

THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 9, NO. 7, JULY 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

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
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Dodge Park

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SEE PG 5 FOR FEATURED PROGRAMS

SPEND THE DAY AT THE WORCESTER SENIOR CENTER!

FORDYCE WILLIAMS, COORDINATOR OF ARCHIVES AND SPECIAL COLLECTIONS AT CLARK UNIVERSITY
WEDNESDAY, JULY 10 • 10:30-11:30 am

&

ESWA SPONSORED LUNCH 11:45-12:30 pm

&

RHONDA HAMER, FITNESS INSTRUCTOR
WORCESTER SENIOR CENTER FITNESS DEMO

&

SUMMER CONCERT SERIES
THE TRINITY SWING BAND
Wed. July 10 • 12:30-1:30 pm

July Artist Reception

by DARRELL CROW & HIS STUDENTS
TUESDAY, JULY 16 • 11 am -12 pm

NATIONAL GRID CUSTOMER SERVICE EXPO
WED. JULY 17 • 12-4 pm

SUMMER CONCERT SERIES CONTINUES WITH.....
JIM PERRY AND JOHNNY BLUEHORN
WED. JULY 24 • 12:30-1:30 pm



Union Hill School 5th graders participate in the Red Sox program



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

CITY OF WORCESTER DIVISION OF ELDER AFFAIRS

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



BEAUMONT
REHABILITATION AND SKILLED NURSING CENTERS

378 Plantation Street Worcester, MA 01605 • 508-755-7300

www.SALMONHEALTH.COM

MONTHLY CRAFT CLASS WITH MAUREEN CARLOS

Monday, July 8 • 10-11:30 am
Project: Seashell Wreath \$3.00.
Call 508-799-1232 to register.



THE LIBRARIANS ARE COMING

Tuesday, July 9 • 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, July 11
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: **Summer Rest**. A1/2 hr. break provided for lunch. Register by calling 508-799-1232.



WOOD BURNING ART CLASS

Thursday, July 11 & 25 • 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, July 12 • 10-11:30 am
2nd Friday of the month. Relaxing & fun!

HERBERT E. BERG FLOWER ARRANGING

Wednesday, July 17 • 1-2 & 2-3 pm
Make and take home a **Summer arrangement**. \$12 fee to be paid at the time of the class. Sign up at the front desk or call 508-799-1232.

THE REGIONAL ENVIRONMENTAL COUNCIL'S MOBILE MARKET

SELLS FRESH FRUITS, VEGETABLES AND MORE...



Thursdays, 8:30-10 am starting June 20th

BOOK DISCUSSION

Thursday, July 18 • 1-2 pm
We are reading *"Dandelion Summer by Lisa Wingate"*. As summer comes to Blue Sky Hill, two residents from different worlds will journey through a turbulent past, and find that with an unexpected road trip through sleepy Southern towns comes life-changing friendship...and clues to a family secret hidden for a lifetime. In August we are reading *"A Woman of No Importance"*.

NEIGHBORHOOD CRIME WATCH MEETING & MED TAKE BACK BIN

WITH WPD *NEW DAY AND TIME*
Thursday, July 11 • 11:30 am-12:30 pm
Join WPD Officer Sean Lovely to discuss neighborhood issues and concerns. Medication Take back bin will be available for your old meds.

LIBBY LIBRARY EXPRESS WORCESTER PUBLIC LIBRARY

Tuesday, July 23 • 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.

WATERCOLOR / MIXED MEDIA

Fridays, 1-3:30 pm
FREE Have fun and paint with Elio Sonsini.

WE'VE GOT TO HAVE FRIENDS!

Music was in the air...Gershwin and more...thanks to Friends of Worcester's Senior Center, Inc.

COMING IN AUGUST

- **Distinguished Speaker: Herb Crehan**
Contributing Writer to Red Sox Mag.
August 7 • 10:30-11:30 am
- **Shirley McAfee, the Singing Nurse,**
Wed. August 7 • 12:30-1:30 pm
- **Throwback to the 60s (.com)**
Wed. August 21 • 12:30-1:30 pm
- **The Legends of Judy Garland**
Wed. August 28 • 12:30-1:30 pm



SENIOR CENTER FRIDAY FLICKS

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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

BECOME A DEMENTIA FRIENDS CHAMPION

Tuesday, July 23 • 1-3 pm

This training will equip you with the knowledge and materials needed to facilitate a Dementia Friends Information Session with community members.

