

# THE RICHARD J. GIROUARD LEOMINSTER SENIOR CENTER

## JUNE, 2019 NEWSLETTER

LAURANE BROOKS, DIRECTOR, [lbrooks@leominster-ma.gov](mailto:lbrooks@leominster-ma.gov)  
JOANNE SMITH, PT CLERK, [jsmith@leominster-ma.gov](mailto:jsmith@leominster-ma.gov)

Senior Center Hours: Monday-Friday 8am-4pm, the office opens at 8:30am.

5 Pond Street Leominster, MA 01453 Tel: 978-534-7511 Fax: 978-534-7516

Monthly Board Meeting at the Senior Center meets September - June, the **3rd Thursday at 3 p.m:** John Diggins-Chairman, Carol DeCarolis, Patty Vallee, Larry Gianakis, Andriana Fotakis, Betty David, Phyllis Gagne, Donna Smith, Maria Maldari, Honorary Eleanora "Skip" Bissonnette

**Mission Statement:** The Mission of the Leominster Council on Aging/C.O.A. Senior Citizens Center is: to enhance the quality of life for seniors in the community by assessing their needs; to design, create and advocate for programs that meet the established needs of the seniors; and to educate and enlist the support of city, state, federal and private organizations who can assist the senior population. The C.O.A. strives to deliver the highest quality services to all senior citizens in our community, by ensuring equal access and opportunity, by providing services in a prompt, dignified and efficient manner, while maintaining the highest standards of confidentiality and privacy for all those involved.

Please like us on Facebook go to [www.Facebook.com/leominsterseniorcenter](http://www.Facebook.com/leominsterseniorcenter)  
Newsletter available online go to [www.ourseniorcenter.com/find/leominster-council-on-aging](http://www.ourseniorcenter.com/find/leominster-council-on-aging)



### FROM THE DIRECTOR

It's summer!!! New England summers are so short, before you know it the Summer is over, we slip through Fall and it's Winter again. I don't want to get ahead of myself, I just want you to take a little time for yourself and take in the beauty around you. The flowers should be in bloom, the grass is green and the days are longer. Whether you're at the beach or just in your back yard, please remember to use sunscreen and stay hydrated. Enjoy the season!!

It stays pretty cool here at the senior center so on those hot days check out our special events and activities and stop by and see us. For those who are familiar with the center you know it can be quite cool here so remember your sweater!!

Happy Father's Day to all the fathers!! Please join us for a Father's Day Lunch on **Thursday, June 13th at 11:30am**. \$3.00 per person. All are invited but seats are limited, so **sign up** early. Lunch will be sandwiches, dessert and drink.

At this time, I want to send out a big THANK YOU!! to our Nurse Diana Perkins. She has informed me she is retiring as our Nurse. Starting in June she will no longer be here to take blood pressures. Diana will be greatly missed, but I understand her need to enjoy her retirement. She has been such an asset to the center, as a member, a former board member and especially our nurse. Diana enjoy your extra time you will now have and I hope you stop by to see us from time to time. Thank you for everything you have done for us here at the center!!!

*Just Breathe.....Laurane*  
*Happy Father's Day*



### SPECIAL EVENTS IN JUNE



June 4 9:00 SHINE (by appointment only)  
June 5 1:00 Memory Café Strawberry Social  
June 7 10:00 Bingo with Diane River Terrace  
June 10 10:00 Fallon Senior Plan  
June 10 10:30 Vision Support Group  
June 10 10:00 Bingo with Michelle Aveanna Healthcare  
June 13 11:30 Father's Day Lunch\*\*\*  
June 14 10:00 Jeopardy with Leominster Crossings  
June 18 12:30 Ice Cream Social with River Terrace  
June 18 9:00 SHINE (by appointment only)  
June 19 10:00 Life Care Summer Safety Tips for Seniors  
June 19 11:30 Monthly Birthday Party  
June 21 10:00 Bingo with Diane River Terrace  
June 24 10:00 Bingo with Michelle Aveanna Healthcare  
June 26 1:00 Book Club 1st Annual Meet the Author

\*\*\*NO UPSTAIRS AM ACTIVITIES ON JUNE 13TH\*\*\*

PLEASE SIGN UP IN THE OFFICE FOR ALL SPECIAL



### ATTENTION SENIOR MART VAN RIDERS

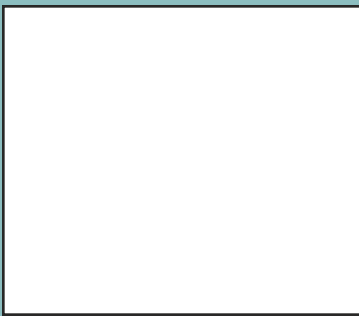
Due to the high volume of van reservations and the limited time to enter them, starting **June 1st** the deadline for next day reservations will be **1:00pm**. You can still call after 1:00pm if you are scheduling a ride other than the next day. This is a great service and we want to make sure everyone gets their rides each day. Thank you for your cooperation!!!

