

THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 9, NO. 10, OCTOBER 2019



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

Worcester's Premier Senior Residential Care Facility



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SEE PG 5 FOR FEATURED PROGRAMS

APPLE CRISP SOCIAL
Tues. October 15 • 11:30 am-12:30 pm
&
DAN KIROUAC ENTERTAINER
12:30-1:30 pm

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

**WAYNE TUSKUILA, CENTRAL MASS AUCTIONEERS
ANTIQUES & APPRAISALS**

Wed. October 16 • 10:30-11:30 am
&

ESWA Sponsored Lunch 11:45 am-12:30 pm
&

**COMEDY FOR THE AGES -
SENIOR PLAYERS PRESENTS.....
THE HAVERSTON MILLS TOWN MEETING**
12:30-1:30 pm

Amazing Italy!
PRESENTED BY RON ROSENSTOCK
Wed. October 23 • 10:30-11:30 am
&
Frank Sinatra AKA Bill Reidy
12:30-1:30 pm

HILL-O-WEEN PARTY WITH UNION HILL SCHOOL
Thurs. October 31 • 9:30-11:30 am



Tie dye t-shirts with Vibra Hospital



New Dominoes Club!



Dancing the Day Away!



Throwback to the 60's

WORCESTER SENIOR CENTER PRESENTS

THE SENIOR SCOOP

taking you in new directions



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

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

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

WORCESTER SENIOR CENTER

128 Providence Street, Worcester, MA. 01604

PHONE: **508-799-1232**

FAX: 508-799-1743

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

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

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



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

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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.



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.

MONTHLY CRAFT CLASS WITH MAUREEN CARLOS

Monday, Oct 7 • 10-11:30 am
Project: Pumpkin Candle. \$3.
Call 508-799-1232 to register.



THE LIBRARIANS ARE COMING

Tuesday, Oct. 8 • 12-1 pm **NEW TIME**

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.

OIL PAINTING WITH DARRELL CROW

Thursday, Oct. 10
10-2:30 pm

Bring home a painting in one class!
\$15.00 class fee and approximate \$10.00



fee to purchase or rent supplies that include: paints, brushes and canvas. Fees due on the day of the class. Class size limited. Class project: **Indian Summer**. A1/2 hr. break provided for lunch. Register by calling 508-799-1232.

WPD COMMUNITY CONCERNS MEETING AND MEDICATION TAKE BACK BIN

Thursday, October 10 & 24 (2nd and 4th Thurs. of the month) 11:30 am-12:30 pm

Join WPD Officer Sean Lovely to discuss neighborhood issues and concerns. Medication Take Back Bin will be available for your old meds.

FREE DROP IN COLORING FUN

Friday, Oct. 11 • 10-11:30 am

2nd Friday of the month. Relaxing & fun!

WOOD BURNING ART CLASS

Thursday, Oct. 3 & 17 • 12:30-1:30 pm

Learn how to wood burn with Dung Nguyen \$3.00 class fee. Tool & supplies included. Class size limited. Call 508-799-1232 to sign up.

BOOK DISCUSSION

Thursday, Oct. 17 • 1-2 pm

We are reading **Proof of Heaven** by Eben Alexander, thousands of people have had near-death experiences, but scientists have argued that they are impossible. ... Then, Dr. Alexander's own brain was attacked by a rare illness. The part of the brain that controls thought and emotion—and in essence makes us human—shut down completely. **In November we are reading *The Light Between Oceans* by M.J. Steadman.**

NEW DOMINO CLUB

Thursdays, 9:30-11:30 am

Open to All, from beginner's to experienced players. Come have fun!!



BEMIS FARM LANTERN CENTERPIECE

Mon. Oct. 21 • 1-2:30 pm

\$10 per person.
Please register for this beautiful fall centerpiece by calling 508-799-1232.



HERBERT E. BERG

FLOWER ARRANGING

Wednesday, Oct. 23 • 1-2 & 2-3 pm

Make and take home a **Halloween arrangement**. \$12 fee to be paid at the time of the class. Sign up at the front desk or call 508-799-1232.

LIBBY LIBRARY EXPRESS

WORCESTER PUBLIC LIBRARY

Tuesday, Sept. 22 • 2-3 pm

Great book selections and DVD's. Come check it out!!

SEWING CLASS

Tuesdays • 12:30-2 pm

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

WATERCOLOR / MIXED MEDIA

Fridays, 1-3:30 pm

FREE Have fun and paint with Elio Sonsini.

WE'VE GOT TO HAVE FRIENDS

Thanks to Friends of Worcester's Senior Center for supporting our reach back into history with the Shades of Gray concert and the Family Letters performance.

50+ JOB SEEKERS REGIONAL NETWORKING GROUP!

NETWORKING WORKS!!
YOUR AGE REALLY IS YOUR EDGE!!

