

THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 8, NO. 5, MAY 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.



Safe, Comfortable Senior Living

Dodge Park Rest Home

- 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 REST HOME

and
The Day Club



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



Tai Chi Demonstrations with WSC Senior Services Staff, seniors & Anna Maria Nursing School Students



African American Elder Group thanks the Senior Center & remembers WWII heroes with plaque

WSC Ballroom Dance group celebrates Peter Fydrich's 89th birthday by presenting him with a Quilt of Valor. Peter is a Korean War Vet.

SEE PG 5 FOR FEATURED PROGRAMS

WALKING CLUB KICK-OFF WITH OUR NEW LEADER JENNY LINCH
THURSDAY, MAY 3 • 9-10 AM

WORCESTER ACADEMY SCHOOL ENSEMBLE MOTHER'S DAY CONCERT
THURSDAY, MAY 10 • 11:30-12:30 PM

NATIONAL GRID CUSTOMER ASSISTANCE EXPO
FRIDAY, MAY 11, 2018 • 10:00 AM-2:00 PM

DISTINGUISHED SPEAKER SERIES CONTINUES WITH EDWARD O'CONNOR, DIRECTOR VETERANS' SERVICES, CITY OF WORCESTER
WEDNESDAY, MAY 23 • 10:30-11:30 AM

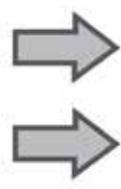
TO MY DEAREST: THE CIVIL WAR LETTERS OF GEORGE AND EMILY WARD
WEDNESDAY, MAY 23 • 1-2 PM

SEEDLING EXCHANGE WITH REC
THURSDAY, MAY 24 • 9-10 AM

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 508-799-1200

- 4 May Programs & Events
- 5 Friday Flick Movies
- 5 Featured Programs
- 6 Health & Wellness Programs
- 7 Continuing Programs & Activities
- 7 Computer Classes
- 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 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.



BRIARWOOD
Continuing Care Retirement Community

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

Knollwood
Nursing Center
YOUR PARTNERS IN CARE

SQUARE DANCING CLASS WITH AL ROUFF

Free Demonstration Friday, May 4 • 1:30-3 pm
Lessons Start Friday, May 18th
classes held Fridays, 1:30-3 pm

Class Fee \$5 for 1.5 hour session. No partner needed to participate. Comfortable clothing and sneakers encouraged. Regular attendance preferred. This is a "team" dance activity, different from traditional square dancing. Groups of eight dancers walk through dance patterns like a "human Rubik's Cube". Energizing music with a strong downbeat. Call 508-799-1232 to register.

CRIBBAGE TOURNAMENT

Monday, May 7 • 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.

MONTHLY CRAFT CLASS

Monday, May 14 • 10-11:30 am
\$3.00. Call 508-799-1232 to register. **Project: Rope, wrapped & painted terra cotta planter.** \$3.00 fee per craft, all supplies included. Call 508-799-1232 to register. Space is limited.



PITCH TOURNAMENTS

Monday, May 14 & 21 • 9:30-11:30 am
Players are asked to contribute \$5 each. Call 508-799-1232 to sign up. Prize is determined by number of players participating.

THE LIBRARIANS ARE COMING

Tuesday, May 8 • 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, May 4 & 18 • 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, May 9 • 1-2 & 2-3 pm
Make and take home a **Mother'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.

FREE LEARNING ITALIAN WITH ELIO SONSINI

Mondays May 7, 14 & 21 • 1:30-2:30 pm
NEW Please register for this program by calling 508-799-1232.

LIBBY LIBRARY EXPRESS WORCESTER PUBLIC LIBRARY

Tuesday, May 22 • 2-3 pm

OIL PAINTING WITH DARRELL CROW

Thursday, May 10 • 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: **Still Morning.** A 1/2 hr. break provided for lunch. Register by calling 508-799-1232.



COMPUTATIONAL CRAFTING: LINKING COMPUTER SCIENCE & QUILTING

Monday, May 14 • 12:30-1:30 pm
If you are interested in quilting, embroidery, knitting, or crochet, come and learn about how your interests connect to computer science! Prof. Gillian Smith (WPI) will show the relationship between hand crafts and computer science, and how computer programming can be used in quilting and embroidery. She will also show her quilting-based board game and describe how electronic components can be integrated into textiles. No computer experience necessary! Sign up by calling 508-799-1232.



MAKE A TEACUP BIRD FEEDER & WOODEN BIRDHOUSE CRAFT

Tuesday, May 15 • 10-11 am
Sponsored by Harmony Staffing & Homemaking Agency. Call 508-799-1232 to register. Space is limited.



WOOD BURNING CLASS

Thursday, May 17 • 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.

BOOK DISCUSSION

Thursday, May 17 • 1-2 pm
New members are always welcome! **We are reading *A Gentleman in Moscow* by Amor Towles.** When, in 1922, he is deemed an unrepentant aristocrat by a Bolshevik tribunal, the count is sentenced to house arrest in the Metropol, a grand hotel across the street from the Kremlin. Rostov, an indomitable man of erudition and wit, has never worked a day in his life, and must now live in an attic room while some of the most tumultuous decades in Russian history are unfolding outside the hotel's doors. Unexpectedly, his reduced circumstances provide him a doorway into a much larger world of emotional discovery. **In June we are reading *Magicians Impossible* by Brad Abraham.**

SEWING CLASS

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

NEIGHBORHOOD CRIME WATCH MEETING & MED TAKE BACK BIN WITH WPD

Monday, May 21 • 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.

WE'VE GOT TO HAVE FRIENDS

Thank you Friends of Worcester's Senior Center, Inc. for supporting events for Valentine's Day, Black History Month, "Laugh for the Health of It" and more!

