

THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 8, NO. 11, NOVEMBER 2018



WELCOME NEW READERS: COMPLIMENTARY ISSUE

If you are not currently a member of the Worcester Friends Group and received this Complimentary magazine, please ENJOY!

If you would like to receive a copy of this publication each month, please use the form on page 14 to join the Friends or call 508-799-1232 ext. 48020

Safe, Comfortable, Affordable Senior Living

A Higher Level of Care Than Assisted Living... More Affordable Than a Nursing Home.

Dodge Park

- Memory impaired program for Alzheimer's & Dementia residents
- Complete medication management
- 24 hour RN and Medical Director
- Daily therapeutic bath/shower
- Activity program 7 days a week
- Your loved one can stay even if your money runs out!

Adult Day Club

- Engage the mind, strengthen the body and brighten the spirit
- Regularly scheduled entertainment and events
- Hot meals and snacks • Transportation available

Dodge Park

RESIDENTIAL CARE FACILITY FOR THE ELDERLY



101 Randolph Road, Worcester, MA
DodgePark.com • 508-853-8180

SEE PG 5 FOR FEATURED PROGRAMS

VETERANS DAY PROGRAM

FRI. NOVEMBER 9 • 10-11:30 AM

SPEND THE DAY AT THE WORCESTER SENIOR CENTER!

IN HONOR OF NATIONAL FRAUD AWARENESS DAY!

Wed. November 14 • 10:30-11:30 am

DISTINGUISHED SPEAKER SERIES CONTINUES WITH...

**Dr. Charles Steinberg, President, PAWSOX & City Manager,
Edward Augustus Jr. • 12:30-1:30 pm**

THANKSGIVING CELEBRATION

Tuesday, November 20th

CRAFT FAIR 10 am-2 pm

MAYOR PETTY'S SPONSORED LUNCH 11:45 am-12:30 pm

ENTERTAINMENT BY QUADRIVIUM 12:30-1:30 pm

**Get in the Holiday Spirit
with the Blackstone Valley Artist Association
Holiday Show Exhibit Nov. & Dec.**



**Thank you! Worcester
Rehabilitation and
Healthcare Center
for bringing so many
smiles to our seniors
faces with the beautiful
rose centerpieces!**



WORCESTER SENIOR CENTER PRESENTS

THE SENIOR SCOOP

taking you in new directions



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Advertisements in this newsletter do not constitute an endorsement by the Worcester Senior Center or Division of Elder Affairs.

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.

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	Edward M. Augustus Jr.
Health & Human Services	Dr. Matilde Castiel, Commissioner

STAFF:

Director	Amy Vogel Waters
Senior Center Operations Director/Editor	Patricia Hainsworth
Fiscal, Contract & Data Assistant	Janet Bresnahan
Senior Center Program Coordinator	Suki Lapin
Senior Services & Education Manager	Linda Wincek-Moore
Senior Services Program Assistant	Lindita Taka
Multi-cultural & Senior Services Coordinator	Yung Phan
Administrative Assistant	Jenny Linch
Building Services Division of Asset & Energy Management	Mike Vray & Pedro Rodas

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.



Thanks to Senior Whole Health for sponsoring lunch at our Sept. distinguished speaker series



Cyanotype Artist Lisa Shea



Shirley MacAfee "The Singing Nurse" demonstrates how she creates her Rainbow Salad



WSU students serve refreshments during artist reception



Osteoporosis Class Welcome Rhonda!!



Self-Defense Training for people with low vision



Beatles Tribute Band

CRIBBAGE TOURNAMENT

Monday, Nov. 5 • 9-11:30 am
 Players are asked to contribute \$5.00 each. Sign up for the tournament at the front desk or call 508-799-1232. Prize is determined by number of players participating.

PITCH TOURNAMENTS

Monday, Nov. 19 & 26 • 9:30-11:30 am
 Players are asked to contribute \$5 each. Call 508-799-1232 to sign up. Prize is determined by number of players participating.

COLORING ISN'T JUST FOR KIDS!

Friday, Nov. 2 & 16 • 10- 11:30 am
 A great relaxation technique and its fun!! Lots of pictures to choose from and it's free. Call 508-799-1232 to sign up.

HERBERT E. BERG FLOWER ARRANGING

Wednesday, Nov. 7 • 1-2 & 2-3 pm
 Make and take home a **Thanksgiving Day arrangement**. \$12 fee to be paid at the time of the class. Sign up at the front desk or call 508-799-1232.

OIL PAINTING WITH DARRELL CROW

Thursday, Nov. 8 • 10-2:30 pm
 Bring home a painting in one class! \$15.00 class fee and approximate \$10.00 fee to purchase or rent supplies that include: paints, brushes and canvas. Fees due on the day of the class. Class size limited. Class project: **Weathered Barn**. A 1/2 hr. break provided for lunch. Register by calling 508-799-1232.

THE LIBRARIANS ARE COMING

Tuesday, Nov. 13 • 12-1 pm
 We are here to offer sample items from our vast collection; assist new members, put items on hold; give information on library events, materials and services; and answer reference questions.

MEETING THE NON-FINANCIAL CHALLENGES OF RETIREMENT

Thursday, Nov. 15 • 10:30-11:30 am
 Non-Financial Planning in Retirement is needed, according to Henry M. Quinlan because many people do not expect to be negatively affected by the over 200 hours of free time and loss of social connections associated with work. Reasons to work are not always financial. Please register by calling 508-799-1232.

BOOK DISCUSSION

Thursday, Nov. 15 • 1-2 pm
 New members are always welcome! We are reading **You Must Remember This by Joyce Carol Oates**. A family saga, set against the backdrop of conservatism that marked America in the 1950s. Through the actions of Lyle Stevick and his family, Oates *creates a vivid portrait of bewildered, inarticulate people pushed against the narrow boundaries of their era by their emotions*. In December we are reading **The Woman in the Window by AJ Finn**.

MONTHLY CRAFT CLASS

Monday, Nov. 19 • 10-11:30 am
 \$3.00. Call 508-799-1232 to register. **Project: Dryer Duct Pumpkin Craft**. \$3.00 fee per craft, all supplies included. Call 508-799-1232 to register. Space is limited.



NEIGHBORHOOD CRIME WATCH MEETING & MED TAKE BACK BIN WITH WPD

Monday, Nov. 26 • 12:30-1:30 pm
 Join WPD Officer Sean Lovely to discuss neighborhood issues and concerns. Medication Take Back bin will be available for your old meds.

LIBBY LIBRARY EXPRESS WORCESTER PUBLIC LIBRARY

Tuesday, Nov 20 • 2-3 pm
 Great book selections and DVD's, Come check it out!!

SOCIAL SECURITY 101

Wed. Nov. 28 • 10-11:30 am
 Learn about the benefits and services provided by Social Security, how to qualify, how and when to apply, online services, planning tools, and more. Presented by Sabrina Feliciano, Public Affairs Specialist, Social Security Administration.



WSC TRANSPORTATION SURVEY RESULTS

Wed. Nov. 28 • 9:30-10 am
 Kelsey Snodgrass, Occupation Therapy student from Worcester State University, will be presenting the results of the surveys Worcester Senior Center participant's completed regarding transportation.



