

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

JUNE 2017



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THANKS

As your professional journey in Leicester ends and another begins in Shrewsbury the Leicester seniors wish you success and happiness. We all thank you for being a presence at our monthly breakfasts and "Chat with Kevin."

COMING ATTRACTIONS

FABRINA FELICIANO
GUEST SPEAKER ON
SOCIAL SECURITY
JUNE 6 10:30 A.M.

Father's Day Senior Breakfast

Thursday, June 15, 9:00 AM

Call for reservations. \$3.00 per person



Senator Michael Moore will be here on Monday June 26 at 12:30 p.m. to hold an ice-cream social. If you plan on having lunch on that day please call Donna at 508-892-7016.

PREMIER ENTERTAINMENT



NAME THE TV THEME
on JUNE 14 at 10:30 a.m.
Call Donna if you want lunch
at 508-892-7016



Kevin Mizikar will be here at the senior center on June 14 at 9:00 a.m. for his last "Chat with Kevin".

Please feel free to come by and bid him farewell. Call if you plan to attend at 508-892-7016. Coffee and donuts will be available.

Picture Gallery of the Month

Senior to Senior Prom



**Thank you to Harry Brooks, Leicester High School Seniors and
photographer Lee Whitney**

STRAWBERRY HILL CAFE

***Diabetic
Friendly**


Lunch weekdays at Noon. Reservations & cancellations must be made 48 hours in advance. Call Donna at 508-892-7016

****Higher
Sodium**

Dessert

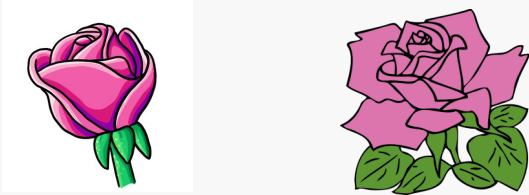
Menu subject to change. All meals include milk, margarine & bread

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 2017			Soup Du Jour SLICE TURKEY SANDWICH	2. Garlic Herbed Chicken Potatoes Au Gratin Winter Mix Veg. Peach Streusel Cake Diet=Small Piece
5. Beef Burgundy Brown Rice Brussels Sprouts Cookie	6. Hot Dog on Bun Baked Beans Potato Wedges Fresh Melon	7. Amer. Chop Suey Broccoli & Red Peppers Salad (Congregate Only) Apple Crisp/Yog.	8. NEW Chicken Pesto Pasta Peas & Carrots Mandarin Oranges	9. Chili Potato Green Beans Chocolate Pudding & Diet
12. NEW Ranch Chicken Wil Rice Carrots and Green Beans Fresh Fruit	13. Beef with Onions & Peppers Mashed Potatoes Honey Glazed Carrots Peaches	14. NEW Ginger Pork Vegetable Fried Rice Broccoli Apple Cranberry Crisp Diet—Cookie	15. Spaghetti & Meatballs Green Beans Salad (Congregate Only) Frosted Spice Cake Diet—Cookie	16. Greek Chicken Pasta Broccoli Yogurt
19. Beef Stew Rice Corn Niblets Pineapple	20. Macaroni & Cheese Carrots Green Beans Strawberries	21. BBQ Chicken Mashed Potatoes Three Bean Salad Cornbread Fresh Melon	22. Fish Victor Tartar Sauce Rice Pilaf Country Blend Veg. Birthday Cake Diet—plain cake	23. Soup Du Jour SLICED ROAST BEEF SANDWICH
26. Chicken Pot Pie Mashed Potatoes Green Peas Biscuit Peaches	27. Veg. Cheese Bake Peas and Onions Mandarin Oranges French Bread	28. Chicken Milano Pasta Green Beans Vanilla Pudding & Diet	29. FAVORITE Salisbury Steak Mashed Potatoes Peas & Carrots Fresh Fruit	30. Haddock or Cod Carrots Broccoli Fruited Ambrosia

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
<h1>JUNE 2017</h1> 			1. 8:00 COA Board Meeting 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	2. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:15 Chair Yoga with Jessica
5. 9:00 Art –Genevieve 10:00 Zumba Gold 10:00 Sen. Moore Office Hours 11:00 Chair Yoga/Ann 1:15 Line Dancing	6. 10:00 Senior Group 10:30 Sabrina Feliciano On Social Security 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	7. 9:00 SHINE 10:30-11:30 Pen Pals Meet-Call Nancy Lamb Outreach Coordinator for more information 1:00 Balance	8. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	9. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:15 Chair Yoga with Jessica
12. 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing	13. 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	14. 9:00 a.m. Kevin Mizikar “Chat With Kevin” 10:30 a.m. Premier Entertainment “Name that TV Theme” 1:00 Balance	15. 9:00 Fathers Day Senior Breakfast 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	16. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:15 Chair Yoga with Jessica
19. 9:00 Art –Genevieve 10:00 Zumba Gold 10:30 SENATOR MOORE 11:00 Chair Yoga/Ann 1:15 Line Dancing	20. 10:00 Senior Group 11:00 Blood Pressure with Nurse Judy 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	21. 10:00 a.m. Grief Session 1:00 Balance	22. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	23. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:15 Chair Yoga with Jessica
26. SENATOR MOORE ICE CREAM SOCIAL AT 12:30 P.M. 1:00 P.M. Book Club	27. 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	28. 10:00 Make a Flower Pin Drop In 1:00 Balance	29. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	30. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:15 Chair Yoga with Jessica

