

# 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

## September 2016



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### COMING ATTRACTION



Hot Dog with Sen. Moore

September 21, 12 NOON

Come join us for a hot dog meal and then enjoy the show

— Donna Lee presents Ladies of Country Music and More.

### Special People



### Yoga with Ann

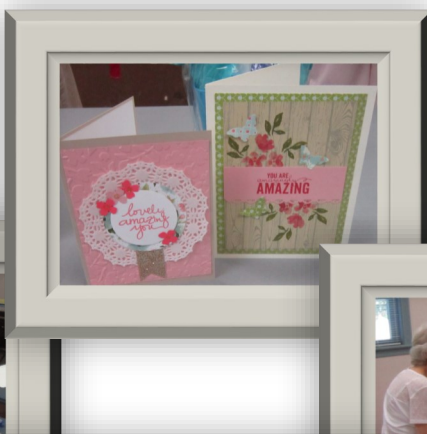


Ann is an ERYT 500 and RPYT certified Yoga teacher. The Leicester Senior Center takes pride in hiring high level well trained and certified instructors. Please join Ann on Mondays or Thursdays 11:00 a.m. For one hour of professional Yoga.

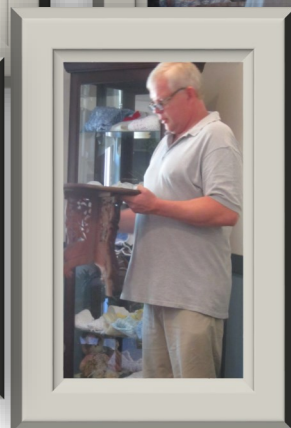


Walter is very special to us here at the senior center. He comes in almost every day, early in the morning, to help in the kitchen. He not only helps out and volunteers—he is also known to help several individuals who live near him at Grand View Estates by placing their newspapers, often thrown about in the driveway, on their door knobs. We enjoy having him here.

# Picture Gallery of the Month



## CARD MAKING WITH CLAUDIA



ANTIQU  
E APPRAISAL  
WITH  
WAYNE TUISKLA



**\*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  
Your donation of \$2.50/meal helps keep the program running.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>September 2016</b> 			1. (Labor Day Meal) BBQ Chicken Mashed Potatoes Cntry Blend Veg. Strawb Shortcake Sponsored by Doug Bel-anger	2. <b>Cheese/Spinach Omelet</b> O'Brien Potatoes Mixed Veg. Fruit Cocktail
5. <b>Labor Day</b> No Meals Served	6. <b>Greek Chicken</b> Steamed White Rice Broccoli Yogurt	7.  <b>Sliced Roast Beef</b> Soup du Jour	8. <b>Turkey Pot Pie</b> Mashed Potatoes Corn Niblets Capri Veg./ Peaches	9. <b>Breaded Fish</b> Tartar Sauce Wild Rice Carrots Mandarin Oranges.
12. <b>Beef Stew</b> Rice Corn Niblets Pineapple	13. <b>Vegetable Cheese Bake</b> Roman Veg. Baked Apples	14. <b>Chicken Murphy</b> Seasoned Potatoes Beets Vanilla Mousse	15. <b>Salisbury Steak</b> Sour Cream & Chive Potatoes Peas & Carrots Fresh Fruit	16. <b>Spaghetti &amp; Meatballs</b> <b>Omelet</b> Green Beans Brownie Diet=Sm. Brownie
19. <b>Chicken Sausage Jambalaya</b> Rice Pilaf Green Peas Fresh Fruit	20. <b>Meatballs w/Onion Gravy</b> Egg Noodles Scan. Veg. Pineapple	21. <b>Hot Dogs with Sen. Moore</b>	22. <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Birthday Cake Diet=Plain Cake	23.  <b>Sliced Roast Beef Sandwich</b> Soup du Jour
26. <b>Favorite Hot Dog on Bun</b> Baked Beans Potato Salad Peaches	27. <b>Salmon Boat/Dill Sauce</b> Mashed Potatoes Peas & Pearl & Onions Cookie	28. <b>Herb Roast Pork</b> Potatoes Au Gratin Winter Mix Veg. Brownie Diet= Small Piece	29.  <b>Egg Salad Sandwich</b> Soup du Jour	30. <b>Lasagna</b> Broccoli Carrots. Fresh Fruit

