

# 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



April 2017



## COMING ATTRACTIONS

### VOLUNTEER APPRECIATION

WEDNESDAY APRIL 19 AT NOON

FREE LUNCH FOR VOLUNTEERS

OTHERS \$2.50

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## Senior Breakfast

Thursday, April 20, 9:00 AM

Call for reservations. All are welcome.

The fee is \$3.00



APRIL 26 at SENIOR CENTER  
FROM 10 TO NOON

## PROM NIGHT AT THE SENIOR CENTER



APRIL 28, FROM 6 TO 9 P.M.



COME AND REMEMBER WHAT IT WAS LIKE THEN. COME DANCE THE NIGHT AWAY AT OUR FIRST SEMI FORMAL SENIOR PROM. MUSIC OF THE 40S, 50S AND 60S. A PASTA DINNER BY HARRY BROOKS. PROM IS SPONSORED BY ABBY SHAW A SENIOR AT OUR LOCAL HIGH SCHOOL AND THE NATIONAL HONOR SOCIETY. RSVP BY **APRIL 21** BY CALLING THE SENIOR CENTER AT 508-892-7016.

### Abigail Shaw



Abby initiated the idea of our Senior Prom. At school she is a member of the National Honor Society where she has taken a leadership role as Treasurer. She has a great passion for all things 4-H and served as their Treasurer and Vice-President.

She won various awards for showing Jersey cattle and has accomplished so much more.

# Picture Gallery of the Month

## Roger Tincknell - Irish Music



This program was sponsored, in part, by a grant from the Leicester Cultural Council which is supported by the Massachusetts Cultural Council.



## Senior H.S. Helping Seniors - How to use SmartPhones



## Safety in Senior Years- Balance and Flexibility



# STRAWBERRY HILL CAFE

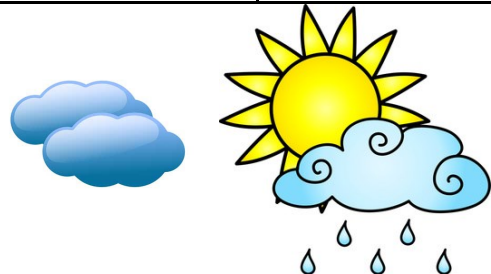
**\*Diabetic  
Friendly  
Dessert**

Lunch weekdays at Noon. Reservations & cancellations must be made 48 hours in advance. Call Donna at 508-892-7016  
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
<b>8.</b> <b>Hot Dog on Bun</b> Baked Beans Pasta Salad Mustard Pineapple	<b>4</b> <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Tapioca Pudding Diet= Diet Tapioca	<b>5</b> <b>Sliced Ham Sandwich</b> Soup du Jour	<b>6.</b> <b>Chicken Pot Pie</b> Diced Yukon Gold Potato Cntry Blend Veg. Peaches	<b>9.</b> <b>N. Y. Pastrami Sandwich</b> Soup du Jour
<b>10.</b> <b>Beef Stew</b> Rice Corn Niblets. Mandarin Oranges	<b>11.</b> <b>Haddock or Cod</b> Wild Rice Broccoli Fresh Fruit	<b>12.</b> <b>Sliced Roast Beef Sandwich</b> Soup du Jour	<b>13.</b> <b>EASTER MEAL</b> <b>Baked Ham With Maple Glaze</b> Sour Cream & Chive Potatoes Herbed Carrots Vanilla Mousse	<b>14.</b> <b>Vegetable Cheese Bake</b> Brussel Sprouts Baked Cinnamon Pears  <b>Chicken with Rice Soup</b>
<b>17.</b> <b>Holiday</b> No Meals Served	<b>18.</b> <b>Meatballs w/Onion Gravy</b> Gemelli Pasta Roman Vegetables Mixed Fruit	<b>19.</b> <b>Volunteer Appreciation</b> Roast Beef Sandwich Lettuce & Tomatoes Rolls and Special Dessert	<b>20.</b> <b>Salisbury Steak</b> Mashed Potatoes Peas & Carrots Fresh Fruit <b>Cream of Carrot Soup</b>	<b>21.</b> <b>Greek Chicken</b> Steamed White Rice Cntry Blend Veg. Fruited Ambrosia Lite
<b>24.</b> <b>BBQ Chicken</b> Mashed Potatoes Green Beans Fresh Fruit	<b>25.</b> <b>Salmon Boat/Dill Sauce</b> Mashed Potatoes Peas & Pearl Onions Snack'n Loaf Diet= Granola Bar	<b>26..</b> <b>Chicken Primavera With Penne Pasta</b> Spinach Pears	<b>27.</b> <b>Stuffed Pepper Casserole</b> Delmonico Potatoes Corn Birthday Cake/ Diet= Plain Cake	<b>28.</b> <b>Shepherd's Pie</b> Peas Carrots Strawberries


