

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 2019



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**Senator Moore's
Thanksgiving Lunch
November 1, 12 noon**

Tina of Bemis Farms

Dec. 11, 10AM to 12PM

**Come and create a Christmas Centerpiece
Fee: \$10 Must pay at registration**

COMING ATTRACTIONS

Veterans Day Breakfast

November 7, 9:00 AM



Keynote Speaker—Lt. Col. Shannon McLaughlin

Of Massachusetts National Guard

Master of Ceremonies

**William (Bill) Moore, M.A., CEO
Project New Hope**

National Anthem

OW/MIA CEREMONY

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

FRAUD SQUAD

Computer Scams

November 13, 10:30AM—11:30 AM

Ann Barrett Recreations

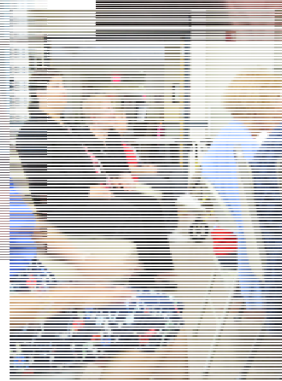
**November 20, 11:00 AM - Belva Lockwood for
President**

**December 12, 11:00—Victorian Christmas Tradi-
tions**

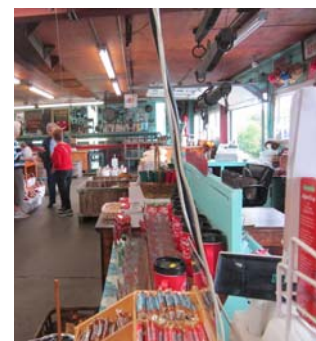
Picture Gallery of the Month

ACTIVITIES AT THE SENIOR CENTER

Isaiah Thomas Presentation by The Antiquarian Society



Trip to Brookfield Orchard



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**

**Higher
Sodium

Menu 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
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November 2019				1. Meals on Wheels Shepherd's Pie Carrots Peas Yogurt
4. Beef Stew Rice Corn Niblets Mandarin Oranges	5. Garlic Herbed Chicken Bread Stuffing Roasted Brussels Sprouts Lemon Pudding	6. Baked Potato w/ Chili & Cheese Broccoli Chocolate Mousse	7. Hot Dog Baked Beans Coleslaw	8. Teriyaki Beef Steamed Rice Carrots Pineapple
11. VETERAN'S DAY No Meals Served 	12. Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit	13. Buttermilk Chicken Sr. Crm & Chive Po- tatoes Corn w/Red Peppers Peach Crisp	14. Caesar Chicken Salad Sandwich Soup	15. Fish with Parmesan Cream Sauce Wild Rice Calif. Vegetables Blondie
18. Pork Rib-i-que Mac'n Cheese Mixed Vegetables Pineapple	19. Chicken Cacciatore Gemmeli Pasta Roasted Broccoli Butterscotch Pudding	20. Sloppy Joe Herbed Potatoes Green Beans w/ Peppers Strawberries	21. Swedish Meatballs Mashed Pot. Scand, Veg. Birthday Cake	22. Fish w/Crumb Top- ping Rice Pilaf Peas & Carrots Fruited Ambrosia
25. Chicken Pot Pie Mashed Potatoes Corn Niblets Peaches	26. Holiday Meal Roast Turkey w/ Gravy Cornbread Stuffing Roasted Broccoli & Carrots Cream Puff	27. Corned Beef Sandwich Soup	28. Thanksgiving Day No Meal Served 	29. Senior Center Closed