NEW 6 WEEK ACRYLIC CLASS

Wed. Nov. 7th thru Wed. Dec. 19 • 10-11 am
 Acrylic Painting Class with artist Andrea Driscoll. Learn the basics and more! Weekly demos! Paints and brushes will be available for the first class only then bring your own (material list available at the front desk) Learn to mix colors with just a few paints. Learn paint and brush stroke techniques to make your work come alive. Learn about style and composition. \$10 per class. Call 508-799-1232 to register.

SEWING CLASS

Tuesdays • 12:30-2 pm
 \$5 for Sewing Lounge Drop in Class with Seamstress Christine Cook. "Beginners welcome!" Bring your own scissors and pins. Call 508-799-1232 for project info & to register.

WE'VE GOT TO HAVE FRIENDS

Wow! Diane Williamson and the Beatles tribute concert are just 2 of the fantastic events we thank Friends of Worcester's Senior Center for sponsoring.

COMING IN DECEMBER

- **WSC Holiday Decorating** Wed. Dec. 5th
- **WSC Holiday Party Entertainment by the Salisbury Singers sponsored by Chrisptopher House,** Snow Date Wed. Dec. 19th
- **Holiday Music with The Post Road Chorus,** Tues. Dec 18th 12:30pm-1:30pm
- **"Wear Your Favoirte Sweater"** Thurs. Dec. 20th while enjoying music by TJ Peavey and the ESWA Holiday Meal



SENIOR CENTER FRIDAY FLICKS

SHOWS MOVIES EVERY FRIDAY AT 1 PM

CALL 508-799-1232 TO FIND OUT WHAT'S PLAYING!

VETERANS DAY PROGRAM
FRIDAY, NOVEMBER 9 • 10-11:30 AM



SPECIAL GUESTS

- Edward O'Connor, Director, Veterans' Services City of Worcester
- Dr. John E. McAuliffe, DDS Ret President of Chapter XXII VBOB, 87th Infantry Division of WW2
- Philip Madaio, Decorated Vietnam Combat Veteran, Silver Star, Bronze Star, Purple Heart
- Betty Benoit, Life Associate Member of the Military Order of the Purple Heart, ROTC/JROTC Coordinator, Vernon Hill 4th Graders

PRESENTATION OF COLORS

Assabet Valley Technical HS MCJROTC Cadets



Veteran's...please call 508-799-8070 to reserve your complementary meal.

Sign up by calling 508-799-1232.

SPONSORED BY:



Get in the Holiday Spirit
 with the Blackstone Valley Artist Association Holiday Show Exhibit Nov. & Dec.

SPEND THE DAY AT THE WORCESTER SENIOR CENTER!

IN HONOR OF NATIONAL FRAUD AWARENESS DAY!
WED. NOVEMBER 14 • 10:30-11:30 AM



BATTER UP! RSVP's "Fraud Squad Players" reenact "ripped from the headlines" scams targeting seniors.

NO HOME RUNS for the bad guys! Catch them at their game and **THROW THEM OUT!**

Recognize, Resist, Report... That's a **triple play** when you call RSVP's Senior Fraud HelpLine, sponsored by Harvard Pilgrim Health Care **1-800-297-9760**

ESWA "HOT DOG LUNCH" SPONSORED BY:

11:45 am-12:30 pm

Call 508-799-8070 to make your reservation.



DISTINGUISHED SPEAKER SERIES CONTINUES WITH.....

Dr. Charles Steinberg, President, PAWSOX & City Manager, Edward Augustus Jr. • 12:30-1:30 pm

Join Dr. Steinberg and City Manager, Edward Augustus Jr. to discuss exciting plans as the City and the Worcester Red Sox team up for a winning play! Popcorn, peanuts and cracker jacks will be served!

Decorations & refreshments sponsored by:



CHRISTOPHER HEIGHTS of Worcester
 AN ASSISTED LIVING COMMUNITY

Visit our website at www.christopherheights.com & take a virtual tour of our neighborhood.



- Financial options to help you
- 1.5 hours of daily assistance with personal care needs
- Medication reminders
- Safety checks
- 3 chef prepared meals daily
- Laundry & Housekeeping
- A full social calendar



No Worries Pricing - The Christopher Heights Difference!

Our doors are always open!

Call Marla O'Connor at 508-792-1456

Senior Center Thanksgiving Celebration

TUESDAY, NOVEMBER 20TH

Craft Fair 10-2 pm

Support our Senior Center Crafters. Start your holiday shopping early.

MAYOR PETTY'S SPONSORED LUNCH

11:45 am-12:30 pm

Sign up for lunch by calling ESWA Nutrition program 508-799-8070. Reserve early, limited seating.

Kick Off the Holiday Season with Entertainment by Quadrivium 12:30-1:30 pm



Event sponsored by:



Apple Pies sponsored by:



VISITING DENTAL ASSOCIATES OF CENTRAL MA

Friday, Nov. 2 • 9:15 am-3 pm

Public Health Dental Hygienists will provide: dental cleanings, sealants, fluoride treatments as well as care for partials and dentures, periodontal (deep) cleanings and provide emergency treatment of dental pain. Referrals made to dentist if needed. Mass Health, Commonwealth Care Type 1 accepted, discounts offered to uninsured. Ask for a price list. Call 508-799-1232 to make an appt. Registration forms located at the front desk.

REIKI ONE ON ONE

Monday, Nov. 5 • 10 am-12:30 pm

15 minute Reiki healing sessions with June House RN, Reiki Master. Reiki energy reaches all levels of the person: physical, mental, emotional and spiritual planes and creates many benefits including relaxation, peace, security, and well-being. It's healing works with all other medical or therapeutic techniques to relieve side effects and recovery from pain. \$10 per session to be paid at time of service. Call 508-799-1232 to sign up.

NATIONAL PREPAREDNESS DAY

Wednesday, November 28 • 10-11:30 am

The Worcester Regional Medical Reserve Corps will be in the lobby to show you what to add to a Go-Bag if you need to leave your home in an emergency. Get information on how to prepare a box with basic supplies for sheltering-in-place.

BLOOD PRESSURE & FLU CLINIC WITH SHAW'S OSCO PHARMACY
 Thurs. Nov. 8 • 10-11 am

alzheimer's association®

UNDERSTANDING

ALZHEIMER'S & DEMENTIA

Friday, November 16 • 10:30-11:30 am

An education program presented by the Alzheimer's Association. Learn about Alzheimer's Disease and other dementias, risk factors, benefits of early detection and current research and treatments available to address some symptoms. Please register by calling 508-799-1232.

MINDFUL MEDITATION

Mondays, Nov. 5, 19 & 26th • 12:30-1:30 pm

Continuing with our successful meditation series, Robert Harrington CCH will return to present guided meditation based on the book The Four Agreements. Bestselling author Don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. The meditation practice will create and empower your ability to find joy in being. Register at 508-799-1232. \$3 per class.

NEW 6 WEEK CLASSIC

SILVER SNEAKERS CLASS

Tues. Nov. 13 - Tues. Dec.18 • 1-1:45 pm

Join Rhonda Hamer, Personal Trainer, Senior Fitness Specialist, Silver Sneakers Flex Instructor and WSC Osteoporosis Prevention Instructor, for this exercise class designed to increase muscle strength, range of movement and improve activities for daily living. A chair is available for seated exercises and standing support and class can be modified depending on fitness levels. \$4 per class.



