

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

AUGUST 2017



Inside this issue:

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

A BIG welcome to Jim Purcell who has been appointed interim town Administrator. He was our town Administrator years ago and has now returned to fill this very important role. The senior center wishes HIM much good luck.

COMING ATTRACTIONS

COA BOARD MEETING

Joint Meeting with our Schools

SEPTEMBER 7TH

8:00 A.M.

Wednesday, Aug. 9 at 10:00 AM

FUEL ASSISTANCE

WORCESTER CAC AT SENIOR CENTER



THURSDAY Aug 10 12:15 PM

ICE CREAM SOCIAL

BINGO AT 12:45 P.M.

EDWARD JONES SEMINAR

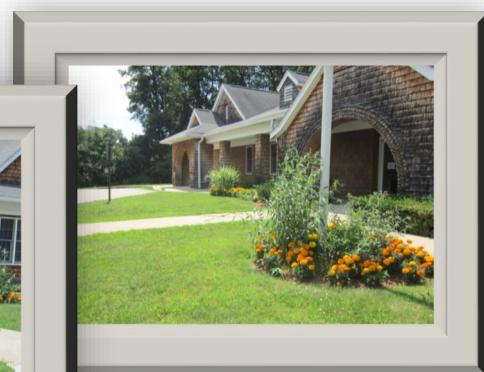
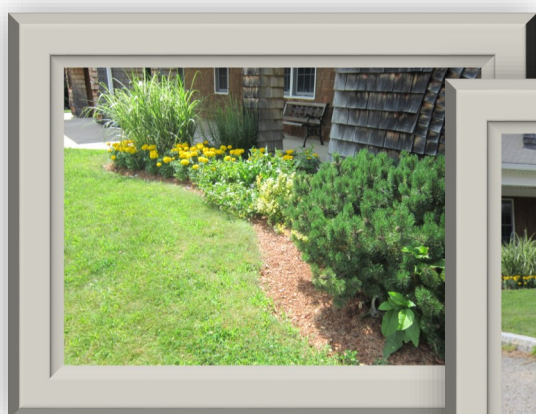
September 20th at 10:00 am Edward Jones will provide an educational seminar on "Estate Planning". An Estate Planning Attorney will be here. Refreshments will be served. Come and ask questions.

Every year Worcester County Sheriff Lew Evangelidis and Worcester County's Reserve Deputy Sheriff's Assoc. hold a picnic at SAC Park in Shrewsbury. This year it is on Saturday Aug. 19 from 11:00a.m. to 3:00 p.m. It's truly a good time for all. Try and attend!!!!

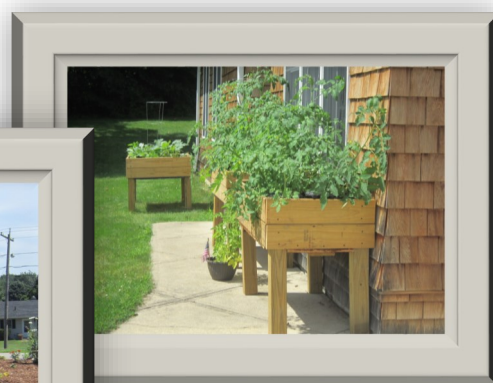
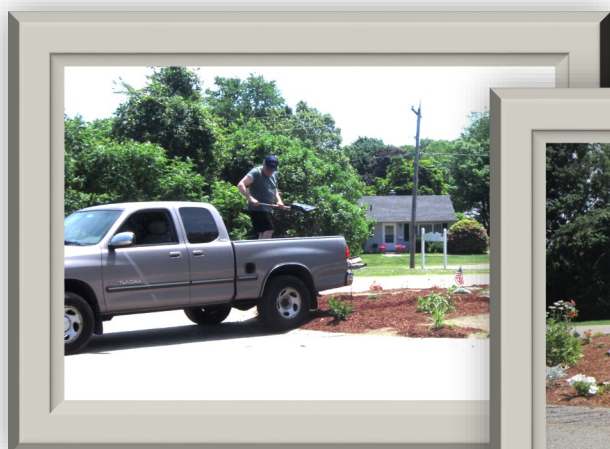
Picture Gallery of the Month

THANK YOU!!

