

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

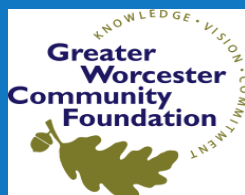
Our Mission : The Leicester Senior Center enriches the lives of the seniors by providing opportunities of volunteerism, education, recreation and social engagement

JULY 2017



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A BIG thank you to the Greater Worcester Community Foundation for their financial support of our Outreach Program. Without their assistance our senior center

would not be able to carry out the caliber of Outreach services provided to a growing population with Nancy Lamb, RN as Coordinator of this program.

Thank You.

COMING ATTRACTIONS

COA BOARD MEETING

Joint Meeting with our Schools

SEPTEMBER 7TH

8:00 A.M.

Wednesday, July 12, 11:00 AM

Catherine (Kate) Zebrowski

Will read from her novel "*Sleepwalking Backwards*"

THURSDAY JULY 20 AT 12:15 PM



ICE CREAM SOCIAL WITH

KATE CAMPANALE

EDWARD JONES SEMINAR

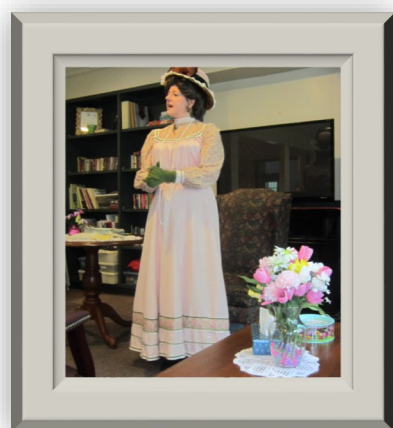
September 20th at 10:00 am Edward Jones will provide an educational seminar on "Estate Planning". An Estate Planning Attorney will be here. Refreshments served. Come and ask questions.

When it's time to say Good Bye. Sometimes it's not easy!!! Kevin Mizikar was our Town Administrator for nearly 4 years during which time our senior citizens grew to know and love him. Much luck to you Kevin as you follow your dreams.

Picture Gallery of the Month

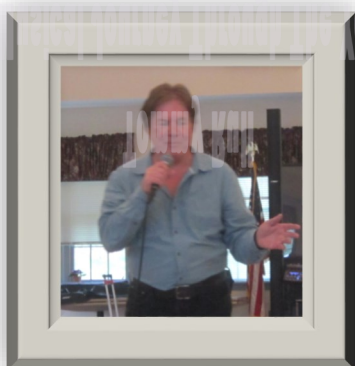
Victorian Courtship Tea

with Rita Parisi



Tommy Rull

A Musical Journey Through The Years



Saying Goodbye to Kevin



Fathers Day Senior Breakfast



STRAWBERRY HILL CAFE


***Diabetic
Friendly
Dessert**

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
3. BBQ Chicken Seasoned Potatoes Mixed Vegetables Strawberry Short-cake Diet—Strawberries	4. No Meals served On Holiday 	5. Marinated Pork Loin Vegetable Fried Rice Oriental Blend Veg. Mandarin Oranges	6. Chicken Sausage Jambalaya Rice Pilaf Green Peas Fresh Fruit Cornbread	7. Fish w/Crumb Topping Potato wedges Brussels Sprouts Tapioca Diet—Diet pudding
10. Roast Pork w/Gravy Mashed potatoes Country Blend Veg. Yogurt	11. Cold Roast Beef S/W Potato Salad Wheat Roll Fresh Fruit—Cantaloupe Ice Cream— Congregate meal	12. Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cr. Packet Pita bread and pineapple	13. Salmon Boat/Dill Sauce Mash potatoes Peas & Pearl Onions	14. Lasagna Broccoli Baked Apple Crisp Diet = Yogurt Salad— Congregate French Break
17. Sesame Beef Steamed White Rice Broccoli & Carrots Pineapple Fortune Cookie	18. Chicken Cacciatore Penne Pasta Italian Blend Veg. Mandarin Oranges	19. Shepherd's Pie Peas Carrots Chocolate Mouses	20. PICNIC MEAL Hot Dog on Bun Baked Beans Pasta Salad Fresh Fruit— Honeydew Mustard packet	21. Caesar Chicken Salad Sandwich Soup
24. Chicken Mornay Vegetable Cous-cous Roman Blend Veg. Peaches	25. Pot Roast Stew Steamed Potatoes Succotash Pudding & Diet	26. Pastrami Sandwich Soup	27. Chicken a La King Wild Rice Brussels' Sprouts Pears	28. Macaroni and Cheese Stewed Tomatoes Green Beens Fresh Fruit
31. Swedish Meatballs Gemelli Pasta Scandinavian Veg. Mandarin Oranges	<div> <div>JULY 2017</div>  </div>			

