

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 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



Trip to Goddard House

Appraisals by Wayne Tuiskula
(Bring one item to be appraised)

SEPTEMBER 18 , 10:45 AM

Must pre-register

COMING ATTRACTIONS

COA BOARD MEETING

Joint Meeting with our Schools

SEPTEMBER 7TH

8:00 A.M.



SENIOR BREAKFAST

THURSDAY, SEPTEMBER 21

\$3.00 per person

Senior Citizen Club Meeting



Trinity Big Band

September 19, 10:00 AM



EDWARD JONES SEMINAR

September 20th at 10:00 am Edward Jones will provide an educational seminar on "Estate Planning". An Estate Planning Attorney will be here. Refreshments will be served. Come and ask questions.

FREE CHAIR DANCING CLASS

WITH FORTY

SEPTEMBER 7, 1:00 PM

Picture Gallery of the Month

**THANK YOU, BILL BURTT
FOR THE SHINY FLOORS**



**SUMMER ACTIVITIES AT THE
SENIOR CENTER**



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
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MEALS ON WHEELS! If you need to order or cancel Meals on Wheels delivered at your home you must call 508-852-3205	<div style="text-align: center;">  </div>			1. Fish Victor Sandwich Red Bliss Potatoes Jardinière Vegetables Pineapple
4. NO MEALS ON 	5. Vegetable Cheese Bake Roman Vegetables Green Beans Mixed Fruit	6. Chicken Milano Seasoned Potatoes Beets Fresh Fruit	7. Salisbury Steak Mashed Potatoes Honey Glazed Carrots Diet Vanilla Pudding	8. Beef Stew Steamed White Rice Corn Niblets Mandarin Oranges
11. Chicken Sausage Jambalaya Rice Pilaf Green Peas Apple Cinnamon Grahams	12. Meatballs w/Onion Gravy Bowtie Pasta Country Blend Vegetables Peaches	13. Marinated Pork Loin Couscous Oriental Blend Vegetables Mandarin Oranges	14. BBQ Chicken Herbed Potatoes Mixed Vegetables Fresh Fruit	15. Corned Beef Sandwich Soup du Jour
18. Sesame Beef Steamed White Rice Broccoli & Carrots Pineapple Fortune Cookie	19. Salmon Boat/Dill Sauce Mashed Potatoes Peas & Pearl Onions Yogurt	20. Chicken Fajitas Spanish Rice Black Beans & Corn Pineapple	21. Roast Beef Sandwich w/Lettuce & Tomatoes Potato Salad Three Bean Salad Cantaloupe	22. Lasagna w/Meatballs Broccoli Apple Crisp Diet= Applesauce
25. Roast Pork w/Gravy Mashed Potatoes carrots Strawberries w/Whip Topping	26. Hot dog on Bun Baked Beans Potato Salad Fresh Fruit	27. Haddock Wild Rice Broccoli Fruited Ambrosia	28. Chicken Cacciatore Penne Pasta Italian Blend Veg. B'day Cake Diet=Plain Cake	28. Sliced Turkey Sandwich Veg. Soup du Jour

Calendar of Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>September</i> <i>2017</i></p>				<p>1. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi</p>
<p>4. CLOSED FOR </p>	<p>5. 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group</p>	<p>6. 9:30 Move While You Groove 1:00 Balance</p>	<p>7. 8:00 COA Board Meeting 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo</p>	<p>8. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi</p>
<p>11. 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing</p>	<p>12 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group</p>	<p>13. 9:00 SHINE 9:30 NO Move While U Groove today 1:00 Balance</p>	<p>14. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:30 Ice Cream Social - Golden Living w/ Judy 12:45 Bingo</p>	<p>15. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi</p>
<p>18. 9:00 Art –Genevieve 10:00 Zumba Gold 10:45 Goddard House— Appraisals with Wayne Tuiskla 11:00 Chair Yoga/Ann 1:15 NO Line Dancing</p>	<p>19. 10:00 Senior Group - Trinity Band 11:00 B.P. Nurse Judy 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group</p>	<p>20. 9:30 Move While U Groove 10:00 Edward Jones 11:00 Grief Session 1:00 Balance</p>	<p>21. 9:00 Senior Breakfast 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo</p>	<p>22. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi</p>
<p>25. 9:00 Art –Genevieve 10:00 Zumba Gold 10:30 SENATOR MOORE OFFICE HOUR 11:00 Chair Yoga/Ann 1:15 Line Dancing</p>	<p>20. 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group</p>	<p>27. 9:30 Move While U Groove 1:00 Balance</p>	<p>28. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo</p>	<p>29. 10:00 Meeting of Friends of the Leicester Senior Center 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi</p>

