

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

June 2019



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BACK TO OLD TIME

Senior Breakfast

Thursday, June 20, 9:00 AM

All are welcome. The fee is \$3.00



Sen. Moore

Ice Cream Social

June 21, 12:30 PM

COMING ATTRACTIONS



WRTA

June 5, 11:00 AM

Anna Koterski

Question and Answer Session

Plus Senior ID's



Jumpin' Juba

June 11, 11:00 AM

Chicken Fajitas Lunch at 12PM

\$3.00 Donation

Call for reservation for lunch

Amelia Houghton, MS. BSN, RN
Regional Public Health Nurse

Meet and Greet
With Blood Pressure Clinic

June, 19, 10:00AM—12:00 PM

Picture Gallery of the Month

ACTIVITIES AT THE SENIOR CENTER



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
3. Chicken Picatta Lentil Rice Pilaf Roasted Calif. Blend Yogurt	4. Meatballs w/ Onion Gravy Gemelli Pasta Scand. Veg. Pineapple	5. Marinated Pork Loin Herbed Potatoes Peas & Onions Gingerbread	6. Beef Patty with Onions & Peppers Potato Wedges Honey Glazed Carrots Fresh Fruit	7. Macaroni & Cheese Stewed Tomatoes Green Beans Sprouts Fruited Ambrosia
10. Lasagna & Meatballs Green Beans Carrots Lorna Doones	11. Chicken Fajitas Spanish Rice Black Beans & Corn Pineapple	12. Salmon Boat w/ Dill Sauce Mashed Potatoes Carrots Strawberry Cups	13. BBQ Chicken Cornbread Stuffing Roasted Broccoli Cream Puffs	14. Roast Pork w/ Gravy Mashed Potatoes Roasted California Blend Apple Crisp
17. Beef Stew Rice Corn Niblets Mandarin Oranges	18. Shepherd's Pie carrots Peas Peaches	19. Turkey Cape Cod Sandwich Soup	20. Baked Potato w/ Chili & Cheese Broccoli Chocolate Mousse	21. Hot Dog Baked Beans Coleslaw Fresh Fruit
24. Chicken Mornay Vegetable Couscous Roman Blend Vegetables Tapioca Pudding	25. Turkey Salad Sandwich Soup	26. Roast Turkey With Gravy Mashed Sweet Potatoes Roasted Brussels Sprouts Cinnamon Pears	27. Frittata O'Brien Potatoes Green Beans Birthday Cake	28. Haddock with Parmesan Cream Sauce Wild Rice Broccoli w/ Red Peppers Fresh Fruit

June 2019



Calendar of Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. 9:00 Art –Genevieve 9:00 Chair Yoga with Heidi 10:00 Zumba Gold 11:00 Mindful Yoga/Ann 1:15 Line Dancing	4. 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	5. 9:00 Train Your Brain 10:00 Women's Club 10:30 Tai Chi 11:00 WRTA-Anna Koterski 1:00 Balance/Heidi	6. 8:00 COA Board Meeting 10:00 Cribbage 11:00 Mindful Yoga/Ann 12:45 Bingo with Nancy	7. 10:00 AM to Noon– Drop in Coloring Session 1:00 Chair Yoga with Heidi 1:00 Mexican train dominoes
10. 9:00 Art –Genevieve 9:00 Chair Yoga with Heidi 9:00—9:45 Sen. Moore office hours 10:00 Zumba Gold 11:00 Mindful Yoga/Ann 1:15 Line Dancing	11. 11:00 Jumpin Juba musical Presentation Register for the meal 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	12. 9:00 Train Your Brain 10:30 Tai Chi 1:00 Balance/Heidi	13. 10:00 Cribbage 11:00 Mindful Yoga/Ann 11:00 Vibra Presentation on Sleep Disorders 12:45 Bingo with Nancy	14. 10:00 AM to Noon– Drop in Coloring Session 1:00 Chair Yoga with Heidi 1:00 Mexican train dominoes 6:00 Third Annual Senior Prom
17. 9:00 Art –Genevieve 9:00 Chair Yoga with Heidi 10:00 Zumba Gold 11:00 Mindful Yoga/Ann 1:15 Line Dancing	18. 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise/Heidi 6:30 Fiber Group	19. 9:00 Train Your Brain 10:30 Tai Chi 11:00 Grief Session 11:00 BP presentation by Amelia Houghton 1:00 Balance/Heidi	20. 9:00 Senior Breakfast 10:00 Cribbage 11:00 Mindful Yoga/Ann 12:45 Bingo with Nancy	21. 10:00 AM to Noon– Drop in Coloring Session 12:30 Sen. Moore Ice Cream Social 1:00 Chair Yoga with Heidi 1:00 Mexican train dominoes
24. 9:00 Art –Genevieve 9:00 Chair Yoga with Heidi 10:00 Zumba Gold 11:00 Mindful Yoga/Ann 1:15 Line Dancing	25. 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	26. 9:00 Train Your Brain 10:30 Tai Chi 11:00 Rev. Sharon Lamothe– Faith & Family Hospice in Marlborough 1:00 Balance/Heidi	27. 9:00-10:30 Blood Pressure by VNA 10:00 Cribbage 11:00 Yoga/Ann 12:45 Bingo with Nancy	28. 10:00 AM to Noon– Drop in Coloring Session 1:00 Chair Yoga with Heidi 1:00 Mexican train dominoes

