

# 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

Our Mission : The Leicester Senior Center enriches the lives of the seniors by providing opportunities of volunteerism, education, recreation and social engagement

## November 2016



### Inside this issue:

Picture Gallery	2
Menu	3
Calendar of Programs and Events	4
Director's Corner/Outreach Services	5
Golden Needles, FISH, Trips, Book Club	6
Our Advertisers/Supporters	7
Upcoming Activities	8

### COMING ATTRACTIONS

#### Talk on Alzheimers

Wednesday, November 2, 10:00 AM

Sponsored by Golden Living and  
Ace Home Health

#### Veterans Breakfast

Thursday, November 10, 9:00 AM

Call for reservations. All are welcome.  
Free for veterans and their spouses. The  
fee for all others is \$3.00

### FALLON PRESENTATION

Wednesday, November 16

10:00 AM to Noon

### WELLNESS FAIR

at

Leicester Senior Center  
November 30, 10 AM to Noon

Come and talk to our many vendors in health  
insurance, banks, senior housing and more.....



Exercise and Balance  
with  
Heidi

Tuesdays 1:00 PM  
Wednesdays 1:00 PM

Join Heidi to improve your  
posture and dynamic stability leading to a  
more healthful life.



# Picture Gallery of the Month

## Fire Safety Talk



by

Leicester Fire Department

## Protecting Yourself Against Fraud



by

Country  
Bank



## Wishing Ali Good Luck!








**\*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
	<b>1.</b> <b>Senator Moore's Turkey Dinner</b>  <b>Must sign up for meal</b>	<b>2.</b> <b>Bacon Omelet</b> Broccoli & Red Peppers Baked Apples	<b>3.</b>  Hot Dog on Bun Baked Beans Cold Potato Salad Fresh Fruit	<b>4.</b> <b>Catch of the Day</b> Rice Pilaf California Vegetables Pudding Diet Pudding
<b>7.</b> <b>Lemon Thyme Chicken</b> Sour Cream & Chive Potato Mixed Veg. Cookie	<b>8.</b> <b>Beef Patty with Jardiniere Sauce</b> Mashed Potatoes Corn Fresh Fruit	<b>9.</b> <b>Herb Roasted Pork</b> Potatoes Au Gratin Spinach Applesauce Yogurt	<b>10.</b> <b>VETERANS BREAK-FAST</b> <b>Spaghetti &amp; Meatballs</b> Green Beans Peaches	<b>11.</b> <b>Veterans Day</b> No Meals Served
<b>14.</b> <b>Turkey Pot Pie w/Biscuit</b> Mashed Potatoes Green Beans Mixed Fruit	<b>15.</b> <b>Greek Chicken</b> Steamed White Rice Broccoli Tapioca Diet Tapioca Pud.	<b>16.</b>  Turkey Cape Cod Sandwich Soup du Jour	<b>17.</b> <b>Macaroni &amp; Cheese</b> Carrots Stewed Tomatoes Birthday Cake Diet=Plain Birthday Cake	<b>18.</b> <b>Breaded Fish</b> Potatoes Au Gratin Mixed Vegetables Pineapple Vegetarian Veg. Soup
<b>21.</b> <b>Vegetable Cheese Bake</b> Roman Vegetables Fresh Fruit	<b>22.</b> <b>Holiday Meal</b> <b>Roast Turkey w/Gravy</b> Mashed Potatoes Butternut Squash Stuffing Cranberry Sauce Cream Puffs-Cong. Vanilla Mousse-Home	<b>23.</b> <b>Chicken Murphy</b> Seasoned Potatoes Country Blend Vegetables Pears	<b>24.</b>  <b>Thanksgiving Day</b> No Meals Served	<b>25.</b> <b>Pork Chow Mein</b> Brown Rice Oriental Blend Veg. Mandarin Oranges
<b>28.</b> <b>Chicken Sausage Jambalaya</b> Rice Pilaf Green Peas Pineapple	<b>29.</b> <b>Meatballs w/Onion Gravy</b> Egg Noodles Winter Mix. Veg. Yogurt	<b>30.</b> <b>Salisbury Steak</b> Mashed Potatoes Peas and Carrots Apple Crisp (Cold) Diet=Applesauce	<b>November 2016</b> 	

