

THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 10, NO. 4, APRIL 2020



WELCOME NEW READERS: COMPLIMENTARY ISSUE

If you are not currently a member of the Worcester Friends Group and received this Complimentary magazine, please ENJOY!

If you would like to receive a copy of this publication each month, please use the form on page 14 to join the Friends or call 508-799-1232 ext. 48020

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SEE PG 5 FOR FEATURED PROGRAMS

WORCESTER SENIOR CENTER'S 3RD ANNUAL WELLNESS & SAFETY RESOURCE FAIR - FREE WEDNESDAY APRIL 8 • 9-11:30 AM

11:45 am-12:30 pm ESWA lunch Sponsored by Lutheran Home Rehabilitation & Skilled Care Center

&

12:15 pm -12:45 pm HOW TO CHOOSE A REHAB.

&

12:45 pm-1:45 pm ENTERTAINMENT BY PE JAMES

CHAT WITH RETIRED WORCESTER POLICE CHIEF & AUTHOR GARY GEMME
Tues. April 14 • 10:30-11:30 am

ANNUAL EARTH DAY CLEAN UP
Thursday, April 16 • 9-11 am

THIS IS YOUR LIFE: CONSUMER PROTECTION FOR SENIORS WITH ROCKLAND TRUST
Monday, April 27 • 1-2:30 pm

ANNUAL VOLUNTEER RECOGNITION LUNCHEON
"ORANGE YOU THE GREATEST VOLUNTEERS EVER!"
Wednesday, April 29 • 12-1:30 pm
Remarks by Edward M. Augustus Jr., City Manager
Guest Speaker Carol Malone, Assistant Secretary, MEOEA
Entertainment by Local Talent Cara Brindisi



Deb Cary,
Audubon Society



LGBTQ+ 60+
Valentine's Day Party



Thank you to the 365Z
Foundation for the
beautiful gift bags



Valentine's Day Arrangements
with Herbert Berg Florist

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

STAFF:

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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.



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Doctor of Audiology

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www.HoldenHearingAid.com • DrMoreno@holdenhearingaid.com

THE LIBRARIANS ARE COMING - WPL Outreach
 Wednesday, April 8 • 12-1 pm

LIBBY LIBRARY EXPRESS WORCESTER PUBLIC LIBRARY
 Tuesday, April 28 • 2-3 pm

MONTHLY CRAFT CLASS WITH MAUREEN CARLOS
 Mon., April 6
 10-11:30 am
 Project: **Gnomes**
 \$3.00. Call 508-799-1232 to register.



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.

HERBERT E. BERG FLOWER ARRANGING
 Tuesday, April 7 • 1-2 & 2-3 pm
 Make and take home a **Spring arrangement**. \$12 fee to be paid at the time of the class. Sign up at the front desk or call 508-799-1232.

OIL PAINTING WITH DARRELL CROW
 Thursday, April 9 • 10 am-2:30 pm
 Bring home a painting in one class! \$15.00 class fee and \$10.00 fee to purchase or rent supplies that include: paints, brushes and canvas. Fees due on the day of the class. Project: **Cape Cod Dunes**. A1/2 hr. break provided for lunch. Register by calling 508-799-1232.



WPD COMMUNITY CONCERNS MEETING AND MEDICATION TAKE BACK BIN
 Tuesday, April 9 • 9:30-10:30 am
 Join WPD Officer Sean Lovely to discuss neighborhood issues and concerns. Medication Take Back Bin will be available for your old meds.

WOOD BURNING ART CLASS
 Thursday, April 2 & 16 • 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.

SPRING FORWARD PORCH POT WITH TINA BEMIS
 Mon. April 13 • 1-3pm
 Nothing says spring quite like pansies! Plant them with other cold-tolerant plants and leave the winter behind! Please sign up by calling 508-799-1232.



BOOK DISCUSSION
 Thursday, April 16 • 1-2 pm
 We are reading *The Women's Hour* by Elaine Weiss. Which tells the story of how Tennessee became the thirty-sixth state to ratify woman's suffrage and made the Nineteenth Amendment the supreme law of the land. Although we know the outcome of the ratification struggle, Weiss is a skilled journalist and writer who knows how to build suspense into her historical account. In **May**, we are reading *A Place for Us* by Nicholas Cage.

STAND AGAINST RACISM QUILT
 on display in the lobby
 Thurs. April 23rd - Mon. April 26th

STAND AGAINST RACISM
 is a movement of the YWCA with the goal of bringing people together from all walks of life - across the country -to raise awareness that racism still exists. In honor of this event, we will display the beautiful quilt made by the Happy Quilters specifically for this movement.



