

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

FEBRUARY 2022



While we wait to re-open

Our “Coming Attractions” along with other programs have been suspended. Enjoy the new version of our Newsletter

Designed by Genevieve Grenier, BA
Newsletter Editor

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Programs – When SC reopens

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	

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.

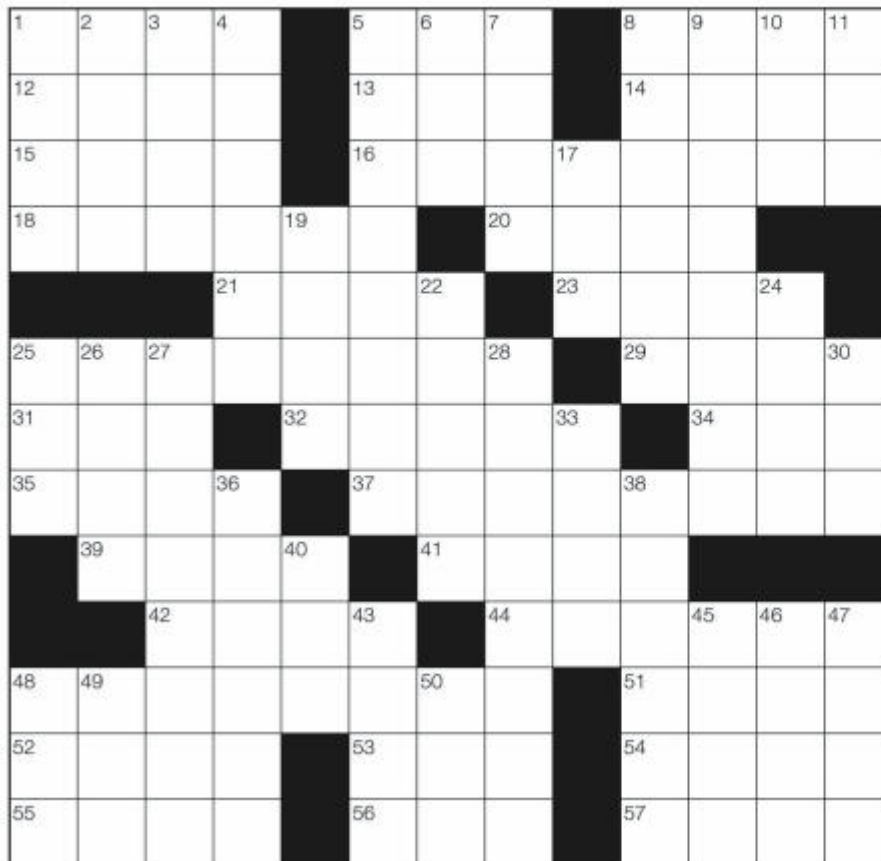
Doug Belanger, President

Worcester County Senior Athletic Association

Dougbelanger1950@gmail.com

508-726-7911

“In this life, we cannot
always do great things,
but we can do small
things with great love.” *Mother Teresa*

**Down**

- 1 Moose relatives
- 2 Breathe like a dog
- 3 "Understood" (2 words)
- 4 It can be American or Swiss
- 5 Giving a hard time
- 6 Seventh Greek letter
- 7 Steak specification
- 8 Command
- 9 Has the final turn
- 10 White House URL suffix
- 11 Yoko ____
- 17 Noah built one
- 19 Mexican money unit
- 22 Causing death
- 24 It rhymes with "Freaky"
- 25 Snapchat, e.g.
- 26 Castle surrounder
- 27 CNN feature
- 28 Boulder's place
- 30 DMV document (abbr.)
- 33 Cut
- 36 Word separators
- 38 It's hard
- 40 ____-mo
- 43 Machu Picchu resident
- 45 Vicinity
- 46 Dr. Frankenstein's helper
- 47 Isolated
- 48 "Caught you!"
- 49 "Neither" complement
- 50 Toto or Pluto

Unthemed Puzzle**Across**

- 1 Colossal
- 5 Feminine pronoun
- 8 Breakfast brand
- 12 Where mascara is applied
- 13 "Now playing ____ theater near you!"
- 14 Midday
- 15 Leg joint
- 16 1984 Winter Olympics city
- 18 Prepares tea
- 20 Cupid's kin
- 21 Word with discipline or portrait
- 23 Scottish attire
- 25 One who draws blanks?
- 29 ____ in the coffin
- 31 Edgar Allan ____
- 32 Above (2 words)
- 34 Enjoy slopes, say
- 35 Animal feet
- 37 Interstellar
- 39 Recipe amts.
- 41 Folk tales
- 42 West coast state, slangily
- 44 Send again
- 48 Amazonian snake
- 51 Cogito ____ sum
- 52 Garden waterer
- 53 Cape ____, Massachusetts
- 54 Band that sings "Everybody Talks" - ____ Trees
- 55 ____ and crafts
- 56 In the past
- 57 Set a scale to zero

