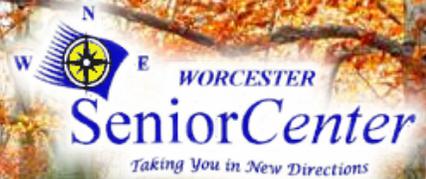


THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 10, NO. 9, SEPTEMBER 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

Hello Readers, I hope you are well and I look forward to seeing you when that is possible. Please enjoy this message from our City Manager who re-affirms his and the City's ongoing support to promote our healthy aging. ~ Take care, *Amy*

By City Manager Edward M. Augustus Jr.

The COVID crisis has challenged our City in many ways. It has tested our resolve and forced us to adjust and readjust. I have likened it to building a plane and flying it at the same time. The flight has been bumpy at times, and I credit all our residents for their patience as well as their efforts to help keep themselves, and their neighbors, safe by following local and state guidelines.

I am particularly grateful to all our seniors, and I am mindful of the impact COVID has had on them.

The Senior Center is such an important part of the lives of so many of Worcester's senior citizens. There are more than 4,500 members, and the Center serves many more than that in a variety of ways. Perhaps the most important is helping to keep folks connected.

During COVID, we have been kept apart, with many people spending more time home alone. For seniors, particularly those who have been used to spending time with friends and family, or gathering at the Senior Center, this has been particularly challenging.

First and foremost, of course, we want our seniors to be safe, but it is critically important to stay connected. The City and Senior Center are doing all we can to make that happen. Seniors can take advantage of our "Stay Connected" program on YouTube, which features dozens of videos aimed at creating interaction with seniors. The programs also air on Government Channel 192, and are available on our website (worcesterna.gov) and Facebook pages. The videos are also available on the Worcester Public Library website at mywpl.org/seniors.

The Senior Center also offers seniors the chance to interact via Zoom and conference calls. These are an opportunity for seniors to talk about how they are coping with the pandemic, and to hear from others in the community. The monthly Senior Scoop

newsletter is another terrific resource providing a wealth of information; everything from meals that will be delivered that month, to safety tips, to local and state resources, and a lot more. I know many Chinese seniors are attending ESL classes, and the Vietnamese Elder Group holds weekly conference calls. Other efforts are in the works to continue ensuring our seniors remain connected.

In addition to all that, the Senior Center calls more than 100 seniors every day, offering reassurance and any assistance they may need.

I know the Worcester Public Library also works hard to serve seniors, working in concert with the Senior Center to promote their virtual programs and services. Among their programs are genealogy, nutrition and cooking, virtual book clubs and author programs, as well as services such as Ask a Librarian and E-book help.

The loss of a physical space at the Senior Center during the COVID crisis has challenged us all, and we are working to reopen the facility as soon as possible. When we do, I know seniors will be in for a treat. My Administration, the Mayor and City Council have made capital investments at the Senior Center a top priority, roughly \$6 million in upgrades since 2014. We are currently in the midst of several major projects, including repaving and reconfiguring the parking lot, as well as adding storm water management with a rain garden and a new perimeter fence. Approximately 12 new parking spaces have been added. We also demolished the old Anderson Building on 12 Winthrop Street, and are upgrading a portion of the 1926 building to provide a new activity room and fitness center with changing rooms and showers. A senior Fitlot is also being installed. Work has also included new WiFi and security cameras.

All of this reflects the commitment of the City of Worcester, and of the dedicated staff at the Senior Center, to make sure each and every one of our seniors has a community to call their own. During this unprecedented time, I wish our seniors the very best. Stay safe, and above all, stay connected.

P.S. Wear your masks!



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!



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

- 4-5 September Featured Programs
- 6-8 Featured Health
- 9 Noticias De Nuestro Programa de la Tercera Edad
- 9 Tin tức bằng tiếng Việt
- 10 Dining Around Town/Enigma Puzzle
- 11 Meal Menu Calendar
- 12 Local & State Resources
- 13 Grocery Store Info & Safety Tips, Phone Apps Delivery & Food Pantries
- 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.

As we go to print (in July), the Senior Center remains closed to the public. We continue to offer special editions for your enjoyment as well as helpful information on various resources and services. Enjoy these helpful tips, but know that you can call the WSC main number at 508-799-1232 for any assistance.

While the senior center is closed, our program coordinator, Suki Lapin, continues to work hard to provide you with timely entertainment and exercises from our well-known instructors.

Continue to enjoy our programming from your living room: programming to be aired on the WORCESTER SENIOR CENTER stay connected channel 192, Government channel, (Worcester residents only) others can view these programs on the WSC Facebook page WSC website and youtube.

We miss you and hope to see you soon.
Stay Safe, Stay Well and Stay Connected

Sincerely,

Patty Hainsworth

Patty Hainsworth, Editor, Worcester Senior Center SCOOP

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.



JHC HomeCare provides highly rated in-home healthcare services during times of illness or injury.

Affiliated with top-ranked Jewish Healthcare Center.



WE OFFER:
Visiting Nurses
Physical Therapists
Occupational Therapists
Speech Language Pathologists
Home Health Aides
Medical Social Workers

*Also offering
Hospice, LifeCare
Management
and PrivateCare
Services*

Most Insurance Accepted!