**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
	<b>1.</b> 10:00 Senior Cit. Club 11:30 Golden Needles 12:00 Sen. Moore's Turkey Dinner 1:00 Exercise Group 6:30 Fiber Group	<b>2.</b> 9:00 Women's Club 11:00 Talk on Alzheimer Golden Living & Ace Home Health 1:00 Balance	<b>3.</b> 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	<b>4.</b> 10:30 Tai Chi 1:15 Chair Yoga with Jessica
<b>7.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 10:00 Sen. Moore Office Hour 11:00 Chair Yoga/Ann 1:15 Line Dancing	<b>8.</b> 11:30 Golden Needles 1:00 Exercise Group 6:30 Fiber Group  <b>DON'T FORGET TO VOTE</b>	<b>9.</b> 9:00 SHINE—call for Appointment 10:00 Summit Elder on Diabetes 11:00 B.P. with Judy 1:00 Balance	<b>10.</b> 9:00...Veteran's Breakfast 10:00 Super Foods Talk and Lunch at Goddard House 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	<b>11. CLOSED</b> <b>Veterans Day</b> 
<b>14.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 10:00 Kate Campanale Office Hour 11:00 Chair Yoga/Ann 1:15 Line Dancing	<b>15.</b> 10:00 Senior Cit. Club at Leicester C C 10:45 Tatnuck Park Field Visit 11:30 Golden Needles 1:00 Exercise Group 6:30 Fiber Group	<b>16.</b> 10:00 Fallon Presents 11:00 Grief Session 1:00 Balance	<b>17.</b> 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo by Meadows	<b>18.</b> 10:30 Tai Chi 1:15 Chair Yoga with Jessica
<b>21.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing	<b>22.</b> 11:30 Golden Needles 1:00 Exercise Group 6:30 Fiber Group	<b>23.</b> 9:00 SHINE– call for Appointment 1:00 Balance	<b>24.</b> <b>Thanks giving Day</b> 	<b>25.</b> 10:30 Friends of Senior Center Meeting 10:30 Tai Chi 1:15 NO Chair Yoga with Jessica
<b>28.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:00 Book Club 1:15 Line Dancing	<b>29.</b> 11:30 Golden Needles 1:00 Exercise Group 6:30 Fiber Group	<b>30.</b> 10:00 am to Noon Wellness Fair 1:00 Balance	<div>  <h1>November 2016</h1>  </div>	



## Director's Corner

The Leicester Senior Center wishes to thank Fire Department **Captain Wilson** and **Fire Fighter McDowell** who gave a very important and impressive presentation on "Smoke and Carbon Monoxide Requirements" as these pertain to your home and when you sell your home. They accepted applications by residents who want their alarms tested and will be providing services very soon.

A big thank you to **Country Bank** who came in to speak about **Fraud**. We were very fortunate to have them here as experts on this important subject matter. **Fraud is on the increase**. Several of our seniors have been victimized by phone calls **that are nothing more than fraud**. Calls by the IRS (they never call you); Calls that their grandchild needed money because he/she is in trouble; Calls by someone who pretended to be a representative of Publisher Clearing House (**they do not call - they show up in a van, cameras rolling if you are a winner**); others have come to the door and said they worked for the electric company (showed a quick badge) and needed entrance to the home; some stopped by to tar a driveway. Be vigilant and don't get defrauded. Come to our informational sessions. A big thank goes to our Chief of Police. He makes great scrambled eggs. Beyond that he addresses our seniors at our monthly breakfast about police activity in our community. Stay informed. *Rachelle*

## Barbara's Highlights/Outreach

Daylight will be getting shorter and our days getting cooler. Get prepared for the cold season ahead and be prepared. Have batteries ready in case of power failure; have a flashlight available in case of power failure. Have a warm blanket, warm clothing, good boots that help you from slipping on snow and ice; make sure family members have your phone number. Make sure you have the phone number to such places as National Grid, your fuel company. Make sure you have sufficient nonperishable food, a nonelectric can opener, water. Look for announcements on WXLO-104.5, WTAG 580, SWRS 96.1 to see if we are closed. We are closed when the Nutrition Program is closed due to inclement weather. We may also close when our schools are closed. If you need assistance call us at 508-892-7016.