An Information Session is a face-to-face session that lasts approximately one hour and is run by a Dementia Friends Champion. It covers the five key messages everyone should know about dementia through activities and discussion.

The goal of the Dementia Friends Information Session is to help community members understand dementia and the small things they can do to make a difference for people living with dementia.

RSVP: Patty Hainsworth 508-799-1232 ext. 48012.

Champion: Beth Soltzberg, Director, Dementia Friends Massachusetts



July Artist Exhibit By Darrell Crow Artist Reception

Tuesday, July 16 • 11 am - 12pm

Visit during the month of July to see the work of the Senior Center's art instructor, Darrell Crow, and his students. In addition you will see the paintings which will be the basis for future classes, July - December. Darrell will also unveil a brand new Tall Ship painting that has never been exhibited before.



SPEND THE DAY AT THE WORCESTER SENIOR CENTER!

DISTINGUISHED SPEAKER SERIES CONTINUES..... FORDYCE WILLIAMS, COORDINATOR OF ARCHIVES AND SPECIAL COLLECTIONS AT CLARK UNIVERSITY

Wednesday, July 10 • 10:30-11:30 am

Fordyce Williams, Coordinator of Archives and Special Collections at Clark University will present *The Life and Influences of Dr. Robert H. Goddard*. The rocketry pioneer was born in Worcester, attended and taught at Clark, and did much of his research at the university. Using his papers, Fordyce will outline the important times of his life, dispel some of the myths surrounding his work and tell of his influence on the Space program.



SPONSORED LUNCH:



SUMMER CONCERT SERIES CONTINUES WITH... THE TRINITY SWING BAND

Wednesday, July 10 • 12:30-1:30 pm

Trinity Big Band, led by Tony D'Angelo, consists of musicians from Worcester County who donate their time. The group has been entertaining crowds for many years with music you will recognize and enjoy.

As an added attraction Rhonda Hamer, Silver Sneakers and fitness class instructor will demonstrate a few of the classes she offers at the senior center.

REFRESHMENTS SPONSORED BY:



SUMMER CONCERT SERIES CONTINUES WITH..... JIM PERRY AND JOHNNY BLUEHORN

Wednesday, July 24 • 12:30-1:30 pm

Perry Blue plays a varied and pleasurable repertoire of songs, ranging from the classic rock era, blues, country, standards, and R&B styles. Essentially, songs you know and songs you may not have heard in a while.



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HERE WITH YOU. HERE FOR YOU.

Customer Assistance EXPO

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Those Who Care

Life can be hard but finding
assistance shouldn't be.

July 17, 2019

12:00pm - 4:00pm

Senior Center
128 Providence St
Worcester, MA

Senior Center
128 Providence St
Worcester, MA

Please join us on Wednesday July 17th at Senior Center in Worcester and meet with the assistance program experts.

You will be able to connect with the resources your family needs, all under one roof, all in one day.

VISITING DENTAL ASSOCIATES OF CENTRAL MA

Friday, July 12 • 9:15 am-3 pm

Public Health Dental Hygienists will provide: dental cleanings, sealants, fluoride treatments as well as care for partials and dentures, periodontal (deep) cleanings and 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.

FREE TAI CHI FOR HEALTHY AGING



Tai Chi FHA - Module 2: Start date

July 29th, Class held Mondays and Fridays, 2:30-3:30PM. Class dates: 7/29, 8/2, 8/5, 8/9, 8/12, 8/16, 8/19, 8/23, 8/26, 8/30, (no class on 9/2), 9/6, 9/9, 9/13, 9/16, and 9/20.

Based on the *Tai Chi: Moving for Better Balance* protocol. The program will help participants: View falls and fear of falling as controllable, set realistic goals for increasing mobility and activity, foster greater understanding of fall risk factors, increase strength and balance through exercise. Open for both new and repeat participants. Class size is limited. Sign up at the Front Desk or call 508-799-1232.