COMPETITIVE ELECTRIC SUPPLY TRAINING
 Mon. April 6 • 12:30-1:30 pm
 Learn how to properly evaluate your electric bill and avoid potentially deceptive sales tactics. **The Office of Attorney General's Community Engagement Division** has found that the majority of Massachusetts' consumers who switched to a competitive electric supplier end up losing money, instead of saving. Gain the tools and knowledge to protect yourself from scams, save money, and utilize our office's resources if you have already been affected. Please register by calling 508-799-1232.



FRAUD BINGO
 Wed., April 15 • 10:30-11:15 am
 RSVP Volunteers of Central MA will be providing Bingo cards, Fraud Information, Prizes and Coffee. **COME JOIN THE FUN!**



COMING IN MAY

- WRTA Travel Training
 Wed. May 20th 9-11:30 am

THE REGIONAL ENVIRONMENTAL COUNCIL'S WINTER MOBILE MARKET HAS ENDED. THE SUMMER MOBILE MARKET SCHEDULE WILL BE COMING SOON....



SENIOR CENTER FRIDAY FLICKS

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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

DOMINO CLUB
 Thursdays, 9:30-11:30 am
 Open to All, from beginner's to experienced players. Come have fun!!



WE'VE GOT TO HAVE FRIENDS
 Thanks to Friends of Worcester's Senior Center for continuing to help support our Distinguished Speaker's series!

WORCESTER SENIOR CENTER'S 3RD ANNUAL WELLNESS & SAFETY RESOURCE FAIR -FREE

Wednesday April 8 • 9 am -11:30 am

You are the Key to Your Health!

Learn ways for safe & healthy living & get information

11:45 -12:30pm ESWA lunch Sponsored by:



12:15-12:45 pm **HOW TO CHOOSE A REHAB**

Presentation by Stephanie Carlson, Lutheran rehabilitation & Skilled Care Center. Discussion on choosing a rehab and what to consider when making a decision. Topics include: Quality of Care, Medical Oversight, Location, Accommodations, Amenities and Financial Coverage.

12:45 -1:45pm - **ENTERTAINMENT BY PE JAMES**

P.E. James has been entertaining audiences by singing and playing acoustic guitar for over three decades. He is an interpreter of songs, having a large repertoire that stretches from sing-along classics of the 20s, 30s, 40s, 50s and show tunes, to 60s folk songs and the Beatles.



**ORANGE IS THE HAPPIEST COLOR!
BE HAPPY AND WEAR ORANGE TO OUR PARTY!**

Worcester Senior Center Annual Volunteer Luncheon

"ORANGE YOU THE BEST VOLUNTEERS EVER!"

Wednesday, April 29, 2020 12pm-1:30pm

Remarks
Edward M. Augustus Jr. City Manager
Guest Speaker
Carole Malone, Assistant Secretary
MA Office of Elder Affairs
&
Award Winning, Local Talent
Cara Brindisi

SENIOR CENTER VOLUNTEERS,
Please register by calling 508-799-1232

Event sponsored by the John J. Binienda Memorial Fund

CHAT WITH RETIRED WORCESTER POLICE CHIEF & AUTHOR GARY GEMME

Tues. April 14 • 10:30am-11:30am

Retired Worcester Police Chief, Gary Gemme, will speak about his two novels His first book, **Margaret's Dove**, won the Benjamin Franklin Silver Award for best first novel. Mr. Gemme's second book, **When Summer Turns To Fall**, was released in January of this year. Call 508-799-1232 to sign up.



**MABEL AND JERRY OBSTACLES TO THE ALTAR
A PLAY IN ONE ACT**

Wed. April 22 • 12:30-2 pm

Proposing was never as wonderful, never as fraught with mishaps and false starts and never as hilarious as this! Mabel and Jerry have arrived at your senior center, each planning to pop the question to the other. Will she say "yes?" Will he? A terrific performance, free and open to the public. Written by Steve Henderson



ANNUAL EARTH DAY CLEAN UP

Thursday, April 16 • 9-11 am

Time to spruce up the SENIOR CENTER grounds!! Volunteers needed for sweeping, trash clean up, weeding and raking. Tools and gloves provided. This event is coordinated in conjunction with the Regional Environmental Council Call 508-799-1232 if you plan to join us!



GARDENING GET TOGETHER: MEET & PREP

Friday, April 17 • 9 - 10am

Join us for the Spring Garden Clean-Up!

- Community Gardener Agreement
- Plot drawing and Signage Arrangement
- Discussion on Seedlings, Compost, Maintenance and Watering



Call 508-799-1232 for any questions or to sign up.

