

# THE SENIOR SCOOP

*taking you in new directions*



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 9, NO. 1, JANUARY 2019

## 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

### Dear Worcester Senior Center Community,

As the New Year starts, our Center continues to grow and the magic continues to happen. So many people! So much fun and learning! So many opportunities for friendships and connection! The Senior Center's success comes with what my mother used to call "growing pains." Others might just call it "changes." Please watch for flyers and announcements about new offerings and systems which will impact programs and services including health, fitness, recreation and more. Thank you for your cooperation and support to maintain a safe and welcoming center for all.

Very best wishes for health and happiness in 2019 and always,

*Amy Waters,*  
Director

## 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**

**ARTIST RECEPTION**

Wed. January 9 • 10:30-11:45 am  
(Snow date: Wed. January 16th)

**DIANE ASHMORE AUTHOR OF  
"INSPIRATIONAL GIFTS FROM THE HEART"**

Wed. January 10 • 10:30-11:30 am

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

Wed. January 23 (Snow date: Wed. January 30th)

10:30-11:30 am

Distinguished Speaker Series Continues in 2019 with...  
Retired Mass Juvenile Court Chief Justice Martha Grace

11:45 am-12:30 pm  
ESWA Sponsored Lunch

12:30-1:30 pm

Start the year off with ELVIS! Robert Black returns...



Gary Rosen, City Councilor, talks baseball



City Manager Edward Augustus Jr. discusses future ballpark plans with Julian Pultorak



Dr. Charles Steinberg, President of the Worcester Red Sox talks about plans for the new ballpark

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

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
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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.



**RSVP Fraud Squad Players**



**ESWA Nutrition Program & Anthony Vigliotti get ready to serve Thanksgiving lunch**



**The Mayor serves Thanksgiving lunch**



**Diabetes Management Class graduates!**



**MCPHS/WSC Fall 2018 Community Service project with Amelia Houghton, RN, DPH**

**HERBERT E. BERG**

**FLOWER ARRANGING**

Wednesday, Jan 16 • 1-2 & 2-3 pm

Make and take home a **Beat the Winter Weather Blues arrangement**. \$12 fee to be paid at the time of the class. Sign up at the front desk or call 508-799-1232.

**WOOD BURNING CLASS**

Thursday, Jan. 10 & 24 • 12:30-1:30 pm

Learn how to wood burn with Dung Nguyen \$3.00 class fee. Tool & supplies included. Class size limited. Call 508-799-1232 to sign up.

**FREE DROP IN COLORING FUN**

Friday, Jan 11 • 10-11:30 am

**NEW** schedule, 2nd Friday of the month A great relaxation technique and its fun!!

**THE LIBRARIANS ARE COMING**

Tuesday, Jan. 8 • 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.

**OIL PAINTING WITH DARRELL CROW**

Thursday, Jan 10  
10 am-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: **Aurora Borealis**. A 1/2 hr. break provided for lunch. Register by calling 508-799-1232.



**NOTARY SERVICES OFFERED AT THE WSC**

Thursday, January 31 • 10-11:30 am

Meet Anthony J. Vigliotti, Attorney At Law, to have your documents notarized free of charge. A **notary** is a person licensed by the government to perform acts in legal affairs, in particular witnessing signatures on documents. First come first serve. Refreshments sponsored by **CareOne Millbury**. Please call 508-799-1232 for an appointment.



**BOOK DISCUSSION**

Thursday, Jan 17 • 1-2 pm.

**"The Necklace: A Novel"** by Claire McMillan.

Crisp as a gin martini, fresh as a twist of lime, The Necklace is the intelligent, intoxicating story of long-simmering family resentments and a young woman who inherits a secret much more valuable than a legendary necklace. In February we are reading **"New York"** by Edward Rutherford.

**"MY SOUL'S JOURNEY TO REDEFINE LEADERSHIP", AUTHOR TALK WITH VIRGINIA SWAIN**

Thurs. January 17 • 10:30-11:30 am  
Snow date: Thurs. January 24th

An ordinary woman with extraordinary experiences, Virginia Swain's soul journey led to 25 years in the United Nations training Reconciliation Leaders. After witnessing the World Trade Center tragedy first hand on September 11th, Virginia had a dream of a phoenix rising from ground zero-America's Soul-asking her to train American Reconciliation Leaders and begin America's Soul Community.



**NEIGHBORHOOD CRIME WATCH MEETING & MED TAKE BACK BIN WITH WPD**

Monday, January 28 • 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, Jan 22 • 2-3 pm

Great book selections and DVD's, Come check it out!!

**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**

A special Mahjong event, falls assessments, Halloween, drumming... something for everyone thanks to Friends of Worcester's Senior Center, Inc.

