

THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 8, NO. 3, MARCH 2018



WELCOME NEW READERS: COMPLIMENTARY ISSUE

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

If you would like to receive a copy of this publication each month, please use the form on page 14 to join the Friends or call 508-799-1200.



Safe, Comfortable Senior Living

Dodge Park Rest Home

- Memory impaired program for Alzheimer's & Dementia residents
- Complete medication management
- 24 hour RN and Medical Director
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- Activity program 7 days a week
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Adult Day Club

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

DODGE PARK REST HOME

and
The Day Club



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Do you enjoy interacting with people?
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might have the position for you!

**Renewal
by Andersen**



WINDOW REPLACEMENT

an Andersen Company

If you have worked in promotions, sales, food service, retail, grocery, hospitality, customer service OR if you simply enjoy interacting with people, we want you to join our team as a part-time Events or Retail Associate.

No previous work experience required, however, previous experience as a customer service representative, brand ambassador, event specialist, cashier, clerk, sales representative, sales assistant, or a product demonstrator would make you an ideal candidate.

- Must have excellent communication skills, a neat appearance, and superb customer focus.
- Part-time schedule - must be able to work flexible hours including work availability for weekends.
- Must be able to stand for the duration of a 6-hour shift and perform routine tasks with minimal supervision.
- Requires ability to follow written and verbal instructions.
- Must have reliable transportation
- Applicants must pass background check and drug screening

Pay is up to \$15 per hour in addition to a lucrative bonus plan plus paid training & mileage.

Email spochapin@andersencorp.com or call 508-351-2226 to set up an interview.

SEE PG 5 FOR FEATURED PROGRAMS

DISTINGUISHED SPEAKER SERIES CONTINUES...
with Elena Salmoirago-Blotcher, M.D., PhD
Miriam Hospital, Brown University Medical School
How Tai Chi could be used to fight Heart Attacks
Tuesday, March 13 • 12:30-1:30 pm

ST. PATRICK'S DAY CELEBRATION Friday, March 16

ESWA Lunch - 11:45-12:30 pm Corned Beef and Cabbage Lunch
Sponsored by Around the Clock Home Healthcare

St. Patrick's Day Entertainment with John Porcino 12:30-1:30 pm

CINEMA-WORCESTER "FOUR GREAT FILMS FROM THE 1950'S" Friday, March 2, 9, 16 & 23

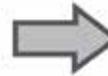
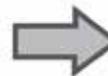
(Snow date for any of the films will be Friday March 30)
Free Movies and refreshments



WORCESTER SENIOR CENTER PRESENTS

THE SENIOR SCOOP

taking you in new directions



SUBSCRIBE!
Mailed for just
Pennies per day



**Stay informed with Senior Center
articles and information that matters!**



SUBSCRIBE TODAY! CALL 508-799-1200

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

The City of Worcester does not discriminate in its programs & activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, physical or mental disability, pregnancy, race, religion, sex, sexual orientation, or veteran status, as applicable. The Division of Elder Affairs/Worcester Senior Center will provide auxiliary aids & services, written materials in alternative formats & reasonable modifications in policies & procedures to persons with disabilities upon advance request to: Operations Director 508-799-1231 or ADA Coordinator disabilities@worchesterma.gov.

WORCESTER SENIOR CENTER

128 Providence Street, Worcester, MA. 01604

PHONE: 508-799-1232

FAX: 508-799-1743

WEBSITE: www.worcesterma.gov/seniorcenter

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

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



City Manager Edward M. Augustus Jr.

Health & Human Services Dr. Matilde Castiel, Commissioner

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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.



Goddard / Homestead

A Caring Community for Elders

1199 MAIN STREET
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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

CRIBBAGE TOURNAMENT

Monday, March 5 • 9-11:30 am
 Players are asked to contribute \$5.00 each. Sign up for the tournament at the front desk or call 508-799-1232. Prize is determined by number of players participating.

PITCH TOURNAMENTS

Monday, March 12, 19 & 26 • 9:30-11:30 am
 Players are asked to contribute \$5 each. Call 508-799-1232 to sign up. Prize is determined by number of players participating.

COLORING ISN'T JUST FOR KIDS!

Friday, March 2 & 16 • 10-11:30 am
 A great relaxation technique and its fun!! Lots of pictures to choose from and it's free. Call 508-799-1232 to sign up.

**HERBERT E. BERG
 FLOWER ARRANGING**

Wednesday, March 7 & 21 • 1-2 & 2-3 pm
 Make and take home a **St. Patrick's Day Arrangement on March 7th and spring holiday arrangement on March 21st.. \$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, March 8 • 10-2:30 pm
 Bring home a painting in one class! \$15.00 class fee and approximate \$10.00 fee to purchase or rent supplies that include: paints, brushes and canvas. Fees due on the day of the class. Class size limited. Class project: **Misty Forrest.** A 1/2 hr. break provided for lunch. Register by calling 508-799-1232.



**CRAFTS WITH LAUREL
 Monday, March 12 • 10-11:30 am**

Make a St. Patrick's Day Centerpiece for the Senior Center and one for you too!!

For \$3.00 you can make 2 centerpieces, one for you to bring home and one for the Senior Center St. Patrick's Day event!! Call 508-799-1232 to register.



**THE LIBRARIANS ARE COMING
 Tuesday, March 13 • 12-1 pm**

We are here to offer sample items from our vast collection; assist new members, provide library cards; put items on hold; give information on library events, materials and services; and answer reference questions.

**TOP BOOKS OF 2017 BY
 BOOK CLUB MEMBER VOTES**

1. *The Tea Girl of Hummingbird Lane* by Lisa See
2. *Lilac Girls* by Martha Hall Kelly
3. Tied for 3rd place:
 - *Radio Girls* by Sarah-Jane Stratford
 - *Empty Mansions* by Bill Dedman & Paul Clark Newell, Jr

BOOK DISCUSSION

Thursday, March 15 • 1-2 pm
 New members are always welcome! We are reading ***My Name is Mary Sutter* by Robin Oliveira.** In this stunning historical novel, Mary Sutter is a brilliant, headstrong midwife from Albany, New York, who dreams of becoming a surgeon. Determined to overcome the prejudices against women in medicine—and eager to run away from her recent heartbreak—Mary leaves home and travels to Washington, D.C. to help tend the legions of Civil War wounded. Under the guidance of two surgeons who fall unwittingly in love with Mary's courage, will, and stubbornness in the face of suffering—and resisting her mother's pleas to return home to help with the birth of her twin sister's baby, Mary pursues her medical career in the desperately overwhelmed hospitals of the capital. In April we are reading ***Botticelli's Muse* by Dorah Blume.**

LEFTOVERS DOCUMENTARY

**Sponsored by ESWA Nutrition Program
 Friday, March 23 • 9:45-11:45 am**
 In Honor of the **National March for Meals Campaign**, which brings awareness about the Elder Nutrition Program throughout the country, please join Elder Services' Nutrition Program who will show the documentary Leftovers which is about senior hunger and how programs like Meals on Wheels help aid this growing issue.