June 2019



As we enter FY20 there will be a new Federal Census. What does this mean for us. Based on past experience it will mean a significant increase in our senior population. In 2000 our census for those 60 and over living in Leicester was 1,644. In the 2010 census we jumped to 2,111. Now our town is closer to 2600. Demographically retirees are gravitating to small towns. Cities are experiencing a drop in their census and towns like ours are experiencing increases. Leicester is one of those precious towns that affords individuals an oasis of amenities that supports the desires of those who have reached that special age of retirement. They seek a place to make new friends, socialize, volunteer, etc. For our senior center it means for us to be creative in offering various options. While we are creating programs for younger seniors, we always remember to care for those advancing in age and whose personal values may be different from those who are just turning 60. We are fortunate here in Leicester that we have been able to create programs to meet a variety of age-related needs for exercise, socialization, medical, educational, entertaining, along with our abilities to also engage the center in a multicultural milieu. We enjoy having young individuals come and visit with us. We enjoy having our seniors engage at our schools. Of special importance is how much our town is involved with us. Our administrator has made himself very available to our center as has our Board of Selectmen, Fire Department, Police Department, Highway Department, various clubs such as the Women's Club, Garden Club, Historical Society, Girl Scouts, Lions Club, etc. This is not a custom shared by all towns. We are blessed and we thank you. Rachelle

OUTREACH—LAMB BYTES

Well—Jeepers Creepers—It's me again!

I'm sailing over the fence with a big smile for National Smile Month. Smiles are free and such easy things to share with everyone. We would all do it more often. Facial expressions transmit a whole variety of emotions to our friends. In the pasture I smile very time a smell a rose(so fresh and pretty), a promise of hope and June's birth flower. I rooted around and finally found my moonstone Lambkin earnings. The moonstone (June birth flower) restores a person to "wholeness" and boy do I need that after several months of being "scattered" all around!

June is a pretty month on the farm. Not too hot—not too cold. Oreo and Butterscotch seem comfortable and Salt and Pepper romp around and play goat tag. Wilbur enjoys his mud bath with a good mystery book. Molasses has been sauntering around and making social calls on some friends. Sorta strange since turtles are not normal social creatures. Skittles (my own pal) is gonna fly over on Wed, 6/19 and listen to a BP presentation by Amelia Houghton, RN, Regional Public Health Nurse. Normally birds have a high cardiac output and stiffer arteries so their BP's are higher than humans. Last night Skittles flew in my window, complaining of dyspepsia! Now mind you he's a barn owl and can get pretty hungry! Last night he swallowed 14 mice whole (skin, bones, everything) Yup! I trotted over to the 24° Divine Creatures Apothecary and got him a big bottle Peptowl Bismol. He chugged it down and it helped but now his tongue is pink! Boy or Boy! Do y'all have any allergy or respiratory questions. Drop in Thurs. 6/13, 11-12PM, and listen to McDavid Rodriguez, RT,

Well it's about time to do my cardio workout around the pasture followed by a Delish Vegetarian Casserole. Stay happy and healthy—be on lookout for rainbows and I'll see you next month, the first month a naturally air conditioner was invented, the ice cream cone.