Calendar of Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 No Yoga 1:15 Line Dancing	4. Senior Center Is closed for Holiday 	5. 1:00 Balance	6. 10:00 Cribbage 11:00 NO YOGA 12:45 Bingo 1:15 Chair Yoga with Jessica	7. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi
10. 9:00 Art –Genevieve 10:00 Zumba Gold 10:00 Sen. Moore Office Hours 11:00 Chair Yoga/Ann 1:15 Line Dancing	11. 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	12. 9:00 NO SHINE 10:30 Catherine Zem- browski—Sleepwalking Backwards-Book read- ing and signing 1:00 Balance	13. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo 1:15 Chair Yoga with Jessica	14. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi
17. 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing	18. 10:00 Senior Group 11:00 Blood Pres- sure with Nurse Judy 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	19. 1:00 Balance	20. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:15 Ice Cream Social W /Kate Cam panale 12:45 Bingo	21. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:15 Chair Yoga with Jessica
24. 9:00 Art –Genevieve 10:00 Zumba Gold 10:30 SENATOR MOORE OFFICE HOUR 11:00 Chair Yoga/Ann 1:15 Line Dancing	25. 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	26. 1:00 Balance	27. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo 1:15 Chair Yoga with Jessica	28. 10:00 Meeting of Friends of the Leicester Senior Center 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi
31. 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing		<div>JULY</div> <div>2017</div>		

If you have attended any function at the senior center lately you could not help but notice how beautiful the grounds look. It is because of the efforts and devotion of our Garden Club, Mr. Jubinville, some of our employees, and girl scout Morgan and her parents.

Some time back Mr. Jubinville (a board member) his son and our own Genevieve Grenier planted a beautiful evergreen on our traffic circle (known in Massachusetts as a rotary). Morgan (a girl scout) and her parents (mom is a girl scout leader) decided to draw up a garden plan and place slate stepping stones and flowers on our rotary.

These cooperative efforts from our community allow for this center to be a showplace which begins as soon as the snow has gone and the sun begins to warm. We recently had a visitor who gave us a beautiful geranium.

For all who are responsible and give of their time so generously to make sure that our senior center is welcoming — thank you. Our senior center is a place of beauty inside and out for all who want to participate.

Rachelle

OUTREACH—LAMB BYTES

Vroom-Vroom Hey Ladies July is Womens Motorcycle Month. Get out those leather jackets and come on over to see us! If you get here on the 21st we'll sit around and celebrate National Junk Food Day.



Our "Drop In" Friday Coloring Day is fun. Lots of giggles and nice pictures. I keep the coloring pencils supplied with trips to Walmart where I seem to run into most of the senior center gang in one aisle or the next. Did you know the first Walmart opened in 1962 in Rogers Arkansas.

Be sure to check out the big circular space in front of our building. The Girl Scouts have landscaped with flowers and a small walkway.

It's looking beautiful!

If you travel through the month of July—enjoy the warm weather and a sense of contentment. The birthstone, the ruby, gives you a sense of contentment and if you see a water lily—it symbolizes joy.

Everyone take care—I'll be trotting back in August to update y'all!

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 holidays during the summer months; Independence Day, July 4, and Labor Day, September 4.

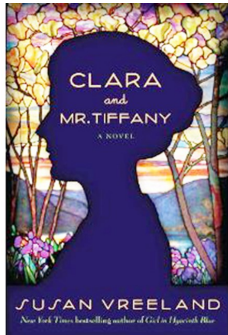
Genevieve's Art Studio-

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.

Monthly Grief Session

No Grief Sessions June, July and August

BOOK CLUB On July 31 at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss "Clara and Mr. Tiffany" by Susan Vreeland.



The novel presents these two figures--one the giant of American decorative arts, the other unknown--as they engage each other, collaborating, probing and frustrating each other, stumbling over their passions.

Tiffany confronts the central issue in the Arts and Crafts debate: art versus industry, and its concomitant, creative indulgence versus financial restraint. Clara is a vibrant, intelligent, wry woman, a leader whose challenge, like that of many women, is to decide what makes her most happy--the professional world of her hands, or the personal world of her heart.

GOLDEN NEEDLES KNITTING

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

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:

- July 21 "Gloucester Lobster Cruise" departs 9:00 AM, \$89 per person.
- 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: 5/18/17-First Place, James Durant, Second Place, Jim Progren Third Place Ray Fluet, 5/25/17, First Place, Charlie Sawa, Second Place, Doris Fluet, Third Place, James Durant and James Progren. 6/1/17 First Place, Adrian Lessard, Second Place, Charles Sawa. Third Place, Lorraine Monette, 6/8/17 First Place, Charlie Sawa, Second Place, Bob Tolman, Third Place , Norma Dodge, 6/15/17 First Place, Jimmy Durant, Second Place, Jim Progren, Third Place Doris Fluet and Ray Fluet

**AD
PAGE**

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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 15**

**CATERED TO YOU LUNCHEON FOR JULY**

July 7--Cheoy Lee's-- Gen'l Gao's Chicken, Pork Fried Rice, Spring Roll

July 12--Karol's--Chicken Limone w/pasta

July 18--Northeast --Pizza & Baklava

July 28--Eller's-- Spaghetti w/meatball

Meals are \$4.00. You must sign up and pay in advance--No money will be returned to you.

**ENJOY THE SUMMER!!
STAY COOL AND HYDRATED**



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: _____

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