

THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 8, NO. 7, JULY 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 508-799-1200.

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

**MEET & GREET ARTIST MARC LAPIERRE
EXHIBIT: LIGHTHOUSES OF AMERICA AND
BEYOND, RECEPTION**

Tuesday, July 10 • 11-1 pm

**SPEND THE DAY AT THE
WORCESTER SENIOR CENTER!**

**FALLS PREVENTION BINGO
WITH WSC SENIOR SERVICE STAFF**

July 11 • 10-10:30 am
PRIZES!!!!

DISTINGUISHED SPEAKER SERIES...
CONTINUES WITH Distinguished Speaker Series
with Dr. Theresa Khoury, RN, DNP, Worcester
State University, Assist. Prof., Dept. of Nursing

**SUMMER CONCERT
THE REMINISANTS**

Wednesday, July 11 • 12:30-1:30 pm

**PERFORMANCE BY
SINGER JANINE ANDREWS**

Wednesday, July 25 • 12:30-1:30 pm



Seedling Exchange with REC



Dale Lepage entertains at
the Volunteer Recognition
Luncheon



National Grid Customer Service Expo



Lynne McKenney-Lydick
& Thomas Lydick
performing To My Dearest:
Civil War Letters of George
& Emily Ward

WORCESTER SENIOR CENTER PRESENTS

THE SENIOR SCOOP

taking you in new directions



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articles and information that matters!**

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- 4 July Programs & Events
- 4 Friday Flick Movies
- 5 Featured Programs
- 6 Health & Wellness Programs
- 6 Computer Classes
- 7 Continuing Programs & Activities
- 8 Services
- 9 Noticias De Nuestro Programa de la Tercera Edad
- 9 Tin tức bằng tiếng Việt
- 10 Dining Around Town
- 11 Meal Menu Calendar
- 12-13 Program Calendar
- 14 RSVP & More
- 14 Friends Information
- 15 Friends Trips
- 16 Brain Games



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 508-799-1231 or ADA Coordinator disabilities@worchesterma.gov.

WORCESTER SENIOR CENTER

128 Providence Street, Worcester, MA. 01604

PHONE: **508-799-1232**

FAX: 508-799-1743

WEBSITE: **www.worcesterma.gov/seniorcenter**

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:

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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.



Latino Elder Group volunteers enjoy the volunteer luncheon



Gloria & Elvis



Lyme Disease Program



WPI Prof Gillian Smith shows seniors how computer science can be used to create her quilting-based board game



Chinese Elder group thank student volunteer



Celebrating Mother's Day

CRIBBAGE TOURNAMENT

Monday, July 2 • 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.

THE LIBRARIANS ARE COMING

Tuesday, July 10 • 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.

MONTHLY CRAFT CLASS

Monday, July 9 • 10-11:30 am
\$3.00.
 Call 508-799-1232 to register.
Project:
Patriotic Wreath
 \$3.00 fee per craft, all supplies included. Call 508-799-1232 to register. Space is limited.



OIL PAINTING WITH DARRELL CROW

Thursday, July 12 • 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: **Ebb Tide**. A 1/2 hr. break provided for lunch. Register by calling 508-799-1232.



PITCH TOURNAMENTS

Mon., July 9, 16, 23 & 30 • 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.

MAKE A TEACUP BIRD FEEDER

Tuesday, July 17 • 10-11 am
 Sponsored by Harmony Staffing & Homemaking Agency. Call 508-799-1232 to register. Limit 20.



COLORING ISN'T JUST FOR KIDS!

Friday, July 6 & 20 • 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, July 18 • 1-2 & 2-3 pm
 Make and take home a **Summer Arrangement**. \$12 fee to be paid at the time of the class. Sign up at the front desk or call 508-799-1232.

COFFEE CLUB WITH LISA CASILLO

Wednesday, July 18 • 10:30-11:30 am
 Learn about the market with a free cup of coffee and donuts. Discuss current updates on the market. Call 508-799-1232 or stop by the front desk to sign up.

BOOK DISCUSSION

Thursday, July 19 • 1-2 pm.
 New members are always welcome! We are reading *The Mists of Avalon* by Marion Zimmer Bradley. In Zimmer Bradley's masterpiece, we see the tumult and adventures of Camelot's court through the eyes of the women who bolstered the king's rise and schemed for his fall. From their childhoods through the ultimate fulfillment of their destinies, we follow these women and the diverse cast of characters that surrounds them as the great Arthurian epic unfolds stunningly before us. In August we are reading *The Address* by Fiona Davis.