**NEIGHBORHOOD CRIME
 WATCH MEETING & MED TAKE**

**BACK BIN WITH WPD
 Monday, March 26 • 12:30-1:30 pm**
 Join WPD Officer Sean Lovely to discuss neighborhood issues and concerns. Medication Take Back bin will be available for your old meds.

**LIBBY LIBRARY EXPRESS
 WORCESTER PUBLIC LIBRARY
 Tuesday, March 27 • 2-3 pm**

BEGINNER SCRABBLE

Looking for players at a beginner's level. Scrabble board provided. Have fun, while exercising your brain!! Mondays, 9-1 pm. Call 508-799-1232 for more info. +/or to sign up.



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 and to register.

WE'VE GOT TO HAVE FRIENDS

We enjoyed the Salisbury Singers and so much more, thanks to the Friends of Worcester's Senior Center.

COMING IN APRIL

- **History on the Red Sox, sponsored by Sterling Village**
 Wed. April 4 • 10:30-11:30 am
- **A Volunteer Recognition Luncheon is Brewing with Grounds for a Celebration!!**
 Entertainment by Dale LePage
 Wed. April 25 • 12 noon-1:30 pm
- **Meet and Take a One Day Workshop with Artist Cathy Taylor: Reception**
 Tues. April 24 • 11-1 pm & Workshop 1-3 pm
- **Distinguished Speaker Series continues with Kevin O'Sullivan, President & CEO, Massachusetts Biomedical Initiatives**
 Mon. April 30 • 10:30-11:30 am

THE REGIONAL ENVIRONMENTAL COUNCIL'S WINTER MOBILE MARKET SCHEDULE
TUESDAYS 9:30-11:30 am

FRIDAY FLICKS, FRIDAYS AT 1 PM

Free Movies & Refreshments. We continue to select some of the most current and popular movies and older favorites too! Suggestions always welcome! The Friday Flick is sponsored by **Worcester Rehabilitation & Health Care Center.** See PG 5 Featured Programs for a special month of movie viewing featuring: **CINEMA-WORCESTER "FOUR GREAT FILMS FROM THE 1950'S".**



DISTINGUISHED SPEAKER SERIES CONTINUES...

with **Elena Salmoirago-Blotcher, M.D., PhD**
 Miriam Hospital, Brown University Medical School.

How Tai Chi could be used to fight Heart Attacks.

Tuesday, March 13 • 12:30-1:30 pm

Snow date: Tues. March 20 • 12:30-1:30 pm

The Gentle Cardiac Rehab Study is the first study that suggests that Tai Chi exercise may improve exercise behaviors for heart attack survivors: Learn how slow and gentle movements of tai chi hold promise as an alternative exercise option for patients who had a heart attack and are not able to attend traditional cardiac rehabilitation. A Tai Chi demonstration by Master Keenan will follow the talk.



Refreshments sponsored by **Lutheran Rehabilitation & Skilled Care Center.**
 Please register by calling 508-799-1232.

ST. PATRICK'S DAY CELEBRATION

Friday, March 16th

Start your St. Patrick's Day with **ESWA Lunch - 11:45 -12:30pm**

Corned Beef and Cabbage Lunch sponsored by **Around the Clock Home Healthcare.** For reservations, please call 508-852-3205.



Stay on for St. Patrick's Day Entertainment with **John Porcino 12:30pm-1:30pm**



A celebration of all things....stories, songs and music played on the guitar, fiddle, pennywhistle, Celtic harp and other folk instruments from around the world. John will start by taking a quick multi instrumental look at the blessing we have here in the USA because many of us have families that emigrated from places all over the world. He'll then take us on an Irish countryside ramble with some of the great humorous musical and wile lore of the Irish people. By the time the show is over, most of the eyes, Irish or not, will be smiling.

Cinema-Worcester
"FOUR GREAT FILMS FROM THE 1950'S"

Free Movies and refreshments
 (Snow date for any of the films will be **Fri. March 30th**)

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



O'CONNOR BROTHERS FUNERAL HOME



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 &
 Cremation Services**

**Pre-Planning
 Consultations**

Serving greater Worcester for over 65 years

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VISITING DENTAL ASSOCIATES OF CENTRAL MA

Friday, March 2 • 9:15-3 pm

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

HEALTHY LIVING SUPPORT GROUP

Monday, March 5 • 12:30-1:30 pm
A support group for past participants of the evidenced-based programs: "Matter of Balance", "My Life My Health" "Tai Chi for Healthy Aging" and "Healthy Eating". Share your knowledge and experiences with your peers, while learning current health practices. Call 508-799-1232 to register.

MEDICAL MARIJUANA

Friday, March 9 • 10-11 am

Dr. Alan Ehrlich from UMASS Medical School will address the current state of medical research regarding medical marijuana. He will highlight areas where there may be therapeutic benefit, areas of ongoing uncertainty, as well as concerns about adverse effects. Refreshments sponsored by Sterling Village. To register call 508-799-1232.



MCPHS SENIOR FITNESS TEST

Tuesday, March 13 • 9-11 am

Snow date: Tues. March 20 • 9-11 am

MCPHS students are offering a fitness test for upper & lower body strength, aerobic endurance, upper & lower body flexibility & balance. The test results will be interpreted for you to see where you are within your age group for overall fitness. The tests are easy and can be modified for any person. Fitness Instructor Joe Fish will be here to assist seniors. Sign up by calling 508-799-1232.



