

# 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

## JANUARY 2018



## COMING ATTRACTIONS

### Train Your Brain

Wednesday, January 3, 1:00 PM



We know how much you enjoy exercising your body. How much exercise do you provide your brain? Beginning January 3rd at 1:00 p.m. Genevieve will offer a new program called "Train Your Brain" in our back room. This is not for those who have Alzheimer's or severe dementia. It is intended for those who simply want to exercise their brain. Where did I put my keys? Where did I leave my pocketbook? So often, we have a tendency to forget something we did seconds ago. There will be entertainment with music, art, games. Refreshments and lots of laughter will be available. The cost is \$3 a person to help defray expenses.

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### PACE

(Program of All-inclusive Care for the Elderly)

You may be eligible for a No Cost Plan!

Thursday, January 4, 10:00 AM

Sponsored by Summit Eldercare PACE

### Sneak Peek Productions With Patricia Perry

Christmas at the White House—Jan. 10, 10AM

Sponsored by Leicester Arts Council and Camosse  
Family Foundation, Inc.

Robin Putnam of  
Better Business Bureau

January 16, 10:00 AM

Identity Theft , Fraud and more...

# Picture Gallery of the Month

## ACTIVITIES AT THE SENIOR CENTER

### Christmas Centerpiece with Tina



### Christmas Party



# 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
1. <b>No Meals Served NEW YEAR'S DAY</b>	2. <b>**NEW**</b> <b>Bacon, Ham and Sausage Combo</b> Steamed White Rice Cabbage & Carrots Fresh Fruit	3. <b>American Chop Suey</b> Broccoli and Red Peppers Baked Apples	4. <b>Chicken Pesto Pasta</b> Succotash Mandarin Oranges	5. <b>N.Y. Pastrami Sandwich Soup</b>
8. <b>Ranch Chicken</b> Red Bliss Potatoes Green Peas Peaches	<b>Hamburger w/Onions &amp; Peppers</b> Mashed Potatoes Honey Glazed Carrots Yogurt	10. <b>Hot Dog on Bun</b> Baked Beans Cole Slaw Fresh Fruit	11. <b>Spaghetti w/ Meatballs</b> Green Beans Chocolate Mousse	12.. <b>Baked Macaroni &amp; Cheese</b> Stewed Tomatoes Spinach Fresh Fruit
15. <b>No Meals Served MARTIN LUTHER KING DAY</b>	16. <b>Greek Chicken</b> Rice Pilaf Broccoli Fruit Cocktail	17. <b>Turkey Cape Cod Sandwich</b> Soup du Jour	18. <b>Chicken Pot Pie</b> Mashed Potato Country Blend Veg. Fresh Fruit	19. <b>Corned Beef Sandwich Soup</b>
22. <b>Beef Stew</b> Steamed White Rice Corn Niblets Strawberries w/ Whip Top	23.. <b>Vegetable Cheese Bake</b> Broccoli & Red Peppers Baked Cinnamon Pears	24. <b>Chicken Milano</b> Seasoned Potatoes Beets Fresh Fruit	25. <b>Salisbury Steak w/Gravy</b> Mashed Potato Peas & Carrots Birthday Cake	26. <b>Baked Haddock</b> Delmonico Potatoes Carrots Fruited Ambrosia
29. <b>Chicken Sausage/ Jambalaya</b> Rice Pilaf Green Peas Pineapple	30. <b>Meatballs w/Onion Gravy</b> Bowtie Pasta Spinach Apple Cinnamon Grahams	31. <b>Marinated Pork Loin</b> Cranberry Stuffing Oriental Blend Veg. Mandarin Oranges	<b>January 2018</b>	