THIS IS YOUR LIFE: CONSUMER PROTECTION FOR SENIORS WITH ROCKLAND TRUST

Monday, April 27 • 1-2:30 pm

Join Rockland Trust's Financial Education Officer, Julie Beckham to learn how to protect yourself against financial scams. Through this engaging, interactive workshop, seniors will learn why scam artists are targeting them and how to protect themselves and their loved ones. RSVP to The Club at 508-946-8485 by April 24th.

The Club

AT

ROCKLAND TRUST BANK



VISITING DENTAL ASSOCIATES OF CENTRAL MA

Fri., April 3 • 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. Call 508-799-1232 to register.

HEALTHY EATING WORKSHOP SERIES

Wed. April 15th – May 20th • 1-3pm
Healthy Eating for Successful Living in Older Adults is a program for older adults who want to learn more about nutrition, physical activity, and lifestyle changes. This program focuses on heart health, bone health, and nutrition strategies to help maintain or improve wellness and prevent chronic disease development or progression. This workshop is conducted over 6 - 2.5 hours sessions. Call Yung Phan or Lindita Taka at 508-799-1232 for any questions and/or to register

CENTURY HOME CARE GLUCOSE TESTING

Tuesday, April 21, 9:30-10:30 am



APRIL SAFETY TIP

Clear out the clutter. Especially after being cooped up during the long winter months, there could be a lot of accumulation in your home. Clear each room of clutter or anything that could trip you, such as electrical cords and area rugs.

FREE AEROBICS WITH NANCY CIMATO TUESDAYS & THURSDAYS • 9-10 AM

FREE ZUMBA GOLD EXERCISE

Fridays, 9-9:45 am
Lourdes Serrano, Certified Zumba Gold Dance Instructor. ZUMBA is a Latin dance fitness class for the active older adult.



FREE MINDFUL MEDITATION

Mondays • 12:30-1:30 pm
Robert Harrington CCH will present guided meditation based on the book, *The Four Agreements*. **Call 508-799-1232 to register.**

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

Mon: Seated Strength 1:30-2:15 pm
Wed: Seated Core 1:30-2:15pm
Fri: Seated Stretch/Yoga 1:30-2:15 pm

Sponsored by: MASSACHUSETTS

FREE OSTEOPOROSIS PREVENTION 6 WEEK BEGINNER'S EXERCISE PROGRAM

Beginner's Class starts Tues. April 7th thru Fri. May 15th • 12-1 pm

Medical studies have shown that the crippling disease of osteoporosis can be prevented or delayed through weight bearing exercise and proper nutrition. The Worcester Senior Center is seeking participants age 60+ for a 6 week Osteoporosis Prevention Exercise Program. Specialized exercises are taught by Rhonda Hamer, Certified Personal Trainer, Senior Fitness Specialist and Group Fitness, and a 1-hour nutrition class Tuesdays 1pm-2pm with Wendy Midgley, registered dietitian. Call 508-799-1232 for more info and/or to register.

MEMORY CAFE

Tuesday, March 17 • 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.



"TIME TO CARE" RESPITE DAY PROGRAM

Tuesdays, 10-2 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 508-799-1232 for more info.



CAREGIVER SUPPORT GROUP

Tues. April 21 • 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



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COMING IN MAY HEALTH

- **Walking Club Kick Off, Thurs. May 7th at 9am**
- **HANDS-ONLY CPR**
FRIDAYS, May 1st, June 19th & July 10th 10-11:30 am
Learn Hands-Only CPR life-saving skills, watch a training video and practice on a mini CPR learning manikin. This is a non-certificate training program open to all. Approved by the American Heart Association and presented by Amelia Houghton, RN Worcester Regional Public Health Nurse.

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.

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

Wednesday, April 8 & 22 • 9:30-11:30 am

Support and assistance to people 50+ 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! 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.

AARP
Real Possibilities



Valentine's Day Celebration & Dr. Bryon Gentile, UMASS Medical Group, Healthy Heart Talk

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 Latino: Friday 10-10:30 am

Latino ESL: 10:30-11:30 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, April 10 • 9:30 am-12:30 pm

Call **Linda Wincek-Moore** to schedule an appt. at 508-799-1232 ext. 48011.

QCC FRIDAY TAKE OUT

The Quinsigamond Community College's Dietary Management Program is offering a



Friday Take Home Meal every Friday of

the month. Enjoy a fresh and nutritious

meal, ready for pick up at Bobby M's Diner, **Fridays, 12-3pm**. Cost **\$5.00**.

Reservations recommended. Walk-ins first: come, first served! **(508) 799-1232 ext. 48001**. Call or drop by Bobby M's to have

any questions answered by Rebecca King or Brandi Manca.

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.

