

# 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*

## JUNE 2016 HIGHLIGHTS

<b>Wednesday, June 1</b>	<b>9:00 a.m. Nails by Candy—\$7</b> <b>Call for appt.</b> <b>9:00 a.m. Walking Club</b> <b>9:30 a.m. Pen Pals Meet</b> 1:00 p.m. Balance	<b>Wednesday, June 15</b>	<b>SHINE - 9:00 TO 11:00 A.M. Call</b> <b>9:00 a.m. Walking Club</b> <b>11:00 a.m. Grief Session</b> 1:00 p.m. Balance
<b>Thursday, June 2</b>	<b>8:00 a.m. COA Board Meeting</b> 10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann <b>12:45 p.m. Bingo</b>	<b>Thursday, June 16</b>	<b>NO BREAKFAST TILL SEPTEMBER</b> 10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann <b>12:45 p.m. Bingo by The Meadows</b> 10:30 a.m. Tai Chi
<b>Friday, June 3</b>	<b>9:30 a.m. Oral Cancer Screening -</b> <b>must call for appointment</b> 10:30 a.m. Tai Chi <b>10:30 a.m. Trip to Brookdale at Eddy</b> <b>Pond—Register at Senior Center</b> 1:15 p.m. Chair Yoga with Jessica	<b>Friday, June 17</b>	1:15 p.m. Chair Yoga with Jessica 7:00 p.m. Lions Pitch
<b>Monday, June 6</b>	9:00 a.m. Art with Genevieve <b>10:00 a.m. Rep. Kate Campanale</b> 10:00 a.m. Zumba Gold 11:00 a.m. Chair Yoga with Ann <b>1:15 p.m. Line Dancing</b>	<b>Monday, June 20</b>	9:00 a.m. Art with Genevieve 10:00 a.m. Zumba Gold <b>10:30 a.m. Sen. Michael Moore</b> 11:00 a.m. Chair Yoga at Ann <b>1:15 p.m. Line Dancing</b> <b>10:00 a.m. Senior Citizen Club</b> 11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group
<b>Tuesday, June 7</b>	<b>9:00 a.m. Meadows Blood Pressure</b> <b>10:00 a.m. Senior Citizen Club</b> 11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group	<b>Tuesday, June 21</b>	<b>9:00 a.m. Walking Club</b> <b>10:00 a.m. Make a Flower Pot</b> <b>Arrangement with Tina—</b> <b>must pre-register and pay \$10.00.</b> 1:00 p.m. Balance
<b>Wednesday, June 8</b>	<b>9:00 a.m. Walking Club</b> <b>10:00 a.m. Cake Decorating</b> 1:00 p.m. Balance	<b>Wednesday, June 22</b>	10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann <b>12:45 p.m. Bingo with Brookdale</b> 10:30 a.m. Tai Chi 1:15 p.m. Chair Yoga with Jessica
<b>Thursday, June 9</b>	10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann <b>11:00 a.m. Blood Pressure with Judy</b> <b>12:45 p.m. Bingo</b>	<b>Thursday, June 23</b>	9:00 a.m. Art with Genevieve 10:00 a.m. Zumba Gold 11:00 a.m. Chair Yoga at Ann <b>1:00 p.m. Book Club</b> <b>1:15p.m. Line Dancing</b> 11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group
<b>Friday, June 10</b>	10:30 a.m. Tai Chi 1:15 p.m. Chair Yoga w/Jessica	<b>Friday, June 24</b>	<b>9:00 a.m. Walking Club</b> 1:00 p.m. Balance
<b>Monday, June 13</b>	9:00 a.m. Art with Genevieve 10:00 a.m. Zumba Gold 11:00 a.m. Chair Yoga at Ann <b>1:15p.m. Line Dancing</b>	<b>Monday, June 27</b>	10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann
<b>Tuesday, June 14</b>	11:30 a.m. Golden Needles 1:00 p.m. Exercise 6:30 p.m. Fiber Group	<b>Tuesday, June 28</b>	10:00 a.m. Cribbage 11:00 a.m. Chair Yoga with Ann
		<b>Wednesday, June 29</b>	
		<b>Thursday, June 30</b>	

Please sign up for programs



## Director's Corner

Our Newsletter is about to change. The changes will be dramatic at first and like everything new it will take time to adjust. This is a result of a lot of work from our Publisher at LPI, our community and our Senior Center. We have several local businesses and agencies assisting us by placing ads. These ads support the publication of this newsletter. Because we have new supporters it means that we are now able to publish more pages and in color.