TO CANCEL MEALS ON WHEELS YOU MUST CALL ELDER SERVICES AT 508-852-3205

Calendar of Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 				1. 10:00 AM to Noon– Drop in Coloring Session 10:00 Laugh in the Morning 12:00 Sen. Moore's Thanksgiving Lunch 1:00 Chair Yoga-Heidi
4. 9:00 Art –Genevieve 9:00—9:45 Sen. Moore office hours 9:00 Chair Yoga-Heidi 10:00 Zumba Gold-Miriam 11:00 Mindful Yoga-Ann 1:15 Line Dancing-J.P.	5. 10:00 Senior Group 10:00 a.m. to 2:00 p.m. Golden Needles Sale 1:00 Exercise-Heidi 6:30 Fiber Group	6. 9:00 Train Your Brain 10:00 Women Club Meeting 10:30 Tai Chi-Gary 1:00 Balance-Heidi	7. 9:00 Veteran's Breakfast 10:00 Cribbage 11:00 Mindful Yoga-Ann 12:45 Bingo	8. 10:00 AM to Noon– Drop in Coloring Session 10:00 Laugh in the Morning 1:00 Chair Yoga- Heidi
11. VETERANS DAY CENTER CLOSED 	12. 11:30 Golden Needles 1:00 Exercise-Heidi 6:30 Fiber Group	13. 9:00 Train Your Brain 10:30 – Fraud Squad 10:30 Tai Chi-Gary 1:00 Balance-Heidi	14. 9:00 Senior Breakfast 10:00 Cribbage 11:00 NO YOGA 12:45 Bingo	15. 10:00 AM to Noon– Drop in Coloring Session 10:00 Laugh in the Morning 1:00 Chair Yoga- Heidi
18. 9:00 Art –Genevieve 9:00 Chair Yoga- Heidi 10:00 Zumba Gold-Miriam 11:00 Mindful Yoga-Ann 1:15 Line Dancing-J.P.	19. 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise-Heidi 6:30 Fiber Group	20. 9:00 Train Your Brain 10:30 Tai Chi-Gary 11:00 Grief Session 1:00 Balance-Heidi	21. 9:00-10:30 Blood Pressure by VNA 10:00 Cribbage 11:00 Yoga-Ann 12:45 Bingo	22. 9:30—2:30Fuel Assistance 10:00 AM to Noon– Drop in Coloring Session 10:00 Laugh in the Morning 1:00 Chair Yoga-Heidi
25.. 9:00 Art –Genevieve 9:00 Chair Yoga- Heidi 10:00 Zumba Gold-Miriam 11:00 Mindful Yoga-Ann 1:15 Line Dancing-J.P.	26. 11:30 Golden Needles 1:00 Exercise-Heidi 6:30 Fiber Group	27. 9:00 Train Your Brain 10:30 Tai Chi-Gary 1:00 Balance-Heidi	28. THANKSGIVING Center Closed 	29. SENIOR CENTER CLOSED

It's November and time is flying. As we look back at some of the most memorable moments of this past year we think of good times with "Laugh in the Morning" where seniors view "Keeping Up Appearances" an English comedy series that is absolutely hilarious and "Train Your Brain". We enjoyed 48 students and teacher who shared a presentation of Isaiah Thomas. Our Annual Prom and a King and Queen. On Sunday, October 20, we had an afternoon of Country Music with Edmond Thebeau and company. What talent!!! What fun!!! Thank you Gerry Bordage and family for arrangements; Thank you Harry Brooks and Karl Soloman for your cooking talents of a superb barbecue. Thank you WRTA for allowing us to recently take a trip to Brookfield Orchards. Thank you to all for a great Wellness Fair. Thank you to the Sheriff's office who dropped off pumpkins that adorn our front lawn. Thank you Goddard House who delivered pumpkins for decorating and to enter in a contest. Thank you State Rep David Leboeuf for a pasta lunch. Thank you David Genereux, Town Administrator and Sandy Wilson of the Select Board for your help at our breakfasts and for keeping our seniors informed. Thank you Chief Antanavica, Tim Hickey, Ed Rose, Dennis Griffin and others who also help at breakfast. Now that November is here we look forward to a delicious turkey meal offered by Senator Michael Moore and equally looking forward to our Veterans' breakfast, a craft fair with our Golden Needles and other special events. December brings us time with our schoolchildren, gifts and

OUTREACH—LAMB BYTES

Geronimo! Here I am back again!. Your bubbly emissary of monthly goings-on!

The Word November is thought to come from the Latin word Novem which means number 9. The number 9 (aside from being how many lives your can has—haha) also means compassion and selflessness. Our flower this month is the Chrysanthemum which symbolizes joy and optimism. Both of these work well with our month of Thanksgiving. We have 2 birthstones—Citrine thought to be a gift from the sun and used for healing and Topaz = wisdom and longevity. Always wear Topaz!

With the crisp fall air, Farmer Bob has been busy composting, cleaning coops and stalls, and getting firewood chopped. Butterscotch and Oreo have been helping by pulling the wagon along while planting winter wheat. Winston likes to ride in the back of the wagon (oink-oink) and holds Molasses so she can Turtle sightsee through the lower wagon slats. Skittles flies at low altitude and oversees the safety of everything. Once molasses slid out through a slat and Skittles had to airlift her back on the wagon. H

Farmer Bob's missus—so cute—gets the Winter clothes out, does the cabbage and radish planting with Salt and Pepper to help. I sorta think they eat a few along the way but I'd never tell the Missus! Henrietta and Ozzie are very curious and like to watch her do the canning, gives them ideas for our barnyard buffet we have each spring.

I've been fine. Dr. Leaper gave me a flu shot and I jumped so high I kicked him off his toadstool. He still glared at me and has to sit on a soft cushion for a few more days!