LGBTQ+ 60+ CLUB

Please join us at the senior center for the new monthly LGBTQ



+ Support/Social Group. The group meets the 2nd Tuesday of the month from 10 am- 11:30 am. This is an opportunity to spend time with old friends and make new friends! Contact Lindita Taka at 508-799-1232 x48003 for more info.

SHINE: Serving the Health Information Needs of Everyone

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

DON'T LEAVE THE PHARMACY WITHOUT YOUR PRESCRIPTION:

"A drug that I need to take is not on my Part D prescription drug plan's formulary. My friend told me that my plan might need to provide me with a transition refill of this prescription. What does this mean?"

A transition refill, also known as a transition fill, is a one-time, 30-day supply of a drug that you were taking: Before switching to a different Prescription through a Medicare Advantage Plan with drug coverage.

Or, before your current plan changed its coverage at the start of a new calendar year. Transition fills let you get temporary coverage for drugs that are not on your plan's formulary or that have certain coverage restrictions (such as prior authorization or step therapy).

Transition fills are not for new prescriptions.

You can only get transition fills for drugs you were already taking before switching plans or before your existing plan changed its coverage.

All stand-alone Prescription Part D plans and Medicare Advantage Plans that offer drug coverage must provide transition fills in certain circumstances. When you use your transition fill, your plan must send you a written notice within three business days. The notice will tell you that the supply was temporary and that you should either change to covered drug or file an exception request with the plan.

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. During Open Enrollment, it may take a couple of days to return your call. Visit us on the internet at shinema.org

SHINE Volunteer: Hazel Nourse. Appointment required, call: 508-799-1232, ext. 48003.

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 ESWA in the dining room. A voluntary donation of \$2.50 is appreciated for those 60+. For those under age 60 a cost of \$5.00 applies. The Vegetarian Menu for **April 9: Healthy Stir Fry (Hủ tiếu Xào Chay): (Rice noodles, tofu, bean sprouts, Asian leek, mixed vegetables, soy sauce).**

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.**

NEW MULTICULTURAL MEAL COLLABORATION between ESWA Nutrition program, QCC Hospitality & Recreation Mgmt. program and the Senior Center

Check the ESWA Nutrition program calendar on page 9 for menus and scheduled dates.

Multicultural meals being offered include: Arabic, Chinese & Vegan/Vietnamese

Reservations required at least **ONE WEEK** in advance. Sign up at the front desk or call 508-799-1232. A \$2.50 donation is appreciated.

Funded through the Health and Human Services Division, City of Worcester, Community Compact Grant.

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. 48012.
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.

APRIL 2020 CULTURAL MEALS See Page 8 for registration info.

ARABIC MEAL TUESDAYS:	VIETNAMESE/VEGAN THURSDAYS:	CHINESE MEAL FRIDAYS:
<p>April 7: Samak Bil Khalta (Fish Fillets in Herb Sauce), Rice, Pears</p> <p>April 14: Bazilia (Peas with Lamb), Rice, Flatbread, Apricots</p> <p>April 21: Lahana Bil Qeema (Cabbage Stew), Rice, Flatbread, Coconut Macaroons</p> <p>April 28: Ras Asfoor (Meatballs with potatoes), Green Beans, Almond Cookies</p>	<p>April 2: Stir Fry Oyster Mushrooms w/tofu Rice, Stir Fried Bok choy, Vegan Strawberry Jam Cookies</p> <p>April 16: Vegan Fried Rice, Pea Pods, Pineapple</p> <p>April 23: Vietnamese-Style Stir Fry, Rice noodles, Vegan Cake</p> <p>April 30: Fried Tofu with Tomato, Rice, Vegan Choc Chip Cookie</p>	<p>April 3: Chicken Chow Mein (Noodles), Pears</p> <p>April 10: Pork and Scallion Stir Fry, White Rice, Vanilla Pudding</p> <p>April 17: Oyster Beef with Broccoli, Brown Rice, Apricots</p> <p>April 24: Shrimp Mai Fun (Noodles), Peaches</p>



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





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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 4/30/20.