This newsletter is made possible through our sponsors. Please patronize them.



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### Elizabeth Kalmansson, Attorney at Law

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Law Offices of Pall G. Kalmansson e: ekalmansson@kalmanssonlaw.com  
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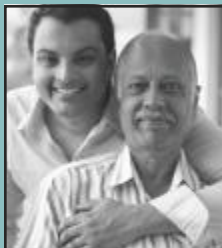
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Evelyn Salmon ML021537  
Tom Gibbons ML021535  
Diana Anctil ML021538



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## LUNCH SERVED DAILY AT NOON BY RESERVATION

Reserve your lunch before **11:30AM** the day before by calling **978-424-7548 (Please take note this is a new phone number)**. A donation of \$3.00 is suggested.

M.O.C. is offering breakfast for \$1.50 which contains pre-packed oatmeal, muffin, milk, and smoothie and an apple. Please order on Wednesday for the following week.

**Deanna Tardiff** is the MOC Site A Manager.

**M.O.C. Site A is always looking for volunteers to work in the kitchen.**

**M.O.C. Meals on Wheels - Home delivered meals. (978) 345-8501.**

## GIFTS AND DONATIONS

Thank you to Hannaford Supermarket, T.O.P.S. 9236, Linda Mullen, Dianne Babineau, Donna Pierce, Cathy Altobelli, Nancy Ward, Pierce's Crafts, Barry Tuttle, Terry Beaudoin, Mary Bizjak, Barbara Faulkenham, Terry Piermarini, Ani Rosado, Shirley, Kathy Firmani, Stephen O'Brien, Michelle from Aveanna Healthcare, Rene Berry,



## GENTLE YOGA & MORE

Join us on **Tuesday's at 10:00am** for a new **Gentle Yoga & More** class. If you are looking for a new exercise class come by and check it out. There is a \$5.00 donation for each class.



## INTRODUCTION TO WRITING

An introduction to writing class is being offered on **Thursdays at 1:00pm**. here at the center. This class, while open to everyone, is designed for new writers with concentration on creative and autobiographical writing. No Experience necessary in either writing or computer use. No cost to attend just bring your own notebook. Hope to see some new writers!!!!



## ATTENTION RED HAT LADIES

The Red Hat Ladies will not be meeting at the center this month. On **Monday, June 10th at 5:00pm** they will be going to a Chicken BBQ at Otter River Sportsman Club in Templeton MA. Cost is \$15.00.



## BIRTHDAY BABIES

Join us Wednesday,  
**June 19th at 11:30am** to celebrate!

Max Power, Karen Rogich, Patricia Ardinger, Betty David, Jeannette Roy, Anne Lucier, Roberta Brodeur, Kurt Morin, Walter Costa, Germaine Bourque, Rita Girouard, Yvonne Silva, Doris Miller, Amy Piermarini, David Courtemanche, John Niles, Eugene Stanton, Pat Gadoury, Barbara Burque, Maria Maldari, Bridget Generazio, Kathleen Dennen, Jeanne Gallagher, Jack Calamare, Claire Lavoie, Karen Green, Paula Godin, Gale Cordio, JoJo Gallant, Anna Hsien, Nancy Culley, Lorraine Friedman, Kim Houle, Carol Peralta, Sally Tietgens, Ana Ponce de Leon, Rene Gagnon, Paul Cincotta, Theresa Lawrence

*Special Thank You to Sterling Village  
For sponsoring our Monthly Birthday Party*

## NEWS FROM SHINE MAY 2019

### **MASSACHUSETTS VETERANS ENTITLED TO REIMBURSEMENT FOR MEDICAL EXPENSES**

Chapter 115 of the Massachusetts General Laws entitles eligible Massachusetts veterans and their spouses, or in some cases widows / widowers, to reimbursement of medical expenses if they meet certain income and asset guidelines.

