

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

Barbara Paszuk
Outreach Coordinator

December 2015 HIGHLIGHTS

Tuesday, December 1	10:00 a.m. Senior Citizen Club 11:30 a.m. Golden Needles Knitted Merchandise Sale 1:00 p.m. Exercise 6:30 p.m. Fiber Group	Wednesday, December 16	11:00 a.m. Grief Session 1:00 p.m. Balance
Wednesday, December 2	9:00 a.m. Nails by Quaboag 10:00 Paint your own Ornament 1:00 p.m. Balance	Thursday, December 17	9:00 a.m. Monthly Breakfast 10:00 a.m. Blood Pressure by Paula 10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann 12:00 noon Christmas party with Harry Brooks spaghetti lunch \$3—call to sign up. Middle School will entertain 12:45 p.m. Bingo
Thursday, December 3	8:00 a.m. COA Board Meeting 10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann 12:45 p.m. Bingo	Friday, December 18	9:00 a.m. Quilting with Pat 10:30 a.m. Tai Chi 1:00 p.m. Chair Yoga with Jessica
Friday, December 4	9:00 a.m. Quilting with Pat 10:30 a.m. Tai Chi 1:00 p.m. Chair Yoga with Jessica	Monday, December 21	9:00 a.m. Art with Genevieve 10:00 a.m. Zumba Gold 10:30 a.m. Sen. Michael Moore Hour 11:00 a.m. Chair Yoga at Ann 10:00 a.m. Second Graders Entertain 11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group
Monday, December 7	9:00 a.m. Art with Genevieve 10:00 a.m. Zumba Gold 11:00 a.m. Chair Yoga with Ann	Tuesday, December 22	1:00 p.m. Balance 10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann 12:45 p.m. Bingo Closed for Christmas 9:00 a.m. Art with Genevieve 10:00 a.m. Zumba Gold 11:00 a.m. Chair Yoga with Ann 1:00 p.m. Book Club 11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group
Tuesday, December 8	11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group	Wednesday, December 23	1:00 p.m. Balance
Wednesday, December 9	10:00 Christmas Centerpiece with Tina 1:00 p.m. Balance	Thursday, December 24	10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann 12:45 p.m. Bingo
Thursday, December 10	10:00 a.m. Cribbage 11:00 a.m. Blood Pressure with Judy 11:00 a.m. Chair Yoga with Ann 12:45 p.m. Bingo with Meadows	Friday, December 25	
Friday, December 11	9:00 a.m. Quilting 10:30 a.m. Tai Chi 1:00 p.m. Chair Yoga with Jessica	Monday, December 28	
Monday, December 14	9:00 a.m. Art with Genevieve 9:30 a.m. SHINE—Call for appt. 10:00 a.m. Rep. Kate Campanale Hour 10:00 a.m. Zumba Gold 11:00 a.m. Chair Yoga with Ann	Tuesday, December 29	1:00 p.m. Balance 10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann 12:45 p.m. Bingo
Tuesday, December 15	10:00 a.m. Senior Club at Country Club 10:00 a.m. Cookie Exchange 11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group	Wednesday, December 30	
		Thursday, December 31	



Director's Corner

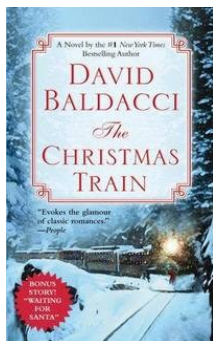
Thank you to all who worked so hard to make our Veterans' Breakfast a success. For five years our center has honored our veterans and those who came to thank them with a wonderful meal.

Thanks to local businesses who support us financially: George E. McKenna Insurance Agency, Senior Citizens Club of Leicester, Spencer Bank, J. Henri Morin & Son, Inc. Golden Needles Club, Dr. Laconte, William and Linda Barrett, The Hair Force, Meadows. Other businesses provided 42 gift baskets and gift certificates, Ellers Restaurant supplied delicious home fries.

The event involves local community and State Officials such as: Our Schools, Our volunteers, Billy Burt, Police Department, Board of Selectmen, Highway Department, COA Board members and staff, Betty Benoit/ROTC, Girl Scouts, Kitchen Crew, Sherriff's Office, Kate Campanale, Project New Hope, Major Ryan Sarenpa and Major General L. Scott Rice, Commander of the Massachusetts National Guard. Thank you all.

Rachelle

BOOK CLUB On December 28 at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss "Christmas Train" a novel by David Baldacci. A story of a young journalist who has some issues with airport security and so he takes a train to his girlfriend in Los Angeles. To finance his trip he must write a story about the train ride.



ON DECEMBER 22ND AT 10 A.M. THE SECOND GRADERS WILL ENTERTAIN AT THE SENIOR CENTER. CALLING ALL GRANDPARENTS AND OTHERS TO COME AND BE WITH THESE YOUNG TALENTS AT THIS SPECIAL CHRISTMAS ENTERTAINMENT.

GOLDEN NEEDLES KNITTING MERCHANDISE SALE ON DECEMBER 1ST. AND CROCHET GROUP MEETS EVERY TUESDAY AT 11:30 A.M. STAY FOR LUNCH AND RESUME YOUR ACTIVITIES. LUNCH IS \$2.50. CALL ELDER SERVICES AT 508-852-3205 OR DONNA AT 508-892-7016.

