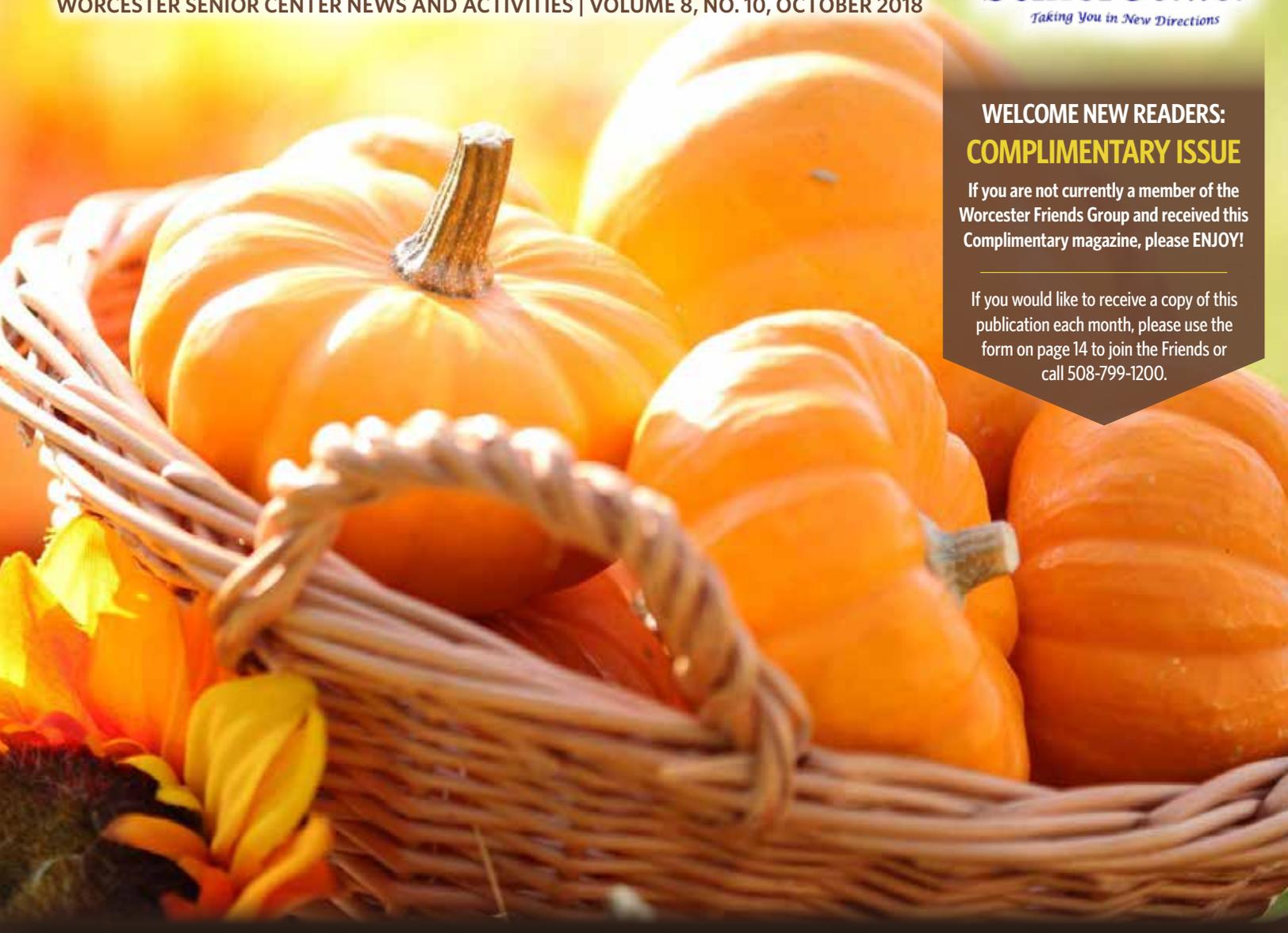


# THE SENIOR SCOOP

*taking you in new directions*



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 8, NO. 10, OCTOBER 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



*The Oasis is more affordable than you think and provides a higher level of care than traditional assisted living.*

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## SEE PG 5 FOR FEATURED PROGRAMS

### SEVEN STEPS TO MANAGING YOUR MEMORY: WHAT'S NORMAL, WHAT'S NOT, AND WHAT TO DO

by Andrew E. Budson & Maureen K. O'Connor  
Tuesday, October 2 • 3-4 pm

**ANNUAL MULTICULTURAL POTLUCK**  
Friday, October 19 • 1-3 pm

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

Wednesday, October 24th

#### THE WORCESTER SENIOR CENTER'S DISTINGUISHED SPEAKER SERIES

in conjunction with the JCC welcomes Gregg Swain, Author  
*Mah Jongg: The Art of the Game:*  
*A Collector's Guide to Mah Jongg Tiles and Sets*  
10:30-11:30 am

SPONSORED LUNCH - 11:45 am-12:30 pm

PLAY MAHJONGG - 12:30-3 pm

#### WSC HALLOWEEN COSTUME PARTY WITH UNION HILL SCHOOL WFD & WPD

Entertainment by SWAGGER  
Wednesday, October 31 • 10:30-11:30 am



Thank You AMWINS for the awesome tie dyed t-shirts!



AMWINS Stop Loss Insurance make 250 tie dyes t-shirts!!



SMCHI showcase healthy snacks they prepared

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](http://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

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### 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.



Meet & Greet with Amelia Houghton RN, DPH



Ann-Marie & Ice



Amy & Distinguished Speaker Dianne Williamson



Matty Bernier Forever Young Show



Making Connections Memory Café Summer Games



**CRIBBAGE TOURNAMENT**

**Monday, October 1 • 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, October 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.

**ICE CREAM SOCIAL WITH MADULKA'S ICE CREAM**

**Thursday, October 11 • 12:15-1 pm**  
 Sponsored by City Councillor George Russell



**MONTHLY CRAFT CLASS**

**Monday, October 15 • 10-11:30 am**  
 \$3.00. Call 508-799-1232 to register. **Project: Halloween Mason Jar.** Make one Halloween Mason jar for the Senior Center and one for yourself!! \$3.00 fee per craft, all supplies included. Call 508-799-1232 to register. Space is limited.



