

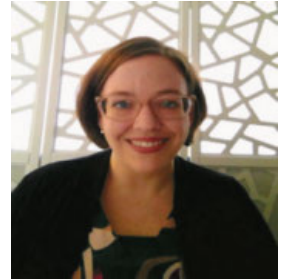


## JANUARY, 2023

### MEET YOUR HEALTH AND HUMAN SERVICES TEAM

#### Outreach Coordinator

Hello, Lancaster! My name is Caitlin Roy, and I am so excited to step into the role of Outreach and Activities Coordinator! In my short time here, I have already met some wonderful people and have learned so much history about the town! To share a bit about myself, I am a Licensed Social Worker and for the last 8.5 years have been working with older adults, their families and caregivers at a local Aging Services Access Point. Prior to this, I worked locally with children and families. I have a strong interest in supporting caregivers and look forward to doing so here in Lancaster. In addition, I am also happy to help with and provide information on a variety of services including home care, housing options, community resources and public benefits. I also look forward to exploring new activities and programs to implement at the Lancaster Community Center. I am a proud mom of one and in my free time enjoy gardening and houseplants. Please stop in or give me a shout at (978) 365-1274 x2 or [Croy@lancasterma.gov](mailto:Croy@lancasterma.gov). I look forward to what's to come in 2023!



#### Recreation Coordinator

Hello, I am Kevin, and I am excited to be part of the team in the Health & Human Services Department. I have been in this field for over 10 years and look forward to meeting the residents and exploring what we can do together. If you have any questions or ideas for programs, you can find me at the Lancaster Community Center and I can be reached at (978) 365-3326 x 1077 or [kmitrano@lancasterma.gov](mailto:kmitrano@lancasterma.gov). Keep an eye out for youth, family and inter-generational programming at the LCC, schools and all around Lancaster: STEM & Magic at Luther Burbank, Bach's Lunch at Groton Hill Music Center and family virtual cooking class with Kids Test Kitchen!



### WHAT'S INSIDE

- CENTER UPDATES
- NASHOBA NEIGHBORS
- LCC INFORMATION
- HEALTH AND FITNESS
- EVENTS AND PROGRAMMING
- ACTIVITY CALENDAR
- OUTREACH

### Center hours:

**Monday-Friday**  
**7am-7pm**  
**Saturday 8am-1pm**

**\*Center closed :**  
**January 2nd & 16th**  
**2023**

### CENTER ACTIVITIES

Pickleball | Ballroom dancing | Yoga Tai Chi | Walking Group |

Bingo

Lunch Club | Meals | Trips | Veteran Benefits | Well Clinics | Transportation | SHINE | Agency Referrals | Bridge | Gardening | Mah-jong | Book club | Open Mic nights | line dancing

Happy 2023 to all!

What a wonderful time of year this is – it is traditionally the time of year where we reflect on what was last year and prepare for what we wish to see more of, do more of, and accomplish in the new year.

I personally always start the year off with a focus word – I pick just one word that will encapsulate my goals for the year. This year's word from the Community Center is INTENTION.

Caitlin, Kevin, and I will lead strong with the intention to bring more viable programs to the community, to build more meaningful relationships with folks, to help those in need and bring solutions to challenging situations, to create memories of laughter and joy amid our interactions, to create an inclusive multi-generational environment that embraces the likes of all and does not ruminate on unconstructiveness.

We are so much more than a community center, we are where community gathers to speak about innovative ways to create a better Lancaster, we are where health happens, we are where conversations between friends occurs over a cup of coffee, we are where traditions take place, we are where everyone knows your name, we are where people count on familiar faces to simply make them feel stable, appreciated, and secure.

We are here to serve, to help, to guide and to build because that, is not only what our intention is, but that my friends, is what makes a community powerful and moving forward.

The LCC staff thanks you for allowing us to serve you as it is our greatest accomplishment yet!

I will close with my favorite quote from Muhammad Ali, *"The Service you do for others is the rent you pay for your room here on Earth."*

Be happy, stay healthy, and laugh often,  
Kelly



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Have our newsletter emailed to you every week.



Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)

**LET'S GROW YOUR BUSINESS**  
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**CONTACT ME**  
**Lisa Templeton**

[ltempleton@lpicommunities.com](mailto:ltempleton@lpicommunities.com)

**(800) 477-4574 x6377**



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# AS NCM

AGING SERVICES OF NORTH CENTRAL MASSACHUSETTS

Are you looking for a meaningful volunteer opportunity - one where you can really help an older adult or person with a disability to remain independent, living in the community?