**JHCENTER.ORG
(508)713-0538**



Peg Martin-WSC Participant, Grandmother and Beautiful Artist shares mixed medium: watercolors, pencils and oils!



Elm Park Bridge - Watercolor on rice paper

BEGINNER FLOWER ARRANGING WITH SALLY JABLONSKI, HERBERT BERG FLORIST



SET UP YOUR OWN TOOL BOX, LEARN BASIC FLOWER ARRANGING TECHNIQUES, AND LEARN HOW TO IDENTIFY FLOWERS.



THE WORCESTER ART MUSEUM'S MASTER SERIES CONTINUES AND HIGHLIGHTS SELECTED WORKS OF ART IN GALLERIES THROUGHOUT THE MUSEUM.



MASTER VASES OF ANCIENT GREECE

This Master Series lecture focuses on three exquisite ceramic vases made in Athens over 2,500 years ago. On view in the Jeppson Idea Lab from April 5 - October 1, 2017, each vase has a unique shape and is representative of one of three major Attic painting techniques. Objects Conservator at the Worcester Art Museum, Paula Artal-Isbrand, discusses how these masterpieces were shaped, decorated and then fired using an ingenious and mysterious method that potters were not able to replicate until recently. She also shares highlights of discoveries made during the lengthy conservation campaign, including finding a secret inner vessel within one of them. Amanda Reiterman, an archaeologist, brings these rich depictions to life and explains the function and relevance of these finely made objects in the context of the thriving metropolis of Athens.

EXPLORING THE SPANISH COLONIAL ART OF GASPAR MIGUEL DE BERRÍO

As part of the Worcester Art Museum's 2017 exhibit Highest Heaven, exploring the cultural and religious world of the Spanish Colonial possessions of the Altiplano (high plains) of South America, WAM hosts a scholarly discussion on Gaspar Miguel de Berrío's painting, 'Our Lady of Mount Carmel with Bishop Saints'.

COMING IN OCTOBER:

- **Distinguished Speaker Series:** WSC and Worcester JCC welcome Dr. Judith Rosenbaum, CEO, the Women's Jewish Archive and Lisa Connolly Cook, Associate Professor of History and Political Science, Quinsigamond Community College in conversation Suffrage: Marking the 100th Year of Women's Right to Vote
- **In Honor of World Smile Day, Trevor Smith, B.A. M.A. M.Ed, CLL, Chief Happiness Officer** will make us SMILE!
- **Worcester Institute for Senior Education (WISE),** at Assumption University, shares their course: **American History in Five Songs by Ben Railton**



COMING IN OCTOBER HEALTH:

- **Annual Medicare Update SHINE**



WSC Staff Zoom Meeting...All Smiles! Happy Grandparents Day!!

THE WORCESTER SENIOR CENTER AUGUST DISTINGUISHED SPEAKER SERIES CONTINUES WITH

Musician Betty Hauck, A "Talk & Play" A LIFE IN MUSIC LOST & FOUND

My Journey as a Musician with Hearing Loss

For 50 years, Betty enjoyed a rich & rewarding career as a professional violist—until the day, she realized that she had to retire because of progressive hearing loss. For three years, she completely turned her back on music. In this "Talk & Play" presentation, she will tell the story of how various twists and turns led her back into sharing the joy of music while educating and advocating for those with hearing loss. Her talk includes short musical selections on both violin and viola.



PROGRAMMING TO BE AIRED ON THE WSC STAY CONNECTED CHANNEL 192, GOVT, CHANNEL, (WORCESTER RESIDENTS ONLY) OTHERS CAN VIEW THESE PROGRAMS ON THE WSC FACEBOOK PAGE WSC WEBSITE AND YOUTUBE.

WORCESTER SENIOR CENTER'S SUMMER CONCERT SERIES BROUGHT TO YOU BY:



FALL CONCERT-BESSIE, BILLIE AND THE BLUES

**featuring Lydia Fortune-Bessie Smith and Billie Holiday:
*Two women who profoundly influenced American Music.***

The presentation pays tribute to Bessie Smith and Billie Holiday featuring pianist Roland Ochsenein, jazz vocalist Lydia Fortune, upright bassist Tim Fiehler and harpist Pat 'Hatrack' Gallagher performing songs that explore the music and lives of these two iconic women whose influence on American popular music has been profound.



THE WORCESTER SENIOR CENTER & JCC SEPTEMBER DISTINGUISHED ZOOMINAR SPEAKER SERIES



WSC and Worcester JCC present Tips on the 2020 National Mah Jongg League Card with Donna Miller-Small

DATES: Wed. 9/9/2020 or Thurs. 9/10/2020 1pm-2:15pm, same program on 2 different days

**FREE REGISTRATION:
lapins@worcesterma.gov**

When responding to Suki Lapin via email, please choose one date and she will send you the ZOOM LINK.

Zoom links are different for each day.



2020 Large Card

Whether you are a new or seasoned Mah Jongg player you'll benefit from learning about the new card. Donna, a highly-respected New York teacher, will review and discuss the card and pay close attention to lots of the new, unusual hands and rules. So get out your 2020 card (or order one from the Mah Jongg League) and join us for a fun-filled and informative event!