**OIL PAINTING WITH DARRELL CROW**

**Thursday, October 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: **Babbling Brook.** A 1/2 hr. break provided for lunch. Register by calling 508-799-1232.

**PITCH TOURNAMENTS**

**Mon., October 15, 22 & 29 • 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, October 5 & 19 • 10-11:30 am**  
 A great relaxation technique and its fun!! Lots of pictures to choose from and it's free. Call 508-799-1232 to sign up.

**HERBERT E. BERG FLOWER ARRANGING**

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

**LOCAL AUTHOR, SHIRLEY F. B. CARTER BOOK SIGNING & PRESENTATION**

**Monday, October 15 12:30-1:30 pm**  
 Shirley has taken seriously the task of sharing elder's personal, rich journey through living history. "We are the generation who can share wonderful stories that will be lost if not preserved".



**COFFEE CLUB WITH LISA CASILLO**

**Wednesday, October 17 • 10:30-11:30 am**  
 Learn about the market with a free cup of coffee and donuts. Discuss current updates on the market. Call 508-799-1232 or stop by the front desk to sign up.

**DRUMMING WITH MIKE LEO**

**Wednesday, October 17 • 12:30-1:30 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. Everyone should be able to make a little music....now you can!! No musical experience necessary. Please register by calling 508-799-1232.

**BOOK DISCUSSION**

**Thursday, October 18 • 1-2 pm**  
 New members are always welcome! **We are reading *The Faith Club* by Rayna Ldliby, Suzanne Oliver & Priscilla Warner.** A groundbreaking book about Americans searching for faith and mutual respect, *The Faith Club* weaves the story of three women, their three religions, and their urgent quest to understand one another. **In November we are reading *You Must Remember This* by Joyce Carol Oates.**



**FREE! MAKE A "BLING PUMPKIN"**

**Monday, October 22 • 10-11:30 am**  
 Make and take home a bedazzled pumpkin with Harmony Staffing to display for the fall season. Call 508-799-1232 to register. Class size is limited.



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

**Monday, October 22 • 12:30-1:30 pm**  
 Join WPD Officer Sean Lovely to discuss neighborhood issues and concerns. Medication Take Back bin will be available for your old meds.

**LIBBY LIBRARY EXPRESS WORCESTER PUBLIC LIBRARY**

**Tuesday, October 23 • 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**

Recent contributions from the Friends of Worcester's Senior Center have mainly supported the ARTS, including an artist reception, the "No Evil Project" permanent installation, summer concerts, and our license to show Friday Flicks.

**WOOD BURNING CLASS**

**Thursday, October 4 & 18 • 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.

**COMING IN NOVEMBER**

- **Veterans Day Program** Fri. Nov. 9 • 10 am
- **Distinguished Speaker Continues...with Dr. Charles Steinberg, Owner of the PAWSOX,** Wed., Nov. 14 • 12:30-1:30 pm
- **Mayor Joseph Petty Annual Thanksgiving Day Lunch** Tues., Nov. 20th
- **Entertainment by Quadrivium Annual WSC Craft Fair** Tues., Nov. 20 • 10 am-2pm

**SENIOR CENTER FRIDAY FLICKS**

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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

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

**WEDNESDAY, OCTOBER 24TH**

**DISTINGUISHED SPEAKER SERIES...**

in conjunction with the JCC welcomes Gregg Swain, Author *Mah Jongg: The Art of the Game: A Collector's Guide to Mah Jongg Tiles and Sets*

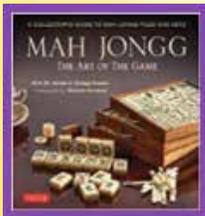
**10:30-11:30 am** - Gregg Swain Author, art historian and Mah Jongg enthusiast will discuss the history and popularity of the game of Mah Jongg and the exotic artwork on the tiles. She may even give some tips on the 2018 National Mah Jongg League Card! Following her talk, Gregg will sign copies of her book available to purchase. Register for the talk by calling 508-799-1232.

**11:45 am-12:30 pm** - ChickenTerriyaki lunch. Call 508-799-8070 to reserve your lunch. Lunch Sponsored by:



**12:30-3 pm** - Play Mahjong (Bring your own set and cards!)

To play Mah Jongg register with Nancy Greenberg 508-756-7109, ngreenberg@worcesterjcc.org OR Suki Lapin 508-799-1232, lapins@worcesterma.gov



*Did you know that there is a Worcester Mah Jongg connection?! From 1923-25 the Pung Chow Company, based in Worcester, manufactured sets known for their distinctive flower and dragon tiles.*



**Blaire House of Worcester**

116 Houghton St., Worcester, MA 01604



"Based on his award-winning book"

**Seven Steps to Managing Your Memory**



Join Dr. Andrew Budson, M.D., as he explains how individuals can distinguish changes in memory due to Alzheimer's versus normal aging, what medications, vitamins, diets, and exercise regimes can help, and the best habits, strategies, and memory aids to use, in seven simple steps.

**Tuesday, October 2, 2018 from 3:00 PM to 4:00 PM**

**at the Worcester Senior Center 128 Providence St., Worcester, MA 01604**

SPACE LIMITED!

RSVP to Carrie Webster at 774.292.9655 or cwebster@egmcare.com by October 1, 2018.

Dr. Andrew Budson, M.D., Associate Director & Education Core Director, Boston University Alzheimer's Disease Center, Professor of Neurology, Boston University, Lecturer in Neurology, Harvard Medical School; Chief of Cognitive & Behavioral Neurology at the Veterans Affairs Boston Healthcare System.



REFRESHMENTS WILL BE SERVED.

**FREE AND OPEN TO THE PUBLIC**

**ANNUAL MULTICULTURAL POTLUCK**

**Friday, October 19 • 1-3 pm**

Bring in your favorite family dish to share that reflects your heritage, sample dishes from others. Sign up at the front desk or call 508-799-1232. Don't forget to let us know what dish you plan to bring, label your dish and include the recipe to share!



