

THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 8, NO. 8, AUGUST 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.

Worcester's Premier Senior Residential Care Facility



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SEE PG 5 FOR FEATURED PROGRAMS

SPEND THE DAY AT THE WORCESTER SENIOR CENTER!

Wednesday, August 8th

10:30-11:30 AM - DISTINGUISHED SPEAKER SERIES CONTINUES... welcoming Dianne Williamson, Retired Longtime Telegram and Gazette, Columnist

11:45 AM-12:30 PM - SPONSORED LUNCH

12:30-1:30 PM - SUMMER CONCERT SERIES CONTINUES... Matty Bernier Forever Young Show

MEET & GREET AMELIA HOUGHTON, RN, WORCESTER DEPARTMENT OF PUBLIC HEALTH

WSC Part Time Nurse

Friday, August 10 • 10:30-11:30 am

RED SOX Q & A WITH THE VOICE OF FENWAY PARK DICK FLAVIN

Monday, August 13 • 10:30-11:30 am

SUMMER CONCERT SERIES WITH ANMARIE AND ICE

Monday, August 13 • 12:30-1:30 pm



Dave Peterson GM Worcester Bravehearts



Nicholas Connors
Architectural
Watercolor Exhibition



The Walking Club hits Gaskill Field



Attorney & Author
Gerald F. Doherty,
They Were My Friends...
Jack, Bob and Ted
My Life in and Out of
Politics
with Diane Mahoney



Good Bye to Sandy Seale

WORCESTER SENIOR CENTER PRESENTS

THE SENIOR SCOOP

taking you in new directions



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

The City of Worcester does not discriminate in its programs & activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, physical or mental disability, pregnancy, race, religion, sex, sexual orientation, or veteran status, as applicable. The Division of Elder Affairs/Worcester Senior Center will provide auxiliary aids & services, written materials in alternative formats & reasonable modifications in policies & procedures to persons with disabilities upon advance request to: Operations Director 508-799-1231 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/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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| Fiscal, Contract & Data Assistant | Janet Bresnahan |
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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.



African American Elders farewell to Velma



Distinguished speaker Edward O'Connor, Veterans' Services Officer/Director



Parkinson's Choir of Central MA



Author, Nick Zwirblia discussed his book, The Bramford Chronicles



THANK YOU HARVARD PILGRIM HEALTH PLAN for sponsoring our 2018 SUMMER CONCERT SERIES KICK OFF!! With "SWAGGER"



Greg Bryne from Harvard Pilgrim Health Plan accepts thank you plaque from Amy

CRIBBAGE TOURNAMENT

Monday, August 6 • 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, August 14 • 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, August 13 • 10-11:30 am

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



OIL PAINTING WITH

DARRELL CROW

Thursday, August 9 • 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: **Lake View.** A 1/2 hr. break provided for lunch. Register by calling 508-799-1232.

PITCH TOURNAMENTS

Mon., August 13, 20 & 27 • 9:30-11:30 am
 Players are asked to contribute \$5 each. Call 508-799-1232 to sign up. Prize is determined by number of players participating.

COLORING ISN'T JUST FOR KIDS!

Friday, August 3 & 17 • 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.

RMV REAL ID

Tuesday, August 14 • 12:45-1:45 pm
 The RMV will present a free workshop on Real ID and will provide information on new federal and state requirements concerning driver's license and ID card renewals. Sign up at the front desk or call 508-799-1232.

HERBERT E. BERG FLOWER

ARRANGING
Wednesday, August 15 • 1-2 & 2-3 pm
 Make and take home a **Summer Celebration.** \$12 fee to be paid at the time of the class. Sign up at the front desk or call 508-799-1232.

BOOK DISCUSSION

Thursday, August 16 • 1-2 pm
 New members are always welcome! We are reading **The Address by Fiona Davis.** A compelling novel about the thin lines between love and loss, success and ruin, passion and madness, all hidden behind the walls of The Dakota—New York City's most famous residence. In September we are reading **John Adams by David McCullough**

NEIGHBORHOOD CRIME WATCH MEETING & MED TAKE BACK BIN WITH WPD

Mon. August 27 • 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.