**COMING IN FEBRUARY**

- **Distinguished Speaker Series to continue with the Host of Hidden Treasures on WCCA TV, Bill Safer who has been buying and selling antiques 30 years.** Wed. Feb. 13, 10:30-11:30 am, Snow Date: Fri. Feb. 15th.
- **Valentine's Party with Jerome Riley, formerly of The Platters,** Wed. February 13, 12:30-1:30 pm, Snow Date: Fri. Feb. 15th.
- **Black History Month Program** Thursday, February 21st Snow Date: Thursday, Feb. 28th



**SENIOR CENTER FRIDAY FLICKS**

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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

**MONTHLY CRAFT CLASS WITH MAUREN CARLOS**

Monday, Jan. 14 • 10-11:30 am

**Project: Tissue holder mason jar.**

\$3.00 fee per craft, all supplies included. Call 508-799-1232 to register. Space is limited.





**ARTIST RECEPTION**

**Wed. January 9 • 10:30-11:45 am (Snow date: Wed. January 16th)**

Since 1980, Mr. Solomon has maintained a studio in Worcester where he continues to improve his understanding of drawing and painting the human figure at weekly sessions of the Worcester Life Drawing group, which he coordinates. He has, in addition, become a prolific plein air painter of the colorful, New England landscape in all seasons, including the depth of winter. Sid says, "A good portrait painter can paint anything."

Refreshments will be served.

*Art Exhibit: Mr. Solomon's art work can be viewed throughout January & February in the diner.*

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

**Wed. January 23 • 10:30-11:30 am**  
**Snow date: Wed. January 30th**

**DISTINGUISHED SPEAKER SERIES CONTINUES IN 2019 WITH JUDGE MARTHA GRACE...**

**10:30-11:30 am**

Retired Mass. Juvenile Court Chief Justice Martha P. Grace will talk to us about the United States Constitution which we often hear about in the news, especially the First, Second, Fourth, Fifth and Twenty-fifth Amendments, but do you really understand what they mean? And what about the rest of the Constitution? Come and be prepared to ask questions!



**11:45 am-12:30 pm ESWA Lunch sponsored by:**

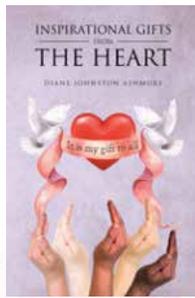
Call 508-799-8070 to make your reservation.



**Diane Ashmore Author of "Inspirational Gifts From the Heart"**

**Thursday, January 10 • 10:30-11:30 am**

Join published author, Diane Johnston Ashmore, a Christian mother, grandmother, and great-grandmother who writes from her heart. Her awe-inspiring poetry book touches upon the figurative meanings of various aspects and items in everyday life with a Christian perspective.



**12:30-1:30 pm**

**Start the year off with ELVIS!**

Robert Black returns...



**Goddard / Homestead**

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[www.goddardhomestead.org](http://www.goddardhomestead.org)



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

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

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

**VISITING DENTAL ASSOCIATES OF CENTRAL MA**

**Friday, Jan. 4 • 9:15-3 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**

**Mon. January 7 • 10-12:30 pm**

15 minute Reiki healing sessions with June House RN, Reiki Master. Reiki, a force energy, is a form of hands-on healing based on the belief system that all beings can heal themselves. Reiki healing works with all other medical or therapeutic techniques to relieve side effects and recovery from pain. \$10 fee to be paid at time of service. Call 508-799-1232 to sign up.

**6 WEEK SILVERSNEAKERS CLASSIC CLASS**

**Tues. Jan. 8th -Tues. Feb. 12th, 1:45 pm**

Join Rhonda Hamer, Personal Trainer, Senior Fitness Specialist, Silver Sneakers Flex Instructor and WSC Osteoporosis Prevention Instructor, for this 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, class can be modified depending on fitness levels. Please register at 508-799-1232. Limited to 20 pp. \$4 per class or free for SilverSneakers members.



**UNDERSTANDING ALZHEIMER'S & DEMENTIA**

**Fri. January 11 • 10:30-11:30 am**

**Snow date: Fi. January 18th**

The Alzheimer's Association will share about Alzheimer's Disease and other dementias, as well as risk factors, benefits of early detection, current research and treatments available to address some symptoms. Call 508-799-1232 to register.

**PODIATRY CLINIC**

**Tuesday, January 15 • 12:30-2:30 pm**

Appt. required. No walk-ins. Call 508-755-9573 beginning **January 2nd** to make your appt.

**GUIDED IMAGERY FOR RELAXATION AND STRESS RELIEF "A SECRET GARDEN"**

**Tuesday, January 15 • 10:30-11:30 am**

Cindy Clark, Guided Imagery Practitioner, activates the natural harmony between your mind and body as she takes you on a walk to a secret garden where all your senses are evoked. Be guided into a progressive relaxation of your entire body, releasing all negativity, stress and pain resulting in a refreshing sense of deep relaxation and inner peace. Call 508-799-1232 to register.

**LOW VISION REHABILITATION NETWORK (MA-LOVRNET)**

**Wed. January 30 • 10:30-11:30 am**

**Snow date: Wed. Feb • 6 10:30-11:30 am**

MA-LOVRNET is an initiative of the Lions of Massachusetts to identify and link resources to help individuals who are coping with low vision and vision loss typically caused by Macular Degeneration, Glaucoma, Diabetic Retinopathy or Cataracts. It's a cooperative network of eye specialists, professionals and Lions volunteers that aims to reduce the barriers to receiving appropriate and beneficial low vision rehabilitation services by those who would benefit from them. Please call 508-799-1232 to register for this program.



