COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

AUGUST, 2021

WHAT'S INSIDE

02 DIRECTOR'S THOUGHTS
03 LCC INFORMATION
04 HEALTH AND HOME
05 TO YOUR HEALTH
06 HEALTH AND FITNESS
07 FRIENDS AND NEIGHBORS
08 ACTIVITY CALENDAR
09 FUN AND GAMES
10 TRANSPORTATION
11 OUTREACH
12 AROUND TOWN

STOP BY TODAY!

Lancaster Community Center
701 Main Street, Suite 7
(behind the War Memorials)

RECEPTION
978-733-4076
COMMUNITY SERVICES LIAISON
978-733-1249 ext 4
DIRECTOR
978-733-1249 ext 3
VAN RESERVATION
978-733-4076 or
Email: coaadmin@lancasterma.net

VAN HOURS
Mon -Thurs 8:30am -3pm *
Office: Mon -Thurs 8:30am -1pm
*or by reservation
48 hours advanced notice required.

CENTER ACTIVITIES

Pickleball | Ballroom dancing | Yoga

Tai Chi | Walking Group | Bingo

Lunch Club | Meals | Trips |Veteran

Benefits | Well Clinics | Transporta-

tion | SHINE | Agency Referrals |

Bridge | Gardening | Mahjong | more!

Check us out on social media!

See what's happening Lancaster Community Center LCC CALENDAR | Follow us on Facebook: www.tinyurl.com/lancastercc and Instagram @Lancaster.communitycenter

THOUGHTS FROM THE DIRECTOR

Greetings,

Savor Summer. That is my motto for August, soon after we will be back to school and heading to what I fear is going to be a socially isolated Autumn. Here at the Center we are doing our part to enjoy every bit of summer! We hope you will join us as that is what makes our Center special, and honestly, we need to enjoy outdoor events safely- don't you appreciate them even more now?!

Inside the Crier we detail August special events, but there is one you won't see. That is our Volunteer Party on Aug 10th. We love and thank our volunteers- you know who you are, if you have contributed more than 10 hours to our good works we would like to honor you at our volunteer party. We will be in touch with our many new Angels who helped vulnerable seniors stay at home safely, our Meals on Wheels helpers, our carpenters, chefs, plants people, sand delivery people, cleaners- I could go on. Nothing happens at the Center that is not touched and improved by our generous volunteers. Thank you! It is an honor to have you as part of our Center "Village".

You may remember that the Community Center turned 10 in June, We were disappointed to postpone our party due to extreme heat but hoped for a fresh start. Then came July and the rain- now fingers crossed - we will have a great August! August 24th is the pick date. We plan on enjoying a great party with you! We will have special guests, including VIP officials meeting and greeting you with a few words at 6, also town and community tables, you can't miss your opportunity to come and dunk the Chief- if you dare, I bet there will be more 'good targets' too. All ages will want to play field games, compete in Scavenger hunts- and of course enjoy the highlight- Sandee's Chicken BBQ or pulled pork or yummy vegan options. Once you are too full to move you are going to have to dance to the tunes of Blackstone Soul. They are fabulous and this very special band is made possible by the generosity of Sandee's! There will be lots more, trust me something for everyone- yes, Bingo and Bouncy Houses- not together... :) . Mark your calendar and reserve your meal by August 19th please.

I can't close without a plea: get vaccinated. I was speaking with a co-worker today and we were reminiscing about some of the people we have lost to Covid, and some that survived but will never be healthy again. This is so sad- especially now that we have a great option- a vaccine. Protect yourself and protect those you love. I worry about you!

Don't make me come down there... :)

Hope to see you, healthy, soon!

