

THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 8, NO. 4, APRIL 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 Residential Care Facility
for Alzheimer's and Dementia



*Schedule a Tour and
Discover the Difference!*

- 24 hour RN & Medical Director
- Safe, comfortable & secure with the amenities of home
- Individual wellness plans with medication management
- Basic residency rates never go up!

102 Randolph Road, Worcester, MA • OasisAtDodgePark.com • 508-853-8180



PART TIME WORK MAKE UP TO \$35/HOUR!

Do you enjoy interacting with people?
Are you looking for a flexible,
part-time job with competitive pay?

Then Renewal by Andersen just
might have the position for you!

**Renewal
by Andersen.**



WINDOW REPLACEMENT

an Andersen Company

If you have worked in promotions, sales, food service, retail, grocery, hospitality, customer service OR if you simply enjoy interacting with people, we want you to join our team as a part-time Events or Retail Associate.

No previous work experience required, however, previous experience as a customer service representative, brand ambassador, event specialist, cashier, clerk, sales representative, sales assistant, or a product demonstrator would make you an ideal candidate.

- Must have excellent communication skills, a neat appearance, and superb customer focus.
- Part-time schedule - must be able to work flexible hours including work availability for weekends.
- Must be able to stand for the duration of a 6-hour shift and perform routine tasks with minimal supervision.
- Requires ability to follow written and verbal instructions.
- Applicants must pass background check and drug screening.
- Reliable transportation a must - locations throughout greater Boston. We provide mileage reimbursement.

Pay is up to \$15 per hour in addition to a lucrative bonus plan plus paid training & mileage.

Email s pochapin@andersencorp.com or call 508-351-2226 to set up an interview.

SEE PG 5 FOR FEATURED PROGRAMS

THE RED SOX OF YESTERYEAR

WED. APRIL 4 • 10:30-11:30 AM

WORCESTER SENIOR CENTER

WELLNESS & SAFETY RESOURCE FAIR 2018

YOU ARE THE KEY TO YOUR HEALTH!

WED. APRIL 11 • 9-11:30 AM

A FREE HEALTH FAIR!!!

WSC & CLARK UNIVERSITY

CAREGIVER IMPACT: AGING BABY BOOMERS

WED. APRIL 11 • 12:30-2:00 PM

MEET AND GREET ARTIST RECEPTION

CATHY WEAVER TAYLOR

TUESDAY, APRIL 24 • 11 AM-1 PM

A VOLUNTEER RECOGNITION PARTY IS BREWING

WITH GROUNDS FOR CELEBRATION!!

WED. APRIL 25 • 12-1:30 PM

DISTINGUISHED SPEAKER SERIES CONTINUES...

WITH KEVIN O'SULLIVAN, PRESIDENT & CEO

MASSACHUSETTS BIOMEDICAL INITIATIVES

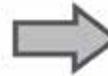
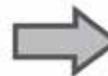
MON. APRIL 30 • 10:30-11:30 AM

ELVIS LIVE! ROBERT BLACK IS BACK...12:30-1:30 PM

WORCESTER SENIOR CENTER PRESENTS

THE SENIOR SCOOP

taking you in new directions



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Subscription
Just \$15
Yearly



SUBSCRIBE TODAY! CALL 508-799-1200

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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/seniorcenter**

You can access this newsletter by clicking on "Senior Scoop"

HOURS: Monday - Friday 9:00 am-4:30 pm



City Manager	Edward M. Augustus Jr.
Health & Human Services	Dr. Matilde Castiel, Commissioner

STAFF:

Director	Amy Vogel Waters
Senior Center Operations Director/Editor	Patricia Hainsworth
Fiscal, Contract & Data Assistant	Janet Bresnahan
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.



Goddard / Homestead

A Caring Community for Elders

**1199 MAIN STREET
WORCESTER, MASSACHUSETTS
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

CRIBBAGE TOURNAMENT**Monday, April 2 • 9-11:30 am**

Players are asked to contribute \$5.00 each. Sign up for the tournament at the front desk or call 508-799-1232. Prize is determined by number of players participating.

JOYOUS JEWELRY WITH LESLIE**Friday, April 6 • 9:30-11 am**

Make and take home a beaded bracelet. Previous bead store mgr., Leslie became familiar with all types of materials and techniques. She enjoys teaching jewelry design and takes great satisfaction from encouraging people to use their own creativity while learning a new skill and having fun. \$10 fee includes beads. Call 508-799-1232 to sign up.

MONTHLY CRAFT CLASS**Monday, April 9 • 10-11:30 am**

\$3.00 Call 508-799-1232 to register. **Project: Stained Glass Votive Holder.** \$3.00 fee per craft, all supplies included. Call 508-799-1232 to register. Space is limited.

**MAKE A MINIATURE GARDEN WITH TINA FROM BEMIS NURSERY****Mon., April 9 • 1-2:30 pm**

Always popular with those who refuse to grow up. Create your own, little fantasy garden with Tina's Tiny plants, moss pebbles, and some miniature figurines to complete the scene. \$10 per arrangement. Call 508-799-1232 to sign up.

**PITCH TOURNAMENTS****Monday, April 9, 23 & 30 • 9:30-11:30 am**

Players are asked to contribute \$5 each. Call 508-799-1232 to sign up. Prize is determined by number of players participating.

THE LIBRARIANS ARE COMING**Tuesday, April 10 • 12-1 pm**

We are here to offer sample items from our vast collection; assist new members, put items on hold; give information on library events, materials and services; and answer reference questions.

COLORING ISN'T JUST FOR KIDS!**Friday, April 6 & 20 • 10-11:30 am**

A great relaxation technique and its fun!! Lots of pictures to choose from and it's free. Call 508-799-1232 to sign up.

WE'VE GOT TO HAVE FRIENDS

We sang along with the Karen Carpenter Tribute Band; enjoyed the changing décor for all the holidays and so much more, thanks to the Friends of Worcester's Senior Center.

LIBBY LIBRARY EXPRESS WORCESTER PUBLIC LIBRARY**Tuesday, April 24 • 2-3 pm****GET YOUR GROOVE ON: GAMESENSE GUIDE TO SMART AND FUN GAMBLING****Tuesday, April 10 • 10-11:30 am**

From slots to blackjack, and **GameSense** even to setting a budget, we want to make sure your next casino visit is a fun one. Join us for an interactive breakdown session on how your favorite casino games work. We believe that a better understanding of how games work will keep enjoyment levels up and risk down. Gamesense by Mass Compulsive Gambling is here to take the mystery out of casinos, and provide players the tools to tackle their favorite games. Register by calling 508-799-1232. P

OIL PAINTING WITH DARRELL CROW**Thursday, April 12 • 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: Secluded Beach.** A 1/2 hr. break provided for lunch. Register by calling 508-799-1232.

