

THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 9, NO. 6, JUNE 2019



WELCOME NEW READERS: COMPLIMENTARY ISSUE

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

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

Worcester's Premier Senior Residential Care Facility



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

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- 24/7 RN & Medical Director
- Safe, comfortable & secure
- Individual wellness plans with medication management
- Basic residency rates never go up!
- New, state of the art facility

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SEE PG 5 FOR FEATURED PROGRAMS

Dementia Friendly Kick Off
Tuesday, June 25 • 2-4 pm

June Artist Exhibit
BY ELIO SONSINI & HIS WATERCOLOR STUDENTS
Wednesday, June 12 • 11 am-12 pm

FREE WALKING CLUB FIELD TRIP TO ELM PARK
Thurs. June 20 • 9:30-11:30 am

SPEND THE DAY AT THE WORCESTER SENIOR CENTER!

**DISTINGUISHED SPEAKER SERIES CONTINUES...
WITH ALLEN FLETCHER**
Wed. June 26 • 10:30-11 am
&
ESWA SPONSORED LUNCH
11:45-12:30 pm
&
**SUMMER CONCERT SERIES KICK OFF WITH....
"SHADES OF GRAY" 12:30-1:30 pm**



Thanks to our Earth Day Clean Up Volunteers!!



Emma is
100 Years Old!!
Congratulations



Sisters Shirley Frances Barrow Carter,
Ed.D. and Audrey Elizabeth Barrow
Brown, BA, MSN were honored in
recognition of Black History Month



Gardeners Workshop
with REC

WORCESTER SENIOR CENTER PRESENTS

THE SENIOR SCOOP

taking you in new directions



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Pennies per day



Worcester
Subscription
Just \$15
Yearly



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

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

WORCESTER SENIOR CENTER

128 Providence Street, Worcester, MA. 01604

PHONE: **508-799-1232**

FAX: 508-799-1743

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

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

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



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

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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.



508-852-2670 | 65 Briarwood Circle | Worcester, MA 01606

www.briarwoodretirement.com

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508-853-6910 | 87 Briarwood Circle | Worcester, MA 01606

www.knollwoodnursingcenter.com



MONTHLY CRAFT CLASS WITH MAUREEN CARLOS

Monday, June 10 • 10-11:30 am
Project: Red, White & Blue Wall Hanging Decor. \$3.00. Call 508-799-1232 to register.



THE LIBRARIANS ARE COMING

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

OIL PAINTING WITH DARRELL CROW

Thursday, June 13
10 am-2:30 pm
Bring home a painting in one class! \$15.00 class fee and approximate \$10.00 fee to purchase or rent supplies that include: paints, brushes and canvas. Fees due on the day of the class. Class size limited. Class project: **The Oasis.** A1/2 hr. break provided for lunch. Register by calling 508-799-1232.



WOOD BURNING ART CLASS

Thursday, June 6 & 20 • 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.

TAKING CONTROL OF YOUR FUTURE THROUGH ESTATE PLANNING

Wed. June 12 • 10-11:30 am
Join Elder Law Attorney Emily Starr, for a discussion on why a will may not be the most important document in your estate plan, why a Declaration of Homestead does not protect a home if you need nursing home care, and why a MOLST may be your most important health care directive. Sign up by calling 508-799-1232. Sponsored by: MASSBAR ASSOCIATION

FREE DROP IN COLORING FUN

Friday, June 14 • 10-11:30 am
2nd Friday of the month. Relaxing & fun!!

BEMIS FARM SUMMER ARRANGEMENT TRAFFIC STOPPING POT

Mon. June 17 • 1-2:30 pm
This class is one of the best values of the season! We have no idea what will be available for colors and textures after the big rush is over, but we are very, generous if you allow us to choose from our assortment of fresh, colorful plants. \$10 per person/pot.



HERBERT E. BERG FLOWER ARRANGING

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

BOOK DISCUSSION

Thursday, June 20 • 1-2 pm
We are reading *"The Lighthouse Keeper's Daughter"* a historical novel inspired by true events, and the extraordinary female lighthouse keepers of the past two hundred years by Hazel Gaynor. In July we are reading *"Dandelion Summer"* by Lisa Wingate.

NEIGHBORHOOD CRIME WATCH MEETING & MED TAKE BACK BIN WITH WPD

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

LIBBY LIBRARY EXPRESS WORCESTER PUBLIC LIBRARY

Tuesday, June 25 • 2-3 pm
Great book selections and DVD's, Come check it out!!

SEWING CLASS

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

WATERCOLOR / MIXED MEDIA

Fridays, 1-3:30 pm
FREE Have fun and paint with Elio Sonsini. Sign up at the front desk or call 508-799-1232.

COMING IN JULY

- **Fordyce Williams, Coordinator of Archives and Special Collections at Clark University will present *The Life and Influences of Dr. Robert H. Goddard, Rocketry Pioneer* Wed. July 10, 10:30-11:30 am**
- **Summer Concert Series continues with The Trinity Swing Band Wed. July 10, 12:30-1:30 pm**
- **Summer Concert Series continues with Jim Perry and Johnny Bluehorn Wed. July 24, 12:30-1:30 pm**

SILVERSNEAKERS CLASSIC CLASS - ONGOING

Tuesdays, 1-1:45 pm
Join Rhonda Hamer, Personal Trainer, Senior Fitness Specialist, Silver Sneakers Flex Instructor and WSC Osteoporosis Prevention Instructor, for this class designed to increase muscle strength, range of movement & improve activities for daily living. A chair is available for seated exercises and standing support, class can be modified depending on fitness levels. No need to register. Limited to 20 pp. \$4 per class or free for SilverSneakers members.



