

# 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

## August 2016



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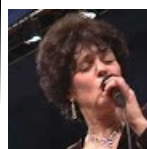
### Exercise and Balance Classes with Heidi



Join Heidi, a Licensed Instructor, and members of her Exercise Class Tuesdays at 1:00 p.m. or join her Balance Class Wednesdays at 1:00 p.m. You will feel physically healthier.



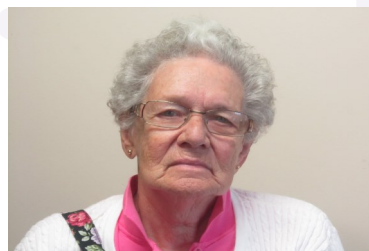
### COMING ATTRACTION



DONNA LEE PRESENTS  
"Legendary Ladies of Country  
Music and More"

WEDNESDAY, SEPTEMBER 21 AT 1:00 P.M. - *THIS ENTERTAINMENT IS PAID FOR BY OUR LOCAL CULTURAL COUNCIL. WITHOUT THEIR FINANCIAL ASSISTANCE WE WOULD NOT BE ABLE TO HAVE SUCH A REMARKABLE ENTERTAINER AT OUR CENTER. THANK YOU.*

### Special People



Nancy comes in almost every day and provides us with the day's T&G. We notice she has completed the often "difficult" Crossword Puzzle. She is a genuinely kind individual. When new people come in she makes them feel welcome. She has a good word to say about everyone. She helps out with our monthly breakfast and other chores without being asked. She is definitely a special person.

# Picture Gallery of the Month



**Thank You Leicester Garden Club!**

**Leicester Senior Center  
Cribbage**



**Been ongoing  
since 1988**











**\*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

**\*\*Higher  
Sodium**

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
1. <b>Chicken Mornay</b> Couscous Roman Blend Vegetables Cookie	2. <b>Pot Roast Stew</b> Steamed Potatoes Succotash Rice Pudding Diet=Vanilla Mousse	3. <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Fresh Fruit	4.  <b>Sliced Turkey Sandwich</b> Soup du Jour	Elder Serv. Special....5. <b>Chicken a La King</b> Wild Rice Brussels Sprouts Peaches
8. <b>Roast Turkey w/ Gravy</b> Mashed Sweet Potatoes Scand. Vegetables Mixed Fruit	9. <b>Buttermilk Chicken</b> Brown Rice Broccoli Streusel Cake Diet=Small Svg.	10. <b>Beef and Bean Chili</b> Seasoned Potatoes Beets Vanilla Pudding Diet=Vanilla Mousse	11. <b>Pork Rib-i-que</b> Hot Potato Salad Corn Niblets Strawberries/ Whipped Topping Diet=Berries	12. <b>Cracker Crumb Fish</b> Tartar Sauce O'Brien Potatoes Tuscany Veg. Apple Crisp Diet=Small Svg.
15. <b>Swedish Meatballs</b> Egg Noodles Cntry Blend Veg. Tapioca Diet Tapioca	Elder Serv. Special 16. <b>Beef with Peppers &amp; Onions</b> Tater Tots Coleslaw Watermelon	17. <b>Garlic Herbed Chicken</b> Mashed Potatoes Spinach Yogurt	18. <b>Beef &amp; Broccoli</b> Seasoned Rice Carrots Pineapple	19. <b>Bacon &amp; Cheese Omelet</b> Sour Cream & Chive Potatoes Zucchini & Tomato Fresh Orange
22.  <b>Egg Salad Sandwich</b> Soup du Jour	23. <b>Chicken w/ Asparagus</b> Delmonico Potatoes Corn Mandarin Oranges	Elder Serv. Special 24. <b>Hot Dog on Bun</b> Baked Beans Potato Salad Melon	25. <b>American Chop Suey</b> Broccoli & Red Pepper Birthday Cake Diet=Plain Cake	26. <b>Alaskan Salmon</b> Veg. Couscous Calif. Vegetables Chocolate Mousse
29. <b>Lemon Thyme Chicken</b> Sour Cream & Chive Potato Peas & Carrots Peaches	30.  <b>Albacore Tuna Sandwich</b> Soup du Jour	31 <b>Herb Roast Pork</b> Potatoes Au Gratin Winter Mix Veg. Brownie Diet= Small Piece	<b>August 2016</b>   	

**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>1.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing	<b>2.</b> 9:00 B.P. by Meadows 10:00 Senior Cit. Club 11:30 Golden Needles 1:00 Exercise Group 6:30 ...Fiber Group	<b>3.</b> 9:00 Walking Group 9:00 Coffee Time 9:30 Chair Yoga with Jessica 1:00 Balance	<b>4.</b> 10:00 Cribbage 11:00 Chair Yoga/Ann 12:15 —Ice Cream Social Kate Campanale 12:45 Bingo	<b>5.</b> 10:30 Tai Chi
<b>8.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing	<b>9.</b> 11:30 Golden Needles 1:00 Exercise Group 6:30 ...Fiber Group	<b>10.</b> 9:00 Walking Group 9:00 Coffee Time 9:30 Chair Yoga with Jessica 1:00 Balance	<b>11.</b> 10:00 Cribbage 11:00 B.P. with Judy Acclaim Home Health Care Inc. 11:00 Chair Yoga/Ann 12:45 Bingo by Kindred Hospice	<b>12.</b> 10:30 Tai Chi
<b>15.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing	<b>16.</b> 9:00 B.P. by Meadows 10:00 Senior Cit. Club 11:30 Golden Needles 1:00 Exercise Group 6:30 ...Fiber Group	<b>17.</b> 9:00 Walking Group 9:00 Coffee Time 9:30 Chair Yoga with Jessica 1:00 Balance	<b>18.</b> 10:00 Cribbage 11:00 Chair Yoga/Ann 12:15 Ice Cream Social Moses Dixon 12:45 Bingo	<b>19.</b> 10:30 Tai Chi 7:00—Lion's Pitch Card Game
<b>22.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing	<b>23.</b> 11:30 Golden Needles 1:00 Exercise Group 6:30 ...Fiber Group	<b>24.</b> 9:00 Walking Group 9:00 Coffee Time 9:30 Chair Yoga with Jessica 1:00 Balance	<b>25.</b> 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	<b>26.</b> 10:30 Tai Chi
<b>29.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing	<b>30.</b> 10:30 Friends of Sen. Center Meeting 11:30 Golden Needles 1:00 Exercise Group 6:30 ...Fiber Group	<b>31.</b> 9:00 Walking Group 9:00 Coffee Time 9:30 Chair Yoga with Jessica 1:00 Balance	<div style="text-align: center;"> <h1>August 2016</h1>  </div>	

