

THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 10, NO. 6, JUNE 2020

June 2020 Senior Scoop

Dear Readers,

Unlike many senior center newsletters, I don't usually put in a "Message from the Director" because there is only so much space and we have so many wonderful programs and services to publicize.

This June edition is different. I am writing this in April in order to meet the publisher's deadline. *April, springtime, daffodils, forsythia, and yes "showers to bring more flowers."*

But this April, now, as unsettling as it is, I truly have no idea whether the doors of the Worcester Senior Center will be open to the public for June activities. I DO know that we will get through this pandemic and open once again eventually, to greet you and the many new friends we've made along the way.

That is the silver lining in this crisis, appreciating friendships and connection with other people.

Be well,

Amy

Amy Waters, Director

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



The Oasis is more affordable than you think and provides a higher level of care than traditional assisted living.

- Alzheimer's & Dementia Care
- 24/7 RN & Medical Director
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GUIDANCE FOR CLEANING & DISINFECTING

PUBLIC SPACES, WORKPLACES, BUSINESSES, SCHOOLS, AND HOMES



SCAN HERE FOR MORE INFORMATION

Follow guidance from state, tribal, local, and territorial authorities.

1 DEVELOP YOUR PLAN

DETERMINE WHAT NEEDS TO BE CLEANED.

Areas unoccupied for 7 or more days need only routine cleaning. Maintain existing cleaning practices for outdoor areas.

DETERMINE HOW AREAS WILL BE DISINFECTED. Consider the type of surface and how often the surface is touched. Prioritize disinfecting frequently touched surfaces.

CONSIDER THE RESOURCES AND EQUIPMENT NEEDED. Keep in mind the availability of cleaning products and personal protective equipment (PPE) appropriate for cleaners and disinfectants.

2 IMPLEMENT

CLEAN VISIBLY DIRTY SURFACES WITH SOAP AND WATER prior to disinfection.

USE THE APPROPRIATE CLEANING OR DISINFECTANT PRODUCT. Use an EPA-approved disinfectant against COVID-19, and read the label to make sure it meets your needs.

ALWAYS FOLLOW THE DIRECTIONS ON THE LABEL. The label will include safety information and application instructions. Keep disinfectants out of the reach of children.

3 MAINTAIN AND REVISE

CONTINUE ROUTINE CLEANING AND DISINFECTION. Continue or revise your plan based upon appropriate disinfectant and PPE availability. Dirty surfaces should be cleaned with soap and water prior to disinfection. Routinely disinfect frequently touched surfaces at least daily.

MAINTAIN SAFE PRACTICES such as frequent handwashing, using cloth face coverings, and staying home if you are sick.

CONTINUE PRACTICES THAT REDUCE THE POTENTIAL FOR EXPOSURE. Maintain social distancing, staying six feet away from others. Reduce sharing of common spaces and frequently touched objects.

MAKING YOUR PLAN TO CLEAN AND DISINFECT

Cleaning with soap and water removes germs, dirt, and impurities from surfaces. It lowers the risk of spreading infection.

Disinfecting kills germs on surfaces. By killing germs on a surface after cleaning, it can further lower the risk of spreading infection.



Is the area indoors?



YES

It is an indoor area.

NO

Maintain existing cleaning practices.

Coronaviruses naturally die in hours to days in typical indoor and outdoor environments. Viruses are killed more quickly by warmer temperatures and sunlight.

Has the area been occupied within the last 7 days?

YES

Yes, the area has been occupied within the last 7 days.

NO

The area has been unoccupied within the last 7 days. The area will need only routine cleaning.



Is it a frequently touched surface or object?



YES

Yes, it is a frequently touched surface or object.

NO

Thoroughly clean these materials. Consider setting a schedule for routine cleaning and disinfection, as appropriate.

What type of material is the surface or object?

Hard and non-porous materials like glass, metal, or plastic.

Visibly dirty surfaces should be cleaned prior to disinfection.

Consult EPA's list of disinfectants for use against COVID-19, specifically for use on hard, non-porous surfaces and for your specific application need. More frequent cleaning and disinfection is necessary to reduce exposure.

Soft and porous materials like carpet, rugs, or material in seating areas.

Thoroughly clean or launder materials.

Consider removing soft and porous materials in high traffic areas. Disinfect materials if appropriate products are available.



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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



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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.



Hello Everyone,

As we go to print (in April) the Senior Center remains closed to the public and it's difficult to know where we will be in June.

We offer this special edition for your enjoyment as well as helpful information on various resources and services. Enjoy these helpful tips, but know that you can call the WSC main number at 508-799-1232 for any assistance.