#### Income:

For 1 the maximum monthly income is \$2081 and for 2 or more the maximum monthly income is \$2817

#### Assets:

Single is \$5000 and Married is \$9,800

This program is an entitlement in recognition of your service and not charity. You may be reimbursed for your Medicare Premium and all your other health insurance expenses. **If you meet these guidelines, contact your local city or town Veteran's Service Officer and tell them you would like to submit a Chapter 115 application for benefits. The only requirement is the income guidelines above and a copy of the veterans discharge DD214 indicating active service. If you have any questions regarding these benefits call our Regional Office at 508-422-9931.**

## IMPORTANT INFORMATION

Always remember that if you are turning 65 you should contact Social Security to enroll in Medicare. Medicare eligibility has no connection to your eligibility for Social Security benefits. Also, coverage from the Health Connector does not exempt you from this requirement to enroll in Medicare, as you will lose your Health Connector subsidy when you turn 65. If you have any questions you should contact your SHINE regional office at 1-800-243-4636 Option #3. You can visit SHINE online at [www.shinema.org](http://www.shinema.org) or call the senior center at 978-534-7511 and make an appointment with a SHINE Counselor.



### STRAWBERRY RHUBARB PIE

- 2 Pie Crusts (for top and bottom)
- 1 Cup Sugar
- 3/4 Cup Flour
- 1/2 Tsp. Grated orange peel
- 2 Cup Rhubarb cut in 1/2" pieces
- 3 Cup Strawberries sliced
- 2 T Butter cut in small pieces

Preheat oven to 425 degrees.

Gently toss the strawberries and rhubarb together. Line a pie plate with a pie crust and put half the strawberries/rhubarb in the bottom. Stir the sugar, flour and orange peel together. Sprinkle half over the strawberry rhubarb in the pie crust. Repeat with the remaining strawberries/rhubarb and flour mixture and dot with the butter. Cover with the second crust. Pinch the edges together and flute or crimp the edges of the pie crust. Cut 3-4 slits in the top with a knife and sprinkle with sugar. Cover the edges with a shield or foil to keep the edges from getting too brown. Bake for 40-50 minutes. Enjoy with a scoop of vanilla ice cream!!



The Book Club will be meeting **Wednesday, June 26th at 1:00pm**. The Book Club will host its first annual "Meet the Author" event. Come and meet mystery writer J.D. Mallinson, author of eight Inspector Mason novels. His latest book, Beyond Budapest as well as his other novels will be on display and be available to order. Refreshments will be served at this grand finale event before summer break. Come meet our own local author and our book club members. Join the group!!

**There will be no Book Club in July or August.**



### VOLUNTEER OF THE MONTH JUNE 2019

Congratulations and Thank You to Rodney Somma for all you do here at the Center.

Rodney is our Food Distribution caller on Fridays, and he does a great job! Rodney is also there to help whenever we need him. Thank you Rodney!!



The Lunch Bunch will be meeting **Thursday, June 27th at Tang Dynasty, 638 N. Main St. Leominster, at 12:00pm**. You are responsible for your own transportation. **Please sign up in the office.**

**Lunch Bunch will not be meeting in July or August. Watch the newsletter in August for September's selection.**



### TWIN CITY MEMORY CAFÉ

Join the Memory Café here on **Wednesday, June 5th at 1:00pm**. They will be having a Strawberry Social. All attendees must be accompanied by a care partner. To register, please call **978-400-8778**.

**There will be no Memory Café in July.**



### NEW MEMBERS

Gail Geremia, Theresa Andrzejewski, Mary Allain, Kathleen Quader, Joan Kilbourn, Joyce Boyes, Karen Rolich, Peggie Gove, Rachel Sargent, David Lavoie, Rita Flagg, Jacqueline Hager, Donald Hager, Marianne Pierce, Josephine Scaramuzzi, Lorraine Moran



### ARLINE'S BUS TRIPS

#### Sunday, July 21st - Maine Lobster Bake, Foster's Authentic Downeast Bake

Tour includes Lobster Bake at Foster's, Lobster or Chicken, Entertainment, Sightseeing in York, ME and visits to Stonewall Kitchen, Yummies and Kimball's Ice Cream. Departs 8:30am from the Double Tree Hotel, Route 12, Leominster and will arrive back home at approx. 6:30pm. Cost is 89.00 per person.

