

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

May 2018



COMING ATTRACTIONS



MOTHERS DAY CELEBRATION

May 9, 11:00 AM

Entertainer Dwayne Carlson

Call or sign up for lunch



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ESSENTIAL OILS

with Kay Cooney

May 16, 10:00 AM

Join us for an interactive "Do It Yourself" session as she talks and walks you through making a personal wellness product for yourself

Please RSVP to plan on supplies. Please call (508) 892-7016

SECOND ANNUAL SENIOR TO SENIOR PROM



at Leicester Senior Center

May 11, 6:00 PM

Pasta Meal by Harry—
6:00 PM to 7:30 PM

Entertainment by Tommy Rull
from 7:30 to 8:30 PM

Entertainment paid for by Leicester Arts Council



Edible Roots

By John Root,
Naturalist and Educator
May 23, 11:00 AM

Paid for by Leicester Arts Council

EDWARD JONES SEMINAR

May 2nd at 10:30 am Edward Jones will provide an educational seminar on "Estate Planning". An Estate Planning Attorney will be here. Refreshments will be served. Come and ask questions.

Picture Gallery of the Month

ACTIVITIES AT THE SENIOR CENTER



Name That Tune with Eddy Pond




Senior Spring Celebration & Education Symposium

STRAWBERRY HILL CAFE

*Diabetic
Friendly
Dessert

For Lunches served at the Senior Center weekdays at noon reservations & cancellations
must be made 48 hours in advance by calling Donna at 508-892-7016
Menu subject to change. All meals include milk, margarine & bread
Your donation of \$2.50/meal helps keep the program running.

**Higher
Sodium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 2018	1. Shepherd's Pie Peas Carrots Apple Cinnamon Grahams	2. Turkey A La King Wild Rice Brussels Sprout Peaches	3. Sliced Turkey Sand. Soup	4. Macaroni and Cheese Stewed Tomatoes Carrots Peaches
7. Swedish Meatballs Gemelli Pasta Scandinavian Veg. Mandarin Oranges	8. Pork-Ribique Mac'n Cheese Corn Niblets Strawberries/ Whipped Topping	9. Sloppy Joe Potato Wedges Mixed Veg. Fresh Fruit	12. Mothers Day Meal Chicken Cordon Bleu Mashed Sw. Potatoes Scan Veg. Cream Puff/vanilla Mousse	11. Baked Haddock Garden Blend Rice Broccoli Brownie
14. Buttermilk Chicken Red Bliss Potatoes Peas Carrots Baked Apples	15. Stuffed Pepper Cas- serole Mashed Pot. Carrots Fresh Fruit	16. Garlic Herbed Chicken Potatoes Au Gratin Winter Mixed Veg Peach Streusel Cake	19. Beef w/Pearl Onions Rice Pilaf Green Beans Pineapple	20. Corned Beef Sand Soup
23. Beef Burgundy Brown Rice Broccoli. Peaches	24. Roast Turkey Cranberry Stuffing Calif. Blend Veg. Pudding	25. American Chop Suey Broccoli & Red Peppers Corn Apple Crisp	26. Chicken Pesto Delmonico Potatoes Chuckwagon Corn B'day Cake	27. Hot Dog on a Bun* Baked Beans Coleslaw Fresh Fruit
28. Closed For Memorial Day	29. Hamburger w/ Onions & Peppers Mashed Potatoes Honey Glazed Carrots Granola Bar	30. Ranch Chicken Wild Rice Tusc. Veg. Mandarin Oranges	31. Egg Frittata O'Brien Pot. Stewed Tomatoes	

Calendar of Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 2018	1. 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	2. 9:00 Train your Brain 10:00 Women's Club Meeting 10:30 Edward Jones 1:00 Balance/Heidi	4. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	5. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi
7. 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing-Forty Arroyo	8. 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	9.. 9:00 Train your Brain 9:00 SHINE– call for appt. 11:00 Mothers Day Celebration with Dwayne Carlson 1:00 Balance/Heidi	10. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	11. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi 6:00 Second Annual Senior to Senior Prom
14. 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 12:00 Sen. Moore Office Hour 1:15 Line Dancing-Forty Arroyo	15. 10:00 Senior Group 11:00 BP with Judy 11:30 Golden Needles 1:00 Exercise/Heidi 6:30 Fiber Group	16. 9:00 Train your Brain 10:00 Essential Oils with Kay Cooney 11:00 <u>Grief Session</u> 1:00 Balance/Heidi	17. 9:00 Senior Breakfast 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	18. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi
21. 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing-Forty Arroyo	22. 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	23. 9:00 Train your Brain 10:00 John Root—Edible Roots 1:00 Balance/Heidi	24. 10:00 Cribbage 11:00 <u>Chair Yoga/Ann</u> 12:45 Bingo	25. 10:00 to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi
28. CLOSED FOR MEMORIAL DAY 	29 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	30. 9:00 Train your Brain 1:00 Balance/Heidi	31. 10:00 Cribbage 11:00 <u>Chair Yoga/Ann</u> 12:45 Bingo	

