

THE SENIOR SCOOP

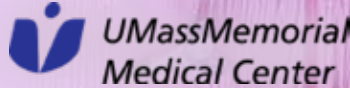
taking you in new directions



WORCESTER SENIOR CENTER NEWS & ACTIVITIES | VOLUME 14, NO. 5, MAY 2024

SENIOR FALL PREVENTION AND WELLNESS SERIES

10am-10:30am Keynote Speaker: *Dr. Matilde Castiel, Commissioner, Health & Human Services, City of Worcester*



WHAT HAPPENS TO OUR BODIES AS WE AGE?

Tuesday, May 14 • 10:30am

Cindybeth Scerra Palmgren, Trauma Nurse Practitioner from UMASS will discuss body changes and how to age gracefully, and what to do to stay healthy and prevent harm. **The Ed Sullivans 11:30-12:30pm** 🎵

VACCINE CLINIC

9-10:30AM FOR MORE INFO. SEE PG 5 *Walgreens*

FIRE SAFETY

Tuesday, May 21 • 10:30am

Lt. Katie Harrington, of the Worcester Fire Department will discuss fire safety. **John Morello Entertains, 11:30-12:30pm** 🎵

MENTAL HEALTH AND STAYING CONNECTED

Tuesday, May 28 • 10:30am

Lauren Eidt Pearson, MSW, LICSW from UMASS will explore ways to stay connected to friends and family. We will also explore emotional health topics including processing grief. **The Rob Show 11:30-12:30pm** 🎵

BLOOD PRESSURE CHECK WITH DR. JANET PRICE

Call 508-799-1232 to reserve your free ESWA main or Latino lunch. Sponsored by: fallonhealth



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is served at 11:30 am. \$3 suggested donation. To reserve a meal, call 508-799-8070 between 9 & 1 pm and 508-852-3205 ext. 290 after 1 pm at least 2 days in advance. Call 508-799-1232 or sign up at the front desk to reserve your cultural meal.	 <p>MENUS SUBJECT TO CHANGE * Diabetic Friendly ** Higher Sodium Entree \$3 Donation is Appreciated!</p>	Roast Pork Loin 1 Cranberry Herb Stuffing Roasted California Blend Baked Apples Marble Rye Bread	American Chop Suey 2 Broccoli & Red Peppers Summer Corn Butterscotch Pudding Diet = SF Chocolate Pudding French Bread	Cinco de Mayo Meal 3 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pineapple Pita Bread
Shepherd's Pie 6 Carrots Peas Peaches Marble Rye Bread	Greek Chicken 7 Steamed White Rice Roasted Broccoli Vanilla Pudding Diet = SF Vanilla Pudding Pumpernickel Bread	Meatloaf w/ Gravy 8 Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit French Bread	Mother's Day Meal Barber Chicken Royale w/ Gravy 9 Cornbread Stuffing Roasted Cauliflower Cream Puffs Italian Bread	Lasagna w/ Meatballs 10 Marinara Sauce Green Beans Baked Cinnamon Pears Pumpernickel Bread
Vegetable Cheese Bake 13 Seasoned Potatoes Green Beans Mixed Fruit Italian Bread	Teriyaki Beef 14 Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread	Chicken Milano 15 Vegetable Couscous Spinach Lorna Doone Cookies Pumpernickel Bread	Salisbury Steak w/ Gravy 16 Mashed Potatoes Peas & Mushrooms Brownie Diet = Half Piece Sandwich Roll	Lemon Pepper Fish 17 Delmonico Potatoes Country Blend Vegetables Fresh Fruit Corn Muffin
Lentil Stew w/ Cheese 20 Steamed White Rice Green Beans Strawberries Pumpernickel Bread	Meatballs w/ Onion Gravy 21 Bowtie Pasta Roasted Brussels Sprouts Pears French Bread	Fish w/ Crumb Topping 22 Scalloped Potatoes Honey Glazed Carrots Fresh Fruit Whole Wheat Bread Tartar Sauce	Holiday Meal Chicken w/ BBQ Sauce 23 Mashed Potatoes Country Blend Vegetables Birthday Cake Diet = Half Piece Italian Bread	Macaroni & Cheese 24 Stewed Tomatoes Green Peas Chocolate Mousse Marble Rye Bread
Memorial Day 27 No Meal Served	Turkey Supreme 28 Red Bliss Potatoes Roasted California Vegetables Fresh Fruit French Bread	Roast Pork w/ Gravy 29 Cranberry Stuffing Roman Blend Vegetables Apple Crisp Diet = Baked Apples Marble Rye Bread	Beef w/ Onions & Peppers 30 Yukon Gold Potatoes Honey Glazed Carrots Rice Krispie Treat Sandwich Roll	Chicken Cranberry Salad 31 Pasta Salad Three Bean Salad Fruited Ambrosia Hot Dog Roll



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The Worcester Senior Center welcomes speakers on a variety of topics. This does not constitute an endorsement. Participants are encouraged to consider a variety of resources when making decisions about their health and welfare.

WORCESTER SENIOR CENTER

128 Providence Street, Worcester, MA. 01604

PHONE: **508-799-1232** | FAX: 508-799-1743

WEBSITE: www.worcesterma.gov/senior-center



You can access this newsletter by clicking on "Senior Scoop"

HOURS: Monday - Friday 9:00 am-4:30 pm

City Manager Eric Batista
 Health & Human Services Dr. Matilde Castiel, Commissioner

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 Sat. 11:30AM-11PM, Sun. 11:30AM-9PM

TERMS & CONDITIONS:
 Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 5/31/24.

CITY OF WORCESTER DIVISION OF ELDER AFFAIRS

This Division is supported by the City of Worcester, The Massachusetts Executive Office of Elder Affairs, Grants and Private Donations.



The City of Worcester does not discriminate in its programs & activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, physical or mental disability, pregnancy, race, religion, sex, sexual orientation, or veteran status, as applicable. The Division of Elder Affairs/Worcester Senior Center will provide auxiliary aids & services, written materials in alternative formats & reasonable modifications in policies & procedures to persons with disabilities upon advance request to: Operations Director 508-799-1232 xt.48012 or ADA Coordinator disabilities@worcesterma.gov.