FREE EXERCISE CLASSES

Rhonda Hamer, Osteo Instructor, ACE Certified Personal Trainer, Certified Silver Sneakers Instructor. Participants must sign in to class. Donations appreciated.

Mondays: Seated Strength 1:30-2:15 pm

Time to get pumped! Work towards strengthening muscles; work the whole body without ever leaving the chair.

Wednesdays: Seated Core 1:30-2:15 pm

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.

Fridays: Seated Stretch/Yoga 1:30-2:15 pm

Get ready to move through series of seated yoga poses with standing options. Chair support is offered so you can perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Sponsored by:



OSTEOPOROSIS PREVENTION EXERCISE PROGRAM

Medical studies have shown that the crippling disease of osteoporosis can be prevented or delayed through weight bearing exercise and proper nutrition. The Worcester Senior Center is seeking participants age 60+ for a 6 week Osteoporosis Prevention Exercise Program.

Beginning Tuesday, Aug. 27 through Friday, Oct. 4th. Exercise classes will be held on Tuesdays & Fridays from 12-1 pm. Nutrition classes held

Tuesdays 1-2 pm. Specialized exercises are taught by an ACE Certified Personal Trainer and Nutrition classes are taught by a Registered Dietician. This program is free to participants, and is funded in part by Title III of the Older Americans Act via the Central Massachusetts Agency on Aging and the Massachusetts Executive Office of Elder Affairs. Call 508-799-1232 x 48009 for further information.

SILVERSNEAKERS CLASSIC CLASS - ONGOING

Tuesdays, 1-1:45 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 & improve activities for daily living. A chair is available for seated exercises and standing support, class can be modified depending on fitness levels. No need to register. Limited to 20 pp. \$4 per class or free for SilverSneakers members.



FREE KARUMBA ZUMBA & SELF DEFENSE CLASS

6 Week class Tuesdays, July 9, 16, 23, 30, Aug. 6 & 13 • 1-2 pm

Class supported by **THE GURU TAX & FINANCIAL SERVICES, INC.** the kind generosity of Dr. Satya Mitra & the Joy Guru Humanitarian Society. Experience the exuberance of dance combined with techniques for self-defense. Leave with a sense of exhilaration and empowerment. Instructor Beth George M.S.N., R.N., black belt in Karate. Limit 10pp per class. Register by calling 508-799-1232.

JULY SAFETY TIP

STAY HYDRATED, make sure it's water, sports drinks or juice that you're drinking - sodas, coffee, and especially alcohol won't work as good alternatives for hydration.

CHRISTOPHER HEIGHTS of Worcester
AN ASSISTED LIVING COMMUNITY

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



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



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REIKI ONE ON ONE**Monday, July 1, 8, 15, 22, 29 • 10 am-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 energy reaches all levels of the person: physical, mental, emotional and spiritual planes and creates many benefits including relaxation, peace, security, and well-being. Reiki healing works with all other medical or therapeutic techniques to relieve side effects and recovery from pain. Each session is to be paid at time of service. **\$10 per class.**

DRUMMING WITH MIKE LEO**Tuesday, July 23 • 1:30-2:30 pm**

Participate in the joy of making music together. A wide variety of drums and percussion instruments will be available for you to explore. Mike will lead you through a series of interactive musical games, activities and songs. **\$5.00 per class**

Call 508-799-1232 to register for any of the above classes. Scholarships available. Contact Patty Hainsworth @ 508-799-1232 xt. 48012 for more information.

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.

LEARN MORE ABOUT USING YOUR COMPUTER OR TABLET

Are you new to using a computer, or a tablet? Are you good at doing some things on your computer, or tablet, and want to learn to do more things?? If you want simple, non-technical answers to your questions, you can schedule a private lesson at the Worcester Senior Center Computer Lab. Call 508-799-1232, extension 48008, and speak with Ann Stamm, Computer Lab Coordinator, to arrange an appointment for a one-to-one session (for \$10 per hour). If there is no answer, please leave a message and your call will be returned as soon as possible.

