

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

Nancy H. Lamb, RN
Outreach Coordinator

Our Mission : The Leicester Senior Center enriches the lives of the seniors by providing opportunities of volunteerism, education, recreation and social engagement



APRIL 2018



COMING ATTRACTIONS



"Name That Tune"

Brookdale Eddy Pond
at Senior Center
April 4, 10:30 AM

Inside this issue:

Photo Gallery	2
Menu	3
Calendar of Programs and Events	4
Director's Corner/Outreach Lamb Bytes	5
Golden Needles, Trips, Book Club	6
Our Advertisers/Supporters	7
Upcoming Activities	8

"FORGOTTEN FARMS"

Starring Massachusetts Dairy Farmers

April 9, 6:00 PM

★ at Leicester High School ★

Film followed by a panel of farmers discussing plans for future and entertaining questions from the public

Paid for by Leicester Arts Council



Edible Roots

By John Root,
Naturalist and Educator
May 23, 11:00 AM

Paid for by Leicester Arts Council

SECOND ANNUAL SENIOR TO SENIOR PROM at Leicester Senior Center

May 11, 6:00 PM

Pasta Meal by Harry—6:00 PM to 7:30 PM

Entertainment by Tommy Rull from 7:30 to 8:30 PM

Entertainment paid for by Leicester Arts Council



MEMOIRS OF AN ARABIAN PRINCESS

Rita Parisi of
Waterfall Productions
April 25, 11:00 AM

Paid for by
Leicester Arts Council



Train Your Brain

Wednesdays at 9:00 AM

Picture Gallery of the Month

ACTIVITIES AT THE SENIOR CENTER



St. Patrick's Day
Crafts



Making Shamrock Wreaths



Golden Needles

Thanking Morgan Emery





STRAWBERRY HILL CAFE



***Diabetic
Friendly
Dessert**

**For Lunches served at the Senior Center weekdays at noon reservations & cancellations
must be made 48 hours in advance by calling Donna at 508-892-7016**
Menu subject to change. All meals include milk, margarine & bread
Your donation of \$2.50/meal helps keep the program running.

****Higher
Sodium**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Beef Stew Steamed White Rice Corn Niblets Pineapple	3. Vegetable Cheese Bake Broccoli and Red Peppers Baked Apples	4. Chicken Milano Wild Rice Green Beans Butterscotch Pud.	5. Salisbury Steak Mashed Pot. Peas and Carrots Fresh Fruit	6. N.Y. Pastrami Sand. Soup
9. Chicken Sausage Jambalaya Rice Pilaf Green Peas Cookie	10. Meatballs w/Onion Gravy Bowtie Pasta Scand. Veg. Fresh Fruit	11. Marinated Pork Loin Brown Rice Oriental Sty. Veg. Mandarin Oranges	12. Chicken Fajitas Spanish Rice Black Beans & Corn Pineapple	13. Cranberry Chicken Salad Sandwich Soup
16. Closed for Patriots Day 	17. Salmon Boat/Dill Sauce Mashed Potatoes Peas and Pearl Onions Cookie	18. BBQ Chicken Red Bliss Potatoes Cntry Blend Veg Baked Apples	19. Cold Roast Beef Sandwich Potato Salad Beet Salad Peaches	20. Lasagna Brussels Sprouts Corn Cheesecake
23. Roast Pork W/Gravy Mashed Potatoes Jardiniere Veg. Peaches	24. Hot Dog on a Bun** Baked Beans Coleslaw Fresh Fruit	25. Beef and Bean Chili Baked Potato Mixed Veg. Mixed Fruit	26. Chicken Cacciatore Penne Pasta Italian Blend Veg. B'day Cake	27. Baked Haddock Garden Blend Rice Broccoli Brownie
30. Chicken Mornay Couscous Roman Blend Veg. Pudding				

Calendar of Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2.</p> <p>9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing-Forty Arroyo</p>	<p>3.</p> <p>9:00—2 p.m. Taxes 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group</p>	<p>4.</p> <p>9:00 Train your Brain 10:00 Women's Club Meeting 10:30 Name That Tune by Brookdale Eddy Pond 1:00 Balance/Heidi</p>	<p>5.</p> <p>8:00 COA Board Meeting 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo</p>	<p>6.</p> <p>10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi 1:00 Pitch</p>
<p>9.</p> <p>9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing-Forty Arroyo 6:00 P.M. Forgotten Farms at Leicester Senior High</p>	<p>10.</p> <p>9:00—2 p.m. Taxes 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group</p>	<p>11.</p> <p>9:00 Train your Brain 9:00 SHINE– call for appt. 1:00 Balance/Heidi</p>	<p>12.</p> <p>10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo</p>	<p>13.</p> <p>10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi 1:00 Pitch</p>
<p>16.</p> <p>CLOSED FOR PATRIOTS DAY</p> 	<p>17.</p> <p>9:00 –2 p.m. Taxes 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise/Heidi 6:30 Fiber Group</p>	<p>18.</p> <p>9:00 Train your Brain 11:00 <u>Grief Session</u> 1:00 Balance/Heidi</p>	<p>19.</p> <p>9:00 Senior Breakfast 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo</p>	<p>20.</p> <p>10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi 1:00 Pitch</p>
<p>23.</p> <p>9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 12:00 Sen. Moore Office Hour 1:15 Line Dancing-Forty Arroyo</p>	<p>24.</p> <p>11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group</p>	<p>25.</p> <p>9:00 Train your Brain 11:00 Memoirs of Arabian Princess 1:00 Balance/Heidi</p>	<p>26.</p> <p>10:00 Cribbage 11:00 <u>NO Chair Yoga/Ann</u> 12:45 Bingo</p>	<p>27.</p> <p>10:00 to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi 11:30 Friends of Leicester Senior Center</p>
<p>30.</p> <p>9:00 Art –Genevieve 10:00 Zumba Gold 11:00 <u>NO Chair Yoga/Ann</u> 1:00 Senior Book Club 1:15 Line Dancing-Forty Arroyo</p>	<p><i>April</i></p> <p><i>2018</i></p> 			