HISTORY OF UNION HILL

Frank Callahan of Worcester Academy will give a slide presentation on the history of Worcester's Union Hill. Dating back to the Native Americans, Frank will talk about some the significant buildings on the Hill, the origins of the streets, and some of the prominent people who resided on the hilltop.

Pictured Worcester Medical College 1852-1854



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.

View These Programs on Channel 192 the Government Channel (Worcester residents only) or on Worcester Senior Center Facebook page

WSC HEALTHY LIVING WORKSHOP

"How healthy have you been living during this corona pandemic?"

If you have strayed a little bit or all the way for various reasons, you're not the only one! The good news is it is never too late to

get back on track. Save the date to watch the WSC Healthy Living Workshop featuring our knowledgeable, experienced and friendly nutritionist Wendy Midgley. In this unique healthy living talk show, WSC staff Yung Phan and Lindita Taka, who run the Healthy Eating workshop, will join Wendy to share practical tips to bring healthy living back to your routine."



STAY CONNECTED WITH YOUR HEALTH

Hosted by Michael Hirsh, MD, Medical Director for Worcester's Division of Public Health.

Get COVID-19 updates from Dr. Hirsh as well as other timely health related topics. At the end of each program, enjoy Dr. Hirsh's colorful storytelling to brighten your day!



"PROTECTING VULNERABLE SENIORS FROM FINANCIAL EXPLOITATION" WITH CATHLEEN H. SUMMERS, RN, ESQ. OF GENERATIONS LAW GROUP



Attorney Cathleen Summers discusses seniors who fall victim to scammers, unethical family members, and even to themselves. The characteristics and warning signs of a "vulnerable senior" will be reviewed along with examples of how each category of perpetrator - outsiders, family members, and themselves - harm the senior and the negative effects it can have on their all-around well-being. She will address the many ways vulnerable seniors can put legal safeguards in place through pre-planning and steps that can be taken in the midst of a crisis. Finally, Attorney Summers will discuss community and other resources that are available.



NEW CLASSES WITH RHONDA

Rhonda Hamer is a Certified Personal Trainer with a Senior Fitness Specialty, a Functional Aging Specialist, Balance Specialist and Certified Nutrition Coach begins brand new Osteoporosis Fitness and Fitness Kickstart videos. Rhonda is now offering:



Osteoporosis Fitness -

Move in ways that are best for your body, strengthen your bones and allow you to move safely with and work towards preventing osteoporosis and osteopenia.



Fitness Kickstart - Start or get back to fitness through movement. If you haven't moved much in the past few months (years, decades?), this is for you. Standing is preferred but seated/supported options will be available.

NEW MUSIC THERAPY WITH CARA BRINDISI MT-BC

Songs to include: Birds and flower themes



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

ORAL HEALTH CARE FOR SENIORS

Whether you want to keep your natural teeth or maintain your dentures, this program has something for you! Please join the Forsyth School of Dental Hygiene seniors as they present an educational virtual workshop designed just for seniors. Topics to be covered include: brushing and flossing, denture care, periodontal disease, nutrition and dry mouth. Hope to 'see' your smiling face on the screen!



THE MEMORY CAFE HAS GONE VIRTUAL

Call Deb Dowd Foley Caregiver Specialist at ESWA 508-756-1545 for more information on our September Zoom Memory Café!



SUPPORT SERVICES: assistance with advocacy, information, applications, and pet supplies. Call 508-799-1232 and leave a message.

WSC STAY CONNECTED

WORCESTER SENIOR CENTER VIRTUAL HEALTH & WELLNESS PROGRAMMING TO BE AIRED ON WSC STAY CONNECTED CHANNEL 192, GOVT. CHANNEL, (WORCESTER RESIDENTS ONLY) OTHERS CAN VIEW THESE PROGRAMS ON THE WSC FACEBOOK PAGE WSC WEBSITE and YOUTUBE

- NEW Mixed Level Yoga for ALL! A guided sequence with Chair options throughout**
- NEW AEROBICS & YOGA with NANCY CIMATO**
- NEW OSTEOPOROSIS FITNESS with RHONDA Session I**
- NEW FITNESS KICK START with RHONDA Session I**
- NEW MINDFUL MEDITATION ROBERT HARRINGTON CCH will present guided meditation based on the book, *The Four Agreements*.**
- NEW JOE FISH FITNESS SENIOR CHALLENGE**
- NEW Music Therapy with Cara Brindisi, MT-BC Songs include Bird and Flower themes.**

SHINE: Serving the Health Information Needs of Everyone...

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

THE SHINE PROGRAM IS OPEN AND AVAILABLE

We want to let everyone know that although our senior center partners are operating on a limited basis due to the COVID emergency, the SHINE Program is continuing to operate. Although we cannot provide office appointments at this time, our counselors are still available to assist you to answer any of your Medicare related questions. You can reach us if: you are aging into Medicare at 65, you have lost your employment coverage for any reason and you are 65 or older, or simply have a general question about your current Medicare coverage. Our counselors who are working remotely will return your call within 1 business day. If you live in Central Mass call us at 508-422-9931. We are also available via Zoom video conferencing to do one-on-one appointments if needed. In the near future we will be doing Medicare 101 presentations via Zoom. Visit our website www.shinema.org and our new Facebook page: SHINE Central MA.