COMING IN JUNE

- **Art Exhibit with Nicholas Connors, Architectural Watercolor Artist, Tues. June 5 • 11 am**
- **AARP Driver Safety Course, Mon. June 11 • 10 am**
- **DSS continues with Dave Peterson, GM Bravehearts, Fri. June 15 • 10 am**
- **Kick-off Summer Concert with SWAGGER, Wed. June 20 • 12:30pm**
- **Tina Bemis Flower Arranging, Mon. June 18 • 1 pm**

SENIOR CENTER FRIDAY FLICKS

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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

WALKING CLUB KICK-OFF
with our new leader **Jenny Linch**



Thursday, May 3 • 9-10 am
9 am Benefits of Walking and quick stretch by **Jenny Linch & Yung Phan** then head to Worcester Academy's Gaskill Field as a group with **Jenny** for our first official walk of 2018! T-shirts available for new walkers only. You must sign up for one at the front desk. Bi-weekly raffle & monthly drawing for our dedicated walkers. Come to the kick off to learn more.

WORCESTER ACADEMY SCHOOL ENSEMBLE
MOTHER'S DAY CONCERT

Thursday, May 10 • 11:30-12:30 pm
In Honor of Mother's Day, and ALL the SPECIAL WOMEN in a special memento will be handed out by WA students.



DISTINGUISHED SPEAKER SERIES CONTINUES
WITH EDWARD O'CONNOR, DIRECTOR VETERANS' SERVICES, CITY OF WORCESTER

Wednesday, May 23 • 10:30-11:30 am
Edward P. O'Connor Director of Veterans Services, City of Worcester Commander, HHD, 719th Movement Control Battalion, United States Army Reserve, Brockton MA.



The Medal of Honor is the highest award for military bravery. The medal is awarded by the President of the United States in the name of Congress. It has a unique and rich history eventually leading to standardization of criteria across all services. Edward will discuss the history behind the award and some of the history behind the 8 residents of Worcester who received nation's most prestigious military honor.



TO MY DEAREST: THE CIVIL WAR LETTERS
OF GEORGE AND EMILY WARD

Wednesday, May 23 • 1-2 pm
When the Civil War broke out, George Ward left Worcester, his wife Emily, and their two small children to go to war. Ward and Emily wrote to each other frequently, and 116 letters survive in the collection of the Worcester Historical Museum, describing the pain of prolonged separation, the challenges of single parenting, and the horrors of the battle front. Please join us as we present Lynne McKenney Lydick and Thomas R. Lydick who will share the personal and poignant letters of this Worcester couple. Refreshments will be served. Call 508-799-1232 to sign up.



This program is sponsored, In part, by:



nationalgrid
HERE WITH YOU. HERE FOR YOU.

Customer Assistance EXPO

Connect With Those Who Care

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



May 11th, 2018
10:00am – 2:00pm
Senior Center
128 Providence St
Worcester, MA

Please join us on Friday May 11th at Senior Center in Worcester and meet with the assistance program experts.

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

SEEDLING EXCHANGE WITH REC
Thursday, May 24 • 9-10 am

Planting time is upon us. Share seeds and seedlings from last year's plants or packaged seeds that haven't expired. Give seed info. on what you plan to bring to exchange when you sign up at the front desk. You can also learn how you can volunteer to help plant and maintain our community gardens. **Single plots** available to interested gardeners. Limited amount of seedlings available. Call 508-799-1232 to register.



Goddard / Homestead
A Caring Community for Elders

1199 MAIN STREET
WORCESTER, MASSACHUSETTS
www.goddardhomestead.org



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

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

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

WSC AND SENIOR COMPANION PROGRAM ARE TEAMING UP TO PREVENT LYME DISEASE

Wed. May 2 • 1-2 pm

Hear how to prevent the debilitating disease that comes from a tick bite. Learn the symptoms and help to teach others to save lives. Stay on to watch the documentary

A Ticking Time Bomb. Please sign up for this program by calling 508-799-1232.



VISITING DENTAL ASSOCIATES OF CENTRAL MA

Friday, May 4 • 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.

HOW'S YOUR HEARING? NEW ENGLAND HEARING INSTRUMENTS

Wed. May 9 • 9:30-12 noon

When did your primary care physician last refer you for a baseline hearing screen, as recommended by the American Medical Association and the American Speech, Language and Hearing Association, for everyone at age 55? Do you know the variety of health consequences of untreated hearing loss? Call the front desk (508-799-1232) to schedule your hearing screening appointment today.



VNA BONE DENSITY SCREENING & BLOOD PRESSURE CHECK

Wed. May 30 • 1-3 pm

Have your blood pressure taken. Bone densities are non-invasive and performed using your foot/leg (Achilles test). Participants will need to remove socks, shoes and roll pant leg up. Provided by the VNA Care Nurses. sign up at the front desk or call 508-799-1232.



FREE HEALTH CLASSES



AGELESS GRACE Wednesday, May 9-June 6 1:30-2:30 pm

A cutting-edge brain fitness program in which exercises are designed to be practiced in a chair. The movements focus on healthy longevity of the body, mind, emotions and spirit. Anyone who would like to stay youthful and vibrant is welcome. We will learn to improve joint mobility, spinal flexibility, right-left brain coordination, cognitive function, balance, confidence and playfulness. Class taught by certified instructor, Nancy Cimato. Please sign up by calling 508-799-1232.

MINDFUL MEDITATION Mondays in May • 12:30-1:30 pm

Robert Harrington, CCH, returns and guides a mindfulness meditation session to calm your mind, settle your body and enjoy deep relaxation. Call 508-799-1232 to register.



SAIL STAY ACTIVE & INDEPENDENT FOR LIFE WITH JOE FISH Mondays & Thursdays Starting May 7 • 2:30-3:30 pm

1 hour of fun exercise. Qualified senior fitness instructors teach the classes. You can sit or stand. Exercises are adapted for all levels of physical ability. Exercises are specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of: Stay Active and Independent for Life: An Information Guide for Older Adults. Space limited call 508-799-1232 to register.

