

THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 8, NO. 6, JUNE 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



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



Red Sox Historian Herb Crehan, Union Hill 5th graders and WALLY! Sponsored by Sterling Village



Earth Day Clean up!!



Club 60+ enjoying the WSC Annual Volunteer Luncheon



Tree Pruning Workshop presented by the Worcester Tree Initiative & sponsored by the REC



AARP Tax preparer volunteers enjoying the WSC Annual Volunteer Luncheon



WPS students introduce Artist Cathy Weaver Taylor

SEE PG 5 FOR FEATURED PROGRAMS

ART EXHIBIT

ARCHITECTURAL WATERCOLOR ARTIST

Tues. June 5 • 11-1 pm

DISTINGUISHED SPEAKER SERIES... CONTINUES WITH DAVE PETERSON, GENERAL MANAGER OF THE WORCESTER BRAVEHEARTS

Friday, June 15 • 10-11 am

"NO EVIL PROJECT" RIBBON CUTTING

Tues. June 26 • 11-11:30 am

SPEND THE DAY AT THE WORCESTER SENIOR CENTER!

THEY WERE MY FRIENDS - JACK, BOB AND TED A REMARKABLE LIFE IN AND OUT OF POLITICS BY GERARD F. DOHERTY

Wed. June 20 • 10:30-11:30 am

SUMMER CONCERT KICKOFF WITH SWAGGER SPONSORED BY HARVARD COMMUNITY HEALTH PLAN

Wed. June 20 • 12:30-1:30 pm

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/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.



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

PARKINSON'S CHOIR OF CENTRAL MA

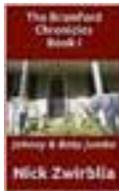
Monday, June 4 • 12:30-1:30 pm
The choir consists of individuals with Parkinson's disease who, have joined to practice physical and vocal exercises, support each other, and sing together. They meet weekly at the First Congregational Church of Shrewsbury and are supported by a grant from the American Parkinson Disease Association MA Chapter. The members are excited to share their gifts and positive outlook.

CRIBBAGE TOURNAMENT

Monday, June 4 • 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 BRAMFORD CHRONICLES, BOOK I: JOHNNY & BABY JUMBO

Tuesday, June 5 • 12:30 am-1:30 pm
Nick's uncanny "eye for the old" imbues *The Bramford Chronicles* with a level of got-it-right detail that brings readers back to a time that—perhaps now forgotten by most—tells us important things about "who we are" and "where we came from." Register for this talk and book signing at 508-799-1232.



MONTHLY CRAFT CLASS

Monday, June 11 • 10-11:30 am
\$3.00. Call 508-799-1232 to register. **Project: Tree of life pendant.** \$3.00 fee per craft, all supplies included. Call 508-799-1232 to register. Space is limited.



OIL PAINTING WITH DARRELL CROW

Thursday, June 8 • 10-2:30 pm
Bring home a painting in one class! \$15.00 class fee and approximate \$10.00 fee to purchase or rent supplies that include: paints, brushes and canvas. Fees due on the day of the class. Class size limited. Class project: **Golden Knoll.** A 1/2 hr. break provided for lunch. Register by calling 508-799-1232.



PITCH TOURNAMENTS

Monday, June 11, 18 & 25 • 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.

WORCESTER FAIR HOUSING PROJECT

Tuesday, June 12 • 11-11:45 am
A project between the City of Worcester and Community Legal Aid. This presentation will focus on fair housing issues, and the work of the WFHP & includes a Q&A session.



THE LIBRARIANS ARE COMING

Tuesday, June 12 • 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, June 1 & 15 • 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, June 13 • 1-2 & 2-3 pm
Make and take home a **Summer arrangement.** \$12 fee to be paid at the time of the class. Sign up at the front desk or call 508-799-1232.

SHOPPING RIGHTS

Thursday, June 14 • 10-10:45 am
The MA Office of Consumer Affairs and Business Regulation will provide information about expressed & implied warranties, return policies, defective merchandise, pricing discrepancies, and shopping online, through the mail or television. Please register by calling 508-799-1232.

GARDEN PLANTER WITH BEMIS FARMS

Monday, June 18 • 1-2 pm
This class is one of the best values of the season! \$10 per centerpiece. Sign up by calling 508-799-1232.