NEW! DAILY PRACTICE OF EASY TAI CHI
Fridays, 9:15-9:45 am



OSTEOPOROSIS EXERCISE PREVENTION PROGRAM

Medical studies have shown that the crippling disease of osteoporosis can be prevented or delayed through weight bearing exercise and proper nutrition. We seeking participants age 60+for a 10 wk. Osteoporosis Prevention Exercise Program. **Tuesday, April 10th thru June 15th. Exercise classes will be held Tues. & Fri., 12-1 pm. Nutrition classes will be held Tues., 1-2 pm.** Specialized exercises are taught by an AFAA Certified Group Exercise Instructor and Nutrition classes are taught by a registered dietician. Class is free to participants. Funded in part by Title III of the Older Americans Act via the CMAA & the MEOEA. Call 508-799-8062 for further information.

BEFORE THE FALL

Tuesday, March 20 • 10:30-11:30 am (Snow date Tues. March 27th)

Rita Sullivan & volunteers from RSVP will share falls prevention tips. Along with All Care Medical they will explore the best choices to meet your needs, should you fall. Call 508-799-1232 to register. Refreshments will be served.

NEW BLOOD PRESSURE, GLUCOSE TESTING & BROWN BAG EVENT

3rd Tues. of every month

Do you or a loved one take multiple medications? Then bring all your meds in a brown bag. A pharmacist from Century HomeCare will provide private personal consultation. They will review your meds, offer tips for safe medication use and answer any questions.



What To Bring: All prescription meds, over the counter meds, herbal supplements, and a list of any questions or concerns you may have. Call 508-799-1232 to register.

PODIATRY CLINIC

Tuesday, March 27 • 12:30-2:30 pm

Appt. required. No walk-ins. Call 508-755-9573 beginning **March 1st** to make your appt.

NEW ZUMBA GOLD EXERCISE CLASS

Mondays, 12:30-1:30 pm

Stephanie Bolduc, Certified Zumba Gold Dance Instructor.



ZUMBA is a Latin dance fitness class for the active older adult. Steps modified for all levels of fitness. \$5 pp charge per class.

BLUE CROSS & BLUE SHIELD- PLANNING FOR MEDICARE

Tuesday, March 27 • 12:30-1:30 pm

Health Plan Options for Seniors: Info for Medicare enrollees on understanding the basics of Medicare with a focus on the differences between Medigap and Medicare Advantage plans, as well as understanding when you can switch plans. Also, info on how Medicare Part D plans work. Call 508-799-1232 to register.

VNA CARE NETWORK & HOSPICE- "5 WISHES"

Wednesday, March 28 10-11 am



Kerry O'Connor, Nurse Practitioner, will address what is important to you if you become very ill or have an accident. The Five Wishes is a form that helps your loved ones know about your health care choices if you are too ill to participate in the decisions. Creating this plan is part of how you can take care of yourself and your family. To register call 508-799-1232.

MARCH SAFETY TIP

Artificial lights at night can suppress your body's production of melatonin. Use low-wattage bulbs where safe to do so, and turn off the TV and computer at least one hour before bed.

COMING IN APRIL HEALTH

- **WSC Wellness and Safety Resource Fair** Wed. April 11 • 9-11:30 am
- **WSC and Clark University present Caregiver Impact: Aging Baby Boomers Panel Discussion** Wed. April 11 • 12:30-2 pm
- **Strategies to Prevent Falls with Acclaim Home Health, Inc.** Wed. April 18 • 10:30-11:30 am



The Vietnamese Elder Group celebrate accomplishments of 2017

Yung Phan, Multicultural & SS Coordinator with her Mom, Lang.



Performers from Sarahcare ADH

GAMES/CRAFTS/MUSIC

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

LEARN SOMETHING NEW

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

ASSISTIVE TECHNOLOGY TRAINING

The Mass. Association for the Blind and Visually Impaired offers free training in Assistive Technology. For details, call Dave Dunham at 508-519-0411 or email ddunham@mabcommunity.org. Funded in part by the MCOA.

GET FIT & HAVE FUN

Yoga for the Active Senior w/ Fern: Monday at 10 am, \$10/class, discounts for multi-class pass
Mixed Gentle Yoga (chairs optional) w/ Fern: Wednesday at 10 am, \$10/class, discounts for multi-class pass
Gentle Yoga with Nancy Cimato: Fridays at 9 am, \$4 fee
Aerobics w/ Nancy Cimato: Tues. & Thurs. at 9 am, \$3 fee
Joe Fish Fitness: Tuesdays & Thursdays, 10-11 am
Walking Club: Thursdays, 9-12 pm
Ballroom Dance Classes: Fridays at Noon, \$3 fee
Tai Chi: Mondays 9:15-9:45 am, Thursdays 9:15-9:45 am
Ping Pong: Thursdays 1-3 pm
Tai Chi with Master Keenan: Wednesdays 3:30-4:30 pm

MEETINGS

Commission on Elder Affairs: 4th Monday at 4 pm
African American Elder Group: Thursdays at 10 am
Vietnamese Elder Group: Thursdays at 10:15 am
Chinese Elder Group: Fridays 9-10 am
Arabic Elder Group: 1st Tuesday & 3rd Tuesday 10:30-12 pm
Latino Club 60+: Mondays & Fridays 9:30-11:30 am
Albanian Elder Group: Tuesdays & Thursdays 11-11:45 am

COMPUTER LESSONS

Did you recently get a new laptop computer or tablet? Do you have questions about using your new device that you need to have answered in a simple fashion? There is no need to stay confused. You can get a non-technical explanation by scheduling a private lesson at the Worcester Senior Center Computer Lab. To arrange an appointment for a one-to-one tutoring session (for \$10 per hour), call 508-799-8071 and speak with Ann Stamm, Computer Lab Coordinator. If there is no answer, please leave a message and your call will be returned as soon as possible.



AARP TAX-AIDE

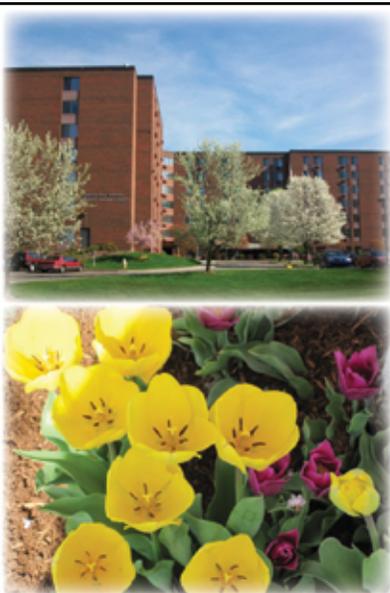
This program helps low and middle income taxpayers, those who earn under \$60,000 of the Federal Adjusted income and file their Federal and Massachusetts personal income tax returns. Special attention is given to senior taxpayers over 60 years of age. AARP TAXAIDE volunteers assist in filing: Basic income tax forms, schedules, including forms for earned income, retirement income, interest and dividend income, itemized deductions, earned income credit, Child Tax and Education credits.