**SENIOR CENTER FLOWERS BY
THE LEICESTER GARDEN CLUB**



**SENIOR CENTER CIRCLE AND SIDE RAISED BED VEGETABLE GARDEN
BY GIRL SCOUTS, MANAGED BY MORGAN EMERY AND THE EMERY FAMILY**



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
AUGUST MEALS PROGRAM If you cancel your meal at the center call Donna. If you need to change Meals on Wheels call 508-852-3205	1. Pork Rib-i-que w/Peppers & Onion Coleslaw Corn Niblets Strawberries & Whipped Topping	2. Haddock or Cod Wild rice California Blend Veg. Brownie	3. Meatballs w/Onion Gravy Bowtie Pasta Scandinavian Veg. Pineapple	4. Sloppy Joes Potato Wedges Mixed Veg. Granola Bar Hamburger Bun
7. Roast Turkey w/ Gravy Mashed sweet pot. Tusc. Blend Veg. Cranberry Sauce Pudding	8. Stuffed Pepper Casserole Mashed Pot. Carrots Peaches	9. Garlic Herbed Chicken and Red Bliss Potatoes Winter mix veg. Peach Streusel Cake	10. Beef Patty w/onions & Peppers Herbed Potatoes Coleslaw Melon	11. Roasted Pepper Chicken Salad
14. Beef Burgundy Brown Rice Brussels Sprouts Lemon Graham Cookies	15. Hot dog on Bun Baked Beans Potato Salad Cantaloupe	16. American Chop Suey Broccoli & Red Peppers Corn Apple Crisp	17. Sliced Turkey w/lettuce & tomato Tomato & Cucumber Salad Coleslaw Fruit Ambrosia	18. Chicken Pesto Gemelli Pasta Chuckwagon Corn Mandarin Oranges
21. Ginger Pork Veg. Fried Rice Broccoli Pudding & Diet Fortune Cookie	22. Beef & Pearl Onions Rice Pilaf Succotash Fresh Orange	23. Ranch Chicken Wild Rice Carrots and Green Beans Pineapple	24. Spag. & Meatballs Green Beans B'day Cake Garden Salad	25. Beef & Bean Chili w/cheese Baked Potato Mixed Veg. Yogurt
28. Macaroni & Cheese Stewed Tomatoes Green Beans Peaches	29. Greek Chicken Steamed White Rice Broccoli Vanilla Mouses	30. Corned Beef Sandwiches Soup Du Jour	31. Chicken Pot Pie Mashed Potatoes Country Blend Veg. Brownie	For Meals on Wheels call Worcester at 508-852-3205

Calendar of Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	2. 9:30 Move While U Groove 1:00 Balance	3. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo 1:15 Chair Yoga with Jessica	4. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi
7. 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing	8. 9:00 SPECIAL SHINE 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	9. 9:00 SHINE 9:30 Move While You Groove 10:00 to 1:30 Fuel Assistance 1:00 Balance	10. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:15 Ice Cream Social 12:45 Bingo 1:15 Chair Yoga with Jessica	11. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi
14. 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing	15. 10:00 Senior Group 10:00 Golden Living-Judy– Activities You can do with Dementia Patients 11:00 B.P. Nurse Judy 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	16. 9:30 Move While U Groove 1:00 Balance	17. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo 1:15 Chair Yoga with Jessica	18. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi
21. 9:00 Art –Genevieve 10:00 Zumba Gold 10:30 SENATOR MOORE OFFICE HOUR 11:00 Chair Yoga/Ann 1:15 Line Dancing	22. 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	23. 9:30 Move While U Groove 1:00 Balance	24. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo 1:15 Chair Yoga with Jessica	25. 10:00 Meeting of Friends of the Leicester Senior Center 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi
28. 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing	29. 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	30. 9:30 Move While U Groove 1:00 Balance	31. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo 1:15 Chair Yoga with Jessica	

Yes, I's hard to believe August is here!!! If you live here it's "dog days of summer" If you're in Europe you are on holiday. Yes, Paris is nearly vacant as most French families have abandoned Paris for the coast, the mountains, campgrounds, etc.

August as you know is the eighth month of a Gregorian calendar and sixth month of a Roman Calendar. The original name for August was Sextilis—Latin for "six month". It was renamed in honor of Augustus Caesar, first Roman Emperor and after defeating Mark Antony and Cleopatra Augustus Caesar was given the honorary title of **Augustus**. And so it goes that when we describe something as "august" we are saying it is **majestic**. This word also takes the form of adverb (augustly) and noun (augustness). August also relates to **augury**, the act of divination (telling the future) particularly by the behavior of birds and animals. Augurs were the official Roman soothsayers, whose job was **not** necessarily to tell the future so much as to determine if Roman gods approved of planned courses of action. Here is a usage of August not often heard about which is a **circus clown** who wears battered ordinary clothes and habitually maladroit or unlucky. May you find August filled with favorable omens and devoid of unlucky clowns!!!