SENIOR CENTER FRIDAY FLICKS

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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

THE REGIONAL ENVIRONMENTAL COUNCIL'S MOBILE MARKET

Will resume Thursday, June 20 8:30-10 am



Dementia Friendly Kick Off

Tuesday, June 25 • 2-4 pm

Join us as we celebrate Dementia Friendly Worcester

Dementia Friendly Worcester (DFW) is a new community initiative that brings diverse sectors of the community together to increase awareness and education, to make the city more inclusive and supportive of people living with dementia.



Welcome by City Manager Edward M. Augustus, Jr., special guest speakers including Alice Bonner, former secretary of Elder Affairs and a special proclamation presented by Mayor Joseph M. Petty. Stay on to enjoy vendor tables, refreshments, a photo op and more....

Pre-register for the Dementia Friends educational session, immediately following Kickoff, 3:30-4:30 pm. Call Patty Hainsworth at the senior center at 508-799-1232 ext. 48012 for more information and/or to register.

FREE WALKING CLUB FIELD TRIP TO ELM PARK

Thursday, June 20 • 9:30-11:30 am

(Rain Date: Thurs. June 27th)



Refreshments will be provided. Wear comfortable clothing and shoes! For more info. and to register call 508-799-1232.

No weekly Walking Club at Worcester Academy Gaskill Field this week.



June Artist Exhibit

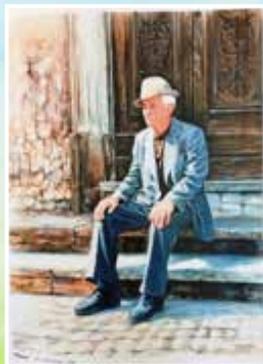
BY ELIO SONSINI AND HIS WATERCOLOR STUDENTS

Wednesday, June 12 • 11 am-12 pm



Join us to learn about Elio Sonsini's whose works have been exhibited in many major cities across Italy and in the USA where he currently lives. He is defined by many as "an

artist of the human soul" who loves returning back to find out the personal and moral aspect of his character and to retrace the most precious paths of his constant search of existence. Elio has been teaching art in Italy and the USA including the Worcester Senior Center.



SPEND THE DAY AT THE WORCESTER SENIOR CENTER!

DISTINGUISHED SPEAKER SERIES CONTINUES.....

WITH ALLEN FLETCHER

Wednesday, June 26 • 10:30-11:30 am

MUST HAVE BEEN MAGIC: CREATING A CANAL DISTRICT WITHOUT A CANAL



The Blackstone Canal has been buried underneath Harding Street for more than a century, its proud history a foggy memory. The district which it shaped has passed from vibrant, mixed-use vigor to fallow disinvestment and now into a much-ballyhooed renaissance. How did this happen, and is it for real? And what lies behind the enduring mystique of Kelley Square? Find out the answers to these riddles and more.

WELLNESS & SAFETY RESOURCE FAIR



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

Call 508-799-8070 to reserve your lunch!



12:30-1:30 pm -
SUMMER CONCERT SERIES
KICK OFF WITH....

"Shades of Gray"

portrays an American Civil War era camp band, playing a mix of 19th century, old time and camp fire songs. Lyrics will be provided to Sing-A-Longs!



VISITING DENTAL ASSOCIATES OF CENTRAL MA

Friday, June 7 • 9:15 am-3 pm
Public Health Dental Hygienists will provide: dental cleanings, sealants, fluoride treatments as well as care for partials and dentures, periodontal (deep) cleanings and 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.

PODIATRY CLINIC

Tuesday, June 25 • 12:30-2 pm
Appt. required. No walk-ins. Call 508-755-9573 make your appt.

JUNE SAFETY TIP

Avoid processed foods. Of all the healthy eating tips, this is the most important!

FREE TAI CHI FOR HEALTHY AGING



Based on the Tai Chi: *Moving for Better Balance* protocol. The program will help participants: View falls and fear of falling as controllable, set realistic goals for increasing mobility and activity, foster greater understanding of fall risk factors, increase strength and balance through exercise.

Class meets Mondays & Fridays, 2:30-3:30 pm starting June 3rd.
Module 1 class: June 3, 7, 10, 14, 17, 21, 24 & 28, July 1, 5, 8, 12, 15, 19, 22 & 26th.

Class size is limited. Sign up at the Front Desk or call 508-799-1232.

FREE EXERCISE CLASSES

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

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

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

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

Sponsored by:



SIGNUPS FOR EITHER SENIOR CHALLENGE EXERCISE CLASS WITH JOE FISH OR SAIL will take place at the main desk or by calling 508-799-1232. Registration is Wednesday, June 26th at 9 am. 12 week session begins July 2nd.

AM I INVISIBLE? A WINDOW INTO LIVING WITH DEMENTIA

Friday, June 7 • 12:30-2 pm
This program will explore how people with Alzheimer's disease perceive the world around them and how we can help make this a positive experience. Presenter: Mal Allard, nurse, care partner and consultant. Program is sponsored by the Greater Worcester Alzheimer's Partnership. To register please call **24/7 Helpline: (800) 272-3900**. Refreshments will be served.



