

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

February 2016 HIGHLIGHTS

Monday, February 1	9:00 a.m. Art with Genevieve 10:00 a.m. Sen. Michael Moore Hour 10:00 a.m. Zumba Gold 11:00 a.m. Chair Yoga with Ann 1:15 p.m. Line Dancing	Friday, February 12	10:30 a.m. Tai Chi 1:00 p.m. Chair Yoga with Jessica
Tuesday, February 2	10:00 a.m. Senior Citizen Club 10:00 a.m. Pre Diabetes Talk by VNA Care Network 11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group	Monday, February 15 Tuesday, February 16	Closed for Presidents Day 10:00 a.m. Senior Citizens Club 11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group
Wednesday, February 3	9:00 a.m. Nails by Quaboag 1:00 p.m. Balance	Wednesday, February 17	SHINE - 9:00 TO 11:00 A.M. Call 11:00 a.m. Grief Session 1:00 p.m. Balance
Thursday, February 4	8:00 a.m. COA Board Meeting 10:00 a.m. Healthy Tips by Summit Elder Care 10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann 12:45 p.m. Bingo	Thursday, February 18	9:00 a.m. Monthly Breakfast/visit by Congressman McGovern 10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann 12:45 p.m. Bingo with Meadows 10:30 a.m. Tai Chi
Friday, February 5	10:30 a.m. Tai Chi 1:00 p.m. Chair Yoga with Jessica	Friday, February 19	1:00 p.m. No Chair Yoga w/Jessica 7:00 p.m. Lions Pitch
Monday, February 8	9:00 a.m. Art with Genevieve 10:00 a.m. Rep. Kate Campanale 10:00 a.m. Zumba Gold 11:00 a.m. Chair Yoga with Ann 1:15 p.m. Line Dancing	Monday, February 22	9:00 a.m. Art with Genevieve 10:00 a.m. Zumba Gold 11:00 a.m. Chair Yoga with Ann 1:15 p.m. Line Dancing
Tuesday, February 9	11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group	Tuesday, February 23	11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group
Wednesday, February 10	11:00 a.m. Make your own Valentine - Waterfall Production -limit 20 people 1:00 p.m. Balance	Wednesday, February 24	10:00 a.m. Sleep Apnea by Meadows 1:00 p.m. Balance
Thursday, February 11	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 with Golden Living Centers	Thursday, February 25	10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann 12:45 p.m. Bingo by Brookdale EddyPond 10:30 a.m. Tai Chi
		Friday, February 26	1:00 p.m. Chair Yoga with Jessica
		Monday, February 29	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

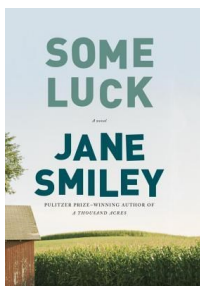
Please sign up for programs to ensure that the programs will take place.



Director's Corner

As many times as we have warned seniors about Scams, Frauds, Identity Thefts, etc. we still have too many who fall prey to it all. Recently a senior received a phone call from the **IRS** with a threatening message (**they DO NOT call-they write**) and paid out over \$8,000 as she thought her husband had forgotten to pay their tax bill. If you get a phone call and the caller ID says **IRS, HANG UP**. If they want to do an **AUDIT** or need to get in touch with you they send you a **letter**. The **IRS Phone Scam** is the biggest fraud in **IRS** history. They have managed to steal over \$26 million from victims. If you get a phone call with your own phone number as Caller ID, **WEIRD—NO, not at all**. It is probably a caller from anywhere in the world. Again, **HANG UP or better DO NOT ANSWER THAT PHONE**. Recently one of our seniors received fake \$100 bills and has not been able to recover her loss. Even if you get large bills from a bank, **GET THEM CHECKED OUT**. Especially **\$100 bills**. Our Chief of Police advises our seniors about latest crimes and frauds every month at our breakfast. Come eat and stay informed. *Rachelle*

BOOK CLUB On February 29 at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss "Some Luck" by Jane Smiley. The first in a trilogy. This is the story of the Langdon family living on an Iowa farm. It begins in 1920, Walter returns from WWI. Read of their lives and their childrens' lives. See how they handle social and economic changes up through the 1950's.