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We offer comprehensive hearing care services including complete hearing evaluations, hearing loss rehabilitation, education and counseling.

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 Doctor of Audiology

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 Care Plan Development, Identifying Resources for Financial & Legal Help, Serving as Eyes & Ears for Long-Distance Family, Guidance & Support for End-of-Life Care, Ongoing Visits Including Medical Appointments as Needed.

SEWING CLASS

Tuesdays • 12:30-2pm

\$5 for Sewing Lounge Drop-in Class with Seamstress Christine Cook. Bring your own scissors and pins. Call 508-799-1232 for project info & to register.

FREE LEARNING ITALIAN

Mondays • 1:30-3pm

New members welcome!

FREE WATERCOLORS WITH ELIO

SONSINI, Fridays, 1-3:30pm

New students please bring a pencil and Sketchpad.

OIL PAINTING WITH

DARRELL CROW

Thursday, May 2 • 10am-3pm

Bring home a painting in one class!

Class fee: \$25 includes canvas, paints, brush cleaning oil, paper towels. Bring brushes, easel and a small jar with lid. Supply fees due on class day. Call 508-799-1232 to sign up.



HERBERT E. BERG FLOWER

ARRANGING

Wednesday, May 15 • 1-2 & 2-3 pm

Make & take home an Early Summer arrangement.

\$20 fee to be paid at the time of the class. Sign up at the front desk or call 508-799-1232.

WORCESTER PUBLIC

LIBRARY OUTREACH

Thursday, May 16 • 9-10 am

3rd Thursday of the month

Learn about WPL programs. Get help with eBooks and e-readers. Learn about braille & recorded books. Get a copy of our events calendar & recommended reading list. Also, ask about the **Autolend kiosk**.



WPD MEDICATION TAKE BACK

DROP OFF: Mon-Fri. between 9-4 pm

BOOK DISCUSSION

Thursday, May 16 • 1-2pm

We are reading *Lady Tan's Circle of Women* by **Lisa See**. The latest historical novel from author Lisa See, inspired by the true story of a woman physician from 15th-century China **June's Book: One Puzzling Afternoon** by Emily Critchley

BEMIS NURSERY - MRS. MCGREGOR'S FLOWER GARDEN

Mon. May 20 • 1-2pm

Make and take-home a **CULINARY HERB POT \$25**. Call 508-799-1232 to register.



PURPOSEFUL LIVING

WORKSHOP SERIES "DISCOVER YOUR ENCORE!"

Tues. May 14 • 1-2pm

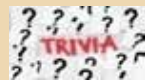
"Discover Your Encore" defines the "encore" stage of life and presents healthy aging through purposeful work, whether paid or unpaid, with social impact. We'll explore motivation, interest, and competency leading to the development of attendees' Encore Targets, which are personalized elevator speeches to use in telling their own stories. Call 508-799-1232 to register.



TRIVIA WITH MARSHA ULM!

Fri., May 17 • 10-11:30am

Two 30-minute games played. Call 508-799-1232 to register.



THE WSC ACTORS' WORKSHOP

presents: **On Air Sixth Edition, "Workplace Comedies"**

Wednesday, May 29 • 10:30-11:30am

Come and laugh as you see how the other half works.



KARAOKE

Thurs., May 2 & 16 • 12-12:45pm

Sing your heart out to your favorite songs with party lights and fun!



THE REGIONAL ENVIRONMENTAL COUNCIL MOBILE MARKET -

Thursdays, 8:30-9:30am

Starts this month: Date TBD



MCPHS-VITAMINS AND SUPPLEMENTS

Tues., May 7 • 10:30-11:30am

Vitamins and minerals play a crucial role as we age. Join Ernest Onyiah, MCPHS Pharmacist to learn more.



WPL LIBBY VISIT

Thurs., May 16th

2-2:30pm



CRAFTS WITH MAUREEN CARLOS

Tues. May 7 & 21 • 10-11:30am

Project: 5/7 Therapy Necklace & Bracelet,

5/21 Quilling \$5 class fee.

Projects on display in the lobby cabinet. Call

508-799-1232 to register.



COMING IN JUNE

- Jack Casey Artist Reception Thurs. 6/6-11:30am & Display - Month of June
- AARP Driver Safety Course, Mon. 6/10
- Dementia Friendly Worcester Health Fair & Talk by Andrew Budson, MD., Tues. 6/11-9-12:30pm
- History of the Bicycle with Michael Kaplan-Wed. 6/26 -10am-11:30am
- Kick off to the Summer Concert Series-Holdin' Back the 60's Wed. 6/26 11:30am

GREEN HILL TOWERS

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 - ◆ Handicap-accessible lounges on every floor
 - ◆ A library with books (English & Spanish)
 - ◆ Physical Fitness Center
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Available occupancy to income eligible adults (age 62 and older or permanently disabled). Applicants must also meet HUD annual low income guidelines.



27 Mt Vernon Street, Worcester, MA 01605 | Phone: 508-755-6062 | TDD: 508-755-0228

Office Hours: Monday - Friday 8:30a.m. - 5p.m.



HOPE DAY CELEBRATION

Wed., May 1 • 11-11:30am
 ... even in the darkest places, hope is always there. The yellow tulip represents happiness and hope. ... The core mission of The Yellow Tulip Project is to smash stigma associated with mental illness and to build community to remind people that there is help and hope for those living with mental illness.



EXPLORING THE FUTURE: A GROUP FOR MEN IN RETIREMENT

Every Thursday, 12:30-1:45pm
 Men 65 years+ share the joys, of retirement, learn to cope with the challenges and develop new skills to navigate this period of transitions Medicare and Supplemental insurance are required for participation. For more information and registration contact Group facilitator Jack Bonina, LICSW, at 508-981-8566.