NEIGHBORHOOD CRIME WATCH MEETING & MED TAKE BACK BIN WITH WPD

Monday, July 23 • 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, July 24 • 2-3 pm

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

Red Sox Day and "Elvis" crooning away...thanks to Friends of Worcester's Senior Center.

COMING IN AUGUST

- Summer Concert Series sponsored by Harvard Pilgrim Health Care **Matty Bernier Forever Young Show** **Wednesday, August 8 • 12:30-1:30 pm**
- Former Telegram and Gazette Journalist **Diane Williamson**, **Wed. August 8 • 10:30-11:30 am**
- AnnMarie and Ice **Mon. August 13 • 12:30-1:30 pm**

FREE LEARNING ITALIAN WITH ELIO SONSINI

Mondays • 1:30-2:30 pm
NEW Please register for this program by calling 508-799-1232.



SENIOR CENTER FRIDAY FLICKS

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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

**MEET & GREET ARTIST MARC LAPIERRE
EXHIBIT: LIGHTHOUSES OF AMERICA AND
BEYOND, RECEPTION**

Tuesday, July 10 • 11-1 pm

A Worcester native and graduate of St Peter's High School, Marc sailed his 26' sloop recreationally throughout New England for a number of years, where he realized the importance and beauty of lighthouses, which led him to replicate them from his photo into beautiful paintings.



**PERFORMANCE BY SINGER
JANINE ANDREWS**

Wednesday, July 25 • 12:30-1:30 pm

Singer Janine Andrews performs a crowd pleasing selection of songs from the Great American Songbook. She is an energetic, interactive performer and a favorite among seniors. Call 508-799-1232 to sign up.



**SUMMER CONCERT
SPONSORED BY:**



**SPEND THE DAY AT THE
WORCESTER SENIOR CENTER!**

**FALLS PREVENTION BINGO WITH
WSC SENIOR SERVICE STAFF**
July 11 • 10-10:30 am

PRIZES!!!!

**DISTINGUISHED SPEAKER SERIES...
CONTINUES WITH DR. THERESA KHOURY, RN, DNP,**
Worcester State University, Assist. Prof. Dept. of Nursing
July 11 • 10:30-11:30 am

How to Put Fall Prevention Strategies into Practice. Learn about *STEADI FALL* assessments developed in response to this growing health threat.

*STEADI FALL ASSESSMENTS WILL BE COMING
TO THE WSC IN SEPTEMBER, Sign up today!*

Lunch is sponsored by: **Century Homecare**
Call 508-852-3205 ext. 290 to make your reservation.



**SUMMER CONCERT
THE REMINISANTS**

Wednesday, July 11 • 12:30-1:30 pm

The Reminisants have been entertaining audiences of all ages throughout New England since 1973. The band specializes in music from the 1950's through the 90's, playing a collection of great music for all kinds of musical tastes and generations.



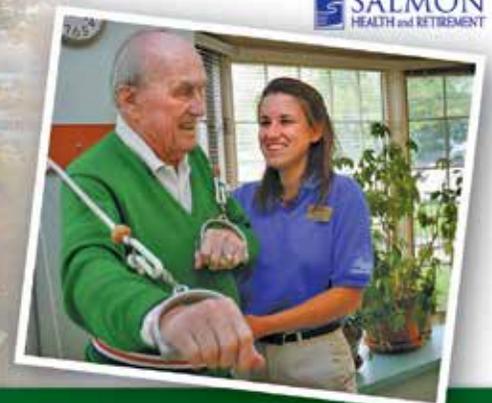
- Boston's Best Oldies and Request Band!

**SUMMER CONCERT
SPONSORED BY:**



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SALMON
HEALTH and RETIREMENT



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WWW.SALMONHEALTH.COM

VISITING DENTAL ASSOCIATES OF CENTRAL MA

Friday, July 13 • 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.

MOSQUITO - BORNE DISEASE PRESENTATION

Wed. July 25 • 10:30-11:30 am

Located in Northborough, the Central Massachusetts Mosquito Control Project (CMMCP) has been helping protect the public from mosquitoes and the diseases they carry since 1973. Learn about basic mosquito biology, risk factors, disease information, and prevention strategies geared toward older adults. CMMCP activities will also be discussed. Informational handouts and mosquito repellent samples will also be available. Presented by Frank Cornine, Staff Biologist at CMMCP.