PLEASE NOTE—IF THE NUTRITION SITE (MEALS ON WHEELS) IS CLOSED THE SENIOR CENTER IS CLOSED. ANNOUNCEMENT IS MADE ON THE FOLLOWING RADIO STATIONS- WTAG-58.0 AM, WSR5-96.1 FM, WCRN-83.0 AM, WXLO-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—February 5, 2016 and April 8, 2016. Call 508-752-9444 to schedule appointments.

UPCOMING TRIPS:

- Friday, February 12, 2016, Foxwoods Resort and Casino Tour, leaves 8:00 a.m.—\$24 per person
- Friday, March 11, 2016, Foxwoods Resort and Casino Tours, leaves 8:00 a.m.—\$24 per person

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

Barbara's Highlights/Outreach

To all of our volunteers. Let me thank you for a wonderful year of personal enjoyment, friendship building at our senior center. Whether you offered your services at the center or by visiting those who were lonely, your volunteerism is a gift of the heart. We cannot thank you enough.

We want to remind people that if they are going to attend scheduled activities at the senior center to please call to register. All too often we have cancelled events for lack of registration. Mark your calendars as a reminder. Especially our pen pal folks because the kids are waiting for these wonderful letters. The next due date for these is February 8th. Let us not disappoint the kids.

Barbara

Make Your Own Valentine

With Rita Parisi of Waterfall Productions

Sign up—limited space

February 10, 11:00 a.m.

Paid for by the Leicester Art Council through a grant from the Massachusetts Cultural Council



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

December Happenings at the senior center



Second Graders Entertain and Meet Santa



Grief Session Christmas Party



New Year's Eve—Bingo Party

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. AT 508-852-3205. Menu

****Higher
Sodium
Entrée**

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Lemon Thyme Chicken Sour Cream & Chive Potato Scandinavian Vegetables Peaches	2. Beef Jardiniere Mashed Potatoes Honey Glazed Carrots Fresh Fruit	3. Herb Roasted Pork Couscous Broccoli Cookie	4. Spaghetti & Meatballs Green Beans Baked Cinnamon Apples*	5. Cheese/Spinach Omelet O'Brien Potatoes Mixed Vegetables Fruited Ambrosia Diet=Vanilla Pudding
8. Beef Stew Steamed Rice Corn Niblets Pineapple	9. Greek Chicken Herbed Potatoes Spinach Cookie	10. Macaroni & Cheese Stewed Tomatoes Jardiniere Vegetables Mixed Fruit	11. Meatloaf & Gravy Garlic Mashed Potatoes Italian Green Beans Tiramisu Diet=Chocolate Mousse	12. Soup du Jour Roasted Pepper Chicken Salad
15. Holiday Presidents Day No Meals Served	16. Vegetable Cheese Bake Green Beans Corn Mandarin Oranges	17. Salisbury Steak Mashed Sweet Potatoes Peas Diet=Vanilla Pudding	18. Chicken Murphy Seasoned Potatoes Beets Fresh Fruit	19. Salmon with Dill Wild Rice Broccoli Strawberry Cup Diet=Strawberries
22. Jambalaya Rice Pilaf Roman Vegetables Diet=Chocolate Pudding	23. Meatballs/Onion Gravy Egg Noodles Mixed Vegetables Pineapple	24. Soup du Jour N.Y. Pastrami	25. BBQ Chicken Red Bliss Potatoes Corn Birthday Cake Diet=small piece	26. Soup du Jour Sliced Roast Beef
29. Lasagna Green Beans Winter Mix Apple Crisp Diet= Baked Apples	<div>  </div>			

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

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

Joanne Rose

Selectmen-Liaison

Dianna Provencher

Sandra Wilson

Shine Counselor

Pamela Threlfall

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.***Join Cong. Jim McGovern****at Senior Breakfast****February 18, 9:00 a.m.****\$3.00 per person****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:** 12/17/15, First Place, Connie Lessard, Second Place, Bob Tolman, Third Place, Wayne Bombard, 1/7/16, First Place, Charlie Sawa, Second Place, Marcel Poirier, Third Place, James Durant, 1/14/16-First Place, Ray Brezniak, Second Place, Ann Cutting and Doris Fluet, Third Place, Mary Johnson, 1/21/16-First Place, Wayne Bombard, Second Place, Norma Dodge, Third Place, Adrian Lessard**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****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: _____