

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



July 2018



COMING ATTRACTIONS

Potato Bar Summer Bash

Back by Popular Demand
July 10, 12 PM



Must sign up or call Donna

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

Summertime Tea

By Waterfall Productions

Wednesday June 13, 11:00 AM



Join Rita Parisi portraying Mrs. Gordon as she gives you a firsthand account of what it was like to spend a day at the beach in 1908.

LINE DANCING

WITH

J.P. ELLERY

Mondays, 1:15 PM



Starting June 4th
come join J.P. Ellery
on the dance floor.

J.P. spent 25 years as
deejay, newscaster
and talk show host on
radio station WARE.

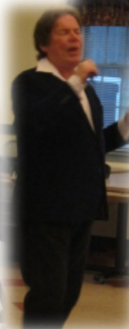
But his passion is
dancing!! Join him
on the dance floor where you will
find that line dancing is good for
you in so many ways.

Picture Gallery of the Month

ACTIVITIES AT THE SENIOR CENTER



Mother's Day Celebration





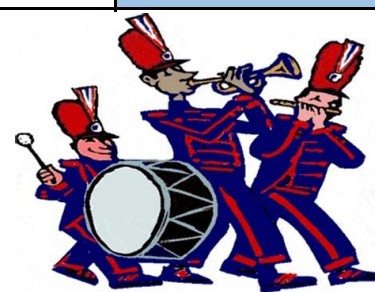
Senior to Senior Prom

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
** NEW ** Italian Braised Beef Steamed Rice Broccoli & Red Pepper Mixed Fruit	Hot Dog Baked Beans Coleslaw Strawberries & Blueberries	HOLIDAY No Meals Served 	Chicken Cacciatore Gemmelli Pasta Italian Blend Vegetables Chocolate Mousse	Potato Crunch Fish Lemon Seasoned Potato Peas and Mushrooms Peach Crisp
Turkey Supreme Wild Rice Green Beans Pineapple	Baked Potato w/ Chili Cheese Mixed Vegetables Lorna Doones	Chicken Mornay Couscous Roman Blend Veg. Apple Streusel Cake	Turkey Salad Sandwich Soup	Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit
Swedish Meatballs Mashed Potatoes Scand. Veg. Butterscotch Pudding	Pork Rib-i-que Sweet Potatoes Corn Niblets Fresh Melon	Sloppy Joe Rice Pilaf Summer Blend Veg. Pineapple	Haddock Lemon Seasoned Rice Roman BI Veg. Gingerbread	Buttermilk Chicken Red Bliss Potatoes Mixed Veg. Pear Crisp
Stuffed Pepper Casserole Mashed Potatoes Carrots Peaches	** NEW ** Burger Chili, Cheese Sweet Potato Fries Cucumber & Tomato Salad Fresh Fruit	Roast Turkey Cranberry Stuffing Calif. Blend Vegetables Brownie	Garlic Herbed Chicken Green Beans Birthday Cake	Sliced Roast Beef Sandwich Soup
American Chop Suey Broccoli Bread Pudding ** New Dessert **	Shepherd's Pie Carrots Peas Lemon Pudding	<div>   </div>		