September 2017

*For the last few weeks we have had Johnsons' Greenhouse (Chris and Archy Suprenant) generously come in with garden fresh delicious tomatoes, cucumbers, zucchini squash, peppers, green and yellow beans. As they arrive small and sometimes larger bands of individuals gather to partake of mouthwatering veggies to enjoy or to share. Apparently this has caused a bit of alarm for some onlookers who feel the need to express their views that some people: "take too much" "take too often" "are greedy", "are selfish" etc. These comments are brought to our attention at the office as views are overheard and hurt feelings result. We (including myself and staff) do not know what everyone's needs are. In some instances we do know as needs have been shared privately that loved ones lost their job and need food and other assistance. Some have been asked for help by a neighbor in need. Others bring a special treat to someone who is too frail to come to the center. **Appearances can be very deceiving.** All of us have at times fallen on hard times and have needed assistance because of life's unpredictable challenges in health, family tragedies, loss of job. Just like the "hissing of gossip", please let us not judge.*

Rachelle

OUTREACH—LAMB BYTES

Hi all,



Well, I'm trolling in slowly thinking of summer's end and fall's beginning. I do love the colors of autumn leaves and blue skies. The blue reminds me of sapphires, the birthstone of this month.

As our eyes bring us the joy of colors we should also remember the "i" in inquiry. The word means to question, to probe, or investigate. If a friend or family member seems a bit upset or out of sorts a few kind words of inquiry may allow them to talk or share their concerns. Sharing and laughing with a friend can help to heal.



On another note – did you know that the Chinese celebrate September as "The Moon Month". During this month a moon fairy comes out of a crystal palace and dances on the surface of the month. Sounds cool! Maybe our balance class members could try it! Ha! Ha! If balance is not your forte then celebrate Elephant Appreciation Day of 9/22. That way you are stable with all legs on the ground!

Well, time for me to do some gamboling through the fields, "bleat" at a few of my friends and sashay over to the Curl and Dye for my monthly full body haircut.

Beware of the spooks and I'll see you in October.

Nancy Lamb



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.

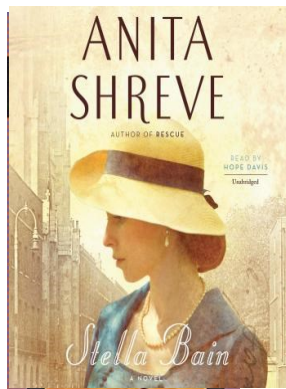
The Senior Center will be closed on Labor Day, September 4th and October 9 for Columbus Day.

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 September 25 at 1:00 p.m. members of the Book Club meet at the Leicester Senior Center to discuss "Stella Bain" by Anita Shreve. When an American woman, Stella Bain, is found suffering from severe shell shock in an exclusive garden in

London, surgeon August Bridge and his wife selflessly agree to take her in. In a narrative that takes us from London to America and back again, Shreve has created an engrossing and wrenching tale about love and the meaning of memory, set against the haunting backdrop of a war that destroyed an entire generation.

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 September 8, 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:

- September 15 "Foxwoods", departs 8:00 AM, \$26 per person
- 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: 7/20/17-First Place, Bob Tolman, Second Place, Bob Lorraine Monette, Third Place, Mary Johnson, 7/27/17, First Place, Bob Tolman, Second Place, Katie Hardwick, Third Place, Doris Fluet. 8/3/17 First Place, Charlie Sawa, Second Place, Ray Fluet. Third Place, Doris Fluet, 8/10/17 First Place, Mary Johnson, Second Place, Katie Hardwick, Third Place, Ray Fluet, 8/17/17 First Place, Rose Kowal, Second Place, Bob Tolman, Third Place, Charlie Sawa.

**AD
PAGE**

TOWN ADMINISTRATOR

James Purcell, Interim

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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.

THE LEICESTER SENIOR BOWLING LEAGUE

THE BOWLING LEAGUE ENDED THEIR YEAR WITH A BANQUET AT LEICESTER COUNTRY CLUB. THEY WILL START THEIR NEW YEAR ON MONDAY, SEPTEMBER 11, 2017. FOLLOWING ARE THE WINNERS OF THE SECOND HALF:

FIRST PLACE— ALLEY CATS— MARY JANE OSTROMECKY, PAUL GRAHAM, MAE POGOREK, ED WALL

SECOND PLACE—BRUINS-PAUL ANAD SHIRLEY BIRTZ, BOB AND JOYCE WALL

THIRD PLACE—3 GALS 7 A GUY— TOM PARISSI, BEV GRIFFIN, MAUREEN CONNERY, GENE BOUDREAU

CATERED TO YOU LUNCHEON FOR SEPTEMBER

Sept.5—Cheoy Lee's— Chicken Chow Mein, Pork Fried Rice and Chicken wings

Sept.13-Karols—Chicken Limone (Lemon) & Pasta

Sept. 22—B-Laws—Pulled Pork, Baked Beans, Cole Slaw and corn muffin

Sept. 28—Twisted Fork— meat pie, veg, potato and gravy

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: _____