Wednesday, Oct. 9, 23 & 30 • 9:30-11:30 am

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



THE REGIONAL ENVIRONMENTAL COUNCIL'S MOBILE MARKET:

FRESH FRUITS, VEGETABLES AND MORE... THURSDAYS, 8:30-10 AM
Last day, Thursday, Oct. 31st
Winter Mobile Market Schedule coming soon.



COMING IN NOVEMBER

- Veterans Day commemorating the Vietnam War, Fri. November 8th
- Diwali Festival, Mon. November 18th
- Craft Fair, Tues. Nov. 26th • 10 am-2 pm
- Mayor Joseph M. Petty & Atty Anthony Vigliotti sponsor Thanksgiving Lunch, Tues. Nov. 26 • 11:45 am



SENIOR CENTER FRIDAY FLICKS

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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



Distinguished Speaker Herb Crehan

SPEND THE DAY AT THE WORCESTER SENIOR CENTER!

WAYNE TUSKUILA, CENTRAL MASS AUCTIONEERS ANTIQUES & APPRAISALS

Wednesday, October 16 • 10:30-11:30 am

Wayne Tuiskula, former dealer at the Brimfield Antique Flea Market and collectibles appraiser for PBS "Antiques Roadshow" with over 18 years' experience as an auctioneer when he formed Central Mass Auctions, will share tidbits on appraisals. Wayne will not be conducting appraisals on this day.



11:45 am-12:30 pm

ESWA Lunch sponsored by: Please call 508-799-8070 to reserve your meal.



COMEDY FOR THE AGES - SENIOR PLAYERS PRESENTS..... THE HAVERSTON MILLS TOWN MEETING 12:30-1:30 pm

The citizens of Haverston Mills may range from sensible to eccentric to downright zany, but they are invariably fun to watch. And now the town faces a very important decision and everyone has an opinion. If only the Town Moderator can keep it together. A thoroughly fun comedy performance!!

Written by Steve Henderson.



APPLE CRISP SOCIAL

Tuesday, October 15 • 11:30 am-12:30 pm

Meet and greet Mass. State Senator Michael Moore and enjoy a nice fall apple crisp treat after lunch!!

Dan Kirouac Entertainer 12:30-1:30 pm

After the social, sing along with entertainer Dan Kirouac with music from some of the nation's best-loved songs of the 1950s, 1960s, and early 1970s..... a jukebox of memories from the stars of pop, light rock, and easy-listening.



Amazing Italy!

PRESENTED BY RON ROSENSTOCK

Wednesday, October 23 • 10:30-11:30 am

Where else could you walk in the footsteps of Michelangelo, Da Vinci, Donatello, and Tintoretto just to name a few. Italy was the birth place of the renaissance. At no other time have so many great artists left their mark on history. Ron Rosenstock has been inspired by the creative spirit of the Italian renaissance and has been going to Italy once a year to photograph for over twenty years. He has been taking photos in Florence, Tuscany and Venice. Join him for an unforgettable experience through his photographs. Ron Rosenstock is represented by Sbrogna's Artistic Promotions. www.sbrognaart.com



Italian themed ESWA Lunch to be served. Please call 508-799-8070 to make your meal reservation. A \$2.50 donation is appreciated.



Frank Sinatra AKA BILL REIDY

12:30-1:30 pm

Performing some of his greatest hits!



ANNUAL MULTICULTURAL POTLUCK

Friday, October 18 • 1-3 pm

Bring in your favorite family dish to share that reflects your heritage, sample dishes from others. Sign up at the front desk or call 508-799-1232. Don't forget to let us know what dish you plan to bring, label your dish and include the recipe to share!



Dung Nyugen Art Exhibit and Reception



HILL-O-WEEN PARTY WITH UNION HILL SCHOOL

Thursday, October 31 • 9:30-11:30 am

Join the Worcester Senior Center and our tenants along with the Worcester Fire Dept., Worcester Police Dept., and the 365Z Foundation for Halloween fun and a costume parade!!



Halloween themed refreshments sponsored by Morris A. Bergman, Councilor-At-Large

Decorations sponsored by:



VISITING DENTAL ASSOCIATES OF CENTRAL MA

Friday, October 4 • 9:15 am-3 pm
Public Health Dental Hygienists will provide: dental cleanings, sealants, fluoride treatments as well as care for partials and dentures, periodontal (deep) cleanings and Health, Commonwealth Care Type 1 accepted, discounts offered to uninsured. Ask for a price list. Call 508-799-1232 to make an appt. Registration forms located at the front desk.