**GAMES/CRAFTS/MUSIC**

Pitch: Wednesdays, 1-3 pm

Mah Jong: Wednesdays 9:00-11:30 am

Movies: Fridays at 1:00 pm

Monthly Craft Class with Maureen Carlos:
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

RSVP Blankettes Group: Thursdays at 9:30 am

Crochet & Knitting for Fun: Wednesdays at 12:30 pm

Drop In Coloring Fun: 2nd Friday 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

Joe Fish Fitness: **CLASS FULL**

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

MEETINGS

Commission on Elder Affairs: 4th Monday at 4 pm

African American Elder Group: Thursdays at 10 am

Vietnamese Elder Group: Thursdays at 10:15 am

Chinese Elder Group: Fridays 9-10 am

Arabic Elder Group: 1st, 2nd, and 3rd Tuesday 10:30 am-12 pm

Latino Club 60+: Mondays & Fridays 9:30-11:30 am

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

SUPPORT SERVICES

Advocacy, information services and application assistance:

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

Legal Consultations

Attorney Michael Gorman provides **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.

NOTARY & LEGAL CONSULTATIONS with Anthony J. Vigliotti, Atty. at Law

Thurs. July 18 • 10 am-12 pm. **Free** monthly legal consultations and notary services. Call Linda Wincek-Moore at 508-799-1232 ext. 48011 to schedule an appointment.

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, 12-3 pm**. 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, July 16 • 2 - 3:30 pm

Are you caring for a loved one with Alzheimer's or some other type of dementia? Join 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 MEOEA via MCOA.



SHINE: Serving the Health Information Needs of Everyone

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

MASSACHUSETTS VETERANS ENTITLED TO REIMBURSEMENT FOR MEDICAL EXPENSES

Chapter 115 of the Massachusetts General Laws entitles eligible Massachusetts veterans and their spouses, or in some cases widows / widowers, to reimbursement of medical expenses if they meet certain income and asset guidelines.

Maximum monthly income for one person is \$2081, and assets no more than \$5,000 and \$2817 for two people assets no more than \$9,800.. This program is an entitlement in recognition of your service and not charity. You may be reimbursed for your Medicare Premium and all your other health insurance expenses.

If you meet these guidelines, contact your local city or town Veteran's Service Officer and tell them you would like to submit a Chapter 115 application for benefits. The only requirement is the income guidelines above and a copy of the veterans discharge DD214 indicating active service. If you have any questions regarding these benefits call our Regional Office at 508-422-9931.

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 Volunteer: Hazel Nourse. Appointment required, call: 508-799-1232, ext. 48003. You can also visit us on the internet at www.shinema.org.

RAINBOW LUNCH

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



VEGETARIAN LUNCH OPTION

The Nutrition Program of Elder Services of Worcester Area, Inc. offers a **Vegetarian** menu option on the **second Thursday of each month** at the Worcester Senior Center. These meals are provided by **Loving Hut Restaurant** and are of South-East Asian style cuisine. Call 508-799-1232 to make your Vegetarian meal reservation which must be received by the Monday prior. Space is limited. First time participants must also register with Elder Services of Worcester in the dining room. A voluntary donation of \$2.50 is appreciated for those over age 60. For those under age 60 a cost of \$5.00 applies. The Vegetarian Menu for **July 11: Lemongrass Chick'n 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 at 508-799-1232 Linda (ext. 48011, Yung (ext. 48006) or Lindita (ext. 48003).

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 or call the WRTA customer service at 508-453-3462. If you need assistance with learning the bus routes call Tess, the travel trainer, who can provide info. 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.

Sponsored in part by the Committee for the Future of Aging, a collaboration of the CMAA & Worcester County Sheriff's Office



لقاء المجموعة العربية
 ستتم الاجتماعات الشهرية كالتالي:
 اول و ثالث ثلاثاء من كل شهر
 من الساعة : 10:30 12:30
 للاستفسار الرجاء الاتصال :
 ورد
(774) 314-5756
Arabic Elder Group

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）
 與曹履成先生聯係（中文：電話：
 508-799-1232 ext. 48012。
 電子郵件：shiw@Worcesterma.gov
 或與Yung Phan 聯係（英文）：
 電話：508-799-1232 ext. 48006、
 電子郵件：PhanD@Worcester.gov

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
- Thông dịch xem giấy tờ
- Học tiếng Anh Căn bản
- Họp mặt Cao niên với nhiều tin tức hay, mới, bổ ích
- Cơm trưa

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 ext. 48006.

