

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 2020



Inside this issue:

Photo Gallery	2
Menu	3
Calendar of Programs and Events	4
Director's Corner/Outreach Lamb Bytes	5
Golden Needles, Trips, Book Club	6
Our Advertisers/Supporters	7
Upcoming Activities	8

Senior Breakfast



Thursday, February 20, 9:00 AM
All are welcome. The fee is \$3.00

THE 2020 CENSUS

What to expect: you will receive an invitation by mail. You may respond on-line, or via the paper questionnaire. Most importantly, please respond as it affects so many factors in your area and throughout the nation. These only occur every 10 years and you need to be counted. For the senior center it affects the funding for our center via MCOA and Department of Elder Affairs.

COMING ATTRACTIONS



Low Impact Zumba

Wednesdays, 11:00 AM

Amy LeClaire is from Sutton, MA and has been a ZIN™ Member since July 2018. She has grown up in the dance and fitness world and blends the two as a certified Zumba Instructor. Her classes include international and national rhythms (salsa, cumbia, batucada, reggaeton, and merengue) weaved through a portion of her own choreography and playlists. Most of all - her Zumba classes are all about having FUN while participating in a GREAT workout.



Tammy Pozerycki

Master of Counseling Psychology

Tuesday, Feb. 4. 10:00 AM

Dementia-Compassionate Care

Tammy Pozerycki has 23 years of experience working with people living with Alzheimer's disease or other dementia, their families, caregivers and healthcare professionals. She has extensive experience in the field of healthcare including long-term care nursing settings, assisted living facilities, adult day services, individual and family counseling, as well as community-based services for older adults. Her career includes: positions as a Social Worker, Alzheimer's Program Director, Clinical Liaison, and Director of Community Resource Development.

Picture Gallery of the Month

ACTIVITIES AT THE SENIOR CENTER

****NEW****

Low Impact Zumba



Come join Amy!



Leicester Seniors Bowling League

Winners for the First Half (Sept– Dec)

1st Place Team: SPARE US—Mimi Shedyak, Mary Lou Stankiewicz, Debbie Woodcome, Mary Lou Hutchins

2nd Place: HI ROLLERS—Paul graham, Bev Griffin, Betty Belanger, Frank Sendrowski

3rd Place: HASBEENS- Don Manseau, Jan Manseau, Pat L'Heureux, Sylvia Fahey



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**

****Higher
Sodium**

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

Your donation of \$2.50/meal helps keep the program running.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Chicken Pot Pie Mashed Potatoes Beets Peaches	4. Spaghetti & Meatballs Green Beans Lemon Pudding	5. Sliced Ham Sand- wich Soup du Jour	6. Baked Ham Sour Cream and Chive Mashed Po- tatoes Peas and Carrots Streusel Cake	7. Garlic Herbed Chicken Cranberry Stuffing Roasted Brussels Sprouts Pear Crisp
10. Braised Beef Gemelli Pasta Broccoli Mandarin Oranges	11. Hot Dog Baked Beans Coleslaw Fresh Fruit	12. Stuffed Pepper Casserole Mashed Potato Honey Glazed Carrots Apple Crisp	**NEW** 13. Broccoli & Cheese Stuffed Chicken Wild Rice Spinach Yogurt	14. **Valentines Day** Turkey Supreme Herbed Stuffing Roasted California Blend Veg, Strawberry Short- cake
17. Presidents Day No Meals Served	18. Burger w/Chili side Yukon Potatoes Green Beans Chocolate Mousse	19. Roast Pork Loin/ Gravy Bread Stuffing Country Blend Veg. Apple Crisp	20. American Chop Suey Broccoli & Red Peppers Minestrone Soup Bread Pudding	21. Corned Beef Sandwich Soup du Jour
24. Shepherd's Pie Carrots & Peas Fresh Fruit	25. **Mardi Gras** Jambalaya Rice Pilaf Mixed Veg. Pineapple	** NEW** 26. Ravioli w/ Vegetable Alfredo Sauce O'Brien Potatoes Roasted Brussels Sprouts Baked Apples	27. Chicken Pesto Red Bliss Potatoes Country Blend Veg. Birthday Cake	28. Lemon Pepper Fish Potatoes Au Gratin Jardiniere Veg. Lorna Doones
<div> <div>February 2020</div>  </div>				

