

# THE SENIOR SCOOP

*taking you in new directions*

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 10, NO. 3, MARCH 2020



## WELCOME NEW READERS: COMPLIMENTARY ISSUE

If you are not currently a member of the Worcester Friends Group and received this Complimentary magazine, please ENJOY!

If you would like to receive a copy of this publication each month, please use the form on page 14 to join the Friends or call 508-799-1232 ext. 48020



## Safe, Comfortable, Affordable Senior Living

A Higher Level of Care Than Assisted Living... More Affordable Than a Nursing Home.

### Dodge Park

- Memory impaired program for Alzheimer's & Dementia residents
- Complete medication management
- 24 hour RN and Medical Director
- Daily therapeutic bath/shower
- Activity program 7 days a week
- Your loved one can stay even if your money runs out!

### Adult Day Club

- Engage the mind, strengthen the body and brighten the spirit
- Regularly scheduled entertainment and events
- Hot meals and snacks • Transportation available

## Dodge Park

RESIDENTIAL CARE FACILITY FOR THE ELDERLY



101 Randolph Road, Worcester, MA  
DodgePark.com • 508-853-8180

**SEE PG 5 FOR FEATURED PROGRAMS**

**SPEND THE DAY AT THE  
WORCESTER SENIOR CENTER!  
WSC DISTINGUISHED SPEAKER SERIES  
TUESDAY, MARCH 17 • 10:30-11:30 am**

**SPEAKERS: MARY ELLEN MURPHY AND LEO QUINN,  
CHAIR PEOPLE OF THE  
WORCESTER ST. PATRICK'S DAY PARADE!!**

**Sponsored Corned Beef & Cabbage Lunch  
&**

***St. Patrick's Day Party*  
WITH GLENSHANE IRISH FOLK DUO  
TUESDAY, MARCH 17 • 12:30-1:30 PM**

**MARCH & APRIL PHOTOGRAPHY  
EXHIBIT**

**PHOTOGRAPHY RECEPTION  
Friday, March 20 • 11-11:30 am**

**DEAN MARTIN – KING OF COOL  
PRESENTATION WITH BRUCE HAMBRO  
WED. MARCH 25 • 12:30-1:30 pm**

**"SPRING INTO SPRING"  
ST. MARY'S STUDENTS VARIETY SHOW  
Fri. March, 27 • 10-11:30 am**



Rebuilding Together Worcester (RTW) volunteers make free home repairs and modifications to improve the housing of the elderly, veterans or disabled low-income homeowners in Worcester.

**FREE  
Home  
Repairs**

**APPLY NOW FOR PROJECTS IN APRIL 2020**

**Services are free for the property owner.  
All labor and supplies are donated.**

*To be eligible applicants must:*

- Own and live in the home in Worcester, MA
- Be low-moderate income per the federal guidelines
- Have homeowner's insurance
- Application deadline is March 18
- Applications are screened for eligibility and prioritized

For more information or an application contact Cindy at:  
413-283-6709 | [rtwvolunteers@gmail.com](mailto:rtwvolunteers@gmail.com)  
or [cindy.skowyra@yahoo.com](mailto:cindy.skowyra@yahoo.com)

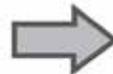


RTW is an all-volunteer registered 501c3 and affiliated with the National Rebuilding Together

**WORCESTER SENIOR CENTER PRESENTS**

**THE SENIOR SCOOP**

*taking you in new directions* 



**SUBSCRIBE!**

**Mailed for just  
Pennies per day**



**Stay informed with Senior Center  
articles and information that matters!**

**Worcester  
Subscription  
Just \$15  
Yearly**



**SUBSCRIBE TODAY! CALL 508-799-1232 xt. 48020**

- 4 March Programs & Events
- 4 Friday Flick Movies
- 5 Featured Programs
- 5 Featured Fun
- 6-7 Health & Wellness Programs
- 7 Computer Classes
- 7 Continuing Programs & Activities
- 8 Services
- 9 Noticias De Nuestro Programa de la Tercera Edad
- 9 Tin tức bằng tiếng Việt
- 10 Dining Around Town
- 11 Meal Menu Calendar
- 12-13 Program Calendar
- 14 RSVP & More
- 14 Friends Information
- 15 Friends Trips
- 16 Brain Games



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

The Worcester Senior Center welcomes speakers on a variety of topics. This does not constitute an endorsement. Participants are encouraged to consider a variety of resources when making decisions about their health and welfare.

The City of Worcester does not discriminate in its programs & activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, physical or mental disability, pregnancy, race, religion, sex, sexual orientation, or veteran status, as applicable. The Division of Elder Affairs/Worcester Senior Center will provide auxiliary aids & services, written materials in alternative formats & reasonable modifications in policies & procedures to persons with disabilities upon advance request to: Operations Director 508-799-1232 xt.48012 or ADA Coordinator disabilities@worcesterma.gov.

## WORCESTER SENIOR CENTER

**128 Providence Street, Worcester, MA. 01604**

PHONE: **508-799-1232**

FAX: 508-799-1743

WEBSITE: **www.worcesterma.gov/senior-center**

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

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



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

### STAFF:

|                                                         |                         |
|---------------------------------------------------------|-------------------------|
| Director                                                | Amy Vogel Waters        |
| Senior Center Operations Director/Editor                | Patricia Hainsworth     |
| Fiscal, Contract & Data Assistant                       | Jenny Linch             |
| 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                                | Dawn Skoglund           |
| 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.



**CHRISTOPHER HEIGHTS of Worcester**  
AN ASSISTED LIVING COMMUNITY

Visit our website at [www.christopherheights.com](http://www.christopherheights.com) & take a virtual tour of our neighborhood.



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



**No Worries Pricing - The Christopher Heights Difference!**

*Our doors are always open!*

Call Marla O'Connor at 508-792-1456

## Hear For Your Life

We offer comprehensive hearing care services including complete hearing evaluations, hearing loss rehabilitation, education and counseling.

- Hearing Aids
- Batteries & Accessories
- Assistive Listening Devices
- Amplified Phones
- Hearing Evaluations
- Wax Removal
- Hearing Protection
- Musician's Earplugs
- Swim Plugs



Matthew Moreno, Au.D.  
Doctor of Audiology

## HOLDEN HEARING AID CENTER, INC.

695 Main Street • Holden, MA 01520

Phone: 508-829-5566 • Fax: 508-829-5575

www.HoldenHearingAid.com • DrMoreno@holdenhearingaid.com

**MONTHLY CRAFT CLASS WITH MAUREEN CARLOS**

**Mon., March 9 • 10-11:30 am**  
Project: **Decorative Lampshade.**  
\$3.00. Call 508-799-1232 to register.

**THE LIBRARIANS ARE COMING**

**Wednesday, March 11 • 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.

**"A SCENIC TOUR OF BEAUTIFUL IRELAND"**

**Wednesday, March 11 12:30-2 pm**

The Emerald Isle of Ireland is noted for its 40 shades of green, castles & hospitality. Mike and Nikki Connery, who have visited the country dozens of times will take you on a scenic tour captured in Nikki's photos. Call 508-799-1232 to sign up.



**HERBERT E. BERG FLOWER ARRANGING**

**Wednesday, March 11 • 1-2 & 2-3 pm**  
Make and take home a **St. Patrick's Day arrangement.** \$12 fee to be paid at the time of the class. Sign up at the front desk or call 508-799-1232.

**OIL PAINTING WITH DARRELL CROW**

**Thursday, March 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: **Stone Ground.** A 1/2 hr. break provided for lunch. Register by calling 508-799-1232.



**FREE DROP IN COLORING FUN**

**Friday, March 13 • 10-11:30 am**  
2nd Friday of the month. Relaxing & fun!

**WOOD BURNING ART CLASS**

**Thursday, March 5 & 19 • 12:30-1:30 pm**  
Learn how to wood burn with Dung Nguyen \$3.00 class fee. Tool & supplies included. Class size limited. Call 508-799-1232 to sign up.

**WPD COMMUNITY CONCERNS MEETING AND MEDICATION TAKE BACK BIN**

**Tuesday, March 17 • 9:30-10:30 am**  
Join WPD Officer Sean Lovely to discuss neighborhood issues and concerns. Medication Take Back Bin will be available for your old meds.

