



# COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

## MARCH, 2023

### ANNE O'CONNELL'S IRISH-AMERICAN STEP DANCERS PERFORMANCE

ST. PATRICK'S DAY  
FRIDAY MARCH 17TH  
2:30 PM  
@ LANCASTER COMMUNITY  
CENTER

CELEBRATE ST. PATRICK'S DAY  
WITH A TRADITIONAL  
IRISH DANCE PERFORMANCE  
AND LEARN ABOUT  
IRISH CULTURE

FREE  
COMMUNITY EVENT

### WHAT'S INSIDE

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

### Center hours:

Monday-Thursday  
8am-7pm  
Friday-8am-5pm  
Saturday 8am-1pm  
Closed Sundays

### CENTER ACTIVITIES

Pickleball | Ballroom dancing | Tai Chi | Stitch & Sew | Bingo  
Chair and Standing Yoga | Cribbage | Zumba | Open Mic Nights  
Lunch Club | Meals | Trips | Veteran Benefits | Well Clinics | Transportation | SHINE | Agency Referrals | Bridge | Gardening | Mah-jong | Book club | Open Mic nights | cake decorating

Greetings to all,

Spring has almost sprung...hopefully I didn't say it too soon!

This month I am happy to announce that we are not only having a Irish American Step Dancers perform on Saint Patrick's Day but we will also have Corned Beef and Cabbage Grab N' Go meals available for those who register on that day as well.

The details are as follows for Grab N' GO meals

**Clinton's Sunshine Café** is offering a corned beef, potatoes, carrots and cabbage meal for \$12.00 for our residents.

You need to REGISTER and PAY for this meal through Caitlin Roy—Croy@lanasterma.gov or 978.733.1249 option 2 and she will happily register you and make arrangements for your payment of \$12.00. *You must be registered and paid by MARCH 10th so that the Café can plan their meals appropriately.* We will then have the meals available for PICK UP at the Community Center Café at 3:30-4:00PM on MARCH 17th.

We hope to see you all in the month of March and are honored to continue to serve you!

See you and Spring soon!

Be happy, stay healthy and laugh often,

Kelly



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Have our newsletter emailed to you.

Visit **www.mycommunityonline.com**



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**CONTACT ME**  
**Lisa Templeton**

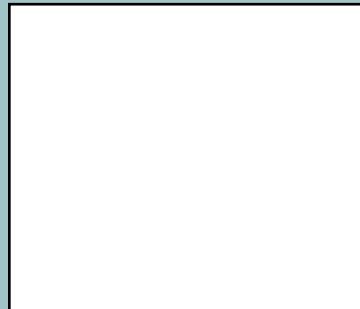
ltempleton@lpicommunities.com

**(800) 477-4574 x6377**



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www.mcnallywatson.com





# Senior Update

Winter is in full swing as we begin a new legislative session, with my team and I working hard to file new legislation, connect constituents to state resources, and find new ways to advocate and deliver for residents. I hope that you and your loved ones are staying warm this winter and that you have the chance to see what we have accomplished over the past month.

## Advocating for North Central Mass in 2023

I am so grateful to begin a new term in the state Senate and am eager to build off the work we have undertaken over the past 2 years. I am also pleased to announce that the Worcester and Middlesex District will include 4 new communities: Ashby, Groton, Shirley & Westford. While the makeup of our district has changed, my priorities have not. In 2023, I am committed to providing meaningful investments to strengthen our workforce and local economy, revitalize our downtowns, reduce healthcare costs, and deliver high-quality constituent services to the residents of North Central Mass. Additionally, my office will continue to hold regular Constituent Hours at each of the district's councils on aging to hear input on issues and link residents to state services and resources. I look forward to continuing to represent you for the next two years and to help make life better in North Central Massachusetts.