These programs are sponsored by the Massachusetts Executive Office of Elder Affairs

FREE KARUMBA ZUMBA & SELF DEFENSE CLASS

4 Week class Tuesdays, May 8, 15, 22, 29
2:30-3:30 pm

Class supported by the kind



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

MAY SAFETY TIP

Arthritis pain can rob people of their quality of life—causing them to lose muscle strength, sleep poorly, and even sink into depression. Being physically active is the best thing you can do for arthritis pain. But it's important to move safely and wisely. Talk to your doctor about types and amounts of activity that can help you build strength, increase endurance, and maintain flexibility.



COMING IN JUNE HEALTH

- FREE Mindful Meditation, Every Mon. 12:30-1:30 pm
- Tai Chi for Health Aging

NEW! DAILY PRACTICE OF EASY TAI CHI

Fridays, 9:15-9:45 am



WALGREEN'S BLOOD PRESSURE & SHINGLES CLINIC

Thurs. May 3 • 9:30-11 am

Insurance or Medicare Card required. Walk-ins accepted



THE REGIONAL ENVIRONMENTAL COUNCIL'S MOBILE MARKET IS TAKING A BREAK & WILL RESUME IN JUNE

Please check back for the schedule.



COMPUTER LESSONS

Do you want simple answers to your questions about using your computer, or your tablet? 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 508-799-8071 and 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.

ASSISTIVE TECHNOLOGY TRAINING

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



The 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. Airt. 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, 12-3pm.**



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

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

SHINE: Serving the Health Information Needs of Everyone

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

THE FEDERAL POVERTY LEVELS HAVE INCREASED

As a result of increases to the Federal Poverty Level, Eligibility Guidelines for Public Benefits Programs in Massachusetts have changed. MassHealth has increased the income limits for several programs you may be eligible for. The income to be eligible for MassHealth **Standard** has increased from \$1,025 for a single person to \$1,032, for a married couple it has gone up to \$1,392 from \$1,374. For another popular program MassHealth Buy-in (this would pay your Medicare Part B Premium) the eligibility income has gone up to \$1,386 from \$1,377 for a single person and from \$1,847 to \$1,872 for a couple. These increases also apply to Full Extra Help a program from Social Security that helps pay for your medications. You can qualify for Partial Extra Help if your income is below \$1,538 for a single person and \$2,078 for a married couple. If you feel you may be eligible under these new income guidelines feel free to call SHINE for more information.

SHINE Volunteers: Elena Nasitano, Hazel Nourse and Pat Morris. **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 **May 10:** Combo Seasons, chicken & beef flavor (Mì xào thập cẩm), (Soy "chicken 'n beef", combo veggies, brown sauce, onion served with noodles)

RAINBOW LUNCH

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

TRANSPORTATION

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

Two WRTA routes service the Worcester Senior Center:

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



WSC Ballroom Dance group celebrates Peter Fydrich's 89th birthday by presenting him with a Quilt of Valor. Peter is a Korean War Vet.

MEMORY CAFE - Tuesday, May 15 • 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

BẮC CÓ BIẾT?

Tiểu bang Minnesota (viết tắt MN), tiểu bang thứ 32 trong 50 tiểu bang của Hoa Kỳ
Thành lập: ngày 11 tháng 5 năm 1858
Dân số: 5.489.594 triệu, trong đó 85.3% da trắng, 4% châu Á
Diện tích: 225.163 km2 (86.939 dặm vuông), 8.40% là nước
Thủ phủ: St. Paul
Tổng thu nhập hằng năm: \$56.600 triệu Mỹ kim
Thu nhập bình quân đầu người: \$65.599
Khẩu hiệu: "Vùng đất của 10.000 hồ nước"
Những ngành kinh tế chủ đạo: khoa học hóa sinh, sản xuất, dữ liệu điện tử, năng lượng sạch và tái tạo, ngân hàng và tài chính, chăm sóc y tế, nông nghiệp và chế biến nông sản
Tổ chức phi lợi nhuận (NGO): 31.528, tạo việc làm cho 14% tổng số lượng lao động
Trong năm 2018, Báo cáo Tin tức Hoa kỳ và Thế giới xếp hạng Minnesota đứng hàng thứ 2 nói chung về mọi mặt trên toàn nước Mỹ, trong đó: chăm sóc y tế hàng thứ 7, giáo dục thứ 13, kinh tế thứ 20, cơ hội thứ 3, hạ tầng cơ sở thứ 6, phòng chống tội phạm thứ 11, tài khóa vững mạnh 24, và chất lượng cuộc sống thứ 2.
Những nhân vật nổi tiếng lịch sử: Bob Dylan (Đoạt giải Nobel Văn học, 2016) - ca sĩ; Prince - ca sĩ kiêm nhạc sĩ; F. Scott Fitzgerald - văn sĩ; Judy Garland - nữ ca sĩ kiêm diễn viên; Charles Schulz - kịch tác gia hoạt hình v.v.



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

LATINO CLUB 60+
Mondays & Fridays, 9:30-11:30 am
Contact 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.

UNA DIETA SALUDABLE PARA VIVIR MÁS Y MEJOR

De acuerdo al Centros de Control y Prevención de Enfermedades (CDC), una buena dieta puede contribuir a disminuir los riesgos de obesidad, colesterol alto, presión alta y enfermedades al corazón. Adicionalmente, en combinación con ejercicio regular, una dieta sana podría desacelerar los efectos del envejecimiento.