OVEREATERS ANONYMOUS

Tuesdays • 12:30-1:30pm
 Is food a problem for you? People with an eating disorder come in all sizes. Some weigh too much, some too little and some are just right but are doing harmful things to their bodies to stay that way. We have a proven, workable solution for everyone. Why not find peace with food in 2024. For more information go to centralmassoa.org, or oa.org for worldwide info.



Dave Manca "Solo Grampa" hikes the Appalachian Trail



The Veteran - to -Veteran Café
Are you a Veteran ?

We invite you to join your Comrades at the Worcester Senior Center

128 Providence Street, Worcester MA 01604

Join us at the Vet - to - Vet Café Kick-Off
 Special Guest: Dr. Joe Robinson,
 City of Worcester, Director of Veterans Services



Tuesday May 14, 2024
1:30 pm - 2:30 pm



Come and Join Us for some refreshments,
 and great conversations,
 Also some fun and surprises.

Please RSVP to Dawn McCoy

at 508-320-3080 or email at dawn.mccoy@ascendhealth.com

Thank You for Your Service to Our Country!



GREATER WORCESTER MODEL YACHT CLUB INFO SESSION

Wed., May 15 • 10:30-11:30am

Need a new hobby? Join Commodore Sam Morgan from the Greater Worcester Model Yacht Club (GWMYC) and learn about the joys of sailing and racing radio-controlled model yachts on the shores of Indian Lake. Current GWMYC members are excellent instructors who really enjoy teaching people how to sail. New and experienced sailor's welcome.



MAH JONGG LET'S REVIEW THE 2024 MAH JONGG LEAGUE CARD WITH DONNA MILLER SMALL

Wed., May 8 • 10-11am

Whether you are a beginning or seasoned Mah Jongg player your brain will be buzzing as Donna Miller-Small reviews the new card, paying close attention to the changed hands. She'll further challenge your noggin with valuable tips to help you transition to the changed playing field. So, get out your 2024 card (or order one) and join us for a fun-filled, information-packed event! The Mah Jongg Program will be **IN PERSON & via ZOOM**. Attend in person by calling 508-799-1232 or for Zoom link contact Suki Lapin: lapins@worchesterma.gov.



Silk Scarf Making with Webster Home Care



Richard Smalley, St. Patrick's Day Parade Grand Marshall, his family & Erin Zamarro, Parade Chair

IT'S TIME FOR OUR ANNUAL... OUTDOOR WALKING CLUB KICK-OFF

Thursday, May 2 • 9-10am

Come join our Walking Club Family! We walk together as a group to Worcester Academy's Gaskill Field Track, where Jenny Linch leads the group in a quick stretch, then the walking begins!! Walk as little or as much as you prefer. Our goals are friendship, fun and staying healthy by walking! T-shirts for NEW walkers only. You must sign up for one at the front desk. Prizes & incentives given, the more you walk the more you earn! Come to the kick-off to learn more.



BEREAVEMENT GROUP

Tues., May 14 • 9:30-11am

Join Angelique Harvey and Rev. Joelle Johns to share and express your grief, sadness, and loss, ask questions about the grieving process, and explore ways to find hope and foster resilience. To register call 508-799-1232 but not required.



BETTER BREATHING WORKSHOP

FACILITATED BY ST. FRANCIS REHAB & NURSING CENTER

Tues., May 14 • 12:30-1:30pm

Learn techniques, exercises, and strategies to strengthen your respiratory well-being. Learn practical tips and connect with a community of like-minded individuals. We offer a welcoming space for growth, learning, and camaraderie. Call 508-799-1232 to sign up.



FIT LOT KICK OFF Fri., May 3 • 9-9:45am

The FitLot Outdoor Fitness Park is designed for all ages and abilities to use in a community setting making the benefits of an indoor facility free and accessible to everyone. Join Fitness Instructor, Rhonda Hamer Fridays 9-9:45am. **The Fitlot is located in front of the senior center. Class takes place indoors during inclement weather.**



MEET DR. JANET PRICE

Monday through Thursday 9-11:30am

Dr. Price will conduct BP clinic & answer your health-related medical questions.



WSC OFFERS FREE WELLNESS PROGRAMS FOR MAY 2023



ANNUAL - Outdoor Walking Club Kick-Off

Thurs. 5/2 - Thurs. 9-10am, Gaskill Field Track

ANNUAL - Fit Lot Kick off -

Fri., 5/3/24 9am-9:45am OUTDOOR FITNESS PARK WSC FRONT ENTRANCE

NEW - Beginner Chair & Standing Yoga/Stretch Class with Toni Gahagan, Every Wed. 3pm-3:45pm, starts Wed. 5/8, bring a mat.

Master John Dansereau Tai Chi Class, starts Wed. 5/10 2:30-3:30pm

Dance Fusion with Myriam Lamour - Every Thursday, 3:30pm-4:15pm

Osteoporosis Fitness Maintenance Meets weekly Tues. 9am-10am & Fri. 10-11am. Completion of Osteo Beginner Class is a pre-requisite.

Joe Fish Fitness Now Every Tues. & Thurs., 10am-11am FIRST COME FIRST SERVE.

Somatic Movement Classes every Tues. 10am-10:45am

Seated Stretch, Core & Strength with Rhonda Hamer, Friday, 11:15am-12noon

Ready and Steady Fall Prevention Balance Class with Marty French - Mon. 11:45am-12:30pm

Dance Fit 4U Instructor Kristine Johnson - Every Mon. and Fri. 9am-9:45am

Mindful Meditation with Robert Harrington, CCH - Mon. 12:30pm-1:30pm



NEW CHAIR AND STANDING YOGA/STRETCH CLASS

Every Wed. 3-3:45pm, Starts Wed. May 8th

Join Toni Gahagan, Certified Yoga Instructor to improve flexibility, enhance strength, improve balance, reduce stress and contribute to an overall sense of well-being. Bring your mat and water!



