

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

May 2016 HIGHLIGHTS

Monday, May 2	9:00 a.m. Art with Genevieve 10:00 a.m. Zumba Gold 11:00 a.m. Chair Yoga with Ann NO Line Dancing	Monday, May 16	9:00 a.m. Art with Genevieve 10:00 a.m. Zumba Gold 10:00 a.m. Senator Moore 11:00 a.m. Chair Yoga at Ann No Line Dancing
Tuesday, May 3	10:00 a.m. Senior Citizen Club 10:00 a.m. Blood Pressure with Paula 11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group	Tuesday, May 17	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, May 4	Nails by Quaboag 10:30 a.m. Visit to Brookdale w/lunch 1:00 p.m. Balance	Wednesday, May 18	10:00 a.m. Downsizing with Joanne Rose 11:00 a.m. Grief Session 1:00 p.m. Balance
Thursday, May 5	8:00 a.m. COA Board Meeting 10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann 12:45 p.m. Bingo	Thursday, May 19	9:00 a.m. Monthly Breakfast 10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann 12:45 p.m. Bingo by the Meadows
Friday, May 6	10:30 a.m. Tai Chi 12:00 p.m. Pasta Bar w/ Penne Pasta 1:15 p.m. Chair Yoga with Jessica	Friday, May 20	10:30 a.m. Tai Chi 1:15 p.m. Chair Yoga with Jessica
Monday, May 9	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 No Line Dancing	Monday, May 23	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 No Line Dancing
Tuesday, May 10	10:00 a.m. Healthy Eating for the Heart by HomeInstead 11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group	Tuesday, May 24	9:15 Board Training with Emmett 11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group
Wednesday, May 11	SHINE - 9:00 TO 11:00 A.M. Call 10:00 a.m. Brain Game 1:00 p.m. Balance	Wednesday, May 25	10:00 a.m. to noon—Health Fair 1:00 p.m. Balance
Thursday, May 12	10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann 11:00 a.m. Blood Pressure with Judy 12:45 p.m. Bingo	Thursday, May 26	10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann 12:45 p.m. Bingo
Friday, May 13	10:30 a.m. Tai Chi 1:15 p.m. Chair Yoga w/Jessica	Friday, May 27	10:30 a.m. Tai Chi 1:15 p.m. Chair Yoga with Jessica
		Monday, May 30	Closed for Memorial Day
		Tuesday, May 31	11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group

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



Director's Corner

UPCOMING TRIPS:

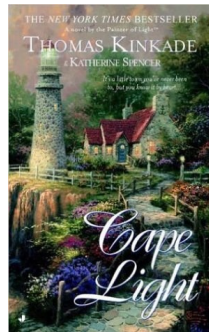
- May 19, Captain Jack's Lobster & Foxwoods Resort Casino, leaves 9:30 a. m. - \$79 per person
- June 8, "Funny Girl", North Shore, leaves 10:00 a.m.- \$109 per person
- July 7, Plymouth Getaway Tour, leaves 8:30 a.m.- \$79
- August 11, Gloucester Lobster Cruise, leaves 9:00 a.m.- \$89 per person
- September 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.

Barbara's Highlights/Outreach

Barbara

BOOK CLUB On May 23 at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss "CapeLight by Katherine Spencer and Thomas Kinkaid. Nestled in New England is the picturesque seaside hamlet of Cape Light, where everyone knows everyone, and folks still care about one another. But Cape Lighters have their share of hidden dreams, desires, and doubts, too.



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— June 17, 2016. Call 508-752-9444 to schedule appointments or make any changes.