**COFFEE CLUB****Wednesday, April 18 • 10:30-11:30 am**

Learn about the market with a free cup of coffee & donuts with Lisa Casillo, financial advisor with Edward Jones. Discuss current updates on the market and the economy in an informal setting, a great way to get to know one another. The coffee & donuts are on us. Call 508-799-1232 to sign up.

HERBERT E. BERG FLOWER ARRANGING**Wednesday, April 18 • 1-2 & 2-3 pm**

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

BOOK DISCUSSION**Thursday, April 19 • 1-2 pm**

New members are always welcome! **We are reading *Botticelli's Muse* by Dorah Blume.** In 1477, Botticelli is suddenly fired by his prestigious patron and friend Lorenzo de' Medici. In the villa of his irritating new patron, the artist's creative well runs dry--until the day he sees Floriana, a Jewish weaver imprisoned in his sister's convent. But events threaten to keep his unlikely muse out of reach. So begins a tale of one of the art world's most beloved paintings, *La Primavera*, as Sandro, a confirmed bachelor, and Floriana, a headstrong artist in her own right, enter into a turbulent relationship. **In May we are reading *A Gentleman in Moscow* by Amor Towles**

NEIGHBORHOOD CRIME WATCH MEETING & MED TAKE BACK BIN WITH WPD**Monday, April 23 • 12:30-1:30 pm**

Join WPD Officer Sean Lovely to discuss neighborhood issues and concerns. Medication Take Back bin will be available for your old meds.

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 and to register.

COMING IN MAY

- **National Grid Customer Assistance Expo, Fri. May 11 • 10 am-2 pm**
- **Learn How Gillian Smith, Assistant Professor of Computer Science at WPI marries crafting and computer science to create art, Mon. May 14 • 12:30-1:30 pm**
- **Distinguished Speaker Series continues with Edward O'Connor, Director Veterans' Services, City of Worcester Wed. May 23 • 10:30-11:30 am**
- **"Civil War Letters" Lynn Mckenney Lydick Play, Wed. May 23 • 1 pm**
- **Seedling Exchange with REC Thursday, May 24th**

**SENIOR CENTER FRIDAY FLICKS**

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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

THE RED SOX OF YESTERYEAR

Wed. April 4 • 10:30-11:30 am

Just in time for opening day at Fenway Park, **Red Sox historian Herb Crehan**, a recognized authority on Boston baseball history and the publisher of www.bostonbaseballhistory.com, is in his 22nd season as a contributing writer for the Boston Red Sox. He has written well over 125 feature articles for the team's official program. Crehan speaks extensively on Boston baseball history, including appearances at the National Baseball Hall of Fame in Cooperstown, NY, WBZ radio and more. Call 508-799-1232 to register.

Program sponsored by Sterling Village.



Following the program **ESWA Nutrition Program Hot Dog Bar**. Reserve lunch early by calling 508-852-3205.



**Worcester Senior Center
WELLNESS & SAFETY RESOURCE FAIR 2018**

You are the Key to Your Health!

Wed. April 11 • 9-11:30 am

A FREE HEALTH FAIR!!!

Learn ways for safe and healthy living and get information on different services available to YOU! Lunch sponsored by Lutheran Health Care. To reserve lunch call 508-852-3205. Centerpieces by Benchmark Senior Living

**NEW
Shingle shot
available**



**WSC & CLARK UNIVERSITY CAREGIVER IMPACT:
AGING BABY BOOMERS**

Wed. April 11 • 12:30-2:00 pm



Panel Discussion

- Maureen Siergie, Executive Director of Elder Services of Worcester Area, Inc.
- Deb Dowd-Foley, Caregiver Specialist, Elder Services of Worcester Area, Inc.
- Deborah Fins, LICSW, CMC, Deborah Fins Associates, PC
- Lisa Castillo, Financial Advisor Edward Jones
- Robert Dwyer, Ph. D - Central Mass Agency on Aging

Register by calling 508-799-1232. Refreshments will be served.

**MEET AND GREET ARTIST RECEPTION
CATHY WEAVER TAYLOR**

Tuesday, April 24 • 11 am-1 pm



REFLECT, TOO - Cathy Weaver Taylor

Solo show of collage using reflective materials and patterned recycled print, Creating artwork reflective of our times.

Following the reception you will have a unique opportunity to attend a **workshop with Artist Cathy Taylor from 1-3 pm** which includes a power point presentation and hands-on collage workshop. Cathy will talk about collage as a creative place and space to be in, materials included. No art experience needed, just an appreciation for fun. \$10 pp. Sign up by calling 508-799-1232. Space is limited.

**A Vounteer Recognition Party Is Brewing
With Grounds For A Celebration!!**

WORCESTER SENIOR CENTER VOLUNTEER LUNCHEON
Wednesday, April 25th • 12-1:30 pm

Thanks a Latte to our Tea-riffic Volunteers!
Senior Center volunteers must register for this program by calling 508-799-1232.

Event sponsored by the
John J. Binienda Memorial Fund



**SPEND THE DAY AT THE SENIOR CENTER...
DISTINGUISHED SPEAKER SERIES CONTINUES...**

with **Kevin O'Sullivan, President & CEO**

Massachusetts Biomedical Initiatives



Mon. April 30 • 10:30-11:30 am



Please join Kevin O'Sullivan, President & CEO of the Massachusetts Biomedical Initiatives to learn more about the exciting new world of Bioscience in Worcester and Central Massachusetts. The Health & Life Sciences industry is changing our Healthcare Delivery System dramatically because of the numerous scientific discoveries being made, finding cures and treating illness and disease here at home. All the while this growth is creating new companies, new jobs and expanding our tax base to the benefit of our region's economy! Please register for this program by calling 508-799-1232. Refreshments will be served. Lunch sponsored by Brookhaven Hospice. Call 508-852-3205 to make your reservation.



