

# 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*

## April 2016 HIGHLIGHTS

<b>Friday, April 1</b>	10:30 a.m. Tai Chi <b>1:15 p.m. Chair Yoga with Jessica</b>	<b>Thursday, April 14</b>	10:00 a.m. Cribbage <b>11:00 a.m. Blood Pressure with Judy</b>
<b>Monday, April 4</b>	9:00 a.m. Art with Genevieve 10:00 a.m. Zumba Gold <b>10:30 a.m. Sen. Michael Moore Hour</b> 11:00 a.m. Chair Yoga with Ann 1:15 p.m. Line Dancing		11:00 a.m. Chair Yoga with Ann <b>12:45 p.m. Bingo</b> 10:30 a.m. Tai Chi <b>1:15 p.m. Chair Yoga w/Jessica</b>
<b>Tuesday, April 5</b>	<b>10:00 a.m. Senior Citizen Club</b> <b>10:00 a.m. Social Media Application by Deb Dowd Foley</b> 11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group	<b>Friday, April 15</b>	<b>Closed for Patriots Day</b> <b>9:00 a.m. Blood Pressure with Paula</b> <b>10:00 a.m. Senior Citizens Club</b> 11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group
<b>Wednesday, April 6</b>	<b>10:00 a.m. Fire Dept. demonstration</b> 1:00 p.m. Balance	<b>Monday, April 18</b>	<b>11:00 a.m. Volunteer Appreciation</b> 1:00 p.m. Balance <b>9:00 a.m. Monthly Breakfast</b>
<b>Thursday, April 7</b>	<b>8:00 a.m. COA Board Meeting</b> 10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann <b>12:45 p.m. Bingo by Home Instead</b>	<b>Tuesday, April 19</b>	10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann <b>12:45 p.m. Bingo by the Meadows</b> 10:30 a.m. Tai Chi <b>1:15 p.m. Chair Yoga with Jessica</b>
<b>Friday, April 8</b>	10:30 a.m. Tai Chi <b>1:15 p.m. Chair Yoga with Jessica</b>	<b>Wednesday, April 20</b>	9:00 a.m. Art with Genevieve 10:00 a.m. Zumba Gold 11:00 a.m. Chair Yoga at Ann 1:00 p.m. Book Club 1:15 p.m. Line Dancing 11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group
<b>Monday, April 11</b>	9:00 a.m. Art with Genevieve <b>10:00 a.m. Rep. Kate Campanale</b> 10:00 a.m. Zumba Gold 11:00 a.m. Chair Yoga with Ann 1:15 p.m. Line Dancing	<b>Thursday, April 21</b>	<b>10:00 a.m. Name That Tune by Quaboag</b> <b>Sandwich Lunch with \$2.50 Donation</b> 1:00 p.m. Balance 10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann <b>12:45 p.m. Bingo</b> 10:30 a.m. Tai Chi <b>1:15 p.m. Chair Yoga with Jessica</b>
<b>Tuesday, April 12</b>	<b>11:00 a.m. Trinity Big Band</b> 11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group	<b>Friday, April 22</b>	
<b>Wednesday, April 13</b>	<b>SHINE - 9:00 TO 11:00 A.M. Call</b> <b>11:00 a.m. Grief Session</b> 1:00 p.m. Balance	<b>Monday, April 25</b>	
		<b>Tuesday, April 26</b>	
		<b>Wednesday, April 27</b>	
		<b>Thursday, April 28</b>	
		<b>Friday, April 29</b>	

Please sign up for programs to ensure that the programs will take place.



## Director's Corner

Last year we wrote an article on "Gossip" and how destructive it is. Some people think it is a harmless pastime.