## Chairing the Gateway Cities Caucus

This session, I will have the privilege of serving as Co-Chair of the Gateway Cities Legislative Caucus (GCLC). Gateway Cities are urban communities that have historically anchored regional economies and provided a "gateway" to the American Dream. North Central Mass is currently home to two Gateway Cities: Fitchburg and Leominster. Throughout my time running for and serving in the Senate, I have had countless conversations with residents eager to restore the prosperity and opportunity that defined the region during the 20th Century. Serving as Co-Chair of GCLC will enable my team and I to fight even harder for the investments we need to make this vision a reality. In addition to sustaining funding for our workforce to attract good-paying jobs, I am committed to supporting housing production in the region to increase available stock and bring down prices. I look forward to working with the rest of the GCLC to not only revitalize our Gateway Cities, but also the communities that are linked to them and that will ultimately share in their success.

## Need Assistance?

With more cold weather ahead, it is more important than ever that residents take advantage of state



## NASHOBA NEIGHBORS

### Quotes from Nashoba Neighbors members and volunteers

"I was impressed at how easy it was to make a request."  
"I appreciated how the volunteers were willing to chat about interests we have in common. These conversations and connections were a delight."  
"We all have home chores-indoor and out-that persist in evading our best intentions to complete them. It is always satisfying to be able to drop in on a neighbor's and help strike out one or two items from their to-do list."

Aging at home doesn't need to be a frustrating series of struggles with tasks we once found easy to handle. Membership in Nashoba Neighbors brings with it the companionship and assistance of volunteers who will provide personal rides to appointments, grocery shopping, cultural events, and visits with friends. We offer help with light yard chores, battery and light bulb changes, the organizing and de-cluttering of rooms, assistance with the de-mystifying of technology and much more.

We are NOW enrolling members!

Please have a look at our website or give us a call to learn more.

978-226-8844      [www.nashobaneighbors.org](http://www.nashobaneighbors.org)      [info@nashobaneighbors.org](mailto:info@nashobaneighbors.org)

Nashoba Neighbors is a registered 501(c)(3) nonprofit corporation

**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.

We provide services for the property such as; handyman odd jobs, grab bar installations, gutter cleaning, lawn care, snow removal, pressure washing and more.

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





## 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 8am-7pm M-TH, 8am-5pm Friday 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!

**Contact:** [kmitrano@lancasterma.gov](mailto:kmitrano@lancasterma.gov) for a tour



The Meals on Wheels program is offered through Making Opportunity Count (MOC), helping older adults to eat nutritiously and stay safe in their homes. Each meal meets one-third of the USDA's daily recommended dietary allowances for adults. Questions for yourself or a loved one? **Give us a call at 978-733-1249 x2.**

**Worcester Elder Services  
and WLEN Invite you to  
the Rainbow Lunch Club  
Every 2n 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)

# YOGA CLASS

for beginners

Lancaster  
Recreation



Thursdays 5:00-5:45 PM

Feb. 23 - March 23

@ the Lancaster Community Center

This will be a 45 minute session of refreshing and mood enhancing movement, including sun salutations, stretches, balancing poses, strengthening, and ending with a feel good savasana. Able-bodied beginners are welcome! This means being able to sit comfortably on the floor and independently move from sitting to standing.

Five week session

\$50 Residents/\$60 Non-Residents

To register  
Use the link above  
or go to

[www.ci.lancaster.ma.us/recreation](http://www.ci.lancaster.ma.us/recreation)

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*Lancaster Recreation*



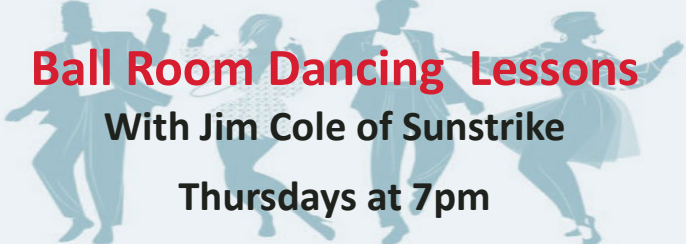
## Evening Pickleball Instructional

**Tuesdays @ LCC**  
**March 14-April 11**

Session 1 Novice: 5:00-6:00 PM  
Session 2 Intermediate: 6:15-7:15 PM  
\$125 Resident/\$135 Non-Resident

Any questions contact Kevin Mitrano  
kmitrano@lancasterma.gov  
(978)733-1249 x3

To register you must have a MyRec account. Use the link above or go to:  
<https://www.ci.lancaster.ma.us/recreation>



## Ball Room Dancing Lessons

With Jim Cole of Sunstrike

**Thursdays at 7pm**

**Welcome Amy, our VNA nurse who hosts our 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 March 30th at 11:30—stop by and chat with Amy!