February

H H H H Q F V Y A D P A E L T D G V K N
 T G T S E I E Q M J L J U W X V N O M O
 A J T N O L U B C U H T E I I Y U F D I
 N K Q L O A M R R E U N E F Q O N E J T
 O P E R R M E I Q U T R V F A K R B Y A
 M T S I N R T O K Y A F B A Z A O R B C
 L L U H X N T S E U K R P E P L H U B I
 O S M L A X P I E G U V I Y F E Z A Z F
 S F K I B K G Y R T K V C U E M Y P D I
 O W L A N H S E R A R H P N S O I Y W R
 N U G Q T R G F D N T O X H A N R V I U
 J M U D M O N T H N S L H P F A D D K P
 M K A F R O X R O F M R X S U T V M S A
 E Y G I X N R M G S D G A R U H Q K P M
 S G A S R A D N E L A C B E R M J V N E
 E N D W I N T E R W O E Y M Y H M A H T
 I F K E O C A Y A J F U X K R P W E A H
 L S E C S I P O K D Y V R F G I A B R Y
 O X E C O M M O N Y E A R S P U E E D S
 Z S M S Y A D E N I N Y T N E W T N L T

AMETHYST
COMMON YEARS
FEBRUARY
HELMIKUU
KALEMONATH
LEAP YEARS
PISCES
SECOND MONTH
SOLMONATH
TWENTY EIGHT DAYS
VIOLET

AQUARIUS
FEBRUA
FEBRUUM
HORNUNG
LEAP DAY
MUD MONTH
PURIFICATION
SHORTEST MONTH
SUMMER
TWENTY NINE DAYS
WINTER

CALENDARS
FEBRUARIUS
GREGORIAN
JULIAN



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REBUS

Answers appear on this page.

	a	b	c	d	e	f
1	once lightly	g o s s i p	wave radio	c a p t a i n	noon good	bathing suit
2	ee ch sp	God nation ✂	✓ yearly	ses ame	d deer e r	hold second
3	r-i ✕ s+k	pox	strokes strokes strokes	n p y o c m a	law of returns	e a p s u a l
4	hou se	age beauty	harm on y	encounters encounters encounters	breth	hearted
5	p a r t i c i p i n g	MAN campus	momanon	uld block	"Duty!" and beyond	day day
6	sigh	qonp†	skating ICE	inflat10n	g o s p e l	enemy enemy
7	tongue ngue	gettingitall	e a v e s	c m t e a ban ana	e e q u a l s m c	aluminum

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

What Love Can Be

Love shows itself in the art of caring
 In generous giving, in unselfish sharing,
 In just being there when it means very much
 With a comforting smile, an affectionate touch.
 Love has its own way of looking and seeing,
 Its own gentle manner, its own special being.
 It lasts and supports us through problems and sorrow ..
 It's something we know, we can count on tomorrow.
 How rich we are, how safe, how secure,
 When we have love that will endure.
 It's nice to share the joys of life
 With someone dear as you ..
 The ups and downs, the smiles and frowns,
 The cares and problems, too,
 It's nice to share
 Our hopes and dreams
 And all that comes our way
 With a love that you and I both know
 Grows deeper, Day by Day

This Valentine's Day remember to count your blessings. To love your family, special people, friends, all your loved ones. God Bless. Rachelle

OUTREACH—LAMB BYTES

Look out, look out your whirling cupid is about to descend with a ba-a-a-eautiful thwack!! I'm spreading joy & romance amongst all my farmland pals. I know that Spring is on its way although it's still pretty cold & snow is decorating the pasture. My purple ear warmers do the job. At night me & my pals stay cozy in our stalls.

Oreo & Butterscotch entertain us with their mellow horsey tonk music. Salt & Pepper, our musical goats, join in by gently plucking their fiddles. Winston keeps time with his pig tail swishing to and fro as he gently runs his hooves over xylophone keys. Ozzie & Henrietta like to use their duck bills and harmonize on their whistle flutes (aka fipple flutes). These are wind instruments and fyi—all instruments of which air is the primary vibrating medium to produce sound are called aerophones. Skittles likes to fly around and join in with throaty "hoots". Molasses clings to his back (eyes closed-she fears heights) and taps herself gently in rhythm to the music. A flying turtle drum ha-ha.

On "All Hearts Day" we all head to the Feathers Fly Saloon. We exchange cards & share "love apples" which are high in lycopene to prevent cell damage. We love The Zinger Critter Lemonade. We each take a swat at our Valentine Pinata. Dr. Leaper, Frog M.D. is always there in case of any unintended trauma. Skittles lost a tail feather once. Oreos swat went a little kerflooyey. Treats galore come out— rye crisp hearts, carrot nips, maple flavored centipedes and rum infused apple chunks. Farmer Bob and his missus like the NECCO "Sweethearts" aka "Conversation Hearts". Our Paws Security Dawg, Lilly keeps an eye on things as she serves small peanut butter flavored doggie bones. She's easy to spot in her pink neon booties and matching vest. She makes sure we all get home OK but Skittles always airlifts Molasses home so nobody walks on her! Lilly checks the Senior Center, currently closed for safety issues related to local surge of COVID. Hopefully we can all be back soon to group activities.