#### Wednesday, August 28th - North Shore Music Theatre presents "Jersey Boys"

Tour includes a delicious, full course luncheon at the Danversport Yacht Club, choice of baked scrod or chicken, then you will travel to the North Shore Music Theatre for one of Broadway's Hottest Musicals "*Jersey Boys*" Luxury Silver Fox Coach leaves Double Tree Hotel, Route 12 Leominster at 10:30am and returns approx. 6:30pm. Cost is \$119 per person.

For reservations, please contact Arline Ouellette at 978-537-7323.





## EXERCISE, HEALTH AND WELLNESS

**CHAIR VOLLEYBALL** - Tuesday's 10:00am

**CHAIR YOGA** - Friday's at 10:00am. \$5.00 donation.

**GENTLE YOGA & MORE** - Tuesday's at 10:00am.  
\$5.00 donation

**MEDITATION CLASS** - Tuesday's 11:30am with Arllen  
Acedo NGH certified

**TAI CHI** - Wednesday's 9:00am

**TAP DANCE** - Thursday's 1:00pm

**T.O.P.S.** - (Taking Off Pounds Sensibly) Thursday's  
8:30am - 9:00am weigh in, with meeting to follow. If interested  
in losing weight, sit in on a meeting, we support each other in  
our effort to lose weight. Cost is \$32.00 a year plus \$5.00 a  
month. Amanda Senecal, President.

**VISION SUPPORT** - The 1st Monday of each month at  
10:30am. A support group that discusses different eye condi-  
tions, how to cope with vision impairment and resources that  
can help. You can contact the group leader Kathleen Dennen  
978-660-6648 for more information.

**VNA CARE NETWORK, INC** - The nurse will be here the  
2nd and 4th Wednesday of every month at 9:00am.



## RECREATION

**BINGO** - Wednesday's 1:00pm Winners: Sandra Marella,  
Rita Flagg, Marcy Culley, Marilyn Patrinelli, Ellen Richard,  
Kathleen Fontaine, Rena Williams

**BOOK CLUB** - Last Wednesday of the month at 1:00pm

**CRIBBAGE** - Thursday's 9:30am Winners: Jackie LeBlanc,  
Tim Denehy, Mae Haney, Bob Kendall, Anne Lucier, Nilah  
Gerhard, Marlene Thibeault, Jack Keefe

**MICHIGAN RUMMY** - Thursday's 10:00am

**MINIATURE GOLF** - Friday's 11:00am Winners: Phyllis  
Gagne, Eual Kennedy, Becky Leavenworth, Majorie Mahan

**PITCH CARD GAME** - Monday's and Friday's 12:30pm

**WHIST** - Tuesday's 12:30pm

## CLUBS

**GOLDEN AGE CLUB** - Monday's 1:00pm. It's \$5.00 a year  
to join.

**RED APPLE LADIES** - Last Thursday of the month 1:00pm.  
Check the "Red Hat" bulletin board at the center.

## COMMUNITY SERVICES AND INFORMATION

**Community Legal Aid of Central MA - Free 1-855-252-5342  
or www.communitylegal.org.**

**Elder Helpline** - Sponsored by Elder Affairs and Mass Home  
Care. Mon. - Fri. 9am - 8pm, Sat. 9am - 1pm. Call **1-800-243-  
4636 TDD/TTY 1-800-872-0166**  
**Report Elder Abuse - 1-800-922-2275**

**Food Stamp Program (SNAP)** - 49 Nursery Lane Fitchburg,  
**978-665-8700**

**Fuel Assistance** - Salvation Army **978-342-9407**, New England  
Farm Worker's Council **978-342-4520** or Joe for Oil at **877-563-  
4645**

**Montachusett Home Care** - Caregiver Support Group,  
Leominster **978-466-5434**

**Notary Public (Free) - Leominster Senior Center**  
**8:30am - 12:00pm. Call for an appointment at 978-534-7511**

**S.H.I.N.E.** - (Serving Health Insurance Needs to Everyone)  
This program is sponsored by the Friends of the Milford Senior  
Center. **Call the Senior Center for an appointment 978-534-  
7511.** For more information call **1-800-243-4636**

**The Silent Call Procedure** - If you need to call 911 and you  
are unable to speak for any reason, once the call is answered:  
**Press 1 for Police, Press 2 for Fire, Press 3 for Ambulance,  
Press 4 for Yes and Press 5 for No**


