

# 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

## JANUARY 2022



### Inside this issue:

Picture Gallery	2
Menu	3
Rebus	4
Director's Corner/Outreach Lamb Bytes	5
Trips/news-Leicester Senior Citizens Group	6
Our Advertisers/Supporters	7
Word Jumble	8

### Programs

Programs at the center. Fees depend on program.

Line Dancing	Monday, 11:00 AM \$3.00
Golden Needles	Tuesday, 10 AM
Exercise	Tuesday, 1:00 PM \$3.00
Train Your Brain	Wednesday, 10:00 AM Free
Balance	Wednesday, 1:00 P.M. \$3.00
Cribbage	Thursday, 10:00 AM
Chair Yoga	Thursday, 1:00 PM—\$3.00
Bingo	Fridays at 10:00 AM

### COMING ATTRACTIONS

#### MONTHLY BREAKFAST

January 20, 2022

9:00 a.m.

\$3.00 per person

#### Free Fun & Exercise for Leicester Seniors!!!

With the support of our Leicester Selectboard, the Worcester County Senior Athletic Association is offering morning opportunities for Senior Volley, Pickleball and Badminton.

Days and programs will be determined by the number and preferences of the signees but the initial proposal is to have instructional games to be played on Monday, or Wednesday mornings.

All games are specifically designed around the safety, capabilities and restrictions of all participants.

Equipment will be supplied by the WCSAA.

Please contact the Leicester Senior Center to sign up for any or all of the proposed programs or reach out to me for further information.

Doug Belanger, President

Worcester County Senior Athletic Association

Dougbelanger1950@gmail.com

**"The magic in new beginnings is truly the most powerful of them all"**

**Josiyah Martin**

# Picture Gallery of the Month

## Senior Center Activities

### VETERANS DAY BREAKFAST



**THANK YOU  
WOMENS CLUB FOR THE  
BEAUTIFUL WREATH**



**THANK YOU  
HARRY BROOKS AND  
CREW OF VOLUNTEERS FOR  
THE THANKSGIVING MEAL  
PREPARED AND DISTRIBUTED  
TO THE DISPLACED RESI-  
DENTS OF LEICESTER SENIOR  
HOUSING**



**THANK YOU  
GIRL SCOUT TROOP 30853  
FOR THE SNOWMAN SNOW-  
MELT SHAKERS**



# 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
<b>Braised Beef</b> 3. Gemelli Pasta Broccoli Pears	<b>Hot Dog on Bun</b> 4. Baked Beans Coleslaw Fresh Fruit	<b>Stuffed Pepper Cas- serole</b> 5. Mashed Potatoes Carrots Chocolate Pudding	<b>Ranch Chicken</b> 6. O'Brien Potatoes Peas & Onions Gingerbread	<b>Ham Salad</b> 7. Potato Salad Tomato & Cuke Sal- ad Mixed Fruit
<b>Chicken Pesto</b> 10. Red Bliss Potatoes Mixed Vegetables Vanilla Mousse	<b>Burger w/Chili &amp; Cheese</b> 11. Green Beans Steak Cut Fries Strawberries	<b>Roast Pork Loin w/ Gravy</b> 12. Apple Gingerbread Stuffing Brussels Sprouts Bakes Apples	<b>American Chop Suey</b> 13. Roasted Broccoli Carrots Fruited Ambrosia	<b>Breaded Fish Patty</b> 14. Coleslaw Mixed Vegetables Yogurt
<b>No Meals served on Martin Luther King Day</b> 17.	<b>Greek Chicken</b> 18. Steamed White Rice Roasted California Vegetables Peaches	<b>Meat w/Gravy</b> 19. Garlic Mashed Pota- toes Chuckwagon Corn Lorna Doones	<b>Turkey w/Supreme Sauce</b> 20. Cornbread Stuffing Mashed Sweet Po- tatoes Fresh Fruit	<b>Shepherd's Pie</b> 21. Carrots Peas Pear Crisp
<b>Teriyaki Beef</b> 24. Steamed Rice Scan. Vegetables Pineapple Fortune Cookie	<b>Vegetable Cheese Bake</b> 25. Seasoned Potatoes Green Beans Fresh Fruit	<b>Chicken Milano</b> 26. Vegetable Couscous Spinach Chip Ahoy Thin- Crisps	<b>Salisbury Steak w/ Gravy</b> 27. Garlic Mashed Po- tatoes Herbed Carrots Birthday Cake	<b>Potato Crunch Fish</b> 21. Potatoes Au Gratin Country Blend Veg. Cinnamon Pears
<b>Chicken Piccata</b> 31. Delmonico Potatoes Peas & Mushrooms Lemon Pudding	 <p><i>January 2022</i></p>			

