

Leicester Senior Horizon

40 Winslow Avenue, Leicester, Massachusetts 01524-1113

(508) 892-7016

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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



DECEMBER 2020



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Programs Weather Permitting

Our programs are held outside weather permitting. We follow State mandated COVID-19 regulations. Pre-registration and signing of WAIVER policy a must.

Exercise Tuesdays, 1:00 PM

Train Your Brain Wednesday, 10:00 AM

Chair Yoga Thursdays, 10:30 AM

BALANCE Wednesday at 1:00 P.M.

SPECIAL CHRISTMAS QUOTES

WHAT IS CHRISTMAS

Every time a hand reaches out to help another...that is **CHRISTMAS**

Every time someone puts anger aside and strives for understanding that is **CHRISTMAS**

Every time people forget their differences and realize their love for each other that is **CHRISTMAS**

May this Christmas bring us closer to the spirit of human understanding

And

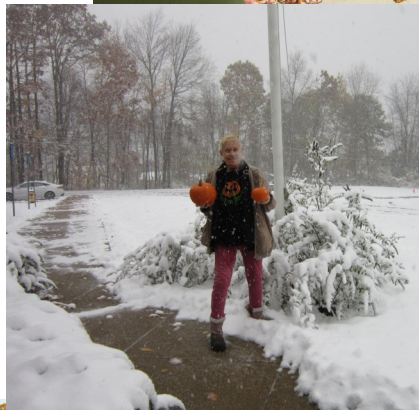
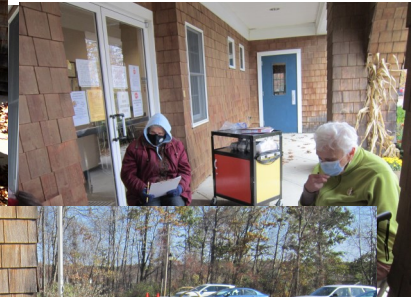
**CLOSER TO THE BLESSING OF
PEACE**

"I heard the bells on Christmas Day
Their old, familiar carols play,
And wild and sweet
The words repeat
Of peace on earth, good-will to men!"

— **Henry Wadsworth Longfellow**



Picture Gallery of the Month




*Diabetic
Friendly
Dessert

STRAWBERRY HILL CAFE

Menu subject to change. All meals include milk, margarine & bread
Your donation of \$2.50/meal helps keep the program running.

**Higher
Sodium

Please be patient with drivers delivering meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 2020	1. Vegetable Cheese Bake Seasoned Potatoes Mixed Vegetables Fresh Fruit	2. Chicken Milano Wild Rice Spinach Peaches	3. Salisbury Steak Garlic Mashed Potatoes Glazed Carrots Cookie	4. Fish w/ crumb topping Rice Pilaf Calif Blnd Veg. Vanilla Pudding Fresh Fruit
	7. Chicken Picatta Seasoned Rice Herbed Broccoli & Carrots Lemon Pudding	8. Meatballs w/Onion Gravy Bowtie pasta Chuckwagon Coen Fruited Ambrosia	9. Macaroni & Cheese Stewed Tomatoes Green Beans Cookie	10. Marinated Pork Loin Herbed Stuffing Winter Blend Veg. Baked Cinnamon Pears
	11. Chicken w/BBQ Sauce Mashed Potatoes Glazed Carrots Fresh Fruit	14. Beef Stew Rice Corn Niblets. Pineapple	15. Lasagna w/ Meatballs Green Beans Chocolate Pudding	16. Chicken Fajitas Spanish Rice Black Beans & Corn Pineapple
	17. Hot Dog Baked Beans Mixed Veg. Fresh Fruit	18. Roast Turkey and Gravy Mashed Potatoes Peas Fruited Ambrosia	21. Shephard's Pie Carrots Peas Mixed Fruit	22. Chicken Cordon Bleu Cranberry Stuffing Roasted Broccoli & Carrots Cream Puff
	23. Beef w/Onions & Peppers Potato Wedges Summer Corn Strawberries	24. Baked Potato w/Chili & Cheese Broccoli Vanilla Mousse	25. Christmas Day NO MEALS SERVED	28. Chicken Mornay Couscous Roman Blnd Veg. Tapioca Pudding
	29. Meatloaf w/Gravy Garlic Mashed Potatoes Carrots Cookie	30. Fish w/ Parmesan Sauce Wild Rice Jardiniere Veg. Fresh Fruit	31. Roast Pork Herbed Stuffing California Veg. Cinnamon Pears	

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

REBUS

A rebus is a puzzle device that combines the use of illustrated pictures with individual letters to depict words and/or common phrases.

