

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



October 2019



COMING ATTRACTIONS

FRAUD SQUAD
Computer Scams
October 16, 10AM—11AM

Inside this issue:

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



HEALTH FAIR
October 18, 2019
10 AM—12 PM

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



Senior Breakfast

Thursday, October 17, 9:00 AM
All are welcome. The fee is \$3.00
Town Information session aft. breakfast



HEARING TEST
October 22, 11AM—1PM
Sign up -Free—No Obligation



HALLOWEEN PARTY

October 25
11:00AM—12:00PM



FLU CLINIC

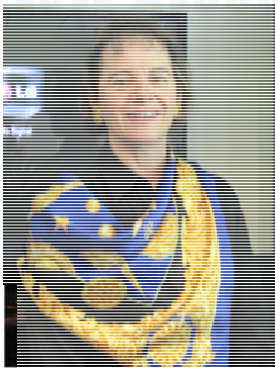
OCTOBER 23, 10:30AM—12:30PM
Sign up and bring your insurance card

Picture Gallery of the Month

ACTIVITIES AT THE SENIOR CENTER

Ann Barrett Presentation

Senior Center Month



Senior Breakfast



Laugh In The Morning



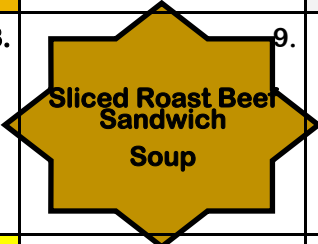


STRAWBERRY HILL CAFE

*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
October 2019	1 Burger Chili & Cheese Green Beans Sweet Potato Fries Fresh Fruit	2 Roast Pork Loin W/ Gravy Mashed Potatoes Cntry Blend Veg. Fruited Ambrosia	3. Baked Ham Garlic Mashed Potatoes Roasted Brussels Sprouts Peach Crisp	4. Chicken Drumsticks Roman Blend Veg, Yogurt
7. Shepherd's Pie Carrots Peas Fresh Fruit	8. Chicken Piccata Delmonico Potatoes Mixed Veg, Chocolate Mousse	9.  Sliced Roast Beef Sandwich Soup	10. American Chop Suey Roasted Broccoli Bread Pudding	11. Pork Rib-i-que Mac'n Cheese Green Beans Pineapple
14. COLUMBUS DAY No Meals Served	15. **NEW** Pinwheels w/ Marinara Sauce & Meatballs Green Beans Fresh Fruit	16. Chicken Milano Wild Rice Spinach Mixed Fruit	17. Salisbury Steak Garlic Mashed Potatoes Peas and Carrots Strawberries w/	18.  Corned Beef Sandwich Soup
21. Pulled Pork w/ BBQ Sauce Mashed sweet Potatoes Brussels Sprout Fresh Fruit	22. Meatballs w/Onion Gravy Bowtie Pasta Honey Glazed Carrots Mandarin Oranges	23. Vegetable Cheese Bake Seasoned Potatoes Green Beans Yogurt	24.. BBQ Chicken Red Bliss Pot. Chuckwagon Corn Birthday Cake	25. Teriyaki Beef Steamed Rice Broccoli Pineapple
328. Lasagna & Meatballs Green Beans Vanilla Pudding	29. Chicken Fajitas Spanish Rice Baked Beans & Corn Pineapple	30. Roast Pork w/ Gravy Cranberry Stuffing Calif. Veg. Apple Crisp Fresh Fruit	Halloween 31. Hamburger w/ Onion & Peppers Yukon Gold Potatoes Mixed Veg. Pumpkin Spice Cake	

