

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

NOVEMBER 2017



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WELLNESS FAIR



November 15
10AM to NOON

Come and talk to our many vendors on a variety of programs and more.....

COMING ATTRACTIONS

SHINE TALK WITH PAM

MONDAY, NOV. 6, 10:00AM

MEDICARE UPDATE FOR 2018



Veterans Day Breakfast

November 9, 9:00 AM

Keynote Speaker—Lt. Col. Shannon McLaughlin
Of Massachusetts National Guard

Master of Ceremonies—Nancy Lamb, RN

POW/MIA CEREMONY

Free for Veterans and spouse—\$3.00 per person for all others



**Sneak Peek Productions
With Patricia Perry**

First Ladies, Part 1—Nov. 8, 10AM

First Ladies, Part 2—Nov. 29, 10AM

Christmas at the White House—Dec. 13, 10AM

Sponsored by Leicester Arts Council and
Camosse Family Foundation, Inc.

Senator Moore's Thanksgiving Lunch

November 21, 12 noon

Picture Gallery of the Month

ACTIVITIES AT THE SENIOR CENTER

New Chair Yoga with Heidi
Fridays 1PM



**THANKS WALTER FOR
YOUR VOLUNTEER SERVICES**



Parlez-vous francais?

**"Letters Home" with
John Hopkins**



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
November 2017		1. Ginger Pork Veg. Fried Rice Broccoli Baked Apples	2. Spaghetti & Meatballs Green Beans Vanilla Pudding	3. BBQ Chicken Mashed Potatoes Country Blend Veg. Peaches
6. Macaroni & Cheese Stewed Tomatoes Green Beans Mixed Fruit	7. Greek Chicken Steamed White Rice Broccoli Chocolate Pudding	8. Sliced Roast Beef Sandwich Soup du Jour	9. Chicken Pot Pie Steamed Potatoes Corn Biscuit Fresh Fruit	10. No Meals served on Veterans Day 
13. Beef Stew Rice Corn Niblets Pineapple	14. Vegetable Cheese Bake Roman Vegetables Baked Cinnamon Pears	15. Turkey Cape Cod Sandwich Soup du Jour	16. Fish Victor Sour Cream & Chive Potatoes Broccoli Cookie	20. Salisbury Steak & Gravy Mashed Potatoes Peas & Carrots Fresh Fruit
20. Chicken Sausage Jambalaya Rice Rice Pilaf Green Peas Pineapple	21. SENATOR MOORE'S TURKEY LUNCH	22. Swedish Meatballs Bowtie Pasta Scandinavian Veg. Fresh Fruit	23. NO Meal Served On Thanksgiving	27. CLOSED FOR THANKSGIVING HOLIDAY
27. Roast Pork w/Gravy Mashed Sweet Potatoes Brussels Sprouts Applesauce Muffin	28. Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple	29. Cold Roast Beef Sandwich on a Bun Potato Salad Beet Salad Fresh Fruit	30. Salmon Boat/Dill Sauce Garlic Mashed Potatoes Peas and Pearl Onions Birthday Cake	

Calendar of Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>November</i> <i>2017</i>		1. 1:00 Balance/Heidi 1:15 Chair Dancing with Forty in back room	2. 8:00 COA Board Meeting 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	3. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi
6. 9:00 Art –Genevieve 10:00 Zumba Gold 10:00 Shine —Talk on Medicare Update 2018 by Pam 11:00 Chair Yoga/Ann 1:15 Line Dancing-Forty Arroyo	7. 10:00 Senior Group at Leicester Hill Country Club 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	8. 9:00 SHINE 10:00 Sneak Peek First Ladies Part 1 1:00 Balance/Heidi 1:15 Chair Dancing with Forty in back room	9. 9:00 Veterans Breakfast 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	10. CLOSED FOR VETERANS DAY HOLIDAY
13. 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing-Forty Arroyo	14. 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	15. 10:00—12 Wellness Fair 11:00 Grief Session 1:00 Balance/Heidi 1:15 Chair Dancing with Forty in back room	16. 10:00 Cribbage 10:00 NY Life-Retirement Income Planning 11:00 Chair Yoga/Ann 12:45 Bingo with Kate Campanale	17. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi
20. 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing-Forty Arroyo	21. 10:00 Senior Group 12:00 Sen. Moore Thanksgiving Lunch 11:30 Golden Needles 11:00 Nurse Judy BP 1:00 Exercise	22. 1:00 Balance/Heidi 1:15 Chair Dancing with Forty in back room	23. CLOSED FOR THANSVGIVING 	24. CLOSED FOR THANSVGIVING HOLIDAY
27. 9:00 Art –Genevieve 10:00 Zumba Gold 10:30 SENATOR MOORE OFFICE HOUR 11:00 Chair Yoga/Ann 1:15 Line Dancing-Forty Arroyo	28. 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	29. 10:00 Sneak Peek First Ladies Part II 1:00 Balance/Heidi 1:15 Chair Dancing with Forty in back room	30. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	

A REMINDER TO OUR SENIORS AND SCHOOLCHILDREN

The following historical productions should not be missed by history buffs. Mark your calendars and attend these high quality performances by Patricia Perry from **Sneak Peek Productions** of **First Ladies Part I on November 8** and **First Ladies Part II on November 29 both at 10:00 a.m.** Thanks to our **Local Arts Council** for their financial support. The local Arts Council is supported by the Massachusetts Cultural Council. A **BIG THANK YOU** also goes to the **Camosse Family Foundation Inc.** for their financial support of our events. Without their help we could not offer so many programs.

A WARNING TO OUR SENIORS ABOUT SCAMS!!!