ELVIS LIVE! Robert Black is Back... April 30 • 12:30-1:30 pm

O'CONNOR BROTHERS FUNERAL HOME



**Complete Burial
&
Cremation Services**

**Pre-Planning
Consultations**

Serving greater Worcester for over 65 years

592 Park Avenue, Worcester, MA 01603 | 508-754-2431 | oconnorbrothers.com

HEALTHY LIVING SUPPORT GROUP

Monday, April 2 • 12:30-1:30 pm

A support group for past participants of the evidenced-based programs: "Matter of Balance", "My Life My Health" "Tai Chi for Healthy Aging" and "Healthy Eating". Share your knowledge and experiences with your peers, while learning current health practices. Call 508-799-1232 to register.

VISITING DENTAL ASSOCIATES OF CENTRAL MA

Friday, April 6 • 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.

FREE MINDFUL MEDITATION

Mondays, April 2, 9, 23 & 30 • 12:30-1:30 pm

Robert Harrington, CCH, returns and guides a mindfulness meditation session to calm your mind, settle your body and enjoy deep relaxation. **Sponsored in part by the MA Executive Office of Elder Affairs.** Call 508-799-1232 to register.

NO EVIL PROJECT

Thursday, April 26 • 11 am-1 pm

Learn more about the "No Evil Project at the Worcester Senior Center" art installation, a photography activity that shows that people are NOT defined by their labels.



OSTEOPOROSIS EXERCISE PREVENTION PROGRAM

Medical studies have shown that the crippling disease of osteoporosis can be prevented or delayed through weight bearing exercise and proper nutrition. We seeking participants age 60+for a 10 wk. Osteoporosis Prevention Exercise Program. **Tuesday, April 10th thru June 15th. Exercise classes will be held Tues. & Fri., 12-1 pm. Nutrition classes will be held Tues., 1-2 pm.** Specialized exercises are taught by an AFAA Certified Group Exercise Instructor and Nutrition classes are taught by a registered dietician. Class is free to participants. Funded in part by Title III of the Older Americans Act via the CMAA & the MEOEA. Call 508-799-8062 for further information.

THE IMPORTANCE OF SOCIALIZING AS YOU AGE!

Friday, April 20 • 12:30-1 pm

Interactive presentation by QCC Interns. Learn the health benefits of socialization as you age. Sign up at the front desk or call 508-799-1232.

ACCLAIM HOME EALTH PRESENTS... "STRATEGIES TO PREVENT FALLS"

Wednesday, April 18 • 10:30-11:30 am

Presented by Jayne Schack, RPT, Clinical Liaison. Here's a quick quiz - when is it OK for a senior to fall in their home? The answer: NEVER! Join Jayne in an informal discussion to identify fall risks in the home and ways in which to prevent them. Call 508-799-1232 to sign up. Light refreshments to be served.



NANCY CIMATO'S FREE BALANCE, STRENGTH TRAINING & EXERCISE CLASS

Wednesdays, 1:30-2:30 pm

This 5 week program starts April 4th.

Do you worry about falling or losing your balance? Do you want to hang on to your independence as long as you can? Then join us for Strength and Balance. We will exercise to improve strength, flexibility and balance. We will also discuss ways to get around your home and outside more safely and comfortably. And we just might have fun doing it! Wear your sneakers and bring your positive attitude to Strength and Balance. Nancy Cimato is a certified instructor of Yoga, Aerobics, Silver Sneakers and Matter of Balance. Sign up in advance by stopping by the Front Desk or calling 508-799-1232.

APRIL SAFETY TIP

The CDC reports that every year, 2.5 million older Americans are treated in emergency departments for injuries caused by falls. For older adults, even minor injuries can have serious consequences. Yoga and similar exercises help improve balance as well as flexibility.

COMING IN MAY HEALTH

- **Lyme Disease Informational Talk**
Wed. May 2 • 1 pm
- **VNA Care Bone Density Screening**
Wed. May 30

BEGINNER SCRABBLE

Looking for players at a beginner's level. Scrabble board provided. Have fun, while exercising your brain!! Mondays, 9-1 pm. Call 508-799-1232 for more info. +/or to sign up.



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

GAMES/CRAFTS/MUSIC

Pitch: Wednesdays, 1-3 pm
Mah Jong: Wednesdays 9:00-11:30 am
Movies: Fridays at 1:00 pm
Crafts with Laurel: 2nd Monday of the month 10-11:30 am
Cribbage: daily at 10:00 am
Card Playing: Fridays, 1:00-3:00 pm
Open Bridge: Wednesdays, 10:30 am-12:30 pm & 1:30-3 pm, Fridays 9:30-11:30 am
Scrabble: Mondays, 10 am-1 pm
Beginner Scrabble: Mondays, 10 am-1 pm
Project Linus- crochet group: Thursdays at 9:30 am
Crochet & Knitting for Fun: Wednesdays at 12:30 pm
Gordon Creamer, Organ Player: Wednesdays, 11:30 am-Noon
Adult Coloring: 1st & 3rd Fridays of the month

LEARN SOMETHING NEW

Chinese Mandarin: Fri. 12:30-2 pm, Call Mr. Cao at 508-799-8069
Spanish Class: Mondays, 11 am-Noon
Beginner Spanish: Mondays, 12:30-1:30 pm
Beginner French Fridays 11-12 pm
ESL for CHINESE: Fridays 10-11:30 am
Beginner ESL for Vietnamese: Thursdays 9:30-10:30 am
ESL for Arabic: 1st & 3rd Tuesdays, 10-11:30 am
SeniorSpeak Taping: Tues at 2:00 pm. Airs Mon. at Noon WCUW 91.3 FM & on WCCA Channel 13 Mon. at 1 am, Tues. at 12:30 pm, Wed. at 10 pm and Thurs. at Noon

GET FIT & HAVE FUN

Yoga for the Active Senior w/ Fern: Monday at 10 am, \$10/class, discounts for multi-class pass
Mixed Gentle Yoga (chairs optional) w/ Fern: Wednesday at 10 am, \$10/class, discounts for multi-class pass
Gentle Yoga with Nancy Cimato: Fridays at 9 am, \$4 fee
Aerobics w/ Nancy Cimato: Tues. & Thurs. at 9 am, \$3 fee
Joe Fish Fitness: Tuesdays & Thursdays, 10-11 am
Walking Club: Thursdays, 9-12 pm
Ballroom Dance Classes: Fridays at Noon, \$3 fee
Tai Chi: Mondays 9:15-9:45 am, Thursdays 9:15-9:45 am
Ping Pong: Thursdays 1-3 pm
Tai Chi with Master Keenan: Wednesdays 3:30-4:30 pm

