

# Leicester Senior Horizon

40 Winslow Avenue, Leicester, Massachusetts 01524-1113

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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

## May 2019



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**\*BACK TO OLD TIME\***

### Senior Breakfast

Thursday, May 16, 9:00 AM

All are welcome. The fee is \$3.00

Massachusetts College of Pharmacy and  
Health Services - Taking One Hour Health  
Histories

May 29- 9:00 AM—11:30 AM

## COMING ATTRACTIONS



Donna Lee Entertainment  
*"Best of Country Music"*

May 8, 11:00 AM

This will be a celebration of country music  
and Mother's Day

## THIRD ANNUAL SENIOR PROM



at Leicester Senior  
Center

May 10, 6:00 PM

Pasta Meal by Harry—  
6:00 PM to 7:30 PM

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

\$5 Deposit at sign up required—to be returned  
at the Prom

# Picture Gallery of the Month

## ACTIVITIES AT THE SENIOR CENTER



Leicester Health Fair



Vencor/  
Meadows



Safety Day



Difference between heart attack and stroke presentation

Leicester Fire Dept. Senior



Craft "pop Flowers" by Eddy Pond



Nancy Duhamel of Meadows is back calling Bingo



# 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
<div>May 2019</div>		1. <div>Potato Crunch Fish Herbed Potatoes Peas &amp; Onions Gingerbread</div>	2. <div>Baked Ham Sour Cream/Chive Mashed Potatoes Carrots Fresh Fruit</div>	3. <div>Garlic Herbed Chicken Herbed Stuffing Roasted Brussels Sprouts Vanilla Mousse</div>
6. <div>Cinco de Mayo Stuffed Pepper Casse- role Mashed Potatoes Carrots Lorna Doones</div>	7. <div>Hot Dog Baked Beans Coleslaw Fresh Fruit</div>	8. <div>Roast Beef Sandwich Soup</div>	9. <div>Mothers Day Meal Roast Pork Loin Cranberry Herbed Stuffing Country Blend Veg- etables Cream Puffs</div>	10. <div>Braised Beef Gemelli Pasta Roasted Broccoli Pears</div>
13. <div>Chicken Pesto Red Bliss Potatoes Scandinavian Veg. Vanilla Pudding</div>	14. <div>Beef Stir Fry Steamed White Rice Oriental Veg. Pineapple</div>	15. <div>Lemon Pepper Haddock Seasoned Potatoes Mixed Veg. Pear Crisp</div>	16. <div>American Chop Suey Roasted Broccoli Bread Pudding</div>	17. <div>Jambalaya Rice Pilaf Green Peas Manadarin Oranges</div>
20. <div>Shepherd's Pie Carrots Peas Lemon Pudding</div>	21. <div>Greek Chicken Steamed White Rice Roasted Brussels Sprouts Peaches</div>	22. <div>Turkey Supreme Mashed Sweet Potatoes Roasted Calif. Blend Veg. Fresh Fruit</div>	23. <div>Ham Salad Sandwich Soup</div>	24. <div>Holiday Meal Burger w/Chili &amp; Cheese Sweet Potato Fries Strawberries/ Whipped Topping</div>
27. <div>Memorial Day  No Meal Served</div>	28. <div>Vegetable Cheese Bake Seasoned Potatoes Green Beans Mandarin Oranges</div>	29. <div>Chicken Milano Wild Rice Spinach Strawberry Cup</div>	30. <div>Salisbury Steak w/ Gravy Mashed Potatoes Herbed Carrots Brownie</div>	31. <div>Potato Crunch Fish Potatoes Au Gratin Mixed Veg. Fresh Cut Melon</div>