**BOOK DISCUSSION**

**Thursday, March 19 • 1-2 pm**  
We are reading **Murmur of Bees** by Sofia Segovia. From a beguiling voice in Mexican fiction comes an astonishing novel--her first to be translated into English--about a mysterious child with the power to change a family's history in a country on the verge of revolution. In **April** we are reading **The Women's Hour** by Elaine Weiss.



**TOP THREE BOOKS FOR 2019 AS VOTED BY THE MEMBERS OF THE BOOK CLUB**

1. *The Light Between Oceans* by M.J. Steadman
2. *New York* by Edward Rutherford
3. *Proof of Heaven* by Eben Alexander

**CINEMABILITY**

**Mon. March 23 • 12:30-2 pm**  
Film screening with The City of Worcester Office of Human Rights and Disabilities. The documentary examines the ever-changing portrayals of disability story lines in film, TV and the web to see if the media has had a hand in transforming the societal inclusion of people with disabilities. Q&A & follow up discussion with Robert Bureau Chairperson of the Commission on Disability and Founder and President of Resiliency Solutions & Robin Barr-Case, Chair of the Commission on Elder Affairs to follow movie.



**LIBBY LIBRARY EXPRESS WORCESTER PUBLIC LIBRARY**

**Tuesday, March 24 • 2-3 pm**  
Great book selections and DVD's,

**SEWING CLASS**

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

**WATERCOLOR / MIXED MEDIA**

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

**WE'VE GOT TO HAVE FRIENDS**

From Veterans Day, to Thanksgiving, to Polar Express onto Holiday Sweater entertainment...the Friends of Worcester's Senior Center supports so much!

**COMING IN APRIL**

**ANNUAL VOLUNTEER RECOGNITION LUNCHEON "Orange You the Greatest Volunteers Ever!"** Wednesday, April 29th  
Remarks by MA Executive Office of Elder Affairs... entertainment by Local Talent Cara Brindisi

**FRAUD BINGO**

**Wed., April 15 • 10:30-11:15 am**  
RSVP Volunteers of Central MA will be providing Bingo cards, Fraud Information, Prizes and Coffee. **COME JOIN THE FUN!**



**DONATION REQUEST**

RSVP's Blankette's are looking for yarn. #4 Ply worsted weight in light colors. Please call 508-507-1234 with any questions



**SENIOR CENTER FRIDAY FLICKS**

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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

**DOMINO CLUB**

**Thursdays, 9:30-11:30 am**  
Open to All, from beginner's to experienced players. Come have fun!!



**SPEND THE DAY WORCESTER SENIOR CENTER!  
WSC DISTINGUISHED SPEAKER SERIES  
TUESDAY, MARCH 17TH**

**10 am:** Curt Curtin returns with Irish Poetry

**10:30-11:30 am:**

*Distinguished Speaker Series*

**CONTINUES WITH MARY ELLEN MURPHY AND LEO QUINN, CHAIR PEOPLE OF THE WORCESTER ST. PATRICK'S DAY PARADE!!**



**11:45-12:15 pm: FREE** Corned Beef & Cabbage lunch provided by ESWA Nutrition Program and sponsored by: Call 508-799-8070 to reserve your lunch.



**12:30-1:30 pm: St. Patrick's Day Party**

Performing together for 30 +years, John, from Co. Derry in No. Ireland — and his wife, Jean — a New England native - will pull at your heartstrings and tickle your funny bones with their beautiful vocal harmonies and Irish wit. Their accompaniment on several instruments insures a rollicking good time!



St. Patricks Day decorations sponsored by:



**DEAN MARTIN – KING OF COOL  
PRESENTATION WITH BRUCE HAMBRO**

**Wed. March 25 • 12:30-1:30 pm**

Dean Martin was the epitome of cool in the mid-20th century American world of entertainment. Come hear his hits including *Volare*, *Memories are Made of This*, *Sway*, *That's Amore*, and *Everybody Loves Somebody Sometime*. Power-point slides and video clips illustrating Dean Martin's life & career will be projected on the screen for all to enjoy.

**Brought to you by Bruce Hambro** a student of the American entertainment business, former history teacher as well as a manager and booking agent in the music business.



**MARCH & APRIL PHOTOGRAPHY EXHIBIT  
PHOTOGRAPHY RECEPTION**

**Friday, March 20 • 11-11:30 am**

Chen Xianzhi and Liu Qinqing, from Hunan, China, are a couple that share a passion for capturing the beauty of nature through the lenses of their cameras.

Their passions for photography, painting, calligraphy, music, and traveling have enriched their lives over the years. As amateur photographers, they always enjoy sharing their artwork with friends and art lovers.



**Chen Xianzhi and Liu Qinqing Photographers**



**民间古宅  
Traditional Old House**

**中国, 宏村  
Hongcun, China**



**多彩缤纷  
Colorful clouds**

**伍思特, 美国  
Worcester, USA**

**"SPRING INTO SPRING"  
St. Mary's Students Variety Show  
Fri. March, 27, 2020  
10-11:30 am**

Enjoy various acts from talented students!  
Refreshments will be served!  
Please register by calling  
**508-799-1232**



**ESL Class Celebrates the Holidays**

**VISITING DENTAL ASSOCIATES OF CENTRAL MA**

**Friday, March 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 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. Call 508-799-1232 to register.

**PRECISION MEDICINE**

**Wednesday, March 11  
10:30-11:30 am**



Wouldn't it be great if science could help me know the best way to prevent diseases for my family and myself? By taking into account individual differences in **biology, environment** and **lifestyle**, Precision Medicine aims to deliver individualized care rather than a one-size-fits-all approach to health care. Find out about the new National Institutes of Health Initiative. Call 508-799-1232 to register.

**SMART911 INFO. WITH THE COW EMERGENCY SERVICES**

**Tuesday, March 17  
9:30 am-12 pm**

The Worcester Emergency Management Division will have representatives available to sign you up for the Smart911 & Alert Worcester Program. We will have laptops available in the lobby for any Worcester resident interested in signing up. You can also make appointment for this same service. Emergency preparedness giveaways and brochures available.



**MINDFUL MEDITATION**

**Mondays • 12:30-1:30 pm**

Robert Harrington CCH will present guided meditation based on the book, *The Four Agreements*. \$3.00 per class. **Call 508-799-1232 to register.**

**DIABETES & SKIN CARE**



**Tuesday, March 24 • 12:30 pm**

Fairlawn Rehabilitation Hospital staff will share info. on Diabetes and Skin Care. Topics include: blood sugar control, overall healthier eating choices, foot care and skin checks. Call 508-799-1232 to sign up.

**CANNABIS EDUCATION WITH CANNACARE DOCS**



**Wednesday, March 25 • 10-11:30 am**

Canna Care Docs, will share info. and answer any questions you may have about medical cannabis. Call 508-799-1232 to register.

**PODIATRY CLINIC**

**Tuesday, March 31 • 12:30-2 pm**

Appt. required. No walk-ins. Call 508-755-9573 beginning March 2nd to make your appointment.

**MCPHS SENIOR FITNESS TEST WITH JOE FISH**



**Tuesday, March 31 • 9-10:30 am**

Fitness test for upper & lower body strength, aerobic endurance, upper & lower body flexibility& balance. Test results will be interpreted for you to see where you are within your age group for overall fitness. The tests are easy and can be modified for any person. Fitness Instructor Joe Fish will be here to assist seniors. Sign up by calling 508-799-1232.

**FREE ZUMBA GOLD EXERCISE**

**Fridays, 9-9:45 am**

Lourdes Serrano, Certified Zumba Gold Dance Instructor. ZUMBA is a Latin dance fitness class for the active older adult. Steps modified for all levels of fitness.



