

# 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 2020



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## Senior Breakfast



Thursday, March 19, 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

### March Craft Events

#### Swirls, Curls and Kinks

Learn to make bows—March 5—10AM –12PM

#### St. Patrick's Day Craft

Enjoy and Laugh—March 13— 10AM –12PM

## Fourth Annual Senior Prom

at Leicester Senior Center

April 24, 6:00 PM

Pasta Meal by Harry—

6:00 PM to 7:30 PM

Entertainment by Duane Carlson 7:30 to 8:30 PM



### Jason Main Veterans Service Officer

Jason Main is Leicester's new Veterans Services Officer. His office hours at Leicester Town Hall are Thursdays from 8 am to 12 pm and by appointment. If you need to reach him you may call him at 508-892-7025. He regularly checks his messages.

# Picture Gallery of the Month

## ACTIVITIES AT THE SENIOR CENTER

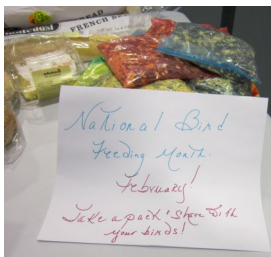
### Valentine's Day Craft



### Donation to Senior Center from ERA



### Golden Needles Hats for Police Department



### February Bird Month Celebration



# 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
2. <b>Teriyaki Beef</b> Steamed Rice Broccoli Pineapple	3. <b>Chicken Piccata</b> Wild Rice Roasted California Vegetables Lemon Pudding	4. <b>Shepherd's Pie</b> Carrots Peas Cinnamon Streusel Cake	5. <b>Salisbury Steak w/ Gravy</b> Garlic Mashed Po- tatoes Mixed Veg. Fresh Fruit	6. <b>N.Y. Pastrami Sandwich</b> Soup du Jour
9. <b>BBQ Chicken</b> Mashed Potatoes Glazed Carrots Fresh Fruit	10. <b>Meatballs with Onion Gravy</b> Gemelli Pasta Summer Corn Fruited Ambrosia	11. <b>Marinated Pork Loin</b> Herbed Potatoes Peas & Onions Gingerbread	12. <b>Chicken Fajitas</b> Spanish Rice Black Beans & Corn Pineapple	13. <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Brownie
16. <b>Lasagna &amp; Meatballs</b> Mixed Veg. Lorna Doones	17. <b>Corned Beef</b> Boiled Potato Cabbage & Carrots Chocolate Pudding	18. <b>Beef with Onions &amp; Peppers</b> Potato Wedges Glazed Carrots Fresh Fruit	19. <b>Roast Pork with Gravy</b> Cranberry Stuffing Roasted Brussels Sprouts Baked Apples	20. <b>Fish with Crumb Topping</b> Calif Blend Veg. Pear Crisp
23. <b>Beef Stew</b> Rice Corn Niblets Mandarin Oranges	24. <b>Buttermilk Chicken</b> Mashed Potato Peas & Carrots Oreo Cookies	25. <b>Baked Potato w/Chili &amp; Cheese</b> Broccoli Birthday Cake	26. <b>Hot Dog</b> Baked Beans Coleslaw Strawberries	27. <b>Vegetable Cheese Bake</b> Seasoned Potatoes Green Beans Lorna Doone- sPeaches
30. <b>Chicken Mornay</b> Couscous Roman Veg. Butterscotch Pud- ding	31. <b>Albacore Tuna Salad Sandwich</b> Soup du Jour	<b>March 2020</b> 		