Aging Services of North Central Massachusetts is looking for individuals to serve as Volunteer Bill Payers. Volunteer Bill Payers provide a critical support to those in need and clients appreciate the help.

Responsibilities may include:

Volunteers are screened, trained, and insured to assist individuals who need bill paying assistance. Once enrolled, volunteers receive ongoing training and support from our office.

To learn more, please contact **978-466-1528** and ask to speak with Liza Updike, Money Management Program Manager.



**Nashoba  
Neighbors**  
BERLIN • LANCASTER • BOLTON

**Happy January!  
Nashoba Neighbors is enrolling  
members and volunteers!**

During our Pilot this fall we ironed out the kinks of our program with help from our "test" volunteers and members. Our volunteers completed many service requests for our members, including yard work, house organization, and transportation to social events. Positive reactions from members and volunteers alike were beyond our expectations! **Nashoba Neighbors** is now ready to help YOU as we work together to make life better for all of us.

### **Quote from a member**

"I was happy to be [the volunteer's] first experience... [I] hope she felt satisfied and knows how special it was for me to get out shopping for the first time in years!! Really!!"

### **Quote From a volunteer**

"This member is fantastic and a pleasure to work with. I was easily able to quickly clean up her flower beds and stayed a little while longer to handle a couple of other minor chores. And she gave me a loaf of banana bread!!"

To register or ask questions, contact us.  
You can register from your smartphone, telephone and computer too.!  
978-226-8844  
[info@nashobaneighbors.org](mailto:info@nashobaneighbors.org)  
[www.nashobaneighbors.org](http://www.nashobaneighbors.org)

We are a 501(c)(3) nonprofit corporation.  
Inquire about our membership subsidies for those who qualify



## The Lancaster Community Center (LCC)

*An all-ages center for community events*

[www.ci.lancaster.ma.us](http://www.ci.lancaster.ma.us) Or call—978-733-1249

The LCC is open from 7am-7pm M-F and 8am-1pm on Saturdays

**Where:** The Community Center is behind the Town Green (behind Prescott Building). The lower level has handicapped access. **What:** The Center is home to many special events and 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, Recreation and Board of Health. The LCC is home to the Senior Center, and offers meeting space for 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, Line dancing, cards, basketball, Pickleball, personal training and more. We also host special summer and winter sporting events.*
  - ◆ *Arts and Crafts Classes , Group Community Garden Beds and more*
  - ◆ *Community BBQ's, Holiday events, Concerts, Open Min nights, Fairs*
- ◆ *Social Services support for all ages including SNAP, SHINE, Fuel Assistance, Referrals etc.*
  - ◆ *Wellness Clinics, the fourth Tuesday of the month*
  - ◆ *Information series by guest speakers on topics relating to Lancaster and more*
  - ◆ *Field Trips to some of our New England treasures*

### **Rentals:**

We rent our facility for reasonable fees! The Center is popular for Parties, Cookouts, Reunions, meetings and more! Check the calendar for availability, and the website for our rental forms (call to be sure). There are a variety of spaces including game and 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!



### **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 978-345-8501 x2 and ask to be signed up for home delivered**

**Worcester Elder Services and WLEN Invite you to the Rainbow Lunch Club Every 2nd and 4th Wed. at Noon**

UNITARIAN CHURCH, 90 HOLDEN ST. WORCESTER  
QUESTIONS OR TO RSVP CALL 508-756-1545 OR

EMAIL [WLEN@ESWA.ORG](mailto:WLEN@ESWA.ORG)



# GROTON HILL MUSIC CENTER

**BACHS LUNCH CONCERT - Thursday January 12, 20223 at 1:30PM**

**TROMBONE QUARTET**

**Bach to Offenbach...**

**Four of a kind! Alexi and his colleagues will play some great arrangements for trombone quartet, including works by Bach, Mozart, Harold Arlen, John Denver, and others.**

**If you would like to attend, please contact: Kevin Mitrano,  
Kmitrano@lancasterma.gov or 978.365.3326 x 1077**



**SUPPORT THE  
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Community!



**Amy, our VNA nurse**, will be re-  
turning in January for Keep Well Clinics.  
Please stop by for a blood pressure  
check, blood sugar check, or to ask any  
health related questions you may have  
and she will be happy to help. She will  
be here on the **4th Tuesday of the  
month at 830-1030am in our café**

Learn to Dance !

**Ball Room Dancing Lessons**  
with  
**Jim Cole of Sunstrike**

Thursdays at 7pm

**Tai Chi and Quigong**

**BACK TO TUESDAY AT 9:30AM!!**

**In person in the gym**

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

**Line Dancing is here! Thursdays  
4:30-6:00pm in the Gym. Come  
dance, laugh and make memories  
with your friends. Starts January  
5th!!! \$5.00/class**

In-person (LCC Meeting Rm) or Zoom (ID: 742 183 799)

**Hatha Yoga**

**Monday at 11:15**

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 come on down!