**JANUARY SAFETY TIP**

When it's cold outside, wear several layers of loose-fitting, lightweight, warm clothing rather than one layer of heavy clothing. Make sure your outer layer is tightly woven and windproof. Remember to wear clothing like **sweaters, boots, hats, gloves, and scarves.**

**NEW BLOOD PRESSURE CLINIC WITH AMELIA HOUGHTON, RN, DPH**  
**Tuesdays & Fridays, 9-11 am**

**FREE EXERCISE CLASSES with Rhonda Hamer**, Osteo Instructor, ACE Certified Personal Trainer, Certified Silver Sneakers Instructor. Classes held on a first come-first serve basis, 30pp. max. class size. Participants must sign in to class. Donations appreciated.

**Mon. & Fri. Seated Strength 1:30-2:15 pm Starts Monday, January 7th**  
Time to get pumped! Working towards strengthening muscles, work the whole body without ever leaving the chair. Think it can't be done? Come find out!

**Wed. Seated Core 1:30- 2:15pm Starts Wednesday, January 9th**  
Grab a chair and work your core without getting on the floor. We'll work on engaging the muscles that make up the core while seated or standing with the support of a chair. This class can help improve spinal stability, spinal mobility, flexibility and strength. Sponsored by Blue Cross Blue Shield of Massachusetts in partnership with Tivity Health.




508-852-2670 | 65 Briarwood Circle | Worcester, MA 01606  
www.briarwoodretirement.com

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www.knollwoodnursingcenter.com



**MINDFUL MEDITATION****Mondays, Jan. 7, 14 and 28 • 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.

**THE REGIONAL  
ENVIRONMENTAL  
COUNCIL'S WINTER  
MOBILE MARKET  
SCHEDULE:**
**Tuesdays & Thursdays  
9:30-11 am**
**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 &amp; 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 &amp; Knitting for Fun: Wednesdays at 12:30 pm

Adult Coloring: 1st &amp; 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. &amp; 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 &amp; Fridays 9:30-11:30 am

Albanian Elder Group: Tuesdays &amp; Thursdays 11-11:45 am

**COMPUTER OR TABLET ANSWERS**

Did you recently get a new laptop? Or a new tablet? You may have some questions about using it. Do you want simple answers to your questions? 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](mailto:ddunham@mabcommunity.org). Funded in part by the MCOA.



WSU Nursing students display  
Diabetes informational poster



Ed O'Connell COW Director of Veterans  
Services & Phil Madaio, Vietnam Veteran



Jr. ROTC Assabet Valley Tech HS cadets



Congratulations to Officer  
Sean Lovely on being named  
Grand Marshall of the  
St. Patrick's Day Parade 2019

## 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**. Meals every Friday of the month. Enjoy a fresh and nutritious meal. Meals ready for pick up at Bobby M's Diner, **Fridays, 12-3pm**. Cost **\$5.00**. Reservations recommended for a guaranteed meal. Walk-ins will be first come, first serve!!! **(508) 799-1232 ext. 48001**. Call or drop by Bobby M's to have any questions answered by Rebecca King or Brandi Manca.

## MEMORY CAFE

**Tuesday, Jan. 15 • 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**, 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. Funded in part by the MA Executive Office of Elder Affairs via the MA Association of Councils on Aging.



## REMINDER:

**The Paratransit Automated Fair Collection changes take effect January 2019.**

## 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.prescriptionadvantagem.org](http://www.prescriptionadvantagem.org).

## MEDICARE UPDATE MEETINGS

Check our website [www.shinema.org](http://www.shinema.org) for a list of our local meetings. *SHINE Volunteer:* Hazel Nourse.

**Appointment required**, call: 508-799-1232.

**You can also visit us on the internet at [www.shinema.org](http://www.shinema.org).**

**Information for Medicare Recipients** (from the Centers for Medicare and Medicaid Services)

## 2019 MEDICARE PART B PREMIUMS/ DEDUCTIBLES

Medicare Part B covers physician services, outpatient hospital services, certain home health services, durable medical equipment, and certain other medical and health services not covered by Medicare Part A. The standard monthly premium for Medicare Part B enrollees will be \$135.50 for 2019, an increase of \$1.50 from \$134 in 2018. An estimated 2 million Medicare beneficiaries (about 3.5%) will pay less than the full Part B standard monthly premium amount in 2019 due to the statutory hold harmless provision, which limits certain beneficiaries' increase in their Part B premium to be no greater than the increase in their Social Security benefits. The annual deductible for all Medicare Part B beneficiaries is \$185 in 2019, an increase of \$2 from the annual deductible \$183 in 2018. **If you are a Medicare recipient and you have questions about health insurance please call the senior center to schedule an appointment with a SHINE (Serving Health Insurance Needs of Everyone) Counselor or visit the SHINE Central Mass Website [www.shinema.org](http://www.shinema.org) for information and applications for various programs**

## 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 **Jan. 10th:** God's Rice Noodles (Gluten free) (Broccoli, snow peas, carrot, onion, curry sauce, cabbage, soy protein - served with rice noodles).