DOWNSIZING YOUR HOME

Fri. August 31 • 10-11:30 am
 Have you been considering moving or downsizing? Want to learn more about all your different types of housing options available? Want to learn more about your mortgage or refinancing options? **Then This is The Program Just For You!**

LIBBY LIBRARY EXPRESS

Worcester Public Library
Tuesday, August 28 • 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

Many thanks to the Friends of Worcester's Senior Center for helping to support the computer lab, the distinguished speakers series and much more!



SENIOR CENTER FRIDAY FLICKS

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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

50+ JOB SEEKERS REGIONAL NETWORKING GROUP! NETWORKING WORKS!! YOUR AGE REALLY IS YOUR EDGE!!

50+ Job Seekers Networking Group **2nd & 4th Wednesdays**
Begins on September 12th **2-4 pm**



NETWORKING REALLY WORKS! YOUR AGE IS YOUR EDGE!

This NEW 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 and registration: 508-799-1232.
Funded by AARP and Massachusetts Association of Councils on Aging



SPEND THE DAY AT THE WORCESTER SENIOR CENTER!

WEDNESDAY, AUGUST 8TH

10:30-11:30 AM

DISTINGUISHED SPEAKER SERIES

CONTINUES... welcoming **Dianne Williamson**, Retired Longtime Telegram and Gazette, Columnist



11:45 AM-12:30 PM - LUNCH

Lunch sponsored by:

Call 508-799-8070 to register for lunch.



12:30-1:30 PM

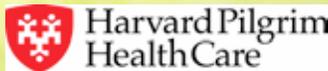
SUMMER CONCERT SERIES CONTINUES....

Matty Bernier Forever Young Show

Critically acclaimed saxophonist, vocalist and entertainer, Matty shares his musical journey that is the soundtrack of our lives, making us all forever young. He has chosen some of his favorite hits from the 60's, 70's and 80's for an exciting show that delivers these new classics in a dynamic musical presentation.



Summer Concert Sponsor:



Centerpieces sponsored by:



COMING IN SEPTEMBER

- Distinguished Speaker Series continues with Shirley MacAfee, Singing Nurse - Wed. Sept. 5 • 10:30-11:30 am
- Beatles Tribute Band - Wed. Sept. 5 • 12:30-1:30 pm
- Bemis Farm Flower Arranging - Mon. Sept. 10 • 1-2 pm
- *My Soul's Journey to Redefine Leadership: A New Phoenix Rises from the Ashes of 9/11* Book Talk with Author Virginia Swain - Thurs. Sept. 13 • 10-11 am

MEET & GREET WITH AMELIA HOUGHTON, RN,
Worcester Department of Public Health,
& Senior Center Part Time Nurse

Friday, August 10 • 10:30-11:30 am

Amelia, a Registered Nurse, is the New Regional Public Health Nurse for the City of Worcester, Department of Public Health.

"My hours at the Senior Center Clinic 2nd Floor are Tuesdays & Fridays from 9-1 pm. I look forward to meeting you all! Cheers!" ~ Amelia Houghton, RN.



Refreshments will be served.

RED SOX Q & A WITH THE VOICE OF FENWAY PARK DICK FLAVIN

Mon. August 13 • 10:30-11:30 am

DICK FLAVIN, poet laureate & senior ambassador of the Boston Red Sox & voice of Fenway Park, serves as public address announcer for Red Sox day games. His television commentaries won seven New England Emmy Awards, he is a nationally known speaker, and is a member of the Massachusetts Broadcasters Hall of Fame.



He wrote and starred in *According to Tip*, the acclaimed one-man play about legendary Speaker of the House Tip O'Neill. He is the *New York Times* bestselling author of **Red Sox Rhymes: Verses and Curses**, a collection of sixty-four humorous and nostalgic poems celebrating the Boston Red Sox.

SUMMER CONCERT SERIES WITH ANNMARIE AND ICE

Mon. August 13 • 12:30-1:30pm

Caribbean music-karaoke style will keep you moving the entire hour!! Refreshments sponsored by: **the Supreme Master Ching Hai Meditation**



Summer Concert Sponsor:



Goddard / Homestead

A Caring Community for Elders

1199 MAIN STREET
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Goddard House provides gracious senior living in our studio, one, and two bedroom apartments in a historic home in Worcester. Residents of the Goddard House enjoy three chef prepared meals daily in our restaurant style dining room, trips to Mechanic Hall, restaurants, museums, and other locations, availability of staff 24-hours, and emergency call system in each apartment.

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



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

VISITING DENTAL ASSOCIATES OF CENTRAL MA

Friday, August 3 • 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.