BOOK DISCUSSION

Thursday, June 21 • 1-2 pm
New members are always welcome! We are reading *Magicians Impossible* by Brad Abraham. Bartender Jason Bishop's world is shattered when his estranged father commits suicide, but the greater shock comes when he learns his father was a secret agent in the employ of the Invisible Hand; an ancient society of spies wielding magic in a centuries-spanning war. Now the Golden Dawn have Jason in their sights. His survival will depend on mastering his own dormant magic abilities. In July we are reading *The Mists of Avalon* by Marion Zimmer Bradley

NEIGHBORHOOD CRIME WATCH MEETING & MED TAKE BACK BIN WITH WPD

Monday, June 25 • 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, June 26 • 2-3 pm

SEWING CLASS

Tuesdays • 12:30-2 pm
\$5 for Sewing Lounge Drop in Class with Seamstress Christine Cook. "Beginners welcome!" Bring your own scissors and pins. Call 508-799-1232 for project info & to register.

WE'VE GOT TO HAVE FRIENDS

Many thanks to Friends of Worcester's Senior Center, Inc. for helping to support the computer lab as well as our fantastic St. Patrick's Day celebration!

COMING IN JULY

- **Meet and Greet Artist Marc Lapierre- Exhibit: Lighthouses of America and Beyond, Reception**
Tues. July 10 • 11-1 pm
- **Distinguished Speaker Series with Dr. Theresa Khoury, RN, DNP, Worcester State University, Assist. Prof., Dept. of Nursing-How to Put Fall Prevention Strategies into Practice. Learn about STEADI FALL assessments**
Wed. July 11 • 10:30-11:30 am
- **Summer Concerts-The Reminisants**
Wednesday, July 11 • 12:30-1:30 pm
- **Performance by Singer Janine Andrews**
Wednesday, July 25 • 12:30-1:30 pm

FREE LEARNING ITALIAN WITH ELIO SONSINI

Mondays • 1:30-2:30 pm
NEW Please register for this program by calling 508-799-1232.



WPI students serve seniors at the WSC Wellness & Safety Resource Fair Luncheon sponsored by Lutheran

ART EXHIBIT

**Architectural Watercolor Artist
Tuesday, June 5 • 11 am-1 pm**

Meet local artist, Nicholas Connors, and view his architectural watercolor exhibition. Nicholas studied architecture at Norwich University in Northfield, VT and design in Paris, where he learned the love and structure of watercolor art as it related to Architectural Design. He currently concentrates on painting full time, has exhibited in art shows and cafes and has placed and won several awards.



**DISTINGUISHED SPEAKER SERIES... CONTINUES
WITH DAVE PETERSON, GENERAL MANAGER
OF THE WORCESTER BRAVEHEARTS**

Friday, June 15 • 10-11 am

Learn more about the business of Minor League Baseball right here in Worcester with the Worcester Bravehearts. Hear about the charm of Minor League Baseball and how it competes for fans against large Major League teams and other professional sports. The Bravehearts are now playing their 5th season at Hanover Insurance Park at Fitton Field and are made up of some of the most talented student-athletes from colleges all over the country. Let's Play Ball with the Bravehearts! Sign up for this program by calling 508-799-1232.



"NO EVIL PROJECT" RIBBON CUTTING

Tuesday, June 26 • 11-11:30 am

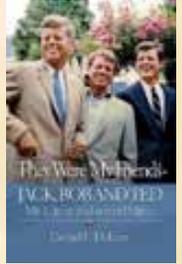
View the "No Evil Project at the Worcester Senior Center" permanent art display challenging ageism. There are a lot of stereotypes about seniors, and we're here to change that. This project is funded, in part, by a Council on Aging grant from the Massachusetts Executive Office of Elder Affairs.



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

**THEY WERE MY FRIENDS-
Jack, Bob and Ted , A Remarkable Life In
and Out of Politics by Gerard F. Doherty
Wednesday, June 20 • 10:30-11:30 am**

How does it happen that a man who was born in working class Charlestown in 1928 finds himself a survivor of dyslexia, and 2 years in a sanitarium for TB, a graduate of Harvard, sitting in the Oval Office with President Kennedy; standing on the platform with Bobby Kennedy when he made his memorable speech after the assassination of Martin Luther King; standing shoulder to shoulder with Edward Kennedy during his triumphs and tragedies for 47 years; and building a successful law practice. Gerard Doherty will describe in detail these seminal events in his life. To sign up for this program and book signing call 508-799-1232.