So you thought that bullying only happens among teenagers. Think again!!! There are no age limits to bullying. Many senior citizens are victims of bullying. This form of abuse often goes ignored by staff who are uncertain on how to deal with such aggressive and abnormal behavior. Often they think it will go away. It does not!! Here at the Leicester Senior Center there is ZERO tolerance for such behavior. The senior center has firm policies as follows: If you are caught bullying you will be asked to leave. If you are caught telling someone that they cannot sit in an empty seat or to move you will be informed that seats are not saved. If you are not happy with this and make a fuss, you will be asked to leave. If you are caught making nasty remarks including forms of gossip about someone that are hurtful you will be asked to leave. We are known as one of the most welcoming center and we want to keep it that way. Let us all be respectful of others, no matter race, color, creed, political affiliation. Rachelle

OUTREACH—LAMB BYTES

G'Day everybody-

Another month has flown by! Snow in April – gee-willikers! 😊

I'm happy to be catching up with y'all during May – named after the goddess of fertility (Maia).

My barnyard buddies always like getting out in the pretty green pastures. The beautiful green reminds us of emeralds – the birthstone of May which symbolizes love and success. Out a bit further in the south pasture we see a lot of lily of the valley. That is the birth flower for May symbolizing purity, luck, and happiness. Winston, our pig, loves the flowery scent. After our midday pasture romp we all feel happy and refreshed – sorta like after an exercise class or the Wednesday morning walk at the Senior Center. Hmm – have I told y'all the old tale of the south pasture?? It's been told that there is a family of fairies living amongst the flowers and occasionally leave shiny pennies. The pennies have magic containing power and good fortune. I'd like to find some and spread good luck on all my friends. Speaking of good fortune we are happy to hear that our friend Dwayne Carlson will be at the Senior Center on May 9th with variety of songs to help celebrate Mothers Day. Henrietta and Ozzie (my geese buddies) are hoping for a "honk-a-long" Ha! Ha! Salt and Pepper (the goats) and Winston are really wanting to hear the program on "Edible Roots" on May 23rd. I better pick up some Pepto-Bismol "just in case". Winston will try anything once! My other buddies plan to listen in on "Essential Oils" by Kay Cooney, May 16th. They're hoping to gather some information for dry hooves. 😊

Whatever you decide to do this month – start each day with a pinch of happiness and spread a dash of good fortune wherever you can. Reach out to your pals.

It's time for me to head to the Divine Critters Apothecary for that Pepto-Bismol and stop at the "Curl & Dye Salon for my monthly tail conditioning dip.

Tootles –



Lambie Pie

Next month meet Molasses!!!

Friends of the Leicester Senior Center

At the March 30th meeting of the Friends of the Leicester Senior Center, it was voted to disband the organization. The money in the Friends bank account will be given to the Leicester Senior Center for unmet needs which was the goal of the Friends. We thank all members and friends who have helped and contributed to this endeavor.



TaxAide Program

AARP is looking for tax preparers. If interested and looking for more information please call the Leicester Senior Center at 508-892-7016



Parlez-vous Français?

Last session tentatively set for
May 30th, 11:30 AM

Worcester County Senior Athletic Association

The association is a group of senior men whose skill sets vary as much as their ages. They have fun staying active playing, **Softball, Volleyball, Bowling, and Pool**. If you are 55 or older, you're welcome to come watch or play in a game for free!

If you decide to join it's only \$50 per year!

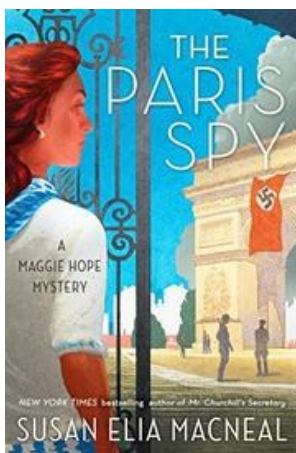
FOR MORE INFORMATION

Email: wcsaa55.com

Call: Wally Nutter 508-882-3304 OR
Doug Belanger 508-726-7911



OUR OUTREACH PROGRAM IS SPONSORED
IN PART BY A GRANT FROM THE GREATER
WORCESTER COMMUNITY FOUNDATION.