ALZHEIMER'S COMMUNITY FORUM: MOBILIZING LOCAL COMMUNITY MEMBERS IN THE FIGHT AGAINST ALZHEIMER'S DISEASE

Wednesday, June 12 • 5:30-7:30 pm
Learn about Alzheimer's, dementia and memory loss. Bring a friend who has been affected by the disease. Share your thoughts about how we can help people in your community. Registration is requested and light refreshments will be provided. Call 800-272-3900 to register.

COMING IN JULY HEALTH

- Rhonda Hamer demos Silver Sneakers Exercise Class sponsored by Tivity Health
- SAIL Class with Joe Fish resumes in July, for 12 week session for those who Registered Wed. June 26th.



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

FREE CLASSES IN JUNE**AGELESS GRACE****Fridays, June 7, 14, 21 & 28 • 9-9:45 am**

A cutting-edge brain fitness program in which exercises are designed to be practiced in a chair. The movements focus on healthy longevity of the body, mind, emotions and spirit. We will learn to improve joint mobility, spinal flexibility, right left brain coordination, cognitive function, balance, confidence and playfulness. Class taught by certified instructor, Rebecca Reber.

DRUMMING WITH MIKE LEO**Tues., June 4, 18 & 25 • 1:30-2:30 pm**

Participate in the joy of making music together. A wide variety of drums and percussion instruments will be available for you to explore. Mike will lead you through a series of interactive musical games, activities and songs.

MINDFUL MEDITATION**Mon., June 3, 10, 17, 24 • 12-1:30 pm**

Continuing with our successful meditation series, Robert Harrington CCH will return to present guided meditation based on the book, The Four Agreements.

REIKI ONE ON ONE**Mon. June 3, 10, 17, 24 • 10-11:30 am**

20 minute Reiki healing sessions with June House RN, Reiki Master. Reiki is a form of hands-on healing based on the belief system that all beings can heal themselves.

GUIDED IMAGERY FOR RELAXATION AND STRESS RELIEF "A SECRET GARDEN"**Tues., June 4, 11, 18 & 25 • 10:30-11:30 am**

Cindy Clark, Guided Imagery Practitioner, will guide you into a progressive relaxation of your entire body, releasing all negativity, stress and pain resulting in a refreshing sense of deep relaxation and inner peace.

Call 508-799-1232 to register for any of the above free classes. These programs are sponsored by the MA Executive Office of Elder Affairs.

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.

QUESTIONS ABOUT USING A COMPUTER OR TABLET??

Do you want to learn a few specific things about using a computer? Are there things about your computer, or tablet, that have you confused? If you want simple, non-technical answers to your questions, you can schedule a private lesson at the Worcester Senior Center Computer Lab. Call 508-799-1232, extension 48008, and speak with Ann Stamm, Computer Lab Coordinator, to arrange an appointment for a one-to-one session (for \$10 per hour). If there is no answer, please leave a message and your call will be returned as soon as possible.

**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,
Fridays 9:30-11:30 am

Scrabble: Mondays, 10 am-1 pm

Beginner Scrabble: Mondays, 10 am-1 pm

RSVP Blankettes Group: Thursdays at 9:30 am

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

Drop In Coloring Fun: 2nd Friday of the month

LEARN SOMETHING NEW

Spanish Class: Mondays, 11 am-Noon

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

Beginner French Fridays 11-12 pm

ESL for CHINESE: Fridays 10-11:30 am

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

SeniorSpeak Taping: Tues at 2:00 pm. Airs Mon. at Noon WCUW
91.3 FM & on WCCA Channel 13 Mon. at 1 am, Tues. at 12:30 pm,
Wed. at 10 pm and Thurs. at Noon**GET FIT & HAVE FUN**Yoga for the Active Senior w/ Fern: Monday at 10 am,
\$10/class, discounts for multi-class passMixed Gentle Yoga (chairs optional) w/ Fern: Wednesday at
10 am, \$10/class, discounts for multi-class passGentle Yoga with Nancy Cimato: Fridays at 9 am, **CANCELLED**

Aerobics w/ Nancy Cimato: Tues. & Thurs. at 9 am

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

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.

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 508-799-1232 ext. 48011 to schedule an appointment.

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

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

Notary Services available: Please call 508-799-1232 for further information.

NEW LEGAL CONSULTATIONS with Anthony J. Vigliotti, Atty. at Law

Thurs., June 20 • 10 am-12 noon

The Senior Center welcomes Attorney Anthony J. Vgliotti who will be providing free monthly legal consultation for seniors, 10am-12 pm. Attorney Vigliotti also offers notary services. Call Linda Wincek-Moore at 508-799-1232 ext. 48011 to schedule an appointment.

FRIDAY TAKE OUT

The Quinsigamond Community College's Dietary Management



Program is offering a **Friday Home Meal Replacement**. Meals every Friday of the month. Enjoy a fresh and nutritious meal. Meals ready for pick up at Bobby M's Diner, **Fridays, 12-3 pm**. Cost **\$5.00**.

Reservations recommended for a guaranteed meal. Walk-ins will be first come, first serve!!! **508-799-1232 ext. 48001**. Call or drop by Bobby M's to have any questions answered by Rebecca King or Brandi Manca.

MEMORY CAFE

Tuesday, June 18 • 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. Funded in part by the MEOEA via MCOA.

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 Need Help with the Cost of your Prescription Medications??

Prescription Advantage can Help!!

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on income only and there is no asset limit!

WHO CAN JOIN?