**MEMORY CAFE**

**Tuesday, March 17 • 2-3:30 pm**

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



**COMING IN APRIL HEALTH**

- **Worcester Senior Center's Wellness & Safety Resource Fair** Wednesday April 8 9-11:30 am
- **Healthy Eating Workshop Series** Starts April 15th

**CENTURY HOME CARE GLUCOSE TESTING**

**Tuesday, March 17  
9:30-10:30 am**



**FREE AEROBICS WITH NANCY CIMATO TUESDAYS & THURSDAYS 9-10 AM**



508-852-2670 | 65 Briarwood Circle | Worcester, MA 01606

www.briarwoodretirement.com

*Briarwood offers you and your family peace of mind.*

**Briarwood**

- The Best Value in Senior Living
- Maintenance-free cottages and apartments
- Restaurant-style fine dining
- A vibrant and caring community

**Knollwood Nursing Center**

- Post-acute, palliative, and respite care
- Rehabilitative therapies 7 days a week
- Joint Commission Accreditation
- State-of-the-art pharmacy system

508-853-6910 | 87 Briarwood Circle | Worcester, MA 01606

www.knollwoodnursingcenter.com



YOUR PARTNERS IN CARE

**FREE EXERCISE CLASSES WITH RHONDA HAMER,**  
**Osteo Instructor, ACE Certified Personal Trainer, Certified Silver Sneakers**  
**Instructor. Participants must sign in to class. Donations appreciated.**

Mon: Seated Strength 1:30-2:15 pm  
 Wed: Seated Core 1:30-2:15pm  
 Fri: Seated Stretch/Yoga 1:30-2:15 pm

Sponsored by:



**THE REGIONAL ENVIRONMENTAL COUNCIL'S**  
**WINTER MOBILE MARKET HAS ENDED.**  
**THE SUMMER MOBILE MARKET SCHEDULE**  
**WILL BE COMING SOON....**



**"TIME TO CARE" RESPITE DAY PROGRAM**

**Tuesdays, 10 am-2 pm**

A program for individuals living with dementia and their caregivers. Participants will enjoy activities, lunch, and the company of their peers with trained staff. Caregivers will also enjoy a break from the stress of caregiving. Call 508-799-1232 for more info.



**SIGNUPS FOR EITHER SENIOR CHALLENGE EXERCISE**  
**CLASS WITH JOE FISH OR SAIL...**

Will take place at the main desk or by calling 508-799-1232.

**Registration: Wed. March 25 at 9:30 am.** Senior Challenge starts Thurs. April 2nd. SAIL starts Tues. April 7th.

**CAREGIVER SUPPORT GROUP**

**Tuesday, March 17 • 1-2 pm**

Being a caregiver for a person living with dementia is complicated. Build a support system. Exchange information on challenges and solutions. Receive disease related information and learn about community resources. Contact facilitator, Heather Dobbert, LCSW, of Fallon Health and Alzheimer's Assoc. trained group facilitator for more information or to sign up by calling 774-317-6266 or email @ heather.dobbert@fallonhealth.org



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

**Your AGE really is your EDGE!!**

**Wednesday, March 11 & 25 • 9:30-11:30 am**

Support and assistance to people age 50+ who are seeking a new job or career direction, reentering the workforce after an employment gap or their Second Act career after retirement. New Topic each week. Facilitated by an HR professional/career coach! Join us for Guided Networking with peers. Develop new skills, tools and strategies to help in your career transition. Email Melody Beach Melody@melodybeachconsulting.com to register. Funded by AARP & Massachusetts Assoc. of Councils on Aging.



**DO YOU NEED COMPUTER HELP???**

Do you have some questions about your laptop - or tablet? Do you want simple answers to your questions? If so, you can get a non-technical explanation by scheduling a private lesson at the Worcester Senior Center Computer Lab (for \$10 per hour). Call 508-799-1232 and select extension 48008. Speak with Ann Stamm, Computer Lab Coordinator, to arrange an appointment for a one-to-one session. If there is no answer, please leave a message and your call will be returned as soon as possible.

**GAMES/CRAFTS/MUSIC**

Pitch: Wednesdays, 1-3 pm

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

Movies: Fridays at 1:00 pm

Monthly Craft Class with Maureen Carlos:  
 2nd Monday of the month 10-11:30 am

Cribbage: daily at 10:00 am

Card Playing: Fridays, 1:00-3:00 pm

Open Bridge: Wednesdays, 10:30 am-12:30 pm & 1:30-3 pm

Scrabble: Mondays, 10 am-1 pm

Beginner Scrabble: Mondays, 10 am-1 pm

RSVP Blankettes Group: Thursdays at 9:30 am

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

Drop In Coloring Fun: 2nd Friday of the month

**LEARN SOMETHING NEW**

Spanish Class: Mondays, 11 am-Noon

Beginner Spanish: Mondays, 12:30-1:30 pm

Beginner French Fridays 11-12 pm

ESL for CHINESE: Fridays 10-11:30 am

Beginner ESL for Latino: Friday 10-10:30 am

Latino ESL: 10:30-11:30 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

Joe Fish Fitness: **CLASS FULL**

Ballroom Dance Classes: Fridays at Noon, \$3 fee

Tai Chi: Mondays 9:15-9:45 am, Thursdays 9:15-9:45 am

Chinese Tai Chi: Fridays 9-9:30

Ping Pong: Thursdays 1-3 pm

**MEETINGS**

Commission on Elder Affairs: 4th Monday at 4 pm

African American Elder Group: Thursdays at 10 am

Vietnamese Elder Group: Thursdays at 10:15 am

Chinese Elder Group: Fridays 9-10 am

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

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

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

## SUPPORT SERVICES

### Advocacy, information services and application assistance:

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

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

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

### FREE LEGAL CONSULTATIONS

with **Atty. Michael Gorman**

Friday, March 13 • 9:30 am-12:30 pm

### FREE NOTARY & LEGAL CONSULTATIONS

with **Atty. Anthony J. Vigliotti**

Fri. March 6 • 10 am-12 noon

Call **Linda Wincek-Moore** to schedule an appt. at 508-799-1232 ext. 48011.

## FRIDAY TAKE OUT

The Quinsigamond Community College's Dietary Management Program is offering a **Friday Home Meal Replacement**. Meals every Friday of the month. Enjoy a fresh and nutritious meal. Meals ready for pick up at Bobby M's Diner, **Fridays, 12-3 pm**. Cost **\$5.00**. Reservations recommended for a guaranteed meal. Walk-ins will be first come, first serve!!! **508-799-1232 ext. 48001**. Call or drop by Bobby M's to have any questions answered by Rebecca King or Brandi Manca.



## 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.



## LGBTQ 60+ CLUB

Please join us at the senior center for the new monthly LGBTQ + Support/Social Group. The group meets the 2nd Tuesday of the month from 10 am- 11:30 am. This is an opportunity to spend time with old friends and make new friends! Contact **Lindita Taka** at 508-799-1232 x48003 for more info.



## SHINE: Serving the Health Information Needs of Everyone

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

### CAN I STILL CHANGE MY MEDICARE COVERAGE? Medicare Advantage Plan Open Enrollment Period

As of January 1, 2020 the income and asset limits for the Massachusetts Medicare Savings Program increased significantly. These changes will make thousands of Massachusetts Medicare Beneficiaries eligible for this very valuable benefit. The income for a single person will go up to \$1,738 and for a married couple to \$2,346 this is an increase of more than \$300 a month in both cases. Asset limits are going to more than double as well, going up to \$15,780 for a single person and \$23,600 for a married couple. **This program pays your monthly Part B Premium, \$144.60 for 2020, you may be eligible for significant assistance in paying your Medicare costs. You will also be eligible for Extra Help from Social Security to help pay your prescription drug costs. Contact your local Senior Center for more information on these valuable programs.**

**Medicare Advantage Plan Open Enrollment Period** runs until March 31st. During this time frame you can change to another Medicare Advantage Plan. You can also leave your Medicare Advantage Plan and return to Original Medicare and pick up a drug plan and supplement coverage. **You must be in a Medicare advantage plan on January 1st to take advantage of this oep. For more info. call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. During Open Enrollment it may take a couple of days to return your call. You can now visit us on the internet at [shinema.org](http://shinema.org)** SHINE Volunteer: Hazel Nourse. Appointment required, call: 508-799-1232, ext. 48003.

## 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 ESWA in the dining room. A voluntary donation of \$2.50 is appreciated for those 60+. For those under age 60 a cost of \$5.00 applies. The Vegetarian Menu for **March 12th**: Combo Seasons, chicken & beef flavor (Mi xào thập cẩm) (Soy "chicken & beef", combo veggies, brown sauce, onion served with noodles).

## TRANSPORTATION

For information and assistance, visit or call Senior Center Client

Advocates at 508-799-1232 Linda (ext. 48011, Yung (ext. 48006) or Lindita (ext. 48003).