EASTWAY WELLNESS, LLC TRADITIONAL CHINESE MEDICINE

Monday, October 7 • 10 am-12 noon
Learn self-massage and helpful meridian points. Enjoy acupuncture & acupressure with professional acupuncturist and massage therapist. We'll teach you how to relieve pain and check your health using traditional Chinese medicine theory. Enjoy refreshments, raffles and gift card/health wellness basket! **You must register in advance, call 508-799-1232 for the presentation and 15 minute session.**

REIKI HEALING: "ART OF CHANNELING LIFE-FORCE ENERGY"

Thursday, October 10 • 10-11 am
June House RN, Reiki Master, & Nutritional & Wellness coach will be presenting the history of Reiki, its 5 principles and benefits of receiving a Reiki treatment. Experience Life-Force Energy meditation. Hear June's experiences as a Master Reiki Healer. Call 508-799-1232 to register

OCTOBER SAFETY TIP

Get the flu vaccine. The Centers for Disease Control (CDC) recommends that adults aged 65 and older get a flu vaccine each year, ideally by the end of October.

LIVING WELL WITH HEARING LOSS

Thursday, October 17 • 10-11:30 am
Do you have a hearing loss? Do you know someone with a hearing loss? Do you wish to learn how to live well with a hearing loss? Join Worcester State University speech-language pathology graduate students as we discuss the impact of hearing loss on communication and general well-being. The importance of treating hearing loss, types of amplification and assistive devices, and strategies to facilitate communication. Q&A to follow. Call 508-799-1232 to sign up.



HEALTH CARE PLANNING AMBASSADOR WORKSHOP

Tuesday, October 22 • 9-10:30 am
Become an Ambassador and the in-house expert at your organization or group to help adults make a personal health care plan. Care professionals and community volunteers will learn how to confidently help adults complete a MA Health Care Proxy and Personal Directive (Living Will) and connect adults to everyday good care. Ambassadors receive free multi-lingual tool kits & an Ambassador Certificate. Register at <https://www.honoringchoicesmass.com/news/workshops/> or call 508-799-1232.



PODIATRY CLINIC

Tuesday, October 22 • 12:30-2 pm
Appt. required. No walk-ins. Call 508-755-9573 beginning **Oct. 1st** to make your appt.

**CENTURY HOME CARE
GLUCOSE TESTING
Tuesday, October 15 • 9:30-11 am**

**FLU CLINIC WITH
AUBURN PHARMACY**
Tues. October 8 • 11 am-1 pm
Insurance and Medicare Cards required.

ANNUAL MEDICARE UPDATE WITH THE SHINE PROGRAM

Tuesday, October 29 • 10-11:30 am
Compare your plan to new options. See if you can lower some costs or find a plan that better suits your needs. Even if you like your current plan, check to see if the costs or coverage are changing. Call 508-799-1232 to sign up.

FREE TAI CHI WITH MASTER DANSEREAU

Wednesdays, 2:30-3:30 pm
Learn Tai Chi 24-Form Yang style with Master John Dansereau, 5th Degree Black Belt Certified Tai Chi & Karate Instructor. Prior experience with Tai Chi welcome but not required. Free pilot program thru Dec. 18th Call 508-799-1232 to register.



IN THE UNITED STATES,
the flu is responsible for making about 40 million people sick each year. With the flu season quickly approaching the best way for you to stay protected from the flu is to **get your flu shot.** The flu shot protects you from getting sick, protects you from serious flu-related complications, and protects your friends, family, and community.

Prevent the spread of the flu this season by **getting your flu vaccination.**

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!

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Call Marla O'Connor at 508-792-1456

Hear For Your Life

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- Wax Removal
- Hearing Protection
- Musician's Earplugs
- Swim Plugs

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

FREE EXERCISE CLASSES Rhonda Hamer, Osteo Instructor, ACE Certified Personal Trainer, Certified Silver Sneakers Instructor. Participants must sign in to class. Donations appreciated.

Mondays- Seated Strength 1:30-2:15 pm: Time to get pumped! Work towards strengthening muscles; work the whole body without ever leaving the chair.

Wednesdays- Seated Core 1:30-2:15 pm: Grab a chair and work your core without getting on the floor. We'll work on engaging the muscles that make up the core while seated or standing with the support of a chair.

Fridays- Seated Stretch/Yoga 1:30-2:15 pm: Get ready to move through series of seated yoga poses with standing options. Chair support is offered so you can perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Sponsored by:



CAREGIVER SUPPORT GROUP NEW  **alzheimer's association**
Tuesday, October 15 • 1-2 pm

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

FREE NEW ZUMBA GOLD EXERCISE CLASS 
Friday, Oct. 4, 11, 18 & 25 • 9:30-10 am

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

REIKI ONE ON ONE

Monday, October 7 • 10 am-11:30 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. Reiki healing works with all other medical or therapeutic techniques to relieve side effects and recovery from pain. Each session is to be paid at time of service. \$10.00 per session.



FREE MINDFUL MEDITATION

Monday, Oct. 21 & 28 • 12:30-1:30 pm

Continuing with our successful meditation series, Robert Harrington CCH will return to present guided meditation based on the book, The Four Agreements. Donations accepted. Scholarships available, contact Patty Hainsworth at 508-799-1232 xt. 48012 for more information.