Stay well, Alix

PS If you would like to see the latest and greatest newsletters and tips electronically, or in print. Please sign up on line https://www.ci.lancaster.ma.us/subscribe

Schloss Lock
RESIDENTIAL • COMMERCIAL
P.O BOX 224, AYER, MA 01432
Phone: 978-732-3374
Email: schlosslocksmith@gmail.com
www.schlosslocksmith.com

bankHometown
131 Main St. | Unit 1
Lancaster
978-365-3352
bankHometown.com

AVAILABLE FOR A LIMITED TIME!
ADVERTISE HERE NOW!
Contact Lisa Templeton to place an ad today!
ltempleton@4LPi.com
or (800) 477-4574 x6377

McNally & Watson
Funeral & Cremation Service
304 Church Street, Clinton, MA
978.365.3144
www.mcnallywatson.com

Evelyn Salmon ML021537
Tom Gibbons ML021535
Diana Anctil ML021538
WACHUSETT MORTGAGE CORPORATION
REVERSE MORTGAGES
CALL US FOR THE FACTS:
Stay In Your Home • Increase Income
Pay Off Debt • No Monthly Payments
508-835-8803
45 Sterling Street, West Boylston • MA Broker #MB2897
wachusettmortgage.com

The Lancaster Community Center (LCC)

The all-ages hub for community events.
Nurturing the Body, the Mind, and the Soul
www.ci.**lancaster.ma**.us

Facebook www.tinyurl.com/lancastercc Or call—978-733-4076
Business Office hours 8:30-12:00 M-TH & by event

Where: The Community Center is located behind the Town Green, directly behind the Prescott Building. Enter on the upper level, for handicapped access use the lower level-elevator at end.

What: The Center is home to many special events open to ***all ages.*** A full schedule is on the town website, under Community Center. The LCC is home to Lancaster Social Services offices. Each office keeps their own office hours; Veterans Affairs, Council on Aging . The LCC is home to Senior Center, and offers meeting space for town boards, commissions, and non-profits.

IN ADDITION, THE CENTER OFFERS:

- *Year Round Fitness Classes as well as special fitness series. Tai Chi, Yoga, Aerobics, Ballroom Dancing, The Backstage Gym, Pickleball as well as summer and winter sporting events.*
- *Healthy Cooking Class Series and Nutrition classes and ongoing meals*
- *Arts and Crafts Classes and drop in Art Group Community Garden Beds and Lessons*
- *Community BBQ's, Holiday events, Concerts, Fairs etc.*
- *Social Services support for all ages including SNAP, Fuel Assistance, Referrals etc.*
- *Wellness Clinics, first and third Tuesday of the month*
- *Information series by guest speakers on topics relating to Lancaster*
- *Field Trips and more!*

Rentals:

We rent our facility for reasonable fees! The Center is popular for Birthday Parties, Cookouts, Reunions, Meetings and more! We have hosted weddings and funerals too.
Check the calendar for availability, and the website for our rental forms (call to be sure). There are a variety of spaces including kitchen facilities, meeting rooms, a gym and a lovely shaded patio.
The Center is a great space for birthday parties, family gatherings, club meetings and more! Let us show you our space.
For more information contact Alexandra Turner, director at ext. 1103 or

COVID-19 UPDATES and RESOURCES

We are always here to help you with information or referrals.
Lancaster Board of Health has hired a COVID coordinator, Tracy Gagnon. For questions or assistance call the Board at 978-365-3326 ext 1310

CORONAVIRUS UPDATES
So glad to be back! And following Governor Baker's orders

- We are **OPEN! Many fitness classes are outside or spaced in the gym, or hybrid.**
- We are **HYBRID** for crafts online, some classes, delivering meals SHINE and Counseling assistance!
- **MEALS and TRANSPORTATION** are up and running– off site of course. Soon we will return to fully open status.

Stay tuned for updates– join our mailing list on line.
978-733-4076 or aturner@lancasterma.net

UNIPAY

We are now Accepting Electronic Payments through UniPay!
On the town website:
https://www.ci.lancaster.ma.us/
Click on ONLINE PAYMENTS in the lower left corner and look for the LCC/COA link.

Join us to experience the healing powers of

Reiki with Tamara

October 14th or December 9th 6:30 p.m. -8:30 p.m.*

**Sign in for treatment reservation upon arrival*

Reiki is a powerful yet gentle, hands-on modality that can provide pain relief, improved sleep, decreased anxiety and a general boost to wellness. A Reiki session is very calming and nurturing. During a Reiki session, the recipient lies fully clothed on a massage table or seated in a chair. It is performed by a trained practitioner who gently places his/her hands on or near areas of the body needing attention. Reiki works on all levels: physical, emotional, mental, and spiritual. It is not affiliated with any religious belief and does not interfere with medical practices or interventions. It is not meant to take the place of prescribed medical treatment.