## April 2017



**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 11:00 Chair Yoga/Ann 12:00 Red Sox Opener Celebration Lunch  1:15 Line Dancing	<b>4.</b> 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	<b>5.</b> 10:00 Women's Club 11:00 Talk with Kevin 1:00 Balance	<b>6.</b> 8:00 COA Board Meeting 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	<b>7.</b> 10:00 AM to Noon– Color a Picture of Bird Day 10:30 Tai Chi 1:15 Chair Yoga with Jessica
<b>10.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 10:00 Sen. Moore Office Hours 11:00 Chair Yoga/Ann 1:15 Line Dancing	<b>11.</b> 10:00 Blood Pressure with Nurse Nancy 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	<b>12.</b> 9:00 SHINE 1:00 Balance	<b>13.</b> 11:00 B.P. with Judy 10:00 Cribbage 10:00 Aquatic Therapy With Greendale Therapy 11:00 Chair Yoga/Ann 12:45 Bingo	<b>14.</b> 10:30 Tai Chi 1:15 NO Chair Yoga with Jessica
<b>17.</b> SENIOR CENTER CLOSED FOR PATRIOTS DAY	<b>18.</b> 10:00 Senior group 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	<b>19.</b> 9:30 Grief Session 12:00 Volunteer Recognition 1:00 Balance	<b>20.</b> 9:00 Senior Breakfast 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	<b>21.</b> 10:30 Tai Chi 1:15 NO 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> 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	<b>26.</b> 10:00 AM to Noon Wellness Fair 1:00 Balance	<b>27.</b> 10:00 Cribbage 11:00 Downsizing with Joanne Rose 11:00 Chair Yoga/Ann 12:45 Bingo	<b>28.</b> 10:00 NO Meeting of Friends of the Leicester Senior Center 10:30 Tai Chi 1:15 Chair Yoga with Jessica 6:00 p.m. Prom Night for Senior citizens Call the center for details

APRIL 2017





Some time back a young high-school senior by the name of Abby Shaw called me to tell me that she had attended a special event out of town and how she had learned of a special prom offered to senior citizens. She was very excited about the possibilities of our having one here at the senior center. Of course it was a good idea!!! And so it was that we set a date, asked Harry Brooks to help us out as he is so good at these things.

So for the first time the senior center will be hosting a senior prom with music from the decades of 40s, 50s and 60s. Abby, along with the schools National Honor Society, will sponsor this special event on April 28 from 6 to 9 p.m. This will be a special time for us to reminisce at how excited we were and how we looked forward to our high-school prom. How it would be something we would remember forever. How we shopped for the nicest dress, the right shoes, the proper hairdo and how we hoped for the guy we had a crush on to ask us to the prom. Thank you Abby for such a great suggestion. If successful we will have this as an Annual Event.

Rachelle

## OUTREACH—LAMB BYTES

Let's start the month with laughter and have love in our hearts. Think about planting some flowers or even a tree. The new plant life that comes in the spring is associated with the new life that Christians gain with the crucifixion and resurrection of Christ.

Activities at the enter are coming along nicely. Our exercise people are looking fit and trim. Our Pen Pal group is keeping the ink running with their letters. Our budding "artistes" are turning out masterpieces with frenzy. Our informational presentation are well attended with refreshments enjoyed! Oh yes— for all our Olympic Swimmers—a program on Aquatic is coming on April 13th so wear your swimsuits (Ha-Ha) and come join us.