LATINO CLUB 60+
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.

BILINGUAL SPANISH ESL TEACHER NEEDED! Have some time, speak Spanish and English, and want to make a huge impact on the lives of others? Volunteer at the WSC. The Multicultural Program is seeking a volunteer to teach Basic ESL (English as a Second Language) for Spanish speaking seniors. Certification preferred but not required. Fluent in Spanish preferred. Tentative schedule: Monday or Friday mornings. 10 week sessions. Contact Yung Phan 508-799-1232 ext. 48006 or PhanD@worcesterma.gov to apply.



Members of the Latino Elder Group join the Walking Club



Lynne McKenney Lydick & Thomas Lydick perform "Family Letters"



Nutritionist Catherine Nourse talks Top 10 Nutrients for Functional Strength and Balance



Young of Heart Singers Perform for Mother's Day



Ron Rosenstock Art Exhibit



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in our Worcester area

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Worcester, MA 01608
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www.texasroadhouse.com
535 Lincoln Street, Unit F
Worcester, MA 01605

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

TERMS & CONDITIONS:
Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 7/31/19.

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

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



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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sloppy Joe 1 Potato Wedges Mixed Vegetables Peaches Alternate: SOUP DU JOUR RANCH CHICKEN SALAD w/ BACON	Cranberry Chicken Salad 2 Macaroni Salad Three Bean Salad Pound Cake or Biscuit Strawberries & Blueberries Alternate: SOUP DU JOUR EGG SALAD	Swedish Meatballs 3 Mashed Potatoes Scandinavian Vegetables Vanilla Pudding Diet SF Vanilla Pudding Alternate: SOUP DU JOUR SLICED HAM	FOURTH OF JULY 4 No Meals Served	Fish w/Crumb Topping 5 Rice Pilaf Tuscan Style Vegetables Fruited Ambrosia Alternate: SOUP DU JOUR N.Y. PASTRAMI
Pork Rib-i-que 8 Mac N Cheese Green Beans Mandarin Oranges Alternate: SOUP DU JOUR CHICKEN SALAD	Spaghetti & Meatballs 9 Italian Blend Vegetables Pear Crisp (cold) Diet = Pears Alternate: SOUP DU JOUR HAM SALAD	Garlic Herbed Chicken 10 Bread Stuffing Roasted Brussels Sprouts Lemon Pudding Diet = SF Tapioca Pudding Alternate: SOUP DU JOUR SLICED ROAST BEEF	Baked Ham 11 SR Crm & Chive Mashed Pot Carrots Fresh Fruit Alternate: SOUP DU JOUR TURKEY SALAD	Potato Crunch Fish 12 Herbed Potatoes Green Peas Cinnamon Streusel Cake Diet = Half Piece Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD
Salmon Boat w/Dill Sauce 15 Peas & Onions Lemon Herb Rice Pineapple Alternate: SOUP DU JOUR ALBACORE TUNA SALAD	Hot Dog 16 Baked Beans Coleslaw Fresh Fruit Alternate: SOUP DU JOUR RANCH CHICKEN SALAD w/ BACON	Stuffed Pepper Casserole 17 Mashed Potatoes Carrots Lorna Doones Alternate: SOUP DU JOUR TURKEY CAPE COD	Chicken Pot Pie 18 Steamed Potato Corn Niblets Peaches Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD	Braised Beef 19 Gemelli Pasta Broccoli Peach Crisp (cold) Peaches Alternate: SOUP DU JOUR CORNED BEEF
Roast Pork Loin with Gravy 22 Cornbread Stuffing Country Blend Vegetables Baked Apples (cold) Alternate: SOUP DU JOUR EGG SALAD	Burger 23 3oz Chili & .5oz Cheese Sweet Potato Fries Strawberries/Whip.Topping Alternate: SOUP DU JOUR TURKEY SALAD	Chicken Picatta 24 Wild Rice Broccoli & Carrots Vanilla Mousse Alternate: SOUP DU JOUR N.Y. PASTRAMI	American Chop Suey 25 Broccoli & Red Peppers Bread Pudding French Bread Alternate: SOUP DU JOUR HAM SALAD	Jambalaya 26 Rice Pilaf Green Peas Pineapple Alternate: SOUP DU JOUR SLICED ROAST BEEF
Shepherd's Pie 29 Carrots Peas Chocolate Pudding Diet = SF Chocolate Pudding Alternate: SOUP DU JOUR CHICKEN SALAD	Greek Chicken 30 Steamed White Rice Green Beans Mandarin Oranges Alternate: SOUP DU JOUR ALBACORE TUNA SALAD	Meatloaf with Gravy 31 Garlic Mashed Potatoes Chuckwagon Corn Canteloupe Alternate: SOUP DU JOUR CORNED BEEF	 * Diabetic Friendly ** Higher Sodium Entree MENUS SUBJECT TO CHANGE. Lunch is served at 11:45 am. \$2.50 suggested donation. Call 508-799-8070 between 9 & 1 pm and 508-852-3205 ext. 290 after 1 pm at least 2 days in advance by 10:30 am, to reserve a meal.	