## Calendar of Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1.</b> 9:00 Train Your Brain 10:00 Women's Club 10:30 Tai Chi 1:00 Balance/Heidi	<b>2.</b> 8:00 COA Board Meeting 10:00 Cribbage 11:00 Mindful Yoga/Ann 12:45 Bingo with Nancy	<b>3.</b> 10:00 AM to Noon– Drop in Coloring Session 1:00 Chair Yoga with Heidi 1:00 Mexican train dominoes
<b>6.</b> 9:00 Art –Genevieve 9:00 Chair Yoga with Heidi 10:00 Zumba Gold 11:00 Mindful Yoga/Ann 1:15 Line Dancing	<b>7.</b> 10:00 Senior Group at Leicester Hill Country Club 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	<b>8.</b> 9:00 Train Your Brain 10:30 Tai Chi 11:00 Donna Lee—Best of Country Music—Sign up Register for the meal 1:00 Balance/Heidi	<b>9.</b> 10:00 Cribbage 10:30 Fire Safety Day with Leicester Fire Dept. 11:00 Mindful Yoga/Ann 12:45 Bingo with Nancy	<b>10.</b> 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
<b>13.</b> 9:00 Art –Genevieve 9:00 Chair Yoga with Heidi 10:00 Zumba Gold 11:00 Mindful Yoga/Ann 1:15 Line Dancing	<b>14.</b> 11:30 Golden Needles 1:00 Exercise/Heidi 6:30 Fiber Group	<b>15.</b> 9:00 Train Your Brain 10:00 Women's Club 10:30 Tai Chi 11:00 <u>Grief Session</u> 1:00 Balance/Heidi	<b>16.</b> 9:00 Senior Breakfast 10:00 Cribbage 11:00 Mindful Yoga/Ann 12:45 Bingo with Nancy	<b>17.</b> 9:00 a.m. Dr. Laconte 10:00 AM to Noon– Drop in Coloring Session 1:00 Chair Yoga with Heidi 1:00 Mexican train dominoes
<b>20.</b> 9:00—10 Sen. Moore office hours 9:00 Art –Genevieve 9:00 Chair Yoga with Heidi 10:00 Zumba Gold 11:00 Mindful Yoga/Ann 1:15 Line Dancing	<b>21.</b> 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	<b>22.</b> 9:00 Train Your Brain 10:30 Tai Chi 1:00 Balance/Heidi	<b>23.</b> 9:00-10:30 Blood Pressure by VNA 9:30 Aquatic Physical Therapy Talk by Kim Barrow 10:00 Cribbage 11:00 Yoga/Ann 12:45 Bingo with Nancy	<b>24.</b> 10:00 AM to Noon– Drop in Coloring Session 1:00 Chair Yoga with Heidi 1:00 Mexican train dominoes
<b>27.</b> <b>Memorial Day</b> 	<b>28.</b> 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	<b>29.</b> 9:00 Train Your Brain 9:00 to 11:30 Taking health histories by MCPHS 10:30 Tai Chi 1:00 Balance/Heidi	<b>30.</b> 10:00 Cribbage 11:00 Mindful Yoga/Ann 12:45 Bingo with Nancy	<b>31.</b> 10:00 AM to Noon– Drop in Coloring Session 1:00 Chair Yoga with Heidi 1:00 Mexican train dominoes

*Latest scam alert from Rita Sullivan. Received an e-mail from a Fraud Brigade player stating that her friend was scammed renewing her license. After going on the presumably proper site and paying with VISA she had a charge she didn't recognize, plus other bills including her licensing. Strangely, there was a telephone # next to the charge. She called the number. The connection was not clear and the person was heavily accented. She asked for the DMV, he said Yes!; She said I have the wrong number and hung up. She then went in person to the AAA DMV and was told it's a scam and that they somehow pull the legit form over. She, of course called VISA who are taking care of her; but said this scam is not new to them. Basically inform folks that they have to see if the site has a little black lock symbol in the upper left hand corner BEFORE sharing their info or ordering. You'll notice Amazon etc. have this little lock, verifying that they are a safe site to conduct business. Billions are made from scams by scam artists.*

#### PROM

*We will be having our 3rd annual prom on the 10th of the month. Entertainment will be provided by Duane Carlson who happens to be an excellent singer artist. We hope that many can join us for an evening of fun and entertainment. This year we are asking for a deposit of \$5 as last year we had 3 empty tables who were supposed to attend and did not show. This means that nearly 24 meals were prepared and charged for that were left behind. If you plan to attend and we hope you will come in and register and give us a deposit. This money will be returned to you if you show up. Rachelle*