Finally, Medicare and Social Security have announced new procedures for Medicare enrollment during the COVID emergency. This information is available on our website at www.shinema.org

Falls are a **not** a normal part of aging and they are preventable. Please watch these videos for some important information about fall prevention strategies. **6 Steps to Prevent a Fall, Aging Mastery®: Falls Prevention, Navigating Outdoor Fall Hazards.**

Offered by:



Eisenberg Assisted Living Residents and Staff send warm wishes in honor of WSC 20th Anniversary during their summer concert!

WALKING CLUB 2020**Hello Walking Club Participants!**

As I sit here writing another Scoop blurb, this time for September, I still do not know if we will be together when this is printed. All we can do is continue to follow social rules and guidelines and try to stay healthy. September is falls prevention month and walking for exercise can help you stay flexible and avoid falls. Walking every day is one way to help you maintain an active lifestyle. Here are some step goals: "The goal range for healthy older adults is 7,000-10,000 steps/day, at least 3,000 of which should be accumulated at a brisk pace. For individuals living with disability or chronic illness the range is 6,500-8,500 steps/day" These are guidelines so if you can't achieve these goals now, start from where you are and try to increase your step count a little every day! Remember to be safe and follow all the COVID-19 guidelines. And until we can be together again...

KEEP WALKING

Jen ❤️

**VIRTUAL NUTRITION CLASS WITH JUDY PALKEN, REGISTERED DIETITIAN - THE ART OF FRUIT**

What is it about berries that is so good for us? Do apples provide more than just fiber?

Come discover the amazing health benefits of fruit, and join in the conversation about creative and fun ways to use bananas, cherries, and all the rest. Also enjoy beautiful paintings of fruit.

VIRTUAL COOKING CLASS WITH CHEF KIM: COOKING MYTHS

Have you ever been told "you must rinse your pasta when it's done, or add salt to the water- it boils faster"? These and many other culinary shoulds and shouldn'ts will be discussed as we talk about what really works (or doesn't) and more importantly why. Join Chef Youkstetter as we uncover the truth behind this culinary folklore. Cooking demo included.

The Worcester Public Library was awarded an Outreach grant from the Network of the National Library of Medicine/Northeast Region (NNLM/NER) to provide patrons with tools to learn how to plan, manage, select and prepare healthy food through nutrition education and healthy cooking classes.



Food Literacy at the Worcester Public Library through Nutrition Education and Healthy Cooking Classes



Zoom meeting to record intro for Red Sox programs: Jessica Jacques, COW V, Suki Lapin, Dick Flavin, Red Sox Poet Laureate and Sarah Coffin, Red Sox Archivist

CONTACT TRACING: Answer the call and stop the spread of COVID-19! Verify the MA COVID Team is calling, look for calls with area code 833 or 857 & your phone will say the call is from "MA COVID Team". Help stop the spread of the virus. The power is in your hands. ANSWER THE CALL!



Sheriff Lew Evangelitis's generous donation to St, Paul's Elder Outreach



Vibra Hospital donates tote bags to St. Paul's Elder Outreach

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+
Mon, & Fri. 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）
與曹履成先生關係（中文：電話：
508-799-1232 ext. 48014。
電子郵件：shiw@Worcesterma.gov
或與Yung Phan 關係（英文）：
電話：508-799-1232 ext. 48006。
電子郵件：PhanD@Worcester.gov

VIETNAMESE ELDER PROGRAM

Nhóm Cao niên Việt Nam họp qua điện thoại mỗi tuần vào thứ Năm, từ 10g30 đến 11g30. Xin vui lòng liên lạc cô Yung Phan để biết thông tin về cách tham gia buổi họp qua điện thoại.

(Vietnamese Elder Group conference call every Thursday from 10:30-11:30AM. Contact Yung Phan to get conference information to join.)

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

- Thẻ dực Dưỡng sinh hoặc Đi bộ
- Thông dịch xem giấy tờ
- Học tiếng Anh Căn bản
- Họp 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.

WORCESTER PUBLIC LIBRARY AVAILABLE SERVICES INCLUDE:

WPL is now open for computer, printing, and faxing services by appointment only at the Main Library. Find out more and make an appointment at <https://www.mywpl.org/?q=article/reserve-your-appointment-main-library>

LIMITED COMPUTER APPOINTMENTS are also available at the GBV Branch by calling 508-799-1729.

CURBSIDE PICKUP SERVICE: Get books and more by placing holds. When items are ready you will be notified and have 7 days to pick them up from the Main Library, Frances Perkins or Great Brook Valley during library hours, no appointment necessary. For help placing holds, call the Main Library at 508-799-1655 ext 3. Further information on this service can be found on our website at [mywpl.org/?q=article/curbside-pickup](https://www.mywpl.org/?q=article/curbside-pickup)

DOWNLOADABLE BOOKS: E-books & audiobooks are available through Overdrive, Hoopla, & the Libby app.

