

THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 8, NO. 9, SEPTEMBER 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, Affordable Senior Living

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

Dodge Park

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

Adult Day Club

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

Dodge Park

RESIDENTIAL CARE FACILITY FOR THE ELDERLY



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

SEE PG 5 FOR FEATURED PROGRAMS

SPEND THE DAY AT THE WORCESTER SENIOR CENTER!

Wednesday, September 5th

DISTINGUISHED SPEAKER SERIES CONTINUES
with Shirley McAfee "The Singing Nurse"
10:30-11:30 AM

ESWA LUNCH SPONSORED 11:45 AM-12:30 PM

BEATLES TRIBUTE BAND 12:30-1:30 PM

SPEND ANOTHER DAY
AT THE WORCESTER SENIOR CENTER!

Wednesday, September 26th

9 AM-3 PM STEADIFALL ASSESSMENT
with Dr. Theresa Khoury, RN, DNP, Worcester State
University, Assist. Prof., Dept. of Nursing

9:30-11 AM FLU CLINIC WITH WALGREEN'S

11:45-12:30 PM ESWA LUNCH

12:30-1:30 PM HOMEFIT PROGRAM

"CYANOTYPES" EXHIBIT MEET & GREET
Tuesday, Sept. 25 • 11 AM-1 PM

"TIME TO CARE" 8 WEEK PILOT RESPITE DAY PROGRAM
Providing Respite for Caregivers - TUESDAYS, 9:30-1:30 PM



Steve Duke enjoying "No Evil"
Project Ribbon Cutting



State and Local Officials
with ELVIS celebrate the
"NO EVIL PROJECT"



Annual Vietnamese Senior-Youth Event in collaboration with
Youth Effects of SEAC

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

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

The 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/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	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.



Helen Jarzowski, 103 years young & mother-in-law of The Reminisants lead singer, Mike Joyal



THANK YOU HARVARD PILGRIM HEALTH CARE FOR SPONSORING The Reminisants "BEST OLDIES BAND IN NEW ENGLAND!"



Entertainer Janice Andrews with Greg Byrne of Harvard Pilgrim Health Care



The Regional Environmental Council & Worcester Senior Center thank Fallon Community Health for their support of our community gardens



Bernadette, Philippe & Errol, community gardeners

CRIBBAGE TOURNAMENT

Tuesday, Sept. 4 • 9-11:30 am
 Players are asked to contribute \$5.00 each. Sign up for the tournament at the front desk or call 508-799-1232. Prize is determined by number of players participating.

COMMON THREADS DISCUSSION GROUP

Friday, Sept. 7 • 12:30-1:30 pm
 Curtis Emery, Mass Poetry member, will facilitate a poetry discussion group. Join us to write poetry about the everyday, ordinary things that make our lives so special. Whether you are new to poetry or love to write, this workshop will give you the chance to write and fellowship with like-minded poetry lovers. Register by calling 508-799-1232.

MONTHLY CRAFT CLASS

Monday, Sept. 10 • 10-11:30 am
 \$3.00. Call 508-799-1232 to register. **Project: Make your own fashionable wire earrings.** \$3.00 fee per craft, all supplies included. Call 508-799-1232 to register. Space is limited.



AUTUMN ART ARRANGEMENT WITH BEMIS FARMS NURSERY

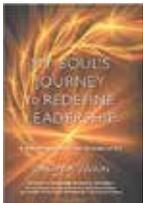
Monday, September 10 • 1-3 pm
 Nothing says fall quite like chrysanthemums! Combine them with fall foliage for texture, and a grass or two, and you get a masterpiece of color for your doorstep. **\$10 per centerpiece. Please sign up at the Front Desk 508-799-1232.**

THE LIBRARIANS ARE COMING

Tuesday, Sept. 11 • 12-1 pm
 We are here to offer sample items from our vast collection; assist new members, put items on hold; give information on library events, materials and services; and answer reference questions.

MY SOUL'S JOURNEY TO REDEFINE LEADERSHIP: A NEW PHOENIX RISES FROM THE ASHES OF 9/11

Thurs. Sept. 13 • 10-11 am
 The story of an ordinary woman with extraordinary experiences. Virginia Swain's soul journey takes her from the devastating loss of her brother to moments of peace, visions of a new future, and after a harrowing day in New York City on September 11, a vivid dream of a phoenix rising from the city's ashes, calling her to a new definition of leadership — one of empowerment, reconciliation and peace.



OIL PAINTING WITH DARRELL CROW

Thursday, Sept. 13 • 10 am-2:30 pm
 Bring home a painting in one class! \$15.00 class fee and approximate \$10.00 fee to purchase or rent supplies that include: paints, brushes and canvas. Fees due on the day of the class. Class size limited. Class project: **Wilderness Falls.** A 1/2 hr. break provided for lunch. Register by calling 508-799-1232.

PITCH TOURNAMENTS

Mon., Sept. 10, 17 & 24 • 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.