COMING IN AUGUST HEALTH

- **Meet and Greet Amelia Houghton, RN, Worcester Department of Public Health, WSC part time nurse**
Fri. August 10 • 10:30-11:30 am
- **Hearing Talk and Screening with Mass Hearing**
Wed. August 15 • 9:30 am-12 noon.

JULY SAFETY TIP

Stay indoors during extreme heat. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.



TAI CHI FOR HEALTHY AGING

This evidence-based workshop focuses on preventing falls and improving balance through regular practice of Tai Chi. Participants will learn eight single forms, all of which are derived from the traditional, well known, 24-form Yang Style Tai Chi. The forms are tailored to older adults who wish to improve balance and mobility, and consequently reduce the risk of falling. Performance of Tai Chi movements is also closely coordinated with natural breathing and stress reduction.

No prior experience required. This **FREE** program is conducted for three consecutive 8 week sessions. **1 hour class held twice a week, Mondays & Fridays, 2:30 - 3:30pm, Module 2 starts August 13th.** Class dates: 8/13, 8/17, 8/20, 8/24, 8/27, 8/31, 9/7, 9/10, 9/14, 9/17, 9/21, 9/24, 9/28, 10/1 and 10/5.

Space is limited. Registration is required. Stop by the Front Desk or call 508-799-1232 to sign up.

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 MOBILE MARKET FRESH SUMMER FRUIT, VEGETABLES AND MORE!!
Thursdays 8:30-10 am



JOIN AARP MASSACHUSETTS FOR A FREE SHREDDING EVENT

When: Saturday, July 14, 2018
Free Shredding: 11:00 am-2:00 pm

Where: Worcester Technical High School
1 Skyline Dr., Worcester, MA 01605

Services are free of charge and open to the public, and all shredding is done on-site from 11- 2 pm Limit 5 boxes.

Non-perishable food donations accepted.

Registration is requested, but not required.

For more info and to register:
call 1-877-926-8300 or
aarp.cvent.com/July14Worcester

?? COMPUTER QUESTIONS ??

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 508-799-8071 and 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.

Heatstroke Awareness and Prevention

What is heatstroke?

Heatstroke occurs when the body fails to regulate its own temperature and body temperature continues to rise, often to 105°F (40.6°C) or higher.

What are the signs of rapidly progressing heatstroke?

- * Unconsciousness for longer than a few seconds.
- * Convulsion (seizure).
- * Signs of moderate to severe difficulty breathing.
- * A rectal temperature over 104°F (40°C) after exposure to a hot environment.
- * Confusion, severe restlessness, or anxiety.
- * Fast heart rate.
- * Sweating that may be heavy or may have stopped.
- * Skin that may be red, hot, and dry, even in the armpits.
- * Severe vomiting and diarrhea.

How is heatstroke prevented?

Drink plenty of fluids, wear light colored-loose fitting clothing, avoid strenuous activities, seek a cooler environment, take extra precautions with certain medications, and avoid being inside a hot car.

If you or someone else may be suffering from heatstroke, call 911 or other emergency medical service then follow these first aid steps:

- * Move the person into a cool place, out of direct sunlight.
- * Remove the person's unnecessary clothing, and place the person on his or her side to expose as much skin surface to the air as possible.
- * Cool the person's entire body by sponging or spraying cool water, and fan the person to lower the body temperature.
- * Apply ice packs to the groin, neck, and armpits, where large blood vessels lie close to the skin surface. Do not immerse the person in an ice bath.
- * Do not give aspirin or acetaminophen to reduce a high body temperature that can occur with heatstroke. These medicines may cause problems because of the body's response to heatstroke.
- * If the person is awake and alert enough to swallow, give the person fluids for hydration. Most people with heatstroke have an altered level of consciousness and cannot safely be given fluids to drink. Make sure the person is sitting up enough so that he or she does not choke.



The Answer to Clear and Easy Phone Conversations

If you have difficulty using a standard telephone, MassRelay has the solution you've been looking for. Whether you are deaf, hard of hearing, deaf-blind or have difficulty speaking, there is a free and confidential relay service that will fit your need.

Captioned Telephone (CapTel®) lets you speak to friends and family over the phone and listen to their responses, while reading word-for-word captions on an easy-to-read screen.

Text Telephone (TTY) lets you type your side of the conversation and read the other person's responses.