## 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.



## "TIME TO CARE"

### RESPITE DAY PROGRAM

**Tuesdays, 9:30 am-1:30 pm**

A program for individuals living with dementia and their caregivers. Participants will enjoy activities, lunch, and the company of their peers with trained staff. Caregivers will also enjoy a break from the stress of caregiving. Call the front desk at 508-799-1232 for more info.



لقاء المجموعة العربية  
ستتم الاجتماعات الشهرية كالتالي:  
اول و ثالث ثلاثاء من كل شهر  
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**  
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**  
**12:30 PM Chinese Mandarin class**  
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)  
與曹履成先生關係 (中文: 電話:  
508-799-1232 ext. 48012.  
電子郵件: shiw@Worcesterma.gov  
或與Yung Phan 關係 (英文):  
電話: 508-799-1232 ext. 48006、  
電子郵件: PhanD@Worcester.gov

**VIETNAMESE ELDER PROGRAM**  
Chương trình Cao niên Việt Nam sinh hoạt hàng tuần vào ngày thứ Năm, từ 9g sáng đến 12g30 gồm có:  
- Thể dục Dưỡng sinh hoặc Đi bộ - Họp mặt Cao niên với nhiều tin tức hay, mới, bổ ích  
- Thông dịch xem giấy tờ - Cơm trưa  
- Học tiếng Anh Căn bản  
Ngoài ra hàng tháng đều có An ninh Cộng đồng, Tư vấn Pháp lý, Cơm trưa Chay và nhiều sinh hoạt phong phú khác thích hợp với nhu cầu của người lớn tuổi. Có trợ giúp phương tiện vận chuyển.  
Để biết thêm chi tiết, xin liên hệ cô Yung Phan 508-799-1232 và bấm số 2 để nói bằng tiếng Việt hay gọi 508-799-1232 và xin đường dây phụ 48006. Email: PhanD@WorcesterMA.gov  
The Vietnamese Elderly Program runs weekly from 9:00AM to 12:30 PM.  
For more information, please contact Ms. Yung Phan at 508-799-1232 and dial 2 to speak in Vietnamese or call 508-799-1232 extension 48006.

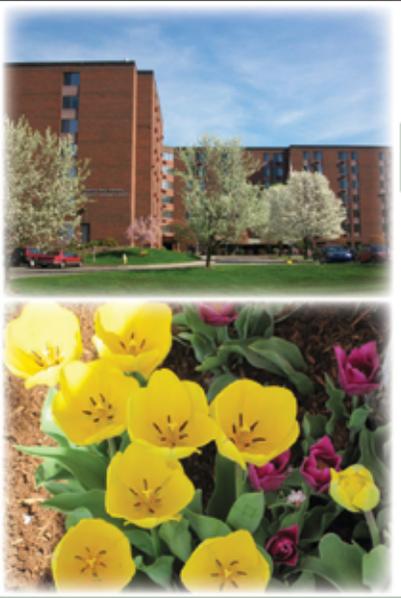
**NEW SENIOR CHALLENGE**  
**EXERCISE CLASS WITH JOE FISH**  
**Begins January 8th • Tuesdays & Thursdays, 10-10:50 am**  
**\$2 fee per person per class.**  
12-week program limited to the first 40 who sign up. Senior Challenge is for you if you want to improve your strength and fitness and make it easier to perform your activities of daily life. This class is a vigorous whole body workout that will include:  

- Upper and lower body strength training exercise using weights
- Walking drills and calisthenics to improve cardiovascular endurance.
- Range of Motion exercise using inflated balls.
- Fun Group Exercise games that will stimulate your mind and improve coordination.
- Relaxing seated yoga and stretching.

  
**NEW STAY ACTIVE AND INDEPENDENT FOR LIFE, (SAIL)**  
**Falls Prevention Class with Joe Fish**  
**Beginning January 8th, Tuesdays 11-12 pm**  
12-week program limited to the first 20 who sign up. There is no wait list. \$2 Donation appreciated. SAIL is for you if you have a history of falls or are concerned about your balance and falling. This class can be done seated or standing and consists of:  

- Fitness checks at the beginning and end of the 12 week program.
- Weighted upper and lower body exercises using hand and leg weights
- Fun Aerobic and walking exercises.
- Seated stretching, improve your strength, balance and overall fitness, which will help you to stay active and independent. SAIL works, its safe and its fun.

**\*\*You may sign up for only one class at the main desk or by calling 508-799-1232. Registration begins Wednesday, January 2nd at 9 am.**  

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or [cindy.skowyr@yahoo.com](mailto:cindy.skowyr@yahoo.com)