NEW 8 WEEK ACRYLIC CLASS

Wed., Sept. 12 - Wed., Oct. 31 • 10-12 pm
 Artist Andrea Driscoll will teach the basics and more! Weekly demos! Paints and brushes will be available for the first class only, then bring your own (list available at the front desk) Learn to mix colors with just a few paints. Learn paint and brush stroke techniques to make your work come alive. Learn about style and composition. \$10 per class. Call 508-799-1232 to register.

COLORING ISN'T JUST FOR KIDS!

Friday, Sept. 7 & 21 • 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.

HOW TO WRITE & SELF PUBLISH YOUR STORY

Mon., Sept. 17 • 10:30-11:30 am
 Henry M. Quinlan will entertain and inform you about a way to self-publish your story whether in the form of an autobiography, a memoir or a company history for under \$10.00 for one copy and place it on Amazon for sale. Call 508-799-1232 to register.



TRANSPORTATION APPLICATION ASSISTANCE EVENT: Apply for an MBTA and/or WRTA reduced fare pass for Seniors and People with Disabilities

Wednesday, Sept. 19th, scheduling appointments **10-11:30 AM**
 Contact Dawn Clark at 508-799-8486 or disabilities@worchesterma.gov

HERBERT E. BERG FLOWER ARRANGING

Wednesday, Sept. 19 • 1-2 & 2-3 pm
 Make and take home a Fall Arrangement. **\$12 fee** to be paid at the time of the class. Sign up at the front desk or call 508-799-1232.

BOOK DISCUSSION

Thursday, Sept. 20 • 1-2 pm
 New members are always welcome! We are reading **John Adams by David McCullough.** History on a grand scale—a book about politics, war and social issues, but also about human

nature, love, religious faith, virtue, ambition, friendship, and betrayal, and the far-reaching consequences of noble ideas. Above all, *John Adams* is an enthralling, often surprising story of one of the most important and fascinating Americans who ever lived. **In October we are reading *The Faith Club* by Rayna Idliby**

NEIGHBORHOOD CRIME WATCH MEETING & MED TAKE BACK BIN WITH WPD

Monday, Sept. 24 • 12:30-1:30 pm
 Join WPD Officer Sean Lovely to discuss neighborhood issues and concerns. Medication Take Back bin will be available for your old meds.

LIBBY LIBRARY EXPRESS WORCESTER PUBLIC LIBRARY

Tuesday, Sept. 25 • 2-3 pm

SEWING CLASS

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

WE'VE GOT TO HAVE FRIENDS

Thank you Friends of Worcester's Senior Center for sponsoring lunch at our 1st summer concert, subsidizing podiatry and driving classes, and for another visit from Elvis!

SENIOR CENTER FRIDAY FLICKS

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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

**SPEND THE DAY AT THE WORCESTER SENIOR CENTER!
WEDNESDAY, SEPTEMBER 5TH**



**DISTINGUISHED SPEAKER SERIES...
CONTINUES WITH...**
10:30-11:30 am
SHIRLEY McAFFEE "The Singing Nurse"

Be enriched by Shirley McAfee's BSN, RN **"Medicinal Music Workshop"**. Learn about Shirley's Rainbow diet. You'll Laugh, Cry, Sing, and Dance & Be Amazed by this "One Woman Show"!

11:45 am-12:30 pm • ESWA Lunch sponsored by
Call 508-799-8070
to make your reservation



BEATLES TRIBUTE BAND
12:30-1:30 pm
Centerpieces
sponsored by:



"CYANOTYPES" ART EXHIBIT MEET & GREET

Tuesday, Sept. 25 • 11 am-1 pm

View the exhibit during the months of Sept. and October. Join The Blackstone Valley Artist Association's group of artists to learn about "Cyanotypes" an historical form of photography. The exhibit was recently displayed a **Worcester Art Museum exhibit**.

COMING IN OCTOBER

- Tues. Oct. 2nd 3-4 pm Author, Dr. Andrew Budson, *7 Steps to Managing Your Memory* sponsored by the Blaire House
- Fri. Oct. 19th Multicultural Potluck 1 pm
- Wed. Oct. 24th 10:30-11:30 am Distinguished Speaker Series continues with Gregg Swain, Author, *Mah Jongg: The Art of the Game: A Collector's Guide to Mah Jongg Tiles and Sets* Sponsored lunch. Play Mahjong After lunch!

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

Wednesday, September 26th

9 am-3 pm Dr. Theresa Houry, RN, DNP, Worcester State University, Assistant Professor, Department of Nursing, WSU Nursing students plus many other agencies will be conducting *STEADI FALL ASSESSMENTS*. Ask the WSC Front Desk for a falls assessment survey earlier in Sept. WSU Nursing Staff will review the survey and if you qualify we will call you to set up an appt. for the assessment.

9:30-11 am FLU CLINIC WITH WALGREEN'S



11:45 am-12:30 pm ESWA Lunch sponsored by
Please call 508-799-8070 to reserve lunch.

12:30-1:30 pm HOMEFIT PROGRAM



The AARP HomeFit program was created to help people stay in the homes they love by turning where they live into a "lifelong home," suitable for themselves and anyone in their household. The presentation offers solutions that range from simple do-it-yourself fixes to improvements that are more involved and require skilled expertise but are well worth the expense. Please register call 508-799-1232.