### "My Name is Gossip"



*"I have no respect for justice. I maim without killing. I break hearts and ruin lives. I am cunning and malicious and gather strength with age. The more I am quoted the more I am believed. I flourish at every level of society. My victims are helpless. They cannot protect themselves against me because I have no name and no face. To track me down is impossible. The harder you try, the more elusive I become. I am nobody's friend. Once I tarnish a reputation, it is never the same. I topple governments and ruin marriages. I ruin careers and cause sleepless nights, heartache and indigestion. I spawn suspicion and generate grief. I make innocent people cry in their pillows. Even my name hisses. I AM CALLED GOSSIP."*

**BOOK CLUB** On April 25 at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss "The Aviator's Wife" by Melanie Benjamin. Read about Charles Lindbergh, his solo flight across the Atlantic, his marriage to Ann Morrow lives and the abduction of their child. Read about her fairy tale life that turned to heartbreak to Ann's embrace of life's infinite possibilities for change and happiness.



**PLEASE NOTE—IF THE SCHOOLS ARE CLOSED THE SENIOR CENTER IS CLOSED. ANNOUNCEMENT IS MADE ON THE FOLLOWING RADIO STATIONS—WTAG-58.0 AM, WSRs-96.1 FM, WCRN-83.0 AM, WXL0-104.5 FM.**

**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.**

**DR. LACONTE PODIATRY APPOINTMENTS AT LEICESTER SENIOR CENTER—April 15, 2016 and June 17, 2016. Call 508-752-9444 to schedule appointments or make any changes.**

## UPCOMING TRIPS:

- April 6, 2016, "One Slight Hitch" Newport Playhouse and Restaurant, leaves 9:00 a.m.—\$89 per person
- June 8, "Funny Girl", North Shore, leaves 10:00 a.m.- \$109 per person
- July 7, Plymouth Getaway Tour, leaves 8:30 a.m.- \$79
- October 2-8, 2016, Pigeon Forge and Smoky Mountains Show Trip leaves 8:00 a.m. —\$560 per person

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

## Barbara's Highlights/Outreach

April is "Volunteer Recognition Month". Donna McDonald, Nutrition Manager and I, Outreach Coordinator, wish to honor precious individuals who devote their time making sure that our community is well served. On April 20 we will hold our annual "Volunteer Appreciation Luncheon" with a NY Pastrami sandwich and a wonderful dessert. All volunteers will soon be receiving an invitation.

Here is a list of what you do for us:

- Work tirelessly in Nutrition serving or delivering meals.
- Answer phones and provide accounting for our newsletter.
- Are pen pals to our schoolchildren.
- Are members of the Garden Club and plant, water and make sure we have beautiful grounds.
- Are visiting angels in our community to our homebound.
- Assist with various activities (this includes our schoolchildren who come to help us) at the senior center.
- Are dedicated Board Members.
- Hold Blood Pressure Clinics.
- Offer manicuring for our seniors.
- Provide special luncheons and programs at their facilities.
- Deliver our newsletter to businesses.
- Arrange trips for our seniors to wonderful places.

Last year **8,738** hours of volunteer time was provided. **WOW!** It is time to say "THANK YOU." **Mark your calendar for April 20 at 11:00 a.m. Make sure you RSVP by calling 508-892-7016 to reserve your spot.**