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 Senior Group 11:30 Golden Needles 1:00 Exercise –Heidi 6:30 Fiber Group	2. 9:00 Train Your Brain 10:30 Tai Chi-Gary 1:00 Balance-Heidi	3. 10:00 Cribbage 11:00 Mindful Yoga/Ann 12:45 Bingo	4. 10:00 AM to Noon– Drop in Coloring Session 10:00 Laugh in the Morning 1:00 Chair Yoga-Heidi
7. 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.	8. 11:30 Golden Needles 1:00 Exercise-Heidi 6:30 Fiber Group	9. 9:00 Train Your Brain 10:30 Tai Chi-Gary 1:00 Balance-Heidi	10. 10:00 Cribbage 11:00 Mindful Yoga-Ann 12:45 Bingo	11. 9:30Am—3:00 PM Second Chance Animal Shelter–Free Exam 10:00 AM to Noon– Drop in Coloring Session 10:00 Laugh in the Morning 1:00 Chair Yoga- Heidi
14. 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.	15. 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise-Heidi 6:30 Fiber Group	16. 9:00 Train Your Brain 10:00 Computer Scams – Fraud Squad 10:30 Tai Chi-Gary 11:00 Grief Session 1:00 Balance-Heidi	17. 9:00 Senior Breakfast 10:00 Cribbage 11:00 NO YOGA 12:45 Bingo	18. 10:00 AM to Noon– Drop in Coloring Session 10:00 Laugh in the Morning 10:00 Health Fair 1:00 Chair Yoga- Heidi
21. 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.	22. 11:30 Golden Needles 1:00 Exercise-Heidi 6:30 Fiber Group	23. 9:00 Train Your Brain 10:30-12:30 Flu Clinic 10:30 Tai Chi-Gary 1:00 Balance-Heidi	24. 9:00-10:30 Blood Pressure by VNA 10:00 Cribbage 11:00 Yoga-Ann 12:45 Bingo	25. 10:00 AM to Noon– Drop in Coloring Session 10:00 Laugh in the Morning 11:00 Halloween Party 1:00 Chair Yoga-Heidi
28.. 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.	29. 11:30 Golden Needles 1:00 Exercise-Heidi 6:30 Fiber Group	30. 9:00 Train Your Brain 10:30 Tai Chi-Gary 1:00 Balance-Heidi	31. 9:00-10:30 Blood Pressure by VNA 10:00 Cribbage 11:00 Yoga-Ann 12:45 Bingo	

*How many remember Anne of Green Gables? Here is one of Author Lucy Maud Montgomery's famous writings about Anne and October. "October was a beautiful month at Green Gables where Anne reveled in the world of color. At a tea party Anne walked in from the fields and said to Marilla (a mother figure to Ann). **Oh, Marilla she exclaimed coming in dancing with her arms full of gorgeous boughs, I'm so glad I live in a world where there are Octobers. It would be terrible if we just skipped from September to November, wouldn't it? Look at these maple branches. Don't they give you a thrill—several thrills? I'm going to decorate my room with them**". Like Anne October can be a favorite month as we too revel in its cool air, its beautiful trees of red and golden leaves, harvest fairs. It is exciting to journey with our grandchildren to various apple orchards to indulge in a delicious taste of sweet cider, apple dumplings, hay rides or to just sit and watch others do the same. At the senior center we look forward to a Sunday afternoon of musical jam, good food by Harry, a wellness fair, a Halloween party, pumpkin decorating, a monthly breakfast, exercise, laughter. Come join us. Rachele*

OUTREACH—LAMB BYTES

I'm back!!

Welcome y'all to the month of "souling" original old term for trick or treat. The Celts celebrated the last day of October and believed that the souls of the dead would visit the. So They left food and drink outside their homes. First citywide celebration of Halloween was in 1921 in Anoke, Minnesota.

Let me tell you— Farmer Bob has been really busy harvesting his crops. Oreo, Butterscotch love to pull the wagon through the fields while it is filled up with plump pumpkins to sell. Lately Salt and Pepper have been grazing in the S. Pasture and have found some marigolds and Leandula— birth flower of October. It's known for its healing properties and grace. Winston continues to valiantly struggle at the All Creatures School. He did a great paper on apples and got an A+. Did you know apples originated in Kazakhstan and were brought to Jamestown by settlers from Europe. The average American eats 19 lbs. of apples per year. Winston loves them! Oink! Oink! Molasses is happy in her turtle world. Skittles our barn owl continues to woo her and take her on low altitude owl rides around the countryside. This time of year Skittles keeps his eyes alert for any bonfires. Druids in the past threw bones of cattle on a fire to ensure that the sun would return after winter. Through time bone-fire turned into bonfire. Our critter M.D. Dr. Leaper (Fred Frog) has been hopping around like crazy reminding everyone to get a flu shot. Butterscotch and Oreo have to sorta "scootch" down so that the good doctor can jump high enough to deliver their shots.