NOVEMBER SAFETY TIP

To manage COPD within your routine Reduce strain and irritation to the lungs by creating a healthy breathing environment within the home. This can mean eliminating items that gather dust, using an air purifier, and ceasing the use of cleaning chemicals or air fresheners with harsh smells.

TIPS & TRICKS TO HELP WITH ACTIVITIES OF DAILY LIVING

Thursday, Nov. 1 & 8 • 9:30-11:30 am

WSU OT students will share helpful tips which will include personalized attention provided by Occupational Therapy experts. Call 508-799-1232 ext. 48000.

DISTINGUISHED HEALTH SPEAKER SERIES CONTINUES WITH.....

DR. DONALD PELTO

Monday, Nov. 5 • 10:30-11:30 am

What type of shoes are best for me? Come listen to podiatrist Dr. Donald Peltó speak about proper shoes and the Do's and Don'ts for healthy feet. Bring your shoes or sneakers for an evaluation. Dr. Peltó will also talk about other common foot conditions and treatment that are interesting to seniors. Register by calling 508-799-1232.



GREEN HILL TOWERS

Award Winning Affordable Senior Housing

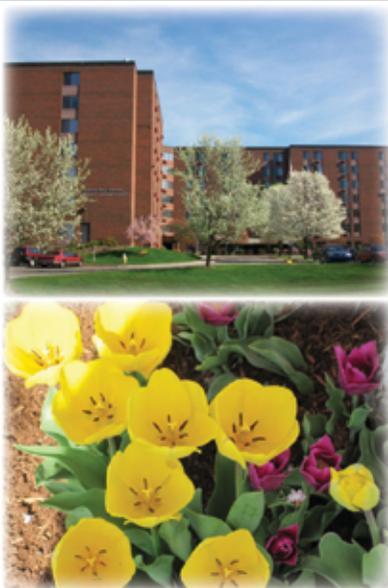
- ◆ Spacious 1 & 2 bedroom Apartments
- ◆ Heat and hot water included
- ◆ 24 hour maintenance
- ◆ Bus route / ample parking
- ◆ Beautiful landscaped grounds with outdoor patio and gazebo
- ◆ Small pets welcome
- ◆ With in the building amenities including:
 - ◆ Handicap-accessible lounges on every floor
 - ◆ A library with books (English & Spanish)
 - ◆ Physical Fitness Center
 - ◆ A Game Room that includes a billiard table
 - ◆ A Theater-like Media Center
- ◆ Community Room with Bingo Board & Large Screen T.V.

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.



CONGRATULATIONS to Jenny and the Walking Club for a very successful season!!



HELP USING YOUR COMPUTER OR TABLET

Do you want simple answers to your questions about using your computer, or your tablet? If so, you can get a non-technical explanation by scheduling a private lesson at the Worcester Senior Center Computer Lab (for \$10 per hour). Call 508-799-1232 and select extension **48008**. Speak with Ann Stamm, Computer Lab Coordinator, to arrange an appointment for a one-to-one session. If there is no answer, please leave a message and your call will be returned as soon as possible.



ASSISTIVE TECHNOLOGY TRAINING

The Mass. Association for the Blind and Visually Impaired offers free training in Assistive Technology. For details, call Dave Dunham at 508-519-0411 or email ddunham@mabcommunity.org. Funded in part by the MCOA.

THE REGIONAL ENVIRONMENTAL COUNCIL'S WINTER MOBILE MARKET SCHEDULE WILL BE AVAILABLE SOON.



GAMES/CRAFTS/MUSIC

- Pitch: Wednesdays, 1-3 pm
- Mah Jong: Wednesdays 9:00-11:30 am
- Movies: Fridays at 1:00 pm
- Crafts with Laurel: 2nd Monday of the month 10-11:30 am
- Cribbage: daily at 10:00 am
- Card Playing: Fridays, 1:00-3:00 pm
- Open Bridge: Wednesdays, 10:30 am-12:30 pm & 1:30-3 pm, Fridays 9:30-11:30 am
- Scrabble: Mondays, 10 am-1 pm
- Beginner Scrabble: Mondays, 10 am-1 pm
- Project Linus- crochet group: Thursdays at 9:30 am
- Crochet & Knitting for Fun: Wednesdays at 12:30 pm
- Adult Coloring: 1st & 3rd Fridays of the month

LEARN SOMETHING NEW

- Spanish Class: Mondays, 11 am-Noon
- Beginner Spanish: Mondays, 12:30-1:30 pm
- Beginner French Fridays 11-12 pm
- ESL for CHINESE: Fridays 10-11:30 am
- Beginner ESL for Vietnamese: Thursdays 9:30-10:30 am
- SeniorSpeak Taping: Tues at 2:00 pm. Airs Mon. at Noon WCUW 91.3 FM & on WCCA Channel 13 Mon. at 1 am, Tues. at 12:30 pm, Wed. at 10 pm and Thurs. at Noon

GET FIT & HAVE FUN

- Yoga for the Active Senior w/ Fern: Monday at 10 am, \$10/class, discounts for multi-class pass
- Mixed Gentle Yoga (chairs optional) w/ Fern: Wednesday at 10 am, \$10/class, discounts for multi-class pass
- Gentle Yoga with Nancy Cimato: Fridays at 9 am, \$4 fee
- Aerobics w/ Nancy Cimato: Tues. & Thurs. at 9 am, \$3 fee
- Joe Fish Fitness: **CLASS FULL**
- Walking Club: Thursdays, 9 am-12 pm
- Ballroom Dance Classes: Fridays at Noon, \$3 fee
- Tai Chi: Mondays 9:15-9:45 am, Thursdays 9:15-9:45 am
- Ping Pong: Thursdays 1-3 pm
- Tai Qi Quan Practice: Wednesdays 3:30-4:30 pm

MEETINGS

- Commission on Elder Affairs: 4th Monday at 4 pm
- African American Elder Group: Thursdays at 10 am
- Vietnamese Elder Group: Thursdays at 10:15 am
- Chinese Elder Group: Fridays 9-10 am
- Arabic Elder Group: 1st, 2nd, and 3rd Tuesday 10:30 am-12 pm
- Latino Club 60+: Mondays & Fridays 9:30-11:30 am
- Albanian Elder Group: Tuesdays & Thursdays 11-11:45 am

Hear For Your Life

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

- Hearing Aids
- Batteries & Accessories
- Assistive Listening Devices
- Amplified Phones
- Hearing Evaluations
- Wax Removal
- Hearing Protection
- Musician's Earplugs
- Swim Plugs



Matthew Moreno, Au.D.
Doctor of Audiology

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SUPPORT SERVICES

Advocacy, information services and application assistance:

call 508-799-1232 ext. 48003, 48006 or 48011 for appointment.

Legal Consultations

The Senior Center welcomes Attorney Michael Gorman who will be providing **free legal consultation** for seniors the 2nd Friday of every month, 9:30-12:30 pm. Call Linda Wincek-Moore at 508-799-1232 ext. 48011 to schedule an appointment.