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

February 2020

LEICESTER SENIOR HORIZON

Calendar of Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3.</p> <p>9:00 Art –Genevieve 9:00 Chair Yoga-Heidi 11:00 Mindful Yoga-Ann 1:15 Line Dancing-J.P. Ellery</p>	<p>4.</p> <p>10:00 Senior Group 11:30 Golden Needles 1:00 Exercise-Heidi 6:30 Fiber Group</p>	<p>5.</p> <p>9:00 Train Your Brain 10:30 Tai Chi-Gary 11:00 Low Impact Zumba with Amy 1:00 Balance-Heidi</p>	<p>6.</p> <p>8:00 COA Board Meeting 10:00 Cribbage 11:00 Mindful Yoga-Ann 12:45 Bingo</p>	<p>7.</p> <p>10:00 AM to Noon– Drop in Coloring Session 10:00 Laugh in the Morning 1:00 Chair Yoga-Heidi</p>
<p>10.</p> <p>9:00 Art –Genevieve 9:00 Chair Yoga-Heidi 11:00 Mindful Yoga-Ann 1:15 Line Dancing-J.P. Ellery</p>	<p>11.</p> <p>11:30 Golden Needles 1:00 Exercise-Heidi 6:30 Fiber Group</p>	<p>12.</p> <p>9:00 Train Your Brain 10:30 Tai Chi-Gary 11:00 Low Impact Zumba with Amy 1:00 Balance-Heidi</p>	<p>13.</p> <p>10:00 Cribbage 11:00 Mindful Yoga-Ann 12:45 Bingo</p>	<p>14.</p> <p>10:00 AM to Noon– Drop in Coloring Session 10:00 Laugh in the Morning 1:00 Chair Yoga- Heidi</p>
<p>17.</p> <p>SENIOR CENTER CLOSED PRESIDENTS DAY</p>	<p>18.</p> <p>10:00 Senior Group 11:30 Golden Needles 1:00 Exercise-Heidi 6:30 Fiber Group</p>	<p>19.</p> <p>9:00 Train Your Brain 10:30 Tai Chi-Gary 11:00Low Impact Zumba with Amy 11:00 Grief Session 1:00 Balance-Heidi</p>	<p>20.</p> <p>9:00 Senior Breakfast 10:00 Cribbage 11:00 Mindful Yoga -Ann 12:45 Bingo</p>	<p>21.</p> <p>10:00 AM to Noon– Drop in Coloring Session 10:00 Laugh in the Morning 1:00 Chair Yoga- Heidi</p>
<p>24.</p> <p>9:00 Art –Genevieve 9:00 Chair Yoga- Heidi 11:00 Mindful Yoga-Ann 1:15 Line Dancing-J.P. Ellery</p>	<p>25.</p> <p>11:30 Golden Needles 1:00 Exercise-Heidi 6:30 Fiber Group</p>	<p>26.</p> <p>9:00 Train Your Brain 10:30 Tai Chi-Gary 11:00 Low Impact Zumba with Amy 1:00 Balance-Heidi</p>	<p>27.</p> <p>10:00 Cribbage 11:00 Yoga-Ann 12:45 Bingo</p>	<p>28.</p> <p>10:00 AM to Noon– Drop in Coloring Session 10:00 Laugh in the Morning 1:00 Chair Yoga-Heidi</p>