Donna and Barbara

### 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.**

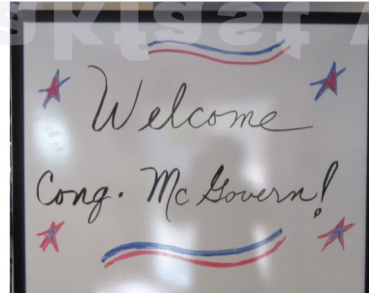
### WRTA NON ADA SERVICE

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

# Breakfast with Cong. McGovern



**\*\*Higher Sodium Entrée**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 <h1 style="text-align: center;">April 2016</h1>						<p style="text-align: right;">1.</p> <p style="text-align: center;"><b>Stuffed Shells</b> Italian Green Beans Streusel Cake Diet= Small Piece</p>			
<p style="text-align: right;">4.</p> <p><b>Beef Burgundy</b> Egg Noodles Brussels Sprouts Cookie*</p>		<p style="text-align: right;">5.</p> <p><b>Chicken with Asparagus</b> Mashed Potatoes Carrots Mixed Fruit</p>		<p style="text-align: right;">6.</p> <p><b>Favorite American Chop Suey</b> Broccoli &amp; Red Peppers Baked Apples</p>		<p style="text-align: right;">7.</p> <p><b>Beef w/Peppers &amp; Onions</b> Red Bliss Potatoes Tuscany Vegetables Fresh Fruit</p>		<p style="text-align: right;">8.</p> <p><b>Alaskan Salmon with Dill</b> Vegetable Couscous California Vegetables Chocolate Pudding &amp; Diet</p>	
<p style="text-align: right;">11.</p> <p><b>Lemon Thyme Chicken</b> Sour Cream &amp; Chive Potato Scandinavian Vegetables Fresh Fruit</p>		<p style="text-align: right;">12.</p> <p><b>Beef with Jardinière Sauce</b> Mashed Potatoes Honey Glazed Carrots Peaches</p>		<p style="text-align: right;">13.</p> <p><b>Herb Roasted Pork</b> Stuffing Spinach Cookie</p>		<p style="text-align: right;">14.</p> <p><b>Favorite Spaghetti and Meatballs</b> Green Beans Brownie Diet=Small Piece</p>		<p style="text-align: right;">15.</p> <p><b>Cheese &amp; Spinach Omelet</b> O'Brien Potatoes Zucchini &amp; Tomato Fruit Cocktail</p>	
<p style="text-align: right;">18.</p> <p><b>Patriot's Day</b>  No Meals Served</p>		<p style="text-align: right;">19.</p> <p><b>Greek Chicken</b> Steamed Rice Broccoli Yogurt</p>		<p style="text-align: right;">20.</p> <p><b>NY Pastrami Sandwich</b> Soup du Jour Dessert</p>		<p style="text-align: right;">21.</p> <p><b>Turkey Stew</b> Mashed Potatoes Country Blend Vegetables Mandarin Oranges</p>		<p style="text-align: right;">22.</p> <p><b>Slice Roast Beef Sandwich</b> Soup du Jour</p>	
<p style="text-align: right;">25.</p> <p><b>Beef Stew</b> Rice Corn Niblets Pineapple</p>		<p style="text-align: right;">26.</p> <p><b>Vegetable Cheese Bake</b> Roman Vegetables Cream of Carrot Soup Fresh Fruit</p>		<p style="text-align: right;">27.</p> <p><b>Corned Beef Sandwich</b> Soup du Jour</p>		<p style="text-align: right;">28.</p> <p><b>Salisbury Steak</b> Mashed Potatoes Peas &amp; Carrots Birthday Cake Diet=Plain Cake</p>		<p style="text-align: right;">29.</p> <p><b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Pears</p>	

**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

**Bus Drivers**

Robert Foley

David Gercken

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Ruth Dowgielewicz

Renee McCue-Hall

Nancy Lamb

Joanne Rose

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Dianna Provencher

Sandra Wilson

**Shine Counselor**

Pamela Threlfall

**Nutrition Site Manager**

Donna McDonald

**COA Trip Coordinator**

Joan Wall

508-892-3967

**Leicester Council on Aging**40 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.***Volunteer Appreciation Day  
with lunch****Invitations will be sent. Please RSVP****Wednesday, April 20****11:00 AM to 12:30 PM****THANK YOU****FISH PROGRAM** - transportation for individuals to doctors' appointments only.  
FISH drivers wait and return home safely. Call Mary Johnson at 508-859-8308.  
**Need Drivers.****CRIBBAGE WINNERS:** 2/25/16, First Place, Wayne Bombard, Second Place,  
Marcel Poriot, Third Place, Jim Progrin, Charles Sawa and Bob Tolmzan 3/3/16-  
First Place, Mary Johnson, Charles Sawa and Jim Progrin, 3/10/16-First Place,  
Rose Kowal, Doris Fluet, and Mary Johnson**★ 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****2016 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: \_\_\_\_\_