WALGREENS VACCINE CLINIC



Tues., May 14 • 9-10:30am

6 vaccines available: Shingles, Pneumonia, RSV, Covid, Tdap (tetanus/whooping cough), and hepatitis B. **Pre-registration required by Wed., 5/8.** Call 508-799-1232 to register. Pick up registration paperwork at the front desk. Bring completed registration form and all insurance cards, including Medicare card (red/white/blue card), prescription insurance card and MassHealth card to your appointment.



Goddard / Homestead

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Goddard House provides gracious senior living in our studio, one, and two bedroom apartments in a historic home in Worcester. Residents of the Goddard House enjoy three chef prepared meals daily in our restaurant style dining room, trips to Mechanic Hall, restaurants, museums, and other locations, availability of staff 24-hours, and emergency call system in each apartment.

Homestead Hall provides personal care, medication management, and social programs in a residential homelike environment. All rooms are private with private en-suite half-baths. Set on over an acre of land in a secluded, private, residential setting in the heart of Worcester.

Please contact Tracey King at 508-868-0967 for a private tour and information regarding options and pricing

PROGRAMMING TO BE AIRED ON THE WSC STAY CONNECTED CHANNEL 192, GOVT, CHANNEL, (WORCESTER RESIDENTS ONLY) OTHERS CAN VIEW THESE PROGRAMS ON THE WSC FACEBOOK PAGE WSC WEBSITE AND YOUTUBE.

WSC DISTINGUISHED SPEAKER PROGRAM CONTINUES WITH... FRANK CALLAHAN



Family member Frank Callahan will give a talk on the Crowley family and Polar Beverages. The talk will include the family arriving late in the Irish famine, the first and second generation of Crowleys in America, the founding of the company, how the company dealt with Prohibition, and end with the transfer in the 1980s of the company to the current leadership of Ralph and Chris Crowley. The historic locations of the family's homes, businesses and neighborhoods in Worcester will be shown along with photographs of several generations in America.

POLAR BEVERAGES | *Making Bubbles Since 1882*

STAY CONNECTED WITH YOUR HEALTH

Hosted by Michael Hirsh, MD, Medical Director for Worcester's Division of Public Health. Get COVID-19 updates from Dr. Hirsh as well as other timely health related topics. At the end of each program, enjoy Dr. Hirsh's colorful storytelling to brighten your day!



POWERED BY CONNECTION: MAY 2024

Senior Center Communications, LLC
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ADVERTISE IN THIS MAGAZINE TO REACH READERS 60+



Tom Keller, Regional Director | 508-361-7000
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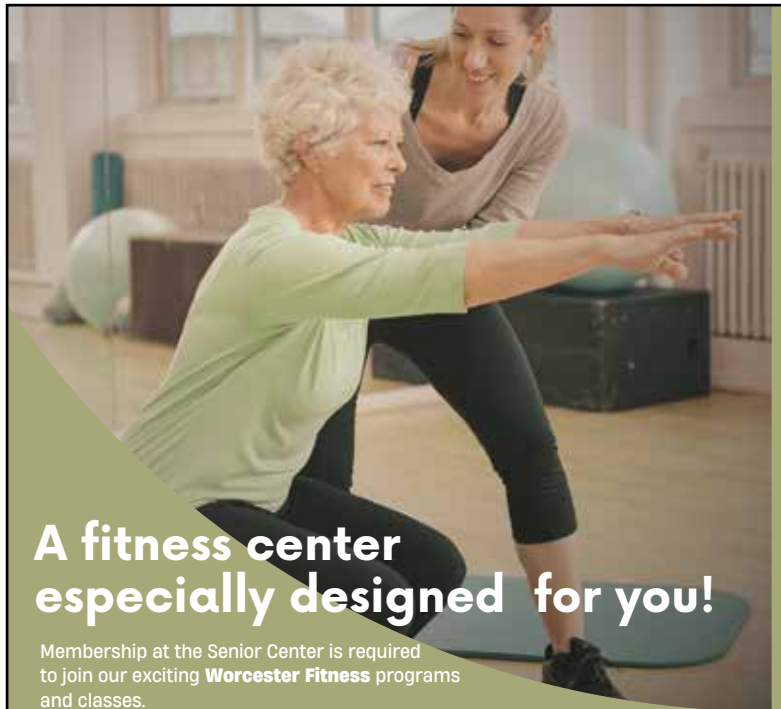
A fitness center especially designed for you!

Membership at the Senior Center is required to join our exciting **Worcester Fitness** programs and classes.

Once you become a registered member and receive your own white senior center key tag, we warmly invite you to drop by our fitness facility for a full tour and start your membership process.

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SUPPORT SERVICES

Advocacy, information services and application assistance: call 508-799-1232 ext. 48003, 48006 or 48011 for appt.

MA Association for the Blind & Visually Impaired, Low Vision Support Group:

3rd Friday of the month, 10 am - Noon, call 508-854-0700.

FREE LEGAL CONSULTATIONS with Atty. Michael Gorman & Atty. Anthony Vigliotti
Call 508-799-1232 to schedule an appt.

SHINE: Serving the Health Information Needs of Everyone.

The SHINE Program provides Health Insurance Counseling. *(Spanish and Vietnamese interpretation available)*

Call 508-799-1232 to request an appointment with SHINE Volunteer: Hazel Nourse. Appointment required. If you are Turning 65 and going on Medicare, visit our website www.shinema.org to download a copy of our 2024 Medicare Beginner's Guide.

RAINBOW LUNCH AND SUPPER CLUBS

Elder Services of Worcester Area, Inc. hosts lunches and dinners for the LGBTQA (Lesbian, Gay, Bisexual, Transgender, (Questioning and Allies) Elder Community, 60 years and older at the Unitarian Universalist Church, 90 Holden Street, Worcester. **The Rainbow Lunch Club** is held on the 2nd & 4th Wed. of the month at noon; and **the Rainbow Supper Club**, on the 1st Tuesday of each month from 6-8 pm. Reservations are required. Please call (508) 756-1545 ext. 339.