**Multi-cultural potluck decorations sponsored by:** UnitedHealthcare

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Call Marla O'Connor at 508-792-1456

**WSC HALLOWEEN COSTUME PARTY**  
**WITH UNION HILL SCHOOL, WORCESTER FIRE DEPT. & WORCESTER POLICE DEPT.**

**Wed. October 31 • 10:30-11:30 am**

ESWA Nutrition Program menu: Taco Bar \$2.50 donation.

Call 508-799-8070 to reserve your lunch.

**PRIZE**  
**for best costume!**

**Entertainment by**  
**SWAGGER**



**VISITING DENTAL ASSOCIATES OF CENTRAL MA**

**Friday, October 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 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.

**LIVE STRONGER, LONGER**  
**Tues. October 9 • 12:30-1:30 pm**

Dr Bill Maykel will discuss two new medical specialties of Professional Applied Kinesiology (PAK) and Functional Medicine (FM) which can be used to improve your posture, strength, balance, mood, immunity and a whole lot more. Call 508-799-1232 to register.



**BREAST HEALTH & CANCER AWARENESS**

**Wednesday, October 10 • 10-11 am**  
June House, RN, educator, health and wellness coach and breast cancer survivor will discuss why so many people developing breast cancer at an early age. Learn how we as a society can be more aware of how foods, stress, and the environment play a significant role in our health. Call 508-799-1232 to register. Refreshments by Arbor Associates.



**OCTOBER SAFETY TIP**

Use rails and banisters when going up and down the stairs. Never place scatter rugs at the bottom or top of stairs.

**“KNOW YOUR BLOOD PRESSURE NUMBERS”**

**Tuesday, October 16 • 12-1 pm**  
Seniors, Do You Know Your Numbers? Do You Know What Affects Your Blood Pressure? Do You Know The Warning Signs of a Heart Attack? Come join **WSC Nurse, Amelia Houghton** for a lunch time presentation to discuss the answers.

**TIPS AND TRICKS TO HELP WITH ACTIVITIES OF DAILY LIVING**

**Thursday, Oct. 18 & 25 • 9:30-11:30 am**  
Occupational therapy students and Worcester State University professor offering an educational series, **to include personalized attention provided by Occupational Therapy experts.** Call 508-799-1232 to register.



**AGING TOGETHER STUDY**

**Friday, October 19 • 11 am-1 pm**  
Stop by this table in the WSC lobby to learn about a research project funded by the National Institute of Aging. The Study, by **Elizabeth PhD student studying Gerontology at UMass Boston**, is looking for parents who are 90 and older who have children 65 and older. Students interview parents & children regarding the nature of their relationship. Refreshments to be served.

**PODIATRY CLINIC**

**Tuesday, October 23 • 12:30-2:30 pm**  
Appt. required. No walk-ins. Call 508-755-9573 beginning **October 1st** to make your appt.

**NEW BLOOD PRESSURE DAY AND TIME WITH WALGREENS**  
**3rd Mon. of every month, Mon. Oct. 15, 9:30-10:30 am**

**PULMONARY PROGRAM WITH ST. FRANCIS REHAB**

**Monday, October 29 • 9:30-10:30 am**  
Learn about the respiratory system, making breathing easier, exercising to increase lung function, breathing concerns in different weather conditions and when to notify your doctor. Prizes! Sign up by calling 508-799-1232.



**ANNUAL MEDICARE UPDATE WITH THE SHINE PROGRAM**

**Monday, October 29 • 12:30-1:30 pm**  
Compare your plan to new options. See if you can lower some costs or find a plan that better suits your needs. Even if you like your current plan, check to see if the costs or coverage are changing. Call 508-799-1232. to sign up.

**DIABETES SELF-MANAGEMENT WORKSHOP**

**6 Week Session, Mondays, Oct. 3-Nov. 6 9:30 am-12 pm**  
The Diabetes Self-Management Program developed by Stanford University is a participant education program for people with diabetes. Family members, caregivers or friends may also attend. If you want to learn how to better manage diabetes, join this workshop. Discussion about techniques to deal with symptoms of diabetes, appropriate exercise for maintaining and improving strength and endurance, healthy eating, appropriate use of medication, and working more effectively with health care providers. Sign up at the front desk.

**COMING IN NOVEMBER HEALTH**

- **Distinguished Speaker Series Continues with Dr. Donald Pelto, Podiatrist**  
Monday, Nov. 5 • 10:30-11:30 am




**The WILLOWS**  
PREMIER RETIREMENT COMMUNITIES FOR ACTIVE ADULTS

**SALMON**  
HEALTH and RETIREMENT

101 Barry Road, Worcester, MA 01609 off Salisbury Street • (508) 755-0088

[www.SalmonHealth.com](http://www.SalmonHealth.com)

The Willows at Worcester is part of the SALMON Health and Retirement family that also includes The Willows at Westborough.

**TAI CHI FOR HEALTHY AGING**

**Module 3/Last Module starts Friday October 12th**

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, 2:30-3:30 pm.** Space is limited. Registration is required. Stop by the Front Desk or call 508-799-1232 to sign up.

**COMPUTER LESSONS**

Do you have questions about using your computer, or your tablet? If so, you can get a simple, non-technical explanation by scheduling a private lesson at the Worcester Senior Center Computer Lab (for \$10 per hour). You can arrange an appointment for a one-to-one session to get your questions answered by calling 508-799-1231. Ask to speak with Ann Stamm, Computer Lab Coordinator, on ext. 48008. If there is no answer, please leave a message and your call will be returned as soon as possible.