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A Caring Community for Elders

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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

MONDAY		TUESDAY		WEDNESDAY	
<p>9-1 BEGINNER SCRABBLE 9-11:30 Cribbage Tournament 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 10-11:30 REIKI ONE ON ONE 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>1:30-2:15 SEATED STRENGTH CLASS 1 1:30-2:30 LEARNING ITALIAN 2:30-3:30 TAI CHI FHA</p>	<p>9-11 BP WITH DPH NURSE AMELIA-CANCELLED 9:30-1:30 A TIME TO CARE 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE 12-1 Taijiquan Practice Group</p>	<p>12:30-2 Sewing Class 1-1:45 SILVER SNEAKERS 2 2-3:30 Radio Show</p>	<p>9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 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 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge</p>	
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 MONTHLY CRAFT CLASS 10-11:30 REIKI ONE ON ONE 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 BEGINNER SPANISH 1:30-2:15 SEATED STRENGTH CLASS</p>	<p>1:30-2:30 LEARNING ITALIAN 8 2:30-3:30 TAI CHI FHA</p>	<p>9-11 BP WITH DPH NURSE AMELIA 9:30-1:30 A TIME TO CARE 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 RSVP- Letter Writing 10-12 SHINE Counselor -Appt. Only 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE 12-1 LIBRARY OUTREACH</p>	<p>12-1 Taijiquan Practice Group 9 12:30-2 Sewing Class 1-1:45 SILVER SNEAKERS 1-2 KARUMBA ZUMBA & SELF DEFENSE CLASS 2-3:30 Radio Show</p>	<p>9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 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 12-1 Vietnamese Dancing Class 12:30-1:30 SUMMER CONCERT SERIES 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch</p>	
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 REIKI ONE ON ONE 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>1:30-2:15 SEATED STRENGTH CLASS 15 1:30-2:30 LEARNING ITALIAN 2:30-3:30 TAI CHI FHA</p>	<p>TRIP: MGM SPRINGFIELD 9-11 BP WITH DPH NURSE AMELIA 9:30-10:30 GLUCOSE TESTING BY CENTURY HOME CARE 9:30-1:30 A TIME TO CARE 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10:30-12 Arabic Elder Group</p>	<p>11-12 ARTIST RECEPTION 16 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE 12-1 Taijiquan Practice Group 12:30-2 Sewing Class 1-1:45 SILVER SNEAKERS 1-2 KARUMBA ZUMBA & SELF DEFENSE CLASS 2-3:30 MEMORY CAFÉ 2-3:30 Radio Show</p>	<p>9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 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 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet & Knit for Fun 12-4 NATIONAL GRID EXPO 1-2 FLOWER ARRANGING</p>	
<p>TRIP: HOF INDUCTION 9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 REIKI ONE ON ONE 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 BEGINNER SPANISH 1:30-2:15 SEATED STRENGTH CLASS</p>	<p>1:30-2:30 LEARNING ITALIAN 22 2:30-3:30 TAI CHI FHA 4-6 commission meeting</p>	<p>9-11 BP WITH DPH NURSE AMELIA 9:30-1:30 A TIME TO CARE 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE 12-1 Taijiquan Practice Group 12:30-2 Sewing Class 1-1:45 SILVER SNEAKERS</p>	<p>1-2 KARUMBA ZUMBA & SELF DEFENSE CLASS 23 1-3 DEMENTIA FRIENDS CHAMPION TRAINING 1:30-2:30 DRUMMING CIRCLE 2-3 LIBBY 2-3:30 Radio Show</p>	<p>9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 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 12-1 Vietnamese Dancing Class 12:30-1:30 SUMMER CONCERT SERIES 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1:30-2:15 SEATED CORE CLASS</p>	
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 REIKI ONE ON ONE 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 BEGINNER SPANISH</p>	<p>1:30-2:15 SEATED STRENGTH CLASS 29 1:30-2:30 LEARNING ITALIAN 2:30-3:30 TAI CHI FHA</p>	<p>9-11 BP WITH DPH NURSE AMELIA 9:30-1:30 A TIME TO CARE 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 RSVP- Letter Writing 10-12 SHINE Counselor -Appt. Only 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE 12-1 Taijiquan Practice Group</p>	<p>12:30-2 Sewing Class 30 1-1:45 SILVER SNEAKERS 1-2 KARUMBA ZUMBA & SELF DEFENSE CLASS 2-3:30 Radio Show</p>	<p>9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 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 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch</p>	