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

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

FRIDAY TAKE OUT

The Quinsigamond Community College's Dietary Management



Program is offering a **Friday Home Meal Replacement**. The program offers meals every Friday of the month. Enjoy a fresh and nutritious meal prepared for you to enjoy in your own home. We are open to the public and offer ready meals for pick up at Bobby M's Diner, **Fridays, 12-3pm**. We encourage participants to make reservations in advance. Contact Rebecca King or Brandi Manca @ Bobby M's with any questions. Meals: **\$5.00** Walk-ins first come, first served! **(508) 799-1232 ext. 48001**

MEMORY CAFE

Tuesday, Nov. 20 • 2-3:30 pm

Are you caring for a loved one with Alzheimer's or some other type of dementia? Come visit **the memory café**. It is a gathering of individuals with memory loss along with their caregivers, and/or friends and family in a safe, supportive, and engaging environment. The café is free with the intent of giving everyone a welcome break from the disease.



The afternoon will consist of conversation, entertainment (such as music, arts, games, etc.), along with refreshments, and hopefully, some, laughter.

Funded in part by the MA Executive Office of Elder Affairs via the MA Association of Councils on Aging.

SHINE: Serving the Health Information Needs of Everyone

The SHINE Program provides Health Insurance Counseling. *(Spanish and Vietnamese interpretation available)* Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to: www.prescriptionadvantagemma.org.



The Medicare Open Enrollment ends on December 7th

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. **This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings.**

REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK **BEFORE** YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.

MEDICARE UPDATE MEETINGS

Check our website www.shinema.org for a list of our local meetings.

SHINE Volunteers: Elena Nasitano, Hazel Nourse, Pat Morris, and Carol Adams.

Appointment required, call: 508-799-8030. You can also visit us on the internet at www.shinema.org.

RAINBOW LUNCH

Elder Services of Worcester Area, Inc. invites you to the **Rainbow Lunch Club*** at the Unitarian Universalist Church, 90 Holden Street, Worcester. Held on 2nd & 4th Wednesday of every month at Noon, and the **Rainbow Supper Club** 1st Tuesday of each month 6-8 pm Reservations required: (508) 756-1545 Ext. 339. *Hosted for the LGBTQA (Lesbian, Gay, Bisexual, Transgender, (Questioning and Allies) Elder Community, 60 years and older.



VEGETARIAN LUNCH OPTION

The Nutrition Program of Elder Services of Worcester Area, Inc. offers a **Vegetarian** menu option on the **second Thursday of each month** at the Worcester Senior Center. These meals are provided by Loving Hut Restaurant and are of South-East Asian style cuisine. Call (508)799-1232 to make your Vegetarian meal reservation which must be received by the Monday prior. Space is limited. First time participants must also register with Elder Services of Worcester in the dining room. A voluntary donation of \$2.50 is appreciated for those over age 60. For those under age 60 a cost of \$5.00 applies. The Vegetarian Menu for **Nov. 8: Vermicelli with Chunky Strips (Bún Thịt Xào chay) (Soy protein made in chunks served with vermicelli, brown sauce & fresh bean sprouts).**

TRANSPORTATION

For information and assistance, visit or call Senior Center Client Advocates at 508-799-1232 Linda (ext. 48011, Yung (ext. 48006) or Lindita (ext. 48003).

Two WRTA routes service the Worcester Senior Center:

Two WRTA routes service the Worcester Senior Center Route **# 1** travels on Providence St. and stops 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 **\$.85** with other options available for frequent riders without the WRTA ID the cost is **\$1.75**. Information is available at the HUB's Customer Service window or call the WRTA customer service at 508-453-3462. If you need assistance with learning the bus routes in the Worcester area the WRTA Call Tess, the travel trainer, who can provide information on the WRTA's free travel-training program Call 508-453-3451 to make an appt.



لقاء المجموعة العربية
ستتم الاجتماعات الشهرية كالتالي:
اول و ثالث ثلاثاء من كل شهر
من الساعة: 10:30 12:30
للاستفسار الرجاء الاتصال:

ورد

(774) 314-5756
Arabic Elder Group

LATINO CLUB 60+
Mondays & Fridays 9:30-11:30 am
Mondays & Fridays 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+
Los lunes y Viernes
Para más información, puede
comunicarse con Jose Curet, a
508-799-1232 ext. 48007.

CHINESE ELDER PROGRAM EVERY FRIDAY:

9 AM Exercise & Breakfast with tea
10 AM ESL class
11 AM Lunch

Contact Wei Shi 508-799-1232 ext. 48014
shiw@Worcesterma.gov (Chinese)
or Yung Phan 508-799-1232 ext. 48006
PhanD@Worcesterma.gov (English)

每星期五 中國老年人活動節目

上午九點: 做操鍛煉與早茶

十點: ESL 英語課

十一點半: 午飯

下午十二點半: 中文課 (普通話)

與曹履成先生聯係 (中文: 電話:

508-799-1232 ext. 48012.

電子郵件: shiw@Worcesterma.gov

或與Yung Phan 聯係 (英文): 電

話: 508-799-1232 ext. 48006、

電子郵件: PhanD@Worcester.gov

Lời Tạ Ôn từ những thành viên của Hội Cao Niên Worcester

Nhân dịp ngày Lễ Tạ Ôn, chúng tôi xin gửi lời chân thành cảm ơn đến tất cả mọi người đã từng làm ơn cho chúng tôi. Cảm ơn đất nước Mỹ đã cứu mang và cung cấp cho chúng tôi những nhu cầu cần thiết trong cuộc sống. Cảm ơn đến Trung tâm Cao niên đã cung cấp những dịch vụ và nâng đỡ tinh thần chúng tôi trong những sinh hoạt xã hội và cộng đồng. Chúng tôi cũng xin cảm ơn đến tất cả những cá nhân, các nhân viên của Trung Tâm Cao niên và tất cả những bạn bè cao niên. Cầu chúc tất cả mọi người một ngày Lễ Tạ Ôn thật ý nghĩa và hạnh phúc và một mùa lễ sắp tới thật nhiều vui vẻ.
Khải Nguyễn và Nhung Vũ ***

Tôi đã tham gia vào Trung tâm Cao niên từ năm 2010. Tôi đã vui thích tất cả các sinh hoạt tại Trung tâm. Tôi rất cảm kích sự giúp đỡ của Yung Phan để tôi được trở thành công dân Hoa Kỳ.

Cảm ơn thật nhiều và xin kính chúc Trung tâm Cao niên tồn tại lâu dài, phát triển thêm nữa để tôi và những người cao niên khác có thể được giúp đỡ và tận hưởng tuổi già.

Trần trọng
Chuột Huỳnh

Nhân ngày Lễ Tạ Ôn,

Con xin chân thành tạ ơn cha mẹ đã sanh thành dưỡng dục con nên người.

Con xin tạ ơn Thầy Cô đã dạy dỗ chúng con biết sống tốt giữa đạo và đời.

Con xin đa tạ đất nước Mỹ đã cứu mang tất cả người Việt chúng con đang sống ở Mỹ nói chung và gia đình con hơn 29 năm qua nói riêng. Hiện giờ các con, các cháu con đã thành công trên đường sự nghiệp.