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MENUS SUBJECT TO CHANGE.</b> * Diabetic Friendly ** Higher Sodium Entree</p> 	<p><b>New Year's Day</b> 1 <b>No Meal Served</b></p>	<p><b>Meatloaf w/ Gravy</b> 2 Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit <b>Alternate:</b> SOUP DU JOUR SLICED HAM</p>	<p><b>Lemon Pepper Haddock</b> 3 Seasoned Potatoes Mixed Vegetables Streusel Cake Diet = Half Piece <b>Alternate:</b> SOUP DU JOUR SLICED TURKEY</p>	<p><b>Greek Chicken</b> 4 Herb Rice Roman Blend Vegetables Pear Crisp (COLD) Diet = Applesauce <b>Alternate:</b> SOUP DU JOUR N.Y. PASTRAMI</p>
<p><b>Teriyaki Beef</b> 7 Steamed Rice Broccoli Pineapple Fortune Cookie <b>Alternate:</b> SOUP DU JOUR CHICKEN SALAD</p>	<p><b>Vegetable Cheesecake</b> 8 Seasoned Potatoes Green Beans Yogurt <b>Alternate:</b> SOUP DU JOUR HAM SALAD</p>	<p><b>Chicken Milano</b> 9 Wild Rice Creamed Spinach Fresh Fruit <b>Alternate:</b> SOUP DU JOUR SLICED ROAST BEEF</p>	<p><b>Salisbury Steak w/ Gravy</b> 10 Garlic Mashed Potatoes Herbed Carrots Brownie Diet = Half Piece <b>Alternate:</b> SOUP DU JOUR TURKEY SALAD</p>	<p><b>Potato Crunch Fish</b> 11 Potatoes Au Gratin Roasted Beets Pears Tartar Sauce <b>Alternate:</b> SOUP DU JOUR CRANBERRY CHICKEN SALAD</p>
<p><b>Chicken Picatta</b> 14 Rice Pilaf Brussels Sprouts Lemon Pudding Diet = Diet Tapioca <b>Alternate:</b> SOUP DU JOUR ALBACORE TUNA SALAD</p>	<p><b>Meatballs w/ Onion Gravy</b> 15 Bowtie Pasta Scandinavian Vegetables Mandarin Oranges <b>Alternate:</b> SOUP DU JOUR CHICKEN FILET w/RANCH</p>	<p><b>Macaroni &amp; Cheese</b> 16 Stewed Tomatoes Green Beans Fruited Ambrosia <b>Alternate:</b> SOUP DU JOUR TURKEY CAPE COD</p>	<p><b>BBQ Chicken</b> 17 Mashed Potatoes Peas &amp; Carrots Fresh Fruit Garden Salad <b>Alternate:</b> SOUP DU JOUR CAESAR CHICKEN SALAD</p>	<p><b>Marinated Pork Loin</b> 18 Herbed Potatoes Carrots Gingerbread <b>Alternate:</b> SOUP DU JOUR CORNER BEEF</p>
<p><b>Martin Luther King</b> 21 <b>No Meal Served</b></p>	<p><b>Chicken Fajitas</b> 22 Spanish Rice Black Beans &amp; Corn Sour Cream Pineapple  <b>Alternate:</b> SOUP DU JOUR TURKEY SALAD</p>	<p><b>Roast Pork w/ Gravy</b> 23 Cranberry Stuffing California Vegetables Baked Apples (COLD)  <b>No Alt Served</b></p>	<p><b>Beef w/ Onions &amp; Peppers</b> 24 Potato Wedges Honey Glazed Carrots Birthday Cake Diet = Small Piece <b>Alternate:</b> SOUP DU JOUR HAM SALAD</p>	<p><b>Lasagna w/ Meatballs</b> 25 Country Blend Vegetables Fresh Fruit <b>Alternate:</b> SOUP DU JOUR SLICED ROAST BEEF</p>
<p><b>Beef Stew</b> 28 White Rice Corn Niblets Mandarin Oranges <b>Alternate:</b> SOUP DU JOUR CHICKEN SALAD</p>	<p><b>Buttermilk Chicken</b> 29 Bread Stuffing Mixed Vegetables Fresh Orange <b>Alternate:</b> SOUP DU JOUR ALBACORE TUNA SALAD</p>	<p><b>Baked Potato w/ Chili &amp; Cheese</b> 30 Broccoli Sour Cream Chocolate Mousse <b>Alternate:</b> SOUP DU JOUR CORNER BEEF</p>	<p><b>Hot Dog on Bun</b> 31 Baked Beans Coleslaw Strawberry Cup Mustard <b>Alternate:</b> SOUP DU JOUR EGG SALAD</p>	<p>Lunch is served at 11:45 am. Your \$2.50 donation is appreciated! 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>