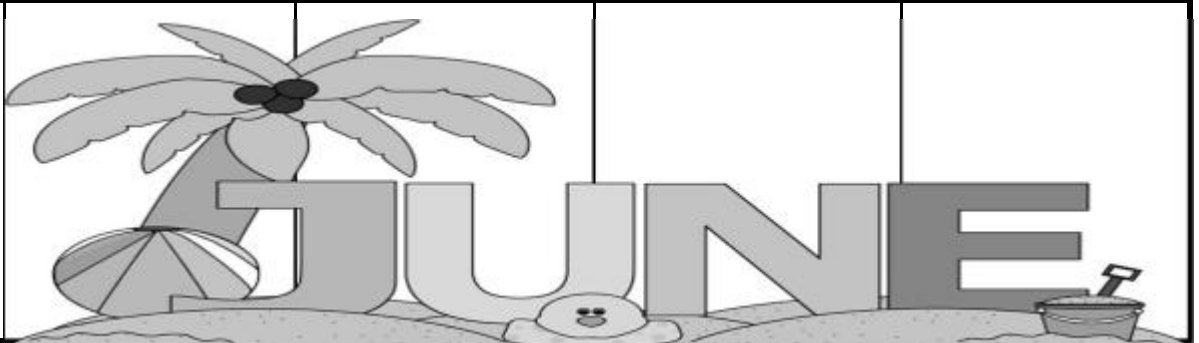
## ARE YOU OK?

You may have the Leominster Police call you automatically,  
every day to make sure you are okay. This program is for elder-  
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Daniela Tocci at **978-534-4383** for more information and sign up  
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vantage of being registered. (Ask for the File of Life).

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more information please contact **WC SO TRIAD DEPART-  
MENT Community Outreach Director Shawn McKenna at  
508-459-9064. Community Outreach Assistant Director  
Joseph Dambra 508-873-9951.**