While the senior center is closed, enjoy our Worcester Senior Center-Stay Connected programming from you living room on the Government TV Channel # 192 (Worcester residents only). Everyone may also view our programs on www.worcesterma.gov/senior-center, Facebook, and/or Youtube. WSC Stay Connected playlist: https://www.youtube.com/watch?v=fhmthVAVc8o&list=PL3TD3ySXewEzK_oNWiaVS09JYwV9SeMRx

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

Sincerely,

Patty Hainsworth

Patty Hainsworth, Editor,
Worcester Senior Center SCOOP



Vo Roberts of St. Paul's Elder Outreach receives donation of pet food from Kristen Mullins executive director of the Worcester Animal Rescue League. Donations provided to seniors in need.

PLEASE USE LINK BELOW TO WATCH THE FULL VOLUNTEER RECOGNITION PROGRAM

<https://drive.google.com/file/d/19kGVbnzbCVGG-7oLqd5-DjCp1pGWkP9/view?usp=sharing>

WSC STAY CONNECTED PLAYLIST:

https://www.youtube.com/watch?v=fhmthVAVc8o&list=PL3TD3ySXewEzK_oNWiAVSO9JYwV9SeMRx



Darrell Simino, AARP Local Tax Coordinator and his staff. Thank you Darrell for dedicating 11 years of AARP Tax Prep Assistance to seniors at the Worcester Senior Center!



Sally Jablonski from Herbert Berg Florist sews masks for seniors



Dorothy Kinkopf sews 100's of masks

"ORANGE YOU THE BEST VOLUNTEERS EVER"

Worcester Senior Center
Volunteer Recognition Celebration 2020
Event sponsored by the John J. Binienda Memorial Fund



A BIG THANK YOU to some more of our mask makers:
Laura Buffone, Jette Brank & Mary Garrison



Linda Ciras volunteer mask maker!



SEAC Volunteers deliver HIP-TO-GO SHARES to seniors!



Suki Lapin, Program Coordinator, Orange YOU the BEST Volunteers!!

View our WSC Stay Connected programs on Govt. TV Channel # 192 (Worcester residents only), www.worcesterma.gov/senior-center, Facebook, and/or Youtube. WSC Stay Connected playlist: https://www.youtube.com/watch?v=fhmthVAVc8o&list=PL3TD3ySXewEzK_oNWivAVSO9JYwV9SeMRx

Mayor of Worcester Joseph Petty will read a Proclamation to honor the

WORCESTER SENIOR CENTER'S 20TH ANNIVERSARY

Warm Wishes

City Manager Edward Augustus Jr.
Dr. Matilde Castiel, Commissioner of HHS
David P. Stevens, MCOA Executive Director
Robin Bahr Casey, Elder Affairs Commission Chair
and other V.I.P.'s

Entertainment by Don Slaughter & Nick Brindisi



WSC DISTINGUISHED SPEAKER SERIES CONTINUES

Cole Porter, Worcester Academy Class of 1909, is the school's most celebrated alumnus as he was one of the top handful of composers in the Golden Age of Broadway from 1930 to 1950. WA historian Frank Callahan '71 produced this video, which profiles Porter at the Academy and contains videos of Porter's most famous songs.



WALKING CLUB 2020

Hello Walking Club Participants!

I am so sorry we cannot walk together at Worcester Academy's Gaskill Field right now. I miss you all so much! The good thing is, it is warming up and you can walk at home! I'm hoping you are staying active and walking is the perfect way! So get outside! Walk around your neighborhoods and homes! You can even walk the halls of your apartment complex! Just remember to be safe and follow all the COVID-19 guidelines. I'd love to see you walking at your homes! If you can, take a picture and email it to me at linchj@worcester.gov. And until we can be together again...



KEEP WALKING

♥ Jen

ENJOY THE WORCESTER SENIOR CENTER'S SUMMER CONCERT SERIES KICK-OFF

Worcester Jazz Festival presents: "TRIBUTE TO COLE PORTER!"

Featuring Multi Award Winning NE Entertainers Dale LePage & Joe D'Angelo



Worcester Senior Center's Summer Concert Series brought to you by:




The WILLOWS
PREMIER RETIREMENT COMMUNITIES FOR ACTIVE ADULTS

SALMON
HEALTH and RETIREMENT

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

www.SalmonHealth.com

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

WORCESTER PUBLIC LIBRARY AVAILABLE SERVICES INCLUDE:

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

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

The Worcester Public librarians are working remotely to help patrons with any issues. Call **508-799-1699** for assistance. Links to email help and help via Zoom is included in the link above.

FOR THOSE INTERESTED CHECK OUT THE BOOK DISCUSSION'S SELECTION FOR JUNE:

We are reading *The Woman in Cabin 10* by **Ruth Ware**. A fantasy trip aboard a luxury liner turns nightmarish for a young journalist. In **July**, we are reading *The Family Upstairs* by Lisa Jewell.

SHINE: Serving the Health Information Needs of Everyone

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

For more info. Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. Visit us on the internet at shinema.org
SHINE call: 508-799-1232 and leave a message with any questions.

SUPPORT SERVICES: Advocacy, information services and application assistance: call 508-799-1232 and leave a message.