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MONDAY		TUESDAY		WEDNESDAY	
		<p><b>CLOSED</b> <b>NEW YEARS DAY</b></p> 		<p><b>1</b></p> <p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 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 &amp; Knit for Fun 1-3 Pitch 1:30-3 Open Bridge</p>	
<p><b>9-1 BEGINNER SCRABBLE</b> 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 11-12 Spanish Class 12:30-1:30 Beginner Spanish 1-3 Happy Quilters 1:30-2:15 SEATED STRENGTH CLASS</p>	<p><b>1:30-2:30 LEARNING ITALIAN</b></p> <p><b>7</b></p>	<p>9-10 Aerobics - Cancelled <b>9-11 BP WITH DPH NURSE AMELIA</b> <b>9:30-11 WINTER MOBILE MARKET</b> <b>9:30-1:30 A TIME TO CARE</b> <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. <b>11-12 SAIL EXERCISE</b></p>	<p><b>12-1 LIBRARY OUTREACH</b> 12-1 Taijiquan Practice Group 12:30-2 Sewing Class <b>1-1:45 SILVER SNEAKERS</b> 2-3:30 Radio Show</p> <p><b>8</b></p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage <b>10:30-11:30 ARTIST RECEPTION</b> 10:30-12 Conversational English Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet &amp; Knit for Fun 1-3 Pitch</p>	
<p><b>9-1 BEGINNER SCRABBLE</b> 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 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 1-3 Happy Quilters 1:30-2:15 SEATED STRENGTH CLASS</p>	<p><b>1:30-2:30 LEARNING ITALIAN</b></p> <p><b>14</b></p>	<p>9-10 Aerobics - Cancelled <b>9-11 BP WITH DPH NURSE AMELIA</b> <b>9:30-10:30 GLUCOSE TESTING BY CENTURY HOME CARE</b> <b>9:30-11 WINTER MOBILE MARKET</b> <b>9:30-1:30 A TIME TO CARE</b> <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-11 Osteo Exercise/Maint. 10-12 Cribbage <b>10:30-11:30 GUIDED IMAGERY FOR RELAXATION</b></p>	<p>10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. <b>11-12 SAIL EXERCISE</b> 12-1 Taijiquan Practice Group 12:30-2 Sewing Class <b>12:30-2:30 PODIATRY CLINIC- BY APPT ONLY</b> <b>1-1:45 SILVER SNEAKERS</b> <b>2-3:30 MEMORY CAFE</b> 2-3:30 Radio Show</p> <p><b>15</b></p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 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 &amp; Knit for Fun <b>1-2 FLOWER ARRANGING</b> 1-3 Pitch <b>1:30-2:15 SEATED CORE CLASS</b></p>	
<p><b>CLOSED</b></p> <p><b>MLK JR DAY</b></p> 		<p><b>21</b></p>	<p>9-10 Aerobics - Cancelled <b>9-11 BP WITH DPH NURSE AMELIA</b> <b>9:30-11 WINTER MOBILE MARKET</b> <b>9:30-1:30 A TIME TO CARE</b> <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-11 Osteo Exercise/Maint. 10-12 Cribbage 11-12 Osteo Exercise/Maint. <b>11-12 SAIL EXERCISE</b> 12-1 Taijiquan Practice Group 12:30-2 Sewing Class</p>	<p><b>1-1:45 SILVER SNEAKERS</b> <b>2-3 LIBBY</b> 2-3:30 Radio Show</p> <p><b>22</b></p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage <b>10:30-11:30 DISTINGUISHED SPEAKER SERIES</b> 10:30-12 Conversational English Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class <b>12:30-1:30 ELVIS!!</b> 12:30-2:30 Crochet &amp; Knit for Fun</p>
<p><b>9-1 BEGINNER SCRABBLE</b> 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 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 Beginner Spanish <b>12:30 -1:30 WPD NEIGHBORHOOD CRIME WATCH MEETING</b> <b>1:30-2:15 SEATED STRENGTH CLASS</b> <b>1:30-2:30 LEARNING ITALIAN</b></p>	<p><b>28</b></p>	<p>9-10 Aerobics - Cancelled <b>9-11 BP WITH DPH NURSE AMELIA</b> <b>9:30-11 WINTER MOBILE MARKET</b> <b>9:30-1:30 A TIME TO CARE</b> <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-11 Osteo Exercise/Maint. 10-12 Cribbage <b>10-12 FALLON REPRESENTATIVE</b> 10-12 RSVP- Letter Writing 11-12 Osteo Exercise/Maint. <b>11-12 SAIL EXERCISE</b></p>	<p>12-1 Taijiquan Practice Group 12:30-2 Sewing Class <b>1-1:45 SILVER SNEAKERS</b> 2-3:30 Radio Show</p> <p><b>29</b></p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage <b>10:30-11:30 LOW VISION REHAB NETWORK</b> 10:30-12 Conversational English Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet &amp; Knit for Fun 1-3 Pitch</p>	