If you are a Massachusetts resident, eligible for Medicare, and are:

- 65 yrs. + with an annual income at or less than \$62,450 for a single person or \$84,550 for a married couple
- OR Under 65 yrs. and disabled, with an annual income at or less than \$23,481 for a single person or \$31,791 for a married couple.

You may also join... if you are 65 years or older and **not eligible for Medicare**. There is **no income limit**. There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$37,470 for a single person and \$50,730 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes. 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.

SHINE Volunteer: Hazel Nourse. Appointment required, call: 508-799-1232, ext. 48003. You can also visit us on the internet at www.shinema.org.

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 **June 13**: Vermicelli with Crunchy Shreds (Bún bì Chay) (Crunchy shredded roots and tofu served with vermicelli, cucumber, tomato, lettuce & hot and sour sauce).

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.

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).

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 or call the WRTA customer service at 508-453-3462. If you need assistance with learning the bus routes call Tess, the travel trainer, who can provide info. on the WRTA's free travel-training program call 508-453-3451 to make an appt.



"TIME TO CARE" RESPITE DAY PROGRAM

Tuesdays, 9:30 am-1:30 pm
A program for individuals living with dementia and their caregivers. Participants will enjoy activities, lunch, and the company of their peers with trained staff. Caregivers will also enjoy a break from the stress of caregiving. Call the front desk at 508-799-1232 for more info.



Sponsored in part by the Committee for the Future of Aging, a collaboration of the CMAA & Worcester County Sheriff's Office

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.

BILINGUAL SPANISH ESL TEACHER NEEDED! Have some time, speak Spanish and English, and want to make a huge impact on the lives of others? Volunteer at the Worcester Senior Center! The Multicultural Program is seeking a volunteer to teach Basic ESL (English as a Second Language) for Spanish speaking seniors. Certification preferred but not required. Fluent in Spanish preferred. Tentative schedule: Monday or Friday mornings. 10 week sessions. Contact Yung Phan 508-799-1232 ext. 48006 or PhanD@worcesterma.gov to apply.



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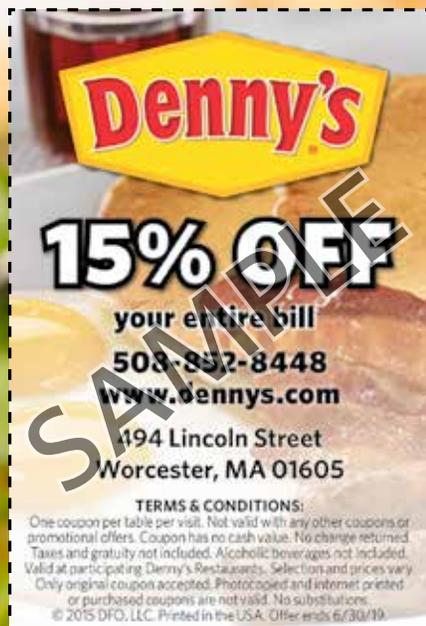
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Homestead Hall provides personal care, medication management, and social programs in a residential homelike environment. All rooms are private with private en-suite half-baths. Set on over an acre of land in a secluded, private, residential setting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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Picatta 3 Rice Lentil Pilaf Roasted California Blend Lemon Pudding Diet = SF Tapioca Pudding Alternate: SOUP DU JOUR RANCH CHICKEN SALAD w/ BACON	Meatballs w/ Onion Gravy 4 Bowtie Pasta Scandinavian Vegetables Pineapple Alternate: SOUP DU JOUR EGG SALAD	Marinated Pork Loin 5 Herbed Potatoes Peas & Pearl Onions Gingerbread/Whip Topping Diet = Small Piece Alternate: SOUP DU JOUR SLICED HAM	Beef Patty w/ Onions & Peppers 6 Potato Wedges Honey Glazed Carrots Fresh Fruit Alternate: SOUP DU JOUR SLICED TURKEY	Macaroni & Cheese 7 Stewed Tomatoes Green Beans Fruited Ambrosia Alternate: SOUP DU JOUR N.Y. PASTRAMI
Lasagna & Meatballs 10 Green Beans Strawberry Cup Italian Bread Alternate: SOUP DU JOUR CHICKEN SALAD	Chicken Fajitas 11 Spanish Rice Black Beans & Corn Sour Cream Pineapple Alternate: SOUP DU JOUR HAM SALAD	Salmon Boat w/ Dill Sauce 12 Mashed Potatoes Carrots Yogurt Alternate: SOUP DU JOUR SLICED ROAST BEEF	Father's Day Meal BBQ Chicken 13 Mashed Potatoes Roasted Broccoli Cream Puffs Alternate: SOUP DU JOUR TURKEY SALAD	Roast Pork with Gravy 14 Cranberry Stuffing Roasted California Blend Cold Apple Crisp Diet = Applesauce Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD
Beef Stew 17 Rice Corn Niblets Mandarin Oranges Alternate: SOUP DU JOUR ALBACORE TUNA SALAD	Shepard's Pie 18 Carrots Peas Peaches Alternate: SOUP DU JOUR RANCH CHICKEN SALAD w/ BACON	Buttermilk Chicken 19 Red Bliss Potatoes Mixed Vegetables Cinnamon Streusel Cake Diet = Small Piece Alternate: SOUP DU JOUR TURKEY CAPE COD	Baked Potato w/ Chili & Cheese 20 Broccoli Sour Cream Chocolate Mousse Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD	Hot Dog on Bun 21 Baked Beans Coleslaw Strawberry Cups Ice Cream Cups Mustard Alternate: SOUP DU JOUR CORNED BEEF
Chicken Mornay 24 Vegetable Couscous Roman Blend Vegetables Butterscotch Pudding Diet = Dt. Vanilla Pudding Alternate: SOUP DU JOUR EGG SALAD	Meatloaf w/ Gravy 25 Garlic Mashed Potatoes Country Blend Vegetables Mixed Fruit Alternate: SOUP DU JOUR TURKEY SALAD	Roast Turkey w/ Gravy 26 Mashed Sweet Potatoes Roasted Brussels Sprouts Cold Cinnamon Pears No Alt Served	Frittata 27 O'Brien Potato Green Beans Birthday Cake Diet = Small Piece Alternate: SOUP DU JOUR HAM SALAD	Haddock w/ Parmesan Cream Sauce 28 Wild Rice Broccoli w/ Red Peppers Fresh Fruit Alternate: SOUP DU JOUR SLICED ROAST BEEF