**LUNCH SPONSORED BY FRIENDS OF THE
WORCESTER SENIOR CENTER...
Please call 508-852-3205 X290 to register.**

**KICK OFF TO THE WSC
SUMMER CONCERT
SERIES WITH SWAGGER
DO NOT MISS THIS
TALENTED BAND!
Wed. June 20 • 12:30-1:30 pm**



Concert Sponsored by:



Centerpieces sponsored by:



The WILLOWS
PREMIER RETIREMENT COMMUNITIES
FOR ACTIVE ADULTS



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

www.SalmonHealth.com

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

VISITING DENTAL ASSOCIATES OF CENTRAL MA

Friday, June 8 • 9:15-3 pm

Public Health Dental Hygienists will provide: dental cleanings, sealants, fluoride treatments as well as care for partials and dentures, periodontal (deep) cleanings and provide emergency treatment of dental pain. Referrals made to dentist if needed. Mass Health, Commonwealth Care Type 1 accepted, discounts offered to uninsured. Ask for a price list. Call 508-799-1232 to make an appt. Registration forms located at the front desk.

PODIATRY CLINIC

Tuesday, June 26 • 12:30-2:30 pm

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

JUNE SAFETY TIP

Slouching puts pressure on all of your joints from your neck to your hips to your knees. Make a conscious effort to mind your posture whether you are sitting or standing.

COMING IN JULY HEALTH

- **Falls Prevention BINGO with WSC Senior Service Staff 10-10:30 am - PRIZES!!!!**

SIGN UP TODAY FOR A FREE 8 WEEK WORKSHOP!

Healthy Eating For Successful Living STUDY Starts on Wednesday, June 6 1-3:30 pm

Making small changes in the types and amount of food we eat and the exercises we do can lead to big improvements in our health. The Healthy Eating program provides tools for older adults who want to feel better and live healthier. In this workshop, you will:

- ✓ make healthier food choices
- ✓ improve portion control
- ✓ plan nutritious meals
- ✓ control fat, sugar, sodium, and carbohydrate intake
- ✓ increase physical activity
- ✓ enjoy a healthy, delicious meal together
- ✓ participate in a 6-month study, fill out survey forms and receive stipend for your time

To sign up, please call 508-799-1232 or to get more information, please email PhanD@WorcesterMA.gov

This program is sponsored by:



AARP DRIVER SAFETY COURSE...

Monday, June 11 • 9:45 am-3 pm

It Pays to Refresh Your Driving Skills! The AARP Smart Driver™ course teaches proven driving techniques to help keep you and your loved ones safe on the road.

Additionally, you'll learn:

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

Pre-register and payment for the class due by Thursday, June 8th. Discounted Class fee: \$10 for AARP members & \$15 for non-members. Cash or Checks payable to AARP. The cost of this program is being subsidized by the Friends of Worcester's Senior Center.

TAI CHI FOR HEALTHY AGING

This evidence-based workshop focuses on preventing falls and improving balance through regular practice of Tai Chi. Participants will learn eight single forms, all of which are derived from the traditional, well known, 24-form Yang Style Tai Chi. The forms are tailored to older adults who wish to improve balance and mobility, and consequently reduce the risk of falling. Performance of Tai Chi movements is also closely coordinated with natural breathing and stress reduction.

No prior experience required. This **FREE** program is conducted for three consecutive 8 week sessions. **1 hour class held twice a week, Mondays & Fridays, 2:30-3:30 pm, Module 1 starts June 18th.** Space is limited. Registration is required. Stop by the Front Desk or call 508-799-1232 to sign up.

NEW! DAILY PRACTICE OF EASY TAI CHI
Fridays, 9:15-9:45 am



THE REGIONAL ENVIRONMENTAL COUNCIL'S MOBILE MARKET WILL BEGIN OUTSIDE THIS MONTH WITH A NEW SCHEDULE
Thursdays 8:30-10 am



SQUARE DANCING CLASS WITH AL ROUFF - FRIDAYS, 1:30-3 pm

Class Fee: \$5 for 1 ½ hour session. No partner needed to participate. A great way to exercise. Call 508-799-1232 to register.

COMPUTER LESSONS

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.



SENIOR CENTER FRIDAY FLICKS

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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



The Answer to Clear and Easy Phone Conversations

If you have difficulty using a standard telephone, MassRelay has the solution you've been looking for. Whether you are deaf, hard of hearing, deaf-blind or have difficulty speaking, there is a free and confidential relay service that will fit your need.

Captioned Telephone (CapTel®) lets you speak to friends and family over the phone and listen to their responses, while reading word-for-word captions on an easy-to-read screen.

