

LEICESTER SENIOR HORIZON

40 Winslow Avenue, Leicester, Massachusetts 01524-1113

(508) 892-7016

Transportation (508) 752-9283

Rachelle S. Cloutier, M.Ed.
Director of Elder Affairs

LEICESTER COUNCIL ON AGING
LEICESTER, MA 01524

Barbara Paszuk
Outreach Coordinator

November 2015 HIGHLIGHTS

Monday, November 2	9:00 a.m. Art with Genevieve 10:00 a.m. Zumba Gold 11:00 a.m. Chair Yoga with Ann 11:00 a.m. Canvas Painting 101 at Goddard	Tuesday, November 17	10:00 a.m. Senior Club at Leicester Country Club 11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group
Tuesday, November 3	9:00 a.m.-12:00 p.m. Flu Shots 10:00 a.m. Senior Citizen Club 11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group	Wednesday, November 18	10:00 a.m. Power of Hydration by Senior Comfort Services 9:30 a.m. Walking with Barbara 11:00 a.m. Grief Session 1:00 p.m. Balance
Wednesday, November 4	9:00 a.m. Nails by Quaboag 9:30 a.m. Walking with Barbara 1:00 p.m. Balance	Thursday, November 19	10:00 a.m. Cribbage 10:00 a.m. Healthy Eating by Fallon 11:00 a.m. Chair Yoga with Ann 12:45 p.m. Bingo—The Meadows
Thursday, November 5	8:00 a.m. COA Board Meeting 10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann 12:45 p.m. Bingo	Friday, November 20	9:00 a.m. Quilting 10:30 a.m. Tai Chi
Friday, November 6	9:00 a.m. Quilting 10:30 a.m. Tai Chi	Monday, November 23	9:00 a.m. Art with Genevieve 10:00 a.m. Zumba Gold 10:30 a.m. Sen. Michael Moore Hour 11:00 a.m. Chair Yoga at Ann 11:00 a.m. Canvas Painting 101 at Goddard
Monday, November 9	9:00 a.m. Art with Genevieve 9:30 a.m. SHINE—call for apt. 10:00 a.m. Rep. Kate Campanale Hour 10:00 a.m. Zumba Gold 11:00 a.m. Chair Yoga with Ann 11:00 a.m. Canvas Painting 101 at Goddard	Tuesday, November 24	11:30 a.m. Golden Needles 12:00 p.m. Sen. Moore's Turkey Dinner 1:00 p.m. Exercise 6:30 p.m. Fiber Group
Tuesday, November 10	10:00 a.m. Downsizing by Exit Realty 11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group	Wednesday, November 25	9:30 a.m. Walking with Barbara 10:00 a.m. Fire Safety with Michael Wilson 1:00 p.m. Balance
Wednesday, November 11	Closed for Veterans Day	Thursday, November 26	Closed for Thanksgiving
Thursday, November 12	9:00 a.m. Veterans Breakfast 10:00 a.m. Cribbage 11:00 a.m. Blood Pressure with Judy 11:00 a.m. Chair Yoga with Ann 12:45 p.m. Bingo - Eddy Pond	Friday, November 27	9:00 a.m. Quilting 10:30 a.m. Tai Chi
Friday, November 13	9:00 a.m. Quilting 10:30 a.m. Tai Chi	Monday, November 30	9:00 a.m. Art with Genevieve 10:00 a.m. Zumba Gold 11:00 a.m. Chair Yoga with Ann 11:00 a.m. Canvas Painting 101 at Goddard 1:00 p.m. Book Club
Monday, November 16	9:00 a.m. Art with Genevieve 10:00 a.m. Zumba Gold 11:00 a.m. Chair Yoga with Ann 11:00 a.m. Canvas Painting 101 at Goddard		



Director's Corner

Thank you Leicester Cultural Council

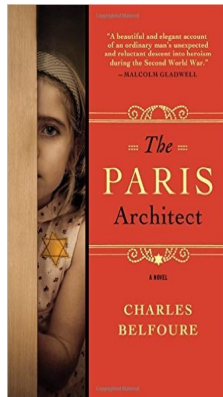
WOW!!! is all I can say! For a third year, we were privileged to have Donna Lee Honeywell with us. WHAT a fabulous performance!!!. Some of the folks who were here indicated they could have enjoyed her for two more hours.

We offer such quality programs because of the Local Cultural Council. Without their financial support we would not be able to offer a show that we can only see at such places as Hanover Theater or The Big E.

We are hoping to have funding for Donna Lee again next year for another quality show. She not only performs but educates the audience about the person she is impersonating. She has been performing since she was thirteen years old with a God-given talent.