Speech-to-Speech (STS) features a specially trained Operator who will revoice your words as needed for improved clarity while you speak and listen through the phone.

Hearing Carry Over (HCO) lets you listen to your phone conversation and type your responses for an Operator to voice to the other person.

Voice Carry Over (VCO) lets you speak to friends and family and read their responses on the phone's screen.

Deaf-Blind Service (DBS) allows you to type your messages and read the other person's responses on a braille display.

Spanish Relay features a Spanish-speaking Operator trained to relay your conversation in any call type.

CapTel® is a registered trademark of Ultratec, Inc.



MassRelay
Let's talk.

To learn more about MassRelay, visit Mass.gov/MassRelay or call us: 800.720.3480 (TTY) | 800.720.3479 (Voice)

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
- Gordon Creamer, Organ Player: Wednesdays, 11:30 am-Noon
- Adult Coloring: 1st & 3rd Fridays of the month

LEARN SOMETHING NEW

- Chinese Mandarin: Fri. 12:30-2 pm, Call Mr. Cao at 508-799-8069
- 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
- ESL for Arabic: 1st & 3rd Tuesdays, 10-11:30 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: Tuesdays & Thursdays, 10-11 am
- Walking Club: Thursdays, 9-12 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 Chi with Master Keenan: 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 Tuesday & 3rd Tuesday 10:30-12 pm
- Latino Club 60+: Mondays & Fridays 9:30-11:30 am
- Albanian Elder Group: Tuesdays & Thursdays 11-11:45 am

SUPPORT SERVICES

Advocacy, information services and application assistance:

call 508-799-1233, or 508-799-8067, or 508-799-8030 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 508-799-1233 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.

Big Book Step Study

Meeting Fridays 12-1:30 pm. For more info call Doreen K. at 508-981-8436.

FALL INTO HEALTHY HABITS WITH QCC'S DIETARY MANAGEMENT PROGRAM'S FRIDAY TAKE OUT

The Quinsigamond Community College's Dietary Management Program is offering a **Friday Home Meal Replacement**. The program offers meals every Friday throughout the month. Here is your opportunity to enjoy a fresh and nutritious meal prepared for you to enjoy in your own home. We are open to the public and we offer ready meals for pick up at Bobby M's Diner, **Fridays, 12-3 pm**.



We encourage participants to make reservations in advance, in order for us to prepare adequate amounts; students can learn to plan & budget meals more effectively and help keep food costs down, so savings can be passed onto you! Please contact Rebecca King or Brandi Manca @ Bobby M's with any questions regarding the menu and/or make reservations. Meals** are **\$5.00 flat rate** and reservations are strongly recommended for a guaranteed meal. Walk-ins will be first come, first serve!!! **(508) 799-8068**.

**meals are packed in Eco-Friendly containers, microwave safe & labeled with all ingredients (with allergy awareness), reheat instructions & meals are dated with a five day expiration for food safety.

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.prescriptionadvantagemg.org.

REMEMBER!! NEW MEDICARE CARDS ARE COMING

We want everyone to remember you will be getting a new Medicare Card between now and April 2019, Medicare will be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity. You'll get a new randomly selected Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information when your new card is mailed. **A couple of things to point out—If you change your address be sure to notify Social Security promptly so your new card can be mailed to the correct address. Also, beware of anyone who contacts you about your new Medicare card, Medicare will not ask you to give them personal or private information to get your new Medicare Number and card. We will keep you posted on the mailing schedule, as of now Massachusetts beneficiaries will get their new cards sometime after June 2018.**

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 **July 12:** Vermicelli with Crunchy Shreds (Bún bì Chay) (Crunchy shredded roots and tofu served with vermicelli, cucumber, tomato, lettuce & hot and sour sauce).

TRANSPORTATION

For information and assistance, visit or call Senior Center Client Advocates: Linda (508-799-1233), Yung (508-799-8067) or Lindita (508-799-8030).

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.



MEMORY CAFE - Tuesday, July 17 • 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.



CHINESE MANDARIN CLUB

Drop in Fridays, 12:30-1:30 pm
Share your knowledge, exchange experiences, and discuss various topics of the Chinese language and culture with Chinese natives. Hosted by Mandarin/English bilingual students from Clark University. All levels of understanding and experience about Chinese Mandarin are welcome.

