

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



April 2019



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BACK TO OLD TIME

Senior Breakfast

Thursday, April 18, 9:00 AM

All are welcome. The fee is \$3.00

Cribbage

- Thursdays—10:00 AM

COMING ATTRACTIONS

LEICESTER FIRE DEPT. SENIOR SAFETY DAY

April 11, 2019, 10:30 AM to 12:30 PM

FIRE EXTINGUISHERS



2 Videos, Fire Extinguisher Demonstration. Inspection of Your Own Extinguishers

THIRD ANNUAL SENIOR PROM



at Leicester Senior Center

May 10, 6:00 PM

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

Entertainment by Duane Carlson 7:30 to 8:30 PM

Picture Gallery of the Month

ACTIVITIES AT THE SENIOR CENTER

St. Patrick's Day Celebration and Craft Event



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
1. Spaghetti w/Meatballs Green Beans Vanilla Pudding	2. Chicken Fajitas Spanish Rice Black Beans & Corn Pineapple	3. Pork Rib-i-Que Mac'n Cheese Mixed Veg. Strawberries	4. Hamburg with Onion & Peppers Potato Wedges Herbed Carrots Baked Apples	5. Salmon Boat w/Dill Sauce Mashed Potatoes Peas and Pearl Onions Cookie
8. Buttermilk Chicken Wild Rice Calif. Blend Veg. Lemon Pudding	9. Hot Dog Baked Beans Coleslaw Fresh Fruit	10. Roast Turkey w/ Gravy Seasoned Stuffing Herbed Brussels Sprouts Apple Crisp	11. Baked Potato Chili & Cheese Corn Chowder Broccoli Strawberry Cup	12. Macaroni & Cheese Stewed Tomatoes Green Beans Brownie
15. Patriot's Day No Meals Served	16. Chicken Filet Sandwich Soup du Jour Fresh Fruit	17. Shepherd's Pie Carrots Peas Strawberry Cup	18. Baked Ham Mashed Potato Carrots Cream Puff	19. Haddock w/ Parmesan Cream Sauce Veg. Rice Pilaf Brocoli & Red Peppers Fruited Ambrosia
22. Roast Pork with Gravy Cranberry Stuffing Roasted Brussels Sprouts Applesauce	23. Swedish Meatballs Mashed Potatoes Scand. Veg. Chocolate Mousse	24. Garlic Herbed Chicken Herbed Stuffing Spinach Apple Crisp	25. Lasagna Meatballs Mixed Veg. Birthday Cake	26. BBQ Pulled Pork Steamed Rice Green Beans Mandarin Oranges
29. Chicken Pot Pie Mashed Potatoes Corn Niblets Peaches	30. Sloppy Joe O'Brien Potatoes Green Beans Strawberry Cup	April 2019		

Calendar of Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. 9:00 Art –Genevieve 9:00 Chair Yoga with Heidi 10:00 Zumba Gold 11:00 Mindful Yoga/Ann 1:15 Line Dancing	2. 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	3. 9:00 Train Your Brain 10:00 Women's Club 10:30 Tai Chi 1:00 Balance/Heidi	4. 8:00 COA Board Meeting 9:00 Cribbage 11:00 Mindful Yoga/Ann 12:45 Bingo	5. 10:00 AM to Noon– Drop in Coloring Session 1:00 Chair Yoga with Heidi 1:00 Mexican train dominoes
8. 9:00 Art –Genevieve 9:00 Chair Yoga with Heidi 10:00 Zumba Gold 11:00 Mindful Yoga/Ann 1:15 Line Dancing	9. 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	10. 9:00 Train Your Brain 10:00 Women's Club 10:30 Tai Chi 1:00 Balance/Heidi	11. 9:00 Cribbage 10:30 Fire Safety Day with Leicester Fire Dept. 11:00 Mindful Yoga/Ann 12:45 Bingo	12. 10:00 AM to Noon– Drop in Coloring Session 1:00 Chair Yoga with Heidi 1:00 Mexican train dominoes 2:00 Dwayne Carlson Entertainment
15. PATRIOTS DAY 	16. 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise/Heidi 6:30 Fiber Group	17. 9:00 Train Your Brain 10:30 Tai Chi Home Health—Andy 1:00 Balance/Heidi	18. 9:00 Senior Breakfast 10:00 Cribbage 11:00 Mindful Yoga/Ann Nancy form the Meadows 12:45 Bingo	19. 10:00 AM to Noon– Drop in Coloring Session 1:00 Chair Yoga with Heidi 1:00 Mexican train dominoes
22. 9:00—10 Sen. Moore of- fice hours 9:00 Art –Genevieve 9:00 Chair Yoga with Heidi 10:00 Zumba Gold 11:00 Mindful Yoga/Ann 1:15 Line Dancing	23. 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	24. 9:00 Train Your Brain 10:30 Tai Chi 11:00 <u>Grief Session</u> 1:00 Balance/Heidi	25. 9:00-10:30 Blood Pres- sure By VNA 10:00 Cribbage 11:00 Yoga/Ann 12:45 Bingo	26. 10:00 AM to Noon– Drop in Coloring Session 1:00 Chair Yoga with Heidi 1:00 Mexican train dominoes
29. 9:00 Art –Genevieve 9:00 Chair Yoga with Heidi 10:00 Zumba Gold 11:00 Mindful Yoga/Ann 1:00 Book Club Meeting 1:15 Line Dancing	30. 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	<div>April 2019</div>		