**"TIME TO CARE" 8 WEEK PILOT RESPITE DAY
PROGRAM PROVIDING RESPITE FOR CAREGIVERS
TUESDAYS, 9:30 am-1:30 pm**

NEW

Our professional team will help your loved one transition into this warm, caring and enjoyable program!



A "Time to Care" provides individuals with dementia a safe and stimulating experience with fun activities and social interaction while providing caregivers with much needed time for themselves!

Lunch and activities included. To register and/or to find out more about a "Time to Care" contact **Wei Shi at 508-799-1232**. The program begins **September 18th**. Space is limited.

This pilot program is generously supported by **AARP** Real Possibilities Massachusetts

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.

VISITING DENTAL ASSOCIATES OF CENTRAL MA

Friday, Sept. 7 • 9:15 am-3 pm
Public Health Dental Hygienists will provide: dental cleanings, sealants, fluoride treatments as well as care for partials and dentures, periodontal (deep) cleanings and provide emergency treatment of dental pain. Referrals made to dentist if needed. Mass Health, Commonwealth Care Type 1 accepted, discounts offered to uninsured. Ask for a price list. Call 508-799-1232 to make an appt. Registration forms located at the front desk.

MINDFUL MEDITATION SESSIONS

Mondays, Sept. 10, 17, 24 • 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. \$3 per class. Call 508-799-1232 to register.

DIABETIC SHOE CLINIC WITH ENOS HOME MEDICAL

Thursday, Sept. 13 • 10:30 am-12:30 pm
Have your measurements taken along with a mold of your foot by a certified fitter. A variety of shoe styles are available, shoes ready in 2 weeks. Insurance & MD information required. All insurances accepted except straight MA Health. Patients with MA Health replacement plan such as BMC, Neighborhood, Fallon, SWH etc will be covered. Call 508-799-1232 to sign up.

FLU CLINIC WITH SHAW'S OSCO PHARMACY

Tuesday, Sept. 11 • 9:30 am-12:30 pm
Insurance and Medicare Cards required. Walk-ins welcome.



FREE AGELESS GRACE

Weds, Sept. 12th - Oct. 10th • 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. 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. Sign up by calling 508-799-1232. Donations appreciated.

REIKI ONE ON ONE

Wednesday, Sept. 12th & 19th • 10 am-12:30 pm
15 minute Reiki healing sessions with June House RN, Reiki Master. Reiki energy reaches all levels of the person: physical, mental, emotional and spiritual planes and creates many benefits including relaxation, peace, security, and well-being. It's healing works with all other medical or therapeutic techniques to relieve side effects and recovery from pain. \$10 per session to be paid at time of service. Call 508-799-1232 to sign up.

OPTOMETRY TALK WITH MCPHS

Monday, Sept. 24 • 9:30-10:30 am
Dr. Greg Waldorf and optometric interns will discuss how glasses and home lighting can contribute to falls. Learn about modifications you can make to your environment to help lower your risk of falls in the home. Sign up by calling 508-799-1232.



COALITION TO PROTECT PATIENT SAFETY

Tuesday, Sept. 25 11-11:30 am
Discussion regarding Question 1. Refreshments will be served. Hope everyone can attend, for this critical question regarding future healthcare and services for our Senior Citizens.



FLU CLINIC WITH WALGREEN'S

Thursday, Sept. 27 • 9:30-11:30 am
Insurance and Medicare Cards required. Walk-ins welcome.



TAI CHI FOR HEALTHY AGING

3 Consecutive 8 week sessions. 1 hr. class held twice a week, Mon & Fri., 2:30-3:30 pm, "Module 3"

OSTEOPOROSIS PREVENTION EXERCISE PROGRAM

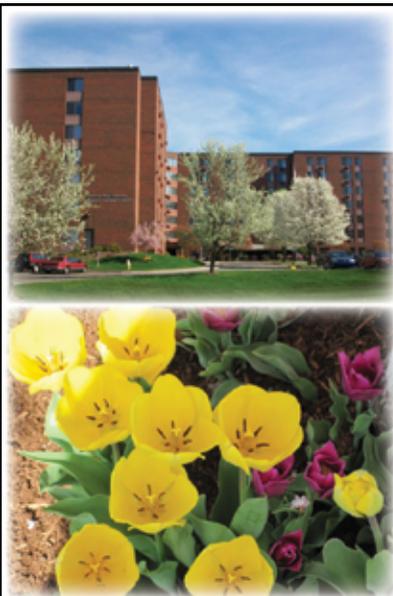
Medical studies have shown that the crippling disease of osteoporosis can be prevented or delayed through weight bearing exercise and proper nutrition. We are seeking participants 60 60 + for a 10 wk. Osteoporosis Prevention Exercise Program. Tuesdays, beginning Sept. 4th through Nov. 10th. Exercise classes held Tuesdays & Fridays, 12-1 pm. Nutrition classes held Tuesdays, 1-2 pm. Specialized exercises are taught by an AFAA Certified Group Exercise Instructor, Nutrition classes are taught by a registered dietician. This free program is funded in part by Title III of the Older Americans Act via the Central Massachusetts Agency on Aging and the Massachusetts Executive Office of Elder Affairs. Call 508-799-8062 for further information.