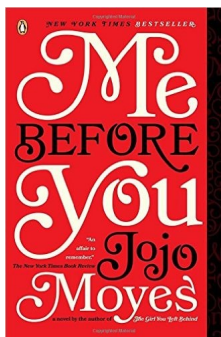
What will it look like? Genevieve Grenier, Newsletter Editor and Artist, is in the process of redesigning it. She is an exceptional graphics artist so you can rest assured that it will look very nice.

We will add several new sections such as "Program Highlights" with personal testimonials. We may have a place for individuals who want to share recipes or other important tidbits.

Thank you goes out to those faithful business partners and agencies who have allowed for this change: **Goddard Homestead, Dr. Pete Antanavica, EXIT Realty, JBL Associates, The Meadows of Central MA, Life Care Center of Auburn, Barbers Crossing, Beaumont Rehabilitation and Skilled Nursing, Morin Funeral Home, B-Laws Diner, Shears and Clippers.**

Rachelle

**BOOK CLUB** At 1:00 p.m. on **Monday, June 27** members of the Book Club will meet at the Leicester Senior Center to discuss "Me Before You" by Jojo Moyes. This novel brings to life two people who couldn't have less in common - a heartbreakingly romantic story that asks: What do you do when making the person you love happy also means breaking your own heart?



### GOLDEN NEEDLES KNITTING

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.

**DR. LACONTE PODIATRY APPOINTMENTS AT LEICESTER SENIOR CENTER—** June 17 and September 9, 2016. Call **508-752-9444** to schedule appointments or make changes.

## UPCOMING TRIPS:

- June 8, "Funny Girl", North Shore, leaves 10:00 a.m. - \$109 per person
- July 7, Plymouth Getaway Tour, leaves 8:30 a.m. - \$79
- August 11, Gloucester Lobster Cruise, leaves 9:00 a.m. - \$89 per person
- September 8, "Seven Brides for Seven Brothers" Ogunquit, Maine, leaves 9:00 a.m.—\$139 per person
- October 2-8, 2016, Pigeon Forge and Smoky Mountains Show Trip leaves 8:00 a.m. —\$560 per person

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

## Barbara's

## Highlights/Outreach



### PEN PAL PROJECT 2016

PLEASE DON'T DISAPPOINT THE KIDS!!

On **June 1st**, Pen Pal seniors will be visiting our Middle School to meet with pen pal students. The group will gather at the senior center at **9:30 a.m.** and proceed to the school. **PLEASE NO GIFTS** as it creates an issue. Instead bring your assigned refreshments.

This intergenerational activity was launched four years ago as a way for seniors to share time with our young schoolchildren. It has been a monumental success. It is so successful that it keeps growing each year. We want to make sure we continue to offer this special program for years to come. In order for this to happen those involved must commit themselves to these little ones as they look forward to the mutual correspondence and especially look forward to meeting each of you at the end of the schoolyear.

SO, PLEASE DON'T DISAPPOINT—  
MAKE COMING TOGETHER A JOYFUL  
TIME. !! Thank you for your support.  
Barbara



### 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 0.25

SPECIAL SHOPPING TRIPS  
\$2.00 round trip

Must call center for details

# Photo Gallery of the Month

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## TRINITY BAND CONCERT



# STRAWBERRY HILL CAFE

**\*Diabetic  
Friendly  
Dessert**

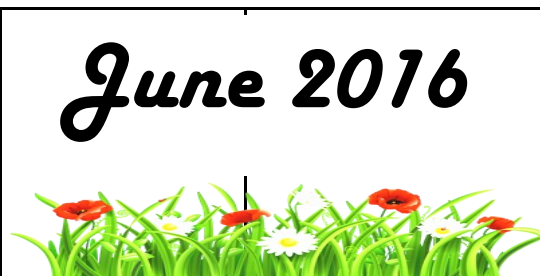
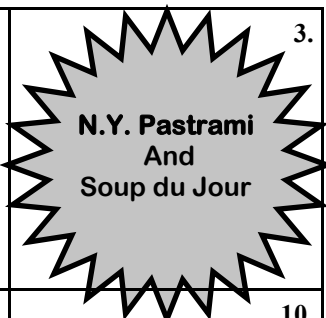

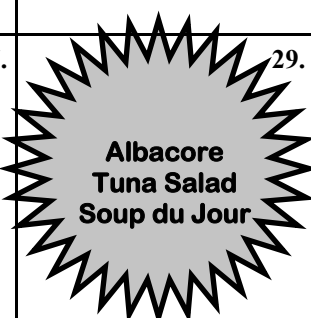

Lunch weekdays at Noon. Reservations & cancellations must be made 48 hours in advance. Call