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

IN PERSON DINING MUST BE RESERVED 48 HOURS IN ADVANCE- 508-892-7016

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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.

1 HO USE	2 W I R E S W I R E S	3 MIND ↑	4 CCCCC
5 AWAKE	6 U N △	7 AT WINDMILLS	8 JAIL
9 EVIL → evil	10 SCISAB2	11 en	12 wad
13 itself <sub>end</sub>	14 wh ey we igh	15 NIGHT ↑	16 1 1 the other 1 1 the other 1 1 the other 1 1 the other
17 on the looking	18 George Gilbert Geoffrey Gerald	19 GRAND	20 OHIOWA
21 CHEESE	22 A M E R I C A N	23 lickety	24 HE AD

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

Despite COVID and its variants the senior center has kept its doors open as much as we could. We plan on functioning the same way for 2022 unless there is a dramatic change that necessitates us to amend how we provide services. Eleanor Roosevelt said it best: "You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, I lived through this horror. I can take the next thing that comes along." During this past year we were able to offer the following ongoing programs: "Train Your Brain"; Balance; Senior Exercise; Chair Yoga and Line Dancing. Our Golden Needles have returned. Being here and present has made a tremendous difference in our abilities to help those in need of food, counseling and other needs, etc. It has been successful because of the devotion of a staff who are resilient: Nancy Lamb, RN and Genevieve, BA who work long hours helping those who require many basic essentials. Bus drivers Ed and Joe who are doing a great job. Karl Solomon, a Worcester Fire Fighter, who comes in each day to take care of our cleaning and repairs. Our Board of Directors who are often present to encourage our efforts; our Town Administrator and his staff who are very supportive of our hard work; our Select Board Liaison Dianna Provencher who is always ready to lend a hand. Harry Brooks who recently cooked a meal for the elders displaced by a fire; Bill Moore, and his staff of Project New Hope, who come by to deliver food for those in need. All our financial contributors. Thank you. God bless and have a Happy New Year. Rachelle

## OUTREACH—LAMB BYTES

Yo-Ho and a Shimmering 2022 to y'all-

We've had a busy but joyous Christmas here at the farm with Farmer Bob and his Missus. Our annual het together as memorable as usual. Winston trotted over a wire and his pig hooves really lit up! Made him a little dithery but still able to "cut the rug" while dancing. Our green and red wardrobes were a hit. Molasses and Skittles got a little "Pie eyed" on the cranberry eggnog. Skittles flew all around the dance hall upside down and kept repeating "you better be good or I 'owl get ya!". He picked up Molasses for a ride and she kept a tight precarious grip on his tail feathers and survived. Her silver studded turtle boots fell off and plopped on the appetizer table. Ozzie and Harriet both did their best duck dive and retrieved the boots. Some of the appetizers got in the boots and Salt & Pepper thought they were part of the menu. Our goat pals ate them, boots and all— Oh my!\*\* Well at least no boots or plates to wash.

Butterscotch and Oreo got a bit sassy with their version of the Neigh Neigh Cha Cha. They jingled their bells and swished their tails with great fervor. The music by Mocha 4 Paws and his "bare" naked Babe Band was great. Some of the popular tunes; The Roly Poly Bear Trot, My Paws Belong to You, Crying Bears Tears Over You and Shake and Rattle My Fur Babies! The band looked great in red and silver satin by Honey Pots.

