

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



March 2017



COMING ATTRACTIONS

Senior Breakfast

Thursday, March 23, 9:00 AM

Call for reservations. All are welcome.

The fee is \$3.00

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Pasta Bar

(Pasta, Meatballs, Sausage)

March 15, 12PM

Must sign up

Special People



Chair Yoga with Jessica Johnson Fridays at 1:30 PM

RYT 200 Hour certification, trained by various teachers in different styles, including FRA, Baron Baptiste, Natasha Rzepolous, and Frog Pond Yoga. Bachelors Degree in Exercise Science, advanced training in pre-natal yoga. Extensive experience studying the human body, yoga teaching and practice.



Barbara served as our Outreach Coordinator for six years and was loved by many who came to know her both as staff and as friend. She recently retired from her position due to illness but we want to make sure she is not forgotten. On **page 2** we honor her with a special photo gallery. Send get-well cards to her home at 11 Massasoit Drive, Leicester, MA 01524.



Picture Gallery of the Month

With all our love to Barbara




***Diabetic
Friendly
Dessert**

STRAWBERRY HILL CAFE

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

****Higher
Sodium**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 2017 		1. Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit	2. Sliced Turkey Sandwich Soup du Jour	3. Baked Haddock or Cod Rice Pilaf Peas & Carrots Pineapple
6. Swedish Meatballs Gemelli Pasta Scandinavian Veg. Mandarin Oranges	7. Buttermilk Chicken Red Bliss Potatoes Mixed Veg. Fresh Fruit Minestrone Soup	8. Pork Rib-i-que w/Bun Herbed Yukon Potatoes Corn Niblets Strawberries w/ Topping	9. Beef and Bean Chili w/Cornbread Seasoned Potatoes Green Beans Yogurt	10. Roasted Pepper Chicken Salad Soup du Jour
13. Roast Turkey w/ Gravy Herbed Stuffing Country Vegetables Fresh Fruit	14. Pot Roast w/Gravy Mashed Potatoes Succotash Mixed Fruit	15. Pasta Bar Meatballs, sausages, Peppers and Onion, Diced Chicken, Broccoli, Rolls and Special Dessert	16. Corned Beef Boiled Potatoes Cabbage & Carrots. Apple Cobbler-Congregate	17. Lasagna Broccoli Honey Glazed Carrots Diced Peaches
20. Beef Burgundy Peas Carrots Fresh Fruit	21. Hot Dog on Bun Baked Beans Pasta Salad Mustard Mandarin Oranges	22. American Chop Suey Broccoli & Red Peppers Apple Crisp Diet=Applesauce	23. Chicken w/ Asparagus Delmonico Potatoes Corn Birthday Cake/ Diet= Plain Cake	24. Fish Victor w/Bun Yukon Gold Potatoes California Vegetables Fresh Fruit
27. Lemon Thyme Chicken Sour Cream & Chive Potato Jardiniere Veg. Yogurt Vegetarian Veg. Soup	28. Beef Patty with Jardiniere Sauce w/ Bun Mashed Potatoes Carrots Pears	29. Herb Roast Pork Potatoes Au Gratin Spinach Applesauce Peach Cobbler Diet=Peaches	30. Spaghetti & Meatballs Green Beans Peas. Fresh Fruit	31. Baked Potato Bar Toppings—Chili, Cheese, Sour Cream, Bacon Bits, Broccoli and Dessert

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
March 2017 		1. 10:00 Women's Club 1:00 Balance	2. 8:00 COA Board Meeting 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	3. 10:30 Tai Chi 1:15 Chair Yoga with Jessica
6. 9:00 Art –Genevieve 10:00 Zumba Gold 10:00 Sen. Moore Office Hours 11:00 Chair Yoga/Ann 1:15 Line Dancing	7. 10:00 Senior Group 10:00 Blood Pressure with Nurse Nancy 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	8. 9:00 SHINE—call for Appointment 1:00 Balance	9. 11:00 B.P. with Judy 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	10. 10:30 Tai Chi 1:15 Chair Yoga with Jessica
13. 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing	14. 10:00 Golden Living Alzheimer by Mary 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	15. 11:00 Grief Session 11:00 Irish Music with Roger Tincknell 12:00 Pasta Bar –Special Lunch 1:00 Balance	16. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	17. 10:30 Tai Chi 1:15 Chair Yoga with Jessica
20. 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing	21. 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	22. 10:00 How to Use Smart By Leicester High School 11:00 Safety in the Senior Years by Ginger Iozzo 1:00 Balance	23. 9:00 Breakfast Club 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	24. 10:00 Meeting of Friends of the Leicester Senior Center 10:30 Tai Chi 1:15 Chair Yoga with Jessica
27 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:00 Book Club 1:15 Line Dancing	28. 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	29. 11:00 Genealogy with Jenny Stimson 1:00 Balance	30. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	31. 10:30 Tai Chi 12:00 **ALL NEW** Baked Potato Bar 1:15 Chair Yoga with Jessica

Director's Corner

We have had many situations at the senior center where individuals and families have been faced with devastating news whether it is a health situation or something else such as death, divorce, a family tragedy etc. and wish to confront such news in very private ways. People deal differently with shattering news. Each family and person has to be honored in how they feel, think, behave, cope, etc.