### 2 WRTA Routes Service the Worcester Senior Center:

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

## NEW MULTICULTURAL MEAL COLLABORATION between ESWA Nutrition program, QCC Hospitality & Recreation Mgmt. program and the Senior Center

Check the ESWA Nutrition program calendar on page 11 for menus and scheduled dates.

Multicultural meals being offered include: Latino, Arabic, Chinese & Vegan/Vietnamese

Reservations required at least **ONE WEEK** in advance. Sign up at the front desk or call 508-799-1232. A \$2.50 donation is appreciated.

Funded through the Health and Human Services Division, City of Worcester, Community Compact Grant.

## OSTEOPOROSIS PREVENTION BEGINNER'S EXERCISE PROGRAM

**COMING IN APRIL.** Medical studies have shown that the crippling disease of osteoporosis can be prevented or delayed through weight bearing exercise and proper nutrition. The Worcester Senior Center is seeking participants age 60+ for a 6 week Osteoporosis Prevention Exercise Program. Beginning this Spring exercise classes will be held Tuesdays 1-2 pm & Fridays from 12-1 pm. Specialized exercises are taught by Rhonda Hamer, an AFAA. Certified Group Exercise Instructor. There will also be a nutrition class, with a registered dietician 1 hr. a week. This is a free program Interested persons may call 508-799-1232 to register.

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

**LATINO CLUB 60+**  
**Mondays & Fridays 9:30-11:30 am**  
 Contact Jose Curet, Club 60+  
 Latino Elder Group Coordinator  
 508-799-1232 ext. 48007 for more  
 information about the program.

**EL CLUB LATINO 60+**  
**Los lunes y Viernes**  
 Para más información, puede  
 comunicarse con Jose Curet, a  
 508-799-1232 ext. 48007.

**CHINESE ELDER PROGRAM  
 EVERY FRIDAY:**

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

Contact Wei Shi 508-799-1232 ext. 48014  
 shiw@Worcesterma.gov (Chinese)  
 or Yung Phan 508-799-1232 ext. 48006  
 PhanD@Worcesterma.gov (English)

每星期五 中國老年人活動節目  
 上午九點：做操鍛煉與早茶  
 十點：ESL英語課  
 十一點半：午飯  
 下午十二點半：中文課（普通話）  
 與曹履成先生聯係（中文：電話：  
 508-799-1232 ext. 48012。  
 電子郵件：shiw@Worcesterma.gov  
 或與Yung Phan 聯係（英文）：  
 電話：508-799-1232 ext. 48006、  
 電子郵件：PhanD@Worcester.gov

**VIETNAMESE ELDER PROGRAM**

Chương trình Cao niên Việt Nam sinh hoạt hàng tuần  
 vào ngày thứ Năm, từ 9g sáng đến 12g30 gồm có:

- Thể dục Dưỡng sinh hoặc Đi bộ
- Thông dịch xem giấy tờ
- Học tiếng Anh Căn bản
- Họa mặt Cao niên với nhiều tin tức hay, mới, bổ ích
- Cơm trưa

Ngoài ra hàng tháng đều có An ninh Cộng đồng, Tư vấn Pháp lý, Cơm trưa Chay và nhiều sinh hoạt phong phú khác thích hợp với nhu cầu của người lớn tuổi. Có trợ giúp phương tiện vận chuyển.

Để biết thêm chi tiết, xin liên hệ cô Yung Phan 508-799-1232 và bấm số 2 để nói bằng tiếng Việt hay gọi 508-799-1232 và xin đường dây phụ 48006. Email: PhanD@WorcesterMA.gov. The Vietnamese Elderly Program runs weekly from 9:00AM to 12:30 PM. For more information, please contact Ms. Yung Phan at 508-799-1232 and dial 2 to speak in Vietnamese or call 508-799-1232 ext. 48006.



**ENVISION  
 A NEW YOU  
 IN 2020**



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

EST. 1943  
**UNO**  
PIZZERIA & GRILL

COMMITTED to Craft PIZZA

Enjoy **\$10 off**  
your food purchase of \$30 or more

25 Major Taylor Blvd.  
Worcester, MA 01608  
508-421-9300  
Code: 2605

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

**TEXAS**  
ROADHOUSE

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

508-853-7266  
[www.texasroadhouse.com](http://www.texasroadhouse.com)  
535 Lincoln Street, Unit F  
Worcester, MA 01605

Hours: Mon.-Thurs. 3:30PM-9PM, Fri. 3:30PM-11PM,  
Sat. 11:30AM-11PM, Sun. 11:30AM-9PM

**TERMS & CONDITIONS:**  
Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 3/31/20.




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

**SALMON**  
HEALTH and RETIREMENT

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

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

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

| MONDAY                                                                                                                                                                     | TUESDAY                                                                                                                                                                                     | WEDNESDAY                                                                                                                                                              | THURSDAY                                                                                                                                                              | FRIDAY                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Teriyaki Beef</b> 2<br>Steamed Rice<br>Broccoli<br>Pineapple<br>Fortune Cookie<br><b>Alternate: Latino Meal</b><br>Bistec a la Mexicana<br>Steamed Rice                 | <b>Chicken Picatta</b> 3<br>Wild Rice<br>Roasted California Vegetables<br>Lemon Pudding<br>Diet = SF Tapioca Pudding<br><b>Alternate:</b><br>SOUP DU JOUR<br>EGG SALAD                      | <b>Shepherd's Pie</b> 4<br>Carrots<br>Peas<br>Cinnamon Streusel Cake<br>Diet = Small Piece<br><b>Alternate:</b><br>SOUP DU JOUR<br>SLICED HAM                          | <b>Salisbury Steak w/ Gravy</b> 5<br>Garlic Mashed Potatoes<br>Mixed Vegetables<br>Fresh Fruit<br>Sandwich Roll<br><b>Alternate:</b><br>SOUP DU JOUR<br>SLICED TURKEY | <b>Potato Crunch Fish</b> 6<br>Potatoes Au Gratin<br>Jardiniere Vegetables<br>Baked Cinnamon Pears<br><b>Alternate:</b><br>SOUP DU JOUR<br>N.Y. PASTRAMI                          |                                                                                                                                                                                                                                                                                                |
| <b>BBQ Chicken</b> 9<br>Mashed Potatoes<br>Glazed Carrots<br>Fresh Fruit<br>Whole Wheat Bread<br><b>Alternate:</b><br>SOUP DU JOUR<br>CHICKEN SALAD                        | <b>Meatballs w/ Onion Gravy</b> 10<br>Gemelli Pasta<br>Summer Corn<br>Fruited Ambrosia<br>Marble Rye Bread<br><b>Alternate: Arabic Meal</b><br>Stuffed Cabbage<br>Green Beans with Tomatoes | <b>Marinated Pork Loin</b> 11<br>Herbed Potatoes<br>Peas & Onions<br>Gingerbread<br>Yogurt<br><b>Alternate:</b><br>SOUP DU JOUR<br>SLICED ROAST BEEF                   | <b>Chicken Fajitas</b> 12<br>Spanish Rice<br>Black Beans & Corn<br>Sour Cream<br>Pineapple<br><b>Alternate:</b><br>SOUP DU JOUR<br>TURKEY SALAD                       | <b>Macaroni &amp; Cheese</b> 13<br>Stewed Tomatoes<br>Green Beans<br>Brownie<br>Diet = Half Piece<br><b>Alternate:</b><br>SOUP DU JOUR<br>CRANBERRY CHICKEN SALAD                 |                                                                                                                                                                                                                                                                                                |
| <b>Lasagna &amp; Meatballs</b> 16<br>Mixed Vegetables<br>Lorna Doones<br><b>Alternate:</b><br>SOUP DU JOUR<br>ALBACORE TUNA SALAD                                          | <b>Corned Beef</b> 17<br>Boiled Potato<br>Cabbage & Carrots<br>Chocolate Pudding<br>Diet = Vanilla Pudding<br><b>Alternate:</b><br>SOUP DU JOUR<br>RANCH CHICKEN SALAD w/BACON              | <b>Beef w/ Onions &amp; Peppers</b> 18<br>Potato Wedges<br>Glazed Carrots<br>Fresh Fruit<br><b>Alternate:</b><br>SOUP DU JOUR<br>SLICED TURKEY                         | <b>Roast Pork with Gravy</b> 19<br>Cranberry Stuffing<br>Roasted Brussels Sprouts<br>Baked Apples<br><b>Alternate:</b><br>SOUP DU JOUR<br>CAESAR CHICKEN SALAD        | <b>Fish w/ Crumb Topping</b> 20<br>Rice Pilaf<br>Roasted California Blend Veg<br>Pear Crisp<br>Diet=Pears<br><b>Alternate: Chinese Meal</b><br>Wonton Soup w/ Bread<br>Spice Cake |                                                                                                                                                                                                                                                                                                |
| <b>Beef Stew</b> 23<br>Rice<br>Corn Niblets<br>Mandarin Oranges<br><b>Alternate:</b><br>SOUP DU JOUR<br>EGG SALAD                                                          | <b>Buttermilk Chicken</b> 24<br>Sr Crm & Chive Mashed Potato<br>Peas & Carrots<br>Oreo Cookies<br><b>Alternate:</b><br>SOUP DU JOUR<br>TURKEY SALAD                                         | <b>Baked Potato w/ Chili &amp;</b> 25<br>Cheese<br>Broccoli<br>Sour Cream<br>Birthday Cake<br>Diet = Small Piece<br><b>Alternate:</b><br>SOUP DU JOUR<br>N.Y. PASTRAMI | <b>Hot Dog on Bun</b> 26<br>Baked Beans<br>Coleslaw<br>Strawberries<br><b>Alternate: Vietnamese Meal</b><br>Vegan Spicy Lemongrass Soup<br>Peach Crumb Bars           | <b>Vegetable Cheese Bake</b> 27<br>Seasoned Potatoes<br>Coleslaw<br>Green Beans<br>Peaches<br><b>Alternate:</b><br>SOUP DU JOUR<br>SLICED ROAST BEEF                              |                                                                                                                                                                                                                                                                                                |
| <b>Chicken Mornay</b> 30<br>Couscous<br>Roasted Roman Vegetables<br>Butterscotch Pudding<br>Diet= SF Vanilla Pudding<br><b>Alternate:</b><br>SOUP DU JOUR<br>CHICKEN SALAD | <b>Meatloaf with Gravy</b> 31<br>Garlic Mashed Potatoes<br>Peas & Onions<br>Mixed Fruit<br>Whole Wheat Bread<br><b>Alternate:</b><br>SOUP DU JOUR<br>ALBACORE TUNA SALAD                    |  <p><b>* Diabetic Friendly</b><br/><b>** Higher Sodium Entree</b></p>               |                                                                                                                                                                       |                                                                                                                                                                                   | <p><b>MENUS SUBJECT TO CHANGE.</b><br/>                     Lunch is served at 11:45 am.<br/>                     \$2.50 suggested donation.</p> <p>Call 508-799-8070 between 9 &amp; 1 pm and 508-852-3205 ext. 290 after 1 pm at least 2 days in advance by 10:30 am, to reserve a meal.</p> |