Con xin cảm tạ Hội Cao Niên và nhất là các cô chú trong Ban Tổ Chức đã sắp xếp cho bọn già chúng con sinh hoạt vui chơi như: chương trình thể dục dưỡng sinh, Tai Chi, lớp Anh văn, thông dịch, v.v.

Nhờ vậy mà chúng con cảm thấy vui vẻ thoải mái không bị gò bó trong 4 bức tường nhà và không còn mặc cảm mình bị bỏ rơi như ở quê nhà.

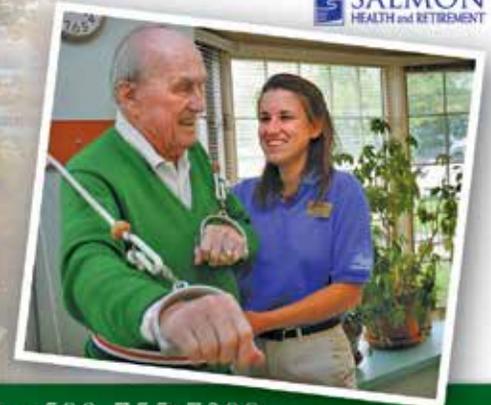
Một lần nữa con xin chân thành Tạ ơn.

Kính
Rê Bù



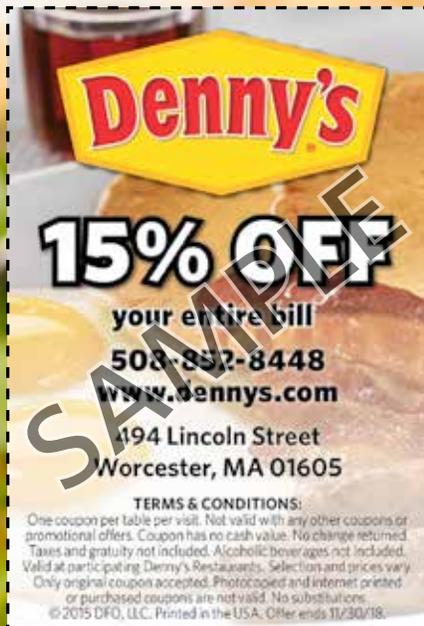
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**Enjoy these discounts from some of the eateries
in our Worcester area**

Holiday Fun Facts!

51 million turkeys are eaten on Thanksgiving Day.

In A.D. 350, Pope Julius I, bishop of Rome, proclaimed December 25 the official celebration date for the birthday of Christ.

Over 25% of all emails are sent during the holidays.

It takes an average of seven years to grow a Christmas tree. 33 million real Christmas trees are sold in the U.S. each year.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MENUS SUBJECT TO CHANGE. * Diabetic Friendly ** Higher Sodium Entree</p> <p>Lunch is served at 11:45 am. \$2.50 suggested donation. Call 508-799-8070 between 9-1 pm and 508-852-3205 ext 290 after 1 pm at least 2 days in advance by 10:30 am, to reserve a meal.</p>			 	
<p>Salisbury Steak 1 Garlic Mashed Potatoes Herbed Carrots Baked Apples Sandwich Roll Alternate: SOUP DU JOUR SLICED TURKEY</p>	<p>Potato Crunch Fish 2 Potatoes Au Gratin Mixed Vegetables Pudding / Diet SF Pudding Marble Rye Bread Tartar Sauce Alternate: SOUP DU JOUR, N.Y. PASTRAMI</p>			
<p>Chicken Picatta 5 Herbed Rice Broccoli Lemon Pudding Diet = SF Tapioca Pudding Pumpernickel Bread Alternate: SOUP DU JOUR CHICKEN SALAD</p>	<p>Meatballs w/Onion Gravy 6 Bowtie Pasta Scandinavian Vegetables Mandarin Oranges French Bread Alternate: SOUP DU JOUR HAM SALAD</p>	<p>Marinated Pork Loin 7 Seasoned Potatoes Carrots Pumpkin Spice Cake Diet=Half Piece Whole Wheat Bread Alternate: SOUP DU JOUR SLICED ROAST BEEF</p>	<p>BBQ Chicken 8 Mashed Potatoes Country Blend Vegetables Fresh Fruit Marble Rye Bread Alternate: SOUP DU JOUR TURKEY SALAD</p>	<p>Macaroni & Cheese 9 Stewed Tomatoes Green Beans Fruited Ambrosia Italian Bread Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD</p>
<p>Lasagna & Meatballs 12 Tuscan Blend Vegetables Vanilla Pudding Italian Bread Alternate: SOUP DU JOUR ALBACORE TUNA SALAD</p>	<p>Chicken Fajitas 13 Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple Alternate: SOUP DU JOUR CHICKEN FILET w/RANCH</p>	<p>Hot Dog on Bun 14 Baked Beans Coleslaw Fresh Fruit Alternate: SOUP DU JOUR TURKEY CAPE COD</p>	<p>Beef with Onions & Peppers 15 Potato Wedges Honey Glazed Carrots Strawberries w/Topping Sandwich Roll Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD</p>	<p>Salmon Boat w/ Dill Sauce 16 Mashed Potatoes Peas & Pearl Onions Gingerbread Diet = Half Piece Pumpernickel Bread Alternate: SOUP DU JOUR CORNED BEEF</p>
<p>Beef Stew 19 Rice Corn Niblets Mandarin Oranges French Bread Alternate: SOUP DU JOUR EGG SALAD</p>	<p>Roast Turkey & Gravy 20 Mashed Potatoes/Herbed Stuffing Butternut Squash Cream Puff Dinner Roll Cranberry Sauce Alternate: SOUP DU JOUR, TURKEY SALAD</p>	<p>Baked Potato w/ Chili & Cheese 21 Broccoli Sour cream Fresh Fruit Pumpernickel Bread Alternate: SOUP DU JOUR N.Y. PASTRAMI</p>	<p>Thanksgiving Day 22 No Meals Served</p>	<p>Shepherd's Pie 23 Carrots Peas Baked Cinnamon Pears Italian Bread Alternate: SOUP DU JOUR SLICED ROAST BEEF</p>
<p>Chicken Mornay 26 Couscous Roman Blend Vegetables Peaches Marble Rye Bread Alternate: SOUP DU JOUR CHICKEN SALAD</p>	<p>Meatloaf with Gravy 27 Garlic Mashed Potatoes Peas & Carrots Fresh Fruit Whole Wheat Bread Alternate: SOUP DU JOUR ALBACORE TUNA SALAD</p>	<p>Roast Pork with Gravy 28 Cranberry Stuffing California Blend Vegetables Cold Apple Crisp Diet=Applesauce Marble Rye Bread Alternate: SOUP DU JOUR CORNED BEEF</p>	<p>Macaroni & Cheese 22 Stewed Tomatoes Green Beans Birthday Cake Half Piece Italian Bread Alternate: SOUP DU JOUR EGG SALAD</p>	<p>Haddock w/Parmesan Cream sauce 23 Wild Rice Broccoli w/Red Peppers Blondie / Diet=Half Piece Pumpernickel Bread Alternate: SOUP DU JOUR SLICED TURKEY</p>

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At Lutheran Rehabilitation & Skilled Care Center, caring for area seniors is more than a tradition – it's our commitment to the community. Lutheran now has a lot more than you think:

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 Lutheran is proud to be a Sheehan Health Group affiliate.

