

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 2019



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NEW TIME **Senior Breakfast**

Thursday, February 16, 10:00 AM

Call for reservations. All are welcome.
The fee is \$3.00

EXCELLENT PROGRAM

Tai Chi with Gary

- Wednesdays—10:30 AM
\$3.00 per class

COMING ATTRACTIONS

TaxAide Program

Will be coming to the Senior Center starting
February 5:

Remember you must bring the following:

- Photo ID (such as Driver's License)
- Social Security card or other documentation of full SSN
- Copy of last year's (2017) tax return (Federal and State)
- Blank Check (for direct deposit of any refund)
- Real Estate taxes and water/sewer payments for Senior Circuit Breaker Credit

Be sure these are for CALENDAR year
2017 (3-4 quarter of FY 17, 1-2 quarter of FY18)

Tax Preparation will take longer because of software changes:

- Be prepared to spend 1 1/2 to 2 hours.
- Please be on time; appointments are more limited this year.
- Both spouses should be present if a couple is to file jointly

Picture Gallery of the Month

ACTIVITIES AT THE SENIOR CENTER

Chief Hurleys Retirement Lunch



STRAWBERRY HILL CAFE

*Diabetic
Friendly
Dessert



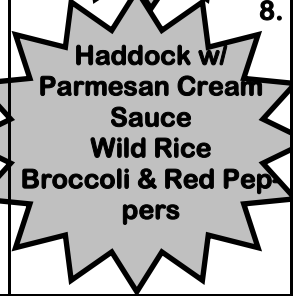

For Lunches served at the Senior Center weekdays at noon reservations & cancellations

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
February 2019				1.  Harvest Pie Corn Peas Cinnamon Streusel
4. Chicken Mornay Vegetable Couscous Roman Blend Veg. Butterscotch Pudding Marble Rye Bread	5. Ham Salad Sandwich Soup	6.  Roast Turkey w/Gravy Cranberry Stuff. Tuscany Veg. Fruited Ambrosia French Bread	7. Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit Italian Bread Chicken Rice Soup	8.  Haddock w/ Parmesan Cream Sauce Wild Rice Broccoli & Red Peppers
11. Pork Rib-i-que Mac'n Cheese Side Carrots & Green Beans Mandarin Oranges Sandwich Roll	12. Swedish Meatballs Mashed Potatoes Scandinavian Veg. Pear Crisp (cold) Italian bread	13. Sloppy Joe's Potato Wedges Mixed Veg. Fresh Fruit Sandwich Roll	14. Valentine's Day PASTA BAR	15. Fish w/Crumb Topping Rice Pilaf Roast. Brusell Sprouts Tapioca Pud. Whole Wheat Br.
18. No Meals Served President's Day	19. Spaghetti & Meatballs Green Beans Apple Crisp (COLD) Marble Rye Bread	20. N.Y. Pastrami Sandwich Soup	21. Baked Ham Mash. Sour Cram & Chive Pot. Honey Glazed Carrots Gingerbread w/Whip. Topping Marble Rye Bread Garden Salad (Cong)	22. Garlic Herbed Chick. Country Bl. Veg. Fresh Fruit Minestrone Soup
25. Chicken Pot Pie Mash. Potatoes Country Blend Veg. Peaches Whole Wheat Br.	26. Hot Dog on a Bun Baked Beans Coleslaw Fresh Fruit Mustard	27. Stuffed Pepper Cass. Mash Potatoes Carrots Blondie Marble Rye Bread	28. Ranch Chicken Wild Rice Spinach Birthday Cake Pumppernickel Bread	