MEDICARE SAVINGS PROGRAMS

In MA, the MassHealth Buy-In programs assist with paying Medicare premiums for those who qualify based on income. Individuals who qualify for one of the Buy-In programs will also automatically be eligible for Extra Help to assist with prescription costs under Medicare Part D. Depending on your level of eligibility, the Buy-In program may also help to pay your Medicare deductibles, coinsurance, or copayments. How much can I have in income? If your income is at or below the amounts listed here, you may qualify for help from one of several Medicare Savings Programs. **Single individual \$2,824/month, married couple \$3,833/month.**

TALKING BOOK LIBRARY LOAN PROGRAM

Borrow your favorite books on audio tapes right from the senior center. Call 508-799-1232 for more information on how to get started.



VEGETARIAN LUNCH OPTION

The Nutrition Program of ESWA offers a **Vegetarian** menu option on the **2nd Thursday of each month** provided by the **Loving Hut Restaurant** and are of South-East Asian style cuisine. Call (508)799-1232 to make your meal reservation, which must be received by the Monday prior. Space is limited. You must also register with ESWA. A voluntary donation of **\$3** is appreciated for 60+. For those under 60 yo a cost of \$5 applies. The Menu for **May 9:** Combo Seasons, chicken & beef flavor (**Mi xào thập cẩm**) Soy "chicken & beef", combo veggies, brown sauce, onion served with noodles.

QCC FRIDAY TAKE OUT

The Quinsigamond Community College's Dietary Management Program offers a **Friday Take Home Meal** every Friday of the month. Enjoy a fresh and nutritious meal. Pick up at Bobby M's Diner, **Fridays, 12-3pm.** Cost **\$6.** Reservations recommended. Walk-ins first come, first served! **(508) 799-1232 ext. 48001.** Call or drop by Bobby M's to have any questions answered by Ashley Donnelly.



MULTICULTURAL MEALS

COLLABORATION between ESWA Nutrition program, QCC Hospitality & Recreation Mgmt. program and the Senior Center. Call the front desk at 508-799-1232 for more info. and to make a reservation. A voluntary donation of **\$3** is appreciated for 60+. 60 yo & younger a cost of \$5 applies.

Meal Schedule:

Arabic Meal: Tuesdays

Latino Meal: Wednesdays

Vietnamese Meal: Thursdays, 2nd Thurs. meal provided by the Loving Hut

NEW African: 2nd Thursday of the month

Chinese Meal: Fridays

NEW AFRICAN CULTURAL MEAL 2ND THURSDAY of the Month

Traditional African meals from various regions. Call the front desk at 508-799-1232 for more info. and to make a reservation. A voluntary donation of \$3 is appreciated for 60+. Under aged 60 cost of \$5 applies.

"TIME TO CARE" RESPITE DAY PROGRAM

Wednesdays, 9am-1pm
A program for individuals living with dementia and their caregivers. Participants will enjoy activities, lunch, and the company of their peers with trained staff. **To register and for more info, call 508-799-1232 Space is limited.**



TRANSPORTATION

For information and assistance, visit or call Senior Center Client Advocates at 508-799-1232.



2 WRTA Routes Service the Worcester Senior Center:

Route # 1 travels on Providence St. and stops right in front of the senior center and route #11 operates on the Vernon St. side of the senior center. You will have to walk up Spurr St. With a WRTA disability or senior ID, the cost is free at this time. Information is available at the HUB's Customer Service or call the WRTA customer service at 508-453-3462. If you need assistance with learning the bus routes call Karen, the travel trainer, who can provide info. on the WRTA's free travel-training program Call 508-453-3451 to make an appt.

FREE MINDFUL MEDITATION

Mondays, 12:30-1:30pm



Learn a simple but effective practice to reduce stress, improve areas of your mental and physical health while adding hope, joy, and resilience in each mindful moment. Open to all. This free program is supported, in part, by a grant from Fallon Health.

50+ JOB SEEKERS REGIONAL NETWORKING GROUP!

Wednesday, May 1 & 15 • 1:30-3:30pm

Support and assistance for 50+ seeking a new job or career direction, reentering the workforce after an employment gap or their Second Act career after retirement. New Topic each week. To register, <https://50plusjobseekers.org/login/> For information, email Karen Sowsy @ karen.50plusjobseekers@gmail.com
Funded by Massachusetts Assoc. of Councils on Aging.



AARP Foundation

MEMORY CAFE

Tuesday, May 21 • 2-3:30pm

Join a gathering of individuals with memory loss along with their caregivers, and/or friends and family in a safe, supportive, and engaging environment.



LATINO CLUB 60+

Wednesdays, 9:30-11:30 am
 Contact Jose Curet, Club 60+ Latino Elder Group Coordinator 508-799-1232 ext. 48007 for more information about the program.
El Club Latino 60+ • Miercoles
 Para más información, puede comunicarse con Jose Curet, a 508-799-1232 ext. 48007.

AFRICAN AMERICAN ELDER GROUP

Meets Thursdays 10am-2 pm
 Call 508-799-1232 for info.

TECH 101 Our Technology Program Assistant, Jim, is here to help you. He has many years of experience helping a wide range of people with a variety of software and hardware technologies. Schedule a 30 min. conversation with Jim and for all tech questions call 508-799-1232, ext. 48015.

TECH TIP:
Digital Legacy: Did you know that there are options to organize your online life for after your death? A few examples below.