Text Telephone (TTY) lets you type your side of the conversation and read the other person's responses.

Speech-to-Speech (STS) features a specially trained Operator who will revoice your words as needed for improved clarity while you speak and listen through the phone.

Hearing Carry Over (HCO) lets you listen to your phone conversation and type your responses for an Operator to voice to the other person.

Voice Carry Over (VCO) lets you speak to friends and family and read their responses on the phone's screen.

Deaf-Blind Service (DBS) allows you to type your messages and read the other person's responses on a braille display.

Spanish Relay features a Spanish-speaking Operator trained to relay your conversation in any call type.

CapTel® is a registered trademark of Ultratec, Inc.



MassRelay
Let's talk.

To learn more about MassRelay, visit Mass.gov/MassRelay or call us: 800.720.3480 (TTY) | 800.720.3479 (Voice)

GAMES/CRAFTS/MUSIC

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

LEARN SOMETHING NEW

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

GET FIT & HAVE FUN

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

MEETINGS

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

SUPPORT SERVICES

Advocacy, information services and application assistance:

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

Legal Consultations

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

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

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

Big Book Step Study

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

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

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



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

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

SHINE: Serving the Health Information Needs of Everyone

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

Need Help with the Cost of your Prescription Medications??

Prescription Advantage can Help!!

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on **income only** and there is **no asset limit!**

Who can join?

If you are a **Massachusetts resident, eligible for Medicare**, and are:

65 years or older with an annual income at or less than \$60,700 for a single person or \$82,300 for a married couple OR

Under 65 years and disabled, with an annual income at or less than \$22,823 for a single person or \$30,945 for a married couple.

You may also join... if you are 65 years or older and **not eligible for Medicare. There is no income limit.**

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$36,420 for a single person and \$49,380 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

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.

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.**

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 **June 14:** Healthy Steam Rice (Cơm Bì Chả): rice, tofu quiche, root shreds, soy sauce Vermicelli with Chunky Slices.

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.

TRANSPORTATION

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

Two WRTA routes service the Worcester Senior Center:

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



MEMORY CAFE - Tuesday, June 19 • 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

BÁC CÓ BIẾT?

Tiểu bang Kentucky (viết tắt KY)
Biệt danh: Tiểu bang Cỏ xanh
 Tiểu bang thứ 15 trong 50 tiểu bang của Hoa Kỳ
Thành lập: ngày 1 tháng 6 năm 1792
 Dân số: 4.454.189; xếp thứ 26; trong đó 86.3% da trắng; 1.1% châu Á
Diện tích: 104.664 km²; 1,7% là nước; xếp thứ 37
Thủ phủ: Frankfort
Tổng thu nhập hằng năm: \$197 tỉ Mỹ kim
 Thu nhập bình quân đầu người: \$38.926 xếp thứ 46
Khẩu hiệu: “Đoàn kết thì sống, chi rẽ thì chết”
Những ngành kinh tế chủ đạo: nông nghiệp, chế biến rượu, nuôi ngựa, nuôi dê, nuôi bò, trồng bắp, trồng và sản xuất thuốc lá, sản xuất xe hơi, sản xuất năng lượng, sản xuất than đá và điện.
Tổ chức phi lợi nhuận (NGO): 17.014 cơ quan, tạo việc làm cho 9,3% tổng số lượng lao động của tiểu bang
Xếp hạng: Báo cáo Tin tức Hoa kỳ và Thế giới 2018 xếp hạng Kentucky đứng hàng thứ 41 nói chung về mọi mặt trên toàn nước Mỹ, trong đó: chăm sóc y tế hàng thứ 45, giáo dục thứ 34, kinh tế thứ 45, cơ hội thứ 30, hạ tầng cơ sở thứ 22, phòng chống tội phạm thứ 9, tài khóa vững mạnh 46, và chất lượng cuộc sống thứ 27.
Những nhân vật nổi tiếng lịch sử: Jennifer Lawrence (nữ diễn viên); Abraham Lincoln (Tổng thống thứ 16); Muhammad Ali (vô địch đấm boxing); Johnny Depp (tài tử Hollywood); Jefferson Davis (Tổng thống); Diane Sawyer (phóng viên và dẫn chương trình)



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 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 Lindita Taka, 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 Lindita Taka, a 508-799-1997.

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 beginning in June. 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.