Investigaciones científicas sugieren que la dieta mediterránea, en alguna medida, puede prevenir algunas enfermedades degenerativas que son causadas por el envejecimiento vascular y la inflamación crónica. En España, se estudió a un grupo de adultos mayores que consumían una dieta mediterránea. La dieta mediterránea es baja en grasa saturadas (carne de res, chanco, mantequilla, crema) y alta en grasas no-saturadas. Por ejemplo, la palta, el aceite de oliva y las nueces son ricas en antioxidantes y polifenoles. En el 2014, el Dr. Frank Hu, Jefe del Departamento de Nutrición de la Escuela de Medicina de la Universidad de Harvard, descubrió que estos químicos pueden prevenir que los cromosomas se deterioren y, por lo tanto, alargar su vida.

El Dr. Hu opina que "no existe una dieta única para todos". Hu dice que las personas deberían adoptar patrones alimenticios saludables de acuerdo a sus preferencias culturales y condición física.

O'CONNOR BROTHERS FUNERAL HOME



Complete Burial & Cremation Services

Pre-Planning Consultations

Serving greater Worcester for over 65 years

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

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



Denny's

15% OFF
your entire bill

508-852-8448
www.dennys.com

494 Lincoln Street
Worcester, MA 01605

TERMS & CONDITIONS:
One coupon per table per visit. Not valid with any other coupons or promotional offers. Coupon has no cash value. No change returned. Taxes and gratuity not included. Alcoholic beverages not included. Valid at participating Denny's Restaurants. Selection and prices vary. Only original coupon accepted. Photocopied and internet printed or purchased coupons are not valid. No substitutions.
© 2015 DFO, LLC. Printed in the USA. Offer ends 5/31/18.

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, Due Go. Void where prohibited by law. Coupon is not transferable and not for resale. No cash value.

PLAZA AZTECA
RESTAURANTES MEXICANOS

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

508-853-3536
plazaaztecaengland.com

539 Lincoln Street
Worcester, MA 01605

Hours: Mon.-Thurs. 11AM-10PM, Fri. & Sat. 11AM-2AM,
Sun. 11:30AM-10PM. BAR OPEN LATE.

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 5/31/18.

TEXAS ROADHOUSE

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

508-853-7266
www.texasroadhouse.com

535 Lincoln Street, Unit F
Worcester, MA 01605

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

TERMS & CONDITIONS:
Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 5/31/18.



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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MENUS SUBJECT TO CHANGE.</p> <p>* Diabetic Friendly</p> <p>** Higher Sodium Entree</p>	<p>Shepard's Pie 1</p> <p>Peas Carrots Apple Cinnamon Grahams French Bread Alternate: SOUP DU JOUR EGG SALAD</p>	<p>Turkey A La King 2</p> <p>Wild Rice Brussel Sprouts Peaches Muffin Alternate: SOUP DU JOUR SLICED HAM</p>	<p>Meatloaf & Gravy 3</p> <p>Garlic Mashed Potatoes Mixed Vegetables Pear Crisp Diet = Applesauce Alternate: SOUP DU JOUR SLICED TURKEY</p>	<p>Macaroni & Cheese 4</p> <p>Stewed Tomatoes Green Beans Fresh Fruit Alternate: SOUP DU JOUR N.Y. PASTRAMI</p>
<p>Swedish Meatballs 7</p> <p>Gemelli Pasta Scandinavian Vegetables Mandarin Oranges Alternate: SOUP DU JOUR CHICKEN SALAD</p>	<p>Pork Ribique on Sandwich Roll 8</p> <p>Mac 'n Cheese Side Corn Niblets Strawberries/Whip Topping Alternate: SOUP DU JOUR HAM SALAD</p>	<p>Sloppy Joe 9</p> <p>Potatoe Wedges Mixed Vegetables Fresh Fruit Hamburger Bun Alternate: SOUP DU JOUR SLICED ROAST BEEF</p>	<p>Mother's Day Meal 10</p> <p>Chicken Cordon Bleu</p> <p>Mashed Sweet Potatoes Scandanavian Vegetables Cream Puffs Diet = Vanilla Mousse Alternate: SOUP DU JOUR TURKEY SALAD</p>	<p>Catch of the Day 11</p> <p>Rilaf Pilaf Roman Blend Vegetables Brownie Diet = Small Piece Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD</p>
<p>Buttermilk Chicken 14</p> <p>Red Bliss Potatoes Peas & Carrots Yogurt Alternate: SOUP DU JOUR ALBACORE TUNA SALAD</p>	<p>Stuffed Pepper 15</p> <p>Casserole Mashed Potatoes Carrots Fresh Fruit Alternate: SOUP DU JOUR CHICKEN FILET w/RANCH</p>	<p>Garlic Herbed Chicken 16</p> <p>Potatoes Au Gratin Winter Mixed Vegetables Peach Streusel Cake Diet = Small Piece Alternate: SOUP DU JOUR TURKEY CAPE COD</p>	<p>Beef w/ Pearl Onions 17</p> <p>Rice Pilaf Green Beans Pineapple Garden Salad - Congregate Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD</p>	<p>Breaded Fish 18</p> <p>Potato Wedges Beets Pears Tartar Sauce Alternate: SOUP DU JOUR CORNEED BEEF</p>
<p>Beef Burgundy 21</p> <p>Brown Rice Broccoli Peaches Alternate: SOUP DU JOUR EGG SALAD</p>	<p>Roast Turkey 22</p> <p>Cranberry Stuffing California Blend Vegetables Pudding & Diet Alternate: SOUP DU JOUR TURKEY SALAD</p>	<p>American Chop Suey 23</p> <p>Broccoli & Red Peppers Corn Apple Crisp Diet = Applesauce Garden Salad - Congregate Alternate: SOUP DU JOUR N.Y. PASTRAMI</p>	<p>Chicken Pesto 24</p> <p>Delmonico Potatoes Chuckwagon Corn Birthday Cake Diet = Plain Cake Alternate: SOUP DU JOUR HAM SALAD</p>	<p>Hot Dog on Bun 25</p> <p>Baked Beans Coleslaw Fresh Fruit Mustard Alternate: SOUP DU JOUR SLICED ROAST BEEF</p>
<p>Memorial Day 28</p> <p>No Meals Served</p>	<p>Beef with Onions & Peppers 29</p> <p>Mashed Potatoes Honey Glazed Carrots Granola Bar Alternate: SOUP DU JOUR ALBACORE TUNA SALAD</p>	<p>Ranch Chicken 30</p> <p>Wild Rice Tuscany Vegetables Mandarin Oranges Alternate: SOUP DU JOUR CORNEED BEEF</p>	<p>Egg Frittata 31</p> <p>O'Brien Potatoes Stewed Tomatoes Fresh Fruit Alternate: SOUP DU JOUR EGG SALAD</p>	<p>Lunches are at 11:45 am. \$2.50 suggested donation. Call 508-852-3205 between 9 & 1 pm at least 2 days in advance by 10:30 a.m. to  reserve a meal.</p>