Rachelle

BOOK CLUB On November 30, at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss "Paris Architect" a novel by Charles Belfoure. A Paris architect is asked to construct a special hiding place for a Jewish man. How does he feel about this? How does he accomplish it? What happens when one of his hiding places fail? Hold your breath and read on.



PLEASE NOTE—Please park within the newly painted parking lines. Do not park to the left of the first parking lot light. That space along with the area in front of the building not designated for handicapped parking is a fire lane.

GOLDEN NEEDLES KNITTING

AND CROCHET GROUP MEETS EVERY TUESDAY AT 11:30 A.M. STAY FOR LUNCH AND RESUME YOUR ACTIVITIES. LUNCH IS \$2.50. CALL ELDER SERVICES AT 508-852-3205 OR DONNA AT 508-892-7016.

SHINE CAN BE HERE ON October 5 AND IF YOU NEED ASSISTANCE WITH YOUR MEDICAL INSURANCE. CALL US TO SET AN APPOINTMENT.

UPCOMING TRIPS:

- Monday-Wednesday, November 9,10,11, Tropicana Atlantic City Tour \$199.00pp Double \$195.00pp Triple \$279.00 Single.
- Thursday, December 10, "Irving Berlin's White Christmas" Goes to R.I., leaves 4:30 p.m., \$99—First eat at Wright's Chicken Farm.
- Friday, January 15, 2016, Foxwoods Resort and Casino Tour, leaves 8:00a.m.—\$24 per person

Call Joan Wall for additional information at: 508-892-3967. Make all checks payable to her.

Happy 102nd Birthday! Ann Cutting



Barbara's Highlights/Outreach

****Please check the starting time of Bingo. We have a new time of 12:45 p.m. so that grandparents can have more time to pick up their grandchildren at the end of the end of the school day.

Barbara

Leicester Historical Society joins the Auburn Historical Society in sponsoring a Special Remembrance and Commemoration of the 50th Anniversary of the Vietnam War by Carol St. John of the General Ebenezer Oxford Chapter of the D.A.R. to be held on November 17th, 7 PM at the Auburn Senior Center, 4 Goddard Drive Auburn. Please contact Diane at 508-335-9706 for more information

We wish to thank the Greater Worcester Community Foundation for their financial support which helps to continue our outreach program.

Thank you also to Hope in Hands Community Garden and to Johnson's Farm for their veggies.

Ali's Corner—

I am here to support individuals who need assistance. Requests can come from family concerned about an elder parent or from the elder themselves. Please call the senior at 508-892-7016. All assistance is confidential. Alison Nadell, MA Community Outreach Liaison.

Genevieve's Art Studio-

If you like painting or you wish to learn call me at 508-892-7016. Classes are limited to 9 people so call early. \$20 for 4 classes.

WRTA NON ADA SERVICE

Service available for residents of Leicester age 60 or over, and under 60 with a Qualified Disability. Call 508-752-9283 48 hours in advance to schedule a trip.

ONE WAY FARE
In-town \$1.25
One-town out \$1.50
Trips to Senior Center

SPECIAL SHOPPING TRIPS
Must call senior center
Round Trip Fare \$2.00

Programs at the Senior Center



Exercise Class



Chair Yoga by Jessica



Zumba Gold



Cribbage



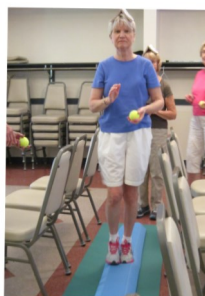
Chair Yoga by Ann



Bingo



Tai Chi

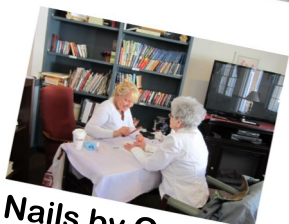


Balance Class



Quilting

Fun Seasonal Programs



Nails by Quaboag



Making Wreaths



Donna Lee Hoedown



Li'l Cake Decorating

.....and more. Check out the calendar of the newsletter.

STRAWBERRY HILL CAFE


***Diabetic
Friendly
Dessert**

Lunch weekdays at Noon. Reservations & cancellations must be made 48 hours in advance. Call Donna at 1-508-892-7016 or the Elder Services between 1-1:30 p.m. 508-852-3205. **Menu subject to change. All meals include milk, margarine & bread**

****Higher
Sodium
Entrée**

Your donation of \$2.50/meal helps keep the Program running.