MEETINGS

Commission on Elder Affairs: 4th Monday at 4 pm
African American Elder Group: Thursdays at 10 am
Vietnamese Elder Group: Thursdays at 10:15 am
Chinese Elder Group: Fridays 9-10 am
Arabic Elder Group: 1st Tuesday & 3rd Tuesday 10:30-12 pm
Latino Club 60+: Mondays & Fridays 9:30-11:30 am
Albanian Elder Group: Tuesdays & Thursdays 11-11:45 am

COMPUTER LESSONS

Did you recently get a new laptop Do you have questions about using your computer, or your tablet? Do you want simple answers to these questions? There is no need to stay confused. You can get a non-technical explanation by scheduling a private lesson at the Worcester Senior Center Computer Lab (for \$10 per hour). To arrange an appointment for a one-to-one session, call 508-799-8071 and speak with Ann Stamm, Computer Lab Coordinator. If there is no answer, please leave a message and your call will be returned as soon as possible.

ASSISTIVE TECHNOLOGY TRAINING

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

The **STAND AGAINST RACISM** is a movement of the YWCA with the goal of bringing people together from all walks of life - across the country -to raise awareness that racism still exists. In honor of this event we will display the beautiful quilt made by the Happy Quilters specifically for this movement. The quilt will be on display in the senior center lobby all week.



ANNUAL EARTH DAY CLEAN UP!!

Thursday, April 5 • 9-12 pm

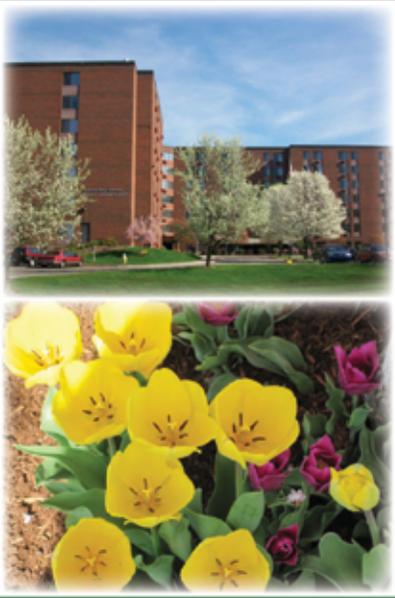
Time to spruce up the SENIOR CENTER grounds!! Help is needed with sweeping, trash clean up, weeding and raking. Tools and gloves provided. This event is coordinated in conjunction with the Regional Environmental Council & sponsored by Tufts Healthcare Medicare Preferred. Call 508-799-1232 to sign up.

UNDERSTANDING THE MYTHS & REALITIES OF REVERSE MORTGAGES

Tuesday, April 17 • 1-3 pm. Attorney Jerry Congdon, Berkshire Bank's Reverse Mortgage Specialist, will educate attendees on the multitude of benefits that a reverse mortgage can offer the senior community. Jerry will explore the many misconceptions regarding reverse mortgages and reveal the truth in the process. The event is presented by Commerce Bank's Royalty Club. To register or for more information, call 508-459-4126 or visit bankatcommerce.com.

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.

SUPPORT SERVICES

Advocacy, information services and application assistance:

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

Legal Consultations

The Senior Center welcomes Attorney Michael Gorman who will be providing **free legal consultation** for seniors the 2nd Friday of every month, 9:30-12:30 pm. Call Linda Wincek-Moore at 508-799-1233 to schedule an appointment.

MA Association for the Blind & Visually Impaired, Low Vision Support Group:

3rd Friday of the month, 10 am-Noon, call 508-854-0700.

Big Book Step Study

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

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

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



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

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

SHINE: Serving the Health Information Needs of Everyone

The SHINE Program provides Health Insurance Counseling. (Spanish and Vietnamese interpretation available) Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to: www.prescriptionadvantagemg.org.

MEDICARE WILL BE ISSUING NEW MEDICARE CARDS

You asked and MEDICARE listened! You will be getting a new Medicare card! Between April of 2018 and April of 2019, Medicare will be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity. You'll get a new randomly selected Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information when your new card is mailed.

A couple of things to point out— If you change your address be sure to notify Social Security promptly so your new card can be mailed to the correct address. Also, beware of anyone who contacts you about your new Medicare card, Medicare will not ask you to give them personal or private information to get your new Medicare Number and card. We will keep you posted on the mailing schedule, as of now Massachusetts beneficiaries will get their new cards sometime after June 2018.

Does Medicare cover fitness programs?

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program. Fitness classes available at senior centers may also be eligible for reimbursement. Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2016!

SHINE Volunteers: Elena Nasitano, Hazel Nourse, Ray Hayes, Robin McGrath, and John Quigley. **Appointment required,** call: 508-799-8030. **You can also visit us on the internet at www.shinema.org.**

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 **April 12:** Healthy Steam Rice (Cơm Bì Chả): rice, tofu quiche, root shreds, soy sauce Vermicelli with Chunky Slices (Bún Thịt Xào) [Thêm bún] (Soy protein made in chunky slices, served with vermicelli, brown sauce & fresh vegetables.

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 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.

TRANSPORTATION

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

Two WRTA routes service the Worcester Senior Center:

Route # 1 travels on Providence St. and stops in front of the senior center and route **#11** operates on the Vernon St. side of the senior center. You will have to walk up Spurr St. With a WRTA disability or senior ID, the cost is **\$.85** with other options available for frequent riders without the WRTA ID the cost is **\$1.75**. Information is available at the HUB's Customer Service window or call the WRTA customer service at 508-453-3462. If you need assistance with learning the bus routes in the Worcester area the WRTA Call Tess, the travel trainer, who can provide information on the WRTA's free travel-training program Call 508-453-3451 to make an appt.

MEMORY CAFE - Tuesday, April 17 • 2-3:30 pm

Are you caring for a loved one with Alzheimer's or some other type of dementia? Come visit the **memory café**. It is a gathering of individuals with memory loss along with their caregivers, and/or friends and family in a safe, supportive, and engaging environment. The café is free with the intent of giving everyone a welcome break from the disease. **The afternoon will consist of conversation, entertainment (such as, music, arts, games, etc.), along with refreshments, and hopefully, some, laughter.** Funded in part by the MA Executive Office of Elder Affairs via the MA Association of Councils on Aging.