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



March 2020

# LEICESTER SENIOR HORIZON

## Calendar of Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2.</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>3.</p> <p>10:00 Senior Group 11:30 Golden Needles 1:00 Exercise-Heidi 6:30 Fiber Group</p>	<p>4.</p> <p>9:00 Train Your Brain 9:00 Women's Club 10:30 Tai Chi-Gary 11:00 Low Impact Zumba with Amy 1:00 Balance-Heidi</p>	<p>5.</p> <p>8:00 COA Board Meeting 10:00 Cribbage 10:00 Drop in Bow Making Craft 11:00 Mindful Yoga-Ann 12:45 Bingo</p>	<p>6.</p> <p>10:00 AM to Noon– Drop in Coloring Session 10:00 Laugh in the Morning 1:00 Chair Yoga-Heidi</p>
<p>9.</p> <p>9:00 Art –Genevieve 9:00 Chair Yoga-Heidi 11:00 Mindful Yoga-Ann J.P. On Vacation</p>	<p>10.</p> <p>11:30 Golden Needles 1:00 Exercise-Heidi 6:30 Fiber Group</p>	<p>11.</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>12.</p> <p>10:00 Cribbage 11:00 Mindful Yoga-Ann 12:45 Bingo</p>	<p>13.</p> <p>10:00 AM to Noon– Drop in Coloring Session 10:00 St. Patrick's Day Craft 10:00 Laugh in the Morning 1:00 Chair Yoga- Heidi</p>
<p>16.</p> <p>9:00 Art –Genevieve 9:00 Chair Yoga-Heidi 9:00 Sen. Moore Office Hour 11:00 Mindful Yoga-Ann J.P. On vacation</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 10:30 Tai Chi-Gary 11:00Low Impact Zumba with Amy 11:00 Grief Session 1:00 Balance-Heidi</p>	<p>19.</p> <p>9:00 Senior Breakfast 10:00 Cribbage 11:00 Mindful Yoga -Ann 12:45 Bingo</p>	<p>20.</p> <p>10:00 AM to Noon– Drop in Coloring Session 10:00 Laugh in the Morning 1:00 Chair Yoga- Heidi</p>
<p>23.</p> <p>9:00 Art –Genevieve 9:00 Chair Yoga- Heidi 11:00 Mindful Yoga-Ann 1:15 Line Dancing-J.P. Ellery returns today</p>	<p>24.</p> <p>11:30 Golden Needles 1:00 Exercise-Heidi 6:30 Fiber Group</p>	<p>25.</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>26.</p> <p>10:00 Cribbage 11:00 Yoga-Ann 12:45 Bingo</p>	<p>27.</p> <p>10:00 AM to Noon– Drop in Coloring Session 10:00 Laugh in the Morning 1:00 Chair Yoga-Heidi</p>
<p>30.</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>31.</p> <p>11:30 Golden Needles 1:00 Exercise-Heidi 6:30 Fiber Group</p>	<p>March 2020 </p>		

*Did you know that the Symbolic Tree of March is the Ash. It is highly prized for its resilience . It is the kind of resilience that translates well in the month of March. The wood of the ash is incredibly strong and has been used to create all manner of helpful tools and sacred items. From baseball bats to magic wands, spears and bows to besom handles. The ash gives humans a sense of industry while remaining flexible to work with the will of man. The Yggdrasil is reputed to be an ash...it's an epic ancient Norse tree conveying the connective qualities of metaphysicality (connections between mundane and heavenly). We get the sense of determined strength combined with a deeper wisdom when we research the symbolism of the ash. It is also a ravenous grower—give it room and light and it will reforest an area with remarkable expedience. Ash offers a message: “identify your points of strength and use these aspects to the utmost. Do not relinquish to your shortcomings, rather bend with them to create the most advantageous outcome” Rachelle*

## OUTREACH—LAMB BYTES

Hola Everyone! Golly, my Spanish is coming through today. I feel very festive in my green hat and heels in honor of St. Patrick's Day. The day comes to us on the 17th in the (Hlyd Month) stormy month of March. This is the time Farmer Bob gets busy around the homestead pruning trees and digging post holes.

March is the month of growth and harmony. Challenge yourself this month and try to foster goodwill and harmony among your friends. Wear your aquamarine if you are a Pisces. It will help with healing and keep you attuned to your emotions. Carry your umbrella this March for National Umbrella Month. Hold onto it and peek up on Monday March 9 to see the full moon. That moon is called the Full Worm Moon—hence Spring is starting and earthworms emerge. Interesting. Now Henrietta and Ozzie like that as they add worms to their goose recipes for texture and flavor — gulp! Skittles likes to fly like crazy, grab those little wormies and feed them to his turtle gal pal Molasses. Worms are a good source of protein and niacin. Niacin is vitamin B3— helps ease arthritis and boost brain function. OK my Brain Games group!!

My four legged pals are OK. Oreo had to see Dr Leaper (Frog M.D.). He ate too many prickly bushes and ended up with a sore tongue and horsey cough. Ha! Ha! He was on a puree hay diet and gargles with a tincture of hoof-tussin 10 times a day. Better now! Salt and Pepper are goat happy. Winston, their pig pal, is taking barnyard nutrition and told them they are taking all the 9 essential minerals they require. He told Skittles to cut down on his Feather Valley Vin and increase his milk intake for calcium. Farmer Bob takes multi vitamins every day.