**ASSISTIVE TECHNOLOGY TRAINING**

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

**THE REGIONAL ENVIRONMENTAL COUNCIL'S MOBILE MARKET**

**Thursdays 8:30-10 am. Fresh summer fruit, vegetables & more!! Last day: Nov. 1st Winter Mobile Market Schedule coming soon!**



**GAMES/CRAFTS/MUSIC**

- Pitch: Wednesdays, 1-3 pm
- Mah Jong: Wednesdays 9:00-11:30 am
- Movies: Fridays at 1:00 pm
- Crafts with Laurel: 2nd Monday of the month 10-11:30 am
- Cribbage: daily at 10:00 am
- Card Playing: Fridays, 1:00-3:00 pm
- Open Bridge: Wednesdays, 10:30 am-12:30 pm & 1:30-3 pm, Fridays 9:30-11:30 am
- Scrabble: Mondays, 10 am-1 pm
- Beginner Scrabble: Mondays, 10 am-1 pm
- Project Linus- crochet group: Thursdays at 9:30 am
- Crochet & Knitting for Fun: Wednesdays at 12:30 pm
- 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 WCWU 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 or Thursdays, 10-11 am, \$1 fee
- Walking Club: Thursdays, 9 am-12 pm
- Ballroom Dance Classes: Fridays at Noon, \$3 fee
- Tai Chi: Mondays 9:15-9:45 am, Thursdays 9:15-9:45 am
- Ping Pong: Thursdays 1-3 pm
- Tai 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 am-12 pm
- Latino Club 60+: Mondays & Fridays 9:30-11:30 am
- Albanian Elder Group: Tuesdays & Thursdays 11-11:45 am

**Hear For Your Life**

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Doctor of Audiology

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## SUPPORT SERVICES

### Advocacy, information services and application assistance:

call 508-799-1232 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.

## FRIDAY TAKE OUT

The Quinsigamond Community College's Dietary Management



Program is offering a **Friday Home Meal Replacement**. The program offers meals every Friday of the month. Enjoy a fresh and nutritious meal prepared for you to enjoy in your own home. We are open to the public and offer ready meals for pick up at Bobby M's Diner, **Fridays, 12-3pm**. We encourage participants to make reservations in advance. Contact Rebecca King or Brandi Manca @ Bobby M's with any questions. Meals: **\$5.00** Walk-ins first come, first served! **(508) 799-8068**.

## MEMORY CAFE

Tuesday, Oct. 16 • 2-3:30 pm



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

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

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

## SHINE: Serving the Health Information Needs of Everyone

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

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to: [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org).



### Need Help with your Medicare Plan Comparisons for Open Enrollment??

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be mailed an information package by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, providers and the drugs covered by your plan can change significantly! This is important information and if you do not understand it, you should discuss it with your family or caregivers.

During the annual Medicare Open Enrollment Period (**October 15th - December 7th**), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have.

**REMINDER: You should have received your new Medicare Card in the mail by the end of August. If you don't receive it by September 14th call Social Security to check on the status of your new card.**

*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](http://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 **Oct.12: Combo Seasons, chicken & beef flavor (Mì xào thập cẩm) (Soy "chicken 'n beef", combo veggies, brown sauce, onion served with noodles.**

## TRANSPORTATION

For information and assistance, visit or call Senior Center Client Advocates: Linda, Yung or Lindita at 508-799-1232.

### 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.



**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 و ثالث ثلاثاء من كل شهر

من الساعة : 12:30 10:30  
للاستفسار الرجاء الاتصال :  
ورد

**(774) 314-5756**  
**Arabic Elder Group**

**LATINO CLUB 60+**

**Mondays & Fridays 9:30-11:30 am**  
Contact Jose Curet, Club 60+ Latino Elder Group Coordinator 508-799-1232 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.

**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  
shiw@Worcesterma.gov (Chinese)  
or Yung Phan 508-799-1232  
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、  
電子郵件: shiw@Worcesterma.gov  
或與Yung Phan 聯係 (英文): 電話:  
508-799-1232、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: Tiểu bang NEVADA**

**Tiểu bang:** Nevada

**Thứ tự:** thứ 36 trong 50 tiểu bang của Hoa Kỳ

**Diện tích:** 286.382 km<sup>2</sup>; 0,72% là nước; xếp thứ 7

**Tổng thu nhập hàng năm:** 128.833 ngàn tỉ USD

**Những ngành kinh tế chủ đạo:** du lịch, giải trí và bài bạc, khai thác khoáng sản, chăn nuôi, máy móc, in ấn và xuất bản, chế biến thực phẩm, đồ điện gia dụng.

**Viết tắt:** NV

**Thành lập:** ngày 31 tháng 10 năm 1864

**Dân số:** 2.998.039; xếp thứ 34; trong đó 76,2% da trắng; 7,3% châu Á

**Thu nhập bình quân đầu người:** 55.180 USD

**Tổ chức phi lợi nhuận (NGO):** 7.254 cơ quan, tạo việc làm cho 2,6% tổng số lượng lao động của tiểu bang

**Biệt danh:** Tiểu bang Bạc

**Thủ phủ:** Carson City

**Khẩu hiệu:** Tất cả vì Tổ quốc "All for our Country"

**Xếp hạng:** đứng hàng thứ 34 nói chung, trong đó: chăm sóc y tế hàng thứ 35, giáo dục thứ 44, kinh tế thứ 12, cơ hội thứ 19, hạ tầng cơ sở thứ 5, phòng chống tội phạm thứ 44, tài khóa vững mạnh 38, và chất lượng cuộc sống thứ 43.

**Những nhân vật nổi tiếng lịch sử:** Thomas Dekker (nam diễn viên); Jena Malone (nữ diễn viên); v.v.



SAME CARING TRADITION,

*With So Much More to Offer*

CONTINUOUS RENOVATIONS UNDERWAY

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

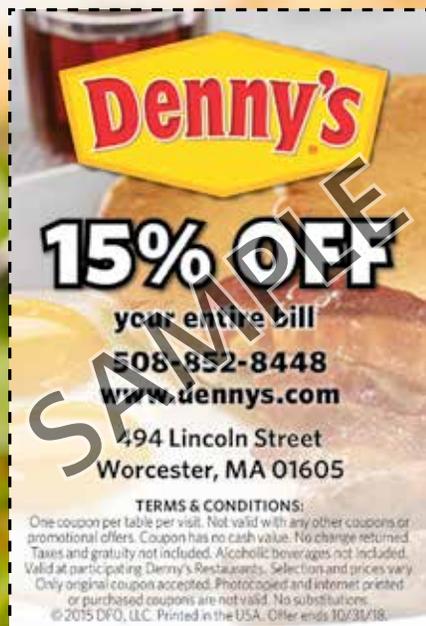
- On-site Management by owners directly involved in daily operations
- Dedicated Short-Term, Long-Term and Assisted Residential Living Accommodations
- Rehabilitative Therapies Available 7 Days a Week if indicated
- 24-Hour Skilled Nursing Care
- Resident Service Liaison providing concierge services and daily check-ins



26 Harvard Street  
Worcester, MA 01609  
**508-754-8877**  
www.lutheranrehab.com

Minutes from UMASS Memorial & St. Vincent's Hospital  
Lutheran is proud to be a Sheehan Health Group affiliate.