We're all looking forward to the Veterans' Breakfast on November 7 at 9 am at the senior center. I even goaded Farmer Bob into new blue-jeans and red suspenders while his missus plans to wear a snazzy red/white/blue hat. All my barnyard pals plan to make good use of the outdoor shower and Furry Friends Woodsy Deodorant.

Y'all take care—have a wonderful Thanksgiving and I'll return next month with holiday pizzazz! Lambie Pie



GOLDEN NEEDLES HOLIDAY FAIR

November 5, 10AM to 2PM

Will be selling knitted items appropriate for all ages! Come and buy quality items for the upcoming Holiday Season.

AARP Tax Aide Program

AARP is looking for tax preparers. If interested please call the Leicester Senior Center at 508-892-7016

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.

Zumba Gold with Miriam

- Mondays—10:00 AM
- \$3.00 per class

Exercise Classes with Heidi: \$3.00

- Mondays—9 am-Chair Yoga
- 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

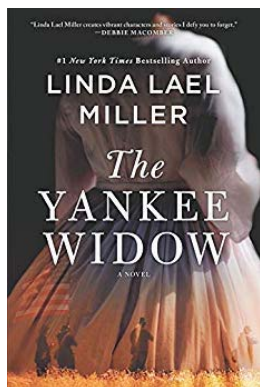
- Mondays—1:15PM \$3.00 per class

Tai Chi with Gary

- Wednesdays— 10:30 AM \$3.00 per class



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4#68#-#6#628#631#8,)#6)%8)6#
; 36')78)6#31192-8-#392(%8-32#



BOOK CLUB On November 26, 2019 at 1:00 p.m. members of the Book Club will meet at the Leicester Senior Center to discuss "The Yankee Widow" by Linda Lael Miller. Caroline is the young wife of Jacob, who together live on a farm raising their daughter just outside of Gettysburg. When Jacob joins the Northern army, no one anticipates he will not return. Then Caroline

gets word that her husband is wounded, and she must find her way alone to Washington City and search among the thousands of casualties to find him.

When Jacob succumbs to his injuries, she brings his body home on the eve of the deadliest battle of the war. With troops and looters roaming the countryside, it is impossible to know who is friend and who is foe. Caroline fights to protect those she holds most dear while remaining compassionate to the neediest around her, including two strangers from opposite sides of the fight. Each is wounded... Each is drawn to her beauty, her kindness. Both offer comfort, but only one secretly captures her heart. Still, she must resist exposing her vulnerability in these uncertain times when so much is at risk.

In *The Yankee Widow*, gifted storyteller Linda Lael Miller explores the complexities and heartbreak that women experienced as their men took up arms to preserve the nation and defend their way of life.

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 December 6, 2019 at the Leicester Senior Center. Call 508-752-9444 to schedule appointments or make any changes.

UPCOMING TRIPS:

- **November 13**—Wednesday-Indian Head Christmas Spectacular & Luncheon!. Features full course luncheon buffet and Joy To The Word Christmas Show and Sing Along. Cost is \$89 per person
- **January 17**—Friday-Foxwood Casino, Free Buffet lunch or \$10.00 Food voucher and \$10.00 Casino Slot Play. Cost is \$30.00
- **February 14**—Friday-Foxwood Casino, Free Buffet lunch or \$10.00 Food voucher and \$10.00 Casino Slot Play. Cost is \$30.00
- **March 20**—Friday-Foxwood Casino, Free Buffet lunch or \$10.00 Food voucher and \$10.00 Casino Slot Play. Cost is \$30.00

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

Call 508-752-9283

CRIBBAGE WINNERS: 9/25/19, First Place, Bob Tolman, Second Place, Jim Progin, 10/3/19 First Place, Rose Kowal, Second Place, Jim Progin and Charlie Sawa, 10/10/19, First Place, Rose Kowal, Second Place, Katie Hardwick

TOWN ADMINISTRATOR

David Genereux

Council on Aging**Director of Elder Affairs**

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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.

Thanksgiving Word Scramble

- | | | |
|-----|------------|-------|
| 1. | rcon | _____ |
| 2. | ukppmin | _____ |
| 3. | krueyt | _____ |
| 4. | omfaylwer | _____ |
| 5. | niwsebho | _____ |
| 6. | ciarrbesne | _____ |
| 7. | spmiligr | _____ |
| 8. | ricdukmts | _____ |
| 9. | dnenir | _____ |
| 10. | syam | _____ |
| 11. | solrl | _____ |
| 12. | eremnbv | _____ |
| 13. | gobebi | _____ |
| 14. | dessret | _____ |
| 15. | ngstufif | _____ |
| 16. | uyhtarsd | _____ |
| 17. | efats | _____ |
| 18. | rgavy | _____ |
| 19. | nnsidi | _____ |
| 20. | rbeda | _____ |

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 \$7.00 (change due to increase in postage) 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: _____