

# Leicester Senior Horizon

40 Winslow Avenue, Leicester, Massachusetts 01524-1113

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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 2017



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**Donna Lee**

### A Tribute to Patsy Cline

OCTOBER 18 , 11:00 AM

Pasta lunch by Harry \$4.00

Must sign up and prepay



### Goddard House

October 26, 10:30 AM

Judging of decorated pumpkins followed by lunch.

## COMING ATTRACTIONS

### COA BOARD MEETING

OCTOBER 5TH

8:00 A.M.



### MONTHLY SENIOR BREAKFAST

THURSDAY, OCTOBER 19

\$3.00 per person

### Senior Citizens Club Meeting

October 3, 10:00 AM

Robin Putnam from  
Better Business Bureau  
of Boston



### NY Life Insurance Presentations

October 5, 10:00 AM

"Protecting Your Nest Egg"

October 19, 10:00AM

"Retirement Income Planning"



### Halloween Party

October 31  
11:00 AM



# Picture Gallery of the Month

## ACTIVITIES AT THE SENIOR CENTER

COA BOARD MEETING WITH LEICESTER SCHOOLS  
AND CHAIR OF SELECTMEN



THANK YOU FOR THE PRODUCE  
JOHNSON'S GREENHOUSE



ICE CREAM



SOCIAL



HARVEST FAIR



COLORING

GROUP



# 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
<p>2. Chicken Picatta Couscous Roman Blend Vegetables Cookie</p>	<p>3. Swedish Meatballs Bowtie Pasta Scandinavian Vegetables Strawberries w/Topping</p>	<p>4. Egg Frittata O'Brien Potatoes Stewed Tomatoes Fresh Fruit</p>	<p>5. Salisbury Steak w/ Gravy Garlic Mashed Potatoes Mixed Vegetables Yogurt</p>	<p>6. Roast Turkey with Gravy Mashed Sweet Potatoes Cranberry Stuffing Tuscany Veg. Peaches</p>
<p>9. NO MEALS ON </p>	<p>10. Pork Rib-i-que Macaroni &amp; Cheese Corn Niblets Mandarin Oranges</p>	<p>11. Sloppy Joe Seasoned Potato Wedges Mixed Veg. Fruit Cocktail</p>	<p>12. PASTA BAR</p>	<p>13. Haddock Wild Rice Tuscany Blend Vegetables Brownie</p>
<p>16. Macaroni &amp; Cheese Stewed Tomatoes Green Beans Fresh Fruit</p>	<p>17. Stuffed Casserole Mashed Potatoes Carrots Tapioca</p>	<p>18. NO ESWA Menu ONLY MEALS ON WHEELS</p>	<p>10. Beef w//Pearl Onions Rice Pilaf Peas and Carrots Pineapples</p>	<p>20. Corned Beef Sandwich Soup du Jour</p>
<p>23. Beef Burgundy Brown Rice Winter Mix Vegetables Granola Bar</p>	<p>24. Hot Dog on Bun** Baked Beans Coleslaw Fresh Fruit</p>	<p>25. Am.Chop Suey Broccoli and Red Potatoes Cranberry Apple Crisp Diet=Plain Cake</p>	<p>26. Chicken Pesto Gemilli Pasta Corn Birthday Cake</p>	<p>27. Corned Beef Sandwich Soup du Jour</p>
<p>30. Ranch Chicken Red Bliss Potatoes Carrots and Green Beans Fresh Fruit Minestrone Soup</p>	<p>31. Beef Patty Smothered w/ Onions and Peppers Potato Wedges Honey Glazed Pumpkin Spiced Mousse</p>	<p>October 2017 </p>		