Calendar of Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2.</p> <p>9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing-J.P.Ellery</p>	<p>3.</p> <p>10:00 Senior Group 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group</p>	<p>4.</p> <p>Closed for Fourth of July Holiday</p> 	<p>5.</p> <p>10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo</p>	<p>6.</p> <p>10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi</p>
<p>9.</p> <p>9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing-J.P.Ellery</p>	<p>10.</p> <p>11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group</p>	<p>11.</p> <p>9:00 Train your Brain 10:00 Walking Group 10:00 Essential Oils 1:00 Balance/Heidi</p>	<p>12.</p> <p>10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo</p>	<p>13.</p> <p>10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi</p>
<p>16.</p> <p>9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing-J.P.Ellery</p>	<p>17.</p> <p>10:00 Senior Group 11:30 Golden Needles 1:00 Exercise/Heidi 6:30 Fiber Group</p>	<p>18.</p> <p>9:00 Train your Brain 9:00 SHINE– call for appt. 10:00 Walking Group 1:00 Balance/Heidi</p>	<p>19.</p> <p>10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo</p>	<p>20.</p> <p>10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi</p>
<p>23.</p> <p>9:00 Art –Genevieve 10:00 Zumba Gold 10:30 Sen. Moore Office Hour 11:00 Chair Yoga/Ann 1:15 Line Dancing-J.P.Ellery</p>	<p>24.</p> <p>11:00 BP with Judy 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group</p>	<p>25.</p> <p>9:00 Train your Brain 10:00 Walking Group 10:30 Eddy Pond- Brookdale Tour 1:00 Balance/Heidi</p>	<p>26.</p> <p>10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo</p>	<p>27.</p> <p>10:00 to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi</p>
<p>30.</p> <p>9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing-J.P.Ellery</p>	<p>31.</p> <p>11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group</p>	<p>July 2018</p> 		

Last month I wrote about bullying. Here is the difference between an assertive person and a bully.

Assertive People will:

- *Not be afraid to express their opinions, honor themselves by standing up for their beliefs.*
- *Respect others as equals, with the intention of exuding mutual respect.*
- *Not be afraid to express their needs to others.*
- *Value a fair exchange of ideas.*
- *Have no intention of hurting anyone, including themselves.*
- *Look for the win-win.*

Aggressive People otherwise known as bullies:

- *Come across as needing to win.*
- *View hurting others as a bi-product of a "successful" communication or negotiation.*
- *Come across as attacking.*
- *Are self-focused instead of solution centered.*
- *Feed into others' fears rather than in confidence. Which one are you? Respect others, respect yourself.*

Rachelle

OUTREACH—LAMB BYTES

Warm Greetings to All!

Whew—I'm trotting in to say hi to everybody and "boy-oh-boy" it's hot out. Even my tail has lost its curl! Winston and his two geese pals are cooling off in the mud pile with Molasses our turtle. I guess the horses and goats are playing Barnyard Rummy in the shade of the barn, and probably downing a few cold Prairie Brews. 😊

The month is named after Julius Caesar, a roman military general who was born July 12th. He was married three times plus he had a son with Cleopatra- (a busy young man wasn't he?) Imagine he and his troops fighting in warm weather like today. I'll bet he was beet red—maybe as red as a ruby. Rub is the birthstone of this month and symbolizes love, energy, passion and a zest for life. It sort of goes along with the birth flower, the water lily which stands for peace, purity, fertility and creation.

It's so relaxing to sit and watch a water lily float by while underneath the roots are busy trying to sustain life with enough water and nutrients. Sorta reminds me of farmer Bob. He's so nice and kind, but I'm sure he has concerns about bills, crops, and animals. Sometimes what we see "on top" isn't the whole picture. We should be mindful of that with friends and family.

Something new on the farm! An outside shower big enough for 2 or 4 legged creatures. All of us wiggle and waggle at the end of the day to have a good rinse-off before bedtime.

Important news** - July is National Ice Cream Month. Be sure to stop at Hoofers Dairy and indulge in an Animal's Sundae Supreme topped with nuts or green grass sprinkles! 😊

Stay well—I'll be back in August—also known as Weedmonah (Weed Month in Old English).

Wishing you chiuckles and rainbows,

Lambie Pie



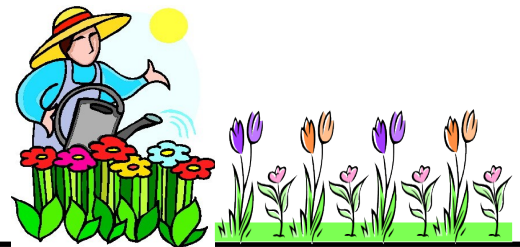
Merci—Thanks!!

To all who participated in
Parlez-vous Francais?