TWO SHOTS, ONE PNEUMONIA

Presented by: Anthony Desmond, PharmD - Pharmacy Manager Shaw's Osco Pharmacy
Tuesday, August 14 • 12:30-1:30 pm

Many individuals are affected by pneumonia every day. This can range from mild symptoms and a course of antibiotics to hospitalization and even death. As we age our immune response weakens, making this series of vaccines crucial to a healthy individual's life. Information about the disease state and vaccinations will be provided, as well as the opportunity to receive the immunization. It is covered 100% by Medicare Part B! Register by calling 508-799-1232.



AGING & ADDICTION

Some Tough Truths with South Bay Community Services

Tuesday, August 14 12:30-1:30 pm



Join Judi Chaskes, M.Ed., CADC, Certified Alcohol & Drug Abuse Counselor to take a closer look at the fast growing group of elder folks with problems of loneliness, depression, mental health issues, substance abuse and addictions, including prescription medication. Q&A to follow. Register by calling 508-799-1232.

MASS HEARING SPECIALIST

Wednesday, August 15 • 9:30 am-12 noon

Learn about new breakthroughs in hearing health and some new programs that relieve the costs associated with hearing devices. Also, enjoy a free hearing screening and ear wax check.



AUGUST SAFETY TIP

Avoid caffeinated and alcoholic beverages. Alcohol, soda, coffee and even tea can leave you dehydrated quickly. If at all possible, try to reduce the amount of these beverages, especially during hot weather. Plain or flavored water is a good substitute.

PODIATRY CLINIC

Tuesday, August 28 • 12:30-2:30 pm

Appt. required. No walk-ins. Call 508-755-9573 beginning **August 1st** to make your appt.

COMING IN SEPTEMBER HEALTH

- **Flu Clinic with Shaw's Osco Pharmacy**, Tues. Sept. 11th
- **MBTA Senior and Blind Access Charlie Card Event**, Wed. Sept. 19th
- **STEADI Fall Assessment with WSU Nursing Dept.**, Wed. Sept. 26th
- **Reiki One on One**, Wed. Sept. 12 and Wed. Sept. 19th
- **Savvy Caregiver 6-week program for caregivers**, Starts Sept. 13th

NEW DAY AND TIME: ZUMBA GOLD

Wednesday, 9-9:45 am \$3 per class

ZUMBA GOLD with Stephanie Bolduc, Certified Zumba Gold Dance Instructor. ZUMBA, a Latin dance fitness class for the active older adult focuses on strength, balance, and coordination through a fun, upbeat, low intensity work out. Steps can be modified for all levels of fitness.

SIGN UP TODAY FOR A FREE 8 WEEK WORKSHOP! Healthy Eating For Successful Living STUDY Starts on Friday September 14th 9:30-12 pm

Making small changes in the types and amount of food we eat and the exercises we do can lead to big improvements in our health. The Healthy Eating program provides tools for older adults who want to feel better and live healthier. In this workshop, you will: make healthier food choices, improve portion control plan nutritious meals control fat, sugar, sodium, and carbohydrate intake, increase physical activity, enjoy a healthy, delicious meal together participate in a 6-month study, fill out survey forms and receive stipend for your time. To sign up, call 508-799-1232 or to get more information email Takal@worcesterma.gov

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

BRIARWOOD
Continuing Care Retirement Community

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

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Knollwood
Nursing Center
YOUR PARTNERS IN CARE

THE REGIONAL ENVIRONMENTAL COUNCIL'S MOBILE MARKET

Thursday's 8:30-10 am

Fresh summer fruit, vegetables & more!!



HELP USING YOUR COMPUTER OR TABLET

Do you want simple answers to your questions about using your computer, or your tablet? If so, you can get a non-technical explanation by scheduling a private lesson at the Worcester Senior Center Computer Lab (for \$10 per hour). Call 508-799-8071 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.

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.



A BIG thank you to Lifesong Church volunteers for the new flower containers & spruced up picnic table & chairs. Our patio area has never looked better!!

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.prescriptionadvantagemag.org.

WHEN CAN YOU ENROLL IN A MEDIGAP PLAN?

