

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

January 2016 HIGHLIGHTS

Friday, January 1	Closed for New Year's Day	Friday, January 15	9:00 a.m. Quilting 10:30 a.m. Tai Chi
Monday, January 4	9:00 a.m. Art with Genevieve 10:00 a.m. Zumba Gold 11:00 a.m. Chair Yoga with Ann	Monday, January 18	1:00 p.m. Chair Yoga with Jessica 9:00 a.m. Art with Genevieve 10:00 a.m. Zumba Gold
Tuesday, January 5	11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group	Tuesday, January 19	11:00 a.m. Chair Yoga at Ann 11:30 a.m. Golden Needles 1:00 p.m. Exercise
Wednesday, January 6	1:00 p.m. Balance	Wednesday, January 20	6:30 p.m. Fiber Group 10:00 a.m. Sleep Apnea with The Meadows
Thursday, January 7	8:00 a.m. COA Board Meeting 10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann	Thursday, January 21	11:00 a.m. Grief Session 1:00 p.m. Balance 9:00 a.m. Monthly Breakfast
Friday, January 8	12:45 p.m. Bingo 9:00 a.m. Quilting 10:30 a.m. Tai Chi	Friday, January 22	10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann 12:45 p.m. Bingo with The Meadows
Monday, January 11	1:00 p.m. Chair Yoga with Jessica 9:00 a.m. Art with Genevieve 10:00 a.m. Rep. Kate Campanale Hour	Monday, January 25	9:00 a.m. Quilting 10:30 a.m. Tai Chi 1:00 p.m. Chair Yoga with Jessica
Tuesday, January 12	10:00 a.m. Senior Citizen Club 11:30 a.m. Golden Needles 1:00 p.m. Exercise	Tuesday, January 26	9:00 a.m. Art with Genevieve 10:00 a.m. Zumba Gold 11:00 a.m. Chair Yoga with Ann
Wednesday, January 13	6:30 p.m. Fiber Group 9:00 a.m. Nails by Quaboag	Wednesday, January 27	1:00 p.m. Book Club 11:30 a.m. Golden Needles 1:00 p.m. Exercise
Thursday, January 14	1:00 p.m. Balance 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	Thursday, January 28	6:30 p.m. Fiber Group 10:00 a.m. Blood Pressure with Paula 1:00 p.m. Balance 10:00 a.m. Cribbage
		Friday, January 29	11:00 a.m. Chair Yoga with Ann 12:45 p.m. Bingo 9:00 a.m. Quilting 10:30 a.m. Tai Chi 1:00 p.m. Chair Yoga with Jessica



Director's Corner

A BIG Thank You to all who made this senior center successful in 2015. Our numbers are increasing and for good reason—we offer programs for all to enjoy.

Thank you to our Town Administrator and staff; Our COA Board of Directors, Our Police Chief and staff. Our School Superintendent, Principals, teachers and students; Our Library and staff.

Thank you to those who financially support our programs: The Department of Elder Affairs; Greater Worcester Community Foundation; Country Bank for Savings; Local Cultural Council; Health Care Providers, local vendors who fund our Veterans' Breakfast; Donations made in memory of loved ones.

Thank you to our "Horizon" publication sponsors: Goddard/Homestead; Beaumont; Morin Funeral Home, B-Laws Diner, VNA of Southern Worcester County; Dr. Pete Antanavica; Shears & Clippers; Exit Realty; The Meadows; Life Care Center of Auburn; ADT.

Thank you to my staff, kitchen staff and to all our volunteers who help make it all possible.

Rachelle

BOOK CLUB On January 25 at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss a book of your choice.



Inclement Weather Policy - Announcements of the Senior Center closing for inclement weather will be announced on: WXLO-104.5 FM, WTAG-580 AM, SWRS-96.1-96.1 FM and WORC 1310 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

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, January 15, 2016, Foxwoods Resort and Casino Tour, leaves 8:00 a.m.—\$24 per person
- 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

Again this year the senior center will host tax preparations offered by AARP tax preparers starting in February. Please call to have the starting date and to make an appointment. At the appointment come with the following:

- 1) Copies of tax documents needed for appointment:
 - W-2 (Salary and Wages)
 - SSA-1099 (Social Security Payments Received) OR SS Cards (self, spouse, dependents)
 - 1099-INT (Interest Received)
 - 1099-DIV (Dividends Received)
 - Broker's Statements (Sale of Stocks/Mutual Funds)
 - W-2G (Gambling/Lottery Winnings)
 - Unemployment Compensation
 - Any other forms marked "For 2015 Taxes"
- 2) Copies of last year's tax return
- 3) Copies of Real Estate Tax billing statements paid during 2015 calendar year for senior circuit breaker.
- 4) Copies of Proof of Health Insurance (taxpayer and spouse)
 - Mass
 - 1099-HC (if receive); health insurance card

Note: They will NOT complete returns with AGI over \$60,000; Rental Income (Schedule E); Business Income with expenses over \$5,000 or with a net loss; Sale/Loss of Income by foreclosure or short sale.

Barbara

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

Past Happenings at the senior center

Senator Moore's Thanksgiving Dinner



**Dot Whitney-WINNER OF QUILT
Donated by Carole Casper**



Make Your Own Christmas Centerpiece



Ornament

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

Senior Center Greeter

Pat Bellizzi

Bus Drivers

Robert Foley

David Gercken

COUNCIL ON AGING BOARD

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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.***Thank You!**

We wish to thank the Garden Club for the beautiful wreath given to the Leicester Senior Center and hung above the archway.

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: 12/3/15-First Place, Ann Cutting, Second Place, Charlie Sawa, Third Place, James Durant and Adrian Lessard, 12/10/15, First Place, Rose Kowal, Second Place, Mary Johnson, Third Place, Charlie Sawa, 12/17/15, First Place, Connie Lessard, Second Place, Bob Tolman, Third Place, Wayne Bombard.

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: _____