TaxAide Program

AARP is looking for tax preparers. If interested and looking for more information please call the Leicester Senior Center at 508-892-7016



Worcester County Senior Athletic Association

The association is a group of senior men whose skill sets vary as much as their ages. They have fun staying active playing, **Softball, Volleyball, Bowling, and Pool**. If you are 55 or older, you're welcome to come watch or play in a game for free!

If you decide to join it's only \$50 per year!

FOR MORE INFORMATION

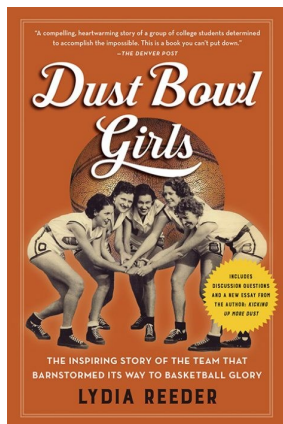
Email: wcsaa55.com

Call: Wally Nutter 508-882-3304 OR
Doug Belanger 508-726-7911



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

UPCOMING TRIPS:



BOOK CLUB On July 30 2018 at 1:00 p.m. members of the Book Club will meet at the Leicester Senior Center to discuss “Dust Bowl Girls” by Lydia Reeder. *This is a true story of a Depression-era championship women’s team. In the early 1930s, during the worst drought and financial depression in American history,*

Sam Babb began to dream. Like so many others, this charismatic Midwestern basketball coach wanted a reason to have hope. Traveling from farm to farm near the tiny Oklahoma college where he coached, Babb recruited talented, hardworking young women and offered them a chance at a better life: a free college education in exchange for playing on his basketball team, the Cardinals.

Despite their fears of leaving home and the sacrifices that their families would face, the women joined the team. And as Babb coached the Cardinals, something extraordinary happened. These remarkable athletes found a passion for the game and a heartfelt loyalty to one another and their coach—and they began to win.

Combining exhilarating sports writing and exceptional storytelling, *Dust Bowl Girls* takes readers on the Cardinals’ intense, improbable journey all the way to an epic showdown with the prevailing national champions, helmed by the legendary Babe Didrikson.

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 August 17, 2018 at Leicester Senior Center. Call 508-752-9444 to schedule appointments or make any changes.

- **July 19**—Interlakes Summer Theatre, NH “Show Boat” Lunch at Hart’s Turkey Farm Turkey, Beef Or Haddock. \$89 due by June 18.
- **August 15**—North Shore Playhouse “Mama Mia”. Lunch at Danversport Yacht Club. \$119 due by July 17.
- **September 12**—Newport Playhouse “There is a burglar in my bed” Buffet and Cabaret. \$89 due by August 21.
- **October 11-14**—Washington D.C.— Staying Embassy Suites. \$610 includes tip for driver and guides, last payment due September 4th
- **November 16**— Captain Jack’s and Foxwoods Casino Choice of Lobster or Prime Rib. \$76 due by October 16.
- **December 1**—Reagle Theatre Christmas Show and Chateau Restaurant. \$119 due by November 1.

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

WRTA NON ADA SERVICE

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

CRIBBAGE WINNERS: 4/19/18-First Place, Bob Tolman; Second Place, Tied, Ray Fluett, Ora Ciras, Steve Segur; 4/26/18, First Place, Steve Segur; Second Place, Doris Fluett; 5/3/18, First Place, Theresa Kowal; Second Place , Jim Progin; 5/3/18, First Place, Theresa Kowal; Second Place , Jim Progin; 5/10/18, First Place, Steve Segur; Second Place , Katie Hardwick

**AD
PAGE**

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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.



Train Your Brain

Wednesdays at 9:00 AM

**THANK YOU!!!**

Morgan and Dawn Emery for the great job maintaining planting perennials and annuals in the Senior Center Rotary.

CATERED TO YOU LUNCHEON FOR JULY

**July 19— Chinese I
meal with fried rice**

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: _____