CHINESE MANDARIN CLUB

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

CHINESE ELDER PROGRAM EVERY FRIDAY:

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

Contact Wei Shi 508-799-8072 shiw@Worcesterma.gov (Chinese)
or Yung Phan 508-799-8067 / PhanD@Worcesterma.gov (English)

每星期五 中國老年人活動節目
上午九點：做操鍛煉與早茶
十點：ESL英語課
十一點半：午飯
下午十二點半：中文課（普通話）
與曹履成先生聯係（中文）：電話：508-799-8072、
電子郵件：shiw@Worcesterma.gov
或與Yung Phan 聯係（英文）：電話：508-799-8067、電子郵件：PhanD@Worcester.gov

Chương trình Cao Niên Việt Nam

Thứ Năm hàng tuần bao gồm: Thể dục Dưỡng Sinh, Thông dịch giấy tờ, Hội họp Cao niên, Cơm trưa và nhiều chương trình khác. Để biết thêm chi tiết, xin liên hệ cô Yung Phan 508-799-8067 hoặc PhanD@WorcesterMA.gov

LAS CAÍDAS SE PUEDEN PREVENIR

De acuerdo al Centro de Control y Prevención de Enfermedades, las caídas son la principal causa de muerte entre adultos mayores en los Estados Unidos. Las estadísticas que soportan este hecho son asombrosas.

Cada año, 2.8 millones de adultos mayores son tratados en la emergencia de los hospitales debido a las caídas. Una de cada cinco caídas son causantes de heridas cerebrales graves o huesos rotos (Rivara & Wolf, 1992). Como resultado, más de 800,000 pacientes son hospitalizados. Sin embargo, las caídas no son el resultado de actividades físicas extremas. Más del 95% de las fracturas de cadera son ocasionadas por caerse de lado.

Además existe una carga económica asociada a las caídas de adultos mayores. Cada año, al menos 300,000 adultos mayores son hospitalizados debido a fracturas de cadera. Se estima que los costos médicos relacionados con las caídas son de 31 billones de dólares al año.

Sin embargo, más importante es el costo social en adultos que han sufrido caídas. Este costo esta ligado al temor de volverse a caer, al aislamiento, el debilitamiento físico y la depresión. La buena noticia es que las caídas se pueden prevenir haciendo ejercicios para fortalecer sus piernas y mejorar su equilibrio y haciendo su casa más segura. Hable con su doctor si tiene problemas de la vista, o de equilibrio.

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اول و ثالث ثلاثاء من كل شهر
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للاستفسار الرجاء الاتصال :
ورد
(774) 314-5756

Arabic Elder Group

LATINO CLUB 60+
Mondays & Fridays, 9:30-11:30 am
Contact Mariana O'Brien,
Club 60+ Latino Elder Group
Coordinator 508-799-1997 for
more information about the
program.

EL CLUB LATINO 60+
Los lunes y Viernes
Para más información, puede
comunicarse con Mariana O'Brien,
a 508-799-1997.



WSU students serve refreshments to seniors celebrating Valentine's Day



Celebrating Black History month with Clark Univ. Professor, Janette Thomas Greenwood & members of the African American Elder group



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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 4/30/18.



Artist Reception with Andrea Driscoll



ZUMBA with Stephanie



Chinese Elder Group



Laugh for the Health of it



WSC participant receives a massage, sponsored by Tufts



Janice Frederick, author & illustrator of children's books

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Stew 2 Steamed Rice Corn Niblets Pineapple Alternate: SOUP DU JOUR RANCH CHICKEN SALAD w/ BACON	Vegetable Cheese Bake 3 Broccoli & Red Peppers Baked Apples Alternate: SOUP DU JOUR EGG SALAD	Chicken Milano 4 Wild Rice Green Beans Butterscotch Pudding Diet = Yogurt Alternate: SOUP DU JOUR SLICED HAM	Salisbury Steak 5 Mashed Potatoes Peas & Carrots Fresh Fruit Alternate: SOUP DU JOUR SLICED TURKEY	Potato Crunch Fish 6 Lemon Seasoned Potato Scandinavian Vegetables Fruited Ambrosia Alternate: SOUP DU JOUR N.Y. PASTRAMI
Chicken Sausage 9 Jambalaya Rice Pilaf Green Peas Cookie Alternate: SOUP DU JOUR CHICKEN SALAD	Meatballs w/Onion Gravy 10 Bowtie Pasta Scandinavian Vegetables Fresh Fruit Alternate: SOUP DU JOUR HAM SALAD	Marinated Pork Loin 11 Brown Rice Oriental Blend Vegetables Mandarin Oranges No Alternates Served	Chicken Fajitas 12 Spanish Rice Black Beans & Corn Sour Cream/Pita Bread Pineapple Alternate: SOUP DU JOUR TURKEY SALAD	Fish w/Crumb Topping 13 Rice Pilaf Broccoli Gingerbread Diet=Small Piece Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD
Patriot's Day 16 No Meals Served	Salmon Boat / Dill Sauce 17 Mashed Potatoes Peas & Pearl Onions Cookie Alternate: SOUP DU JOUR CHICKEN FILET w/RANCH	BBQ Chicken 18 Red Bliss Potatoes Country Blend Vegetables Cantaloupe Alternate: SOUP DU JOUR TURKEY CAPE COD	Cold Roast Beef S/W 19 Lettuce & Tomato Potato Salad Beet Salad Wheat Roll Peaches Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD	Lasagna 20 Brussels Sprouts Corn Cheesecake Mousse Salad-Congregate Alternate: SOUP DU JOUR CORNED BEEF
Roast Pork w/ Gravy 23 Mashed Potatoes Jardiniere Vegetables Peaches Alternate: SOUP DU JOUR EGG SALAD	Hot Dog on Bun 24 Baked Beans Coleslaw Fresh Fruit Alternate: SOUP DU JOUR TURKEY SALAD	Beef and Bean Chili w/ Cheese 25 Baked Potato Mixed Vegetables Mixed Fruit Sour Cream Alternate: SOUP DU JOUR N.Y. PASTRAMI	Chicken Cacciatore 26 Penne Pasta Italian Blend Vegetables Birthday Cake & Plain Cake Alternate: SOUP DU JOUR HAM SALAD	Haddock w/ Picatta Sauce 27 Garden Blend Rice Broccoli Brownie Diet=Cookie Alternate: SOUP DU JOUR SLICED ROAST BEEF
Chicken Mornay 30 Couscous Roman Blend Vegetables Pudding & Diet No Alternates Served	MENUS SUBJECT TO CHANGE. * Diabetic Friendly ** Higher Sodium Entree Lunches are at 11:45 am. \$2.50 suggested donation. Call 508-852-3205 between 9 & 1 pm at least 2 days in advance by 10:30 a.m. to reserve a meal.			