CALL US TODAY TO SCHEDULE A TOUR.

MONDAY

TUESDAY

WEDNESDAY



9-1 BEGINNER SCRABBLE
9-11:30 Cribbage Tournament
9:15-9:45 Monday Tai Chi
9:30-11:30 Latino Club 60+
10-11:30 Yoga for the Active Senior
10-12 Cribbage
10-12:30 REIKI ONE ON ONE
10-1 Scrabble
10:30-11:30 DISTINGUISHED HEALTH SPEAKER
11-12 Spanish Class
12-2 QUILTING FOR THE BLIND

12:30-1:30 Beginner Spanish
12:30-1:30 MINDFUL MEDITATION 5
1-3 Happy Quilters
1:30-2:30 LEARNING ITALIAN
2:30-3:30 TAI CHI FHA-MOD II

ELECTION ACTIVITY
9-10 Aerobics
9:30-12 FALLON REPRESENTATIVE
9:30-1:30 A TIME TO CARE
10-11 Joe Fish Fitness-CANCELLED!
10-11 Osteo Exercise/Maint.
10-12 Cribbage
10:30-12 Arabic Elder Group
11-12 Osteo Exercise/Maint.
12-1 Tai Chi Practice Group
12-3 SHINE Counselor -by Appt. Only
12:30-2 Sewing Class

2-3:30 Radio Show



Nov 5-7 TRIP: ATLANTIC CITY

TRIP:CRUISIN THRU THE FIFTIES
9-11:30 Mah Jongg
9-12 Billiards for Women
9-12 DIABETES MANAGEMENT
9-12 Manicures by Sophie
10-11:30 Mixed/Gentle Yoga
10-12 ACRYLICS CLASS
10-12 Cribbage
10:30-12 Conversational English Club
10:30-12:30 Open Bridge
12-1 Vietnamese Dancing Class
12:30-2:30 Crochet & Knit for Fun

CLOSED
VETERAN'S DAY



12

9-10 Aerobics
9:30-1:30 A TIME TO CARE
10-11 Joe Fish Fitness
10-11 Osteo Exercise/Maint.
10-12 Cribbage
10:30-12 Arabic Elder Group
11-12 Osteo Exercise/Maint.
12-1 LIBRARY OUTREACH
12-1 Tai Chi Practice Group
12-3 SHINE Counselor -by Appt. Only
12:30-2 Sewing Class

1-1:45 SILVER SNEAKERS

2-3:30 Radio Show

13

9-11:30 Mah Jongg
9-12 Billiards for Women
9-12 Manicures by Sophie
10-11:30 Mixed/Gentle Yoga
10-12 ACRYLICS CLASS
10-12 Cribbage
10:30-11:30 FRAUD AWARENESS DAY PROGRAM
10:30-12 Conversational English Club
10:30-12:30 Open Bridge
12-1 Vietnamese Dancing Class

9-1 BEGINNER SCRABBLE
9:15-9:45 Monday Tai Chi
9:30-11:30 Latino Club 60+
9:30-11:30 PITCH TOURNAMENT
10-11 BP Clinic by Walgreen's
10-11:30 MONTHLY CRAFT CLASS
10-11:30 Yoga for the Active Senior
10-12 Cribbage
10-1 Scrabble
11-12 Spanish Class
12-2 QUILTING FOR THE BLIND
12:30-1:30 Beginner Spanish

12:30-1:30 MINDFUL MEDITATION 19
1-3 Happy Quilters
1:30-2:30 LEARNING ITALIAN
2:30-3:30 TAI CHI FHA- MOD III

9-10 Aerobics
9:30-10:30 GLUCOSE TESTING BY CENTURY HOME CARE
9:30-1:30 A TIME TO CARE
10-11 Joe Fish Fitness-CANCELLED!
10-11 Osteo Exercise/Maint.
10-12 Cribbage
10-2 CRAFT FAIR
10:30-12 Arabic Elder Group
11-12 Osteo Exercise/Maint.
12-1 Tai Chi Practice Group
12-3 SHINE Counselor -by Appt. Only

12:30-1:30 ENTERTAINMENT BY QUADRIVUM 20

12:30-2 Sewing Class
12:30-2:30 Podiatry Clinic -by Appt Only
1-1:45 SILVER SNEAKERS
2-3 LIBBY
2-3:30 MEMORY CAFÉ
2-3:30 Radio Show

9-11:30 Mah Jongg
9-12 Billiards for Women
9-12 Manicures by Sophie
10-11:30 Mixed/Gentle Yoga
10-12 ACRYLICS CLASS - CANCELLED!
10-12 Cribbage
10:30-12 Conversational English Club
10:30-12:30 Open Bridge
12-1 Vietnamese Dancing Class
12:30-2:30 Crochet & Knit for Fun
1-3 Pitch
1:30-3 Open Bridge

9-1 BEGINNER SCRABBLE
9:15-9:45 Monday Tai Chi
9:30-11:30 Latino Club 60+
9:30-11:30 PITCH TOURNAMENT
10-11 BP Clinic by Overlook VNA
10-11:30 Yoga for the Active Senior
10-12 Cribbage
10-1 Scrabble
11-12 Spanish Class
12:30-1:30 Beginner Spanish
12:30-1:30 MINDFUL MEDITATION

12:30-1:30 WPD NEIGHBORHOOD CRIME WATCH MEETING 26
1:30-2:30 LEARNING ITALIAN
2:30-3:30 TAI CHI FHA- MOD III
4-6 Commission Meeting

9-10 Aerobics
9:30-1:30 A TIME TO CARE
10-11 Joe Fish Fitness
10-11 Osteo Exercise/Maint.
10-12 Cribbage
10-12 RSVP-LETTER WRITING
11-12 Osteo Exercise/Maint.
12-1 Tai Chi Practice Group
12-3 SHINE Counselor -by Appt. Only
12:30-2 Sewing Class
1-1:45 SILVER SNEAKERS
2-3:30 Radio Show

27

9-11:30 Mah Jongg
9-12 Billiards for Women
9-12 Manicures by Sophie
9:30-10 WSC TRANSPORTATION SURVEY RESULTS
10-11:30 Mixed/Gentle Yoga
10-11:30 NATIONAL PREPAREDNESS DAY TABLE
10-11:30 SOCIAL SECURITY 101
10-12 ACRYLICS CLASS
10-12 Cribbage
10:30-12 Conversational English Club
10:30-12:30 Open Bridge
12-1 Vietnamese Dancing Class

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YOUR PARTNERS IN CARE

DAY

THURSDAY

FRIDAY



8:30-10 REC MOBILE MARKET
9-10 Aerobics
9-10 WALKING CLUB
9:15-9:45 Tai Chi
9:30-10:30 Beginner ESL
9:30-11:30 TIPS & TRICKS FOR DAILY LIVING
9:30-12 RSVP-Blankets For Babies
10-11 Joe Fish Fitness
10-12 Cribbage
10-1 SHINE Counselor -Appt. Only

10-2 African American Elder Group
10:30-11:30 Vietnamese Elder Group
11-11:45 Albanian Elder Group
1-3 Ping Pong
1-4 FRIENDS BINGO