Please be patient with drivers delivering meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Swedish Meatballs Egg Noodles Scandinavian Vegetables Mandarin Oranges	3. Buttermilk Chicken Red Bliss Potatoes Mixed Vegetables Fresh Fruit	4. Pork Rib-i-que Hot Potato Salad Corn Niblets Strawberry cups Diet=Strawberries	5. Pasta Fagioli Spinach Corn Brownie Diet=Plain Cake	6. Favorite Soup du Jour N.Y. Pastrami
9. Roast Pork w/Gravy Delmonico Potatoes Peas & Onions Pineapple	10. Favorite Spaghetti/Meatballs Green Beans Chocolate Pudding=Diet	11. Closed for Veterans Day	12. Beef & Broccoli Seasoned Rice Carrots Fruit Streusel Cake Diet=Small piece	13. Herbed Chicken Mashed Potatoes Winter Mix Vegetables Fresh Fruit Soup of the Day
16. Beef Burgundy Egg Noodles Brussels Sprouts Pear Crisp Diet=Pears	17. Favorite Hot Dog** Baked Beans Coleslaw Orange Soup of the Day	18. American Chop Suey Broccoli & Red Peppers Baked Apples	19. Chicken w/Asparagus Wild Rice Peas/Carrots Birthday Cake Diet=Plain Cake	20. Alaskan Salmon w/Dill Vegetable Couscous California Vegetables Chocolate Pudding =Diet
23. Beef Jardiniere Mashed Potatoes Honey Glazed Carrots Cookie*	24. Senator Moore's Turkey Dinner offered at the Senior Center. Call for reservations, not Meals on Wheels lunch.	25. Favorite Soup du Jour N.Y. Pastrami Sandwich	26. Closed for Thanksgiving	27. Cheese/Spinach Omelet O'Brien Potatoes Mixed Vegetables Mixed Fruit
30. Favorite Macaroni & Cheese Carrots Green Beans Peaches	 <h1>November 2015</h1>			

Check out our enhanced menu.....



TOWN ADMINISTRATOR

Kevin Mizikar

Council on Aging**Director of Elder Affairs**

Rachelle S. Cloutier, M.Ed.

Outreach Coordinator

Barbara Paszuk

Community Outreach Liaison

Alison Nadell

Leicester Horizon Editor

Genevieve Grenier

Senior Center Greeter

Pat Bellizzi

Bus Drivers

Robert Foley

David Gercken

COUNCIL ON AGING BOARD

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Patricia Faron, Vice Chair

Nancy Begin, Secretary

Richard Jubinville

Jane Todd

Ruth Dowgielewicz

Renee McCue-Hall

Nancy Lamb

Selectmen-Liaison

Dianna Provencher

Sandra Wilson

Shine Counselor

Pat Morris

Nutrition Site Manager

Donna McDonald

COA Trip Coordinator

Joan Wall

508-892-3967

Leicester Council on Aging40 Winslow Avenue
Leicester, MA 01524-0242***Address Service Requested***The mailing of this newsletter is funded, in part, through a grant
from the Massachusetts Executive Office of Elder Affairs.***Veterans Breakfast****Wednesday, November 12, 9:00AM****Call for reservations. All are welcome. Free for
veterans and their spouse. The fee for all others
is \$3.00****FISH PROGRAM** - transportation for individuals to doctors' appointments only.
FISH drivers wait and return home safely. Call Mary Johnson at 508-859-8308.**CRIBBAGE WINNERS:** 9/24/15-First Place Rose Kowal and Theresa Kowal,
Second Place, Ora Ciras and Ray Brezniak, 10/1/15-First Place, Ray Brezniak,
Second Place, Rose Kowal, Third Place, Norma Dodge, 10/8/15, First Place, Marcel
P., Second Place, Roy Fluet, Third Place, Connie Lessard, 10/15/15, First Place,
Theresa Kowal,, Second Place, Marcel P, Third Place, Adrian Lessard, Connie
Lessard, James Durant, Bob Tolman and Mary Johnson.**★ VOLUNTEERS NEEDED**—IF YOU WOULD LIKE TO OFFER YOUR SERVICES
TO DELIVER MEALS ON WHEELS (YOU WILL RECEIVE A STIPEND FOR YOUR MILEAGE)
OR ASSIST IN THE KITCHEN PLEASE CALL THE SENIOR CENTER AT 508-892-7016.**NEEDED**—Golden Needles is looking for baby yarn.**DON'T FORGET TO RENEW YOUR SUBSCRIPTION. CALL THE CENTER TO KNOW WHEN
YOU LAST PAID. THANK YOU.****STILL TIME TO SUBSCRIBE****2015 SUBSCRIPTIONS FOR THE LEICESTER SENIOR HORIZON****Please make a check in the amount of \$6.00 payable to:** Leicester Council on Aging. Subscriptions may be dropped off at the Senior Center or mailed to the Leicester Senior Center,
40 Winslow Ave. Leicester, MA 01524.

Name: _____

Address: _____

Phone: _____