SEPTEMBER SAFETY TIP

One in eight older adults (aged 65+) in the U.S. has Alzheimer's disease. Studies have shown that a lifestyle that includes cognitive stimulation through active learning slows cognitive decline.

COMING IN OCTOBER HEALTH

- **Wed. Oct. 10th, 10 am, Breast Cancer Awareness Talk with June House, RN**
- **Wed. Oct. 17th, 9 am, Bullying Video Premier with Elder Services**



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.

THE SAVVY CAREGIVER PROGRAM

Thursdays, Sept. 13 - October 18 • 1-3 pm



6-week training program for caregivers who care for someone with Alzheimer's or Related Dementias.

Taking care of a person living with Alzheimer's or related dementia is specialized work. To do this work successfully, caregivers need special skills, knowledge, and a positive attitude that helps them to care for themselves. Become an expert in Caregiving for someone with Alzheimer's or related dementias! Savvy Caregiver will help you:

- Understand the impact of dementia on both you and the person you are caring for.
- Learn the skills you need to manage daily life.
- Take control and set goals. Communicate more effectively.
- Strengthen family resources. Feel better about your caregiving. Take care of you!

For more information or to register Call Deb Dowd-Foley 508-756-1545 ext.390 or Laura Black-Silver 508-949-6640 ext. 3079

Brought to you by Elder Services of Worcester Area, Inc. and Tri-Valley, Inc.

HELP USING YOUR COMPUTER OR TABLET

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.

FREE - LEARNING ITALIAN WITH ELIO SONSINI RESUMES SEPTEMBER 10TH

Mondays • 1:30-3 pm. Register by calling 508-799-1232.

THE REGIONAL ENVIRONMENTAL COUNCIL'S MOBILE MARKET

Thursday's 8:30-10 am

Fresh summer fruit, vegetables & more!!



GAMES/CRAFTS/MUSIC

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

LEARN SOMETHING NEW

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



FRIDAY TAKE OUT

The Quinsigamond Community College's Dietary Management Program is offering a **Friday Home Meal Replacement**. The program offers meals every Friday. 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**. Advanced reservations encouraged 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! Contact Rebecca King or Brandi Manca @ Bobby M's with any questions regarding the menu and/or make reservations. Meals **\$5.00**.

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.

WHEN CAN YOU ENROLL IN A MEDIGAP PLAN?

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the "gaps" in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D.

In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

SHINE Volunteers: Elena Nasitano, Hazel Nourse, Pat Morris, and Carol Adams.

Appointment required, call: 508-799-8030. You can also visit us on the internet at www.shinema.org.

RAINBOW LUNCH

Elder Services of Worcester Area, Inc. invites you to the **Rainbow Lunch Club*** at the Unitarian Universalist Church, 90 Holden Street, Worcester. Held on 2nd & 4th Wednesday of every month at Noon, and **the Rainbow Supper Club** 1st Tuesday of each month 6-8 pm Reservations required: (508) 756-1545 Ext. 339. *Hosted for the LGBTQA (Lesbian, Gay, Bisexual, Transgender, (Questioning and Allies) Elder Community, 60 years and older.



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 **Sept. 13: Springroll Vermicelli (Bún chả giò) Crispy n' Crunchy fried rolls made from carrot, taro, soy protein and wrapped in wheat paper. Served with Vermicelli, mint, lettuce, bean sprouts and sour soy sauce.**

TRANSPORTATION

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

Two WRTA routes service the Worcester Senior Center:

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



MEMORY CAFE - Tuesday, Sept. 18 • 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.

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 Jose Curet, 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 Jose Curet, at 508-799-1997.

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

VOLUNTEER OPPORTUNITY

The Worcester Senior Center is seeking an ESL teacher, Monday mornings, weekly. Call Lindita Taka at 508-799-8030 for further information.

Chinese Mandarin Lessons

is taking a break. The class will resume in October. For any questions or more information on the schedule please contact the Chinese Elder Group Coordinator Wei Shi at ShiW@worcesterma.gov or call 508-799-1232.

Tiểu bang: California

Thứ tự: thứ 31 trong 50 tiểu bang của Hoa Kỳ

Diện tích: 423.999 km²; 4.7% là nước; xếp thứ 3

Tổng thu nhập hàng năm: 2,746 ngàn tỉ USD
Những ngành kinh tế chủ đạo: nông nghiệp: rau quả, nho, rượu, hạt, gai dầu, bông vải, hoa, và cam; **khoa học kỹ thuật, thương mại, truyền thông và du lịch.**



Viết tắt: CA

Thành lập: ngày 9 tháng 9 năm 1850

Dân số: 39.776.830; xếp thứ 1; trong đó 59.7% da trắng; 14.3% châu Á

Thu nhập bình quân đầu người: 69.477 USD

Tổ chức phi lợi nhuận (NGO): 114.728 cơ quan, tạo việc làm cho 7.5% tổng số lượng lao động của tiểu bang



Biệt danh: Tiểu bang Vàng

Thủ phủ: Sacramento

Khẩu hiệu: Tôi đã tìm thấy nó (Eureka)

Xếp hạng: đứng hàng thứ 31 nói chung, trong đó: chăm sóc y tế hàng thứ 11, giáo dục thứ 26, kinh tế thứ 4, cơ hội thứ 46, hạ tầng cơ sở thứ 38, phòng chống tội phạm thứ 17, tài khóa vững mạnh 43, và chất lượng cuộc sống thứ 50.