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY

<p>3</p> <p>8:00 Cards/Pool /Games 9:15 Food Distribution 12:00 <b>Sweet &amp; Sour Meatballs</b> 12:30 Pitch 1:00 Golden Age Meeting</p>	<p>4</p> <p>8:00 Cards/Pool /Games 9:00 <b>SHINE</b> 9:00 Knitting 10:00 <b>Gentle Yoga &amp; More</b> 10:00 Chair Volley Ball 11:30 Meditation 12:00 <b>Shepherd's Pie</b> 12:30 Whist 1:00 Creative Crafting</p>	<p>5</p> <p>8:00 Cards/Pool /Games 9:00 Tai-Chi 9:15 Spanish Class-Intermediate/Advanced 9:15 Food Distribution 12:00 <b>Grilled Chicken</b> 1:00 Bingo 1:00 Watercolor Class 1:00 <b>Memory Cafe</b></p>	<p>6</p> <p>8:00 Cards/Pool /Games 9:00 T.O.P.S. 9:00 Computer Help 9:30 Cribbage 10:00 Adult Coloring 10:00 Michigan Rummy 10:30 Beginner Spanish Class 12:00 <b>Roast Turkey w/Gravy</b> 1:00 Tap Dancing 1:00 <b>Introduction to Writing</b></p>	<p>7</p> <p>8:00 Cards/Pool /Games 9:15 Food Distribution 10:00 <b>River Terrace Bingo</b> 10:00 Chair Yoga 11:00 Indoor Mini Golf 12:00 <b>Potato Pollock</b> 12:30 Fun Pitch 1:00 Writing Group</p>					
<p>10</p> <p>8:00 Cards/Pool /Games 9:15 Food Distribution 10:00 <b>Fallon Senior Plan</b> 10:00 <b>Aveanna Healthcare Bingo</b> 10:30 <b>Vision Support Group</b> 12:00 <b>Macaroni &amp; Cheese</b> 12:30 Pitch 1:00 Golden Age Meeting</p>	<p>11</p> <p>8:00 Cards/Pool /Games 9:00 Knitting 10:00 <b>Gentle Yoga &amp; More</b> 10:00 Chair Volley Ball 11:30 Meditation 12:00 <b>Lasagna Roll</b> 12:30 Whist 1:00 Creative Crafting</p>	<p>12</p> <p>8:00 Cards/Pool /Games 9:00 <b>VNA Nurse</b> 9:00 Tai-Chi 9:15 Spanish Class-Intermediate/Advanced 9:15 Food Distribution 12:00 <b>Pot Roast w/Gravy</b> 1:00 Bingo 1:00 Watercolor Class</p>	<p>13</p> <p><b>***NO UPSTAIRS ACTIVITIES IN THE AM***</b></p> <p>8:00 Pool 9:30 Cribbage 11:30 <b>Father's Day Lunch</b> 12:00 <b>No Moc Lunch</b> 1:00 Tap Dancing 1:00 <b>Introduction to Writing</b></p>	<p>14</p> <p>8:00 Cards/Pool /Games 9:15 Food Distribution 10:00 <b>Jeopardy w/Leom Crossings</b> 10:00 Chair Yoga 11:00 Indoor Mini Golf 12:00 <b>Chicken &amp; White Bean Chili</b> 12:30 Fun Pitch 1:00 Writing Group</p>					
<p>17</p> <p>8:00 Cards/Pool/Games 9:15 Food Distribution 12:00 <b>Haddock Newburg</b> 12:30 Pitch 1:00 Golden Age Meeting</p>	<p>18</p> <p>8:00 Cards/Pool /Games 9:00 <b>SHINE</b> 9:00 Knitting 10:00 <b>Gentle Yoga &amp; More</b> 10:00 Chair Volleyball 11:30 Meditation 12:00 <b>Steak &amp; Cheese Pinwheel</b> 12:30 <b>Ice Cream Social w/River Terrace</b> 12:30 Whist 1:00 Creative Crafting</p>	<p>19</p> <p>8:00 Cards/Pool/Games 9:00 Tai-Chi 9:15 Spanish Class-Intermediate/Advanced 9:15 Food Distribution 10:00 <b>Life Care Presentation</b> 11:30 <b>Monthly Birthday Party</b> 12:00 <b>Teriyaki Chicken</b> 1:00 Bingo 1:00 Watercolor Class</p>	<p>20</p> <p>8:00 Cards/Pool /Games 9:00 T.O.P.S. 9:00 Computer Help 9:30 Cribbage 10:00 Adult Coloring 10:00 Michigan Rummy 10:30 Beginner Spanish Class 12:00 <b>Chicken &amp; Rice Bake</b> 1:00 Tap Dancing 1:00 <b>Introduction to Writing</b> 3:00 <b>COA Board Mtg</b></p>	<p>21</p> <p>8:00 Cards /Pool/Games 9:15 Food Distribution 10:00 <b>River Terrace Bingo</b> 10:00 Chair Yoga 11:00 Indoor Mini Golf 12:00 <b>Hot Dog on a Bun</b> 12:30 Fun Pitch 1:00 Writing Group</p>					
<p>24</p> <p>8:00 Cards/Pool /Games 9:15 Food Distribution 10:00 <b>Aveanna Healthcare Bingo</b> 12:00 <b>Beef Bolognese</b> 12:30 Pitch 1:00 Golden Age Meeting</p>	<p>25</p> <p>8:00 Cards/Pool /Games 9:00 Knitting 10:00 <b>Gentle Yoga &amp; More</b> 10:00 Chair Volleyball 11:30 Meditation 12:00 <b>Glazed Chicken</b> 12:30 Whist 1:00 Creative Crafting</p>	<p>26</p> <p>8:00 Cards/Pool/Games 9:00 <b>VNA Nurse</b> 9:00 Tai-Chi 9:15 Food Distribution 9:15 Spanish Class-Intermediate/Advanced 12:00 <b>Turkey &amp; Tortellini Salad</b> 1:00 Bingo 1:00 Watercolor Class</p>	<p>27</p> <p>8:00 Cards/Pool /Games 9:00 T.O.P.S. 9:00 Computer Help 9:30 Cribbage 10:00 Adult Coloring 10:00 Michigan Rummy 10:30 Beginner Spanish Class 12:00 <b>BBQ Pulled Pork</b> 1:00 <b>Instruction to Writing</b> 1:00 Tap Dancing</p>	<p>28</p> <p>8:00 Cards/Pool/Games 9:15 Food Distribution 10:00 Chair Yoga 11:00 Indoor Mini Golf 12:00 <b>Swedish Meatballs</b> 12:30 Fun Pitch 1:00 Writing Group</p>					
 <p><b>YOU ARE A WINNER!</b></p> <p><b>Monthly Raffle Winner</b> <b>Loretta Les</b></p> <p><b>See the Office for your Prize</b></p>					 <p><b>JUNE</b></p>				