COMPUTER HELP

Are you struggling with a new computer or tablet? Have you gotten some help from family but still have some questions? Did you recently upgrade to Windows 10 from an older computer that you loved, but which is now obsolete? You can get simple, non-technical answers to your questions by scheduling a private session. A one-to-one lesson will focus on your specific issues (cost is \$10/hour). Call 508-799-1232 ext. 48008, and leave a message for Ann Stamm, Computer Lab Coordinator. Your call will be returned.

GAMES/CRAFTS/MUSIC

Pitch: Wednesdays, 1-3 pm

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

Movies: Fridays at 1:00 pm

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

Cribbage: daily at 10:00 am

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

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

Scrabble: Mondays, 10 am-1 pm

Beginner Scrabble: Mondays, 10 am-1 pm

RSVP Blankettes Group: Thursdays at 9:30 am

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

Drop In Coloring Fun: 2nd Friday of the month

LEARN SOMETHING NEW

Spanish Class: Mondays, 11 am-Noon

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

Beginner French Fridays 11-12 pm

ESL for CHINESE: Fridays 10-11:30 am

Beginner ESL for Vietnamese: Thursdays 9:30-10:30 am

SeniorSpeak Taping: Tues at 2:00 pm. Airs Mon. at Noon WCUW 91.3 FM & on WCCA Channel 13 Mon. at 1 am, Tues. at 12:30 pm, Wed. at 10 pm and Thurs. at Noon

GET FIT & HAVE FUN

Yoga for the Active Senior w/ Fern: Monday at 10 am, \$10/class, discounts for multi-class pass

Mixed Gentle Yoga (chairs optional) w/ Fern: Wednesday at 10 am, \$10/class, discounts for multi-class pass

Joe Fish Fitness: **CLASS FULL**

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

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

Chinese Tai Chi: Fridays 9-9:30

Ping Pong: Thursdays 1-3 pm

MEETINGS

Commission on Elder Affairs: 4th Monday at 4 pm

African American Elder Group: Thursdays at 10 am

Vietnamese Elder Group: Thursdays at 10:15 am

Chinese Elder Group: Fridays 9-10 am

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

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

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

SUPPORT SERVICES

Advocacy, information services and application assistance:

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

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

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

FREE LEGAL CONSULTATIONS with Atty. Michael Gorman

Friday, Oct. 18 • 9:30 am-12:30 pm

FREE NOTARY & LEGAL CONSULTATIONS with Atty. Anthony J. Vigliotti

Thursday, Oct. 17 • 10 am-12 noon
Call Linda Wincek-Moore to schedule an appt. at 508-799-1232 ext. 48011.

FRIDAY TAKE OUT

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



MEMORY CAFE

Tuesday, October 15 • 2-3:30 pm

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



LGBTQ SENIORS

Please contact Linda Wincek Moore by calling 508-799-1232 ext. 48011 or email her at

moorelw@worcesterma.gov if you would be interested in helping to start a support/social group at our Senior Center.



SHINE: Serving the Health Information Needs of Everyone

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

IMPORTANT MAIL ABOUT YOU DRUG AND HEALTH PLANS!!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be mailed an information package by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for **2020. Premiums, deductibles, co-pays, providers and the drugs covered by your plan can change significantly!** This is important information and if you do not understand it, you should discuss it with your family or caregivers.

During the annual Medicare Open Enrollment Period (**October 15th - December 7th**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have.

IMPORTANT INFORMATION

Always remember that if you are turning 65 you should contact Social Security to enroll in Medicare. Medicare eligibility has no connection to your eligibility for Social Security benefits. Also, coverage from the Health Connector does not exempt you from this requirement to enroll in Medicare, as you will lose your Health Connector subsidy when you turn 65. If you have any questions you should contact your SHINE regional office at 1-800-243-4636 Option #3.

SHINE Volunteer: Hazel Nourse.
Appointment required, call: 508-799-1232, ext. 48003. 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 **October 10:** Vermicelli with Chunky Strips (Bún Thịt Xào chay) (Soy protein made in chunks served with vermicelli, brown sauce & fresh bean sprouts).



TRANSPORTATION

For information and assistance, visit or call Senior Center Client Advocates at 508-799-1232 Linda (ext. 48011, Yung (ext. 48006) or Lindita (ext. 48003).

2 WRTA Routes Service the Worcester Senior Center:

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

"TIME TO CARE"

RESPITE DAY PROGRAM

Tuesdays, 9:30 am-1:30 pm

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



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

LATINO CLUB 60+
Mondays & Fridays 9:30-11:30 am
Contact Jose Curet, Club 60+
Latino Elder Group Coordinator
508-799-1232 ext. 48007 for more
information about the program.
EL CLUB LATINO 60+
Los lunes y Viernes
Para más información, puede
comunicarse con Jose Curet, a
508-799-1232 ext. 48007.