SAME CARING TRADITION, *A Whole New Level of Care*  
**5 STAR MEDICARE RATING. RENOVATIONS COMPLETE.**

At Lutheran Rehabilitation and Skilled Care Center, caring for area seniors is more than a tradition – it's our commitment to the community. Now offering a premier elder care continuum:

- Luxury Senior Living Accommodations of The Lillie Mansion
- Center for Short-term Rehabilitation
- Traditional Long-term Care
- New Rehab Therapy Gym with Model Apartment now with Outpatient Rehab Services
- 5 Star Medicare overall rating
- On-site management by owners directly involved in daily operations
- Resident Service Liaison providing concierge services and customer service check-ins



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

**CALL US TODAY TO SCHEDULE A TOUR.**

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                              | TUESDAY   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                              |           |                                                                                                                                                                                                                                                                                                                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9-9:30 Monday Tai Chi<br><b>9-1 BEGINNER SCRABBLE</b><br>9-2:30 AARP TAX PREP- by appt. only<br>9:30-10:30 PIANO LESSONS<br>9:30-11:30 Latino Club 60+<br>9:30-11:30 Pitch Tournament<br>10-11:30 Yoga for the Active Senior<br>10-1 Scrabble<br>11-12 Spanish Class<br><b>11:45-12:30 LATINO LUNCH (Reservation Required)</b>                                                                                                                                                                          | 12:30-1:30 Beginner Spanish<br><b>12:30-1:30 MINDFUL MEDITATION</b><br><b>1:30-2:15 SEATED STRENGTH CLASS</b><br><b>1-3 HAPPY QUILTERS</b><br><b>1:30-3 LEARNING ITALIAN</b> | <b>2</b>  | <b>ELECTIONS ACTIVITY</b><br>9-10 AEROBICS With Nancy<br><b>9-11 BP WITH DPH NURSE AMELIA</b><br><b>10-10:50 SENIOR CHALLENGE EXERCISE</b><br>10-11 Albanian ESL<br>10-11 Osteo Exercise/Maint.<br>10-12 Cribbage<br><b>10-2 A TIME TO CARE</b><br>10:30-12 Arabic Elder Group<br>11-11:45 Albanian Elder Group                                                                                                                                                      | 11-12 Osteo Exercise/Maint.<br><b>11-12 SAIL EXERCISE</b><br>12-1 Taijiquan Practice Group<br>12-3 SHINE Counselor -Appt. Only<br>12:30-2 Sewing Class<br>2-3:30 Radio Show                                                                                                                                                                                            | <b>3</b>  | 9-11:30 Mah Jongg<br>9-11:30 Wed card pick-up group<br>9-12 Billiards for Women<br>9-12 Manicures By Sophie<br><b>9-2:30 AARP TAX PREP- by appt. only</b><br>10-11:30 Mixed/Gentle Yoga<br>10-12 Cribbage<br>10:30-12 Conversational English<br>10:30-12:30 Open Bridge<br>12-1 Vietnamese Dancing Class<br>12:30-2:30 Crochet & Knit for Fun                                                                          |
| 9-9:30 Monday Tai Chi<br><b>9-1 BEGINNER SCRABBLE</b><br>9:30-10:30 PIANO LESSONS<br>9:30-11:30 Latino Club 60+<br>9:30-11:30 Pitch Tournament<br><b>9-2:30 AARP TAX PREP- by appt. only</b><br><b>10-11:30 MONTHLY CRAFT CLASS</b><br>10-11:30 Yoga for the Active Senior<br>10-1 Scrabble<br>11-12 Spanish Class<br>12:30-1:30 Beginner Spanish<br><b>12:30-1:30 MINDFUL MEDITATION</b>                                                                                                               | <b>1:30-2:15 SEATED STRENGTH CLASS</b><br><b>1:30-3 LEARNING ITALIAN</b>                                                                                                     | <b>9</b>  | <b>9-10 AEROBICS With Nancy</b><br><b>9-11 BP WITH DPH NURSE AMELIA</b><br><b>10-10:50 SENIOR CHALLENGE EXERCISE</b><br>10-11 Albanian ESL<br>10-11 Osteo Exercise/Maint.<br><b>10-11:30 LGBTQ+ 60+ CLUB</b><br>10-12 Cribbage<br><b>10-2 A TIME TO CARE</b><br>10:30-12 Arabic Elder Group<br>11-11:45 Albanian Elder Group<br>11-12 Osteo Exercise/Maint.                                                                                                          | <b>11-12 SAIL EXERCISE</b><br><b>11:45-12:30 ARABIC LUNCH (Reservation Required)</b><br>12-1 Taijiquan Practice Group<br>12-3 SHINE Counselor -Appt. Only<br>12:30-2 Sewing Class                                                                                                                                                                                      | <b>10</b> | 9-11:30 Mah Jongg<br>9-11:30 Wed card pick-up group<br>9-12 Billiards for Women<br>9-12 Manicures By Sophie<br><b>9-2:30 AARP TAX PREP- by appt. only</b><br>9:30-11:30 AARP 50+ Job Seekers<br>10-11:30 Mixed/Gentle Yoga<br>10-12 Cribbage<br><b>10:30-11:30 PRECISION MEDICINE</b><br>10:30-12 Conversational English<br>10:30-12:30 Open Bridge<br><b>12-1 LIBRARY OUTREACH</b>                                    |