CAREGIVER SUPPORT GROUP

Monday, June 15th 1-2 pm Via Zoom

Contact facilitator, Heather Dobbert, LCSW, of Fallon Health & Alzheimer's Assoc. trained group facilitator for more information by calling 774-317-6266 or email @heather.dobbert@fallonHealth.org

THE MEMORY CAFE HAS GONE VIRTUAL



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

VIEW OUR WSC STAY CONNECTED PROGRAMS ON GOVT. TV CHANNEL # 192
(Worcester residents only), www.worcesterma.gov/senior-center, Facebook, and/or Youtube.

WSC Stay Connected playlist: https://www.youtube.com/watch?v=fhmthVAVc8o&list=PL3TD3ySXewEzK_oNWiaVSO9JYwV9SeMRx

- Dr. Matilde Castiel, Commissioner of Health and Human Service Office, **JOY to ALL**
- District Attorney's Joseph Early Jr. **HOW TO AVOID SCAMS**
- Sheriff Lew Evangelidis **PROTECTING YOUR PET**
- **RSVP FALL PREVENTION WITH RITA SULLIVAN**
- Former Worcester Police Chief Gary Gemme-**AUTHOR TALK**
- **Walking Club Kick Off 2020** Jennifer Linch Walking Club Coordinator Stretching Tips, Dr. Pelto
- **AAA REAL ID PSA**
- Fredda Levine "**WE WILL OVERCOME**" **NATIONAL POETRY MONTH**
- Sing along with Archie Richard, Irish & Patriotic Songs, visit the link below to download the words <https://drive.google.com/file/d/1TFJlrLyq7WmZS-QRfF04byXHnTr5IGdU/view?usp=sharing>

THANK YOU TO BLUE CROSS AND BLUE SHIELD AND AAA FOR THE GENEROUS DONATION TO ESWA MEALS ON WHEELS PROGRAM



THANK YOU TO WORCESTER ACADEMY FOR THE USE OF GASKILL FIELD



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.

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- A vibrant and caring community

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www.knollwoodnursingcenter.com

Knollwood
Nursing Center
YOUR PARTNERS IN CARE

DO YOU NEED COMPUTER HELP???

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



WSC STAY CONNECTED

While the senior center is closed, enjoy our Worcester Senior Center-Stay Connected programming from you living room on the Government TV Channel # 192 (Worcester residents only). Everyone may also view our programs on www.worcesterma.gov/senior-center, Facebook, and/or Youtube. WSC Stay Connected playlist: https://www.youtube.com/watch?v=fhmthVAVc8o&list=PL3TD3yS XewEzK_oNWiaVS09JYwV9SeMRx

AEROBICS & YOGA with NANCY CIMATO

EXERCISE CLASSES with RHONDA HAMER: CARDIO, MUSCULAR ENDURANCE & RANGE OF MOTION SEATED STRENGTH, CORE & STRETCH SPONSORED BY:



MINDFUL MEDITATION ROBERT HARRINGTON CCH will present guided meditation based on the book, The Four Agreements.

JOE FISH FITNESS SENIOR CHALLENGE #1 & #2

MUSIC THERAPY WITH CARA BRINDISI SPONSORED BY:



HEALTHY EATING with SINGING NURSE, SHIRLEY MCAFFEE



"HEROES AMONG US"

Our special heroes during the City of Worcester's COVID-19 response



Dave Russell ESL teacher with some of the Chinese Elder Group members.



Colony Retirement Homes III

101 Chadwick Street - Worcester, MA 01605

Colony III is congregate housing for seniors that's different. We offer nutritious "home cooked meals", served in our attractive dining room. HUD's Section 8 Housing Assistance provides rent subsidy. Rent includes all utilities (except phone and cable). Some of the many amenities offered are:

- Emergency call system in each unit with 24 hour staffing
- A variety of activities
- Internet access in the library
- A greenhouse
- Your small pet is welcome



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



Country Living in the City 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

485 Grove Street
Worcester, MA 01605

(508) 852-5285



www.colonyretirementhomes.com

GENERAL LIST OF GROCERY STORE HOURS

SENIORS, DISABLED & AT RISK/IMMUNO-COMPROMISED INDIVIDUALS (subject to change)

ALDI

Hours Change:

8am-9am for Seniors/disabled/at-risk Tues. & Thurs
9am-7pm for general public every day
 500 Lincoln St, Worcester, MA 01605 • 855-955-2534

BIG Y

Hours Change:

7am-8am for Seniors/Disabled/at-risk every day
8am-8pm for general public every day
 100 Mayfield St, Worcester, MA 01602 • 508-793-9011
 160 Reservoir St, Holden, MA 01520 • 508-829-9614

MARKET 32

Hours Change:

6am-7am for Seniors/Disabled at risk every day
7am-10pm for general public every day
 72 Pullman St, Worcester, MA 01606 • 508-854-8487

MARKET BASKET

Hours Change:

6am-7am for Seniors/Disabled every day
7am- 6pm for general public every day
 95 Sutton Ave, Oxford, MA 01540 • 508-987-9539
 8 Highland Common East, Hudson, MA 01749 • 978-562-6345

PRICE CHOPPER

Hours Change:

6am-7am for Seniors/Disabled every day
7am-10pm for general public every day
 221-223 Park Ave, Worcester, MA 01609 • 508-798-5178
 50 Cambridge St, Worcester, MA 01603 • 508-363-4870
 29 Sunderland Rd, Worcester, MA 01604 • 508-752-7061
 564 SW Cutoff, Worcester, MA 016010 • 508-752-3737

PRICE RITE

7am-8am for Senior/Disabled/at-risk
8am-9pm for general public
8am-8pm for general public on Sundays
 542 Southbridge St, Worcester, MA 01610 • 508-797-6213
 117 Gold Star Blvd, Worcester, MA 01606 • 508-853-7444

SHAW'S

Hours Change:

6am-7am for Seniors/Disabled/at-risk every day & also
6am-9am Tuesday, Thursday, and Fridays for Seniors/disabled
7am-8pm for general public every day also. They will not turn
away general public during senior hours on Tuesdays, Thursdays,
and Fridays.
 68 Stafford St, Worcester, MA 01603 • 508-755-5808
 14 W Boylston St, Worcester, MA 01605 • 508-852-5833
 50 Boston Turnpike Rd, Shrewsbury, MA 01545 • 508-797-1126
 368 Southbridge St, Auburn, MA 01501 • 508-832-0440

STOP & SHOP

Hours Change:

6am-7:30am for Seniors/Disabled/at-risk every day
7:30am-8pm for general public every day
 Peapod Delivery Services is currently down
 940 West Boylston St, Worcester, MA 01605 • 508-852-0505
 545 Lincoln St, Worcester, MA 01605 • 508-853-8791
 949 Grafton St, Worcester MA 01604 • 508-791-8855
 100 Worcester St, Grafton MA 01519 • 508-887-9500

TARGET

Hours Change:

8am-9am every day for Seniors/Disabled/at-risk
8am-9pm for general public every day besides Tues. & Wed.
 529 Lincoln St, Worcester, MA • 508-852-3094
 70 Worcester Providence Turnpike #100, Millbury, MA 01527 • 508-865-3116

TRADER JOE'S

Hours Change:

8am-9am Senior/Disabled/at-risk prioritized every day
9am-7pm for general public every day
 77 Boston Turnpike, Shrewsbury, MA 01545 • 508-755-9560

WALGREENS

Hours Change:

8am-9am Senior/Disabled/at-risk on Monday- Friday
9am-10am Senior/Disabled/at-risk on Saturday & Sunday
9am-9pm for general public every day
 for all Walgreens in MA
 24 hour stores- the Pharmacy drive through is open from 9pm-9am
 where you can pick up prescriptions and buy some retail items, there is
 one in Worcester:
 24 hour store: (use drive through 9pm-9am)
 320 Park Ave, Worcester, MA 01606 • 508-767-1732

WALMART

Hours Change:

6am-7am Senior/disabled/at-risk every day
7am-8:30pm for general public every day
 25 Tobias Boland Way, Worcester, MA 01607 • 774-314-3157
 20 Soojian Drive, Leicester, MA 01524 • 508-892-9461
 742 Main St, Oxford, MA 01537 • 508-987-1444
 137 W Boylston St, West Boylston, MA • 508-835-1101

WHOLE FOODS

Hours Change:

8am-9am Senior (65+)/Disabled/at-risk every day
9am-8pm for general public every day
 193 Boston Turnpike, Shrewsbury, MA 01545 • 508-749-5520



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

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

CHINESE ELDER PROGRAM
EVERY FRIDAY:
9 AM Exercise & Breakfast with tea
10 AM ESL class
11 AM Lunch
12:30 PM Chinese Mandarin class
Contact Wei Shi 508-799-1232 ext. 48014
shiw@Worcesterma.gov (Chinese)
or Yung Phan 508-799-1232 ext. 48006
PhanD@Worcesterma.gov (English)

每星期五 中國老年人活動節目
上午九點：做操鍛煉與早茶
十點：ESL英語課
十一點半：午飯
下午十二點半：中文課（普通話）
與曹履成先生聯係（中文：電話：
508-799-1232 ext. 48014。
電子郵件：shiw@Worcesterma.gov
或與Yung Phan 聯係（英文）：
電話：508-799-1232 ext. 48006。
電子郵件：PhanD@Worcester.gov

VIETNAMESE ELDER PROGRAM
Chương trình Cao niên Việt Nam sinh hoạt hàng tuần
vào ngày thứ Năm, từ 9g sáng đến 12g30 gồm có:
- Thẻ dực Dưỡng sinh hoặc Đi bộ
- Thông dịch xem giấy tờ
- Học tiếng Anh Căn bản
- Họp mặt Cao niên với nhiều tin tức hay, mới, bổ ích
- Cơm trưa