Recently some of our seniors received phone calls from **PERSONS THEY THOUGHT WERE CALLING FROM the IRS, SOCIAL SECURITY (INCLUDING MEDICARE) AND PUBLISHERS CLEARING HOUSE. THE IRS (INTERNAL REVENUE SERVICE), SOCIAL SECURITY, PUBLISHERS CLEARING HOUSE DO NOT CALL YOU. EVER, EVER !!!**. THESE CALLS ARE SCAMS. MANY OLDER AMERICANS HAVE GIVEN UP THOUSANDS OF DOLLARS TO THESE SCOUNDRELS. THEY DON'T CARE IF THEY TAKE ALL YOUR SAVINGS WITH THREATS AND INTIMIDATION. DO NOT SPEAK WITH THEM. HANG UP!! CALL US IF YOU NEED HELP. **Rachelle**

OUTREACH—LAMB BYTES

Hi all,

We'll I'm fresh from the Curl'n Dye Shop so thought I'd wander over and have a friendly with ya!

There is a saying—November comes, November goes with the last red berries and the first white snows. November is between Fall and Winter, and known for being the wind month. In November, things that have been harvested and brought indoors for storage or are sent to mills for processing. During this month we give thanks for our bounty.

Thanksgiving is a time to be grateful for our blessings and good fortune by gathering around a table with our family and friends in a circle of love and friendship. In 1621 Pilgrims and natives celebrated the first Thanksgiving observance.

Our Veterans are celebrated this month on November 11th. A Veterans' Breakfast is being held at the senior center November 9th at 9:00 a.m. All are revered who gave their lives, time and efforts to keep our country free.

Did you know that Nov. 2 is "Look For Circles Day? Circles are continuous curved lines that have free movement. Movement itself suggests energy and power. The completeness of a circle suggests harmony and unity. So as we hold hands for grace at meals or enfold our friends or a Veteran in a hug we are creating a circle that completes us and holds us together.

With this month full of love and thanksgiving—you should carry or wear some topaz. November's birthstone is known to be a symbol of love, affection and/or an aid to one's disposition.

Well, I should probably be off. I plan to circle my pasture a few times and harmonize with Nature. I'm looking forward to Thanksgiving with all my "critter pals" at the Red Clover Diner—We've all signed up for the vegetarian buffet.

Take care—Stay healthy—and be on the lookout for the first snowflake.

Lambie Pie



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. Mail to: 40 Winslow Ave. Leicester, MA 01524

Please note:

Renewal membership fees for 2017-2018 Friends of the Leicester Senior Center are due in September.

THE ABOVE IS NOT A SUBSCRIPTION TO THE NEWSLETTER.

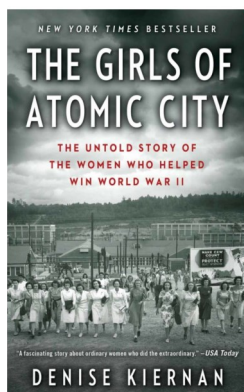
The Senior Center will be closed on Veterans Day, November 10 and Thanksgiving Holiday November 23 and 24.

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.



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



BOOK CLUB On November 27 at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss "The Girls of Atomic City" by Denise Kiernan. This book tells the true story of Oak Ridge, Tennessee, a secret city founded during World War II to help create fuel for the atomic bomb. Oak Ridge didn't appear on any maps,

but thousands of workers moved there during the war, enticed by good wages and war-ending work. Their jobs were shrouded in mystery, but the workers – many of them young, single and female – were excited to be "all in the same boat," buoyed by a sense of shared purpose. But these hardworking young women also faced unexpected challenges.

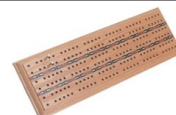
GOLDEN NEEDLES KNITTING

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 APPOINTMENTS November 17, 2017 at the Leicester Senior Center. Call 508-752-9444 to schedule appointments or make any changes.



Come Join the fun at cribbage!!



UPCOMING TRIPS:

- November 17 "Captain Jack's Lobster Bake & The Mohegan Sun Casino" departs 9:00 AM, \$74.00 per person
- December 6 "Dashing Through the Snow" at Newport Playhouse & Cabaret Restaurant, departs 9:00 AM, \$89.00 per person

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



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

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

CRIBBAGE WINNERS: 9/21/17-First Place, Bob Tolman, Second Place, Ray Fluet, 9/28/17, First Place, Ray Fluet Second Place, Jim Durant, 10/5/17 First Place, Bob Tolman, Second Place, Charlie Sawa, 10/12/17 First Place, Jimmy Durant, Second Place, John Progrin

**AD
PAGE**

TOWN ADMINISTRATOR

James Purcell, Interim

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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.

**NY Life Insurance Presentations***Back by Popular demand!***November 16, 10:00AM****"Protecting Your Nest Egg"****CATERED TO YOU LUNCHEON FOR NOVEMBER****Nov. 7—Karol's— Chicken & Broccoli w/pasta****Nov. 16— Eller's—Chicken Parmesan w/pasta****Nov. 30—Cheoy Lee's—Chicken w/cashews, Pork Fried rice, Eggroll****Meals are \$4.00. You must sign up and pay in advance—No money will be returned to you.**

DON'T WAIT TILL THE LAST MINUTE TO ORDER YOUR RESTAURANT MEAL. THE MONEY AND ORDERS ARE COLLECTED IN ADVANCE AND EACH MEAL IS CLOSED ABOUT A WEEK BEFORE. ORDER EARLY OTHERWISE YOU'LL MISS OUT.

DON'T FORGET TO RENEW YOUR**STILL TIME TO SUBSCRIBE****2017 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: _____