

# 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



## SEPTEMBER 2021



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### Programs

Our programs are held inside or outside. We follow State mandated COVID-19 regulations. \$3 per class, except for Train Your Brain and Cribbage.

Exercise	Tuesday, 1:00 PM
Train Your Brain	Wednesday, 10:00 AM
Balance	Wednesday, 1:00 P.M.
Cribbage	Thursday, 10:00 AM
Chair Yoga	Thursday, 1:00 PM

### COMING ATTRACTIONS

Music Dance by Rondae  
"Hip Hop Dance Chair  
Exercise for Seniors!"

September 10, 11:00 AM

Brought to you by Leicester Massachusetts  
Cultural Council



### Senior Breakfast



Thursday, September 16, 9:00 AM  
All are welcome. The fee is \$3.00

### Senior Center Month Lunch

Sponsored by VIBRA

Wednesday September 29, NOON

Must register with Senior Center by September 24



### LEICESTER SENIOR GROUP

DWAYNE CARLSON—Entertainment

Tuesday September 7, 10:00 AM

# Picture Gallery of the Month

## Senior Center Activities

### MONTHLY SENIOR CENTER BREAKFAST



THANK YOU—Lions Club, Diana Provencher, Sharon Nist, Kurt Parliament, David Genereux Town Administrator and Kristen Forsberg Assistant Town Administrator

### HOT DOG COUNTRY JAMBOREE



THANK YOU—Lions Club (setting up tent, cooking hot dogs and serving meals), Fire Department and EMT's (erecting tent and serving meals), Police Department and Edmond Thebeau and friend for the entertainment, Senior Center volunteers and Karl Solomon


**\*Diabetic  
Friendly  
Dessert**

## STRAWBERRY HILL CAFE

Menu subject to change. All meals include milk, margarine & bread  
Your donation of \$2.50/meal helps keep the program running.

**\*\*Higher  
Sodium**

Please be patient with drivers delivering meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>September 2021</b>		1. <b>Meatloaf w/Gravy</b> Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit	2. <b>Turkey w/ Supreme Sauce</b> Gemelli Pasta Broccoli Yogurt	3. <b>Potato Crunch Fish</b> O'Brien Potatoes Mixed Veg. Tapioca Pudding
6. <b>LABOR DAY</b> No Meals Served	7. <b>Vegetable Cheese Bake</b> Seasoned Potatoes Green Beans Mixed Fruit	8. <b>Chicken Milano</b> Scalloped Potatoes Country Blend Vegetables Fresh Fruit	9. <b>Salisbury Steak w/ Gravy</b> Mashed Pot Herbed Carrots. . Peaches	10. <b>Lasagna Rolls w/ Meatballs &amp; Marinara Sauce</b> Roasted Calif. Blend Veg. Yogurt
13. <b>Chicken Piccata</b> Wild Rice Broccoli Lemon Pudding	14. <b>Meatballs w/Onion Gravy</b> Bowtie Pasta Honey Glazed Carrots Strawberries	15. <b>Marinated Pork Loin</b> Herbed Potatoes Scand. Veg. Gingerbread	16. <b>Chicken w/BBQ Sauce</b> Mashed Potatoes Corn Niblets Fruited Ambrosia	17. <b>Ham Salad</b> Three Bean Salad Tomato & Cuke Salad Fresh Fruit
20. <b>Lemon Pepper Cod</b> Potatoes Au Gratin Spinach Oreo Thin Crisps	21. <b>Beef w/Onions &amp; Pepper</b> Potato Wedges Peas and Carrots Fresh Fruit	22. <b>Roast Pork w/ Gravy</b> Cranberry Stuffing Roasted Brussels Sprouts Baked Apples	23. <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Birthday Cake	24. <b>Chicken Fajitas</b> Spanish Rice Black Beans & Corn Pineapple
27. <b>Teriyaki Beef</b> Steamed Rice Broccoli Pineapple	28. <b>Buttermilk Chicken</b> Mashed Sweet Potatoes Jardiniere Vegetables Butterscotch Pudding	29. <b>Baked Potato w/Chili Cheese</b> Country Blend Veg. Chocolate Pudding	30. <b>Hot Dog on Bun</b> Baked Beans Coleslaw Fresh Fruit	

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

# REBUS

A rebus is a puzzle device that combines the use of illustrated pictures with individual letters to depict words and/or common phrases.

	1	2	3
A	<p>U+W+I+N</p> <p>U+L+O+S+E</p>	<p>MD</p> <p>CALL</p>	<p>B B B B B BBB</p> <p>B B B B B B</p> <p>BBBB BBB B B BBB</p> <p>B B B B B B B</p> <p>B B B B B BBB</p>
B	<p>Drake, Mallard, Donald</p>	<p><math>f(a) = mil^y</math></p>	<p>Crimson Clover</p> <p>Crimson Clover</p> <p>Crimson Clover</p> <p>Crimson Clover</p>
C	<p>PEEK</p> <p><math>\pi</math></p>	<p>TIME TIME</p>	<p>Sugar</p> <p>Please</p>
D	<p>R O</p> <p>T O</p>	<p>Don't Sell Yourself</p>	<p>ATTENTION</p>

IF YOU ARE STUMPED CALL GENEVIEVE AT THE SENIOR CENTER FOR CLUE OR ANSWER.