CHINESE ELDER PROGRAM
EVERY FRIDAY:
9 AM Exercise & Breakfast with tea
10 AM ESL class
11 AM Lunch
12:30 PM Chinese Mandarin class
Contact Wei Shi 508-799-1232 ext. 48014
shiw@Worcesterma.gov (Chinese)
or Yung Phan 508-799-1232 ext. 48006
PhanD@Worcesterma.gov (English)
每星期五 中國老年人活動節目
上午九點：做操鍛煉與早茶
十點：ESL英語課
十一點半：午飯
下午十二點半：中文課（普通話）
與曹履成先生關係（中文：電話：
508-799-1232 ext. 48012。
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
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
- Hạp 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.



Leah Enjoying Woodstock Themed Music



Shirley McAfee, the Singing Nurse, with Her Dad



Eamon McCarthy Earls and Peace Loving Amy



Enjoying the 60's

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• A variety of activities
• Internet access in the library
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COLONY^{III}
1 and 2 bedroom availability. Eligibility income limit is \$48,100 for one person, and \$54,950 for two persons. Call for more details.
(508) 755-0444 www.colonyretirementhomes.com

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Garden Style Apartments
The apartments for seniors at Colony Retirement Homes I are located in a country like setting. A short walk takes you to shopping, restaurants, banks, the bus line, and much more. Come and see for yourself.
HUD's Section 8 Housing Assistance Program provides rent subsidy. To qualify a person must be 62 and be under the income limit of \$30,050. Stop by or call for more details.
Colony Retirement Homes I
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(508) 852-5285
www.colonyretirementhomes.com



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in our Worcester area



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- ◇ 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 * Diabetic Friendly ** Higher Sodium Entree	Burger 1 Chili & Cheese Sweet Potato Fries Fresh Fruit Sandwich Roll Alternate: SOUP DU JOUR EGG SALAD	Roast Porkloin w/ Gravy 2 Herbed Stuffing Country Blend Vegetables Baked Apples Corn Muffins Alternate: SOUP DU JOUR SLICED HAM	Turkey Supreme 3 Apple Cornbread Stuffing Roman Blend Vegetables Pear Crisp (cold) Diet = Applesauce Alternate: SOUP DU JOUR SLICED TURKEY	Jambalaya 4 Rice Pilaf Green Peas Pineapple Alternate: SOUP DU JOUR N.Y. PASTRAMI
Shepard's Pie 7 Carrots Peas Chocolate Pudding Diet = Dt. Choc. Pudding Alternate: SOUP DU JOUR CHICKEN SALAD	Chicken Picatta 8 Wild Rice Broccoli Peaches Alternate: SOUP DU JOUR HAM SALAD	Meatloaf w/ Gravy 9 Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit 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 Drumsticks 11 Seasoned Potatoes Roasted Brussels Sprouts Streusel Cake Diet = Half Piece Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD
Columbus Day 14 NO MEAL SERVED	Pinwheels w/Marinara & Meatballs 15 Broccoli Fresh Fruit Alternate: SOUP DU JOUR RANCH CHICKEN SALAD w/ BACON	Chicken Milano 16 Wild Rice Spinach Peaches No Alt Served	Salisbury Steak 17 Garlic Mashed Potatoes Herbed Carrots Strawberries/Whip Top Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD	Potato Crunch Fish 18 Potatoes Au Gratin Mixed Vegetables Brownie/ Diet = 1/2 Piece Alternate: SOUP DU JOUR CORNED BEEF
BBQ Pulled Pork 21 Coleslaw Three Bean Salad Fresh Fruit Sandwich Roll Alternate: SOUP DU JOUR EGG SALAD	Soup of the Day 22 Turkey Salad Sandwich Side Salad w/Dressing No Alt Served	Meatballs w/Red Sauce 23 Bow Tie Pasta Broccoli Dessert No Alt Served	BBQ Chicken 24 Mashed Potatoes Country Blend Vegetables Birthday Cake Diet = Half Piece Alternate: SOUP DU JOUR HAM SALAD	Vegetable Cheese Bake 25 Seasoned Potatoes Green Beans Fresh Fruit Alternate: SOUP DU JOUR SLICED ROAST BEEF
Lasagna & Meatballs 28 Green Beans Vanilla Pudding Diet = Dt. Vanilla Pudding Italian Bread Alternate: SOUP DU JOUR CHICKEN SALAD	Chicken Fajitas 29 Spanish Rice Black Beans & Corn Sour Cream Pineapple Alternate: SOUP DU JOUR ALBACORE TUNA SALAD	Roast Pork w/ Gravy 30 Cranberry Stuffing California Vegetables Cold Apple Crisp Diet=Applesauce No Alt Served	Beef Steak w/ Onions & Peppers & Cheese 31 Red Bliss Potatoes Honey Glazed Carrots Pumpkin Spice Cake Sandwich Roll Alternate: SOUP DU JOUR EGG SALAD	MENUS SUBJECT TO CHANGE. 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.



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 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.