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FOR ACTIVE ADULTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MENUS SUBJECT TO CHANGE. Lunch is served at 11:45 am. \$2.50 suggested donation.</p> <p>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. For More meal options check out PG. 9 for our Multicultural Menu.</p>		<p>Roast Turkey with Gravy 1 Mashed Sweet Potatoes Roasted Brussels Sprouts Pear Crisp Diet = Pears Alternate: SOUP DU JOUR SLICED HAM</p>	<p>Pork Rib-i-que 2 Mac N Cheese Green Beans Fresh Orange Sandwich Roll Alternate: SOUP DU JOUR SLICED TURKEY</p>	<p>Fish Sticks 3 Tartar Sauce Potato Wedges Broccoli w/Red Peppers Pumpkin Spice Cake Diet = Half Piece Alternate: SOUP DU JOUR N.Y. PASTRAMI</p>
<p>Swedish Meatballs 6 Mashed Potatoes Scandinavian Vegetables Fresh Fruit Alternate: Latino Meal Chipotle Meatballs Steamed Rice</p>	<p>Macaroni & Cheese 7 Stewed Tomatoes Green Beans Peaches Alternate: SOUP DU JOUR HAM SALAD</p>	<p>Chicken Cacciatore 8 Gemmeli Pasta Broccoli Brownie Diet = Half Piece No Alt Served</p>	<p>Baked Ham 9 Sour Cream & Chive Mashed Potato Roasted Vegetables Carrot Cake Diet = Cream Puff Alternate: SOUP DU JOUR TURKEY SALAD</p>	<p>Fish w/Crumb Topping 10 Lemon Seasoned Rice Tuscany Style Vegetables Fruited Ambrosia Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD</p>
<p>Chicken Pot Pie 13 Mashed Potatoes Corn Niblets Peaches Biscuit Alternate: Latino Meal Chicken with Sofrito Sauce Spanish Rice</p>	<p>Rosemary Balsamic Pork Loin 14 Herbed Stuffing Roasted Brussels Sprouts Lemon Pudding Diet = SF Tapioca Pudding Alternate: SOUP DU JOUR. RANCH CHICKEN SALAD w/ BACON</p>	<p>Spaghetti & Meatballs 15 Green Beans Apple Crisp Diet = Applesauce Alternate: SOUP DU JOUR SLICED TURKEY</p>	<p>Stuffed Chicken with Gravy 16 Rice Pilaf Peas Brownie Diet = Half Piece Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD</p>	<p>Sloppy Joe 17 Herbed Potatoes Mixed Vegetables Strawberries Sandwich Roll Alternate: SOUP DU JOUR CORNEB BEEF</p>
<p>Patriot's Day 20 No Meal Served</p>	<p>Hot Dog on Bun 21 Baked Beans Coleslaw Fresh Fruit Mustard Alternate: SOUP DU JOUR TURKEY SALAD</p>	<p>Braised Beef 22 Gemelli Pasta Peas & Carrots Mandarin Oranges Alternate: SOUP DU JOUR N.Y. PASTRAMI</p>	<p>American Chop Suey 23 Broccoli & Red Peppers Corn Birthday Cake Diet = Small Piece Alternate: SOUP DU JOUR HAM SALAD</p>	<p>Ranch Chicken 24 Rice Pilaf Spinach Gingerbread Peaches Alternate: SOUP DU JOUR SLICED ROAST BEEF</p>
<p>Chicken Pesto 27 Lemon Seasoned Rice Roasted Broccoli Snack N' Loaf French Bread Alternate: Latino Meal Chicken Mole Smoked Paprika Potatoes</p>	<p>Burger with Chili & Cheese 28 Green Beans Red Bliss Potatoes Strawberries Sandwich Roll Alternate: SOUP DU JOUR ALBACORE TUNA SALAD</p>	<p>Potato Crunch Fish 29 Potatoes O'Brien Peas & Onions Cinnamon Streusel Cake Diet = Half Piece Alternate: SOUP DU JOUR CORNEB BEEF</p>	<p>Roast Pork Loin with Gravy 30 Cranberry Herb Stuffing Roasted California Veg. Pear Crisp Diet=Pears Alternate: SOUP DU JOUR EGG SALAD</p>	<p> * Diabetic Friendly ** Higher Sodium Entree</p>



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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
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- Traditional Long-term Care
- New Rehab Therapy Gym with Model Apartment now with Outpatient Rehab Services
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CALL US TODAY TO SCHEDULE A TOUR.