CHINESE ELDER PROGRAM EVERY FRIDAY:

9 AM Exercise & Breakfast with tea
10 AM ESL class
11 AM Lunch
12:30 PM Chinese Mandarin class

Contact Wei Shi 508-799-8072
shiw@Worcesterma.gov (Chinese)
or Yung Phan 508-799-8067 /
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：
508-799-8072、
電子郵件：shiw@Worcesterma.gov
或與Yung Phan 聯係（英文）：電
話：508-799-8067、電子郵件：
PhanD@Worcester.gov

TƯỢNG NỮ THẦN TỰ DO

Nhân dịp Lễ Độc Lập Hoa Kỳ ngày 4 tháng 7, hãy tìm hiểu đôi nét về biểu tượng nổi tiếng này.

Đối với hầu hết người Mỹ, tượng Nữ thần Tự Do (Lady Liberty hoặc Statue of Liberty) tượng trưng cho hy vọng và hứa hẹn cho tất cả mọi người di cư vào đất Mỹ.

Bài thơ sau đây được khắc trên tấm bảng cảm trong bàn tay trái của Nữ thần, diễn tả điều đó:

Hãy cho tôi sự mệt mỏi của bạn,
Hãy cho tôi sự nghèo túng của bạn,
Hãy cho tôi đồng lộn xộn của bạn
Và sự khao khát được thở tự do của bạn.
Hãy để những kẻ tệ bạc
từ chối bạn đến bờ thừa thãi.
Hãy gửi những người bị từ chối đó,
những kẻ vô gia cư, tả tơi đó cho tôi.
Tôi luôn giơ cao đuốc bên cánh cửa vàng!



Tượng Nữ thần Tự do làm bằng đồng đúc, dày 2,4mm, cao gần 93 mét (305 feet) tương đương với tòa cao ốc 22 tầng. Ngọn đuốc tượng trưng cho sự bừng tỉnh, mang ý nghĩa soi sáng cho thế giới khai ngộ.

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ستتم الاجتماعات الشهرية كالتالي:
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من الساعة : 12:30 10:30
للاستفسار الرجاء الاتصال :
ورد
(774) 314-5756
Arabic Elder Group

LATINO CLUB 60+
Mondays & Fridays, 9:30-11:30 am
Contact Lindita Taka, Club 60+ Latino Elder Group Coordinator
508-799-8030 for more information about the program.

EL CLUB LATINO 60+
Los lunes y Viernes
Para más información, puede comunicarse con Lindita Taka, a 508-799-8030.

VOLUNTEER OPPORTUNITY

The Worcester Senior Center is seeking an ESL teacher, Monday mornings, weekly. Call Lindita Taka at 508-799-8030 for further information.