## OUTREACH—LAMB BYTES

Elohay Everyone-

Wilbur tells me that is Pig Latin for hello. Sorta makes me wonder what he and Farmer Bob are studying at the All Critter Primary School. Anyway, we are into May named for Maia, the Greek goddess of fertility. Yall be careful this month! While you're out walking I want you to look for the flower of the month, lily of the valley. Its not really a lily. It's part of the asparagus family! It can be poisonous if eaten and is said that it has sprung of Eve's tears when she was exiled from the Garden of Eden— uh oh! The birthstone of May is the emerald thought to symbolize love and success.

All of us on the farm are doing quite well. Molasses loves her elevator but she gets air sick.! Dr. Leaper our local frog ACND (All Creature M.D) Prescribed 1 microturtle gram Dramamine and it's working. Butterscotch and Oreos were playing and accidentally tipped over a big pail of purple egg dye Farmer Bob was gonna use for Easter. Of course, Ozzie and Henrietta waddled over to see what happened. Yep— you guessed it the barnyard is a medley of purple horse and geese tracks, Looks sorta neat! Salt and Pepper, my goats, were romping around and found some yellow trumpet vine, To greet the Spring, they wrapped the yellow vine around their tails! Due to the rain I've been wearing my silver hoffer boots. Skittles The owl says the farm yard is quite a colorful sight when we all meet for our daily 4PMHappy Hour.

Skittles is keeping an eye out for Donna Lee and her music on May 8 at the Senior Center. He may also fly in and give Dr. Laconte a hoot on May 14 for a talon checkup. Do you know a talon has 4 toes and he radiates his excess owl body heat through the soles of his feet?? Henrietta and Ozzie wanna see Kim on May 23 to find out about any geese Aqua Therapy classes.

We're all trying to help with plans for the "Senior Prom" May 10. Find time this month to reminisce with a friend, eat some asparagus and spread your love. I'll jump over the fence and visit you next in National Smile Month.

Lambie Pie



## Thank You!

Thank you Dr. Laconte for letting us borrow a poster on the foot, its structure and problems and foot models



### 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
- 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

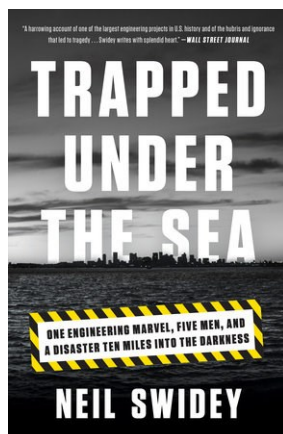
- Mondays—1:15PM \$3.00 per class

### Tai Chi with Gary

- Wednesdays— 10:30 AM \$3.00 per



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



**BOOK CLUB** On May 20, 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. 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

## UPCOMING TRIPS:

- **May 16**—Thursday—"Close Encounter" at the Newport Playhouse and Cabaret Restaurant. Cost is \$89.00
- **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

### 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** May 17, 2019 at the Leicester Senior Center. Call 508-752-9444 to schedule appointments or make any changes.

**CRIBBAGE WINNERS:** 3/21/19 First Place, Kate Hardwick, Second Place, Bob Tolman, 4/4/19, First Place, Patrick Richard Second Place, Charlie Sawa, 4/11/19, First Place, Rose Kowal, Second Place, Jim Progin, 4/18/19, First Place Theresa Kowal, Second Place, Nancy Willard.



**TOWN ADMINISTRATOR**

David Genereux

**Council on Aging****Director of Elder Affairs**

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Nancy H. Lamb, RN

**Leicester Horizon Editor**

Genevieve Grenier

**Bus Drivers**

Robert Foley

David Gercken

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**Nutrition Site Manager**

Donna McDonald

**Receptionists**

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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.

# MEMORIAL DAY

## Word Scramble

REENMRMCEAB

LCIIV ARW

WLROD WASR

SSANIPH AAENCMRI WRA

AKEONR WRA

DTESRE TSOMR

MVNEIAT RAW

DSISLEOR

EDPRASA

VTSERNAE

OHESRE

FSLGA


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