**Open MON-FRI 7am-7pm and Sat 8a-m1pm**

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

Join us for a new fitness class, get in shape for the holidays!

**Strength and Cardio!**

Fridays and Saturdays at 9:00 a.m., Community Center Gym

\$5 per class or \$25 for 6 weeks

Join us for a 45 minute class combining aerobic conditioning, strength training, core and flexibility. Designed for max results! Appropriate for all fitness abilities. This class will strengthen and tone your entire body, using body weight, weights and other fitness equipment. We provide the equipment. Bring your will and determination!

**PICKLEBALL IS BACK IN THE GYM!**



Signup for a session online:

<http://playtimescheduler.com>

Lancaster is listed under  
"Central Worcester County"

**\$3 per session. Prepay and get one FREE session for every five you purchase.**

## EVENTS & PROGRAMMING

### Local Food Pantry's

**BREAD OF LIFE" FOOD PANTRY (Tuesday only 10am-11:30AM)**

75 Sawyer Street

South Lancaster, MA 01561 (978) 365-2754

**Wheat Community Connections**

272 High Street, Clinton · (508) 370-4943

**Caring Is Sharing Thrift Shop & Food Pantry**

63 Plain St, Clinton · (978) 368-9990

**Wachusett Food Pantry**

50 Worcester Rd, Sterling · (978) 563-1064

**Berlin Family Food Pantry**

23 Linden St, Berlin · (774) 245-8320

### FUEL ASSISTANCE

**Making Opportunity Count (MOC)**

Complete an application online at: [www.toapply.org/MassLIHEAP](http://www.toapply.org/MassLIHEAP)

Email documents to: [fuelassistance@mocinc.org](mailto:fuelassistance@mocinc.org)

Drop box available at our 601 River Street office. Box is located to the left of our main entrance door.

**Need assistance:** Contact our Outreach Coordinator, Caitlin Roy at the Lancaster Community Center: [Croy@lanasterma.gov](mailto:Croy@lanasterma.gov) or call at 774.733.1249 option 2

### CRAZY CRAFTERNOONS!

#### Fun Class take home gorgeous cards CARD MAKING CLASS

Join us in the Community Center meeting room! A small group of crafters (space is limited to give you attention and allow for distancing) and create wonderful homemade cards-so pretty you won't want to give them away! You will take home at least three cards, maybe more!

**Instruction, Materials, laughs just \$10**

*January 13th*

The Alzheimer's Association will be hosting a live session on **The 10 Warning Signs of Alzheimer's** on Monday, January 30, 2023 10:30am in our Café. This education program will help you recognize common signs of the disease in yourself and others, and includes next steps to take, including how to talk to your doctor. Register by calling: 1-800-272-3900. See you then!

**Nashoba's Public Health  
Nursing Team**

**Well Adult Health Clinic  
on January 24th**

**1 p.m.—2 p.m.**

**Lancaster Community Center**  
*blood pressure monitoring, glucose, oxygen and more.*

*Thanks to the Nashoba Nursing Team*

### AMERICAN MAHJONG LESSONS & PLAY

**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.



### TUESDAYS 1-3

Everyone is welcome!

Join your Bingo Buddies or make some new friends.

Community Center—meeting room

### PLAY BRIDGE!

**Thursday, 12:30-3:30**

**Friday, 1:00 –4:00 p.m.**

**LCC Meeting Room**

**Snacks! Fun!**

**Free!**



Bridge

## EVENTS & PROGRAMMING

### **GARDEN CHAT RETURNS! THURSDAY MORNINGS 10:00-11:30. STARTING JANUARY 19. FREE!!!**

Years ago, Marie Espinola led this program and to honor her memory, Sheila Casey will continue it this winter.