Chinese Mandarin Lessons

is taking a break. The class will resume in October. For any questions or more information on the schedule please contact the Chinese Elder Group Coordinator Wei Shi at ShiW@worcesterma.gov or call 508-799-1232.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Italian Braised Beef 2 Steamed Rice Broccoli & Red Peppers Pineapple Fortune Cookie Alternate: SOUP DU JOUR RANCH CHICKEN SALAD w/ BACON	Hot Dog on Bun 3 Baked Beans Coleslaw Strawberries & Blueberries w/Whipped Topping Alternate: SOUP DU JOUR EGG SALAD	Holiday 4 No Meals Served	Chicken Cacciatore 5 Gemelli Pasta Italian Blend Vegetables Chocolate Mousse Salad & Dressing Alternate: SOUP DU JOUR SLICED TURKEY	Potato Crunch Fish 6 Lemon Seasoned Potato Peas & Mushrooms Peach Crisp Diet=Applesauce Alternate: SOUP DU JOUR N.Y. PASTRAMI
Turkey Supreme 9 Wild Rice Country Blend Vegetables Mandarin Oranges Alternate: SOUP DU JOUR CHICKEN SALAD	Baked Potato w/ Chili & Cheese 10 Mixed Vegetables Sour Cream Cookies (Lorna Doones) Alternate: SOUP DU JOUR HAM SALAD	Chicken Mornay 11 Couscous Roman Blend Vegetables Apple Streusel Cake Diet = Small Piece Alternate: SOUP DU JOUR SLICED ROAST BEEF	Meatloaf & Gravy 12 Sour Cream & Chive Mashed Potatoes Glazed Carrots Mixed Fruit Alternate: SOUP DU JOUR TURKEY SALAD	Macaroni & Cheese 13 Stewed Tomatoes Green Beans Fresh Fruit Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD
Swedish Meatballs 16 Mashed Potatoes Scandinavian Vegetables Butterscotch Pudding Diet Pudding Alternate: SOUP DU JOUR ALBACORE TUNA SALAD	Pork Rib-i-que 17 Sweet Potatoes Corn Niblets Fresh Melon Alternate: SOUP DU JOUR CHICKEN FILET w/RANCH	Sloppy Joe 18 Potato Wedges Summer Blend Vegetables Pineapple Wheat Bun Alternate: SOUP DU JOUR TURKEY CAPE COD	Catch of the Day 19 Lemon Seasoned Rice Roman Blend Vegetables Brownie Diet=Plain Cake Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD	Buttermilk Chicken 20 Red Bliss Potatoes Mixed Vegetables Pear Crisp Diet = Peas Alternate: SOUP DU JOUR CORNED BEEF
Stuffed Pepper 23 Casserole Mashed Potatoes Carrots Peaches Alternate: SOUP DU JOUR EGG SALAD	Burger w/Chili & Cheese 24 Sweet Potato Fries Cucumber & Tomato Salad Cookies Alternate: SOUP DU JOUR TURKEY SALAD	Roast Turkey 25 Cranberry Stuffing California Blend Vegetables Gingerbread w/Topping Diet=Small Piece Alternate: SOUP DU JOUR N.Y. PASTRAMI	Garlic Herbed Chicken 26 Potatoes Au Gratin Green Beans Birthday Cake Diet=Plain Cake Alternate: SOUP DU JOUR HAM SALAD	Breaded Fish 27 Tartar Sauce Potato Wedges Mixed Vegetables Baked Cinnamon Pears Alternate: SOUP DU JOUR SLICED ROAST BEEF
American Chop Suey 25 Broccoli Bread Pudding Salad & Dressing Alternate: SOUP DU JOUR CHICKEN SALAD	Shepherd's Pie 31 Carrots Peas Lemon Pudding Diet = Tapioca Alternate: SOUP DU JOUR ALBACORE TUNA SALAD	MENUS SUBJECT TO CHANGE. * Diabetic Friendly ** Higher Sodium Entree		Lunches are at 11:45 am. \$2.50 suggested donation. Call 508-852-3205 ext. 290 between 9 & 1 pm at least 2 days in advance by 10:30 a.m. to reserve a meal.



