

# 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

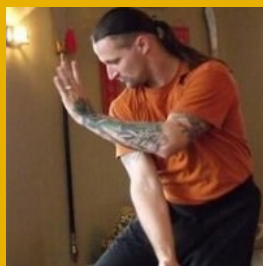
Our Mission : The Leicester Senior Center enriches the lives of the seniors by providing opportunities of volunteerism, education, recreation and social engagement

## October 2016



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### Tai Chi with Gary Lachapelle

Fridays 10:30 AM

Gary is a coach and instructor of the Kung Fu and Tai Chi Academy of New England in Auburn. Sifu Gary has over 20 years of martial arts and 10 years of Tai Chi Chuan experience, and in 2006 received his 3rd level Black Sash.

## COMING ATTRACTIONS



October 26 at Noon

Pasta Lunch

Sponsored by Kate Campanale

Halloween Costume Party



October 13 at Noon

Pizza Party

Sponsored by Leicester Fire Dept.

Fire Dept. Mobile Unit will be here at

## Special People



Donna, Leicester Senior Center Nutrition Manager, has been an energetic and cheerful asset to the center. She is welcoming to all having lunch whether they are new or regulars. During this football season we know Donna is definitely a Patriot's fan. She is indeed a special person.

# Picture Gallery of the Month

## From Leicester England



Girl Scouts

## Donna Lee presented "Legendary Ladies of Country Music and More"



Massachusetts Cultural Council

TO A FULL HOUSE SEPT. 21  
PAID FOR BY THE LEICESTER ARTS COUNCIL

We are very grateful for their support.










**\*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  
Menu subject to change. All meals include milk, margarine & bread

**\*\*Higher  
Sodium**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3.</b> <b>Roast Pork w/ Gravy</b> Mashed Potatoes Jardiniere Vegetables Fresh Fruit	<b>4.</b> <b>Shepherd's Pie</b> Peas Carrots Mandarin Oranges	<b>5.</b> <b>Bacon Omelet</b> O'Brien Potatoes Green Beans & Tomato Fruited Ambrosia Diet=SF Pudding	<b>6.</b> <b>Chicken Cacciatore</b> Penne Pasta (Plain) Italian Blend Vegetables Vanilla Mousse*	<b>7.</b>  <b>N.Y. Pastrami</b> Soup du Jour.
<b>10.</b> <b>Columbus Day</b> No Meals Served	<b>11.</b> <b>Pot Roast Stew</b> Steamed Potatoes Succotash Mixed Fruit	<b>12.</b>  <b>Sliced Roast Beef</b> Soup u Jour	<b>13.</b> <b>Pizza Party</b> By Leicester Fire Dept.	<b>14.</b> <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Fresh Fruit.
<b>17.</b> <b>Swedish Meatballs</b> Egg Noodles Scandinavian Vegetables Pineapple	<b>18.</b> <b>Buttermilk Chicken</b> Yukon Gold Pot. Mixed Veg. Tapioca Pudding Diet Tapioca Pud.	<b>19.</b> <b>Pork with Apples</b> Mashed Potatoes Peas Brownie Diet=Plain Cake	<b>20.</b> <b>Salmon Boat</b> Mashed Potatoes Tuscany Style Veg. Mandarin Oranges	<b>21.</b> <b>Beef &amp; Bean Chili</b> Brown Rice Broccoli Fresh Fruit
<b>24.</b> <b>Roast Turkey</b> Mashed Sweet Potatoes California Veg Pudding & Diet	<b>25.</b> <b>Pork Rib-i-que</b> Hot Potato Salad Corn Niblets Strawberries/Whip Topping	<b>26.</b> <b>Kate Campanale</b> Italian Herb Chicken Stuffed Shells Salad & Rolls	<b>27.</b>  <b>Ham Salad</b> Soup du Jour	<b>28.</b> <b>Garlic Herbed Chicken</b> Mashed Potatoes Cntry Blend Veg. Peaches
<b>31.</b> <b>Beef Patty (w/roll)</b> Peppers & Onions Tater Tots Cole Slaw Yogurt	<div>    </div> <h2>October 2016</h2>			