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

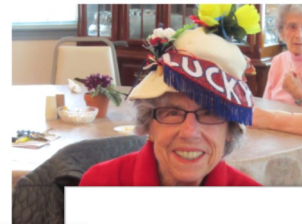
Trips to Senior Center

**SPECIAL
SHOPPING TRIPS**
Must call senior
center
Round Trip Fare
\$2.00

Photo Gallery of the Month

SENIOR
BREAKFAST

HOT
DOG
BAR



CRAZY HAT DAY

STRAWBERRY HILL CAFE

***Diabetic
Friendly
Dessert**


Lunch weekdays at Noon. Reservations & cancellations must be made 48 hours in advance. Call

****Higher
Sodium
Entrée**

Donna at 1-508-892-7016 or the Elder Services between 1-1:30 p.m. AT 508-852-3205. 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
2. Jambalaya Rice Pilaf Green Peas Fresh Fruit	3. Meatballs/ Onion Gravy Mashed Potatoes Roman Blend Vegetables Tapioca Pudding & Diet	4. Pork Chow Mein Brown Rice Oriental Blend Vegetables Mandarin Oranges	5. Mothers Day Meal Stuffed Chicken Sour Cream & Chive Potatoes Peas & Carrots Chocolate Mousse	6. Pasta Bar Penne Pasta Sweet Sausage & Meatballs Assorted Sides Breadsticks Dessert
9. Beef Mediterranean Steamed Rice Broccoli Pears	10. Favorite Hot Dog Baked Beans Hot Potato Salad Fresh Fruit	11. Chicken Primavera Pasta Spinach Brownie/Diet=Small Piece	12. Salmon Boat with Dill Sauce Mashed Potatoes Peas & Pearl Onions Cookie	13. Favorite Lasagna Green Beans Apple Crisp Diet=Small Serving
16. Roast Pork with Gravy Mashed Potatoes Jardinière Vegetables Yogurt	17. Shepherd's Pie Carrots Peas Mandarin Oranges	18. Bacon Omelet O'Brien Potatoes Green Beans & Tomato Streusel Cake Diet=Small Piece	19. BBQ Chicken Seasoned Potato Country Blend Vegetables Fresh Melon	20. Caesar Chicken Salad Soup du Jour
23. Chicken Mornay Couscous Roman Blend Vegetables Peaches	24. Pot Roast Stew Steamed Potatoes Succotash Fruit Crunch Bar Diet=Cookie	25. Turkey a la King Wild Rice Brussels Sprout Pears	26. Ham Salad Soup du Jour	27. Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit
30. Closed for Memorial Day No meals served	31. Buttermilk Chicken Mashed Potatoes Mixed Vegetables Fruit Cocktail			

May 2016

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

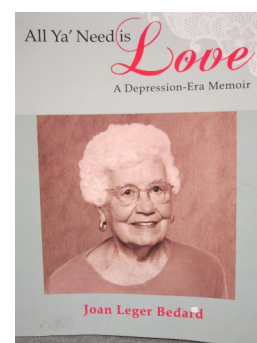
Leicester Council on Aging40 Winslow Avenue
Leicester, MA 01524-0242***Address Service Requested***The mailing of this newsletter is funded, in part, through a grant
from the Massachusetts Executive Office of Elder Affairs.***"All Ya Need Is Love"**

by

Joan Leger Bedard**Monday, May 23, 1:00 PM
Leicester Senior Center**

Come meet the author and hear her talk about her childhood years during the Great Depression. It was a life without cellphones, the Internet, and Twitter. People had to make with what they had.

She will answer questions and sign copies of her book .



FISH PROGRAM - transportation for individuals to doctors' appointments only. FISH drivers wait and return home safely. Call Mary Johnson at 508-859-8308. **Need Drivers.**

CRIBBAGE WINNERS: 3/17/16, First Place, Doris Fluet, Second Place, Wayne Bombard, Mary Johnson, Lorraine Monette, Third Place, James Durant, 3/24/16-First Place, Wayne Bombard, Second Place, Jim Progin, Third Place, Doris Fluet, 3/31/16-First Place, Ray Fluet, Second Place, James Durant and Marie Ostiguy, 4/7/16-First Place, Marcel Poirier, Second Place, Norma Dodge, Third Place, Doris Fluet

★ NEEDED—Golden Needles is looking for baby yarn.

DON'T FORGET TO RENEW YOUR SUBSCRIPTION. CALL THE CENTER TO KNOW WHEN

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: _____