**CALLING ALL PLANT LOVERS! Now is the perfect time to plan our gardens for the spring. This group is for all gardeners, novice, experienced, or in between. Everyone will learn something new. We'll browse seed catalogs for inspiration and plan out our gardens, whether it be a few potted plants or gardens of flowers, shrubs or veggies. We will learn what our plants need in order to thrive. There will be discussions about the challenges growers face and the best strategies to deal with them. Topics include soil, seed starting, garden journaling, pest control, proper watering and so much more. Guest speakers too! Join us!**

SEN. JOHN CRONIN'S  
CONSTITUENT HOURS  
WITH

BETH WALSH,  
CONSTITUENT SERVICES DIRECTOR  
1ST TUESDAY OF EACH MONTH  
11am-12:30pm  
January 3rd 2023 in the Café

**Tax Season is upon us  
here are a few resources:**

**Free Tax Preparation from AARP Foundation Tax-Aide**

**[https://www.aarp.org/money/taxes/aarp\\_taxaide/](https://www.aarp.org/money/taxes/aarp_taxaide/)  
&**

**For those that qualify as low income VITA services are available at**

**<https://www.mocinc.org/financial-services>**

### ***To support the Friends during the holidays and all year long Cut and mail this form***

Please 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 Denise Hurley...978-257-2849...email [Deehurley@hotmail.com](mailto:Deehurley@hotmail.com). Also, can you change web site to [www.friendsofthelancasterseniors.com](http://www.friendsofthelancasterseniors.com)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Enclosed is my TAX DEDUCTIBLE\* contribution of \$\_\_\_\_\_ (you will receive a receipt).

***Thank You for supporting Lancaster Seniors***

**<http://FriendsoftheLancasterSeniors.org>**

### ***Join the Friends Meeting January 20th at 10:30 a.m.***

Are you interested in the Business of the Friends . Are you willing to help, want to learn more ? This is a great opportunity. To learn more, enjoy a snack and meet some kind neighbors.

The Lancaster Recycling Center will be open Saturday, January 7th; Sunday, January 8th; Saturday, January 21st; and Sunday January 22nd

2023 from 10 a.m. to noon. If the Center needs to close because of weather, the Regional Dispatch Center, 978-772-1900, will be notified.



# January 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
Town offices Closed	Tai Chi 9:30am Senator Cronin Rep BINGO! 1pm VA Rep 8-12	MAHJONG 10am Coffee with Caitlin 9am in the Café	BRIDGE - 12:30pm LINE DANCING 430P Ballroom Dancing 7p	Strength & Cardio 9:00 BRIDGE - 1pm Open MIC 6:30pm	Strength Class 9:00 Mtng ID: 907734542 pickleball 10:30am & 1pm
9	10	11	12	13	14
Yoga - 11:15	Tai Chi 9:30am BINGO! 1pm VA Rep 8-12	MAHJONG 10am Coffee with Caitlin 9am in the Café	BRIDGE - 12:30pm BACH 1:30pm LINE DANCING 430P Ballroom Dancing 7p	Strength & Cardio 9:00 Crazy Crafternoon 10a BRIDGE - 1pm	Strength Class 9:00 Mtng ID: 907734542 pickleball 10:30am & 1pm
16	17	18	19	20	21
Closed in observance of Martin Luther King Day	Tai Chi 9:30am BINGO! 1pm VA Rep 8-12	MAHJONG 10am	BRIDGE - 12:30pm GARDEN CHAT 10AM LINE DANCING 430P Ballroom Dancing 7p	Strength & Cardio 9:00 BRIDGE - 1pm Friend's of Lancaster Meeting @ 10:30am	Strength Class 9:00 Mtng ID: 907734542 pickleball 10:30am & 1pm
23	24	25	26	27	28
Yoga - 11:15 COA Meeting 10:00am Mtng ID: 82646444740	VNA Blood pressure clinic 8:30AM Tai Chi 9:30am BINGO! 1pm VA Rep 8-12 Nashoba Nurse 1PM	MAHJONG 10am Presentation on scam Prevention with Detective Shaw & Caitlin at 10AM	BRIDGE - 12:30pm LINE DANCING 430P Ballroom Dancing 7p	Strength & Cardio 9:00 BRIDGE - 1pm	Strength Class 9:00 Mtng ID: 907734542 pickleball 10:30am & 1pm
30	31	1 February	2	3	4
Yoga - 11:15 The 10 Warning Signs of Alzheimer's 10:30 located in the café	Tai Chi 9:30am BINGO! 1pm Wellness Clinic 1pm W/a Nashoba Nurse	MAHJONG 10am	BRIDGE - 12:30pm LINE DANCING 430P Ballroom Dancing 7p	Lunch Club 12pm Strength & Cardio 9:00 BRIDGE - 1pm	Strength Class 9:00 Mtng ID: 907734542 pickleball 10:30am & 1pm

**PICKLEBALL IN THE GYM!**

Signup: [playtimescheduler.com](https://playtimescheduler.com)