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



## Calendar of Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 10:00 Sen. Moore Office Hour 11:00 Chair Yoga/Ann 1:15 Line Dancing	<b>4.</b> 10:00 Senior Cit. Club 11:30 Golden Needles 1:00 Exercise Group 6:30 Fiber Group	<b>5.</b> 9:00 Women's Club 9:00 Walking Group 10:00 Country Bank on Fraud/Prizes 1:00 Balance	<b>6.</b> 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	<b>7.</b> 10:30 Tai Chi 1:15 Chair Yoga with Jessica
<b>10.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 10:00 Kate Campanale Office Hour 11:00 Chair Yoga/Ann 1:15 Line Dancing	<b>11.</b> 1:30 Golden Needles 1:00 Exercise Group 6:30 Fiber Group	<b>12.</b> 9:00 Walking Group 9:00 SHINE—call for appointment 11:00 Grief Session 1:00 Balance	<b>13.</b> 10:00 Cribbage 11:00 B.P. with Judy 11:00 Chair Yoga/Ann 11:00 Fire Dept. Mobile 12:00 Pizza party by Fire Dept. 12:45 Bingo	<b>14.</b> 10:30 Tai Chi 1:15 Chair Yoga with Jessica
<b>17.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing	<b>18.</b> 10:00 Senior Cit. Club 11:30 Golden Needles 1:00 Exercise Group 6:30 Fiber Group	<b>19.</b> 9:00 Walking Group 1:00 Balance	<b>20.</b> 9:00 Breakfast Club w/Moses Dixon 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	<b>21.</b> 10:30 Tai Chi 1:15 Chair Yoga with Jessica
<b>24.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing	<b>25.</b> 9:00 B.P. St. Francis 11:30 Golden Needles 1:00 Exercise Group 6:30 Fiber Group	<b>26.</b> 9:00 Walking Group 12:00 Pasta Lunch with Kate Campanale 1:00 Balance	<b>27.</b> 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	<b>28.</b> 10:30 Friends of the Senior Center Meeting 10:30 Tai Chi 1:15 Chair Yoga with Jessica
<b>31.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing	<div>    </div> <h1>October 2016</h1>			



## Director's Corner

IF ANYONE IS INTERESTED IN ANY SPECIAL ACTIVITY NOT SEEN IN OUR BROCHURE PLEASE LET US KNOW. WE ALWAYS WELCOME NEW IDEAS AND SUGGESTIONS. WE HAVE LOTS OF WONDERFUL PROGRAMS SO TELL YOUR NEIGHBOR ABOUT US, INVITE A FRIEND. WE HAVE A FULL PLETHORA OF WONDERFUL GOINGS ON AT ALL TIMES. IF YOU ARE LONELY AND SITTING AT HOME IT IS ONLY BECAUSE YOU ARE NOT TAKING ADVANTAGE OF OUR BEAUTIFUL FACILITY AND THE PROGRAMS WE OFFER. **ISOLATION LEADS TO DEPRESSION.** IF YOU ARE GRIEVING, DON'T DO IT ALONE, WE HAVE A WONDERFUL GRIEF SESSION HELD EACH MONTH ON THE SECOND WEDNESDAY AT 11:00 A.M. WE HAVE ART CLASSES BY ARTIST GENEVIEVE GRENIER EACH MONDAY AT 9:00 A.M. \$20 FOR 4 WEEKS. IT IS REALLY THERAPEUTIC. WE HAVE LINE DANCING, TAI CHI, BALANCE, EXERCISE, YOGA, CHAIR YOGA, WALKING CLUB. THERE'S BINGO ON THURSDAY AFTERNOON, CRIBBAGE THURSDAY MORNING, PITCH ON SATURDAY EVENING. WE WILL SOON BE STARTING A BRIDGE CLUB. WE HAVE SPECIAL LUNCHESES AND ENTERTAINMENT. YOU HAVE NO REASON NOT TO BE HERE AND ENJOYING YOURSELF BY SOCIALIZING, GETTING IN GOOD SHAPE, HAVING A GOOD LUNCH, ETC.

RACHELLE

## Barbara's Highlights/Outreach

OUR VETERANS' BREAKFAST THIS YEAR WILL BE CELEBRATED ON THE 10TH OF NOVEMBER AT 9:00 A.M. THIS IS A MONUMENTAL PROJECT FOR US. WE HAVE SEVERAL LOCAL VENDORS WHO HELP US TO SPONSOR THIS PROGRAM. EACH YEAR WE SET TIME ASIDE TO SAY THANK YOU TO THOSE WHO SERVE AND HAVE SERVED IN OUR MILITARY. FRIENDS, FAMILY AND VETERANS GATHER AT THE SENIOR CENTER. WE HONOR THESE WONDERFUL MEN AND WOMEN AND WE REMEMBER THOSE WHO GAVE IT ALL AS WELL AS OUR POWS AND MIAS. NEARLY 150 GATHER TO REMEMBER WHERE A YOUNG STUDENT SINGS THE NATIONAL ANTHEM. WE ARE HUMBLER AND SHOW RESPECT. THIS YEAR OUR GUEST SPEAKER WILL BE USAF MAJOR GENERAL GARY W. KEEFE AND MASTER OF CEREMONIES WILL BE WILLIAM (BILL) MOORE COMBAT VETERAN AND CEO OF PROJECT NEW HOPE.