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



MONDAY		TUESDAY		WEDNESDAY					
		<p>9-11 BP WITH DPH NURSE AMELIA 9:30-1:30 A TIME TO CARE 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE 12-1 OSTEO BEGINNER</p>		<p>12-1 Taijiquan Practice Group 12:30-2 Sewing Class 1-2 OSTEO NUTRITION/ BEGINNER 2-3:30 Radio Show</p>		<p>9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1:30-2:15 SEATED CORE CLASS</p>			
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 Cribbage Tournament 10-11:30 MONTHLY CRAFT CLASS 10-11:30 REIKI ONE ON ONE 10-11:30 Yoga for the Active Senior 10-12 TRADITIONAL CHINESE MEDICINE PRESENTATION 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class</p>		<p>12:30-1:30 BEGINNER SPANISH 7 1-3 Happy Quilters 1:30-2:15 SEATED STRENGTH CLASS 2:30-3:30 LEARNING ITALIAN 2:30-3:30 TAI CHI FHA MOD III</p>		<p>9-11 BP WITH DPH NURSE AMELIA 9:30-1:30 A TIME TO CARE 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 RSVP- Letter Writing 10-12 SHINE Counselor -Appt. Only 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE 11-1 FLU CLINIC</p>		<p>12-1 LIBRARY OUTREACH 8 12-1 Taijiquan Practice Group 12:30-2 Sewing Class 2-3:30 Radio Show</p>		<p>9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-11:30 AARP 50+ Job Seekers 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1:30-2:15 SEATED CORE CLASS</p>	
<p>COLUMBUS DAY CLOSED</p> 		<p>14 TRIP: CELEBRATE POLKA! 9-11 BP WITH DPH NURSE AMELIA 9:30-10:30 GLUCOSE TESTING BY CENTURY HOME CARE 9:30-1:30 A TIME TO CARE 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint.</p>		<p>11-12 SAIL EXERCISE 11:30-12:30 APPLE CRISP SOCIAL 15 12-1 Taijiquan Practice Group 12:30-1:30 DAN KIROUAC CONCERT 12:30-2 Sewing Class 1-2 CAREGIVER SUPPORT GROUP 2-3:30 MEMORY CAFE 2-3:30 Radio Show</p>		<p>9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-11:30 DISTINGUISHED SPEAKER SERIES 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-1:30 COMEDY FOR THE AGES 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch</p>			
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12-1:30 MINDFUL MEDITATION 12:30-1:30 BEGINNER SPANISH 1-2:30 BEMIS FARM CENTERPIECE 1-3 Happy Quilters</p>		<p>1:30-2:15 SEATED STRENGTH CLASS 21 2:30-3:30 LEARNING ITALIAN 2:30-3:30 TAI CHI FHA MOD III</p>		<p>9-10:30 AMBASSADOR WORKSHOP 9-11 BP WITH DPH NURSE AMELIA 9:30-1:30 A TIME TO CARE 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE 12-1 Osteo Nutrition Maint. 12-1 Taijiquan Practice Group</p>		<p>12:30-2 Podiatry Clinic- Appt Only 12:30-2 Sewing Class 2-3 LIBBY 2-3:30 Radio Show</p>		<p>9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-11:30 AARP 50+ Job Seekers 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-1:30 CONCERT WITH DUANE CARLSON 12:30-2:30 Crochet & Knit for Fun 1-2 FLOWER ARRANGING</p>	
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12-1:30 MINDFUL MEDITATION 12:30-1:30 BEGINNER SPANISH 1:30-2:15 SEATED STRENGTH CLASS</p>		<p>1:30-2:30 LEARNING ITALIAN 28 2:30-3:30 TAI CHI FHA MOD III 4-6 commission meeting</p>		<p>9-11 BP WITH DPH NURSE AMELIA 9:30-1:30 A TIME TO CARE 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-11:30 MEDICARE UPDATE BY SHINE 10-12 Cribbage 10-12 RSVP- Letter Writing 10-12 SHINE Counselor -Appt. Only 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE</p>		<p>12-1 Taijiquan Practice Group 12:30-2 Sewing Class 2-3:30 Radio Show</p>		<p>29 9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-11:30 AARP 50+ Job Seekers 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12:30 Open Bridge 11:30-1:30 FRIEND'S MUNICIPAL CANDIDATE'S FORUM 12-1 Vietnamese Dancing Class</p>	