When you are up and about— check out our Swirls, Whirls and Kinks Class on March 5th with Genevieve. Sway to some 60's music learn to make a bow. Bring your own ribbon if you want a personal bow.

Wear a bit of green. Join us on March 13th for some Irish music and make an easy craft with Genevieve and Nancy. Maybe choose a good luck piece. Try your luck at Bingo on March 19th.

Well time to mosey down to the All Critters Apothecary and get my VA VA Voom Vitamins. Also need some body hair conditioner for my “Lambie Licks”. Stay healthy and happy—eat some celery—rich in vitamins and keeps you regular. 😊 See you next in the month of Grilled Cheese Sandwich Day.

Lambie Pie



**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

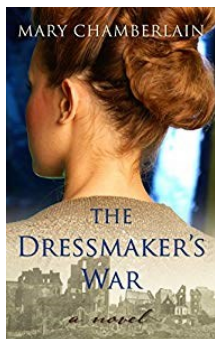
- Mondays—1:15PM \$3.00 per class

### Tai Chi with Gary

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



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



**BOOK CLUB** On March 30, 2020 at 1:00 p.m. members of the Book Club will meet at the Leicester Senior Center to discuss "The Dressmaker's War" by Mary Chamberlain. A gripping, powerful, compulsively readable work of historical fiction: the story of a brilliant English dressmaker caught in Germany during World War II, the

choices she must make to stay alive—and the way she confronts those choices in war's aftermath. For readers of Amy Bloom and Anthony Doerr.

In London, 1939, Ada Vaughan is a young woman with an unusual dressmaking skill, and dreams of a better life for herself. That life seems to arrive when Stanislaus, an Austrian aristocrat, sweeps Ada off her feet and brings her to Paris. When war breaks out, Stanislaus vanishes, and Ada is taken prisoner by the Germans, she must do everything she can to survive: by becoming dressmaker to the Nazi wives. Abandoned and alone as war rages, the choices Ada makes will come to back to haunt her years later, as the truth of her experience is twisted and distorted after the war. From glamorous London hotels and Parisian cafes to the desperation of wartime Germany, here is a mesmerizing, richly textured historical novel, a story of heartbreak, survival and ambition, of the nature of truth, and the untold story of what happens to women during war.

#### 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 April 17, 2020** at the Leicester Senior Center.

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

### UPCOMING TRIPS:

- **March 20**— Friday-Foxwood Casino, Free Buffet lunch or \$10.00 Food voucher and \$10.00 Casino Slot Play. Cost is \$30.00
- **April 14**— Tuesday-Tom Jones & Englebert, Features full course lunch served family style with musical entertainment. Cost is \$99.00
- **May 14**— Thursday-Twin River & Wright's Farm, \$7.00 food credit and \$10.00 Slot Cash and dinner at Wright's Farm. Cost is \$64.00
- **June 17**— Wednesday-Gloucester Lobster Cruise with New England Clam Bake. Cost is \$109.00 per person
- **October 14**— Wednesday-New Hampshire Turkey Train. Full course lunch and local sightseeing and foliage viewing. \$89 due by August 21.
- **November 11**— Wednesday-Newport Playhouse "Ghost Of A Chance" Buffet and Cabaret. Cost is \$99.

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:** 1/23/20, First Place, Katie Hardwick, Second Place, Jim Durant, 1/30/20 First Place, Katie Hardwick, Second Place, Charlie Sawa and Richard Corriveau, 2/13/20, First Place, Rose Kowal, Second Place, Jim Durant, 2/20/20 First Place, Katie Hardwick, Second Place, Pat Richard and Jim Durant



**TOWN ADMINISTRATOR**

David Genereux

**Council on Aging**

**Director of Elder Affairs**

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**Outreach Coordinator**

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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.*

**St. Patrick's Day Word Scramble**

**Erin Go Bragh! Unscramble the following words associated with St. Patrick's Day. Good luck!**

Pabepig _____	Igj _____
Laerybn Tnseo _____	Dglene _____
Egorub _____	Ckeirilm _____
Teclci _____	Neeulrphca _____
Drivce _____	Ucylk _____
Oyonobdnkr _____	Gaamlie _____
Ldnibu _____	Ahcrm _____
Mreleda lles _____	Aooptt _____
Nofruet _____	Tpo fo Ogdl _____
Egrne _____	Dinwarb _____
Rhinineab _____	Nstia Tikcapr _____
Erdlian _____	Sahcmrok _____

**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: \_\_\_\_\_