

# Leicester Senior Horizon

40 Winslow Avenue, Leicester, Massachusetts 01524-1113

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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 2018



### COMING ATTRACTIONS



#### Farmer's Market Coupons

Leicester Senior Center  
August 1, 10AM

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### Duane Carlson



Tuesday, August 14, 11:00AM  
Vocalist of Timeless Classics  
in Pop and Country Music



### *Life Aboard a Whaling Ship*

Wednesday August 29, 11 AM

Anne Barrett portrays Mary  
Chipman Lawrence, a 19th  
century whaling wife aboard

the Addison bound for the Pacific on a three  
and a half year journey..



### Senator Moore

Tuesday, August 14  
12:30PM

Serving strawberry shortcake



ESSENTIAL OILS  
with Jocelyn Martin  
August 22, 10:00 AM



# Picture Gallery of the Month

## ACTIVITIES AT THE SENIOR CENTER



## B. J. Hill - WALK ACROSS MASS



Trying out new exercise equipment with matching grant from MCOA

Summer flowers at the Senior Center

# STRAWBERRY HILL CAFE

**For Lunches served at the Senior Center weekdays at noon reservations &**

**\*Diabetic cancellations must be made 48 hours in advance by calling Donna at 508-892-7016**

**\*\*Higher**


## Friendly

**Menu subject to change.** All meals include milk, margarine & bread

## Sodium

## Dessert

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>August 2018</b> 				<b>1.</b> <b>Chicken Pesto</b> Delmonico Potatoes Corn Mixed Fruit		<b>2.</b> <b>Hot Dog</b> Onions and Peppers Baked Beans Coleslaw Fresh Melon		<b>3.</b> <b>**NEW**</b> <b>Haddock w/Parmesan Cream Sauce</b> Wild Rice Broccoli & Carrots Brownie	
<b>6.</b> <b>Ranch Chicken</b> Red Bliss Potatoes Carrots and Green Beans Lorna Doone Cookie		<b>7.</b> <b>Hamburger w/ Onions and Peppers</b> Mashed Potatoes Honey Glazed Carrots Peaches		<b>8.</b> <b>Vegetable Cheese Bake</b> Oven Roasted Potatoes Mixed Veg. Baked Apples		<b>9.</b> <b>Spaghetti &amp; Meatballs</b> Green Beans Fresh Fruit Salad		<b>10.</b> <b>Chicken Picatta</b> Couscous Roman Vegetables Tapioca Pudding	
<b>13.</b> <b>Cold Roast Beef Sandwich</b> Potato Salad Cucumber & Tomato Salad Strawberries		<b>14.</b> <b>Greek Chicken</b> Steamed White Rice Broccoli Chocolate Pudding		<b>Turkey Cape Cod Sandwich</b> Soup		<b>16.</b> <b>Chicken Pot Pie &amp; Biscuit</b> Mashed Potatoes Summer BI Veg. Brownie Diet=Plain Cake		<b>17.</b> <b>Macaroni &amp; Cheese</b> Carrots Green Beans Peaches	
<b>20.</b> <b>Beef Stew</b> Steamed Rice Corn Nublets Pear Crisp		<b>21.</b> <b>** NEW **</b> <b>Cranberry Chicken Salad</b> Lettuce & Tomato Macaroni Salad Three Bean Salad Fresh Melon		<b>22.</b> <b>Chicano Milano</b> Seasoned Potatoes Beets Banana Pudding & Diet		<b>23.</b> <b>Salisbury Steak &amp; Gravy</b> Mashed Sweet Potatoes Peas & Carrots Birthday Cake Plain Cake		<b>24.</b> <b>**NEW**</b> <b>Haddock w/Dill Sauce</b> Lemon Seasoned Rice Broccoli & Red Peppers Fruited Ambtosia	
<b>27.</b> <b>Chicken Sausage Jambalaya</b> Rice Pilaf Green Peas Pineapple		<b>28.</b> <b>Meatballs w/Onion Gravy</b> Bowtie Pasta Scand. BI Vegetable Mandarin Oranges		<b>29.</b> <b>Corned Beef Sandwich</b> Soup		<b>30.</b> <b>BBQ Chicken</b> Herbed Potatoes Country Blend Vegetables Fresh Fruit		<b>31.</b> <b>Marinated Pork Loin</b> Cranberry Stuffing Brussel Sprouts Blondie	