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the "gaps" in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D. In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

IMPORTANT INFORMATION

ALWAYS REMEMBER THAT IF YOU ARE TURNING 65 YOU SHOULD CONTACT SOCIAL SECURITY TO ENROLL IN MEDICARE. MEDICARE ELIGIBILITY HAS NO CONNECTION TO YOUR ELIGIBILITY FOR SOCIAL SECURITY BENEFITS. ALSO COVERAGE FROM THE HEALTH CONNECTOR DOES NOT EXEMPT YOU FROM THIS REQUIREMENT TO ENROLL IN MEDICARE, AS YOU WILL LOSE YOUR HEALTH CONNECTOR SUBSIDY WHEN YOU TURN 65. IF YOU HAVE ANY QUESTIONS YOU SHOULD CONTACT YOUR SHINE REGIONAL OFFICE AT 1-800-243-4636 OPTION #3.

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 **August 9**: Lemongrass Chicken Rice (Cơm gà xả) (Sauté vegan "chicken" in lemongrass, onion, scallion served with brown/white rice & vegetables).

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, August 21 • 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.

لقاء المجموعة العربية
ستتم الاجتماعات الشهرية
كالتالي:

اول , ثاني و ثالث ثلاثاء من كل شهر
12:30-1:30 من الساعة
للاسفنتار الرجاء الاتصال
ورد (774) 314-5756

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.

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

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.

TÌM HIỂU VỀ NƯỚC MỸ: BÁC CÓ BIẾT?

Tiểu bang Hawaii

(Hạ Uy Di, viết tắt HI)

Biệt danh: Đảo Aloha

Thứ tự: Tiểu bang thứ 50 trong 50 tiểu bang của Hoa Kỳ

Thành lập: ngày 21 tháng 8 năm 1959

Dân số: 1.427.538; xếp thứ 40; trong đó 25.8% da trắng; 37.7% châu Á

Diện tích: 28.313 km²; 41.2% là nước; xếp thứ 37

Thủ phủ: Honolulu

Tổng thu nhập hằng năm: \$88,1 tỉ Mỹ kim

Thu nhập bình quân đầu người: \$74.511 xếp thứ 6

Khẩu hiệu: "Đời sống của đất được duy trì trong sự công bình."

Những ngành kinh tế chủ đạo: nông nghiệp: đường, khóm, cây con, chăn nuôi, hạt macadamia; công nghiệp: du lịch, chế biến thực phẩm, quần áo, sản phẩm kim loại, đồ đá, đồ gốm và đồ thủy tinh.

Tổ chức phi lợi nhuận (NGO): 6.861 cơ quan, tạo việc làm cho 11,4% tổng số lượng lao động của tiểu bang.

Xếp hạng: Báo cáo Tin tức Hoa kỳ và Thế giới tháng 6 năm 2018 xếp hạng Hawaii đứng hàng thứ 17 nói chung về mọi mặt trên toàn nước Mỹ, trong đó: chăm sóc y tế hàng thứ 1, giáo dục thứ 29, kinh tế thứ 23, cơ hội thứ 18, hạ tầng cơ sở thứ 27, phòng chống tội phạm thứ 16, tài khóa vững mạnh 35, và chất lượng cuộc sống thứ 36.

Những nhân vật nổi tiếng lịch sử: George Ariyoshi – thống đốc người Mỹ gốc Nhật đầu tiên; Charles R. Bishop – ngân hàng, mạnh thường quân; Tia Carrere – ca sĩ, nữ diễn viên; Hiram L. Fong – thượng nghị sĩ người Mỹ gốc Hoa đầu tiên; Don Ho – giải trí; Kamehameha V -vị Vua cuối cùng; George Parsons Lathrop – phóng viên, thi sĩ; Liliuokalani - Hoàng hậu cuối cùng; Ellison Onizuka – phi hành gia; Kawaiupuna Prejean – nhà vận động xã hội; Chad Rowan Yokozuna – nhà đấu vật sumo.