	A	B	C	D
1	$\frac{\text{MINUTE}}{60}$ NATURE	N TWENTY V E	BAD + VICE	1 3 terminus 5 extremity 7 9 conclusion
2	$\frac{\text{TIME}}{2}$ 20	+ LIB	DANCE ²	POLLEN 123456
3	$(X)^2$	1T 2T 3T 4T 5T 6T LIFE	CHEDDAR >	π CC
4	< PERFECT	144 WORD 144 WORD 144 WORD 144 WORD	NOMIAL NOMIAL NOMIAL	1 2 SAFETY 3 4 5 6
5	20 BORED	SK π Y	1 D 2 R 3 A 4 C 5 U 6 L 7 A	ho ho +ho _____

IF YOU ARE STUMPED CALL GENEVIEVE AT THE SENIOR CENTER FOR CLUE OR ANSWER.

Please take the time to read a heartwarming and special Holiday Greeting written by Rosie Nichols, Secretary of the Senior Citizens' Club of Leicester, on Page 6. As you know, this group has a very large and very important presence at our center. Take note of the "Picture Gallery of the Month" and the renovations taking place during this down time including: new weatherization in the grand room; two Propane Patio Heaters, a new phone system all requested and ordered by Town Administration. Soon a lovely holiday wreath, donated to us by the Garden Club, will adorn our front entrance. While we patiently wait to welcome all of you again, the senior center staff, CCA Board wish you a very blessed Christmas. May the spirit of Bethlehem fill your hearts with love. Rachelle

OUTREACH—LAMB BYTES

"Yuleo—Yuleo— Here I am back in the snow crystal month! *I love the idea of snow crystal, just not the thought of snow piling up. Hope y'all had a nice and safely distanced Turkey Day.*

Whoops, there goes my mask. I wore a turquoise mask (December color) to bring me happiness. I'm getting tired of these masks but I know they're very necessary. Our old goat, Pepper, got peeved the other day. Mask kept slipping up over his eyes, so he ate it, mask and straps. The whole kit'n caboodle must have been kind of dry. I got him a new one.

Farmer Bob and his missus have spruced up the house for the holidays, and we all pitched in on the stalls. Used a potent pine cleaner, everything sparkles and smells great. Did you know that the resin from a pine tree can be used to help heal wounds, cuts, and blisters. Also it can be used as a chest liniment or rubbed on sore muscles.

Our Christmas party this year will be downsized. We each have a measured square in the South Pasture. We'll dress up, get into our squares and dance to Yuletide Hoof and Swing music. Then we will toast each other with a glass of Goose Down and Noel White wine. Should be fun.

Winston has been excelling in school and he has decided to set up a Bestiary ZOOM meeting. I shudder just thinking about it! Anyway, it will be in the tool shed. The topic is nutraceuticals. These are products from plant sources with extra health benefits. They can be pills, powders salves or in other medicinal forms. Should be informative. Let's hope all goes well. I must remind Oreo and Butterscotch to take a Gas-X pill, and Salt & Pepper not to play with the computer mouse. Winston already got a piggy hoof stuck in the cables and our little turtle Molasses then bit the cable thinking it was a snake. Yup! Yup! Molasses lit up like a fire cracker and shone for miles around. Helpful Skittles flies down and adjusted ZOOM on the computer. Oh, No! We all came up on the screen micro-sized, about the size of large insects. Thankfully everything was readjusted. Ozzie and Henrietta will settle on the horses back and will poke a feather at anyone who misbehaves. Lilly the neighborhood dog (President of Paws Security Co.) will act as lookout and bark an alert as needed. Hope everything goes well. It can be a bit stressful when you're trying something. The Leicester Senior tried it and the building is still standing but I'm not sure about all the people.

Since we can't get into large groups— remember those who are alone and drop them a friendly card. Spread the goodness of your soul to others and bring light to someone having a dark day. Be merry and think of running streams, chickadees and macaroni and cheese! See you next month with my purple ear warmers.

Lambie Pie

The Nicest Present

*Under the tree the gifts enthrall,
But the nicest present of them all
Is filling our thoughts with those who care,
Wanting our Christmas joy to share.
To you, whom we're often thinking of,
We send our holiday joy and love.
By Joanna and Karl Fuchs*

*"Remember, if Christmas isn't
found in your heart, you won't find
it under a tree."
— Charlotte Carpenter*

Christmas... that magic blanket that wraps itself about us, that something so intangible that it is like a fragrance. It may weave a spell of nostalgia. Christmas may be a day of feasting, or of prayer, but always it will be a day of remembrance – a day in which we think of everything we have ever loved.

