

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 2018



COMING ATTRACTIONS

Senior Breakfast



THURSDAY, September 20, 9 AM

\$3.00 per person

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Veterans Day

Breakfast

November 8, 9:00 AM

Keynote Speaker—POW/MIA
CEREMONY

Free for Veterans and
spouse—\$3.00 per person for
all others



Victorian Christmas Traditions

Wednesday December 19, 11 AM

It's Christmas 1895! Anne Barrett as Victoria Yule will entertain you with the history of the holiday traditions, readings from Dickens, and songs of the season.

Senator Moore's Thanksgiving Lunch November 29, 12 noon



Picture Gallery of the Month



ACTIVITIES AT THE SENIOR CENTER



GROWING GARDENS AT SENIOR CENTER S

Thank You!



Emery Family



STRAWBERRY HILL CAFE

For Lunches served at the Senior Center weekdays at noon **reservations &**

***Diabetic Friendly** **cancellations must be made 48 hours in advance by calling Donna at 508-892-7016**

****Higher**



Dessert

Menu subject to change.

All meals include milk, margarine & bread

Sodium


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. LABOR DAY No Meals Served 	4. Salmon Boat w/Dill Sauce Mashed Potatoes Peas & Carrots Mixed Fruit	5. Chicken Fajitas Spanish Rice Black Beans & Corn Mandarin Oranges	6. Hot Dog Baked Beans Coleslaw Fresh Melon	7. Patriot's Opener Lasagna w/ Meatballs Minestrone Soup Broccoli Special Dessert 
10. Italian Braised Beef Steamed White Rice Broccoli & Carrots Pineapple Fortune Cookie	11. Chicken Mornay Vegetable Couscous Roman Blend Vegetables Chocolate Mousse	12. Roast Pork Cranberry Herb Stuffing Mashed Potatoes Mixed Veg. Applesauce	13. Cold Roast Beef Sandwich Potato Salad Cucumber & Tomato Salad Fresh Fruit	14. Potato Crunch Fish Lemon Seasoned Potato Peas and Mushrooms Rice Pudding
17. Chicken Cacciatore Split Pea Soup Penne Pasta California Bl. Veg. Yogurt	18. Baked Potato w/Chili & Cheese Broccoli Granola Bar	19. Turkey Supreme Rice Pilaf Brussel Sprouts Fruited Ambrosia	20. Caesar Chicken Salad Sandwich Soup	21. Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit
24. Swedish Meatballs Gemelli Pasta Scandinavian Veg. Strawberries	25. Pork Rib-i-que Mac 'n Cheese side Succotash Mandarin Oranges	26. Sloppy Joe Yukon Gold Potatoes Fresh Fruit	27. Haddock Sour Cream & Chive Potatoes Beets Birthday Cake	28. Sliced Roast Beef Sandwich Soup

September
2018



Calendar of Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. HOLIDAY 	4. 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	5. 9:00 Train your Brain 10:00 Walking Group 1:00 Balance/Heidi	6. 8:00 COA Board Meeting 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	7. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi
10. 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing-J.P.Ellery	11. 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	12. 9:00 SHINE 9:00 Train your Brain 10:00 Apple picking at Brookfield Orchards 10:00 Walking Group 1:00 Balance/Heidi	13. 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	14. 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi
17. 9:00 Art –Genevieve 10:00 Zumba Gold 10:30 Sen. Moore Office Hour 11:00 Chair Yoga/Ann 1:15 Line Dancing-J.P. Ellery	18. 10:00 Senior Group 11:30 Golden Needles 1:00 Exercise/Heidi 6:30 Fiber Group	19. 9:00 Train your Brain 10:00 Walking Group 1:00 Balance/Heidi	20. 9:00 Senior Breakfast 10:00 Cribbage 11:00 Chair Yoga/Ann 12:45 Bingo	21. :9:30AM to 2:30 PM– Second Chance Animal Clinic 10:00 AM to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi
24. 9:00 Art –Genevieve 10:00 Zumba Gold 11:00 Chair Yoga/Ann 1:15 Line Dancing-J.P.Ellery	25. 11:30 Golden Needles 1:00 Exercise 6:30 Fiber Group	26. 9:00 Train your Brain 10:00 Walking Group 1:00 Balance/Heidi	27. 10:00 Cribbage 11:00 <u>Chair Yoga/Ann</u> 12:45 Bingo	29. 10:00 to Noon– Drop in Coloring Session 10:30 Tai Chi 1:00 Chair Yoga with Heidi