CALL US TODAY TO SCHEDULE A TOUR.



**Denny's**

**15% OFF**  
year entire bill

508-852-8448  
www.dennys.com

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Worcester, MA 01605

**TERMS & CONDITIONS:**  
One coupon per table per visit. Not valid with any other coupons or promotional offers. Coupon has no cash value. No change returned. Taxes and gratuity not included. Alcoholic beverages not included. Valid at participating Denny's Restaurants. Selection and prices vary. Only original coupon accepted. Photocopied and internet printed or purchased coupons are not valid. No substitutions.  
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EST. 1943

**UNO**  
PIZZERIA & GRILL

Enjoy \$7.00 off  
your food purchase of \$30 or more

25 Major Taylor Blvd.  
Worcester, MA 01608

508-421-9300  
Code: 2605

Not applicable towards alcohol, gift cards, Takeout Deals, Two for U Lunch, 1/2 price appetizers, or any other special offer or discount. One coupon per party. Valid at participating locations, not valid at UNO fresco or Uno, Due, Go. Void where prohibited by law. Coupon is not transferable and not for resale. No cash value.



**TEXAS**  
ROADHOUSE

**\$5 OFF**  
any purchase of \$25 or more

508-853-7266  
www.texasroadhouse.com

535 Lincoln Street, Unit F  
Worcester, MA 01605

Hours: Mon.-Thurs. 3:30PM-9PM, Fri. 3:30PM-11PM,  
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 10/31/18.



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

## GREEN HILL TOWERS

**Award Winning Affordable Senior Housing**

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

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



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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Roast Turkey w/ Gravy</b> 1 Cranberry Stuffing California Blend Vegetables Applesauce <b>Alternate:</b> SOUP DU JOUR RANCH CHICKEN SALAD w/ BACON	<b>Stuffed Pepper Casserole</b> 2 Mashed Potatoes Carrots Oreo - 2 Pack <b>Alternate:</b> SOUP DU JOUR EGG SALAD	<b>Garlic Herbed Chicken</b> 3 Potatoes Au Gratin Peas & Pearl Onions Peach Streusel Cake Diet = Small Piece <b>Alternate:</b> SOUP DU JOUR SLICED HAM	<b>Burger w/ Chili &amp; Cheese</b> 4 Sweet Potato Fries Green Beans Pineapple <b>Alternate:</b> SOUP DU JOUR SLICED TURKEY	<b>Breaded Fish</b> 5 Potato Wedges Mixed Vegetables Fresh Fruit Tartar Sauce <b>Alternate:</b> SOUP DU JOUR N.Y. PASTRAMI
<b>Columbus Day</b> 8  <b>NO MEAL SERVED</b>	<b>Haddock w/ Parmesan Cheese Sauce</b> 9 Wild Rice Broccoli & Carrots Baked Apples <b>Alternate:</b> SOUP DU JOUR HAM SALAD	<b>Hot Dog on Bun</b> 10 Baked Beans Cole Slaw Fresh Fruit Mustard <b>Alternate:</b> SOUP DU JOUR SLICED ROAST BEEF	<b>Chicken Pesto</b> 11 Lemon Seasoned Rice Country Blend Vegetables Fresh Fruit <b>Alternate:</b> SOUP DU JOUR TURKEY SALAD	<b>American Chop Suey</b> 12 Broccoli & Red Peppers Corn Gingerbread Diet = Small Piece <b>Alternate:</b> SOUP DU JOUR CRANBERRY CHICKEN SALAD
<b>Ranch Chicken</b> 15 Red Bliss Potatoes Honey Glazed Carrots Fresh Fruit <b>Alternate:</b> SOUP DU JOUR ALBACORE TUNA SALAD	<b>Beef w/ Onions &amp; Peppers</b> 16 Potato Wedges Mixed Vegetables Pears <b>Alternate:</b> SOUP DU JOUR CHICKEN FILET w/RANCH	<b>Shepard's Pie</b> 17 Carrots Peas Yogurt <b>Alternate:</b> SOUP DU JOUR TURKEY CAPE COD	<b>Chicken Picatta</b> 18 Vegetable Couscous Roman Blend Vegetables Tapioca Diet = Diet Tapioca <b>Alternate:</b> SOUP DU JOUR CAESAR CHICKEN SALAD	<b>Spaghetti &amp; Meatballs</b> 19 Green Beans Cranberry Apple Crisp Diet = Applesauce <b>Alternate:</b> SOUP DU JOUR CORNED BEEF
<b>Fish w/ Crumb Topping</b> 22 Rice Pilaf Mixed Vegetables Mandarin Oranges Tartar Sauce <b>Alternate:</b> SOUP DU JOUR EGG SALAD	<b>Meatloaf &amp; Gravy</b> 23 Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit <b>Alternate:</b> SOUP DU JOUR TURKEY SALAD	<b>Teriyaki Chicken</b> 24 Steamed Rice Vegetable Fortune Cookie Dessert  <b>No Alts Served</b>	<b>Mac n Cheese</b> 25 Stewed Tomatoes Green Beans Birthday Cake Diet = Plain Birthday Cake <b>Alternate:</b> SOUP DU JOUR HAM SALAD	<b>Chicken Pot Pie</b> 26 Mashed Potatoes Jardiniere Vegetables Peaches Biscuit <b>Alternate:</b> SOUP DU JOUR SLICED ROAST BEEF
<b>Beef Stew</b> 29 Steamed White Rice Corn Niblets Pineapple <b>Alternate:</b> SOUP DU JOUR CHICKEN SALAD	<b>Vegetable Cheese Bake</b> 30 Scalloped Potatoes Roman Vegetables Mixed Fruit <b>Alternate:</b> SOUP DU JOUR ALBACORE TUNA SALAD	<b>Chicken Milano</b> 31 Yukon Gold Potatoes Beets Pumpkin Spice Mousse <b>Alternate:</b> SOUP DU JOUR CORNED BEEF	<b>MENUS SUBJECT TO CHANGE.</b> <b>* Diabetic Friendly</b> <b>** Higher Sodium Entree</b>  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.	