Our Reiki clinics are offered to the community on a no-cost or donation only basis. Expect to enjoy a twenty minute to a half hour session of this modality and explore its unique contribution to their overall health and well-being.

Questions or to register please call 978-733-4076

LPi

SUPPORT THE ADVERTISERS *that Support our Community!*

A Covid Note from the Lancaster Board of Health

With COVID-19 infections rates surging nationally in all 50 states largely due to the Delta variant, up 439% since June, and Massachusetts with the 5th highest increase nationally, up 233% in a recent 2 week period, the Lancaster Board of Health continues to work diligently to bring additional vaccination clinics close to home. We also organized, in collaboration with Joe Mule and the West Boylston BOH, an informational session by Dr. John Sullivan from UMass, a pediatric immunologist who has worked with UMASS vaccine trials. This session is available to view on Sterling Lancaster Cable TV.

We wish to thank Pastor Rom and his assistant, Ed Collins, who graciously opened The College Church to host two vaccination clinics on July 6th and July 27th. Thanks to their efforts we had both Church and community members come out to receive vaccinations and partake in the free Braveheart Tickets that were donated in collaboration with UMass and the Worcester Bravehearts Team. We also acknowledge Lancaster resident Steve Meyer, Superintendent of Schools in Clinton, who helped with a successful vaccination event at the Clinton Elementary School on July 21st,. The second clinic at that school will be August 11th. We are seeking partners for additional vaccination clinics going forward, particularly with educational facilities.Sadly, the overall vaccination rate in Lancaster is dangerously low. O***nly 49% of eligible Lancaster Residents have been fully vaccinated***. Overall, the Commonwealth has a fully vaccinated rate of **63.6%**. Nearby towns such as ***Bolton have a 75% rate***, **Clinton is at 61%** with only one town, **Fitchburg, at 47%** having a lower vaccination rate than Lancaster in our region. It is likely the Delta variant will be followed by other, potentially more contagious, and virulent mutations, and unless we improve our immunization rate we will see many more infections, and potentially hospitalizations and deaths, in the near future.

The BOH implores you to get vaccinated, and to encourage your family, friends, and colleagues to do the same.

Yours,

Jeff Paster, Katherine Holden and John Farnsworth

Free!

Drop in or By Appointment

Well Adult Health Clinic

4th Tuesday of each month

9 a.m.—10 a.m.

Try the pancakes and stay and maybe the decaf! Then Meet Lenny, our nurse for blood pressure monitoring, glucose, oxygen and more.

To reserve call 978-733-4076 by Noon Monday prior

Thanks to the VNA Care.org

Are You OK? *Home alone?*

Would you benefit from a friendly call from Nashoba Dispatch to check on you daily? This free service is available to any resident who would like to be checked on.

Details at the Center or 978-733-4076

Party ON! We are 10 years old

Join us for an ALL AGES BBQ and Party to celebrate. August 24th 4-7

Choose Chicken or Pulled Pork by Sandees's $5 per person by reservation only.

Music by Blackstone Soul, thanks to Sandee's. Dancing by YOU.

****

Free Fun! Bouncy House! Popcorn and Cotton Candy, Field Games, Bingo, Town Information tables, Demo's including dancing and pickleball.

VIP's and speakers at 6!

RSVP to 978-733-4076

MEALS ON WHEELS

HUNGRY? DON"T WANT TO COOK?

The Lancaster Senior Center supports the MOC Meals on Wheels program. If you are home-bound and need meals delivered, Call 978-733-1249 ext 4 and ask to be signed up for home delivered meals. See what else we have to offer too! You might be happily surprised.

Worcester Elder Services and WLEN Invite you to the Rainbow Lunch Club

Every 4th Wed. Noon

Unitarian Church, 90 Holden St. Worces-

HEALTH & FITNESS

CALL FOR PASSWORDS

Get into Shape for Summer!

IN PERSON AT THE CENTER!

Strength & Weight Training

SATURDAYS— 9 AM (Zooming, too!)

Check in 10 minutes early please

ZOOM Meeting ID: 907734542

Get in shape—get rid of the Covid 15! (yup, that is in pounds). Strengthen your core, improve your flexibility, work on your balance with resistance training and weights.