Let's all remember to keep in touch with each other through calls, cards and payers. Things to think about— Pie Birds, Coleman's Mustard and Love apples (tomatoes) Must sign off now and go to my tail re-dyed a pretty pink. See you next month when we celebrate National Chip and Dip Day (3/23) and National Hog Day (3/20).

Lambie Pie



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MASKS NOT REQUIRED

Leicester Senior League

Every Monday 1:30pm

Singles, Couples & teams needed

CALL US !

A small bird twitters on a leafless spray,
 Across the snow-waste breaks a gleam
 of gold:

What token can I give my friend to-day
 But February blossoms, pure and cold?
 Frail gifts from Nature's half-reluctant
 hand...

I see the signs of spring about the land..
 These chill snowdrops, fresh from
 wintry bowers

Are the forerunners of a world of
 flowers

Sarah Doudney

**OUR SHINE PROGRAM WILL RETURN
 WITH PAM ONCE WE REOPEN OUR
 CENTER TO THE PUBLIC**

Thank you for your patience!



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

**A special note to our seniors
Near and Far**

Whether you are part of: **Senior Citizens' Club of Leicester, Golden Needles Club, Train Your Brain, Book Club, or an Exercise Group** rest assured that staff, Board of Directors, Town Administrators remain dedicated to your wellbeing. It is unfortunate that COVID delt us a second round with a highly transmittable Omicron variant. So many have been permanently affected by this pandemic. For numerous seniors in Leicester, it was compounded by a devastating fire —the place they call home. It is at times like these we experience love in action the goodness in people. One of these is our very own **Harry Brooks**. This coming Saturday he, his family and friends, will be making another special meal for those displaced by the fire. Many are still being housed at a hotel/motel in Auburn while others at available sites or family. For those affected by the fire; for those who lost loved ones from the virus or other means and for those who remain isolated, or are unable to meet in small or large groups we wait for the day you can all return to the center and socialize. It will be a day of joy.! **Harry** plans on cooking a special meal for us. In the meantime remember to celebrate life and to love one another. *Rachelle, Nancy and Genevieve*

Thank you from "Senior Citizens Club of Leicester"

Dear Rachelle,

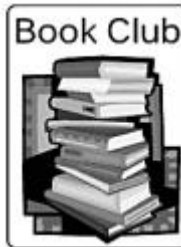
Where would we be without you and your "team"? Thank you so very much for the help and support you all have given us, the Senior Citizens' Club of Leicester. We look so forward to getting back to "normalcy", whatever that is!! When and where (we do at least know "where"!) has yet to be decided.

Again, thank you for all your help in this particularly strained time, we appreciate it.

Sincerely and Gratefully

Senior Citizens' Club of Leicester

Rosemary Nichols, Sec.



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.

As Director of Elder Services, I am very proud of our team during this pandemic and for good reasons: Nancy Lamb, RN, is a caring, devoted nurse and advocate for seniors; Genevieve Grenier, Newsletter Editor, is our creative mind at the center. She's a talented artist who teaches ART; produces and supervises "Train Your Brain" and more. Bus drivers, Ed Bauer and Joe Schiavoni, both very congenial to the public they serve. Karl Solomon, Janitor and Firefighter for Worcester is a joy to have around. He is always ready to help at our breakfasts and with Harry's cooking. During these difficult times, this team of professionals has been completely devoted to making sure our seniors needs are met. Each one is a gifted, professional. It is said that "Ability is what you're capable of doing. Motivation determines what you do. And, Attitude determines how well you do it." Thank You. Rachelle

DR. LACONTE PODIATRY at the Leicester Senior Center is scheduled for March 11, 2022. Please call his office at: 508-752-9444 to schedule appointments or make any changes.

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A Valentine—Frost flowers on the window glass. Hopping chickadees that pass; Bare old elms that bend and away; Pussy willows soft and gray; Silver Clouds across the sky; Lacy snowflakes flitting by; Icicles like fringe in line; That is outdoors' Valentine.



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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.

VALENTINE'S DAY

WORD SCRAMBLE

ARFRUYEB _____

OELV _____

FEBDIRYNO _____

LOCTOHAEC _____

THAER _____

EACMNOR _____

ICPDU _____

DILRIRFENG _____

TAED _____

NALETVIEN _____

SSIK _____

TELTRE _____

SWOERLF _____

WRAOR _____

RGRIAEAM _____

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