## Goddard / Homestead

A Caring Community for Elders

1199 MAIN STREET  
 WORCESTER, MASSACHUSETTS  
[www.goddardhomestead.org](http://www.goddardhomestead.org)






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

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

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

MONDAY		TUESDAY		WEDNESDAY	
<p><b>9-1 BEGINNER SCRABBLE</b> 9-11:30 Cribbage Tournament 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 10-10:30 Latino ESL 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 Beginner Spanish <b>1:30-2:30 LEARNING ITALIAN</b> 1-3 Happy Quilters</p>	<p><b>2:30-3:30 TAI CHI FHA-MOD II</b></p> <p><b>1</b></p>	<p>9-10 Aerobics <b>9:30-1:30 A TIME TO CARE</b> 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint 12-1 Osteo Exercise-Beginner 12-1 Tai Chi Practice Group 12-3 SHINE Counselor -by Appt. Only 12:30-2 Sewing Class 1-2 Osteo Nutrition-Beginner</p>	<p>2-3:30 Radio Show <b>3-4 SEVEN STEPS TO MANAGING YOUR MEMORY</b></p> <p><b>2</b></p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women <b>9-12 DIABETES MANAGEMENT</b> 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga <b>10-12 ACRYLICS CLASS</b> 10-12 Cribbage 10:30-12 Conversational English Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet &amp; Knit for Fun 1-3 Pitch</p>	
<p><b>CLOSED</b></p> <p><b>COLUMBUS DAY</b></p> 	<p><b>8</b></p>	<p>9-10 Aerobics <b>9:30-1:30 A TIME TO CARE</b> 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. <b>12-1 LIBRARY OUTREACH</b> 12-1 Osteo Exercise-Beginner 12-1 Tai Chi Practice Group 12-3 SHINE Counselor -by Appt. Only <b>12:30-1:30 LIVE STRONGER, LONGER</b></p>	<p>12:30-2 Sewing Class 1-2 Osteo Nutrition-Beginner 2-3:30 Radio Show</p> <p><b>9</b></p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women <b>9-12 DIABETES MANAGEMENT</b> 9-12 Manicures by Sophie <b>10-11 BREAST HEALTH &amp; CANCER AWARENESS</b> 10-11:30 Mixed/Gentle Yoga <b>10-12 ACRYLICS CLASS</b> 10-12 Cribbage 10:30-12 Conversational English Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet &amp; Knit for Fun <b>1-3 AGELESS GRACE</b></p>	
<p><b>9-1 BEGINNER SCRABBLE</b> 9:15-9:45 Monday Tai Chi 9:30-10:30 BP Clinic by Walgreen's 9:30-11:30 Latino Club 60+ <b>9:30-11:30 PITCH TOURNAMENT</b> <b>10-11:30 MONTHLY CRAFT CLASS</b> 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 Beginner Spanish <b>12:30-1:30 BOOK SIGNING</b></p>	<p><b>&amp; AUTHOR TALK</b> 1-3 Happy Quilters <b>1:30-2:30 LEARNING ITALIAN</b> <b>2:30-3:30 TAI CHI FHA-MOD III</b></p> <p><b>15</b></p>	<p>9-10 Aerobics <b>9:30-10:30 GLUCOSE TESTING BY CENTURY HOME CARE</b> <b>9:30-1:30 A TIME TO CARE</b> 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. <b>12-1 KNOW YOUR BLOOD PRESSURE NUMBERS</b> 12-1 Osteo Exercise-Beginner</p>	<p>12-1 Tai Chi Practice Group 12-3 SHINE Counselor -by Appt. Only 12:30-2 Sewing Class <b>2-3:30 MEMORY CAFÉ</b> 2-3:30 Radio Show</p> <p><b>16</b></p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women <b>9-12 DIABETES MANAGEMENT</b> 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga <b>10-12 ACRYLICS CLASS</b> 10-12 Cribbage <b>10:30-11:30 COFFEE CLUB</b> 10:30-12 Conversational English Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class <b>12:30-1:30 DRUMMING WITH MIKE LEO</b></p>	
<p><b>9-10 SEN MOORE OFFICE HOURS</b> <b>9-1 BEGINNER SCRABBLE</b> 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ <b>9:30-11:30 PITCH TOURNAMENT</b> 10-11 BP Clinic by Overlook VNA <b>10-11:30 MAKE A BLING PUMPKIN</b> 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class <b>12-2 QUILTING FOR THE BLIND</b></p>	<p>12:30-1:30 Beginner Spanish <b>12:30-1:30 WPD NEIGHBORHOOD CRIME WATCH MEETING</b> <b>1:30-2:30 LEARNING ITALIAN</b> <b>2:30-3:30 TAI CHI FHA- MOD III</b> 4-6 Commission Meeting</p> <p><b>22</b></p>	<p><b>ELECTION ACTIVITY</b> 9-10 Aerobics <b>9:30-1:30 A TIME TO CARE</b> 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 11-12 Osteo Exercise/Maint. 12-1 Osteo Exercise-Beginner 12-1 Tai Chi Practice Group 12-3 SHINE Counselor -by Appt. Only 12:30-2 Sewing Class 12:30-2:30 Podiatry Clinic- by Appt Only</p>	<p>1-2 Osteo Nutrition-Beginner 2-3 LIBBY 2-3:30 Radio Show</p> <p><b>23</b></p>	<p><b>TRIP: LET FREEDOM RING</b> 9-11:30 Mah Jongg 9-12 Billiards for Women <b>9-12 DIABETES MANAGEMENT</b> 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga <b>10-12 ACRYLICS CLASS</b> 10-12 Cribbage <b>10:30-11:30 DISTINGUISHED SPEAKER SERIES</b> 10:30-12 Conversational English Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class</p>	
<p><b>9-1 BEGINNER SCRABBLE</b> 9:15-9:45 Monday Tai Chi <b>9:30-10:30 PULMONARY PROGRAM</b> 9:30-11:30 Latino Club 60+ <b>9:30-11:30 PITCH TOURNAMENT</b> 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class</p>	<p>12:30-1:30 Beginner Spanish <b>12:30-1:30 MEDICARE UPDATE WITH SHINE PROGRAM</b> <b>1:30-2:30 LEARNING ITALIAN</b> <b>2:30-3:30 TAI CHI FHA- MOD III</b></p> <p><b>29</b></p>	<p><b>ELECTION ACTIVITY</b> 9-10 Aerobics <b>9:30-1:30 A TIME TO CARE</b> 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage <b>10-12 RSVP-LETTER WRITING</b> 11-12 Osteo Exercise/Maint. 12-1 Osteo Exercise-Beginner</p>	<p>12-1 Tai Chi Practice Group 12-3 SHINE Counselor -by Appt. Only 12:30-2 Sewing Class 1-2 Osteo Nutrition-Beginner 2-3 LIBBY 2-3:30 Radio Show</p> <p><b>30</b></p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women <b>9-12 DIABETES MANAGEMENT</b> 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga <b>10-12 ACRYLICS CLASS</b> 10-12 Cribbage <b>10:30-11:30 HALLOWEEN PARTY</b> 10:30-12 Conversational English Club</p>	