TRIP:FOXWOODS
9-10 Chinese Elder Group
9-10 Gentle Yoga with Nancy
9:15-9:45 EASY TAI CHI
9:15-3 VISITING DENTAL ASSOC OF CENTRAL MA- by Appt Only
9:30-11:30 Latino Club 60+
9:30-12 Healthy Eating
10-10:30 Latino ESL
10-11 Osteo Exercise/Maint
10-11:30 ADULT COLORING

10-11:30 Chinese ESL
10-12 Cribbage
11-12 BEGINNER FRENCH
11-12 Osteo Exercise/Maint
12-1 Ballroom Dance
12-1 Osteo Exercise-Beginner
1-3 Card Playing
1-3 FRIDAY FLICK - "WOMAN WALKS AHEAD"
1-3:30 Watercolor/Mixed Media
2:30-3:30 TAI CHI FHA- MOD III

1-2 FLOWER ARRANGING
1-3 Pitch
1:30-3 Open Bridge
2-3 FLOWER ARRANGING
2-4 SHINE Counselor -by Appt. Only
3:30-4:30 Taijiquan Practice

7

9-10 Aerobics
9:15-9:45 Tai Chi
9:30-10:30 Beginner ESL
9:30-11:30 TIPS & TRICKS FOR DAILY LIVING
9:30-12 RSVP-Blankets For Babies
10-11 BP Clinic by Shaw's
10-11 FLU SHOT CLINIC BY SHAW'S
10-11 Joe Fish Fitness
10-12 Cribbage
10-1 SHINE Counselor -Appt. Only
10-2 African American Elder Group

10-2:30 OIL PAINTING
10:30-11:30 Vietnamese Elder Group
11-11:45 Albanian Elder Group
11:45-12:30 VEGETARIAN LUNCH (Reservation required)
1-3 Ping Pong
1-4 FRIENDS BINGO

9-10 Chinese Elder Group
9-10 Gentle Yoga with Nancy
9:15-9:45 EASY TAI CHI
9:30-11:30 Latino Club 60+
9:30-12:30 LEGAL CONSULTATION FOR SENIORS-APPT ONLY
10-10:30 Latino ESL
10-11 Osteo Exercise/Maint
10-11:30 Chinese ESL
10-11:30 VETERAN'S DAY PROGRAM
10-12 Cribbage
11-12 BEGINNER FRENCH

11-12 Osteo Exercise/Maint
12-1 Ballroom Dance
1-3 Card Playing
1-3 FRIDAY FLICK-"OCEAN'S 8"
1-3:30 Watercolor/Mixed Media
2:30-3:30 TAI CHI FHA- MOD III

12:30-1:30 DISTINGUISHED SPEAKER SERIES
12:30-2:30 Crochet &Knit for Fun
1-3 Pitch
1:30-3 Open Bridge
2-4 AARP 50+ JOB SEEKERS
2-4 SHINE Counselor -by Appt. Only
3:30-4:30 Taijiquan Practice

14

9-10 Aerobics
9:15-9:45 Tai Chi
9:30-10:30 Beginner ESL
9:30-12 RSVP-Blankets For Babies
10-11 Joe Fish Fitness
10-12 Cribbage
10-1 SHINE Counselor -Appt. Only
10-2 African American Elder Group
10:30-11:30 MEETING THE NON-FINANCIAL CHALLENGES OF RETIREMENT

10:30-11:30 Vietnamese Elder Group
11-11:45 Albanian Elder Group
1-2 BOOK DISCUSSION CLUB
1-3 Ping Pong
1-4 FRIENDS BINGO

9-10 Chinese Elder Group
9-10 Gentle Yoga with Nancy
9:15-9:45 EASY TAI CHI
9:30-11:30 Latino Club 60+
10-10:30 Latino ESL
10-11 Osteo Exercise/Maint
10-11:30 ADULT COLORING
10-11:30 Chinese ESL
10-12 Cribbage
10-12 MAB Low Vision Support Group

10:30-11:30 UNDERSTANDING ALZHEIMERS & DEMENTIA
11-12 BEGINNER FRENCH
11-12 Osteo Exercise/Maint
12-1 Ballroom Dance
1-3 Card Playing
1-3 FRIDAY FLICK - "MOM'S NIGHT OUT"
1-3:30 Watercolor/Mixed Media
2:30-3:30 TAI CHI FHA- MOD III

2-4 SHINE Counselor -by Appt. Only
3:30-4:30 Taijiquan Practice

21

CLOSED

THANKSGIVING



22

9-10 Chinese Elder Group
9-10 Gentle Yoga with Nancy
9:15-9:45 EASY TAI CHI
9:30-11:30 Latino Club 60+
10-10:30 Latino ESL
10-11 Osteo Exercise/Maint
10-11:30 Chinese ESL
10-12 Cribbage
11-12 BEGINNER FRENCH
11-12 Osteo Exercise/Maint
12-1 Ballroom Dance
1-3 Card Playing

1-3 FRIDAY FLICK - "WON'T YOU BE MY NEIGHBOR"
1-3:30 Watercolor/Mixed Media
2:30-3:30 TAI CHI FHA- MOD III

12:30-2:30 Crochet &Knit for Fun
1-3 Pitch
1:30-3 Open Bridge
2-4 AARP 50+ JOB SEEKERS
2-4 SHINE Counselor -by Appt. Only
3:30-4:30 Taijiquan Practice

28

9-10 Aerobics
9:15-9:45 Tai Chi
9:30-10:30 Beginner ESL
9:30-12 RSVP-Blankets For Babies
10-11 Joe Fish Fitness
10-12 Cribbage
10-1 SHINE Counselor -Appt. Only
10-2 African American Elder Group
10:30-11:30 Vietnamese Elder Group
11-11:45 Albanian Elder Group
1-3 Ping Pong
1-4 FRIENDS BINGO

29

9-10 Chinese Elder Group
9-10 Gentle Yoga with Nancy
9:15-9:45 EASY TAI CHI
9:30-11:30 Latino Club 60+
10-10:30 Latino ESL
10-11 Osteo Exercise/Maint
10-11:30 Chinese ESL
10-12 Cribbage
11-12 BEGINNER FRENCH
11-12 Osteo Exercise/Maint
12-1 Ballroom Dance
1-3 Card Playing

1-3 FRIDAY FLICK - "FINDING YOUR FEET"
1-3:30 Watercolor/Mixed Media
2:30-3:30 TAI CHI FHA- MOD III



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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.

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This November, what are you thankful for?

Is it wealth, beauty, your new Winnebago?

Or is it health, serenity, family, music, sunsets and good friends?

Everyone here at RSVP-Worcester Area Volunteers is thankful for the many men and women that serve their communities, volunteering throughout Worcester County.

"Above and beyond - it's what they do".

RSVP is sponsored locally by Family Services of Central MA



Congratulations to Alice Moore on receiving RSVP Award!!

50+ JOB SEEKERS REGIONAL NETWORKING GROUP!



NETWORKING WORKS!! Your AGE really is your EDGE!!
November 10, 14 & 28 • 2-4 pm

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Guided Networking with peers. Develop new skills, tools and strategies to help in your career transition.