Appointments: Mondays, Wednesdays & Fridays, 12-3:30 pm. Call 508-799-8062 to schedule your appointment. Documents required: Proof of identity (a driver's license or social security form including social security number) and all tax documents. Call 508-799-1232 if you need additional information on documents required.

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.

SUPPORT SERVICES

Advocacy, information services and application assistance:

call 508-799-1233, or 508-799-8067, or 508-799-8030 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.

Big Book Step Study

Meeting Fridays 12-1:30 pm. For more info call Doreen K. at 508-981-8436.

Legal Consultations

The Senior Center welcomes Attorney Michael Gorman who will be providing **free legal consultation** for seniors the 2nd Friday of every month, 9:30-12:30 pm. Call Linda Wincek-Moore at 508-799-1233 to schedule an appointment.

FALL INTO HEALTHY HABITS WITH QCC'S DIETARY MANAGEMENT PROGRAM'S FRIDAY TAKE OUT

The Quinsigamond Community College's Dietary Management Program is offering a **Friday Home Meal Replacement**. The program offers meals every Friday throughout the month. Here is your opportunity to enjoy a fresh and nutritious meal prepared for you to enjoy in your own home. We are open to the public and we offer ready meals for pick up at Bobby M's Diner, **Fridays, 12-3pm**.



We encourage participants to make reservations in advance, in order for us to prepare adequate amounts; students can learn to plan & budget meals more effectively and help keep food costs down, so savings can be passed onto you! Please contact Rebecca King or Brandi Manca @ Bobby M's with any questions regarding the menu and/or make reservations. Meals** are **\$5.00 flat rate** and reservations are strongly recommended for a guaranteed meal. Walk-ins will be first come, first serve!!! **(508) 799-8068**.

**meals are packed in Eco-Friendly containers, microwave safe & labeled with all ingredients (with allergy awareness), reheat instructions & meals are dated with a five day expiration for food safety.

SHINE: Serving the Health Information Needs of Everyone

The SHINE Program provides Health Insurance Counseling. (Spanish and Vietnamese interpretation available) Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to: www.prescriptionadvantagemma.org.

MEDICARE PART B PREMIUMS 2018

The base premium for Medicare Part B is \$134 in 2018. This is the same as the base premium from 2017. People who paid the base premium of \$134 in 2017 will pay the same amount, while most who paid less will begin paying \$134 per month. About a quarter of people will not pay the full \$134 Part B premium because their Social Security benefits did not increase enough in 2018 to cover the Part B premium. There is a rule that your Social Security benefits cannot decrease because of an increase in the Part B premium. This is known as the hold harmless provision. Most people have their Part B premium deducted from their Social Security benefits. Each year, the increase to the Part B premium cannot be greater than the cost of living adjustment (COLA); otherwise, a person's Social Security award amount would go down once the Part B premium is deducted. People in this situation pay a lower premium than the standard premium so that their Social Security benefits do not decrease. They will pay a premium increase that is the same dollar amount as their cost of living adjustment.

This year, the cost of living adjustment is 2%, which is higher than in past years. If you did not pay \$134 for Part B in 2017, part or all of your cost of living adjustment will go toward paying the increase to your Part B premium. This means that you may not see an increase to your Social Security benefits once the Part B premium is deducted. You should look at your Social Security Statement for personalized information about your benefit and premium amount.

SHINE Volunteers: Elena Nasitano, Hazel Nourse, Ray Hayes, Robin McGrath, and John Quigley. **Appointment required,** call: 508-799-8030. **You can also visit us on the internet at www.shinema.org.**

TRANSPORTATION

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

VEGETARIAN LUNCH OPTION

The Nutrition Program of Elder Services of Worcester Area, Inc., offers a **Vegetarian** menu option on the **second Thursday of each month** at the Worcester Senior Center. These meals are provided by **Loving Hut Restaurant** and are of South-East Asian style cuisine. Call 508-799-1232 to make your Vegetarian meal reservation which must be received by the Monday prior. Space is limited. First time participants must also register with Elder Services of Worcester in the dining room. A voluntary donation of \$2.50 is appreciated for those over age 60. For those under age 60 a cost of \$5.00 applies. The Vegetarian Menu for **March 8th:** Lemongrass Chicken Rice (Cơm gà xả) (Sauté vegan "chicken" in lemongrass, onion, scallion served with brown/white rice & vegetables).

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 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.



Two WRTA routes service the Worcester Senior Center:

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



MEMORY CAFE - Tuesday, March 20 • 2 - 3:30 pm

Are you caring for a loved one with Alzheimer's or some other type of dementia? Come visit the **memory café**. It is a gathering of individuals with memory loss along with their caregivers, and/or friends and family in a safe, supportive, and engaging environment. The café is free with the intent of giving everyone a welcome break from the disease. **The afternoon will consist of conversation, entertainment (such as, music, arts, games, etc.), along with refreshments, and hopefully, some, laughter.** Funded in part by the MA Executive Office of Elder Affairs via the MA Association of Councils on Aging.



CHINESE

MANDARIN CLUB

Drop in Fridays, 12:30-1:30 pm

Share your knowledge, exchange experiences, and discuss various topics of the Chinese language and culture with Chinese natives. Hosted by Mandarin/English bilingual students from Clark University. All levels of understanding and experience about Chinese Mandarin are welcome.

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 Mr. LuChen Cao 508-799-8069 / CaoL@Worcesterma.gov (Chinese) or Yung Phan 508-799-8067 / PhanD@Worcesterma.gov (English)

每星期五 中國老年人活動節目

上午九點: 做操鍛煉與早茶

十點: ESL 英語課

十一點半: 午飯

下午十二點半: 中文課 (普通話)

與曹履成先生聯係 (中文): 電話:

508-799-8069, 電子郵件:

CaoL@Worcesterma.gov

或與Yung Phan 聯係 (英文):

電話: 508-799-8067, 電子郵件:

PhanD@Worcester.gov

Bác có biết?