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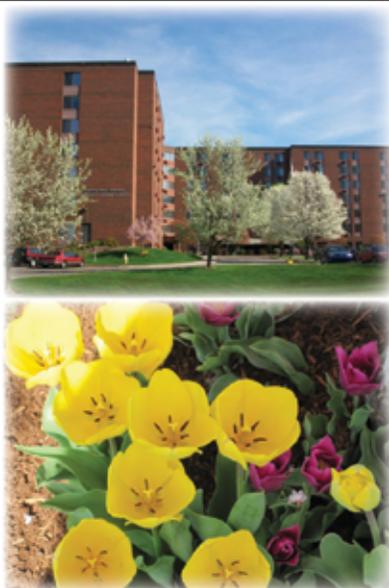
- ◆ Spacious 1 & 2 bedroom Apartments
- ◆ Heat and hot water included
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- ◆ Bus route / ample parking
- ◆ Beautiful landscaped grounds with outdoor patio and gazebo
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 - ◆ Handicap-accessible lounges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

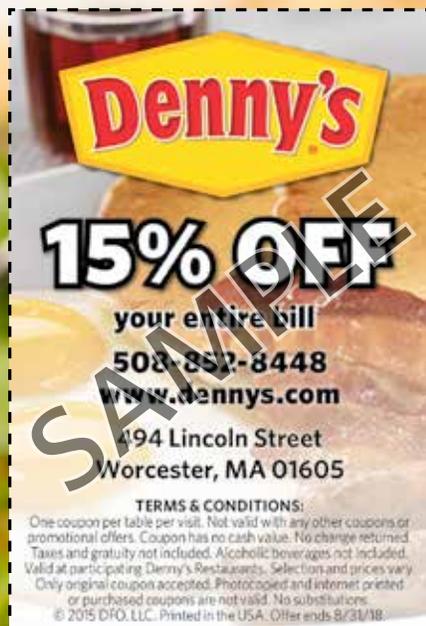
Available occupancy to income eligible adults (age 62 and older or permanently disabled). Applicants must also meet HUD annual low income guidelines.



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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| <p>MENUS SUBJECT TO CHANGE.</p> <p>* Diabetic Friendly</p> <p>** Higher Sodium Entree</p> | <p>Lunches are at 11:45 am. \$2.50 suggested donation. Call 508-799-8070 between 9 & 1 pm at least 2 days in advance by 10:30 a.m. to reserve a meal.</p>  | <p>Chicken Pesto 1 Delmonico Potatoes Corn Mixed Fruit Alternate: SOUP DU JOUR SLICED HAM</p> | <p>Hot Dog on Bun 2 Baked Beans Coleslaw Fresh Melon Alternate: SOUP DU JOUR SLICED TURKEY</p> | <p>Haddock w/Parmesan 3 Cream sauce Wild Rice Broccoli & Carrots Brownie Diet = Small Piece Alternate: SOUP DU JOUR N.Y. PASTRAMI</p> |
| <p>Ranch Chicken 6 Wild Rice Carrots and Green Beans Mandarin Oranges Alternate: SOUP DU JOUR CHICKEN SALAD</p> | <p>Beef with Onions & Peppers 7 Mashed Potatoes Honey Glazed Carrots Peaches Alternate: SOUP DU JOUR HAM SALAD</p> | <p>Vegetable Cheese Bake 8 Potato Mixed Vegetables Baked Apples No Alt Served</p> | <p>Spaghetti & Meatballs 9 Green Beans Fresh Fruit Salad & Dressing Alternate: SOUP DU JOUR TURKEY SALAD</p> | <p>Chicken Picatta 10 Couscous Roman Blend Vegetables Tapioca Pudding & Diet Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD</p> |
| <p>Cold Roast Beef S/W 13 Lettuce & Tomato Potato Salad Three Bean Salad Strawberries w/Topping Alternate: SOUP DU JOUR ALBACORE TUNA SALAD</p> | <p>Greek Chicken 14 Steamed White Rice Broccoli Pudding & Diet Alternate: SOUP DU JOUR GREEK SALAD</p> | <p>Meatloaf & Gravy 15 Garlic Mashed Potatoes Chuckwagon Corn Baked Cinnamon Pears Alternate: SOUP DU JOUR TURKEY CAPE COD</p> | <p>Chicken Pot Pie 16 Mashed Potatoes Country Blend Vegetables Brownie Diet=Plain Cake Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD</p> | <p>Macaroni & Cheese 17 Carrots Green Beans Peaches Alternate: SOUP DU JOUR CORNERED BEEF</p> |
| <p>Beef Stew 20 Rice Corn Niblets Pear Crisp Diet = Applesauce Alternate: SOUP DU JOUR EGG SALAD</p> | <p>Cranberry Chicken Salad 21 Lettuce & Tomato w/Pita Macaroni Salad Three Bean Salad Fresh Melon Alternate: SOUP DU JOUR TURKEY SALAD</p> | <p>Chicken Milano 22 Seasoned Potatoes Beets Vanilla Pudding & Diet Alternate: SOUP DU JOUR N.Y. PASTRAMI</p> | <p>Salisbury Steak 23 Mashed Potatoes Peas & Carrots Birthday Cake Plain Cake Alternate: SOUP DU JOUR HAM SALAD</p> | <p>Haddock w/Dill Sauce 24 Lemon Seasoned Rice Broccoli & Red Peppers Fruited Ambrosia Alternate: SOUP DU JOUR SLICED ROAST BEEF</p> |
| <p>Chicken Sausage Jambalaya 27 Rice Pilaf Green Peas Pineapple Alternate: SOUP DU JOUR CHICKEN SALAD</p> | <p>Meatballs w/Onion Gravy 28 Bowtie Pasta Scandinavian Vegetables Mandarin Oranges Alternate: SOUP DU JOUR ALBACORE TUNA SALAD</p> | <p>Fish w/Crumb Topping 29 Rice Pilaf Brussels Sprouts Butterscotch Pudding Diet=Tapioca Alternate: SOUP DU JOUR CORNERED BEEF</p> | <p>BBQ Chicken 30 Mashed Potatoes Country Blend Vegetables Fresh Fruit Salad & Dressing Alternate: SOUP DU JOUR EGG SALAD</p> | <p>Marinated Pork Loin 31 Brown Rice Oriental Blend Vegetables Blondie Diet=Small Piece Alternate: SOUP DU JOUR SLICED TURKEY</p> |