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DAY		THURSDAY		FRIDAY			
1:30-3 Open Bridge 2:30-3:30 TAI CHI CLASS WITH MASTER DANSEREAU	2	8:30-10 REC MOBILE MARKET 9-10 WALKING CLUB 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-11:30 DOMINOES 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Albanian Elder Group 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group	10:30-11:30 Vietnamese Elder Group 12:30-1:30 Vietnamese Chorus Group 12:30-1:30 WOOD BURNING CLASS 1-3 Ping Pong 1-4 FRIENDS BINGO	3	TRIP: FOXWOODS 9-9:45 Chinese Tai Chi 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:15-3 VISITING DENTAL ASSOC of CENTRAL MA- by Appt Only 9:30-10 ZUMBA GOLD 9:30-11:30 Latino Club 60+ 10-11 LATINO ESL 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 BEGINNER 1-3 Card Playing 1-3 FRIDAY FLICK- "WELCOME TO MARWEN" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA MOD III	4
1:30-3 Open Bridge 2:30-3:30 TAI CHI CLASS WITH MASTER DANSEREAU	9	8:30-10 REC MOBILE MARKET 9-10 WALKING CLUB 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-11:30 DOMINOES 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Albanian Elder Group 10-11 REIKI PRESENTATION 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group	10-2:30 OIL PAINTING 10:30-11:30 Vietnamese Elder Group 11:30 -12:30 WPD COMMUNITY CONCERNS MEETING 11:45-12:30 VEGETARIAN LUNCH (Reservation required) 12:30-1:30 Vietnamese Chorus Group 1-3 Ping Pong 1-4 FRIENDS BINGO	10	9-9:45 Chinese Tai Chi 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:30-10 ZUMBA GOLD 9:30-11:30 Latino Club 60+ 10-11 LATINO ESL 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 1-3 Card Playing 1-3 FRIDAY FLICK - "ON THE BASIS OF SEX" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA MOD III	11
1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge 2:30-3:30 TAI CHI CLASS WITH MASTER DANSEREAU	16	8:30-10 REC MOBILE MARKET 9-10 WALKING CLUB 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-11:30 DOMINOES 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Albanian Elder Group 10-11:30 LIVING WELL WITH HEARING LOSS 10-12 LEGAL CONSULTATION FOR SENIORS-APPT ONLY	10-12 Cribbage 10-12 SHINE Counselor - Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group 12:30-1:30 Vietnamese Chorus Group 12:30-1:30 WOOD BURNING CLASS 1-2 BOOK DISCUSSION CLUB 1-3 Ping Pong 1-4 FRIENDS BINGO	17	9-9:45 Chinese Tai Chi 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:30-10 ZUMBA GOLD 9:30-11:30 Latino Club 60+ 9:30-12:30 LEGAL CONSULTATION FOR SENIORS-APPT ONLY 10-11 LATINO ESL 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage	10-12 MAB Support Group 11-12 Beginner French 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 1-3 Card Playing 1-3 FRIDAY FLICK - CANCELLED 1-3 MULTICULTURAL POTLUCK 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA MOD III	18
1-3 Pitch 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge 2-3 FLOWER ARRANGING 2:30-3:30 TAI CHI CLASS WITH MASTER DANSEREAU	23	8:30-10 REC MOBILE MARKET 9-10 WALKING CLUB 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-11:30 DOMINOES 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Albanian Elder Group 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group	12:30-1:30 Vietnamese Chorus Group 1-3 Ping Pong 1-4 FRIENDS BINGO	24	9-9:45 Chinese Tai Chi 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:30-10 ZUMBA GOLD 9:30-11:30 Latino Club 60+ 10-11 LATINO ESL 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 BEGINNER 1-3 Card Playing 1-3 FRIDAY FLICK - "THE PROFESSOR AND THE MADMAN" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA MOD III	25
12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge 2:30-3:30 TAI CHI CLASS WITH MASTER DANSEREAU	30	8:30-10 REC MOBILE MARKET 9-10 WALKING CLUB 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-11:30 DOMINOES 9:30-11:30 HILL-O-WEEN PARTY 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE- CANCELLED 10-11 Albanian Elder Group 10-12 Cribbage	10-12 SHINE Counselor - Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group 12:30-1:30 Vietnamese Chorus Group 1-3 Ping Pong 1-4 FRIENDS BINGO	31			



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Write letters and make cards for hospitalized children, seniors that feel lonely, veterans, soldiers overseas, students and many more!
YOU have the potential to bring joy to someone today!

- Writing and making cards by hand feels good!
- Handwritten notes spread love.
- You don't have to be a writer or an artist to send meaningful notes.
- Do you live in a senior, retirement or assisted living community? Start a **Snail Mail with Heart** group today!

Call Tiffany at RSVP Volunteers of Central MA to be part of **Snail Mail with Heart** and send a huge smile to someone today! Ask about other RSVP opportunities and benefits! RSVP Volunteers of Central MA is located on the third floor of the Worcester Senior Center. Call or email now! 508-791-7787 or benacquista@rsvpcentralma.org.

RSVP is sponsored locally by Family Services of Central MA

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 3 million 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 15th. 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>

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

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 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
 508-799-1232 ext.48020

*The Sweet Calm Sunshine of October,
 The leaves have ripened to the fall, do not
 fear autumn is here!
 This is the best season for you to begin 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

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.

SAVE THE DATE!!

