

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

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

July 2016



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LINE DANCING WITH FORTY ARROYO



Come join the fun every Monday afternoon at 1:15 p.m. to 2:15 p.m. Learn to link different steps to create numerous dances. Beginners are welcome. All of this for only \$3.00 per class.

COMING ATTRACTION



"Antiques Road Show"

Senior Center

Wednesday July 20, 10:00 a.m.

Wayne A. Tuiskula Auctioneer/Appraiser will be at our senior center to appraise your antique. One antique per person. Please sign up at the center.

Fran's Story



Our new newsletter will feature some special people. Pictured above on the left is Fran and Donna McDonald, Nutrition Site Manager. On the right is Fran with her daughter and Barbara Paszuk, our Outreach Coordinator. Fran was nominated for this issue by her table friends who enjoy her presence. Fran comes in each day wearing a smile and has become a wonderful addition to our lunch crowd. Everything is "delicious" as she enjoys every bite.

Picture Gallery of the Month




***Diabetic
Friendly
Dessert**

STRAWBERRY HILL CAFE

Lunch weekdays at Noon. Reservations & cancellations must be made 48 hours in advance. Call Donna at 508-892-7016

****Higher
Sodium**

Menu subject to change. All meals include milk, margarine & bread
Your donation of \$2.50/meal helps keep the program running.

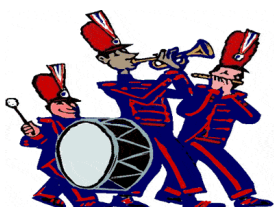
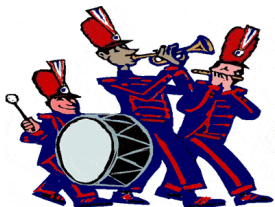
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 2016 		Elder Serv. Special....1. BBQ Chicken Seasoned Potatoes Mixed Vegetables Peach Shortcake Diet=Peaches		
4. Independence Day No Meals served SENIOR CENTER CLOSED	5. Beef Stew Rice Corn Niblets Mandarin Oranges	6. Chicken Murphy Seasoned Potatoes Beets Vanilla Pudding Diet=Vanilla Mousse	7. Salisbury Steak Mashed Potatoes Peas & Carrots Fresh Fruit	8. Vegetable Cheese Bake Roman Vegetables Baked Apples
11. Pasta Primavera w/Chicken Spinach Tapioca Pudding Diet=Small Piece	12. Meatballs w/Onion Gravy Egg Noodles Country Vegetables Fresh Fruit	13. Pork Chow Mein Brown Rice Oriental Vegetables Mandarin Oranges	14. Chicken Fajitas w/ Peppers & Onions Spanish Rice Scand.Vegetables Pineapple	15. Caesar Chicken Salad Soup du Jour
Elder Serv. Special 18. Hot Dog on Bun Baked Beans Potato Salad Melon	19. Chicken Sausage Jambalaya Rice Pilaf Cauliflower Yogurt	20. Salmon Boat Yukon Potatoes Peas & Onions Peaches	21. Ham Salad Soup du Jour	22. Lasagna O'Brien Potatoes Green Beans & Tomato Streusel Cake Diet=Small Piece
25. Roast Pork w/ Gravy Mashed Potatoes Carrots Applesauce	26. Shepherd's Pie Peas Jardiniere Veg. Mandarin Oranges	27. Bacon Omelet O'Brien Potatoes Green Beans & Tomato Fruited Ambrosia	28. Chicken Cacciatore Penne Pasta w/ Tomato Sauce lt. Blend Vegetables Birthday Cake Diet=Plain Cake	29. Sliced Turkey Soup du Jour