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COLONY^{III}

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HUD's Section 8 Housing Assistance Program provides rent subsidy. To qualify a person must be 62 and be under the income limit of \$30,000. Stop by or call for more details.

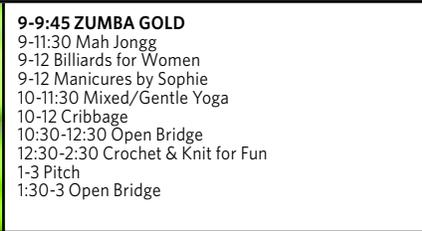
Colony Retirement Homes I

485 Grove Street
Worcester, MA 01605

(508) 852-5285



www.colonyretirementhomes.com

| MONDAY | | TUESDAY | | WEDNESDAY | |
|---|--|---|--|---|---|
|  | |  | | <p>9-9:45 ZUMBA GOLD 9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12:30 Open Bridge 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1:30-3 Open Bridge</p> | |
| <p>9-11:30 CRIBBAGE TOURNAMENT 9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 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 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 Beginner Spanish 1-3 Happy Quilters</p> | <p>1:30-2:30 Learning Italian- CANCELLED 2:30-3:30 TAI CHI FHA</p> | <p>6</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 2-3:30 Radio Show</p> | <p>7</p> | <p>9-9:45 ZUMBA GOLD 9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-11:30 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 1:30-3 Open Bridge</p> |
| <p>9-10 Sen Moore Office Hours 9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 10-11 BP Clinic by Overlook VNA 10-11:30 MONTHLY CRAFT CLASS 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 10:30-11:30 RED SOX Q&A 11-12 Spanish Class</p> | <p>12-2 QUILTING FOR THE BLIND 12:30-1:30 Beginner Spanish 12:30-1:30 SUMMER CONCERT SERIES 1:30-2:30 Learning Italian- CANCELLED 2:30-3:30 TAI CHI FHA- MOD II</p> | <p>13</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 LIBRARY OUTREACH 12-1 Tai Chi Practice Group 12-3 SHINE Counselor -by Appt. Only 12:30-1:30 2 SHOTS/1 PNEUMONIA</p> | <p>14</p> | <p>TRIP:NEWPORT PLAYHOUSE 9-9:45 ZUMBA GOLD 9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-12 MASS HEARING SPECIALIST 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 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 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 10-11 BP Clinic by Walgreen's 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 1:30-2:30 Learning Italian-</p> | <p>CANCELLED 2:30-3:30 TAI CHI FHA- MOD II</p> | <p>20</p> | <p>9-10 Aerobics 9:30-10:30 GLUCOSE TESTING BY CENTURY HOME CARE 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>21</p> | <p>9-9:45 ZUMBA GOLD 9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12:30 Open Bridge 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1:30-3 Open Bridge 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan</p> |
| <p>TRIP:SARATOGA RACING 9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 10-11 BP Clinic by Overlook VNA 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12-2 QUILTING FOR THE BLIND</p> | <p>12:30-1:30 Beginner Spanish 12:30 -1:30 WPD NEIGHBORHOOD CRIME WATCH MEETING 1:30-2:30 Learning Italian- CANCELLED 2:30-3:30 TAI CHI FHA- MOD II 4-6 Commission Meeting</p> | <p>27</p> | <p>9-10 Aerobics 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 FALLON REPRESENTATIVE 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</p> | <p>28</p> | <p>9-9:45 ZUMBA GOLD 9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12:30 Open Bridge 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1:30-3 Open Bridge 2-4 SHINE Counselor -by Appt. Only</p> |