SAME CARING TRADITION,

With So Much More to Offer

CONTINUOUS RENOVATIONS UNDERWAY

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

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



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

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

CALL US TODAY TO SCHEDULE A TOUR.

MONDAY		TUESDAY		WEDNESDAY	
<i>May</i>		9-10 Aerobics 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 FALLON REPRESENTATIVE 10-1:30-NO EVIL PROJECT 10:30-12 Arabic Elder Group 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint 12-1 Osteo Exercise/Beginner 12-1 TAI CHI PRACTICE GROUP 12:30-2 Sewing Class	1-2 Osteo Nutrition/Beginner 2-3:30 Radio Show 1	TRIP: RED SOX at FENWAY 9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-10:30 PETS AND PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 ACRYLIC PAINTING CLASS 10-12 Cribbage 10-1:30 NO EVIL PROJECT 10:30-12 CONVERSATIONAL ENGLISH CLUB 10:30-12:30 Open Bridge 12-1 VIETNAMESE DANCE CLASS	
9-11:30 CRIBBAGE TOURNAMENT 9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 10-11:30 BP Clinic by Home Care Solutions 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 10-1:30-NO EVIL PROJECT 11-12 Spanish Class 12:30-1:30 Beginner Spanish	12:30-1:30 HEALTHY LIVING SUPPORT GROUP 12:30-1:30 MINDFUL MEDITATION 12:30-1:30 ZUMBA GOLD 1-3 HAPPY QUILTERS 1:30-2:30 LEARNING ITALIAN 2:30-3:30 SAIL EXERCISE 7	9-10 Aerobics 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-1:30-NO EVIL PROJECT 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint 12-1 LIBRARY OUTREACH 12-1 Osteo Exercise/Beginner 12-1 TAI CHI PRACTICE GROUP 12:30-2 Sewing Class 1-2 Osteo Nutrition/Beginner 2-3:30 Radio Show	2:30-3:30 SELF-DEFENSE CLASS 8	9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-12 HOW'S YOUR HEARING? 10-10:30 PETS AND PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 ACRYLIC PAINTING CLASS 10-12 Cribbage 10-1:30-NO EVIL PROJECT 10:30-12 CONVERSATIONAL ENGLISH CLUB 10:30-12:30 Open Bridge 12-1 VIETNAMESE DANCE CLASS 12:30-1:30 DRAWING CLASS	
9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 10-11 BP Clinic by Overlook VNA 10-11:30 MONTHLY CRAFT CLASS 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12-2 QUILTING FOR THE BLIND 12:30-1:30 Beginner Spanish	12:30-1:30 MINDFUL MEDITATION 12:30-1:30 COMPUTATIONAL CRAFTING 12:30-1:30 ZUMBA GOLD 1:30-2:30 LEARNING ITALIAN 2:30-3:30 SAIL EXERCISE 14	TRIP: TWIN RIVER CASINO SPECIAL 9-10 Aerobics 9:30-10:30 BP CLINIC BY CENTURY HOME CARE 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-11 TEACUP BIRD FEEDER CRAFT 10-12 Cribbage 0:30-12 Arabic Elder Group 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint.	12-1 Osteo Exercise/Beginner 12-1 TAI CHI PRACTICE GROUP 12:30-2 Sewing Class 1-2 Osteo Nutrition/Beginner 2-3:30 Radio Show 2:30-3:30 SELF-DEFENSE CLASS 15	9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-10:30 PETS AND PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 ACRYLIC PAINTING CLASS 10-12 Cribbage 10:30-12 CONVERSATIONAL ENGLISH CLUB 10:30-12:30 Open Bridge 12-1 VIETNAMESE DANCE CLASS 12:30-1:30 DRAWING CLASS 12:30-2:30 Crochet & Knit for Fun	
9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 Beginner Spanish 12:30-1:30 MINDFUL MEDITATION 12:30-1:30 WPD NEIGHBORHOOD CRIME WATCH MEETING	12:30-1:30 ZUMBA GOLD 1-3 HAPPY QUILTERS 1:30-2:30 LEARNING ITALIAN 2:30-3:30 SAIL EXERCISE 4-6 Commission Meeting 21	9-10 Aerobics 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint. 12-1 Osteo Exercise/Beginner 12-1 TAI CHI PRACTICE GROUP 12:30-2 Sewing Class 12:30-2:30 PODIATRY CLINIC-By Appt. Only 1-2 Osteo Nutrition/Beginner	2-3 LIBBY 2-3:30 Radio Show 2:30-3:30 SELF-DEFENSE CLASS 22	9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-10:30 PETS AND PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 ACRYLIC PAINTING CLASS 10-12 Cribbage 10:30-11:30 DISTINGUISHED SPEAKER SERIES 10:30-12:30 Open Bridge 10:30-12 CONVERSATIONAL ENGLISH CLUB 12-1 VIETNAMESE DANCE CLASS 12:30-1:30 DRAWING CLASS	
Closed - Memorial Day 	28	9-10 Aerobics 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 RSVP-LETTER WRITING 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint. 12-1 Osteo Exercise/Beginner 12-1 TAI CHI PRACTICE GROUP	12:30-2 Sewing Class 1-2 Osteo Nutrition/Beginner 2:30-3:30 SELF-DEFENSE CLASS 29	9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-10:30 PETS AND PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 ACRYLIC PAINTING CLASS 10-12 Cribbage 10:30-12:30 Open Bridge 10:30-12 CONVERSATIONAL ENGLISH CLUB	