- Facebook offers a Legacy Contact: someone you choose to look after your Facebook records such as posts, friend requests and profile information.
- Google offers an Inactive Account Manager: someone you choose to be notified if your account has been "inactive" for a certain period.
- Password manager applications: many of these apps also offer digital legacy options, including an emergency contact who can request access to your password vault

لقاء المجموعة العربية
 مستم الاجتماعات الشهرية كالتالي:
 اول و ثالث ثلاثاء من كل شهر
 من الساعة : 12:00-10:00
 للاستفسار الرجاء الاتصال :
 ورد
(774) 314-5756
Arabic Elder Group

CHINESE ELDER PROGRAM EVERY FRIDAY:

Contact Wei Shi 508-799-1232 ext. 48014
 shiw@Worcesterma.gov (Chinese)
 每星期五 中國老年人活動節目
 電子郵件 : shiw@Worcesterma.gov
 508-799-1232 ext. 48014

VIETNAMESE ELDER PROGRAM

Chương trình Cao niên Việt Nam sinh hoạt hàng tuần vào ngày thứ Năm, từ 9g sáng đến 12g30 gồm có:
 Thẻ đục Dường sinh hoặc, Đi bộ
 Thông dịch xem giấy tờ
 Họp mặt cao niên với nhiều tin tức hay, cơm trưa
 Ngoài ra hàng tháng đều có An ninh Cộng đồng, Tư vấn Pháp lý, và nhiều sinh hoạt phong phú khác. Có trợ giúp phương tiện vận chuyển.
 Để biết thêm chi tiết, xin liên hệ cô Lan Le 508-799-1232 và bấm số 2 để nói bằng tiếng Việt hay gọi 508-799-1232 và xin đường dây phụ 48006. The Program runs Thursdays, 9- 12:30 PM. For more info., please contact Lan Le at 508-799-1232 at ext. 480006.

CITY OF WORCESTER PUBLIC NOTICE:

The Citizen Advisory Council seeking volunteers to fill vacancies on various City Boards/Commissions. For eligibility requirements and to download an application: www.worcesterma.gov/boards-commissions or call Jeannie at 508-799-1175. Applicants from under-represented groups in the City are encouraged to apply.



AMERICORPS SENIORS:

The AmeriCorps Seniors is a volunteer program for those who are 55 years of age or older. We have a variety of volunteer opportunities we can discuss with you. Our volunteer programs offer mileage reimbursements, recognition events, community outreach opportunities, and there is a tax-free stipend and meal reimbursements with one of the programs. The tax-free stipend is income eligible. Drop by or call for an appt., 508-796-1807. **Make Giving Back your Second Act.** The AmeriCorps Seniors volunteer programs are sponsored locally by Family Services of central MA., an affiliate of Seven Hill's Foundation.



FRIDAY FLICKS

Fridays at 1pm. Free Movies & Refreshments. We continue to select some of the most current and popular movies and older favorites too! Suggestions always welcome! **MOVIES ARE SUBJECT TO CHANGE.** Please call 508-799-1232 for movie information for the month. The movie listing printout is also available at the front desk.

CONSUMER RIGHTS TIP:

Before browsing on any website, make sure it is a trusted website, to prevent any hackers from getting into your computer. Here are some ways to tell if a website is credible:

- Check the domain name
- Look at the sources
- Check out the contact page
- Evaluate the website's design
- Check your security connection



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- Resident Service Liaison providing concierge services and customer service check-ins



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508-754-8877
www.lutheranrehab.com

