Salem Cross. Yankee Candle Shop in Deerfield and off to Bright Nights. Leave at 10:00 a.m. Cost is \$99.

Call Dave Wood for more info at 1-508-330-1118. Make checks payable to Senior Citizens' Club of Leicester. Mail checks to: David Wood, 6 King Road, North Brookfield, MA 01535. The bus leaves from the senior center.



The Leicester Senior Center welcomes two new bus drivers: Ed Bauer and Susan Chvrak. We are very, very pleased to have these two special individuals join our team. Rachelle, Nancy and Genevieve

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As this new month of AUGUST begins, here are our wishes for all of you who are returning to our senior center: May you reunite with old friends and make new ones. May you find joy and satisfaction. May you enjoy the many programs this center has to offer. May this be the beginning of something new for you. May you stay strong and healthy. May you fulfill a dream and make it a reality. May this month be a fresh start by coming in if just to say hello. Rachelle, Nancy and Genevieve



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David Genereux

Council on Aging**Director of Elder Affairs**

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Outreach Coordinator

Nancy H. Lamb, RN

Leicester Horizon Editor

Genevieve Grenier, BA

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Leicester Council on Aging***Address Service Requested**

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SUMMER WORD SCRAMBLE

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

STILL TIME TO SUBSCRIBE**2021 SUBSCRIPTIONS FOR THE LEICESTER SENIOR HORIZON**

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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