**TO CANCEL MEALS ON WHEELS YOU MUST CALL ELDER SERVICES OF WORCESTER AT
508-852-3205**

LEICESTER SENIOR HORIZON

Calendar of Programs and Events

Friday, July 1	10:30 a.m. Tai Chi	Tuesday, July 19	10:00 a.m. Senior Citizens Club
Sunday, July 3	1:30 p.m. Sunday Pitch		11:30 a.m. Golden Needles
Monday, July 4	Closed for Holiday		1:00 p.m. Exercise
Tuesday, July 5	9:00 a.m. B.P. by Meadows		6:30 p.m. Fiber Group
	10:00 a.m. Senior Citizens Club	Wednesday, July 20	SHINE - 9:00 -11:00 a.m. Call for appt.
	11:30 a.m. Golden Needles		9:00 a.m. Walking Club
	1:00 p.m. Exercise		9:30 a.m. Chair Yoga/Jessica
	6:30 p.m. Fiber Group		10:00. a.m. Antiques Appraisal with Wayne Tuiskla
Wednesday, July 6	9:00 a.m. Walking Club		11:00 a.m. Grief Session
	9:30 a.m. Chair Yoga/Jessica		1:00 p.m. Balance
	1:00 p.m. Balance	Thursday, July 21	10:00 a.m. Cribbage
Thursday, July 7	10:00 a.m. Cribbage		11:00 a.m. Chair Yoga/Ann
	11:00 a.m. Chair Yoga/Ann		12:30 p.m. Sen. Moore Ice Cream
	12:45 p.m. Bingo		12:45 p.m. Bingo
Friday, July 8	10:30 a.m. Tai Chi	Friday, July 22	10:30 a.m. Tai Chi
Sunday, July 10	1:30 p.m. Sunday Pitch	Sunday, July 24	1:30 p.m. Sunday Pitch
Monday, July 11	9:00 a.m. Art with Genevieve	Monday, July 25	9:00 a.m. Art with Genevieve
	10:00 a.m. Zumba Gold		10:00 a.m. Zumba Gold
	11:00 a.m. Chair Yoga/Ann		10:30 a.m. Sen. Moore
	1:15p.m. Line Dancing		11:00 a.m. Chair Yoga/Ann
Tuesday, July 12	11:30 a.m. Golden Needles		1:00 p.m. Book Club
	1:00 p.m. Exercise		1:15 p.m. Line Dancing
	6:30 p.m. Fiber Group	Tuesday, July 26	11:30 a.m. Golden Needles
Wednesday, July 13	9:00 a.m. Walking Club		1:00 p.m. Exercise
	9:30 a.m. Chair Yoga/Jessica		6:30 p.m. Fiber Group
	10:00 a.m. Trip to Overlook		9:00 a.m. Walking Club
	1:00 p.m. Balance	Wednesday, July 27	9:30 a.m. Chair Yoga/Jessica
Thursday, July 14	10:00 a.m. Cribbage		10:00 a.m. Card Making/\$5
	11:00 a.m. Chair Yoga/Ann		1:00 p.m. Balance
	11:00 a.m. B.P./Judy	Thursday, July 28	10:00 a.m. Cribbage
	12:45 p.m. Bingo		11:00 a.m. Chair Yoga/Ann
Friday, July 15	10:30 a.m. Tai Chi		12:45 p.m. Bingo/Parsons Hill
Sunday, July 17	1:30 p.m. Sunday Pitch	Friday, July 29	10:30 a.m. Tai Chi
Monday, July 18	9:00 a.m. Art with Genevieve	Sunday, July 31	1:30 p.m. Sunday Pitch
	10:00 a.m. Zumba Gold		
	11:00 a.m. Chair Yoga/Ann		
	1:15p.m. Line Dancing		



Director's Corner

In our efforts to coalesce a multigenerational environment our senior center has evolved over the last five years to work closely with our schools. Our pen pal project with fourth graders has been very successful and it is our hope to expand and include other grades in the next school year. Each year at Christmas the youngest of our schoolchildren come over to entertain us. Recently, high school students were here to help seniors navigate through their Smart Phones. All involved in this special training indicated how great it was to learn from our young neighbors. Many others from various grades come over to assist at large functions. We maintain a great rapport with our schools and the children who are taught there. All of the above programs allow us to build positive relationships with teachers, principals and the superintendent. This amalgamation is mutually beneficial as we learn from them and hopefully they learn from us.

Rachelle

Barbara's Highlights/Outreach

SUMMER IS UPON US AND SO IS THE HEAT!!!



For seniors, **MEMA** advises the following: Slow down, avoid strenuous activity. Don't do too much during hottest hours of the day. Drink plenty of water even if you don't feel thirsty. Limit intake of alcoholic beverages that dehydrate. Eat well-balanced light meals. Avoid high protein foods. Stay indoors. Wear lightweight, loose fitting clothing. Light colors will reflect heat and help maintain normal body temperatures. Protect your face with a wide-brimmed hat. If you don't have air conditioning, stay on the lowest floor. Electric fans do not cool the air, but do help evaporate sweat which cools off the body. Go to a place where you can get relief from the heat, such as air conditioned schools, libraries, theaters, other community facilities that may offer refuge during hottest part of the day. Avoid too much sunshine. Sunburn slows the skin's ability to cool. If you are outside, use sunscreen lotion with a high SPF (Sun Protection Factor) rating. Check on family, friends, neighbors. **STAY COOL. Barbara**

OUTREACH PROGRAMS ARE SPONSORED IN PART BY A GRANT FROM THE GREATER WORCESTER COMMUNITY FOUNDATION.