BOOK BUNDLE SERVICE: Looking for something to read but not sure what? Since you can't come in and browse right now, let us browse for you. Through our new Book Bundle service, a WPL librarian will hand-select 5 books based on your preferences to be emailed as a list or bundled for pick up! We're excited to help get books into your hands safely. Fill out our form at <https://tinyurl.com/WPLbookbundles> and tell us what you are looking for today!

MOVIES: Kanopy is a streaming service that lets those with a WPL card watch 4 movies per month. Full listing of the WPL virtual services available: <https://www.mywpl.org/?q=article/virtual-services-adults> <https://www.mywpl.org/?q=article/adult-classes-and-programs#food>

VIRTUAL BOOK CLUBS AT WPL :
<https://www.mywpl.org/?q=article/virtual-book-clubs>

VIRTUAL AUTHOR EVENTS AND WRITING WORKSHOPS AT WPL:
<https://www.mywpl.org/?q=article/adult-classes-and-programs#author>

FOR THOSE INTERESTED CHECK OUT THE SENIOR CENTER'S BOOK DISCUSSION'S SELECTION FOR SEPT: *Where the Crawdads Sing* by Delia Owens.

IMPORTANT MESSAGE TO WORCESTER VOTERS REGARDING THE 2020 ELECTIONS

Massachusetts passed a law making it easier and safer to vote during the COVID-19 pandemic. For the September 1, 2020 State Primary and November 3, 2020 Presidential Elections, voters may choose one of these options:

- **Early Vote By Mail**
- **Early Vote In-Person**
- **Vote In-Person on Election Day at Your Assigned Polling Location**



Call 508-799-1134 with any questions. We will not let the pandemic stop us from voting during this election season. To make very sure of this, we created a video in which the City Clerk answers questions about the process and new options.

VOLUNTEERS NEEDED FOR TAX PREPARATION



Tax-Aide, a partnership between the IRS and the AARP Foundation, needs volunteer counselors to help low- and moderate-income persons in your community prepare their Federal and Massachusetts income taxes. Additional positions for site greeters are also available. Last year over 4,700 returns were prepared at 41 sites around Worcester County. Nationally almost 3million taxpayers avail themselves of Tax-Aide services.

Volunteers work 4-6 hours per week for the eleven weeks during tax preparation season - Feb 1st to Apr. 15 th. Training for volunteer preparers will be on three Saturdays in December. Internet access and basic computer skills are necessary. For an application and/or further information, go to <https://aarp.org/taxaide>. Select volunteer. Then select Tax Aide from the drop down.



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

TEXAS ROADHOUSE

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

508-853-7266
www.texasroadhouse.com
535 Lincoln Street, Unit F
Worcester, MA 01605

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

TERMS & CONDITIONS:
Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 9/30/20.

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "L" = "I"*

"XDMXIAOG TO YO ELAX TJIT ZJXD
COH MLX XAXD TJX HDMXGTIVXG
ZLEE WX YOGGC."

— BIGV TZILD

PREVIOUS SOLUTION: "It is indeed a desirable thing to be well descended, but the glory belongs to our ancestors." — Plutarch

©2020 Satori Publishing

E003



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 * Diabetic Friendly ** Higher Sodium Entree	Hot Dog on Bun 1 Baked Beans Corn Fresh Fruit Mustard Alternate: SOUP DU JOUR EGG SALAD	Stuffed Pepper Casserole 2 Mashed Potatoes Carrots Lorna Doones Marble Rye Bread Alternate: SOUP DU JOUR SLICED HAM	Ranch Chicken 3 Wild Rice Spinach Broccoli Cookie Pumpernickel Bread Alternate: SOUP DU JOUR SLICED TURKEY	Braised Beef 4 Gemelli Pasta Broccoli Pears Italian Bread Alternate: SOUP DU JOUR N.Y. PASTRAMI
Labor Day 7 No Meal Served	Burger 8 Chili & Cheese Sweet Potato Fries Strawberries Sandwich Roll Alternate: SOUP DU JOUR HAM SALAD	Roast Pork Loin w/ Gravy 9 Apple Cornbread Stuffing Country Blend Vegetables Peaches Marble Rye Bread Alternate: SOUP DU JOUR SLICED ROAST BEEF	American Chop Suey 10 Broccoli & Red Peppers Bread Pudding French Bread Alternate: SOUP DU JOUR TURKEY SALAD	Chicken Pesto 11 Red Bliss Potatoes Scandinavian Vegetables Fresh Fruit Pumpernickel Bread Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD
Shepard's Pie 14 Carrots Peas Chocolate Pudding Diet = SF Vanilla Pudding Marble Rye Bread Alternate: SOUP DU JOUR ALBACORE TUNA SALAD	Greek Chicken 15 Steamed White Rice Green Beans Pineapple Pumpernickel Bread Alternate: SOUP DU JOUR RANCH CHICKEN SALAD w/ BACON	Meatloaf w/ Gravy 16 Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit French Bread Alternate: SOUP DU JOUR SLICED TURKEY	Turkey Supreme 17 Herbed Stuffing Roman Blend Vegetables Peas Italian Bread Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD	Lemon Pepper Fish 18 Seasoned Potatoes Mixed Vegetables Cookie Whole Wheat Bread Alternate: SOUP DU JOUR CORNED BEEF
Teriyaki Beef 21 Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread Alternate: SOUP DU JOUR EGG SALAD	Vegetable Cheese Bake 22 Seasoned Potatoes Green Beans Peaches Italian Bread Alternate: SOUP DU JOUR TURKEY SALAD	Chicken Milano 23 Wild Rice Spinach Peaches Cookie Pumpernickel Bread Alternate: SOUP DU JOUR N.Y. PASTRAMI	Salisbury Steak 24 Garlic Mashed Potatoes Herbed Carrots Cheesecake Mousse Sandwich Roll Alternate: SOUP DU JOUR HAM SALAD	Potato Crunch Fish 25 Potatoes Au Gratin Capri Blend Vegetables Fresh Fruit Marble Rye Bread Tartar Sauce Alternate: SOUP DU JOUR SLICED ROAST BEEF
Chicken Picatta 28 Wild Rice Brussels Sprouts Lemon Pudding Diet = SF Tapioca Pumpernickel Bread Alternate: SOUP DU JOUR CHICKEN SALAD	Meatballs w/ Onion Gravy 29 Bowtie Pasta Scandinavian Vegetables Pineapple French Bread Alternate: SOUP DU JOUR ALBACORE TUNA SALAD	Marinated Pork Loin 30 Herbed Potatoes Carrots Vanilla Mousse Whole Wheat Bread Alternate: SOUP DU JOUR CORNED BEEF	MENUS SUBJECT TO CHANGE. Meals on Wheels Menu. Your \$2.50 Donation is Appreciated! Our Caterer is working hard to fulfill menu items as printed. Thank you for your patience, as we do anticipate possible menu changes due to vendor shortages and product availability at this time.	