## Tai Chi and Quigong

**EVERY 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**

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

## Hatha Yoga

**(CHAIR& STANDING)**

**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.

**We provide mats and water!**  
**\$5 per class or 6 classes for \$25**

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-Thurs 8am-7pm. Friday 8-5pm**  
**Sat 8am-1pm**

Join us for a new fitness class, come get in shape and feel good!


## Strength and Cardio!

Fridays and Saturdays at 9:00 a.m., Community Center Gym \*no more Zoom class\*

**\$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 at the Community Center



**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

### LEARN BRIDGE!

**WELCOMING ALL AGES!**

### LANCASTER COMMUNITY CENTER

39 Harvard Road

Off Route 70/Main Street

BEHIND TOWN HALL

**Saturdays in March: 10:00AM-NOON**

The Lancaster Police Department's Community Policing initiative is happy to announce the opening of our new satellite office at the Community Center. Come on down, check us out, Wednesdays 8:30 - noon. Help us to achieve our goal of creating strong community partnerships that provide free-flowing bidirectional communication, while enjoying community-based activities that focus on problem-solving and quality of life issues. Let's work together to understand law enforcement's role in making today's Lancaster all that it can be. Together we can!



### CRAZY CRAFTERNOONS!

#### CARD MAKING CLASS

Join us in the Community Center meeting room! Join a group of crafters and create wonderful homemade cards—they are 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**

**MARCH 10th**

Class begins at 10 a.m.

### Local Food Pantries

#### 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

### COME PLAY BRIDGE!

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

**EVERY Friday, 1:00 –4:00**

**Location: the Community Center Meeting Room**

**Snacks! Fun! Free!**



*Well Adult Clinics* are held monthly in each of the towns in the Nashoba Associated Boards of Health (NABH) region. Well Adult Clinics are an opportunity for adult residents to have a basic health screening (blood pressure, blood sugar) and talk with their town's public health nurse for health tips and resources to promote their wellness! Visit the [NABH Calendar page](#) for the most up-to-date Well Adult Clinic schedule.

**See me at the LCC on March 28th at noon!**

### 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.

**Join 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

### March Garden Club Meeting

How to have the most beautiful gardens.

Tina Bemis from Bemis Farms Nursery in Spencer will be the speaker.

Date March 19, 2023

Time: 6:00 pm

Location: Lancaster Community Center

Please register early.

[www.lancastergardenclub.net](http://www.lancastergardenclub.net)

Thank you and we look forward to seeing you ~Lisa

## EVENTS & PROGRAMMING

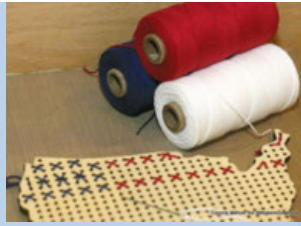
### STITCH & SEW

FREE

- Thursdays • 10:00-11:30
  - Come stitch, sew, chat, and enjoy a cup of coffee with friends! •
  - LANCASTER COMMUNITY CENTER •
- ACTIVITIES ROOM

39 Harvard Rd, Lancaster, MA 01523

Bring your projects: Knitting • Crochet  
Quilting • Needlepoint • Cross Stitch  
Or anything in between!