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 YOUR PARTNERS IN CARE

MONDAY		TUESDAY		WEDNESDAY		
<p>9-11:30 CRIBBAGE TOURNAMENT 9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-10:30 TAI CHI FHA (Vietnamese) 9:30-11:30 Latino Club 60+ 10-11:30 BP Clinic by Home Care Solutions 10-11:30 Yoga for the Active Senior 10-12 Cribbage</p>	<p>10-1 Scrabble 11-12 Spanish Class 12-2 QUILTING FOR THE BLIND 12:30-1:30 Beginner Spanish 12:30-1:30 ZUMBA GOLD 1-3 HAPPY QUILTERS 1:30-2:30 LEARNING ITALIAN</p>	<p>2</p>	<p>9-10 Aerobics 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10:30-12 Arabic Elder Group 11-11:45 Albanian 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</p>	<p>2-3:30 Radio Show</p>	<p>3</p>	<p>Closed Independence Day</p>
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-10:30 TAI CHI FHA (Vietnamese) 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 10-11 BP Clinic by Overlook VNA 10-11:30 MONTHLY CRAFT CLASS 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 Beginner Spanish</p>	<p>12:30-1:30 ZUMBA GOLD 1:30-2:30 LEARNING ITALIAN</p>	<p>9</p>	<p>9-10 Aerobics 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint 11-1 ARTIST RECEPTION 12-1 LIBRARY OUTREACH 12-1 Tai Chi practice group 12-3 SHINE Counselor -by Appt. Only 12:30-2 Sewing Class 2-3:30 Radio Show</p>	<p>10</p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-10:30 TAI CHI FHA (Vietnamese) 10-10:30 FALL PREVENTION BINGO 10-10:30 PETS AND PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-11:30 DISTINGUISHED SPEAKER SERIES 10:30-12:30 Open Bridge 12:30-1:30 SUMMER CONCERT SERIES 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch</p>	
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-10:30 TAI CHI FHA (Vietnamese) 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 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 ZUMBA GOLD</p>	<p>1-3 HAPPY QUILTERS 1:30-2:30 LEARNING ITALIAN</p>	<p>16</p>	<p>9-10 Aerobics 9:30-10:30 GLUCOSE TESTING BY CENTURY HOME CARE 10-11 Joe Fish Fitness 10-11 MAKE A TEACUP BIRD FEEDER 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10:30-12 Arabic Elder Group 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint. 12-1 Tai Chi practice group</p>	<p>12-3 SHINE Counselor -by Appt. Only 12:30-2 Sewing Class 2-3:30 MEMORY CAFÉ 2-3:30 Radio Show</p>	<p>17</p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-10:30 TAI CHI FHA (Vietnamese) 10-10:30 PETS AND PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-11:30 COFFEE CLUB 10:30-12:30 Open Bridge 12:30-2:30 Crochet & Knit for Fun 1-2 FLOWER ARRANGING 1-3 Pitch</p>
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-10:30 TAI CHI FHA (Vietnamese) 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</p>	<p>12:30-1:30 WPD NEIGHBORHOOD CRIME WATCH MEETING 12:30-1:30 ZUMBA GOLD 1:30-2:30 LEARNING ITALIAN 4-6 Commission Meeting</p>	<p>23</p>	<p>9-10 Aerobics 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 11-11:45 Albanian 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 LIBBY 2-3:30 Radio Show</p>	<p>24</p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-10:30 TAI CHI FHA (Vietnamese) 10-10:30 PETS AND PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-11:30 MOSQUITO-BORNE DISEASE PRESENTATION 10:30-12:30 Open Bridge 12:30-1:30 SUMMER CONCERT SERIES 12:30-2:30 Crochet & Knit for Fun</p>	
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 10-11:30 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 ZUMBA GOLD</p>	<p>1:30-2:30 LEARNING ITALIAN</p>	<p>30</p>	<p>9-10 Aerobics 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 RSVP-LETTER WRITING 11-11:45 Albanian 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</p>	<p>31</p>		

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 <p>4</p>	<p>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 9:30-12 RSVP-Blankets For Babies 10-11 BP Clinic by Walgreen's 10-11 Joe Fish Fitness 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only</p>	<p>10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group 5 11-11:45 Albanian Elder Group 1-3 Ping Pong 1-4 Friends BINGO</p>	<p>9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-9:45 LATINO ESL 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 ADULT COLORING 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH</p>	<p>11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1:30 Big Book Step Study 1-3 Card Playing 1-3 FRIDAY FLICK --"JUMANJI" 1-3:30 Watercolor/Mixed Media 6</p>
<p>1:30-3 Open Bridge 2-4 SHINE Counselor - by Appt. Only 3:30-4:30 Tai Chi with Master Kennan 11</p>	<p>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 9:30-12 RSVP-Blankets For Babies 10-11 BP 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</p>	<p>11-11:45 Albanian Elder Group 12 11:45-12:30 VEGETARIAN LUNCH (Reservation required) 1-3 Ping Pong 1-4 Friends BINGO</p>	<p>TRIP :FOXWOODS 9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-9:45 LATINO ESL 9:15-3 VISITING DENTAL ASSOC OF CENTRAL MA- by Appt Only 9:30-12:30 LEGAL CONSULTATION FOR SENIORS-APPT ONLY 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage</p>	<p>11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1:30 Big Book Step Study 1-3 Card Playing 1-3 FRIDAY FLICK --"THE GREATEST SHOWMAN" 1-3:30 Watercolor/Mixed Media 13</p>
<p>1:30-3 Open Bridge 2-3 FLOWER ARRANGING 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan 18</p>	<p>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 9:30-12 RSVP-Blankets For Babies 10-11 BP Clinic by Acclaim Whole Health 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</p>	<p>11-11:45 Albanian Elder Group 19 1-2 BOOK DISCUSSION CLUB 1-3 Ping Pong 1-4 Friends BINGO</p>	<p>9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-9:45 LATINO ESL 9:30-11:30 Latino Club 60+ 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 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint</p>	<p>12-1 Ballroom Dance 12-1:30 Big Book Step Study 1-3 Card Playing 1-3 FRIDAY FLICK--"JUST GETTING STARTED" 1-3:30 Watercolor/Mixed Media 20</p>
<p>1-3 Pitch 1:30-3 Open Bridge 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan 25</p>	<p>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 9:30-12 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</p>	<p>1-3 Ping Pong 1-4 Friends BINGO 26</p>	<p>TRIP: TRIBUTE TO FRANK SINATRA 9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-9:45 LATINO ESL 9:30-11:30 Latino Club 60+ 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</p>	<p>12-1:30 Big Book Step Study 1-3 Card Playing 1-3 FRIDAY FLICK --"BLEED FOR THIS" 1-3:30 Watercolor/Mixed Media 27</p>



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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.