Bemis Farm Workshop Miniature Garden created by Carolyn Harvey



Claire Perry & Lise Plant participate in the Earth Day clean up, sponsored by Tufts Healthcare

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MENUS SUBJECT TO CHANGE.</p> <p>* Diabetic Friendly</p> <p>** Higher Sodium Entree</p>	<p>Lunches are at 11:45 am. \$2.50 suggested donation. Call 508-852-3205 ext. 290 between 9 & 1 pm at least 2 days in advance by 10:30 a.m. to reserve a meal.</p> 			<p>Spaghetti & Meatballs 1</p> <p>Green Beans Baked Apples Alternate: SOUP DU JOUR N.Y. PASTRAMI</p>
<p>Macaroni & Cheese 4</p> <p>Stewed Tomatoes Green Beans Peaches Alternate: SOUP DU JOUR CHICKEN SALAD</p>	<p>Greek Chicken 5</p> <p>Steamed White Rice Broccoli Tapioca & Diet Alternate: SOUP DU JOUR HAM SALAD</p>	<p>Meatloaf & Gravy 6</p> <p>Garlic Mashed Potato Chuckwagon Corn Fresh Fruit Alternate: SOUP DU JOUR SLICED ROAST BEEF</p>	<p>Chicken Pot Pie 7</p> <p>Mashed Potatoes Country Blend Vegetables Brownie Diet = Small Portion Alternate: SOUP DU JOUR TURKEY SALAD</p>	<p>Breaded Fish 8</p> <p>Rice Pilaf Scandanavian Vegetables Mandarin Oranges Tartar Sauce Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD</p>
<p>Beef Stew 11</p> <p>Steamed White Rice Corn Niblets Pineapple Alternate: SOUP DU JOUR ALBACORE TUNA SALAD</p>	<p>Vegetable Cheese Bake 12</p> <p>Roman Vegetables Baked Cinnamon Pears Alternate: SOUP DU JOUR GREEK SALAD</p>	<p>Catch of the Day 13</p> <p>Lemon Seasoned Potatoes Broccoli Fruited Ambrosia Alternate: SOUP DU JOUR TURKEY CAPE COD</p>	<p>Father's Day Meal BBQ Chicken 14</p> <p>Red Bliss Potatoes Country Blend Vegetables Strawberry Shortcake Diet = Strawberries/Whip Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD</p>	<p>Chicken Milano 15</p> <p>Herbed Seasoned Potatoes Beets Lemon Pudding & Diet Alternate: SOUP DU JOUR CORNERED BEEF</p>
<p>Salisbury Steak w/ Gravy 18</p> <p>Mashed Potatoes Peas & Carrots Fresh Fruit Alternate: SOUP DU JOUR EGG SALAD</p>	<p>Marinated Pork Loin 19</p> <p>Brown Rice Oriental Blend Vegetables Mandarin Oranges Alternate: SOUP DU JOUR TURKEY SALAD</p>	<p>Meatballs w/ Onion Gravy 20</p> <p>Bowtie Pasta Spinach Pears Alternate: SOUP DU JOUR N.Y. PASTRAMI</p>	<p>Chicken Sausage Jambalya 21</p> <p>Rice Pilaf Green Peas Blueberry Pomegranate Bar Alternate: SOUP DU JOUR HAM SALAD</p>	<p>Fish w/ Crumb Topping 22</p> <p>Scalloped Potatoes Brussel Sprouts Yogurt Alternate: SOUP DU JOUR SLICED ROAST BEEF</p>
<p>Roast Pork w/ Gravy 25</p> <p>Mashed Potatoes Herbed Carrots Fresh Fruit Alternate: SOUP DU JOUR CHICKEN SALAD</p>	<p>Salmon Boat w/ Dill Sauce 26</p> <p>Mashed Potatoes Mixed Vegetables Apple Cinnamon Grahams Alternate: SOUP DU JOUR ALBACORE TUNA SALAD</p>	<p>Chicken Fajitas 27</p> <p>Spanish Rice Black Beans & Corn Sour Cream Pineapple Alternate: SOUP DU JOUR CORNERED BEEF</p>	<p>Roast Beef Sandwich w/Roll 28</p> <p>Potato Salad Beet Salad Mayonnaise Birthday Cake Alternate: SOUP DU JOUR EGG SALAD</p>	<p>Lasagna w/ Meatballs 29</p> <p>Broccoli Apple Crisp Diet = Applesauce Italian Bread Alternate: SOUP DU JOUR SLICED TURKEY</p>