Donna at 1-508-892-7016 or the Elder Services between 1-1:30 p.m. AT 508-852-3205. Menu

**\*\*Higher  
Sodium  
Entrée**

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
		<b>Pork Chow Mein</b> <sup>1.</sup> Brown Rice Oriental Blend Vegetables Mandarin Oranges	<b>Pork- Rib-i-que</b> <sup>2.</sup> Hot Potato Salad Corn Niblets Fresh Fruit	
<b>Beef with Jardinière</b> <sup>6.</sup> Sauce Mashed Potatoes Peas Tapioca Pudding Diet=Tapioca Pudding	<b>Favorite</b> <sup>7.</sup> Hot Dog on Bun Baked Beans Pasta Salad Peaches	<b>Stuffed Shells</b> <sup>8.</sup> Spinach Fresh fruit	<b>Garlic Herbed Chicken</b> <sup>9.</sup> Couscous Winter Mix Vegetables Streusel Cake Diet= Sm. piece	<b>Beef and Broccoli</b> <sup>10.</sup> Seasoned Rice Carrots Pineapple
	<b>Chicken Parmesan</b> <sup>14.</sup> Penne with Sauce Corn Salad w/dressing Fresh Fruit	<b>Wild Salmon w/ Dill</b> <sup>15.</sup> Veg. Couscous Calif. Vegetables Vanilla Mousse	<b>Fathers Day Meal</b> <sup>16.</sup> Swedish Meatballs Mashed Potatoes Scandinavian Veg. Strawberry Short-cake, Diet= Strawberries	<b>American Chop Suey</b> <sup>17.</sup> Broccoli & Red Peppers Baked Apples
<b>Cheese &amp; Spinach Omelet</b> <sup>20.</sup> O'Brien Potatoes Mixed Vegetables Fruit Cocktail	<b>Roast Turkey with Gravy</b> <sup>21.</sup> Mashed Sweet Potatoes Tuscany Vegetables Chocolate Mousse	<b>Herb Roasted Pork</b> <sup>22.</sup> Potatoes Au Gratin Peas and Carrots Peaches	<b>Spaghetti &amp; Meatballs</b> <sup>23.</sup> Green Beans Birthday Cake Diet=Plain Cake	<b>Lemon Thyme Chicken</b> <sup>24.</sup> Sour Cream & Chive Potatoes Scandinavian Vegetables Fresh Fruit
<b>Greek Chicken</b> <sup>27.</sup> Steamed White Rice Broccoli Yogurt		<b>Macaroni &amp; Cheese</b> <sup>30.</sup> Carrots Green Beans Mixed Fruit	<b>Beef with Peppers &amp; Onions</b> <sup>31.</sup> Potato Wedges Jardinière Vegetables Baked Apples	

**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

**Bus Drivers**

Robert Foley

David Gercken

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Nancy Lamb

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Dianna Provencher

**Shine Counselor**

Pamela Threlfall

**Nutrition Site Manager**

Donna McDonald

**COA Trip Coordinator**

Joan Wall

508-892-3967

**Leicester Council on Aging**40 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.*

## Make a Flower Pot Arrangement with Tina

**Wednesday, June 22. 10:00 a.m.****Fee: \$10.00**

**Must be paid when signing up  
at the Leicester Senior Center**



**FISH PROGRAM** - transportation for individuals to doctors' appointments only.  
FISH drivers wait and return home safely. Call Mary Johnson at 508-859-8308.  
**Need Drivers.**

**CRIBBAGE WINNERS:** 4/21, First Place, Rose Kowal, Second Place, Charlie Sawa, Ray Brezniak, Marcel Poirier, 4/28-First Place, Nancy Willard, Second Place, Lorraine Monette, Third Place, James Durant, 5/5-First Place, Bob Tolman, Second Place, Ann Cutting, Third Place, Marcel Poirier, 5/12, First Place, Cliff Cutting, Second Place, Lorraine Monette, Third Place, Nancy Willard

**COMING ATTRACTION**

**ANTIQUES APPRAISAL** -Wednesday July 20 at 10:00 a.m. by Wayne A. Tuiskula at the senior center. Bring your antique and have it appraised for free.

**DON'T FORGET TO RENEW YOUR SUBSCRIPTION. CALL THE CENTER TO KNOW WHEN  
YOU LAST PAID. THANK YOU.**

**STILL TIME TO SUBSCRIBE****2016 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: \_\_\_\_\_