Ngoài ra hàng tháng đều có An ninh Cộng đồng, Tư vấn
Pháp lý, Cơm trưa Chay và nhiều sinh hoạt phong phú
khác thích hợp với nhu cầu của người lớn tuổi. Có trợ
giúp phương tiện vận chuyển.
Để biết thêm chi tiết, xin liên hệ cô Yung Phan 508-
799-1232 và bấm số 2 để nói bằng tiếng Việt hay gọi
508-799-1232 và xin đường dây phụ 48006. Email:
PhanD@WorcesterMA.gov. The Vietnamese Elderly
Program runs weekly from 9:00AM to 12:30 PM. For
more information, please contact Ms. Yung Phan at
508-799-1232 and dial 2 to speak in Vietnamese or call
508-799-1232 ext. 48006.

2020 US CENSUS

It's quick, private and easy to complete online or
over the phone.

Online: **my2020census.gov**

Over the Phone:

CENSUS BUREAU TOLL-FREE LANGUAGE LINES

- English 844-330-2020
- Español 844-468-2020
- 中文 (Mandarin) 844-391-2020
- 中文 (Cantonese) 844-398-2020
- Tiếng Việt 844-461-2020
- 한국어 844-392-2020
- Pyccckuĩ 844-417-2020
- العربية 844-416-2020
- Tagalog 844-478-2020
- Polski 844-479-2020
- Français 844-494-2020
- Kreyòl Ayisy 844-477-2020
- Português 844-474-2020
- 日本語 844-460-2020
- English (Puerto Rico residents) 844-418-2020
- Español (Residentes de Puerto Rico) .. 844-426-2020
- Telephone Display Device (TDD) 844-476-2020

Remember to include everyone in your household --
kids, parents, roommates -- anyone living with you!



JUNE Word Search

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

By Evelyn Johnson - www.qets.com

- | | | |
|-------------|------------|------------|
| Celebration | Graduation | Recreation |
| Desert | Hiking | Sea |
| Family | June | Summer |
| Fathers | Mountain | Sunshine |
| Flag | Outdoors | Swimming |
| Friends | Picnic | Vacation |
| Gardening | Playing | Walking |



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

EST. 1943

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Code: 2605

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TEXAS
ROADHOUSE

\$5 OFF
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508-853-7266
www.texasroadhouse.com
535 Lincoln Street, Unit F
Worcester, MA 01605

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

TERMS & CONDITIONS:
Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 6/30/20.



Goddard / Homestead

A Caring Community for Elders

1199 MAIN STREET
WORCESTER, MASSACHUSETTS
www.goddardhomestead.org



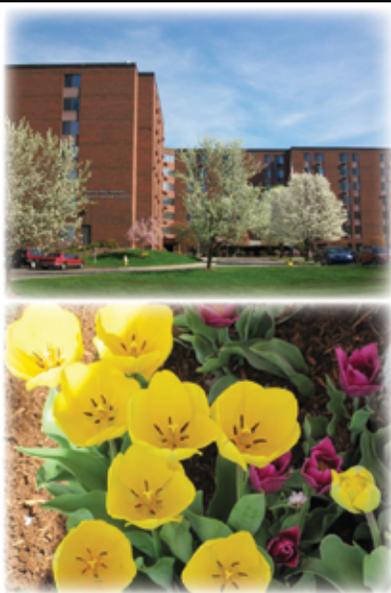
Goddard House provides gracious senior living in our studio, one, and two bedroom apartments in a historic home in Worcester. Residents of the Goddard House enjoy three chef prepared meals daily in our restaurant style dining room, trips to Mechanic Hall, restaurants, museums, and other locations, availability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