CALL US TODAY FOR MORE INFORMATION.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Got Medicare Questions?</p> <p>Turning 65 doesn't need to be complicated. I can help.</p> <p>To schedule an appointment, please contact Edward Spater (774) 271-5199 Espater@extraordinarybenefits.com</p> <p>Not affiliated with the federal Medicare program.</p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9:30-11:30 Latino Club 60+ 10-11:30 Mixed/Gentle Yoga 10-2 Card Playing 11-11:30 DAY OF HOPE CELEBRATION 11:30-12:15 LATINO LUNCH 12-3 Wednesday Card Player Pick up 12:30-2:30 Crochet & Knit for Fun 1:30-3:30 MCOA 50 Plus Job Seekers 2-4 ACTING CLASS</p>	<p>1</p> <p>8:30-9:30 YOGA with Fern 9-11:30 Card Playing 9-10 WALKING CLUB KICKOFF 9:30-12 RSVP-Blankettes Grp 10-11 JOE FISH FITNESS 10-2 Card Playing 10-12 SHINE Counselor -Appt. Only 10-3 OIL PAINTING WITH DARRELL CROW 10-2 African American Elder Grp 10:30-11:30 Vietnamese Elder Grp 11:30-12:15 VIETNAMESE LUNCH 12:00-12:45 KARAOKE 12:30-1:45 MEN IN RETIREMENT 1-4 Ping Pong 3:30-4:15 DANCE FUSION</p>	<p>2</p> <p>8:30-10:00 CHINESE ELDER GRP 9:00-9:45 DANCE FIT 4U 9:00-9:45 FIT LOT 9-11:30 Dominoes 9:30-11:30 SEWING CLASS WITH CLAUDIA 10-11 OSTEO FITNESS MAINTENANCE 10-2 Card Playing 10-11:30 CHINESE ESL 11:15-12:00 SEATED EXERCISE 11:30-12:15 CHINESE LUNCH 12-1 Ballroom Dance 1-3:30 Watercolor/Mixed Media 1-3 FRIDAY FLICK 1-3:30 Watercolor/Mixed Media</p>	<p>3</p>
<p>6</p> <p>9-9:45 DANCE FIT 4U 9:30-11:30 Pitch Tournament 10-11:30 Yoga for Active Seniors 10-2 Card Playing 11:45-12:30 EXERCISE WITH MARTY FRENCH 12:30-1:30 MINDFUL MEDITATION 1:30-3 Learning Italian</p>	<p>7</p> <p>9-10 OSTEO FITNESS MAINTENANCE 9:30-11:30 CRAFTS WITH MAUREEN CARLOS 10-2 Card Playing 10-11 JOE FISH FITNESS 10-10:45 SOMATIC MOVEMENT 10-11 OSTEO BEGINNER 10-11 MCPHS VITAMINS AND SUPPLEMENTS 10:30-11:30 Arabic Elder Grp 11:30-12:15 ARABIC LUNCH 12:30-2 Sewing Class 12:30-1:30 OVEREATERS ANNON.</p>	<p>8</p> <p>9-11:30 Mah Jongg 9-12 Billiards for Women 9:30-11:30 Latino Club 60+ 10-11:30 Mixed/Gentle Yoga 10-2 Card Playing 10-11 REVIEW OF THE 2024 MAH JONGG CARD 11:30-12:15 LATINO LUNCH 12-3 Wednesday Card Player Pick up 12:30-2:30 Crochet & Knit for Fun 2-4 ACTING CLASS 3-3:45 CHAIR/STANDING YOGA</p>	<p>9</p> <p>8:30-9:30 YOGA with Fern 9-11:30 Card Playing 9-10 WALKING CLUB 9:30-12 RSVP-Blankettes Grp 10-11 JOE FISH FITNESS 10-2 Card Playing 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Grp 10:30-11:30 Vietnamese Elder Grp 11:30-12:15 VIETNAMESE LUNCH-LOVING HUT 12:30-1:45 MEN IN RETIREMENT 1-4 Ping Pong 3:30-4:15 DANCE FUSION</p>	<p>10</p> <p>8:30-10:00 CHINESE ELDER GRP 9:00-9:45 DANCE FIT 4U 9:00-9:45 FIT LOT 9-11:30 Dominoes 9:30-11:30 SEWING CLASS WITH CLAUDIA 10-11 OSTEO FITNESS MAINTENANCE 10-2 Card Playing 10-11:30 CHINESE ESL 11:15-12:00 SEATED EXERCISE 11:30-12:15 CHINESE LUNCH 12-1 Ballroom Dance 1-3:30 Watercolor/Mixed Media 1-3 FRIDAY FLICK 1-3:30 Watercolor/Mixed Media</p>
<p>13</p> <p>9-9:45 DANCE FIT 4U 9:30-11:30 Pitch Tournament 10-11:30 Yoga for Active Seniors 10-2 Card Playing 11:45-12:30 EXERCISE WITH MARTY FRENCH 12:30-1:30 MINDFUL MEDITATION 1:30-3 Learning Italian</p>	<p>14</p> <p>9-10 OSTEO FITNESS MAINTENANCE 9-11 Atty Michael Gorman- Legal consult-by appt only 9:10-30 WALGREENS VACCINE CLINIC 9:30-11 BEREAVEMENT GROUP 10-2 Card Playing 10-11 JOE FISH FITNESS 10-10:45 SOMATIC MOVEMENT 10-11 OSTEO BEGINNER 10:30-11:30 Arabic Elder Grp 10-11:30 FALL PREVENTION-What Happens to Our Bodies as we Age? 11-1 REP DONAHUE OFFICE HOURS 11:30-12:15 ARABIC LUNCH 11:30-12:30 ENTERTAINMENT: THE ED SULLIVANS 12:30-2 Sewing Class 12:30-1:30 BREATHING WORKSHOP 12:30-1:30 OVEREATERS ANNON. 1-2 PURPOSEFUL LIVING 1:30-2:30 VET TO VET CAFE</p>	<p>15</p> <p>9-11:30 Mah Jongg 9-12 Billiards for Women 9:30-11:30 Latino Club 60 10-11:30 Mixed/Gentle Yoga 10-11 SENATOR MOORE OFFICE HOURS 10-2 Card Playing 10:15-11:30 CAREGIVER SUPPORT GROUP 10:30-11:30 MODEL YACHT CLUB 11:30-12:15 LATINO LUNCH 12-3 Wednesday Card Player Pick up 12:30-2:30 Crochet & Knit for Fun 1-2 FLOWER ARRANGING 1:30-3:30 MCOA 50 Plus Job Seekers 2-3 FLOWER ARRANGING 2-4 ACTING CLASS 3-3:45 CHAIR/STANDING YOGA</p>	<p>16</p> <p>8:30-9:30 YOGA with Fern 9-11:30 Card Playing 9-10 WPL OUTREACH 9-10 WALKING CLUB 9:30-12 RSVP-Blankettes Grp 10-11 JOE FISH FITNESS 10-2 Card Playing 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Grp 10:30-11:30 Vietnamese Elder Grp 11:30-12:15 VIETNAMESE LUNCH 12:00-12:45 KARAOKE 12:30-1:45 MEN IN RETIREMENT 1-4 Ping Pong 1-2 BOOK DISCUSSION 2-2:30 LIBBY 3:30-4:15 DANCE FUSION</p>	<p>17</p> <p>8:30-10:00 CHINESE ELDER GRP 9:00-9:45 DANCE FIT 4U 9:00-9:45 FIT LOT 9-11:30 Dominoes 9:30-11:30 SEWING CLASS WITH CLAUDIA 10-2 Card Playing 10-11 OSTEO MAINTENANCE 10-11:30 CHINESE ESL 10-11:30 TRIVIA WITH MARSHA ULM 10-12 MAB Community Support Group 11:15-12:00 SEATED EXERCISE 11:30-12:15 CHINESE LUNCH 12-1 Ballroom Dance 1-3 FRIDAY FLICK 1-3:30 Watercolor/Mixed Media</p>
<p>20</p> <p>9-9:45 DANCE FIT 4U 9:30-11:30 Pitch Tournament 10-11:30 Yoga for Active Seniors 10-2 Card Playing 11:45-12:30 EXERCISE WITH MARTY FRENCH 12:30-1:30 MINDFUL MEDITATION 1-2:00 BEMIS FARM 1:30-3 Learning Italian</p>	<p>21</p> <p>9-10 OSTEO FITNESS MAINTENANCE 10-2 Card Playing 9:30-11:30 CRAFTS WITH MAUREEN CARLOS 10-11:30 Mixed/Gentle Yoga 10-10:45 SOMATIC MOVEMENT 10-12 LEGAL CONSULT WITH ATTY VIGLIOTTI- BY APPT ONLY 10-11 OSTEO BEGINNER 10-11 JOE FISH FITNESS 10:30-11:30 Arabic Elder Grp 10:30-11:30 FALL PREVENTION- FIRE SAFETY 11:30-12:15 ARABIC LUNCH 11:30-12:30 ENTERTAINMENT: JOHN MORELLO 12:30-2 Sewing Class 12:30-1:30 OVEREATERS ANNON. 2:00-3:30 MEMORY CAFE</p>	<p>22</p> <p>9-11:30 Mah Jongg 9-12 Billiards for Women 9:30-11:30 Latino Club 60 10-11:30 Mixed/Gentle Yoga 10-2 Card Playing 11:30-12:15 LATINO LUNCH 12-3 Wednesday Card Player Pick up 12:30-2:30 Crochet & Knit for Fun 2-4 ACTING CLASS 3-3:45 CHAIR/STANDING YOGA</p>	<p>23</p> <p>8:30-9:30 YOGA with Fern 9-11:30 Card Playing 9-10 WALKING CLUB 9:30-12 RSVP-Blankettes Grp 10-11 JOE FISH FITNESS 10-2 Card Playing 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Grp 10:30-11:30 Vietnamese Elder Grp 11:30-12:15 VIETNAMESE LUNCH-VEGETARIAN 12:30-1:45 MEN IN RETIREMENT 1-4 Ping Pong 3:30-4:15 DANCE FUSION</p>	<p>24</p> <p>8:30-10:00 CHINESE ELDER GRP 9:00-9:45 DANCE FIT 4U 9:00-9:45 FIT LOT 9-11:30 Dominoes 9:30-11:30 SEWING CLASS WITH CLAUDIA 10-2 Card Playing 10-11 OSTEO MAINTENANCE 10-11:30 CHINESE ESL 11:15-12:00 SEATED EXERCISE 11:30-12:15 CHINESE LUNCH 12-1 Ballroom Dance 1-3 FRIDAY FLICK 1-3:30 Watercolor/Mixed Media</p>
<p>27</p> <p>9-9:45 DANCE FIT 4U 9:30-11:30 Pitch Tournament 10-11:30 Yoga for Active Seniors 10-2 Card Playing 11:45-12:30 EXERCISE WITH MARTY FRENCH 12:30-1:30 MINDFUL MEDITATION 1:30-3 Learning Italian 4-6 COMMISSION MEETING</p>	<p>28</p> <p>9-10 OSTEO FITNESS MAINTENANCE 10-2 Card Playing 10-10:45 SOMATIC MOVEMENT 10-11 JOE FISH FITNESS 10-11 OSTEO BEGINNER 10:30-11:30 Arabic Elder Grp 10:30-11:30 FALL PREVENTION- MENTAL HEALTH AND STAYING CONNECTED 11:30-12:15 ARABIC LUNCH 11:30-12:30 ENTERTAINMENT: THE ROB SHOW 12:30-2 Sewing Class 12:30-1:30 OVEREATERS ANNON.</p>	<p>29</p> <p>9-11:30 Mah Jongg 9-12 Billiards for Women 9:30-11:30 Latino Club 60 10-11:30 Mixed/Gentle Yoga 10-2 Card Playing 10:30-11:30 ACTING CLASS PRESENTATION, "WORKPLACE COMEDIES" 11:30-12:15 LATINO LUNCH 12-3 Wednesday Card Player Pick up 12:30-2:30 Crochet & Knit for Fun 2-4 ACTING CLASS 3-3:45 CHAIR/STANDING YOGA</p>	<p>30</p> <p>8:30-9:30 YOGA with Fern 9-11:30 Card Playing 9-10 WALKING CLUB 9:30-12 RSVP-Blankettes Grp 10-11 JOE FISH FITNESS 10-2 Card Playing 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Grp 10:30-11:30 Vietnamese Elder Grp 11:30-12:15 VIETNAMESE LUNCH-12:30-1:45 MEN IN RETIREMENT 1-4 Ping Pong 3:30-4:15 DANCE FUSION</p>	<p>31</p> <p>8:30-10:00 CHINESE ELDER GRP 9:00-9:45 DANCE FIT 4U 9:00-9:45 FIT LOT 9-11:30 Dominoes 9:30-11:30 SEWING CLASS WITH CLAUDIA 10-2 Card Playing 10-11 OSTEO MAINTENANCE 10-11:30 CHINESE ESL 11:15-12:00 SEATED EXERCISE 11:30-12:15 CHINESE LUNCH 12-1 Ballroom Dance 1-3 FRIDAY FLICK 1-3:30 Watercolor/Mixed Media</p>

