

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



February 2017



COMING ATTRACTIONS

Senior Breakfast

Thursday, February 23, 9:00 AM

Call for reservations. All are welcome.

The fee is \$3.00

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Marjorie Leonard of



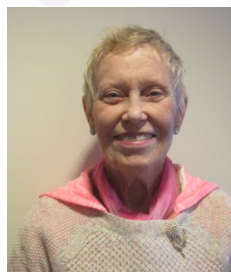
February 1, 10:00 AM

Special People



**Chair Yoga with
Ann Ramsy
Mondays and
Thursdays 11:00 AM**

Join Ann our registered Yoga (both chair and regular) instructor. She is an ERYT 500 & RPYT trained professional. She received her certification in yoga from Barbara Benagh, director of The Yoga Studio in Boston and completed a 300 Hr. Advanced Teacher Training with Eileen Muir director of Karuna Center in Northampton. She has taught at local senior centers for nearly twenty years.



Nancy Lamb, RN

Nancy Lamb, RN is our interim Outreach Coordinator. Nancy is very familiar to us as she has volunteered at the senior center and has worked at our library for many years. Most recently she assisted with our Grief Sessions, taken blood pressure, visited those in various living or rehab facilities. Feel free to call Nancy for your Outreach at 508-892-7016.

Picture Gallery of the Month



Chat with Kevin



Kevin Mizikar, Town Administrator



Christmas Centerpiece with Tina Bemis



Michael Rieder and Christopher Gallant



Golden Needles



Leicester Primary School, Second Grade



Morgan Emery



Children's Christmas Party



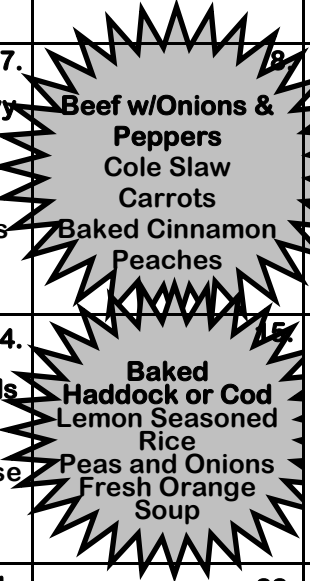


***Diabetic
Friendly
Dessert**

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
		1. Chicken Murphy Potatoes Au Gratin Beets Tapioca Pudding & Diet	2. Salisbury Steak Red Bliss Potatoes Honey Glaze Carrots Fresh Fruit Soup	3 Salmon Boat w/Dill Sauce Mashed Potatoes Peas & Pearl Onions Gingerbread Diet=Small Piece
6. Pot Roast Stew Steamed Potatoes Succotash Fresh Fruit	7. Roast Pork w/Gravy Garlic Mashed Potatoes Jardiniere Veg. Mandarin Oranges	8. Beef w/Onions & Peppers Cole Slaw Carrots Baked Cinnamon Peaches	9. BBQ Chicken Seasoned Potatoes Green Beans Yogurt	10.  Roasted Pepper Chicken Salad Soup du Jour
13. Chicken Mornay Sr Cream & Chive Potatoes Roman Blend Vegetables Peaches	14. Burgundy Meatballs Pasta Carrots Cheesecake Mousse w/Strawberries	15.  Baked Haddock or Cod Lemon Seasoned Rice Peas and Onions Fresh Orange Soup	16. Beef Mediterranean Mashed Potatoes Mixed Veg. Pineapple	17. Pasta Primavera w/Chicken Spinach Brownie Diet=Plain Cake
20. Holiday Observance No Meals Served CENTER CLOSED	21.. Shepherd's Pie Peas Carrots Fresh Fruit	22. Bacon Omelet O'Brien Potatoes Green Beans & Tomato Fruited Ambrosia Diet=SF Pudding	23. Chicken Cacciatore Penne Pasta Italian Blend Veg. Birthday Cake/ Diet= Plain Cake	24.  Sliced Roast Beef Soup du Jour
27. Turkey A La King Wild Rice Brussels Sprouts Cookie	28. Jambalaya Steamed Rice Green Peas Peas. Cornbread Chocolate Mousse	<div>February 2017</div> 		

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
		1. 10:00 Women's Club 11:00 Diabetes Talk With Marjorie Leonard 1:00 Balance	2. 8:00 COA Board Meeting 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	3. 10:30 Tai Chi 1:15 Chair Yoga with Jessica
6. 9:00 Art –Genevieve 10:00 Zumba Gold 10:00 Sen. Moore Office Hours 11:00 Chair Yoga/Ann 1:15 Line Dancing	7. 10:00 Senior Group Judith Pare Guest Speaker 10:00 Blood Pressure with Nurse Nancy 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	8. 9:00 SHINE—call for Appointment 1:00 Balance	9. 11:00 B.P. with Judy 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	10. 10:30 Tai Chi 1:15 Chair Yoga with Jessica
13. 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing	14. 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	15. 11:00 Grief Session 1:00 Balance	16. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	17. 10:30 Tai Chi 1:15 Chair Yoga with Jessica
20. President's Day Observance No Meals Served 	21. 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	22. 1:00 Balance	23. 9:00 Breakfast Club 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	24. 10:00 Meeting of Friends of the Leicester Senior Center 10:30 Tai Chi 1:15 Chair Yoga with Jessica
27 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:00 Book Club 1:15 Line Dancing	28. 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	<div> <div>February</div> <div>2017</div>  </div>		

Director's Corner



The history of Valentine's Day is obscure and clouded by various fanciful legends. One legend indicates that Valentine's day relates to the ancient Roman festival of Lupercalia, a fertility celebration commemorated annually on February 15. Pope Gelasius I recast this pagan holiday as a Christian feast day around 496 declaring February 14 as St. Valentine's Day. In 270 Claudius II had prohibited the marriage of young men

claiming bachelors made better soldiers. However, Valentine, a Christian Priest, continued to secretly perform marriages. He was imprisoned by Claudius but fell in love with the daughter of his jailer. Before Valentine was executed he allegedly sent her a letter signed "from your Valentine".