## Calendar of Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1.</p> <p><b>CLOSED FOR NEW YEARS DAY</b></p> 	<p>2.</p> <p>10:00 Senior Group 11:30 <u>NO</u> Golden Needles 1:00 Exercise 6:30 Fiber Group</p>	<p>3.</p> <p>10:00 Women's Club Meeting 1:00 Balance/Heidi 1:00 Train Your Brain</p>	<p>4.</p> <p>8:00 COA Board Meeting 10:00 Cribbage 10:00 Let Us Pick Up Your PACE-Summit Eldercare 11:00 Chair Yoga/Ann 12:45 Bingo</p>	<p>5.</p> <p>10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 12:00 Baked Potato Bar 1:00 Chair Yoga with Heidi</p>
<p>8.</p> <p>9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing-Forty Arroyo</p>	<p>9.</p> <p>10:00 to 1:00 PM 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group</p>	<p>10.</p> <p>9:00 SHINE 10:00 Christmas at the White House with Pat Perry 1:00 Balance/Heidi</p>	<p>11.</p> <p>8:00 COA Board Meeting 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo</p>	<p>12.</p> <p>10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi</p>
<p>15.</p> <p><b>CLOSED FOR Martin Luther King Day</b></p> 	<p>16.</p> <p>10:00 Senior Group Robin Putnam– Better Business Bureau-Identity theft and Farud 11:30 Golden Needles 1:00 Exercise/Heidi 6:30 Fiber Group</p>	<p>17.</p> <p>11:00 <u>Grief Session</u> 1:00 Balance/Heidi</p>	<p>18.</p> <p>9:00 Senior Breakfast 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo</p>	<p>19.</p> <p>10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi</p>
<p>22.</p> <p>9:00 Art –Genevieve 9:30 Learn to Play Cribbage with Katie Hardwick 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing-Forty Arroyo</p>	<p>23.</p> <p>11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group</p>	<p>24.</p> <p>9:30 Learn to play Cribbage with Katie Hardwick 1:00 Balance/Heidi</p>	<p>25.</p> <p>10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo</p>	<p>26.</p> <p>10:00 AM to Noon– Drop in Coloring Session 10:00 Friends of Leicester Senior Center Meeting 10:30 Tai Chi 1:00 Chair Yoga with Heidi</p>
<p>29.</p> <p>9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing-Forty Arroyo</p>	<p>30.</p> <p>11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group</p>	<p>31.</p> <p>1:00 Balance/Heidi</p>	<p><i>January</i> <i>2018</i></p>	



**WINTER WEATHER ADVISORY**

*There may be times, though rarely, that we may close the senior center. If freezing rain is forecast the center will close even if schools are open. Though we normally close our center only when local schools are closed, we may have to be prudent and close a center dedicated to a senior population who could end up with broken bones if someone should slip and fall because of icy conditions. **What you should know about Leicester is as follows: Leicester has an elevation of 1,000 feet which drops the temperature from that at sea level by about 3 to 5 degrees as compared to other local towns. It could be 35 degrees in Auburn and only 30 in Leicester with sleet rather than rain. For example, on December 12, 2008 a big ice storm hit Leicester even though Auburn and south of Leicester had rain only. It is very difficult for us to make such decisions. We do it to protect our elders. For staff it means numerous phone calls, rearranging schedules including bus scheduling, calling presenters, calling exercise programs instructors, etc. Please call if you have any questions. Rachelle***

## OUTREACH—LAMB BYTES

Greetings Everybody-

Time to believe in the New Year—a year of new challenges and new memories.

I plan to improve my physical status—I'll trot around my pasture 8 times daily and join The Hot Hooves Yoga Class. Should be fun (can I really stretch all 4 legs). We'll see! I've been keeping my eyes open for the flower of the month. The snow drops—also known as Candlemas bells. They are the first flower of spring. Garnets are the birth gem of January. My geese friends Henrietta & Ollie are celebrating their 20th Anniversary this month. All us barnyard pals got together and ordered for Henrietta a garnet anklet (size: real skinny) as a gift since the gem stands for constancy. We felt it was a good match for their anniversary. What do you think?