MONDAY		TUESDAY		WEDNESDAY	
				<p>9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures By Sophie 9-2:30 AARP TAX PREP- by appt. only 10-11:30 Mixed/Gentle Yoga 10:30-11:30 FRAUD BINGO 10-12 Cribbage 10:30-12 Conversational English 10:30-12:30 Open Bridge 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch</p>	
<p>9-9:30 Monday Tai Chi 9-1 BEGINNER SCRABBLE 9:30-10:30 PIANO LESSONS 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 Yoga for the Active Senior 10-11:30 MONTHLY CRAFT CLASS 10-1 Scrabble 11-12 Spanish Class 11:45-12:30 LATINO LUNCH (Reservation Required) 12:30-1:30 Beginner Spanish</p>	<p>12:30-1:30 MINDFUL MEDITATION 6 12:30-1:30 AG ELECTRIC SUPPLY TRAIN. 1:30-2:15 SEATED STRENGTH CLASS 1-3 HAPPY QUILTERS 1:30-3 LEARNING ITALIAN</p>	<p>9-10 AEROBICS WITH NANCY 9-11 BP WITH DPH RN AMELIA 10-10:50 SENIOR CHALLENGE EXER. 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-2 A TIME TO CARE 10:30-12 Arabic Elder Group 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE 12-1 Osteo Exercise/Beginner 12-3 SHINE Counselor - Appt. Only</p>	<p>12:30-2 Sewing Class 1-2 Osteo Nutrition/Beginner 1-2 FLOWER ARRANGING 2-3 FLOWER ARRANGING 2-3:30 Radio Show</p>	<p>9-11:30 Mah Jongg 9-11:30 HEALTH FAIR 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 Conversational English 10:30-12:30 Open Bridge 12-1 LIBRARY OUTREACH 12:15-12:45 HOW TO CHOOSE A REHAB</p>	
<p>9-9:30 Monday Tai Chi 9-1 BEGINNER SCRABBLE 9:30-10:30 PIANO LESSONS 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 Yoga for the Active Senior 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 Beginner Spanish 1-3 BEMIS FARM 1:30-2:15 SEATED STRENGTH CLASS 1:30-3 LEARNING ITALIAN</p>	<p>13</p>	<p>9-10 AEROBICS WITH NANCY 9-11 BP WITH DPH RN AMELIA 10-10:50 SENIOR CHALLENGE EXER. 10-11 Osteo Exercise/Maint. 10-11:30 LGBTG+ 60+ 10-12 Cribbage 10-2 A TIME TO CARE 10:30-11:30 AUTHOR CHIEF GEMME 10:30-12 Arabic Elder Group 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE</p>	<p>12-1 Osteo Exercise/Beginner 12-3 SHINE Counselor - Appt. Only 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 10-12:30 FRAUD BINGO WITH RSVP 10:30-12 Conversational English 10:30-12:30 Open Bridge 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1-3 HEALTHY EATING</p>	<p>14</p>
<p>CLOSED PATRIOTS' DAY</p>	<p>20</p>	<p>9-10 AEROBICS WITH NANCY 9-11 BP WITH DPH RN AMELIA 9:30-10:30 GLUCOSE TESTING 10-10:50 SENIOR CHALLENGE EXER. 10-11 Osteo Exercise/Maint 10-12 Cribbage 10-2 A TIME TO CARE 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint 11-12 SAIL EXERCISE 12-1 Osteo Exercise/Beginner</p>	<p>12-3 SHINE Counselor - Appt. Only 12:30-2 Sewing Class 1-2 CAREGIVER SUPPORT GROUP 1-2 Osteo Nutrition/Beginner 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 9:30-11:30 AARP 50+ Job Seekers 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12 Conversational English 10:30-12:30 Open Bridge 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch</p>	<p>21</p>
<p>9-9:30 Monday Tai Chi 9-1 BEGINNER SCRABBLE 9:30-10:30 PIANO LESSONS 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 Yoga for the Active Senior 10-1 Scrabble 10:30-11:30 SENATOR MOORE OFFICE HOURS 11-12 Spanish Class 12:30-1:30 Beginner Spanish</p>	<p>12:30-1:30 MINDFUL MEDITATION 27 1-2:30 CONSUMER PROTECTION 1:30-2:15 SEATED STRENGTH CLASS 1:30-3 LEARNING ITALIAN 4-6 COMMISSION MEETING</p>	<p>9-10 AEROBICS WITH NANCY 9-11 BP WITH DPH RN AMELIA 10-10:50 SENIOR CHALLENGE EXER. 10-11 Osteo Exercise/Maint 10-12 Cribbage 10-2 A TIME TO CARE 10:30-11:30 RSVP- Letter Writing 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint 11-12 SAIL EXERCISE 12-1 Osteo Exercise/Beginner</p>	<p>12-3 SHINE Counselor - Appt. Only 12:30-2 Sewing Class 1-2 Osteo Nutrition/Beginner 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 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12 Conversational English 10:30-12:30 Open Bridge 12-1:30 VOLUNTEER RECOGNITION LUNCHEON 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch</p>	<p>28</p>