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.

LOCAL RESOURCES

CITY OF WORCESTER COVID-19 information line: 508-799-1019
worcesterma.gov

SIGN UP FOR TEXT MESSAGE ALERTS: Send COVIDMA to 888-777

WORCESTER SENIOR CENTER

508-799-1232 • Advocacy and Outreach, Information and Referral including housing and public benefit assistance

ELDER SERVICES OF WORCESTER AREA, INC.: 508-756-1545
irinfo@eswa.org

Information & Referral Unit is available to field calls/emails regarding community resources.

ST. PAUL'S ELDER OUTREACH: 508-799-5009

Advocacy and Outreach

WORCESTER COMMUNITY ACTION COUNCIL: 508-754-1176

Fuel assistance

Appliance Management Program (AMP)

Heating Emergency Assistance Retrofit Task (HEARTWAP)

Weatherization Assistance Program (WAP)

DEPARTMENT OF TRANSITIONAL ASSISTANCE:

(Worcester Office) 508-767-3100

General information

Economic Assistance

SNAP

Employment Services

COMMUNITY LEGAL AID: 1-800-649-3718

Tenants' Rights during the Covid-19 Crisis

Covid-19 & Unemployment Insurance

Covid-19: Using the Family Courts

Rights in Small Claims Court during the Covid-19 Crisis

Consumer Alert: Avoiding Scams during the Covid-19 Crisis

Child Care Programs during the Covid-19 Crisis

Education Rights during Covid-19 in Massachusetts

MCPHS PHARMACY OUTREACH PROGRAM

Available to answer Your Medication Questions

Toll free 1-866-633-1617

STATE RESOURCES

GOVERNOR'S OFFICE: 1-617-725-4005

DISASTER DISTRESS HELPLINE: 1-800-985-5990

Available 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, including disease outbreaks like COVID-19. This a toll-free, multilingual, and confidential crisis support service.

SUICIDE PREVENTION HOTLINE: 1-800-273-8255

SUBSTANCE ABUSE/MENTAL HEALTH HELPLINE: 1-800-662-4357

CRISIS TEXT LINE: Text HELLO to 741741

MASSACHUSETTS 2-1-1: real-time COVID-19 information, resources, and referrals in multiple languages.

ASL HOTLINE FROM CSD (Communication Service for the Deaf)

833-682-7630 (video phone) has been established where residents can ask questions about COVID-19 and get support. www.csd.org is also available for information.

FOR NON-EMERGENCY QUESTIONS & HELP: Call 2-1-1

NURSING HOME FAMILY RESOURCE LINE:

617- 660-5399 The line is available seven days a week 9 am - 5 pm.

DOMESTIC VIOLENCE & SEXUAL ASSAULT HOTLINES:

IN MASSACHUSETTS CALL SAFELINK:

877-785-2020 OR TTY AT 877-521-2601

NATIONAL DOMESTIC VIOLENCE HOTLINE 24/7 CRISIS HOTLINE:

800-799-7233

NATIONAL SEXUAL ASSAULT HOTLINE 24/7 CRISIS HOTLINE:

800-656-4673

YWCA DOMESTIC HOTLINE: 508-755-9030

SAFELINK DOMESTIC/DATING VIOLENCE: 1-877-785-2020



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

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

PHONE APPS FOR GROCERY DELIVERIES

Download the following apps on your phone through Istore, Google Play, or your general App Store on phone for store deliveries:

INSTACART: You may shop from most grocery stores for a fee through the phone app. Expect deliveries within hours.