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



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Chicken Mornay 1 Couscous Roman Blend Vegetables Butterscotch Pudding Diet = SF Vanilla Pudding Marble Rye Bread Alternate: SOUP DU JOUR RANCH CHICKEN SALAD w/BACON	Meatloaf w/ Gravy 2 Garlic Mashed Potatoes Scandinavian Vegetables Yogurt Whole Wheat Bread Alternate: SOUP DU JOUR EGG SALAD	Roast Turkey & Gravy 3 Cranberry Herb Stuffing Roasted Brussels Sprouts Cinnamon Pears French Bread Alternate: SOUP DU JOUR SLICED HAM	Macaroni & Cheese 4 Stewed Tomatoes Green Beans Fresh Fruit Italian Bread Alternate: SOUP DU JOUR SLICED TURKEY	Chicken Cranberry Salad 5 Pasta Salad Tomato & Cucumber Salad Melon Sandwich Roll Alternate: SOUP DU JOUR N.Y. PASTRAMI	
Pork Rib-i-que 8 Mac 'n Cheese Green Beans Fresh Orange Sandwich Roll Alternate: SOUP DU JOUR CHICKEN SALAD	Swedish Meatballs 9 Mashed Potatoes Tuscany Style Vegetables Lemon Pudding Diet = SF Tapioca Marble Rye Bread Alternate: SOUP DU JOUR HAM SALAD	Sloppy Joe 10 Steak Cut Potato Wedges Mixed Vegetables Peaches Sandwich Roll No Alt. Served	Chicken Cacciatore 11 Gemelli Pasta Roasted Broccoli Brownie Diet = Half Piece Italian Bread Alternate: SOUP DU JOUR TURKEY SALAD	Fish w/ Crumb Topping 12 Wild Rice Country Blend Vegetables Fruited Ambrosia Whole Wheat Bread Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD	
Brocoli & Cheese Stuffed Chicken 15 Mashed Potatoes Roasted California Blend Baked Apples Peasant White Bread Alternate: SOUP DU JOUR ALBACORE TUNA SALAD	Spaghetti & Meatballs 16 Green Beans Peach Crisp Diet = Peaches Italian Bread Alternate: SOUP DU JOUR RANCH CHICKEN SALAD w/ BACON	Potato Crunch Fish 17 Herbed Potatoes Carrots Pear Streusel Cake Diet = Half Piece Pumpernickel Bread Alternate: SOUP DU JOUR SLICED TURKEY	Baked Ham 18 Mashed Sweet Potatoes Peas and Onions Strawberry Shortcake Diet = Strawberries/Whip Marble Rye Bread Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD	Garlic Herbed Chicken 19 Bread Stuffing Roasted Brussels Sprouts Vanilla Mousse Whole Wheat Bread Alternate: SOUP DU JOUR CORNED BEEF	
Beef with Peppers & Onions 22 Steak Cut Potato Wedges Glazed Carrots Melon Sandwich Roll Alternate: SOUP DU JOUR EGG SALAD	Hot Dog 23 Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Alternate: SOUP DU JOUR TURKEY SALAD	Stuffed Pepper Casserole 24 Mashed Potatoes Green Beans Lorna Doones Marble Rye Bread No Alt. Served	Ranch Chicken 25 Vegetable Rice Pilaf Stewed Tomatoes Birthday Cake Diet = Half Piece Pumpernickel Bread Alternate: SOUP DU JOUR HAM SALAD	Braised Beef 26 Gemelli Pasta Broccoli Pears Italian Bread Alternate: SOUP DU JOUR SLICED ROAST BEEF	
Chicken Pesto 29 Red Bliss Potatoes Scandinavian Vegetables Oreos Corn Muffin Alternate: SOUP DU JOUR CHICKEN SALAD	Beef Fajitas 30 Spanish Rice Black Beans & Corn Pineapple Pita Bread Alternate: SOUP DU JOUR ALBACORE TUNA SALAD	MENUS SUBJECT TO CHANGE. Meals on Wheels Menu. Our Caterer is working hard to fulfill menu items as printed. Thank you for your patience, as we do anticipate possible menu changes due to vendor shortages and product availability at this time.			 Elder Services Of Worcester Area * Diabetic Friendly ** Higher Sodium Entree



GREEN HILL TOWERS

Award Winning Affordable Senior Housing

- ◆ Spacious 1 & 2 bedroom Apartments
- ◆ Heat and hot water included
- ◆ 24 hour maintenance
- ◆ Bus route / ample parking
- ◆ Beautiful landscaped grounds with outdoor patio and gazebo
- ◆ Small pets welcome
- ◆ With in the building amenities including:
 - ◆ Handicap-accessible lounges on every floor
 - ◆ A library with books (English & Spanish)
 - ◆ Physical Fitness Center
 - ◆ A Game Room that includes a billiard table
 - ◆ A Theater-like Media Center
- ◆ Community Room with Bingo Board & Large Screen T.V.

Available occupancy to income eligible adults (age 62 and older or permanently disabled). Applicants must also meet HUD annual low income guidelines.



27 Mt Vernon Street, Worcester, MA 01605 | Phone: 508-755-6062 | TDD: 508-755-0228

Office Hours: Monday - Friday 8:30a.m. - 5p.m.

LOCAL RESOURCES

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

SIGN UP FOR TEXT MESSAGE ALERTS

Send COVIDMA to 888-777

WORCESTER SENIOR CENTER

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

ELDER SERVICES OF WORCESTER AREA, INC.: 508-756-1545

irinfo@eswa.org

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

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

Advocacy and Outreach

WORCESTER COMMUNITY ACTION COUNCIL: 508-754-1176

Fuel assistance

Appliance Management Program (AMP)

Heating Emergency Assistance Retrofit Task (HEARTWAP)

Weatherization Assistance Program (WAP)

DEPARTMENT OF TRANSITIONAL ASSISTANCE:

(Worcester Office) 508-767-3100

General information

SNAP

Economic Assistance

Employment Services

COMMUNITY LEGAL AID: 1-800-649-3718

Tenants' Rights during the Covid-19 Crisis

Covid-19 & Unemployment Insurance

Covid-19: Using the Family Courts

Rights in Small Claims Court during the Covid-19 Crisis

Consumer Alert: Avoiding Scams during the Covid-19 Crisis

Child Care Programs during the Covid-19 Crisis

Education Rights during Covid-19 in Massachusetts

STATE RESOURCES

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

DISASTER DISTRESS HELPLINE: 1-800-985-5990

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

SUICIDE PREVENTION HOTLINE: 1-800-273-8255

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

CRISIS TEXT LINE: Text HELLO to 741741

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

ASL HOTLINE FROM CSD (Communication Service for the Deaf) **833-682-7630** (video phone) has been established where residents can ask questions about COVID-19 and get support. www.csd.org is also available for information.

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

NURSING HOME FAMILY RESOURCE LINE:

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

DOMESTIC VIOLENCE & SEXUAL ASSAULT HOTLINES:

IN MASSACHUSETTS CALL SAFELINK:

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

NATIONAL DOMESTIC VIOLENCE HOTLINE 24/7 CRISIS HOTLINE:

800-799-7233

NATIONAL SEXUAL ASSAULT HOTLINE 24/7 CRISIS HOTLINE:

800-656-4673

YWCA DOMESTIC HOTLINE: 508-755-9030

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



CHRISTOPHER HEIGHTS of Worcester
 AN ASSISTED LIVING COMMUNITY

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



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



No Worries Pricing - The Christopher Heights Difference!

Our doors are always open!

Call Marla O'Connor at 508-792-1456

Hear For Your Life

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

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



Matthew Moreno, Au.D.
 Doctor of Audiology

HOLDEN HEARING AID CENTER, INC.

695 Main Street • Holden, MA 01520

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

www.HoldenHearingAid.com • DrMoreno@holdenhearingaid.com

PHONE APPS FOR GROCERY DELIVERIES

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

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

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

PEAPOD DELIVERY: ***NOT* operating through Stop and Shop at this time Expecting to operate again on May 4, 2020**

PHONE APPS FOR RESTAURANT DELIVERIES:

Some Restaurants offer free delivery, call the restaurant to check! Otherwise, try these apps to get a bite of your favorite restaurant foods delivered to your door. Many drivers travel to towns outside of Worcester also.

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

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

SAFETY TIPS & INFORMATION FOR GROCERY SHOPPING:

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

NOW IS AN IMPORTANT TIME TO CONSIDER QUITTING SMOKING

We have special concern for smokers these days. As our lives are disrupted by the coronavirus, there are concerns about the damaging impact the coronavirus (COVID-19) may have on those who smoke. Dr. Nora Volkow, director of the National Institute on Drug Abuse, says, "Because it attacks the lungs, the coronavirus that causes COVID-19 could be an especially serious threat to those who smoke tobacco or marijuana or who vape." Evidence shows that smoking harms the ability of the lungs to fight infection.



Despite the stressful times we're living in, people who smoke may want to quit to improve their ability to fight the coronavirus. For others, the stress may have led them to relapse and start smoking again. But it's never too late to try to quit. As the U.S. Surgeon General reported in January, quitting smoking at any age provides health benefits.

If you smoke, now may be a good time to call the Massachusetts Smokers' Helpline at **1-800-QUIT NOW (1-800-784-8669)** for free coaching and support 24 hours each day, seven days a week. Enroll online, access quit planning tools, peer support and motivational text messages at KeepTryingMA.org. It can all be done from home.

Up to eight weeks of FREE nicotine replacement help from patches, gum or lozenges are available through the Helpline (with medical eligibility). With coaching and quit medication, people can be twice as likely to quit for good compared to those who try to quit on their own.

Quitting improves one's health right away; lungs start to heal, and the body starts to repair its ability to fight infection.

For more information, call 1-800-QUIT-NOW or visit KeepTryingMA.org. Or contact me, Tina Grosowsky, Program Coordinator, Central MA Tobacco-Free Community Partnership, tina.grosowsky@umassmed.edu or 508-856-5067.



SAME CARING TRADITION, *A Whole New Level of Care*

5 STAR MEDICARE RATING. RENOVATIONS COMPLETE.

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

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



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

CALL US TODAY TO SCHEDULE A TOUR.

Dear Friends,

As I write to you, Rita Sullivan and I are working from home - doing all the behind the scenes work that needs to be done at RSVP. One of the pleasures we've had is to make phone calls - perhaps to you - one of our 366 volunteers whose service to the community stopped suddenly in March as we all learned new terms: "Corona virus", COVID-19, social distancing, and more. These phone calls reveal that our volunteers are intrepid souls who, while sheltering in place, still find things to laugh about as they make the best of isolation. A precious few continue their service by helping with Meals on Wheels and they, too, find joy. There are mask-makers among you, and letter-writers and those who want to know what more they can do.