For information email Melody Beach melody.beach@charter.net. and/or Fran Langille (LangilleF@worcesterma.gov)

Funded by AARP and Massachusetts Association of Councils on Aging

MISSION

The Friends of the Worcester's Senior Center (Friends) is a non-profit agency whose primary mission is to raise funds supplemental to the senior center by the city of Worcester through its annual budget appropriation.

FRIENDS is governed by an all-volunteer Board of Director's and led by a paid, part-time Executive staff. Funds generally are raised through a variety of special events, donor appeals/solicitation of individuals, businesses, corporations, agencies and grant writing.

FRIENDS sponsors and supports many social, educational and advocacy events that benefit the mental, physical and emotional health of seniors each year.

CITY OF WORCESTER PUBLIC NOTICE



The Citizen Advisory Council is seeking volunteers to fill vacancies on various City Boards/Commissions. Eligibility requirements: 1) registered voter; 2) resident in district for one year (except for Executive Boards); 3) not a City employee (except for Advisory Boards).

For more information 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.

November's sky is chill and drear; November's leaf is red and sear, This is a "Thankful" time of year, for you to VOLUNTEER!!

November comes, and November disappears, but we are always Looking for NEW VOLUNTEERS!!

If you can volunteer from 15-40 hours per week you will be eligible for:

- Reimbursements for your travel and meals
- Annual recognition events and monthly training opportunities
- There is a tax-free stipend for those who are income eligible
- Vacation/Sick days, and Holidays!!

Please call Joy Rehfeld @ 508-791-7783.

The Senior Companion Program is sponsored locally by Family Services of Central MA



Alice Moore, Membership Coordinator HOPES YOU'LL JOIN THE FRIENDS!

Name _____
 Phone _____
 Address _____
 City _____
 Zip _____

- () \$15 I want to become a new member.
- () \$15 Please renew my membership for another year.
- () \$25 **Dual Membership (Ind./Spouse/Partner)**
- () \$75 What a deal! Sign me up as a Lifetime Member.
- () \$_____ Included is an additional contribution.

Checks may be dropped off or mailed to:

Friends of Worcester's Senior Center
128 Providence St., Box 3
Worcester, MA 01604-5413
 508-799-1232 ext.48020

The SEPTEMBER CALENDAR RAFFLE was a SUCCESS!! THANK YOU, ONE AND ALL!!

Complete listing of WINNERS and DONORS will appear in the DECEMBER issue of the Scoop, as all have not been drawn at time of publishing.



Boothbay Harbor, Maine

REMINDER
 Gift certificates for Bingo and Travel are available at the Friends Office. A perfect gift for any occasion!

REMINDER
 Gift certificates for Bingo and Travel are available at the Friends Office. A perfect gift for any occasion!

SEATING POLICY: Assigned seating for all trips (except casinos). Notify at time of reservation if accommodations needed.

WAIVERS: Required every year for emergency contacts. Fill one out or check to see if yours needs to be updated. Available in Travel Office. Yearly travel waivers required for EACH TRAVELER.

Flyers for all trips available at the Friends Travel Office or call 508-792-2948 and leave a message. Travel office hours are Monday thru Thursday 9:30AM - 12:30PM

DAY TRIPS

SIGN UP EARLY. A minimum number of passengers required for a trip to be able to go!

Wednesday, Nov. 7th, 2018	"CRUISIN" thru the Fifties, Lunch at THE VENEZIA	\$94.00/per person	Due by 10/5/18
Wednesday, Dec. 12th, 2018	"A Country Christmas" Lunch & Entertainment at the Danversport Yacht Club	\$96.00/per person	Due by 11/5/18
Tuesday, March 12th, 2019	Celtic Angels of Ireland Lunch & Entertainment at Venus De Milo, Swansea, MA	\$97.00/per person	Due by 2/10/19

OVERNIGHT TRIPS

Deposit required at time of reservation as listed on flyer

Depart: Wednesday, September 11, 2019	Boothbay Harbor (3 days) Maine	Double \$496.00/pp, Triple \$486.00/pp
Return: Friday, September 13, 2019		Single \$696.00, Child \$386.00 (based on 2 adults in the room)
		\$50.00 deposit due by 6/4/2019

FOXWOOD CASINO TRIPS

Price \$20.00 - Must be paid when making reservation

- Friday, Nov. 2nd
- Friday, Dec. 7th



DINE OUT

Sunday, November 18th @ 11:30 AM, Cyprian Keyes
 284 E. Temple St. Boylston, MA 01505.

Hope to see you there! Come and meet new friends, no reservations, separate checks.



THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 8, NO. 11, NOVEMBER 2018

Worcester Senior Center
128 Providence Street
Worcester, MA 01604

BRAIN GAMES

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

				1				
3			4					9
			2		5	1		
	3	1	7					2
9		4						7
		5	9				8	4
8	9			4				7
		3		5	9			
					2			

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Answer to Previous Sudoku

2	6	1	5	9	8	7	3	4
8	5	3	4	7	6	2	9	1
9	7	4	1	3	2	5	8	6
3	1	6	7	8	4	9	2	5
5	9	7	2	6	1	8	4	3
4	2	8	9	5	3	6	1	7
6	4	2	8	1	5	3	7	9
7	8	5	3	4	9	1	6	2
1	3	9	6	2	7	4	5	8

CROSSWORD PUZZLE

ACROSS

- Noun-forming (suf.)
- Cry
- Languish
- "Arabian Nights" dervish
- Harem room
- Swami
- Anta
- Adjective-forming (suf.)
- Cheer
- Afr. gazelle
- Agent (abbr.)
- Irish church
- Misplaced
- Card-reader's card
- Lead telluride
- Heb. measure
- Federal Aviation Admin. (abbr.)
- Letters sound
- Two-footed
- Ionian island
- Track

DOWN

- Small goby
- Norse mythical hero
- Victory site of Nelson
- To be announced (abbr.)
- Yuccalike plant
- Polish border
- Ten decibels
- Fetish
- State (Ger.)
- Storage place
- Onionlike plant
- Cuban dance
- Jewelry setting
- Poetic contraction
- City in Judah
- Eng. statesman
- Electric reluctance unit
- Love of Abie

ANSWER TO PREVIOUS PUZZLE

U	N	C	A	S	H	B	O	L	I	E	
G	E	O	D	E	E	L	M	U	N	S	
L	I	M	A	N	D	E	A	I	N		
I	N	B	R	E	D	A	S	T	U	T	
					C	A	C	T	U	S	
C	B	S	A	D	A	M	A	C	A	W	
A	R	I	A	A	B	E	R	A	G	A	
B	O	C	C	A	E	Y	E	B	A	C	
					E	G	E	R	A	N	
L	E	V	A	N	T	S	T	A	P	L	E
A	L	A	E	A	N	E	L	I	O	T	
W	B	N	A	A	R	N	A	N	N	A	
N	A	E	U	C	A	T	E	K	E	L	

1	2	3	4	5	6	7	8	9	10	11	
12					13			14			
15				16				17			
18				19			20		21		
22											
25	26	27			28				29	30	
31				32				33			
34				35			36				
		37				38					
39	40			41	42				43	44	45
46			47		48				49		
50					51				52		
53					54				55		