Lambie Pie



Vibra Hospital
June 13, 11AM-12PM
Presentation by
McDavid Rodriguez
Resp. Therapist
On Sleep Disorders



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

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

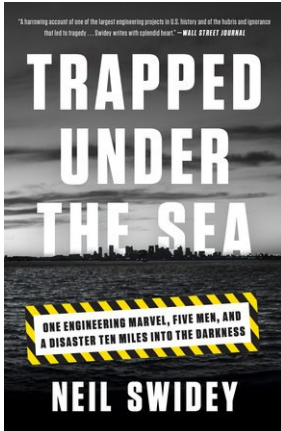
- **Mondays—1:15PM \$3.00 per class**

Tai Chi with Gary

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



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



BOOK CLUB On June 24, 2019 at 1:00 p.m. members of the Book Club will meet at the Leicester Senior Center to discuss "Trapped Under The Sea" by Neil Swidey. This a repeat of last month's selection due to the move of the Leicester Public Library. In the 1990s, Boston built a sophisticated waste treatment plant on Deer Island that was poised to show the country how to

deal with environmental catastrophe. The city had been dumping barely treated sewage into its harbor, coating the seafloor with a layer of "black mayonnaise." Fisheries collapsed, wildlife fled, and locals referred to floating tampon applicators as "beach whistles." But before the plant could start operating, a team of divers had to make a perilous journey to the end of a 10-mile tunnel-devoid of light and air to complete the construction. Five went in; two never came out. Drawing on hundreds of interviews and thousands of documents, award-winning reporter Neil Swidey re-creates the tragedy and its aftermath in an action-packed narrative. The climax comes when the hard-partying DJ Gillis and his friend Billy Juse trade jobs at a pivotal moment in the mission, sentencing one diver to death and the other to a trauma-induced heroin addiction that eventually lands him in prison. Trapped Under the Sea reminds us that behind every bridge, highway, dam there is a story.

GOLDEN NEEDLES KNITTING

MEETS EVERY TUESDAY AT 11:30 A.M. COME, STAY FOR LUNCH \$2.50. CALL DONNA TO RESERVE

DR. LACONTE PODIATRY August 2, 2019 at the Leicester Senior Center. Call 508-752-9444 to schedule appointments or make any changes.

UPCOMING TRIPS:

- **June 12**—Wednesday-North Shore Musical Theatre—"Oklahoma!", luncheon at Davensport Yacht Club. Cost is \$119 per person
- **July 12**—Friday-Gloucester Lobster Cruise with New England Clam Bake. Cost is \$99.00 per person
- **August 14**—Wednesday-The Lakes Region Summer Music Theatre's "Saturday Night Fever". Musical & Hart's Turkey Farm Luncheon. Cost is \$99.00 per person
- **September 13**—Friday-Lake Winnepesaukee Cruise. Features Narrated Cruise, Buffet Luncheon and Scenic Sights. Cost is \$99 per person
- **October 17**—Thursday-Twin River & Wright's Farm!. Features Day full of casino gambling and delicious dinner. Cost is \$59 per person

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

CRIBBAGE WINNERS: 4/29/19 First Place, Rose Kowal, Second Place, Theresa Kowal, 5/2/19, First Place, Rose Kowal, Second Place, Theresa Kowal, 5/9/19, First Place, Theresa Kowal, Second Place, Rose Kowal, 5/16/19, First Place Nancy Willard, 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

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Receptionists

Joan Lombardozzi

COA Trip Coordinator

Joan Wall 508-892-3967

Leicester Council on Aging***Address Service Requested**

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SUMMER WORD SCRAMBLE

1. EALCSSTDNA _____
2. PAICGMN _____
3. ELVATR _____
4. OAANICVT _____
5. UYJL _____
6. SOSTHR _____
7. ESNNCRESU _____
8. MSWI _____
9. UTASGU _____
10. HTO _____
11. PYLA _____
12. CMERICEA _____
13. FNA _____
14. ALDSASN _____
15. BECAH _____
16. TMSIWSUI _____
17. EJNU _____
18. OLOP _____
19. IBNIKI _____
20. NSU _____

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: _____