I had a great Christmas-The vegetarian buffet at the Red Clover Inn was wonderful. For New Year's Eve most of us met at the "Feathers Fly Saloon". We all drank a Crazy Mule and Sloe Gin Fuzz. We all slept the next day. 😊

When you're up and about and feeling nose-drop in at the Leicester Senior Center. Friendship and good times abound. We have new "Catered To You Lunch" choices—fun exercises and bingo challenges. Check newsletter for upcoming events. Watch for our Train Your Brain get together!

Stay healthy and stay clean-remember January 8th is National Bubble Bath Day. So time for your yearly "soap down". Find beauty in the frosted trees, the winter birds, and jack frost patterns on your windowsills. 😊

See you next month with an open heart.

Lambie Pie



### 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:

Renewal membership fees for 2017-2018 Friends of the Leicester Senior Center are due in September.

THE ABOVE IS NOT A SUBSCRIPTION TO THE NEWSLETTER.

**Bring your fund raising ideas and come to the Friends of the Leicester Center Meeting. Light refreshments served.**

**Friday, January 26, 10:00 AM**

### 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.**



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



**BOOK CLUB** On January 27, 2018 at 1:00 p.m. members of the Book Club will meet at the Leicester Senior Center to discuss "a book of their choice..



**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.*

#### 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** January 30, 2018 and April 17, 2018 at the Leicester Senior Center. Call 508-752-9444 to schedule appointments or make any changes.



### UPCOMING TRIPS:

- January 19, 2018, Foxwood Casino, Free Buffet Luncheon and \$10 Casino Slot Play, leaves at 8 A.M., \$29 per person
- February 16, 2018, Foxwood Casino Free Buffet Luncheon and \$10 Casino Slot Play, leaves at 8 A.M., \$29 per person
- March 16, 2018, Foxwood Casino Free Buffet Luncheon and \$10 Casino Slot Play, leaves at 8 A.M., \$29 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

#### 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



Learn to play Cribbage or brush up on your skills with Katie Hardwick

Wednesday January 22 and January 24, 9:30 AM to 11:00 AM

**CRIBBAGE WINNERS:** 11/30/17-First Place, Ora Ciras, Second Place, Bob Tolman, 12/7/17, First Place, Ray Fluet, Second Place, Theresa Kowal, 12/14/17 First Place, Ray Fluet, Second Place, Jim Durant

**AD  
PAGE**

**TOWN ADMINISTRATOR**

David Genereux

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Rachelle S. Cloutier, M.Ed.

**Outreach Coordinator**

Nancy H. Lamb, RN

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Pamela Threlfall

**Nutrition Site Manager**

Donna McDonald

**Receptionists**

Joan Lombardoizzi

**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.*

**Thank You!**

Leicester Women's Club for the beautiful Christmas Wreath. They have donated wreaths and other decorations to us for many years and have made favors for Meals On Wheels participants at Thanksgiving and greeting cards at Christmas.

**CATERED TO YOU LUNCHEON FOR JANUARY**

**Jan. 2—Wings & Co— Chicken Tenders and fries**

**Jan. 10— Barbers Crossing —Beef Pot Pie, mashed potatoes and biscuit**

**Jan. 16—Cheoy Lee's—Chicken Chow Mein, Spare Ribs and Fried Rice**

**Jan 25— Twisted Fork— Clam Chowder in bread bowl**

**Jan. 31—Bill's— Lasagna and garlic bread**

**Meals are \$4.00. You must sign up and pay in advance—No money will be returned to you.**

**DON'T WAIT TILL THE LAST MINUTE TO ORDER YOUR RESTAURANT MEAL. THE MONEY AND ORDERS ARE COLLECTED IN ADVANCE AND EACH MEAL IS CLOSED ABOUT A WEEK BEFORE. ORDER EARLY OTHERWISE YOU'LL MISS OUT.**

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

**STILL TIME TO SUBSCRIBE****2018 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: \_\_\_\_\_