CVS: order your prescriptions and any items in store through the phone app for delivery within 1-2 days

PHONE APPS FOR RESTAURANT DELIVERIES

Some Restaurants offer free delivery, call the restaurant to check! Otherwise, try these apps to get your favorite restaurant foods delivered to your door. Many drivers travel to towns outside of Worcester. Download the following apps on your phone through Istore, Google Play, or your general App Store on phone for restaurant deliveries:

- | | | |
|--------------------|---------------------|------------------------|
| 1) Grubhub | 3) Ubereats | 5) Delivery.com |
| 2) Doordash | 4) Postmates | |

SAFETY TIPS & INFORMATION FOR GROCERY SHOPPING

1. Wear a mask at all times- this is now a requirement
2. Do your best to stretch out grocery trips- a trip every 2 weeks is recommended
3. Social distance at the stores! At least 6 feet away from others at every angle!
4. Use sanitizer before entering and when leaving store
5. Ask the store clerk/cashier to sanitize the belt at checkout before putting your items on it.
6. Try not to touch too many items unless you're buying them
7. Product returns and exchanges are not allowed at this time at most stores
8. If able, sanitize the items you've bought from the store with a cleaning product as well as clean any surface you put your groceries on.



GROCERY STORE HOURS: SENIORS/DISABLED/AT-RISK

ALDI: 8am-9am on Tuesdays & Thursdays

BIG Y: 7am-8am every day

MARKET 32: 6am-7am every day

MARKET BASKET: 6am-7am every day

PRICE CHOPPER: 6am-7am every day

PRICE RITE: 7am-8am every day

SHAW'S: 6-7am every day, 6-9am - Tues. & Thur.

STOP & SHOP: 6am-7:30am every day

TARGET: 8am-9am every day

TRADER JOE'S: 8-9am - Friday, 9-10am - Sat & Sun.

WALMART: 6am-7am every day

WHOLE FOODS: 8am-9am every day

* **Shaws.com & stopandshop.com** offer curbside pickup.

FOOD PANTRY INFORMATION

FRIENDLY HOUSE: 508-755-4362 | 36 Wall Street
Mon., Wed. 12 pm-4:30 pm; Fri. 9:30am-3:30pm

JEREMIAH'S INN: 508-755-6403 | 1059 Main Street
Food Pantry open Mon. 12pm-3:30pm, Tues.,Thurs., Fri. 9 am 2 pm
Must be from 01602, 01603, & 01610 - need picture ID.

SALVATION ARMY: 508-756-7191 | 640 Main St. Worcester
Unable to leave message-all lines full. Food Pantry Open M-F, hours vary.

ST. FRANCIS XAVIER CENTER: 508-756-7165
20 Temple Street, Worcester 01604
Breakfast and Lunch Mon-Fri 7 -11 am, Sat 8-10 am

CENTRO: 508-798-1900 | 11 Sycamore Street
Monday only 9-1 pm Need picture ID/proof of address.

QUINSIGAMOND VILLAGE CENTER: 508-755-7481
16 Greenwood Street
Mon., Thurs., 9:30am-12 pm; Fri. 9:30am-11am. Bring own bag.

MASSACHUSETTS VETERANS SHELTER: 800-482-2565
69 Grove Street
Usually the 3rd Thursday of each month, 10am-2pm.
For eligible veterans and their families only.

CENTRO - GREAT BROOK VALLEY PANTRY: 774-823-3722
176 Tacoma Street, Worcester 01605
Tuesdays only 8:30am-1 pm. Picture ID/proof of address.

FRIENDLY HOUSE PANTRY PLUMLEY VILLAGE: 508-755-3989
16 Laurel St, Worcester 01608. Tuesday 9am-4pm; Friday 12pm-4pm

THE MUSTARD SEED: 508-754-7098
93 Piedmont Street, Worcester 01609
Food Pantry - 3:30pm - limited amount of people.

PERNET FAMILY HEALTH SERVICE: 508-755-1228
237 Millbury Street Worcester, MA 01610. Emergency Food.
Mon. 1pm-3pm; Tue. & Wed. 11am-3pm for people who live in 01610.

SHARE THE NUMBER!

RSVP's Senior Fraud HelpLine
Toll Free: 800-297-9760

Primary Sponsor

 Central Massachusetts Agency on Aging, Inc.
www.SeniorConnection.org

Scammers are using the Covid-19 pandemic to target Seniors, as they offer fake testing, schedule non-existing vaccines, and recommend dangerous procedures to remain healthy. When they call, if you engage them and listen to their lies you'll soon be placed on another list. Calls will be coming in for FREE medical equipment (bogus), refunds from National Grid and fake charity requests.

Please, call the HelpLine to reach a trained compassionate volunteer who is there to listen and provide "how to proceed" guidance. We are unable to offer legal advice but will refer you to those who might be able to help.

RECOGNIZE. RESIST. REPORT.

Friends of the HelpLine include the Diocese of Worcester, DCU Federal Credit Union and Family Services of Central MA- an affiliate of Seven Hills Foundation.