MENUS SUBJECT TO CHANGE.

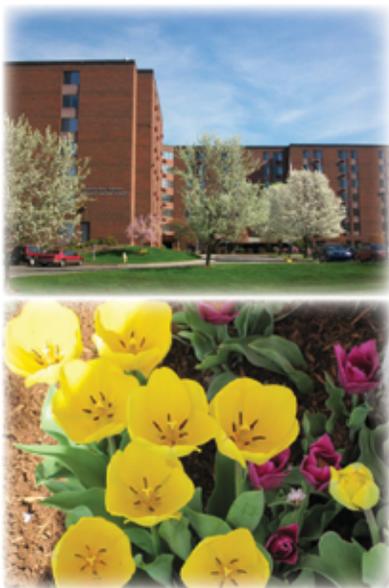
Lunch is served at 11:45 am. \$2.50 suggested donation. Call 508-799-8070 between 9 & 1 pm and 508-852-3205 ext. 290 after 1 pm at least 2 days in advance by 10:30 am, to reserve a meal.



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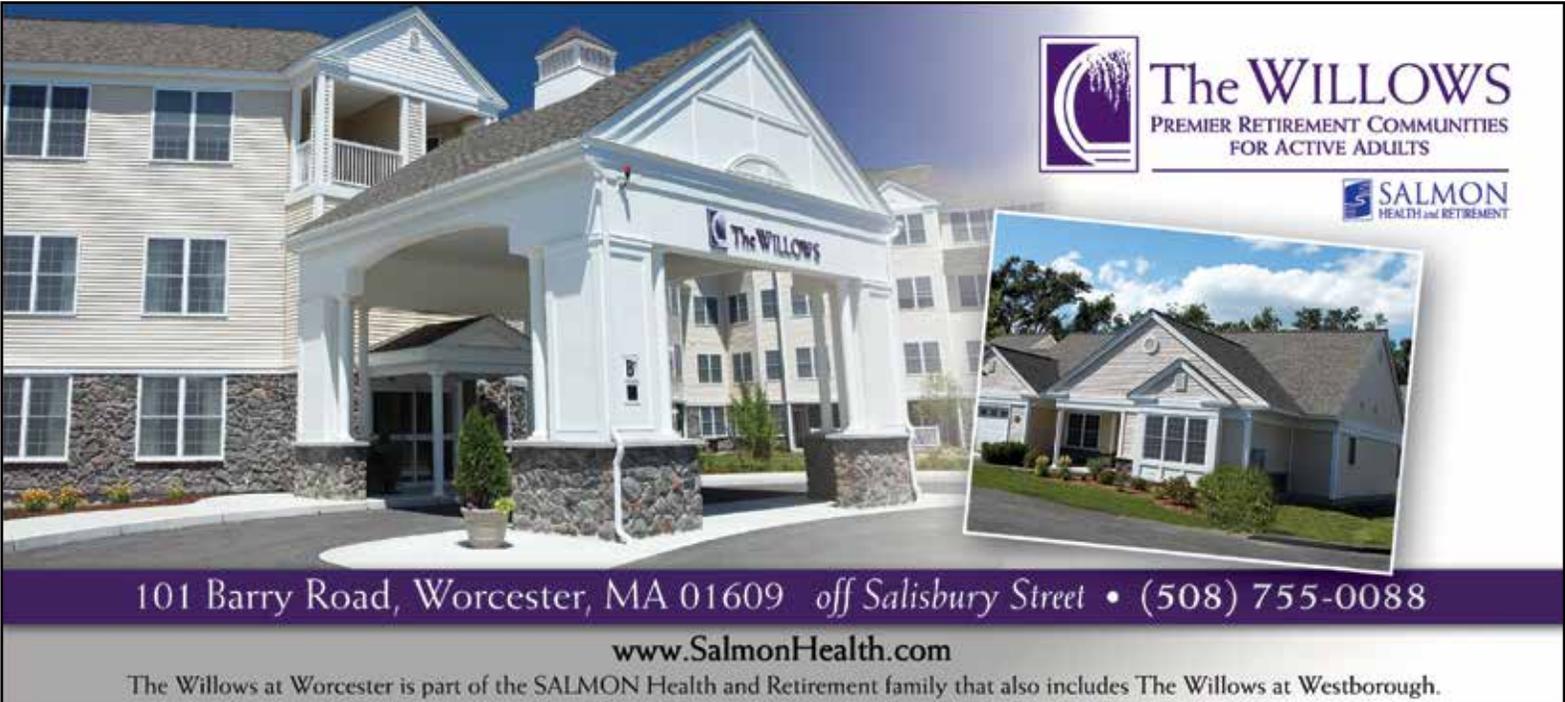
Available occupancy to income eligible adults (age 62 and older or permanently disabled). Applicants must also meet HUD annual low income guidelines.