Often we have those who believe that it is only dutiful for contact to be made by phone, visits etc. However, if the person or persons and or family afflicted by tragic news informs all that they DO NOT wish to be contacted it is only our duty to make sure that their wishes are supported.

Later when and if the family and or individual feels differently they may welcome contact, visits but it is up to the affected persons to make the first move. *Rachelle*

OUTREACH—LAMB BYTES

Thanks to all of you for being so welcoming to me in my new position. All is going well and I learn something new everyday.

Welcome everyone to the third month of the year. If you were born before 150 BC according to the oldest Roman calendar, one year was ten months long starting in March and ending in December. In 1572 the Gregorian Calendar, introduced by Pope Gregory XIII, added two months to the beginning of the year.

March has always been known as a windy month. In Old English March was called "Hlyda" meaning hard winds.

March's birthstone is the aquamarine which was thought to protect sailors and help its wearer to remain calm.

March's flower is the daffodil symbolizing friendship, respect and faithfulness.

Fun facts about March: 3/1—Peanut Butter Lovers Day, 3/18-National Quilting Day, 3/22-Goof-Off Day and 3/25-Waffle Day.

Share a jar of peanut butter with a friend on 3/1 while watching your daytime soaps and plan to "goof-off" and enjoy yourself on 3/22.

Stay healthy and never "byte" off more than you can chew!

Nancy Lamb.

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.

PLEASE NOTE

WHEN LEICESTER SCHOOLS ARE CLOSED DUE TO INCLEMENT WEATHER THE SENIOR CENTER IS CLOSED. THE BUS DOES NOT RUN, NOR ARE MEALS DELIVERED. IF YOU LOOK AT YOUR TV AND IT SAYS THAT SCHOOLS ARE CLOSED IN LEICESTER WE ARE CLOSED.

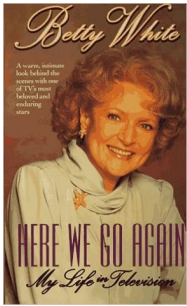
Genevieve's Art Studio-

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.

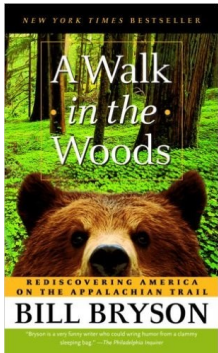
Monthly Grief Session

We come as strangers and become friends as we have all lost someone special. We gather together to heal!!!

Wednesday, March 15, 11:00 a.m.



BOOK CLUB On March 27 at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss a choice of two books. **Here We Go Again: My Life in Television by Betty White..** Renowned and beloved actress, Betty White, transports us from 1949 (first daytime show) with favorite anecdotes and behind the scenes "incidents". Most of us remember from the Mary Tyler Moore Show and The Golden Girls. Second choice is **A Walk in the Woods by Bill Bryson.** Sit back, get comfortable and read about the authors like along the Appalachian Trail. Enjoy meeting some eccentric hikers and experience the pleasures of Nature as seen through the author's eyes.



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

April 21, 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.**

CRIBBAGE WINNERS: 12/29/16/16, First Place, James Durant, Second Place, Wayne Bombard, Third Place Mary Johnson, 1/5/17-First Place, Marie Ostiguy, Tied Second Place, Charlie Sawa, Ray Fluet, 1/12/17, First Place, Theresa Kowal, Second Place, Nancy Willard, Third Place, Bob Tolman, 1/19/17, First Place, Lorraine Monette, Tied Second Place, James Durant and Norma Dodge, 2/6/17 First Place, Charlie Sawa, Second Place, Marie Ostiguy and Third Place, Jimmy Durant

UPCOMING TRIPS:

- March 10 Foxwoods, Leaves 8:0am-\$25 per person
- April 17-19 Atlantic City Tropicana Tour Leaves 7:00 am \$219 (Double), \$215 (Triple) \$299 (Single)
- May 11 "The Foursome" at The Newport Playhouse & Cabaret Restaurant \$89 per person.

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



Identity Theft, Fraud Prevention and Spotting Card Skimmers

MARCH 8, 10:00 AM

by

Robin Putnam, Office of Consumer Affairs

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

**AD
PAGE**

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COA Trip Coordinator

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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.



Ireland to America!

Irish Music

with

Roger Tincknell

Wednesday, March 15, 11:00 AM



This program is sponsored in part, by a grant from the Leicester Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



Program is followed by Pasta Lunch with \$2.50 donation. Call to sign up.



GOLDEN NEEDLES CLUB



Thank you for the donation of storage cabinet and Valentine treats



Chat with Kevin

Wednesday, April 5, 11:00 AM

Continental Breakfast will be served

Have a talk with Leicester Town Administrator

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: _____