Tiểu bang Maine (viết tắt ME), tiểu bang thứ 23 trong 50 tiểu bang của Hoa Kỳ

Thành lập: ngày 15 tháng 3 năm 1820

Dân số: 1,33 triệu, trong đó 95% da trắng

Diện tích: 91,646 km² (35,385 dặm vuông), 13.5% là nước

Thủ phủ: Augusta

Tổng thu nhập hàng năm: \$56.600 triệu Mỹ kim

Thu nhập bình quân đầu người: \$51.494

Những ngành kinh tế chủ đạo: du lịch, vải vóc, giày dép, chế biến thực phẩm, giấy, gỗ, nông nghiệp (trái việt quốc dại/wild blueberries), ngư nghiệp (nuôi tôm, đánh bắt cá và thủy sản)

Tổ chức phi lợi nhuận (NGO): 8.508, tạo việc làm cho 14.4% tổng số lượng lao động

Trong năm 2017, Báo cáo Tin tức Hoa Kỳ và Thế giới xếp hạng Maine đứng hàng thứ 18 nói chung về mọi mặt trên toàn nước Mỹ, trong đó: chăm sóc y tế hàng thứ 16, giáo dục 28, phòng chống tội phạm 2, hạ tầng cơ sở 30, cơ hội 3, kinh tế 42, và chính quyền 39.

Những nhân vật nổi tiếng lịch sử: George Bush (Tổng thống), Nelson A. Rockefeller (TNS, doanh nhân), Margaret Chase Smith (nữ TNS đầu tiên của ME), Henry Wadsworth Longfellow (thi sĩ), Stephen E. King (văn sĩ), Edwin Arlington Robinson (thi sĩ), Ian Crocker (vận động viên huy chương vàng Olympic), Robert William Stanley (cầu thủ bóng chày Red Sox), Patrick Dempsey (diễn viên), John Ford (đạo diễn đoạt giải Oscar), Leon Leonwood Bean/LL Bean (nhà sản xuất giày), và còn nhiều nữa.



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من الساعة : 12:30 10:20
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ورد
(774) 314-5756

Arabic Elder Group

LATINO CLUB 60+
Mondays & Fridays, 9:30-11:30 am
Contact Mariana O'Brien,
Club 60+ Latino Elder Group
Coordinator 508-799-1997 for
more information about the
program.

EL CLUB LATINO 60+
Los lunes y Viernes
Para más información, puede
comunicarse con Mariana
O'Brien, a 508-799-1997.

ISLAMOPHOBIA DISCUSSION

Tuesday, March 6 • 10:30-11:30 am

Join Asima Silva, co-founder of EnjoinGood.org, an organization who organizes outreach and Interfaith activities with local religious and educational institutions to build bridges of understanding and appreciation between communities. Call 508-799-1232 to sign up.

La Relación entre una Buena Nutrición y la Participación Social y Cultural

Una vasta literatura comprueba la relación entre el acceso a la cultura y la salud física y psicológica. Participación en actividades sociales y culturales son buenas para la salud porque, al estar activo y socialmente conectado, la gente evita el aislamiento y la soledad. En estos estudios se encontró que las personas con más actividad social toman menos medicinas y tienen menor riesgo de ser hospitalizados.

Adicionalmente, un estudio publicado en la revista científica Journal of Aging Research (Rapacciuolo, et al., 2006) encontró que el aislamiento social y la exclusión estaban asociados con mala salud y muerte prematura. Este descubrimiento se basa en la premisa que el acto de comer tiene un componente social, por lo tanto, los adultos mayores podrían estar en mayor riesgo de tener una alimentación inadecuada por falta de apoyo social. El Servicio para el Adulto Mayor de Worcester dirige un programa de almuerzos en el Senior Center, de lunes a viernes a las 11:45 a.m. Es delicioso y nutritivo, por una donación sugerida de \$2.50. Venga con sus amigos, o haga nuevos amigos. Comparta sus historias con nosotros porque todos son bienvenidos.

Para información sobre cómo registrarse, por favor comuníquese con Mariana O'Brien al 508-799-1997.



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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 3/31/18.



District Attorney Joseph D. Early Jr. Distinguished Guest Speaker. Thank you to our lunch sponsor Worcester Rehab & Health Care Center.