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

MONDAY		TUESDAY		WEDNESDAY	
<p>9-1 BEGINNER SCRABBLE 9-11:30 Cribbage Tournament 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 10-11:30 REIKI ONE ON ONE 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:00-1:30 Mindful Meditation 12:30-1:30 BEGINNER SPANISH 1-3 Happy Quilters 1:30-2:15 SEATED STRENGTH CLASS</p>	<p>1:30-2:30 LEARNING ITALIAN 3 2:30-3:30 TAI CHI FHA</p>	<p>9-11 BP WITH DPH NURSE AMELIA 9:30-1:30 A TIME TO CARE 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10:30-11:30 GUIDED IMAGERY 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE 12-1 Taijiquan Practice Group 12:30-2 Sewing Class 1-1:45 SILVER SNEAKERS</p>	<p>1:30-2:30 DRUMMING CIRCLE 4 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 Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet &Knit for Fun 1-3 Pitch 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge</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 MONTHLY CRAFT CLASS 10-11:30 REIKI ONE ON ONE 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12-1:30 Mindful Meditation 12:30-1:30 BEGINNER SPANISH 1:30-2:15 SEATED STRENGTH CLASS 1:30-2:30 LEARNING ITALIAN</p>	<p>2:30-3:30 TAI CHI FHA 10</p>	<p>9-11 BP WITH DPH NURSE AMELIA 9:30-1:30 A TIME TO CARE 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 RSVP- Letter Writing 10-12 SHINE Counselor -Appt. Only 10:30-11:30 GUIDED IMAGERY 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE 12-1 LIBRARY OUTREACH 12-1 Taijiquan Practice Group</p>	<p>12:30-2 Sewing Class 1-1:45 SILVER SNEAKERS 11 2-3:30 Radio Show</p>	<p>TRIP: VIVA LAS VEGAS 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 10-11:30 ESTATE PLANNING 10-12 Cribbage 10:30-12 Conversational English Club 10:30-12:30 Open Bridge 11-12 ARTIST RECEPTION 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet &Knit for Fun 1-3 Pitch</p>	
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 REIKI ONE ON ONE 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12-1:30 Mindful Meditation 12:30-1:30 BEGINNER SPANISH 1-2:30 BEMIS FARM SUMMER ARRANGEMENT 1-3 Happy Quilters 1:30-2:15 SEATED STRENGTH CLASS</p>	<p>1:30-2:30 LEARNING ITALIAN 17 2:30-3:30 TAI CHI FHA</p>	<p>9-11 BP WITH DPH NURSE AMELIA 9:30-10:30 GLUCOSE TESTING BY CENTURY HOME CARE 9:30-1:30 A TIME TO CARE 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10:30-11:30 GUIDED IMAGERY 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE 12-1 Taijiquan Practice Group 12:30-2 Sewing Class</p>	<p>1-1:45 SILVER SNEAKERS 1:30-2:30 DRUMMING CIRCLE 18 2-3:30 MEMORY CAFÉ 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 Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet &Knit for Fun 1-2 FLOWER ARRANGING 1-3 Pitch 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge 2-3 FLOWER ARRANGING</p>	
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 REIKI ONE ON ONE 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12-1:30 Mindful Meditation 12:30-1:30 BEGINNER SPANISH 12:30-1:30 WPD NEIGHBORHOOD CRIME WATCH MEETING 1:30-2:15 SEATED STRENGTH CLASS</p>	<p>1:30-2:30 LEARNING ITALIAN 24 2:30-3:30 TAI CHI FHA 4-6 commission meeting</p>	<p>9-11 BP WITH DPH NURSE AMELIA 9:30-1:30 A TIME TO CARE 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 RSVP- Letter Writing 10-12 SHINE Counselor -Appt. Only 10:30-11:30 GUIDED IMAGERY 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE 12-1 Taijiquan Practice Group 12:30-2 Sewing Class 12:30-2 Podiatry clinic - - by Appt Only 1-1:45 SILVER SNEAKERS</p>	<p>1:30-2:30 DRUMMING CIRCLE 25 2-3 LIBBY 2-3:30 Radio Show 2-4 DEMENTIA FRIENDLY KICK-OFF</p>	<p>9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-11:30 DISTINGUISHED SPEAKER SERIES 10:30-12 Conversational English Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-1:30 SUMMER CONCERT SERIES KICK-OFF 12:30-2:30 Crochet &Knit for Fun 1-3 Pitch 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge</p>	