**Colony Retirement Homes III**  
101 Chadwick Street · Worcester, MA 01605

Colony III is congregate housing for seniors that's different. We offer nutritious "home cooked meals", served in our attractive dining room. HUD's Section 8 Housing Assistance provides rent subsidy. Rent includes all utilities (except phone and cable). Some of the many amenities offered are:

- Emergency call system in each unit with 24 hour staffing
- A variety of activities
- Internet access in the library
- A greenhouse
- Your small pet is welcome



1 and 2 bedroom availability. Eligibility income limit is \$47,600 for one person, and \$54,400 for two persons. Call for more details.

(508) 755-0444 www.colonyretirementhomes.com



*Country Living in the City*  
**Garden Style Apartments**

The apartments for seniors at Colony Retirement Homes I are located in a country like setting. A short walk takes you to shopping, restaurants, banks, the bus line, and much more. Come and see for yourself.

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



DAY

THURSDAY

FRIDAY

**1:30-2:30 AGELESS GRACE** **3**  
 1:30-3 Open Bridge  
 2-4 SHINE Counselor -by Appt. Only  
 3:30-4:30 Tai Chi with Master Kennan

**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  
**1-3 SAVVY CAREGIVER** **4**  
**1-4 FRIENDS BINGO**

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

**12-1 Osteo Exercise-Beginner** **5**  
 12-1:30 Big Book Step Study  
 12:30-1:30 Chinese Mandarin  
 1-3 Card Playing  
**1-3 FRIDAY FLICK -"BOOK CLUB"**  
 1-3:30 Watercolor/Mixed Media  
**2:30-3:30 TAI CHI FHA- MOD II**

1-3 Pitch  
 1:30-3 Open Bridge  
**2-4 AARP 50+ JOB SEEKERS** **10**  
 2-4 SHINE Counselor -by Appt. Only  
 3:30-4:30 Tai Chi with Master Kennan

**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  
**11-11:45-12:30 VEGETARIAN LUNCH (Reservation required)** **11**  
**12:15-1 ICE CREAM SOCIAL**  
 1-3 Ping Pong  
**1-3 SAVVY CAREGIVER**  
**1-4 FRIENDS BINGO**

9-10 Chinese Elder Group  
 9-10 Gentle Yoga with Nancy  
 9:15-9:45 EASY TAI CHI  
**9:15-3 VISITING DENTAL ASSOC OF CENTRAL MA- by Appt Only**  
 9:30-11:30 Latino Club 60+  
 9:30-12 Healthy Eating  
**9:30-12:30 LEGAL CONSULTATION FOR SENIORS-APPT ONLY**  
 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 Osteo Exercise-Beginner  
 12-1:30 Big Book Step Study  
 12:30-1:30 Chinese Mandarin  
 1-3 Card Playing  
**1-3 FRIDAY FLICK-"CHAPPAQUIDIK"**  
 1-3:30 Watercolor/Mixed Media  
**2:30-3:30 TAI CHI FHA- MOD III**

12:30-2:30 Crochet &Knit for Fun  
**1-2 FLOWER ARRANGING** **17**  
 1-3 Pitch  
 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

**8:30-10 REC MOBILE MARKET**  
 9-10 Aerobics  
**9-10 WALKING CLUB**  
 9:15-9:45 Tai Chi  
 9:30-10:30 Beginner ESL  
**9:30-11:30 TIPS & TRICKS TO HELP WITH DAILY LIVING**  
 9:30-12 RSVP-Blankets For Babies  
 10-11 Joe Fish Fitness  
 10-12 Cribbage  
 10-1 SHINE Counselor -Appt. Only  
 10-2 African American Elder Group

10:30-11:30 Vietnamese Elder Group  
**11-11:45 Albanian Elder Group** **18**  
**1-2 BOOK DISCUSSION CLUB**  
 1-3 Ping Pong  
**1-3 SAVVY CAREGIVER**  
**1-4 FRIENDS BINGO**

9-10 Chinese Elder Group  
 9-10 Gentle Yoga with Nancy  
**9:15-9:45 EASY TAI CHI**  
 9:30-11:30 Latino Club 60+  
 9:30-12 Healthy Eating  
 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

**11-1 AGING TOGETHER** **19**  
 12-1 Ballroom Dance  
 12-1 Osteo Exercise-Beginner  
 12-1:30 Big Book Step Study  
 12:30-1:30 Chinese Mandarin  
 1-3 Card Playing  
**1-3 FRIDAY FLICK - CANCELLED**  
**1-3 MULTICULTURAL POTLUCK**  
 1-3:30 Watercolor/Mixed Media  
**2:30-3:30 TAI CHI FHA- MOD III**

12:30-2:30 Crochet &Knit for Fun  
**12:30-3 PLAY MAHJONG WITH DISTINGUISHED SPEAKER** **24**  
 1-3 Pitch  
 1:30-3 Open Bridge  
**2-4 AARP 50+ JOB SEEKERS**  
 2-4 SHINE Counselor -by Appt. Only  
 3:30-4:30 Tai Chi with Master Kennan