**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>

SEN. JOHN CRONIN'S  
CONSTITUENT HOURS

WITH

BETH WALSH,  
CONSTITUENT SERVICES DIRECTOR  
1ST TUESDAY OF EACH MONTH

11am-12:30pm

March 7, 2023 in the Café

### Protect yourself from scams

March 27, 2023 -10:30AM  
Lancaster Community Center



Please join Lancaster Police Department's Detective Andrew Shaw as he discusses current scams and ways you can protect yourself and loved ones.

To register, please contact Caitlin Roy at 978-733-1249 x2 or [CRoy@Lancasterma.gov](mailto:CRoy@Lancasterma.gov)

### **Join the Friends Meeting**

**March 10th 10:30am**

Are you interested in the Business of the Friends . Are you willing to help, want to learn more ? This is a great opportunity. Come have a coffee and meet your neighbors and friends!

### **COMMUNITY GARDEN OPEN HOUSE & REGISTRATION MARCH 23rd at 10AM in the CAFÉ**

Are you interested in growing your own veggies in a raised bed here at the LCC? Do you like to work together with other friendly people? Are you available most Thursday mornings throughout the growing season? If so, then this program is for you! Garden registration fee is \$25.00 \* Returning gardeners MUST register again. Garden beds may not be reserved in advance of registration and payment.



# March 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1	2	3	4
	Tai Chi 9:30am			Strength & Cardio 9:00	Learn Bridge-10AM
		MAHJONG 10am	BRIDGE - 12:30pm	BRIDGE - 1pm	Strength Class 9:00
	BINGO! 1pm	Coffee talk with Detective	STITCH & SEW 10am	Open MIC 6:30pm	
	VA Rep 8-12	Shaw 8:30-Noon	GARDEN CHAT 10AM		pickleball 10:30am & 1pm
			Ballroom Dancing 7p		
6	7	8	9	10	11
COA MEETING 10am	Tai Chi 9:30am	MAHJONG 10am	STITCH & SEW 10am	Strength & Cardio 9:00	Strength Class 9:00
Yoga - 11:15	Senator Cronin Rep	Coffee talk with Detective	BRIDGE - 12:30pm	Crazy Crafternoon 10am	
	BINGO! 1pm	Shaw 8:30-Noon		BRIDGE - 1pm	Learn Bridge-10AM
Cribbage 12:30	VA Rep 8-12	BePawsitive Therapy		Friend's of Lancaster	pickleball 10:30am & 1pm
	ZUMBA 10:45	Pets 1:00am	Ballroom Dancing 7p	Meeting @ 10:30am	
13	14	15	16	17	18
	ZUMBA 10:45		BRIDGE - 12:30pm	Strength & Cardio 9:00	Learn Bridge-FREE
Yoga - 11:15	VA Rep 8-12	MAHJONG 10am			Strength Class 9:00
Cribbage 12:30	Tai Chi 9:30am	Coffee talk with Detective	STITCH & SEW 10am	BRIDGE - 1pm	
	BINGO! 1pm	Shaw 8:30-Noon		IRISH AMERICAN	pickleball 10:30am & 1pm
			Ballroom Dancing 7p	STEP DANCERS 2:30	
20	21	22	23	24	25
	Tai Chi 9:30am		Health clinic 11:30am	Lunch Club 12pm	Strength Class 9:00
Yoga - 11:15	BINGO! 1pm	MAHJONG 10am	STITCH & SEW 10am		Learn Bridge-10AM
Cribbage 12:30	VA Rep 8-12	Coffee talk with Detective	BRIDGE - 12:30pm	Strength & Cardio 9:00	pickleball 10:30am & 1pm
		Shaw 8:30-Noon	Community garden-open house		
			Ballroom Dancing 7p	BRIDGE - 1pm	
27	28	29	30	31	1
Protect yourself from	Tai Chi 9:30am		STITCH & SEW 10am	Strength & Cardio 9:00	Strength Class 9:00
SCAMS 10:30	BINGO! 1pm	MAHJONG 10am	BRIDGE - 12:30pm		
Yoga - 11:15		Coffee talk with Detective		BRIDGE - 1pm	pickleball 10:30am & 1pm
Cribbage 12:30	Wellness Clinic 12pm	Shaw 8:30-Noon	Ballroom Dancing 7p		
	W/A Nashoba Nurse				
<b>PICKLEBALL IN THE GYM!</b> <b>Signup: <a href="https://playtimescheduler.com">playtimescheduler.com</a></b>					
			Mon 9:30-11:30, 1-3, 6-9pm	Thu 9:30-11:30, 12-2	
			Tues 12-2pm	Fri 10:30-12:30; 1-3; 3:30-5:30	
			Wed 8:30-10:30, 1:30-3:30pm	Sat 10:30-12:30p, 1:00-3:00p	
			6:00-9:00pm		