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DAY	THURSDAY		FRIDAY	
	<p>5</p> <p>9-10 WALKING CLUB 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 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 10-3 AARP DRIVER SAFETY COURSE 10:30-11:30 Vietnamese Elder Group 12:30-1:30 Vietnamese Chorus Group 12:30-1:30 WOOD BURNING CLASS</p>	<p>1-3 Ping Pong 1-4 FRIENDS BINGO</p>	<p>6</p> <p>TRIP: FOXWOODS 9-9:45 AGELESS GRACE 9-9:45 Chinese Tai Chi 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:15-3 VISITING DENTAL ASSOC of CENTRAL MA- by Appt Only 9:30-11:30 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</p>	<p>7</p> <p>12:30-2 LIVING WITH DEMENTIA 1-3 Card Playing 1-3 FRIDAY FLICK-CANCELLED 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA</p>
<p>12</p> <p>1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge 2-4 AARP 50+ JOB SEEKERS 5:30-7:30 ALZHEIMER'S ASSOC. COMMUNITY FORUM</p>	<p>9-10 WALKING CLUB 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 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 10:30-11:30 Vietnamese Elder Group 11:45-12:30 VEGETARIAN LUNCH (Reservation required) 12:30-1:30 Vietnamese Chorus Group</p>	<p>1-3 Ping Pong 1-4 FRIENDS BINGO</p>	<p>13</p> <p>9-9:45 AGELESS GRACE 9-9:45 Chinese Tai Chi 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE 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 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance</p>	<p>14</p> <p>1-3 Card Playing 1-3 FRIDAY FLICK - "MARY POPPINS RETURNS" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA</p>
<p>19</p>	<p>8:30-10 REC MOBILE MARKET 9:30-11:30 WALKING CLUB TRIP TO ELM PARK 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-12 Cribbage 10-12 LEGAL CONSULTATION FOR SENIORS-APPT ONLY 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group 12:30-1:30 Vietnamese Chorus Group</p>	<p>12:30-1:30 WOOD BURNING CLASS 1-2 BOOK DISCUSSION CLUB 1-3 Ping Pong 1-4 FRIENDS BINGO</p>	<p>20</p> <p>9-9:45 AGELESS GRACE 9-9:45 Chinese Tai Chi 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 10-12 MAB Support Group 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 1-3 Card Playing 1-3 FRIDAY FLICK - "THE OLD MAN & THE GUN"</p>	<p>21</p> <p>1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA</p>
<p>26</p>	<p>8:30-10 REC MOBILE MARKET 9-10 WALKING CLUB 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 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 10:30-11:30 Vietnamese Elder Group 12:30-1:30 Vietnamese Chorus Group 1-3 Ping Pong 1-4 FRIENDS BINGO</p>	<p>12:30-1:30 WOOD BURNING CLASS 1-2 BOOK DISCUSSION CLUB 1-3 Ping Pong 1-4 FRIENDS BINGO</p>	<p>27</p> <p>9-9:45 AGELESS GRACE 9-9:45 Chinese Tai Chi 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 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 1-3 Card Playing 1-3 FRIDAY FLICK - "FIRST MAN" 1-3:30 Watercolor/Mixed Media</p>	<p>28</p> <p>1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA</p>

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TEN-10-TEN: ICE CREAM FOR YOU!

CALLING ALL VOLUNTEERS! This community needs more volunteers. At RSVP of Central MA we get calls all the time from non-profits who want RSVP volunteers. This is because they have a great reputation. They are reliable, hard-working, dedicated, and delighted to do for others. That's why we are asking for your help in recruiting others - perhaps your friends, or your family, or your former co-workers.

With "Ten-10-Ten", existing RSVP volunteers who refer someone to enroll in RSVP will be eligible to receive a \$10 gift certificate to one of four area ice cream shops or a \$10 gift card to Lowe's if the enrollee serves a minimum of ten hours at an RSVP station before June 30th. Here's the bonus: each person newly enrolled in RSVP and who completes ten service hours by June 30th will also receive a \$10 gift certificate or card. If you are NEW to RSVP you can be eligible for "Ten-10-Ten" as well if you enroll with a friend and each serve 10 hours by June 30th!

Don't wait. Give your friends and family the chance to enjoy ice cream while making a difference. Ask them to contact Tiffany at 508-791-7787 asap. RSVP is located on the third floor of the Worcester Senior Center. The sooner they enroll, the sooner they can enjoy their ice cream! You, too!

In doubt? Check it out! Call the Senior Fraud HelpLine 1800-297-9760.

RSVP is sponsored locally by Family Services of Central MA



The dog days of summer are almost here!! A wonderful time to Volunteer! In the good old summertime, find the time to make a difference. Become a Senior Companion Volunteer, you are bound to spread some cheer!!



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

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

Please call Joy Rehfeld @ 508-791-7783

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

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
 508-799-1232 ext.48020

50+ JOB SEEKERS REGIONAL NETWORKING GROUP!



NETWORKING WORKS!! Your AGE really is your EDGE!!

Wednesday, June 12 • 2-4 pm. Last Meeting.... See AARP 50+ Job Seeker Newsletter for new Schedule

Facilitated by an HR professional/career coach! Join us for Guided Networking with peers. Develop new skills, tools and strategies to help in your career transition. For information email Melody Beach (melody.beach@charter.net) **Funded by AARP and MCOA.**



AARP DRIVER SAFETY COURSE...



Thursday, June 6 • 10 am-3 pm It Pays to Refresh Your Driving Skills!

The AARP Smart Driver™ course teaches proven driving techniques to help keep you and your loved ones safe on the road. Additionally, you'll learn:

- Important facts about the effects of medication on driving.
- How to reduce driver distractions. How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, antilock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

Pre-register and payment for the class due by Mon. June 3rd. Discounted Class fee: \$10 for AARP members & \$15 for non-members. Cash or Checks payable to AARP. The cost of this program is being subsidized by the Friends of Worcester's Senior Center.

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.



BACK BY POPULAR DEMAND!!! SEPTEMBER SPECTACULAR CALENDAR RAFFLE

The FRIENDS of Worcester's Senior Center, Inc.'s SEPTEMBER SPECTACULAR Calendar Raffle is back!