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MONDAY		TUESDAY		WEDNESDAY		
<p>9-11:30 CRIBBAGE TOURNAMENT 9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 10-11:30 BP Clinic by Homecare Solutions 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 Beginner Spanish</p>	<p>12:30-1:30 Mindful Meditation 12:30-1:30 HEALTHY LIVING SUPPORT GROUP 12:30-1:30 ZUMBA GOLD 1-3 HAPPY QUILTERS</p>	<p>2</p>	<p>9-10 Aerobics 9:30-11:30 WINTER MOBILE MARKET 9:45-11:15 HEAD START STORY TIME 9-12 SHINE Counselor -Appt. Only 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10:30-12 Arabic Elder Group 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint 12-1 TAI CHI PRACTICE GROUP 12:30-2 Sewing Class</p>	<p>2-3:30 Radio Show</p>	<p>3</p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-10:30 PETS AND PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 ACRYLIC PAINTING CLASS 10-12 Cribbage 10:30-11:30 THE RED SOX OF YESTERYEAR 10:30-12 CONVERSATIONAL ENGLISH CLUB 10:30-12:30 Open Bridge 11:30-12 Gordon Creamer Organ Player 12-1 VIETNAMESE DANCE CLASS</p>
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9-11:30 PITCH TOURNAMENT 10-11:30 BP Clinic by Overlook VNA 10-11:30 MONTHLY CRAFT CLASS 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 Beginner Spanish 12:30-1:30 Mindful Meditation 12:30-1:30 ZUMBA GOLD</p>	<p>1-2:30 MAKE A MINI GARDEN</p>	<p>9</p>	<p>9-10 Aerobics 9:30-11:30 WINTER MOBILE MARKET 9:45-11:15 HEAD START STORY TIME 9-12 SHINE Counselor -Appt. Only 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-11:30 GET YOUR GROOVE ON 10-12 Cribbage 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint 12-1 LIBRARY OUTREACH 12-1 TAI CHI PRACTICE GROUP 12:30-2 Sewing Class</p>	<p>1-2 Osteo Exercise/Beginner 2-3 Osteo Beginner Nutrition 2-3:30 Radio Show</p>	<p>10</p>	<p>9-11 WSC HEALTH FAIR 9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-10:30 PETS AND PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12 CONVERSATIONAL ENGLISH CLUB 10:30-12:30 Open Bridge 11:30-12 Gordon Creamer Organ Player 12-1 VIETNAMESE DANCE CLASS 12:30-1:30 STRENGTH & BALANCE CLASS 12:30-2 CAREGIVER IMPACT: AGING BABY BOOMERS</p>
<p>Closed - Patriot's Day</p>		<p>16</p>	<p>TRIP:ATLANTIC CITY 9-10 Aerobics 9:30-11:30 WINTER MOBILE MARKET 9-12 SHINE Counselor -Appt. Only 9:30-10:30 BP CLINIC BY CENTURY HOME CARE 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 0:30-12 Arabic Elder Group 11-11:45 Albanian Elder Group</p>	<p>11-12 Osteo Exercise/Maint. 12-1 TAI CHI PRACTICE GROUP 12:30-2 Sewing Class 1-2 Osteo Exercise/Beginner 2-3 LIBBY 2-3:30 MEMORY CAFE 2-3:30 Radio Show</p>	<p>17</p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-10:30 PETS AND PEOPLE 10-11:30 Mixed/Gentle Yoga-CANCELLED 10-12 Cribbage 10:30-11:30 COFFEE CLUB 10:30-11:30 STRATEGIES TO PREVENT FALLS 10:30-12 CONVERSATIONAL ENGLISH CLUB 10:30-12:30 Open Bridge 11:30-12 Gordon Creamer Organ Player 12-1 VIETNAMESE DANCE 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 BP Clinic by Overlook VNA 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 Beginner Spanish 12:30-1:30 Mindful Meditation 12:30-1:30 WPD NEIGHBORHOOD</p>	<p>CRIME WATCH MEETING 12:30-1:30 ZUMBA GOLD 4-6 Commission meeting</p>	<p>23</p>	<p>9-10 Aerobics 9:30-11:30 WINTER MOBILE MARKET 9-12 SHINE Counselor -Appt. Only 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 RSVP-LETTER WRITING 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint. 11-1 ARTIST RECEPTION 12-1 TAI CHI PRACTICE GROUP 12:30-2 Sewing Class</p>	<p>1-2 Osteo Exercise/Beginner 1-3 ARTIST WORKSHOP 2-3 LIBBY 2-3 Osteo Beginner Nutrition 2-3:30 Radio Show</p>	<p>24</p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-10:30 PETS AND PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12:30 Open Bridge 10:30-12 CONVERSATIONAL ENGLISH CLUB 12-1:30 VOLUNTEER RECOGNITION LUNCHEON 11:30-12 Gordon Creamer Organ Player 12-1 VIETNAMESE DANCE CLASS 12:30-1:30 STRENGTH & BALANCE 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 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 10:30-11:30 DISTINGUISHED SPEAKER SERIES</p>	<p>11-12 Spanish Class 12:30-1:30 Beginner Spanish 12:30-1:30 Mindful Meditation 12:30-1:30 ELVIS LIVE!!! 12:30-1:30 ZUMBA GOLD</p>	<p>30</p>				