STAY TUNED FOR MORE INFORMATION ABOUT THIS SPECIAL EVENT. BARBARA



OUR OUTREACH PROGRAMS ARE SPONSORED IN PART BY A GRANT FROM THE GREATER WORCESTER COMMUNITY FOUNDATION. WE ARE SO GRATEFUL FOR THEIR FINANCIAL SUPPORT.

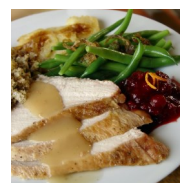


MOSES DIXON

WILL BE SPONSORING  
THE MONTHLY BREAK-  
FAST, OCTOBER 20.  
MUST CALL TO SIGN  
UP AT 508-892-7016

## COMING ATTRACTION

Sen. Moore's  
Turkey Dinner  
November 1, Noon



COME OR CALL SENIOR CENTER TO SIGN UP

## Ali's Corner—Community Outreach Liaison

If you need assistance please call the Senior Center AT 508-892-7016. All help is maintained in the strictest of confidence.

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

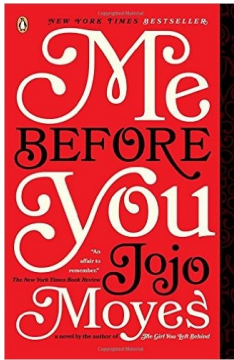
## Genevieve's Art Studio-

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

## Monthly Grief Session

We come as strangers and become friends as we have all lost someone special. We gather together to heal!!!

October 12 at 11:00 a.m.



**BOOK CLUB** On October 31 at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss "Me Before You" by Jojo Moyes. This novel brings to life two people who couldn't have less in common. Will is acerbic, moody, bossy - but Lou refuses to treat him with kid gloves, and

soon his happiness means more to her than she expected. When she learns that Will has shocking plans of his own, she sets out to show him that life is still worth living. This novel is- a heartbreakingly romantic story that asks: What do you do when making the person you love happy also means breaking your own 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.

We are in need of baby yarn.

#### DR. LACONTE PODIATRY APPOINTMENTS

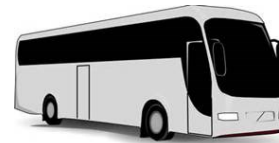
Nov, 11 2016 at Howe Village in Spencer, at the Leicester Senior Center, Feb. 3, 2017, and April 21, 2017. Call 508-752-9444 to schedule appointments or make any changes.

**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:

- October 2-8, 2016, Pigeon Forge and Smoky Mountains Show Trip, leaves 8:00 a.m. —\$560 per person
- October 21, Foxwoods, leaves 8:00a.m. \$24 per person
- November 10, Indian Head Christmas Tour , White Mountains, NH leaves 8:30a.m.—\$79 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

**CRIBBAGE WINNERS:** 8/18/16, First Place, Doris Fluet, Second Place, Mary Johnson and Wayne Bombard , 8/25/16-First Place, Wayne Bombard, Second Place, Nancy Willard, Third Place, Mary Johnson, 9/1/16, First Place, Mary Johnson, Second Place, Jimmy Durant, Third Place, Roger Kowal, 9/8/2016, First Place, Nancy Edward, Second Place, James Durant, Third Place, Wayne Bombard . 9/15/2016, First Place, Bob Tolman, Second Place, Theresa Kowal, Third Place, Ray Brezniak .9/22/2016, First Place, Ray Fluet, Second Place, Wayne Bombard, Third Place, James Durant.

**AD  
PAGE**

**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**Joanne Rose, MA, **Chair**Jane Todd, **Vice Chair**Nancy Begin, **Secretary**

Richard Jubinville

Ruth Dowgielewicz

Pat Faron

Marilyn Hyland

Nancy Lamb

Bill Moore

**Selectmen-Liaison**

Doug Belanger

Dianne Provencher

**Shine Counselor**

Pamela Threlfall

**Nutrition Site Manager**

Donna McDonald

**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.*

**Friends of the Leicester Senior Center Membership Form**

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

40 Winslow Ave.

Leicester, MA 01524

**Our 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.

**GODDARD HOUSE FIELD TRIPS**

**There will be field trips this October and November. Call the Leicester Senior Center at**

**508-892-7016 or come to the Senior Center for details and to sign up.**

**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: \_\_\_\_\_