It is **JOYOUS JUNE**. For senior center staff it is a very busy month as we reconcile our books, prepare reports to our funding sources, create new spread sheets for next fiscal year based on budget appropriations and put together new color folders to hold senior center information, etc. For school kids, it means school is almost over, there are graduations and a time to celebrate as Summer is near. In other parts of the world, in the Southern Hemisphere school ends in January since for them Summer begins.

There are stories about this month called June. Thousands of years ago Ancient Romans named this month after the goddess **Juno**. It also comes from the word "juvenis" which means **Young People**. The month of June includes the custom of marriage "Marry in May and you'll surely rue the day. Marry when June roses grow and over land and sea you'll go."

June is Dairy, Great Outdoors, National Adopt-A-Cat, National Ice Tea, National Tennis, National Zoo and Aquarium Month. WOW!!

It is Fathers' Day month. If he is still here celebrate him. If he is no longer here remember him with great joy. We will be having our Father's Day breakfast on June 15 at 9:00 a.m. \$3 per person. Please call to reserve

OUTREACH—LAMB BYTES

I'm back again, aren't you lucky.



Remember to trot over to your favorite doughnut shop June 3rd and 4th—it's National Doughnut Weekend. If you eat the doughnuts with your eyes closed, that makes them calorie free. Ha! Ha!

The month of June is named after Juno—The Goddess of Marriage. The birth flowers are honeysuckle and the rose. Any takers for a Love-knot. If you like the colors red, green and yellow, you'd make a good hummingbird. They are attracted to these colors. A hummingbird can also fly backwards. Handy if you miss your turn and need to reverse direction. Oops!

The Senior Center continues in a forward direction. We now have a "drop-in" color group on Fridays, 10AM to 12:30PM. If you bring your favorite CD we'll play it king day fun.

Do you feel you could use some hints or relaxational techniques? Join us June 8th and listen to a presentation by Robert Harrington. Check the sign up sheet.



Come and meet Senator Moore 6/26 and enjoy some ice cream. Keep an eye on our sign up sheets in the reception area. You never know what may pop up!

We'll—guess it's about time for my "lamb shampoo" and to get my hooves polished. Stay frisky and healthy.

See you next month

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:

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.

REMINDER

The Senior Center will be closed on holidays during the summer months; Independence Day, July 4, and Labor Day, September 4.

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

No Grief Sessions June, July and August



BOOK CLUB On June 26 at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss a book.. Please call the Senior Center to find out the book selection.

FRIDAY COLORING DROP-IN PROGRAM

10:00 AM TO NOON



We supply the material, the coloring pencils and markers. Bring your companionship and

good sense of imagination and fun!

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

June 23, 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:

- June 19 "Boston's Tall Ships", Boston Harbor, departs 8:00 AM, \$79 per person
- July 21 "Gloucester Lobster Cruise" departs 9:00 AM, \$89 per person.
- August 18 "Cape Cod & Bass River Tour, departs 8:30 AM, \$89 per person
- October 1-7 "Myrtle Beach Show Trip & Charleston, SC", departs 8:00 AM, \$600 per person, price based on double occupancy. \$75 due at upon signing.

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

WRTA PARA TRANSIT WILL BE INCREASING THEIR FARES EFFECTIVE JULY 1ST. THE INCREASE WILL BE PUBLISHED IN THE JULY NEWSLETTER.

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: 5/4/17-First Place, James Durant, Second Place, Rose Kowal, Third Place Bob Tolman, 5/11/17, First Place, Rose Kowal Second Place, Nancy Willard Third Place, Theresa Kowal.

**AD
PAGE**

TOWN ADMINISTRATOR

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Director of Elder Affairs

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Nancy H. Lamb, RN

Leicester Horizon Editor

Genevieve Grenier

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Robert Foley

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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.

MAKE A FLOWER PIN

**With Nancy and Genevieve
at the Senior Center**

June 28

10AM to Noon

**We furnish the supplies you bring your
creativity to make a pin ushering summer.**



CATERED TO YOU LUNCHEON FOR JUNE

June 2—Karol's Corner—Baked Haddock Rice & Vegetables

June 6—B-Laws—American Chop Suey, Salad, Dessert

June 14—Pleasant Street Diner—Shepards Pie with Roll

June 20—Cheoy Lee's— Beef & Veg., Pork Fried Rice, Chicken

June 29—Barber's Crossing—Complete Turkey Dinner

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

Chat with Kevin

Wednesday, June 14, 9:00 AM

Refreshments will be served

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: _____