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DAY		THURSDAY		FRIDAY		
	3	<p>CLOSED - FOURTH OF JULY</p> 	4	<p>9-9:45 Chinese Tai Chi 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA-CANCELLED 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 1-3 Card Playing</p>	5	<p>1-3 FRIDAY FLICK-"OPERATION FINALE" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA</p>
1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge	10	<p>8:30-10 REC MOBILE MARKET 9-10 WALKING CLUB 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10-2:30 OIL PAINTING 10:30-11:30 Vietnamese Elder Group</p>	11	<p>11:30-12:30 WPD NEIGHBORHOOD CRIME WATCH MEETING 11:45-12:30 VEGETARIAN LUNCH (Reservation required) 12:30-1:30 Vietnamese Chorus Group 12:30-1:30 WOOD BURNING CLASS 1-3 Ping Pong 1-4 FRIENDS BINGO</p>	12	<p>10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 1-3 Card Playing 1-3 FRIDAY FLICK - "THE HOUSE WITH A CLOCK IN THE WALLS" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA</p>
1-3 Pitch 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge 2-3 FLOWER ARRANGING	17	<p>8:30-10 REC MOBILE MARKET 9-10 WALKING CLUB 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-12 Cribbage 10-12 LEGAL CONSULTATION FOR SENIORS-APPT ONLY 10-12 SHINE Counselor -Appt. Only</p>	18	<p>10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group 12:30-1:30 Vietnamese Chorus Group 1-2 BOOK DISCUSSION CLUB 1-3 Ping Pong 1-4 FRIENDS BINGO</p>	19	<p>9-9:45 Chinese Tai Chi 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 10-12 MAB Support Group 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance</p> <p>1-3 Card Playing 1-3 FRIDAY FLICK - "WONDERSTRUCK" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA</p> <p>JULY 21 - TRIP: HOF INDUCTION</p>
1:30-3 Open Bridge	24	<p>8:30-10 REC MOBILE MARKET 9-10 WALKING CLUB 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group 12:30-1:30 Vietnamese Chorus Group</p>	25	<p>12:30-1:30 WOOD BURNING CLASS 1-3 Ping Pong 1-4 FRIENDS BINGO</p>	26	<p>9-9:45 Chinese Tai Chi 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 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 1-3 Card Playing 1-3 FRIDAY FLICK -"BOHEMIAN RHAPSODY"</p> <p>1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA</p>
1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge	31					



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CALL US TODAY TO SCHEDULE A TOUR.

TEN-10-TEN: ICE CREAM FOR YOU!

CALLING ALL VOLUNTEERS! This community needs more volunteers. At RSVP of Central MA we get calls all the time from non-profits who want RSVP volunteers. This is because they have a great reputation. They are reliable, hard-working, dedicated, and delighted to do for others. That's why we are asking for your help in recruiting others - perhaps your friends, or your family, or your former co-workers.