## Director's Corner

*It is Political Time both locally and nationally. Every person holds their political and religious views close to their heart. Soon, we will have individuals who are elected officials at the State level serve ice-cream at our senior center. Others who are running against them will also be here though not at the same time. Our senior center welcomes everyone no matter their political choice or religious belief. We make sure that all persons who come to this center feel welcome and respected. The senior center does not allow any form of discrimination. When our politicians come to meet and greet please allow them to feel at ease. That said, the center discourages political speeches that would say "vote for me." WHO you vote for is YOUR business as is YOUR place of worship.*

Rachelle

**Barbara's** Highlights/Outreach

### SHINE NEWS FOR AUGUST

"SHINE'S MEDICARE AND MORE" . The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called "SHINE's MEDICARE AND MORE". This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs and benefits that can assist you with your health insurance coverage. Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call us here at the senior center and ask for a SHINE appointment. Barbara



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

## Leicester Seniors Bowling Season End Standings

**First Half—First Place—**Mary Jane Ostromecky, Paul Graham, Carol Mcrohan, Bob Mcrohan

**Second Place—**Jim Cicero, Sandy Cicero, Ed Wall, Roland Brouillard

**Third Place—**Fran Pobliego, Judy Bergin, Al Tarkiainen, Fred Le-claire

**Second Half— First Place—**Bob Wall, Joyce Wall, Ernie Boucher, Annette Boucher

**Second Place—**Geri Drake, Eleanor Hallen, Faith Kennedy, Frank Sendrowski

**Third Place—**Adrian Lessard, Connie Lessard, Russ Hawley, Pam Hawley



### COFFEE TIME

at

Leicester Senior Center

EVERY WENDSDAY, 9:00 AM –10:00 AM

Come join us and share "goodies", "recipes or ideas." All are welcome!

### Ali's Corner—Community Outreach

I am your Community Outreach Liaison. Call the senior center at 508-892-7016. All assistance 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 classes.

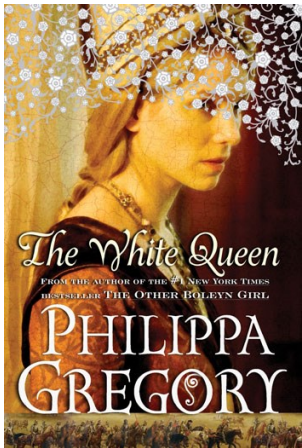
### Monthly Grief Session

No matter who or what the loss come join us.

August 17 at 11:00 a.m.

Computer Room

**BOOK CLUB** On August 29 at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss



**"The White queen" by Philippa Gregory.** It tells the story of a woman of extraordinary beauty and ambition who, catching the eye of the newly crowned boy king, marries him in secret and ascends to royalty. While Elizabeth rises to the demands of her exalted position and fights for the success of her family, her two sons become

central figures in a mystery that has confounded historians for centuries: the missing princes in the Tower of London whose fate is still unknown

#### **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 AT LEICESTER SENIOR CENTER-** September 9, 2016. 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.**

**CRIBBAGE WINNERS:** 6/23/16, First Place, Kathy Hardwick, Second Place, Lorraine Monette, Third Place, Nancy Willard, 6/30/16-First Place, Ray Fluet, Second Place, Nancy Willis, Third Place, Mary Johnson, 7/7/16, First Place, Charlie Sawa, Second Place, James Durant, Third Place, Bob Tolman, 7/14/2016, First Place, Wayne Bombard, Second Place, James Durant, Third Place, Doris Fluet.

### **UPCOMING TRIPS:**

- 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
- October 21, Foxwoods, leaves 8:00a.m. \$24 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

### **SUNDAY AFTERNOON PITCH**



Calling Pitch Lovers to come and stay cool during these HOT Summer months. ALL ARE WELCOME TO TAKE ADVANTAGE OF OUR COOL DINING AREA. THE GAME STARTS AT 1:30 P.M.

**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**Bill Moore, MA, **Chair**Patricia Faron, **Vice Chair**Nancy Begin, **Secretary**

Richard Jubinville

Jane Todd

Ruth Dowgielewicz

Marilyn Hyland

Nancy Lamb

Joanne Rose

**Selectmen-Liaison**

Dianna 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

**Friends of the Leicester Senior Center—Receipt**

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.

Receipt Date \_\_\_\_\_

Note: Membership renews annually Sept. 1

☐

\$5 individual

☐

\$10 Couple



Meetings last Tues of each month at 10:30 a.m.

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