Liz Haddad of the DA's Office



RSVP promotes Senior Fraud Helpline 1-800-297-9760



Memory Café Entertainment by the Silver Moon Gypsies



Trax, mascot for the Worcester Railers, makes a special appearance



Karen Carpenter Tribute Band



The Silver Moon Gypsies Perform at the Memory Café

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>MENUS SUBJECT TO CHANGE. * Diabetic Friendly ** Higher Sodium Entree</p> <p>Lunches are at 11:45 am. \$2.50 suggested donation. Call 508-852-3205 between 9 & 1 pm at least 2 days in advance by 10:30 a.m. to reserve a meal.</p>				<p>Pot Roast with Gravy 1 Mashed Potatoes Herbed Carrots Cold Pear Crisp Diet=Applesauce Alternate: SOUP DU JOUR SLICED TURKEY</p>	<p>Haddock w/Alfredo Sauce 2 Wild Rice Tuscan Style Vegetables Brownie Diet=Plain Cake Alternate: SOUP DU JOUR N.Y. PASTRAMI</p>
<p>Roast Turkey 5 Mashed Sweet Potatoes Tuscany Vegetables Pudding & Diet Alternate: SOUP DU JOUR CHICKEN SALAD</p>	<p>Stuffed Pepper Casserole 6 Mashed Potatoes Carrots Peas Alternate: SOUP DU JOUR HAM SALAD</p>	<p>Garlic Herbed Chicken 7 Potatoes Au Gratin Winter Mix Vegetables Peach Streusel Cake Diet=Small Piece Alternate: SOUP DU JOUR SLICED ROAST BEEF</p>	<p>Beef w/ Pearl Onions 8 Rice Pilaf Peas & Carrots Pineapple Alternate: SOUP DU JOUR TURKEY SALAD</p>	<p>Egg Frittata 9 O'Brien Potatoes Stewed Tomatoes Fresh Fruit Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD</p>	
<p>Beef Burgundy 12 Brown Rice Brussels Sprouts Cookie Alternate: SOUP DU JOUR ALBACORE TUNA SALAD</p>	<p>Hot Dog on Bun** 13 Peppers/Onions Baked Beans Coleslaw Fresh Fruit Alternate: SOUP DU JOUR CHICKEN FILET w/RANCH</p>	<p>American Chop Suey 14 Broccoli & Red Peppers Baked Apples Alternate: SOUP DU JOUR TURKEY CAPE COD</p>	<p>Breaded Fish 15 Potato Wedges Mixed Vegetables Fresh Orange Sandwich Roll Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD</p>	<p>Corned Beef 16 Boiled Potato Cabbage & Carrots Lime Jello & Topping Diet Jello No Alt Served</p>	
<p>Ranch Chicken 19 Wild Rice Carrots and Green Beans Fresh Fruit Alternate: SOUP DU JOUR EGG SALAD</p>	<p>Beef with Onions & Peppers 20 Roasted Potatoes Carrots Peas Alternate: SOUP DU JOUR TURKEY SALAD</p>	<p>Roast Pork w/ Gravy 21 Cranberry Apple Stuffing Peas & Onions Vanilla Pudding & Diet Alternate: SOUP DU JOUR N.Y. PASTRAMI</p>	<p>Spaghetti & Meatballs 22 Green Beans Birthday Cake & Plain Cake Congregate-Salad Alternate: SOUP DU JOUR HAM SALAD</p>	<p>Salmon Boat with Dill Sauce 23 Rice Pilaf Peas & Onions Dessert-Chef's Choice Alternate: SOUP DU JOUR SLICED ROAST BEEF</p>	
<p>Greek Chicken 26 Steamed White Rice Broccoli Mandarin Oranges Alternate: SOUP DU JOUR CHICKEN SALAD</p>	<p>Lasagna 27 Mixed Vegetables Baked Cinnamon Pears French Bread Alternate: SOUP DU JOUR ALBACORE TUNA SALAD</p>	<p>Meatloaf & Gravy 28 Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit Alternate: SOUP DU JOUR CORNED BEEF</p>	<p>Easter Holiday Meal 29 Glazed Ham w/Pineapple Mashed Potatoes Herbed Carrots Eclairs, Diet=Vanilla Mousse Alternate: SOUP DU JOUR EGG SALAD</p>	<p>Fish Victor 30 Tartar Sauce Rice Pilaf Mixed Vegetables Blondie (Diet=Small Piece) Wheat Hamburger Roll Alternate: SOUP DU JOUR, SLICED TURKEY</p>	

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MONDAY

TUESDAY

WEDNESDAY

March



<p>9-11:30 CRIBBAGE TOURNAMENT 9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 10-11:30 BP Clinic by Homecare Solutions 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12-3:30 AARP TAX PREP - by Appt only 12:30-1:30 Beginner Spanish 12:30-1:30 HEALTHY LIVING SUPPORT GROUP</p>	<p>12:30-1:30 MINDFUL MEDITATION 5 12:30-1:30 ZUMBA GOLD 1-3 HAPPY QUILTERS</p>	<p>9-10 Aerobics 9:30-11:30 WINTER MOBILE MARKET 9-12 SHINE Counselor - Appt. Only 9:45-11:15 HEAD START STORY TIME 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10:30-11:30 ISLAMOPHOBIA DISCUSSION 10:30-12 Arabic Elder Group 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint 12-1 TAI CHI PRACTICE GROUP</p>	<p>12:30-2 Sewing Class 2-3:30 Radio Show 6</p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-10:30 PETS AND PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 ACRYLIC PAINTING CLASS 10-12 Cribbage 10:30-12 CONVERSATIONAL ENGLISH CLUB 10:30-12:30 Open Bridge 11:30-12 Gordon Creamer Organ Player 12-1 VIETNAMESE DANCE CLASS 12-3:30 AARP TAX PREP - by Appt only 12:30-2:30 Crochet & Knit for Fun</p>
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 10-11 BP Clinic by Overlook VNA 10-11:30 CRAFT CLASS WITH LAUREL 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 MINDFUL MEDITATION 12-3:30 AARP TAX PREP - by Appt only</p>	<p>12:30-1:30 Beginner Spanish 12 12:30-1:30 ZUMBA GOLD</p>	<p>9-10 Aerobics 9:30-11:30 WINTER MOBILE MARKET 9-11 SENIOR FITNESS TEST 9-12 SHINE Counselor - Appt. Only 9:45-11:15 HEAD START STORY TIME 10-11 Joe Fish Fitness-CANCELLED 10-11 Osteo Exercise/Maint. 10-12 Cribbage 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint. 12-1 TAI CHI PRACTICE GROUP</p>	<p>12-1 LIBRARY OUTREACH 13 12:30-1:30 DISTINGUISHED SPEAKER SERIES 12:30-2 Sewing Class 2-3:30 Radio Show</p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-10:30 PETS AND PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 ACRYLIC PAINTING CLASS 10-12 Cribbage 10:30-12 CONVERSATIONAL ENGLISH CLUB 10:30-12:30 Open Bridge 11:30-12 Gordon Creamer Organ Player 12-1 VIETNAMESE DANCE CLASS 12-3:30 AARP TAX PREP - by Appt only</p>
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12-3:30 AARP TAX PREP - by Appt only 12:30-1:30 Beginner Spanish 12:30-1:30 MINDFUL MEDITATION 12:30-1:30 ZUMBA GOLD</p>	<p>1-3 HAPPY QUILTERS 19</p>	<p>TRIP: ST. PATRICK'S DAY SHOW 9-10 Aerobics 9:30-11:30 WINTER MOBILE MARKET 9-12 SHINE Counselor - Appt. Only 9:30-10:30 GLUCOSE TESTING BY CENTURY HOME CARE 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10:30-11:30 BEFORE THE FALL 10:30-12 Arabic Elder Group 11-11:45 Albanian Elder Group</p>	<p>11-12 Osteo Exercise/Maint. 12-1 TAI CHI PRACTICE GROUP 20 12:30-2 Sewing Class 2-3:30 MEMORY CAFÉ 2-3:30 Radio Show</p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-10:30 PETS AND PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 ACRYLIC PAINTING CLASS 10-12 Cribbage 10:30-12:30 Open Bridge 10:30-12 CONVERSATIONAL ENGLISH CLUB 11:30-12 Gordon Creamer Organ Player 12-1 VIETNAMESE DANCE CLASS 12-3:30 AARP TAX PREP - by Appt only</p>
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 10-11 BP Clinic by Overlook VNA 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12-3:30 AARP TAX PREP - by Appt only</p>	<p>12:30-1:30 Beginner Spanish 26 12:30-1:30 MINDFUL MEDITATION 12:30-1:30 WPD NEIGHBORHOOD CRIME WATCH MEETING 12:30-1:30 ZUMBA GOLD</p>	<p>9-10 Aerobics 9:30-11:30 WINTER MOBILE MARKET 9-12 SHINE Counselor - Appt. Only 9:45-11:15 HEAD START STORY TIME 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 FALLON REPRESENTATIVE 10:30-11:30 RSVP LETTER WRITING 11-11:45 Albanian Elder Group</p>	<p>11-12 Osteo Exercise/Maint. 12-1 TAI CHI PRACTICE GROUP 27 12:30-1:30 BCBS PLANNING FOR MEDICARE 12:30-2 Sewing Class 12:30-2:30 PODIATRY CLINIC-BY APPT ONLY 2-3 LIBBY 2-3:30 Radio Show</p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-10:30 PETS AND PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 ACRYLIC PAINTING CLASS 10-12 Cribbage 10:30-12:30 Open Bridge 11-12 CONVERSATIONAL ENGLISH CLUB 11:30-12 Gordon Creamer Organ Player</p>