April is Stress Awareness Month. For seniors here are ten tips for reducing stress: Change your thinking—you may not be able to change your circumstances but you can change your response. Get Outdoors—interact with nature. “Smell the Roses”—aromatherapy has been found to reduce depression, insomnia and anxiety. Have a “cuppa tea”—tea consistently reduces the stress hormone cortisol and increases relaxation. Laugh it off—humor relieves stress and boosts the immune system. Build a support system—relationships are key to health and happiness as loneliness can contribute to stress. Listen to music—singing and listening to music is a powerful stress relief. Meditate—deep breathing, relaxation techniques and prayer are proven ways to reduce stress. Enjoy the warmth of human touch—get hugs. Move your body—exercises can affect your mood and reduce stress. Make one or more of the above a habit and soon you will realize that you feel much better. “The time to relax is when you don’t have time for it.” Rachelle

OUTREACH—LAMB BYTES

Well, up and at'm everybody! Thank goodness our days are getting longer with more sunlight. Makes me feel like a new Lambperson. 😊

April is a pretty month—it's named after Aphrodite which means open—blossoms open—as trees and flowers. It's a time for nature to thrive and flourish. You may see some daisies (April birth flower) starting to come up. They symbolize hope, innocence and true love. To hope, means to wish, aspire or “fancy” something. What do you fancy? It could be a peaceful world, good health, or a big chocolate bar! Think about it. April's birthstone is the diamond. The word comes from the ancient Greeks meaning invincible. Diamonds were worn to make the wearer invincible and to strengthen their muscles.

As I roam around my pasture, my eyes are open to the new blooming Spring colors. I also take time to enjoy the gentle breezes. Oreo and Butterscotch (the horses) enjoy trotting about in this weather. They get a lot of exercise and enjoy visiting with the other barnyard animals. Wonder they'd do in chair yoga (ha-ha). Henrietta and Ozzie (the geese) are doing fine -(thank you for asking). They joined the Friday Coloring Group and really enjoy it.

Mr. Winston (my pig pal) told me he's thinking of joining Genevieve's “Train Your Brain” group. Studies have shown pigs are very intelligent and their brains are very similar to humans. Also, they have a great sense of smell! I told him that he should come to one of our monthly Breakfasts here at the Senior Center. 😊

It's about time for me to head to the Red Clover Inn for lunch. Remember to keep a song in your heart (Name That Tune, April 4th) and make a new wish every day.

Be true to yourself and be an invincible force for nature and mankind. Adios and see you in the merry month of May.



Lambie Pie

Friends of the Leicester Senior Center Membership

Date: _____ **Note: Membership renews annually September 1**

Name(s) _____

Street _____

City _____

State _____ Zip _____

Tel. No. _____

\$5 Individual

\$10 Couple

Payable to: Friends of the Leicester Senior Center. Mail to: 40 Winslow Ave. Leicester, MA 01524

Please note:

Membership fees for 2017-2018 Friends of the Leicester Senior Center are due. Renewal September 1, 2018

THE ABOVE IS NOT A SUBSCRIPTION TO THE NEWSLETTER.

Worcester County Senior Athletic Association

The association is a group of senior men whose skill sets vary as much as their ages. They have fun staying active playing, **Softball, Volleyball, Bowling, and Pool**. If you are 55 or older, you're welcome to come watch or play in a game for free!

If you decide to join it's only \$50 per year!

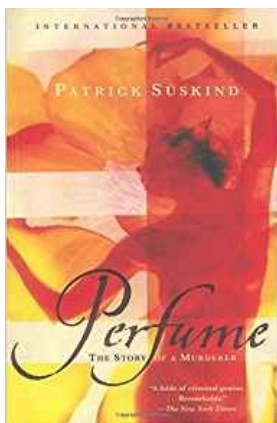
FOR MORE INFORMATION

Email: wcsaa55.com

Call: Wally Nutter 508-882-3304 OR Doug Belanger 508-726-7911



OUR OUTREACH PROGRAM IS SPONSORED IN PART BY A GRANT FROM THE GREATER WORCESTER COMMUNITY FOUNDATION.