Hope everyone enjoys this month and continues to have good health and happy thoughts. Some April trivia:

The word April may come from a word meaning "to open" or from Aphrodite, the goddess of love.

April 2—National Peanut Butter and Jelly Day (Yum), April 4— Walk Around Things Day, April 7— National Beer Day, April 8— Draw a picture of a Bird Day, April 14— National Pecan Day (Oh boy! Pecan Ice Cream), April 16— Easter, April 16— National Librarian Day, April 22, National Jelly Bean Day (check around the Center— you may find some !!), April 18, Arbor Day

Take care everyone—see you next month— bring you umbrellas for the May showers.

Nancy Lamb.

### 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.

### PLEASE NOTE

**WHEN LEICESTER SCHOOLS ARE CLOSED DUE TO INCLEMENT WEATHER THE SENIOR CENTER IS CLOSED. THE BUS DOES NOT RUN, NOR ARE MEALS DELIVERED. IF YOU LOOK AT YOUR TV AND IT SAYS THAT SCHOOLS ARE CLOSED IN LEICESTER WE ARE CLOSED.**

### Genevieve's Art Studio-

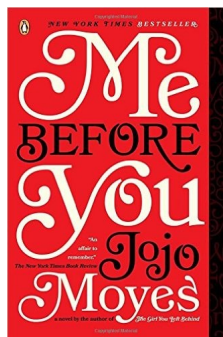
If you enjoy art or wish to learn call 508-892-7016. Classes are limited to 9 people so call early. \$20 for FOUR classes.

### Monthly Grief Session

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

Wednesday, April 19, 9:30 a.m.

**BOOK CLUB** On April 24 at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss a choice of two books.



**Me Before You** by Jojo Moyes.. This novel brings to life two people who couldn't have less in common - a heartbreakingly romantic story that asks: What do you do when making the person you love happy also means breaking your own heart? Louisa

Clark is an ordinary girl living an exceedingly ordinary life—steady boyfriend, close family—who has barely been farther afield than her tiny village. She takes a badly needed job working for Will Traynor, who is wheelchair-bound after an accident. 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, Lou sets out to show him that life is still worth living.

#### 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

April 21, 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:

- April 17-19 Atlantic City Tropicana Tour Leaves 7:00 am \$219 (Double), \$215 (Triple) \$299 (Single)
- May 11 "The Foursome" at The Newport Playhouse & Cabaret Restaurant \$89 per person.
- June 19 "Boston's Tall Ships", Boston Harbor, departs 8:00 AM, \$79 per person

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



#### AQUATIC THERAPY

By

Kim Barrows, MS PTA, CSCS of Greendale Therapy

April 13, 10:00 AM

Come and learn about the therapeutic principles of water and how it can help you or someone you know function better with less pain and stiffness.

#### 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:** 2/23/17, First Place, Rose Kowal, Second Place, Bob Tolman, Third Place Wayne Bombard, 3/2/17-First Place, Connie Lessard, Second Place, Charlie Sawa, Third Place Katie Hardwick, 3/9/17, First Place, Mary Johnson, Second Place, Norma Dodge, Third Place, James Durant, 3/16/17, First Place, Jimmy Progrin, Second Place, Marie Ostiguy.

**AD  
PAGE**

**TOWN ADMINISTRATOR**

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**Council on Aging**  
**Director of Elder Affairs**  
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**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.*

**Color a Picture of a Bird Day**

**With Nancy and Genevieve**

**Fly by the Senior Center**

**April 7**

**10AM to Noon**

**We furnish the supplies you bring your  
 creativity to color a picture of a bird.**



**DOWNSIZING WITH JOANNE ROSE**



**April 27, 11:00 AM**

**In Senior Center Library**



**Chat with Kevin**

**Wednesday, April 5, 11:00 AM**

**Continental Breakfast will be served**

**Have a talk with Leicester Town Administrator**

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

Phone: \_\_\_\_\_