Let me take this opportunity to thank the Lions Club who came to the senior center on Wednesday to set up the Club's tent. The Lions Club volunteered on Thursday for the breakfast and Friday for the Jamboree as follows: since I had no person to cook for over 40 on Thursday for an important breakfast Lion's Club Butch and select board member Dianne Provencher and others such as Sharon Nist and husband Kurt Parliament volunteered to assist. At this breakfast, our Town Administrator David Genereux and Assistant Town Administrator Kristen Forsberg came to speak and answer questions to all in attendance about the possible acquisition of the Becker Campus. For Friday's Jamboree sponsored by the Police and Fire Department, we need to thank Karl Solomon, Lion Butch and his wife, police department staff, our Chief of Police, Fire Department and EMTs who were here to help make this event so very successful. We need to mention Janine (Assistant to the Town Administrator) Our Town Administrator David Genereux and Select Board Member, Dianna Provencher, who stopped by to visit. We want to thank Edmond Thebeau and his friend from Sturbridge who entertained us with great lively music. Everyone who came enjoyed the hot dog meal. It is said: "many hands make light work". That is what makes our place so special. Thank you all so very much for helping out so readily. Indeed, we are blessed. Rachelle

## OUTREACH—LAMB BYTES

Ahoy mateys, here I am—all ship shape and ready to sail into September! This month is rather an interesting month. The animal for September is the rooster— meaning good luck and prosperity. The tree for September is the vine. Yup vines. It climbs up by tendrils and also creeps. Vines represent an unpredictable personality. They can see both sides of a story and empathize with side equally. Symbol for September is the flower—showing graciousness and warmth. Something we should all share with each other.

All my pals are doing great. Farmer Bob and his missus send a cherry "hi" from their red pickup! Butterscotch & Oreo, our horses, and Salt & Pepper, our goats are getting is some romps up in the South Pasture. They ran into our "Rag Man" and he told them to be sure to come to the Swan Tavern Sat. 9/25 7PM attend a great talk "Peddling Your Wares", the story of itinerant merchants in the 1800's. Refreshments served.

Skittles enjoys his dendrology class, he can identify 5 types trees. He prefers to live in the barn and likes to perch in spruce trees. He loves to provide us with his owl security, and surveillance. Molasses gets a kick out of her entomology class. Being a turtle she's close to the ground. She likes to identify the insects she eats, always looking for the low cholesterol choices.

Winston — Pig Extraordinaire— loved the talk by Diana (Aug.) on bees. He perked up when she told us of the great antibacterial effect of honey on wounds. He's been helping Dr. Leaper Frog MD on his rounds. They treated our bear pal Mocha 4 Paws for an ear infection. Made up equal parts apple cider vinegar and warm water and put ten drops in each ear two times a day. It really helped. Henrietta & Ozzie have been doing their duck aerobics and are doing fine other than a few strained gluteal muscles. They tried to attend one of Heidi's classes but needed to stay alert so they didn't get stepped on accidentally! Henrietta plans quack out the famous song "Cheeseburgers in Paradise" by Jimmy Buffet with her choral pals on 9/18 which is National Cheeseburger Day. Did you know cheeseburgers were invented in 1926 by Lionel Sternberger. He was working in his father's sandwich store in Pasadena California and slapped a piece of cheese on a burger. Voila! The cheeseburger with about 320 calories was invented. The rest is history.

Lilly our head of Paws Patrol comes over regularly to check the perimeter of the building—race after squirrels and chipmunks, and wait patiently for her canine "pay" (treats) kept next to our cooler.

Mabel my hairdresser used hair volumizer instead of conditioner on my last visit. Oh my!! Every hair stood at attention. We had to jump in he shower and slather me with Super Strength All Critter Conditioner. WOW!! looked like a big wet dog for 3 days until my springiness returned. Sorta funny. Think of baby elephants and floating lily pads. Watch for me in the month of the Hunters Moon. Be kind to all and spread your love.