Những nhân vật nổi tiếng lịch sử: William E. Moerner (nhận giải Nobel Hóa học, 2014); Marilyn Monroe (nữ diễn viên); Richard M. Nixon (Tổng thống thứ 37); Leonardo DiCaprio (nam diễn viên); Sally K. Ride (phi hành gia); Eldrick "Tiger" Woods (gôn thủ); Angelina Jolie (nữ diễn viên); Cher nữ ca sĩ; Clint Eastwood (đạo diễn); Tom Hanks (nam diễn viên), v.v.





15% OFF
your entire bill

508-852-8448
www.dennys.com

194 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 9/30/18.

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.



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

508-853-7266
www.texasroadhouse.com

555 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 9/30/18.



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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Labor Day 3 NO MEAL SERVED	Salmon Boat w/Dill Sauce 4 Mashed Potatoes Peas & Carrots Peaches Alternate: SOUP DU JOUR EGG SALAD	Chicken Fajitas 5 Spanish Rice Black Beans & Corn Pineapple Sour Cream No Alts Served	Hot Dog on Bun 6 Baked Beans Cole Slaw Fresh Fruit Mustard Alternate: SOUP DU JOUR SLICED TURKEY	Lasagna w/ Meatballs 7 Broccoli Lorna Doones Alternate: SOUP DU JOUR N.Y. PASTRAMI
Italian Braised Beef 10 Steamed White Rice Broccoli & Carrots Pineapple Fortune Cookie Alternate: SOUP DU JOUR CHICKEN SALAD	Chicken Mornay 11 Vegetable Couscous Roman Blend Vegetables Chocolate Mousse Alternate: SOUP DU JOUR HAM SALAD	Roast Pork w/ Gravy 12 Cranberry Herb Stuffing Mashed Potatoes Mixed Vegetables Applesauce Alternate: SOUP DU JOUR SLICED ROAST BEEF	Cold Roast Beef Sandwich 13 Lettuce & Tomato & Mayo Potato Salad Tomato & Cucumber Salad Fresh Fruit Alternate: SOUP DU JOUR TURKEY SALAD	Potato Crunch Fish 14 Lemon Seasoned Potato Peas & Mushrooms Rice Pudding & Diet Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD
Chicken Cacciatore 17 Penne Pasta California Blend Vegetables Yogurt Alternate: SOUP DU JOUR ALBACORE TUNA SALAD	Baked Potato w/ Chili & Cheese 18 Broccoli Sour Cream Apple Waffle Grahams Alternate: SOUP DU JOUR CHICKEN FILET w/RANCH	Turkey Supreme 19 Wild Rice Brussel Sprouts Fruited Ambrosia Alternate: SOUP DU JOUR TURKEY CAPE COD	Meatloaf w/ Gravy 20 Garlic Mashed Potatoes Country Blend Vegetables Pears Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD	Mac 'n Cheese 21 Stewed Tomatoes Green Beans Fresh Fruit Alternate: SOUP DU JOUR CORNED BEEF
Swedish Meatballs 24 Gemelli Pasta Scandinavian Vegetables Strawberries/Whip. Topping Alternate: SOUP DU JOUR EGG SALAD	Pork Rib-i-que 25 Mac 'n Cheese Side Succotash Mandarin Oranges Alternate: SOUP DU JOUR TURKEY SALAD	Buttermilk Chicken 26 Yukon Gold Potatoes Mixed Vegetables Dessert No Alts Served	Sloppy Joe 27 Potato Wedges Beets Birthday Cake Diet = Plain Birthday Cake Alternate: SOUP DU JOUR HAM SALAD	Catch of the Day 28 Wild Rice Spinach Brownie Diet = Small Piece Alternate: SOUP DU JOUR SLICED ROAST BEEF

MENUS SUBJECT TO CHANGE.

- * Diabetic Friendly
- ** Higher Sodium Entree



Lunch is served at 11:45 am. \$2.50 suggested donation.
 Call 508-799-8070 between 9-1 pm and 508-852-3205 ext 290 after 1 pm
 at least 2 days in advance by 10:30 am, to reserve a meal.