Each day of **September**, you'll have a chance to win a **MINIMUM of \$100 in CASH!** A \$10 ticket buys **THIRTY** chances to win, up to a total of **\$3,000 in prizes!** Makes a great gift for any occasion!
Proceeds benefit the Friends, who appreciate your support!!!

ENTER TODAY!

Complete this voucher and return it with a \$10 check (or money order) made out to: **Friends of Worcester Senior Center.** Please mail your check to: **The Friends/128 Providence St, Box 3/ Worcester, MA 01604,** or stop by the Hargrove/Aslanian Friends office in person (where cash is also accepted).

PLEASE FILL OUT VOUCHER ON THE NEXT PAGE COMPLETELY and PRINT LEGIBLY.



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

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

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

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

Be the **FIRST** to order your **NEW Worcester Senior Center Sweatshirt**
 from the "FRIENDS". Five colors to choose from!

**\$25
 each**

DAY TRIPS

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

Wed., June 12	"Viva Las Vegas" w/Mark Shelton as Elvis Luncheon Buffet & Entertainment at Indian Head, NH	\$88.00/per person
Wed., July 24	"Love is The Thing" Lunch & Entertainment, Sturbridge Host Hotel. A summer ice cream of laughter, music, sketches, Explore the grounds at the beautiful lake. Lunch & Entertainment, Lakeside Theatre	\$79.00/per person
Sat., Aug. 24	Plymouth Whale Watch Lunch included - Baked Scrod or Chicken	\$104.00/per person
Wed., Sept. 25	New Hampshire Turkey Train	\$89.00/per person
Tues., Oct. 15	Celebrate Polka!!! At the Aqua Turf, Plantsville, CT "The Polka Family Band"	\$94.00/per person
Fri. Nov. 22	A Salem Cross Christmas & Bright Nights Lights Choice of Chicken Pie or Maple Salmon	\$84.00/per person
Fri., Dec. 13	Yuletide Newport, decorated mansion, followed by lighting display at LaSalette Shrine	\$84.00/per person
Tues., Dec. 31	An American Bandstand, New Year's Eve Day, Lake Pearl, Wrentham, MA. Choice of Sirloin Steak, Baked Stuff Chicken, Baked Scrod	NEW \$94.00/per person

OVERNIGHT TRIPS

Deposit required at time of reservation as listed on flyer

Depart: Sunday, July 21 Return: Monday, July 22	Hall of Fame Induction	Double \$377.00/pp Triple \$367.00/pp Single \$497.00/pp.
Depart: Wednesday, September 11, 2019 Return: Friday, September 13, 2019	Boothbay Harbor (3 days) Maine	Double \$496.00/pp, Triple \$486.00/pp Single \$696.00, Child \$386.00 (based on 2 adults in the room) \$50.00 deposit due by 6/4/2019
NEW Depart: Sunday, February 23, 2020 Return: Tuesday, February 25, 2020	Atlantic City	Special Double, \$219.00/pp, Triple \$215.00/pp, Single \$299.00/pp. Deposit due by 12/26/19

SEPTEMBER SPECTACULAR CALENDAR RAFFLE - RETURN THIS PORTION

Name: _____
 Address: _____
 Phone: _____ Amount Enclosed: _____ (\$10 per ticket purchased)

PLEASE MAIL CHECK OR MONEY ORDER TO:
 The Friends/128 Providence St, Box 3/Worcester, MA 01604.

SEPTEMBER SPECTACULAR CALENDAR RAFFLE

Name: _____
 Address: _____
 Phone: _____

RETAIN THIS PORTION FOR YOUR RECORDS.

THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 9, NO. 6, JUNE 2019

Worcester Senior Center
128 Providence Street
Worcester, MA 01604

BRAIN GAMES

Sudoku

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

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

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Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

1 Buttocks

5 Reel

9 Adjective-forming (suf.)

12 Leaf-cutting ant

13 Scientific name (suf.)

14 No (Scott.)

15 Beer

16 Polish border river

17 Poetic contraction

18 Europe (abbr.)

20 Swed. sculptor

22 Spot on cards or dice

25 Flat fish

27 Flood

28 Or best offer (abbr.)

29 Irish exclamation

31 Answer requested (abbr.)

34 102 (Rom. numeral)

35 Book (Lat.)

37 Indo-Chin. people

38 Thessaly mountain

40 Large intestine beginnings

41 Interstate Commerce Commission (abbr.)

42 Poetic contraction

44 Eye-infesting worm

45 Council for Econ. Advisors (abbr.)

46 Firearm

49 Recommended daily allowance (abbr.)

51 Melody

52 Fine Cuban tobacco

54 Regard

58 Centers for Disease Control (abbr.)

59 Acid (pref.)

60 Heddles of a loom

ANSWER TO PREVIOUS PUZZLE

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

DOWN

1 Hat

2 Shoshonean

3 As written in music

4 Geological vein angle

5 Scarce

6 Group of seals

7 Same (Lat.)

8 Nose opening

9 Limp

10 Rhine tributary

11 Dregs

19 Hereditary property

21 Brythonic sea god

22 Little: music

23 Bird

24 Taro (2 words)

26 Biblical tower

30 Deck

32 Flower holder

33 Geophagy

36 Electric catfish

39 Bronze money

43 Summary

46 Medieval warclub

47 Acquired immune deficiency syndrome (abbr.)

48 Run

50 Accountant (abbr.)

53 Child (pref.)

55 Amer. Automobile Assn. (abbr.)

56 Mortar mixer

57 Flightless bird

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