We greeted the New Year with a howl to the Wolf Moon and a midnight critter run. Dr. Leaper Frog MD was on hand for any injuries. In the end we celebrated with a 4 bean casserole (in honor of Bean Day 1/14), popcorn balls (National Popcorn Day 1/15) and hay sandwiches on rye bread. Skittles sang—"I'll Always Be Here for You and Father Time". Then we headed home for a good long rest.

Farmer Bob and his Missus send their greetings and wishes for a joyous, and healthy New Year!

Spread you light among your friends and keep memories alive with dippity-do , and the double mint girl twins.

See y'all in "little month".

Lambie Pie



### BAYBERRY BOWLING CENTER



Mon-Sat-9am—11pm Sun 1pm—11 pm  
 Billiards and Game / Air Conditioned  
 326 Main St - Route 9—Spencer MA 01562  
 Bernie Pelletier, Manager 508-885-4876

**MASKS NOT REQUIRED**

**Leicester Senior League**

Every Monday 1:30pm

**Singles, Couples & teams needed**

**CALL US !**



**Bingo is back**

**Fridays @ 10:00 a.m.**

**Tell your friends,**

**Bring your dabbers.**

**We will follow COVID 19 Rules.**

**Looking forward to seeing you.**

**Barbara**

### SHINE IS BACK—MONTHLY

**Pam is back to answer your Health Insurance Questions by appointment— January 3, 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.

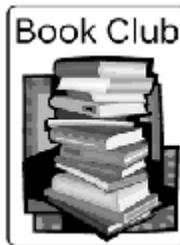
2022

May you and yours be blessed this  
 year  
 with good health and much peace.  
 May you know the babe we celebrate  
 and His love that doesn't cease.  
 May you have all you need and more  
 to live your very best life  
 May you get closer to your family,  
 your kids, husband or wife.  
 My you prosper much in every way.  
 May God pour out his grace upon you  
 May memories sweet fill every day.  
 May you make more in 2022.  
**HAVE A BLESSED NEW YEAR**  
 Remember to love each other.

**BRAIN TEASER TO START OFF THE NEW YEAR**

Several clues are given below. Each answer will either begin or end with the same three letters.

1. Type of grain
2. Lower spine
3. Cylindrical container
4. Trade without money
5. Secondary discussion
6. An artistic style
7. Prying tool
8. Roast outdoors
9. Type of moustache
10. Measures pressure



Due to the added workload at the Senior Center the staff has not been able to restart the Book Club. We are asking if anyone interested in starting the book club - taking on the responsibility of scheduling the meeting, choosing a book and ordering the books through the Leicester library, please contact Nancy or Genevieve.



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Two Towns Away  
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**ONE WAY FARE**

Trip to Senior Center  
 50 cents

**PAYMENT**

Arranged with  
 WRTA

Call 508-752-9283

**DR. LACONTE PODIATRY** at the Leicester Senior Center is scheduled for January 28, 2022. Please call his office at: 508-752-9444 to schedule appointments or make any changes.

**CRIBBAGE WINNERS:** 12/1621, Jim Progin.



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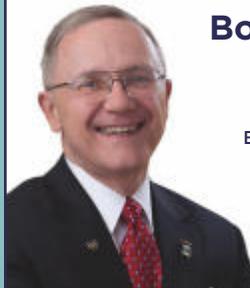
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**\*Address Service Requested**

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

**WINTER**  
WORD SCRAMBLE

WEESART \_\_\_\_\_

MBERECED \_\_\_\_\_

TRFSO \_\_\_\_\_

EPRILEACF \_\_\_\_\_

WSLOKAFEN \_\_\_\_\_

ZRLIDBAZ \_\_\_\_\_

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RABURYEF \_\_\_\_\_

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

**STILL TIME TO SUBSCRIBE**

**2022 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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Address: \_\_\_\_\_

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