

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

December 2016



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Line Dancing with
Forty Arroyo
Mondays at 1:15 PM

Join Forty Arroyo for dance, fun and exercise. She is a member of the Massachusetts Line Dancing Exchange and Northeast Ladies of Line Event. She is a former dance champion of Line Dancing Showdown. \$3 per class and worth it.

COMING ATTRACTIONS

Senior Breakfast

Thursday, December 15 at 9:00 AM

Call for reservations 508-892-7016. All are welcome. The fee is \$3.00

Kids of All Ages Christmas Party

At Leicester Senior Center

Tuesday, December 20, 9:00 AM

Remembering Ann Cutting



Ann age 103 recently passed away. She graduated from Tufts with a major in Latin. She began her teaching career at Manville School (a one-room building with a coal stove and no electricity) where she taught 1-8.

When Manville closed she taught two generations in Leicester school system. She was joyful and competitive where she played tennis into her 80s, bowled weekly into her 90s and loved card and board games. She was a weekly presence at cribbage at the Senior Center. She was loved and will be missed by all.

Picture Gallery of the Month

Honoring Veterans





***Diabetic
Friendly
Dessert**

STRAWBERRY HILL CAFE

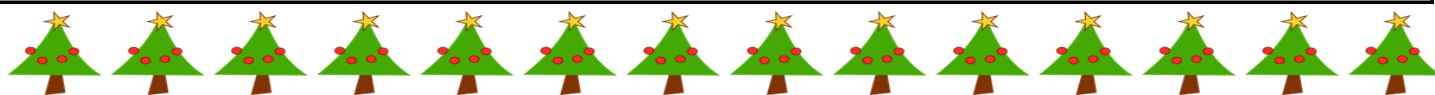
Lunch weekdays at Noon. Reservations & cancellations must be made 48 hours in advance. Call Donna at 508-892-7016

****Higher
Sodium**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 2016 			1. BBQ Chicken Mashed Potatoes Country Blend Veg. Fresh Fruit	2.. Catch of the Day Cod or Haddock Rice Pilaf Brussels Sprouts Streusel Cake Diet =Sm. Piece
5. Hot Dog on Bun Mustard Baked Beans Pasta Salad Fresh Fruit	6 Salmon Boat w/ Dill Sauce Mashed Potatoes Spinach Corn Chowder Chocolate Mousse	7. Chicken Primavera w/ Penne Pasta Peas & Pearl Onions Pineapple	8. Stuffed Pepper Casserole Mashed Potatoes Mixed Vegetables Fruited Ambrosia Diet=Diet Jello	9. Lasagna Broccoli Baked Pear Crisp Diet=Small Serving
12. Roast Pork w/Gravy Stuffing Country Blend Veg. Cookies	13 Shepherd's Pie Peas Carrots Peaches	14. Bacon Omelet O'Brien Potatoes Green Beans & Tomato Fresh Fruit	15.. Chicken Cacciatore Penne Pasta Italian Blend Veg. Brownie Diet=Plain Small Piece	16. Corned Beef Sandwich Soup du Jour
19. Chicken Mornay Couscous Roman Blend Veg. Applesauce	20. Turkey Salad Sandwich Soup du Jour	21. Turkey a la King Wild Rice Brussels Sprouts Yogurt	22. Chicken w/Sage Stuffing Chicken Gravy Sour Cream Chive Peas and Carrots Carrot Cake/Diet= Plain Cake	23. Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit
26. Holiday Observance No Meals Served 	27. Cracker Crumb Fish O'Brien Potatoes Honey Glazed Carrots. Fresh Fruit	28. Swedish Meatballs Egg Noodles Scandinavian Vegetables Mandarin Oranges	29 Pork Rib-i-que w/Sandwich Roll Red Bliss Potatoes Corn Niblets Birthday Cake Diet=Plain Birthday Cake	30. Beef & Bean Chili w/Cornbread Brown Rice Broccoli Fruit Cocktail

**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
	<h1>December 2016</h1>		1. 8:00 COA Board Mtg 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	2. 10:30 Tai Chi 1:15 Chair Yoga with Jessica
			5. 9:00 Art –Genevieve 10:00 Zumba Gold 10:00 Sen. Moore Office Hour 11:00 Chair Yoga/Ann 1:15 Line Dancing	6. 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise Group 6:30 Fiber Group
			7. 10:00 Christmas Center-piece with Tina \$10 pay in advance-call to register at 508-892-7016. 1:00 Balance	8. 10:00 Cribbage 11:00 a.m. BP with Judy 11:00 Chair Yoga/Ann 12:45 Bingo
			9. 10:30 Tai Chi 1:15 Chair Yoga with Jessica	10. 9:00 Art –Genevieve 10:00 Zumba Gold 10:00 Kate Campanale Office Hour 11:00 Chair Yoga/Ann 1:15 Line Dancing
			11. 10:00 a.m. BBB presents How to be a savvy consumer 11:30 Golden Needles 1:00 Exercise Group 6:30 Fiber Group	12. 9:00 SHINE—call for Appointment 11:00 Rita Parisi—Edwardian Christmas Tea 1:00 Balance
13. 9:00 Art –Genevieve 10:00 Zumba Gold 10:00 Kate Campanale Office Hour 11:00 Chair Yoga/Ann 1:15 Line Dancing	14. 9:00 Schoolchildren's Christmas Party and Harry Brooks Pasta Lunch—must sign up. 11:30 Golden Needles 1:00 Exercise Group 6:30 Fiber Group	15. 9:00 Senior Breakfast \$3.00 Call to Sign up 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	16. 10:30 Tai Chi 1:15 Chair Yoga with Jessica	17. 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:00 Book Club 1:15 Line Dancing
18. 9:00 Schoolchildren's Christmas Party and Harry Brooks Pasta Lunch—must sign up. 11:30 Golden Needles 1:00 Exercise Group 6:30 Fiber Group	19. 9:00 Schoolchildren's Christmas Party and Harry Brooks Pasta Lunch—must sign up. 11:30 Golden Needles 1:00 Exercise Group 6:30 Fiber Group	20. 11:00 Grief Session 1:00 Balance	21. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	22. 10:30 Tai Chi 1:15 Chair Yoga with Jessica
25. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	26. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	27. 10:30 Tai Chi 1:15 Chair Yoga with Jessica	28. 10:30 Tai Chi 1:15 Chair Yoga with Jessica	29. 10:30 Tai Chi 1:15 Chair Yoga with Jessica
30. 10:30 Tai Chi 1:15 Chair Yoga with Jessica	Center is closed For Christmas	11:30 Golden Needles 1:00 Exercise Group 6:30 Fiber Group	1:00 Balance	1:00 Balance