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| DAY | | THURSDAY | | FRIDAY | |
|--|-----------|---|---|---|---|
| 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan | 1 | 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 1-3 Ping Pong 1-4 Friends BINGO | 9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-9:45 LATINO ESL 9:15-3 VISITING DENTAL ASSOC of CENTRAL MA- by Appt Only 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 ADULT COLORING 10-11:30 Chinese ESL | 3 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1:30 Big Book Step Study 1-3 FRIDAY FLICK -"PARIS CAN WAIT" 1-3 Card Playing 1-3:30 Watercolor/Mixed Media 2:30-3:30 TAI CHI FHA |
| 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan | 8 | 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 11-11:45 Albanian Elder Group 11:45-12:30 VEGETARIAN LUNCH (Reservation required) 1-3 Ping Pong 1-4 Friends BINGO | TRIP: FOXWOODS 9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-9:45 LATINO ESL 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 | 10 10:30-11:30 MEET & GREET W/AMELIA HOUGHTON RN 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 -"I CAN ONLY IMAGINE" 1-3:30 Watercolor/Mixed Media 2:30-3:30 TAI CHI FHA |
| 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 | 15 | 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 | 1-2 BOOK DISCUSSION CLUB 1-3 Ping Pong 1-4 Friends BINGO | 9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-9:45 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 | 17 12-1 Ballroom Dance 12-1:30 Big Book Step Study 1-3 Card Playing 1-3 FRIDAY FLICK -"MOLLY'S GAME" 1-3:30 Watercolor/Mixed Media 2:30-3:30 TAI CHI FHA- MOD II |
| | 22 | 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 | 1-3 Ping Pong 1-4 Friends BINGO | 9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-9:45 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 12-1:30 Big Book Step Study | 24 1-3 Card Playing 1-3 FRIDAY FLICK -"THREE BILLBOARDS OUTSIDE EBBING, MISSOURI" 1-3:30 Watercolor/Mixed Media 2:30-3:30 TAI CHI FHA- MOD II TRIP:SARATOGA RACING |
| 3:30-4:30 Tai Chi with Master Kennan | 29 | 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 1-3 Ping Pong 1-4 Friends BINGO | 9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-9:45 LATINO ESL 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-11:30 DOWNSIZING YOUR HOME 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint | 31 12-1 Ballroom Dance 12-1:30 Big Book Step Study 1-3 Card Playing 1-3 FRIDAY FLICK -"WONDER" 1-3:30 Watercolor/Mixed Media 2:30-3:30 TAI CHI FHA- MOD II |

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Doctor of Audiology

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THE TEN COMMANDMENTS OF FINANCES:

- I. Thou shalt not forget that skillful salespeople can manipulate thy emotions.
- II. Thou shalt not buy an investment before completely understanding it.
- III. Thou shalt remember there is no such thing as a free lunch.
- IV. Thou shalt put thyself in the seller's shoes before buying.
- V. Thou shalt not ever believe thou art too smart to fall for bad investments.
- VI. Thou shalt not accept the stated word but instead always get it in writing
- VII. Thou shalt not buy anything that is **too good to be true.**
- VIII. Thou shalt avoid limited-time offers (like the plague).
- IX. Thou shalt not depend upon a regulator for protection.
- X. Above all, thou shalt not forget that people wish to separate thee from thy money.

Thank you to Allan Roth from AARP The Magazine for these wise words of wisdom. Should thy misstep and fall prey, remember thou art privileged and able to call RSVP's Senior Fraud Helpline at 1-800-297-9760.

RSVP is sponsored locally by Family Services of Central MA

CITY OF WORCESTER PUBLIC NOTICE



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

For more information and to download an application: www.worcesterma.gov/boards-commissions or call Jeannie at 508-799-1175. Applicants from under-represented groups in the City are encouraged to apply.