OUR OUTREACH PROGRAMS ARE SPONSORED IN PART BY A GRANT FROM THE GREATER WORCESTER COMMUNITY FOUNDATION. WE ARE SO GRATEFUL FOR THEIR FINANCIAL SUPPORT.

## 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  
40 Winslow Ave.  
Leicester, MA 01524



We wish to thank Country Bank not only for great presentations they provide but also for their generosity to us which helps with some of our programs. We recently received \$2,000 from them. THANK YOU.

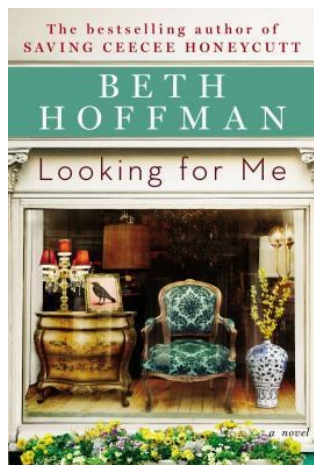
## Genevieve's Art Studio-

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!!!

November 16 at 11:00 a.m.



**BOOK CLUB** On November 28 at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss "Looking For Me" by Beth Hoffman. This is a cozy interesting story with a Southern flair. Meet Teddi, a young woman who loves furniture. She starts a shop

in Charleston restoring old antiques. There, Teddi builds a life for herself as unexpected and quirky as the customers who visit her shop. Learn about her family, friends and the mysterious disappearance of her brother Josh..

### 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.

### DR. LACONTE PODIATRY APPOINTMENTS

Nov, 11 2016 at Howe Village in Spencer, at the Leicester Senior Center, Feb. 3, 2017, and April 21, 2017. 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.**

## UPCOMING TRIPS:

- November 10, Indian Head Christmas Tour , White Mountains, NH leaves 8:30a.m.—\$79 per person

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

## Christmas Centerpiece with Tina

Wednesday, December 7, 10AM



Fee: \$10



Must be paid when signing up at Leicester Senior Center

## 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

**CRIBBAGE WINNERS:** 9/29/16, First Place, Nancy Willard, Second Place, Marie Ostiguy, Third Place Ray Brezniak 10/6/16-First Place, Marie Ostiguy, Second Place, Nancy Willard, Third Place, Ray Fluet, 10/13/16, First Place, Marie Ostiguy, Second Place, Bob Tolman, Third Place, Wayne Bombard, 10/20/2016, First Place,. Wayne Bombard., Second Place, Marcil P. , Third Place, James Durant.

**AD  
PAGE**

**TOWN ADMINISTRATOR**

Kevin Mizikar

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

Rachelle S. Cloutier, M.Ed.

**Outreach Coordinator**

Barbara Paszuk

**Leicester Horizon Editor**

Genevieve Grenier

**Bus Drivers**

Robert Foley

David Gercken

**COUNCIL ON AGING BOARD**

Joanne Rose, MA, Chair

Jane Todd, Vice Chair

Nancy Begin, Secretary

Richard Jubinville

Ruth Dowgielewicz

Pat Faron

Marilyn Hyland

Nancy Lamb

Bill Moore

**Selectmen-Liaison**

Doug Belanger

Dianne Provencher

**Shine Counselor**

Pamela Threlfall

**Nutrition Site Manager**

Donna McDonald

**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.*

**“How To Be a Savvy Consumer”**

By Nancy Cahalen, President of the



Better Business Bureau of Central MA

Tuesday, December 13, 10:00 AM



Brunch is served

**Edwardian Christmas Tea**

With Rita Parisi

Wednesday, December 14, 11:00 AM

Paid for by the

Massachusetts Cultural Council

**GODDARD HOUSE FIELD TRIP**

**“Super Foods” will be the featured topic followed by a lunch at the Goddard House, November 10, 11:00 AM.**

Call the Leicester Senior Center at

**508-892-7016 or come to the Senior Center for details and to sign up.**

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