All ages and abilities will benefit, especially 50 plus.

Kirtan Kriya

Monday Morning Meditation

Mondays at 9:00 a.m.

In person or by Zoom

Studies prove meditation improves memory, reduce stress, sleep better and enhance your mood & well-being as we explore Kirtan Kriya meditation. This 1000 year old meditation practice stimulates the senses, awakens the brain, and rejuvenates your energy. Looking forward to meditating together.

Instructor: Dana Winsmann

ZOOM ID: 844 3931 7311 Passcode: 01523

Tai Chi and Quigong

TUESDAY at 9am

Outdoors under the trees or Zoom it!

ZOOM Meeting ID: 255384123

Tai Chi uses gentle movements to **reduce stress and improve health.** "Tai Chi strengthens the weak, raises the sick, *invigorates the debilitated, and encourages the timid"*

-Tai Chi Grandmaster Cheng Man-Ching 1947

Studies prove Tai Chi improves balance , and reduces your risk of fall! Try it—FREE for the first virtual lesson.

Instructor: Jeff Cote

$5 per class or 6 classes for $25

(Buy a card, no penalty for missed classes!)

Keep Moving Walking Club

Wednesday Mornings at 9 a.m.

Call to join us! 978-733-4076

In-person or Zoom

Hatha Yoga

Mon. @ 11:15 a.m.

Meeting ID: 742183799

Try it! First class is free. Get the week started with gentle **Hatha yoga.** All ages and abilities will benefit from this yoga class. Yoga is widely recognized as a way to improve balance, improve posture, keep your range of motion, improve clarity of mind and reduce stress.

Now in THE GYM, or outdoors or on Zoom!
We provide mats and water!
$5 per class or 6 classes for $25

(Buy a card, no penalty for missed classes!)

Your FREE Health Resource

The Backstage Gym is Open!

Join us to use the best, professional grade exercise equipment in a low stress, no crowding, NO FEE environment! All you need to do is sign up and come down.

Open MON-FRI 8-5 and Sat 8:30-12

Thank you to the Friends of Lancaster Seniors for the equipment.

Call us for sign up genius information and links.

Ball Room Dancing Lessons

with Jim Cole of Sunstrike

Will be back in September!

Thursday evenings!

All levels, with a partner or solo!

PICKLEBALL IS OUTSIDE FOR THE SUMER!
SEE YOU IN THE FALL!

Nashoba Neighbors
BERLIN • LANCASTER • BOLTON

Introducing

nashobaneighbors.org

Our new website is up and running!

Please take a look around to see who we are and how we will help older adults remain in their own homes.

While you are there, we invite you to sign up for our email list.

Let' stay in touch!

We will be at the 6/29 BBQ!

nashobaneighbors.org 978-218-8025

The First Church Lancaster

supports the Center with lots of good work, support them too!

The Great Garlic Sale

Support good works! Buy tasty Georgian Fire hardneck from the garden on Main Street to your kitchen!! Your next meal... or to last through the winter! Maybe you want to try to grow your own? as seed garlic.
Bulbs are available to order online:
https://www.firstchurchlancasterma.org/garlic-bulbs-for.../

1 for $3
2 for $5
5 for $10

amazonsmile
You shop. Amazon gives.

When you use this link to do your shopping, Amazon donates a percentage to the Friends! *Thank you!*
https://smile.amazon.com/ch/46-1483824

Friends of Lancaster Seniors– Thanks you!

And Asks for your help.

Giving in your budget? Like to honor someone? The Friends of Lancaster Seniors do great work, feeding our neighbors, helping with Fuel, providing gym equipment, garden supplies and so much more! All with the help of your donations. What better way to leverage your dollars to directly help your neighbors!

To support the Friends,
fill out the information below, and send it and your check (payable to Friends of the Lancaster Seniors, Inc.) to:

Friends of the Lancaster Seniors, Inc.
PO Box 173
Lancaster, MA 01523
For more information about the Friends, contact Jay Moody at 978-833-8429

- -

Name: _____

Address: _____

Email: _____

Enclosed is my TAX DEDUCTIBLE contribution of $_____ (you will re-

Friends of the Lancaster Seniors
Friends Who Care

We are back!