Calendar of Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>February 2019</h1>				1. 10:00 AM to Noon– Drop in Coloring Session 1:00 Chair Yoga with Heidi
4. 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	5. 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	6. 9:00 Train Your Brain 10:00 Womens Club 10:30 Tai Chi 1:00 Balance/Heidi	7. 8:00 COA Board Meeting 9:00 Cribbage 11:00 Mindful Yoga/Ann 12:45 Bingo	8. 10:00 AM to Noon– Drop in Coloring Session 1:00 Chair Yoga with Heidi
11. 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	12. 11:30 Golden Needles 1:00 Exercise/Heidi 6:30 Fiber Group	13. 9:00 Train Your Brain 10:30 Tai Chi 11:00 Accessible Home Health—Andy 1:00 Balance/Heidi	14. 10:00 Cribbage 11:00 Mindful Yoga/Ann Nancy form the Meadows 12:45 Bingo	15. 10:00 AM to Noon– Drop in Coloring Session 1:00 Chair Yoga with Heidi
18. PRESIDENTS DAY	19. 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	20. 9:00 Train Your Brain 10:30 Tai Chi 11:00 <u>Grief Session</u> 1:00 Balance/Heidi	21. 10:00 Senior Breakfast 10:00 Cribbage 11:00 Mindful Yoga/Ann 12:45 Bingo	22. 10:00 AM to Noon– Drop in Coloring Session 1:00 Chair Yoga with Heidi
25. 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	26. 9:00-10:30 Blood Pressure By VNA 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	27. 9:00 Train Your Brain 10:30 Tai Chi 1:00 Balance/Heidi	28. 10:00 Cribbage 11:00 Mindful Yoga/Ann 12:45 Bingo	

It really feels sobering for me to once again issue a warning to our senior citizens about those who want to steal your money. As many times as we have offered warnings by police and in our newsletters we still hear from victims. The problem is growing. Billions, yes billions of dollars a year, are stolen by con artists who are more than willing to take your savings. Here are some new ones: A nurse recently lost \$5,000 in a gift card scam. She cannot believe she fell for that monster on a phone. A company providing in-home services with chores, finances, etc. was hired and turned out to be a worst possible choice for 12 elders who were bilked out of their entire life savings. Another is a Disability Scam where a Lawyer placed a series of cheesy ads on TV. His scheme managed to rip off \$600 million dollars targeting Social Security Disability Insurance and he then went on the run. He enrolled ineligible individuals in SSDI by providing fake disability evaluations. How does this happen? They gain your trust and you become their victim. They call and say you have won a huge prize. They call and warn that unless you give them personal information you will lose your benefits. PLEASE, if you have any doubt call us. It is a growing issue. We have many of the fraudulent numbers they call from and we can help and so can our police. Rachelle

OUTREACH—LAMB BYTES

Tally Ho my Chickadees!

I'm jumpin' the fence with grace and style to remind you this is Bird Feeding Month. Be sure to get out your seeds to feed our feathered friends. It's still chilly out so I'm wearing my purple thermal ear warmers—the birds seem to like the color! The purple color reminds me of the gemstone for this month-Amethyst. It is thought to protect us from harm, has healing properties, has a calming influence, helps the mind flow freely.* Attention—Train Your Brain Attendees.

Everyone on the farm is doing well. Butterscotch and Oreos have new horseshoes. They took one of the old ones and hung it on their stable door. You hang it convex side up so the luck doesn't spill out. Salt and Pepper are taking a "goat nap". Winston (oink) still in Farmer Bob's School. This week Winston needs to learn all the various pig breeds. Oh my goodness—there are over 90 different ones. (If you're interested see PigSite.com). Next semester the lesson is Pig Anatomy. Winston just grunts and rolls his eyes. Farmer Bob did tell Winston his color is different from a human. A pig's colon is spiral! It makes 5 spiral turns like screw! Winston can't wait to hear more.

I'm getting my Valentines ready. Usually Ozzie and Henrietta help me with delivering them. They're really good at opening the mail boxes with their beaks. I usually get a big box of Fur & Feather trail Mix Bars, we share them on Valentines Eve and watch the movie. "The Secret Lives of Pets".

My pals at the Leicester Senior Center are doing well. Their new carpeting looks *fabuloso*! I must remember to wipe my hooves before going in. Wednesday Feb. 13th Andy from Accessible Home Health Care will be here from 11-12 to talk about services they offer and additional services available to veterans and their spouses. Thursday Feb. 14 Nancy from the Meadows will be back (Yea!!) to help with Bingo and perhaps have some raffle prizes if you mind your manners. Tuesday Feb. 26th VNA will be here 9-10:30 to check blood pressures and answer any questions. Stop and meet Marilyn Robinson, she will be coming regularly.