Spaghetti lunch with Harry Brooks on December 17 at noon. Must make a reservation. Cost is \$3 per person. Call 508-892-7016 to reserve a lunch.

UPCOMING TRIPS:

- Thursday, December 10, "Irving Berlin's White Christmas" Goes to R.I., leaves 4:30 p.m., \$99—First eat at Wright's Chicken Farm.
- Friday, January 15, 2016, Foxwoods Resort and Casino Tour, leaves 8:00a.m.—\$24 per person
- Friday, February 12, 2016, Foxwoods Resort and Casino Tour, leaves 8:00 a.m.—\$24 per person

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

Barbara's Highlights/Outreach

Let me thank all those who joined me in "Walking with Barbara". For comfort and safety the program is suspended for Winter. We'll be walking again come Spring!

Winter is soon upon us reminding us that we need to be vigilant and prepared for a cold Winter ahead. If you lose power candles are not a viable solution. Instead use a good flashlight with new batteries that allows you maximum visualization. Make sure you have additional batteries on hand and properly dispose old batteries as they are a fire hazard. Make sure your smoke alarms and carbon monoxide detectors are working. In case of power outages make sure you have non-perishable items such as peanut butter etc. and have a nonelectric can opener. If you drive make sure you have good winter tires and your car is in winter-working condition. Let people know when you leave your home, where you are headed and when you plan to return. Keep a flashlight and blanket in your car. Make sure you have good winter clothing available. If you need assistance in any of these situations we are here to assist you as there are many agencies who can help so don't hesitate to call us at 508-892-7016.

Barbara

DR. LACONTE PODIATRY APPOINTMENTS AT LEICESTER SENIOR CENTER— February 5, 2016 and April 8, 2016. Call 508-752-9444 to schedule appointments.

Ali's Corner—

I am here to support individuals who need assistance. Requests can come from family concerned about an elder parent or from the elder themselves. Please call the senior at 508-892-7016. All assistance is confidential. Alison Nadell, MA Community Outreach Liaison.

Genevieve's Art Studio—

If you like painting or you wish to learn call me at 508-892-7016. Classes are limited to 9 people so call early. \$20 for 4 classes.

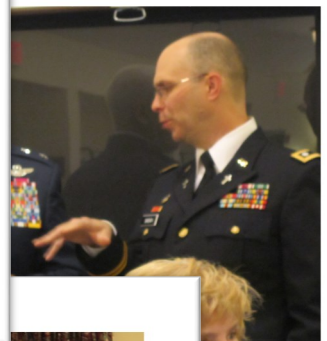
WRTA NON ADA SERVICE

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 to schedule a trip.

ONE WAY FARE
In-town \$1.25
One-town out \$1.50
Trips to Senior Center

SPECIAL SHOPPING TRIPS
Must call senior center
Round Trip Fare \$2.00

Thanks to Our Vets





TOWN ADMINISTRATOR

Kevin Mizikar

Council on Aging**Director of Elder Affairs**

Rachelle S. Cloutier, M.Ed.

Outreach Coordinator

Barbara Paszuk

Community Outreach Liaison

Alison Nadell

Leicester Horizon Editor

Genevieve Grenier

Senior Center Greeter

Pat Bellizzi

Bus Drivers

Robert Foley

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Joan Wall

508-892-3967

Leicester Council on Aging40 Winslow Avenue
Leicester, MA 01524-0242***Address Service Requested***The mailing of this newsletter is funded, in part, through a grant
from the Massachusetts Executive Office of Elder Affairs.*

Cookie Swap followed by lunch

Leicester Senior Center**Tuesday, December 15, 10:00 AM****NEW!!!** Join the fun and make 2 dozen of your family favorite cookie recipe. Put 1/2 dozen in clear plastic bags along with the recipe and swap away. Lunch for \$2.50 is optional.**FISH PROGRAM** - transportation for individuals to doctors' appointments only. FISH drivers wait and return home safely. Call Mary Johnson at 508-859-8308.**CRIBBAGE WINNERS:** 10/22/15-First Place Charles Sawa, Second Place, James Dumont, Third Place, Wayne and Mary Johnson, 10/29/15-First Place, Teresa Kowal, Second Place, Connie Lessard, Third Place, Nancy Willard, 11/5/15, First Place, Lorraine Monette Second Place, Mary Johnson, Third Place, Connie Lessard, 11/12/15, First Place, Connie Lessard, Second Place, Rose Kowal, Third Place, Doris Fluet.**★ VOLUNTEERS NEEDED**—IF YOU WOULD LIKE TO OFFER YOUR SERVICES TO DELIVER MEALS ON WHEELS (YOU WILL RECEIVE A STIPEND FOR YOUR MILEAGE) OR ASSIST IN THE KITCHEN PLEASE CALL THE SENIOR CENTER AT 508-892-7016.**NEEDED**—Golden Needles is looking for baby yarn.**DON'T FORGET TO RENEW YOUR SUBSCRIPTION. CALL THE CENTER TO KNOW WHEN
YOU LAST PAID. THANK YOU.****STILL TIME TO SUBSCRIBE****2015 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: _____