September
2018



*Do you check your checking account each day?
I do. It was because of doing this fervently each day that I discovered on or about August 14 my card had been skimmed and then scammed. Where it happened I don't know. These skimming devices are placed where credit and debit cards are used. It was not a huge amount of money but who knows how much it might have been had I not discovered the scam. Someone told me this week they lost over \$3,000.*

Skimming is a tactic hackers use to steal your banking info. This is a growing trend especially at gas pumps. Once your card has been skimmed and the thief or thieves have your banking data they can go about using the information to obtain a lot of stuff and drain your accounts.

I am now in the process of resolving the issue with my bank. I made sure to go and obtain a new card and to destroy the old one. Make sure you have a "chip" on your card for added protection. Be alert check your accounts daily. Rachelle

OUTREACH—LAMB BYTES

Hi everybody!

I've had a great summer, lots of sun, good romps. And fresh veggies! Many thanks to Chris and Archie for bringing so many wonderful vegetables to my pals at the Leicester Senior Center! The horses, Butterscotch and Oreo, are relishing the cooler temperatures for running. They may run over to the Leicester Common on Saturday September 17, 10am to 4pm for the Harvest Fair. Fun for all ages!

I think Salt and Pepper are up in the South Pasture having a jumping contest (goats can jump up to 5 feet ya know) and playing Hide 'n Seek. Molasses is in the barn listening to the radio—she loves music. Mr. Winston, my pig pal, called me—seems Farmer Bob wants to try starting an "All Critics Primary School"! He wants Winston to be his first pupil. Needless to say he isn't thrilled "Oink-Oink-Oink"- but he'll give it a try.

Well, the outdoor shower is a hit! The goats, Salt and Pepper, love it. They sort of hog it and kick ya if they aren't ready to leave. After our Watermelon Feast on August 3rd (National Watermelon Day) they were sticky from nose to tail and needed a wash down. Everyone waited outside impatiently. We may need those showers again after our celebration of Lemon Meringue Pie Day on August 15th at the Red Clover Inn. That's sort of a messy meal especially for Winston, our pig. Oink! Oink!

Last week while I was grazing, I noticed how blue the sky was. A beautiful sapphire blue color. Sapphires actually come in several colors and they are thought to bring good fortune. I also noticed some beautiful morning glories on the back fence. These were a pretty purple and they sure like all the sun they get there. Their leaves are heart shaped which kinda makes sense since the flowers symbolize love,

Well, I see Farmer Bob coming home down the road in his green tractor. They they're gonna work on the roads this year. I know they're trying to buy some new highway equipment in Leicester—there's a meeting Wednesday September 19th at the Senior Center from 10am to noon. It's a Q & A session and a highway department representative will be there. I may stretch my ears and listen in.

Right now—I think I'll mosey on over to "The Feathers Fly Saloon" and have an evening nip of Furry Tail Whiskey. Till next time remember your ABCs and keep a little "sass" in your days. Adios.

Lambie Pie



MATH TUTOR

42 years experience as an electro mechanical engineer. Worked for Charles Stark Draper Laboratories as part of the MIT Instrumentation Labs. Has Masters in Education.