In your wanderings keep your eyes open for the first flower of spring—primrose. They signify youth. Did you know one of the dictionary's definition for youth is of early tender and/or desirable age for use as food or drink. Examples—A young wine or fresh young lamb (Ha! Ha!) That's what I am—a fresh young Lamb.

Yikes—time to fly off to make my hair dresser Think young, eat gum drops on 2/15 (National Gumdrop Day). Be sweet to all you meet this month. I'll trot over to chat again in March.



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—Chair Yoga
- Tuesdays—1PM—Exercise Class
- Wednesdays-1PM—Balance
- Fridays-1PM—Chair Yoga

\$3.00 per class

Mindful Yoga with Ann:

- Mondays—11AM
- Thursdays- 11AM

\$3.00 per class

Line Dancing with J.P. Ellery

- Mondays—1:15PM

\$3.00 per class

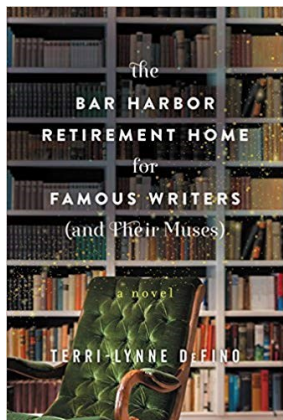
Tai Chi with Gary

- Wednesdays— 10:30 AM

\$3.00 per class



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



BOOK CLUB On February 25, 2019 at 1:00 p.m. members of the Book Club will meet at the Leicester Senior Center to discuss "The Bar Harbor Retirement Home of Famous Writers" by Terri-Lynne DeFino. A whimsical, moving novel about a retirement home for literary legends who spar, conjure up new stories, and almost magically change the lives of the people around them. Alfonse Carducci was a literary giant who lived his life to excess—lovers, alcohol, parties, and literary rivalries. But now he's come to the Bar Harbor Home for the Elderly to spend the remainder of his days among kindred spirits: the publishing industry's nearly gone but never forgotten greats. Only now, at the end of his life, does he comprehend the price of appeasing every desire, and the consequences of forsaking love to pursue greatness. For Alfonse has an unshakeable case of writer's block that distresses him much more than his precarious health.

As the edges between story and reality blur, a world within a world is created. It's a place where the old are made young, the damaged are made whole, and anything is possible....

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 March 8, 2019 at the Leicester Senior Center. Call 508-752-9444 to schedule appointments or make any changes.

UPCOMING TRIPS:

- **February 15**—Friday-Foxwood Casino, Free Buffet lunch or \$10.00 Food voucher and \$10.00 Casino Slot Play. Cost is \$30.00
- **March 15**—Friday-Foxwood Casino, Free Buffet lunch or \$10.00 Food voucher and \$10.00 Casino Slot Play. Cost is \$30.00

If there is a snowstorm on any of the Friday-Foxwood Casino Dates—the trip is scheduled for the following week

Call Joan Wall for more info at 508-892-3967. Make 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.

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

Must be arranged
directly with WRTA

CRIBBAGE WINNERS: 12/2018 First Place, Jim Progin, Second Place, Bob Tolman, 12/27/18, First Place, Theresa Kowal, Second Place, Nancy Willard, 1/3/19, First Place., Jim Progin, Second Place, Charlie Sawa, Theresa Kowal, Rose Kowal and Pat Richaard, 1/10/19, First Place, Pat Desrosiers, Second Place, Jim Progin

**AD
PAGE**

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David Genereux

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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 Team: Good Vintage—Ray, Croke, Olive McManus, Barbara Gaffney, Frank Sendrowski

2nd Place: Pin Pals—Carol McCrohan, Bev Griffin, Maureen Connery, Rusty Tambollio

3rd Place: This Is Us—John Curtis, Ginny Curtis, Judy Bergin, Fran Pobieglo



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

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: _____

Address: _____

Phone: _____