Summer time is VOLUNTEER time!



Warm smiles, and lemonade cheers, Reminiscing of summertime through the years,

This is why Senior Companion Volunteers, Are so good at spreading cheer!!

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



Please call Joy Rehfeld @ 508-791-7783

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

**BACK BY POPULAR DEMAND!!!
SEPTEMBER SPECTACULAR CALENDAR RAFFLE**

The FRIENDS of Worcester's Senior Center, Inc.'s **SEPTEMBER SPECTACULAR** Calendar Raffle is back!

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!**

Makes a great gift for any occasion! *Proceeds benefit the Friends, who appreciate your support!!!*

ENTER TODAY!

Complete this voucher and return it with a \$10 check (or money order) made out to: **Friends of Worcester Senior Center.**

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.

**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
508-799-1200**

September Spectacular CALENDAR RAFFLE - RETURN THIS PORTION

Name: _____

Address: _____

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

PLEASE MAIL CHECK OR MONEY ORDER TO:
The Friends/128 Providence St, Box 3/Worcester, MA 01604.

**September Spectacular
CALENDAR RAFFLE**

Name: _____

Address: _____

Phone: _____

RETAIN THIS PORTION FOR YOUR RECORDS.



FRIENDS TRAVEL



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

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

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

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



DAY TRIPS

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

| | | | |
|------------------------|--|---------------------|----------------|
| Wednesday, August 15th | Newport Playhouse & Cabaret Restaurant | \$94.00/per person | |
| 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 FINAL PAYMENT DUE ASAP 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 DUE ASAP 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, Aug. 10th
- Friday, Sept. 7th
- Friday, Oct. 5th
- Friday, Nov. 2nd
- Friday, Dec. 7th



DINING OUT & DINING FOR A CAUSE

Monday, August 13th, 5-9 pm, 99 Restaurant, Southwest Cutoff (Rte #20) Worcester, MA.

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



THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 8, NO. 8, AUGUST 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 | | 2 | | |
| 9 | | | 7 | | | 8 | | |
| | 6 | 3 | | 2 | 9 | | | 4 |
| 2 | | | | 9 | 8 | | | |
| 6 | 8 | | | | | | 1 | |
| | 7 | | | | | | | 2 |
| | | | | | | | | 7 |
| 4 | | | | 7 | 6 | 9 | | |
| 1 | | | 4 | | | | | |

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Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- Jackfruit
- Ten (pref.)
- Dayak people
- Original sinner
- Devon river
- Wings
- Air
- Byron poem
- Compass direction
- Chin. duck eggs
- Wool cluster
- Loose woman
- Fermented honey drink
- Chateaubriand heroine
- Golf club
- Polish rum cake
- Women's Army Corps (abbr.)
- Munich's river
- Annona
- Pers. carpet
- Close
- Guest house
- Trend

DOWN

- Green
- Arabian Sea gulf
- Window lead
- Soul or spirit (Fr.)
- Cotton fabric
- Exodus (abbr.)
- Of pottery
- Adjective-forming (suf.)
- Flatter
- Rhine tributary

ANSWER TO PREVIOUS PUZZLE

| | | |
|----------|----------|------|
| RHO | ABBA | RAGA |
| EAR | KOLN | ODOR |
| ABA | CROSS | BEAM |
| DUNE | STUKA | |
| GAB | ALGER | |
| SLUROVER | ORCA | |
| LAT | NUCHA | ACC |
| ANAT | GUERNSEY | |
| BENSH | CNS | |
| EMAIL | ESSE | |
| KEATS | POEM | TAN |
| ERIS | EDDA | EGO |
| GYRE | ROAD | MOW |

| | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | | | | 13 | | | | 14 | | |
| 15 | | | | 16 | | | | 17 | | |
| 18 | | | | 19 | | | 20 | | 21 | |
| 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 | | |

- Wagon tongue
- Samoan port
- Beak
- Sound loudly
- Foreign in origin
- Absolute (abbr.)
- Truth: Chin.
- Substantial
- Siesta
- Canadian (abbr.)
- Crab-eating macaque
- Effete (2 words)
- Monkey
- Neglect
- Bury
- FDR's dog
- Bedouin headband cord
- River into the Humber
- Air (pref.)
- Smear on
- Migratory worker
- Lively (Fr.)
- King in India

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