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

MONDAY		TUESDAY		WEDNESDAY	
<p>CLOSED - LABOR DAY</p> 		<p>3</p> <p>ELECTION ACTIVITY TRIP: LOBSTER LUNCHEON CRUISE 9-10 Aerobics 9-11:30 Cribbage Tournament 9:30-1:30 A TIME TO CARE 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint 12-1 Osteo Exercise-Beginner 12-1 Tai Chi Practice Group 12-3 SHINE Counselor -by Appt. Only</p>	<p>4</p> <p>12:30-2 Sewing Class 1-2 Osteo Nutrition-Beginner 2-3:30 Radio Show</p>	<p>9-9:45 ZUMBA GOLD 9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-10:30 Vietnamese Tai Chi FHA 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-11:30 DISTINGUISHED SPEAKER SERIES 10:30-12 Conversational English Club 10:30-12:30 Open Bridge 12:30-1:30 SUMMER CONCERT SERIES 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1:30-3 Open Bridge</p>	
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-10:30 Vietnamese Tai Chi FHA 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 1-3 BEMIS FARM AUTUMN CLASS</p>		<p>10</p> <p>1:30-2:30 LEARNING ITALIAN 2:30-3:30 TAI CHI FHA-MOD II</p>	<p>11</p> <p>9-10 Aerobics 9:30-12:30 FLU CLINIC 9:30-1:30 A TIME TO CARE 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. 12-1 LIBRARY OUTREACH 12-1 Osteo Exercise-Beginner 12-1 Tai Chi Practice Group 12-3 SHINE Counselor -by Appt. Only 12:30-2 Sewing Class 1-2 Osteo Nutrition-Beginner 2-3:30 Radio Show</p>	<p>11</p> <p>9-9:45 ZUMBA GOLD 9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-10:30 Vietnamese Tai Chi FHA 10-11:30 Mixed/Gentle Yoga 10-12 Acrylics Class 10-12 Cribbage 10-12:30 REIKI ONE ON ONE 10:30-12 Conversational English Club 10:30-12:30 Open Bridge 12:30-2:30 Crochet & Knit for Fun 1-3 AGELESS GRACE 1-3 Pitch 1:30-3 Open Bridge</p>	
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-10:30 BP Clinic by Walgreen's 9:30-10:30 Vietnamese Tai Chi FHA 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 10:30-11:30 HOW TO WRITE YOUR STORY & SELF-PUBLISH 11-12 Spanish Class 12:30-1:30 Beginner Spanish 12:30-1:30 Mindful Meditation 1-3 Happy Quilters</p>		<p>17</p> <p>1:30-2:30 LEARNING ITALIAN 2:30-3:30 TAI CHI FHA-MOD II</p>	<p>9-10 Aerobics 9:30-10:30 GLUCOSE TESTING BY CENTURY HOME CARE 9:30-1:30 A TIME TO CARE 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. 12-1 Osteo Exercise-Beginner 12-1 Tai Chi Practice Group 12-3 SHINE Counselor -by Appt. Only 12:30-2 Sewing Class 1-2 Osteo Nutrition-Beginner 2-3:30 MEMORY CAFÉ 2-3:30 Radio Show</p>	<p>18</p> <p>9-9:45 ZUMBA GOLD 9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-10:30 Vietnamese Tai Chi FHA 10-11:30 Mixed/Gentle Yoga 10-11:30 WRTA TRANS. APPLICATION ASSISTANCE 10-12 Acrylics Class 10-12 Cribbage 10-12:30 REIKI ONE ON ONE 10:30-12 Conversational English Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet & Knit for Fun</p>	
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-10:30 MCPHS OPTOMETRY TALK 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 10-11 BP Clinic by Overlook VNA 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12-2 QUILTING FOR THE BLIND 12:30-1:30 Beginner Spanish 12:30-1:30 Mindful Meditation 12:30 -1:30 WPD NEIGHBORHOOD CRIME WATCH MEETING</p>		<p>24</p> <p>1:30-2:30 LEARNING ITALIAN 2:30-3:30 TAI CHI FHA-MOD II 4-6 Commission Meeting</p>	<p>9-10 Aerobics 9:30-1:30 A TIME TO CARE 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 FALLON REPRESENTATIVE 10-12 RSVP-LETTER WRITING 11-11:30 COALITION TO PROTECT PATIENT SAFETY 11-12 Osteo Exercise/Maint. 11-1 CYANOTYPES 12-1 Tai Chi Practice Group 12-3 SHINE Counselor -by Appt. Only 12:30-2 Sewing Class 12:30-2:30 Podiatry clinic- by Appt Only 1-2 Osteo Nutrition-Beginner</p>	<p>25</p> <p>2-3 LIBBY 2-3:30 Radio Show</p> <p>9-9:45 ZUMBA GOLD 9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 9-3 STEADI FALL ASSESSMENTS 9:30-11 FLU CLINIC 10-11:30 Mixed/Gentle Yoga 10-12 Acrylics Class 10-12 Cribbage 10:30-12 Conversational English Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-1:30 AARP HOME FIT 12:30-2:30 Crochet & Knit for Fun 1-3 AGELESS GRACE 1-3 Pitch</p>	