GREEN HILL TOWERS

Award Winning Affordable Senior Housing

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

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



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

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

DAY

THURSDAY

FRIDAY

<p>1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge</p> <p>1</p>	<p>9-10 AEROBICS WITH NANCY 9-11:30 Thurs Card Pick Up Group 9-12 HAIRCUTS WITH TOM 9:15-9:45 Tai Chi 9:30-11:30 DOMINOES 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-12:30 Vietnamese Elder Grp 12:30-1:30 WOOD BURNING CLASS</p>	<p>1-3 Ping Pong 1-4 FRIENDS BINGO</p> <p>2</p>	<p>9-9:30 Chinese Tai Chi 9-9:45 ZUMBA GOLD 9-10 Chinese Elder Group 9-11 BP WITH DPH RN AMELIA 9-2:30 AARP TAX PREP- appt. only 9:15-3 VISITING DENTAL ASSOC of CENTRAL MA- by Appt Only 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 10:30-11:30 LATINO ESL</p>	<p>11-12 Beginner French 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 1-3 Card Playing 1-3 FRIDAY FLICK-"FORD VS. FERRARI" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS</p> <p>3</p>
<p>12:30-2:30 Crochet & Knit for Fun 12:45-1:45 P.E. JAMES 1-3 Pitch 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge</p> <p>8</p>	<p>9-10 AEROBICS WITH NANCY 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 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10-2:30 OIL PAINTING 9:30-10:30 WPD COMMUNITY CONCERNS</p>	<p>10:30-12:30 Vietnamese Elder Group 11:45-12:30 VEGETARIAN LUNCH (Reservation required) 1-3 Ping Pong 1-4 FRIENDS BINGO</p> <p>9</p>	<p>9-9:30 Chinese Tai Chi 9-9:45 ZUMBA GOLD 9-10 Chinese Elder Group 9-11 BP WITH DPH RN AMELIA 9:30-11:30 Latino Club 60+ 9:30-12:30 LEGAL CONSULTATION FOR SENIORS-APPT ONLY 10-11 Osteo Exercise/Maint 10-11:30 ADULT COLORING 10-11:30 Chinese ESL 10-12 Cribbage 10:30-11:30 LATINO ESL</p>	<p>11-12 Beginner French 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1 Osteo Exercise/Beginner 1-3 Card Playing 1-3 FRIDAY FLICK-"A BEAUTIFUL DAY IN THE NEIGHBORHOOD" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS</p> <p>10</p>
<p>1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge</p> <p>15</p>	<p>9-10 AEROBICS WITH NANCY 9-11 EARTH DAY CLEAN UP 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 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-12:30 Vietnamese Elder Grp 12:30-1:30 WOOD BURNING CLASS</p>	<p>1-2 BOOK DISCUSSION CLUB 1-3 Ping Pong 1-4 FRIENDS BINGO</p> <p>16</p>	<p>TRIP: FOXWOODS 9-9:30 Chinese Tai Chi 9-9:45 ZUMBA GOLD 9-10 Chinese Elder Group 9-11 BP WITH DPH RN AMELIA 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 10-12 MAB Low Vision Support Gp. 10:30-11:30 LATINO ESL 11-12 Beginner French</p>	<p>11-12 Osteo Exercise/Maint 11:45-12:30 CHINESE LUNCH (Reservation Required) 12-1 Ballroom Dance 12-1 Osteo Exercise/Beginner 1-3 Card Playing 1-3 FRIDAY FLICK-"GEOSTORM" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS</p> <p>17</p>
<p>1-3 HELTHY EATING 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge</p> <p>22</p>	<p>9-10 AEROBICS WITH NANCY 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 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-12:30 Vietnamese Elder Grp 1-3 Ping Pong</p>	<p>1-4 FRIENDS BINGO</p> <p>23</p>	<p>9-9:30 Chinese Tai Chi-Cancelled 9-9:45 ZUMBA GOLD 9-10 Chinese Elder Group 9-11 BP WITH DPH RN AMELIA 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 10:30-11:30 LATINO ESL 11-12 Beginner French 11-12 Osteo Exercise/Maint</p>	<p>12-1 Ballroom Dance 12-1 Osteo Exercise/Beginner 1-3 Card Playing 1-3 FRIDAY FLICK-"THE FAREWELL" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS</p> <p>24</p>
<p>1-3 HELTHY EATING 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge</p> <p>29</p>	<p>9-10 AEROBICS WITH NANCY 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 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-12:30 Vietnamese Elder Grp 1-3 Ping Pong</p>	<p>1-4 FRIENDS BINGO</p> <p>30</p>		



Goddard / Homestead

A Caring Community for Elders

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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.

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

GET "FIT TOGETHER" DURING THE MONTH OF MAY!



Explore Go4Life with an accountability partner and keep going!

- All required equipment needed will be provided and kept by participants.
- All participants and their partners will attend a complimentary **Bravehearts** ballgame this June.
- All participants may be eligible to receive RSVP benefits including mileage reimbursement, liability insurance and a seat at the annual RSVP recognition luncheon.
- Enjoy a variety of fun and simple movements and improve balance, renew energy and enhance your mood today!