Friends of Lancaster Seniors, Inc.

All Ages
Pancake Breakfast

Every TUESDAY Morning!
On the patio or inside the Center
8:00am - 10:00am

$3 donation
All you can eat!
Blueberry and plain pancakes, French toast (gluten free or regular) sausages, scrambled eggs,
orange juice , coffee /tea/milk.
All you can eat!

Welcome back!!

GOT NEWS? Let us know! We will share it for you .
aturner@lancasterma.net

JULY ACTIVITY CALENDAR

August 2021

July '21							September '21						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3				1	2	3	4
4	5	6	7	8	9	10	5	6	7	8	9	10	11
11	12	13	14	15	16	17	12	13	14	15	16	17	18
18	19	20	21	22	23	24	19	20	21	22	23	24	25
25	26	27	28	29	30	31	26	27	28	29	30		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Yoga 11:15 Mtng ID: 742183799	3 Tai Chi 9-10am Pancakes! 8:00-10am BINGO! 1pm Mtng ID: 807642080	4 MAHJONG 10am	5 Chair Yoga 10:30 Mtng ID: 433492564 BRIDGE - 1-4pm	6	7 Strength Class 9:00 Mtng ID: 907734542
9 Yoga 11:15 ZOOM Mtng ID: 742183799 Kirtan Kriya Meditation 9am - see page 6	10 Tai Chi 9-10am Pancakes! 8:00-10am BINGO! 1pm Mtng ID: 807642080	11 MAHJONG 10am	12 Berry Picking 9:00am Chair Yoga 10:30 Mtng ID: 433492564 BRIDGE - 1-4pm	13	14 Strength Class 9:00 Mtng ID: 907734542
16 COA Meeting 8:30 Mtng ID: 85212560797 Yoga 11:15 ZOOM Mtng ID: 742183799 Kirtan Kriya Meditation 9am - see page 6	17 Tai Chi 9-10am Pancakes! 8:00-10am BINGO! 1pm Mtng ID: 807642080 OPEN MIC 6PM	18 MAHJONG 10am	19 Chair Yoga 10:30 Mtng ID: 433492564 BRIDGE - 1-4pm El Basha Wine&Dine	20 Crazy Crafternoon 10am-12pm At the Center! Mtg ID: 862 8069 5141 Passcode: 01523	21 Strength Class 9:00 Mtng ID: 907734542
23 Yoga 11:15 Mtng ID: 742183799 Kirtan Kriya Meditation 9am - see page 6	24 Tai Chi 9-10am Pancakes! 8:00-10am BINGO! 1pm Mtng ID: 807642080 10th ANNIVERSARY!	25 MAHJONG 10am	26 Chair Yoga 10:30 Mtng ID: 433492564 BRIDGE - 1-4pm	27	28 Strength Class 9:00 Mtng ID: 907734542
30 Yoga 11:15 Mtng ID: 742183799 Kirtan Kriya Meditation 9am - see page 6	31 Tai Chi 9-10am Pancakes! 8:00-10am BINGO! 1pm Mtng ID: 807642080	1 MAHJONG 10am	2 Chair Yoga 10:30 Mtng ID: 433492564 BRIDGE - 1-4pm	3	4 Strength Class 9:00 Mtng ID: 907734542

CRAZY CRAFTERNOONS!

Join us! A small group of crafters (space is limited to give you attention) and create wonderful homemade cards-so pretty you won't want to give them away!

Instruction, Materials , laughs just $5

Summer Fun Cards!

Friday, August 20, 10am-12pm

IN PERSON or ZOOM.US

Meeting ID: 862 8069 5141 Passcode: 01523

Register: 978-733-4076 or coaadmin@lancasterma.net

IN-PERSON BINGO

TUESDAYS 1-3

AND ON ZOOM (CALL FIRST)

Everyone is welcome!

Join your Bingo Buddies or make some new friends.

http://zoom.us/join

Meeting ID: 807642080

BRIDGE IS BACK!

Thursday, 1-4pm

Area residents are invited to join us for friendly bridge Thursday afternoons. Come to the Center for friendly bridge games with nice people and nice snacks, All free! Suitable for all levels, novice to pro. We provide the cards, teachers, and friends.