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MONDAY		TUESDAY		WEDNESDAY	
<h1 style="font-size: 48px; color: #e69d00;">June</h1> 					
<p>9-11:30 CRIBBAGE TOURNAMENT 9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-10:30 TAI CHI FHA (Vietnamese) 9:30-11:30 Latino Club 60+ 10-11:30 BP Clinic by Home Care Solutions 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 Beginner Spanish 12:30-1:30 MINDFUL MEDITATION</p>	<p>12:30-1:30 PARKINSON'S CHOIR 4 12:30-1:30 ZUMBA GOLD 1-3 HAPPY QUILTERS 1:30-2:30 LEARNING ITALIAN 2:30-3:30 SAIL EXERCISE</p>	<p>9-10 Aerobics 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10:30-12 Arabic Elder Group 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint 11-1 ARTIST EXHIBIT 12-1 Osteo Exercise/Beginner 12-1 tai chi practice group 12-3 SHINE Counselor -by Appt. Only 12:30-1:30 THE BRAMFORD CHRONICLES</p>	<p>12:30-2 Sewing Class 5 1-2 Osteo Nutrition/Beginner 2-3:30 Radio Show</p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-10:30 TAI CHI FHA (Vietnamese) 10-10:30 PETS AND PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 ACRYLIC PAINTING CLASS 10-12 Cribbage 10:30-12 CONVERSATIONAL ENGLISH CLUB 10:30-12:30 Open Bridge 12:30-1:30 DRAWING CLASS 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch</p>	
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-10:30 TAI CHI FHA (Vietnamese) 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 9:45-3 AARP SAFE DRIVING COURSE 10-11 BP Clinic by Overlook VNA 10-11:30 MONTHLY CRAFT CLASS 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class</p>	<p>12-2 QUILTING FOR THE BLIND 11 12:30-1:30 Beginner Spanish 12:30-1:30 MINDFUL MEDITATION 12:30-1:30 ZUMBA GOLD 1:30-2:30 LEARNING ITALIAN 2:30-3:30 SAIL EXERCISE</p>	<p>9-10 Aerobics 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 11-11:45 Albanian Elder Group 11-11:45 FAIR HOUSING PRESENTATION 11-12 Osteo Exercise/Maint. 12-1 LIBRARY OUTREACH 12-1 Osteo Exercise/Beginner 12-1 tai chi practice group 12-3 SHINE Counselor -by Appt. Only</p>	<p>12:30-2 Sewing Class 12 1-2 Osteo Nutrition/Beginner 2-3:30 Radio Show</p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-10:30 TAI CHI FHA (Vietnamese) 10-10:30 PETS AND PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 ACRYLIC PAINTING CLASS 10-12 Cribbage 10:30-12 CONVERSATIONAL ENGLISH CLUB 10:30-12:30 Open Bridge 12:30-1:30 DRAWING CLASS 12:30-2:30 Crochet & Knit for Fun</p>	
<p>9-10 SEN MOORE OFFICE HRS 9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-10:30 TAI CHI FHA (Vietnamese) 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 11-12 Spanish Class 12:30-1:30 Beginner Spanish 12:30-1:30 MINDFUL MEDITATION</p>	<p>12:30-1:30 ZUMBA GOLD 18 1-3 GARDEN PLANTER WITH BEMIS FARM 1-3 HAPPY QUILTERS 1:30-2:30 LEARNING ITALIAN 2:30-3:30 TAI CHI FHA MOD I</p>	<p>9-10 Aerobics 9:30-10:30 GLUCOSE TESTING BY CENTURY HOME CARE 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 FALLON REPRESENTATIVE 10:30-12 Arabic Elder Group 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint. 12-1 tai chi practice group 12-3 SHINE Counselor -by Appt. Only</p>	<p>12:30-2 Sewing Class 19 2-3:30 MEMORY CAFÉ 2-3:30 Radio Show</p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-10:30 TAI CHI FHA (Vietnamese) 10-10:30 PETS AND PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 ACRYLIC PAINTING CLASS 10-12 Cribbage 10:30-11:30 THEY WERE MY FRIENDS 10:30-12:30 Open Bridge 10:30-12 CONVERSATIONAL ENGLISH CLUB 12:30-1:30 DRAWING CLASS</p>	
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-10:30 TAI CHI FHA (Vietnamese) 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 10-11 BP Clinic by Overlook VNA 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12-2 QUILTING FOR THE BLIND</p>	<p>12:30-1:30 Beginner Spanish 25 12:30-1:30 MINDFUL MEDITATION 12:30-1:30 WPD NEIGHBORHOOD CRIME WATCH MEETING 12:30-1:30 ZUMBA GOLD 1:30-2:30 LEARNING ITALIAN 2:30-3:30 TAI CHI FHA MOD I 4-6 Commission Meeting</p>	<p>9-10 Aerobics 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 RSVP-LETTER WRITING 11-11:30 NO EVIL PROJECT-RIBBON CUTTING 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint. 12-1 tai chi practice group 12-3 SHINE Counselor -by Appt. Only</p>	<p>12:30-2 Sewing Class 26 12:30-2:30 PODIATRY CLINIC- By Appt. Only 2-3 LIBBY 2-3:30 Radio Show</p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-10:30 TAI CHI FHA (Vietnamese) 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 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch</p>	