BOOK CLUB On April 30, 2018 at 1:00 p.m. members of the Book Club will meet at the Leicester Senior Center to discuss “The Perfume: The Story of A Murderer” by Patrick Suskind. Translated from German. In the slums of eighteenth-century France, the infant Jean-Baptiste Grenouille

is born with one sublime gift—an absolute sense of smell. As a boy, he lives to decipher the odors of Paris, and apprentices himself to a prominent perfumer who teaches him the ancient art of mixing precious oils and herbs. But Grenouille’s genius is such that he is not satisfied to stop there, and he becomes obsessed with capturing the smells of objects such as brass doorknobs and fresh-cut wood. Then one day he catches a hint of a scent that will drive him on an ever-more-terrifying quest to create the “ultimate perfume”—the scent of a beautiful young virgin.



GOLDEN NEEDLES KNITTING

MEETS EVERY TUESDAY AT 11:30 A.M. COME, STAY FOR LUNCH \$2.50. CALL DONNA TO RESERVE YOUR MEAL AT 508-892-7016.

DR. LACONTE PODIATRY April 6, 2018 at Leicester Senior Center. Call 508-752-9444 to schedule appointments or make any changes.

UPCOMING TRIPS:

- **April 19**—Twin River Casino and Wright’s Chicken Farm. \$59—Due by March 20.
- **May 18**—“Bull & Claw” in Wells Maine. \$84 Lobster or Prime Rib bake. Due by April 17.
- **June 14**—Gloucester Lobster Cruise. \$89. Payment due May 15.
- **July 19**—Interlakes Summer Theatre, NH “Show Boat” Lunch at Hart’s Turkey Farm Turkey, Beef Or Haddock. \$89 due by June 18.
- **August 15**—North Shore Playhouse “Mama Mia”. Lunch at Danversport Yacht Club. \$119 due by July 17.
- **September 12**—Newport Playhouse “There is a burglar in my bed” Buffet and Cabaret. \$89 due by August 21.

Call Joan Wall for more info at 508-892-3967. Make checks payable to her .

WRTA NON ADA SERVICE



ONE WAY FARE

In town
\$1.50

Out of Town
One town Away
\$1.75

Two Towns Away
\$2.00

Three or more Towns Away
\$2.25

ONE WAY FARE

Trip to Senior Center
50 cents

CRIBBAGE WINNERS: 3/1/18-First Place, Ray Fluet; Second Place, Ora Ciras and Rose Kowal; 3/15/18, First Place, Doris Fluet; Second Place, Charlie Sawa

**AD
PAGE**

TOWN ADMINISTRATOR

David Genereux

Council on Aging**Director of Elder Affairs**

Rachelle S. Cloutier, M.Ed.

Outreach Coordinator

Nancy H. Lamb, RN

Leicester Horizon Editor

Genevieve Grenier

Bus Drivers

Robert Foley

David Gercken

COUNCIL ON AGING BOARDJoanne Rose, MA, **Chair**Jane Todd, **Vice Chair**

Richard Jubinville

Ruth Dowgielewicz

Ann Marie Walsh-Pierozzi

Constance Trombley

Pat Faron

Marilyn Hyland

Lucille J. Jacques

Selectmen-Liaison

Sandra Wilson

Harry Brooks

SHINE Counselor

Pamela Threlfall

Nutrition Site Manager

Donna McDonald

Receptionists

Joan Lombardozi

Connie Johnson

COA Trip Coordinator

Joan Wall 508-892-3967

Leicester Council on Aging***Address Service Requested**

The mailing of this newsletter is funded, in part, through a grant from the Massachusetts Executive Office of Elder Affairs.

Mother's Day Celebration at Leicester Senior Center



May 9, 11:00 AM

Entertainer Dwayne Carlson



CATERED TO YOU LUNCHEON FOR APRIL

Apr 12—B-Laws— Fish & Chips

Apr 17—Cheoy Lee's Curry Chicken, Pork Fried Rice and Chicken Fingers

Apr 26—Barber's Crossing—Baked Ham Dinner, Pineapple and Cherry Sauce

Meals are \$4.00. You must sign up and pay in advance—No money will be returned to you.



DON'T WAIT TILL THE LAST MINUTE TO ORDER YOUR RESTAURANT MEAL. THE MONEY AND ORDERS ARE COLLECTED IN ADVANCE AND EACH MEAL IS CLOSED ABOUT A WEEK BEFORE. ORDER EARLY OTHERWISE YOU'LL MISS OUT.

DON'T FORGET TO RENEW YOUR SUBSCRIPTION. CALL THE CENTER TO KNOW WHEN YOU LAST PAID. THANK YOU.

STILL TIME TO SUBSCRIBE

2018 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: _____