AMERICAN MAHJONG LESSONS

FREE! WEDNESDAYS 10:00 A.M.

Keep your brain 'fresh and supple', play Mahjong! A great game played with 152 tiles, dealt in 'hands'. Fun people willing to help teach.

Join fun people willing to help

Join us for Blueberry Picking!

Thurs. Aug. 12th
Join Dave to pick!

Meet for a light Breakfast at 9 a.m. Picking at 9:30

Trip $1 you pay for your Berries!
Rsvp 978-733-4076

MUNICIPAL NEWS, UPDATES

Library Services

****

Thayer Library IS OPEN

Monday:	10-8
Tuesday:	12-8
Wednesday:	10-8
Thursday:	10-8
Friday:	10-5
Saturday:	10-2

PLEASE NOTE: The library requests that all patrons continue to wear a mask in the library. Curbside service is still available.

VETERANS SERVICES DEPARTMENT

Richard Voutour 1st SGT USMC RET—Veteran Services Officer—**NOW HERE TUESDAY'S**
Contact: rvoutour@leominster-ma.gov
Leominster Office: Leominster Veterans Center,100 West Street, Leominster, MA 01453. 978-534-7538
Lancaster Veteran Services provides the following: VA

Lancaster offers those over 60 and the disabled transportation services in conjunction with MART. In addition we run trips with private carriers and partner volunteers with those in need of transportation. Don't see what you need or want? Let us know and we will work on it.

SHOPPING & DINING

WEEKLY TRIPS WILL BE STARTING IN AUG!

David James, Transportation Coordinator
Administrative Assistant
978-733-4076
Or 978-733– 1249 ext 1103
Or coaadmin@lancasterma.net

LANCASTER MART VAN POLICIES

Lancaster and MART provides transportation services for Lancaster residents for those (60+) and disabled residents.

FEES & POLICIES

Office hours are Mon -Thurs 8:30am to 1pm. **Reservations**: Call 978 733 4076
Please leave your request on our voicemail. Messages will be returned next business day by noon. At least 48 business hours' notice to reserve a ride.

*We will try to honor your emergency but often can not.
*Requests will be accepted in the order received.
*Preference given to medical appointments.
*Our Service Area: Lancaster, Clinton, Sterling, Bolton, Leominster, Fitchburg, Ayer.
*FEES: Lancaster 50¢ per stop.
Clinton, $1 plus 50c per additional stop
Fitchburg, Ayer $3 plus 50c per additional stop
All others $2 plus 50c per additional stop
*Special Events will be priced according to the trip.

WE ARE RUNNING FOR MEDICAL TRIPS, SHOPPING AND ERRANDS! NEED A RIDE?

LCC Wine and Dine Club

Is on the road again!

Join us with friends , o r make some new ones! Try new restaurants or just enjoy a favorite. Don't worry about driving– leave that to us!

Trips are only $2 RT! Meet at the Center or be picked up along the way

- **August 19th** —*El Basha*– Westborough BYOB
- **Sept 23nd**—*Lucia's* Ayer
- **October 20th** —*Romaine's* Northborough
- **November 10th**—*Chiodas Trattoria* —Worcester
- **December 8th-** -*Val's* —Holden

Want to add one? We love your suggestions.!
RSVP 978-733-4076

Join us for a trip to Star Island, leaving from Portsmouth NH we travel aboard the Challenger 10 miles to the Isle's of Shoals for a guided walking tour of historic island . Learn about 400 years of rich history , including pirates and poets. You will see old retreats and hotels, and while on the island enjoy a delicious lunch from Beach Pea Bakery in Kittery. Trust me, you are going to want to get your own special treat there too.

Transportation, Tour, and brown box lunch included $52 Lancaster Seniors, all others $58 978-733-4076 coaadmin@lancasterma.net

A lifelong Lancastrian, **David Bartlett** joins the Lancaster Council on Aging as the interim Community Service Liaison.

Dave was a police officer back in the 70's here in town and was an Associate Member of the Lancaster Town Forest and the Conservation Committee. A graduate of both Lancaster Public Schools and Nashoba Regional High School. He was the former home game football announcer at Nashoba for 4 years. He brings to the council, experience in working with Seniors in many ways saying "the biggest part of the job is to ensure that our seniors get the services they need, with medical appointments, prescriptions, and transportation and to warn them of scams with social security, financial hazards, and illegal solicitation".