BOOK CLUB On May 21, 2018 at 1:00 p.m. members of the Book Club will meet at the Leicester Senior Center to discuss "The Paris Spy" by Susan Elia MacNeal. Maggie Hope is in Paris during WWII waiting for forged identity papers and hoping to find her half sister, Elise Hess, a Resistance fighter who'd escaped from Germany, and learn the whereabouts of

SOE agent Erica Calvert, who's been collecting sand samples to help determine where the invasion forces should land. When the documents arrive, Maggie checks into the Hôtel Ritz posing as neutral Irishwoman Paige Kelly, who's shopping for her trousseau. But tending to the wounds of a German knocked down by a bike as she's on her way to the Ritz brings Maggie to the highly consequential attention of Generaloberst Christian Ruesdorf. At the Ritz, Maggie is befriended by Coco Chanel, who introduces her to high-ranking Germans she'd rather avoid. . On the home front, SOE and MI6 continue to battle each other. Despite many warnings, SOE's head ignores the fact that radio reports are coming from France without the code that's supposed to guarantee their authenticity. The secret of the invasion landing is the most important in the war, and Churchill will do anything to protect it. Can Maggie pull off a great escape and save the day?

GOLDEN NEEDLES KNITTING

MEETS EVERY TUESDAY AT 11:30 A.M. COME, STAY FOR LUNCH \$2.50. CALL DONNA TO RESERVE YOUR MEAL AT 508-892-7016.

DR. LACONTE PODIATRY June 15, 2018 at Leicester Senior Center. Call 508-752-9444 to schedule appointments or make any changes.

UPCOMING TRIPS:

- **May 18**—"Bull & Claw" in Wells Maine. \$84 Lobster or Prime Rib bake. Due by April 17.
- **June 14**—Gloucester Lobster Cruise. \$89. Payment due May 15.
- **July 19**—Interlakes Summer Theatre, NH "Show Boat" Lunch at Hart's Turkey Farm Turkey, Beef Or Haddock. \$89 due by June 18.
- **August 15**—North Shore Playhouse "Mama Mia". Lunch at Danversport Yacht Club. \$119 due by July 17.
- **September 12**—Newport Playhouse "There is a burglar in my bed" Buffet and Cabaret. \$89 due by August 21.
- **October 11-14**—Washington D.C.— Staying Embassy Suites. \$610 includes tip for driver and guides, last payment due September 4th
- **November 16**— Captain Jack's and Foxwoods Casino Choice of Lobster or Prime Rib. \$76 due by October 16.
- **December 1**—Reagle Theatre Christmas Show and Chateau Restaurant. \$119 due by November 1.

Call Joan Wall for more info at 508-892-3967. Make checks payable to her .

WRTA NON ADA SERVICE

Call 508-752-9283 48 Hours in advance



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: 3/29/18-First Place, Jim Progin; Second Place, Nancy Willard; 4/5/18, First Place, Connie Lessard; Second Place, Rose Kowal; 4/12/18, First Place, Tied, Charlie Sawa , Connie Lessard

**AD
PAGE**

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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.



Train Your Brain

Wednesdays at 9:00 AM

Join Us In Celebrating Our
20th Anniversary Of

ElderCare 2018

A Free Event For Seniors & Caregivers

NEW LOCATION!

Leicester Country Club
1430 Main Street
Leicester, MA 01524

SPONSORED BY:

Central Massachusetts
Agency on Aging, Inc.



ENGAGE AT EVERY AGE!

New Date & Time!

Wednesday, May 16, 2018

9:30 A.M. to 1:30 P.M.



Worcester County
Sheriff's Office

CATERED TO YOU LUNCHEON FOR MAY

May 15— Chinese Meal with fried rice

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

DON'T WAIT TILL THE LAST MINUTE TO ORDER YOUR RESTAURANT MEAL. THE MONEY AND ORDERS ARE COLLECTED IN ADVANCE AND EACH MEAL IS CLOSED ABOUT A WEEK BEFORE. ORDER EARLY OTHERWISE YOU'LL MISS OUT.

DON'T FORGET TO RENEW YOUR SUBSCRIPTION. CALL THE CENTER TO KNOW WHEN YOU LAST PAID. THANK YOU.

STILL TIME TO SUBSCRIBE**2018 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: _____