BEAUMONT
 REHABILITATION AND SKILLED NURSING CENTERS

SALMON
 HEALTH and RETIREMENT

378 Plantation Street Worcester, MA 01605 • 508-755-7300

WWW.SALMONHEALTH.COM

DAY	THURSDAY		FRIDAY				
2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan	5	8:30-10 REC MOBILE MARKET 9-10 Aerobics 9-10 WALKING CLUB 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-12 RSVP-Blankets For Babies 10-11 Joe Fish Fitness 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group 11-11:45 Albanian Elder Group 1-3 Ping Pong 1-4 Friends BINGO	6	TRIP :FOXWOODS 9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-3 VISITING DENTAL ASSOC of CENTRAL MA- by Appt Only 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 ADULT COLORING 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance	12-1 Osteo Exercise-Beginner 12-1:30 Big Book Step Study 12:30-1:30 COMMON THREADS 1-3 Card Playing 1-3 FRIDAY FLICK -"FOREVER MY GIRL" 1-3:30 Watercolor/Mixed Media 2:30-3:30 TAI CHI FHA- MOD II	7	
TRIP: NIAGARA FALLS 9/4-9/7							
2-4 AARP 50+ JOB SEEKERS 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan	12	8:30-10 REC MOBILE MARKET 9-10 Aerobics 9-10 WALKING CLUB 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-12 RSVP-Blankets For Babies 10-11 BP Clinic by Shaw's 10-11 Joe Fish Fitness 10-11 MY SOUL'S JOURNEY 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10-2:30 OIL PAINTING 10:30-11:30 Vietnamese Elder Group 10:30-12:30 DIABETIC SHOE CLINIC	11-11:45 Albanian Elder Group 11:45-12:30 VEGETARIAN LUNCH (Reservation required) 1-3 Ping Pong 1-3 SAVVY CAREGIVER 1-4 Friends BINGO	13	9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:30-11:30 Latino Club 60+ 9:30-12 Healthy Eating 9:30-12:30 LEGAL CONSULTATION FOR SENIORS-APPT ONLY 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1 Osteo Exercise-Beginner 12-1:30 Big Book Step Study	1-3 Card Playing 1-3 FRIDAY FLICK-"HUMOR ME" 1-3:30 Watercolor/Mixed Media 2:30-3:30 TAI CHI FHA- MOD II	14
1-2 FLOWER ARRANGING 1-3 AGELESS GRACE 1-3 Pitch 1:30-3 Open Bridge 2-3 FLOWER ARRANGING 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan	19	9-9:45 ZUMBA GOLD 9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-10:30 Vietnamese Tai Chi FHA 10-11:30 Mixed/Gentle Yoga 10-11:30 WRTA TRANS. APPLICATION ASSISTANCE 10-12 Acrylics Class 10-12 Cribbage 10-12:30 REIKI ONE ON ONE 10:30-12 Conversational English Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet &Knit for Fun	1-2 FLOWER ARRANGING 1-3 AGELESS GRACE 1-3 Savvy Caregiver 1-3 Pitch 1:30-3 Open Bridge 2-3 FLOWER ARRANGING 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan	20	9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:30-11:30 Latino Club 60+ 9:30-12 Healthy Eating 10-11 Osteo Exercise/Maint 10-11:30 ADULT COLORING 10-11:30 Chinese ESL 10-12 Cribbage 10-12 MAB Low Vision Support Group 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1 Osteo Exercise-Beginner 12-1:30 Big Book Step Study	1-3 Card Playing 1-3 FRIDAY FLICK -"5 FLIGHTS UP" 1-3:30 Watercolor/Mixed Media 2:30-3:30 TAI CHI FHA- MOD II	21
1:30-3 Open Bridge 2-4 AARP 50+ JOB SEEKERS 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan	26	8:30-10 REC MOBILE MARKET 9-10 Aerobics 9-10 WALKING CLUB 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-11:30 FLU CLINIC 9:30-12 RSVP-Blankets For Babies 10-11 Joe Fish Fitness 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group 11-11:45 Albanian Elder Group 1-3 Ping Pong 1-3 SAVVY CAREGIVER 1-4 Friends BINGO		27	9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:30-11:30 Latino Club 60+ 9:30-12 Healthy Eating 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1 Osteo Exercise-Beginner 12-1:30 Big Book Step Study 1-3 Card Playing 1-3 FRIDAY FLICK -"THE 15:17 TO PARIS"	1-3:30 Watercolor/ Mixed Media 2:30-3:30 TAI CHI FHA- MOD II	28



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



TAKING CHARGE

What to do if your identity is stolen. According to the Federal Trade Commission (FTC) begin by placing a Fraud Alert with the three major credit reporting companies Equifax, Experian and TransUnion. Consider requesting a Credit Freeze. Monitor your progress by creating a log of all telephone calls and when sending letters use certified mail with a return receipt. Create an Identity Theft Report by submitting a complaint about the theft to the FTC, when finished print a copy of the report. This will serve as your Identity Theft Affidavit. Bring your affidavit when filing a police report.

An important way to reduce the risk of Identity Theft is to diligently review all your credit card accounts and medical statements, plus requesting a copy of your free credit report by calling 1-877-322-8228. Shred sensitive documents and consider opting out of prescreened credit and insurance offers for the next five years, by calling 1-888-567-8688.