Need help call 508-892-3257



TaxAide Program

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

Genevieve's Art Studio-

If you enjoy art or wish to learn call 508-892-7016. Classes are limited to 9 people

Exercise Classes with Heidi:

- Tuesdays—1PM— Exercise Class
 - Wednesdays-1PM—Balance
 - Fridays-1PM—Chair Yoga
- \$3.00 per class

Chair Yoga with Ann:

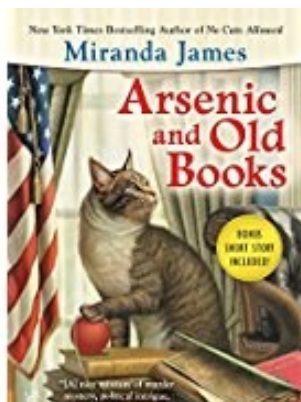
- Mondays—11AM
 - Thursdays- 11AM
- \$3.00 per class

Line Dancing with J.P. Ellery

- Mondays—1:15PM
- \$3.00 per class



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



BOOK CLUB On September 24, 2018 at 1:00 p.m. members of the Book Club will meet at the Leicester Senior Center to discuss “Arsenic and Old Books” by Miranda James. Lucinda Beckwith Long, the mayor of Athena, Mississippi, has donated a set of Civil War-era diaries to the archives of Athena College. She would

like librarian Charlie Harris to preserve and substantiate them as a part of the Long family legacy—something that could benefit her son, Beck, as he prepares to campaign for the state senate.

Beck’s biggest rival would like to get a look at the diaries in an attempt to expose the Long family’s past sins. Meanwhile, a history professor is also determined to get her hands on the books in a last-ditch bid for tenure. But their interest suddenly turns deadly, leaving Charlie with a catalog of questions to answer. Together with his Maine Coon cat Diesel, Charlie must discover why the diaries were worth killing for before he too reaches his final chapter..

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 26, 2018 at Leicester Senior Center. Call 508-752-9444 to schedule appointments or make any changes.

UPCOMING TRIPS:

- **September 12**—Newport Playhouse “There is a burglar in my bed” Buffet and Cabaret. \$89 due by August 21.
- **October 11-14**—Washington D.C.— Staying Embassy Suites. \$610 includes tip for driver and guides, last payment due September 4th
- **November 16**— Captain Jack’s and Foxwoods Casino Choice of Lobster or Prime Rib. \$76 due by October 16.
- **December 1**—Reagle Theatre Christmas Show and Chateau Restaurant. \$119 due by November 1.

Call Joan Wall for more info at 508-892-3967. Make checks payable to her .



**Apple Picking at
Brookfield Orchards
September 12
Starts at 10:00 AM**

Last return on van at Noon

Sign up sheets at the Senior Center. Space is limited on the van

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

CRIBBAGE WINNERS: 7/19/18-First Place, Theresa Kowal; Second Place, Lucia Provo; 7/26/18, First Place, Nancy Willard; Second Place, Web Rowland; 8/2/18, First Place, Mary Johnson; Second Place, Rose Kowal; 8/9/18, First Place, Bob Tolman; Second Place, Webb Rowden; 8/16/18, First Place, Steve Hill; Second Place, three way tie, Jim Progin, Rose Kowal and Thresa Kowal

**AD
PAGE**

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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.



Train Your Brain

Wednesdays at 9:00 AM



Second Chance Animal Shelter

Open to participants at Leicester Senior Center



FREE Pet Veterinary exams including vaccines!

Friday, September 14, 9:30 AM-2:30 PM

Leicester Senior Center Parking Lot

THIS PROGRAM OFFERS:

- **FREE VETERINARY EXAM**
- **FREE RABIES AND DISTEMPER VACCINES**
- **FREE FLEA TREATMENT (IF REQUESTED)**
- **FREE TOY AND FOOD FOR PARTICIPANTS**

Dogs must be leashed and cats in carriers

Sponsored with a grant from the Banfield Charitable Trust

Sign up sheet at the Leicester Senior Center . Any questions call the Animal Shelter at 508-637-1333.

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

STILL TIME TO SUBSCRIBE

2018 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: _____