February 2020



Why do we have Leap Year? It would not happen if the Earth's orbit took exactly 365 days. But, tis not the case. At the 365 day mark, earth hasn't quite circled all the way back to its starting point. That lag of a 0.2322 days might seem small, but it adds up. If we had nothing but 365 day years, the calendar would keep slipping relative to the seasons and after 3 centuries, January 1st would be in Autumn and after 6 centuries, it would be in Summer. This was the situation in Rome in the 1st century BCE when the calendar had slipped a full two months out of alignment with the seasons. Because the calendar was a mess, Julius Caesar decided that the current year would last 445 days, and bring the calendar into alignment with the seasons. It was called the longest year in history. In an effort to limit future confusion, Caesar instituted a new calendar (the Julian calendar) that added a leap day to February once every four years. That was the beginning of a leap year but not the end. The Julian calendar produced years that averaged 365.25 days long and was much better than the Roman calendar but not a perfect match with an actual solar year. By the 16th century the error had added 10 days. It was then that Pope Gregory X111 replaced the Julian calendar with the "Gregorian" one that introduced the modern schedule of leap days as we know them today. He also restored the seasons and holidays to their original places. Rachelle

OUTREACH—LAMB BYTES

Cheerio-o-o- my happy cohorts. I'm Prancing around the mounds of snow and taking care with those icy slicks. My purple thermal ear warmers are doing well but I am minus my flirty false eyelashes. They froze up! I couldn't see! Dr. Leaper had to spray them down with antifreeze to get them off. What a mess.** Oh well Spring is on the way with rain and mud. Yesterday our geese, Henrietta and Ozzie, were checking out their rain day waddle boots and they reminded me this is Hippopotamus Month. Hippos are semi aquatic and used to be called River Horses. They like the rivers and mud. Also they have 3 chambers to their stomach but they do not eat cud. The first hippo arrived in England in 1850. Queen Victoria went to visit him and named him Obaysch. His name comes from the island where we was found. In case you want to exercise and learn a new dance, there is a song written by Louis St. Mars in the early 1850's called the "Hippopotamus Polka" - 3 quick steps and a hop.

Winston has restarted his schooling with Farmer Bob. He studied so much he finally had to get some eye wear at the Divine Critter Apothecary Shop. He found some bright blue porky peepers so now things are clearer. In anatomy he learned to spell the word—appendix. Pigs don't have one ?? However, pigs have 5 lobes to their liver and humans have only 4. He researched the subject and found that the 5th lobe is thought to help pigs detoxify and break down poisons since they such a variety of things. Whew! Next class will be barnyard nutrition—So what did the bacon say to the hot tomato? Lettuce get together! More later.

Winston just wants to unwind after all his schooling with Farmer Bob and is headed to Feathers Fly Saloon to have some furry fingers eggnog (medieval times—posset – hot milk curdled with wine).

Oreo and Butterscotch are fine. They love running during the day and serenading us on cold winter nights with their banjos and horsey tonk music. When they get too loud Skittles airlifts Molasses and they fly out of the barn to a tree top. They share a box of raisins—a good source of iron and potassium.

Salt and Pepper are happy with their winter coats. Pepper won the January hat parade contest. He wore a big old gourd and decorated it with carrots, tomatoes, cucumbers and peppers. Alfalfa bits were along the brim and it was seasoned with parsley and garlic. The smell made everybody hungry—so it was a quick vote and then it was down to the Feathers Fly Saloon. Drinks and hors d'oeuvres were engulfed. Then there was a great food fight. All helped Mrs Farmer Bob clean up and do the wash. Molasses jumped in on the Spin Cycle and got her turtle shell brightened up. Ozzie managed to singe his tail feathers sitting on top of the warm dryer. What can I say??

Keep your optic peeper working and I'll see you shortly in my green hat and heels to greet that month that comes in like a

Lambie Pie



but goes out like a



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.

AARP Tax Aide Program
AARP is looking for tax preparers. If interested please call the Leicester Senior Center at 508-892-7016

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.