A best practice option that's available to you in Worcester County, is the Senior Fraud Helpline, where compassionate trained volunteers are ready to help—call 1-800-297-9760.

RSVP 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.

Awe, the glory days of September...



With the Summer fading, away and Autumn's change rolling in, A beautiful season about to appear, is it time for you to VOLUNTEER?



If you can volunteer from 15-40 hours per week you will be eligible for:

- Reimbursements for your travel and meals
- Annual recognition events and monthly training opportunities
- There is a tax-free stipend for those who are income eligible
- Vacation/Sick days, and Holidays!!

Please call Joy Rehfeld @ 508-791-7783

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

50+ JOB SEEKERS REGIONAL NETWORKING GROUP!



NETWORKING WORKS!! Your AGE really is your EDGE!!
50+ Job Seekers Networking Group • Begins on September 12th
2nd & 4th Wednesdays • 2-4 pm

This NEW Job Seekers Networking Group program offers support and assistance to people age 50 and older who are looking for a new job or career direction, reentering the workforce after an employment gap or their Second Act career after retirement.

New Topic at each biweekly meeting! Facilitated by an HR professional/career coach! Join us in a comfortable forum for Guided Networking with peers. Develop new skills, tools and strategies to help in your career transition.

For information call Susan D. Kelly 781-378-0520 or susan@sdkelly.com. For registration email Melody Beach melody.beach@charter.net.

Funded by AARP and Massachusetts Association of Councils on Aging



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

THE FRIENDS OF WORCESTER'S SENIOR CENTER, INC.

It's time for the **Friends Annual member Appeal!** Each summer we appeal to our Members to help us raise supplemental funds on behalf of the Worcester Senior Center. We are always pleased and grateful that our Members value the Senior Center so much that they willing to support The Friends financially. If you haven't returned your appeal slip yet, please drop it off or mail it to the Friends Office. The **September Spectacular Calendar Raffle** drawings will be held throughout the month in the Lunchroom shortly before noon every weekday (three drawings on Fridays!). Stop in to hear if you or someone you know has won one of the **30 prizes of \$100**. Some lucky entrants may even win more than one prize, as tickets are put back into the barrel after they're drawn. Good Luck! And speaking of good luck, why not join us for Worcester's best and only afternoon BINGO game, every Thursday at 1pm in the lunchroom? Prizes, friends, fun -need we say more?



FRIENDS TRAVEL

REMINDER

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



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

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

Flyers for all trips available at the Friends Travel Office or call 508-792-2948 and leave a message. Travel office hours are Monday thru Thursday 9:30AM - 12:30PM

DAY TRIPS

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

Tuesday, Sept. 4th	Lobster Luncheon Buffet Cruise	\$95.00/per person	Due 8/1/2018
Wednesday, Oct. 24th	"Let Freedom Ring" Lunch & Show Sturbridge Host Hotel, - Lakeside Theater	\$79.00/ per person	Due 9/15/18
Wednesday, Nov. 7th	"CRUISIN" thru the Fifties, Lunch at THE VENEZIA	\$94.00/per person	Due by 10/5/18
Wednesday, Dec. 12th	"A Country Christmas" Lunch & Entertainment at the Danversport Yacht Club	\$96.00/per person	Due by 11/5/18

OVERNIGHT TRIPS

Deposit required at time of reservation as listed on flyer

Depart: 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 DUE ASAP FULL
NEW Depart: Monday, November 5 Return: Wednesday, November 7	Resorts Casino -- Atlantic City (3 days/2nights)	\$227.00/PP Dbl, \$223.00/PP Triple, \$317.00/PP Single \$50.00 DEPOSIT DUE by 8/29

FOXWOOD CASINO TRIPS

Price \$20.00 - Must be paid when making reservation

- Friday, Sept. 7th
- Friday, Nov. 2nd
- Friday, October 5th
- Friday, Dec. 7th



DINE OUT

Monday, September 10th at 4:30 PM

Imperial Buffet

380 Maple Ave., Shrewsbury, MA 01545

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



THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 8, NO. 9, SEPTEMBER 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.

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

©2018 Satori Publishing DIFFICULTY: ★☆☆☆☆

Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- Antiballistic Missile (abbr.)
- Son of Ruth
- Heddles of a loom
- Shaft
- Dismiss
- US dam
- Tier
- Winglike
- Chateaubriand heroine
- Delirium tremens (abbr.)
- Variation (pref.)
- Blaubok
- Time period
- Ecclesiastic box
- Abridged (abbr.)
- All. Coast Conference (abbr.)
- Dismal
- Beam
- Before

DOWN

- Burden
- Middle (pref.)
- Eradicate
- P.I. tree
- Gelderland city
- Viper
- E. Indian fiber plant
- Can
- Open
- Initial (abbr.)
- Bronze (Lat.)
- Languish
- Rattan
- Bacon, lettuce, and tomato (abbr.)
- Harp (Ital.)
- Entice
- Talking bird
- Refuse
- Life (pref.)
- Slip
- Title of property

ANSWER TO PREVIOUS PUZZLE

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

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

©2018 Satori Publishing A67