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DAY		THURSDAY		FRIDAY			
		9-10 Aerobics 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-11 BP Clinic by Walgreens 9:30-12 RSVP-Blankets For Babies 10-11 Joe Fish Fitness 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group 11-11:45 Albanian Elder Group	1-3 Ping Pong 1-4 Friends BINGO	1	9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-9:45 LATINO ESL 9:15-3 VISITING DENTAL ASSOC of CENTRAL MA- by Appt Only 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 ADULT COLORING 10-11:30 Chinese ESL 10-12 Cribbage	11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1:30 Big Book Step Study 12-3:30 AARP TAX PREP - by Appt only 12:30-1:30 Chinese Mandarin 1-3 Card Playing 1-3 FRIDAY FLICK - "STRANGERS ON A TRAIN" 1-3:30 Watercolor/Mixed Media	2
1-2 FLOWER ARRANGING 1-3 Pitch 1:30-3 Open Bridge 2-3 FLOWER ARRANGING 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan	7	9-10 Aerobics 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 10-11 BP Clinic by Shaw's 9:30-12 RSVP-Blankets For Babies 10-11 Joe Fish Fitness 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10-2:30 OIL PAINTING 10:30-11:30 Vietnamese Elder Group 11-11:45 Albanian Elder Group	11:45-12:30 VEGETARIAN LUNCH (Reservation required) 1-3 Ping Pong 1-4 Friends BINGO	8	TRIP-FOXWOODS 9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-9:45 LATINO ESL 9:30-11:30 Latino Club 60+ 9:30-12:30 LEGAL CONSULTATION FOR SENIORS-APPT ONLY 10-11 MEDICAL MARIJUANA TALK 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH	11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1:30 Big Book Step Study 12-3:30 AARP TAX PREP - by Appt only 12:30-1:30 Chinese Mandarin 1-3 Card Playing 1-3 FRIDAY FLICK - "LES DIABOLIQUES" 1-3:30 Watercolor/Mixed Media	9
12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1-3 VIETNAMESE MOB 1:30-3 Open Bridge 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan	14	9-10 Aerobics 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-12 RSVP-Blankets For Babies 10-11 BP Clinic by Acclaim Whole Health 10-11 Joe Fish Fitness 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group 11-11:45 Albanian Elder Group 1-2 BOOK DISCUSSION CLUB	1-3 Ping Pong 1-4 Friends BINGO	15	9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-9:45 LATINO ESL 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 ADULT COLORING 10-11:30 Chinese ESL 10-12 Cribbage 10-12 MAB Low Vision Support Group 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint	12-1 Ballroom Dance 12-1:30 Big Book Step Study 12-3:30 AARP TAX PREP - by Appt only 12:30-1:30 Chinese Mandarin 12:30-1:30 ST PATRICK'S DAY CONCERT 1-3 Card Playing 1-3 FRIDAY FLICK - "PATHER PANCHALI" 1-3:30 Watercolor/Mixed Media	16
12:30-2:30 Crochet & Knit for Fun 1-2 FLOWER ARRANGING 1-3 Pitch 1-3 VIETNAMESE MOB 1:30-3 Open Bridge 2-4 FLOWER ARRANGING 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan	21	9-10 Aerobics 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-10:30 BP Clinic by St. Mary's 9:30-12 RSVP-Blankets For Babies 10-11 Joe Fish Fitness 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group 11-11:45 Albanian Elder Group 1-3 Ping Pong	1-4 Friends BINGO	22	9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-9:45 LATINO ESL 9:30-11:30 Latino Club 60+ 9:45-11:45 LEFTOVERS DOCUMENTARY 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint	12-1 Ballroom Dance 12-1:30 Big Book Step Study 12-3:30 AARP TAX PREP - by Appt only 12:30-1:30 Chinese Mandarin 1-3 Card Playing 1-3 FRIDAY FLICK - "RASHOMON" 1-3:30 Watercolor/Mixed Media	23
12-1 VIETNAMESE DANCE CLASS 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1-3 VIETNAMESE MOB 1:30-3 Open Bridge 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan	28	9-10 Aerobics 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-10:30 BP Clinic by St. Mary's 9:30-12 RSVP-Blankets For Babies 10-11 Joe Fish Fitness 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group	11-11:45 Albanian Elder Group 1-3 Ping Pong 1-4 Friends BINGO	29	9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-9:45 LATINO ESL 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint	12-1 Ballroom Dance 12-1:30 Big Book Step Study 12-3:30 AARP TAX PREP - by Appt only 12:30-1:30 Chinese Mandarin 1-3 Card Playing 1-3 FRIDAY FLICK - FILM FESTIVAL SNOW DATE 1-3:30 Watercolor/Mixed Media	30



BEAUMONT
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Fraud targeting seniors is shocking but, sadly, also quite common. The national Consumer Law Center estimates that phone scams cost older Americans roughly \$40 billion a year. The good news is that many of these scams have been around for years.



Consider medical equipment, anything from medical alert devices to wheelchairs, often scammers try to obtain personal information so they can charge Medicare for the equipment. Chances are you'll never receive the supplies.

Some swindlers browse the obituaries and visit funeral services claiming that the deceased owed them money, trying to extort a bogus debt from a grieving widow or widower, when they're at their most vulnerable.

Unfortunately, some of the most common scams involve taking advantage of a senior citizen's kindness. Fake charities and Emergency needs after a natural disaster get the "bad guys" calling for funds that they divert to themselves! When in doubt, call RSVP's 1-800-297-9760 Helpline, sponsored by Harvard Pilgrim Health Care.