With "Ten-10-Ten", existing RSVP volunteers who refer someone to enroll in RSVP will be eligible to receive a \$10 gift certificate to one of four area ice cream shops or a \$10 gift card to Lowe's if the enrollee serves a minimum of ten hours at an RSVP station before June 30th. Here's the bonus: each person newly enrolled in RSVP and who completes ten service hours by June 30th will also receive a \$10 gift certificate or card. If you are NEW to RSVP you can be eligible for "Ten-10-Ten" as well if you enroll with a friend and each serve 10 hours by June 30th!

Don't wait. Give your friends and family the chance to enjoy ice cream while making a difference. Ask them to contact Tiffany at 508-791-7787 asap. RSVP is located on the third floor of the Worcester Senior Center. The sooner they enroll, the sooner they can enjoy their ice cream! You, too! In doubt? Check it out! Call the Senior Fraud HelpLine 1800-297-9760.

RSVP is sponsored locally by Family Services of Central MA



O beautiful to VOLUNTEER for those who are so dear, For you who share, your quality care, To those who you make shine! Please remember, we would love for you, to 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

Please call Joy Rehfeld @ 508-791-7783

The Senior Companion Program 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.



**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

**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 ON THE NEXT PAGE COMPLETELY and PRINT LEGIBLY.

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.



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/Tee shirts!!!

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

Tuesday, July 16	MGM, Springfield	\$30.00/per person
Wed., July 24	"Love is The Thing" - CANCELLED	
Sat., Aug. 24	Plymouth Whale Watch Lunch included - Baked Scrod or Chicken	\$104.00/per person
Wed., Sept. 25	New Hampshire Turkey Train	\$89.00/per person
Tues., Oct. 15	Celebrate Polka!!! At the Aqua Turf, Plantsville, CT "The Polka Family Band"	\$94.00/per person
Fri. Nov. 22	A Salem Cross Christmas & Bright Nights Lights Choice of Chicken Pie or Maple Salmon	\$84.00/per person
Fri., Dec. 13	Yuletide Newport, decorated mansion, followed by lighting display at LaSalette Shrine	\$84.00/per person
Tues., Dec. 31	An American Bandstand, New Year's Eve Day, Lake Pearl, Wrentham, MA. Choice of Sirloin Steak, Baked Stuff Chicken, Baked Scrod	NEW \$94.00/per person

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

Depart: Sunday, July 21 Return: Monday, July 22	Hall of Fame Induction	Double \$377.00/pp Triple \$367.00/pp Single \$497.00/pp.
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) \$50.00 deposit due by 6/4/2019
NEW Depart: Sunday, February 23, 2020 Return: Tuesday, February 25, 2020	Atlantic City	Special Double, \$219.00/pp, Triple \$215.00/pp, Single \$299.00/pp. Deposit due by 12/26/19

FOXWOOD CASINO TRIPS **Price \$20.00 - Must be paid when making reservation**

Fridays: July 12, August 2, September 6, & October 4, November 2 & December 6



THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 9, NO. 7, JULY 2019

Worcester Senior Center
128 Providence Street
Worcester, MA 01604

B
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Sudoku

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

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

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DIFFICULTY: ★★☆☆☆

Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- Jewish month
- Repast
- Women's Army Corps (abbr.)
- Parrotfish
- Holly
- Adjective-forming (suf.)
- Robot
- Fr. medieval tale
- Demolish: Brit. (abbr.)
- Course
- Tablespoon (abbr.)
- Religious rites
- Loop trains
- Pledge
- Madam
- Totem pole
- Large E. Indian tree
- Videocassette recorder (abbr.)
- Flightless bird
- Tempo: music
- Verily
- Rom. box
- Endearment
- Pain
- Reek
- Crab-eating macaque
- Vamp (2 words)
- Month abbr.
- Time period
- Tolstoy heroine
- Danish county
- Plexus
- Eucalyptus secretion

DOWN

- Axilla
- Sullen
- Gulf of the Ionian Sea
- Perch
- Sheep's cry
- Superlative ending
- Heb. zitherlike instrument

ANSWER TO PREVIOUS PUZZLE

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

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
15				16				17		
	18					19		20		
			21		22	23		24		25
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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