Rachelle

OUTREACH—LAMB BYTES

Hi all,

Facts for you to think about-



Our brains are solid but 80% of it is water.



The brain is more active when we are asleep.



Brain structure changes in the teen years.



The brain processes pain but does not feel pain. It's the only organ that contains no nerves.



The brain uses 20% of our energy.



The average adult brain weighs 3lbs.



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:

THE ABOVE IS NOT A SUBSCRIPTION TO THE NEWSLETTER.

Renewals for the newsletter is on the back of the Newsletter and costs \$6 per year.

REMINDER

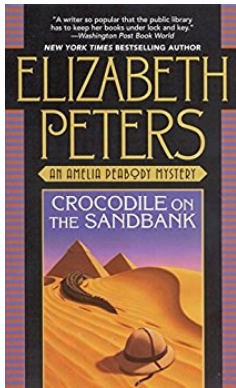
The Senior Center will be closed on on Labor Day, September 4, October 9 for Columbus Day.

Genevieve's Art Studio-

If you enjoy art or wish to learn call 508-892-7016. Classes are limited to 9 people so call early. \$20 for FOUR classes.



BOTH OUTREACH PROGRAMS ARE SPONSORED IN PART BY A GRANT FROM THE GREATER WORCESTER COMMUNITY FOUNDATION. WE ARE SO GRATEFUL FOR THEIR FINANCIAL SUPPORT.



BOOK CLUB On August 28 at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss "Crocodile on the Sandbank" by Elizabeth Peters. Amelia Peabody is left a wealthy orphan after the death of her father, who has left her everything in his will. The inheritance enables her to travel abroad.

She meets the destitute Evelyn Forbes, whose titled family have cast her off after she eloped with, then was abandoned by, an Italian art teacher. Amelia takes Evelyn under her wing and employs her as a companion. They travel together to Egypt, where they encounter Radcliffe Emerson. Amelia must deal with the nocturnal visitations of a mummy that walks moaning through the desert. **Note: Selection of this novel is subject to change.**

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 APPOINTMENTS September 8, 2017 at the Leicester Senior Center. Call 508-752-9444 to schedule appointments or make any changes.

FISH PROGRAM - transportation for individuals to doctors' appointments only. FISH drivers stay with you at your appointment and return YOU home safely. Call Mary Johnson at 508-859-8308. Need Drivers.

UPCOMING TRIPS:

- August 18 "Cape Cod & Bass River Tour, departs 8:30 AM, \$89 per person
- October 1-7 "Myrtle Beach Show Trip & Charleston, SC, departs 8:00 AM, \$600 per person, price based on double occupancy. \$75 due at upon signing.
- October 20 "Twin River & Wright's Farm!" departs 9:00 AM, \$59 per person

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

NEW FARES

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 of

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: 6/22/17-First Place, Lorraine Monette, Second Place, Bob Tolman, Katie Hardwick, Charlie Sawa, James Progrin, 6/29/17, First Place, Ray Fluet, Second Place, Bob Tolman, Third Place, Steve Segur. 7/6/17 First Place, Bob Tolman, Second Place, Charles Sawa. Third Place, Steve Segur, 7/13/17 First Place, Mary Johnson, Second Place, Katie Hardwick, Third Place, Ray Fluet.

**AD
PAGE**

TOWN ADMINISTRATOR

James Purcell, Interim

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 BOARD

Joanne Rose, MA, Chair

Jane Todd, Vice Chair

Richard Jubinville

Ruth Dowgielewicz

Pat Faron

Marilyn Hyland

Selectmen-Liaison

Doug Belanger

Dianne Provencher

SHINE Counselor

Pamela Threlfall

Nutrition Site Manager

Donna McDonald

Receptionists

Joan Lombardozzi

Judy Delaney

Elaine Casey

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.

**SENIOR BREAKFAST WILL
RETURN IN SEPTEMBER
NEXT BREAKFAST WILL BE ON
THURSDAY, SEPTEMBER 21**

\$3.00 per person

**CATERED TO YOU LUNCHEON FOR August**

Aug. 3—Cheoy Lee's— Chicken Lo Mein, Pork Fried Rice and Crab Rangoons

Aug. 7—Subway—Chicken Teriyaki Sub and cookie

Aug. 18—B-Laws—Fish & Chips and Cole Slaw

Aug. 23—Wings & Co—Chicken Tenders & salad

Aug. 31—Bill's—Ravioli & Garlic Bread

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**2017 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: _____