Over the centuries this holiday evolved and by the 18th century gift giving and exchanging of handmade cards on Valentine's Day became common in England. These fancy cards were very expensive to import and Esther Howland a Worcester native determined she could make a better valentine. In 1850 she imported materials from Germany, hired production people and produced beautiful cards. Her valentines became renowned throughout the USA. Valentines are a beautiful message of love.

Rachelle

OUTREACH—LAMB BYTES

Hi everyone!

There is still plenty of winter weather upon us, so plan to stay warm and healthy through the coming months.

Be sure to check the Leicester Senior Horizon for all our activities and events.

I am currently helping with the Outreach Coordinator position. Feel free to check in with us if you have any questions.

February brings us Valentine Day, so open up your heart to all around you. Be the shining light at the end of someone's dark tunnel.

Nancy Lamb.



OUR OUTREACH PROGRAMS ARE SPONSORED IN PART BY A GRANT FROM THE GREATER WORCESTER COMMUNITY FOUNDATION. WE ARE SO 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. 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.

Want to find out what the Friends of the Leicester Senior Center is all about? All are welcomed to come the Friday, February 24, 2017 10:00 AM meeting to hear guest speakers from two local communities. They will share how their Friends Groups help their Senior Centers. Light refreshments will be served.

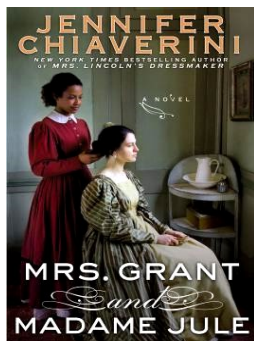
Genevieve's Art Studio-

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, February 15, 11:00 a.m.



BOOK CLUB On February 27 at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss **Mrs Grant and Madame Jule** by Jennifer Chiaverini. Two Julias are born, one into prosperity the other into slavery. They both witness the Civil War and the beginning of Reconstruction.

The story begins in antebellum

Missouri where Julia Dent cursed with poor eyesight relies on enslaved Julia. The first colliding interest is their common name and the master renames her slave companion "Jule". Their stories diverge as Julia is besotted and marries U.S. Grant, and Madame Jule pines for Gabriel, an enslaved stable boy. Julia struggles with being from a slave holding family and married to a champion of the Union abolition. Jule is able to read, a gifted hairdresser and determined to make her own mark on society. Read about this singular relationship.

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 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:

- February 10 Foxwoods, Leaves 8:00am-\$25 per person
- March 10 Foxwoods, Leaves 8:00am-\$25 per person
- April 17-19 Atlantic City Tropicana Tour Leaves 7:00 am \$219 (Double), \$215 (Triple) \$299 (Single)

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



Identity Theft, Fraud Prevention and Spotting Card Skimmers

MARCH 8, 10:00 AM

by

Robin Putnam, Office of Consumer Affairs

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: 12/29/16/16, First Place, James Durant, Second Place, Wayne Bombard, Third Place Mary Johnson, 1/5/17-First Place, Marie Ostiguy, Tied Second Place, Charlie Sawa, Ray Fluett, 1/12/17, First Place, Theresa Kowal, Second Place, Nancy Willard, Third Place, Bob Tolman, 1/19/17, First Place, Lorraine Monette, Tied Second Place, James Durant and Norma Dodge

**AD
PAGE**

TOWN ADMINISTRATOR

Kevin Mizikar

Council on Aging**Director of Elder Affairs**

Rachelle S. Cloutier, M.Ed.

Outreach Coordinator

Nancy H. Lamb, RN

Leicester Horizon Editor

Genevieve Grenier

Bus Drivers

Robert Foley

David Gercken

COUNCIL ON AGING BOARDJoanne Rose, MA, **Chair**Jane Todd, **Vice Chair**Nancy Begin, **Secretary**

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Ruth Dowgielewicz

Pat Faron

Marilyn Hyland

Bill Moore

Selectmen-Liaison

Doug Belanger

Dianne Provencher

Shine Counselor

Pamela Threlfall

Nutrition Site Manager

Donna McDonald

Receptionist

Joan Lombardozi

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.

Leicester Seniors Bowling League**Winners for the First Half (Sept– Dec)**

1st Place: Mavericks—Tony Maio, Geri Drake, Gary Simeone, Dolores Fairbans, **2nd Place:** Pin Pals—Fred Leclaire, Al Tarkiainan, Dolly Hickey, Lorraine Jubinville, **3rd Place:** Jim's Girls—Jim Cicero, Sandy Cicero, Pat L'heureux, Sylvia Fahey

Senior Citizens Club of Leicester**Winners of the Geronimo Jame-January 3**

Leicester Seniors Trips: Marilyn Mazurka and Barbara Toupin, **Outback:** Joyce Wall, **Domino's Pizza:** Joan Clark and Don Stephens, **Pub "99":** Connie Zajac and Janet Manseau, **Chili's:** Nancy Gouin, June Stephens, Ruth Dowgielewicz, **Red Robin:** Dot Whitney, Joyce Wall, Erika Snay

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

The Senior Center is not closed when there is a one or two hour delay. Otherwise, we are open year round from 9 to 2 each day.

**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: _____