Lambie Pie



## BAYBERRY BOWLING CENTER



Mon-Sat-9am—11pm Sun 1pm—11 pm

Billiards and Game / Air Conditioned

326 Main St - Route 9—Spencer MA 01562

Bernie Pelletier, Manager 508-885-4876

**MASKS NOT REQUIRED**

**Leicester Senior League**

Starts Monday 1:30pm—September 20

**Singles, Couples & teams needed**

**CALL US !**

### BINGO

14	26	37	53	63
3	21	39	57	74
6	16	★	48	72
8	22	38	54	70
9	29	42	50	69

**Bingo is back with Sandy!**

**Friday @ 12:45 p.m.**

**Tell your friends,**

**Bring your dabbers.**

**We will follow COVID 19 Rules.**

**Looking forward to seeing you.**

**Barbara**

## SHINE IS BACK—MONTHLY

**Pam is back to answer your Health Insurance Questions by appointment—September 13, 9AM-12PM—call us to set an appointment at 508-892-7016.**



**OUR OUTREACH PROGRAM IS SPONSORED IN PART BY A GRANT FROM THE GREATER WORCESTER COMMUNITY FOUNDATION.**

## Book Club



**BOOK CLUB** In these trying uncertain times we need to take the time to distract ourselves and imagine being in another time, place, and maybe even laugh or at least giggle. So find a book to read and fall into that imaginary world. When we get back together again we can discuss what

books entertained us, what held our attention, and would we recommend this book to others. Happy reading!!!

### Leicester Senior Citizens Group Events

**September 7—Dwayne Carlson, Entertainment**

**October 5—Gary Landgren-Entertainment**

**In November and December there may be holiday parties. Arrangements are still pending. These are subject to change. Stay tuned.**

The Leicester Senior Center welcomes a new bus driver: Ed Bauer. He will start soon and we are now interviewing for a second driver. Rachele, Nancy and Genevieve

**DR. LACONTE PODIATRY** at the Leicester Senior Center is scheduled for . Please call his office at: 508-752-9444 to schedule appointments or make any changes.

## UPCOMING TRIPS:

- **September 16**—Thursday-Cape Cod Canal's 107 Anniversary Tour!—Sandwich sightseeing, Daniel Webster House Grand Buffet and narrated hour and a half Cape Cod Canal Tour. We leave at 9:00 a.m. Cost is \$99 per person.
- **October 20**—Wednesday-New Hampshire Turkey Train. Full course lunch and local sightseeing and foliage viewing. \$99 due by August 21. Leave at 9:00 a.m.
- **November 4**—Thursday-Newport Playhouse "Social Security" Buffet and Cabaret. Leave 9:00 a.m. Cost is \$109.
- **December 9**—Thursday—Salem Cross & Bright Nights. Full course Luncheon at Salem Cross. Yankee Candle Shop in Deerfield and off to Bright Nights. Leave at 10:00 a.m. Cost is \$99.

Call Dave Wood for more info at 1-508-330-1118. Make checks payable to Senior Citizens' Club of Leicester. Mail checks to: David Wood, 6 King Road, North Brookfield, MA 01535. The bus leaves from the senior center.

## Leicester Historical Society

Swan Tavern, 1 Paxton Street, Leicester

**"Peddling Your Wares; a Look at Itinerant Merchants"**

**September 25, 7:00 PM**

In the 1800's thousands of salesman brought goods from around the world to farm families. They also brought news, stories and conversations to these families who had limited access to the outside world. Join period costumed presenter Tom Kelleher for evening of tales and facts on these early entrepreneurs

## 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:** 8/5/21 Bob Marment, 24 Hand—Rose Kowal, 8/12/21, Rose Kowal, 8/19/21, Teresa Kowal and Richard Corriveau and 24 Hands—Teresa Kowal, Tim Durant and Katie Hardwick



**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, BA

**BUS DRIVERS—TBA****COUNCIL ON AGING BOARD**Barbara Paszuk, **Chair**Pat Faron, **Vice Chair**Lucille Jacques, **Secretary**

Jane Todd

Richard Jubinville

Ruth Dowgielewicz

Ann Marie Walsh-Pierozzi

Marge Cordaro

Renee McCue-Hall

**Selectmen-Liaison**

Diana Provencher

Herbert Duggan

**SHINE Counseling**

Pamela Threlfall

**Nutrition Site Manager**

Karen Chiaravallotti

**Receptionists**

Joan Lombardozi

Connie Johnson

Marilyn Hyland

**TRIP COORDINATOR**

David Woods

**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.*

**Fall Word Scramble Puzzle**

- 
- 1 **TAMNUU**
  - 2 **S CUETS HTN**
  - 3 **ONRC**
  - 4 **LALF**
  - 5 **S HATREV**
  - 6 **ES AVE L**
  - 7 **EROBMNEV**
  - 8 **KINUPPM**
  - 9 **OAT CAIRN**
  - 10 **CAREOR CWS**
  - 11 **ANOSSE**
  - 12 **KE AR**
  - 13 **PEAR**
  - 14 **NPIONE C**

**DON'T FORGET TO RENEW YOUR SUBSCRIPTION. CALL THE CENTER TO KNOW WHEN YOU LAST PAID. THANK YOU.**

**STILL TIME TO SUBSCRIBE****2021 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: \_\_\_\_\_