Let us talk about scams some more: Someone just came to my office to tell me about this one. She said that while on her computer on Face Book an advertisement came on that she could get a special cream sample FREE of Charge and all she had to pay was \$4.50 for shipping. She ordered and not long thereafter she found her credit card being charged \$89 dollars twice in the same month for the same above cream. She called and inquired and was informed that she "should have read the fine print". The person was relentless and so she called her credit card provider and told them about this situation and ended up in a 3-way conversation upon which the informant indicated the "fine print". The Credit Card official indicated that there was NO such message in the fine print. The person however with an accent insisted THERE WAS. She now has her account credited but had she ordered this without a credit card with someone able to assist on her behalf she would have found herself at the mercy of her own pleas and charges continuing to add up on her credit card account. Be watchful "if something is offered free except for shipment beware". Another situation she ran into was the Walmart and Target \$1,000 prize. She never got the \$1,000 but instead received 18 phone calls in a row from Insurance companies and others wanting to sell her stuff.

For the last few weeks I have been marking down the phone calls I receive at my home from numbers I do not recognize or persons I don't know. Every evening I receive as many as 7 or 8 calls that I DO NOT ANSWER. It is very annoying but in time they begin to wane. It is much better to be annoyed than to be scammed!!

Rachelle

OUTREACH—LAMB BYTES

Whoa Nellie! Here I am in my roguish spring hat (see below).

I just made a very ungraceful jump over Miss Molasses! I must say I didn't see her in all the grass. She must be headed to Mudville to visit family – they like to gab and play Turteopoly. Thank goodness the days are a little warmer. Our spring cleaning went pretty well. The windows shine like diamonds (birthstone of April), Farmer Bob's wife planted spring sweet peas. (one of April's birth flowers) all around the barn. They'll smell great! They have a seductive aroma, liked by Salt and Pepper (my goats). Henrietta and Ozzie are scratching around and just mixed a batch of hi-energy goose beetle trail mix. Sure keeps you cleaned out.

Winston is fine, now. He managed to get his tail stuck in the vacuum while cleaning and ended up with several extra kinks!. We've taken extra turns stretching out that tail and it looks better- but it may be a bit longer. Ha! Ha! Vet diagnosed it a "kinkercue".

Oreo and Butterscotch are happy with their new red stalls – so cheery! They may stop at the Senior Center on 4/12 and swish their tails in tune to Duane Carlson and his music. All are welcome.

I am planning to hoist my brown bag of meds and come over the Senior Center on 4/3 and go over them with the pharmacist. I may try some crafting on 4/10 with Lucy from Eddy Pond. Spring is upon us and I love to see the flowers and talk to the birds. They are quite a chatty group and you get great weather updates.

Remember to enjoy the silence in you days and share it with a friend. Sometimes a Silent Touch can be a Healing Touch. Remember Mel Torme this month, known as the Velvet Fog and consume some colorful jelly beans to celebrate National Jelly Bean Day 4/22.

Hoping to see you again and share Lucky Penny Day in May. Au revoir my barnyard fans.

Lambie Pie



INCLEMENT WEATHER POLICY
Leicester Senior Center is closed when **Leicester Public Schools** are closed.

The Senior Center is not closed when there is a one or two hour delay.