## Calendar of Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2.</p> <p>9:00 Art –Genevieve</p> <p>10:00 Zumba Gold</p> <p>11:00 Chair Yoga/Ann</p> <p>1:15 Line Dancing</p>	<p>3.</p> <p>10:00 Senior Group- Robin Putnam— BBB</p> <p>11:30 Golden Needles</p> <p>1:00 Exercise</p> <p>6:30 Fiber Group</p>	<p>4.</p> <p>1:00 Balance</p>	<p>5.</p> <p>8:00 COA Board Meeting</p> <p>10:00 Cribbage</p> <p>10:00 NY Life—Protecting Your Nest Egg</p> <p>11:00 Chair Yoga/Ann</p> <p>12:45 Bingo</p>	<p>6.</p> <p>10:00 AM to Noon– Drop in Coloring Session</p> <p>10:30 Tai Chi</p>
<p>9.</p> <p>CLOSED FOR HOLIDAY</p>  <p>Columbus Day</p>	<p>10.</p> <p>11:30 Golden Needles</p> <p>1:00 Exercise</p> <p>6:30 Fiber Group</p>	<p>11.</p> <p>1:00 Balance</p>	<p>12.</p> <p>10:00 Cribbage</p> <p>11:00 Letters Home with John Hopkins</p> <p>11:00 Chair Yoga/Ann</p> <p>12:45 Bingo</p>	<p>13.</p> <p>10:00 AM to Noon– Drop in Coloring Session</p> <p>10:30 Tai Chi</p>
<p>16.</p> <p>9:00 Art –Genevieve</p> <p>10:00 Zumba Gold</p> <p>11:00 Chair Yoga/Ann</p> <p>1:15 Line Dancing</p>	<p>17.</p> <p>10:00 Senior Group</p> <p>11:30 Golden Needles</p> <p>1:00 Exercise</p> <p>6:30 Fiber Group</p>	<p>18.</p> <p>9:00 SHINE</p> <p>11:00 Tribute to Patsy Cline with Donna Lee</p> <p>12:00 Lunch with Harry– Spaghetti and meatballs</p> <p>1:00 Balance</p>	<p>19.</p> <p>9:00 Senior Breakfast</p> <p>10:00 Cribbage</p> <p>10:00 NY Life—Retirement Income Planning</p> <p>11:00 Chair Yoga/Ann</p> <p>12:45 Bingo</p>	<p>20.</p> <p>10:00 AM to Noon– Drop in Coloring Session</p> <p>10:30 Tai Chi</p>
<p>23.</p> <p>9:00 Art –Genevieve</p> <p>10:00 Zumba Gold</p> <p>11:00 Chair Yoga/Ann</p> <p>1:15 Line Dancing</p>	<p>24.</p> <p>11:30 Golden Needles</p> <p>1:00 Exercise</p> <p>6:30 Fiber Group</p>	<p>25.</p> <p>11:00 Grief Session</p> <p>1:00 Balance</p>	<p>26.</p> <p>10:00 Cribbage</p> <p>11:00 Chair Yoga/Ann</p> <p>11:00 Goddard House Judging of Pumpkins and Lunch</p> <p>12:45 Bingo</p>	<p>27.</p> <p>10:00 AM to Noon– Drop in Coloring Session</p> <p>10:30 Tai Chi</p>
<p>30.</p> <p>9:00 Art –Genevieve</p> <p>9:00 Brunch</p> <p>10:00 Fraud Squad with Denise Sullivan</p> <p>10:00 Zumba Gold</p> <p>10:30 SENATOR MOORE OFFICE HOUR</p> <p>11:00 Chair Yoga/Ann</p> <p>1:15 Line Dancing</p>	<p>31.</p> <p>11:30 Golden Needles</p> <p>11:00 Halloween Party</p> <p>1:00 Exercise</p> <p>6:30 Fiber Group</p>	<p>October 2017</p> 		

**October 2017**

**To our seniors and to our schoolchildren:**

*Have you had the pleasure of experiencing "History Live"? During the month of November and December the Leicester Senior Center will be offering three performances of this genre of entertainment. Patricia Perry from **Sneak Peek Productions** will present **First Ladies Part I** in our Library area where she will look at the personal trials, triumphs, and private details of our very public First Ladies from Martha Washington to Frances Clara Cleveland. On November 29th at 10:00 a.m. she will present **First Ladies Part II** and again to look into the lives of first ladies Ida McKinley to Melania Trump. In December on the 13th at 10:00 a.m. she will stage **Christmas at the White House**. Each performance will include our local students as part of our audience. We as a multicultural and multigenerational center continue to work with schools and local organizations to make our Senior Center a welcoming place for all to enjoy. For these efforts, we are indebted to our Local Arts Council for their financial support of these events and very grateful to them for helping us out in such a monumental way. The local Arts Council is supported by the Massachusetts Cultural Council. Rachelle*

## OUTREACH—LAMB BYTES

Hi all,

Yikes! It's National Skating Month so lace up your skates. Well—do you know your foot has 26 bones, 33 joints and 100 muscles, tendons and ligaments. So roll on over to the Senior Center. If a mishap occurs we'll set you up with a doctor.