| 9:30 Monday Tai Chi<br><b>9-1 BEGINNER SCRABBLE</b><br><b>9:30-10:30 PIANO LESSONS</b><br>9:30-11:30 Latino Club 60+<br>9:30-11:30 Pitch Tournament<br><b>9-2:30 AARP TAX PREP- by appt. only</b><br><b>10-11:30 MONTHLY CRAFT CLASS</b><br>10-11:30 Yoga for the Active Senior<br>10-1 Scrabble<br>11-12 Spanish Class<br>12:30-1:30 Beginner Spanish<br><b>12:30-1:30 MINDFUL MEDITATION</b><br><b>1:30-2:15 SEATED STRENGTH CLASS</b><br><b>1-3 HAPPY QUILTERS</b><br><b>1:30-3 LEARNING ITALIAN</b> | <b>3/15TRIP: LITTLE BIT OF IRELAND</b>                                                                                                                                       | <b>16</b> | <b>9-10 AEROBICS With Nancy</b><br><b>9-11 BP WITH DPH NURSE AMELIA</b><br><b>9:30-10:30 GLUCOSE TESTING BY CENTURY HOME CARE</b><br><b>9:30-10:30 WPD COMMUNITY CONCERNS MEETING</b><br><b>9:30-12 EMERGENCY SERVICES 911SMART</b><br><b>10-10:15 IRISH POETRY</b><br><b>10-10:50 SENIOR CHALLENGE EXERCISE-CANCELLED</b><br>10-11 Albanian ESL<br>10-11 Osteo Exercise/Maint.<br>10-12 Cribbage<br><b>10-2 A TIME TO CARE</b><br>10:30-11:30 DISTINGUISHED SPEAKER | 10:30-12 Arabic Elder Group<br>11-11:45 Albanian Elder Group<br>11-12 Osteo Exercise/Maint.<br><b>11-12 SAIL EXERCISE-CANCELLED</b><br>12-1 Taijiquan Practice Group<br>12-3 SHINE Counselor -Appt. Only<br><b>12:30-1:30 GLENSHANE IRISH FOLK DUO</b><br>12:30-2 Sewing Class<br><b>1-2 CAREGIVER SUPPORT GROUP</b><br><b>2-3:30 MEMORY CAFE</b><br>2-3:30 Radio Show | <b>17</b> | 9-11:30 Mah Jongg<br>9-11:30 Wed card pick-up group<br>9-12 Billiards for Women<br>9-12 Manicures By Sophie<br><b>9-2:30 AARP TAX PREP- by appt. only</b><br>10-11:30 Mixed/Gentle Yoga<br>10-12 Cribbage<br>10:30-12 Conversational English<br>10:30-12:30 Open Bridge<br>12-1 Vietnamese Dancing Class<br>12:30-2:30 Crochet & Knit for Fun<br>1-3 Pitch<br><b>1:30-2:15 SEATED CORE CLASS</b><br>1:30-3 Open Bridge |
| 9-9:30 Monday Tai Chi<br><b>9-1 BEGINNER SCRABBLE</b><br><b>9-2:30 AARP TAX PREP- by appt. only</b><br><b>9:30-10:30 PIANO LESSONS</b><br>9:30-11:30 Latino Club 60+<br>9:30-11:30 Pitch Tournament<br>10-11:30 Yoga for the Active Senior<br>10-1 Scrabble<br>11-12 Spanish Class<br>12:30-1:30 Beginner Spanish<br><b>12:30-1:30 MINDFUL MEDITATION</b><br><b>12:30-2 CINEMABILITY</b>                                                                                                                | <b>1:30-2:15 SEATED STRENGTH CLASS</b><br><b>1:30-3 LEARNING ITALIAN</b><br>4-6 Commission Meeting                                                                           | <b>23</b> | <b>9-10 AEROBICS with Nancy</b><br><b>9-11 BP WITH DPH NURSE AMELIA</b><br><b>10-10:50 SENIOR CHALLENGE EXERCISE</b><br>10-11 Albanian ESL<br>10-11 Osteo Exercise/Maint<br>10-12 Cribbage<br><b>10-2 A TIME TO CARE</b><br>10:30-11:30 RSVP- Letter Writing<br>11-11:45 Albanian Elder Group<br>11-12 Osteo Exercise/Maint<br><b>11-12 SAIL EXERCISE</b>                                                                                                            | 12-1 Taijiquan Practice Group<br>12-3 SHINE Counselor - Appt. Only<br><b>12:30-1:30 DAIBETES &amp; SKIN CARE</b><br>12:30-2 Sewing Class<br>2-3 LIBBY<br>2-3:30 Radio Show                                                                                                                                                                                             | <b>24</b> | 9-11:30 Mah Jongg<br>9-11:30 Wed card pick-up group<br>9-12 Billiards for Women<br>9-12 Manicures By Sophie<br><b>9-2:30 AARP TAX PREP- by appt. only</b><br>9:30-11:30 AARP 50+ Job Seekers<br>10-11:30 Mixed/Gentle Yoga<br><b>10-11:30 CANNABIS EDUCATION</b><br>10-12 Cribbage<br>10:30-12 Conversational English<br>10:30-12:30 Open Bridge<br>12-1 Vietnamese Dancing Class                                      |
| 9-9:30 Monday Tai Chi<br><b>9-1 BEGINNER SCRABBLE</b><br><b>9-2:30 AARP TAX PREP- by appt. only</b><br><b>9:30-10:30 PIANO LESSONS</b><br>9:30-11:30 Latino Club 60+<br>9:30-11:30 Pitch Tournament<br>10-11:30 Yoga for the Active Senior<br>10-1 Scrabble<br>11-12 Spanish Class                                                                                                                                                                                                                      | 12:30-1:30 Beginner Spanish<br><b>12:30-1:30 MINDFUL MEDITATION</b><br><b>1:30-2:15 SEATED STRENGTH CLASS</b><br><b>1:30-3 LEARNING ITALIAN</b>                              | <b>30</b> | <b>9-10 AEROBICS with Nancy</b><br><b>9-10:30 SENIOR FITNESS TEST</b><br><b>9-11 BP WITH DPH NURSE AMELIA</b><br><b>10-10:50 SENIOR CHALLENGE EXERCISE</b><br>10-11 Albanian ESL<br>10-11 Osteo Exercise/Maint<br>10-12 Cribbage<br><b>10-2 A TIME TO CARE</b><br>10:30-11:30 RSVP- Letter Writing                                                                                                                                                                   | 11-11:45 Albanian Elder Group<br>11-12 Osteo Exercise/Maint<br><b>11-12 SAIL EXERCISE</b><br>12-1 Taijiquan Practice Group<br>12-3 SHINE Counselor -Appt. Only<br>12:30-2 Sewing Class<br><b>12:30-2 PODIATRY CLINIC</b><br>2-3:30 Radio Show                                                                                                                          | <b>31</b> |                                                                                                                                                                                                                                                                                                                                   |