Share the Number! 800-297-9760 Toll Free

RSVP is sponsored locally by Family Services of Central MA



The Senior Companion Program is not in full operation currently, due to COVID-19. The SCP volunteer's health is of the utmost important during this unprecedented time we all are experiencing right now.



The SCP will be operating at full capacity at some point, we just are not sure when. When we return, we will be following Governor Baker's COVID-19 guidelines. Please everyone stay safe and continue to wear your masks when out in public, to stop the spread of this virus. Most importantly, enjoy the summer months ahead!!

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 or call Jeannie at 508-799-1175. Applicants from under-represented groups in the City are encouraged to apply.

50+ JOB SEEKERS REGIONAL NETWORKING GROUP!



50+ Job Seekers Program is going statewide! Now that the program has been completely moved to a virtual platform, any Massachusetts resident 50+ years old can register to participate. Each session is guided by a professional employment coach.



Please Visit: www.50plusjobseekers.org

**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

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.

WHY JOIN FRIENDS OF WORCESTER'S SENIOR CENTER?

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

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



FRIENDS TRAVEL



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

TRIPS: Flyers for all trips are at the Friends Travel Office or call **508-792-2948** to leave a message. Travel office hours are **Monday thru Thursday 9:30am-12:30pm**

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.

NOTE: Travel office is closed until further notice. Please call 508-792-2948, and we will get back to you as soon as possible.

Order your "FRIENDS" of Worcester Senior Center Sweatshirt/Tee Shirts

SWEATSHIRTS IN STOCK		SMALL THRU XLARGE \$25.00		2XL - 4XL \$27.00	
COLOR	MEDIUM	LARGE	XLARGE		
WHITE	1	3	2		
GREY		1	1		
ROYAL BLUE	2	3	1		
BLACK	1	1	1		

TEE SHIRTS IN STOCK		SMALL THRU XLARGE \$15.00		2XL - 4XL \$17.00	
COLOR	MEDIUM	LARGE	XLARGE	4XLARGE	
BLUE	1	2	1		
YELLOW	1	1	2	1	

FRIENDS TRAVEL 2020 UPDATES

Foxwoods Casino Price - \$22.00/pp
Non-Refundable - payable at time of reservation.

Day Trips will require a \$10.00/pp
Non-Refundable Deposit - payable at time of reservation.

**BINGO EVERY THURSDAY
1-3:30 pm - CANCELLED UNTIL
FURTHER NOTICE**

***DUE TO THE CORONAVIRUS ALL
CANCELLED TRIPS will be reimbursed
when the Friends Office is open.
Please note: All Trips, Casino - Day -
Overnite, have been cancelled for the
remainder of the year.***



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.

THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 10, NO. 9, SEPTEMBER 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.

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

©2020 Satori Publishing

DIFFICULTY: ★☆☆☆☆

Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- 1 Burglar
- 5 Madam
- 9 Life (pref.)
- 12 Ecuador (abbr.)
- 13 King Atahualpa
- 14 Arrival (abbr.)
- 15 Unfeeling
- 16 Diaper
- 17 Royal Air Force (abbr.)
- 18 Political party
- 20 Hairy
- 22 Article
- 25 Pub fare
- 27 Batter
- 28 King
- 29 Embellish
- 31 Eelworm
- 34 Finesse
- 35 Heavenly being
- 37 Brown
- 38 Reward
- 40 Sport
- 41 A (Ger.)
- 42 Capture
- 44 Carmine
- 45 Recommended

daily allowance (abbr.)

- 46 Santa's reindeer
- 49 Bobbsey twins
- 51 Husband of Fatima
- 52 Alaska Hawaii Std. Time (abbr.)
- 54 River into Tatar Strait
- 58 Civil (abbr.)
- 59 Fat (pref.)
- 60 Sugar source
- 61 Summer (Fr.)
- 62 N.Z. evergreen
- 63 Eucalyptus secretion

DOWN

- 1 Longing
- 2 Five-franc piece
- 3 Exudate plant
- 4 Taro
- 5 Soso

ANSWER TO PREVIOUS PUZZLE

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

- 6 Black colonial cuckoo
- 7 Alternating current/direct current (abbr.)
- 8 Urban office holder
- 9 Weather indicator
- 10 Cleopatra's attendant
- 11 Yellow ide
- 19 Female camel
- 21 Bub
- 22 Trolley
- 23 In this place
- 24 Ample
- 26 "Pomp and Circumstances" composer
- 30 Madness
- 32 Girl
- 33 Fraction of a rupee
- 36 Queen of Sparta
- 39 Burmese knife
- 43 Monster
- 46 Carplike fish
- 47 Dismounted
- 48 Mother of Zeus
- 50 Salt
- 53 Compass direction
- 55 Sheep's cry
- 56 "Faerie Queene" lady
- 57 Agent

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15				16				17			
			18	19		20		21			
22	23	24		25	26		27				
28			29		30		31	32	33		
34			35			36		37			
38			39		40			41			
		42	43		44			45			
46	47			48		49		50			
51				52	53			54	55	56	57
58				59				60			
61				62				63			

©2020 Satori Publishing

A81