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.

Do you believe in the Luck of the Irish?



Is there a Pot of Gold at the end of a Rainbow? There is if you want to become a Senior Companion Volunteer!! This could be your lucky year!

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 & RSVP are sponsored locally by Family Services of Central MA



FRIENDS INFORMATION

AND BINGO IS OUR NAME-O!



Congratulations to the FRIENDS Board of Directors and its Bingo team for completing its fifth year as Central Massachusetts' only afternoon Bingo game sanctioned by the Massachusetts State Lottery Commission.

Every Thursday, from 1:00 PM - 3:30 PM, our Bingo Bonanza players take home up to \$1100 in cash or more. FRIENDS Bingo is a wonderful weekly fun, social and profitable event for our players.

We welcome experienced and novice players so bring some friends. And Connie's Coffee Corner is always open for Bingo snacks.

ANNUAL APPEAL: 2018

Donations are being accepted for the Annual Member Appeal, and the "FRIENDS" couldn't be more grateful.

A special THANK YOU for those that have sent in donations to date. The funds help us to help the **Worcester Senior Center** provide many of the events, programs and services that we all enjoy!

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

Name _____

Phone _____

Address _____

City _____

Zip _____

- \$15 I want to become a new member.
- \$15 Please renew my membership for another year.
- \$25 **Dual Membership (Ind./Spouse/Partner)**
- \$75 What a deal! Sign me up as a Lifetime Member.
- \$_____ Included is an additional contribution.

Checks may be dropped off or mailed to:
Friends of Worcester's Senior Center
128 Providence St., Box 3
Worcester, MA 01604-5413
508-799-1200



REMINDER

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

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.

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

Travel office hours are Monday thru Thursday 9:30AM - 12:30PM

Flyers for all trips available at the Friends Travel Office or call 508-792-2948 and leave a message.

DAY TRIPS

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

Tuesday, March 20th	Aqua Turf Saint Patrick's Lunch & Show	\$89.00/per person	
Monday, April 23rd	"The Kings and Queens of Country" at the Log Cabin	\$94.00/per person	Due 3/22/18
Wednesday, May 2nd	Red Sox at Fenway	\$104.00/per person	Due April 1, 2018
Tuesday, May 15th	Twin River Casino Special	\$29.00/per person	Due 4/10/18
Saturday, June 16th	Statute of Liberty, Ellis Island & 9/11 Memorial	\$104.00/per person	Due 5/10/18
Friday, July 27th	Tribute to Frank Sinatra	\$97.00/per person	Due 6/6/18
Wednesday, Sept. 5th	Lobster Luncheon Buffet Cruise	\$95.00/per person	Due 8/1/2018

OVERNIGHT TRIPS

Deposit required at time of reservation as listed on flyer

Depart: Sunday, April 15, 2018 Return: Tuesday, April 17, 2018	Resorts Atlantic City Special Tour Includes: \$60.00 Food Credit, \$25.00 Slot Play & A Resorts Show - All Tips Included	\$248.00/PP Dbl, \$244.00/PP Triple, \$328.00/PP Single FINAL PAYMENT 3/15/18
Depart: Wednesday, June 20, 2018 Return: Friday, June 22, 2018	Penn Dutch Showstopper "Sight & Sound Millennium Theatre", performance of "Jesus" 4 Meals, 2 Breakfast, 2 Dinner - must see flyers for full information	\$500.00PP/Dbl, \$490.00/PP Triple, \$600.00PP/ Single \$50.00 DEPOSIT DUE 3/13/18
Depart: Saturday, August 26, 2018 Return: Monday, August 27, 2018	Saratoga Racing (2 days)	\$315.00/PP Dbl, \$305.00/PP Triple, \$415.00/PP Single \$50.00 DEPOSIT DUE 5/18/18
Depart: Tuesday, September 4, 2018 Return: Friday, September 7, 2018	Niagara Falls (4 days/ 6 meals)	\$798.00/PP Dbl, \$769.00/PP Triple, \$1088.00/PP Single \$100.00 DEPOSIT DUE w/reservation FINAL PAYMENT 7/20/18

DINE OUT

Sunday, March 11 • 11:30 AM
Cyprian Keyes Golf Club
 284 East Temple Street, Boylston,
 (right off Rte 140)
 For their excellent Buffet Breakfast -
Hope to see you there!



FOXWOOD CASINO TRIPS

Price \$20.00 - Must be paid when making reservation

- Friday, March 9th
- Friday, April 6th
- Friday, May 4th
- Friday, June 8th
- Friday, July 13th
- Friday, Aug. 10th
- Friday, Sept. 7th
- Friday, October 5th
- Friday, Nov. 2nd
- Friday, Dec. 7th

THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 8, NO. 3, MARCH 2018

Worcester Senior Center
128 Providence Street
Worcester, MA 01604

BRAIN GAMES

Sudoku

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

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

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Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- Relative pronoun
- Melville's captain
- Open
- Computer chip
- Calif. wine country
- City slicker
- Residential nickname
- Mock
- Verbal
- Point
- Endearment
- Belch
- Cymry
- Port. lady
- Hence
- Honey-eater bird
- Guido's note (2 words)
- Grandfather of Saul
- Dallas sch.
- Month abbr.

DOWN

- Cloak
- Ryukyu islands viper
- Foretoken
- Fr. historical provinces
- Have (Scot.)

ANSWER TO PREVIOUS PUZZLE

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

ACROSS

- Orient
- Asterisk
- Black (Sp.)
- Appoint
- Sharpen
- Covered by water
- Night (Fr.)
- Ivory (Lat.)
- Certified Public Accountant (abbr.)
- She (Sp.)
- Oleaginous
- Energy unit
- Liang
- Italian lake
- Poem

DOWN

- Imitate
- Pointed remark (abbr.)
- Unburnt brick
- Venire (2 words)
- Amer. Dental Assn. (abbr.)
- Electric reluctance unit
- Time period
- University officer
- Gr. leather flask
- Water pipe
- Jap. clogs
- Time period
- Mend
- Of wheels
- Kernel (pref.)
- Equal
- Employment Opportunity Commission (abbr.)
- Pointed (pref.)
- Nail with a hole
- Geological vein angle
- Ensnare
- Diminutive (suf.)
- Life (pref.)
- City on the Danube

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