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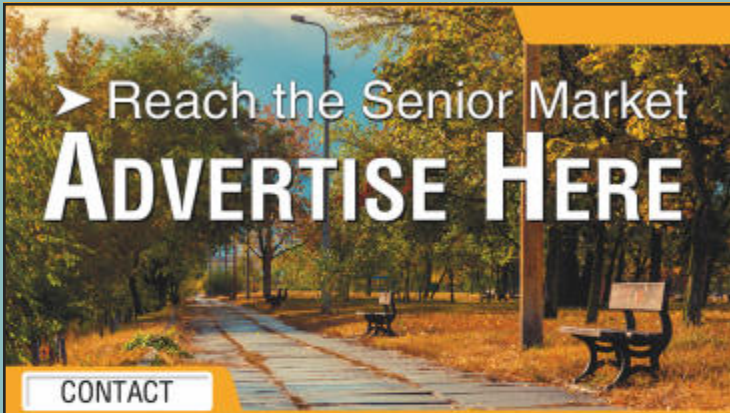
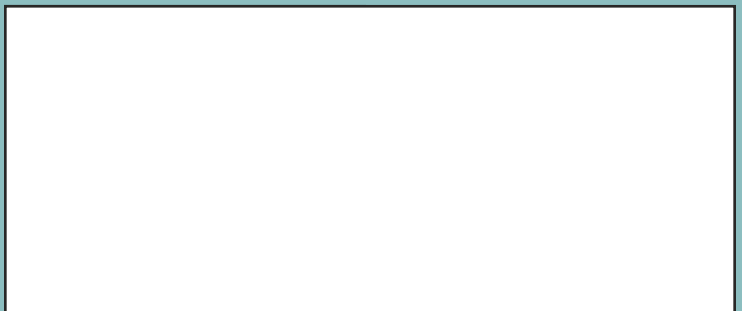
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## ***VAN RIDE***

The MART VAN operates rides, for Leominster residents, from 6am to 5pm, Monday through Friday. Vans travel in Leominster .50¢, and in Fitchburg, Lancaster and Lunenburg .75¢.

### **BELOW ARE SOME OF THE RULES FOR MART VAN RIDES:**

- All van rides are by reservations only.
- To book any ride, **YOU MUST CALL THE SENIOR CENTER ON THE PREVIOUS DAY, BEFORE 1:00PM** at (978) 534-7511. Rides may be scheduled up to a week in advance.
- All rides must be scheduled a “MINIMUM” of **45 minutes before** the time of your appointment. You will be picked up at the same place the van dropped you off, unless otherwise specified. There is a minimum of **1 hour and 15** within Leominster and **1 hour and 30** minutes if going outside of Leominster from pick up to pick up.
- Shopping carts must be folded and put behind the seat on the floor and out of the aisle. You are limited to the amount of bags you can carry on the vehicle and will fit in the seat with you.
- Remember, the **VAN can run LATE!** We are not responsible if you miss an appointment.

If the van is running late, **after hours**, call the Fitchburg Mart at (978) 345-7711 ext. 2255.

### **OUT OF TOWN**

There is also a shuttle service daily to Worcester or Boston, for medical-related reasons. All out of town rides leave from the Senior Center parking lot at 100 West St. All rides are first come, first serve. Fare for Worcester is \$8.00 each way and Boston \$10.00 each way.

### **THERE IS NO CHARGE TO JOIN THE LEOMINSTER SENIOR CENTER**

We accept donations that go into the fund to support programs and activities for seniors. We ask and encourage all seniors to join the Center. Please remember to scan your key card each time you come in for your specific activity. If you need a key card please stop by the office. Statistics are gathered from the new data system and then used as a basis to receive funding from the city and state, and to better plan desired programs. **Rules pertaining to the Center are posted on the bulletin board across from the office. Please read and follow the rules – they apply to everyone.** Thank you for your cooperation. *Laurane*

THANK YOU TO THE CITY OF LEOMINSTER, THE STATE OF MASSACHUSETTS  
FOR CONTINUED SUPPORT SO WE MAY PROVIDE ACTIVITIES AND PROGRAMS FOR YOU.

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