# 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.

| DAY                                                                                                                                                                                                                                                |           | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                               | FRIDAY    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                         |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1-3 Pitch<br><b>1:30-2:15 SEATED CORE CLASS</b><br>1:30-3 Open Bridge                                                                                                                                                                              | <b>4</b>  | <b>9-10 AEROBICS With Nancy</b><br>9-11:30 Thurs card pick up group<br><b>9-12 HAIRCUTS WITH TOM</b><br>9:15-9:45 Tai Chi<br><b>9:30-11:30 DOMINOES</b><br>9:30-12 RSVP-Blankettes Group<br><b>10-10:50 SENIOR CHALLENGE EXERCISE</b><br>10-12 Cribbage<br>10-1 SHINE Counselor -Appt. Only<br>10-2 African American Elder Group<br>10:30-12:30 Vietnamese Elder Group                                                                                         | <b>12:30-1:30 WOOD BURNING CLASS</b><br>1-3 Ping Pong<br><b>1-4 FRIENDS BINGO</b>                                                             | <b>5</b>  | <b>TRIP: FOXWOODS</b><br>9-9:30 Chinese Tai Chi<br><b>9-9:45 ZUMBA GOLD</b><br>9-10 Chinese Elder Group<br><b>9-11 BP WITH DPH NURSE AMELIA</b><br><b>9-2:30 AARP TAX PREP- by appt. only</b><br><b>9:15-3 VISITING DENTAL ASSOC of CENTRAL MA- by Appt Only</b><br>9:30-11:30 Latino Club 60+<br>10-11 Osteo Exercise/Maint<br>10-11:30 Chinese ESL                                                                                                                             | 10-12 Cribbage<br><b>10-12 LEGAL CONSULTATION FOR SENIORS-APPT ONLY</b><br><b>10:30-11:30 LATINO ESL</b><br>11-12 Beginner French<br>11-12 Osteo Exercise/Maint<br>12-1 Ballroom Dance<br>1-3 Card Playing<br><b>1-3 FRIDAY FLICK-"THE FRONT RUNNER"</b><br>1-3:30 Watercolor/Mixed Media<br><b>1:30-2:15 SEATED STRETCH YOGA CLASS</b> |
| 12-1 Vietnamese Dancing Class<br><b>12:30-2 SCENIC TOUR OF IRELAND</b><br>12:30-2:30 Crochet & Knit for Fun<br><b>1-2 FLOWER ARRANGING</b><br>1-3 Pitch<br><b>1:30-2:15 SEATED CORE CLASS</b><br>1:30-3 Open Bridge<br><b>2-3 FLOWER ARRANGING</b> | <b>11</b> | <b>9-10 AEROBICS with Nancy</b><br>9-11:30 Thurs card pick up group<br>9:15-9:45 Tai Chi<br><b>9:30-11:30 DOMINOES</b><br>9:30-12 RSVP-Blankettes Group<br><b>10-11:30 BLACK HISTORY MONTH PROGRAM</b><br><b>10-10:50 SENIOR CHALLENGE EXERCISE</b><br>10-12 Cribbage<br>10-12 SHINE Counselor -Appt. Only<br>10-2 African American Elder Group<br><b>10-2:30 OIL PAINTING</b>                                                                                 | 10:30-12:30 Vietnamese Elder Group<br><b>11:45-12:30 VEGETARIAN LUNCH (Reservation required)</b><br>1-3 Ping Pong<br><b>1-4 FRIENDS BINGO</b> | <b>12</b> | 9-9:30 Chinese Tai Chi<br><b>9-9:45 ZUMBA GOLD</b><br>9-10 Chinese Elder Group<br><b>9-11 BP WITH DPH NURSE AMELIA</b><br><b>9-2:30 AARP TAX PREP- by appt. only</b><br>9:30-11:30 Latino Club 60+<br><b>9:30-12:30 LEGAL CONSULTATION FOR SENIORS-APPT ONLY</b><br>10-11 Osteo Exercise/Maint<br><b>10-11:30 ADULT COLORING</b><br>10-11:30 Chinese ESL<br>10-12 Cribbage                                                                                                       | <b>10:30-11:30 LATINO ESL</b><br>11-12 Beginner French<br>11-12 Osteo Exercise/Maint<br>12-1 Ballroom Dance<br>1-3 Card Playing<br><b>1-3 FRIDAY FLICK -"THE BIGGEST LITTLE FARM"</b><br>1-3:30 Watercolor/Mixed Media<br><b>1:30-2:15 SEATED STRETCH YOGA CLASS</b>                                                                    |
|                                                                                                                                                                                                                                                    | <b>18</b> | <b>9-10 AEROBICS with Nancy</b><br>9-11:30 Thurs card pick up group<br>9:15-9:45 Tai Chi<br><b>9:30-11:30 DOMINOES</b><br>9:30-12 RSVP-Blankettes Group<br><b>10-10:50 SENIOR CHALLENGE EXERCISE</b><br>10-12 Cribbage<br>10-12 SHINE Counselor -Appt. Only<br>10-2 African American Elder Group<br>10:30-12:30 Vietnamese Elder Group<br><b>12:30-1:30 WOOD BURNING CLASS</b><br><b>1-2 BOOK DISCUSSION CLUB</b><br>1-3 Ping Pong<br><b>1-4 FRIENDS BINGO</b> |                                                                                                                                               | <b>19</b> | 9-9:30 Chinese Tai Chi-Cancelled<br>9-9:45 ZUMBA GOLD<br>9-10 Chinese Elder Group<br><b>9-11 BP WITH DPH NURSE AMELIA</b><br><b>9-2:30 AARP TAX PREP- by appt. only</b><br>9:30-11:30 Latino Club 60+<br>10-11 Osteo Exercise/Maint<br>10-11:30 Chinese ESL<br>10-12 Cribbage<br><b>10-12 LEGAL CONSULTATION FOR SENIORS-APPT ONLY</b><br>10-12 MAB Low Vision Support Group<br><b>10:30-11:30 LATINO ESL</b><br><b>11-11:30 PHOTOGRAPHY EXHIBIT</b><br>11-12 Beginner French 20 | 11-12 Osteo Exercise/Maint<br><b>11:45-12:30 CHINESE LUNCH (Reservation Required)</b><br>12-1 Ballroom Dance<br>1-3 Card Playing<br><b>1-3 FRIDAY FLICK-"GOLDFINCH"</b><br>1-3:30 Watercolor/Mixed Media<br><b>1:30-2:15 SEATED STRETCH YOGA CLASS</b>                                                                                  |
| <b>12:30-1:30 DEAN MARTIN PRESENTATION</b><br>12:30-2:30 Crochet & Knit for Fun<br>1-3 Pitch<br><b>1:30-2:15 SEATED CORE CLASS</b><br>1:30-3 Open Bridge                                                                                           | <b>25</b> | <b>9-10 AEROBICS with Nancy</b><br>9-11:30 Thurs card pick up group<br>9:15-9:45 Tai Chi<br><b>9:30-11:30 DOMINOES</b><br>9:30-12 RSVP-Blankettes Group<br><b>10-10:50 SENIOR CHALLENGE EXERCISE</b><br>10-12 Cribbage<br>10-12 SHINE Counselor -Appt. Only<br>10-2 African American Elder Group<br>10:30-12:30 Vietnamese Elder Group<br><b>11:45-12:30 VEGETARIAN LUNCH (Reservation required)</b>                                                           | 1-3 Ping Pong<br><b>1-4 FRIENDS BINGO</b>                                                                                                     | <b>26</b> | 9-9:30 Chinese Tai Chi<br><b>9-9:45 ZUMBA GOLD</b><br>9-10 Chinese Elder Group<br><b>9-11 BP WITH DPH NURSE AMELIA</b><br><b>9-2:30 AARP TAX PREP- by appt. only</b><br>9:30-11:30 Latino Club 60+<br>10-11 Osteo Exercise/Maint<br>10-11:30 Chinese ESL<br><b>10-11:30 ST. MARY'S VARIETY SHOW</b><br>10-12 Cribbage<br><b>10:30-11:30 LATINO ESL</b><br>11-12 Beginner French                                                                                                  | 11-12 Osteo Exercise/Maint<br>12-1 Ballroom Dance<br>1-3 Card Playing<br><b>1-3 FRIDAY FLICK -"DUMBO"</b><br>1-3:30 Watercolor/Mixed Media<br><b>1:30-2:15 SEATED STRETCH YOGA CLASS</b>                                                                                                                                                |



# Goddard / Homestead

A Caring Community for Elders

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

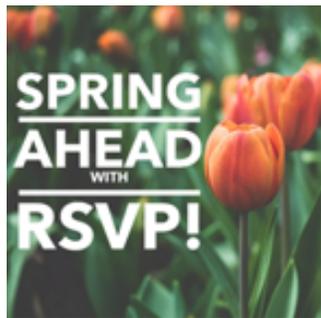


**Goddard House** provides gracious senior living in our studio, one, and two bedroom apartments in a historic home in Worcester. Residents of the Goddard House enjoy three chef prepared meals daily in our restaurant style dining room, trips to Mechanic Hall, restaurants, museums, and other locations,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

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

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

**It's time to spring forward one hour on March 8th and that means **SPRING is not far behind!**** There are so many fresh and new volunteer opportunities happening over at RSVP this Spring season – including a brand-new program of our own called Fit Together! Call us today to find out more!



*“The smallest act of kindness is worth more than the grandest intention.”*  
 – Oscar Wilde

Call Tiffany at 508-791-7787 to enroll with RSVP Volunteers of Central MA to start the Spring season off right! Liability insurance and mileage reimbursement is available to all RSVP volunteers. RSVP is located on the third floor of the Worcester Senior Center.