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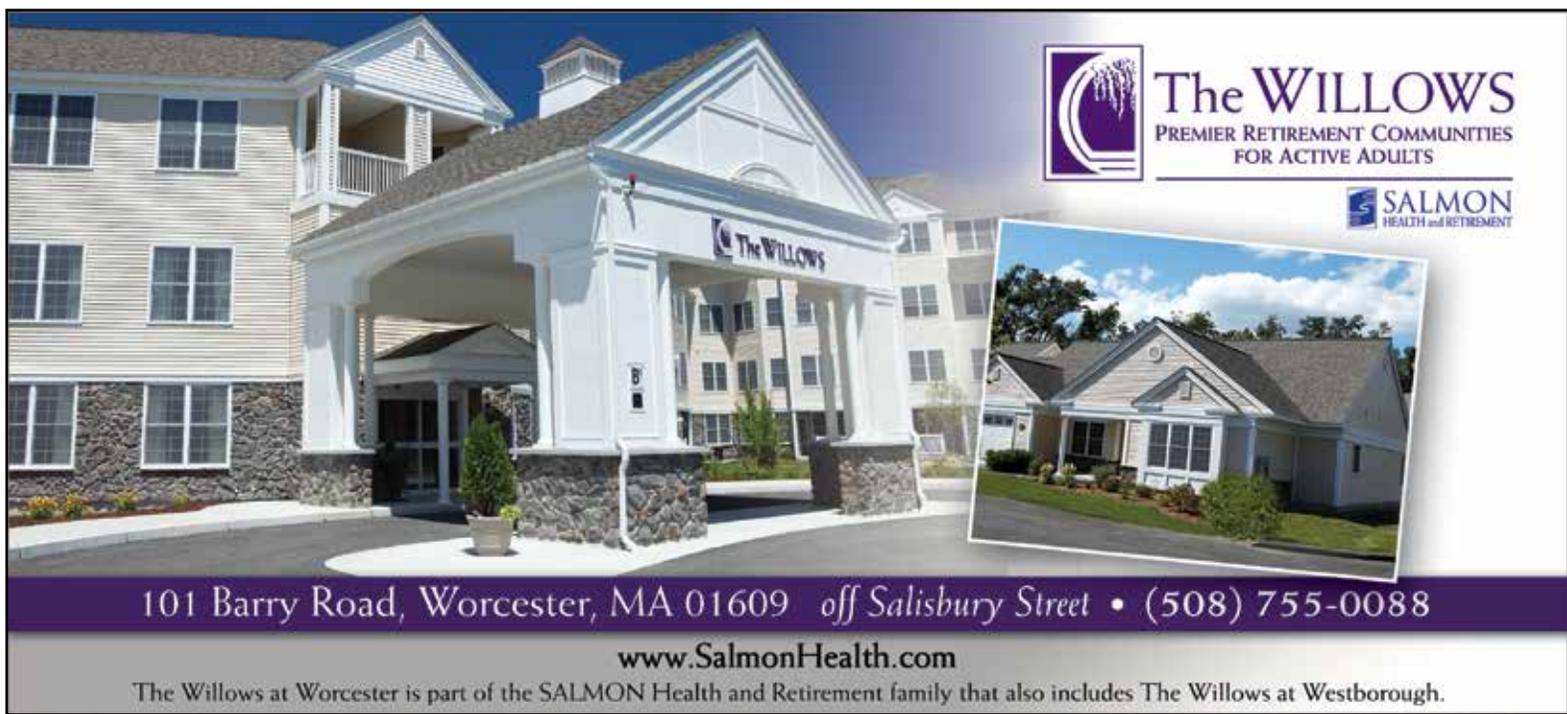
DAY

THURSDAY

FRIDAY

<p>12:30-1:30 STRENGTH & BALANCE CLASS 4 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1-3 VIETNAMESE MOB 1:30-3 Open Bridge 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan</p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-10:30 PETS AND PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 ACRYLIC PAINTING CLASS 10-12 Cribbage 10:30-11:30 THE RED SOX OF YESTERYEAR CLUB 10:30-12 CONVERSATIONAL ENGLISH CLUB 10:30-12:30 Open Bridge 11:30-12 Gordon Creamer Organ Player</p>	<p>12-1 VIETNAMESE DANCE CLASS 5 12:30-1:30 STRENGTH & BALANCE CLASS 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1-3 VIETNAMESE MOB 1:30-3 Open Bridge 2-4 SHINE Counselor -Appt. Only 3:30-4:30 Tai Chi with Master Kennan</p>	<p>TRIP: FOXWOODS 9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-9:45 LATINO ESL 9:15-3 VISITING DENTAL ASSOC of CENTRAL MA- by Appt Only 9:30-11 JOYOUS JEWELRY 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 ADULT COLORING 10-11:30 Chinese ESL</p>
<p>12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1-3 VIETNAMESE MOB 1:30-3 Open Bridge 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan 11</p>	<p>9-10 Aerobics 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</p>	<p>11:45-12:30 VEGETARIAN LUNCH (Reservation required) 12 1-3 Ping Pong 1-4 Friends BINGO</p>	<p>9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-9:45 LATINO ESL 9:30-12:30 LEGAL CONSULTATION FOR SENIORS-APPT ONLY 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 13</p>
<p>12:30-1:30 STRENGTH & BALANCE CLASS 18 12:30-2:30 Crochet & Knit for Fun 1-2 FLOWER ARRANGING 1-3 Pitch 1-3 VIETNAMESE MOB 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</p>	<p>9-10 Aerobics 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-12 RSVP-Blankets For Babies 10-11 BP Clinic by Acclaim Whole Health 10-11 Joe Fish Fitness 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group 11-11:45 Albanian Elder Group 1-2 BOOK DISCUSSION CLUB</p>	<p>1-3 Ping Pong 1-4 Friends BINGO 19</p>	<p>9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-9:45 LATINO ESL 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 ADULT COLORING 10-11:30 Chinese ESL 10-12 Cribbage 10-12 MAB Low Vision Support Group 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint</p>
<p>12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1-3 VIETNAMESE MOB 25 1:30-3 Open Bridge 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan</p>	<p>9-10 Aerobics 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 TRIP: KINGS AND QUEENS OF COUNTRY 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group 11-11:45 Albanian Elder Group</p>	<p>11-1 No Evil Project 1-3 Ping Pong 1-4 Friends BINGO 26</p>	<p>9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-9:45 LATINO ESL 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1:30 Big Book Step Study 27</p>

April



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



**Is someone trying
to scam you?**

MAYBE.

Let's talk about it. Really.
Call us to chat, report, or get help.
RSVP's Senior Fraud HelpLine.

Toll Free in Worcester County

1-800-297-9760



COMMUNITY SPONSORS



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.

ATTENTION CITY OF WORCESTER VOLUNTEERS

City Manager Edward M. Augustus, Jr. cordially invites you to attend a meeting of the City Council at which you will be officially recognized for the acts of kindness, generosity and service that you provide to make Worcester a great place to live, work and play.