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		
	<p>12:30-1:30 DRAWING CLASS 2</p> <p>12:30-1:30 STRENGTH & BALANCE CLASS</p> <p>12:30-2:30 Crochet & Knit for Fun</p> <p>1-2 LYME DISEASE</p> <p>1-3 Pitch</p> <p>1-3 VIETNAMESE MOB</p> <p>1:30-3 Open Bridge</p> <p>2-4 SHINE Counselor -by Appt. Only</p> <p>3:30-4:30 Tai Chi with Master Kennan</p>	<p>9-10 Aerobics</p> <p>9-10 WALKING CLUB KICKOFF</p> <p>9:15-9:45 Tai Chi</p> <p>9:30-10:30 Beginner ESL</p> <p>9:30-11 BP CLINIC & SHINGLES SHOT BY WALGREENS</p> <p>9:30-12 RSVP-Blankets For Babies</p> <p>10-11 Joe Fish Fitness</p> <p>10-12 Cribbage</p> <p>10-1 SHINE Counselor -Appt. Only</p> <p>10-1:30-NO EVIL PROJECT</p> <p>10-2 African American Elder Group</p>	<p>10:30-11:30 Vietnamese Elder Group 3</p> <p>11-11:45 Albanian Elder Group</p> <p>1-3 Ping Pong</p> <p>1-4 Friends BINGO</p>	<p>TRIP : FOXWOODS</p> <p>9-10 Chinese Elder Group</p> <p>9-10 Gentle Yoga with Nancy</p> <p>9:15-9:45 EASY TAI CHI</p> <p>9:15-9:45 LATINO ESL</p> <p>9:15-3 VISITING DENTAL ASSOC OF CENTRAL MA- by Appt Only</p> <p>9:30-11:30 Latino Club 60+</p> <p>10-11 Osteo Exercise/Maint</p> <p>10-11:30 ADULT COLORING</p> <p>10-11:30 Chinese ESL</p> <p>10-12 Cribbage</p>	<p>10-1:30-NO EVIL PROJECT 4</p> <p>11-12 BEGINNER FRENCH</p> <p>11-12 Osteo Exercise/Maint</p> <p>12-1 Ballroom Dance</p> <p>12-1:30 Big Book Step Study</p> <p>12-1 Osteo Exercise/Beginner</p> <p>12:30-1:30 Chinese Mandarin</p> <p>1-3 Card Playing</p> <p>1-3 FRIDAY FLICK -"I, TONYA"</p> <p>1-3:30 Watercolor/Mixed Media</p> <p>1:30-3 SQUARE DANCING DEMONSTRATION</p>
	<p>12:30-2:30 Crochet & Knit for Fun 9</p> <p>1-2 FLOWER ARRANGING</p> <p>1-3 Pitch</p> <p>1-3 VIETNAMESE MOB</p> <p>1:30-2:30 AGELESS GRACE</p> <p>1:30-3 Open Bridge</p> <p>2-3 FLOWER ARRANGING</p> <p>2-4 SHINE Counselor -by Appt. Only</p> <p>3:30-4:30 Tai Chi with Master Kennan</p>	<p>9-10 Aerobics</p> <p>9:15-9:45 Tai Chi</p> <p>9:30-10:30 Beginner ESL</p> <p>9:30-12 RSVP-Blankets For Babies</p> <p>10-11 BP Clinic by Shaw's</p> <p>10-11 Joe Fish Fitness</p> <p>10-12 Cribbage</p> <p>10-1 SHINE Counselor -Appt. Only</p> <p>10-1:30-NO EVIL PROJECT</p> <p>10-2 African American Elder Group</p> <p>10-2:30 OIL PAINTING</p> <p>10:30-11:30 Vietnamese Elder Group</p> <p>11-11:45 Albanian Elder Group</p>	<p>11:30-12:30 MOTHER'S DAY CONCERT 10</p> <p>11:45-12:30 VEGETARIAN LUNCH (Reservation required)</p> <p>1-3 Ping Pong</p> <p>1-4 Friends BINGO</p> <p>2:30-3:30 SAIL EXERCISE</p>	<p>9-10 Chinese Elder Group</p> <p>9-10 Gentle Yoga with Nancy</p> <p>9:15-9:45 EASY TAI CHI</p> <p>9:15-9:45 LATINO ESL</p> <p>9:30-12:30 LEGAL CONSULTATION FOR SENIORS-APPT ONLY</p> <p>9:30-11:30 Latino Club 60+</p> <p>10-11 Osteo Exercise/Maint</p> <p>10-11:30 Chinese ESL</p> <p>10-12 Cribbage</p> <p>10-1:30-NO EVIL PROJECT</p> <p>10-2 CUSTOMER ASSISTANCE EXPO</p>	<p>11-12 BEGINNER FRENCH 11</p> <p>11-12 Osteo Exercise/Maint</p> <p>12-1 Ballroom Dance</p> <p>12-1 Osteo Exercise/Beginner</p> <p>12-1:30 Big Book Step Study</p> <p>12:30-1:30 Chinese Mandarin</p> <p>1-3 Card Playing</p> <p>1-3 FRIDAY FLICK -"ALL THE MONEY IN THE WORLD"</p> <p>1-3:30 Watercolor/Mixed Media</p>