TOWN ADMINISTRATOR

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Council on Aging

Director of Elder Affairs

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Outreach Coordinator

Barbara Paszuk

Community Outreach Liaison

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Donna McDonald

COA Trip Coordinator

Joan Wall 508-892-3967

Ali's Corner—

I am your Community Outreach Liaison. Call the senior center at 508-892-7016. All assistance is maintained in the strictest of confidence.

Outreach programs are sponsored in part by a grant from the Greater Worcester Community Foundation.

Genevieve's Art Studio-

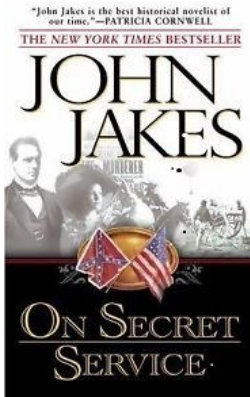
If you enjoy art or wish to learn call 508-892-7016. Classes are limited to 9 people so call early. \$20 for classes.

Monthly Grief Session

No matter who or what the loss come join us.

July 20 at 11:00 a.m.

BOOK CLUB On July 25 at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss "On Secret Service" by John Jake. Read about the lives of two idealistic couples intertwined with Abraham Lincoln, John Wilkes Booth and Allan Pinkerton. Learn about the New York draft riots and the formation of the Secret Service. This is a war of codes, ciphers and spies.



GOLDEN NEEDLES KNITTING

THIS GROUP MEETS EVERY TUESDAY AT 11:30 A.M. COME, STAY FOR LUNCH. LUNCH IS \$2.50. CALL ELDER SERVICES TO RESERVE YOUR LUNCH AT 508-852-3205.

DR. LACONTE PODIATRY APPOINTMENTS AT LEICESTER SENIOR CENTER—September 9, 2016. 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.**

CRIBBAGE WINNERS: 5/26/16, First Place, Nancy Willard, Second Place, Theresa Kowal Third Place, Mary Johnson and Rose Kowal, 6/2/16-First Place, Rose Kowal, Second Place, Mary Johnson, Third Place, Theresa Kowal, 6/9/16, First Place, Norma Dodge and Lorraine Monette, Second Place, Marie Ostugy, 6/16/2016, First Place, Ray Brezniak, Second Place, Kathy Hardwick, Third Place, Bob Tolman.

NEEDED—Golden Needles looking for baby yarn.

UPCOMING TRIPS:

- July 7, Plymouth Getaway Tour, leaves 8:30 a.m.- \$79
- August 11, Gloucester Lobster Cruise, leaves 9:00 a.m.- \$89 per person
- September 8, "Seven Brides for Seven Brothers" Ogunquit, Maine, leaves 9:00 a.m.—\$139 per person
- October 2-8, 2016, Pigeon Forge and Smoky Mountains Show Trip, leaves 8:00 a.m. —\$560 per person

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

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 a trip.

ONE WAY FARE

In town

\$1.25

Out of Town

\$1.50

ONE WAY FARE

Trip to Senior Center

25 cents



SUNDAY AFTERNOON PITCH

Calling all Pitch Lovers to come and stay cool during these HOT Summer months.

ALL ARE WELCOME TO TAKE ADVANTAGE OF OUR COOL DINING AREA. THE GAME STARTS AT 1:30 P.M.

**AD
PAGE**

Friends of the Leicester Senior Center

You're invited to join this newly created group. Read their mission and join by signing the form below.

Friends Mission - The purpose of the Friends of the Leicester Senior Center is to act as fundraiser by underwriting items or programs not covered by town or government funding.

Friends of the Leicester Senior Center

Date _____

Name _____

Address _____

Town _____

Phone _____

\$5 annual dues per person

Make check payable to: Friends of the
Leicester Senior Center, 40 Winslow
Ave., Leicester, MA 01524

Leicester Council on Aging

40 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.



COFFEE TIME

at

Leicester Senior Center

EVERY WEDNESDAY, 9:00 AM –10:00 AM



Come join us and share “goodies”,
“recipes or ideas.” All are welcome!



STRAWBERRY HILL CAFÉ COMMENTS

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: _____