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DAY		THURSDAY		FRIDAY		
	<b>2</b>	9-10 Aerobics- <b>CANCELLED</b> 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL <b>9:30-11 WINTER MOBILE MARKET</b> 9:30-12 RSVP-Blankets For Babies 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group 1-3 Ping Pong <b>1-4 FRIENDS BINGO</b>	<b>3</b>	9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy- <b>CANCELLED</b> <b>9:15-9:45 EASY TAI CHI</b> <b>9:15-3 VISITING DENTAL ASSOC OF CENTRAL MA- by Appt Only</b> 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage <b>11-12 BEGINNER FRENCH</b>	<b>4</b>	11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 1-3 Card Playing <b>1-3 FRIDAY FLICK-"CRAZY RICH ASIANS"</b> 1-3:30 Watercolor/Mixed Media
<b>1:30-2:15 SEATED CORE CLASS</b> 1:30-3 Open Bridge	<b>9</b>	9-10 Aerobics 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL <b>9:30-11 WINTER MOBILE MARKET</b> 9:30-12 RSVP-Blankets For Babies <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group <b>10-2:30 OIL PAINTING</b>	<b>10</b>	<b>10:30-11:30 DIANE ASHMORE, AUTHOR</b> 10:30-11:30 Vietnamese Elder Group <b>11:45-12:30 VEGETARIAN LUNCH (Reservation required)</b> <b>12:30-1:30 WOOD BURNING CLASS</b> 1-3 Ping Pong <b>1-4 FRIENDS BINGO</b>	<b>11</b>	10-12 Cribbage <b>10:30-11:30 UNDERSTANDING ALZHEIMER'S &amp; DEMENTIA</b> <b>11-12 BEGINNER FRENCH</b> 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 1-3 Card Playing <b>1-3 FRIDAY FLICK - "OVERBOARD"</b> 1-3:30 Watercolor/Mixed Media <b>1:30-2:15 SEATED STRENGTH CLASS</b>
1:30-3 Open Bridge <b>2-3 FLOWER ARRANGING</b>	<b>16</b>	9-10 Aerobics 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL <b>9:30-11 WINTER MOBILE MARKET</b> 9:30-12 RSVP-Blankets For Babies <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group <b>10:30-11:30 AUTHOR TALK</b> 10:30-11:30 Vietnamese Elder Group	<b>17</b>	<b>1-2 BOOK DISCUSSION CLUB</b> 1-3 Ping Pong <b>1-4 FRIENDS BINGO</b>	<b>18</b>	1-3 Card Playing <b>1-3 FRIDAY FLICK -"DOUGH"</b> 1-3:30 Watercolor/Mixed Media <b>1:30-2:15 SEATED STRENGTH CLASS</b>
1-3 Pitch <b>1:30-2:15 SEATED CORE CLASS</b> 1:30-3 Open Bridge <b>2-4 AARP 50+ JOB SEEKERS</b>	<b>23</b>	9-10 Aerobics 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL <b>9:30-11 WINTER MOBILE MARKET</b> 9:30-12 RSVP-Blankets For Babies <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group	<b>24</b>	<b>12:30-1:30 WOOD BURNING CLASS</b> 1-3 Ping Pong <b>1-4 FRIENDS BINGO</b>	<b>25</b>	12-1 Ballroom Dance 1-3 Card Playing <b>1-3 FRIDAY FLICK - "ANT MAN &amp; THE WASP"</b> 1-3:30 Watercolor/Mixed Media <b>1:30-2:15 SEATED STRENGTH CLASS</b>
<b>1:30-2:15 SEATED CORE CLASS</b> 1:30-3 Open Bridge	<b>30</b>	9-10 Aerobics 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL <b>9:30-11 WINTER MOBILE MARKET</b> 9:30-12 RSVP-Blankets For Babies <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-11:30 Notary Public 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group	<b>31</b>	1-3 Ping Pong <b>1-4 FRIENDS BINGO</b>		



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**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](http://www.worcesterma.gov/boards-commissions) or call Jeannie at 508-799-1175. Applicants from under-represented groups in the City are encouraged to apply.

**SEPTEMBER CALENDAR RAFFLE 2018**

**WINNER COMPLIMENTS OF**

- |                          |   |
|--------------------------|---|
| 1 John McKenna           | Stephen Welch, Board Treasurer                                      |
| 2 David Massad           | FOWSC   |
| 3 Julia Tufano           | FOWSC/Bingo   |
| 4 Loretta Carroll        | FOWSC   |
| 5 Mary LaPlante          | Anonymous Board Member  |
| 6 Jean LaFond            | FOWSC   |
| 7 Patricia/Denis Meunier | Anonymous Board Member  |
| 8 Johanna Moquin         | Daviau Law Offices, Nicholas Daviau, Board Vice President           |
| 9 Grace Sposato          | Anonymous   |
| 10 Barbara Murphy        | FOWSC   |
| 11 Joyce Marcelonis      | Gary Rosen, Councilor at Large                                      |
| 12 Diane Blair           | John Monfredo/Diane Biancheria                                      |
| 13 Stephen Welch         | FOWSC   |
| 14 Sue Keller            | Holy Trinity Nursing & Rehab  |
| 15 Diane Donovan         | Holy Trinity Nursing & Rehab  |
| 16 Barbara Tully         | Stephanie Fattman, Register of Probate                              |
| 17 Nancy Zackaricz       | Paul DePalo, Candidate for Govenors Council                         |
| 18 Linda Horanzy         | Worcester City Mayor Joseph Petty                                   |
| 19 Stephen Dann          | State Senator Michael Moore   |
| 20 David E Knight        | State Senator Harriet Chandler                                      |
| 21 Lisa Williamson       | Candy Mero-Carlson, District 2 Councilor                            |
| 22 Carolyn Harvey        | George Russell, District 3 Councilor                                |
| 23 June Jurey            | Moe Bergman, Councilor at Large                                     |
| 24 Joseph Sama           | Ed Augustus, City Manager   |
| 25 Lee Pietrewicz        | Sherriff Lou Evangelides  |
| 26 Thirza Joost          | Kate Campanie, 17th Worc. District State Reprsentative              |
| 27 Donna Henry           | Daniel Donahue, Board Member Representative 16th Worcester District |
| 28 Robert Desimone       | Kate Toomey, Councilor at Large                                     |
| 29 Constance Montague    | District Attorney Joe Early, Jr.                                    |
| 30 Elisa Montalvo        | Sean Rose, District 1 Councilor                                     |

**A NEW YEAR TO VOLUNTEER**

*Become the change you wish to make, do not fear, become a Senior Companion Volunteer!!*

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
- You can volunteer in the home or at a participating facility
- Most importantly an opportunity to give back to your community through the Love of your volunteer efforts!!