	<p>1-3 Pitch 16</p> <p>1:30-2:30 AGELESS GRACE</p> <p>1:30-3 Open Bridge</p> <p>2-4 SHINE Counselor -by Appt. Only</p> <p>3:30-4:30 Tai Chi with Master Kennan</p>	<p>9-10 Aerobics</p> <p>9:15-9:45 Tai Chi</p> <p>9:30-10:30 Beginner ESL</p> <p>9:30-12 RSVP-Blankets For Babies</p> <p>10-11 BP Clinic by Acclaim Whole Health</p> <p>10-11 Joe Fish Fitness</p> <p>10-12 Cribbage</p> <p>10-1 SHINE Counselor -Appt. Only</p> <p>10-2 African American Elder Group</p> <p>10:30-11:30 Vietnamese Elder Group</p> <p>11-11:45 Albanian Elder Group</p> <p>12:30-1:30 WOOD BURNING CLASS</p>	<p>1-2 BOOK DISCUSSION CLUB 17</p> <p>1-3 Ping Pong</p> <p>1-4 Friends BINGO</p> <p>2:30-3:30 SAIL EXERCISE</p>	<p>9-10 Chinese Elder Group</p> <p>9-10 Gentle Yoga with Nancy</p> <p>9:15-9:45 EASY TAI CHI</p> <p>9:15-9:45 LATINO ESL</p> <p>9:30-11:30 Latino Club 60+</p> <p>10-11 Osteo Exercise/Maint</p> <p>10-11:30 ADULT COLORING</p> <p>10-11:30 Chinese ESL</p> <p>10-12 Cribbage</p> <p>10-12 MAB Low Vision Support Group</p> <p>11-12 BEGINNER FRENCH</p> <p>11-12 Osteo Exercise/Maint</p>	<p>12-1 Ballroom Dance 18</p> <p>12-1 Osteo Exercise/Beginner</p> <p>12:30-1:30 Big Book Step Study</p> <p>12:30-1:30 Chinese Mandarin</p> <p>1-3 Card Playing</p> <p>1-3 FRIDAY FLICK-"MURDER ON THE ORIENT EXPRESS"</p> <p>1-3:30 Watercolor/Mixed Media</p> <p>1:30-3 SQUARE DANCING</p>
	<p>12:30-2:30 Crochet & Knit for Fun 23</p> <p>1-2 CIVIL WAR LETTERS</p> <p>1-3 Pitch</p> <p>1:30-2:30 AGELESS GRACE</p> <p>1:30-3 Open Bridge</p> <p>2-4 SHINE Counselor -by Appt. Only</p> <p>3:30-4:30 Tai Chi with Master Kennan</p>	<p>9-10 Aerobics</p> <p>9-10 SEEDLING EXCHANGE</p> <p>9:15-9:45 Tai Chi</p> <p>9:30-10:30 Beginner ESL</p> <p>9:30-12 RSVP-Blankets For Babies</p> <p>10-11 Joe Fish Fitness</p> <p>10-12 Cribbage</p> <p>10-1 SHINE Counselor -Appt. Only</p> <p>10-2 African American Elder Group</p> <p>10:30-11:30 Vietnamese Elder Group</p> <p>11-11:45 Albanian Elder Group</p> <p>1-3 Ping Pong</p>	<p>1-4 Friends BINGO 24</p> <p>2:30-3:30 SAIL EXERCISE</p>	<p>9-10 Chinese Elder Group</p> <p>9-10 Gentle Yoga with Nancy</p> <p>9:15-9:45 EASY TAI CHI</p> <p>9:15-9:45 LATINO ESL</p> <p>9:30-11:30 Latino Club 60+</p> <p>10-11 Osteo Exercise/Maint</p> <p>10-11:30 Chinese ESL</p> <p>10-12 Cribbage</p> <p>11-12 BEGINNER FRENCH</p> <p>11-12 Osteo Exercise/Maint</p> <p>12-1 Ballroom Dance</p> <p>12-1 Osteo Exercise/Beginner</p>	<p>12-1:30 Big Book Step Study 25</p> <p>12:30-1:30 Chinese Mandarin</p> <p>1-3 Card Playing</p> <p>1-3 FRIDAY FLICK -"THE POST"</p> <p>1-3:30 Watercolor/Mixed Media</p> <p>1:30-3 SQUARE DANCING</p>
	<p>12-1 VIETNAMESE DANCE CLASS 30</p> <p>12:30-1:30 DRAWING CLASS</p> <p>12:30-2:30 Crochet & Knit for Fun</p> <p>1-3 Pitch</p> <p>1-3 VNA BONE DENSITY SCREENING</p> <p>1:30-2:30 AGELESS GRACE</p> <p>1:30-3 Open Bridge</p> <p>2-4 SHINE Counselor -by Appt. Only</p> <p>3:30-4:30 Tai Chi with Master Kennan</p>	<p>9-10 Aerobics</p> <p>9:15-9:45 Tai Chi</p> <p>9:30-10:30 Beginner ESL</p> <p>9:30-12 RSVP-Blankets For Babies</p> <p>10-11 Joe Fish Fitness</p> <p>10-12 Cribbage</p> <p>10-1 SHINE Counselor -Appt. Only</p> <p>10-2 African American Elder Group</p> <p>10:30-11:30 Vietnamese Elder Group</p>	<p>11-11:45 Albanian Elder Group 31</p> <p>1-3 Ping Pong</p> <p>1-4 Friends BINGO</p> <p>2:30-3:30 SAIL EXERCISE</p>		