Director's Corner

If you were here for our annual veterans' breakfast on November 10 you could not help but notice the overwhelming community presence. We are very blessed indeed!!! In the kitchen was our Town Administrator; Superintendent of Schools; Chief of Police; Veterans' Agent; members of our Board of Selectmen and CCA Board. All served in various capacities as cooks, servers. Our schoolchildren and various social service agency personnel came to help. JROTC from North High honored our MIAs and POWs. A week before our girl scouts kept busy cleaning chairs. We are grateful to those who donated money, gift certificates, baskets to make this event special. A big thank you to our Golden Needles and Fiber Group who knitted lap blankets. Thank you Major General Gary W. Keefe, Bill Moore President and CEO of Project NEW HOPE, Pastor Ron Cousineau, Samantha Dube for their presence. Thank you to our elected officials. This annual event is a true blessing to us as we gather to say "thank you" to those who have sacrificed so much to keep us free. Rachelle

Barbara's Highlights/Outreach

At this time we ask for special prayers for Barbara who has been hospitalized. She is unable to receive visits, flowers or calls at this time. If you wish to send cards the following is her address.

Barbara Paszuk
UMass Medical, Room 620A
55 North Lake Avenue
Worcester, MA 01655



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

Friends of the Leicester Senior Center Membership

Date: _____ Note: Membership renews annually September 1

Name(s) _____

Street _____

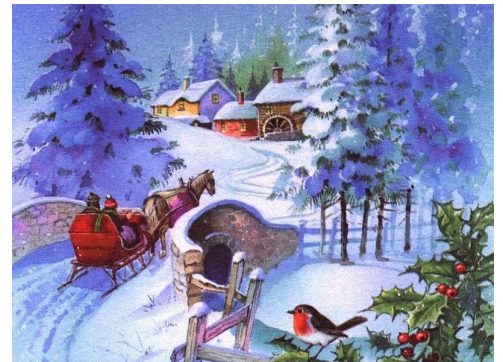
City _____ State _____ Zip _____

Tel. No. _____

☐ \$5 Individual

☐ \$10 Couple

Payable to:
 Friends of the
 Leicester Senior Center
 40 Winslow Ave.
 Leicester, MA 01524



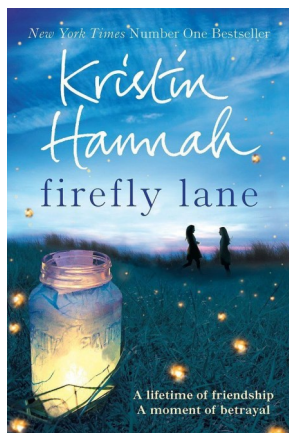
Genevieve's Art Studio-

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!!!

December 21 at 11:00 a.m.



BOOK CLUB On December 19 at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss **“Firefly Lane” by Kristin Hannah**. It’s the story of a generation of women who were both blessed and cursed by choices. It’s about

promises and secrets and betrayals. And ultimately, about the one person who really, truly knows you—and knows what has the power to hurt you...and heal you.

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

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:

- January 13 Foxwoods, leaves 8:30am—\$25 per person
- February 10 Foxwoods, Leaves 8:30am—\$25 per person

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

Christmas Centerpiece with Tina Wednesday, December 7, 10AM



Fee: \$10



**Must be paid when
signing up at Leicester Senior Center**

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: 10/27/16, First Place, Jim Progrin, Second Place, Bob Tolman, Third Place Ray Fluet 11/3/16-First Place, Mary Johnson, Second Place, Wayne Bombard, Third Place, Ray Fluet, 11/10/16, First Place, Lorraine Monette, Second Place, Ray Brezniak, Third Place, Katie Hardwick, 11/17/2016, First Place, Ray Fluet, Second Place, Theresa Kowal, Third Place, Jim Progrin.

**AD
PAGE**

TOWN ADMINISTRATOR

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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.

“How To Be a Savvy Consumer”

By Nancy Cahalen, President of the



Better Business Bureau of Central MA

Tuesday, December 13, 10:00 AM



Brunch is served

Edwardian Christmas Tea

With Rita Parisi

Wednesday, December 14, 11:00 AM

Paid for by the

Massachusetts Cultural Council

**Chat with Kevin**

Wednesday, January 4, 10:00 AM

Continental Breakfast

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**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: _____