It is important to abide by Covid-19 and to ensure we get vaccinated and to wear a mask when in doubt. Life has seen many changes this year and going forward we need to be kind to each other and help where we can.

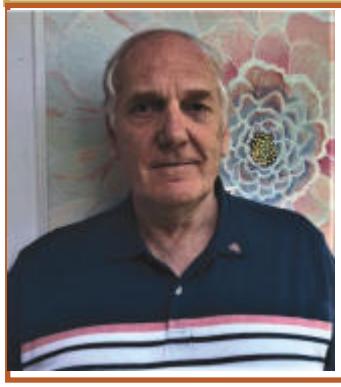
Dave has been a volunteer at the Center for nearly 2 years with the Council on Aging Holiday meals and the grab and go dinners.

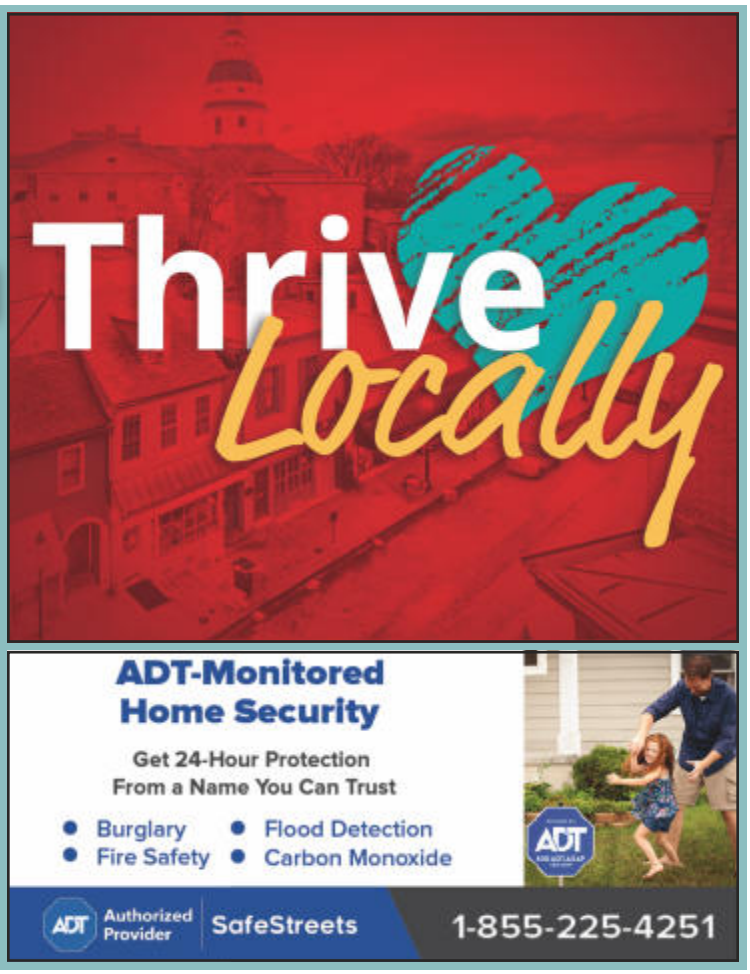
Join on Tuesdays for the Community Center Pancake Breakfast from 8am to 10am and for many other weekly events and the upcoming fresh Berry Picking trip and our evening Dinner event.

LANCASTER OUTREACH

- **Transportation**
- **Housing**
- **Food Stamps (SNAP)**
- **Fuel Assistance**
- **Health Insurance**
- **Budget and Taxes**
- **Fitness**
- **Caregiving**
- **Visits**

In-office hours subject to change: please call or email for an appointment.





The Lancaster Community Center
& supporting partners
Seek Artists to show and/or sell their works
created in celebration of
New England. and the Nashaway Valley
for an multi-artist exhibit

The Soul of America

A multi-location, multi media show and sale this fall to celebrate the many talented artist's interpretation of our scenic region, people, flora and fauna.

Details call 978-733-4076

Thanks all the MA and Lancaster Cultural Council

Mass Cultural Council