Henrietta and Oreo are practicing to win the "All Geese Hoedown". Winner gets a big bag of candy corn. They just love that candy— First made in 1880 in Philadelphia by a candy maker named George Rennings. Everybody here is looking forward to the "Blessing of the Animals" celebrated in October in conjunction with the feast of St. Francis of Assisi. The services are held in a great big hollowed out tree., "The All Faith Tree Hollow Church. You should see all the animals that come—lots of different sounds and smells. Thank goodness we have a great clean-up crew.

Well guess I'll head over to the Divine Greatness Apothecary and get me some weely Weely Doolie Hair conditioner and a bottle lamb hoof softener . Gotta look good for the big barn dance Sat. night. . Lambie Pie

SECOND CHANCE ANIMAL SHELTER

FREE Pet Veterinary exam including vaccines!

October 11, 9:30 AM to 3:00PM

Sign up today—Each appointment 10 Minutes per animal—limit 2 animals



Tax Aide Program

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

Zumba Gold with Miriam

• **Mondays—10:00 AM**

\$3.00 per class

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.

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

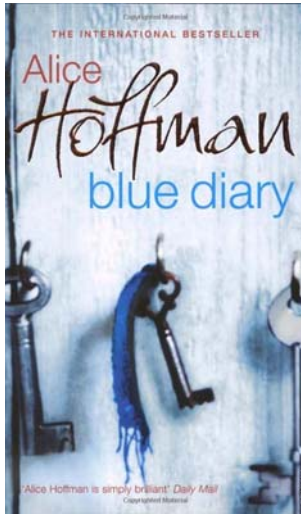
- **Mondays—1:15PM \$3.00 per class**

Tai Chi with Gary

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



396#986)%', #63+6%1#7#432736) (#2#
4%68#-#6#628#631#,) #6)%8)6#
; 36')78)6#31192-8-#392 (%8-32 #



BOOK CLUB On October 28, 2019 at 1:00 p.m. members of the Book Club will meet at the Leicester Senior Center to discuss "The Blue Diary" by Alice Hoffman. The courage to face the unthinkable is at the core of this magnificent new novel. How do we manage to confront the truths in our lives and find forgiveness in the most unforgiving of circumstances?

How do we love truly and deeply in a world that is as brutal as it is beautiful?

When Ethan Ford fails to show up for work on a brilliant summer morning, none of his neighbors would guess that for more than thirteen years, he has been running from his past. His true nature has been locked away, as hidden as his real identity. But sometimes locks spring open, and the devastating truths of Ethan Ford's history shatter the small-town peace of Monroe, affecting family and friends alike.



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 October 4, 2019 at the Leicester Senior Center. Call 508-752-9444 to schedule appointments or make any changes.

UPCOMING TRIPS:

- **October 17**—Thursday-Twin River & Wright's Farm!. Features Day full of casino gambling and delicious dinner. Cost is \$59 per person
- **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: 9/5/19 First Place, Bob Tolman and Theresa Kowal, Second Place, Jim Progin, 9/12/19, First Place, Katie Hardwick, Second Place, Nancy Willard, 9/19/19, First Place, Bob Tolman, , Second Place, Rose Kowal

TOWN ADMINISTRATOR

David Genereux

Council on Aging**Director of Elder Affairs**

Rachelle S. Cloutier, M.Ed.

Outreach Coordinator

Nancy H. Lamb, RN

Leicester Horizon Editor

Genevieve Grenier

Bus Drivers

Robert Foley

David Gercken

COUNCIL ON AGING BOARDJoanne Rose, MA, **Chair**Pat Faron, **Vice Chair**Lucille J. Jacques, **Secretary**

Jane Todd

Richard Jubinville

Ruth Dowgielewicz

Ann Marie Walsh-Pierozzi

Renee McCue-Hall

Marilyn Hyland

Barbara Paszuk

Selectmen-Liaison

Sandra Wilson

Diana Provencher

SHINE Counselor

Pamela Threlfall

Nutrition Site Manager

Donna McDonald

Receptionists

Joan Lombardozi

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.



Halloween Word Scramble



1. okypos _____
2. pkpinum _____
3. treta _____
4. oghst _____
5. ydanc _____
6. rpivame _____
7. keonstel _____
8. luhgo _____
9. pecyre _____
10. tomcuse _____
11. nthua _____
12. owaercrcs _____
13. iyderah _____
14. oblod _____
15. labck act _____
16. ogbiln _____
17. mymmu _____
18. rasyc _____
19. piserd _____
20. sremca _____

DON'T FORGET TO RENEW YOUR

PrintableParadise.com

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: _____