~ Augusta E. Rundel ~

"Christmas is a bridge. We need bridges as the river of time flows past. Today's Christmas should mean creating happy hours for tomorrow and reliving those of yesterday."
— Gladys Baggs Taber



Exercise Classes with Heidi: \$3.00

- Tuesday—1 pm—exercise
- Thursday - 10:30 a.m. Chair Yoga
- Wednesday - 1:00 p.m. Balance



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

Book Club



BOOK CLUB In these trying uncertain times we need to take the time to distract ourselves and imagine being in another time, place, and maybe even laugh or at least giggle. So find a book to read and fall into that imaginary world. When we get back together again we can discuss what

books entertained us, what held our attention, and would we recommend this book to others. Happy reading!!!



Christmas is most truly Christmas when we celebrate it by giving the light of love to those who need it most.

~ Ruth Carter Stapleton ~

Please know that we are here to assist you during this difficult time. Call if you are in need. We will do everything possible.

Rachelle, Genevieve and Nancy

DR. LACONTE PODIATRY at the Leicester Senior Center is scheduled for January 15, 2021. Please call his office at: 508-752-9444 to schedule appointments or make any changes.



Holiday Greetings by Rosie Nichols



Holiday greetings from Senior Citizen' Club of Leicester! What a year we have all been through! Whoever, in our wildest dreams, ever thought our world would go from the fast, progressive lifestyle we have each experienced in our own individual ways to this 99.99% turn around? Hopefully we have dealt with this successfully enough to come out of this tunnel as unscathed as possible. It's been difficult for all, no doubt.

Now, let's take a look at some pluses, let's think:

**Hopefully Covid is tired of picking on us.

**Hopefully the upcoming holiday will uplift us in our "family bubbles".

** Hopefully the new year will pop in with all the renewed strength and power and attitude needed to persevere. We DO have so much to be thankful about, let's find it!

NOW; what is in the future for Senior Citizens' Club of Leicester? We have now almost literally (as every other club and organization) lost a whole year. What's in our future? Here is what we know at this time:

** The exact start-up time is still in limbo.

** Probably most of us are aware that acrylic shields have sectioned off our tables into spots for six people each, there are sanitizer stations set up, masking rules are in place, some groups have been able to meet using social distancing, (mainly outside, weather permitting). Still we have to abide by Governor Baker and his advisors' recommendations. We must be diligent, no question.

As a club, we are 'set to go', so to speak, when the time is right. In the meantime, we will wait for the green light. When we have further information for you, we'll get it to you. We all miss each other and we are hoping everyone stays healthy, vigilant and patient! When we do restart, think about bringing a friend to join our fun! Again, Happy Holidays and Peace to all....From

Marguerite, David, Rosie, Audrey, Tony



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

50 cents

PAYMENT

Arranged with
WRTA

Call 508-752-9283

A Christmas Blessing—May LOVE come alive within your heart as Christmastime draws near. May HOPE fill each room you decorate and bring JOY to those you hold dear. May PEACE be before you at every meal and FAITH ring through every song for CHRIST is alive, the light of the world. May He bless you all season long.

TOWN ADMINISTRATOR

David Genereux

Council on Aging**Director of Elder Affairs**

Rachelle S. Cloutier, M.Ed.

Outreach Coordinator

Nancy H. Lamb, RN

Leicester Horizon Editor

Genevieve Grenier, BA

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Robert Foley

David Gercken

COUNCIL ON AGING BOARDBarbara Paszuk, **Chair**Pat Faron, **Vice Chair**Marilyn Hyland, **Secretary**

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Ann Marie Walsh-Pierozzi

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SHINE Counselor

Pamela Threlfall

Nutrition Site Manager

Karen Chiaravallotti

Receptionists

Joan Lombardozzi

Connie Johnson

Marilyn Hyland

COA Trip Coordinator

Joan Wall 508-892-3967

Leicester Council on Aging***Address Service Requested**

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WORD SCRAMBLE!

SKOICOE	_____
ASTAN ULCSA	_____
OTH COOLTHACE	_____
GLIHES SELBL	_____
LOCARS	_____
LIMSOTTEE	_____
BIGGEEDARRN	_____
SHLITG	_____
EONGGG	_____
VAINTYIT	_____
PURHOLD	_____
YADNC NECA	_____
MOWNANS	_____
BEEEDRCM	_____
GLANE	_____
TINCKGOS	_____

landeeliu.com

DON'T FORGET TO RENEW YOUR SUBSCRIPTION. CALL THE CENTER TO KNOW WHEN YOU LAST PAID. THANK YOU.

STILL TIME TO SUBSCRIBE**2020 SUBSCRIPTIONS FOR THE LEICESTER SENIOR HORIZON**

Please make a check in the amount of \$7.00 (change due to increase in postage) 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: _____