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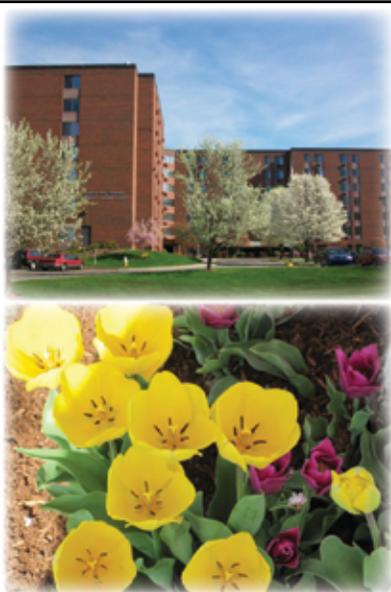
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	<p>9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-9:45 LATINO ESL 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 ADULT COLORING 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH</p>	<p>11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1:30 Big Book Step Study 12-1 Osteo Exercise/Beginner 1-3 Card Playing 1-3 FRIDAY FLICK - "Phantom Thread" 1-3:30 Watercolor/Mixed Media 1:30-3 SQUARE DANCING</p>	<p>1</p>
<p>1-3:30 HEALTHY EATING 1:30-2:30 AGELESS GRACE 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 9-10 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 Walgreen's 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</p>	<p>1-4 Friends BINGO 2:30-3:30 SAIL EXERCISE</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 9:30-12:30 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</p>
<p>1-2 FLOWER ARRANGING 1-3 Pitch 1-3:30 HEALTHY EATING 1:30-2:30 AGELESS GRACE 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 9-10 WALKING CLUB 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-12 RSVP-Blankets For Babies 10-10:45 SHOPPING RIGHTS 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</p>	<p>10:30-11:30 Vietnamese Elder Group 11-11:45 Albanian Elder Group 11:45-12:30 VEGETARIAN LUNCH (Reservation required) 1-3 Ping Pong 1-4 Friends BINGO</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 DISTINGUISHED SPEAKER SERIES 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</p>
<p>12:30-1:30 SUMMER CONCERT SERIES 12:30-2:30 Crochet &Knit for Fun 1-3 Pitch 1-3:30 HEALTHY EATING 1:30-2:30 AGELESS GRACE 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 9-10 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 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</p>	<p>1-2 BOOK DISCUSSION CLUB 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 9:30-11:30 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</p>
<p>1-3:30 HEALTHY EATING 1:30-2:30 AGELESS GRACE 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 9-10 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</p>	<p>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 9:30-11:30 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</p>

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



HOW TO LIMIT THOSE ANNOYING ROBOCALLS!

According to the Federal Trade Commission the best way to limit unwanted calls is to follow a few simple guidelines.

- *Never ever interact with a robocall.
 - *Don't press a button, wait for an agent, or even speak.
 - *Anything you do that shows your number is real and active will just make you an even bigger target for promotions, real or fake, in the future. Seriously, just hang up! Better yet, don't answer at all.
- Every time someone hands over their credit card for a sketchy time-share or agrees to a fraudulent "low interest rate" offer they're funding hundreds of thousands of more robocalls. Since robocalling is now so incredibly cheap and easy to do, only one out of every 100,000 calls need "to work" for the scammers to remain profitable.
- Callers to RSVP's Senior Fraud HelpLine often ask, how did they get my number?
- Did you ever buy anything online? Did you give your phone number when applying for a rewards card from your local supermarket or pharmacy? These cards are usually tied to your phone number.
- When in doubt? Check it out! Isn't just the tag line for the HelpLine, it's a **Best Practice**. Call 1-800-297-9760 to speak with our peer compassionate, well informed volunteers. Also, remember the **Do Not Call** list at 1-888-382-1222 to register both cell phones and land lines. Please, take the time to visit nomorobo.com or call your local carrier to block unwanted calls.