By the time you read this we hope we are back to normal - what everyone is calling the "new normal". We hope your "new normal" will still include volunteering. There is always a need for you. Perhaps now more than ever.

All my best,
Barbara Drapos, Director
RSVP Volunteers of Central MA

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



**The dog days of summer are almost here!!
A wonderful time to Volunteer!**



In the good old summertime, find the time to make a difference, become a Senior Companion Volunteer, you are bound to spread some cheer!!



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

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

Please call Joy Rehfeld @ 508-791-7783

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

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



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



Please Visit: www.50plusjobseekers.org

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.

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

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

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

**WHY JOIN FRIENDS OF
WORCESTER'S SENIOR CENTER?**

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

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

**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**



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

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

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

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

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

TEE SHIRTS IN STOCK:

Royal Blue: Large 1
Yellow: Extra Large 1, 4XL 1

SWEATSHIRTS IN STOCK:

White: Large 2, Extra Large 1 Royal Blue: Medium 1, Large 2
Grey: Large 1, Extra-large 1

FRIENDS TRAVEL 2020 UPDATES
Foxwoods Casino Price – \$22.00/pp
Non-Refundable – payable at time
of reservation.

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

BINGO EVERY THURSDAY 1-3:30 pm – Re-opening day to be determined.

DUE TO THE CORONAVIRUS ALL CANCELLED TRIPS will be reimbursed when the Friends Office is open. Please note: June Casino trip has been cancelled

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

Wednesday, June 24, 2020	Cape Cod Canal's 106th Anniversary Tour Sandwich Sightseeing & Daniel Webster House Grand Buffet	\$94.00/per person
Wednesday, July 15, 2020	Newport Playhouse & Cabaret Restaurant "On Golden Pond"	\$104.00/per person
Wednesday, August 19, 2020	Lobster Bake at the "Bull and Claw" Maine	\$94.00/per person
Wednesday, September 23, 2020	"A Mystery Tour"	\$84.00/per person
NEW Sunday, October 18, 2020	The British Invasion Years -60's Musical Revolution Brunch at Lake Pearl, Wrentham, MA	\$97.00/per person
NEW Tuesday, November 17, 2020	Yesterday Once More - All in one show The Carpenters, 5th Dimension, Mamas & Papas All in One Show	\$97.00/per person
NEW Tuesday, December 15, 2020	Holiday Wishes at Aqua Turf Club, Plantsville, CT	\$104.00 per person

OVERNIGHT TRIPS: Deposit Required at Time of Reservation as Listed on Flyer

Depart: Wednesday, June 17, 2020 Return: Friday, June 19, 2020	Penn Dutch Showstopper - Sound Theater "Queen Esther"	CANCELLED
NEW Depart: Sunday, August 30, 2020 Return: Monday, August 31, 2020	Saratoga Racing	CANCELLED

FOXWOOD CASINO TRIPS: Price \$22.00/pp – Non-Refundable – Payable at Time of Reservation

Fridays: July 10th, August 7th, September. 11th, October 2nd, November 6th, December 11th

THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 10, NO. 6, JUNE 2020

Worcester Senior Center
128 Providence Street
Worcester, MA 01604

BRAIN GAMES

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

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Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

1 Cubic feet per minute (abbr.)
4 Heddles of a loom
8 Hall (Ger.)
12 Have (Scott.)
13 Clergyman
14 Eur. juniper
15 Amount (abbr.)
16 Stallion (2 words)
18 Late
20 Passover meal
21 Afr. eye-worm
23 Pipe
27 Deny
32 Amer. Civil Liberties Union (abbr.)
33 Eur. Economic Community (abbr.)
34 Goodbye (Fr.)
36 Org. of Amer. States (abbr.)
37 Starch
39 Male noble

DOWN

1 Sudan lake
2 Eclat
3 Dross (2 words)
4 Computer aided manufacturing (abbr.)
5 Down with (Fr.,

41 Marsh
43 At the age of (Lat.)
44 Wild rubber
48 Caribbean island
51 Senet
55 Catch
56 Pueblo Indian
57 Dash
58 Internat'l Red Cross (abbr.)
59 Monitor lizard
60 Spawning ground
61 Television channel

2 words)
6 Qualified
7 Reward
8 Lava
9 Rhine tributary
10 Classifieds
11 Shelter
17 Pronoun
19 Physician

22 According to (2 words)
24 Den (2 words)
25 Zeal
26 Plant disease
27 Distribute
28 Yesterday (Ital.)
29 Adverb (abbr.)
30 3 (Rom. numeral)
31 Fr. pronoun
35 Fiddler crab genus
38 Diacritical mark
40 Office of Economic Development (abbr.)
42 Nat'l Endowment for the Arts (abbr.)
45 Maple genus
46 Dominion
47 Irish exclamation
49 Projection
50 First principles
51 Heat unit
52 Berne's river
53 Genetic letters
54 Too

ANSWER TO PREVIOUS PUZZLE

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

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		

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