Low Impact Zumba with Amy

- Wednesdays 11:00 AM
- \$3.00 per class**

Exercise Classes with Heidi: \$3.00

- Mondays—9 am—Chair Yoga
- Tuesdays—1PM— Exercise Class
- Wednesdays-1PM—Balance
- Fridays-1PM—Chair Yoga

Mindful Yoga with Ann:

- Mondays—11AM
- Thursdays- 11AM

\$3.00 per class

Line Dancing with J.P. Ellery

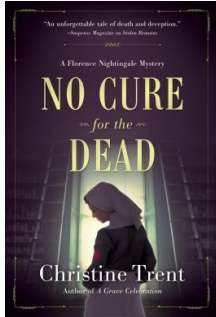
- Mondays—1:15PM \$3.00 per class

Tai Chi with Gary

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



**OUR OUTREACH PROGRAM IS
SPONSORED IN PART BY A GRANT**



BOOK CLUB On February 24, 2020 at 1:00 p.m. members of the Book Club will meet at the Leicester Senior Center to discuss "No Cure For the Dead" by Christine Trent. When a young nurse dies on her watch, Florence Nightingale must uncover the deep-hidden secrets someone

will kill to keep buried.

It is 1853. Lady of the Lamp Florence Nightingale has just accepted the position of Superintendent of the Establishment for Gentlewomen During Temporary Illness in London. She has hardly had time to learn the names of the nurses in her charge when she suddenly finds one of them hanging in the Establishment's library. Her name was Nurse Bellamy.

Florence's mettle is tested by the dual goals of preserving what little reputation her hospital has and bringing Nurse Bellamy's killer to justice. Her efforts are met with upturned noses and wayward glances except for her close friend and advocate inside the House of Commons, Sidney Herbert. As Florence digs deeper, however, her attention turns to one of the hospital investors and suddenly, Sidney becomes reluctant to help. With no one but herself to count on, Florence must now puzzle out what the death of an unknown, nondescript young nurse has to do with conspiracies lurking about at the highest levels of government before she's silenced too.

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 February 14, 2020 at the Leicester Senior Center.

Call 508-752-9444 to schedule appointments or make any changes.

UPCOMING TRIPS:

- **February 14**— Friday-Foxwood Casino, Free Buffet lunch or \$10.00 Food voucher and \$10.00 Casino Slot Play. Cost is \$30.00
- **March 20**— Friday-Foxwood Casino, Free Buffet lunch or \$10.00 Food voucher and \$10.00 Casino Slot Play. Cost is \$30.00

Call Joan Wall for more info at 508-892-3967. Make checks payable to Leicester Seniors Club.



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

CRIBBAGE WINNERS: 12/26/19, First Place, Charlie Sawa, Second Place, Jim Progin, 1/2/20 First Place, Jim Progin, Second Place, Katie Hardwick, 1/9/20, First Place, Richard Hardwick, Second Place, Jim Durant, 1/16/20 First Place, Rose Kowal, Second Place, Jim Progin

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

Bus Drivers

Robert Foley

David Gercken

COUNCIL ON AGING BOARDJoanne Rose, MA, **Chair**Pat Faron, **Vice Chair**Lucille J. Jacques, **Secretary**

Jane Todd

Richard Jubinville

Ruth Dowgielewicz

Ann Marie Walsh-Pierozzi

Marilyn Hyland

Barbara Paszuk

Selectmen-Liaison

Sandra Wilson

Diana Provencher

SHINE Counselor

Pamela Threlfall

Nutrition Site Manager

Donna McDonald

Receptionists

Joan Lombardozzi

Connie Johnson

Marilyn Hyland

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.

Word Scramble

Unscramble the following words

Happy Valentine's Day!

quteuob _____	voel ngos _____
eovl dna reshhic _____	tbes drsefni _____
veerfro _____	mecnaor _____
rhetetsawes _____	nadmodi grin _____
vode _____	fcitenoaf _____
ypppu vloie _____	evlodrbis _____
mope _____	yndca _____
oavl tretle _____	dre sreso _____
eb neim _____	kpni trnoanacsi _____
tleavnien _____	driprhefis _____
rlwsof _____	tlaccheoo trahe _____
dpiuc _____	
I vloie uoy _____	

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: _____