WHAT: Volunteer Recognition Ceremony
WHEN: Tuesday, April 10, 2018
TIME: 6PM - Meet and Greet (light refreshments available). To be followed by the City Council meeting presentation at 7pm
WHERE: City Hall, 3rd Floor Levi Lincoln Jr. Chambers

Please RSVP by April 3, 2018 to: The Senior Center reception desk by calling **508-799-1232**.

It is April, which means April showers bring May Flowers!! New flowers is a sign of new life, new beginnings, new Volunteer Opportunities! Consider sharing your caring heart and become a Senior Companion Volunteer. If you can volunteer from 15-40 hours per week you will be eligible for:

- Reimbursements for your travel and meals
- Annual recognition events and monthly training opportunities
- There is a tax free stipend for those who are income eligible
- You can volunteer in the home or at a participating facility

Please call Joy Rehfeld @ 508-791-7783.

The Senior Companion Program & RSVP are sponsored locally by Family Services of Central MA



FRIENDS INFORMATION

WHY JOIN FRIENDS OF WORCESTER'S SENIOR CENTER?

Here comes another appeal for money right? After all, coming to and participating in the events & programs is free, right? Absolutely! The answer is actually very simple: The city pays for the facility and personnel (which is great...your tax \$'s at work). But who helps pay for the over 400 scheduled activities and programs? That's right: It's the FRIENDS! We generate funds through raffles, trips, BINGO, annual appeal and through our Annual Membership program. If you decide to join FRIENDS, you will receive the following:

- Have THE SCOOP mailed directly to your home! This gives you ample time to review and plan activities that are right for you so you don't miss out
- Advance information on what trips are being offered, so you aren't shut out on the ones you really wanted to go on
- Feeling good about contributing to the overall health & wellness of our fellow seniors through your contributions.

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



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.

Travel office hours are Monday thru Thursday 9:30AM - 12:30PM

Flyers for all trips available at the Friends Travel Office or call 508-792-2948 and leave a message.

DAY TRIPS

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

Monday, April 23rd	"The Kings and Queens of Country" at the Log Cabin	\$94.00/per person	Due 3/22/18
Wednesday, May 2nd	Red Sox at Fenway	\$104.00/per person	Due 4/1/18
Tuesday, May 15th	Twin River Casino Special	\$29.00/per person	Due 4/10/18
Saturday, June 16th	Statute of Liberty, Ellis Island & 9/11 Memorial	\$104.00/per person	Due 5/10/18
Friday, July 27th	Tribute to Frank Sinatra	\$97.00/per person	Due 6/6/18
Wednesday, August 15th	Newport Playhouse & Cabaret Restaurant	\$94.00/per person	Due by 7/1/18
Wednesday, Sept. 5th	Lobster Luncheon Buffet Cruise	\$95.00/per person	Due 8/1/2018
Wednesday, Oct. 24th	"Let Freedom Ring" Lunch & Show Sturbridge Host Hotel, - Lakeside Theater	\$79.00/ per person	Due 9/15/18

OVERNIGHT TRIPS

Deposit required at time of reservation as listed on flyer

Depart: Sunday, April 15, 2018 Return: Tuesday, April 17, 2018	Resorts Atlantic City Special Tour Includes: \$60.00 Food Credit, \$25.00 Slot Play & A Resorts Show - All Tips Included	\$255.00/PP Dbl, \$251.00/PP Triple, \$335.00/PP Single
Depart: Wednesday, June 20, 2018 Return: Friday, June 22, 2018	Penn Dutch Showstopper "Sight & Sound Millennium Theatre", performance of "Jesus" 4 Meals, 2 Breakfast, 2 Dinner - must see flyers for full information	\$500.00PP/Dbl, \$490.00/PP Triple, \$600.00PP/ Single \$50.00 DEPOSIT DUE 3/13/18
Depart: Saturday, August 26, 2018 Return: Monday, August 27, 2018	Saratoga Racing (2 days)	\$315.00/PP Dbl, \$305.00/PP Triple, \$415.00/PP Single \$50.00 DEPOSIT DUE 5/18/18
Depart: Tuesday, September 4, 2018 Return: Friday, September 7, 2018	Niagara Falls (4 days/ 6 meals) PASSPORT NEEDED FOR THIS TRIP	\$798.00/PP Dbl, \$769.00/PP Triple, \$1088.00/PP Single \$100.00 DEPOSIT DUE w/reservation FINAL PAYMENT 7/20/18

Please note: prices have changed for Resorts Atlantic City Special; some due dates have also changed. SIGN UP EARLY. A minimum number of passengers required for a trip to be able to go!

DINE OUT

Monday, April 9th @ 4:30 pm
99 Restaurant, Southwest Cutoff, Worcester

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



FOXWOOD CASINO TRIPS

Price \$20.00 - Must be paid when making reservation

- Friday, April 6th
- Friday, May 4th
- Friday, June 8th
- Friday, July 13th
- Friday, Aug. 10th
- Friday, Sept. 7th
- Friday, October 5th
- Friday, Nov. 2nd
- Friday, Dec. 7th

THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 8, NO. 4, APRIL 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.

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

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Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- Sinbad's bird
- Niger-Congo language
- Stripe
- Abridged (abbr.)
- Fat (pref.)
- Economy (abbr.)
- Stinging insect
- Douse (2 words)
- Unclean in Jewish law
- Russ. inland sea
- Ring-shaped game piece
- Cover meat with bacon
- Fraction of a rupee
- Fillet
- Compass direction
- Press for payment

DOWN

- Mortar mixer
- Laconian clan group
- Goodbye (Sp.)
- Europe (abbr.)
- Honshu bay
- Haw. goose
- City in Bihar, India
- Irish nobleman
- Leg of mutton or lamb
- First principles
- Wine (pref.)
- Sinuous
- Clod
- Garden tool
- Galatea's beloved
- Monkey
- Molding
- Legislature
- Belonging to (suf.)

ANSWER TO PREVIOUS PUZZLE

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

1	2	3	4	5	6	7	8	9	10	11
12			13					14		
15			16				17			
18	19						20			
21	22				23	24				
25				26				27	28	29
30			31					32		
33				34				35		
			36				37			
38	39					40				
41				42	43			44	45	46
47				48				49		
50				51				52		