Mon 9:30-11:30, 1-3, 6-9pm

Tues 12-2pm

Wed 8:30-10:30, 1:30-3:30pm

6:00-9:00pm

Thu 9:30-11:30, 12-2

Fri 10:30-12:30; 3:30-5:30

Sat 10:30-12:30p, 1:00-3:00p

## EVENTS & PROGRAMMING

### MART DISPATCH IS CHANGING

SAME DRIVERS AND SERVICE BUT YOU WILL CALL MART DIRECTLY TO BOOK YOUR TRIP. YOU NO LONGER WILL CALL KELLY AT THE COMMUNITY CENTER. EFFECTIVE JANUARY 3RD YOU WILL **CALL 1.800.922.5636 OPTION 3** TO BOOK YOUR TRAVEL NEEDS.  
SHOPPING TRIPS

MONDAY AFTERNOON—SHAWS  
TUESDAY AFTERNOON—WALMART  
WEDNESDAY AFTERNOON—WATERTOWER  
PLAZA  
THURSDAY AFTERNOON—MARKET BASKET  
LUNCHEON CLUB—FOURTH FRIDAY



**Open Mic  
First Friday  
of Month  
6:30PM -  
9:00PM  
Community  
Center  
Coffeehouse  
695 Main  
Street  
Lancaster**

**all genres  
welcome**

**Sign Up  
PM  
deehurley@  
hotmail.com  
978-257-2849**

**all ages welcome  
interested in being a  
feature contact  
Denise Hurley**

### Attention Veterans/Surviving spouse

Did you know the VA has presumptive conditions that are attributed to Agent Orange exposure for Veterans that served in Vietnam. Conditions covered, Diabetes, Ischemic Heart Condition, Parkinson's, Hypertension, and many types of cancer. A surviving spouse may be entitled to VA Widows benefits if any of these conditions contributed to their death. Please contact VSO Rick Voutour at 978 534 7538 for more information

**Richard Voutour** 1st SGT USMC RET—Veteran Services Officer

**Contact:** rvoutour@leominster-ma.gov

**Lancaster Office:** Lower Level LCC, Tuesday mornings

**Leominster Office:** Leominster

Veterans Center, 100 West Street,

Leominster, MA 01453. 978-534-7538

*Lancaster Veteran Services provides the following: VA Healthcare applications, VA Disability Claim*

## Well-Being Total Home Care 978-877-3748 or [info@wbtotalhomecare.com](mailto:info@wbtotalhomecare.com)

Well Being Total Home Care provides the non-medical personal care and property care services most needed by seniors and disabled people that choose to live in their homes.

From housekeeping to assisting in the shower to medication reminders our caregivers are here to help keep your loved ones safe in their home. We also provide services for the property such as; handyman odd jobs, grab bar installations, gutter cleaning, pressure washing and more.

Serving the North Central Massachusetts area, Well Being Total Home Care offers the personal care our senior community needs.

## A Note from Barb Blom, your SHINE Counselor

Happy 2023! Are you still looking to make a change in your Advantage Plan coverage? If so, there is an Open Enrollment period from January 1-March 31 for those of you who are already in an Advantage Plan as of January 1, 2023. When considering a change, please check to see if your doctor accepts the new plan. If not, then you need to change doctors to receive coverage from that plan or find another plan. Once you have that information, we can examine pros and cons of making a change. As your SHINE counselor, I am happy to work with you. You can leave a message for me with Kelly or Caitlin. I will contact you to set up a phone call or Zoom meeting with you. Remember that I will also work with you if you have questions about your current coverage, eligibility for Mass Health assistance or coverage and billing issues that arise throughout the year.

[Shine \(shinema.org\)](http://shinema.org)



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- Full-Time with benefits
- Serve your community



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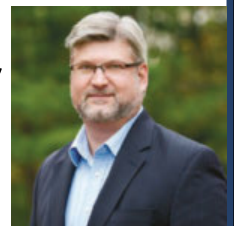
## Have you been procrastinating? Do you have a Will or Estate Plan?

### JOHN J. COSTANZO, ESQ.

713 B Main Street, Bolton, MA 01740  
 Phone: 781-643-1070

Email: [JCOSTANZO@JOHNCOSTANZOLAW.COM](mailto:JCOSTANZO@JOHNCOSTANZOLAW.COM)  
 Website: [WWW.JOHNOCOSTANZOLAW.COM](http://WWW.JOHNOCOSTANZOLAW.COM)

- *Wills and Trusts*
- *Health Care Proxies and Powers of Attorney*
- *Estate Tax Planning*
- *Life Care & Elder Care Planning*



# **GAS PRICES GOT YOU DOWN? LET MART PICK YOU UP.**

**Lancaster Council-On-Aging**



**1-800-922-5636 Option 3**

[www.mrta.us](http://www.mrta.us)



**MARKET BASKET**