In doubt? Check it out! Call the Senior Fraud HelpLine 1-800-297-9760 sponsored by Harvard Pilgrim Healthcare.

**RSVP is sponsored locally by Family Services of Central MA**

**DO YOU BELIEVE IN THE LUCK OF THE IRISH?**



Is there a Pot of Gold at the end of a Rainbow? There is if you want to become a Senior Companion Volunteer!! This could be your lucky year! If you can volunteer from 5-40 hours per week you will be eligible for:



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

Please call Joy Rehfeld @ 508-791-7783

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

**CITY OF WORCESTER PUBLIC NOTICE**



The Citizen Advisory Council is seeking volunteers to fill vacancies on various City Boards/Commissions.

Eligibility requirements:

- 1) registered voter;
- 2) resident in district for one year (except for Executive Boards);
- 3) not a City employee (except for Advisory Boards).

For more information and to download an application:

[www.worcesterma.gov/boards-commissions](http://www.worcesterma.gov/boards-commissions) or call Jeannie at 508-799-1175. Applicants from under-represented groups in the City are encouraged to apply.

**GOOD DEEDS DAY - SUNDAY MARCH 29, 2020**

Under the umbrella of JCC Cares, Good Deeds Day, a global day of service, was planned to bring together families and individuals to participate in a day of “doing good” and giving back to the community. This program is funded by a grant from the JFCM. The Worcester Senior Center is participating by collecting any new toiletries. Bins will be placed in the lobby for drop off or see Suki Lapin, Program Coordinator 508-799-1232 X 48016 for any questions.

**MISSION**

The Friends of the Worcester’s Senior Center (Friends) is a non-profit agency whose primary mission is to raise funds supplemental to the senior center by the city of Worcester through its annual budget appropriation.

**FRIENDS** is governed by an all-volunteer Board of Director’s and led by a paid, part-time Executive staff. Funds generally are raised through a variety of special events, donor appeals/solicitation of individuals, businesses, corporations, agencies and grant writing.

**FRIENDS** sponsors and supports many social, educational and advocacy events that benefit the mental, physical and emotional health of seniors each year.

**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**

**TAX PREPARATION with AARP**

**9 am-2:30 pm**  
**Mondays, Wednesdays & Fridays • through APRIL 5th**

**AN APPOINTMENT IS REQUIRED,**  
**to make an appointment:**



**Email:** [WorcesterSCTaxes@gmail.com](mailto:WorcesterSCTaxes@gmail.com) include your **NAME & TELEPHONE NUMBER**, a AARP Tax representative will call you back to set up your appointment time or call **774-243-0497** and clearly state **YOUR NAME & TELEPHONE NUMBER** and a rep. will call you back to schedule an appointment.

Calls will **NOT** be accepted at the Senior Center reception desk.



**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 9:30 am - 12:30 pm

**Be the FIRST to order your *NEW* Worcester Senior Center Sweatshirt/Tee shirts**

**TEE SHIRTS IN STOCK:**

Royal Blue: Large 1, Extra Large 1

Yellow: Medium 1, Large 1, Extra Large 1, 4XL 1

**SWEATSHIRTS IN STOCK:**

White: Large 1, Extra Large 1

Grey: Large 1    Royal Blue: Large 2

**BINGO**  
**EVERY THURSDAY**  
**1-3:30 pm**

**DAY TRIPS:**

**SIGN UP EARLY. A minimum number of passengers required for a trip to be able to go!**  
**\$10.00/pp Non Refundable Deposit Required - Payable at Time of Reservation**

|                               |                                                                                                  |                     |
|-------------------------------|--------------------------------------------------------------------------------------------------|---------------------|
| Sunday, March 15, 2020        | <i>Little Bit of Ireland:</i> Reagle Players, Lunch at The Chateau                               | \$99.00/per person  |
| Tuesday, April 14, 2020       | Tom Jones & Englebert - <i>The Way It Used To Be</i> - Aqua Turf                                 | \$100.00/per person |
| Friday, May 29, 2020          | Boston Duck Tours/Luncheon @ The Venezia                                                         | \$102.00/per person |
| Wednesday, June 24, 2020      | Cape Cod Canal's 106th Anniversary Tour Sandwich Sightseeing & Daniel Webster House Grand Buffet | \$94.00/per person  |
| Wednesday, July 15, 2020      | Newport Playhouse & Cabaret Restaurant "On Golden Pond"                                          | \$104.00/per person |
| Wednesday, August 19, 2020    | Lobster Bake at the "Bull and Claw" Maine <b>NEW</b>                                             | \$94.00/per person  |
| Wednesday, September 23, 2020 | "A Mystery Tour" <b>NEW</b>                                                                      | \$84.00/per person  |

**OVERNIGHT TRIPS:**

**Deposit Required at Time of Reservation as Listed on Flyer**

|                                                                               |                                                          |                                                                                                                |
|-------------------------------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| Depart: Wednesday, June 17, 2020<br>Return: Friday, June 19, 2020             | Penn Dutch Showstopper -<br>Sound Theater "Queen Esther" | Double \$546.00/pp, Triple \$536.00/pp, Single \$656.00/pp,<br>Child \$456.00/pp <b>Deposit due by 3/10/20</b> |
| <b>NEW</b> Depart: Sunday, August 30, 2020<br>Return: Monday, August 31, 2020 | Saratoga Racing                                          | Double \$347.00/pp, Triple \$337.00/pp, Single \$447.00/pp<br><b>NEW Deposit due by 5/22/2020</b>              |

**FOXWOOD CASINO TRIPS:**

**Price \$22.00/pp - Non Refundable - Payable at Time of Reservation**

Fridays: March 6th, April 3rd, May 1st, June 5th, July 10th, August 7th

# THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES  
VOLUME 10, NO. 3, MARCH 2020

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.

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

©2019 Satori Publishing      DIFFICULTY: ★★☆☆☆

### Answer to Previous Sudoku

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

## CROSSWORD PUZZLE

**ACROSS**

- Quid
- Hall (Ger.)
- Aid
- Pointed (pref.)
- US dam
- Son of Samuel
- Formal dance (Fr.)
- Pomace (2 words)
- Quote
- High (Lat.)
- Heath evergreen
- Novice
- 7th incarnation of Vishnu
- Sibilant sound
- Industrial Workers of the World (abbr.)
- Compass direction
- Sultan's residence
- Indo-Chin. language
- Shooting match (Fr.)
- Old yarn measure
- Rebuff
- Tribe
- Card
- Seaweed
- Geological epoch
- Housed
- Hawaiian frigate bird
- Sweet spire
- Day (Lat.)
- Poetic contraction
- Lofty
- Musical beat
- Noncommissioned officer (abbr.)

**DOWN**

- Vehicle compartment
- Fiddler crab genus
- Musical instrument (string)
- Mosque student
- Rhine tributary
- Asian gazelle
- Garland
- Single (pref.)
- Touch
- Victory site of Nelson
- Dip
- Ankles
- Amazon tributary
- Former
- Islamic month
- Weary
- Munich's river
- Part of golf club
- Mirage
- Women's Army Aux. Corps (abbr.)
- Transitional editing effect
- Coast
- Flood
- Deadly
- Old-style verb
- Gulf of the Ionian Sea
- Heb. avenger
- Onionlike plant
- Hole
- Central daylight time (abbr.)
- Aunt (Sp.)
- Office of Economic Development (abbr.)
- Orinoco tributary

**ANSWER TO PREVIOUS PUZZLE**

|   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|
| N | A | R | E | L | A | M | A | A | E | F |
| I | B | E | X | A | G | A | G | R | D | A |
| L | U | X | U | R | I | A | N | T | A | G |
|   |   |   | E | A | R | L |   | D | U | E |
| S | W | I | N | G |   | P | A | C |   |   |
| H | I | N | T |   | E | T | I | O | L | A |
| E | D | E |   | S | P | A | L | L | R | O |
| S | E | L | E | N | I | T | E |   | A | I |
|   |   | A | L | A |   |   |   | K | R | A |
| A | N | S | A |   | A | L | T | A | I |   |
| R | A | T |   | O | P | E | R | A | S | O |
| N | M | I |   | P | A | N | E | T | A | A |
| O | E | C |   | T | R | A |   | A | S | S |

©2019 Satori Publishing      A75