## EVENTS & PROGRAMMING

**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**



Come join us in a  
game of Cribbage!!!

15 - 2,15-4, 15-6 and a pair is 8.

*If those numbers make sense to you, come  
ready to play cribbage.*

*If the numbers above look like an old locker  
combination lock, come anyway.*

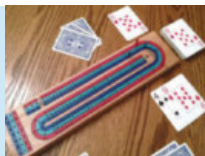
Cribbage!!!!

*Cribbage is fun and easy to learn.*

*Time: 12:30-2:00*

*Date: Every Monday in February*

*Place: Lancaster Community Center*



**Intro to ZUMBA**

**Tuesday March 7th & 14th  
10:45 - 11:45 AM  
@ The Lancaster Community Center**


**\$5.00  
each  
session**

**Lancaster  
Recreation  
&  
Co**

**ZUMBA®**

**This will be a Zumba Gold Class. If there is  
enough interest, we will offer a 6 week Program  
starting in March.**

**For more information contact:  
Kevin Mitrano: kmitrano@lancasterma.gov  
Caitlin Roy: croy@lancasterma.gov  
or call (978) 733-1249**



### MART SERVICES

**CALL MART DIRECTLY AT 1.800.922.5636**

**OPTION 3 TO BOOK YOUR TRAVEL NEEDS.**

### SHOPPING TRIPS

**MONDAY AFTERNOON—SHAW'S**

**TUESDAY AFTERNOON—WALMART**

**WEDNESDAY AFTERNOON—WATERTOWER PLAZA**

**THURSDAY AFTERNOON—MARKET BASKET**

**LUNCHEON CLUB—FOURTH FRIDAY**

**\*MARCH 31ST—LUNCH WILL BE AT UNO PIZZERIA & GRILL**



## 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*





# TAKE A PAWS...

**AND MEET *SPENCER*,  
(THERAPY CAT)&  
*BRADY*, (THERAPY  
BUNNY)**

**WEDNESDAY,  
MARCH 8<sup>TH</sup> AT 1:00**

Lancaster Community Center, 39  
Harvard Road, Lancaster

Contact Caitlin Roy to regis-  
ter: 978-733-1249 x2

CRoy@Lancasterma.gov

## Cake Decorating Classes

Coming in April! 🍌

THE FIRST  
WEDNESDAY  
OF EACH MONTH

1:00PM- 2:00PM

LANCASTER  
COMMUNITY  
CENTER

\$5.00 per class

Please kindly register 48 hours in advance with  
Caitlin Roy, 978-733-1249 or CRoy@Lancasterma.gov



176 WATER STREET | CLINTON, MA 01510

**Thomas R. Comeau**  
FUNERAL DIRECTOR

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- Serve your community



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careers@4lpi.com or  
www.4lpi.com/careers

### 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

Website: WWW.JOHNOCOSTANZOLAW.COM

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







GROTON HILL  
MUSIC CENTER

# **Community Concerts**

**in the Main Concert Hall**

Lancaster  
Recreation  
&  
COA

**March 29th @ 12:00PM**

**Mike Caudill Quartet**

**"Unforgettable Jazz"**

**We have 8 free tickets available.**

**If you are interested in attending this concert, please**

**contact: Kevin Mitrano**

**(978) 733-1249 option 3**

**[kmitrano@lancasterma.gov](mailto:kmitrano@lancasterma.gov)**