EVENT: Mystery Dinner Theater (Theme Pending)

PRESENTED BY: The Comical Mystery Tour

DATE: Saturday December 7, 2019

SPONSORS: Quinsigamond Community College Alumni Association Advisory Board and QCC Hospitality Students.

TIME: Doors open at 5pm and average runtime 2 1/2 hours Menu & details will be in the October & November Newsletter.

COST: \$35 per person, \$60 per couple, or \$175 per table (6 people)

FOR MORE INFORMATION CONTACT:

QCC's Bobby M's Diner (located in the Worcester Senior Center)
 rking@qcc.mass.edu or call 508-815-9569

or QCC Contact: June Vo jvo@qcc.mass.edu
 or call 508-854-4235.



thecomicalmysterytour.com



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

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

DAY TRIPS

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

Tues., Oct. 15	Celebrate Polka!!! At the Aqua Turf, Plantsville, CT "The Polka Family Band"	\$94.00/per person
Fri. Nov. 22	A Salem Cross Christmas & Bright Nights Lights Choice of Chicken Pie or Maple Salmon	\$84.00/per person
Fri., Dec. 13	Yuletide Newport, decorated mansion, followed by lighting display at LaSalette Shrine	\$84.00/per person
Tues., Dec. 31	An American Bandstand, New Year's Eve Day, Lake Pearl, Wrentham, MA. Choice of Sirloin Steak, Baked Stuff Chicken, Baked Scrod	NEW \$94.00/per person

OVERNIGHT TRIPS

Deposit required at time of reservation as listed on flyer

Depart: Sunday, February 23, 2020	Atlantic City	Special Double, \$219.00/pp, Triple \$215.00/pp, Single \$299.00/pp. NEW Deposit due by 12/26/19
Return: Tuesday, February 25, 2020		

FOXWOOD CASINO TRIPS

Price \$20.00 - Must be paid when making reservation

Fridays: October 4, November 2 & December 6

SAVE THE DATE
 Wednesday, June 17-19,
 2020 
 Penn Dutch
 Showstopper -
 Sound Theater "Queen Esther"

**FRIEND'S MUNICIPAL
 CANDIDATE'S FORUM**
 Wednesday, October 30
 11:30 am-1:30 pm 
 We, the "FRIENDS" are proud to host our 2019 Municipal Candidate's Forum at the Senior Center. We have done this for many years to provide an opportunity to meet, greet and ask questions of all those individuals running for every Worcester-based office. Additionally, a **FREE** lunch (11:45 am-12:15 pm) will be provided, but you must register in advance. Space is limited. Call the Friend's office at 508-799-1232 X48020 to reserve your lunch. See you then!

AND BINGO IS OUR NAME-O!

Congratulations to the FRIENDS Board of Directors and its Bingo team for completing its 6th year as Central Massachusetts' only afternoon Bingo game sanctioned by the Massachusetts State Lottery Commission. Every Thursday, from 1-3:30 pm, our Bingo Bonanza players take home up to \$1100 in cash or more.

FRIENDS Bingo is a wonderful weekly fun, social and profitable event for our players. We welcome experienced and novice players so bring some friends. And Dottie's Coffee Corner is always open for Bingo snacks.



THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 9, NO. 10, OCTOBER 2019

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.

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

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Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

1 Flood
4 Onager
7 Adopted son of Mohammed
10 Two
11 Baseball equipment
12 P.I. food
14 Gumbo
15 Kier (2 words)
17 Bronze (Lat.)
18 "The Bartered Bride" character
19 Collection of sayings
20 Honey possum
22 Ancient (abbr.)
24 Cue (2 words)
27 Massenet opera
31 Yemen capital
32 Legal action
34 Grape-vine disease
35 Galsworthy heroine
37 Windlass

DOWN

1 Teakettle: Fr. slang
2 Otolite (2 words)
3 Ohio college town

39 Exclamation
41 Womb (pref.)
42 N. Caucasian language
45 Braz. fiber plant
47 Complete
50 Sarcasm
52 Pointed arch
53 Old-fashioned oath
54 Soul or spirit (Fr.)
55 Heddles of a loom
56 Noun-forming (suf.)
57 Prepaid (abbr.)
58 Mountain peak

ANSWER TO PREVIOUS PUZZLE

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

4 Surgeon's instrument (abbr.)
5 Fr.-Ger. region
6 Streak
7 Ibsen character
8 Volcanic scoria matter
9 Dayak people
10 Dead on arrival

13 Luzon people (abbr.)
16 Fellow
18 Russ. community farm
21 Sneezewood
23 Riquary
24 Greek letter
25 Row
26 December (abbr.)
28 Convex molding
29 Amazon tributary
30 Saint (Sp.)
33 Arctic dog
36 Geological epoch
38 Size of coal
40 Medieval goblet
42 Jap. apricot
43 Il. magistrate
44 Persia today
46 Royal Canadian Mounted Police (abbr.)
48 Caper
49 Moon vehicle (abbr.)
51 Banned pesticide
52 S.A. tuber