Tax Aide Program

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

Zumba Gold with Miriam

- Mondays—10:00 AM
- \$3.00 per class

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.

Exercise Classes with Heidi:

- Mondays—9 am
- Tuesdays—1PM– Exercise Class
- Wednesdays-1PM—Balance
- Fridays-1PM—Chair Yoga

Mindful Yoga with Ann:

- Mondays—11AM
 - Thursdays- 11AM
- \$3.00 per class

Line Dancing with J.P. Ellery

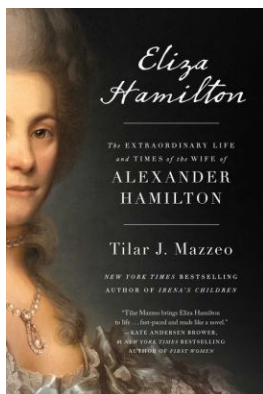
- Mondays—1:15PM

Tai Chi with Gary

- Wednesdays— 10:30 AM



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



BOOK CLUB On April 29, 2019 at 1:00 p.m. members of the Book Club will meet at the Leicester Senior Center to discuss "Eliza Hamilton" by Tilar J. Mazzeo. Drawing from an impressive breadth of sources, Mazzeo shows what made Eliza, in the words of her husband, Alexander, the "best of wives, best of women."

Born into a prominent New York family in 1757, Eliza Schuyler's young life was dominated by war, especially the American Revolution. That war netted her a husband, the hardworking, ambitious Colonel Hamilton, who later served as President Washington's secretary of the treasury. Mazzeo convincingly argues that Eliza's determination to emulate the sacrifice and loyalty of classical Roman wives is key to understanding their marriage and the truth about Alexander's infamous affair with Maria Reynolds, later revealed to be a coverup for financial misconduct that if revealed could have harmed not only the family but the Washington administration. After Alexander's death in the 1804 duel, Eliza still had half her life ahead of her. Mazzeo gives less attention to the years during which Eliza exercised her widow's independence, which is disappointing. Nevertheless, this is an expertly told story that's certain to captivate *Hamilton* fans and intrigue anyone interested in early U.S. history.

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 May 17, 2019 at the Leicester Senior Center. Call 508-752-9444 to schedule appointments or make any changes.

UPCOMING TRIPS:

- **April 19**—Friday-Captain Jack & Lobster Bake Food & Foxwoods Casino or Free Buffet Lunch or \$10 food voucher and \$10.00 Casino Slot Play. Cost is \$79.00
- **May 16**—Thursday—"Close Encounter" at the Newport Playhouse and Cabaret Restaurant. Cost is \$89.00
- **June 10-13**—Wildwood Crest & Cape May, The Jersey Shore's Ultimate Getaway. Luxury Ocean Front Hotel, Musical Shows & Cape May Sightseeing. Cost is \$589 (double), \$569 (triple) \$729 (single).
- **July 12**—Friday-Gloucester Lobster Cruise with New England Clam Bake. Cost is \$99.00
- **August 14**—Wednesday-The Lakes Region Summer Music Theatre's "Saturday Night Fever". Musical & Hart's Turkey Farm Luncheon. Cost is \$99.00
- **September 13**—Friday-Lake Winnepesaukee Cruise. Features Narrated Cruise, Buffet Luncheon and Scenic Sights. Cost is \$99

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

WRTA NON ADA SERVICE



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

PAYMENT

Arranged with
WRTA

CRIBBAGE WINNERS: 2/21/19 First Place, Pat Richard, Second Place, Jim Progin, 3/7/19, First Place, Katie Hardwick Second Place, Pat Desrosiers, 3/14/19, First Place, Richard Corriveau, Second Place, Jim Progin.

**AD
PAGE**

TOWN ADMINISTRATOR

David Genereux

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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.



Spring Word Scramble

WBNIAOR _____
 BLLAMURE _____
 WFLORE _____
 PLITU _____
 NERGE _____
 MLOBO _____
 PLRIA _____
 LFBTUTREY _____
 NIAR _____
 DREGNA _____
 EBE _____
 YMA _____
 GNRIPS _____
 HSSNIEUN _____
 YBNUN _____
 CAMHR _____
 EDES _____



DON'T FORGET TO RENEW YOUR SUBSCRIPTION. CALL THE

CENTER TO KNOW

STILL TIME TO SUBSCRIBE

2019 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: _____

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