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



CHRISTOPHER HEIGHTS of Worcester
AN ASSISTED LIVING COMMUNITY

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



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

No Worries Pricing - The Christopher Heights Difference!

Our doors are always open!
Call Marla O'Connor at 508-792-1456



WHEN THIS HAPPENS TO YOU CALL 1-800-297-9760

You've just received a call regarding your NEW Medicare card, the caller just needs a little more information, before placing your card in the mail? Did you pay \$49 for a "secret code" to automatically make huge sums of money? How's that mobile-friendly website working for you? Has your "Hassle-free" money-back guarantee been honored?

When the Secretary of State called you, did he say that "you've won a prize, owe money or might go to jail? Don't you just hate that!

Did the nice fireman ask you to leave a healthy donation for the "Children of Firefighters Fund" scotch taped to your front door?

Are you still receiving multiple notices from the "Department of Automobile Records" because your car's factory warranty is about to run out and you'll then be liable for any and all repairs? However, you still may have time left to activate your service contract on your vehicle before it's too late. (No vehicle inspection will be required).

Call the "Senior Fraud Helpline" 1-800-297-9760



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.

MAY VOLUNTEERS ARE VOLUNTEERS WHO ARE:

Fabulous, Lovely, Original, Wonderful, Earthly, Radiant and Splendid
Consider becoming a Volunteer in the Merry Month of May. You'll make wonderful memories for many years to come.

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



Register for one or both classes by calling 508-799-1232.

NEW 8 WEEK ACRYLIC CLASS

Wednesdays in May & June starting Wed. May 2 • 10 am-12 pm. Learn the basics and more with artist Andrea Driscoll! Whether you are new to painting or not learn to paint and enjoy the company of others who have the same interests and goals. Relaxed class, progress at your own pace. Weekly demos of painting techniques. Paints and brushes be available for the first class and then students will bring their own supplies (list is available at the front desk). Learn to mix colors, and paint and brush stroke techniques to make your work come alive. learn about style and composition. \$10 per class.

NEW 8 WEEK DRAWING CLASS

Begins Wed. May 2 • 12:30-1:30 pm. Drawing for fun and relaxation with Andrea Driscoll, using nature and everyday objects. Learn how to draw animals, birds, trees, flowers and more. Make shadows and create definition of forms by using simple pencil techniques. Sketch from ordinary objects. Work towards creating a completed drawing. Pencils and erasers provided- just bring sketch paper. Experiment with color using colored pencils and pens. \$10 fee per class.

FRIENDS INFORMATION

ARE YOU A FRIEND YET? WILL YOU JOIN US?

Each month our membership numbers continue to grow. Whether you join for the benefit of receiving the SCOOP at the basic level, or join as a

Lifetime member to receive the benefits of trip discounts, all dollars generated through FRIEND'S memberships go directly to support the programs and activities of the Worcester Senior Center.

If you haven't already done so, we hope you, too, will join us.



St. Patrick's Day Celebration with Worcester State University & QCC Students!



Ev & Harry Law enjoy St. Patrick's Day

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

Name _____

Phone _____

Address _____

City _____

Zip _____

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

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



REMINDER
 Gift certificates for Bingo and Travel are available at the Friends Office. A perfect gift for any occasion!

SEATING POLICY: Assigned seating for all trips (except casinos). Notify at time of reservation if accommodations needed.

WAIVERS: Required every year for emergency contacts. Fill one out or check to see if yours needs to be updated. Available in Travel Office. Yearly travel waivers required for EACH TRAVELER.

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

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

DAY TRIPS

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

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

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
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

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

DINE OUT

**MONDAY, May 7, 2018 @ 4:30 pm,
 Dino's Restaurant, Plantation St,
 Worcester, MA.**

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

THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 8, NO. 5, MAY 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.

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

©2017 Satori Publishing DIFFICULTY: ★☆☆☆☆

Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- Beat rapidly
- Indian music
- Center (abbr.)
- N.Z. locust
- Jewish month
- Exclamation
- Occupational Safety and Health Admin. (abbr.)
- Yesterday (Ital.)
- Name (Fr.)
- Licensed practical nurse (abbr.)
- Follow
- Clothe
- Amazon tributary
- Skin vesicle
- Bygone days
- Concentrated (abbr.)
- Before (Lat.)
- Turk. title
- Indian prince
- Unfavorable

DOWN

- Indo-Chin. language
- Bronze (Lat.)
- Ultimate degree
- S. Afr. language

ANSWER TO PREVIOUS PUZZLE

R	O	C	A	K	A	N	B	A	N	D	
A	B	R	S	E	B	I	E	C	O	N	
B	E	E	S	E	E	K	W	A	T	E	R
			T	R	E	F	A	R	A	L	
Q	U	O	I	T	B	A	R	D			
A	N	N	A	O	R	L	E	S	B	E	
D	U	N	A	D	I	O	S	E	U	R	
I	S	E	N	E	N	E	G	A	Y	A	
			A	I	R	E	G	I	G	O	T
A	B	C	S	O	E	N	O				
S	N	A	K	E	L	I	K	E	O	A	F
R	A	K	E	A	C	I	S	S	A	I	
O	G	E	E	D	I	E	T	E	A	N	

ACROSS

- Chin. poet (2 words)
- Pressure (pref.)
- Legume
- Egg (pref.)
- "Faerie" Queen's lady
- Exclamation
- Ahead
- Art (Lat.)
- Fellow
- Gamin
- Arabic (abbr.)
- Gelderland city
- Half (pref.)
- Deride
- The (Ger.)
- Unfledged hawk
- Kiln

DOWN

- Mack
- "Fables in Slang" author
- Global Atmospheric Research Program (abbr.)
- Alexandrian theologian
- Draft
- Quaker pronoun
- City of the Seven Hills
- Bitter (pref.)
- Least bit
- S. Afr. dialect
- Today (Ital.)
- Araroba (2 words)
- Fr. historical provinces
- Hemp
- Anchovy sauce
- King of Israel
- White with age
- Eggs
- Sultan's decree
- Son of Ruth
- Bare
- Squirrel's nest
- Pudding
- Candlenut tree
- Estuary
- Away (pref.)
- Gamble