Now, if we didn't have feet-might we have wings like fairies? Fairies are thought to be angels of Nature. They help with healing and are concerned about the welfare of animals. They have a lot of energy and like to eat fruit.

October is health month—Lung Month, Breast Cancer Month, Apple Month and Squirrel Appreciation Month. So think healthy, eat an apple a day and for fun chase a squirrel after supper.

Keep your eyes open for some pretty flowers—the marigold (calendula) is the October Birth Flower and means "little calendar" or "little clock" because of all its petals. Carry the birthstone (opal) with you to protect you from danger and thought to make you invisible. Oh boy!!

Sending out thoughts of love and good health can brighten a day. Whether we have feet or wings we can always travel a short distance to deliver some joy.

Bring joy to yourself by starting your days appreciating the changing colors of the leaves. Leave some apples out for your friendly squirrel or resident fairy.

Time for me to hoof it on over to the Red Clover Diner and enjoy the grass and alfalfa omelet.

Keep your eyes open for November!

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.**

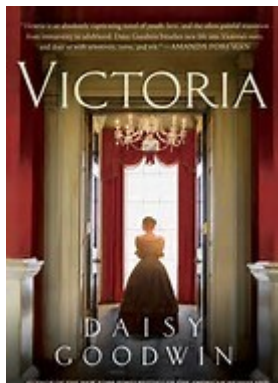
**The Senior Center will be closed on Columbus Day, October 9 .**

### 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.**



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



**BOOK CLUB** On October 30 at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss "Victoria" by Daisy Goodwin. One month after her 18th birthday Alexandria Victoria becomes Queen of England. She re-

ceives the news that her uncle, William IV has died. She is ascending the throne of England at a time in history when there were marked advancements in industrialization and innovations. It is also at a period of social repression and differing viewpoints on sexuality. Can this tiny girl prevail against the men who believed that no woman can rule? What are the secrets behind the passionate love she had for Prince Albert of Saxe-Coburg?

#### 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.

**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 508-859-8508. Need Drivers.

#### UPCOMING TRIPS:

- October 1-7 "Myrtle Beach Show Trip & Charleston, SC", departs 8:00 AM, \$600 per person, price based on double occupancy. \$75 due at upon signing.
- October 20 "Twin River & Wright's Farm!" departs 9:00 AM, \$59 per person
- 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.

#### NEW FARES

##### 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:** 8/24/17-First Place, Jimmy Durant, Second Place, Bob Tolman, 8/31/17, First Place, Katie Hardwick, Second Place, Rose Kowal, Third Place, Jimmy Durant. 9/7/17 First Place, Mary Johnson, Second Place, Jimmy Durant Third Place, Rose Kowal, 9/14/17 First Place, Jimmy Durant, Second Place, Doris Fluett, Third Place, Rose Kowal

**AD  
PAGE**

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Donna McDonald

**Receptionists**

Joan Lombardozzi

Elaine Casey

**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.*

**POWERFUL TOOLS FOR CAREGIVERS**

**A six week workshop for family caregivers of older adults**

**Classes begin October 10, 2017 and run 6 consecutive Tuesday's**

**1:30PM—3:30 PM**

**At**

**Leicester Senior Center**

**Must preregister by calling no later than October 5, 2017 by calling Deb Dowd-Foley or Tina Forget of ESWA at 508-756-1545 X 390**

**CATERED TO YOU LUNCHEON FOR OCTOBER**

**Oct. 3—Cheoy Lee's— Moo Goo Gai Pan, Pork Fried Rice and Crab Rangoon**

**Oct. 11— Barber's Crossing—Turkey Dinner**

**Oct. 17—Northeast —Whole small cheese pizza & baklava**

**Oct. 25—Pleasant St Diner— Shepard's pie with biscuit**

**Oct. 30—Cheoy Lee's—Pork Egg Foo Young, Pork Fried rice, Boneless spare ribs**

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