## Calendar of Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1.</b> 9:00 Train your Brain 10:00 Farmers Market Coupons 10:00 Walking Group 1:00 Balance/Heidi	<b>2.</b> 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	<b>3.</b> 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi
<b>6.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing-J.P.Ellery	<b>7.</b> 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	<b>8.</b> 9:00 Train your Brain 10:00 Walking Group 11:00 Oasis Home Care Presentation 1:00 Balance/Heidi	<b>9.</b> 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	<b>10.</b> 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi
<b>13.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing-J.P.Ellery	<b>14.</b> 11:00 Dwayne Carlson—Timeless Classics 11:30 Golden Needles 12:30: Senator Moore—Strawberry Shortcake 1:00 Exercise/Heidi 6:30 Fiber Group	<b>15.</b> 9:00 Train your Brain 10:00 Walking Group 1:00 Balance/Heidi	<b>16.</b> 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	<b>17.</b> 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi
<b>20.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 10:30 Sen. Moore Office Hour 11:00 Chair Yoga/Ann 1:15 Line Dancing-J.P.Ellery	<b>21.</b> 9:30,- 2:30 PM Fuel Assistance 10:00 Senior Group 11:00 BP with Judy 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	<b>22.</b> 9:00 Train your Brain 10:00 Walking Group 1:00 Balance/Heidi	<b>23.</b> 9:30,- 2:30 PM Fuel Assistance 10:00 Cribbage 11:00 <u>Chair Yoga/Ann</u> 12:45 Bingo	<b>24.</b> 10:00 to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi
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*What are the top 10 Financial Scams Targeting Seniors:*

1. Medicare/health insurance scams
2. Counterfeit prescription drugs
3. Funeral & cemetery scams
4. Fraudulent anti-aging products
5. Telemarketing/phone scams
6. Internet fraud
7. Investment schemes
8. Homeowner/reverse mortgage scams
9. Sweepstakes & lottery scams
10. Grandparent scam

*Protect yourself and your identify, your social security, your savings, your life. Don't answer phone calls from people or numbers you don't know and recognize. Don't open your door to strangers. Be watchful. Call us if you need help.*

*Rachelle*

## OUTREACH—LAMB BYTES

Hi y'all!!

I'm gallivanting in to welcome you to the "Happiness Happens Month". What a nice thought for the rest 31 days! Let's all spread some joy and merriment throughout our days.

I bet some of you have been pushing weeds (August—Weedmonah-Weed Month in Old English). Farmer Bob has been busy in the garden and of course all my four legged friends enjoy the grass and weeds. Molasses, our wood turtle, basks in the sun and then cools off in a covering of weeds, grass and mud. Her body temperature can reach 99 degrees after sunning, so she needs to cool off. Just like people she needs to hydrate and cool down. Good things for all of us to remember. The South Pasture has a few weeds and all the pretty "glads" group. Gladiolus comes from the word gladius (sword). The geese, Ozzie and Henrietta, like the weeds and glads, but the glads are a little rough going down!

Well, the outdoor shower is a hit! The goats, Salt and Pepper, love it. They sort of hog it and kick ya if they aren't ready to leave. After our Watermelon Feast on August 3rd (National Watermelon Day) they were sticky from nose to tail and needed a wash down. Everyone waited outside impatiently. We may need those showers again after our celebration of Lemon Meringue Pie Day on August 15th at the Red Clover Inn. That's sort of a messy meal especially for Winston, our pig. Oink! Oink!

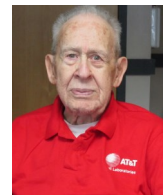
During the Month of Happiness lets listen to some great music by our friend Dwayne Carlson on August 14th at 11:00AM followed by strawberry shortcake by Senator Moore. At 12:30PM. All happening at the Leicester Senior Center.. Let's work hard to keep any unpleasant thoughts away and wear some peridot (August birthstone) to help drive away the forces of darkness. At the end of you day, relax and lay back. Take a minute to look up at the summer sky. For trivia lovers think about our first professional female astronomer, Marie Mitchell, born on 8/1/1818 in Nantucket, MA. She discovered a comet that became known as Michell's Comet. She was a professor of Astronomy at Vassar College.