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



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SEPTEMBER SPECTACULAR CALENDAR RAFFLE**

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Each day of **September**, you'll have a chance to win a **MINIMUM of \$100 in CASH!** A **\$10** ticket buys **THIRTY** chances to win, up to a total of **\$3,000 in prizes!**

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ENTER TODAY!

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Please mail your check to: **The Friends/128 Providence St, Box 3/ Worcester, MA 01604**, or stop by the Hargrove/Aslanian Friends office in person (where cash is also accepted).

PLEASE FILL OUT VOUCHER BELOW COMPLETELY and PRINT LEGIBLY.

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HOPES YOU'LL JOIN THE FRIENDS!**

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128 Providence St., Box 3
Worcester, MA 01604-5413
508-799-1200**

September Spectacular CALENDAR RAFFLE - RETURN THIS PORTION

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Address: _____

Phone: _____ Amount Enclosed: _____ (\$10 per ticket purchased)

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**September Spectacular
CALENDAR RAFFLE**

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DAY TRIPS

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Wednesday, August 15th	Newport Playhouse & Cabaret Restaurant	\$94.00/per person	Due by 7/1/18
Tuesday, Sept. 4th	Lobster Luncheon Buffet Cruise	\$95.00/per person	Due 8/1/2018
Wednesday, Oct. 24th	"Let Freedom Ring" Lunch & Show Sturbridge Host Hotel, - Lakeside Theater	\$79.00/ per person	Due 9/15/18
Wednesday, Nov.7th	"CRUISIN" thru the Fifties, Lunch at THE VENEZIA	\$94.00/per person	Due by 10/5/18
Wednesday, Dec. 12th	"A Country Christmas" Lunch & Entertainment at the Danversport Yacht Club	\$96.00/per person	Due by 11/5/18

OVERNIGHT TRIPS

Deposit required at time of reservation as listed on flyer

Depart: Sunday, August 26, 2018 Return: Monday, August 27, 2018	Saratoga Racing (2 days)	\$315.00/PP Dbl, \$305.00/PP Triple, \$415.00/PP Single FULL
Depart: Tuesday, September 4, 2018 Return: Friday, September 7, 2018	Niagara Falls (4 days/ 6 meals) PASSPORT NEEDED FOR THIS TRIP	\$798.00/PP Dbl, \$769.00/PP Triple, \$1088.00/PP Single \$100.00 DEPOSIT DUE w/reservation FINAL PAYMENT 7/20/18 FULL
NEW Depart: Monday, November 5 Return: Wednesday, November 7	Resorts Casino -- Atlantic City (3 days/2nights)	\$227.00/PP Dbl, \$223.00/PP Triple, \$317.00/PP Single \$50.00 DEPOSIT DUE by 8/29

FOXWOOD CASINO TRIPS

Price \$20.00 - Must be paid when making reservation

- Friday, July 13th
- Friday, Aug. 10th
- Friday, Sept. 7th
- Friday, October 5th
- Friday, Nov. 2nd
- Friday, Dec. 7th



THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 8, NO. 7, JULY 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.

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

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Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- Greek letter
- Eastern bishop's title
- Indian music
- Handle
- City on the Rhine
- Stench
- Camel hair cloth
- Trave
- Olive color
- Ger. dive bomber
- Witless chatter
- Boys' author
- Elide (2 words)
- Killer whale
- Buddhist column
- Nape
- All. Coast Conference (abbr.)
- Anatomy (abbr.)
- Channel islands
- Bless: Yidd.

DOWN

- Interpret
- Jap. pit viper
- Monkey
- Amer. Kennel Club (abbr.)
- Round Table knight
- Stigma
- Korean apricot
- Tropical fish
- "Fables in Slang" author

ANSWER TO PREVIOUS PUZZLE

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

1	2	3	4	5	6	7	8	9	10	11
12			13					14		
15			16				17			
18		19	20							
	21	22		23		24	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				
56			57			58				
59			60			61				