**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
<div style="text-align: center;"> <h1>September 2016</h1> </div>			<b>1.</b> 8:00 COA Board Mtg. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:00 Lunch by Doug 12:45 Bingo	<b>2.</b> 10:30 Tai Chi 1:15 Chair Yoga with Jessica
<b>5.</b>  <b>LABOR DAY</b>	<b>6.</b> 9:00 B.P. by Paula from Meadows 10:00 Senior Cit. Club 11:30 Golden Needles 1:00 Exercise Group 6:30 Fiber Group	<b>7.</b> 9:00 Women's Club 9:00 Walking Group 10:00 Community Conversation with D. Saper 10:00 Cake Decorating by Quaboag 1:00 Balance	<b>8.</b> 10:00 Cribbage 11:00 B.P. with Judy Acclaim Home Health Care Inc. 11:00 Chair Yoga/Ann 12:45 Bingo	<b>9.</b> 10:30 Tai Chi 1:15 Chair Yoga with Jessica
<b>12.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing	<b>13.</b> 11:30 Golden Needles 1:00 Exercise Group 6:30 Fiber Group	<b>14.</b> 9:00 Walking Group 9:00 SHINE—call for appointment 11:00 Grief Session 1:00 Balance	<b>15.</b> 9:00 Breakfast Club 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo by Nancy From Meadows	<b>16.</b> 10:30 Tai Chi 1:15 Chair Yoga with Jessica
<b>19.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing	<b>20.</b> 9:00 B.P. St. Francis 10:00 Senior Cit. Club 11:30 Golden Needles 1:00 Exercise Group 6:30 Fiber Group	<b>21.</b> 9:00 Walking Group 12:00 Hot Dog Lunch with Sen. Moore 1:00 Balance—back rm 1:00 Donna Lee Presents Ladies of Country Music	<b>22.</b> 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	<b>23.</b> 10:30 Tai Chi 1:15 Chair Yoga with Jessica
<b>26.</b> 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing	<b>27.</b> 10:30 Friends of Sen. Center Meeting 11:30 Golden Needles 1:00 Exercise Group 6:30 ...Fiber Group	<b>28.</b> 9:00 Walking Group 10:00 Diabetes—Myth and Facts 1:00 Balance	<b>29.</b> 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	<b>30.</b> 10:30 Tai Chi 1:15 Chair Yoga with Jessica



## Director's Corner

*The month of September has been designated as "Senior Center Month". Its history goes back to 1979 at which time senior center week was celebrated in May. In 1985 NISC was instrumental in achieving the first Senior Center Week with a Presidential Proclamation signed by President Ronald Reagan. In 2007, NICS designated all of September as "Senior Center Month" to give centers greater flexibility in scheduling celebratory events.*

*The Leicester Senior Center takes pride in the many activities offered to our seniors all year long, not only during September. There is something for everyone for example: Art lessons, Exercises, Walking Club, Golden Needles, Bingo, Nutrition, Social events, SHINE, Grief Support, Educational Programs, Trips, Multigenerational programs, Tax Work Off, AARP tax preparation, Fuel Assistance, Farmers' Coupons, Johnson's Farm Produce, School programs, Monthly breakfast, Annual Veterans' Breakfast, Legislative visits, Senator Moore's Thanksgiving Dinner, Cribbage, Monthly Newsletter, Outreach Programs, Blood Pressure Clinics.*

*We are fortunate to have many volunteers who give of their time so we may offer so much. We are grateful to our local Cultural Council and the Greater Worcester Community Foundation, the Town of Leicester for their financial support.*

**Rachelle**

**Barbara's Highlights/Outreach**

September is here and so is school time. We are looking with great joy to our **Pen Pal Project**. This program is one of our many multigenerational programs offered at the senior center. The kids and teachers love it and I think our seniors like it even more.!!!