Call RSVP Volunteers of Central MA today to find out more!
508-791-7787.

RSVP is located on the third floor of the Worcester Senior Center.

RSVP is sponsored locally by Family Services of Central MA

CITY OF WORCESTER PUBLIC NOTICE

The Citizen Advisory Council is seeking volunteers to fill vacancies on various City Boards/Commissions.

Eligibility requirements:

- 1) registered voter;
- 2) resident in district for one year (except for Executive Boards);
- 3) not a City employee (except for Advisory Boards).

For more information and to download an application:
www.worcesterma.gov/boards-commissions or call Jeannie at 508-799-1175. Applicants from under-represented groups in the City are encouraged to apply.



IT IS APRIL, WHICH MEANS APRIL SHOWERS BRING MAY FLOWERS!!



New flowers a sign of new life, new beginnings, new Volunteer Opportunities! Consider sharing your caring heart and become a Senior Companion Volunteer. If you can volunteer from 5-40 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

ATTENTION CITY OF WORCESTER VOLUNTEERS



City Manager Edward M. Augustus, Jr. cordially invites volunteers for the City of Worcester to attend a meeting of the City Council at which you will be officially recognized for the acts of kindness, generosity and service that you provide to make Worcester a great place to live, work and play.

WHAT: Volunteer Recognition Ceremony

WHEN: Tuesday, April 21, 2020

TIME: 5:30PM – Meet and Greet (light refreshments available). To be followed by the City Council meeting presentation at 7pm

WHERE: City Hall, 3rd Floor Levi Lincoln Jr.

Chambers **Please RSVP by April 14, 2020 to:** The front desk by calling 508-799-1232.

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
 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 9:30 am - 12:30 pm

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

TEE SHIRTS IN STOCK:

Royal Blue: Large 1, Extra Large 1

Yellow: Medium 1, Large 1, Extra Large 1, 4XL 1

SWEATSHIRTS IN STOCK:

White: Large 1, Extra Large 1

Grey: Large 1 Royal Blue: Large 2

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

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

Tuesday, April 14, 2020	Tom Jones & Englebert - <i>The Way It Used To Be</i> - Aqua Turf	\$100.00/per person
Friday, May 29, 2020	Boston Duck Tours/Luncheon @ The Venezia	\$102.00/per person
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 NEW	\$94.00/per person
Wednesday, September 23, 2020	"A Mystery Tour" NEW	\$84.00/per person
Sunday, October 18, 2020	The British Invasion Years -60's Musical Revolution Brunch at Lake Pearl, Wrentham, MA NEW	\$97.00/per person
Tuesday, November 17, 2020	Yesterday Once More - All in one show The Carpenters, 5th Dimension, Mamas & Papas All in One Show NEW	\$97.00/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"

Double \$546.00/pp, Triple \$536.00/pp, Single \$656.00/pp,
 Child \$456.00/pp **Deposit due by 3/10/20**

NEW Depart: Sunday, August 30, 2020
 Return: Monday, August 31, 2020

Saratoga Racing

Double \$347.00/pp, Triple \$337.00/pp, Single \$447.00/pp
Deposit due by 5/22/2020

FOXWOOD CASINO TRIPS:

Price \$22.00/pp - Non-Refundable - Payable at Time of Reservation

Fridays: April 3rd, May 1st, June 5th, July 10th, August 7th

THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 10, NO. 4, APRIL 2020

Worcester Senior Center
128 Providence Street
Worcester, MA 01604

B
R
A
I
N

G
A
M
E
S

Sudoku

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

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

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Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- Universal product code (abbr.)
- From (Scott.)
- S. Afr. language
- Classic car
- Mine stair
- Sayings (suf.)
- Automated teller machine (abbr.)
- Calm
- Broad hill
- Royal Air Force (abbr.)
- Provide
- Austral. wild dog
- Muse (2 words)
- Ointment
- Turkish caliph
- Rom. farce
- Energy unit
- Crazy
- Radial (2 words)
- Cathedral

DOWN

- Russ. range
- Wahoo fish
- Staple
- Illness
- Lance of King Arthur
- Abridged (abbr.)
- Ivory (Lat.)
- Luncheon
- Mulberry of India
- Donkey (Fr.)

ANSWER TO PREVIOUS PUZZLE

CUD	SAAL	HAND
ACU	OAHE	ABIA
BAL	FRUIT	PULP
	CITE	ALTE
ERICA	TIRO	
RAMA	HISS	IWW
SBE	SERAI	LAI
TIR	HEER	SLAP
	FOLD	DEUCE
AGAR	LIAS	
PROTECTED	IOA	
ITEA	DIES	OER
TALL	TAKT	NCO

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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