Cathy's Top Travel Picks This Month!!

Here are a few popular trips/destinations to sign up for this month before they're sold out.



Penn Dutch Trip
July 23rd - 25th, 2024
 Experience the Penn Dutch Country w/ DANIEL & The Sound of Music Shows & More

Kentucky Bluegrass, Smoky Mountains, Dollywood & Nashville TN
September 23rd - 29th, 2024
 A Bucket List Trip - 3 Great Destinations - 1 Trip. Horses, Mountains, Music, Bourbon - This Trip Has It ALL!

Nova Scotia w/ Tattoo
June 29th - July 3rd, 2024
 Canada is Calling Your Name! See the Royal Nova Scotia Military Tattoo & so Much More!

Rolling Stones
June 19th, 2024
 The # 1 Tribute to the Rolling Stones Live in Concert

Grab Your Beach Chair
July 18th, 2024
 The # 1 Tribute to Jimmy Buffett Live in Concert

Conchetta Doo Wop Revue
August 7th, 2024
 The Greatest Music Ever - 1950's Doo Wop Era Show

To Register, see me in person May 7th & 21st at the Senior Ctr from 9am - 11am in the Travel Office, or call me weekdays at 1-800-343-8999 x1006 or email me at cclifford@bestoftimestravel.com

Additional Trips Available to book: Boston Harbor Cruise 7/23, Happy 2 Gather 60's Show 9/18, Lake George Balloon Festival 9/20 - 9/22, Turkey Train 9/30, Rod Stewart Tribute 10/23, Gambling Getaway Trip 10/28 - 10/30, The Sicilian Tenors 11/13, Kenny Rogers & Dolly Parton Tribute 12/4, Christmas in NY Featuring the Radio City Rockettes 12/8-12/9 and MANY MORE!



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