**8:30-10 REC MOBILE MARKET**  
 9-10 Aerobics  
**9-10 WALKING CLUB**  
 9:15-9:45 Tai Chi  
 9:30-10:30 Beginner ESL  
**9:30-11:30 TIPS & TRICKS TO HELP WITH DAILY LIVING**  
 9:30-12 RSVP-Blankets For Babies  
 10-11 Joe Fish Fitness  
 10-12 Cribbage  
 10-1 SHINE Counselor -Appt. Only  
 10-2 African American Elder Group

10:30-11:30 Vietnamese Elder Group  
 11-11:45 Albanian Elder Group  
 1-3 Ping Pong  
**1-4 FRIENDS BINGO** **25**

9-10 Chinese Elder Group  
 9-10 Gentle Yoga with Nancy  
**9:15-9:45 EASY TAI CHI**  
 9:30-11:30 Latino Club 60+  
 9:30-12 Healthy Eating  
 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 Osteo Exercise-Beginner

12-1:30 Big Book Step Study  
 12:30-1:30 Chinese Mandarin  
 1-3 Card Playing  
**1-3 FRIDAY FLICK -"DOWNSIZING"** **26**  
 1-3:30 Watercolor/Mixed Media  
**2:30-3:30 TAI CHI FHA- MOD III**

10:30-12:30 Open Bridge  
 12-1 Vietnamese Dancing Class  
 12:30-2:30 Crochet &Knit for Fun  
 1-3 Pitch  
 1:30-3 Open Bridge  
 2-4 SHINE Counselor -by Appt. Only  
 3:30-4:30 Tai Chi with Master Kennan **31**



**BRIARWOOD**  
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 YOUR PARTNERS IN CARE



Unfortunately, at this time of the year, you can't recognize all the hobgoblins by their Halloween costumes. Many are young children that introduce themselves by saying, "Trick or Treat". You give them candy, everyone smiles and then they proceed to your neighbor's house.



Some are dressed in hard hats and vests, saying they have "extra tar and are willing to immediately re-surface your driveway, for pennies on the dollar". While dressed in shirts and ties, some invite you and your spouse to a lunch and talk about, "A Sure Thing" and "Can't Fail" ways to invest your retirement savings. Other hobgoblins call stating "there's a warrant out for your arrest and you need to send them money using an iTunes card".

If you need help recognizing the "scammer" hobgoblins... 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](http://www.worcesterma.gov/boards-commissions) or call Jeannie at 508-799-1175. Applicants from under-represented groups in the City are encouraged to apply.

**The Sweet Calm Sunshine of October, the leaves have ripened to the fall, do not fear autumn is here!**

This is the best season for you to begin 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
  - Vacation/Sick days, and Holidays!!
- Please call Joy Rehfeld @ 508-791-7783.



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



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



**NETWORKING WORKS!! Your AGE really is your EDGE!!**  
**50+ Job Seekers Networking Group • 2nd & 4th Wednesdays**  
**October 10 & 24th • 2-4 pm**

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 call Susan D. Kelly 781-378-0520 or [susan@sdkelly.com](mailto:susan@sdkelly.com). For registration email Melody Beach [melody.beach@charter.net](mailto:melody.beach@charter.net).**

**Funded by AARP and Massachusetts Association of Councils on Aging**



**ALICE MOORE, MEMBERSHIP COORDINATOR**  
**HOPES YOU'LL JOIN THE FRIENDS!**

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Zip \_\_\_\_\_

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

Checks may be dropped off or mailed to:  
**Friends of Worcester's Senior Center**  
**128 Providence St., Box 3**  
**Worcester, MA 01604-5413**  
 508-799-1200

**AND BINGO IS OUR NAME-O!**

Congratulations to the FRIENDS Board of Directors and its Bingo team for completing its fifth year as Central Massachusetts' only afternoon Bingo game sanctioned by the Massachusetts State Lottery Commission.

Every Thursday, from 1:00 PM - 3:30 PM, our Bingo Bonanza players take home up to \$1100 in cash or more. FRIENDS Bingo is a wonderful weekly fun, social and profitable event for our players.

We welcome experienced and novice players so bring some friends. And Connie's Coffee Corner is always open for Bingo snacks.





**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, 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: 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 <b>\$50.00 Balance due ASAP</b>
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## FOXWOOD CASINO TRIPS

Price \$20.00 - Must be paid when making reservation

- Friday, October 5th
- Friday, Nov. 2nd
- Friday, Dec. 7th



## DINE OUT

**Monday, October 15th DINO'S @ 4:30 PM**  
**13 Lord Street, Worcester, MA 01604.**

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. 10, OCTOBER 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.

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

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### Answer to Previous Sudoku

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

## CROSSWORD PUZZLE

**ACROSS**

- Last of the Mohicans
- Home Box Office (abbr.)
- Repose
- Hollow stone
- Tree
- Us (Ger.)
- Lagoon
- Goddess (Lat.)
- Own (Scot.)
- Inborn
- Keen
- Desert plant
- Television channel
- Amer. Dental Assn. (abbr.)
- Bird
- Air
- Presidential nickname
- Indian music
- Glass-furnace mouth
- Survey
- Cistern
- Brown vesuvianite
- East
- Principal commodity
- According to (2 words)
- Belonging to (suf.)
- Eng. poet
- Compass direction
- Rhine tributary
- Wife of Balder
- No (Scot.)
- Fiddler crab genus
- Handwriting on the wall

**ANSWER TO PREVIOUS PUZZLE**

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

**DOWN**

- Fruit
- No (Ger.)
- Crest
- Jewish month
- Rom. author
- Pronoun
- Animal sound
- Ruminant's stomach
- Haw. feast
- Initial (abbr.)
- Anglo-Saxon slave
- French art
- Russ. despot
- Pole in Gaelic games
- Public vehicle
- Family relative
- Thus (Lat.)
- Civil Aeronautics Board (abbr.)
- Oriental potentate
- Women's Army Corps (abbr.)
- Scientific name (suf.)
- Unfledged hawk
- Lamb (Fr.)
- Range
- Blaubok
- Home landscape
- isle of Napoleon
- Wind indicator
- Wings
- Carnation
- Solitary
- And other: abbr. (2 words) (Lat.)
- "Blue Eagle"