It is our hope this year to expand this program and involve more people. We are looking forward again to a very fruitful and successful school year. If you are interested in being a part of the **Pen Pal Project** please call me and I will set you up with a little friend who looks forward to each letter. Barbara



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

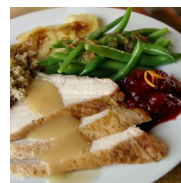
**ON SEPTEMBER 1ST DOUG BELANGER WILL BE HERE FOR LUNCH.**



**HE HAS GENEROUSLY AGREED TO PAY FOR EACH LUNCH. PLEASE SIGN UP**

## COMING ATTRACTION

**Sen. Moore's  
Turkey Dinner  
November 1, Noon**



**Must put name on sign up sheet**

## Ali's Corner—Community Outreach Liaison

**Ali—Congratulations on your appointment!!!**

If you need assistance please call the Senior Center. All help is maintained in the strictest of confidence.

**Outreach programs are sponsored in part by a grant from the Greater Worcester Community Foundation.**

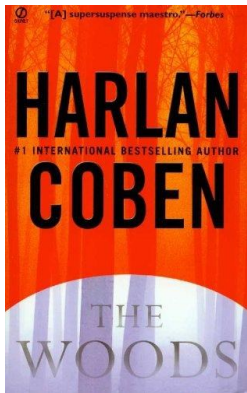
## Genevieve's Art Studio-

**If you enjoy art or wish to learn call 508-892-7016. Classes are limited to 9 people so call early. \$20 for classes.**

## Monthly Grief Session

**We come as strangers and become friends as we have all lost someone special. We gather together to heal!!!**

**September 14 at 11:00 a.m.**



**BOOK CLUB** On September 26 at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss "The Woods" by Harlan Coben. Twenty years ago at summer camp, Paul Copeland's sister died in the woods, the alleged victim of a serial killer. Her body was never found.

Now, Paul is the prosecutor of Essex County, New Jersey, immersed in one of the biggest cases of his career. A case that will change everything he believes about the past and the truth.

#### 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.

We are in need of baby yarn.

**DR. LACONTE PODIATRY APPOINTMENTS AT LEICESTER SENIOR CENTER**– September 9, 2016. 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.**

**CRIBBAGE WINNERS:** 7/21/16, First Place, Marie Ostigny, Second Place, David Hepcock, Third Place, Theresa Kowal, 7/28/16-First Place, Wayne Bombard, Second Place, Norma Dodge, Third Place, Jimmy Durant, 8/4/16, First Place, David Hepcock Second Place, Rose Kowal, Third Place, Marcel Poirier, 8/11/2016, First Place, Ray Brezniak, Second Place, Wayne Bombard Third Place, Jim Progin.

#### UPCOMING TRIPS:

- September 8, "Seven Brides for Seven Brothers" Ogunquit, Maine, leaves 9:00 a.m.—\$139 per person
- October 2-8, 2016, Pigeon Forge and Smoky Mountains Show Trip, leaves 8:00 a.m. —\$560 per person
- October 21, Foxwoods, leaves 8:00a.m. \$24 per person
- 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.

#### 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

#### Community Conversations

With Debra Saper

"Finding Joy in your Later Life Stage"

September 7, 10:00 AM

Call to sign up at 508-892-7016

**AD  
PAGE**

**TOWN ADMINISTRATOR**

Kevin Mizikar

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

Rachelle S. Cloutier, M.Ed.

**Outreach Coordinator**

Barbara Paszuk

**Community Outreach****Liaison**

Alison Nadell

**Leicester Horizon Editor**

Genevieve Grenier

**Bus Drivers**

Robert Foley

David Gercken

**COUNCIL ON AGING BOARD**Bill Moore, MA, **Chair**Patricia Faron, **Vice Chair**Nancy Begin, **Secretary**

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Dianna 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.*

**Friends of the Leicester Senior Center Membership Form**

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

**Our Mission—**

The purpose of the Friends of the Leicester Senior Center is to act as fundraiser by underwriting items or programs not covered by town or government funding.

**GODDARD HOUSE FIELD TRIPS**

**There will be field trips this September , October and November. 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: \_\_\_\_\_