Please call Joy Rehfeld @ 508-791-7783.

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



**50+ JOB SEEKERS REGIONAL NETWORKING GROUP!**



**NETWORKING WORKS!! Your AGE really is your EDGE!!**

**Wednesday, January 23 • 2 - 4 pm**

This Job Seekers Networking Group program offers support and assistance to people age 50 and older who are looking for a new job or career direction, reentering the workforce after an employment gap or their Second Act career after retirement.

New Topic at each biweekly meeting! Facilitated by an HR professional/career coach! Join us in a comfortable forum for 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**

**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



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



Atlantic City, NJ

**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

**Be the FIRST to order your NEW Worcester Senior Center Sweatshirt from the "FRIENDS". Five colors to choose from!**

**\$25 each**

**DAY TRIPS**

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

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
Tuesday, April 16th, 2019	The Glen Campbell Xperience Lunch & Entertainment at the Aqua Turf, Plantsville, CT	\$94.00/per person	
Sunday, May 19th, 2019	The Edwards Twins Brunch & Entertainment at Lake Pearl, Wrentham, MA	\$97.00/per person	
Wednesday, June 12th, 2019	"Viva Las Vegas" w/Mark Shelton as Elvis Luncheon Buffet & Entertainment at Indian Head, NH	\$88.00/per person	

**OVERNIGHT TRIPS**

**Deposit required at time of reservation as listed on flyer**

Depart: Tuesday, February 26, 2019 Return: Thursday, February 28, 2019	Atlantic City Special	Double \$219.00/pp, Triple \$215.00/pp Single 299.00/pp <b>\$50.00 deposit due by 12/26/18</b>
Depart: Sunday, July 21 Return: Monday, July 22	Hall of Fame Induction	Double \$377.00/pp Triple \$367.00/pp Single \$497.00/pp. <b>\$50.00 deposit due by 3/20/2019</b>
Depart: Wednesday, September 11, 2019 Return: Friday, September 13, 2019	Boothbay Harbor (3 days) Maine	Double \$496.00/pp, Triple \$486.00/pp Single \$696.00, Child \$386.00 (based on 2 adults in the room) <b>\$50.00 deposit due by 6/4/2019</b>

**FOXWOOD CASINO TRIPS**

Price \$20.00 - Must be paid when making reservation

- Friday, March 8, 2019
- Friday, May 3, 2019
- Friday, April 5, 2019

**DINE OUT**

**NO DINE OUT UNTIL SPRING - SEE YOU THEN!!!**

# THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES  
VOLUME 9, NO. 1, JANUARY 2019

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.

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

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### Answer to Previous Sudoku

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

## CROSSWORD PUZZLE

**ACROSS**

- David's commander
- Amyotrophic lateral sclerosis (abbr.)
- Vein (pref.)
- Irish poet
- Gamble
- Church vessel
- Peruvian relic
- Counter
- Rim
- Laughter sound
- Of flightless birds
- Towhead
- Sup
- Air-to-air missile (abbr.)
- Tilting; naut.
- Cyclades island
- Hebrew (abbr.)
- Gr. wine container
- Distribute
- General

**DOWN**

- Eight (Ger.)
- Wry face
- Wings
- Whatever

**ANSWER TO PREVIOUS PUZZLE**

BUD	GABI	PEDE
IHI	EBON	ERIE
BFA	METAL	DISK
	GAOL	ARCH
CLOUT	SAGO	
OONT	HUGE	PLO
MBA	MALAR	ROI
BEL	ALLO	COOL
	ACEA	GUPPY
	NOEL	SETH
NORSE	TALE	EAN
PACO	UPAS	SAI
SHAN	ROBT	YAK

**ACROSS**

- equivalency diploma (abbr.)
- Mulberry of India
- Expedition
- Secrets
- Rifle
- Amer. Automobile Assn. (abbr.)
- Self
- Forbidden
- Energy unit
- Freedom, briefly
- Happen
- Dutch
- Donkey (Fr.)
- Intervening, in law

**DOWN**

- One-celled organism
- Warp yarn
- Discover
- Street (Ital.)
- Son of Odin
- Vent
- Back of the neck
- King of Israel
- Distant (pref.)
- Last
- Electrocardiogram (abbr.)
- Eastern church chalice veil
- And
- Bantu language
- Spring
- Aviv
- Elam's capital
- Ice mass
- Low-grade brown sugar
- One-celled alga
- Dickens character
- Berne's river
- S. Afr. Boer assembly
- Herring barrel
- Sprint
- First principles
- Subject in grammar
- Gilt
- Laconian clan group

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			

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