Well, I've enjoyed our visit this month. I'm off to the Divine Critter Apothecary for my monthly supply of Vavaboom baa baa Megavitamins. See you in a flash next month.

Lambie Pie



## MATH TUTOR



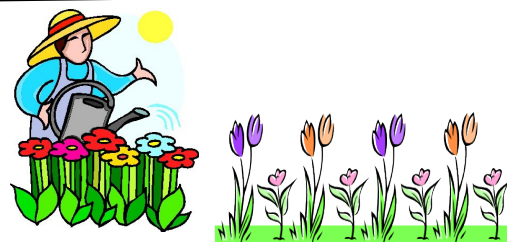
42 years experience as an electro mechanical engineer. Worked for Charles Stark Draper Laboratories as part of the MIT Instrumentation Labs. Has Masters in Education.

Need help call 508-892-3257



## TaxAide Program

AARP is looking for tax preparers. If interested and looking for more information please call the Leicester Senior Center at 508-892-7016



## 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!

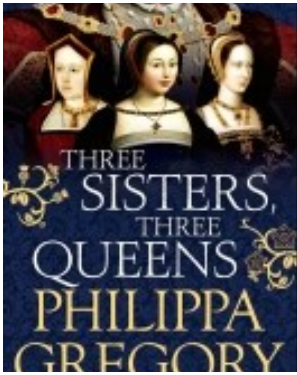
### FOR MORE INFORMATION

Email: [wcsaa55.com](mailto: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 August 27 2018 at 1:00 p.m. members of the Book Club will meet at the Leicester Senior Center to discuss “Three Sisters-Three Queens” by Philippa Gregory. When Katherine of Aragon is brought to the Tudor court as a young bride,

the oldest princess, Margaret, takes her measure. With one look, each knows the other for a rival, an ally, a pawn, destined – with Margaret’s younger sister Mary – to a sisterhood unique in all the world. The three sisters will become the queens of England, Scotland and France.

United by family loyalties and affections, the three queens find themselves set against each other. Katherine commands an army against Margaret and kills her husband James IV of Scotland. But Margaret’s boy becomes heir to the Tudor throne when Katherine loses her son. Mary steals the widowed Margaret’s proposed husband, but when Mary is widowed it is her secret marriage for love that is the envy of the others. As they experience betrayals, dangers, loss and passion, the three sisters find that the only constant in their perilous lives is their special bond, more powerful than any man, even a king.

#### GOLDEN NEEDLES KNITTING

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

**DR. LACONTE PODIATRY** August 17, 2018 at Leicester Senior Center. Call 508-752-9444 to schedule appointments or make any changes.

#### UPCOMING TRIPS:

- **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.
- **October 11-14**—Washington D.C.— Staying Embassy Suites. \$610 includes tip for driver and guides, last payment due September 4th
- **November 16**— Captain Jack’s and Foxwoods Casino Choice of Lobster or Prime Rib. \$76 due by October 16.
- **December 1**—Reagle Theatre Christmas Show and Chateau Restaurant. \$119 due by November 1.

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



#### WRTA NON ADA SERVICE

Call 508-752-9283 48 Hours in advance



##### 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:** 4/19/18-First Place, Bob Tolman; Second Place, Tied, Ray Fluett, Ora Ciras, Steve Segur; 4/26/18, First Place, Steve Segur; Second Place, Doris Fluett; 5/3/18, First Place, Theresa Kowal; Second Place, Jim Progin; 5/3/18, First Place, Theresa Kowal; Second Place, Jim Progin; 5/10/18, First Place, Steve Segur; Second Place, Katie Hardwick

**AD  
PAGE**

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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.*



## Train Your Brain

Wednesdays at 9:00 AM

## FUEL ASSISTANCE

**August 21, 9:30 AM to 2:30 PM**

**August 23, 9:30 AM to 2:30 PM**

Must have received a letter from Worcester Community Action Council stating your eligibility and giving you details of copies of documents to bring with you.

### CATERED TO YOU LUNCHEON FOR AUGUST

**August 16—Chinese meal with fried rice**

**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: \_\_\_\_\_