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.

The dog days of summer are almost here!! A wonderful time to Volunteer! In the good old summertime, find the time to make a difference, become a Senior Companion Volunteer, you are bound to spread some cheer!! If you can volunteer from 15-40 hours per week you will be eligible for:



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

Please call Joy Rehfeld @ 508-791-7783

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

BACK BY POPULAR DEMAND!!!
SEPTEMBER SPECTACULAR CALENDAR RAFFLE

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

Each day of **September**, you'll have a chance to win a **MINIMUM** of **\$100 in CASH!** A **\$10** ticket buys **THIRTY** chances to win, up to a total of **\$3,000 in prizes!**

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

ENTER TODAY!

Complete this voucher and return it with a \$10 check (or money order) made out to: **Friends of Worcester Senior Center**. Please mail your check to: **The Friends/128 Providence St, Box 3/ Worcester, MA 01604**, or stop by the Hargrove/Aslanian Friends office in person (where cash is also accepted).

PLEASE FILL OUT VOUCHER BELOW COMPLETELY and PRINT LEGIBLY.

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

Name _____
Phone _____
Address _____
City _____
Zip _____

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

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

September Spectacular CALENDAR RAFFLE - RETURN THIS PORTION

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

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

September Spectacular
CALENDAR RAFFLE

Name: _____
Address: _____
Phone: _____

RETAIN THIS PORTION FOR YOUR RECORDS.



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!

Saturday, June 16th	Statute of Liberty, Ellis Island & 9/11 Memorial	\$104.00/per person	Due 5/10/18 FULL
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
Wednesday, Nov. 7th	"CRUISIN" thru the Fifties, Lunch at THE VENEZIA	\$94.00/per person	Due by 10/5/18
Wednesday, Dec. 12th	Lunch at THE VENEZIA "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: 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 FULL
NEW Depart: Monday, November 5 Return: Wednesday, November 7	Resorts Casino -- Atlantic City (3 days/2nights)	\$227.00/PP Dbl, \$223.00/PP Triple, \$317.00/PP Single \$50.00 DEPOSIT DUE by 8/29

DINE OUT

**MONDAY, June 11, @ 4:30 pm. Cyprian
 Keyes Golf Club, 284 East Temple St.
 (off Rte#140) Boylston, MA 01505**
 Hope to see you there! Come and
 meet new friends, no reservations,
 separate checks.



FOXWOOD CASINO TRIPS

Price \$20.00 - Must be paid when making reservation

- 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. 6, JUNE 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				4			6
6				9	5			
3		8						5 1
8	1	9						3 5
5								
				5	7		4	8
4					9			7
7				6		9		

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Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- Tibetan priest
- More than enough
- Ancient Heb. month
- Son of Samuel
- Television channel
- Before (Lat.)
- Dissertation
- Two-horse chariot
- A (Ger.)
- Braid linen tape
- Male cat
- Card game
- Balto-Slav
- Rain tree
- Iron lung
- Smile
- Hours (abbr.)
- Insect
- Active
- Nutlike drupe
- Diagonal (abbr.)
- River into the North Sea

DOWN

- Dead
- Shelter (Fr.)
- Air
- Amer. Automobile Assn. (abbr.)
- Arawakan language
- City on the Irtysh
- Eye of an insect
- All points
- Health resort
- Chronicles (abbr.)
- Affirmative
- Senior (Fr.)
- Sloe (2 words)
- Caliph
- Pointed (pref.)
- Aweto
- Cella
- Favorable vote
- Eight (pref.)

ANSWER TO PREVIOUS PUZZLE

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

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15				16				17			
18				19			20		21		
25	26	27		28					29	30	
31				32			33				
34				35			36				
		37				38					
39	40			41		42			43	44	45
46				47		48			49		
50						51			52		
53						54			55		

29 "Casablanca" character
30 As written in music
32 Pike
35 Son of (Scot.)
36 Look after
38 Evil intent, in law
39 Cross oneself
40 SW US cotton
42 "Dream Girl" playwright
43 Fish sauce
44 Mongol tent
45 Blood disease (suf.)
47 Ger. spa
49 Indo-Chin. language

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